

## Par Core Lesson # 10 Exploring the Game

Coach Name: Roger Lundy \_\_\_\_\_ Chapter: Indiana \_\_\_\_\_ Facility: Gongaware Golf Academy\_\_ Date: March 8, 2017 \_\_\_\_\_  
 # of Coaches/Volunteers: 1 \_\_\_\_\_ # Participants: 3 \_\_\_\_\_ Age Range: 10-11 \_\_\_\_\_ Skill Level: Par \_\_\_\_\_  
 PLAYer-to-Coach ratio:3:1 \_\_\_\_\_ x Par 3  Par 4  Par 5 # of Stations/# of Holes: 2 \_\_\_\_\_ X On-course  Off-course  
 Duration (mins.): 60 \_\_\_\_\_ Equipment and supplies needed: Soccer Balls, Golf Clubs, Golf Balls, Circles, Cones, Alignment Sticks, \_\_\_\_\_

Additional Notes: \_\_\_\_\_

Warm-up				
<b>Time Allotted: 5 Minutes</b>		<b>Location(s): Academy Green</b>		
<i>Mentally and socially engage PLAYers in activities that build rapport and connect to Learner Objectives: Explore more creative ways to play and have fun.</i>				
<i>Physically engage PLAYers in a fitness circuit (Recommend one activity from each category):</i>				
<b>Strength</b> Medicine Ball Press	<b>Flexibility/Mobility</b> Toe Touches	<b>Agility/Coordination</b> Jumping Jacks	<b>Balance</b> One Legged Toe Touches	<b>Object Control</b> Soccer Ball Toss
<i>Safety – Review and emphasize; connect to Healthy Habit: Play</i>				

Life Skills Experience	
<b>Time Allotted: 40 Minutes</b>	<i>List what players will learn in each component</i>
<b>LIFE SKILLS OBJECTIVE(S): DEMONSTRATION OF WAYS TO DO IT DIFFERENTLY</b>	<b>GOLF SKILLS OBJECTIVE(S):</b> Distance Response
<ul style="list-style-type: none"> <li>Create your own game, you make the rules (ex. one throw, one kick, one hit and one roll) (ex#2 Different club, opposite hand, go around an object first before going on the green)</li> </ul>	<ul style="list-style-type: none"> <li>Big Circle and Small Circle</li> <li>Uphill and Downhill</li> <li>Side Hill effects on Distance</li> </ul>
<b>Guiding Questions:</b> <i>Ask questions to connect activities and lesson objectives</i>	
<ul style="list-style-type: none"> <li>How do you...</li> <li>What happens when...</li> <li>What would happen if... ?</li> </ul>	

Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
X Putt <input type="checkbox"/> Chip <input type="checkbox"/> Pitch X Full-swing	<input checked="" type="checkbox"/> Distance-response <input type="checkbox"/> Target Awareness <input type="checkbox"/> Get Ready to Swing <input type="checkbox"/> <b>Body Balance</b> <input type="checkbox"/> <b>Clubface and Ball Contact</b> <input type="checkbox"/> Swing Rhythm Routines: <input type="checkbox"/> Preshot <input type="checkbox"/> Postshot <input type="checkbox"/> Ball Flight <input type="checkbox"/> On-course Strategies	<input checked="" type="checkbox"/> Size or length of motion <input type="checkbox"/> <b>Club selection</b> <input type="checkbox"/> Target selection <input type="checkbox"/> <b>Distance to target</b> <input type="checkbox"/> Hold X Set-up <input type="checkbox"/> Aim/alignment <input type="checkbox"/> <b>Balanced finish</b> <input type="checkbox"/> <b>Clubface direction at contact</b> <input type="checkbox"/> Swing tempo <input type="checkbox"/> Mental and emotional aspects <input type="checkbox"/> Emotionally neutral response... <input type="checkbox"/> Trajectory <input type="checkbox"/> Self-management	Length of Swing – ¼, ½, ¾, Full  What swing are you making – Golf Terms Putt Swing- Hands move leg to leg Chip Swing – Clubhead below hands Pitch Swing – Clubhead above hands, hands below shoulders Full Swing – Hands above shoulders at full strength.

<b>Etiquette/Rules of Golf: Rules of the Putting Green, Out of Bounds</b>	
<b>Healthy Habit—Physical:</b> X Energy <input type="checkbox"/> Play <input type="checkbox"/> Safety <input type="checkbox"/> <b>Other Healthy Habit(s):</b> Vision – Seeing distance	

Wrap-up	Time Allotted: 10 Minutes
<b>Ask open-ended questions to inquire about general experiences, check for learning and bridge to golf and life:</b> <ol style="list-style-type: none"> <li>1. What did you experience today about...?</li> <li>2. What did you LEARN about...?</li> <li>3. How can what you learned today in school, at home and in other areas of your life off the golf course?</li> </ol>	

**Warm-up** (Identify location; activities; number of stations; equipment needed; rotation, etc.)

6:00-6:05	Welcome and Tour of the building for bathroom purposes, introductions,
6:05-6:10	Warm Up stations switching every 30 seconds to a new station.

**Time Lesson Progression:** (List bullet-points for time allotted, lesson flow, and location of lesson activities/stations.)

6:10-6:30	<p>Putting Circle Game – Split into 2 teams, demonstrate the game, talk briefly about the parts of the course by showing the pictures to identify and explain the rules of the game. NO running on the green, etc.</p> <ul style="list-style-type: none"> <li>• Play game one by putting the ball into the circle with your putter( How many strokes does it take). Each player plays the hole 5 times</li> <li>• Subsequent holes are played with different club (Driver, hybrid, 7 iron, for example ) or other method to include tossing, kicking or rolling the ball. Lowest players score on the each hole gets to pick what club or method on the next hole.</li> <li>• Play last 4 holes opposite hand or foot. Follow same procedure on who gets to pick.</li> </ul>
6:30-6:50	<p>Play #18 – 130 Yard Par 3. They will be in teams of 2 or 3, alternate shot and they get to pick one club each without duplicating the club each player has from teeing ground to hole using distance response on each shot. You have to hit your club when it is your turn. Keep score. We will follow the etiquette rules and code of conduct not to damage the course or our equipment. Play this hole as many times as time allows a different way each time.</p>

**DIAGRAM:** (Identify number of stations and location, equipment needed for each, and brief description for each station activity.)

*If needed, attach diagram on separate sheet*

**Circle Putting Game**

Can change the game to make it go uphill the first time and downhill the second time.  
 Can add one more level of cones to have players practicing putting stroke.  
 Again with 10 foot Safety Zone

The diagram shows a large green circle representing a putting green. It has two white circles representing holes. A white rectangular box at the bottom is labeled 'Safety Zone' and has a double-headed arrow below it indicating a width of 10 feet. To the left of the green, there are two vertical double-headed arrows: the top one indicates a height of 30 feet, and the bottom one indicates a height of 10 feet. Along the bottom edge of the green, there are eight yellow triangles representing cones.

**Play #18**

The diagram shows a layout for a golf hole. On the left, a vertical line represents the 'Out of Bounds' boundary. To its right is a 'Bunker' (orange oval), a 'Fairway/Through the Green' (green oval), and a 'Green' (green oval). Below the bunker is a 'Cart Path is Out of Bounds' label. At the bottom left, there are 'Tee Markers' (two small white rectangles) and a 'Teeing Ground' (green rectangle). At the bottom right, there is a 'Water Hazard' (green rectangle with two yellow triangles).

**Good-Better-How Feedback (at least 3 Goods and 1 Better/How)**

What was GOOD?
What could have been BETTER?
HOW would I improve it next time?