

PLAYer Core Lesson – #2 - COURTESY Toward Others & Responsibility for the Course

PLAYer Yardage Book (pp. 8-15)

Coach Name: Pollert & ORourke The First Tee of: Indiana Facility: Highland Date: 3/17/2018

Duration (mins): 90 minutes # of Coaches/Volunteers: 3 # Participants: 6

PLAYer-to-Coach ratio: 2:1 Age Range: 5-8 Skill Level: Beginner # of Stations/# of Holes: 2 Equipment/supplies needed: Emoji Signs, Hula Hoops, Alignment Sticks, Match Game Cards, Match Game Poster, Golf Balls, Cones,

Warm-up

Mentally and socially engage PLAYers in activities that build rapport and connect to Learner Objectives:

Want participants to be courteous in their actions by staying still and quiet and being friendly and want them to take care of course, follow rules and leave the surroundings better than they find it.

Safety – Review and emphasize; connect to Healthy Habit:

Play to keep the body strong, fit, lean and have fun

Life Skills Experience—The Nine Core Values

PLAY – Games/Activities PLAYers will experience to introduce to lesson

Putting Match Game and Target Practice Pitching

LEARN – Behaviors reflective of The First Tee Code of Conduct and Nine Core Values

Life Skills – Nine Core Value Observable Behaviors

Being able to be nice, have fun and be responsible for their actions

Also want them to observe all the etiquette rules while others are playing

Golf Skill Category

- Putt
- Chip
- Pitch
- Full-swing

Golf Fundamental

- Distance-response
- Target Awareness
- Get Ready to Swing

Factors of Influence

- Size or length of motion Club selection Variable amount of energy...
- Target selection Distance to the target Reaction to the target
- Hold Set-up Aim & Alignment

Healthy Habits – Physical:

- Energy Play Safety

APPRECIATE – Expose PLAYers to areas of the course, terminology, etiquette and Rules of Golf

Game of Golf:

Will be working on target awareness and identifying the parts of the golf course using the match game and working on L-Pitch-L during Target Practice. Picking the target they want and trying to make the ball go toward it. **Different Clubs do different things.**

Etiquette:

Being responsible for staying in safe zones quietly waiting for their turn and working together in the match game by taking turns and being encouraging.

Rules of Golf:

Teeing Ground, Playing the Ball as it lies, Order of Play, Definitions

YOUR GAME – Ask PLAYers about their experiences that will help them on and off the course

Guiding Questions: Ask questions to connect activities and lesson objectives

- How do you...? [Click here to write open-ended questions to guide PLAYers' experience.](#)
- What happens when...? [Click here to write open-ended questions to help PLAYers self-reflect on experience.](#)
- What would happen if...? [Click here to write open-ended questions to help PLAYers do something different, if needed.](#)

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

Good: After delivery of Core Lesson, identify Goods with coaches/volunteers.

Better: *After delivery of Core Lesson, is there anything that you/coaches/volunteers identify that could be Better?*

How: *If a Better is identified, describe How you would make a change to this Core Lesson.*

WARM-UP (Identify number of stations, equipment needed, rotation, etc.)

TIME: [Click here to select or type in time allotted.](#) **LOCATION(S):** [Identify where Warm-ups will take place.](#)

Physically engage PLAYERS in a fitness circuit (Recommend one activity from each Category):

Strength	Flexibility/Mobility	Agility/Coordination	Balance	Object Control
Frog Jumps	Arms: Extend Out & Reach Up	Spot Jump/Hop	Standing Stunts	Throw to Moving Target
Quantity	Quantity	Quantity	Quantity	Quantity

Station Rotation/Circuit

Briefly describe how participants will move through rotation or circuit.

LIFE SKILL EXPERIENCE (List bullet points for time allotted, lesson flow, and location)

TIME (MINS.): [Click here to enter text.](#)

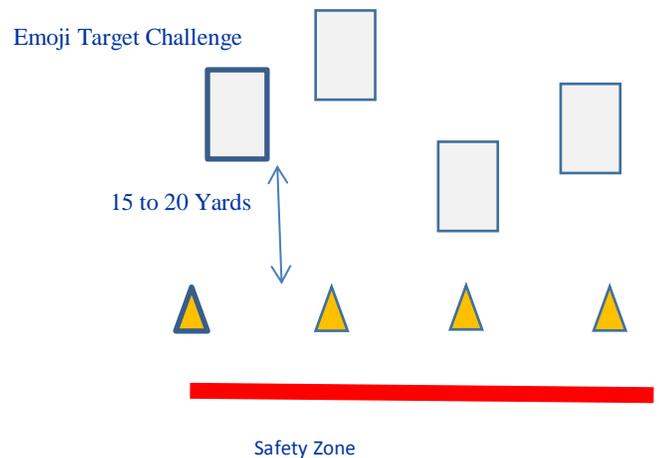
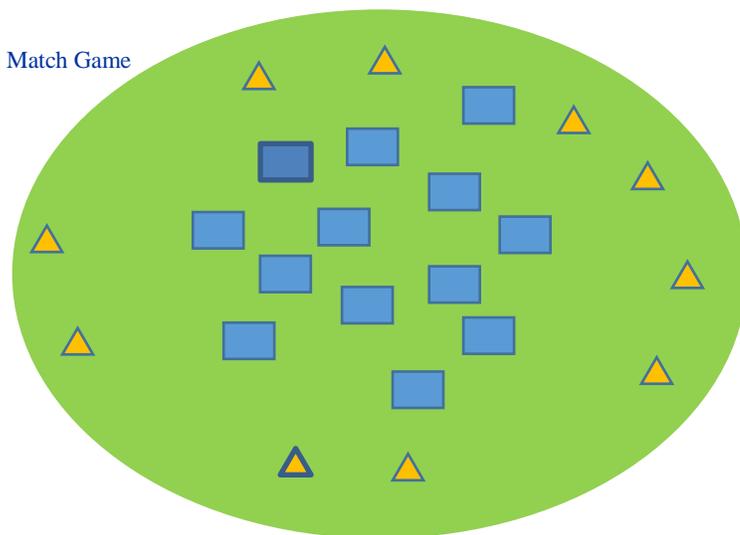
STATION #1 MATCH GAME PUTTING - WITH THE SIGNS FOR PARTS OF THE COURSE LAYING ON THE PUTTING GREEN. PARTICIPANTS WILL TAKE TURNS PUTTING TO THE SIGNS. FIRST PLAYER WILL PUTT. THE SIGN CLOSEST TO THERE BALL WILL BECOME THE TARGET. THE SECOND PLAYER WILL THEN PUTT TO THE MATCH OF THE FIRST PLAYERS SIGN. IF THEY GET A MATCH THEY WILL THEN IDENTIFY IT AS A TEAM WITH THE COACH ON THE POSTER. FOR EXAMPLE IF THEY BOTH GET WATER HAZARD THEY WILL GO IDENTIFY ON POSTER AND AS A BONUS BE ASKED WHAT HAPPENS IF YOU HIT YOUR BALL IN THERE. (COACH WILL PROBABLY HAVE TO EXPLAIN) THEN THEY RETURN TO THE GAME TO GET ANOTHER MATCH. IF THEY DON'T MATCH THEN THEY PROCEED TO THE NEXT TEEING GROUND TO DO IT ALL OVER AGAIN.

- VARIATION IS DOING THIS AS A LARGE GROUP FIRST TO GET ALL THE MATCHES

STATION #2 EMOJI CHALLENGE -3- 4 EMOJI TARGETS ARE SET UP ON THE RANGE. THE IDEA IS TO HIT THE BALL THROUGH THE EMOJI SIGN. THE SIGNS WILL BE SET UP AT DIFFERENT DISTANCES RANGING FROM 15 TO 25 YARDS AWAY. OBJECT IS TO HIT AT LEAST ONE BALL THROUGH EACH TARGET. USING FULL SWING WITH DIFFERENT CLUBS . WANT THE PARTICIPANTS TO PICK A TARGET EACH TIME START BEHIND THE BALL AND THEN APPROACH THE BALL WITH CONFIDENCE THEY CAN HIT THE TARGET. WANT TO THE COACH TO USE THE CUE WORDS FOR FULL SWING: **CIRCLE AWAY, SWISH THE GROUND, CIRCLE HIGH AND HOLD THE FINISH.**

- VARIATION IS HAVING POINT VALUES FOR EACH SIGN AND PLAY A GAME INVOLVING POINT

DIAGRAM: (Draw stations for set-up with safety zones. If needed, attach diagram on separate sheet.)



Wrap-up

Ask players questions to review what they learned and how they can apply what they learned to school, home, etc.

1. What did you experience today about ...? [Click here to enter text.](#)
2. What did you LEARN about ...? [Click here to enter text.](#)
3. How can what you learned today be used in school, at home and in other areas of your life off the golf course? [Click here to enter text.](#)