

## PLAYer Core Lesson – #4 - The HONESTY of PLAYers

PLAYer Yardage Book (pp. 16-23) #5 Modeling SPORTSMANSHIP

Coach Name: Lundy The First Tee of: Indiana Facility: Riverside Academy Date: 2/6/2018

Duration (mins): 60 minutes # of Coaches/Volunteers: 4 # Participants: 20

PLAYer-to-Coach ratio: 5:1 Age Range: 7-14 Skill Level: Beginner # of Stations/# of Holes: 2 Equipment/supplies needed: Duct Tape Strips, Cones, Putting Green, Balls, Mini-Footballs, Hula Hoops

### Warm-up

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

Want to put a value on playing the game honestly and show good sportsmanship whether we win or lose.

*Safety – Review and emphasize; connect to Healthy Habit:*

Family – Being honest and using good sportsmanship reflects on how we are raised by our parents and coaches in all our sports.

### Life Skills Experience—The Nine Core Values

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

Playing the Putting game called 11 will help us with our honesty and sportsmanship.

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

#### Life Skills – Nine Core Value Observable Behaviors

Waiting your turn, keeping an accurate score, shaking hands when your opponent wins, Waiting for others playing the game to play when they're supposed to. Following Directions and Rules.

#### 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:

Following the rules of the game 11 by keeping an honest score and showing great sportsmanship before, during and after the game.

#### Etiquette:

Taking turns, standing still, being quiet, looking around to see what everyone else is doing so you are not interfering with others games.

#### Rules of Golf:

Order of Play, Playing ball from teeing ground. Ball in Motion Stopped or Deflected

**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...? Control Distance of the ball (Size and length of motion). How do you start a game? (Shake hands)
- What happens when...? You makes the ball go to far? Too short?
- What would happen if...? You swing the same club short, medium and long. What happens to the ball? ( Distance and Trajectory)

### 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:** 5 mins. **LOCATION(s):** Putting Green

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

<b>Strength</b>	<b>Flexibility/Mobility</b>	<b>Agility/Coordination</b>	<b>Balance</b>	<b>Object Control</b>
Frog Jumps Target	Arm Circles	Locomotor 2-Hop	Standing Stunts	Throw to Stationary
Quantity	Quantity	Quantity	Quantity	Quantity

**Station Rotation/Circuit**

Form 2 lines facing coach. Start with arm circle, moving to frog jumps, then hops, then hops landing on one foot then throw and catch different distances

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

**TIME (MINS.):** 40 Minutes – 2-20 Minute Stations

6:10-6:30 STATION #1 PUTTING GREEN

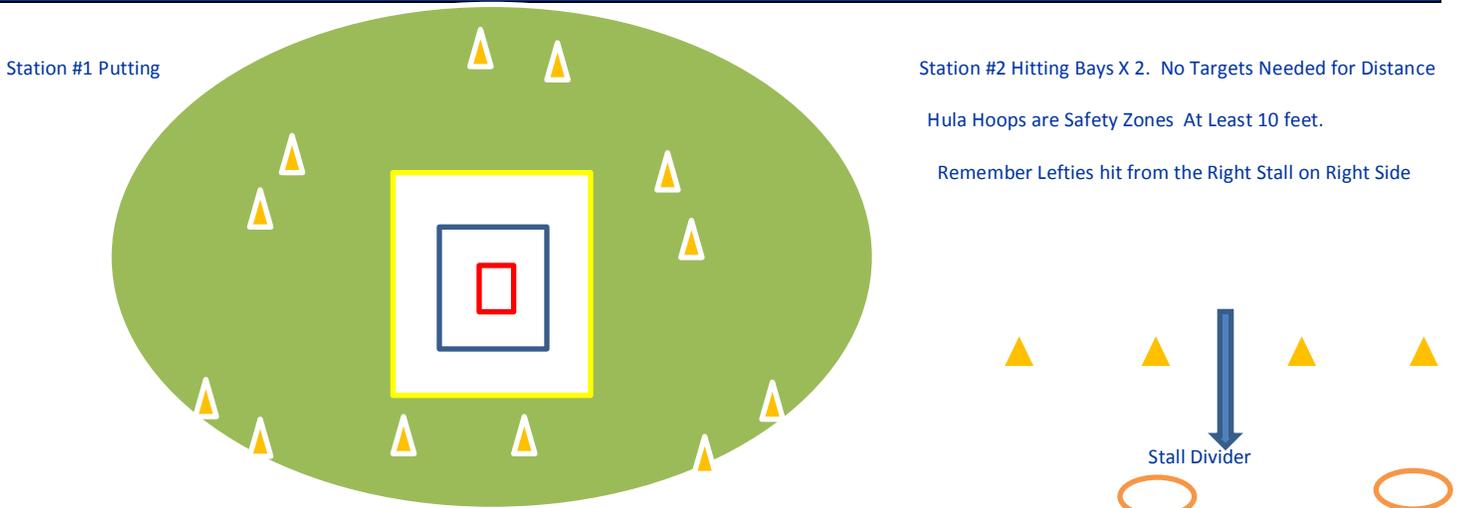
- PUTTING GAME OF 11. 3 SQUARES ON GREEN, 2 FT. 6 FT AND 12 FOOT. **NEED A PARTNER** 6 DIFFERENT SPOTS TO START FROM. TRAVELING IN A CLOCKWISE DIRECTION THE PAIRS WILL:
  - EACH PLAYER WILL PLAY ONE BALL FROM EACH CONE TAKING TURNS. LOOK AROUND BEFORE RETRIEVING YOUR BALL NOT TO GET IN OTHER PEOPLES WAY.
  - POINTS ARE AWARDED 1-BIG SQUARE, 2 FOR MEDIUM SQUARE AND 5 FOR SMALLEST SQUARE. VARIATIONS IF YOU HAVE A HOLE IN THE MIDDLE OF THE SMALL SQUARE YOU CAN PLAY IF YOU MAKE IT IN THE HOLE YOU AUTOMATICALLY WIN THE GAME.
  - AFTER PLAYING THE HOLE YOU START AT YOU ROTATE TO THE NEXT HOLE IN A CLOCKWISE MANNER.
  - ONCE ONE OF THE TWO PLAYERS GETS THE SCORE OF 11 EXACTLY THE GAME IS OVER THEN YOU CAN MIX THE PAIRS UP AND PLAY AGAIN OR PLAY THE SAME PERSON.
  - BEFORE EVERY GAME STARTS AND AFTER A WINNER HAS BEEN DETERMINED YOU SHOULD SHAKE HANDS. (IF YOU DON'T KNOW THE PERSON YOU SHOULD INTRODUCE YOURSELF)
  - REMEMBER TO USE THE Y-PUTT-Y SYSTEM TO HAVE THE BEST SUCCESS.

6:30-6:50 STATION #2 FULL SWINGS

- MAKING FULL SWINGS USING DIFFERENT LENGTHS OF SWING – WORKING ON DISTANCE RESPONSE WITH DIFFERENT SIZES OF MOTIONS
  - EACH PLAYER WILL HIT 3 BALLS AT A TIME.
    - 1<sup>ST</sup> BALL WILL BE A SMALL SWING – PUTTING SWING – Y-PUTT-Y
    - 2<sup>ND</sup> BALL WILL BE A MEDIUM SWING – PITCHING SWING – L-PITCH-L
    - 3<sup>RD</sup> BALL WILL BE A BIG OR LONG SWING – FULL SWING – CIRCLE AWAY – SWOOSH- CIRCLE HIGH AND HOLD YOUR FINISH
    - FIRST TURN WITH A DIFFERENT CLUB STARTING WITH A WEDGE OR 9 IRON
    - SECOND TURN WITH A 7 OR 8
    - THIRD TURN WITH 6 IRON OR HYBRID
    - FOURTH TURN WITH A FAIRWAY WOOD
    - FIFTH TURN WITH A DRIVER
  - GOAL WOULD BE TO GET ALL PLAYERS TO GET ALL THEIR TURNS SO THEY CAN HIT THEIR DRIVER.
  - REMEMBER EACH SWING SMALL, MEDIUM AND BIG ARE DONE WITH EACH CLUB.

6:50-7:00 WRAP UP

**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 ...?* Honesty, Sportsmanship, Distance Response,
2. *What did you LEARN about ...?* Rules and Etiquette, Family
3. *How can what you learned today be used in school, at home and in other areas of your life off the golf course?*  
To help you at school, in the family dynamic (at home), Where else can you use Honesty and Sportsmanship?