

PLAYer Core Lesson – #6 - Developing CONFIDENCE

PLAYer Yardage Book (pp. 24-27)

Coach Name: Lundy The First Tee of: Indiana Facility: Riverside Academy Date: 2/13/2018

Duration (mins): 60 minutes # of Coaches/Volunteers: 5 # Participants: 20

PLAYer-to-Coach ratio: 5:1 Age Range: 7-14 Skill Level: Beginner # of Stations/# of Holes: 2 Equipment/supplies needed: **Emoji Signs, Match Game Cards, Diagram of Hole, Golf Balls PVC Sign Holders, Sledge Hammer, PVC Supports, Hula Hoops, Cones, Yardage Books,**

Warm-up

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

Developing Confidence in themselves by being positive regardless of the result.

Safety – Review and emphasize; connect to Healthy Habit:

Working with friends to develop a relationship of trust will help build confidence in yourself and others.

Life Skills Experience—The Nine Core Values

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

Playing the match game will build confidence in putting at a target. Once you can identify target then move the ball toward that target. Also helps solidify the parts of the course. And emoji game will help with starting every shot from behind and picking out target you are trying to hit.

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

Life Skills – Nine Core Value Observable Behaviors

Picking a target to hit towards and then going through the steps to have the best success on the putting green and with full swings.

Helping your playing partner have success which in turn becomes your success to boost your confidence.

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:

Building on the aspect of picking a target and having confidence enough to make the ball go toward the target you selected

Etiquette:

Telling your partner something positive about their shot. Standing Still and Quiet, Going at a good pace.

Rules of Golf:

During match game talk about Water Hazard Rule, Lateral Water Rule, Teeing Ground, Out of Bounds Rule, Bunker Rules

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...? Feel when you're confident?
- What happens when...? someone says something that is mean? When someone says something nice? When you hit a good shot?
- What would happen if...? You hit a good shot? Is it something we brag about or just smile and do it again?

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
Lunges Target	Knee to Opposite Elbow	Ladder/Jump	Floor Stunts	Throw to Stationary
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.): 40 Minutes 2- 20 Minute Stations

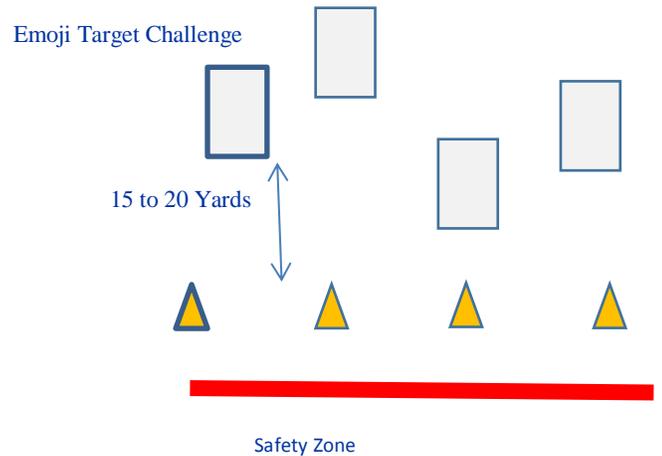
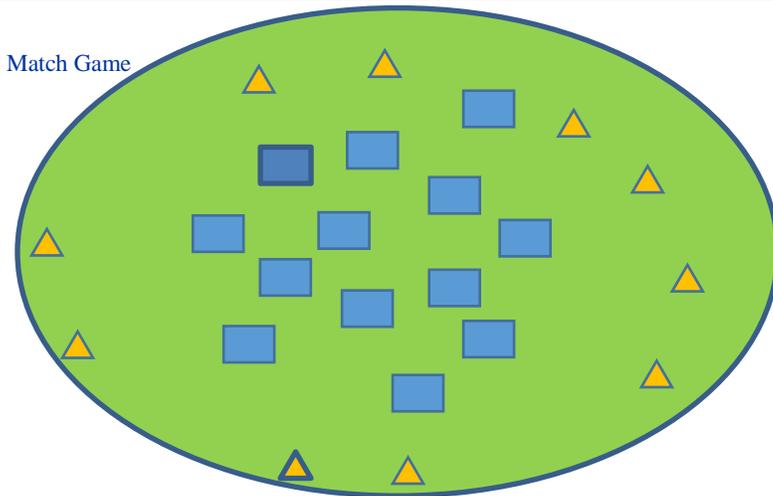
STATION #1 MATCH GAME PUTTING - WITH THE SIGNS FOR PARTS OF THE COURSE LAYING ON THE PUTTING GREEN. PARTICIPANTS WILL TAKE TURNS PUTTING TO THE SIGNS. FIRST PLAYER WILL PUTT. THE SIGN CLOSEST TO THERE BALL WILL BECOME THE TARGET. THE SECOND PLAYER WILL THEN PUTT TO THE MATCH OF THE FIRST PLAYERS SIGN. 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 - 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 POINTS

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 ...? Confidence, Target Awareness and Family
2. What did you LEARN about ...? Parts of the course and rules of golf related to each part. How do you build confidence?
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.](#)