

PLAYer Core Lesson – #7 - Using Good JUDGMENT

PLAYer Yardage Book (pp. 28-31)

Coach Name: Lundy The First Tee of: Indiana Facility: Riverside Academy Date: 2/20/2018

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: 1 Equipment/supplies needed: Tic Tac Toe Wall, Golf Balls, Clubs

Warm-up

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

Want to observe the players using judgment to determine how big of a swing they need to make.

Safety – Review and emphasize; connect to Healthy Habit:

Energy has to relate how much swing they're using.

Life Skills Experience—The Nine Core Values

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

Playing the Game of PLAY or PAR. Game similar to horse in basketball.

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

Life Skills – Nine Core Value Observable Behaviors

Can you use good judgment to pick the right size or length of swing.

How does picking the right size of swing affect the flight of the ball. How did you determine this swing size?

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:

Briefly describe what aspect of the game to share during core lesson.

Etiquette:

Briefly describe etiquette shared during core lesson.

Rules of Golf:

Identify Rule shared during core lesson.

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...? Know how hard to swing is a big component of learning golf. What club to use?
- What happens when...? You make a swing that is too big? To small?
- What would happen if...? You hit a ball the right way. How would affect your judgment on the next one?

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
Choose activity.	Choose activity.	Choose activity.	Choose activity.	Choose activity.
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)

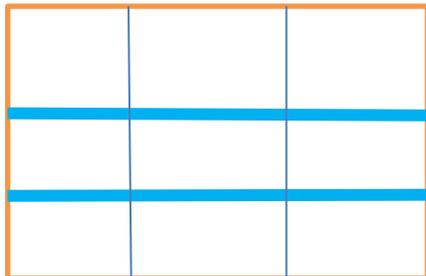
TIME (MINS.): [Click here to enter text.](#)

PLAYING THE GAME STAR. THIS GAME IS JUST LIKE THE GAME OF HORSE IN BASKETBALL. YOU MUST CALL YOUR SHOT BEFORE YOU HIT IT.

- WHAT CLUB YOU WILL USE – SHORT IRON, MID IRON, LONG IRON, HYBRID, OR WOOD
- HIT YOUR SHOT, IF IT GOES THROUGH THE TARGET YOU PICKED THEN YOU PLAYING PARTNER GETS A TURN. IF THEY MISS THEY GET A LETTER. IF THEY GO THROUGH THE TARGET THEN THE FIRST PLAYER GETS A LETTER. IF THE FIRST PLAYER MISSES THE TARGET THE SECOND PLAYER THEN GETS TO PICK THE NEXT TARGET. IF A PLAYER ACCOMPLISHES THE TASK THE SECOND PLAYER DOES NOT HAVE TO TELL THE OTHER PLAYER WHAT THE TARGET AND CLUB IS. THAT WOULD BE A GIVEN.
- USE THE STAR PROCEDURE AND PRESHOT ROUTINE BEFORE EVERY SHOT.
- CAN PLAY MULTIPLE GAMES
- WORKING ON PRE SHOT ROUTINE AND PROBLEM SOLVING
- GAME IS OVER WHEN ONE PLAYER GETS TO STAR.

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

level.



Tic Tac Toe Wall to Play the Game Called STAR or PAR or PLAY

15 Yards away- Hitting through the specific row or square depending on skill



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.](#)