

PLAYer Core Lesson – #8 -Playing with PERSEVERANCE

PLAYer Yardage Book (pp. 32-35)

Coach Name: Roger Lundy The First Tee of: Indiana Facility: Riverside Date: 3/6/2018

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: 1 Equipment/supplies needed: Enter supplies needed for lesson/stations.

Warm-up

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

Want to play well and do well so the Player must keep going through breaks and their own mistakes. Trying their best regardless of the outcome.

Safety – Review and emphasize; connect to Healthy Habit:

Being aware of your environment and working through any situation that comes up in a safe and fair manner.

Life Skills Experience—The Nine Core Values

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

Working on hitting all our targets to get the best score that we can.

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

Life Skills – Nine Core Value Observable Behaviors

Get the ball to travel toward our target and keep trying till it is accomplished

Make whatever adjustments you have to fairly get to your objective using hard work mentality

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:

We will be playing the game of full swing 21.

Etiquette:

Behaving by giving each person their turn respectfully and trying to do your best even when it's not going your way.

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...? [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: 5 mins. **LOCATION(S):** Hitting Bays

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

Strength	Flexibility/Mobility	Agility/Coordination	Balance	Object Control
Planks Target	Arms: Extend Out & Reach Up	Spot Jump/Hop	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)

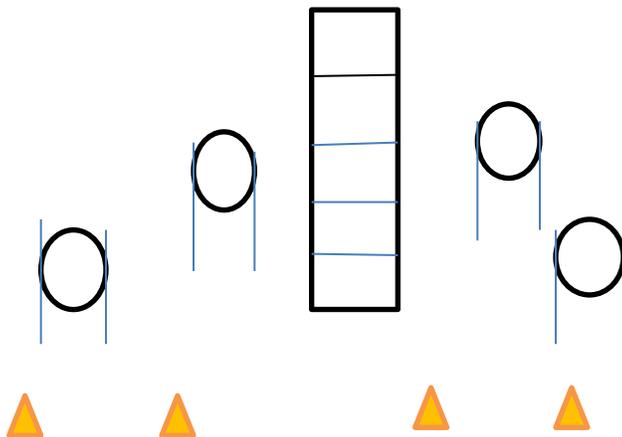
TIME (MINS.): 40

TARGET 21 HITTING TO VARIOUS TARGETS SCORING POINTS FOR YOUR TEAM.

- HIGHEST EMOJI = 10 POINTS
- NEXT LOWEST SQUARE = 5 POINTS
- NEXT LOWEST SQUARE = 3 POINTS
- LOWEST 2 SQUARES = 1 POINT
- HULA HOOP = 3 POINTS
- ALIGNMENT STICK HULA HOOPS = 1 POINT

FIRST TEAM TO 21 WILL WIN THE GAME. WANT THE PLAYERS TO BE STARTING EVERY SHOT FROM BEHIND, HAVE THEM CHECK TO MAKE SURE EVERYONE IS OUT OF THE WAY BEFORE THEY START THEIR SWING. WORKING ON FULL SWING CUES CIRCLE AWAY, SWING LOW TO CIRCLE HIGH AND HOLD FINISH. WOULD LOVE THE KIDS TO LOOK VERY GRACEFUL.

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.](#)