

Par Core Lesson – #13 - Having Fun While You Learn

Par Yardage Book (pp. 22-25)

Coach Name: **Roger 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: **9-14** Skill Level: **Beginner** # of Stations/# of Holes: **2** Equipment/supplies needed: **Hula Hoops, duct tape strips, golf balls, putting green, driving range**

Warm-up

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

- Want participant to explore what they can do to make learning more fun by being positive, patient and learn by asking questions.

Safety – Review and emphasize; connect to Healthy Habit:

- Family can grow when all members of the house participate together in activities, games and even dinner. Want them to learn while participating in these activities

Life Skills Experience

For each component of the Life Skills Experience, identify

- Should get an idea that you can learn anything you want easy or hard if you're patient, positive and can ask good questions when you don't know the answer
- You should learn that every swing begins and ends with great body balance. Practicing this balance is paramount to your success.

what players will learn in each component

LIFE SKILLS OBJECTIVE

GOLF SKILLS OBJECTIVE

Guiding Questions: *Ask questions to connect activities and lesson objectives*

- *How do you...Have fun learning? What helps you make perfect contact with the ball.*
- *What happens when... you are standing in an awkward position?*
- *What would happen if... you worked harder at being focused on your body balance.*

Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
✓ Putt	<input type="checkbox"/> Distance-response	<input type="checkbox"/> Size or length of motion <input type="checkbox"/> Club selection <input type="checkbox"/> Variable amount of energy...	Y-Putt-Y
✓ Chip	<input type="checkbox"/> Target Awareness	<input type="checkbox"/> Target selection <input type="checkbox"/> Distance to target <input type="checkbox"/> Reaction to the target	Y-Chip-Y
✓ Pitch	<input type="checkbox"/> Get Ready to Swing	<input type="checkbox"/> Hold <input type="checkbox"/> Set-up <input type="checkbox"/> Aim/alignment	L-Pitch-L
✓ Full-swing	<input checked="" type="checkbox"/> Body Balance <input type="checkbox"/> Clubface and Ball Contact <input type="checkbox"/> Swing Rhythm Routines: <input type="checkbox"/> Preshot <input type="checkbox"/> Postshot <input type="checkbox"/> Ball Flight <input type="checkbox"/> On-course Strategies	<input checked="" type="checkbox"/> Balanced finish <input type="checkbox"/> Balanced start <input type="checkbox"/> Balanced during swing <input type="checkbox"/> Clubface direction at contact <input type="checkbox"/> Centeredness of hit <input type="checkbox"/> Impact position <input type="checkbox"/> Swing tempo <input type="checkbox"/> Swing sequencing <input type="checkbox"/> Mental and emotional aspects... <input type="checkbox"/> Variable playing conditions... <input type="checkbox"/> Emotionally neutral response... <input type="checkbox"/> Memory storage of desirable process... <input type="checkbox"/> Trajectory <input type="checkbox"/> Curvature <input type="checkbox"/> Self-management <input type="checkbox"/> Course management	Circle Away, Swish the Ground, Circle High Hold Finish

Healthy Habit

Etiquette/Rules of Golf

- Healthy Habit—Physical:** Energy Play Safety
- Other Healthy Habit(s):** **Family** **Friends** **School**
- Vision Mind Community

Being respectful on the Putting Green, Waiting your turn, looking at what is going on around you.

Rules on Ball In Motion Stopped or deflected. Teeing Ground, Order of Play

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 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) :

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

Station Rotation/Circuit

Start with arm circles, then to leap frogs, then hop in place, then hop to one foot balance and then toss ball and catch in balance.

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

TIME (MINS.): 40 Minutes

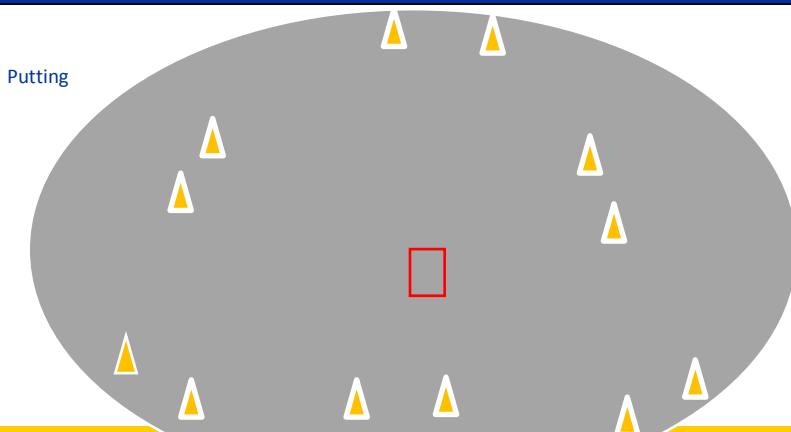
6:10-6:30 STATION #1 PUTTING GREEN

- 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 BODY BALANCE WITH DIFFERENT SIZES OF MOTIONS
 - EACH PLAYER WILL HIT 3 BALLS AT A TIME.
 - 1ST BALL WILL BE A SMALL SWING – CHIP SWING – Y-PUTT-Y
 - 2ND BALL WILL BE A MEDIUM SWING – PITCHING SWING – L-PITCH-L
 - 3RD 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

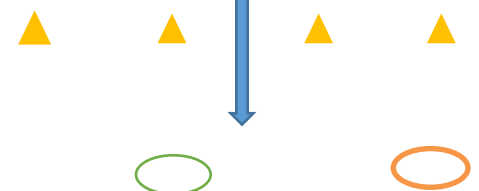
DIAGRAM: (Draw stations for set-up with safety zones. If needed, attach diagram on separate sheet.)



Station #2 Hitting Bays X 2. No Targets Needed for Distance

Hula Hoops are Safety Zones At Least 10 feet.

Remember Lefties hit from the Right Stall on Right Side



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 ...? Having fun while you learn, body balance, healthy habit of family
2. What did you LEARN about ...? The ingredients of learning and having fun. Be Positive, Be Patient and Ask for Help
3. How can what you learned today be used in school, at home and in other areas of your life off the golf course? Make your worst subject more fun to learn at school, chores at home, Grocery shopping?