

# Par Core Lesson – #14 - Staying Cool

Par Yardage Book (pp. 28-37)

Coach Name: **Roger 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:*

- Staying Cool using the 4 R's of Replay, Relax, Ready, Redo help accomplish the task of hitting the targets. How to use these tools to help with problem solving

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

- Maintaining a healthy relationship with friends and being supportive handling challenging situations. Helping each other out.

## Life Skills Experience

*For each component of the Life Skills Experience, identify what players will learn in each component*

- With presented with a challenge how can you solve the problem using the 4 R's (Replay, Relax, Ready, Redo). Want to help when things get frustrating.
- The golf skill has to do with making solid contact with the ball by understand the ball will fly in the direction the face is pointing. Focusing on swing the club through the hitting area with the clubface going to the target.

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

- How do you...control the clubface, solve problems now, feel when there is a problem presented?
- What happens when... you think about what you are doing? Do you notice a difference in how you act?
- What would happen if... you focused on the 4 R's when presented with a problem? Can you identify problems ahead of time?

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...	4 R's Replay, Relax, Ready, Redo
<input type="checkbox"/> Chip	<input type="checkbox"/> Target Awareness	<input type="checkbox"/> Target selection <input type="checkbox"/> Distance to target <input type="checkbox"/> Reaction to the target	
<input type="checkbox"/> Pitch	<input type="checkbox"/> Get Ready to Swing	<input type="checkbox"/> Hold <input type="checkbox"/> Set-up <input type="checkbox"/> Aim/alignment	Where did the ball go and why?
✓ Full-swing	<input type="checkbox"/> Body Balance	<input type="checkbox"/> Balanced finish <input type="checkbox"/> Balanced start <input type="checkbox"/> Balanced during swing	
	✓ Clubface and Ball Contact	✓ Clubface direction at contact <input type="checkbox"/> Centeredness of hit <input type="checkbox"/> Impact position	Circle Away, Swish Ground, Circle High and Hold Finish
	<input type="checkbox"/> Swing Rhythm	<input type="checkbox"/> Swing tempo <input type="checkbox"/> Swing sequencing	
	<input type="checkbox"/> Routines: <input type="checkbox"/> Preshot	<input type="checkbox"/> Mental and emotional aspects... <input type="checkbox"/> Variable playing conditions...	
	<input type="checkbox"/> Postshot	<input type="checkbox"/> Emotionally neutral response... <input type="checkbox"/> Memory storage of desirable process...	
	<input type="checkbox"/> Ball Flight	<input type="checkbox"/> Trajectory <input type="checkbox"/> Curvature	Y-Putt-Y
	<input type="checkbox"/> On-course Strategies	<input type="checkbox"/> Self-management <input type="checkbox"/> Course management	

### Healthy Habit

### Etiquette/Rules of Golf

**Healthy Habit—Physical:**  Energy  Play  Safety

**Other Healthy Habit(s):**  Family  Friends  School

Vision  Mind  Community

Water Hazard Rule, Lateral Water Hazard Rule, Out of Bounds Rule, Teeing Ground,

**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
Lunges	Knee to Opposite Elbow	Ladder/Jump	Floor Stunts	Throw to
Stationary Target				
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 Minute 2 – 20 minute stations

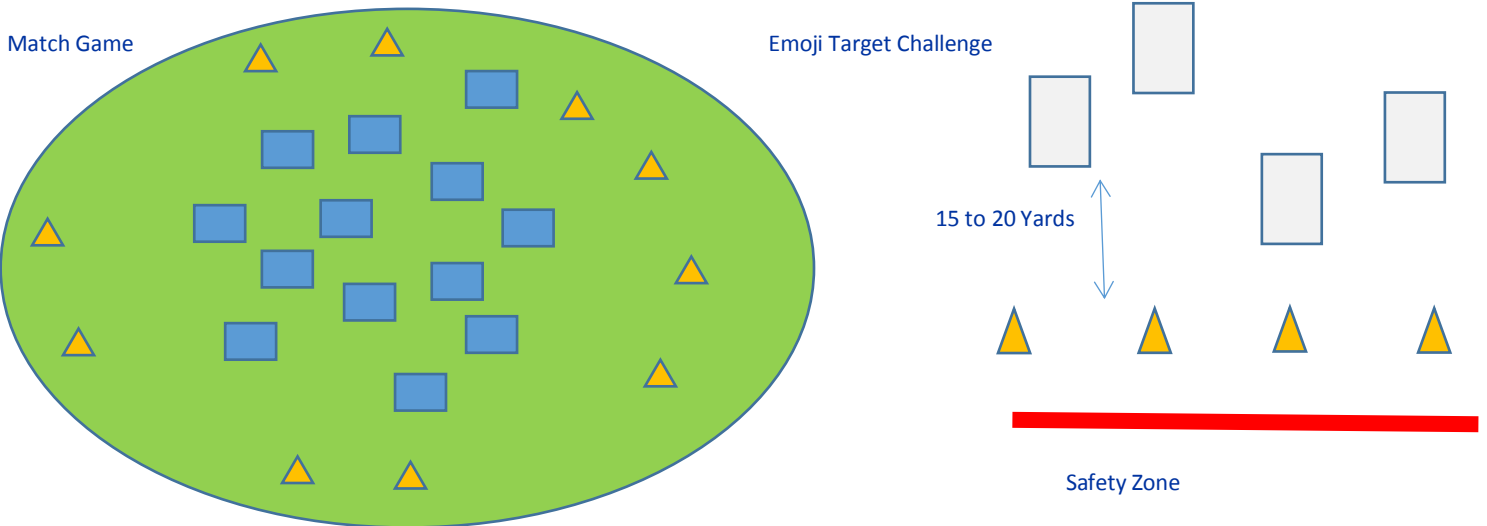
**STATION 1 – PUTTING GREEN – MATCH GAME PUTTING** OBJECT IS TO GET ALL THE TARGETS THAT MATCH AND IDENTIFY THEM ON THE BANNER AND GIVE THE DEFINITION OF WHAT THEY ARE IN REGARD TO THE RULE BOOK AND WHAT THE RELIEF OPTIONS ARE IF YOU GET YOURSELF INTO THAT SITUATION.

- 2 PLAYER TEAMS WILL PUTT BALL FROM DESIGNATED SPOTS TO TARGETS ON THE GREEN. THE TARGET YOUR BALLS STOPS CLOSEST TO YOU’LL TURN OVER TO FIND OUT WHAT IT IS. EXAMPLE SIGN SAYS PUTTING GREEN. THE SECOND PLAYER FROM THE SAME TEEING GROUND WILL PUTT TO THE CORRESPONDING MATCH. PLAYERS SHOULD BE USING THE 4 R’S TO GET TO THE OUTCOME THEY WANT TO ACHIEVE.
- IF YOU GET A MATCH YOU’LL INDICATE IT ON THE HOLE BANNER PROVIDED TO EACH TEAM AND YOU WILL TELL THE COACH WHAT THIS MEANS IN REGARD TO THE RULES OF GOLF
- ONCE BOTH PLAYERS HAVE PUTTED YOU MOVE TO THE NEXT TEE STATION AND REPEAT UNTIL ALL PARTS OF THE COURSE HAVE BEEN IDENTIFIED.
- HOW IS THE CLUBFACE RESPONDING ON EACH SHOT. ARE YOU HITTING THE RIGHT, LEFT, SHORT OR LONG OF YOUR TARGET AND THEN WHAT DO YOU DO.

**STATION 2 – HITTING BAYS – TARGET CHALLENGE - WORKING ON USING THE 4 R’S AFTER EACH SWING TO PREPARE FOR THE NEXT SWING.**

- EMOJI SIGNS ARE SET UP AS TARGETS. CAN USE DIFFERENT CLUBS BUT **MUST GO THROUGH A GOOD ROUTINE. MAKE EVERY SHOT COUNT.**
- AFTER EACH SHOT ANALYZE WHAT THE CLUBFACE LOOKED LIKE AT IMPACT. HOW CAN THAT BE FIXED? USING THE 4 R’S PREPARE FOR THE NEXT SHOT AFTER MAKING THE ADJUSTMENTS YOU NEED TO MAKE TO GET THE BEST POSSIBLE OUTCOME. **IT’S ALL ABOUT STAYING COOL.**
- EACH PLAYER WILL HIT ONE SHOT THEN SWITCH WITH THEIR PARTNER.

**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 ...? Staying Cool? What are the 4 R’s? Clubface Control? Rules of Golf
2. What did you LEARN about ...? Staying cool in regard to friends? Being frustrated with your game?
3. How can what you learned today be used in school, at home and in other areas of your life off the golf course? How can you use the 4 R’s away from golf? At School? At Home? Will you be able and willing to do it.