

## 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: *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:*

- Staying cool in his/her actions by having golf etiquette even when in a frustrating situation by taking a practice swing. This will be part of using the 4 R's to make each shot better each time.

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

- Safety in making practice swing and starting each shot from behind making sure everyone around is safe and out of the way.

### Life Skills Experience

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

- Helps them not to get down on themselves and working on a system to get past any troubles
- By being target aware the goal is more specific and has more success or penalty when not accomplished which parallels everyday life. Using the 4 R's and picking specific targets will be key to making today's lesson meaningful.

**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?](#)*

Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
<input type="checkbox"/> Putt <input type="checkbox"/> Chip <input checked="" type="checkbox"/> Pitch <input checked="" type="checkbox"/> Full-swing	<input type="checkbox"/> Distance-response <input checked="" type="checkbox"/> Target Awareness <input type="checkbox"/> Get Ready to Swing <input 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 type="checkbox"/> Size or length of motion <input type="checkbox"/> Club selection <input type="checkbox"/> Variable amount of energy... <input checked="" type="checkbox"/> Target selection <input type="checkbox"/> Distance to target <input type="checkbox"/> Reaction to the target <input type="checkbox"/> Hold <input type="checkbox"/> Set-up <input type="checkbox"/> Aim/alignment <input 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	<p style="color: #004a99; text-align: center;"><a href="#">Click here to list coaching cues to help participants learn.</a></p>
Healthy Habit		Etiquette/Rules of Golf	
Healthy Habit—Physical: <input type="checkbox"/> Energy <input type="checkbox"/> Play <input checked="" type="checkbox"/> Safety Other Healthy Habit(s): <input type="checkbox"/> Family <input type="checkbox"/> Friends <input type="checkbox"/> School <input type="checkbox"/> Vision <input type="checkbox"/> Mind <input type="checkbox"/> Community		<p style="color: #004a99;"><b>Identify Etiquette and/or Rule(s) for the core lesson</b></p>	

**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:** [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
Plank Stationary Target	Arms: Extend Out & Reach Ups	Spot Jump/Hop	Floor Stunts	Throw to
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)

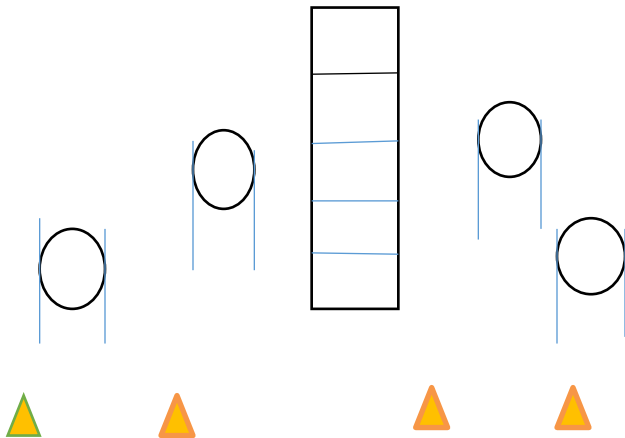
**TIME (MINS.):** 40 minutes

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.](#)