

Par Core Lesson #11 Respecting the Rules

Coach Name: Lundy/Beam _____ Chapter: Indiana _____ Facility: Riverside Academy _____ Date: 8-26-17 _____
 # of Coaches/Volunteers: 2 _____ # Participants: 4 _____ Age Range: 9+ _____ Skill Level: PAR 3 _____
 PLAYer-to-Coach ratio: _____ x Par 3 Par 4 Par 5 # of Stations/# of Holes: _____ On-course Off-course
 Duration (mins.): 60 _____ Equipment and supplies needed: Soccer Ball , Cones, SNAG Balls, Real Clubs, Balls, Stakes, SNAG Clubs, Launch Pads
 Timing Device _____
 Additional Notes: _____

Warm-up				
Time Allotted: 5 minutes		Location(s): Getting to the practice area		
<i>Mentally and socially engage PLAYers in activities that build rapport and connect to Learner Objectives:</i>				
<i>Physically engage PLAYers in a fitness circuit (Recommend one activity from each category):</i>				
Strength	Flexibility/Mobility	Agility/Coordination	Balance	Object Control
Frog Leaps	Elbow to Knee	Skipping	Side Hops and hold	Soccer Dribble
<i>Safety – Review and emphasize; connect to Healthy Habit:</i>				

Life Skills Experience	
Time Allotted: 50 minutes	List what players will learn in each component
LIFE SKILLS OBJECTIVE(S):	GOLF SKILLS OBJECTIVE(S):
<ul style="list-style-type: none"> Exploring what clubs to use while respecting the rules of the game OB Rule, Teeing Ground Rule, Water Hazard Rule, Unplayable, Lost Ball 	<ul style="list-style-type: none"> Club selection to use while playing, just not to control distance but to recover or avoid trouble.
Guiding Questions: <i>Ask questions to connect activities and lesson objectives</i>	
<ul style="list-style-type: none"> How do you... What is the object of golf? (Get the lowest Score on a hole in a reasonable amount of time.) How many rules are there? (34) What happens when... You hit your ball in the water? Out of Bounds? Unplayable? What would happen if... ? you played with someone who didn't know the rules? What if you didn't play by the rules? 	

Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
<input type="checkbox"/> Putt <input type="checkbox"/> Chip x Pitch x Full-swing	<input type="checkbox"/> Distance-response <input type="checkbox"/> Target Awareness <input type="checkbox"/> Get Ready to Swing <input type="checkbox"/> Body Balance x 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 x Club selection <input type="checkbox"/> Target selection <input type="checkbox"/> Distance to target <input type="checkbox"/> Hold <input type="checkbox"/> Set-up <input type="checkbox"/> Aim/alignment <input type="checkbox"/> Balanced finish <input type="checkbox"/> Clubface direction at contact <input type="checkbox"/> Swing tempo <input type="checkbox"/> Mental and emotional aspects <input type="checkbox"/> Emotionally neutral response... <input type="checkbox"/> Trajectory <input type="checkbox"/> Self-management	

Etiquette/Rules of Golf: Water Hazard Rule, Pace of Play, Out of Bounds, Unplayable, Lost Ball	
Healthy Habit—Physical: x Energy <input type="checkbox"/> Play <input type="checkbox"/> Safety <input type="checkbox"/> Other Healthy Habit(s):	How do we re-energize? How are we using energy when we play?

Wrap-up	Time Allotted: 5 minutes
Ask open-ended questions to inquire about general experiences, check for learning and bridge to golf and life: <ol style="list-style-type: none"> 1. What did you experience today about...? 2. What did you LEARN about...? 3. How can what you learned today in school, at home and in other areas of your life off the golf course? 	

Warm-up (Identify location; activities; number of stations; equipment needed; rotation, etc.)

- 10:00-10:05
- Knee to elbow
 - Frog Leaps
 - Skip
 - Side Hops
 - Soccer Ball Dribble

LIFE SKILL EXPERIENCE

TIME

LESSON PROGRESSION: List bullet points for time allotted, lesson flow, and location.

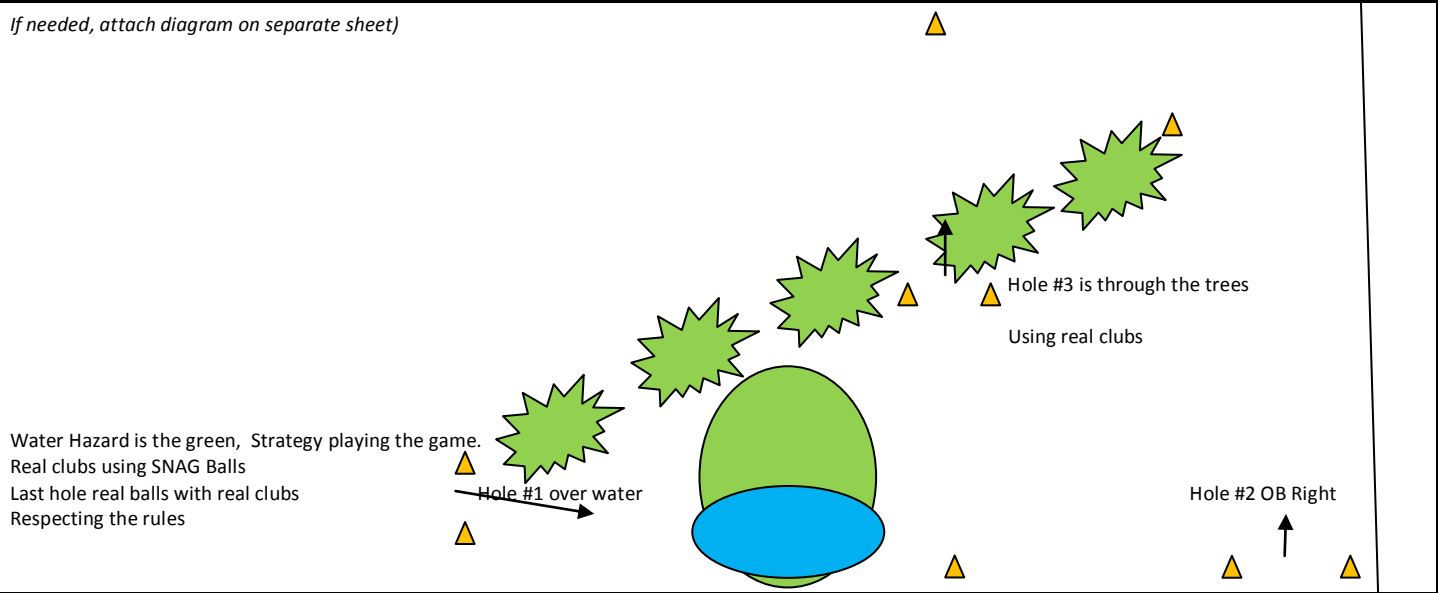
10:05-10:50

Play 3 Holes with coach. Major emphasis on the rules of golf and how they happen on the golf course.

- Hole #1 The green is a water hazard (Yellow) What happens if the ball goes on the green. Coach can decide what equipment to use for this hole. Soccer Ball, SNAG, or Real with SNAG Ball(Safety Reasons)
- Hole #2 The entire right side of the hole is out of bounds. What happens when you hit it out of bounds and score it. Course strategy and club selection for the situation is part of this lesson and why you don't always hit club that goes the farthest.
- Hole #3 Through the trees to a longer hole length using real equipment. Strategy of picking the right club is encouraged on all the shots to shoot the lowest score in the least amount of time.

DIAGRAM: (Identify number of stations and location, equipment needed for each, and brief description for each station activity.)

If needed, attach diagram on separate sheet)



Good-Better-How Feedback (at least 3 Goods and 1 Better/How)

What was GOOD?

What could have been BETTER?

HOW would I improve it next time?