

Par Core Lesson # 14 Staying Cool

Coach Name: Lundy _____ Chapter: Indiana _____ Facility: Gongaware _____ Date: 8/16/17 _____
 # of Coaches/Volunteers: 1 _____ # Participants: 3 _____ Age Range: 10-12 _____ Skill Level: Par _____
 PLAYer-to-Coach ratio: 3:1 _____ x Par 3 Par 4 Par 5 _____ # of Stations/# of Holes: 2 _____ x On-course Off-course _____
 Duration (mins.): 60 _____ Equipment and supplies needed: Cones _____

Additional Notes: _____

Warm-up				
Time Allotted: 5 minutes		Location(s): Next to Practice Green		
<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 Lunges	Flexibility/Mobility Arm Circles	Agility/Coordination Skipping	Balance One legged toe touches	Object Control Ball bounces on club
<i>Safety – Review and emphasize; connect to Healthy Habit:</i>				
<i>Play is healthy habit for this class as they will be playing holes of golf and putting on a putting course</i>				

Life Skills Experience	
Time Allotted: 45 <i>List what players will learn in each component</i>	
LIFE SKILLS OBJECTIVE(S): STAYING COOL	GOLF SKILLS OBJECTIVE(S): Playing The Game
<ul style="list-style-type: none"> Dealing with adversity Dealing with frustration What will they do if a target score is presented as part of the class 	<ul style="list-style-type: none"> Following all the rules/etiquette associated with playing Using all the different swings Causes of Frustrations
Guiding Questions: <i>Ask questions to connect activities and lesson objectives</i>	
<ul style="list-style-type: none"> How do you... How do you stay cool? What is your mind saying when things are not going your way? What happens when... What happens when you find yourself in an uncomfortable spot? What happens when you get mad? How does that make you play? What would happen if... ? What would happen if we channeled that energy differently? With golf when do you need to channel that energy differently? 	

Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
x Putt x Chip x Pitch x Full-swing	<input type="checkbox"/> Distance-response	<input type="checkbox"/> Size or length of motion x Club selection	
	<input type="checkbox"/> Target Awareness	<input type="checkbox"/> Target selection <input type="checkbox"/> Distance to target	
	<input type="checkbox"/> Get Ready to Swing	<input type="checkbox"/> Hold <input type="checkbox"/> Set-up <input type="checkbox"/> Aim/alignment	
	<input type="checkbox"/> Body Balance	<input type="checkbox"/> Balanced finish	
	<input checked="" type="checkbox"/> Clubface and Ball Contact	<input type="checkbox"/> Clubface direction at contact	
	<input type="checkbox"/> Swing Rhythm	<input type="checkbox"/> Swing tempo	
	Routines: <input type="checkbox"/> Preshot	<input type="checkbox"/> Mental and emotional aspects	
	<input type="checkbox"/> Postshot	<input type="checkbox"/> Emotionally neutral response...	
	<input type="checkbox"/> Ball Flight	<input type="checkbox"/> Trajectory	
<input type="checkbox"/> On-course Strategies	<input type="checkbox"/> Self-management		

Etiquette/Rules of Golf: Order of Play, Recording Score, Scoring Responsibilities, Teeing Ground, Flagstick Etiquette, Where to Stand	
Healthy Habit—Physical: <input type="checkbox"/> Energy x Play <input type="checkbox"/> Safety <input type="checkbox"/> Other Healthy Habit(s):	Playing 3 holes short game course to play and use lessons learned covering golf rules and etiquette.

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...? One thing you did today to keep cool? Did you have a point where you lost your cool? 2. What did you LEARN about...? What steps did you take to keep you moving forward? 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.)

1 minute each	Lunges Arm Circles Skipping One legged toe touches Ball on Club Bounce
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LIFE SKILL EXPERIENCE

TIME	LESSON PROGRESSION: List bullet points for time allotted, lesson flow, and location.
15 minutes	9 Hole putting course keeping score: First go around it's to establish a score and get used to the holes on the course. Second go around introduce that the scoring limit is 27 for the entire course(matches requirement for certification)
30 minutes	Play 3 hole short game course keeping score: Introducing the scoring limit of 12. After a hole that the player has a high score asking them what their plan will be on the next hole thinking that they cannot reach the target score.

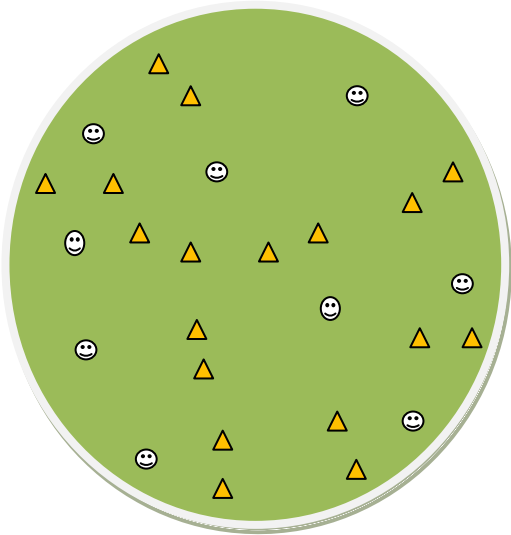
DIAGRAM: (Identify number of stations and location, equipment needed for each, and brief description for each station activity.)

If needed, attach diagram on separate sheet)

9 Hole Putting Course on Green

Play 3 holes for short game.

Goal Score is 12



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?