

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

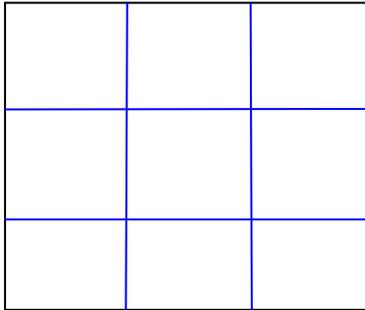
6:00-6:01	Strength-Push ups – Picking how to complete, either from toes or knees
6:01-6:02	Flexibility- Toe touches – Reach high then bend low and hold to give better stretch
6:02-6:03	Agility- Follow the feet on the ground, either hop on one foot or two, go when it's safe
6:03-6:04	Balance – One each leg for 30 seconds, arms out to help hold balance
6:04-6:05	Object control – place ball on back of hand and go down and back to cone without dropping ball. Use judgement on how fast or slow to go.

Time Lesson Progression: (List bullet-points for time allotted, lesson flow, and location of lesson activities/stations.)

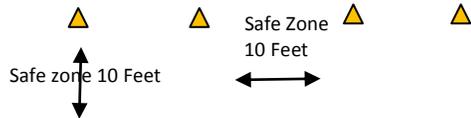
6:00-6:10	Welcome, today's goals and Warm Up
6:10-6:50	<p>Tic/Tac/Toe Game –</p> <ul style="list-style-type: none"> • Game 1 – tossing ball to get 3 in a row- What are squares called? (Targets) • Game 2 – pitching balls to get 3 in a row – Before game starts ask which clubs to use to use a pitching swing. Explain pitching swing using L-Pitch-L, person waiting for their turn can be inside hula hoop practicing their pitch swing and how much energy they're going to use and decide what target they're going for on the next shot • Game 3 – Coach picks the targets (4 corners, Diagonals only, only verticals)
6:50-7:00	<p>Wrap Up – Yardage Book on Judgment – How many yards from the target are we? What clubs did you use today and why? If we played the game again what would you do different? What was the most fun part today about making judgments? Were we successful after every decision we made? What can you do the next time?</p> <p>Give me 3 judgments you have already made today? How did they work out for you? What would you change? Does everyone at your house make good judgments? Can you help them make better Judgements?</p>

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)



Distance to Target is 15-20 Yards



Safe Zone Standing in Hoop Practicing L-Pitch-L Swing when not their turn

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

What was GOOD? Like a different Game, Understood directions and rules, Like picking their targets

What could have been BETTER? This is a high skill level game – might be too advanced

HOW would I improve it next time? Would not make it a team competition ever, Distance from target can be altered for more success,