

PLAYer Core Lesson # 3 Responsibility For the Course

Coach Name: Lundy Chapter: Indiana Facility: Riverside Academy Date: 8/19/17
 # of Coaches/Volunteers: 1 # Participants: 6 Age Range: 7-13 Skill Level: PLAYer
 PLAYer-to-Coach ratio: 6:1 x 3-hole 6-hole 9-hole # of Stations/# of Holes: 2 x On-course Off-course
 Duration (mins.): 60 Equipment and supplies needed: Circles, Hula Hoops, Cones, Duct Tape Strips, Golf Balls, SNAG Clubs, Tennis Balls, Divot Tool, Alignment Sticks, Swim Noodles,
 Additional Notes: _____

Warm-up				
Time Allotted: 5 minutes		Location(s): On the Way to Stations		
<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 Walking Lunges	Flexibility/Mobility Walking Arm circles	Agility/Coordination Hula Hoops	Balance Walk the Line	Object Control Ball bouncing on SNAG Club
<i>Safety – Review and emphasize; connect to Healthy Habit:</i>				
<i>Watching where we are walking during warm up, Chipping by checking our surroundings before we swing, Calling out FORE if ball is heading toward someone else.</i>				

Life Skills Experience—The Nine Core Values			
Time Allotted: 45 minutes			
PLAY <i>(Games/Activities PLAYers will experience)</i>	LEARN <i>(Behaviors reflective of The First Tee Code of Conduct and Nine Core Values)</i>	APPRECIATE	YOUR GAME
Activity: Chipping to Lily Pads – Game of 7 Full Swing Target Practice The Game: Chipping Lily Pads Full Swing Target Practice	Life Skill—Objective & Behaviors: Learn responsibility of taking care of course, clubs and following rules of how to start the game Golf Skills: Select at least two skills <input type="checkbox"/> Putt x Chip <input type="checkbox"/> Pitch x Full-swing Golf Fundamental (Factor of Influence): <input type="checkbox"/> Distance-response (Size or length of motion) x Target Awareness (Target Selection) <input type="checkbox"/> Get Ready to Swing (Hold-Set-up-Aim and Alignment) Physical Healthy Habits: <input type="checkbox"/> Energy <input type="checkbox"/> Play x Safety	Game of Golf: Parts of the club and course, types of clubs, how many clubs Picking a target to go for Etiquette: Fixing Ball Marks, replacing divots, where to set bag when playing, Yelling FORE, Where to stand and paying attention. Rules of Golf: Teeing Ground, Identifying your Ball Number of clubs you can have	<i>...the outcomes of integrating PLAY, LEARN and APPRECIATE into each lesson plan. Progression of YOUR GAME is self-paced and can be charted through 3-hole and 6-hole markers, and 9-hole certification.</i>
Purposeful Play Activities/Games Description(s): Chipping Lily pads is to pick a target to go to. Each target has a point value. The game is played to 7. Will hit 2 balls from each teeing ground and then wait to retrieve balls before moving to the next teeing ground. There are multiple targets on the green. Full Swing Target Practice is players will be starting to make full swings with clubs (Circle Away – Circle High) Show how to make a full swing and difference between clubs based on height and distance and show steps on picking a target and what part of the club faces the target.			
Guiding Questions – (Ask questions to connect activities and lesson objectives) What are targets in golf? How do we make a ball go at the target, What happens when we hit a ball at another person? <ul style="list-style-type: none"> Ask what...? How ...? What is ...? What do the ...? Ask how type of ball requires a different size or length of motion to advance the "ball" 			

Wrap-up	Time Allotted: 10 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...? Was it easy to make your ball go at the target? What are targets? 2. What did you LEARN about...? What are we responsible for? What are you responsible for at home? Do you have targets at school? Who's responsible for getting to your targets? 3. How can what you learned today be used 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	Walking out to the location we are going to do our stations we are going to incorporate our warm and walk as we go. 1 st - Walking Arm Circle 2 nd - Walking Lunges 3 rd – Walking the Balance beam front wards and backwards 4 th - Hula hoops for 1:00 minute 5 th - Ball bounces on SNAG Clubs with tennis balls.
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Time Lesson Progression: (List bullet-points for time allotted, lesson flow, and location of lesson activities/stations.)

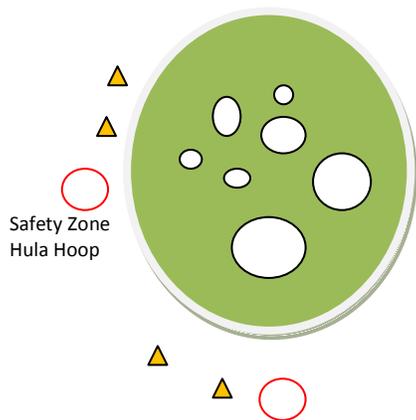
10:05-10:25	Chipping to Lily Pads - Demonstrate how we stand by the ball and where to stand. We'll have 3 different teeing grounds and circles scattered on the green. The first time through we will use tennis balls and a golf ball and roll the ball into the targets, the second time we will demonstrate the Y-Chip-Y swing with SNAG Club and we'll use tennis balls and SNAG Clubs and we will go from 3 different spots. The third time we will use real golf balls and real clubs. Each turn we are trying to score as many points as we can as a group with a great score of being 7. Points are awarded with 1 point for on the green, two points for big circles and 3 points for smallest circles. Emphasis on smaller targets are worth more.
10:25-10:30	Transition to Full Swings by practicing our hold on the club.
10:30-10:50	Full Swings at targets. Paired Up again we'll have 1 player hitting a ball off the ground toward different targets. The partner or second player will be practicing Circle Away – Circle High and stick the finish. Will switch clubs every time it is their turn with them telling there partner what club they are using. (Wood, Hybrid, Iron, Putter) They will also try to describe to their partner what target they are going to go for.
10:50-11:00	Wrap Up

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

Station #1

Chipping Lily Pads



Station #2

Hula Hoop and sticks
Various Yardages Scattered

Full Swing real clubs
Real Balls pick a target

Circle Away Circle High
SNAG Clubs no Ball

Object is for the group to get enough point to be at 7 or higher

- 1 Point on the green
- 2 Points in big circles
- 3 points in small circles

Hula Hoops
Resting and Swinging
Hands together and toes pointed forward.

Safety Zone

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?