

EXAMPLE GOLF GAMES: CHIP

In this chipping section, coaches will find one complete lesson plan followed by nine sample games.

The nine sample golf games are NOT complete lesson plans and must be integrated with a life skill to be consistent with The First Tee's seamless approach.

PAR, BIRDIE, AND EAGLE LESSON PLAN TEMPLATE

Coach Name: _____ Chapter: _____ Date: _____

Core Lesson #: 15 Core Lesson Title: Finding Your Personal Par

Duration of class (minutes): 90 Location of class: Chipping area & range On-course Off-course

Number of PLAYers: 20-24 Number of coaches: 4 PLAYer-to-coach ratio: 6 to 1 Number of stations: 2 games / 4 stations each

Group Description (age, skill level, etc.): 9 – 12 year olds at the Par Level

Supplies and Equipment Needed: rope/string, cones/tees, ball markers, golf balls, putters, wedges or irons, permanent marker

Life Skills Objective: PLAYers will experience setting their own Par (standard) and discovering ways to improve. They will learn how it's important to compare to their own accomplishments not the accomplishments of others.

Golf Skills Objective: PLAYers will discover ways to adjust the distances of their chip and full swing shots.

Nine Healthy Habits Bridge: PLAY – Highlight the importance of doing things because YOU enjoy them - not because everybody else is doing it. What is most fun for you might be something different than your friends; for example, you like putting but they like driving. Point out that some PLAY enables you to have a body that is strong, lean and fit and can be fun in the process.

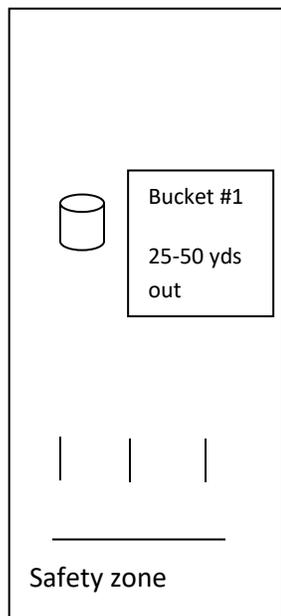
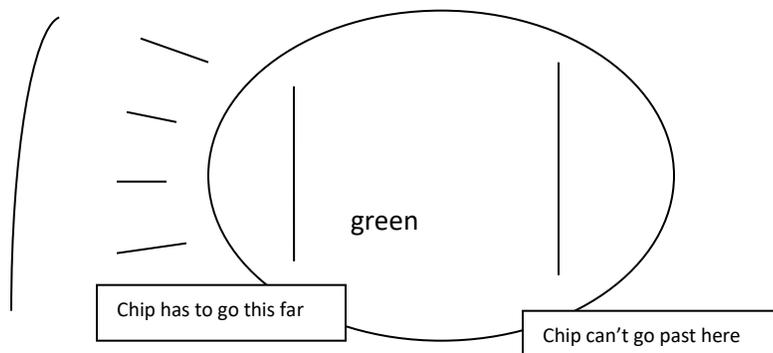
Etiquette and the Rules of Golf Objective: 13 Ball Played as It Lies (13-1,4)

Time	Three Elements of a Lesson Plan
	<p>1.  Warm-up: Break off into teams of 2, 3 or 4 PLAYers. Have relay race using the 1) Strength: Large Muscle games in the Fitness Section of the Golf Skills Curriculum. Par Level: 8 Frog Jumps, 75 feet of Leap Frog, 60 feet of Crabwalk, and 60 feet of Bear Crawl. Do this series twice to see if PLAYers can improve with practice. Note: Highlight how Healthy Habit of PLAY energizes you and keeps you fit to do all the things you like to do!</p>
	<p>2.  Seamless Games/Activities</p> <p>Chip: Leap Frog Chipping – Object of the game is to see how many times you can chip the ball past the ball you just chipped without going off the green.</p> <p>Range: Leap Frog Full Swing – Object of the game is to see how many times you can do a full swing with a chosen iron and make the ball go past the ball you just hit. No limit as to how far it goes. A) Play this game using the same club for the whole game. B) Play this game changing clubs at any time you wish.</p>
	<p>3.  Wrap-up: How did you control your distance in that game? What are some examples of your Personal Par for that game? How did you decide what club(s) to use? Which game was the most fun for you to PLAY? Which game did you get your best scores? What Healthy Habit can you make or maybe you already to have fun at school? How does enjoying what you're doing help you get better and better Personal Par (standard)? i.e. You like spelling better than math problems ... Why? How can you make the one you like less, more fun?</p>

Diagram:

Leapfrog – chip

- 1) Hit a chip.
- 2) On the next chip, try to get the ball to stop farther than the first but still on the green.
- 3) Count how many you can get to 'leap' past each other. This is your Personal Par (standard) for the game.
- 4) During game: coaches assist those having challenges with chipping and/or asking questions about Personal Par.



Leapfrog – range

- Hit 3 golf balls.
- Hit first ball to bucket #1
- 2nd ball to a little farther than the first ball.
- Hit ball #3, try to get it to go a little farther than ball #2.
- Trade with partner(s) after hitting your 3 shots.

What is your Personal Par in getting the ball to go a little farther each time?

Did you keep the same club and change your swing?

Lesson Progression:

10 minutes – warm-up relay race in open space area

Note: Introduce teams as a Healthy Habit (PLAY) to make a game and have more fun

5 minutes – Review of last week

5 minutes – Transition to lesson areas (chip and range)

30 minutes – Break into two groups: one at the range and one at the chipping area

5 min – Determine teams and demonstrate the games. Include safety zones and show rule 13, Play it as it lies

25 min – Play the game!

Note: During the games highlight Personal Par.

- Ask questions about HOW to change the distance of the putt or swing?
- EXAMPLE: How did you chip it farther? Did you change clubs?

25 minutes – Rotate and do the same as above again

5 minutes – Clean up

10 minutes – Wrap up questions

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

What was GOOD?

- 1) Lots of activity for the kids – always hitting
- 2) Bridged very easily into PLAY as a healthy habit
- 3) PLAYers noticed their control of their chipping distance was not what they wanted it to be. Inspire them to practice more chip shots by playing this game.

What could have been BETTER? Some PLAYers lost track of if they improved or not.

HOW would I improve it next time? Use a scorecard to record and help remember how well PLAYers are doing.

1 Example Golf Game—Distance-control

Chip

Title of game: *Leap Frog Chipping*

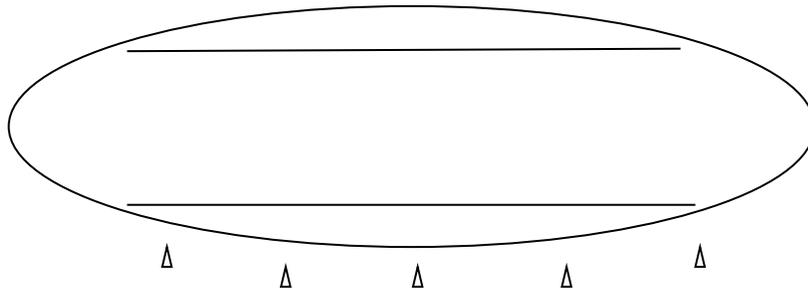
Objectives of game: To chip each successive ball farther than the last chip. Count how many successive balls go farther than the last. Once a ball comes up short of last chip or goes beyond target area, consecutive string of leaps is broken.

Objectives of golf fundamental: To learn ways to alter the distance the ball travels

Supplies: Rope/string, cones/tees, ball markers, golf balls, putter/irons, permanent marker

Description of Set-up: Near green, set up cones/tees as starting point and place a string on the edge of green (near the fringe) and then another string parallel to this string as the end line. The distance between strings will vary by skill level.

Diagram of Set-up:



PLAYer Level—How to Play: How many forward leaps can your frog get? Have each PLAYer draw a frog face on his/her golf ball with a permanent marker and name it.

PLAYers get one ball and hit their chip onto green (use putter or iron). PLAYers marks their ball, pick it up and then putt/chip again. The next ball must go farther (yet still on the green) than the mark from previous ball. Continue until the ball goes off green on other side or comes up short of their previous mark.

Compatible Rule(s) or Etiquette

6 The Player (6-1,5,6,7)

13 Ball Played as It Lies (13-1,4)

Par Level (variation)—**How to Play:** PLAYers get three balls and, using the same club (7 or 9 iron), sees how many golf balls they can get between the edge of nearest fringe and fringe on opposite side of green (or may use string to denote start line and finish line with at least 45 feet of depth). PLAYers continue chipping until ball comes up short of previous chip or ball goes beyond finish line.

Compatible Rule(s) or Etiquette

13 Ball Played as It Lies (13-2,3)

14 Striking the Ball (14-4,5)

Birdie Level (variation)—**How to Play:** PLAYers get multiple balls and chip between two strings that have 30 feet or less between them. PLAYER may reverse order and have each successive chip go shorter than the last. PLAYers switch clubs once a string of successive leaps in order is broken.

Compatible Rule(s) or Etiquette

18 Ball at Rest Moved (18-3,6)

19 Ball in Motion Deflected or Stopped (19-1,2,4,5)

Eagle Level (variation)—**How to Play:** PLAYers get multiple balls, multiple clubs and switch club after each chip. Make target area smaller (18 to 10 feet).

Compatible Rule(s) or Etiquette

19 Ball in Motion Deflected or Stopped (19-3)

20 Lifting, Dropping and Placing; Playing from Wrong Place (20-6,7)

Seamless Pairings: Golf Games & Life Skills Core Lessons

Leap Frog pairs well with Core Lessons:

#3 Responsibility for the Course

#6 Developing Confidence

#14 Staying Cool

#15 Finding Your Personal Par

#17 Setting Goals that are Positive and Important to You

#18 Setting Goals that are Specific

#25 Dealing with Conflicts

#27 Planning for the Future

Refer to the Life Skills Experience Coach Guide (2013 Edition) for details on each Core Lesson.

2 Example Golf Game—Target Awareness

Chip

Title of game: *Lily Pads*

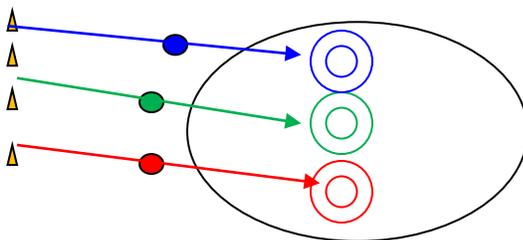
Objectives of game: To chip each ball on to the Lily Pad. Count how many balls end up on the Lily Pad.

Objectives of golf fundamental: To learn ways to focus on target and the aim/direction of the chip.

Supplies: String or color circles, hoops, tees/cones, golf balls, putter/irons, permanent marker

Description of Set-up: Near green, set up two tees/cones as the starting point. Place various size circles on the green, all at same distance but some to left, center and right from starting point. The size and distance of targets will vary by skill level—larger and closer for beginning PLAYers and smaller and farther for advanced PLAYers.

Diagram of Set-up:



PLAYer Level—How to Play: How many frogs can PLAYers get to hop across the lily pads? Have each PLAYer draw a frog face on his/her golf ball with a permanent marker and name it.

PLAYers get one ball and hits chip with putter or iron. Color code small circles and align them with larger circles. Place smaller circle off edge of the green; in line with the teeing ground and the larger circle, which is on the putting green. PLAYers get another ball if chip hits the closer circle (lily pad) or the larger circle (lily pad). If ball misses a lily pad, then PLAYers must go swimming for frog (ball) and retrieve. Continue to chip and count how many lily pads the frog hits. Option: Use SNAG® and Launch Pad (lily pad) to assist with aiming/target awareness.

Compatible Rule(s) or Etiquette

Etiquette: Care of the Course (walking on green and not stepping on the hole)

1 The Game (How to keep score)

26 Water Hazards (26-1a,b)

Par Level (variations)—How to Play: PLAYers get multiple balls and chip toward circles with one club (7 iron/9 iron).

Color code small circles and align them with larger circles. Place smaller circle off edge of the green; in line with the teeing ground and the larger circle, which is on the putting green. PLAYer must hit both colors of lily pads with chip to get a point.

If ball misses a lily pad, then PLAYers must switch with partner and allow them to go. Continue to chip, alternating colors and count how many lily pads the ball (frog) hits.

Compatible Rule(s) or Etiquette

2 Match Play (2-1,3)

20 Lifting, Dropping and Placing; Playing from Wrong Place (20-1)

Birdie Level (variations)—How to Play: PLAYers get multiple balls and chip toward circles with various clubs (5/7/9 iron and Wedge).

Color code small circles and align them with larger circles.

PLAYer places smaller one on fringe or green based on club and where they plan to land the ball. PLAYer must hit both colors of lily pads with chip to get a point. If ball misses a lily pad, then

PLAYer must switch with partner and allow them to go. Continue to chip, alternating colors and count how many lily pads the ball (frog) hits.

Compatible Rule(s) or Etiquette

13 Ball Played as It Lies (13-4)

24 Obstructions (24-3)

Eagle Level (variations)—How to Play: PLAYers get multiple balls and chip toward circles with all the clubs in their bags. Color code small circles and align them with larger circles. Coach sets up various distances for the landing spot.

PLAYers must choose appropriate club to land on first target and get to stop within second circle target. PLAYers get point for each successful ball which lands on first target and rolls onto second target.

Compatible Rule(s) or Etiquette

5 The Ball (5-2)

26 Water Hazards (26-2)

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Lily Pads—pairs well with Core Lessons:

#1 Welcome and Showing Respect

#4 Honesty of PLAYers

#5 Modeling Sportsmanship

#11 Respecting the Rules

#15 Finding Your Personal Par

#18 Setting Goals that are Specific

#20 Getting to Your Goal

#23 Building a Go-to Team

#24 Appreciating Diversity

Refer to [The First Tee Life Skills Experience Coach Guide \(2013 Edition\)](#) for details on each core lesson.

3 Example Golf Game—Get Ready to Swing

Chip

Title of game: *Acorn Tree*

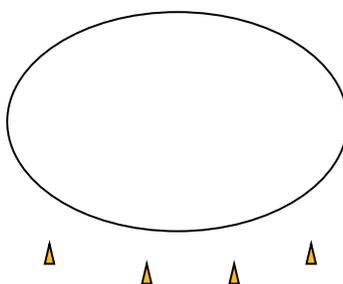
Objectives of game: To chip ball onto green with various set up positions.

Objectives of golf fundamental: To learn how ball position and set-up of the body affects chips.

Supplies: Tees, golf balls and clubs

Description of Set-up: Near green, set up two tees/cones as teeing ground. Coaches should not place any targets on the green with the intention of helping PLAYers focus on the process of their set up.

Diagram of Set-up:



PLAYer Level—How to Play PLAYers get one ball and hit a chip with an iron. PLAYers pretend to be a TREE and hit chip shots while leaning away from the target, toward the target and then straight and tall. Also, PLAYers can explore chipping with *stiff branches (stiff arms)* or *flexible branches (relaxed arms)*. In addition, PLAYers can explore swaying in the wind during a chip like a Palm tree or be very still like an Oak tree.

Compatible Rule(s) or Etiquette

Etiquette: Safety

Areas of the golf course

Par Level (variation)—How to Play: PLAYers get multiple balls, one club and chip onto the green. PLAYers explore *dropping acorns (golf ball) from limbs (arm)* and chipping shots with the acorn (ball) closer to the front foot in their stance, in the middle of their stance, and off back foot in their stance. PLAYers observe contact, ball flight and distance the ball travels with each. (This sounds advanced for PLAYer level.)

Compatible Rule(s) or Etiquette

13 Ball Played as It Lies (13-2,3)

23 Loose Impediments

Birdie Level (variation)—**How to Play:** PLAYers get multiple balls and chip toward circles with various clubs (5/7/9 iron and Wedge).

PLAYers explore ball position with weight, or lean, slightly toward target at set up. Also, have PLAYers explore chips shots from various lies, such as an acorn lying in a divot or buried in long grass.

Compatible Rule(s) or Etiquette

8 Advice; Indicating the Line of Play (8-1)

20 Lifting, Dropping and Placing, Playing from Wrong Place (20-3,4,5)

Eagle Level (variation)—**How to Play:** PLAYers get multiple balls and chip on to green from various uneven lies (e.g., uphill, downhill, side hill).

PLAYers explore ball position, weight at set-up and various clubs from each lie scenario to determine optimal set-up and club for their performance.

PLAYers can partner with another PLAYer and set up lies for their partner while exploring different ways to produce the desired shot.

Compatible Rule(s) or Etiquette

4 Obstructions (4-1,2)

25 Abnormal Ground Conditions, Embedded Ball and Wrong Putting Green (25-2,3)

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Acorn Tree—pairs well with Core Lessons:

#1 Welcome and Showing Respect
#2 Courtesy for Others

#10 Exploring the Game
#13 Having Fun While You Learn

#16 Dreams and Goals
#21 Dealing with Challenges

#22 Stay Well for Life
#22 Building a Go-to Team

Refer to [The First Tee Life Skills Experience Coach Guide \(2013 Edition\)](#) for details on each core lesson.

4 Example Golf Game—Body Balance

Chip

Title of game: *Penguin, Flamingo and Bat*

Objectives of game: To chip ball on to the green while exploring balance of their body.

Objectives of golf fundamental: To learn how balance of the body affects chip shots.

Supplies: Balance boards, foam noodles, round pads, Pilates ball, blindfolds, tees, golf balls and golf clubs

Description of Set-up: Near green, set up two tees/cones as teeing ground. Coaches should not place any targets on the green with the intention of helping PLAYers focus on the process of their body balance. At advanced levels, if targets utilized then provide larger targets to provide opportunities for success.

Diagram of Set-up:



PLAYer Level—How to Play: PLAYers get one ball and hits chip with an iron. PLAYers chip ball as a PENGUIN (i.e., feet close together), while visualizing a penguin flipping an egg onto the ice with their beak. At other stations explore chipping with a wider stance. Use a mark on the ground to represent width of stance, and vary it from station to station. Final station: PLAYers identify the width of stance which gives them the best balance for a chip shot.

Compatible Rule(s) or Etiquette

Etiquette: Care of the Course (repair ball marks, divots and clean equipment)

11 Teeing Ground (11-1,2,3,4b)

Par Level (variations)—How to Play: PLAYers get multiple balls, one club and chips on to the green. PLAYers explore standing on one leg like a FLAMINGO. Alternate between each leg every three balls. Add to difficulty of shot by standing on foam noodles, or round balance discs, at various stations.

Compatible Rule(s) or Etiquette

14 Striking the Ball (14-4,5)

18 Ball at Rest Moved (18-1,2,4,5)

Birdie Level (variations)—**How to Play:** PLAYers get multiple balls and chip toward circles with various clubs (5/7/9 iron and Wedge).

PLAYers explore chip shots with eyes closed or blindfolded like a BAT. Add to difficulty of shot by using foam noodles, round balance pads and/or standing on one leg.

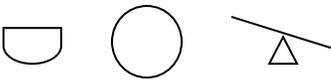
Compatible Rule(s) or Etiquette

14 Striking the Ball (14-2)

24 Obstructions (24-3)

Eagle Level (variations)—**How to Play:** PLAYers rotate stations with various balance challenges. PLAYers can use any club they want. Add circles on putting green for targets. At each station provide different challenges to their balance while hitting a chip shot.

Use kneeling on a Pilates balls, a balance board, half foam tubes and any other object which PLAYers can stand on and challenge their balance while chipping. PLAYers can challenge each other with various “trick” shots with balance objects and play a game of HORSE (call your shot) with partner.



Compatible Rule(s) or Etiquette

20 Lifting, Dropping and Placing, Playing from Wrong Place (20-6,7)

25 Abnormal Ground Conditions, Embedded Ball and Wrong Putting Green (25-2,3)

Seamless Pairings: Golf Games & Life Skills Core Lessons

[Pink Flamingo, Penguin and Blind Bat](#) pairs well with Core Lessons:

#3 Responsibility for the Course

#8 Playing with Perseverance

#11 Respecting the Rules

#13 Having Fun While You Learn

#20 Setting Goals that are Under Your Control

#21 Dealing with Challenges

#22 Stay Well for Life

#23 Building a Go-to Team

Refer to [The First Tee Life Skills Experience Coach Guide \(2013 Edition\)](#) for details on each core lesson.

5 Example Golf Game—Clubface and Ball Contact

Chip

Title of game: *Over-Under Chipping*

Objectives of game: To chip golf balls with specific trajectories either over or under a swim noodle

Objectives of golf fundamental: To learn trajectory and how the club's loft affects trajectory; ground-time versus air-time

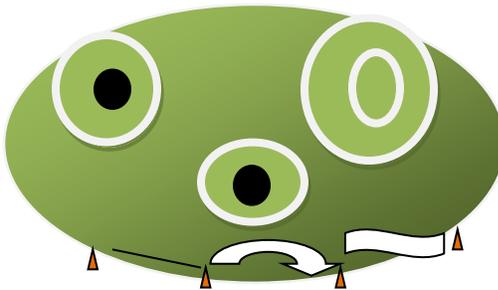
Supplies: Chalk/string, rope, tees, golf balls, swim noodles, hoops, long tees, putter/irons/all clubs

Description of Set-up: Near the putting green, set up a variety of swim noodles either lying on the ground (staked in with the long tees or stakes) or curved to create an arch.

Next place tee markers to create the hitting stations.

Finally, with either rope, mason's chalk, baby powder or string, create circles, or targets, for the PLAYers to aim toward. As the PLAYers become more experienced, the coach can either make the circles smaller or have the circle surround holes.

Diagram of Set-up:



PLAYer Level—How to Play: How to contact ball to get over the noodle and under the noodle

PLAYers will use a wedge or sand wedge at both stations. Allow PLAYers to discover various ways to chip the ball with the intention of getting it over or under the noodle. Upon hitting the three balls, have PLAYers switch to the other chipping station where they can hit another three balls. Allow PLAYers to use tees to assist in getting some loft on the shot which goes over the noodle.

Compatible Rule(s) or Etiquette

Etiquette: Safety

11 Teeing Ground (11-1,2,3,4b)

Parts of the Course

Par Level (variation)—**How to Play:** Incorporate adding to the club selection (Wedge, 7 iron, hybrid, putter) and having all targets circle the hole with a 9' diameter.

Compatible Rule(s) or Etiquette

14 Striking the Ball (14-4,5)

24 Obstructions (24-1,2)

Birdie Level (variation)—**How to Play:** Incorporate adding various heights of noodles, farther distances to hole and having all targets circle the hole with a 6' diameter.

Compatible Rule(s) or Etiquette

14 Striking the Ball (14-2)

19 Ball in Motion Deflected or Stopped (19-1,2,4,5)

Eagle Level (variation)—**How to Play:** Incorporate playing one club for various heights and distances of chips and having all targets circle the hole with a 3' diameter.

Compatible Rule(s) or Etiquette

14 Striking the Ball (14-3,6)

22 Ball Assisting or Interfering with Play

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Under-Over
Chipping—pairs well with Core
Lessons:

#2 Courtesy Toward Others

#4 The Honesty of PLAYers

#12 Meeting and Greeting with A-L-R

#15 Finding Your Personal Par

#18 Setting Goals that are Specific

#19 Setting Goals that are Under
Your Control

#24 Appreciating Diversity

#25 Dealing with Conflicts

Refer to The First Tee Life Skills
Experience Coach Guide (2013
Edition) for details on each core
lesson.

6 Example Golf Game—Swing Rhythm

Chip

Title of game: *Elephant Walk*

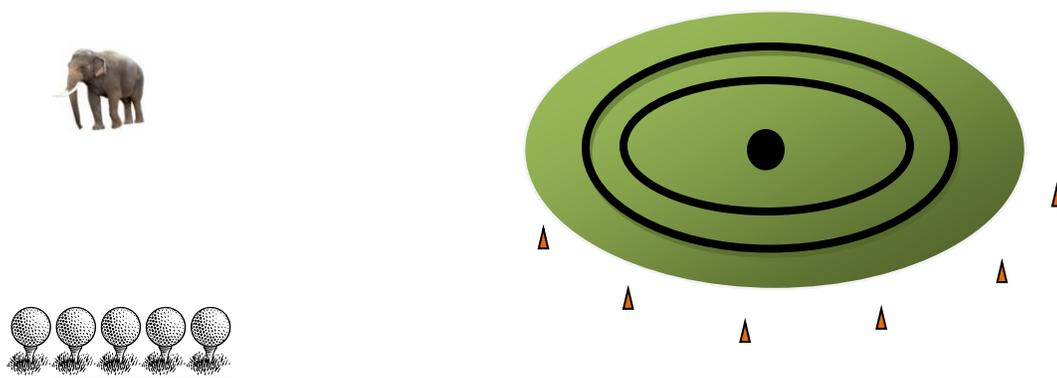
Objectives of game: To assist PLAYers with “feeling” the rhythm of the chipping swing.

Objectives of golf fundamental: To learn how rhythm plays a part both in distance-control and balance when chipping

Supplies: Golf balls, tees chipping clubs

Description of Set-up: Near the green, set up stations which each include a line of five golf balls. On the green, include a target which has scoring circles set up around it.

Diagram of Set-up:



PLAYer Level—How to Play: PLAYers will tee up five tees in a line, spacing them a few inches apart with a golf ball on the fifth one. PLAYers will create a “y” with their arms and the club and begin turning their shoulders to a backswing and then a forward swing while walking towards their line of golf balls. As PLAYers moves toward the ball, their weight should be on their back leg while picking up their front foot, and on their front foot while swinging the club forward. As PLAYers approach the tees, they should develop a rhythm that will allow them to clip the tees toward the target. A ball that finishes on the green (between the fringe and the outer circle) is worth 5 points.

Compatible Rule(s) or Etiquette

1 The Game (1-1)

3 Stroke Play (3-1,2)

Par Level (variation)—**How to Play:** Same as PLAYer level.

Increase difficulty by making the targets a little smaller. Can create more targets to help with the fact there are smaller targets. Hit three golf balls with tees spaced in between.

Compatible Rule(s) or Etiquette

2 Match Play (2-1,3)

4 Clubs (4-4a)

Birdie Level (variation)—**How to Play:** Same as Par level.

Increase difficulty by making the targets even smaller. Possibly put some targets on sloped area of the green. Hit five golf balls, some on tees, some not. Vary the height of the ball.

Compatible Rule(s) or Etiquette

4 Clubs (4-3)

20 Lifting, Dropping and Placing, Playing from Wrong Place (20-2,4,5)

Eagle Level (variation)—**How to Play:** Same as Birdie level.

Increase difficulty by making the targets a little smaller. Possibly put some targets on sloped area of the green. Hit all five balls off of the ground (i.e., no tees).

Compatible Rule(s) or Etiquette

14 Striking the ball (14-3,6)

20 Lifting, Dropping and Placing, Playing from Wrong Place (20-6,7)

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Elephant Walk—
pairs well with Core Lessons:

#7 Using Good Judgment

#9 Living with Integrity

#14 Staying Cool

#15 Finding Your Personal Par

#20 Getting to Your Goal

#21 Dealing with Challenges

#26 Be a Go-to Person

#27 Planning for the Future

Refer to *The First Tee Life Skills Experience Coach Guide (2013 Edition)* for details on each core lesson.

7 Example Golf Game—Preshot and Postshot Routines

Chip

Title of game: *Chipping Pictionary*

Objectives of game: To develop preshot and postshot routines.

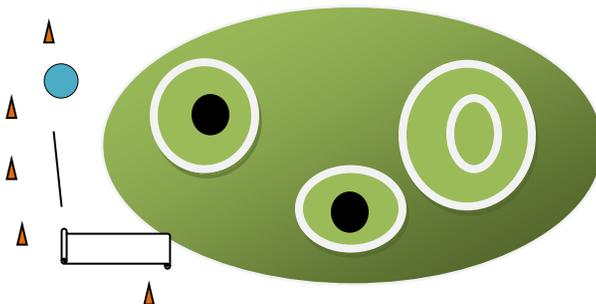
Objectives of golf fundamental: To enable PLAYers to prepare for and reflect on each shot.

Supplies: Index cards, pencils, chalk/string, tees, golf balls, swim noodles, hoops, trash cans, benches, baby pool (the plastic kind)

Description of Set-up: Near green, set up a variety of obstacles for PLAYers to chip over/under; place tee markers to create the hitting stations.

Finally, with either mason's chalk or string, create circles, or targets, in order for the PLAYers to hit. As the PLAYers become more experienced, the coach can either make the circles smaller or have the circle surround holes.

Diagram of Set-up:



PLAYer Level—How to Play: Have one to two chipping clubs from which PLAYers may choose.

- PLAYers can begin at any station. The PLAYers have 10 seconds to view their station while taking in the obstacle.
- The next 10–15 seconds are dedicated to the PLAYers closing their eyes and picturing the path and distance of the shot. They will decide which club will allow them to accurately execute the shot they pictured. Then PLAYers will draw a picture of the shot on an index card and share with their partner.
- They will stand behind the ball, picturing the shot once again. They will execute the shot with the selected club.
- Following the shot, PLAYers will determine whether or not the shot was executed as they visualized. They will mark a score between 1 and 5 for how well they executed the shot; 1 being exactly as they pictured and 5 reflecting not at all what was visualized.
- The PLAYers will rotate to another station repeating the process. Coaches should allow time at the new station to reflect on PLAYers' previous experiences to help them decide which clubs created the shot. Ask PLAYers to discover a Good-Better-How post-shot routine; focus on at least two Goods, before establishing one better and how.

Compatible Rule(s) or Etiquette

Obstructions—definition

Loose impediments—definition

Par Level (variation)—**How to Play:** Incorporate adding more club options and having all targets circle the hole with a 9' diameter. Ask PLAYers to be use the 4Rs as their post shot routine process.

Compatible Rule(s) or Etiquette

Etiquette: Pace of Play

23 Loose Impediments

Birdie Level (variation)—**How to Play:** Incorporate adding more club options and having all targets circle the hole with a 6' diameter. Utilize STAR as the pre-shot routine process.

Compatible Rule(s) or Etiquette

14 Striking the Ball (14-2)

18 Ball at Rest Moved (18-3,6)

Eagle Level (variation)—**How to Play:** Incorporate chipping with all clubs in the bag and having all targets circle the hole with a 6' diameter. Appreciate diversity by exploring different clubs for chipping.

Compatible Rule(s) or Etiquette

20 Lifting, Dropping and Placing, Playing from Wrong Place (20-6,7)

22 Ball Assisting or Interfering with Play

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Chipping
Pictionary—pairs well with Core
Lessons:

#6 Developing Confidence
#8 Playing with Perseverance

#14 Staying Cool
#15 Finding Your Personal Par

#16 Dreams and Goals
#21 Dealing with Challenges

#22 Stay Well for Life
#24 Appreciating Diversity

Refer to The First Tee Life Skills
Experience Coach Guide (2013
Edition) for details on each core
lesson.

8 Example Golf Game—Ball Flight Chip

Title of game: *Chipping Limbo, Birds on a Wire and Angry Birds*

Objectives of game: To chip ball on to green with various heights of ball flight.

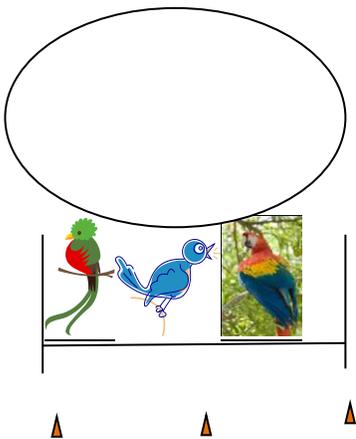
Objectives of golf fundamental: To learn how to play chip shots with various heights of ball flight.

Supplies: Swim noodles, string/rope, stakes, tees/cones, building blocks (wooden ABC blocks), small plastic animal toys—small birds and stuffed, plastic or rubber pigs, empty shoe boxes, foam blocks, golf balls and clubs

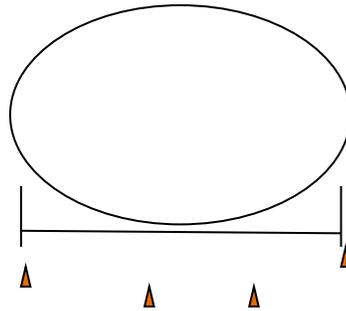
Description of Set-up: Near green, set up two tees/cones as teeing ground. Coaches should not place any targets on the green with the intention of helping PLAYers focus on chipping balls with various launch angles/heights. Utilize various heights of targets (e.g., string, blocks, etc.) between starting point and edge of green. At advanced levels, if targets are utilized, then provide larger targets to provide opportunities for success.

Diagram of Set-up:

Birds on a wire



Chipping LIMBO



PLAYer Level—How to Play—Chipping Limbo: PLAYers gets one ball and hit chips with an iron (9 iron/ Wedge). PLAYers chip ball under swim noodle or rope. Continue to lower swim noodle increasing the challenge to chip under the bar. Then reverse the object of the game. Chip over the swim noodle. Start with noodle on ground and then raise an inch every few shots.

Compatible Rule(s) or Etiquette

13 Ball Played as It Lies (13-1,4)

14 Striking the Ball (14-1)

Par Level (variations)—How to Play—Birds on a Wire: PLAYers get multiple balls, one club and chips on to the green.

PLAYers explore at various stations with objective to go over and under low lying obstacles with chip shots. Or clip miniature birds onto a string and try to chip them off the string.

Use string/rope and stakes to set up various heights of chip shots.

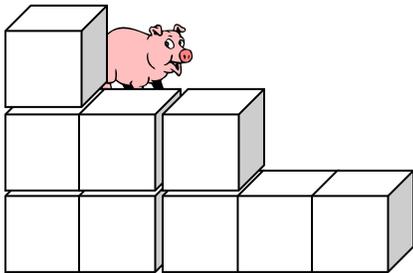
Compatible Rule(s) or Etiquette

2 Match Play (2-1,3)

4 Clubs (4-4a)

Birdie Level (variations)—How to Play—Angry Birds: PLAYers get multiple balls and chip toward circles with various clubs (5/7/9 iron and Wedge). At each station, set-up blocks at various heights; object is to clip the object off the top without knocking the blocks down. PLAYers should consider the optimal club for the height of shot needed to achieve the objective.

Angry Birds



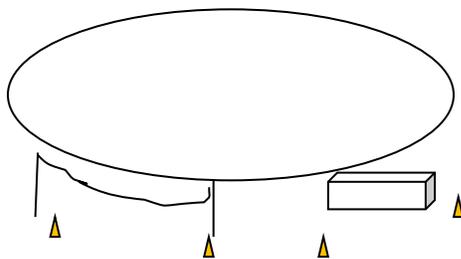
Compatible Rule(s) or Etiquette

8 Advice; Indicating the Line of Play (8-1)
19 Ball in Motion Deflected or Stopped (19-1,2,4,5)

Eagle Level (variations)—How to Play: PLAYers rotate stations with various chipping challenges. PLAYers are assigned clubs at each station with an object to go over or under. For example, a SW at a station to chip the ball under a low hanging rope or a 5 iron to go over a two foot high shoe box. Add circles on green for targets.

Provide various challenges with different heights of obstacles which challenge PLAYers to alter the trajectory/height of their chip shot.

Option: Set up a vertical tic-tac-toe grid and have PLAYers play tic-tac-toe by chipping through the squares.



Compatible Rule(s) or Etiquette

8 Advice; Indicating the Line of Play (8-2)
19 Ball in Motion Deflected or Stopped (19-3)

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Chipping Limbo, Birds on a Wire, Angry Birds—pairs well with Core Lessons:

#2 Courtesy Toward Others
#7 Using Good Judgment

#13 Having Fun While You Learn
#14 Staying Cool

#20 Getting to Your Goal
#21 Dealing with Challenges

#23 Building a Go-to Team
#24 Appreciating Diversity

Refer to *The First Tee Life Skills Experience Coach Guide (2013 Edition)* for details on each core lesson.

9 Example Golf Game—Playing On-course

Chip

Title of game: *Chips and Bumps & Runs*

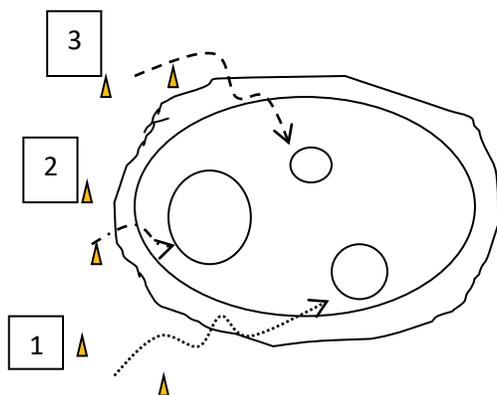
Objectives of game: To chip ball on to green while using different strategies to manage chip shots.

Objectives of golf fundamental: To learn various options to play chip shots. By definition, a chip shot is struck with an iron or hybrid, gets in the air for a short distance, then lands on the green and rolls out to the hole. A “Bump and Run” is when a chipping motion is used with an iron or hybrid but the ball lands short of the green (bumps into a hill, or longer grass) and then runs out and onto the green. Each can be effective depending on the situation the course provides.

Supplies: Cones/tees, scorecard and pencil, golf balls and golf clubs

Description of Set-up: Near green, set up two tees/cones to mark the teeing ground. Set up a course of six to nine holes which vary the distance between the teeing ground and the edge of the green: on the fringe, on the fringe but against the collar, just off fringe (1–2 ft.), 2-3 yards from the edge of the fringe, and farther back from green (6-8 yards). At the PLAYer level, provide larger targets to provide opportunities for success and progressively decrease size of target as PLAYers move toward Eagle level.

Diagram of Set-up:



PLAYer Level—How to Play: PLAYers get one ball and hit chips and putts with an iron and putter. PLAYers play the chipping course with a putter only for first time around. For the second time around the chipping course, they use the same iron for all chips and then use the putter once on the green. PLAYers are to keep score and determine which clubs performs best for the various distances.

Compatible Rule(s) or Etiquette

Etiquette: Care of the Course

13 Ball Played as It Lies (13-1,4)

Par Level (variation)—How to Play: PLAYers use three balls, one club (9 iron/ Wedge) and hit chips or bump and runs on to the green. PLAYers explore by playing the chipping course and landing the ball in three distinct landing areas with: first ball landing short of fringe, second ball landing on fringe and third ball landing on the green from 4-6 yards off the edge of the green. PLAYers keep score for each ball and determine which landing area performed best for the various distances/holes.

Compatible Rule(s) or Etiquette

2 Match Play (2-1,3)

13 Ball Played as It Lies (13-2,3)

Birdie Level (variation)—**How to Play:** PLAYers get three balls to play a chipping course. PLAYers will chip, putt and bump and run toward circles with various clubs (5/7/9 iron and Wedge).

PLAYers explore playing each hole by landing chips shots in three distinct locations from various distances from the green using different clubs.

PLAYers keep track of their scores for each ball and compare which club and shot was most effective for each situation the hole presented.

Compatible Rule(s) or Etiquette

13 Ball Played as It Lies (13-4)

18 Ball at Rest Moved (18-3,6)

Eagle Level (variation)—**How to Play:** PLAYers play a nine hole chipping course with various chipping challenges. PLAYers can use any club they want. At each station provide different challenges such as:

- 1) ball on the fringe, resting against the rough;
- 2) chipping with sprinkler head on fringe in path of intended chip;
- 3) utilize hybrids, 3 woods and driver
- 4) chip shots with high lofted clubs and imparting hook spin and slice spin on chip;
- 5) chip shots with sand wedge and various amounts of bounce on club (increasing/decreasing bounce by opening and closing the clubface in relation to the intended target line).

PLAYers will keep score and manage their game based on their skills, challenges presented and conditions of the course.

Compatible Rule(s) or Etiquette

8 Advice; Indicating Line of Play (8-2)

19 Ball in Motion Deflected or Stopped (19-3)

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Chips and Bumps & Runs—pairs well with Core Lessons:

#3 Responsibility for the Course

#8 Playing with Perseverance

#11 Respecting the Rules

#13 Having Fun While You Learn

#17 Setting Goals that are Positive & Important to You

#21 Dealing with Challenges

#24 Appreciating Diversity

#27 Planning for the Future

Refer to [The First Tee Life Skills Experience Coach Guide \(2013 Edition\)](#) for details on each core lesson.