

EXAMPLE GOLF GAMES: FULL-SWING

In this full-swing 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.

2012 Eagle Lesson Plan

Coach Name: _____ Chapter: _____ Date: _____

Core Lesson #: (22) Core Lesson Title: Wellness for Life: in shot-making, efficiency, playing for a lifetime, enjoyment.

Duration of class (minutes): 90 Location of class: Wasioto Winds Driving Range On-course Off-course

Number of PLAYers: 6 Number of Coaches: 1 PLAYer-to-Coach Ratio: 6:1 Number of Holes/Stations: 3-6

Group Description (age-range, skill-level, etc.): 13 and older Birdie Certified Academy Participants.

Supplies and Equipment Needed: Impact stickers, tees, range balls, 8 irons & Driver x 6, Health Department Props: fat mold, fatal vision goggles, stethoscopes, jump ropes, dry-erase board, reward t-shirts, bottled water, soft drinks, permanent marker.

Life Skills Objective: *(How will you seamlessly integrate with golf skills into Games/Activities [#2 below]?)*

“Get in groove” in your wellness for life plan (Core Lesson #22, Wellness for Life). Our job is to take care of our body—our body’s job is to provide enjoyment.

When PLAYers leave this lesson they will understand the importance of taking care of their bodies at an early age will set them up for success in their later days. They will understand that peak performance comes by eating well, nourishing well, and planning for the future.

“Every person is responsible for their own looks after 40.” ~Abraham Lincoln

- Correlations will be provided to seamlessly integrate golf and life skills by utilizing visual props in health wellness to centeredness of contact wellness.
- Remembering our friend, Steve Hogan, PGA and his many examples of Wellness for Life: go to person, go to team, diversity in Golf, planning for the future, and “*How will we be remembered?*”

Golf Skills Objective: *(How will you seamlessly integrate with life skills into Games/Activities [#2 below]?)*

“Get in groove” in your wellness in golf plan. (Our job is to hit the center of the club—the club’s job is to do the lifting). *When PLAYers leave this lesson they will understand the importance of centeredness of contact and have opportunities to explore various forms of contact on the clubface/choose their best alternatives to get results.*

- Discuss Tom Watson’s age and comments made from Bruce Edwards (former caddy) on his longevity in the game due to his extraordinary ability to hit the “sweet spot.”
- Corey Pavin’s comments on Tom Watson’s remarkable success in “centeredness of contact” due to simplifying his awareness in bad weather and tough play conditions.
- Enjoy every swing—we never know when we have taken our last shot: Payne Stewart / Steve Hogan/ Donnie Caldwell (?) (…We have one *SHOT* in Life—let’s get it right this time) “Make choices today that you will be proud of tomorrow.” ~Donnie Caldwell, PGA Golf Professional.

Nine Healthy Habits Bridge: Core Lesson #22, Wellness for Life, overlaps with the Healthy Habit of ENERGY. Ask questions such as “What can you do to increase your ENERGY to the level you want?”

Etiquette and the Rules of Golf Objective: 13 Play the ball as it lies (13-1,4), 14 Striking the Ball (14-1)

Time	Three Elements of a Lesson Plan
5 Minutes	 Warm-up Steve Hogan's The Devine Swing: Founder of Junior Golf Heroes (TFT Omaha) 1953–2008 If there are any concerns for safety or injury—you can opt out of pertaining stretches... <ol style="list-style-type: none"> 1. Feet Together, 2. Shoulder-Width Apart, 3. Bend Your Knees, 4. Flex Your Hips, 5. Hold the Club, 6. Bring It Back, 7. Swing, 8. 1001, 1002, 1003, 9. Watch The Ball Fly. <p>Ask "How is this helping your balance? What Healthy Habits do you do every day to help your ENERGY?"</p>
50 Minutes	 2. Seamless Games/Activities 25 Minutes: Iron Play <ul style="list-style-type: none"> • 5 minutes (warm-up shots with 8 iron) Club Head in Hand and Safety Swing Stations/Only 6 here—let's stay well in safety. What do you remember about the 2012 Ryder Cup? _____ open-ended (Seve Ballesteros?) • 20 minutes (impact stickers to show centeredness of contact) <i>Gene Sarazen, PGA: Airplane story with Howard Hughes in 1931 won British Open in 1932</i> <i>Hole in One at age 71 in British Open/7 Majors/Grand Slam/6 Ryder Cups/Hall of Fame/May 13, 1999</i> <ul style="list-style-type: none"> ➤ Iron play is like an Airplane landing/to reach the 4th groove of the clubface. ➤ Our job is to provide the sweet spot—the club's job is to provide the "lifting." <p>Experience various shots: Rule 13 Play the ball as it lies</p> <ol style="list-style-type: none"> 1. Groove 0—1 by lifting early "airplane taking off" 2. Groove 8—10 with "Crash Landing" or tee height 3. Groove 3—5 "Fake Landing" touch runway and off again. (Groove 4 = the sweet spot). Safety Note: If anyone is concerned with injury—you can opt out of "crash landing = groove 8" shot. What does wellness in ball striking look like? (impact stickers, grass marks, wear mark on club face) What does it sound like? _____ Participant's open response _____ What does it feel like? _____ Participant's open response _____ <ul style="list-style-type: none"> • 5 minutes (Break with wellness options for refreshments: What are we putting into our bodies?) <i>Water or cola? How are we hydrating our body? What are the long-term effects?</i> <ul style="list-style-type: none"> ➤ Visual: cigarette/clogged arteries 1. What does a thin shot look like? ➤ Audio: stethoscope/heart 2. What does a "chunked/heavy/fat" shot sound like? ➤ Kinesthetic or "feel": body fat mold 3. What does a "solid/centered/4th groove" shot feel like? <p>25 Minutes: Driver (Distance Shots)</p> <ul style="list-style-type: none"> • 15 minutes (Teed up at various heights for Driver to experience centeredness of contact) <ul style="list-style-type: none"> ➤ Driver shot is a golf shot that we can actually swing "up" on like an airplane taking off. <p>Experience various shots:</p> <ol style="list-style-type: none"> 1. Groove 0—1 by lifting early "airplane taking off" too soon (off the deck) 2. Groove 2—3 low notch on tee height 3. Groove 4—5 Ideal Tee Height for Individual (Groove 4 = the sweet spot). What is the tendency when the ball is teed too low? Too high? What is "your" tee height?

<p style="text-align: center;">30 Minutes</p>	<p><i>GAME: Phase Challenge to apply “Target Awareness” and “Centeredness of Contact” to a golf experience.</i></p> <p>Full-Swing</p> <p>Title of game: Phase Challenge</p> <p>Objectives of game: This game reveals strengths and weaknesses by requiring consecutive and repeatable targets with defined outcomes. The process of reaching the five phases becomes an individual and/or a competitive based challenge depending upon the participant’s intent.</p> <p>Objectives of golf fundamental: Complete five challenging phases of Target Golf by hitting shots at defined areas of full-swing shot-making.</p> <p>Supplies: 35 range balls per participant:5 shots for practice; 30 for the Challenge</p> <p>Description of Set-up: Each participant will need 35 range balls (using a set amount each time will allow for measuring progress/success against a standard—Personal Par). 5 of the shots will be used for practice and warm-up. Each player will only hit 2 consecutive shots and then wait until it is their turn to hit again. The idea set-up would start with a 5 successful wedge shots (70–85 yds), then 4 successful scoring iron shots around (100–125yds), then 3 successful mid iron shots (150–165 yds), then 2 considerable distance shots into a defined fairway, then “an impossible shot” (hit a range basket from 80 yards). The set-up can be adjusted to match the age and skill level of the participant. The plan is to have them hit various shots with an emphasis on the scoring clubs first and build a bit of nervous energy awaiting their turn.</p> <ul style="list-style-type: none"> • Phase I = hit 5 shots on a green 80–100 yards away • Phase II = hit 4 shots on a green 125–135 yards away • Phase III = hit 3 shots on a green 150–165 yards away • Phase IV = hit 2 shots within a defined fairway 200+ yards • Phase V = hit a range basket 75 yards away <p>5 minutes Specialty Awareness Shot</p> <ul style="list-style-type: none"> ❖ Regardless of our individual swings, we can all agree that the sweet spot is a key to great shot-making. ❖ Participants Turn: Create awareness to the importance of putting the ball in the 4th groove. ❖ If the participants “master” the awareness shot with the 8 iron, they can proceed to the driver if the safety of self, others, and the surroundings warrants trying.
<p style="text-align: center;">5 Minutes</p>	<p>3.  Wrap-up</p> <p>Fatal Vision Goggles with 7 iron to experience “insobriety” and the opposite of wellness and control.</p> <p>In golf skill: What is our job? _____</p> <p>In Wellness for Life: What is our job? _____</p> <p>Can I answer any questions for you concerning my wellness in golf or my wellness in life?</p> <p>Can you tell me some ways that you can take lesson #22 “Wellness for Life” back to your school? How can you apply this to your life? Are there any lessons from Par or Birdie Level that you can also relate to this experience?</p> <p>What Healthy Habits are you going to add to your day to increase your ENERGY?</p> <p>Remember to “Make Choices Today That You Will Be Proud Of Tomorrow”.</p>

1 Example Golf Game—Distance-control

Full-Swing

Title of game: *Boots, Belts and Buckets*

Objectives of game: Utilize planned contact in bunker play to regulate distance control.

Objectives of golf fundamental: Gain predictable distance control based upon full-swing and contact with the ball.

Supplies: splash board, permanent markers, practice balls

Description of Set-up: Create three stations to experiment with distance control with the varying factor being contact with the ball.

- Shot 1 = hit the “golf ball man” in the hat
- Shot 2 = hit the “golf ball man” in the belt (belly)
- Shot 3 = hit the “golf ball man” in the boots

Practice Shots: use the splash board to minimize dig and maximize preferred contact/distance.

Diagram of Set-up:



PLAYer Level—How to Play: When playing bunker shots on the course, PLAYers can associate 3Bs (Boots, Belts and Buckets) to regulate preferred distance.

- Shot 1 = hit the “golf ball man” in the hat
 - This shot will likely stay in the bunker as PLAYers try to lift the ball before contact
- Shot 2 = hit the “golf ball man” in the belt (belly)
 - This shot will provide maximum distance
- Shot 3 = hit the “golf ball man” in the boots
 - This shot will provide the most loft/spin /exact distance

Compatible Rule(s) or Etiquette

Etiquette: Care of the Course—Bunkers

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

Par Level—How to Play: When playing bunker shots on the course, you can associate 3Bs (Boots, Belts and Buckets) to regulate your preferred distance. Par Level PLAYers are encouraged to experiment with various clubs to find their club of choice for distance control from bunkers.

Compatible Rule(s) or Etiquette

Hazard definition

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

23 Loose Impediments

Birdie Level—How to Play: When playing bunker shots on the course you can associate 3Bs (Boots, Belts and Buckets) to regulate your preferred distance. Birdie Level PLAYers are encouraged to:

- ✓ Experiment with various clubs to find their club of choice for distance control from bunkers.
- ✓ Explore adjustments needed while attempting uphill, downhill and side hill lies in the bunker.

Compatible Rule(s) or Etiquette

12 Searching for and Identifying Ball (12-1)

13 Ball Played the Ball as It Lies (13-4)

24 Obstructions (24-3)

Eagle Level—How to Play: When playing bunker shots on the course you can associate 3Bs (Boots, Belts and Buckets) to regulate your preferred distance. Eagle Level PLAYers are encouraged to:

- ✓ Experiment with various clubs to find their club of choice for distance control from bunkers.
- ✓ Explore adjustments needed while attempting uphill, downhill and side hill lies in the bunker.
- ✓ Research the distance measurements for each particular club as leg/foot movement is minimized with the Mastery of this technique
- ✓ Walk off the yardages to the pitch mark for 10 shots and average the distance hit for each club

Compatible Rule(s) or Etiquette

6 The Player (6-4)

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

Seamless Pairings: Golf Games & Life Skills Core Lessons

Boots, Belts and Buckets pairs well with Core Lessons:

- #1 Welcome and Showing Respect
- #2 Courtesy Toward Others
- #3 Responsibility for the Course

- #11 Respecting the Rules
- #13 Having Fun While You Learn
- #15 Finding Your Personal Par

- #18 Setting Goals that are Specific
- #20 Getting to your Goal
- #21 Dealing with Challenges

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

Full-Swing

Title of game: *Phase Challenge*

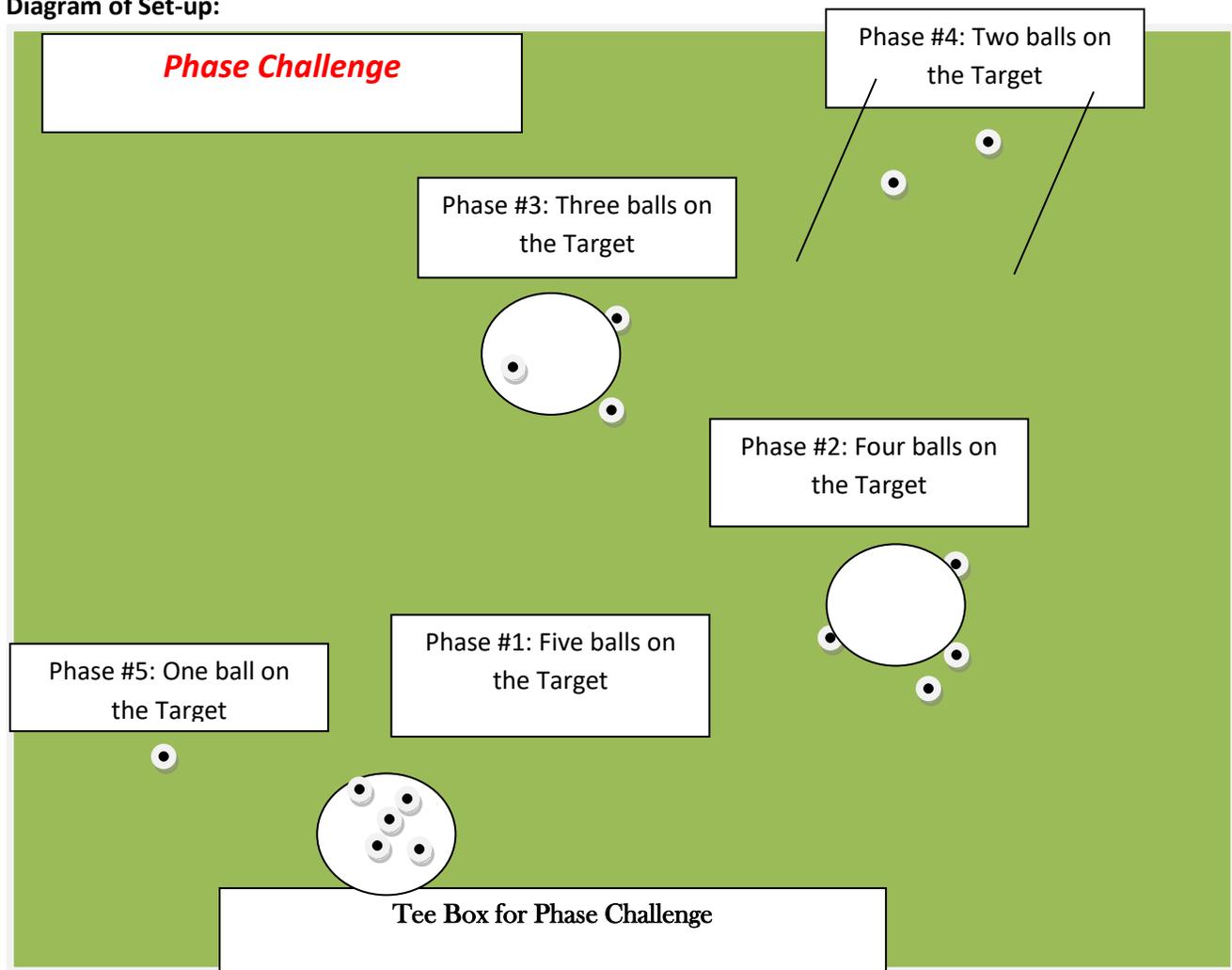
Objectives of game: This game reveals strengths and weaknesses by requiring consecutive and repeatable targets with defined outcomes. The process of reaching the five phases becomes an individual and/or a competitive based challenge depending upon the participant's intent.

Objectives of golf fundamental: Complete five challenging phases of Target Golf by hitting shots at defined areas of full-swing shot-making.

Supplies: 35 range balls per participant: 5 shots for practice; 30 for the Challenge

Description of Set-up: Each participant will need 35 range balls (using a set amount each time will allow for measuring progress/success against a standard—Personal Par). Five of the shots will be used for practice and warm-up. Each player will only hit 2 consecutive shots and then wait until it is their turn to hit again. The idea set-up would start with a 5 successful wedge shots (70–85 yds), then 4 successful scoring iron shots around (100–125yds), then 3 successful mid iron shots (150–165 yds), then 2 considerable distance shots into a defined fairway, then “an impossible shot” (hit a range basket from 80 yards). The set-up can be adjusted to match the age and skill level of the participant. The plan is to have them hit various shots with an emphasis on the scoring clubs first and build a bit of nervous energy awaiting their turn.

Diagram of Set-up:



PLAYer Level—How to Play: Hit the number of golf balls stated and see how many you get in the target.

Phase I: Hit five balls toward a green (or designated target area) about 25–50 yards away.

Phase II: Hit four balls toward a designated fairway area, about 50 yards away.

Phase III: Hit three balls toward a target area about 75 yards away.

Phase IV: Hit two balls toward a designated area or fairway lane about 100 yards away.

Phase V: One ball must hit a target appx. 5 feet tall x 3 feet wide about 25 yards away.

Compatible Rule(s) or Etiquette

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

14 Striking the Ball (14-1)

Par Level (variations)—How to Play: Hit until you get the number of golf balls stated at that target before moving on to the next target.

Phase I: Hit five balls on a green (or designated target area) about 25–50 yards away.

Phase II: Hit four balls in a designated fairway area about 50–75 yards away.

Phase III: Three balls must at some point touch, roll through, or land on the target area about 75 yards away.

Phase IV: Two balls must travel into or through a designated area or fairway lane about 100 yards away.

Phase V: One ball must hit a target appx. 5 feet tall x 3 feet wide about 50 yards away.

Compatible Rule(s) or Etiquette

4 Clubs (4-4a)

10 Order of Play (10-1,3)

Birdie Level (variations)—How to Play: Hit until you get the number of golf balls stated at that target before moving on to the next target.

Phase I: Hit five balls on a green (or designated target area) about 50–75 yards away.

Phase II: Hit four balls in a designated fairway area, about 75–100 yards away.

Phase III: Three balls must at some point touch, roll through, or land on the target area about 125 yards away.

Phase IV: Two balls must travel into or through a designated area or fairway lane about 150 yards away.

Phase V: One ball must hit a target appx. 5 feet tall x 3 feet wide about 75 yards away.

Compatible Rule(s) or Etiquette

5 The Ball (5-1,3)

14 Striking the Ball (14-2)

Eagle Level (variations)—How to Play: Hit until you get the number of golf balls stated at that target before moving on to the next target.

Phase I: Hit five balls on a green (or designated target area) about 50–75 yards away.

Phase II: Hit four balls in a designated fairway area, about 75–100 yards away.

Phase III: Three balls must at some point touch, roll through, or land on the target area about 125 yards away.

Phase IV: Two balls must travel into or through a designated area or fairway lane about 150 yards away.

Phase V: One ball must hit a target appx. 5 feet tall x 3 feet wide about 75 yards away.

Compatible Rule(s) or Etiquette

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

Drop zones

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Phase Challenge—
pairs well with Core Lessons:

#6 Developing Confidence

#8 Playing with Perseverance

#9 Living with Integrity

#10 Exploring the Game

#15 Finding Your Personal Par

#20 Getting to your Goal

#21 Dealing with Challenges

#24 Appreciating Diversity

#25 Dealing with Conflicts

#27 Planning for the Future

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 Full-Swing

Title of game: *Check Point Charlie*

Objectives of game: To see who can remember the most number of check-points in the address position, before hitting a ball.

Objectives of golf fundamental: To help participants develop muscle memory for their most reliable address position. Plus, to see how the shot is influenced when they think too much!

Supplies: Tees, golf balls and clubs.

Description of Set-up: No special set-up needed. Utilize the driving range and the stations provided. May need to create a safety zone for PLAYers to stand in when it is not their turn.

Diagram of Set-up: (Diagram TBD)

PLAYer Level—How to Play: PLAYers will be in pairs, one hits and the other watches. The winner of the game is the person who can remember the most number of points in the get ready position!

How it Works:

Step 1

- The first PLAYer will address the ball and go through their address position check points and say them out aloud one at a time so their partner can hear. The PLAYer will also make a visible motion of the check point (i.e., “tail feathers out” wiggle their rear end). The partner counts the different check points.
 - Aim clubface
 - Hold soft
 - Hold up (or down) handle
 - Hold position
 - Ball position (forward, middle or back)
 - Toes out
 - Feet wide (narrow/medium)
 - Etc.
- The PLAYer will then hit a ball.
- The second PLAYer will then step up to hit (switching roles)

Step 2

- The second PLAYer will repeat the same process as above hoping to increase on the number of check points.

Step 3

- The PLAYers keep rotating until the PLAYers cannot remember any more points and the PLAYer who wins will be the person who says the most number of check points out aloud!

Compatible Rule(s) or Etiquette

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

Par Level (variations)—**How to Play:** Same as above. Add to the challenge by including what a PLAYer does before the shot is taken. Play in teams to see which team can get the most check points correct.

Compatible Rule(s) or Etiquette

- 7 Practice (7-1)
- 13 Ball Played as It Lies (13-2,3)
- 14 Striking the Ball (14-4)

Birdie Level (variations)—**How to Play:** Same as above. Add to the challenge by including what a PLAYer does before the shot is taken. Be more precise about each position by adding detail such as stance check; feet 24 inches apart.

Compatible Rule(s) or Etiquette

- 6 The Player (6-2)
- 8 Advise; Indicating Line of Play (8-1)

Eagle Level (variations)—**How to Play:** Same as above. Add to the challenge by including what a PLAYer does before the shot is taken. Be more precise about each position by adding detail such as stance check; feet 24 inches apart, or body weight distribution (55% on back foot, 45% on front foot). Play in teams to see which team can get the most check points correct.

Compatible Rule(s) or Etiquette

- 6 The Player (6-4)
- 8 Advise; Indicating Line of Play (8-2)

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Check Point Charlie—pairs well with Core Lessons:

- #5 Modeling Sportsmanship
- #8 Playing with Perseverance

- #11 Respecting the Rules
- #13 Having Fun While You Learn
- #18 Setting Goals that are Specific

- #19 Setting Goals that are Under Your Control

- #23 Building a Go-to Team
- #25 Dealing with Conflicts
- #26 Be a Go-to Person

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

4 Example Golf Game—Body Balance

Full-Swing

Title of game: *Board Silly*

Objectives of game: To see who can hit the golf ball and stay in balance while standing on a balance board.

Objectives of golf fundamental: To help participants detect how their balance is during the swing and what adjustments they need to make to stay in balance. Plus, to see how the shot is influenced when they change their body balance.

Supplies: Tees, golf balls, clubs balance board (A balance board is a piece of wood approximately 28”–36” long x 12” wide x 2” deep. It sits on top of a 12” long x 4” wide x 4” deep block of wood.)

Description of Set-up: At a range station, PLAYers will be in pairs. One hits and the other watches, encourages, and asks questions. The winner is the PLAYer who can hit a ball and still stay in balance.

Diagram of Set-up:



PLAYer Level—How to Play: How it Works: PLAYers use #8 Irons to Wedge

Step 1

- The first PLAYer will stand on the balance board with the board “In balance” (not tilting).
- The PLAYer will then hit a ball and try to keep the board balanced. If he is successful, the PLAYer will go to step 2. If unsuccessful the other PLAYer will take their turn.

Step 2

- The PLAYer will lean on their right foot and try to hit a ball, keeping the weight on the right foot. If they are successful they will go to step 3, if not successful the next PLAYer will take a turn at step 2.

Step 3

- The PLAYer will lean on the left foot and try to hit a ball, keeping the weight on the left foot. If they are successful they will go to step 4, if not successful the next PLAYer will take a turn at step 3.

Step 4

- The PLAYer will lean on the right foot and try to hit a ball finishing with their weight on the front foot. If they are successful, they have completed the task. The next PLAYer will then come up and try it.

Step 5 (Optional)

- PLAYers can now try to lean on their front foot and hit a shot with the weight finishing on the back foot.

Compatible Rule(s) or Etiquette

14 Striking the Ball (14-1)

Par Level (variations)—**How to Play:** PLAYers use #6 iron to wedge.

The game is played the same as stated in the PLAYer level.

Compatible Rule(s) or Etiquette

4 Clubs (4-4a)

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

28 Ball Unplayable

Birdie Level (variations)—**How to Play:** PLAYers use #4 iron to wedge.

The game is played the same as stated in the PLAYer level.

Compatible Rule(s) or Etiquette

4 Clubs (4-3)

13 Ball Played the Ball as It Lies (13-4)

Eagle Level (variations)—**How to Play:** PLAYers use woods to wedge.

The game is played the same as stated in the PLAYer level.

Compatible Rule(s) or Etiquette

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

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Board Silly—pairs well with Core Lessons:

#6 Developing Confidence

#8 Playing with Perseverance

#13 Having Fun While You Learn

#14 Staying Cool

#15 Finding Your Personal Par

#16 Dreams and Goals

#17 Setting Goals that are Positive and Important to You

#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.

5 Example Golf Game—Clubface and Ball Contact Full-Swing

Title of game: *Through the Gates*

Objectives of game: To see who can swing their club through the narrowest gap (marked by two golf tees) and still make solid contact with the ball

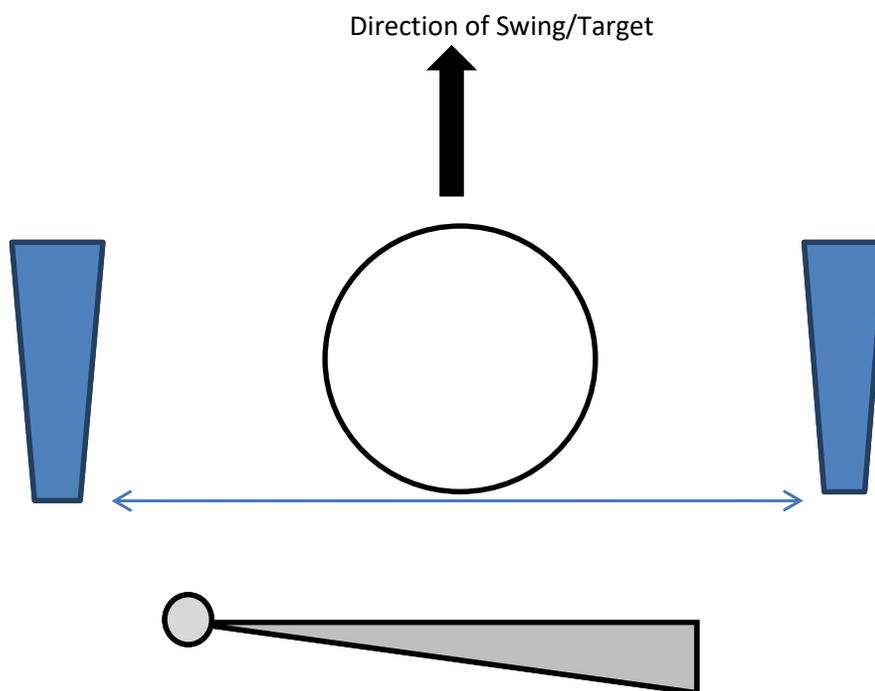
Objectives of golf fundamental: Contact with the ball can affect distance and accuracy. This game will help participants to become aware of;

- Where on the face they are actually hitting the ball (Toe, Heel or Center) and
- The direction and consistency of their swing path

Supplies: Tees, ruler, golf balls and clubs

Description of Set-up: PLAYers will get into pairs or, threes. Each PLAYer must have several tees in their pocket and a golf club (depending upon ability). Each group will need a 12" ruler.

Diagram of Set-up:



PLAYer Level—How to Play: How it Works: PLAYers use #8 Iron to Wedge

Step 1

- The first PLAYer to hit will push two tees in the ground 6" apart and at right angles to the target.
- The PLAYer will then place a ball in the center of the two tees and in-line with the tees.
- The PLAYer will take their practice swing away from the tees and ball.
- When ready the PLAYer will place the club behind the ball, take a swing and try to swing the club head through the gap (gate) and avoid hitting either tee.
- If the PLAYer is successful, both tees will still be intact and unmoved.

Step 2

- The next step will be for the PLAYer to move one tee ½" closer to the other and repeat the process.
- The PLAYer's turn ends when they hit one of the tees!
- The PLAYer must be aware of the size of their gap (between the tees).
- The next PLAYer will step up and try their skill setting up the same way.
- Continue the process to find out who can swing the club through the narrowest gap.

Compatible Rule(s) or Etiquette

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

Par Level (variations)—How to Play: Participants use a #6 Iron to Wedge.

Same as above. Increase the challenge by using ¼" increments in reducing width of tees.

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: Participants use a #4 Iron to wedge.

Same as above. Increase the challenge by making the gap smaller between tees (i.e., 5" and decrease in ¼" increments).

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: Participants use Woods to Wedge.

Same as above. Increase the challenge by making the gap smaller between tees (i.e., 5" and decrease in ¼" increments).

Compatible Rule(s) or Etiquette

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

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Through the Gates—pairs well with Core Lessons:

#6 Developing Confidence

#7 Using Good Judgment

#10 Exploring the Game

#15 Finding Your Personal Par

#18 Setting Goals that are Specific

#21 Dealing with Challenges

#25 Dealing with Conflicts

#27 Planning for the Future

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

6 Example Golf Game—Swing Rhythm

Full-Swing

Title of game: *Darts*

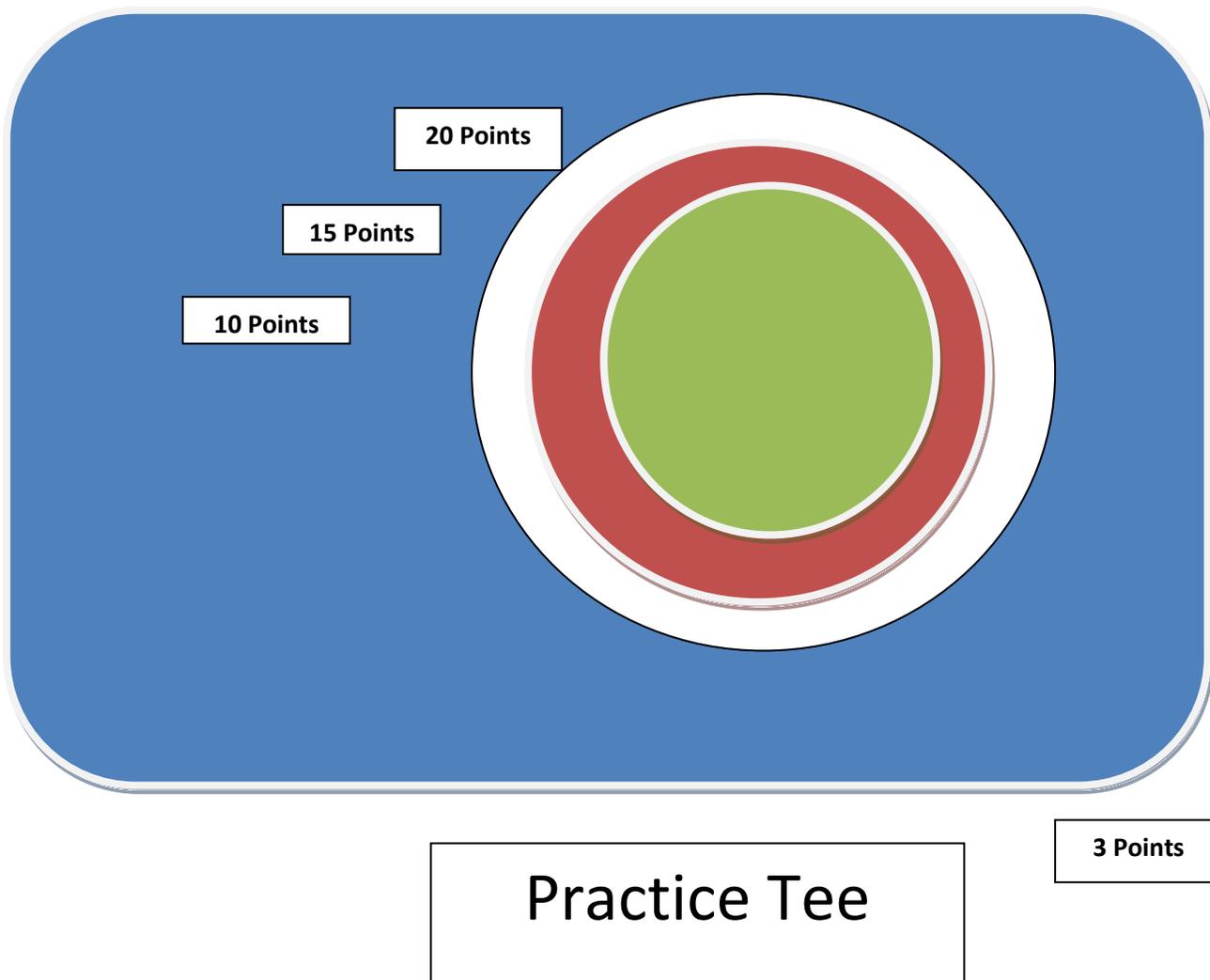
Objectives of game: The key to this game is to develop a swing with a good rhythm to hit the bulls-eye.

Objectives of golf fundamental: The golf skill that will be learned is a smoother rhythm will allow you to hit more greens in regulation. A PLAYer may change clubs as they see needed. This can also be played from a Fairway bunker.

Supplies: Golf balls, carpenter tape or string, practice area or golf course

Description of Set-up: Set up a simulated “over-sized” dart board for participants to hit approach shots with varying levels of difficulty. The most difficult shot will be rewarded the highest point value. The second in difficulty will be rewarded the next highest point value and so on.

Diagram of Set-up:



PLAYer Level—How to Play: Using an eight iron to wedge.

Round I: PLAYer hits a shot from 20 yards; whichever point zone you hit is your total
Round II: PLAYer hits a shot from 40 yards; whichever point zone you hit is your total
Round III: PLAYer hits a shot from 60 yards; whichever point zone you hit is your total
Round IV: PLAYer hits a shot from 80 yards; whichever point zone you hit is your total

Add points together to get total score for the game.
Recommend playing as a team for the PLAYer level.

Compatible Rule(s) or Etiquette

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

Par Level (variations)—How to Play: Using a six iron to wedge.

Round I: PLAYer hits a shot from 25 yards; whichever point zone you hit is your total
Round II: PLAYer hits a shot from 50 yards; whichever point zone you hit is your total
Round III: PLAYer hits a shot from 75 yards; whichever point zone you hit is your total
Round IV: PLAYer hits a shot from 100 yards; whichever point zone you hit is your total
Add points together to get total score for the game.

Compatible Rule(s) or Etiquette

2 Match Play (2-1,3)
15 Substituted Ball; Wrong Ball (15-3)

Birdie Level (variations)—How to Play: Using a four iron/hybrid to wedge

Round I: PLAYer hits a shot from 50 yards; whichever point zone you hit is your total
Round II: PLAYer Participant hits a shot from 75 yards; whichever point zone you hit is your total
Round III: PLAYer Participant hits a shot from 100 yards; whichever point zone you hit is your total
Round IV: PLAYer Participant hits a shot from 150 yards; whichever point zone you hit is your total
Add points together to get total score for the game.

Compatible Rule(s) or Etiquette

2 Match Play (2-2)
18 Ball at Rest Moved (18-3,6)

Eagle Level (variations)—How to Play: Using woods to wedges.

Round I: PLAYer hits a shot from 75 yards; whichever point zone you hit is your total
Round II: PLAYer Participant hits a shot from 100 yards; whichever point zone you hit is your total
Round III: PLAYer Participant hits a shot from 150 yards; whichever point zone you hit is your total
Round IV: PLAYer Participant hits a shot from 175 yards; whichever point zone you hit is your total
Add points together to get total score for the game.

Compatible Rule(s) or Etiquette

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

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Darts—pairs well with Core Lessons:

#5 Modeling Sportsmanship

#7 Using Good Judgment

#13 Having Fun While You Learn

#15 Finding Your Personal

#16 Dreams and Goals

#20 Getting to your Goal

#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.

7 Example Golf Game—Pre-shot and Post-shot Routines

Full-Swing

Title of game: *I Can't Hear You*

Objectives of game: Explore different levels of distraction, time, and reflection to develop “Personal Routines” that best fit the individual PLAYer and encourage an accelerated pace of play

Objectives of golf fundamental: By empowering Pre- and Post-shot Routines, we can speed the pace of play, improve shot-making, and complement course management. Each of these benefits builds confidence and ownership of one’s game.

Supplies: Music source, ear plugs, stations on range

Description of Set-up: Create stations that are unconventional, like one with speaker music and the other with crowd distractions (similar to a NCAA basketball game). Create additional stations that are individual in nature. Option #1 is earplugs, and Option #2 is individual discovery after viewing a model (i.e., Annika Sorrenstam, Fred Couples, Paula Creamer, Bubba Watson, etc.).

Diagram of Set-up:



PLAYer Level—How to Play: The entire class will receive a “modeled” demonstration of a typical tour level routine as well as a routine that is too long and complicated. After the demonstration, discuss the differences between golf (the quiet game) and other team sports (NCAA March Madness Basketball, etc.). Next, have PLAYers hit practice shots with loud music and transition everyone to the crowd distractions segment. Continue with the gradual transitions to personal music, ear plugs for inner thoughts, and eventually individual discovery. The intention for PLAYer level participant is to:

- Develop a pre shot routine that identifies the area of the intended shot within 25 seconds after reaching their ball.

Compatible Rule(s) or Etiquette

10 Order of Play (10-2)

Par Level (variations)—**How to Play:** Same as the PLAYer level with the following intention:

- Develop a pre shot routine that identifies the area of the intended shot
- The most favorable club for that shot
- All within 25 seconds after reaching their ball.

Compatible Rule(s) or Etiquette

6 The Player (6-3)
10 Order of Play (10-1,3)

Birdie Level (variations)—**How to Play:** Same as the PLAYer Level with the following intention:

- Develop a pre shot routine that identifies the area of the intended shot
- The most favorable club for that shot
- All within 25 seconds after reaching their ball.

Compatible Rule(s) or Etiquette

12 Searching for and Identifying Ball (12-1)

Eagle Level (variations)—**How to Play:** Same as the PLAYer Level with the following intention:

- Develop a pre shot routine that identifies the area of the intended shot
- The most favorable club for that shot
- Other Club options
- Trajectory/Curvature or flight shape
- All within 25 seconds after reaching their ball

Compatible Rule(s) or Etiquette

14 Striking the Ball (14-3,6)
26 Water Hazards (26-2)

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—I Can't Hear You—
pairs well with Core Lessons:

#6 Developing Confidence

#7 Using Good Judgment

#13 Having Fun While You Learn

#14 Staying Cool

#15 Finding Your Personal Par

#18 Setting Goals that are Specific

#19 Setting Goals that are Under
Your Control

#21 Dealing with Challenges

#5 Dealing with Conflicts

#27 Planning for the Future

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

8 Example Golf Game—Ball Flight Full-Swing

Title of game: *Bubba Golf*

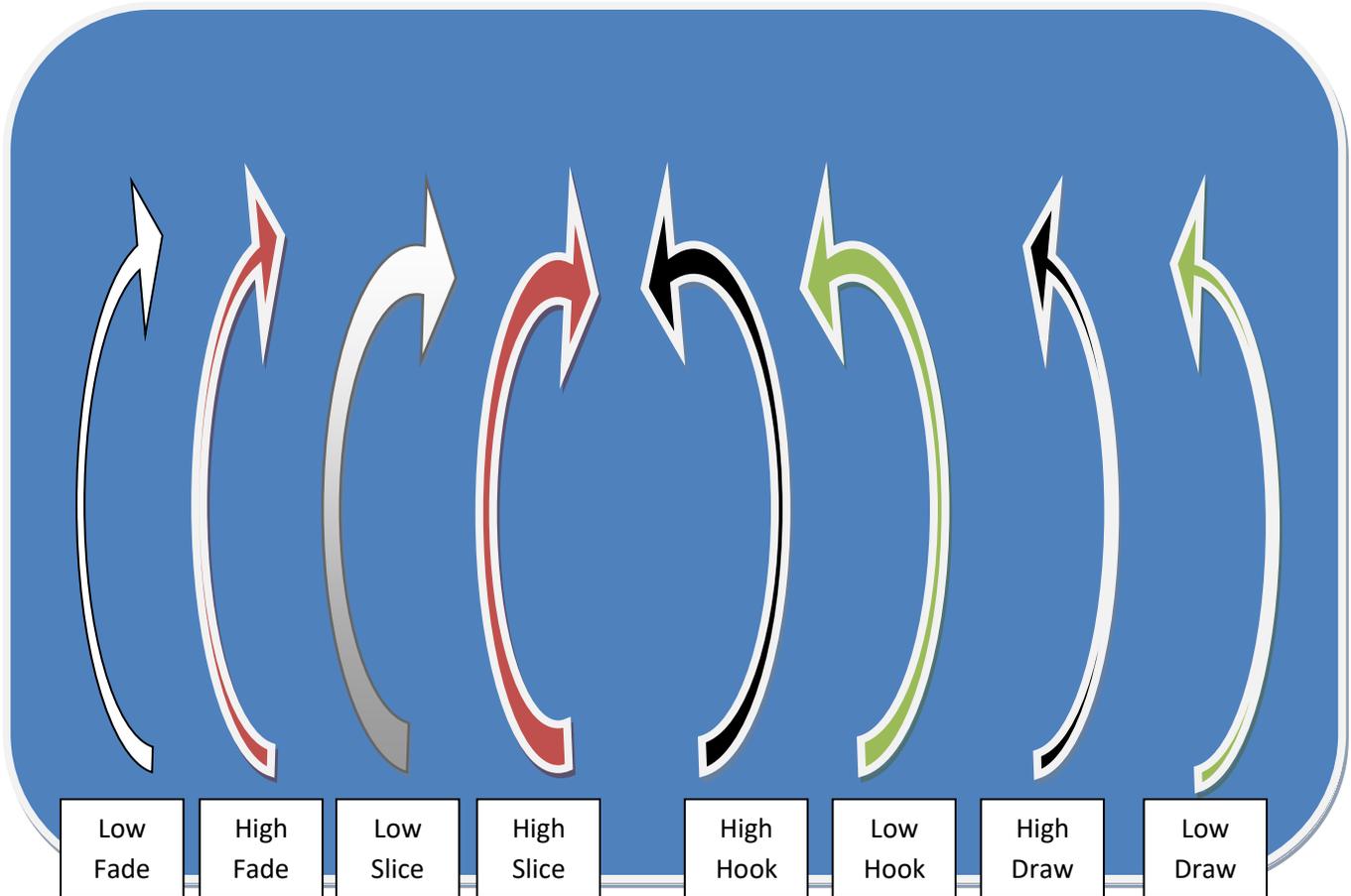
Objectives of game: Hit 8 different shots to see how many you can shape as described.

Objectives of golf fundamental: This game will help the participant learn different ways to curve and flight the ball in order to hit the shot that as needed.

Supplies: Twelve range balls per PLAYer, 3-6 swimming noodles, stakes to put noodles upright in the ground

Description of Set-up: At the driving range, put a noodle standing upright in front of each hitting station about 5–10' from the station.

Diagram of Set-up: (written as a right-handed golfer)



PLAYer Level—How to Play: PLAYers will get three shots each time it is their turn. In each round, hit the shot described. Use a seven iron for this activity.

- Round 1: Low draw 45–50 yards around the noodle
- Round 2: High draw 45–50 yards around the noodle
- Round 3: Low fade 45–50 yards around the noodle
- Round 4: High fade 45–50 yards around the noodle
- Round 5: High fade 45–50 yards around the noodle

Compatible Rule(s) or Etiquette

10 Order of Play (10-2)
27 Lost ball or Out of Bounds; Provisional Ball (27-1,2)

Par Level (variations)—How to Play: PLAYers will get three shots each time it is their turn. In each round, hit the shot described. Use a seven iron—hybrid for this activity.

Round 1: Low draw 55–65 yards around the noodle
Round 2: High draw 55–65 yards around the noodle
Round 3: Low fade 55–65 yards around the noodle
Round 4: High fade 55–65 yards around the noodle
Round 5: High fade 55–65 yards around the noodle

Compatible Rule(s) or Etiquette

14 Striking the Ball (14-4)
24 Obstructions (24-1,2)

Birdie Level (variations)—How to Play: PLAYers will get three shots each time it is their turn. In each round, hit the shot described.

If time allows, PLAYers can be challenged to hit these shots with different clubs.

Round 1: Low draw 75–100 yards around the noodle
Round 2: High draw 75–100 yards around the noodle
Round 3: Low fade 75–100 yards around the noodle
Round 4: High fade 75–100 yards around the noodle
Round 5: High fade 75–100 yards around the noodle

Compatible Rule(s) or Etiquette

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

Eagle Level (variations)—How to Play: PLAYers will get three shots each time it is their turn. In each round, hit the shot described.

If time allows, PLAYers can be challenged to hit these shots with different clubs.

Round 1: Low draw 125–135 yards around the noodle
Round 2: High draw 125–135 yards around the noodle
Round 3: Low fade 125–135 yards around the noodle
Round 4: High fade 125–135 yards around the noodle
Round 5: High fade 125–135 yards around the noodle

Compatible Rule(s) or Etiquette

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

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Bubba Golf—pairs well with Core Lessons:

#6 Developing Confidence

#7 Using Good Judgment

#13 Having Fun While You Learn

#15 Finding Your Personal Par

#16 Dreams and Goals

#18 Setting Goals that are Specific

#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.

9 Example Golf Game—Playing On-course Full-swing

9 Example Golf Game—Playing On-course Full-swing

Title of game: *Leap Frog*

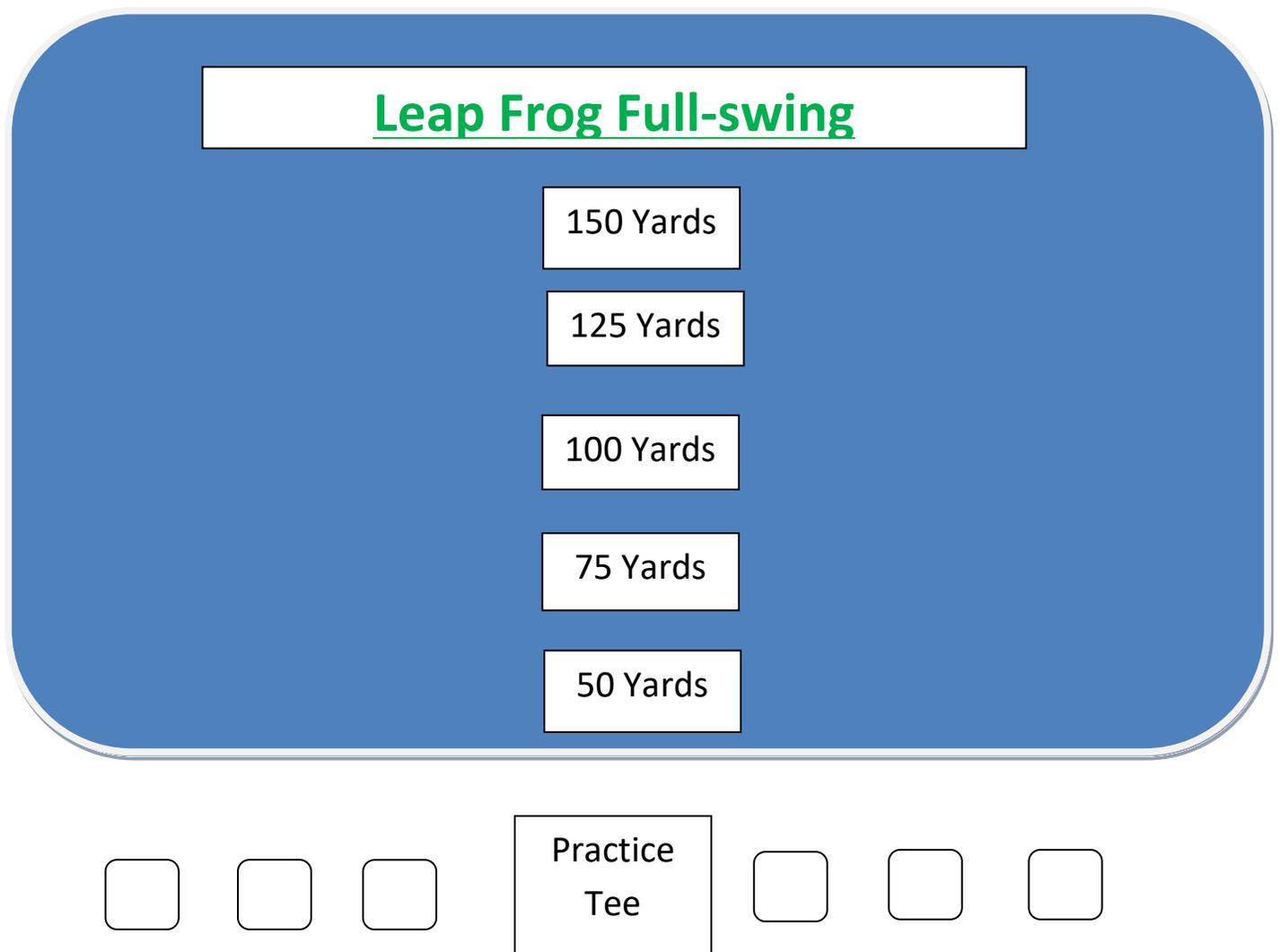
Objectives of game: Hit shots that progressively go farther in order in order to win the game. The game can be played as individuals or as teams.

Objectives of golf fundamental: To help participants understand the how to manage their swing when you must hit full-swing different distances.

Supplies: Range balls, variety of golf clubs

Description of Set-up: At the driving range, set up targets that match distances outlines at each Level. Example below in the diagram.

Diagram of Set-up:



PLAYer Level—How to Play: With a partner or teams, each PLAYer gets three shots to hit his/her zone. Once a PLAYer has hit a zone, the next PLAYer on the team can go for the next zone. First team to hit all the zones in order is the winner of the game.

Phase I: Partner hit shot 25 yard zone

Phase II: Partner hits a shot in 50 yard zone

Phase III: Partner hits a shot in 75 yard zone

Phase IV: Partner hits to 100 yard zone.

Compatible Rule(s) or Etiquette

Order of Play (10-2)

Par Level (variations)—How to Play: As an individual, PLAYer gets three shots to hit his/her zone. Once a PLAYer has hit a zone, the next PLAYer on the team can go for the next zone.

Phase I: Partner hit shot 25 yard zone

Phase II: Partner hits a shot in 50 yard zone

Phase III: Partner hits a shot in 75 yard zone

Phase IV: Partner hits to 100 yard zone.

Compatible Rule(s) or Etiquette

2 Match Play (2-1,3)

10 Order of Play (10-1,3)

Birdie Level (variations)—How to Play: As an individual, PLAYer gets three shots to hit his/her zone. Once a PLAYer has hit a zone, the next PLAYer on the team can go for the next zone. For an additional challenge, you can play as a match play competition with the group.

Phase I: Partner hit shot 50 yard zone

Phase II: Partner hits a shot in 75 yard zone

Phase III: Partner hits a shot in 100 yard zone

Phase IV: Partner hits to 125 yard zone.

Compatible Rule(s) or Etiquette

2 Match Play (2-2)

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

Eagle Level (variations)—How to Play: As an individual PLAYer or in teams, each PLAYer gets three shots to hit his/her zone. Once a PLAYer has hit a zone, the next PLAYer on the team can go for the next zone. To increase difficulty, use only one golf ball attempt at a zone instead of three chances. For an additional challenge, you can play as a match play competition with the group.

Phase I: Partner hit shot 75 yard zone

Phase II: Partner hits a shot in 100 yard zone

Phase III: Partner hits a shot in 125 yard zone

Phase IV: Partner hits to 150 yard zone

Compatible Rule(s) or Etiquette

2 Match Play (2-4,5,6)

22 Ball Assisting or Interfering with Play

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Leap Frog—pairs well with Core Lessons:

#5 Modeling Sportsmanship

#7 Using Good Judgment

#12 Meeting and Greeting with A-L-R

#15 Finding Your Personal Par

#18 Setting Goals that are Specific

#20 Getting to your Goal

#23 Building a Go-to Team

#25 Dealing with Conflicts

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



Title of game: *Leap Frog/ Practice Like Payne (Stewart)*

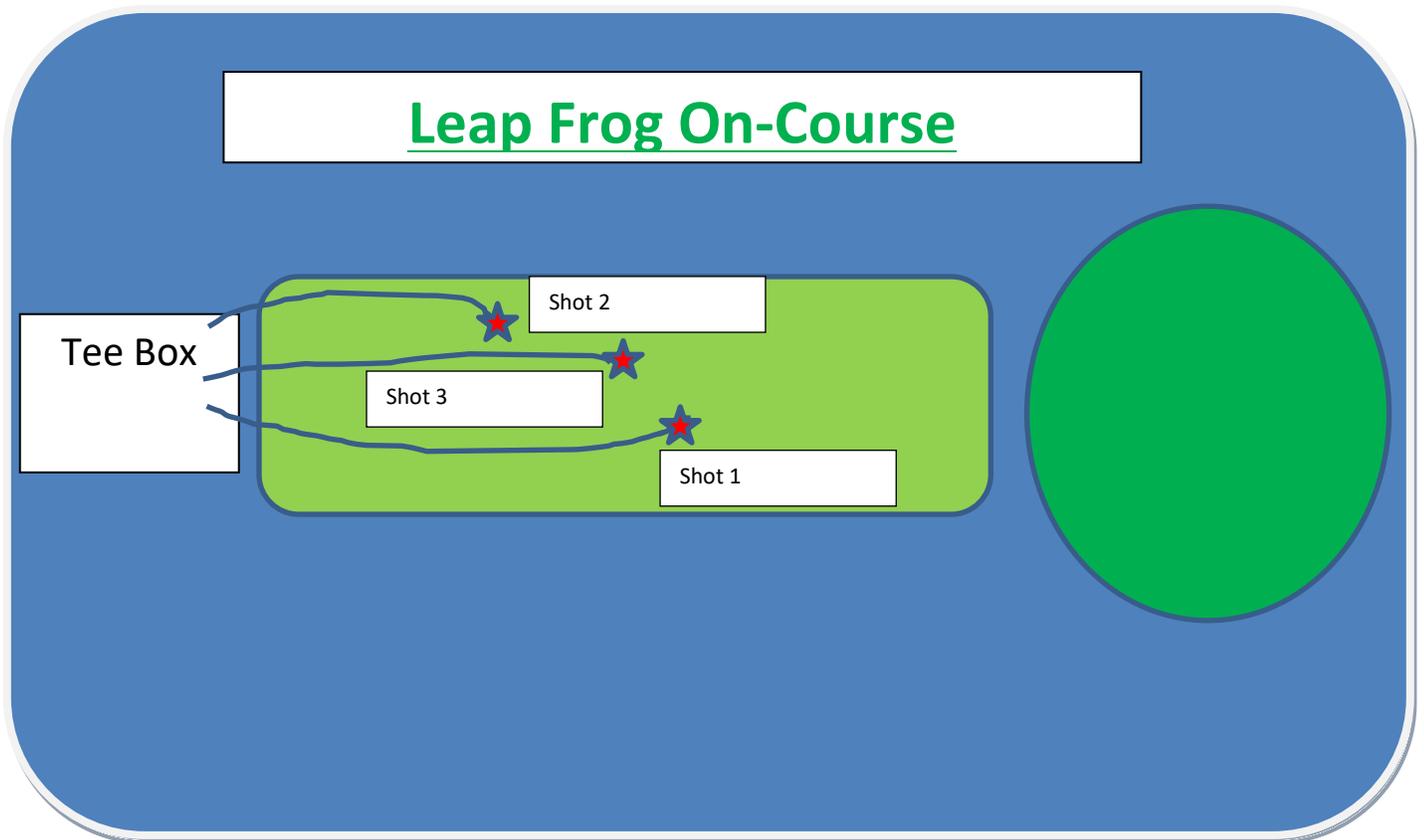
Objectives of game: Hit shots that progressively improve to play the closest shot

Objectives of golf fundamental: To help participants simulate pressure shots and repeat accuracy and distance in an “on-course” setting.

Supplies: golf balls, golf clubs, supplies for regular play

Description of Set-up: Payne Stewart prepared for his two United States Open Victories by practicing a “One Man Scramble,” but he would go to the WORST shot instead of the BEST. He did this to require repetition and accuracy (characteristics of a United States Open contender). If he hit a drive down the middle at 250 yards, he could not play it unless he hit a drive down the middle at 255yds. He would proceed by hitting an approach shot to the green. If his iron shot landed at 15 feet from the flag he couldn’t play it unless he hit the next shot closer. You can play with two or three balls. It is recommended that the 3-shot game be played with Eagle or above skill level since this is the way a PGA tour player prepared, and it is extremely difficult to proceed.

Diagram of Set-up:



In this example, the PLAYer would play “shot 2” since it is the worst shot of the 3 attempts. He/she would proceed by attempting 3 shots to the green and play the “farthest away”