

EXAMPLE GOLF GAMES: PITCH

In this pitching 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 #: 20 Core Lesson Title: Getting to Your Goal (Birdie Level)

Duration of class (minutes): 90 Location of class: driving range and putting green ☐ On-course ☒ Off-course

Number of PLAYers: 15 – 20 Number of coaches: 2 (1 The First Tee Coach & 1 volunteer) PLAYer-to-coach ratio: 10:1

Number of holes/stations: 5 – 7 (depends on what the range can give to class) Group Description (age, skill level, etc.): 5th grade & older



Supplies and Equipment Needed: range balls, noodles, clubs (PLAYers bring), targets (buckets or flags on the range, hoops)

Life Skills Objective: PLAYers will experience using a goal ladder (easy steps first) to hit all the targets designated on the range.

Golf Skills Objective: PLAYers will play with different stances that challenge their balance in order to understand how important it is to maintain balance throughout the swing.

Nine Healthy Habits Bridge: One's MIND influences emotions and behaviors and can be utilized for self-improvement, building confidence and maintaining perspective. Connect "taking small steps in the goal ladder to reach a bigger goal" with "taking small steps to build confidence and maintain perspective." Also, connect "maintaining perspective" with "keeping your balance."

Etiquette and the Rules of Golf Objective: Have PLAYers review and demonstrate Ball at Rest Moved (18-3).

Time	Three Elements of a Lesson Plan
15 minutes	 1. Warm-up <i>Circuit Training for BALANCE and Body Awareness: (1) walk 40' forward/backward/squat-turn 180/stand; (2) sit back to back with partner, link arms & stand up; sit on knees & jump to feet; (3) stand on right foot, extend left leg forward; lower hips to 'sitting position' repeat other side; and (4) inchworm 30'</i>
35 minutes	 2. Seamless Games/Activities <p>RANGE: 'Getting Balanced' game. Six stations—at each station, PLAYers will attempt to hit the targets in an order determined by the coach. The targets will be at distances of 10 yds, 20 yds, 30 yds and 40 yds.</p> <ol style="list-style-type: none"> 1) Stand on a noodle while hitting shot 2) Stand on one foot while hitting shot (PLAYers choose) 3) Stand with golf ball under each foot at the ball of foot to simulate uphill stance 4) Stand with super wide stance while hitting shot 5) Stand with feet together while hitting shot 6) Stand with golf towel under back foot while hitting the shot to simulate downhill stance <p>Coach should at first pick farthest target and mix up the order from long to short to medium distance. On the second round, coach should pick closest targets progressing to the farthest targets. PLAYers can use whatever wedge they want during game. Recommendation: Have PLAYers keep the same wedge throughout the entire game. NOTE: Ask questions about building confidence (Healthy MIND).</p> <p>PUTTING GREEN: Play the same game using only the first four stations listed above. (Do not stand on golf ball for uphill/downhill simulation on the green.) Can use variety of targets (hole, cone, beanie baby, etc.). Could have a course style set-up instead of range style set-up. NOTE: Ask questions about maintaining perspective (Healthy MIND).</p>

10
minutes

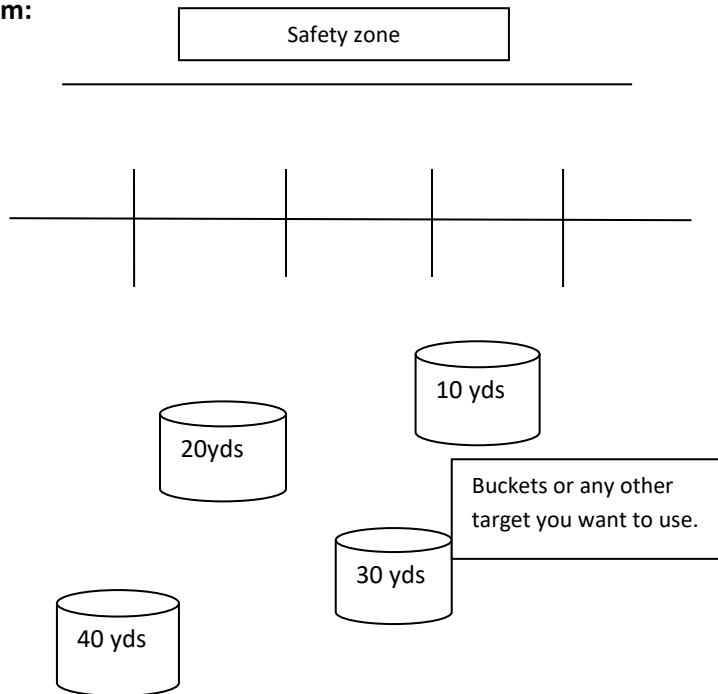
3. Wrap-up

How was your balance in the warm up? (jump & turn activity) How was your balance at the range games?

Which was most challenging? Why? How was your balance at the close targets compared to the far targets? Which was easier? How did that matter in getting to your goal of hitting all the targets? How can you use the idea of easier targets first at school?

Nine Healthy Habit of MIND = *What can you do every day this week to use the idea of easier steps first before most challenging steps when it comes to the habit of MIND?* (Small steps to get self-improvement, build confidence and maintain a balanced perspective)

Diagram:



Note: For putting green, can set up like above or use 'course style' where you have a 3, 6, or 9-hole challenge. Each hole has a different balance challenge (e.g., stand on noodle for all shots).

Lesson Progression:

10 minutes—Warm-up game at driving range or in open space area

5 minutes—Determine partners and then demonstrate the game. Include where safety zones are located.

30 minutes—Play the game (½ of the group at range and ½ of the group at green)

- *During game, have coach call out random targets making sure to hit the farther ones a lot more than the closer ones.*
- *Rotate stations every 3–4 minutes.*
- *After 15 minutes, let PLAYers choose their targets. Can play "who gets the most points" by landing near a target. Can't earn more than 3 points/target. Relate to goal ladder: Which are the easier targets to hit?*

5 minutes—show PLAYers Rule 18-3

25 minutes—Switch stations—range PLAYers go to putting green and putting green PLAYers go to range.

5 minutes—PLAYers help clean up practice areas.

10 minutes—Wrap up questions

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

What was GOOD? (1) PLAYers loved the challenge of standing on something to hit; (2) Many PLAYers had 'ah-ha' moment about going for the closer targets first; and (3) Many PLAYers didn't realize how crazy their balance really was. Awareness improved.

What could have been BETTER? One row of targets was difficult for the stations on the edges to aim for at the range.

HOW would I improve it next time? When we have more than four hitting stations, use at least two lines of targets so all stations have equal access to the targets.

1 Example Golf Game—Distance-control

Pitch

Title of game: *Football Pitching*

Objectives of game: Use letters to create basic swing motion for the pitch shot. PLAYers earn points for landing ball in desired zone. Coach can determine scoring system (one point for landing in each zone until a desired point total has been achieved).

Objectives of golf fundamental: Changing the level to gauge how far someone hits with arm, wrist, hand and club in L position on backswing and follow through—just above waist high on both backswing and follow through.

Supplies: SNAG® equipment and or traditional Pitching Wedge, Sand Wedge or Lob Wedge, golf balls, ribbon, rope, string or noodles

Description of Set-up: Create a hitting area with adequate space and set targets or gridlines at 10–50 yards. The idea is for PLAYers to grasp the concept of how far an L-pitch-L shot will cause the ball to carry in the air.

Diagram of Set-up:



PLAYER Level—How to Play: PLAYers will practice hitting their ball with SNAG equipment while utilizing the L-pitch-L swing motion. PLAYers' distance will vary, so coaches should set-up multiple landing zones. Coaches also should observe and give feedback to assist PLAYers with achieving the L positions on both the backswing and follow through.

Compatible Rule(s) or Etiquette Tip(s):

Parts of a Golf Club

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

Par Level (variation)—How to Play: Same as Par level, but increase distance and introduce traditional equipment. Also, can increase distance to the target for more challenge.

Also introduce a clock system to gauge length of the pitch motion: 7 to 4 o'clock; 9 to 3 o'clock; 10 to 2 o'clock.

Compatible Rule(s) or Etiquette Tip(s):

13 Play it as It Lies (13-2,3)

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

Birdie Level (variation)—**How to Play:** Same as Birdie level except have PLAYers start to incorporate energy into the swing. Have PLAYers explore what is a soft, medium, hard? or what is slow, medium, fast swings? Also can identify how the length of backswing and follow through are affected. Increase the distance to each zone up to 100 yards.

Compatible Rule(s) or Etiquette Tip(s):

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

Eagle Level (variation)—**How to Play:** Same as Birdie level, except begin to perfect the method that best suits each PLAYer's style or preference. Also, introduce varied lofted wedges to assist PLAYers with choosing appropriate wedges to fill any distance gaps.

Compatible Rule(s) or Etiquette Tip(s):

14 Striking the Ball (14-3,6)

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

Seamless Pairings: Golf Games & Life Skills Core Lessons

Football Pitching pairs well with
Core Lessons:

#3 Responsibility for the Course
#7 Using Good Judgment

#10 Exploring the Game
#14 Staying Cool

#16 Dreams and Goals

#22 Stay Well for Life
#24 Appreciating Diversity

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



BONUS!

BUNKER GAME VARIATION: This game can be played out of a fairway or greenside bunker. Simply put the grid in the fairway or a smaller grid mapped out on the green and continue to play as described above.

BUNKER DISTANCE-CONTROL TIP: The length of the swing tends to be longer than a pitch hit off the grass because PLAYers will hit the sand a few inches before the ball in order to throw or splash the ball out of the bunker.

2 Example Golf Game—Target Awareness

Pitch

Title of game: *See the Target*

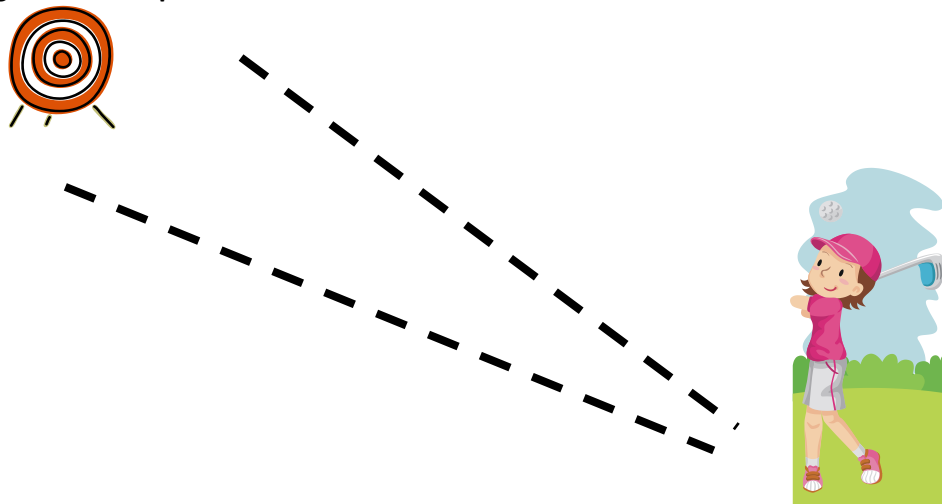
Objectives of game: PLAYers learn that anything can be a target on a golf course. Players receive points for getting towards their target and additional points for target. Coaches can create point system or have players create their own scoring system

Objectives of golf fundamental: Keep your thoughts on the target. (Keep eyes on target to increase the challenge of the game.)

Supplies: baskets or buckets 3 different sizes, SNAG equipment, traditional golf equipment, golf balls, tarp, blanket, rope cones noodles.

Description of Set-up: Place targets in grassy area approximately 10–20 yards apart in distance, be sure that the targets vary in size “big, medium and small” create a cone effect for each target “wide cone, medium cone and small cone”, narrow to wide.

Diagram of Set-up:



PLAYer Level—How to Play: PLAYers hit pitch shots toward their target. The goal is to see how many pitch shots players can towards the target, while staying inside the cone. Players should have an opportunity to attempt hitting large target first, and progressively attempt to hit towards smaller targets.

Compatible Rule(s) or Etiquette Tip(s):

3 Stroke Play (3-1,2)

14 Striking the Ball (14-1)

Par Level (variation)—How to Play: Hit small, medium and three quarter swings to different targets. The ball only has to travel in the direction of the target. Pick a different target after every three swings. PLAYers also may change clubs if desired.

Compatible Rule(s) or Etiquette Tip(s):

7 Practice (7-1)

25 Abnormal Ground Conditions, Embedded Ball and Wrong Putting Green (25-1)

Birdie Level (variation)—**How to Play:** Same as Par level, except ball must land within ten feet of target.

Compatible Rule(s) or Etiquette Tip(s):

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

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

Eagle Level (variation)—**How to Play:** Similar to Birdie level, reduce the size of the targets and this time the ball must land within five feet of the target. Have competition (stroke or match play) and who or which team can consistently get the closest to the target or hit the goal the most times.

Compatible Rule(s) or Etiquette Tip(s):

14 Striking the Ball (14-3,6)

15 Substituted Ball; Wrong Ball (15-1,2)

Seamless Pairings: Golf Games & Life Skills Core Lessons

[This golf game—See the Target—pairs well with Core Lessons:](#)

#1 Welcome and Showing Respect

#2 Courtesy Toward Others

#12 Meeting and Greeting with A-L-R

#13 Having Fun While You Learn

#18 Setting Goals that are Specific

#20 Getting to Your Goal

#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.](#)



BONUS!

BUNKER GAME VARIATION: This game can be played out of a fairway or greenside bunker. Simply put the targets in the fairway or the green and continue play as described above.

BUNKER TARGET AWARENESS TIP: Pick an intermediate target where the ball needs to land on the putting green just as you would for a pitch.

3 Example Golf Game—Get Ready to Swing

Pitch

Title of game: *Rule Your Grip and Align Your Face*

Objectives of game: Help PLAYers create a “palm-facing-palm” hold on to the golf club.

Objectives of golf fundamental: Discover and improve how much hold affects the aim of the clubface.

Supplies: Books or magazines, rulers and/or yard sticks, golf clubs, golf balls, SNAG and/or tennis balls

Description of Set-up: Tee line or short game with pitching green. **NOTE:** This game can be set-up as four stations. PLAYers rotate to experience all the pieces of this game as a way to have progression in one lesson.

Diagram of Set-up:



PLAYer Level—How to Play: 1) Have PLAYers hold books with both hands. The thumbs of both hands should point toward the sky. Have PLAYers mimic the golf swing while holding onto books or magazines. This should assist PLAYers with understanding the concept of a palm-facing-palm hold as they transition into tossing (two-handed) and using golf clubs to strike golf balls.

2) PLAYers will hold a SNAG ball, tennis ball or golf ball in a similar fashion to holding the book. From this position, have PLAYers make a swinging motion and let the ball fly out of their hands in a two-handed toss.

Compatible Rule(s) or Etiquette Tip(s):

7 Practice (7-2)

Par Level (variation)—1) PLAYers will alternate between holding a ruler and their golf club with a palm-facing-palm hold.

2) Next, PLAYers will align the clubface to a ball with a ruler in front of the ball, and then make a swing.

Compatible Rule(s) or Etiquette Tip(s):

6 The Player (6-3)

7 Practice (7-1)

Birdie Level (variation)—**How to Play:** Once the hold and clubface alignment have been practiced, it is time to add body alignment. Place rulers or alignment sticks on the ground to represent the body line and target line. Get PLAYers used to aligning the clubface first, and their bodies second. Note: For another way to show target line, use a 12-inch piece of string. Tie a tee to each end to hold it in the ground in the direction you want to go.

Compatible Rule(s) or Etiquette Tip(s):

6 The Player (6-2)

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

Eagle Level (variation)—**How to Play:** Same as above, but begin placing emphasis on the set-up to include body posture. Obtain an Athletic, or ready, position.

Compatible Rule(s) or Etiquette Tip(s):

6 The Player (6-4)

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

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Rule Your Grip and Align Your Face—pairs well with Core Lessons:

#2 Courtesy Toward Others

#6 Developing Confidence

#12 Meeting and Greeting with A-L-R

#13 Having Fun While You Learn

#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.



BONUS!

BUNKER GAME VARIATION: This same game can be played out of a greenside bunker.

BUNKER GET READY TO SWING TIP: PLAYers should adjust club in hands in to order to effectively use the bounce of a sand wedge while executing greenside bunker shots.

4 Example Golf Game—Body Balance

Pitch

Title of game: *Getting Balanced*

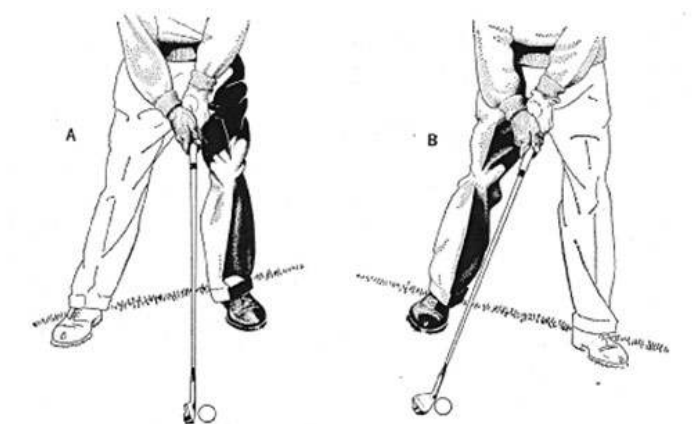
Objectives of game: Hold your balance no matter what!

Objectives of golf fundamental: Learn how the body responds to different body positions and keeping balance target bound.

Supplies: SNAG clubs, traditional golf clubs (wedges and short irons), golf balls, tees, noodles

Description of Set-up: Range style with targets between 10 and 30 yards away.

Diagram of Set-up:



PLAYer Level—How to Play: Using SNAG clubs or wedges and hit shots with the following set-ups: 1) feet together, 2) alternate swinging on one leg, 3) super-wide stance, and 4) standing on a noodle. Ask PLAYers: *How do you feel on your feet after each one of these activities and swinging small, medium and large swings?*

Compatible Rule(s) or Etiquette Tip(s):

20 Lifting, Dropping and Placing; Playing from a Wrong Place (20-2)

Par Level (variation)—How to Play: Close eyes. Use wedges or short irons to hit shots with the following set-ups: 1) feet together, 2) alternate swinging on one leg, 3) super-wide stance, and 4) standing on the noodle. Ask PLAYers: *How do you feel on your feet after each one of these activities and swinging small, medium and large swings?*

Compatible Rule(s) or Etiquette Tip(s):

4 Clubs (4-4a)

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

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

Birdie Level (variations)—How to Play: Same as Par with the added challenge of different types of lies including uphill, downhill and side hill. If no hill is available, PLAYers can stand on a golf ball under their front foot to simulate an uphill lie, under their back foot for a downhill lie, under both heels to simulate a ball below their feet, and under both toes to simulate a ball above their feet. PLAYers will use STAR to discern what they may need to do differently to maintain balance.

Compatible Rule(s) or Etiquette Tip(s):

4 Clubs (4-4)

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

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

Eagle Level (variation)—How to Play: Same as Birdie with the addition of a conversation where each PLAYers discuss what they add to their pre-shot routine to maintain balance on pitch shots from different types of lies.

Compatible Rule(s) or Etiquette Tip(s):

4 Clubs (4-1,2)

20 Lifting, Dropping and Placing (20-6,7)

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Getting Balanced—pairs well with Core Lessons:

#8 Playing with Perseverance

#9 Living with Integrity

#13 Having Fun While You Learn

#15 Finding Your Personal Par

#20 Getting to Your Goal

#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.



BONUS!

BUNKER GAME VARIATION: PLAYers will experience keeping their balance in a greenside bunker while utilizing games above. This game also can be played out of a fairway bunker. Simply put the targets in the fairway, or a smaller version mapped out on the green, and continue to play as described above.

BUNKER BODY BALANCE TIP: After PLAYers set their stance, have them wiggle/twist their feet into the sand. This will help PLAYers maintain a stable swing where they don't slip or slide on the sand.

5 Example Golf Game—Clubface and Ball Contact Pitch

Title of game: *Sweet Spot Magic*

Objectives of game: Learn to contact the ball in middle of the clubface.

Objectives of golf fundamental: Improve PLAYer's centeredness of contact.

Supplies: Golf equipment, golf balls and tees, baby powder, dry erase marker, masking or painter's tape

Description of Set-up: PLAYers will need to create a gate with two tees and practice hitting pitch shots off of the middle tee, while working on centeredness of contact.

Diagram of Set-up:



PLAYer Level—How to Play: Place tape on the face of the club. PLAYers will hit 3–5 balls. Stop and look at the clubface to see the imprint the ball made on the clubface. *Is it in the middle?* Sweeeeet! PLAYers can have a fun game to see how many times in a row they can hit the ball in the middle of the clubface. PLAYers can also use baby powder on the face if tape is not available to see the impact spot. (Note: No “gates” made of tees needed at this level.)

Compatible Rule(s) or Etiquette Tip(s):

12 Searching for and Identifying Ball (12-2)

14 Striking the Ball (14-1)

Par Level (variation)—How to Play: Add in the tee element mentioned above. For the first part of this game, use only one tee and no golf ball. The idea is that when PLAYers learn to clip the tee out of the ground, they will be able to hit the Sweet Spot when the ball is there (Centeredness of Contact). Place a tee in the ground and have PLAYers hit the tees out of the ground. Do this for as many times as the PLAYers are engaged. Once the PLAYers are able to clip the tee out of the ground, place a ball on a tee and continue to have them clip the tee. The goal is to hit the ball while clipping the tee or, even better, hit the ball with a small divot in front of the tee.

Compatible Rule(s) or Etiquette Tip(s):

Striking the Ball (14-4,5)

Birdie Level (variation)—**How to Play:** For added challenge to the game above, tee the ball with the bottom of the ball touching the top of the grass. Place a tee on both sides in such a way that when PLAYers swing, the club passes through the tees (gate). Start with smaller swings and gradually make them bigger. The idea is to hit the ball off the tee making a divot in front of the tee and not touching any of the gate tees.

PLAYers can use the tape or baby powder on the face to see how close the ball is hitting the Sweet Spot (Centeredness of Contact) when it passes through the gates.

Compatible Rule(s) or Etiquette Tip(s):

12 Searching for and Identifying Ball (12-1)

14 Striking the Ball (14-2)

Eagle Level (variation)—**How to Play:** Same as Birdie Level only place the ball on the ground instead of hitting off a tee.

Compatible Rule(s) or Etiquette Tip(s):

14 Striking the Ball (14-3,6)



BONUS!

BUNKER GAME VARIATION: This game can be played out of a greenside bunker. Instead of using tees to identify the place of impact, draw a face in the sand. When PLAYers swing, they should “Erase the Face.”



BUNKER CLUBFACE AND BALL CONTACT TIP: Add a slight amount of loft to the club by opening the clubface. Next, ask the PLAYer to aim his/her body slightly left (for a right-handed PLAYer), which creates an open stance. This promotes a shallow divot so the sand and golf ball are displaced from the bunker in the target direction.

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Sweet Spot Magic—pairs well with Core Lessons:

#6 Developing Confidence

#8 Playing with Perseverance

#10 Exploring the Game

#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.

6 Example Golf Game—Swing Rhythm Pitch

Title of game: *Hit Your Beat*

Objectives of game: Match the swing to the metronome sounds.

Objectives of golf fundamental: Learn to move the club in rhythm to improve timing.

Supplies: Golf balls, wedge, metronome or metronome app on cell phone, iPad or tablet; headphones (Note: There are several free apps to download onto cell phone or iPad.)

Description of Set-up: Range style hitting toward short target on range or at a pitching practice area.

Diagram of Set-up:



Three beat

Two beat

One beat



PLAYer Level—How to Play: Place metronome in a safety zone behind the hitting line. One idea is to have one of the PLAYer's hold it up if it's helpful to hear rather than sitting on the ground. When it's a PLAYer's turn to swing, have them do three shots to the beat of the metronome. 1-2-3, 1-2-3, etc.; then trade with partner or next person in line.

Compatible Rule(s) or Etiquette Tip(s):

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

7 Practice (7-2)

Par Level (variation)—How to Play: Same as PLAYer level with the added challenge of hitting to a particular target.

Compatible Rule(s) or Etiquette Tip(s):

7 Practice (7-1)

6 The Player (6-3)

Birdie Level (variation)—**How to Play:** Same as Par level with the added challenge of changing the target after each swing. Vary the distance and direction. Verbalize a one, two, three count or some other cadence to increase awareness of swing rhythm.

Compatible Rule(s) or Etiquette Tip(s):
6 The Player (6-2)

Eagle Level (variation)—**How to Play:** After a warm-up session with the metronome providing the tempo, have PLAYers hit shots while keeping their cadence internally (in their own head). The challenge is for PLAYers to maintain their ideal swing rhythm without the use of the metronome.

Compatible Rule(s) or Etiquette Tip(s):
The Player (6-4)

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—[Hit Your Beat](#)—pairs well with Core Lessons:

#5 Modeling Sportsmanship
#8 Playing with Perseverance

#10 Exploring the Game
#15 Finding Your Personal Par

#16 Dreams and Goals
#21 Dealing with Challenges

#22 Stay Well for Life
#26 Be a Go-to Person

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



BONUS!

BUNKER GAME VARIATION: This same game can be played out of a greenside bunker. Note: Set the metronome to a slower beat to match the longer swing taken from the bunker.

BUNKER SWING RHYTHM TIP: To encourage PLAYers to glide the sand wedge underneath, or through, the sand, build sand tees and place golf ball on top of sand tee and attempt to splash the ball out of the bunker. Vary the height of the sand tee on each shot.

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

Pitch

Title of game: *Own It!*

Objectives of game: PLAYers create their own routine for both before and after a shot.

Objectives of golf fundamental: To identify and OWN what it is a PLAYer does both before and after their favorite golf shots.

Supplies: Any sort of wedge(s), golf balls, and short game area or driving range

Description of Set-up: Set up multiple stations in designated areas of the course or practice areas; driving range style for safety.

Diagram of Set-up:



Evaluate (Stop)



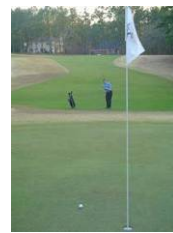
Get Ready (Think)



Get Feel (Anticipate)



Set up



Execute (Respond)

PLAYer Level—How to Play: After the coach gives an example of how they get ready to hit, the PLAYers make up their own routine and show the class. Intent is to introduce the idea that it would help them to do the same process each time. Can use SNAG or regular wedges and hit to short targets about 10–20 yards away.

Compatible Rule(s) or Etiquette Tip(s):

7 Practice (7-2)

Par Level (variation)—How to Play: Same as above with the added challenge of explaining their routine to the class.

Compatible Rule(s) or Etiquette Tip(s):

Practice (7-1)

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

Birdie Level (variation)—**How to Play:** PLAYers will team up with each other. They will take turns; one hits while one records; then switch places. They will monitor and record what they notice about what the PLAYer does both prior to the shot and after the shot at hand. Also, record where the ball goes relative to the target. Do this several times. After five shots each, discuss what routines worked best for each PLAYer. Try different lies, distances and trajectories.

Compatible Rule(s) or Etiquette Tip(s):

13 Ball Played as It Lies (13-4)

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

Eagle Level (variation)—**How to Play:** Same as above except now PLAYers will turn their backs to the target drop or toss their ball toward the target and play the ball as it lies. This will challenge them to examine the lie and also help them to recognize how they react to good lies and bad lies before hitting their pitch shots.

Compatible Rule(s) or Etiquette Tip(s):

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

Seamless Pairings: Golf Games & Life Skills Core Lessons

This golf game—Own It!—pairs well with Core Lessons:

#2 Courtesy Toward Others

#6 Developing Confidence

#10 Exploring the Game

#12 Meeting and Greeting with A-L-R

#18 Setting Goals that are Specific

#21 Dealing with Challenges

#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.



BONUS!

BUNKER GAME VARIATION:

This game can be played out of a fairway or greenside bunker. Simply put the targets in the fairway or a smaller version mapped out on the green and continue play as described above.

BUNKER PRESHOT ROUTINE TIP: Since penalties are incurred for grounding a golf club in a hazard, PLAYers are encouraged to develop a routine that includes a practice swing outside the bunker.

8 Example Golf Game—Ball Flight Pitch

Title of game: *Over-Under Pitching*

Objectives of game: Hit over (or under) the obstacle in the fewest tries. PLAYer or team receives points for each successful attempt.

Objectives of golf fundamental: PLAYers will experience controlling the trajectory of pitch shots.

Supplies: Traditional golf equipment, alignment sticks, swim noodles, alignment sticks, obstacles (such as a wall, trash cans, badminton net or goal post), almost golf balls or real golf balls

Description of Set-up: At the driving range or short game practice area, put an obstacle such as buckets, trash cans, noodles, goal posts out from the hitting area approximately 10 yards away.

Diagram of Set-up:



PLAYer Level—How to Play: Set up a small bench, or place a noodle on chairs or alignment sticks, and have PLAYers attempt to hit their shots under the bench or under the noodle. If the player does this effectively the ball should fly in the air over the bench or noodles. Players receive one point for each successful attempt and no points for unsuccessful attempts. The goal is to reach 10 points in 20 attempts or less. When a PLAYer successfully reaches 10 points, raise or lower the noodle bar and play again. This game can be played solo; against another PLAYer or in a team format. PLAYers should alternate shots for under or over. The coach can call out the shot; or PLAYers can call out their own shots (over or under); or team can call out shot for other team.

Compatible Rule(s) or Etiquette Tip(s):

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

20 Lifting, Dropping and Placing; Playing from a Wrong Place (20-2)

Par Level (variation)—How to Play: Set up two or more obstacles in which PLAYers need to hit their shots over. Vary the height (by stacking buckets or using taller trash cans), while keeping the distance from the obstacles the same. PLAYers should challenge themselves to see how many times they can successfully pitch over each obstacle. One point is given for each successful attempt. The goal is to reach 10 points in 15 attempts or less. Once 10 points are reached, the obstacle can be raised or lowered to continually challenge the PLAYers.

Compatible Rule(s) or Etiquette Tip(s):

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

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

Birdie Level (variation)—**How to Play:** Set up two or more obstacles in which PLAYers have to go over or under the obstacles. The goal of the game is to see how well PLAYers can control the trajectory (high/low) on their pitch shots.

Compatible Rule(s) or Etiquette Tip(s):

13 Ball Played as It Lies (13-4)

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

Eagle Level (variation)—**How to Play:** Have each PLAYER pitch over an obstacle, like a wall, goal posts or net. The PLAYER who pitches the ball over the obstacle in the fewest attempts wins. It works better if the obstacle can be raised to create pitch shots with varying amounts of difficulty, or moving the obstacle farther away or closer to the PLAYER. When playing Over-Under Pitching against one another, PLAYers will alternate hitting shots over and under obstacles, and they can create their own scoring system.

Compatible Rule(s) or Etiquette Tip(s):

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

22 Ball Assisting or Interfering with Play



BONUS!

BUNKER GAME VARIATION: PLAYers will experience altering the trajectory of shots from a greenside or fairway bunker while utilizing the game above. As PLAYers improve, have them place the ball closer to the lip of the bunker which will insure they hit the ball more vertically to get out of the bunker. See pictures for set-up ideas.



BUNKER BALL FLIGHT TIP: PLAYers should place club in hands such that the clubface is open in to order to effectively use bounce of sand wedge while executing greenside bunker shots.

Seamless Pairings: Golf Games & Life Skills Core Lessons

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

#8 Playing with Perseverance

#9 Living with Integrity

#13 Having Fun While You Learn

#14 Staying Cool

#20 Getting to Your Goal

#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.

9 Example Golf Game—Playing On-course

Pitch

Title of game: *Golf Basketball*

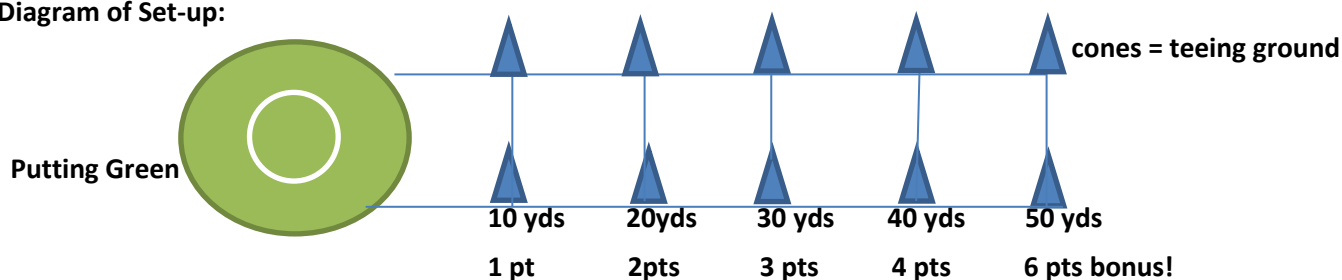
Objectives of game: To get the most shots to hit the hoop (target).

Objectives of golf fundamental: To gain awareness of how to play pitch shots of varying distances.

Supplies: Wedges, golf balls, tee markers, rope and target. Note: Target can be hoop, rope, tub, roped circle or any circular target

Description of Set-up: Set up practice tees areas with varying distances to the target. Place new tee markers approximately every 10 yards. Coaches can also set up a free-throw lane with rope on the ground to provide a more visual appeal to PLAYers.

Diagram of Set-up:



Golf Basketball on Course

How to Play: PLAYer pitches (plays one ball) from each teeing ground. Points are earned when the pitch shot lands on and comes to rest on the putting green (or area designated as putting green on the course). Example of scoring: 10 yard pitch - 1 point, 20 yards - 2 points, 30 yards - 3 points, bonus points for: 40 yards - 4 points, 50 yards - 6 points. PLAYers can score double points for having the ball come to rest in a 10-foot circle on the green. Note: PLAYers can start the game from any foul line they choose as long as each foul line shot is attempted. Remember, PLAYers are allowed one shot from each foul line. If space allows create multiple courts so PLAYers get a feel for hitting pitch shots in a variety of ways on course, and have them play one shot at each court as they rotate around the golf hole or golf holes

PLAYer Level—How to Play: Using SNAG, hit pitch shots to the hoop (target). Set up tee boxes at distance where PLAYers can have a chance of success. Each tee box will have a point associated with it that matches those used in basketball (1 point, 2 points, 3 points). **Points are doubled for a pitch that comes to rest in the 10-foot circle.**

This game can also be played in teams.

Compatible Rule(s) or Etiquette Tip(s):

3 Stroke Play (3-1,2)

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

Par Level (variation)—**How to Play:** Hit three pitch shots to the first target 10 yards away. *How many landed in the target?* Now move to the next teeing area and play three pitch shots to the next target. *How many landed in the target?* Have PLAYers continue in this fashion to all the teeing areas. Each tee box is worth a certain number of points like those used in basketball (1 point, 2 points, 3 points).

Compatible Rule(s) or Etiquette Tip(s):

2 Match Play (2-1,3)

25 Abnormal Ground Conditions, Embedded Ball and Wrong Putting Green (25-1)

Birdie Level (variation)—**How to Play:** As a **warm-up**, hit three pitch shots to the first target 10 yards away. *How many landed in the target?* Now move to next teeing area and play three pitch shots to the next target. *How many landed in the target?* Continue in this way to all the teeing areas. After the warm-up, play in similar fashion with only one ball. This game can be played as individual or in teams.

Each tee box is worth a certain number of points like those used in basketball (1, point, 2 points, 3 points).

Compatible Rule(s) or Etiquette Tip(s):

2 Match Play (2-2)

11 Teeing Ground (11-4a)

Eagle Level (variation)—**How to Play:** Start with a 5-minute warm-up hitting whatever shots the PLAYers want. Then choose teams. Each PLAYer gets one swing when it is his/her turn and can play from any tee box. Each tee box is worth a certain number of points like those used in basketball (1 point, 2 points, 3 points). Play for a certain amount of time. At the end of the time, the team with the most points wins.

Compatible Rule(s) or Etiquette Tip(s):

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

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



BONUS!

BUNKER GAME VARIATION: This game can be played out of a greenside bunker. Spread out targets on the green and continue play as described above.

Seamless Pairings: Golf Games & Life Skills Core Lessons

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

#1 Welcome and Showing Respect

#4 Honesty of PLAYers

#11 Respecting the Rules

#15 Finding Your Personal Par

#17 Setting Goals that are Positive and Important to You

#19 Setting Goals that are Under Your Control

#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.

BUNKER PLAYING ON-COURSE TIP: For buried lies in a bunker, (a) adjust the clubface to be square to the ball instead of being open; (b) in most cases a full finish is not necessary to propel the ball out of the bunker; and (c) remember to hit a few inches behind the ball.