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| **Core Lesson #8 Playing with Perseverance: Commit Don’t Quit** | **Supplies: Play Ball!** Standard golf balls, standard appropriately-sized irons + putters, low profile cone tee markers, any other equipment to safely play on the course**Set Up: On the Course**Can play holes on the golf course. Another option is to set up several mock golf holes as illustrated below. Can be an open field with a marked off area with short grass and a noodle target. Length of the holes can be approximately 50-100 yards.  |
| **Game/Activity**: On the Course!**Age:** 5+6 **First Tee Commitment:** **Growing Through Challenge** **Golf Skill Category:** Putting/Chipping /Pitching/Full Swing**Golf Fundamental:** Distance Response **Factor of Influence:** **Size or Length of Motion****Game Changing Behaviors:** Making Good Choices. Showing Discernment**Rules/Etiquette:** TBD |
| **Lesson Image(s) or Diagram: On the Course**Roped off Target AreaNoodle Target Fairway Roped offTeeing GroundCone Tee Markers |
| **Warm Up/ Preview of Lesson: 10 Minutes** |
| **Warm Up Game/Activity:** Warm Up of the Week  |
| **Lesson Preview: 5 Minutes**  |
| **Lesson Preview Play by Play:** Lead coach will ask questions about using different lengths of swing on the course and ask questions about perseverance (not giving up). Tease Playing on the Course… |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:** * How did class go today?
* What did you learn about golf?
* How can you take what you learned about not giving up and use it away from the First Tee? Home or school?
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| **Core Lesson (40 Minutes)**  |
| **Game/Activity: Play Ball (40 minutes or 20 minutes per hole)** |
| **Game/Activity Objective**: * Players will play a captains choice format on a golf hole(s)
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| **Game/Activity Rules:*** Players will use safety and rules of golf to play 2 golf hole(s)
* Players can use a hole(s) on the course or coaches can set up a mock hole on an open area
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| **Game/Activity Play by Play*** Class will be divided into teams of 2-5 players and gathered in a safe area
* Lead coach will conduct aputt/chip/pitch/full swing **Lesson Preview**
* Teams will be assigned a hole begin the activity
* Every team will have a coach to monitor safety and facilitate the game
* Coaches will facilitate meeting/greeting before beginning the hole
* An order for the first tee shot will be established
* Groups will play a captains choice format (All players will hit and the coach will decide the best shot and all players will hit from the best shot location)
* Players will wait in the safety area when it’s not their turn
* Coaches will manage captains’ choice order of play, strategy, and keeping score while they play the holes
* Coaches will ask questions and facilitate discussion about prior life skill and golf skill objectives covered in lessons 1-7
* Players will play the other hole(s).
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| **Tips & Coaching Objectives** |
| **Key Commitment Objective:** Coaches will encourage players to show perseverance (keep trying) while playing on the golf course. **Golf Objective:** Coaches will give feedback to players on size or length of swing motion as they play on the course.  | **Sample Coaching Questions:** * How are you being safe on the course?
* Are rules important? Why?
* What are some rules in golf?
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