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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 Area  Noodle Target  Fairway    Roped off  Teeing Ground  Cone 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? |
| **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) | |
| **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 | |
| **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). | |
| **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? |