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| **Lesson Plan- Week #1 (Age 10+11)** | **Supplies: Golf Football -**Two different color standard balls, standard appropriately-sized putting clubs, colored tape, low profile cones, safety hoops, ball markers.**Supplies: Practice Range-** Cones, safety hoops, alignment rods, water noodles and balls**Lesson Set Up: Golf Football-** Set up games so that the maximum number of players on one team is 3Multiple football (games) will be set up as follows 10 players= 2 separate stations (1 game of 2 vs 2 plus 1 game of 3 vs 3) 8 players= 2 separate games (2 vs 2)12 players= 3 separate games of 2 vs 2It’s important to have separate games. They do not have to be made very wide (like 3 feet)**Lesson Set Up: Practice Range-** Set up as shown below |
| **Game/Activity: Golf Football / Practice Range****First Tee Commitment:** **Collaborating with Others****Golf Skill Categories:** Putting/Full Swing **Factor of Influence:** **Size or Length of Swing/ Hold****Golf Fundamental:** Distance Response/ Get Ready to Swing**Game Changing Behaviors:** Showing kindness consideration and care for others **Rules/Etiquette:** TBD |
| **Lesson Image/Diagram: Golf Football**  End Zones**Lesson Diagram/Image: Practice Tee Set Up**   |
| **Warm Up/ Preview of Lesson: 10 Minutes** |
| **Warm Up Game/Activity:** Players and coaches will form a circle and will pass/roll the ball to each other- if you have the ball say your name and something fun about yourself |
| **Lesson Preview: 5 Minutes**  |
| **Lesson Preview Play by Play:** Lead Coach will ask about the importance of hitting a ball the right distance and the importance of being able to collaborate with others. Also tease the football game.  |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:** * How did class go today?
* What did you learn about golf today?
* What did you learn about hold and set up today?
* What is a way you can manage your distance in golf?
* How was it helpful to use A-L-R in the games?
* How can you take what you learned about using ALR and use it away from the First Tee? Home or School?
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| **Game/Activity: Golf Football (18 Minutes and Transition)** | **Game/Activity: Practice Range (18 Minutes and Transition)** |
| **Game/Activity Objective**: Players will experience a football themed putting game that will be played as teams.  | **Game/Activity Objective**: Coaches will demonstrate some different types of ways to hold the club and encourage players to try them out as they hit shots on the practice range  |
| **Game/Activity Rules:** * Players will putt toward each other along the grid
* All putts will be taken from the outside line of a teams end zone
* Players will alternate putting with their partner – 1 ball will be used
* One team will go at a time
* Players will attempt to get their ball to finish inside each grid including the end zone.
* When a teams ball finishes inside a grid, they will mark their position with a ball marker
* The game can be played until one team scores or can be scored as time allows
* Teams can play different several opponents (multiple games) if time allows

**Game/Activity Play by Play*** Class will be divided into pairs of **mixed ability**
* The players/teams will be assigned a football station and safety zone
* Lead Coach will conduct a putting and game demo
* Pairs will be asked to come up with a team name
* Lead Coach will signal when the games are ready to begin
* Teams will decide who starts first and begin putting balls toward the zones
* The team that goes second will get the last putt
* Players will be responsible for marking their ball (if necessary) and retrieving their ball
* The game can be played until one player/team scores or as time allows
 | **Game/Activity Play by Play:*** Coaches will demonstrate some different ways to hold the golf club and invite players to try some of the ways that were shown
* Players take turns hitting 4 balls per turn on the range while working on how they hold the club
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| **Coaching Tips & Objectives** |
| **Key Commitment Objective:** Coaches will encourage players to use A-L-R as they play the game.**Coaches Golf Objective:** Coaches will give feedback to players regarding size or length of motion as they play the game. Coaches will also give feedback regarding players their hold | **Sample Coaching Questions:** * How does your Hold/ Set Up feel while playing the game?
* Is managing your size or length of swing helping you in this game?
* How are you using A-L-R (Ask-Listen-Respond) as you play the football game?
* Does using A-L-R help you play the game?
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