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| **Lesson Plan Week #2 (Age 10+11)** | **Supplies: Balance Challenge**Low profile cones station markers, noodles, appropriately sized clubs, standard practice balls, noodles for transition zones **Supplies: Poison Putting**Standard appropriately sized putters, standard balls, three golf hole sized targets (if golf holes are not available) |
| **Core Lesson: Staying Cool- Using the 2 R’s****Game/Activity: Balance Challenges + Poison Putting****First Tee Commitment: Using Good Judgment****Golf Skill Category:** Putt/ Full Swing**Factor of Influence:** **Balanced Finish****Golf Fundamental:** Body Balance |
| **Balance Challenge****Poison Putting (See description below)**  |
| **Warm Up: 10 Minutes** |
| **Caterpillar Race**- Class will be divided into equal teams and each team will line up front to back behind a cone. The first player in the line holds the ball. Coaches will demo the game for the players. When coaches say start the players will begin moving the ball from the front to the back of the line by using the order of (over>under>side>side). When the last player gets the ball, he/she runs to the front and starts the order from the beginning (over>under>side>side). The line will move forward each time the player from the back runs forward. The winning team will be the first one that reaches a certain point marked by another cone. Begin with a small distance to travel and play another round and extend the distance if appropriate. |
| **Lesson Preview: 5 Minutes**  |
| Coaches will ask questions about the importance of balance in a golf swing and ask about different ways to manage emotions. Coaches will tease the Balance Challenge Activity.  |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:** * How did class go today?
* What did you learn about golf?
* What did you learn about a balanced finish in the golf swing?
* How did you demonstrate staying cool (managing emotions) today?
* How can using the 2 R’s (Relax/Replay) help you with challenges?
* How can you take what you learned about staying cool (the 2 R’s > Relax and Replay) today and apply that away from the First Tee? Home or School?
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| **Balance Challenges (18 Minutes and Transition)** | **Poison Putting (18 minutes and Transition)** |
| **Summary**: Players will be encouraged to use the 2 R’s (Relax/Replay) while they are challenged to have a balanced finish during full swing shots. | **Summary:** Players will be encouraged to use the 2 R’s (Relax/Replay) while they play a challenging putting game. ***FYI- This game is very relatable to the 2 R’s but NOT to balance.***  |
| **Game/Activity Rules:*** Players will work in pairs during this activity
* Players make full swings while being balanced and unbalanced
* Players will utilize the 2 R’s to assist them as they are challenged to have a balanced finish

**Game/Activity Play by Play:** * Class will be divided into pairs and assigned a safety zone
* Coaches will demonstrate the safety process, golf skill and activity
* Players will hit 4 full swing shots and switch with their safety partner
* At every station, players will attempt to hit shots and **finish** in balance while changing their swing stance/ setup as follows:
* Right foot only
* Left foot only
* Feet together
* Players will try all three alternate stances and setup positions as well as making swings with their normal stance/setup
* After each pitch shot, players will take time to visually or verbally RELAX and REPLAY the previous shot in their mind
* Players will hit 3 full swing shots and switch with their safety partner
* Players will be encouraged to use the 2 R’s on **every** full swing shot
 | **Game/ Activity Rules:*** The objective of this putting game is to eliminate all of your opponents
* The ideal number of players for this game is 4-8
* To play the game, 3 targets on a putting green are needed.
* Players will establish an order of play and that order will be used the entire game
* During the game, all balls are in play at all times and there is NO MARKING BALLS. If a ball is in a player’s way, they must figure out a solution. Hitting another’s ball out of the way is an option.

**Game/Activity Play by Play:*** Class will be divided gathered in a safe area and the coaches will demonstrate the safety process, golf skill and game
* To begin the game all players will identify their golf ball and give it to a coach who is standing near a golf hole (target)
* The coach throws all of the balls in the air and the closest ball to the target goes first, the second closest goes second and so forth until all players have an established order to play
* The coach identifies the 3 holes that the players will play and identifies the order that the 3 holes will be played
* All players will take turns putting toward the first hole using the established rotation
* Once all players hit their first putt, they will putt again using the established rotation, NOT using the furthest from the hole rule.
* Once a player sinks a putt on hole #1 and #2, they immediately place their ball approximately 1 putter **width** (4 inches) from the hole and get to hit a bonus putt toward the next hole.
* Once a player makes a putt on the third hole, they become **poison** and if their ball touches any other ball, that player is eliminated from the game!
* If a poison ball is putted and touches another poison ball, the ball that was hit is eliminated, even though the ball is poison.
* If a player is poison they are allowed to continue putting as long as they are contacting balls
* The last player left is the winner!
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| **Coaching Tips & Objectives** |

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| **Key Commitment Objective:** Coaches will encourage players to use the tips for staying cool (2 R’s > Relax/ Replay) as they try to overcome full swing balance challenges and during a putting game.**Golf Objective:** Coaches will encourage participants to overcome balance challenges to achieve a balance finish in their golf swing while making full swings. | **Coaching Questions:** * How are you overcoming balance challenges in the activity?
* Is having a balanced finish helpful? Why?
* How can using the 2 R’s help you while playing golf?
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