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| **Lesson Plan Week #1 (Age 12+13)** | **Supplies: Red Zone Challenge-**Cones tee markers, standard appropriately-sized chipping clubs, standard golf balls  **Supplies: Practice Range**- Cones, safety hoops, alignment rods, water noodles and balls  **Set Up**: **Red Zone Challenge**- See Below  **Set Up: Practice Range-** Set up as shown below |
| **Game/Activity: Red Zone Challenge/ Practice Range**  **First Tee Commitment: Pursuing Goals**  **Golf Skill Categories:** Chip/Full Swing  **Factor of Influence:** **Mental and Emotional Aspects (Thought Process)**  **Golf Fundamental:** Pre-Shot  **Game Changing Behaviors:** Understanding the process and purpose of goal setting  **Rules/Etiquette:** TBD |
| **Lesson Image(s) or Diagram: Red Zone Short Game**  Note: Diagram shows a setup for 12 players. The game is set up for 6 chips and 3 short pitches (stations with blue arrows). Can also be set up with all chips to make it easier.    **Lesson Image(s) or Diagram: Practice Range** |
| **Warm Up/ Preview of Lesson: 10 Minutes** |
| **Warm Up Game/Activity:** **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 questions about the purpose of setting goals. Coaches will inform the class that there is a process for setting goals and will tease the Red Zone Challenge game! |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about golf today? * How can you incorporate goals into your pre-shot routine? * What did you learn about setting goals today? * How can you take what you learned about setting goals (Positive/Important to You/Specific and Under Your Control) and use it away from the First Tee? Home or School? |
| **Red Zone Short Game (18 Minutes and Transition)** | **Practice Range (18 Minutes and Transition)** |
| **Game/Activity Objective**: Players will experience an individual game where they chip and pitch from around a putting green toward a hole marked with a “Red Zone” (scoring area) and keep score related to their success | **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 be asked to find a cone and stay near the cone for the **Lesson Preview** * Players will begin from one of the 9-12 cones (starting points) set up around the green * All players will chip/pitch at the same time toward the “Red Zone” * Players can take multiple clubs to use * Scoring goes like this   + On the green= par   + Off the green= bogey (+1)   + Within a club length= Birdie (-1)   + In the hole= Eagle (-2)   **Game/Activity Play by Play:**   * Players will be asked to find a cone and stay near the cone for the **Lesson Preview** * Lead Coach will conduct aputting **Lesson Preview** * Lead Coach will ask for questions and begin game * Players will begin chipping/pitching balls, attempting to get their ball to finish inside the “Red Zone” * Players will wait until everyone has hit their shot and then retrieve the ball * After a player takes his/her turn, they will take their next turn from the starting point that is clockwise from their last starting point (everyone rotates clockwise after each turn) * Players will be responsible for keeping track of their score * The game(round) is over once all players have had a turn from each starting point around the green * Multiple games can be played during a lesson | **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 |
| **Coaching Tips & Objectives** | |
| **Key Commitment Objective:** Coaches will help players identify goals that follow the guidelines of goal setting (Positive/Important to You/Specific/Under Your Control). Coaches will also assist players as they develop some goals for themselves that follow those guidelines.  **Golf Objective:** Coaches will give feedback to players regarding their pre-shot emotional/mental process as it relates to planning for the chip shots. Coaches will also give players feedback regarding their hold when at the practice range station. | **Coaching Questions:**   * What are some things that you are thinking about before your chip shots? * How can goals affect your pre-shot routine? Why? * Is it difficult to form goals for yourself? Why or why not? |