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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?

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| **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
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| **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?
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