|  |  |
| --- | --- |
| **Lesson Plan Week #2 (Age 12+13)** | **Supplies: Chip Frenzy-** Two different colored standard golf balls, tees, appropriately sized standard short game clubs, low profile cone tee markers, colored tape or nylon, noodles to mark the “on deck” area, different color cones for the point zones  **Supplies: Practice Range**- Standard appropriately sized full swing clubs, low profile cone tee markers, noodles, safety hoops, standard practice balls. |
| **Core Lesson:** Getting to Your Goal: Having a Plan to Achieve (Goal Ladder)  **Game/Activity:** Chip Frenzy! / Practice Range  **First Tee Key Commitment**: **Pursuing Goals**  **Golf Skill Category:** Chip/ Full Swing  **Factor of Influence: Size and Length of Swing**  **Golf Fundamental:** Distance Response |
| **Chip Frenzy- Recommend the distance from chipping station to the first grid line be approx. 16 feet.**  4 Points  3 Points  2 Points  1 Point  **Practice Range Set Up** |
| **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: 2 Minutes** |
| Coaches will ask questions about the importance of having goals and about a process someone can take to reach their goals. Coaches tease the Four Minute Frenzy Game! |
| **Wrap Up: 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about golf today? * How did you manage the distance you hit your shots today? * Did you have a process to help you achieve your goals during the game today? * How can having a goal ladder help you in golf and in life? * How can you take what you learned today about having a process to achieve goals and use it away from the First Tee? Home or School? |
| **Chip Frenzy (18 minutes and Transition)** | **Practice Range (18 minutes and Transition)** |
| **Summary**: Players will play a timed game where teams set goals for hitting chip shots into distance zones. | **Summary**: 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:**   * Teams will play rounds in 4-minute increments * Teams will set a goal of how many balls they will get into each zone * The game can be played with standard or SNAG balls   **Game/Activity Play by Play:**   * Class will be divided into 2 teams of similar ability and assigned a safe area * Coaches demonstrate the safety process, golf skill and game * Teams will take 90 seconds to set a goal of how many points they want to get as   a team in four minutes   * It doesn’t matter how many points the team chooses to set as their goal * Coaches will focus on HOW CLOSE the team gets to their goal * Players will run from the safety area to the chipping area where they will putt and try to get their ball to finish in a zone and then run back and another player will go * All chipping clubs are left in the hitting area for safety * The lesson facilitator will collect the balls and return them to the hitting area * When the time limit is up the coach will debrief teams, teams reset goals if necessary and try the game again. Coaches may suggest a higher point score or lower point score based on the previous performance * Coaches can decrease or increase the time allowed to adapt to a different skill level | **Game/Activity Play by Play:**   * Coaches will demonstrate the safety process, the golf skill and activity * 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 assist players as they create a process (goal ladder) to achieve the point total that they want!  **Golf Objective:** Coaches will give feedback to players regarding their length of swing as they play Chip Frenzy | **Sample Coaching Questions:**   * How are you using goal setting as you play the game? How is the game similar to creating a goal ladder? * Why are you selecting one target over another? Is your strategy helping? |