|  |  |
| --- | --- |
| **Lesson Plan Week #3 (Age 12+13)** | **Supplies: Tees & Greens-** Appropriately sized standard putting/chipping/pitching and full swing clubs, standard golf balls, cone tee markers, safety hoops, target (if needed)  **Additional Set Up Details: Tees & Greens -**The activity can be set up on golf holes or an open field. Each hole 50-100 yards. Coaches will try to set up 2 or 3 holes. Each hitting zone will be marked with a different colored cone tee marker as shown below. |
| **Core Lesson: Dealing with Challenges On & Off the Course (the 4R’s)**  **Game/Activity: Tees and Greens**  **First Tee Commitment: Using Good Judgment**  **Golf Skill Category:** Putt/Chip /Pitch/Full Swing  **Golf Fundamental:**  Distance Response  **Factor of Influence:** **Size and Length of Motion** |
| **Tees and Greens**  X-Large= Green Cones/ Large= Yellow Cones/ Medium= Blue Cones/ Small= Red Cones  **Small**  **(Putt)**  **Medium (Chip)**    **Safety Zone**    **Medium-Large (Pitch)**      **X-Large**  **(Full Swing)** |
| **Warm Up: 10 Minutes** |
| **Functional Warm-Up**   * Class will form a circle around the coaches * Coaches will move so that they are **on the circle** not inside the circle * The Lead Coach will tell the class to do the warm up to the best of their ability-do the best they can * Coaches will demonstrate the following motions while the class repeats: * Strength- 2-3 Lunges with each leg * Flexibility- Arm Circles- Large to small circles * Agility/Coordination- Elbow to knee touch * Balance- Form a pose and hold * Object Control- Players will toss the ball to each other >everyone gets to participate |
| **Lesson Preview: 5 Minutes** |
| Lead coach will ask questions about the importance of having balance while swinging? Coach will also ask questions about the importance of having a strategy to deal with challenges- the 4R’s and we will learn about those today. Mention the Tees & Greens Activity! |
| **Wrap Up: 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about changing your length of swing today? * How can managing your length of swing help you while playing golf? * How did you use the 4R’s (Relax/Replay/Ready/Redo) to deal with challenges today? * How can you take what you learned about dealing with challenges -using the 4R’s and apply that to life away from the First Tee? Home or School? |
| **Tees and Greens (40 minutes)** | |
| **Summary**: Players will experience an activity where they will experiment with different swing lengths while playing a golf hole or a simulated golf hole. | |
| **Game/Activity Rules:**   * PLAYers will make golf swings that are either small, medium, large or x-large as they play a golf hole or simulated golf hole. * Players will play from the cone tee markers from each distance as they make their way closer to the golf hole/final target   **Game/Activity Play by Play:**   * Players will assemble in a safe area for the activity demonstration * Lead coach will demonstrate the safety process, the golf skills and the activity   Golf Skill Demonstration:   * + - Small Swing= Clubhead goes foot to foot (Putt)     - Medium Swing = Clubhead goes knee to knee (Chip)     - Large Swing= Clubhead goes ear to ear (Pitch)     - X-Large Swing= Clubhead goes full circle (Full Swing) * Class will be divided into 2 or 3 smaller groups with the appropriate coach to player ratio * Coaches and PLAYers will go to one of the holes and assemble in the safety zone for the xl swing for the first shot * An order of play is established for the players and will be used for the entire hole. (Examples: flip a tee or rock paper scissors) * Players will take turns hitting shots from the cone tee markers (green) that represent the x-large swing * All players will leave the safety zone, make their xl swings one at a time and then go back to the safety zone * If shots do not make it on the putting green/ final target from any of the cone tee markers that’s ok! * Once all players have hit they will retrieve their balls and assemble in the safety zone near the next closest set of cone tee markers and repeat the process until the group reaches the putting green * Once players have reached the putting green, they will all putt their balls into the hole/hit the target using order of play rules   + - Coaches will use information found on the Activity Add-On Form to teach additional information | |
| **Coaching Tips & Objectives** | |
| **Key Commitment Objective:** Coaches will encourage players to use the 4R’s (Relax/Replay/Ready/Redo) as they are challenged during an on-course game.  **Coaches Golf Objective:** Coaches will give feedback to players regarding their size or length of swing as they attempt to play golf holes of different lengths. | **Coaching Questions:**   * How you making good decisions (choices) on what length of swing to use? * Why are you changing clubs when you change the length of swing? * How is your day/week going? |