|  |  |
| --- | --- |
| **Lesson Plan Week #1 (Age 14+)** | **Supplies: STAR Putting-** Standard golf balls, standard appropriately sized putters, low profile cone tee markers to mark the relocation box**Supplies: Practice Range-** Cones, safety hoops, water noodles and practice balls**Set Up: Practice Range-** Follow the diagram below. Note that the color of cone tee markers will match up with the color of the safety hoop. |
| **Game/Activity: STAR Putting/ Practice Range****Age:** 14+ **First Tee Commitment:** **Collaborating with Others** **Golf Skill Categories:** Putting/ Full Swing**Factor of Influence:** **Good Memory Storage****Golf Fundamental:** Post Shot**Game Changing Behaviors:** Respecting others perspectives. Understanding our personal impact**Rules/Etiquette:** TBD |
| **Lesson Image(s) or Diagram: STAR Putting**No image or diagramThe “relocation box” should be on the edge of the green and marked with cone tee markers  **Lesson Image(s) or Diagram: Practice Range**  |
| **Warm Up/ Preview of Lesson: 10 Minutes** |
| **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 why it’s important to have a process to resolve conflict and how that can relate to course management/strategies. Quickly explain **C.A.R.E (Communicate/Actively Listen/ Respond/End with a Win-Win)** Also tease STAR Putting. |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:** * How did class go today?
* What did you learn about golf?
* How can you use good memory storage to help you on the course?
* What did you learn about dealing with conflict today?
* What was your process while dealing with the tough situations on the course?
* How can you take what you learned about conflict resolution (**using C.A.R.E)** and apply that to life away from the First Tee? Home or School?
 |
| **STAR Putting (18 minutes and Transition)** | **Practice Range (18 Minutes and Transition)** |
| **Game/Activity Objective**: Players will experience an on-course activity where they will be challenged to play from various challenging course positions. | **Game/Activity Objective**: Players will experiment with the post shot concept of good memory storage by saying something “helpful” out loud after hitting shots on the practice range  |
| **Game/Activity Description:**The goal of the game is to have your ball be the closest to the hole after 4 putts- without going in the hole!To begin, all players start approximately the same distance from the hole -can be in a circle or semicircleAll players will putt at the same time toward the hole- if golf balls collide with each other on the first stroke it does not matterAfter the first putt all players will play by traditional order of play- furthest hits firstPlayers are permitted to hit another players ball on purpose or by accidentIf a players ball is contacted by another player, that player must take their ball to the “relocation box” area and play their next shot from therePlayers putting from the drop area will putt last, regardless of their order position before they were contactedPlayers must decide how to manage the many options in this gameThe player that has the closest ball to the hole after four putts is the winner! | **Game/Activity Play by Play:*** Players will hit shots on the practice range.
* Coaches will encourage players to say something “helpful” out loud on some of the shots- whether they liked the shots or not
* Coaches will ask players how they felt after saying something helpful and if it made them feel better or not?
 |
| **Coaching Tips & Objectives** |
| **Key Commitment Objective:** Coaches will lead a discussion about conflict and how to use **C.A.R.E (Communicate/Actively Listen/ Respond/End with a Win-Win)** as they deal with a game STAR Putting that may product a conflict-like environment.**Golf Objective:** Coaches will give feedback to players regarding their thought process/decision making when faced with challenging situations on the course.  | **Coaching Questions:** * Is having good memory storage after hitting shots important?
* Are you experiencing conflict/ disagreements as you play STAR Putting?
* Does a conflict have to be an argument, etc. or can it be more subtle? How?
* How can using C.A.R.E help you with managing even a minor disagreement?
 |