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| **Lesson Plan Week #2 (Age 14+)** | **Supplies: Variable Playing Conditions**  Cone tee markers, standard appropriately sized golf clubs for putting and short game shots, standard golf balls, alignment rods and noodles to create additional targets (if needed)  **Supplies: Justified Short Game**  Cone Tee Markers, standard appropriately sized golf clubs for putting and short game shots, standard golf balls |
| **Core Lesson: Learning from Failure & Dealing with Adversity**  **Game/Activity:** Variable Playing Conditions + Justified Short Game  **Key Commitment: Growing through Challenges**  **Golf Skill Category:** Putt/Chip /Pitch  **Factor of Influence:** **Variable Playing Conditions**  **Golf Fundamental:** Pre-Shot Routine |
| **Variable Playing Conditions-** Coaches will set up putting, chipping and pitching shots that are examples of variable playing conditions. Examples are below but coaches **may not be able to utilize all the examples below** based on the location/timing of the lesson. It’s very important to only **change 1 variable at a time> for instance do not combine the smaller target station with the different distances station.**  **Putting Example:**   * 5-foot putt, 10-foot putt, and 15-foot putt, and 20 foot putt * 3-5 Putts with an increasing amount of curvature   **Chipping Examples:**   * Chipping from short to long distances * Chipping when ball has to roll over hills or playing the green slope   **Pitching Examples:**   * Pitching to a target from short to long distance * Pitching to a target from different course conditions (example: rough vs. fairway)   **Justified Short Game** -For 6 players. Player A makes putt> Player B goes into limbo.  Player A Player B |
| **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: 5 Minutes** |
| Coaches will ask questions about the importance of the pre-swing process, especially how it can help with challenging course situations. Coaches will ask for examples of variable playing conditions and tease the Variable Playing Conditions activity. |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about golf today? * How can you use your pre-swing to cope with variable playing conditions? Why is it ok to fail? * How can you take what you learned about dealing with adversity and apply that to life outside of the First Tee? Home? School? |
| **Variable Playing Conditions (18 Minutes and Transition)** | **Justified (18 Minutes and Transition)** |
| **Summary**: Players will experience putting/chipping and pitching activities where they will utilize a pre-shot process that assists them with learning from failure when faced with variable course conditions. | **Summary:** Players will hit short game shots to targets and the closest has to justify their ability by finishing off the chip/pitch and making the putt. |
| **Game/Activity Rules:**   * Players will attempt to be successful while hitting shots that are more challenging by changing the course conditions such as the lie, distance, etc. * Players will work in pairs and safely play from station * Players will be responsible for marking their ball (if necessary) * Players will demonstrate a pre-shot process (strategy) to overcome challenges   **Game/Activity Play by Play:**   * The class will be divided into pairs and gather together in a safe area * Coaches will demonstrate the safety process, golf skill and activity * Players will be assigned a beginning station and start the activity * Coaches will give feedback regarding players pre-shot and post-shot strategy * Players will complete all stations for either putting, chipping or pitching before moving to another golf skill category | **Game/Activity Rules**: Player will hit short game shots to 1 hole location. The player that hit the closest ball gets to putt and if they sink the putt they knock the player with the furthest ball into limbo.  **Game/Activity Play by Play:**   * Players will hit short game shots from various stations marked by cones * Players will hit and rotate clockwise from station to station while playing the game * All players will hit their chip/pitch to the hole and leave their golf balls until a coach can determine the closest and the furthest ball from the hole. * The player with the closest ball to the hole will get to putt * If the player putting sinks the putt then they get 1 point. They also knock the player with the furthest ball from the hole into limbo. * A player in limbo can’t win the game but can keep playing to try to get out of limbo * To get out of limbo a player can get the closest to the hole and sink their putt. They do not get a point but they knock the furthest for that round into limbo. * After the player closest to the hole putts then the players rotate to the next station and the game continues * The winner is the player with 3-5 points that’s not in limbo!   **Game/Activity Play by Play:**   * Players will be assigned a safe area for the demonstration * Coaches will demonstrate the safety process, golf skill and game * Players will begin hitting short game shots to the targets * The game can be played to a certain point total or can be played with a time limit and the player with the highest score after x minutes is the winner |
| **Coaching Tips & Objectives** | |
| **Key Commitment Objective:** Coaches will encourage players to embrace adversity and challenges. Coaches will mention that **FAIL** (First Attempt in Learning) is a process where they can consider mistakes as learning opportunities.  **Golf Objective:** Coaches will encourage participants to demonstrate their pre-shot routine (considering how to adapt to variable playing conditions) prior to each shot. Coaches will also assist players with their post-shot process of using mistakes as opportunities for learning. | **Sample Coaching Questions:**   * What did you learn from the different challenges presented? * How can pre-shot routines help you with learning from mistakes? * How can the FAIL process help you? * Can you develop a pre-shot routine/process for things that are not golf related? |