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| **Lesson Plan Week #3 (Age 14+)**  | **Supplies: Adjustable Zone Short Game**Cone tee markers, safety hoops, two same color cones per player, standard appropriately sized putters, chipping & pitching clubs, standard golf balls, and colored tape |
| **Core Lesson: Getting to Your Goal: Taking Ownership** **Game/Activity:** Adjustable ZoneShort Game**Key Commitment: Pursuing Goals** **Factor of Influence:** **Speed or Energy****Golf Skill Category:** Putt + Chip**Golf Fundamental:** Distance Response |
| **Adjustable Zone Putt + Chip**For chipping, the hitting stations will be moved back as appropriate for the skill level of the players. |
| **Warm Up/ Preview of Lesson: 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**  |
| Coaches will ask players about setting goals and about taking ownership of their goals. Coaches will tease the Adjustable Zone games and the importance of club speed and energy in the game of golf. |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:** * How did class go today?
* What did you learn about golf today?
* How can you take what you learned about club speed and energy and use it on the golf course?
* What did you learn about setting goals today?
* How can you take what you learned about setting goals and use it away from the First Tee?
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| **Game/Activity: Adjustable Zone Short Game + Chip (18 minutes each and Transition)** |
| **Game/Activity Objective**: Players will play an individual putting and chipping game where they set a personal distance zone goals and attempt to meet those goals. |
| **Game/Activity Rules** * Adjustable Zone is like traditional leapfrog. However, in this version, players will change the front and back boundaries to match their ability
* In the game, players will manage their front and back boundaries (marked by flat cones) by making it longer (easier) or shorter (harder)
* Players will attempt to get as many balls as possible out of 5 to stop between the cone margins that they set
* Each player has two flat cones that they can use to mark the inner and outer boundary of their playing field
* Each player will have 5 balls while putting or chipping
* Coaches will encourage players to set outcome goals, performance goals and process goals as they play the activity. (See details in the Play by Play)
 | **Game/Activity Play by Play:*** The class will be divided into pairs and will assemble in a safe area.
* Coaches will demonstrate the safety process, the golf skill and the game
* Pairs will be assigned a station and will begin play
* Players will set the cones on the green to the right or left side of their lane> one

player takes the right and the other the left* Players will set the length (gap) of the cones based on the difficulty that they want to experience
* Players will be responsible to retrieve their balls from the putting green
* Coaches will assist players as they set different types of goals as listed below:

 **1.Outcome Goal**= A goal for the entire game for putt + chip (example= meet my goal 2 time at every station)**2. Performance Goal**= A goal for each attempt at the game (example= stop 3 out of 5 balls between the cones **3. Process Goals**= A specific process that they will use to help them get to their Outcome and Performance Goals (example: Managing the clubhead speed or energy to help play the game successfully) |
| **Coaches Tips and Objectives** |
| **Key Commitment Objective:** Coaches will help students identify and set Outcome, Performance and Process Goals while playing the adjustable zone games. **Golf Objective:** As players play the game, coaches will give feedback related to club speed or energy to help guide players toward understanding how to hit the ball a desired distance in the short game. | **Suggested Coaching Questions:*** How are you using club speed or energy to play the games? Is it working?
* How did your turn go? Do you want to change your goal for next time? Why or Why Not?
* What are your Outcome, Performance and Process Goals for the game? Is setting goals helping you be successful?
* Are you taking ownership of your goals by having a goal setting process?
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