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| **Lesson Plan Week #1 (Age 5+6)** |
| **Game/Activity:** Putting 21**Age Level:** 5+6**Golf Skill Factor of Influence: Size or Length of Motion/Hold****First Tee Commitment: Collaborating with Others****Golf Skill Categories:** Putt / Full Swing**Golf Fundamental:** Distance Response/Get Ready to Swing**Game Changing Behavior:** Respect other perspectives. Show kindness, consideration, and care for others. **Rules/Etiquette:** TBD | **Supplies: Putting 21**Colored tape (2 different colors) or webbing, appropriately sized putting clubs as needed, tees, cones to mark putting stations, dry erase board w/pens/eraser, two small buckets of different colored golf balls or SNAG balls, 9 same color cones to represent points for distance zones.**Supplies: Practice Range-** Cones, safety hoops, alignment rods, water noodles and balls**Set Up: Practice Range-** See Below**Set Up: Putting 21-** See the below diagram for general set-up for 12 players. The grids should all be the same width and the first grid should begin the same distance from the hitting stations on both sides. Coaches can use their feet to measure the grids. For age 5+6, recommend 5 feet to first grid and 4 feet between grids.  |
| **Lesson Image(s) or Diagram: Putting 21** **For age 5+6 use SNAG Balls at first and move to regular golf balls if deemed safe** **Lesson Image or Diagram: Practice Range Set Up** |
| **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 and Transition to Activity: 5 Minutes**  |
| **Lesson Preview Play by Play:** Lead coach will ask about the importance of using size or length of motion to manage distance. Also tease the 21 game and the importance of working together with others in life. |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:** * How did class go today?
* What did you learn about golf today?
* How did you work together while playing putting 21?
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| **Putting 21 (18 minutes and Transition)**  | **Practice Range (18 minutes and Transition)** |
| **Game/Activity Objective**: Two teams will face off and play a game where a team is rewarded for hitting putts into point zones and the goal is to **outscore** the other team. | **Game/Activity Objective**: 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 Play by Play:*** Players will be rewarded if their ball ends up in one of the point zones
* Teams should be encouraged to **collaborate and formulate a strategy** to get as many points as possible
* The zones will have point values of 1, 2 or 3
* Each round of the game will be played to at least 21 points
* Making more than 21 points is ok in this version
* First team to 21 points is the winner!!!

**Game / Activity Play by Play:*** The class will be divided into two smaller groups of equal skill
* Teams will have 2 minutes to come up with a team name
* Coaches will write team names and keep score on a small dry erase board
* The starting team is determined- Rock/paper/Scissors
* Teams will alternate putting and attempting to accumulate 21 points
* The first team to get 21 points is the winner
* Players will safely collect the ball after they putt
* For safety, all clubs are left at the hitting area while retrieving balls
* If a ball finishes anywhere than the point zones then the point total is 0.
* The team that did not go first will get their last shot as a team
* Teams will rotate sides after each round (game)
 | **Game/Activity Play by Play:*** 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
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| **Coaching Tips & Objectives** |
| **Key Commitment Objective:** Coaches will encourage players to collaborate as they play a team game!**Coaches Golf Skill Objective:** Coaches will give feedback to players regarding their **length of swing** as they play putting 21 and **hold** when players are on the practice range. | **Coaching Sample Questions:** * How are you making the ball go longer or shorter?
* How does your hold on the club feel?
* How are you working together (collaborating) as a team? Is it helpful to collaborate w/others?
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