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| **Lesson Plan Week #1 (Age 7-9)** | **Supplies: Putting 21**Colored tape (2 different colors) or webbing, appropriately sized putting clubs as needed, tees, cones to mark stations, dry erase board w/pens/eraser, two small buckets of different colored golf balls, 9 same color cones to represent points for distance grids.**Supplies: Practice Range**- Cones, safety hoops, alignment rods, water noodles and balls |
| **Game/Activity:** Putting 21/ Practice Range**First Tee Commitment: Collaborating with Others****Golf Skill Factor of Influence: Size or Length of Motion + Hold****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 |
| **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. The smaller the grids and the further away the zones are from the putting stations the harder the game will be. Same color cones are placed on the right side of the game to represent the number of points awarded in each zone.**Set Up: Practice Range-** Follow the diagram below. Note that the color of each station cone will match up with the color of the safety hoop. |
| **Lesson Image(s) or Diagram: Putting 21** **Note: If coaches feel like players putting toward each other is unsafe, they are welcome to set up the game as shown in the age 5+6 set up. (See LP#1 for age 5+6)****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 can you take what you learned about hold and length of swing and use it on the golf course?
* How did you work together (collaborate) while playing putting 21?
* How can you take what you learned about collaborating (working together) and use it away from the First Tee? Home or School?
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| **Game/Activity: Range Practice (18 Minutes then Transition)** | **Game/Activity: Putting 21 (18 minutes then Transition)** |
| **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 Objective**: Two teams will face off and play a game where the team is rewarded for hitting putts into point zones and working together to keep track of their score in order to get exactly 21 points. |
| **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
 | **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** as to what point zone they select in order to get exactly 21 points
* The zones will have point values of 1, 2 or 3
* Each round of the game will be played to 21 points

**Game / Activity Play by Play:*** The group at large will be divided into two smaller groups
* 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
* Teams will alternate putting and attempting to accumulate exactly 21 points
* 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 ON THE GREEN than the point zones then the point total is 0.
* If the ball finishes off the green it’s a missed next turn for the player
* Teams making over 21 points will “Bust” and fall back to 15 points
* The team that did not go first will get their last shot as a team
* If there is a tie at 21, the teams will play sudden death
* In sudden death, each team will get a chance to putt and the team with the most points for that specific round will be the winner.
* If there is still a tie then the sudden death process is repeated until there is a winner
* Teams will rotate sides after each round (game)
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| **Coaching Tips & Objectives** |
| **Key Commitment Objective**: Coaches will encourage players to collaborate (work together) as they play a team game.**Golf Skill Objective:** Coaches will give feedback to players regarding their **Hold/Set Up** as well as their **Size or Length of Swing** as they attempt to regulate the distance the ball travels while playing the game. | **Coaching Sample Questions:** * How does your putting hold/set up feel?
* How are you managing the distance you are trying to get the ball to go?
* How are you working together (collaborating) as a team? Is it helpful to collaborate w/others?
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