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| **Lesson Plan Week #2 (Age 7-9)** | **Supplies: Capture the Target**  Two different color standard balls, standard appropriately-sized putting clubs, multiple same-sized targets (at least 24), cone tee markers  **Supplies**: **Practice Range**  Standard appropriately sized full swing clubs, alignment rods, low profile cone tee markers, noodles, safety hoops, standard practice balls |
| **Core Lesson: Can I Be Responsible: Respecting the Rules**  **Game/Activity: Capture the Target/ Range**  **First Tee Commitment:** **Using Good Judgment (Making Good Choices)**  **Golf Skill Category:** Putt/Full Swing  **Factor of Influence:** **Aim and Alignment**  **Golf Fundamental:** Get Ready to Swing |
| **Capture the Target**  **Practice Range** |
| **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 about respect and what are the three things that all of us should respect. (Yourself-Others-Surroundings) Coaches will ask about the importance of selecting targets in golf and tease the capture the target game. |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about golf today? * What targets did you aim for? Why? * How did you make good choices while playing capture the target? * What are the three things that all of us should respect? * How can you take what you learned about using making good choices and use it away from the First Tee? Home or School? |
| **Capture the Target Putting (18 minutes and Transition)** | **Practice Range (18 Minutes and Transition)** |
| **Summary**: Players will play a team game where teams are rewarded for using good judgment as they putt and contact targets. | **Summary:** Players work in pairs as they make full swings and work on making good decisions about their aiming. |
| **Game/Activity Rules:**   * Teams will be rewarded if a ball from their team contacts a target by removing that target and keeping it for their team * Teams should be encouraged to collaborate and formulate a strategy as to what target they aim for in order to capture them maximum amount of targets * The game will be played until the majority of targets are captured by a team * Approximately same sized targets will be arrayed on the putting green   **Game/Activity Play by Play:**   * Class will be divided into two teams and players will be assigned a safety zone * Coaches will demonstrate the safety process, golf skill and game * Teams will have 2 minutes to come up with a team name * Teams will begin hitting putts to the targets- one team at a time * Players are allowed to drop their clubs after hitting and walk to pick up their ball plus target (if applicable) and then walk back to their station * A target is captured by the first players ball that hits that target * If multiple targets are contacted, then the first target that the ball hit is the only one counted | **Game/Activity Rules:**   * Players will practice their aim to different targets while making full swings * Players will use the provided alignment stick to assist them with aiming their club and aligning their body to the targets they select   **Game/Activity Play by Play:**   * The class will be divided into pairs and players will be assigned a safety zone * Coaches will demonstrate the safety process, golf skill and activity * Players will begin taking turns selecting targets and trying to aim/align themselves toward * the targets * Players will utilize the alignment sticks to assist with aim/alignment * Coaches will encourage players to aim for different targets and adjust their aim |
| **Coaching Tips & Objectives** | |
| **Key Commitment Objective:** Coaches will encourage players to make good choices (use good judgment) while aiming for targets.  **Golf Objective:** Coaches will give feedback to players regarding their aim and alignment as they attempt to hit targets while putting/ making full swings | **Sample Coaching Questions:**   * What target are you trying to hit? How do you know? * Does it help to aim at the target? Why? * Is it helpful to make good decisions about targets? Why? |