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| **Lesson Plan #5 (Age 10+11)** | **Supplies**: **Practice Range**  Standard appropriately sized full swing clubs, alignment rods, low profile cone tee markers, noodles, safety hoops, standard practice balls  **Supplies: NASCAR Putting**  Standard putting clubs, standard golf balls, rope, nylon tape to mark the start/finish line | |
| **Core Lesson: Dreams and Goals**  **Game/Activity: NASCAR Putting and Practice Range**  **Key Commitment: Pursuing Goals**  **Factor of Influence:** **Aim/Alignment**  **Golf Skill Category:** Putting + Full Swing  **Golf Fundamental:** Get Ready to Swing |
| **NASCAR Putting**  **Putting Green**  **NASCAR Outer Track**  **NASCAR Inner Track**  **Start/Finish Line**  **Practice Range** | |
| **Warm Up/ Preview of Lesson: 10 Minutes** |
| Peaks and Valleys-Coaches will take an even number of low-profile cones and place them randomly either up (normal) or upside down in an open area. Half will be situated as usual with the cone pointed up (Peak) and half will be turned so that the cone is facing down (Valley) The class will be divided into 2 teams….. the peaks and the valleys. Coaches will start the game and the participants (Peaks) will flip the cones up and the participants (Valleys) will flip the cones down. After approx. 60-90 seconds, coaches will stop the game and count the peaks and valleys to determine who turned the most cones over. Teams can play again if there is time! |
| **Lesson Preview: 5 Minutes** |
| **Lesson Preview Play by Play:** Lead coach will gather the class and ask questions about the difference between dreams and goal? Also ask questions about how to set goals? |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about how we can set out to achieve our goals on the golf course today? * What kind of decisions did you have to make during the game today? * How can we make steps towards our dreams and goals away from the First Tee? Home or School? |
| **NASCAR Putting (18 Minutes and Transition)** | | **Practice Range (18 Minutes and Transition)** |
| * **Game/Activity Objective:** Players will set goals and a strategy for every putt as they play as they play a NASCAR Inspired Putting Game. | | **Game/Activity Objective:** Players will set goals and a strategy for every full swing  shot on the practice range |
| **Game/Activity Rules:**   * Players race each other as they putt their ball around an oval course bordered by rope and the edge of the green. * Players will establish an order at the beginning of the game and maintain that order for the entire game to ensure that all players have an equal number of turns. * Based on the skill of the players, the length of the course and the time allowed, coaches can set the number of laps anywhere from 2-4. * If a player putts their ball out of the course by breaking the inside margin or outside margin of the course, then they must bring their ball back to where they putted from and their turn is over. * The winner is the player that finishes past the finish line in the required number of laps * In the case that multiple players finish past the finish line on the same turn the winner is the player that finishes the furthest past the finish line while still staying on the course.   **Game/Activity Play by Play:**   * The class will be grouped together in a safe area. * Coaches will demonstrate the safety process, golf skill and activity * Coaches will receive a ball from each player, identify a fixed point or target and toss   the balls in the air. The ball that finishes closest to the target will go first, the second closest  will go second and so on until all players have a numbered turn.   * All players will begin from the starting line. The player that is assigned #1 will be   able to pick any point on the starting line where they would like to start and so on  until all players are on the line ready to putt.   * All players putt at the same time to begin the game. After the first putt the numbered   rotation begins and continues for the remainder of the game. | | **Game/Activity Rules:**   * Players will practice setting goals and aiming the club to different targets while making full swings   **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 set goals regarding   what targets to aim to hit   * Coaches will assist players in setting aiming goals |
| **Coaching Tips and Objectives** | | |
| **Key Commitment Objective:** Players will putt around the course, setting goals on every putt in order to reach the bigger goal (dream?) of winning (finishing?) the race.  **Golf Objective:** Players will demonstrate good aim while putting around the track. | **Coaching Questions:**   * How are you aiming when playing the game? * Is having good aim helping you as you play the game? * Why would each shot during the race be considered a goal? * Why could winning the race be more of a dream than a goal? | |