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| **Lesson Plan Week #6 (Age 10+11)** | **Supplies: Chipping 21 (Personal Par)-** Colored tape (different colors), appropriately sized chipping clubs as needed, tees, cones to mark stations, dry erase board w/pens/eraser, two small buckets of different colored standard golf balls, same color cones to designate points values for grids, safety hoops, and noodles **Supplies: Practice Range-** Standard appropriately sized full swing clubs, low profile cone tee markers, noodles, safety hoops, and standard practice balls.Setup: Practice Range will be setup with vertical water noodles to mark at least 3 distance grids on the range. Look to the chipping setup diagram below as a guide to placing the water noodles. Allow for approx. 20-25 yards between the grids  |
| **Core Lesson: Finding Your Personal Par** **Game/Activity: Personal Par Chipping + Practice Range****Factor of Influence:** **Size or Length of Motion****First Tee Commitment: Building Positive Self-Identity** **Golf Skill Category:** Chipping /Full Swing**Golf Fundamental:** Distance Response  |
| **Personal Par Chipping****Practice Range** |
| **Warm Up/ Preview of Lesson: 10 Minutes** |
| Soccer Ball Relay: Coaches will set up a relay race (2 Teams) with 2 or 3 low profile cones for each team and a starting point marked by other cones. Teams line up behind the starting point. Players will go 1 at a time and kick a soccer ball around/thru the low profile cones while moving away from the team line and then kick the ball back to the next player in line. The team that finishes first wins! |
| **Lesson Preview: 5 Minutes**  |
| Coaches will ask about the term “par” in golf: What does it mean? Does it apply to everyone? Why not? Coaches will tease the chipping game….. |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:** * How did class go today?
* What did you learn about golf today?
* How did you experience managing your length of swing today?
* How does managing length of swing help on the golf course?
* How did you set a personal par for yourself today?
* Is everyone’s personal par (goal) the same? Why not?
* How can you take what you learned about setting personal goals and apply that to life outside of the First Tee? Home or School?
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| **Personal Par Chipping (18 Minutes and Transition)** | **Practice Range (18 Minutes and Transition)** |
| **Game/Activity Objective**: Players will experience an activity where they make chip shots while playing a game of 21. Players will set personal par scoring goals for themselves related to the activity. | **Game/Activity Objective**: Players will experience an activity where they will make full swings on the range and attempt to have shots finish between distance grids marked by vertical water noodles. Coaches will work with players to set personal par goals for themselves related to the activity. |
| **Game/Activity Rules:** * Players will set a personal par (scoring goal) before they begin to chip
* Personal Pars (scoring goals) will be the number of points they expect to get after chipping 4 balls toward the distance grids.
* After players have a turn, coaches will assist players in adjusting their personal par if necessary
 | **Game/Activity Rules:** * Players will set a personal par (goal) before they swing
* Personal pars (goals) will be the number of shots out of 4 they want to finish in a particular distance grid.
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| **Game/Activity Play by Play:*** Coaches will demonstrate the safety process, the golf skill and the gam
* Players will hit 4 warm-up chips and switch with their partner
* After the warm up chip shots, players will choose a personal par (goal) for their next rotation and tell a coach
* Players will hit chip shots and try to achieve their personal par goal
* Coaches will deliver feedback to the players
* Players will adjust their personal par and try again
 | **Game/Activity Play by Play:*** The class will be divided into pairs and will be assigned a safety zone
* Coaches will demonstrate the safety process, the golf skill and the activity
* Players will establish personal par goals, hit 4 balls and switch
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| **Coaching Tips and Objectives** |
| **Key Commitment Objective:** Coaches will encourage players to set a personal par (scoring goal) for themselves during the game and activity. Coaches will check in with players as they play to see if they want to adjust their personal par (goal)?**Golf Objective:** Coaches will encourage participants to manage how far their ball travels in order to be successful in achieving their personal par.  | **Coaching Questions:** * How can you control your distance by managing length of swing?
* Are you setting personal goals for yourself? Do you feel like that can build your confidence?
* How can setting personal pars be helpful?
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