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| **Lesson Plan #5 (Age 12+13)** | **Supplies**: **Practice Range**Standard appropriately sized full swing clubs, 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: Embracing Identity: Building Confidence w/STAR Game/Activity: NASCAR Putting + Practice Tee****First Tee Commitment: Building Positive Self-Identity** **Factor of Influence:** **Mental/Emotional Aspects** **Golf Skill Category:** Putting/Chipping/Pitching **Golf Fundamental:** Pre-Shot |
| **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**  |
| Coaches will ask questions about the importance of the pre-shot and about how having a good pre-shot planning process can develop confidence. Also tease the NASCAR Game for putting. |
| **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 your pre-shot process and use it on the golf course?
* How did you use STAR in your pre-shot process? How was it helpful?
* How can you take what you learned about using pre-shot and STAR and apply that to your life away from the First Tee?
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| **Practice Range (18 minutes and Transition)** | **NASCAR Putting (18 minutes and Transition)** |
| * **Game/Activity Objective**: Players will use STAR (Stop>Think>Anticipate>Respond)

 in their pre-shot strategy as they make full swings on the practice tee. | * **Game/Activity Objective:** Players will use STAR (Stop>Think>Anticipate>Respond)

in their pre-shot strategy as they play a NASCAR Inspired Putting Game. |
|  **Game/Activity Rules:** * Players will practice using STAR (Stop, Think, Anticipate and Respond) as they aim 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 use STAR as a

pre-shot process to help them focus   | **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.  |
| **Coaching Tips & Objectives** |
| **Key Commitment Objective:** Coaches will encourage players to utilize STAR (Stop>Think>Anticipate>Respond) prior to their putts and while making full swings on the range. **Golf Objective:** Coaches will guide players to use STAR as a pre-shot strategy prior to putting in the NASCAR Putting game. | **Coaching Questions:** * How are you using STAR in the NASCAR Putting Game?
* How is using STAR (Stop>Think>Anticipate>Respond) helping you?
* How is using STAR influencing your confidence?
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