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| **Lesson Plan Week #4 (Age 14+)** | **Supplies: Simulated Golf Course-** Appropriately sized standard putting, chipping, pitching and full swing clubs, standard golf balls, cone tee markers, safety hoops, targets (if needed)  **Additional Set Up Details: Play Day -**The activity can be conducted on golf holes or an open field. Each hole 50-100 yards. Coaches will try to play 2 or 3 holes. |
| **Core Lesson: Making Good Choices: Doing the Right Thing**  **Game/Activity: On-Course Play!**  **First Tee Commitment: Using Good Judgment**  **Golf Skill Category:** Putt/Chip /Pitch/Full Swing  **Golf Fundamental:**  Distance Response  **Factor of Influence:** **Size and Length of Motion** |
| **Lesson Image(s) or Diagram: Simulated Golf Hole**        **Target (Golf Hole)**  **Rope/Nylon or Tape**          **Safety Zone**    **Tee Markers** |
| **Warm Up: 10 Minutes** |
| **Functional Warm-Up- Get Ready to Play!**   * Class will form a circle around the coaches * Coaches will move so that they are **on the circle** not inside the circle * The Lead Coach will tell the class to do the warm up to the best of their ability->do the best they can * Coaches will demonstrate the following motions while the class repeats: * Strength- 2-3 Lunges with each leg * Flexibility- Arm Circles- Large to small circles * Agility/Coordination- Elbow to knee touch * Balance- Form a pose and hold * Object Control- Players will toss the ball to each other >everyone gets to participate |
| **Lesson Preview: 5 Minutes** |
| Coaches will prep the class on playing the course (general safety, etiquette, etc.) |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about golf today? * How can managing your distance help you play on the course today? * What was a good choice you made today on the course? * How can you take what you learned about making good decisions on the golf course today and use it away from the First Tee? Home or School? |
| **On Course Play (40 minutes)** | |
| **Summary**: Players will play golf on the course or a simulated golf course and focus on making good decisions on length of swing safety. | |
| **Game/Activity Rules:**   * PLAYers will make golf swings that are either small, medium, large or x-large as they play a golf hole or simulated golf hole.   **Game/Activity Play by Play:**   * Players will assemble in a safe area for the activity demonstration * Lead coach will demonstrate the safety process, the golf skills and the activity   Golf Skill Demonstration:   * + - Small Swing= Club goes foot to foot (Putt)     - Medium Swing = Club goes knee to knee level (Chip)     - Large Swing= Club goes ear to ear level (Pitch)     - X-Large Swing= Club goes full circle (Full Swing) * Class will be divided into 2 or 3 smaller groups with the appropriate coach to player ratio * Coaches and PLAYers will go to one of the holes and assemble in the safety zone for the tee shot * An order of play is established for the players for the tee shot. Examples: flip a tee or rock paper scissors) * Standard order of play will be used after the tee shot * Coaches will emphasize safety at all times!   + - Coaches will use information found on the Activity Add-On Form to teach additional information | |
| **Coaching Tips & Objectives** | |
| **Key Commitment Objective:** Coaches will encourage players to use good judgment (making good choices) as they safely play on the golf course or simulated course.  **Coaches Golf Objective:** Coaches will give feedback to players regarding their size or length of swing as they attempt to safely play golf holes or simulated golf holes. | **Coaching Questions:**   * How are you deciding how long to make your swings as you play the * course? * How are you being safe as you play the course? * Is it helping you to make good decisions on how far to swing the golf club? * Are you changing clubs when you change the length of swing? Why? |