|  |  |
| --- | --- |
| **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?
 |