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| **Lesson Plan #5 (Age 14+)** | **Supplies/Set Up: Putting Tempo**  Standard appropriately sized putters, low profile cones, noodles, standard practice balls  **Supplies/Set Up: Full Swing Tempo**  Standard appropriately sized full swing clubs, irons and metal woods, low profile cones, noodles, standard practice balls |
| **Core Lesson: Who Am I: Understanding of Self**  **Game/ Activity: Swinging with Rhythm and Tempo**  **Key Commitment: Building Positive Self-Identity**  **Factor of Influence:** **Swing Tempo**  **Golf Skill Category:** Putting, Full Swing  **Golf Fundamental:** Swing Rhythm |
| **Tempo Golf Putting:** Activity will be set up so that the putting stations initially do not line up with a target or a hole. It’s important that the players only focus on the tempo of the swing and how it feels or looks for a time before adding a target or hole.  **Golf Full Swing Tempo** |
| **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 why it’s important to have a positive self-identity. Just like everyone has their own identity, everyone has their own swing tempo. |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about golf today? * How can reacting to your target be helpful? * Can trusting yourself help build positive Self-Identity? * How can we take what we learned today about building positive self-identity and use it away from the First Tee? Home or School? |
| **Putting Tempo (18 Minutes and Transition)** | **Full Swing Tempo (18 Minutes and Transition)** |
| **Game/Activity Objective**: Players will experiment with a variety of putting swing tempo  cues and techniques to find their best tempo. Players will also assist their partner with  the recommended tempo cues as they work together to find the best tempo for each  other. | **Game/Activity Objective**: Players will experiment with a variety of full swing tempo cues  and techniques to find their best tempo. Players will also assist their partner with the recommended tempo cues as they work together to find the best tempo for each other. |
| **Game/Activity Rules:**   * Players will work in teams of two for this activity * Players will watch each other hit shots and try to determine if their putting swing is “fast, slow or in-between” * Players will try different putting tempo cues to see which one feels the best   Players are invited to try other tempo techniques while putting  **Game/Activity Play by Play:**   * Coaches will divide the class into pairs (teams) while gathering in a safe area * Coaches will demonstrate the safety process, the golf skill and the activity * Players will begin by trying 4 warm-up putts and switch with their partner * Players will retrieve their balls when finished putting * When players are hitting warm-up putts, partners will watch them and try to notice if their swing is “fast, slow or medium” * Players will then take turns hitting 4 putts while trying a putting tempo that they think will align with their best tempo by trying a putting tempo cue and saying the putting cue out loud while they putt- or the partner can say it out loud (or both) * The putting tempo cues to try are the following:   1. Fast Tempo Swing= Say (Tic-Toc)  2. Medium Tempo Swing= Say (One-Two-Three)  3. Slow Tempo Swing= Say (One-Two-Three-Four)   * Players will then be invited to come up with their own phrase or cue that they want to use that best matches their tempo * Lastly, players will be invited to try each other’s putting tempo cues to see how it feels | **Game/Activity Rules:**   * Players will work in teams of two for this activity * Players will watch each other hit shots and try to determine if their putting swing is “fast, slow or in-between” * Players will try different putting tempo cues to see which one feels the best * Players are invited to try other tempo techniques while putting   **Game/Activity Play by Play:**   * Coaches will divide the class into pairs (teams) while gathering in a safe area * Coaches will demonstrate the safety process, the golf skill and the activity * Players will begin by trying 4 full swing shots and switch with their partner * When players are making full shots, partners will watch them swing and try to notice if their swing is “fast, slow or medium” * Players will talk over if they think their swing tempos are fast/slow or medium * Players will then take turns hitting 4 shots while try a full swing tempo cue that they think will align with their best tempo while saying the putting cue out loud while they make full swing shots - or the partner can say it out loud (or both) * The full swing tempo cues to try are the following:   1.Fast Tempo Swing: Say (One-Hundred-One)  2. Medium Tempo Swing: Say (One-Two-Three)  3. Slow Tempo Swing Say (One-Two-Three-Four)   * Players will then be invited to come up with their own phrase or cue that they want to use that best matches their tempo * Lastly, players will be invited to try each other’s full swing tempo cues to see how it feels |
| **Coaching Tips & Objectives** | |
| **Key Commitment Objective:** Players will explore Building Positive Self-Identity by establishing **their** preferred swing tempo for putting and the full swing.  **Golf Objective:** Coaches will assist as players will experiment with different ways to determine their best tempo for putting and full swing | **Coaching Questions:**   * What kind of things did you do to help you find your best swing tempo? * How are you and your partner working together? How does your partners swing tempo feel when you try it? * Why is it ok that players have the same or different swing tempos? * Why should the swing tempo for putting and full swing be the same? |