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| **Lesson Plan Week #6 (Age 14+)** | **Supplies: Red Zone Challenge-**Cones tee markers, standard appropriately sized chipping clubs, standard golf balls  **Supplies: Practice Range**- Cones, safety hoops, water noodles and balls |
| **Core Lesson #26 Planning for the Future: A Game Changers Plan Game/Activity: Red Zone Challenge/ Practice Range**  **Factor of Influence:** **Variable Playing Conditions**  **First Tee Commitment: Pursuing Goals**  **Golf Skill Categories:** Chip/Full Swing  **Golf Fundamental:** Pre-Shot |
| **Lesson Image(s) or Diagram: Red Zone Short Game**  Note: Diagram shows a setup for 12 players. The game below is set up for 6 chips and 3 short pitches (stations with blue arrows). Can also be set up with 9 chipping shots to make it easier.    **Practice Range** |
| **Warm Up: 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 questions about pursuing goals and having a plan for the future. Also ask questions about the role that variable conditions play in golf (in putting as well as in the full swing) |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about golf today? * How can you plan for variable conditions on the golf course? * Did it help to have a plan today before hitting your shots? * How can you take what you learned today about planning and apply that to life away from the First Tee? |
| **Red Zone Short Game (18 Minutes and Transition)** | **Practice Range (18 Minutes and Transition)** |
| **Game/Activity Objective**: Players will experience an individual game where they chip and pitch from around a putting green toward a hole marked with a “Red Zone” (scoring area) and keep score related to their success | **Game/Activity Objective**: Players will make full swing shots on the practice tee and practice hitting shots from variable conditions. |
| **Game/Activity Rules:**   * Coaches demonstrate the safety process, the golf skill and the game * Players will begin from one of the 9-12 cones (starting points) set up around the green * All players will chip/pitch at the same time toward the “Red Zone” * Players can use multiple clubs * The game is scored as detailed below   + On the green= par (No Change)   + Off the green= bogey (+1)   + Within the circle= Birdie (-1)   + In the hole= Eagle (-2)   **Game/Activity Play by Play:**   * Coaches will demonstrate the safety process, the golf skill and the activity * Players will begin chipping/pitching balls, attempting to get their ball to finish inside the “Red Zone” * Players will wait until everyone has hit their shot and then retrieve the ball * After a player takes his/her turn, they will take their next turn from the starting point that is clockwise from their last starting point (everyone rotates clockwise after each turn) * Players will be responsible for keeping track of their score * The game(round) is over once all players have had a turn from each starting point around the green * Multiple games can be played during a lesson | **Game/Activity Play by Play:**   * Coaches will demonstrate the safety process, the golf skill and the activity * Players will hit 4 shots and switch with their partner * Players will practice hitting shots where the ball is the following:   Partially in a hole, divot or sunken area  On a flat hard surface with no grass   * Coaches will encourage players to focus on a plan to overcome challenging conditions as part of their pre-shot process |
| **Coaching Tips & Objectives** | |
| **Key Commitment Objective:** Coaches will encourage players to take ownership over decisions made on and off the golf course  **Golf Objective:** Coaches will encourage participants to use their pre-shot routine to plan for variable conditions. | **Coaching Questions:**   * What kind of planning did you have to make during the activity? * How can planning for the future help us overcome challenges? |