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| **Lesson Plan Week #7 (Age 14+)** | **Supplies: See Hear & Feel (Full Swing)-** Standard appropriately sized full swing clubs, low profile cones to mark stations, water noodles, safety hoops, standard golf balls, impact tape to stick on clubface **Supplies: See Hear & Feel (Putt)-** Standard golf balls, standard appropriately sized putters, rubber bands to wrap putters (2 per putter) to frame the “sweet spot” of the putter (Approximately 24 rubber bands) |
| **Core Lesson: Being a Trustworthy Person & Building a Trustworthy Team Game/Activity:** See Hear & Feel- Putting & Full Swing**Factor of Influence: Centeredness of Hit****Key Commitment: Using Good Judgment****Golf Skill Category:** Pitch + Full Swing**Golf Fundamental:** Ball Contact  |
| **Practice Range****Note: Players will not be hitting toward targets because all the feedback they need will be learned at the hitting station****Putting Green****Note: Players will not be hitting toward targets because all the feedback they need for will be learned at the putting station** |
| **Warm Up/ Preview of Lesson: 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
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| **Lesson Preview: 2 Minutes**  |
| **Lesson Preview Play by Play:** Lead Coach will ask the class why it’s important to build a Trustworthy Team and to be a Trustworthy Person? Coaches will mention that today’s lesson will take building and being a Go-To Person another step farther. Do you trust the people in your life? Can they trust you? |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:** * How did class go today?
* What did you learn about golf today?
* How did experiencing centeredness of impact help you?
* How did you demonstrate being a trustworthy person?
* How did you demonstrate building a trustworthy team?
* How can you use what you learned about being a trustworthy Go-To Person and building a trustworthy Go-To Team away from the First Tee?
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| **See Hear and Feel Full Swing (18 minutes and Transition)**  | **See Hear and Feel Putting** (**18 Minutes and Transition)** |
| **Game/Activity Objective**: Game/Activity Objective: Players will assist each other while hitting full swing shots as they explore centeredness of impact though sight, sound and feel. | **Game/Activity Objective:** Players will assist each other as they putt and explore centeredness of impact though sight, sound and feel. |
| **Game/Activity Play by Play:*** The class will be divided into pairs and will be assigned a safety zone
* Coaches will demonstrate the safety process, the golf skill and the activity

Full Swing Activity Part 1* Players will take turns hitting 4 balls each as they experience the following:
* Intentionally lining up their club off the toe and the heel of the club before

hitting to **feel** an off-center hit * Intentionally lining up their club off the toe and the heel of the club before

hitting to **see** howan off-center hit flies* Making full swing shots with irons and metal woods using impact tape to **see**

where centered and off-center hits impacted the tape* As players experience the above, partners will be observing and learning

more about their partner to get ready for part 2Full Swing Activity Part 2* Players will continue to hit four balls and switch but will hit shots as they

normally would without using any of the methods used in Part 1* Partners will give each other feedback on what they **see** and **hear** as they

make full swing shots * Players making the full swings will give feedback to their partner of what

they **feel** during the shots* Coaches will ask questions about trusting their partners observations on
* what they see and hear during shots
 | **Game/Activity Play by Play:**The class will be divided into pairs and will be assigned a safe areaCoaches will demonstrate the safety process, the golf skill and the activityPutting Activity Part 1Players will take turns hitting 4 balls each as they experience the following:Players will intentionally line up their putter and hit putts off the toe or the heel to **feel** an “off-center” puttPlayers will intentionally line up their putter and hit putts off the toe or the heel to **see** howan “off-center” putt rollsPlayers will do the above with eyes closed to **hear** the soundof centered and off-center hitsPlayers will hit putts with wrapped rubber bands to **feel** where the best contact spot is locatedAs players experience the above, partners will be observing and learningmore about their partner to get ready for part 2Putting Activity Part 2* Players will continue to hit four balls and switch but will hit putts as they

normally would without using any of the methods used in Part 1* Partners will give each other feedback on what they **see** and **hear** as they

putt* Players putting will give feedback to their partner of what they **feel** while

putting* Coaches will ask questions about trusting their partners observations on

what they see and hear during putts |
| **Coaching Objectives & Sample Questions** |
| **Key Commitment Objective:** Players will demonstrate being trustworthy and trusting their teammates as they experience different ways to see, hear and feel centeredness of impact during putting and full swing.**Golf Objective:** Players will use a variety of methods to see, hear and feel centered and off-center hits  | **Sample Coaching Questions:** * How are you being a trustworthy person during the activity?
* How can learning more about centered and off-centered shots help you while playing golf?
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