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| **Week #5 Lesson Plan (Age 5+6)** | **Supplies: Tic-Tac-Toe-** Two different color standard balls or SNAG Balls, standard appropriately sized putters, nylon tape to make a tic-tac-toe grid, and low-profile cone tee markers**Supplies**: **Full Swing Aim-** Standard appropriately sized full swing clubs, low profile cone tee markers, noodles for transition zones, safety hoops, and standard practice balls. |
| **Core Lesson- Using Good Judgment: Making Smart Decisions** **Game/Activity: Tic-Tac-Toe + Full Swing Aim****Factor of Influence:** **Aim and Alignment****First Tee Commitment:** **Using Good Judgment****Golf Skill Category:** Putting + Full Swing **Golf Fundamental:** Get Ready to Swing |
| **Tic-Tac-Toe:****Practice Range** |
| **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**  |
| Lead coach will ask about the importance of selecting targets in golf. Also tease the the tic-tac-toe game and the importance of using good judgment (making good choices).  |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:** * How did class go today?
* What did you learn about golf today?
* What targets did you aim for? Why?
* How did you make good choices while playing tic-tac-toe?
* How can you take what you learned about making good choices and use it away from the First Tee? Home or School?
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| **Capture the Target Putting (14 Minutes and Transition)** | **Full Swing with Aim (14 Minutes and Transition)** |
| **Game/Activity Objective**: Players will play a team game where players are rewarded for making good choices and putting into zones.  | **Game/Activity Objective:** Players work in pairs as they make full swings and work on making good choices about their aiming. |
| **Game/Activity Rules:** * Teams will be rewarded if they hit a ball that ends up stopping in a target zone
* The game can be individual or played as teams
* If playing in teams, players should be encouraged to collaborate and formulate a strategy as to what target they aim for in order to maximum their success
 | **Game/Activity Rules:** * Players will practice their aim to different targets while making full swings
* Players will use the provided alignment rod to assist them with aiming their club and aligning their body to the targets they select
* Players will safely switch with their safety partner after taking their turn
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| **Game/Activity Play by Play:*** Class will be divided into two teams and assigned a safety zone.
* Coaches will demonstrate the safety process, the golf skill and the game
* Teams will begin hitting putts to the target zone- one player at a time
* Players are allowed to drop their clubs after hitting and walk to pick up their ball plus target (if applicable) and then walk back to their station
* A target zone is owned by the players that gets their ball to stop in the zone
* Players leave their ball in the target zone that own
 | **Game/Activity Play by Play:*** The class will be divided into pairs and assigned a safety zone
* Players will begin taking turns selecting targets and trying to aim/align themselves

toward the targets* Players will utilize the alignment sticks to assist with aim/alignment
* Players will hit three shots and switch with their safety partner
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| **Coaching Tips & Objectives** |
| **Key Commitment Objective:** Coaches will encourage players to make good decisions (use good judgment) while aiming for target zones.**Golf Objective:** Coaches will give feedback to players regarding their aim and alignment as they attempt to hit targets while putting/ making full swings | **Sample Coaching Questions:** * What target are you trying to hit?
* Does it help to aim at the target? Why?
* Is it helpful to make good choices about targets? Why?
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