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| **Lesson Plan Week #6 (5+6)** | **Supplies: Line Putting**  Standard golf balls or SNAG Balls, standard appropriately sized putters and full swing clubs, colored tape or webbing to make a line for putting and chipping, low profile cones, hitting station tee markers, safety hoops, noodles.  **Practice Range:** Cones, safety hoops, water noodles and standard practice balls. |
| **Core Lesson #3 Playing with Perseverance: Commit Don’t Quit Game/Activity:** Closest to the Line + Practice Range  **Key Commitment: Growing Through Challenge**  **Golf Skill Category:** Putting and Full Swing  **Golf Fundamental:** Distance Response  **Factor of Influence:** **Size or Length of Motion** |
| **Line Putting**  **Note: The putting line should be at least 2 inches thick**  **10 Feet**          **Practice Range** |
| **Warm Up/ Preview of Lesson: 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** |
| **Lesson Preview Play by Play:** Lead coach will ask questions about how to overcome challenges while still having fun? Lead Coach will also ask about ways a golfer can control the distance that the ball goes? |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about golf today? * How can managing your length of swing help you on the golf course? * What kinds of challenges did you overcome today? * How can you take what you learned about overcoming challenges and apply that to your life outside the First Tee? |
| **Line Putting (12 Minutes and Transition)** | **Practice Tee** **(12 Minutes and Transition)** |
| **Game/Activity Objective**: Players will explore managing their putting distance and overcoming challenges while putting toward a fixed point (line). | **Game/Activity Objective**: Players will safely make full swings on the practice range and have fun! |
| **Game/Activity Rules**   * Players putt toward the line- all at one time * The player closest to the line gets a point * Players will play to 5 points or a specific time limit | **Game/Activity Rules:**   * Players will alternate hitting 3 balls with their safety zone partner |
| **Game/Activity Play by Play:**   * Coaches demonstrate the safety process, the golf skill and the game * Coaches will demonstrate small/medium and large putting swings * Players in the hitting area will putt their ball toward the colored tape line * The player that gets the closest to the line gets a point * Coaches will retrieve the ball after player’s putt * Players will switch with their safety zone partner after their turn * Players will play to 5 points or play for a time limit | **Game/Activity Play by Play:**   * Coaches demonstrate the safety process, the golf skill and the activity * Players will take turns hitting 3 balls * Players will be safe while switching with their safety zone partner |
| **Coaching Tips & Objectives** | |
| **Key Commitment Objective:** Coaches will assist players as they overcome challenges while having fun playing a putting game and making full swings on the practice range.  **Golf Objective:** Coaches will assist players as they play the games and explore different sizes or lengths of putting. Coaches will assist players as they make full swings on the practice range. | **Sample Coaching Questions:**   * What kinds of challenges are you facing in the games? * How are you changing your size or length of swing to play the putting game? * How are you having fun while playing the games? |