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| **Lesson Plan Week #7 (5+6)** | **Supplies: Tees & Greens-** Appropriately sized standard putting/chipping/pitching and full swing clubs, SNAG balls, cone tee markers, safety hoops  **Additional Set Up Details: Tees & Greens -**The activity can be set up on a golf hole or an open field- 75 yards. Coaches will try to set up 2-3 simulated golf holes.  Each hitting zone will be marked with a different colored cone tee marker as shown below. |
| **Core Lesson: Making Good Choices: Doing the Right Thing**  **Game/Activity: Tees and Greens**  **First Tee Commitment: Using Good Judgment- Making good Choices**  **Golf Skill Category:** Putting/Pitching/ Chipping /Full Swing  **Factor of Influence:** **Size and Length of Motion**  **Golf Fundamental:**  Distance Response |
| **Lesson Image(s) or Diagram: Tees and Greens**  **X-Large= Green Cones/ Large= Yellow Cones/ Medium= Blue Cones/ Small= Red Cones**  **Small**  **(Putt)**  **Medium (Chip)**    **Safety Zone**        **Large (Pitch)**    **X-Large**  **(Full Swing)** |
| **Warm Up: 10 Minutes** |
| **Functional Warm-Up**   * 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 |
| **Lesson Preview: 5 Minutes** |
| Coaches will ask about the importance of making good choices in golf and how that relates to making different length of swings. Tease the Tees and Greens Activity |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about golf today? * How can hitting the ball the right distance help in golf? * How did you use make good decisions? * How can you take what you learned about making good decisions and use it away from the First Tee? Home or School? |
| **Tees and Greens (20 minutes)** | |
| **Summary**: Players will experience an activity where they will experiment with different swing lengths while playing a golf hole or simulated golf hole. | |
| **Game/Activity Rules:**   * PLAYers will make golf swings that are either small, medium, large or x-large as they play a golf hole or simulated golf hole. * For age 5+6 SNAG balls are to be used * Players will play from the cone tee markers from each distance as they make their way closer to the golf hole/final target   **Game/Activity Play by Play:**   * Players will assemble in a safe area for the activity demonstration * Lead coach will demonstrate the safety process, the golf skills and the activity   Golf skill demonstration:   * + - Small Swing= Clubhead goes foot to foot (Putt)     - Medium Swing = Clubhead goes knee to knee level(Chip)     - Large Swing= Clubhead goes ear to ear level (Pitch)     - X-Large Swing= Clubhead goes full circle (Full Swing) * Class will be divided into 2 or 3 smaller groups with the appropriate coach to player ratio * Coaches and PLAYers will go to one of the holes and assemble in the safety zone for the xl swing for the first shot * An order of play is established for the players and will be used for the entire hole. (Examples: flip a tee or rock paper scissors) * Players will take turns hitting shots from the cone tee markers (green) that represent the x-large swing * All players will leave the safety zone, make their xl swings one at a time and then go back to the safety zone * If shots do not make it on the putting green/ final target from any of the cone tee markers that’s ok! * Once all players have hit they will retrieve their balls and assemble in the safety zone near the next closest set of cone tee markers and repeat the process until the group reaches the putting green * Once players have reached the putting green, they will all putt their balls into the hole/hit the target using order of play rules * Coaches will use age appropriate information found on the Activity Add-On Form to teach additional information | |
| **Coach Tips & Objectives** | |
| **Key Commitment Objective:** Coaches will encourage players to make good choices as they play a game on a golf course or simulated course.  **Coaches Golf Objective:** Coaches will give feedback to players regarding their size or length of swing as they attempt to play golf holes of different lengths. | **Coaching Questions:**   * Why are you using different length swings while playing the game? * How is making good choices on the length of swing helping you play the game? |