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| **Lesson Plan Week #5 (Age 7-9)** | **Supplies: Chipping 21**Colored tape (different colors), appropriately sized chipping clubs as needed, tees, cones to mark stations, dry erase board w/pens/eraser, two small buckets of different colored standard golf balls, same color cones to designate points values for grids, safety hoops, noodles **Supplies: Practice Range**Standard appropriately sized full swing clubs, low profile cone tee markers, noodles, safety hoops, and standard practice balls |
| **Core Lesson: Developing Confidence: I Can Do It!****Game/Activities: Chipping 21 + Practice Range****First Tee Commitment: Building Positive Identity****Golf Skill Factor of Influence: Size or Length of Motion** **Golf Skill Categories:** Putt/Chip**Golf Fundamental:** Distance Response |
| **Lesson Image/Diagram: Chipping 21****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 and Transition to Activity: 5 Minutes**  |
| Coaches will ask: How can you develop confidence? ….and will briefly follow up on responses. Coaches will also ask questions about the importance of using size or length of motion to manage distance. Also tease the chipping 21 game…. |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:** * How did class go today?
* What did you learn about golf today?
* How can you take what you learned about length of swing and use it on the golf course?
* How did you build your confidence while playing chipping 21?
* How can you take what you learned about developing confidence and use it away from the First Tee? Home or School?
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| **Practice Range (18 Minutes and Transition)** | **Chipping 21 (18 Minutes and Transition)** |
| **Game/Activity Objective**: Players work on managing their length of motion while making full swings on the practice range  | **Game/Activity Objective**: Two teams will play a game where players will be rewarded for hitting chips into point zones and working together to keep track of their score to get **exactly** 21 points. Players will build confidence by contributing to the success of the team! |
| **Game/Activity Rules:** * Players will practice different length of swings while hitting shots on the practice range

**Game/Activity Play by Play:*** The class will be divided into pairs and players will be assigned a safety zone
* Coaches will demonstrate the safety process, golf skill and activity
* Players will begin taking turns and practicing making different length swings
* Coaches will encourage players to try different length swings
 | **Game/Activity Rules:*** Players will be rewarded if their ball ends up in one of the point zones
* Teams should be encouraged to **collaborate and formulate a strategy** as to what zone they select in order to get exactly 21 points
* The zones will have point values of 1, 2 or 3
* Each round of the game will be played to 21 points

**Game / Activity Play by Play:*** The 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 have 2 minutes to come up with a team name
* Coaches will write team names and keep score on a small dry erase board
* Teams will alternate putting and attempting to accumulate exactly 21 points
* Players will safely collect the ball after they chip
* For safety, all clubs are left at the hitting area while retrieving balls
* If a ball finishes anywhere ON THE GREEN than the point zones then the point total is 0.
* If the ball finishes off the green it’s a missed next turn for the player.
* Teams making over 21 points will “Bust” and fall back to 15 points
* The team that did not go first will get their last shot as a team
* Teams will rotate sides after each round (game)
* If there is a tie at 21, the teams will play sudden death where each team hits and the team with the highest score wins. If still a tie, then the process repeats.
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| **Coaching Tips & Objectives** |
| **Key Commitment Objective:** Coaches will encourage players to build confidence by playing the 21 game and learning more about what they are capable of. (potential)**Golf Skill Objective:** Coaches will give feedback to players as they play chipping 21 regarding their length of chipping motion as they attempt to manage the distance the ball travels.  | **Coaching Sample Questions:** * How are you managing the distance you are trying to get the ball to go?
* Are you developing confidence as you play the games? How do you know?
* How can being part of a team help build your confidence?
* How do you know what you are capable of (potential)?
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