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| **Lesson Plan #6 (Age 7-9)** | **Supplies: Bocce Ball-** Colored nylon or tape (different colors), appropriately sized putting clubs, tees, cones to mark stations, safety hoops, standard golf balls (4 white/4 yellow & 1 Orange/Pink/etc. ball per player) **Supplies: Practice Range-** Cones, safety hoops, water noodles and practice balls |
| **Core Lesson: Using Good Judgment: Making Smart Decisions****Game/Activities: Bocce Ball Putt + Practice Range****First Tee Commitment: Building Positive Identity****Golf Skill Factor of Influence: Aim and Alignment** **Golf Skill Categories:** Putt + Full Swing**Golf Fundamental:** Get Ready to Swing |
| **Bocce Ball Putting:** **Each grid approx. 3 feet wide****Approx. 14 feet****Nylon Tape****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 and Transition to Activity: 5 Minutes**  |
| Coaches will ask questions about making good choices and how important it is to use good judgment. Coaches will ask about the importance of aiming/alignment in golf. Coaches will tease the bocce ball 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 aiming the club and use it on the golf course?
* How did you make good choices while playing the game?
* 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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| **Bocce Ball Putting (18 minutes and Transition)** | **Practice Range (18 minutes and Transition)** |
| **Game/Activity Objective**: Players will use size or length of motion to be successful in the game and build confidence.  | **Game/Activity Objective**: Players will practice making full swing shots and making good choices about their aim/alignment while trying to hit to targets of different distances |
| **Game / Activity Rules:*** Teams will use different color balls/ shaggy balls can be used
* Each pair of players will have 1 orange/green/pink target ball
* Players will also have 4 white & 4 yellow balls
* Players will earn points by getting their ball(s) to finish closer to the target ball

than the other team* Players can hit their own ball or another team’s ball closer or further away

From the target ball* Players get 1 point by winning a round

**Game / Activity Play by Play:*** The class will be divided into pairs and assigned a safety zone
* The Lead Coach will conduct aputting **Lesson Preview**
* Flip a tee/rock paper scissors to determine who hits the first “target” ball
* A player will hit the first **target ball**
* The other player will hit the next putt and try to get their ball as close to the
* **target ball as** possible
* Players will alternate putts until all balls at hit
* The closest ball to the target ball gets a point
* The game can be played for multiple rounds or a time limit
 | **Game/Activity Play by Play:*** Coaches will demonstrate the safety process, the golf skill and the activity
* Players will hit 4 shots and switch on the practice range.
* Players will hit shots toward targets of different distances
* Coaches will encourage players to make good choices about their aim/alignment when hitting shots to targets of different distances
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| **Coaching Tips & Objectives** |
| **Key Commitment Objective:** Coaches will encourage players to make good choices regarding their aim/alignment while playing the game and practicing on the practice range.**Golf Skill Objective:** Coaches will give feedback to players as they play the game/ on the practice range regarding their aim/alignment attempt to hit targets.  | **Coaching Sample Questions:** * How are you aiming the club while playing the game/ practice range?
* How are you making good choices as you play the games/while on the practice range?
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