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| **Lesson Plan #7 (Age 7-9)** | **Supplies: Tees and Greens-** Appropriately sized standard putting/chipping/pitching clubs, standard golf balls, cone tee markers, safety hoops, target (if needed)  **Additional Set Up Details: Tees and Greens -**The activity can be set up on golf holes or an open field. Each hole 50-100 yards. Coaches will try to set up 2 or 3 holes. Each hitting zone will be marked with a different colored cone tee marker as shown below. |
| **Core Lesson: On Your Mark Get Set: Goals**  **Game/Activity: Tees and Greens**  **Factor of Influence: Size and Length of Motion**  First Tee Key Commitment: **Pursuing Goals**  **Golf Skill Category:** Putt, Chip, Pitch  **Golf Fundamental:** Distance Response |
| **Lesson Image(s) or Diagram: Tees and Greens**  **Large= Green Cones/ Medium= Blue Cones/ Small= Red Cones**  **Small**  **(Putt)**  **Medium (Chip)**    **Safety Zone**          **Large**  **(Pitch)** |
| **Warm Up: 10 Minutes** |
| **Red Light/ Green Light**- Classic game where the class lines up approximately 75-100 yards away and attempts to be the first person to tag the coach without being seen by the coach. The coach will say green light and turn their back to the class. As the class moves toward the coach, the coach will then say red light and turn around quickly. Anyone the coach sees that is still moving will be eliminated from the game. The winner is the first player that tags the coach while they have their back turned. Note: The coach will make it clear that their word is final, no negotiation or exceptions if someone is called out for moving. |
| **Lesson Preview: 5 Minutes** |
| Coach will ask questions about the importance of having goals and about hitting shots different distances while playing on the golf course. |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about golf today? * How did you manage the distance you hit your shots today? * What were some goals that you had during the game today? * How can having goals help you in golf and in life? * How can you take what you learned today about having goals and use it away from the First Tee? Home or School? |
| **Tees & Greens: (40 Minutes)** | |
| **Summary**: Players will experience an activity where they will set simple goals and attempt to manage different swing lengths while playing a golf hole or a simulated golf hole. | |
| **Game/Activity Rules:**   * PLAYers will make golf swings that are either small, medium, large as they play a golf hole or simulated golf hole. * 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= Club goes foot to foot (Putt)     - Medium Swing = Club goes knee to knee level (Chip)     - Large Swing= Club goes ear to ear level (Pitch) * 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 pitch swing for the first shot * **Coaches will lead a discussion on setting a simple goal for the activity. It can be whatever positive goal the player wants to have** * **Examples of two simple goals are the following:**   **Total number of putts on each hole**  **How many they will hit on the green from the pitch and chip tees**   * 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 pitch swing (large) * All players will leave the safety zone, make their pitch (large) 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 information found on the Activity Add-On Form to teach additional information | |
| **Coaching Tips & Objectives** | |
| **Coaches Commitment Objective:** Coaches will encourage players to set a simple score-based team goal as they play on the golf course.  **Coaches Golf Objective:** Coaches will give feedback to players regarding their length of motion as they play from multiple tees toward a putting green/ golf hole. | **Sample Coaching Questions:**   * How are you adjusting your distance? How do you know? * Does it help to change your length of swing? Why? * How is your team doing with setting goals? |