



PLAYer Class

Lesson Plan #2 (Session 3)

Core Lesson: Courtesy

- **Core Values:** **Courtesy** – being or acting polite to others.
 - **Etiquette:** Putting Green
 - **Rules of Golf:** Putting Green Rules
 - **Golf Fundamental:** Get Ready to Swing (Hold or Grip, Set-Up, Aim & Alignment)
 - **Homework:** Pages 8-11
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10 minutes

Warm-Up: Rock, Paper, Scissors Baseball Style

Use cones to set up “bases” in the shape of a baseball diamond. Everyone should start at home plate in two lines or teams. Someone from Team 1 will play against someone from Team 2. The winner, runs to first base, and the other participant gets back in line with their team. The next two kids go, the winner runs to first and then battles with the previous winner. The goal is to get all the way around the bases and score a run for your team. The team at the end with the most runs wins.

5 minutes

Introduction to Life Skill and Split into Groups: After completing golf fitness warm-up exercises, coaches *briefly* overview responsibility.

- What does Courtesy mean?
 - Being or acting polite to others. Similar to respect.
 - How do you show courtesy?
 - Hold the door for someone, saying thank you, etc.
 - Who should you show courtesy to?
 - Everyone! Your parents, siblings, coaches, teachers, etc.
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Rules of Golf and Etiquette (to be covered during activity #1):

Etiquette – On the putting green, players should not stand on another player’s line of putt. Players should remain on or close to the green until all other players have finished the hole.

Putting Green – When your ball is on the Putting Green of a hole, you should not touch or press down anything between your ball and the hole except for old ball marks or old hole plugs. The PLAYer should mark the position of his/her ball with something like a small coin until it is his/her time to play. **Rule 16**

Before putting your ball on the Putting Green, the Flagstick needs to be removed. It is best to put the Flagstick off of the Putting Green. **Rule 17-3**

Activity 1: "Battleship Putting"

Duration: 23 minutes

Objectives of Game: Each team will try to sink the ships of the opposing team. Each team needs to putt a ball into the sections of each of the front ships before aiming for the three section battleship.

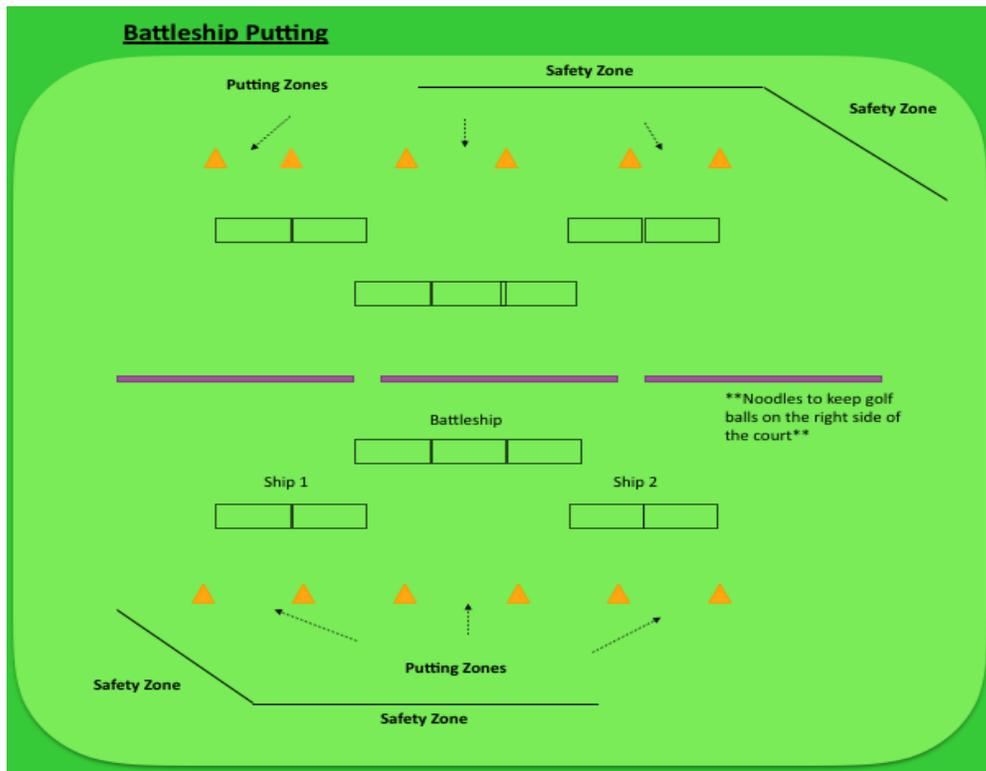
Supplies: cones, putters, golf balls, survey tape and tees

Description of Set-Up: See diagram for set-up help. Use surveyors tape to create the "battleships."

Pre-Game: Divide the group into two equal teams

How to Play:

1. Each team will be assigned one side of the putting green. There will be multiple putting stations on each side but there will still be participants in the safety zone. There are usually three putting stations
2. Each team has an assigned coach to help retrieve the balls and help each team.
 - This is a race to see which team can sink the other team's ships first.
3. Both teams will start at the same time and the first team to sink all three ships is the winner.
 - The teams have to sink the front two ships first before trying to sink the three section battleship.
4. Play multiple rounds if time permits and have the teams switch sides between each round.
5. Make the game harder or easier by making the ships larger or smaller and adjusting the distance from the putting station to the ships.
6. At the end of each round, have participants shake hands and congratulate each other to display courtesy



Coach Notes: Coach Focus should be on Getting Ready to Swing with proper mechanics

- What are some of the things you think about as you Get Ready to Swing?
- What adjustments are you making?
- How can you show courtesy during this game?

Activity #2: Chip-Putt, Best-Worst

Duration: 23 minutes

Objectives of Activity: Work as a team to complete the task of getting up and down around the green.

Supplies: Holes or pins on the green, cones, golf balls, scorecards

Description of Set-Up: Set up a few different up and down shots from off the green. Make sure participants are far enough apart as they will be chipping and then walking up on the green to putt. ****Try to mix up the shots when setting up. Have a downhill chip shot, breaking putts, side hill lie, or something else to keep their interest. Just make sure it is safe and they are not chipping towards another group*****

How to Play: Participants will work together to show sportsmanship and to get a low score in this putting and chipping activity.

1. Participants should rotate shots. The first participant will chip three balls.
2. As a team, the two participants will walk on the green and pick the best shot and the worst shot (only two of the three balls).
3. The partner who has yet to go should then hole out in as few strokes as possible with both balls. They can record the score separately for each ball or combined.
4. Participants should move to the next station and keep their score.
5. At the next station, participants should switch roles. The person who chipped before should now putt, and the person who putted, should now chip.

****Try to mix up the shots when setting up. Have a downhill chip shot, breaking putts, side hill lie, or something else to keep the interested. Just make sure it is safe and that they are not chipping towards another group*****



Coach Notes: Coach Focus should be on Get Ready to Swing and Courtesy

- What did you do well with regard to GRTS?
- What was challenging about this activity for you?
- What did you discover when you changed roles? What about changing things in your grip, stance, aim, or alignment?
- How were you able to display courtesy? (By rotating turns and working together)

Activity 3: Driving Range Full Swing (Parts of the club)

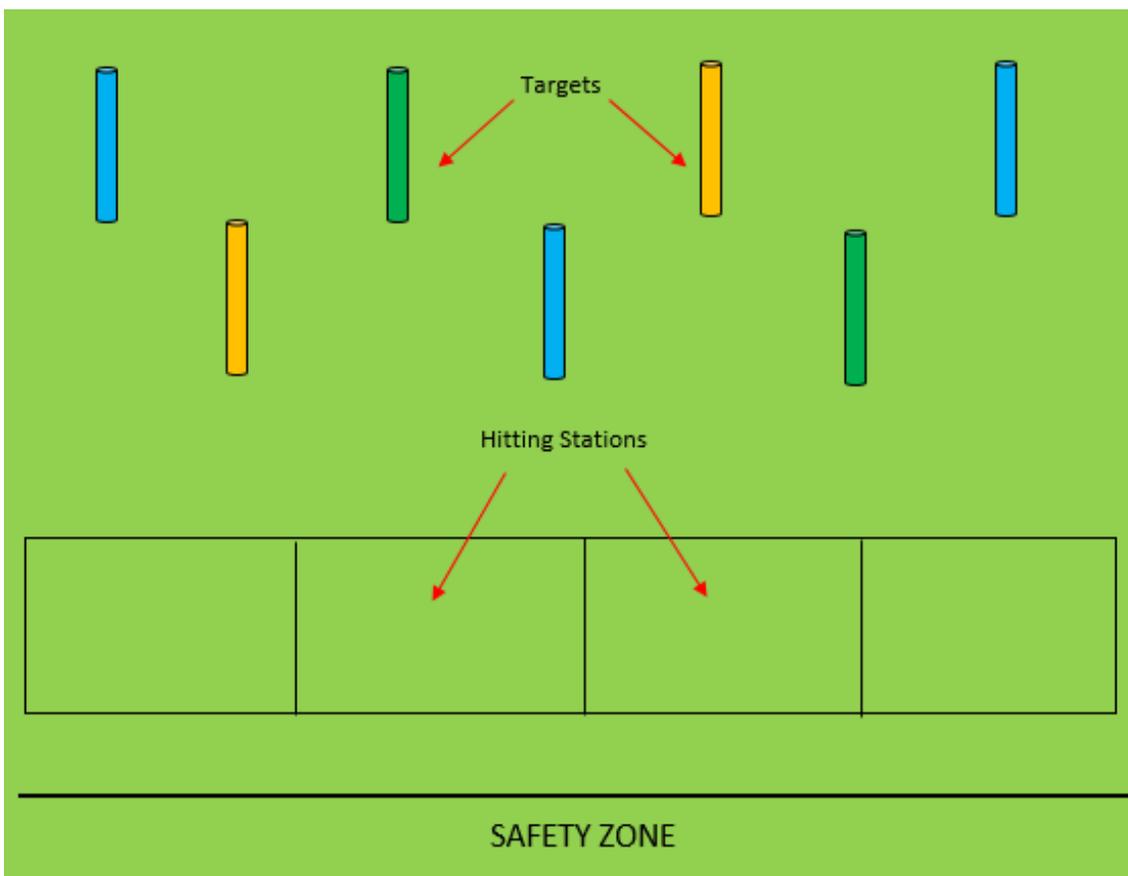
Duration: 23 minutes

Objectives of Activity: To hit to targets on the driving range and demonstrate a full swing with a driver.

Supplies: cones, tour sticks, noodles, golf balls, hula hoops and anything else that can be used as a target.

Description of Set-Up: Set up on the driving range or tee box. Set up 4- 6 hitting zones using cones as tee markers. *Use the diagram below to help guide your set-up.*

How to Play: Split participants into groups of 2 or 3. Before beginning, the coach leading this station will go over the parts of the clubs – Grip, Sole, Heel, Face, Shaft, Toe, Club Head and Hosel (page 14 in their yardage books). The coach will also go over the different types of clubs, their loft and when they are typically used on the golf course. Once finished each group should be assigned a hitting station. Players will hit to the noodles and hula hoop targets set up in the driving range.



Coach Notes: Coach Focus should be on Get Ready to Swing and Courtesy

- What parts of the clubs can you remember?

- What are you doing well with regards to get ready to swing?
 - What is the difference between aim and alignment? (You align your body and aim your clubface)
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5 minutes

Bridge to Life: Use the following questions to help participants apply their “on-course” work to their “off-course” activities and experiences.

1. What are the components of Get Ready to Swing, and how did you use them today?
2. What are some examples of putting green etiquette? Why are they important?
3. What are the parts of the clubs?
4. How did you display courtesy in class today throughout the activities?
5. How can you display courtesy at home? At school?
6. **HOMEWORK: Assign 8-11 in the book for homework.**
7. To end the class, have everyone put their hands in for a “The First Tee” cheer (or whisper if the facility is busy) before dismissing class.

*****PRINT OUT FOR CHIPPING ACTIVITY ON NEXT PAGE*****

