



## COACH:

### EQUIPMENT

Cones, noodles, alignment sticks, hula hoops, flagging tape, tees, golf balls.

### WARM-UP

Frankenstein Legs x20  
Mountain Climbers x20  
Side Lunges x20

### HEALTHY HABIT

**Energy:** This Healthy Habit is crucial to participating in any kind of activity. Drink lots of water, get plenty of sleep and eat healthy foods to help you get the most Energy you can!

### RULES, ETIQUETTE, DEFINITIONS

**Rule 1.1:** Golf is played by striking a ball with a club from a teeing area until it is holed out on a putting green.

**Rule 1.2:** Players are expected to act with integrity, be considerate of others, and take care of the course.

**Rule 1.3:** Players are expected to follow the rules and be honest when they have breached a rule.

**Rule 3.3a,b,c:** In Stroke Play, the player with the least amount of strokes is the winner. Players should confirm their scores with the marker at the end of each hole and after the round. You must finish each hole or be disqualified from competition.

**Etiquette:** Please show respect for our surroundings and others by always making sure to walk on the putting green, minding our clubhead, and keeping our feet away from the holes.

## LIFE SKILLS OBJECTIVES

**#1 Showing Respect** - To be nice and kind in one's actions.

**Code of Conduct** - Respect Yourself, Respect Others, and Respect Your Surroundings

## GOLF SKILLS

### Putting, Chipping and Full Swing

## GOLF FUNDAMENTALS AND FACTORS OF INFLUENCE

### Distance Response

The distance from a target area helps us determine what type of swing we want to make.

### Size or Length of Motion. Cues: Y-Chip-Y Y-Putt-Y

Selecting a target is important to the aiming process but the target is not always the flagstick or hole. Sometimes it may be a blade of grass, a tree, or a far-off building. Regardless, the target should always be visible while taking your stance.

## PUTTING GREEN – 21 PUTTING

Create a set of four lines on the putting green using survey tape or rope. Set up hitting stations about 5' from the first line. The space between the first two lines should be about 2'-3'; the space between each section should get progressively closer together with the last set of lines being about 1' apart. The closest section to the participants is worth 1 point, the second section worth 3 points and the farthest section worth 5 points. (You can add an even farther, smaller section worth 7 points for an extra challenge) The goal is for participants to putt to 21 points. If they 'bust' they must start back at 13 points. Introduce the putter and parts of the club. Participants will then learn Y-Putt-Y and how to determine the length or speed of swing to determine the distance their ball travels on the putting green using a putter.

## CHIPPING GREEN – LEAPFROG CHIPPING

Set up hitting stations about 3'-5' from the edge of the green. Create a set of five lines on the chipping green using survey tape or rope. The first section should start about 7'-10' from the edge of the green across from hitting stations. Subsequent lines should be evenly spaced 3'-4' apart. The goal is for participants to chip until they make it in the closest section before moving on to the next farthest section – "leapfrogging" the previous sections. They can then start from the farthest section and work their way closer to them in the same format. Introduce an iron and parts of the club. Participants will learn Y-Chip-Y and how to determine the length of swing or swing speed to determine the distance their ball travels with a chip swing using an iron.

## DRIVING RANGE – FOOTBALL GOLF

Set up hitting stations with dividers on the range. Like how a football field is set up, create four subsequent sections 10 yards apart marked by rope and/or noodles on the sides to mark the division of each section. At the far end of the setup, use two noodles to create a "field goal". Just like football, participants will adjust the length of their swing to hit to the closest section as the 1st down, next farthest is the 2nd down and so forth until they complete all four downs for a touchdown. They can then hit a full swing through the field goal. Have participants work as a team or individuals to get as many touchdowns/field goals as they can.

## WRAP-UP

Review the Code of Conduct. How did participants show respect during class? How do you show respect for the putting green? How do you show respect at home or in school? Why is respect important? Review Y-Putt-Y and Y-Chip-Y. How do we can change the distance our ball travels?

***These are guiding questions to help get the conversation started. You can make-up whatever questions you would like!***

## **GOOD - BETTER – HOW:**

What was good about the lesson?

- 1)
- 2)
- 3)

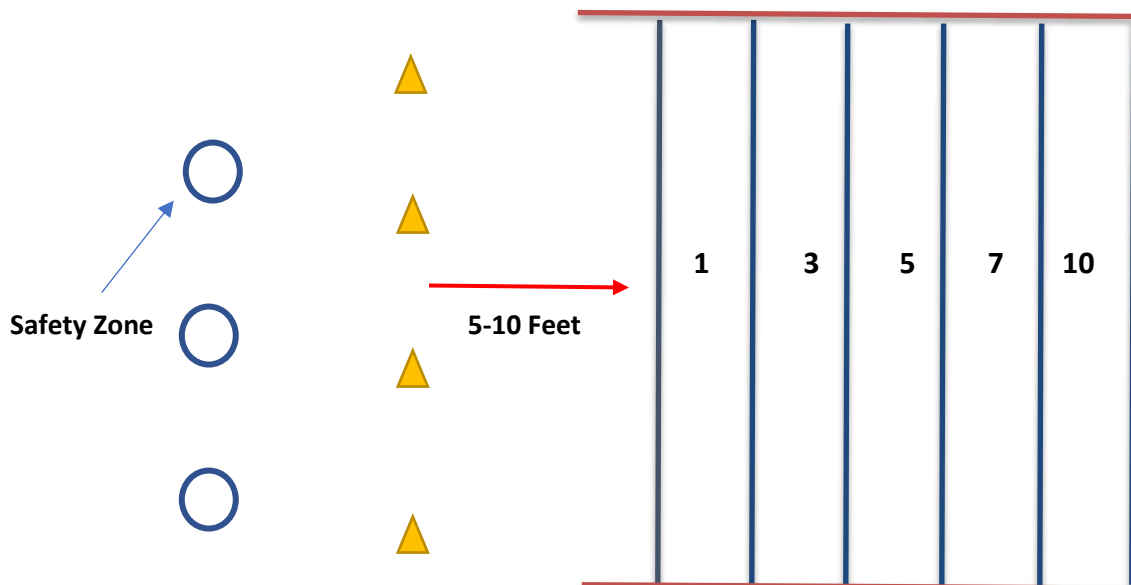
What could be better?

- 1)

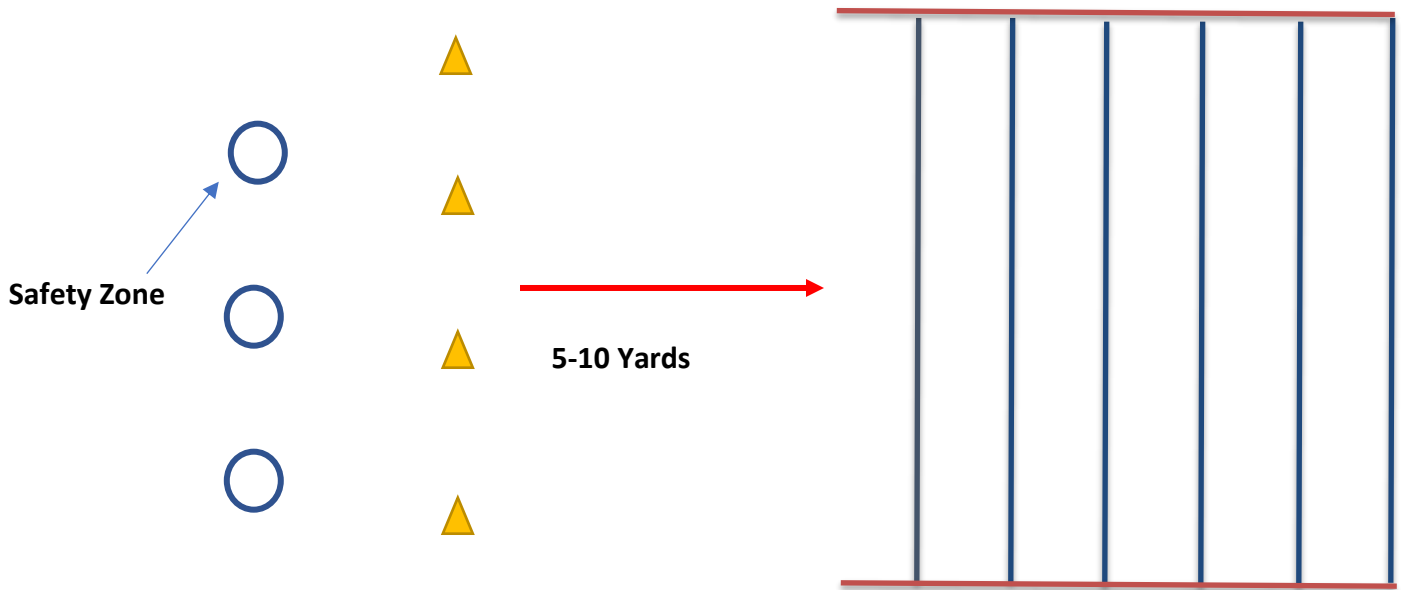
How?

- 1)

## 21 Putting



## Leap Frog Chipping



## Football Golf

