



COACH

WARM-UP

Knee-to-Opposite Elbow 10x/side
Skaters 20x
Balance Challenge

HEALTHY HABIT

Play: Play is important to keeping a healthy body and mind and comes in many different forms!

RULES, ETIQUETTE, DEFINITIONS

Rule 5.5: Cannot practice during a round or between holes, except if you putt or chip on the green of the hole that you just completed without delaying play.

Rule 5.6: Players are expected to play at a Prompt Pace of Play and delaying play will result in a penalty.

Rule 6.1: Hole begins with your first stroke made. Ball must be played from within the teeing area. 2 penalty strokes for a breach of rule.

Rule 6.2: Your ball is within the teeing area if any part of the ball touches or is above the teeing area.

Rule 6.3a: Must hole out with the same ball you teed off with unless you had to take relief with another ball.

Rule 6.4b: The person with the lowest score on the previous hole hits first off the following tee (honors golf). The person whose ball is farthest from the hole hits first during play of a hole. Ready golf should persist when possible to assist in Prompt Pace of Play.

ETIQUETTE: Remaining quiet while others are hitting shows Courtesy on the course.

LIFE SKILLS OBJECTIVES

#2 Courtesy Towards Others - Being or acting polite to others.

GOLF SKILLS OBJECTIVES • FACTORS OF INFLUENCE

Target Awareness

Having a target is essential to making a good shot! We must have a target to gauge each shot and assist with setup.

Target Selection / See the Target

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 – THROUGH THE GATES

Coach will set up a 3 – hole putting course on the green. Each hole will have 3 tees (or cones) set out in a triangle around the hole. 2 tees in front of the hole and one directly behind. Participants will have to carefully aim to get their ball to roll between the gates (two tees) set up in front of the hole and stop them before the last tee. If the participant putts through the gates (first two tees) it is worth 1-point, an additional 2-points if the ball stops before the last washer, and an additional 3- points if the ball falls in the hole (for a total of 6 points if they hole out in 1-stroke). Participants should apply target awareness skills by establishing aiming points on putts that break. Participants should adjust their stance depending on their target for each putt.

CHIPPING GREEN – BATTLESHIP

Coach should set up a 'battleship' shape on the chipping green using duct tape, survey tape, etc. Create different sections within the battleship. The hitting bays can be separated into two teams marked by half of the bays with white golf balls and the other half with colored golf balls or play as one team. Instruct PLAYers that they will need to get a set number of golf balls into each section of the battleship appropriate to the class skill level. Class or team will 'sink' the battleship when the number of golf balls needed in each section is reached. Connect target awareness to changes in targets depending on what sections need balls to sink the ship.

DRIVING RANGE – NOODLE BOWLING

Three noodles will be set up in the arrangement of bowling pins – one in front, two on the sides and slightly behind – about 10-15 yards in front of each hitting station. Participants will attempt to hit a half or full swing at the "bowling pins". Participants earn 100 points if they hit or fly over the front noodle, 50 points if they hit between or over the two noodles on the side, and 0 points for an offline shot. Play to 1000 points or an appropriate number to the class skill level. PLAYers should choose a target slightly in front of their ball but in line with the noodles to help them aim.

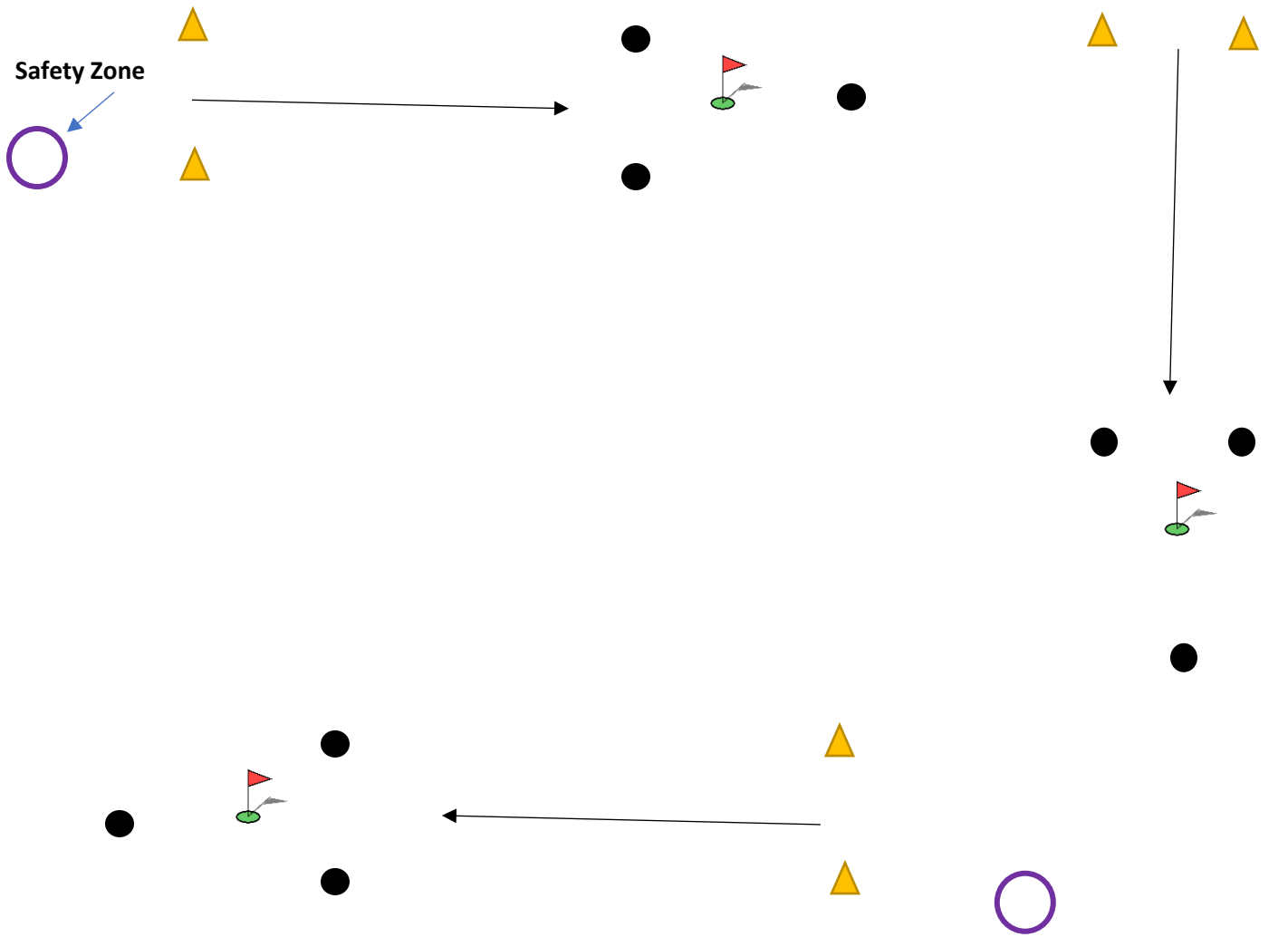
WRAP-UP/Bridge to Life

What are some ways that we used Courtesy during class? What are some ways you can use Courtesy outside of class? Why is the Healthy Habit of Play important? What are some other ways you like to play? Why is it important that we choose a target before each shot? What are some options that you can use as a target?

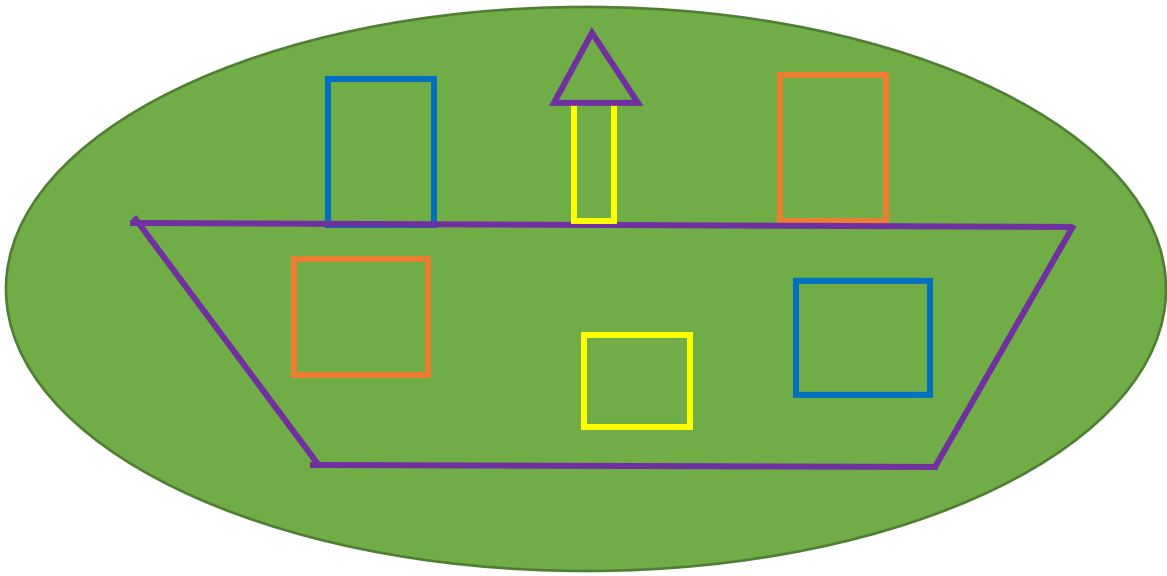
GOOD-BETTER-HOW

3 Good, 1 Better, 1 How?

Through the Gates – Putting



Battleship Chipping



Safety Zone



Noodle Bowling

