



COACH

EQUIPMENT

Cones, Hula Hoops, flagging tape, tees, golf balls, dice, random balls (footballs, soccer balls, tennis balls)

WARM-UP

PLAYer's Choice

Ski Jumps – 30 sec

Standing Yoga Poses

HEALTHY HABIT

Energy: We need Energy to fuel our everyday activities! We can give our bodies the best Energy by getting plenty of sleep, staying hydrated, and eating lots of healthy foods!

RULES, ETIQUETTE, DEFINITIONS

Rule 7.3: If you cannot identify your ball as it lies, you may lift the ball to identify it after marking it and after identifying the ball, it must be replaced as it was and not cleaned more than necessary. 2- stroke penalty for breach of rule.

Rule 8.1: You cannot bend or break anything attached, move a loose impediment into position, alter the surface of the ground, remove dew, frost or water, or remove/press down soil or sand to improve your lie. You can reasonably search for your ball, remove loose impediments, mark, and lift your ball if reasonable, ground your club lightly behind or in front of your ball (except in bunker), reasonably and firmly take your stance to affect conditions of your ball.

Rule 9.1: Ball must be played as it lies. If it moves during your backswing the ball must not be replaced but played as it lies, and penalty strokes could apply (see 9.4b). Breach of rule is a 2- stroke penalty.

LIFE SKILLS OBJECTIVES

#3 Responsibility for the Course - It is up to you! You are the one that yourself and others depend on to make it happen!

GOLF SKILLS OBJECTIVES • FACTORS OF INFLUENCE

Get Ready to Swing - A proper setup can make all the difference in getting the ball to go where you want it and making a solid shot.

Hold / Setup / Aim and Alignment - PLAYers should experiment with types of grips including 10-finger, overlap, and interlocking grips, as well as finding a comfortable stance. Adjusting the clubface at setup and making sure that feet, hips, and shoulders are in line should be emphasized.

MINI GOLF COURSE

Coach will set up a 3- hole mini golf course. Participants will either play as a group for this activity, or if participants are experienced, you can have them partner up and assign each two-some to a different hole. Participants will choose from an assortment of balls (tennis balls, soccer balls, footballs) to use as their "golf ball". They will start at the tee box (cones) and throw their ball toward the hole (hula hoop). Participants will learn who goes first after the tee shot (person farthest from the hole goes first). You can have them keep their score and introduce pace of play.

PUTTING GREEN – 1,2,3 PUTTING

Set up a 6 or 9-hole putting course which has an equal number of short, medium, and long putts. For the first round, participants should putt only one stroke on each hole to see if they can make it. After one stroke they should pick up and move on to the next hole. The second round the participants get two strokes: the third round, three strokes. Each hole can be considered a Par 3 and coaches can use this game to help explain the terms par, birdie, bogey, and eagle, and keeping score.

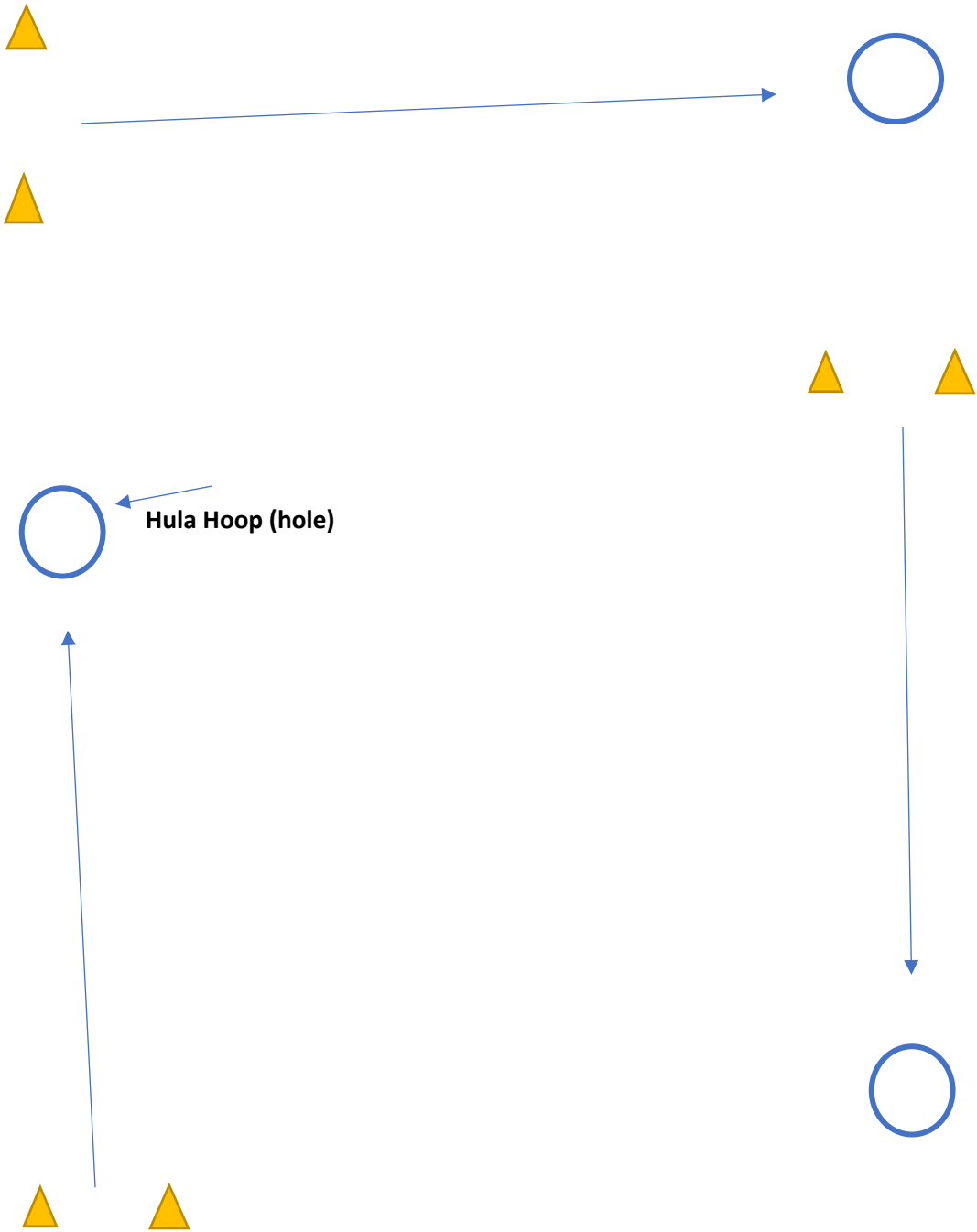
CHIPPING GREEN – LEFT, RIGHT, CENTER

Use survey tape to create three distinct target areas: one on the far left, one in the center, and one on the far right. Assign numbers to the target areas that correspond to numbers on a dice (Ex: numbers 1 and 2 indicated class will aim for the far-left target). The coach can toss the dice themselves or assign a different "dice tosser" each time to determine what target the class will aim for each turn. Teams/individuals can earn points by stopping their ball in the target area. Coaches can adjust difficulty of the game by making the target areas smaller or larger, or creating six targets that correspond to each number on the dice.

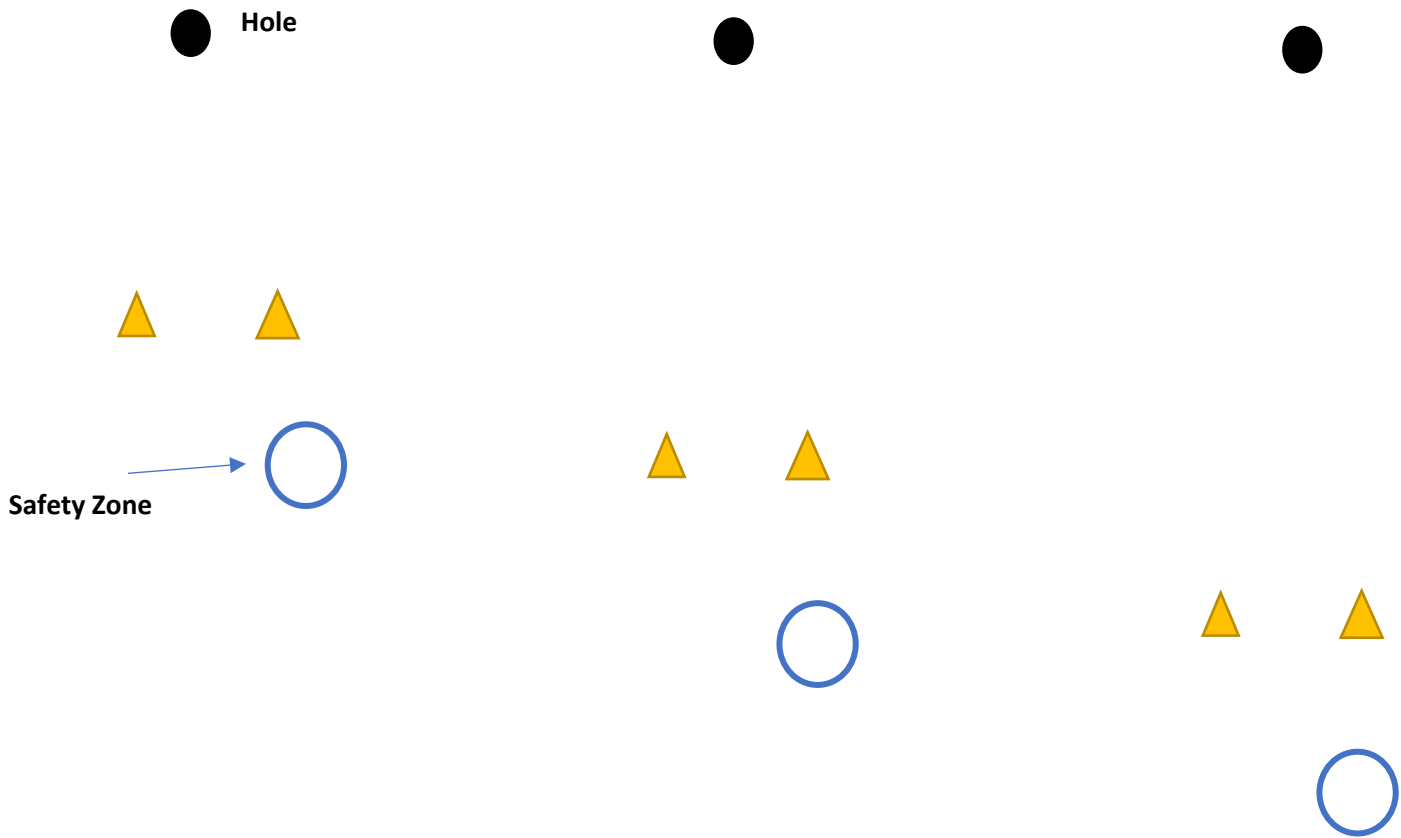
WRAP-UP

In what ways did we use Responsibility in class today? What are some responsibilities you have at home or school? Who is responsible for knowing the rules and keeping score? What are some ways that you can give your body good Energy? Why is a good setup so important before you swing?

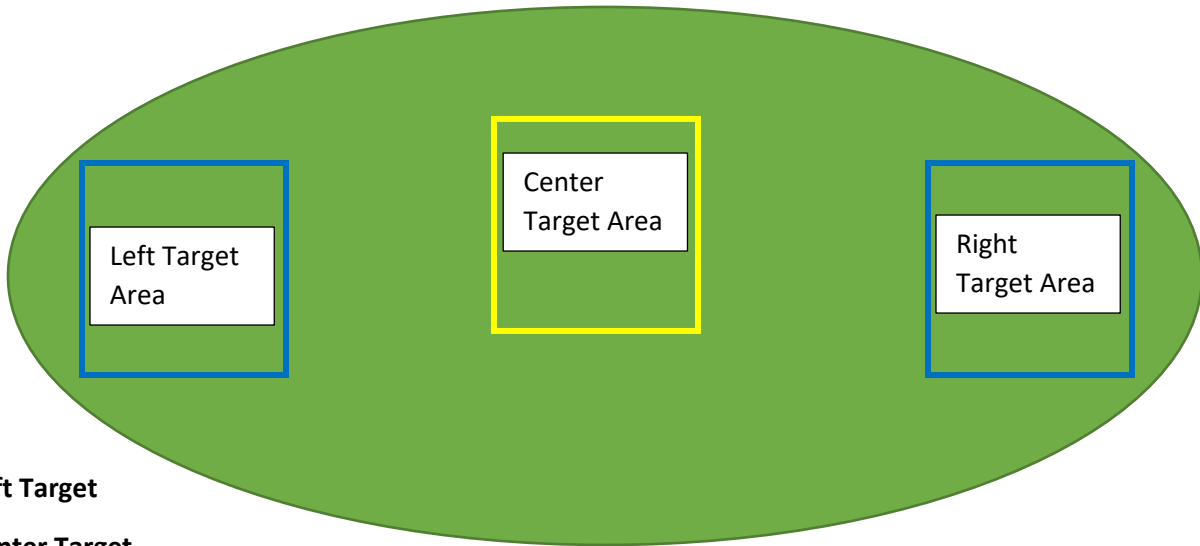
Mini Golf Course



Putting 1,2,3



Left-Right-Center Chipping



1 or 2 = Left Target

3 or 4 = Center Target

5 or 6 = Right Target

*If using 6 targets, each

Number is assigned a target.

