



## COACH

### EQUIPMENT

Flagging tape, tees, golf balls, colored golf balls, noodles, alignment sticks, tennis balls, cones, hula hoops.

### 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 14.3: When dropping in a relief area, you may use the original ball or another ball. The ball must be dropped the right way: must be released from knee height and not released in any way that might affect where the ball may come to rest (cannot spin, throw, or roll the ball). The ball must come to rest in the relief area or be redropped (if the ball lands outside the relief area after the second attempt then it may be placed on the spot which it first dropped in the relief area). If the ball is dropped in the right way but is deliberately deflected or stopped by a person, a 2-stroke penalty is incurred on that person.

## LIFE SKILLS OBJECTIVES

**#6 Developing Confidence** A feeling of “I can do it!”

## 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 – TIC-TAC-TOE

Set up a 9 square grid using flagging tape and tees. Place tee markers (cones) on either side of the grid. Participants will be divided into two teams. Each team will have their own set of colored balls (i.e., blue and white). Play rock, paper, scissors, or some game to decide which team gets to go first. One participant will try and putt their ball into one of the squares. If they miss the grid completely, they must go pick up their ball and return to their team. If they make a square, it is the other teams turn to putt. The first team to get 3 in a row is the winner! Can play any variation i.e., blackout, 4 corners etc.

### BOCCE BALL CHIPPING

Set up a bocce ball court using flagging tape. Place cones in a single line in front of court to use as tee markers. Participants can work as a team or individuals during this game. Again, using different colored balls for each team or individual. Use a tennis ball as the “bocce ball” and have a participant or coach throw the ball into the court. Participants will chip 3-5 balls per team. The goal is to be the team to get closest to the bocce ball. Whatever team is closest gets 3 points, 2<sup>nd</sup> closest 2 points and 3<sup>rd</sup> closest get one point. Play to 21 or whatever coach chooses.

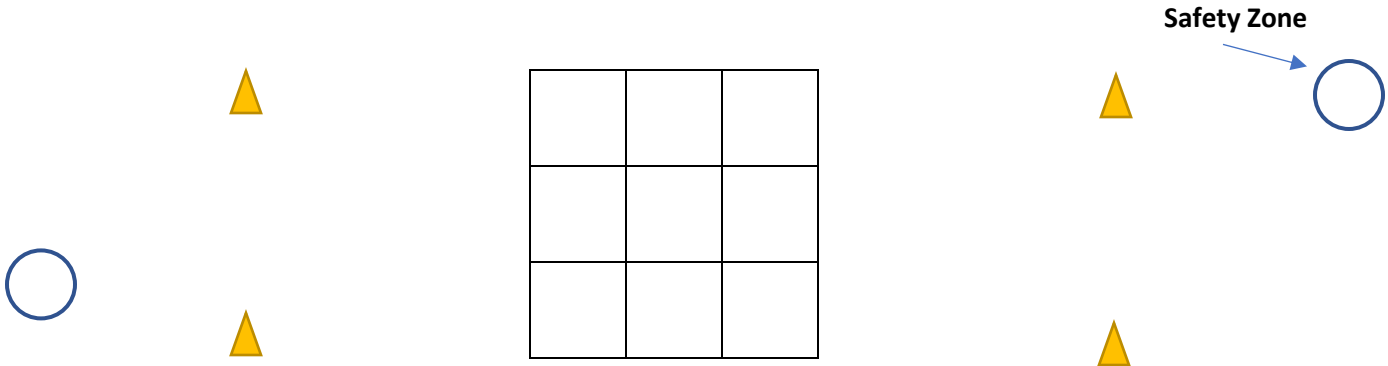
### DRIVING RANGE – NOODLE BOWLING

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

What is something that you feel Confident about today, golf or otherwise? What is something that you did not have much Confidence in but are Confident about now? How can we grow our Confidence in something? How can selecting a target help us feel more Confident about a shot? How can having Energy help us feel more Confident?

## PUTT TIC – TAC – TOE

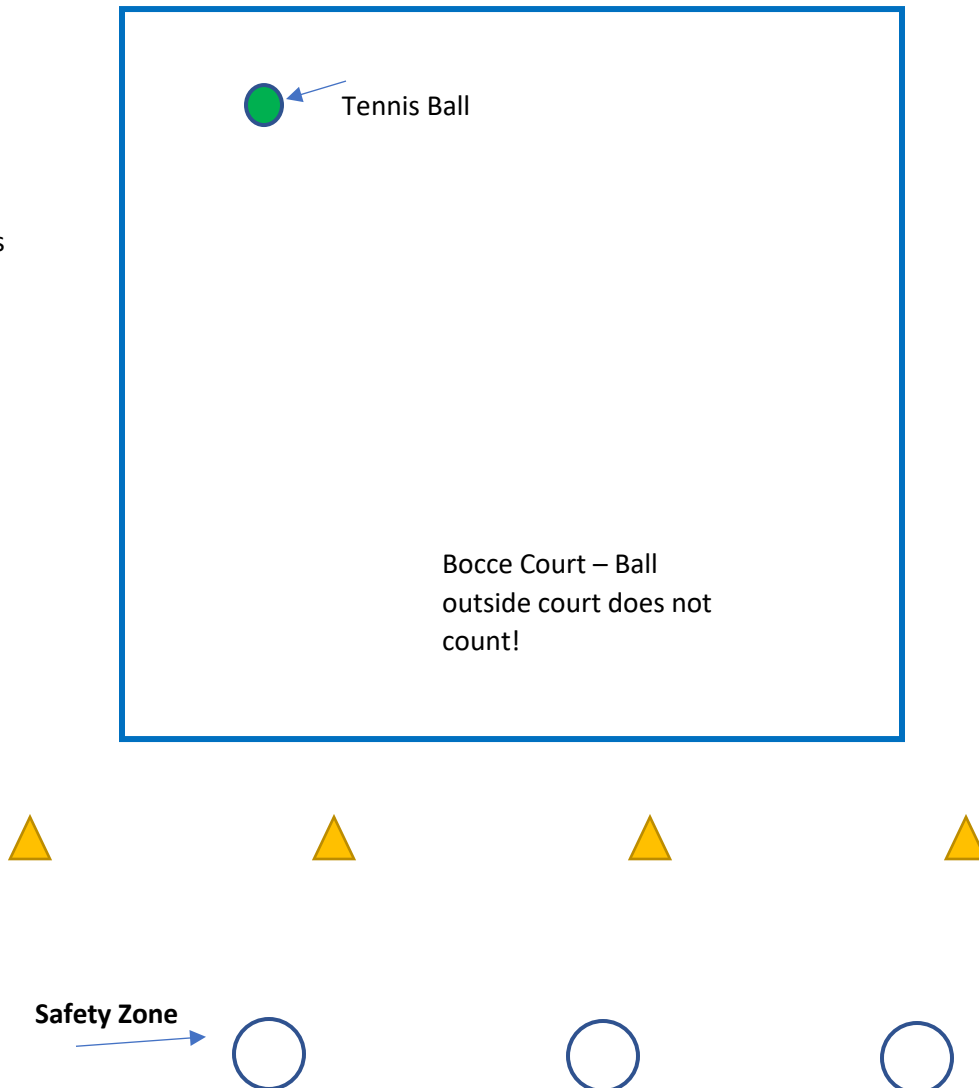


\*Distance from cones to grid depends on skill level. Can start from 5 feet and move cones back a couple feet for teach round.

## Bocce Ball Chipping

### Equipment

Tennis ball  
Flagging tape  
Cones  
Colored golf balls  
Hula hoops  
Tees



# NOODLE BOWLING

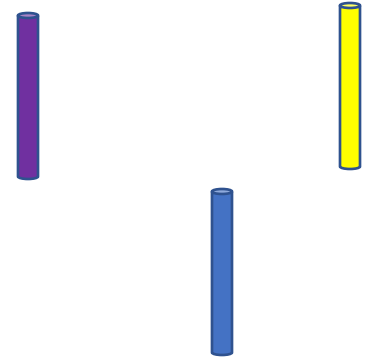
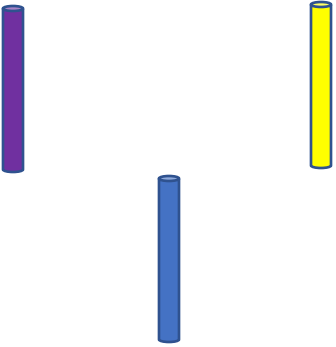
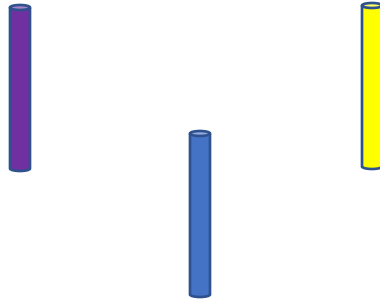
Hit the front noodle (20 pts)

Hit between the noodles (10 pts)

Off line shot (0 pts)

Play to 100!

Can also change point values.



Safety Zone

