



COACH

EQUIPMENT

Cones, Noodles, rope, tees, golf balls, flagging tape.

WARM-UP

Ball Balance on Top of Tee
Standing Stretches
Ski Jumps 15x
Planks 30 sec x 3

HEALTHY HABIT

Play: Being active each day can help us keep a healthy mind and body. There are endless ways to Play to keep us active. What are some ways that you like to Play?

RULES, ETIQUETTE, DEFINITIONS

Review Rules from Weeks 1-3:
Fundamentals of the Game
Playing the Round and a Hole Playing the Ball

LIFE SKILLS OBJECTIVES

#8 Playing with Perseverance - To keep going no matter what.

GOLF SKILLS OBJECTIVES • FACTORS OF INFLUENCE

Distance Response Knowing the distance to your target is important in deciding club choice as well as the type and length of swing a player chooses to use.

Size or Length of Motion / Y-Putt-Y / Y-Chip-Y We must adjust the length of our swings depending on our choice of club. Remember Y-Putt-Y and Y-Chip-Y to help make solid strokes.

DRIVING RANGE – ELEPHANT WALK

Coaches will use rope lines to set up 3 to 4 subsequent sections on the driving range. Coaches can use noodles to mark the ends of each rope to better define the sections. Participants will tee up 3 to 5 balls in a line at each station during their turn. The coach will first demonstrate the station before asking participants to begin. Tip: With beginners, it may be wise to start with 2 balls and small swings before working into larger swings. Each player will try to hit the line of balls moving by stepping and swinging in a continuous motion to emphasize rhythm and adjusting the length of swing to progress each ball farther down the range from closest to farthest section.

CHIPPING OUT OF THE SAND

PLAYers will get to experience hitting out of the sand. Before participants get to hit a ball out of the sand, have them draw a face in the sand and attempt to “erase the face”. Once each person has had a change to erase the face, introduce the ball. If participants are ready, you can have them do the “Super Challenge” where they try to hit out of the sand without “grounding” their club. Can use almost golf balls, or real ones. Be sure to go over safety protocols prior to starting.

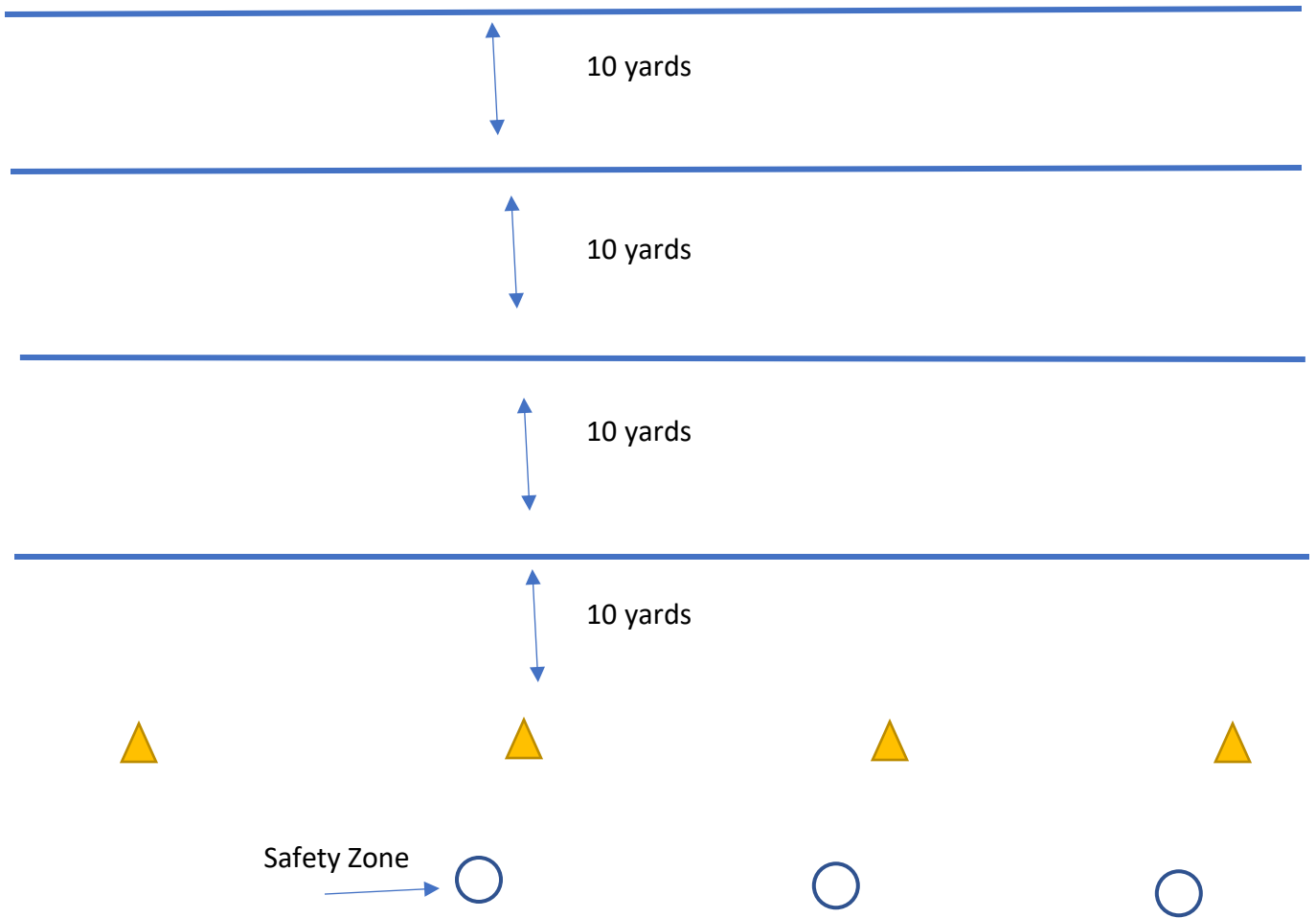
PUTTING GREEN – AROUND THE WORLD

Version A: Set cones at 2', 4', and 6' from the hole on four different sides. PLAYers will start at the 2ft putt and work their way around the hole. They must make all 2 ft putts before moving on to the 4 ft putt. If they miss, it is their partners turn. The PLAYer can resume from where they missed their last putt.

WRAP-UP

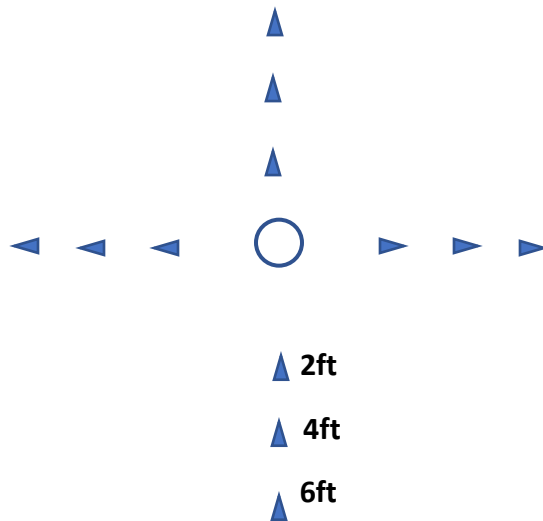
What kind of challenges did we run into today? How did we use Perseverance to overcome those challenges? Where can we use Perseverance outside of golf such as at home, school, or other sports? Why is Play so important to a healthy lifestyle?

Elephant Walk

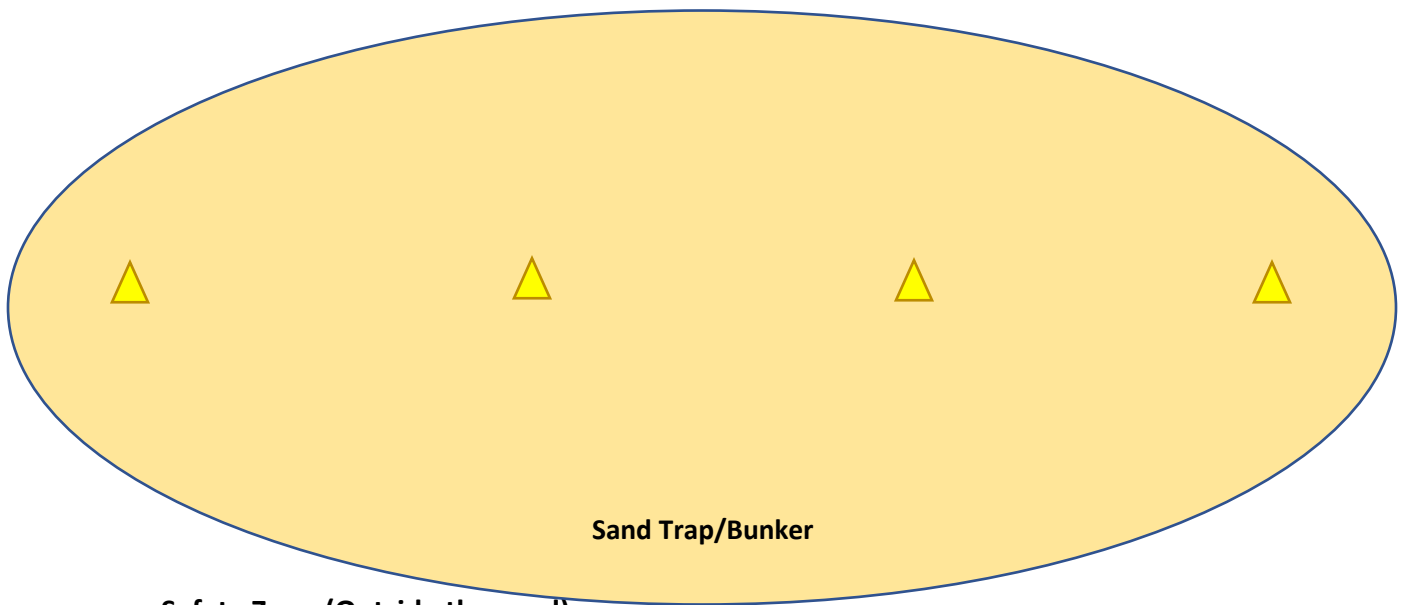


****Participants will tee up 2-3 balls in a line. The goal is to keep a consistent rhythm with their swing and try and hit each ball a little further than the next landing in the designated zones.**

Around the World Putting



Erase the Face! Hitting from the Sand



Safety Zone (Outside the sand)

