



COACH

EQUIPMENT

Cones, noodles, alignment sticks
Flagging tape, tees, golf balls

WARM-UP

PLAYer's Choice
High Knees 20x
Lunges 10x

HEALTHY HABIT

Energy: We need Energy for our everyday activities! Getting plenty of sleep, drinking lots of water, and eating healthy are ways that we can get good Energy!

RULES, ETIQUETTE, DEFINITIONS

Review Rules from Weeks 4-6:
Bunkers and Putting Greens
Lifting and Returning a Ball to Play
Penalty Relief

LIFE SKILLS OBJECTIVES

#9 Living with Integrity - Knowing the difference between right and wrong; doing the right thing even when no one is watching.

GOLF SKILLS OBJECTIVES • FACTORS OF INFLUENCE

Target Awareness Knowing your target is key to not only knowing where to aim, but also being able to judge the outcome of each shot.

Target Selection / See the Target Choosing a target helps us determine an aiming point and may not always be the flagstick or hole. We may not always be able to see the hole from our position so sometimes our targets might be a tree, distant house, or another object we can see from our position.

SHARKS AND MINNOWS -PUTTING

Participants all start with a colored golf ball and pick a starting point inside the ocean. (designated area made of marking tape) A coach will start as the great white shark (white golf ball) in a designated box outside the ocean. Coach says, "Minnows swim away!" Players then hit one putt (must be length of putter grip) anywhere inside the ocean. Minnows all step out and then the shark gets a putt. Keep repeating the process. Goal of game is to be last minnow in the ocean. The shark putts from wherever their ball lands. Ways to get out: 1. Shark hits a minnow 2. Minnow putts outside the ocean 3. Minnow putts into the "black hole" (golf hole).

CHIPPING GREEN – TIC-TAC-TOE

Using rope, string, or survey tape, create a large tic-tac-toe board on the chipping green (can adjust size of board or the location of chipping stations based on class skill level). Tip: Create a border around the tic-tac-toe board to eliminate any questions of the ball being in the square or not. This game is best played with two teams and different colored balls; however, it can also be played with a single color of balls and all participants working together to achieve three-in-a-row. Coach can also play other variations such as 4-corners or blackout.

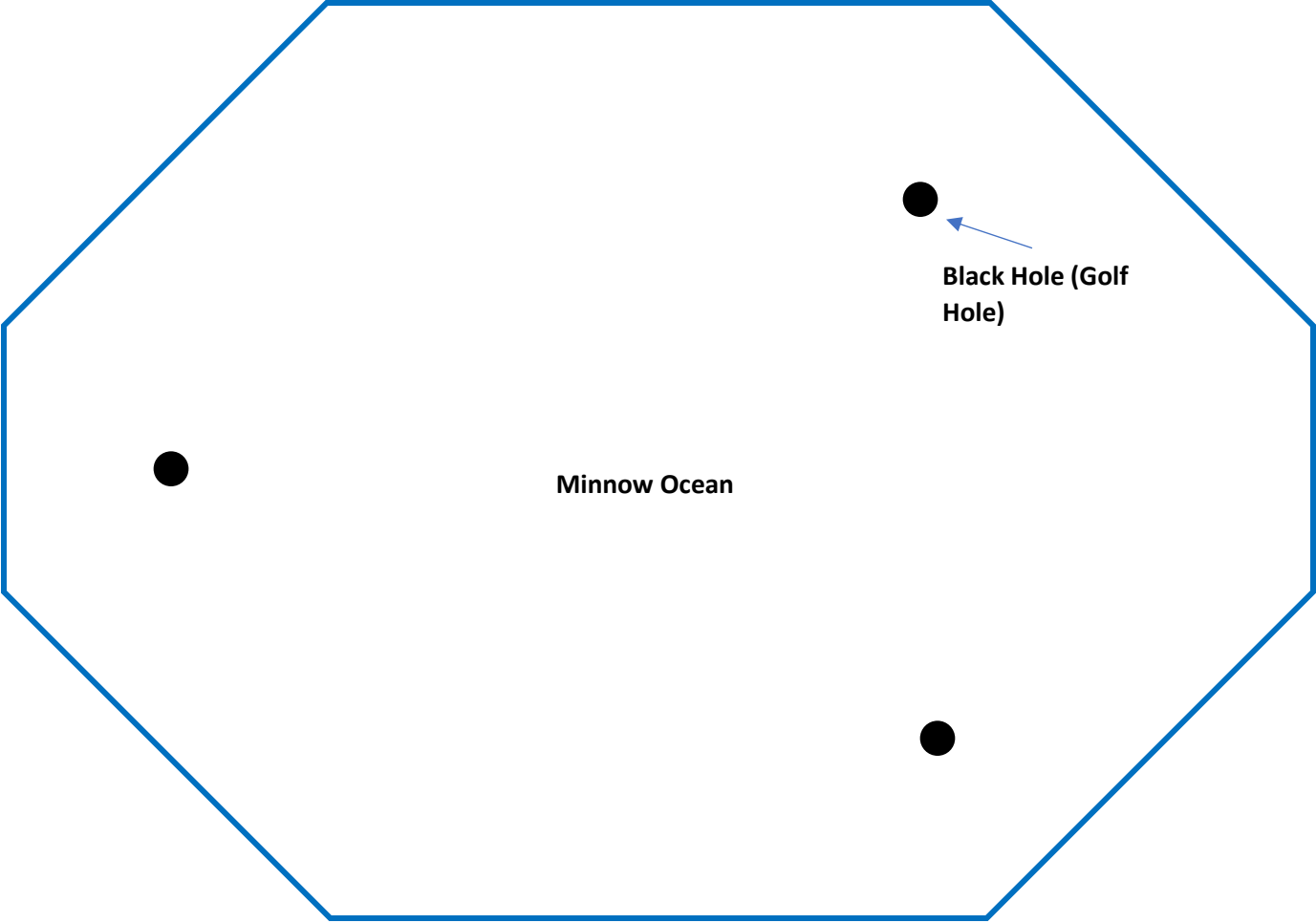
DRIVING RANGE – NOODLE BOWLING

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

How did we use Integrity today in our activities? Where have you used Integrity outside of golf, maybe at home or school? Why is picking out a target so important before every shot? Is our target always the flagstick or hole? Why? What can we do to give us the best Energy every day?

Sharks and Minnows



Chip – Tic- Tac -Toe

