

The First Tee of Fort Worth

Lesson Plan



Class/Week: Player Week 5 **Coach:**

Grid Locations: Putt/Chip/Range **Core Lesson:** #6, Developing Confidence

Core Values: Confidence - a sense of I can do it or I am able to do something.

Players learn that Confidence is a reliance or trust in one's abilities, a feeling of self-assurance

Healthy Habit(s): **Play**-A variety of energizing play can help the body stay strong, lean and fit, and be fun in the process. Sleep and other forms of "re-charge" allow one to engage in play on a daily basis.

Before Class Starts (5 min): Welcome and ask if anyone remembers the two core values from last week. (Honesty and Sportsmanship) Did anyone have a chance to use either of these values during the week? Introduce confidence as a life skill. Ask if anyone knows how to ride a bike, scooter, or skateboard, were they very confident in their ability the first day they tried? Anyone play an instrument? same thing.

Warm Up Activities(5-10 min): **Strength – 20 Jumping jacks** **Flexibility and Mobility - Trunk twists, arm circles, stretching reach high** **Agility and Coordination – Run in place for 20 seconds** **Balance and Object control - while balancing on one leg at a time, tossing tennis balls to the target (different colored noodle) that the coach says.**

Flow of Class: Point out greenside bunker, rake, why we use a rake, where to get in and out of bunker (all page 25 questions)

Life Skill Objectives: Developing Confidence – Players learn that Confidence is a reliance or trust in one's abilities, a feeling of self-assurance. Players increase their confidence by focusing on something they are doing well. Players exhibit confidence by identifying something they are doing well and maintaining a positive attitude regardless of how they are playing.

Golf Skill Objectives and Factors of Influence: Target Awareness / Target Selection / See the Target. Players learn to focus on the target and ways to alter the aim and direction of their intended shot with a full or less than full swing. Players learn to develop awareness and feel for the placement of the target for short shots and putts. Players learn to see the target by standing behind their ball and finding their intended target line for every shot. "Every great golf shot starts from behind the ball."

Golf Activies (60 minutes) - Based on your grid location you will do 2 of the activities listed below. Each activity should be about 30 minutes long. Try to get the participants into the activities as quick as possible after the warmup. You can stop the class occasionally to give them golf skills tips (putting, chipping, and full-swing depending on the activities) During these activities you may have chances to simulate discussion based on the etiquette and rules you would like to discuss during the class)

Golf Skill Activities Diagrams: Putt- [Through the Gates](#) Chip - [Battleship](#) Range - [Angry Birds](#) Please make sure to familiarize yourself with these games before class.

Golf Skill Activities Videos: Putt- [Through the Gates](#) Chip - [Battleship](#) Range - [Angry Birds](#) Please make sure to familiarize yourself with these games before class.

Etiquette, Definitions, Rules: Care of the Course Bunkers- Before leaving a bunker, players should carefully fill up and smooth over all holes and footprints made by them and any nearby made by others. If a rake is within reasonable proximity of the bunker, the rake be used for this purpose. **Repair of Divots, Ball-Marks and Damage by Shoes-**Players should carefully repair any divot holes made by them and any damage to the putting green made by the impact of a ball (whether or not made by the player himself). On completion of the hole by all players in the group, damage to the putting green caused by golf shoes should be repaired. **Preventing Unnecessary Damage-** Players should avoid causing damage to the course by removing divots when taking practice swings or by hitting the head of a club into the ground, whether in anger or for any other reason. Players should ensure that no damage is done to the putting green when putting down bags or the flagstick. In order to avoid damaging the hole, players and caddies should not stand too close to the hole and should take care during the handling of the flagstick and the removal of a ball from the hole. The head of a club should not be used to remove a ball from the hole. Players should not lean on their clubs when on the putting green, particularly when removing the ball from the hole. The flagstick should be properly replaced in the hole before the players leave the putting green./ **Playing the Ball / Rule 7-2** The responsibility for playing the proper ball rests on the player. You may identify your ball by seeing it come to rest or seeing your identifying mark on the ball. Each player should put an identification mark on his ball. **Rule 7-3** A player may lift ball to identify if needed anytime and does not need to announce intention to group prior but must put ball exactly back where it was. May not clean ball. **Rule 9-1** The ball must be played as it lies, except as otherwise provided in the Rules

(15 minutes) Wrap Up and Bridge to Life: Tie in and bridge Friends and Confidence to golf, school, home, and other activities. Ask questions about why Confidence and Friends are important and how to increase your friend's confidence in their abilities. Ask open ended questions about what players learned about their target selection and awareness by standing behind their ball for every shot.

Prepare to Test: Is it within the Rules of Golf to make your lie better by moving the ball where you want to hit it? Can you increase your confidence in your abilities by having a positive attitude? According to the Rules of Golf, Are you allowed to mark, lift and clean your golf ball once it stops on the putting green(yes)?

Good-Better- How

Please spend 5 minutes after class making notes with your other coaches you worked with regarding what was good about the class tonight. You can also ask for feedback from participants and see what they liked the most. Make sure to list at least 3 goods. It is also encouraged to list something the group thought could have been better (warmup activity, transition, safety, wrapup, etc.)

Goods

1.

2.

3.

Better

1.

How will you make it better?