

The First Tee of Fort Worth

Lesson Plan



Class/Week: Player Week 6 **Coach:**

Grid Locations: Putt/Chip/Range **Core Lesson:** #7, Using Good Judgment

Core Values: Judgment-to make a decision or form an opinion; a decision reached after consideration.

Healthy Habit(s): Energy-It is important to understand and make healthy choices about when to eat, how much to eat, and the types of food and drinks to provide the body with the most useful energy.

Before Class Starts (5 min): Welcome and ask if anyone remembers the core values from last week. (confidence) Did anyone have a chance to use this core value during the week? Introduce judgment as a life skill. Ask if anyone knows what a judge is responsible for? What types of judges can you think of? What is something similar that they all are supposed to do? They all make decisions. We want to be thinking about how to make the best decisions in all situations.

Warm Up Activities(5-10 minutes): **Balance-** on hillside balance doing yoga type poses **Strength-** lunge hops **Flexibility & Mobility-**lunge hops have arms straight up and out. **Agility & Coordination-** See how many times they can bounce a snag ball on the snag wedge face. **Object Control-**Putt with a snag ball and roller on a hillside and figure out how much break to play. Create gates with cones and try to get the ball to end up in a hoop.

Core Value Objectives: Using Good Judgment- Players will be able to model and demonstrate good judgment while playing golf, at home, and school. Using good judgment in golf is a key point in determining what type of shot to attempt to hit to get the best result.

Life Skill Objective: Understanding why it is important to make good judgments. On the course a bad judgment may lead to a penalty or poor shot but in life a bad judgment could lead to hurt and bad feelings.

Golf Skill Objectives and Factors of Influence: Get Ready to Swing / Hold, Set-up, Aim & Alignment. Reinforce aiming feet and clubface at the intended target. Reinforce standing correct distance from the ball (one hand between butt of club and body)

Golf Activities (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 – [1, 2, 3 Putting](#) Chip – [Depth-Charge Chipping](#) Range – [Football Golf](#)
Please make sure to familiarize yourself with these games before class.

Golf Skill Activities Videos: Putt – [1, 2, 3 Putting](#) Chip – [Depth-Charge Chipping](#) Range – [Football Golf](#)
Please make sure to familiarize yourself with these games before class.

Golf Skill Activities Notes: Football Golf (in books for Judgment) May want to have them use tees to help get the ball up in the air. 1,2,3 putting is great for teaching what eagle, birdie, par, and bogey stand for.

You can make every hole a par 3. As they go around the first time and hit 1 putt, if they make it they say “Eagle”, the 2nd time around when they get 2 putts, they can state “Eagle or Birdie”, then they try 3 putts and can state “Eagle, Birdie or Par”.

Etiquette, Definitions, Rules: On the putting green/players responsibilities. Rule 6 Playing a Hole Player is responsible for knowing where to play from (what tee and where at on the tee box), responsible for playing same ball they started on the tee box with, responsible for knowing whose turn it is to play (who has the honour), responsible for finishing the hole and recording score on the next tee box.

Wrap Up and Bridge to Life: What does Judgment mean? How can you demonstrate or show Judgment on the golf course? How does a PLAYer “get ready to swing? How did you demonstrate The First Tee Code of Conduct while you played? What is Personal Par and why is it important that we have this as a life skill?

Prepare to test: What is a score of 1 over par called? 1 under? 2 under? **When are you allowed to mark, lift and clean your golf ball while playing a hole?** How do you know who should be the next player to hit while playing after the tee shots have been hit? **What core values are you using when you check the areas around you to make sure it is safe before you hit?**

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?