



## COACH NAME

PLAYer

2020

## WARM-UP

Standing Stretches  
Jumping Jacks 20x  
Squats 10x

## HEALTHY HABIT

**Safety:** We can keep our bodies safe from injury by wearing sunscreen, hats, and sunglasses to protect our skin from the sun when outdoors, as well as following safety rules wherever we may be!

## RULES, ETIQUETTE, DEFINITIONS

**Rule 1.1:** Golf is played by striking a ball with a club from a teeing area until it is holed out on a putting green.

**Rule 1.2:** Players are expected to act with integrity, be considerate of others, and take care of the course.

**Rule 1.3:** Players are expected to follow the rules and be honest when they have breached a rule.

**Rule 3.3a,b,c:** In Stroke Play, the player with the least amount of strokes is the winner. Players should confirm their scores with the marker at the end of each hole and after the round. You must finish each hole or be disqualified from competition.

**Etiquette:** Please show respect for our surroundings and others by always making sure to walk on the putting green, minding our clubhead, and keeping our feet away from the holes.

## LIFE SKILLS OBJECTIVES

### #1 Showing Respect

To be nice and kind in one's actions.

### Code of Conduct

Respect Yourself, Respect Others, and Respect Your Surroundings.

## GOLF SKILLS OBJECTIVES • FACTORS OF INFLUENCE

### Distance Response

The distance from a target area helps us determine what type of swing we want to make.

### Size or Length of Motion / Y-Chip-Y / Y-Putt-Y

How far we take the club back determines how far our ball travels with each club. Y-Chip-Y & Y-Putt-Y is a cue term we can use as an easy tool to help participants remember the type of small swing needed for putting and chipping, and can be related to larger swings.

## PUTTING GREEN – 21 SQUARE PUTTING

Create a set of four lines on the putting green using survey tape or rope. Set up hitting stations about 5' from the first line. The space between the first two lines should be about 2'-3'; the space between each section should get progressively closer together with the last set of lines being about 1' apart. The closest section to the participants is worth 1 point, the second section worth 3 points and the farthest section worth 5 points. (You can add an even farther, smaller section worth 7 points for an extra challenge) The goal is for participants to putt to 21 points. If they 'bust' they must start back at 13 points. Introduce the putter and parts of the club. Participants will then learn Y-Putt-Y and how to determine the length or speed of swing to determine the distance their ball travels on the putting green using a putter.

## CHIPPING GREEN – LEAPFROG CHIPPING

Set up hitting stations about 3'-5' from the edge of the green. Create a set of five lines on the chipping green using survey tape or rope. The first section should start about 7'-10' from the edge of the green across from hitting stations. Subsequent lines should be evenly spaced 3'-4' apart. The goal is for participants to chip until they make it in the closest section before moving on to the next farthest section – "leapfrogging" the previous sections. They can then start from the farthest section and work their way closer to them in the same format. Introduce an iron and parts of the club. Participants will learn Y-Chip-Y and how to determine the length of swing or swing speed to determine the distance their ball travels with a chip swing using an iron.

## DRIVING RANGE – FOOTBALL GOLF

Set up hitting stations with dividers on the range. Similar to how a football field is set up, create four subsequent sections 10 yards apart marked by rope and/or noodles on the sides to mark the division of each section. At the far end of the setup, use two noodles to create a "field goal". Just like football, participants will adjust the length of their swing to hit to the closest section as the 1<sup>st</sup> down, next farthest is the 2<sup>nd</sup> down and so forth until they complete all four downs for a touchdown. They can then hit a full swing through the field goal. Have participants work as a team or individuals to get as many touchdowns/field goals as they can.

## WRAP-UP

Review Respect and the Code of Conduct. Ask for examples of how they used them during class and how they can use them outside of class. Review Y-Putt-Y and Y-Chip-Y, how we can change the distance our ball travels, stroke play, and the goal of golf.

### **GOOD-BETTER-HOW**

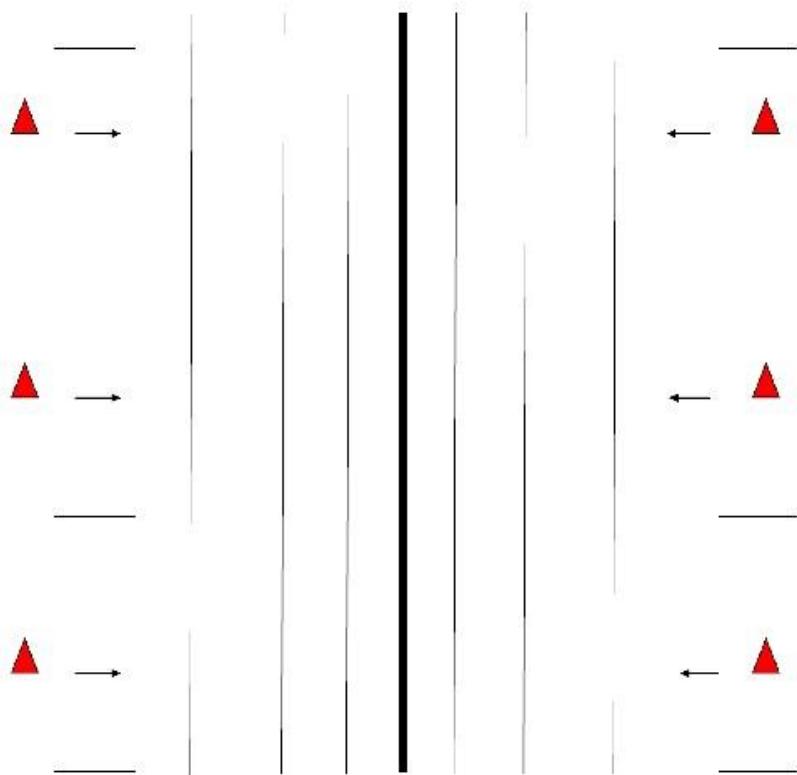
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## 21 SQUARE PUTTING

- Safety Cones
- String/Survey Tape
- Tees
- Lane Dividers

1 Pt      3 Pts      5 Pts      10 Pts

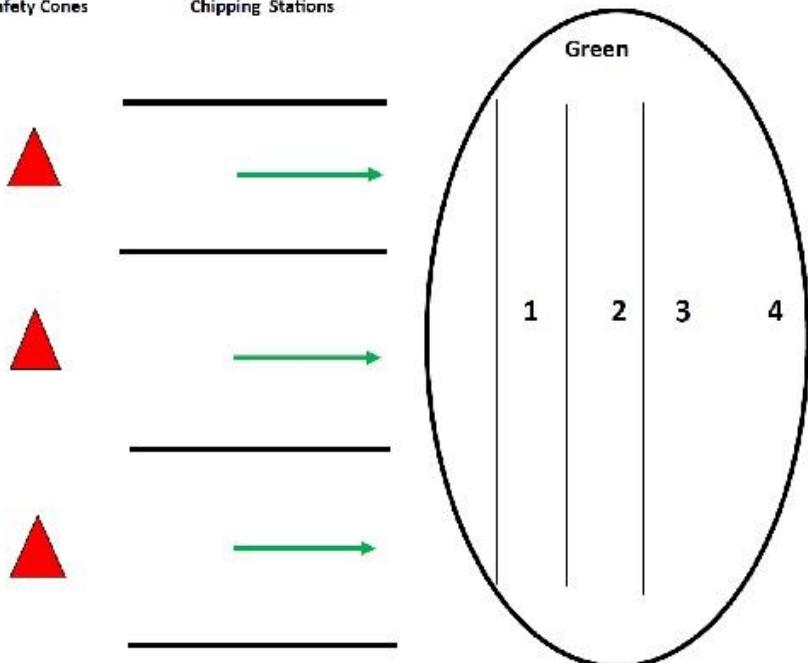


## LEAPFROG CHIPPING SUPPLY LIST

- Safety Cones
- Lane Dividers
- Rope
- Tees

## LEAPFROG CHIPPING

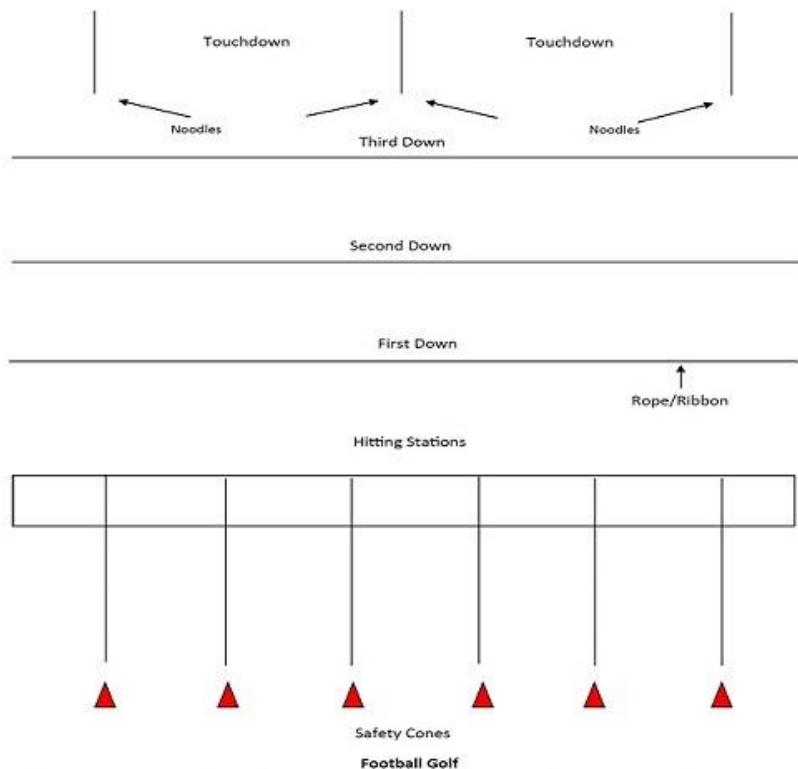
Safety Cones      Chipping Stations



## FOOTBALL GOLF

### FOOTBALL GOLF SUPPLY LIST

- Safety Cones
- Lane Dividers
- Rope
- Noodles



Objective is to get the ball inside each zone starting with First Down and progressing to third down.  
The final shot with a longer club would be between the noodles for a touchdown.