



## COACH

**PLAY**er  
2020

## WARM-UP

360° Spin Jumps  
Flamingos 20 sec/leg  
Lunges 10x/leg

## HEALTHY HABIT

**Safety:** Keep our bodies protected from harm can include following safety rules and wearing sunscreen and a hat for outdoor activities.

**Play:** Play is important to keeping our bodies healthy and comes in many different forms! What is your favorite way to play?

## RULES, ETIQUETTE, DEFINITIONS

**Rule 13.1:** Your ball is considered on the putting green if any part of the ball touches the putting surface. You may remove or brush away loose impediments without penalty. You may mark, lift and clean your ball on putting green. No deliberate testing of the putting surface. Must take 1-club relief from wrong green.

**Rule 13.2b:** A player may have the flagstick removed or attended to make a stroke, but the decision must be made before the stroke is made.

**Etiquette:** Players should repair their ball marks and any other ball marks on the putting green.

**Definitions:** *Out of Bounds vs Penalty Areas* – OB is located off the course and penalty areas are located on the course. Penalties are accessed differently.

## LIFE SKILLS OBJECTIVES

### #4 The Honesty of Players

To tell the truth.

### #5 Modeling Sportsmanship

Keeping a good attitude whether you are winning or losing.

## GOLF SKILLS OBJECTIVES • FACTORS OF INFLUENCE

### Distance Response

The distance to a target area helps us determine club selection and the type of swing.

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

How far we take the club back or how fast we swing determines that distance that our ball travels with specific clubs. Making sure that we have the proper Y setup will help us make a more consistent putting and chipping stroke.

## PUTTING GREEN – PAC MAN PUTTING

Coaches will set up pathways to holes with boundaries marked by survey tape or rope; incorporate right angles on some holes to mimic a Pac-Man screen. Participants will compete in pairs or small groups to see who can capture the most "ghosts" by playing the hole in the least number of strokes. Players must replace their balls where they originally hit if they make a stroke that goes 'out of bounds'. Use yellow golf balls if possible to mimic Pac-Man. (See Curriculum Grid for diagrams and videos.)

## CHIPPING GREEN – 21 TRIANGLE CHIPPING

Create hitting stations approx. 3 yards from the edge of the green. Set up a triangle using rope/string/survey tape that is large enough to be easily reachable for all hitting stations. The triangle should be separated into four sections with a scoring system of 1/3/5/7 with the largest section being worth 1 point. Each group will hit 1-2 balls at a time and try to score 21. If they go over 21 they "bust" and start back at 13. (See Curriculum Grid for diagrams and videos.)

## 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. (See Curriculum Grid for diagrams and videos.)

## WRAP-UP

How can we use Honesty at home? On the course? Is Honesty always easy? What are some examples of how we can show good Sportsmanship on the course? In other sports? What are some rules about the putting green?

## GOOD-BETTER-HOW

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### PAC MAN PUTTING SUPPLY LIST

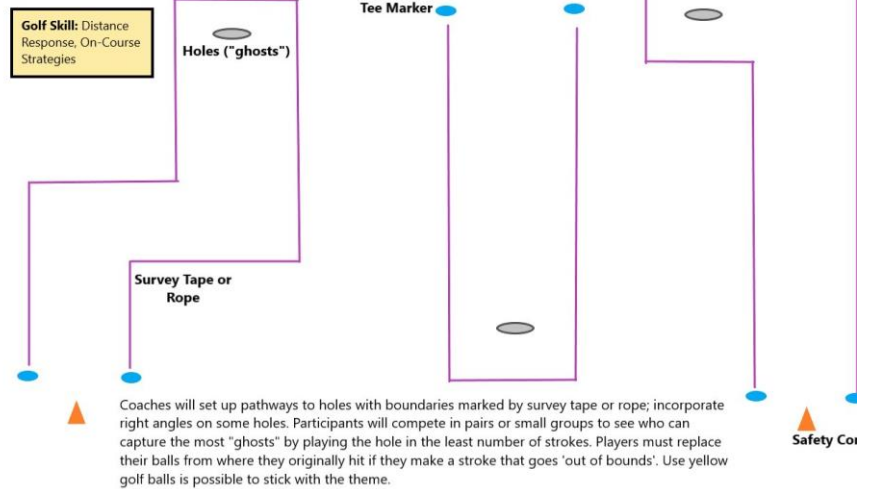
- Safety Cones
- Tee Markers
- Rope or Survey Tape
- Tees

### 21 TRIANGLE SUPPLY LIST

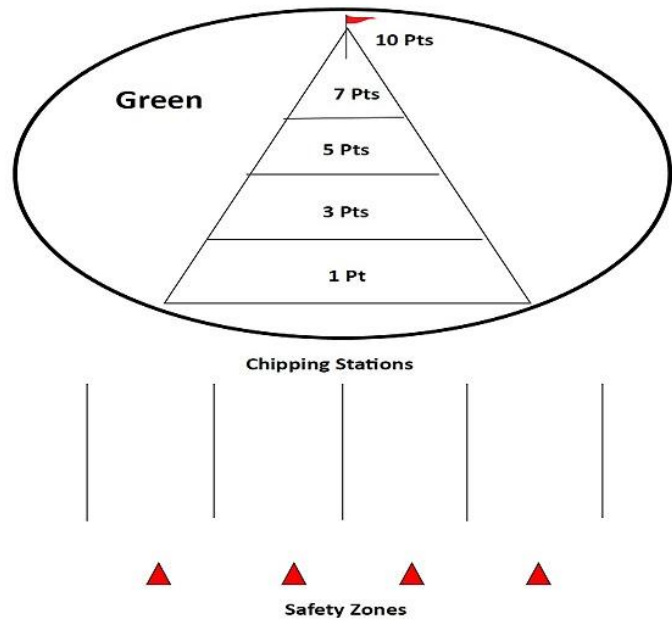
- Safety Cones
- Lane Dividers
- Rope or Survey Tape
- Tees

## PAC MAN PUTTING

### Pac-Man Putting



## 21 TRIANGLE CHIPPING



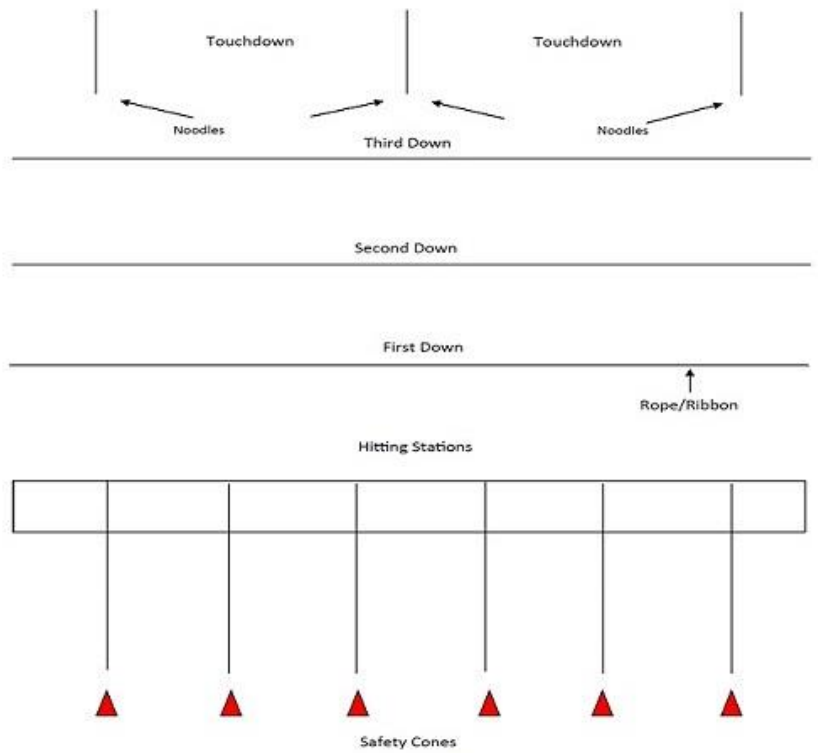
### 21 Triangle

Play as individuals or as teams. The goal is to accumulate 21 points as fast as possible

## FOOTBALL GOLF SUPPLY LIST

- Safety Cones
- Lane Dividers
- Rope
- Tees
- Noodles

## FOOTBALL GOLF



### Football Golf

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.