



## COACH

PLAYer  
2020

## WARM-UP

Frankenstein Legs x20  
Mountain Climbers x20  
Side Lunges x20

## HEALTHY HABIT

**Energy:** This Healthy Habit is crucial to participating in any kind of activity. Drink lots of water, get plenty of sleep and eat healthy foods to help you get the most Energy you can!

## RULES, ETIQUETTE, DEFINITIONS

**Rule 14.3:** When dropping in a relief area, you may use the original ball or another ball. The ball must be dropped *the right way*: must be released from knee height and not released in any way that might affect where the ball may come to rest (cannot spin, throw or roll the ball). The ball must come to rest in the relief area or be redropped (if the ball lands outside the relief area after the second attempt then it may be placed on the spot which it first dropped in the relief area). If the ball is dropped in the right way but is deliberately deflected or stopped by a person, a 2-stroke penalty is incurred on that person.

## LIFE SKILLS OBJECTIVES

### #6 Developing Confidence

A feeling of "I can do it!"

## GOLF SKILLS OBJECTIVES • FACTORS OF INFLUENCE

### Target Awareness

Having a target is essential to making a good shot! We must have a target in order to gauge each shot and assist with setup.

### Target Selection / See the Target

Selecting a target is important to the aiming process but the target is not always the flagstick or hole. Sometimes it may be a blade of grass, a tree, or a far-off building. Regardless, the target should always be visible while taking your stance.

## PUTTING GREEN – THROUGH THE GATES

Coach will set up a putting course on the green with washers creating a triangle around the target hole. Participants will have to carefully aim in order to get their ball to roll between the gates (two washers) set up in front of the hole and stop them before the last washer. If the participant putts through the gates (first two washers) it is worth 1-point, an additional 2-points if the ball stops before the last washer, and an additional 3-points if the ball falls in the hole (for a total of 6 points if they hole the ball out in 1-stroke). Participants should apply target awareness skills by establishing aiming points on putts that break. Participants should adjust their stance depending on their target for each putt. See Curriculum Grid for diagrams and videos.

## CHIPPING GREEN – BATTLESHIP

Coach should set up a 'battleship' shape on the chipping green using duct tape, survey tape, etc. Create different sections within the battleship. The hitting bays can be separated into two teams marked by half of the bays with white golf balls and the other half with colored golf balls or play as one team. Instruct PLAYers that they will need to get a set number of golf balls into each section of the battleship appropriate to the class skill level. Class or team will 'sink' the battleship when the number of golf balls needed in each section is reached. Connect target awareness to changes in targets depending on what sections need balls to sink the ship. See Curriculum Grid for diagrams and videos.

## 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. See Curriculum Grids for diagrams and videos.

## WRAP-UP

What is something that you feel Confident about today, golf or otherwise? What is something that you didn't have much Confidence in but are Confident about now? How can we grow our Confidence in anything? How can selecting a target help us feel more Confident about a shot? How can having Energy help us feel more Confident?

## GOOD-BETTER-HOW

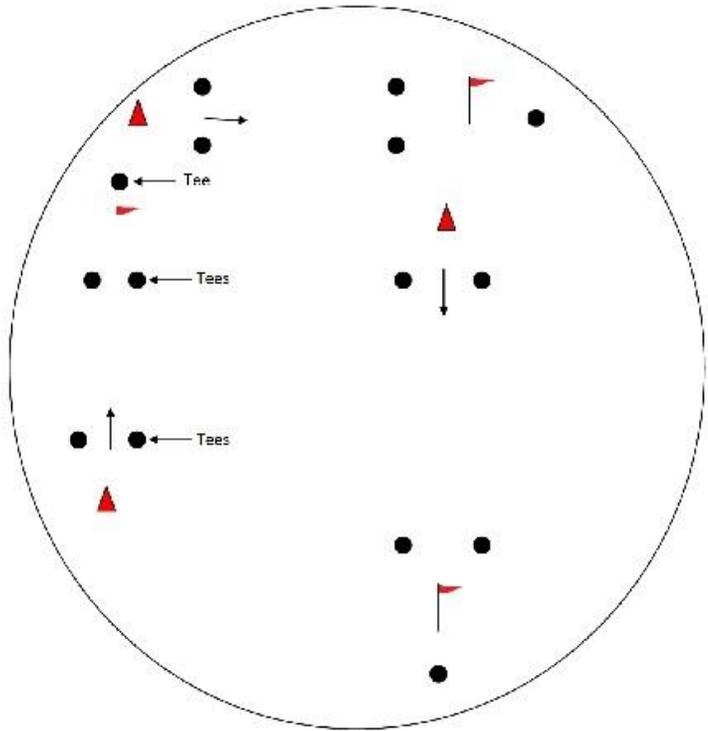
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## THROUGH THE GATES PUTTING



### THROUGH THE GATES SUPPLY LIST

- Safety Cones
- Tee Markers
- Washers or Tees



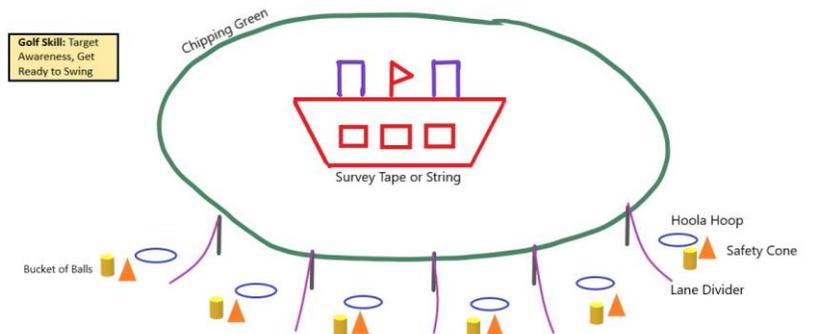
### BATTLESHIP SUPPLY LIST

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

## BATTLESHIP CHIPPING

### Battleship Variation #1

Coaches set up evenly spaced hitting stations around the chipping green. Using string or survey tape with tees the coach will create a "battleship" (approx. 12x8 ft) on the chipping green (or putting green) about 4 paces from the hitting stations. Participants can play as one big group or in teams to chip (or putt) balls into the battleship, "sinking" the battleship. Coaches can adjust the game according to skill level by changing the number of balls needed in each section of the battleship to sink it or by awarding points for each section a team chips a ball in (ex: 10 points for stopping the ball in the bottom part of the ship, 15 points for stopping the ball in one of the smokestacks, 20 points for stopping the ball in the flag).



## NOODLE BOWLING SUPPLY LIST

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

## NOODLE BOWLING

