



COACH

PLAYer
2020

WARM-UP

Ball Balance on Top of Hand
Standing Stretches
Ski Jumps 15x
Planks 30 sec x 3

HEALTHY HABIT

Play: Being active each day can help us keep a healthy mind and body. There are endless ways to Play to keep us active. What are some ways that you like to Play?

RULES, ETIQUETTE, DEFINITIONS

Review Rules from Weeks 1-3:
Fundamentals of the Game
Playing the Round and a Hole
Playing the Ball

LIFE SKILLS OBJECTIVES

#8 Playing with Perseverance

To keep going no matter what.

GOLF SKILLS OBJECTIVES • FACTORS OF INFLUENCE

Distance Response

Knowing the distance to your target is important in deciding club choice as well as the type and length of swing a player chooses to use.

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

We must adjust the length of our swings depending on our choice of club. Remember Y-Putt-Y and Y-Chip-Y to help make solid strokes.

DRIVING RANGE – ELEPHANT WALK

Coaches will use rope lines to set up 3 to 4 subsequent sections on the driving range. Coaches can use noodles to mark the ends of each rope to better define the sections. Participants will tee up 3 to 5 balls in a line at each station during their turn. The coach will first demonstrate the station before asking participants to begin. Tip: With beginners, it may be wise to start with 2 balls and small swings before working into larger swings. Each player will try to hit the line of balls moving by stepping and swinging in a continuous motion to emphasize rhythm and adjusting the length of swing to progress each ball farther down the range from closest to farthest section. (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).

PUTTING GREEN – AROUND THE WORLD

Version A: Set tees at 2', 4', and 6' from the hole on four different sides. Starting from the 2' putts, players/teams pick up tees as they work their way from the shortest putts and eventually to the 6' putts, working their way around each side. The first player to make all the putts wins!

Version B: Set up a tee about 15' from the hole at various points around the hole using any shape that provides multiple starting points. Each player putts starting at a different starting point around the hole. The player with the closest putt earns 5 points, but if someone holes out then they earn 10 points. After each round, participants will rotate clockwise to the next starting point and repeat until they have putted from all starting points.

(See Curriculum Grid for diagrams and videos).

WRAP-UP

What kind of challenges did we run into today? How did we use Perseverance to get overcome those challenges? Where can we use Perseverance outside of golf such as at home, school, or other sports? Why is Play so important to a healthy lifestyle?

GOOD-BETTER-HOW



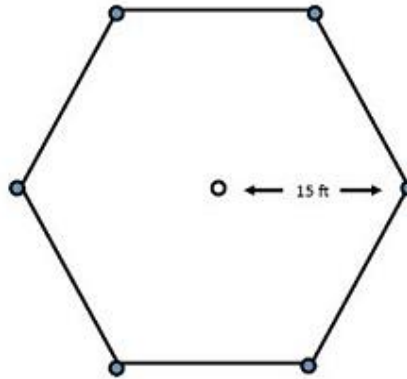
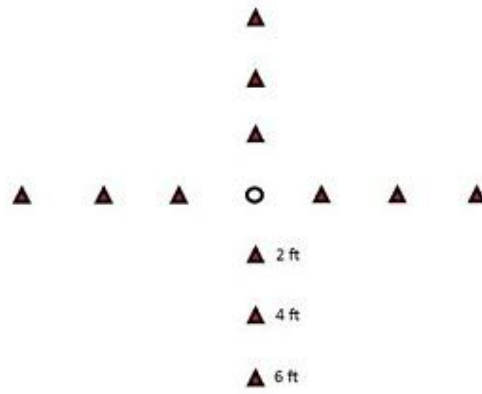
AROUND THE WORLD SUPPLY LIST

- Safety Cones
- Tee Markers
- Tees

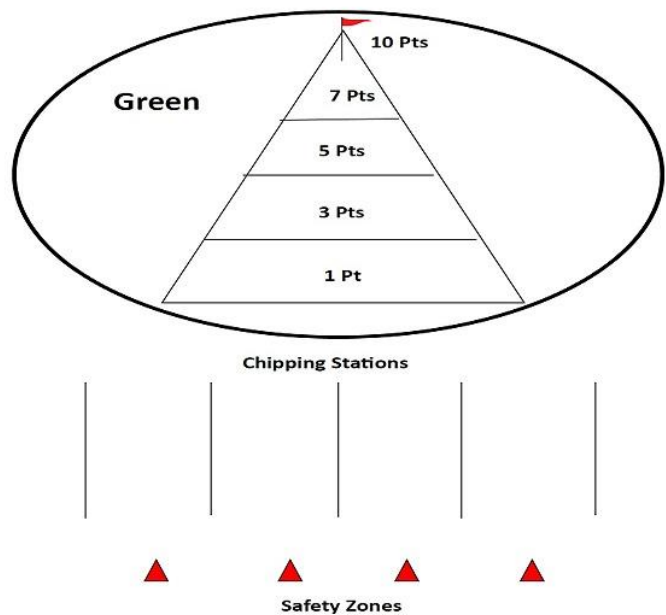
21 TRIANGLE SUPPLY LIST

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

AROUND THE WORLD PUTTING



21 TRIANGLE CHIPPING



21 Triangle

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

ELEPHANT WALK SUPPLY LIST

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

ELEPHANT WALK

Elephant Walk

Golf Skill: Swing
Rhythm, Distance
Response

Coaches will use rope lines to set up three to four sections on the driving range in subsequent order. Coaches can use noodles to mark the end of the ropes for more distinction of each section (like Football golf setup). Participants will tee up 3 to 5 golf balls in a line at each station on the driving range when it is their turn. The coach will demonstrate the station before asking the participants to begin; with beginners it may be best to start with only 2 balls and small chipping strokes, working into larger swings. Each player will try to hit the line of balls moving in a continuous motion to emphasize rhythm and adjusting the length of swing to try and hit the ball in the closest section then progressing to the farthest section on the range.

