

Lesson Plan 1: Welcome to First Tee: Let's Work Together

Age 7-9

Lesson Intentions:

- Introduce how to hold the club and where to stand to **Get Ready to Swing**
- Introduce **Distance Response** by allowing players to explore swings of different sizes and using different clubs.
- Introduce that players start the hole on the tee box and end the hole on the putting green
- Introduce the number of holes, and order of play
- Teach players how to give a proper handshake

Warm up: 10 Minutes

Players will complete an obstacle course that explores **Distance Response** by creating small, medium and large movements at each station. They will **Collaborate with Others** by encouraging other players as they complete the course. Set up enough stations to have half of the class participating at one time. Each activity starts at a set of cones representing the "tee box."

- **Strength:** Players leap over objects of different sizes; alignment rods or pool noodles.
- **Flexibility/Mobility:** Players complete arm circles 5 small, 5 medium, and 5 large
- **Agility/Coordination:** Set up two ladders for players to bunny hop through the rungs of the ladder. Ladder 1, hop in each rung. Ladder 2, hop in every other rung.
- **Balance:** Players walk on a balance beam/line broken into three sections. In the first section they must walk with their feet touching, next they must walk normally, and third they must take big steps.
- **Object Control:** Players toss balls into targets set up at three different distances, short, medium and long. Use large targets such as SNAG Velcro targets and tennis balls.

To end the warm up course, players must give a handshake to each player on their team. Teammates say "good job!"

Tie in the warm up to your lesson objectives by asking the following questions:

- How did you encourage each other? How did you feel when others were encouraging you? How did it feel to encourage others?
- Where did you start each situation?
- What did you have to change to make a small/medium/large movement?

Key Commitment: Collaborating with Others

Golf Skills: Putting, Chipping, Pitching, Full Swing

Golf Fundamental/Factor of Influence: Distance Response/Size of Motion

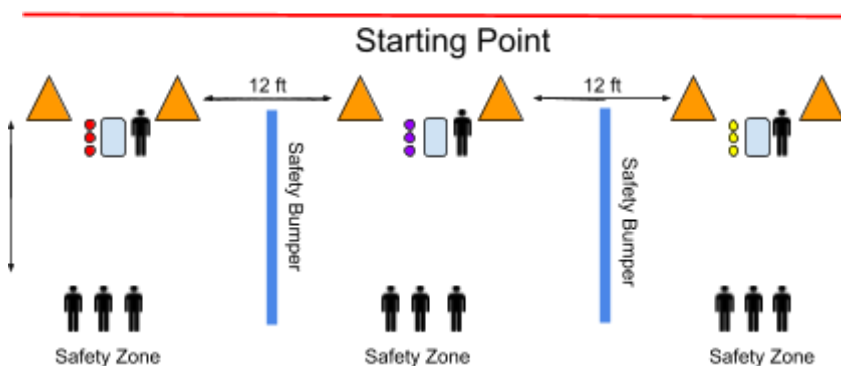
Activity 1: Leap - Frog: 10-15 Minutes

- **Modeling:** Use a volunteer, assistant coach or participant to model:
 - **Getting Ready to Swing:** Roll it on the Ground Hold: hold the club in the air in your favorite hand near your belly button, buddy hand-bottom, favorite hand-top; slide the favorite hand to meet its buddy, thumbs point straight down the shaft
 - **Putting:** Y-Putt-Y
- **Activity Description:** Players work with their teammates to putt the ball at different distances between two lines. Players hit one shot each and each shot must finish past the previous shot (coach determines rule). Set up two lines of flagging tape or chalk to serve as the starting point and end point that players must putt between.
- **Key Commitment Objective:** Players work with their teammates to hit as many putts as possible between the two lines. Encourage players to learn more about their teammates by asking them questions; What is your favorite flavor of ice cream? What month were you born? Do you have a pet? What is your favorite food? What TV character would you like to meet? What is your favorite school subject?
- **Golf Knowledge Objective:** Introduce that the part of the course players are on is called the putting green. This is where the hole is, and it is also where we end each hole

Equipment & Materials:

- Flagging tape or chalk line (9-12 ft per station)
- Tees
- Cones
- Golf balls

Pool Noodle Ball Bumper

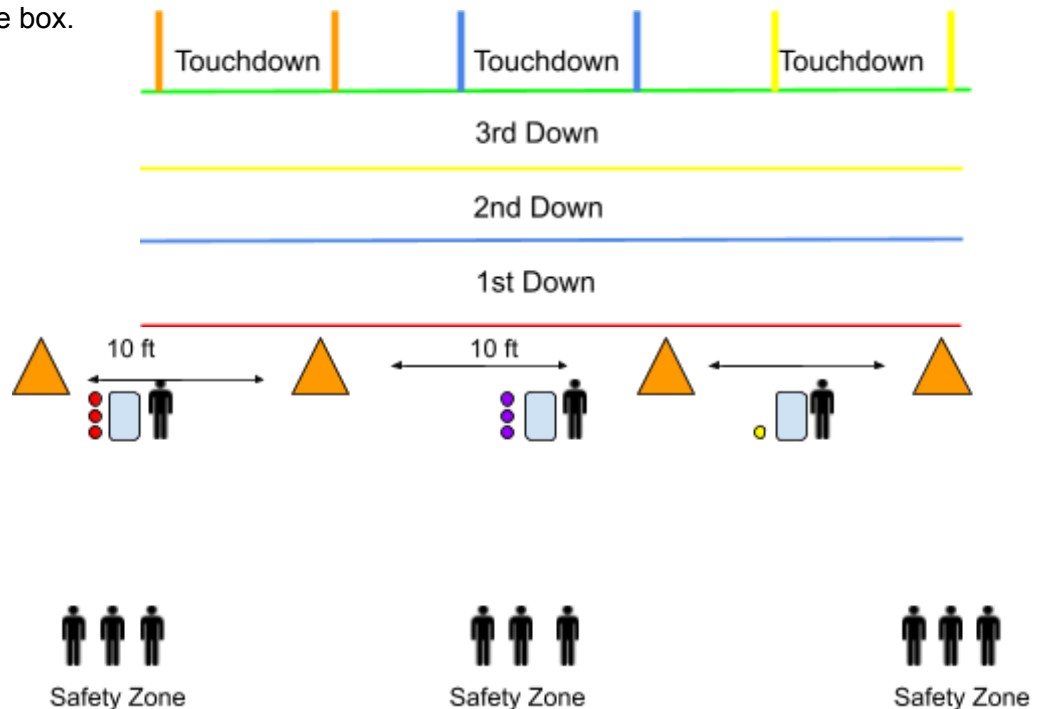
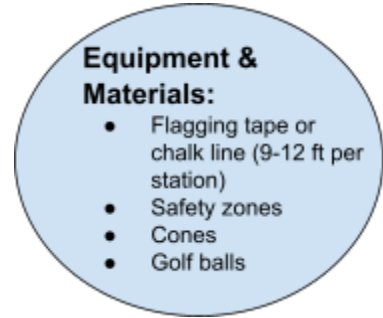


Guiding Questions

1. What golf skill did we just learn? How do you make it happen?
2. How did you work with your teammates?
3. What did you learn about putting with different sized swings?
4. Where do we end the hole?

Activity 2: Football Golf- Chipping: 10-15 Minutes

- Modeling:** Use a volunteer, assistant coach or participant model:
 - Getting Ready to Swing:** Get it in the Air Hold: hold the club in the air in your favorite hand near your belly button, buddy hand-bottom, favorite hand-top; slide the favorite hand to meet its buddy, thumbs cross down the shaft
 - Chipping:** Y-sweep-Y
 - Distance Response:** Hit one ball short, one ball medium and one ball long by changing the size of your swing
- Activity Description:** Set up a series of lines representing all four downs with an endzone at the end; make lines long enough so several teams can play at the same time
- Rules:** Players must work as a team to make a first down by chipping into the first zone before they can move on to the next section. They score a touchdown by getting a first down, second down, third down before hitting it into the endzone.
- Key Commitment Tie In:** Players work together as a team to get touchdowns and encourage each other. Encourage players to learn more about their teammates by asking them questions: When was the last time you were nervous? What is your favorite restaurant? What job do you want to have when you're an adult? What is your favorite hobby?
- Golf Knowledge Tie In:** Emphasize that when you are standing between the cones, you are in the tee box.

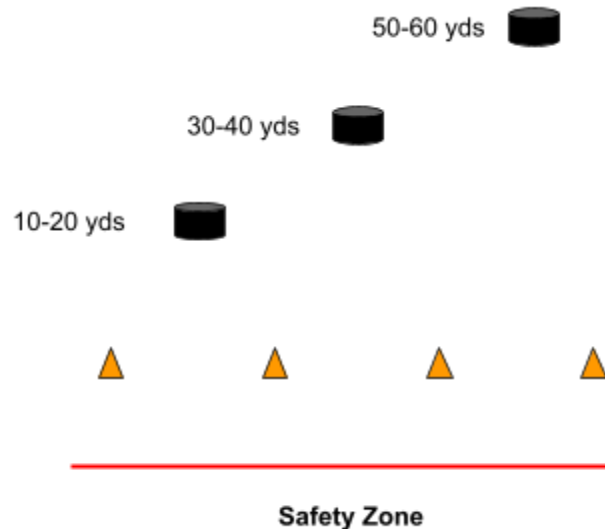


Guiding Questions:

- How did you work with your team to get touchdowns?
- How did you encourage your teammates?
- What did you learn about adjusting the size of your swing?
- Where do we start the hole?

Activity 3: Pitching/Full Swing: 10-15 Minutes

- **Modeling:** Use a volunteer, assistant coach or participant model:
 - **Getting Ready to Swing:** Get it in the Air Hold: Dominant hand on bottom closer to the ground, buddy hand above, close to dominant hand.
 - **Full Swing:** Circle back, circle forward, **Pitching:** L-Pitch-L
 - **Distance Response:** Introduce how different clubs go different distances
- **Activity Description:** Players will work at a station with a partner. Each participant takes two shots then switches with their partner. Players will start with their wedge (pitching wedge, sand wedge, etc..) and practice a Pitch shot. After a few rounds, have players switch to a full swing and see if they notice their ball going further. Coaches should have targets set out at 10 yds -20yds and 30 yds -40yd and 50 yds -60yds
- **Key Commitment Tie In:** Players work together making sure to take turns.
- **Golf Knowledge Tie In:** Emphasize that when you are standing between the cones, you are in the tee box.



Guiding Questions:

1. How did you encourage your teammates?
2. What did you learn about what the different clubs in your bag can do?

Wrap up:

5 Minutes

1. What golf skills did you learn? Can someone show me how to hold the club?
2. What did you learn about working with others?
3. How did it feel when your teammate encouraged you?
4. How did it feel to encourage your teammates?
5. What did you learn about playing golf? Where do we start the hole? Where do we end it?
6. What are some things you learned about your teammates? What did you have in common? What did you learn that was different?