

## Lesson Plan 2: I Can Be Responsible: Respecting the Rules

### Lesson Intentions:

- Remind players that they are responsible for taking care of many things while playing golf such as replacing divots, fixing ball marks, and taking care of their equipment. When we do this, we are using **Good Judgment**
- Introduce to players what “stroke” means in golf
- Introduce **Target Awareness**- Target Selection and **Get Ready to Swing**- Aim and alignment to players
- Reinforce pace of play reminding players to be ready when it is their turn and moving quickly between shots

### Warm up:

10 Minutes

Set up five separate stations that players will rotate through. Coaches should encourage players to **Use Good Judgment** by picking the version of each activity that works best for them.

- **Strength: 5** Push-ups (on knees or regular push-ups).
- **Flexibility/Mobility:** Toe Touches
- **Agility/Coordination:** 15 Jumping Jacks
- **Balance:** Stand on one leg for 15 seconds, repeat with opposite leg
- **Object Control:** Ball Toss with Partner

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

- Where were some choices you made in the warm up? How did you use good judgment?
- Why do we warm up before First Tee class?
- Is it better to be fast at an activity or slower and more accurate?
- Who can define responsibility?
- What are some things you're responsible for when you're golfing?

**Key Commitment:** Using Good Judgment  
**Golf Skills:** Putting, Chipping, Pitching, Full Swing  
**Golf Fundamental/Factor of Influence:** Target Awareness/Target Selection

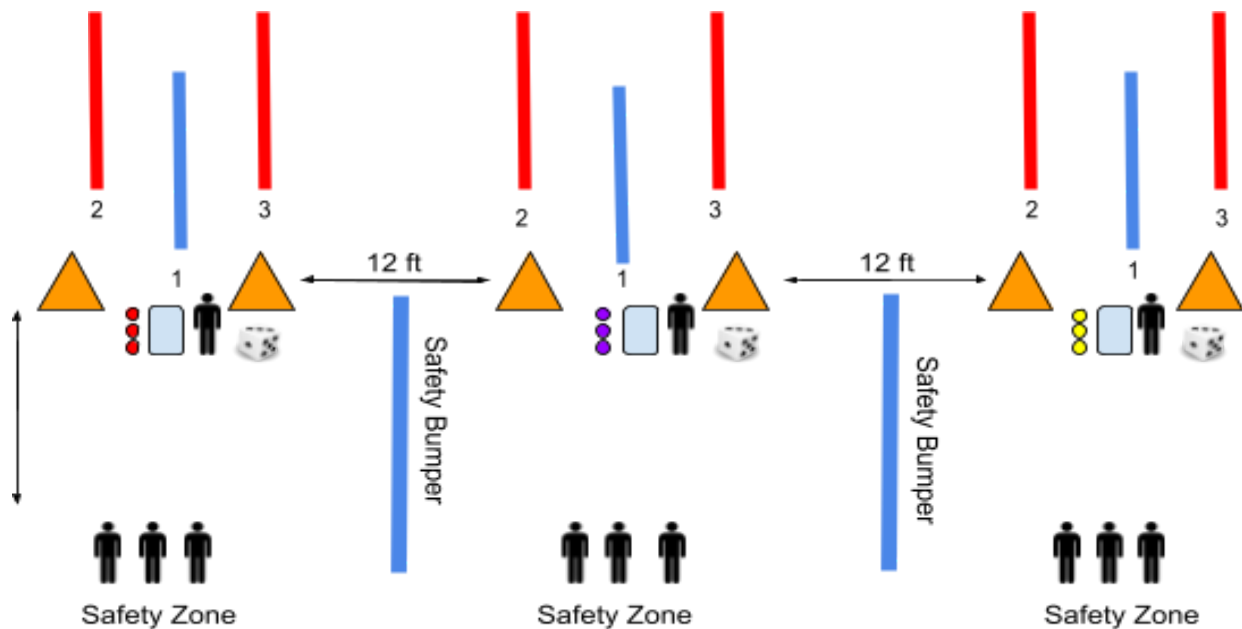
## Activity 1: Target Practice with Dice

15 Minutes

- **Modeling:** Use a volunteer, assistant coach or participant to model:
  - **Getting Ready to Swing:** Get it in the air
  - Hold club in the air in your favorite hand
  - Buddy hand-bottom, favorite hand-top
  - Slide the favorite hand to meet its buddy, thumbs cross down the shaft
  - **Putting:** L-Sweep-Y
- **Activity Description:** Set up hitting stations, targets, and dice to allow players to practice selecting targets for their pitch shots by rolling their dice. Targets should be relatively close and can be bullseye targets, buckets, or swimming pools to encourage pitching rather than a full swing. Every time a player rolls their dice to select their target, they get a point for their team, if they hit their target they get two points. The team with the most points wins.
- **Key Commitment Objective:** Players will have to choose a target each time which demonstrates using good judgment by following the rules of the game.
- **Golf Knowledge Objective:** Introduce the concept of a stroke by giving players three chances to hit the ball. Each time they attempt to hit the ball counts as a chance, whether they hit the ball or not.

### Equipment & Materials:

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



Players roll dice and hit toward the corresponding number target. Players get three chances to hit and must roll the dice each time then switch out with their partner.

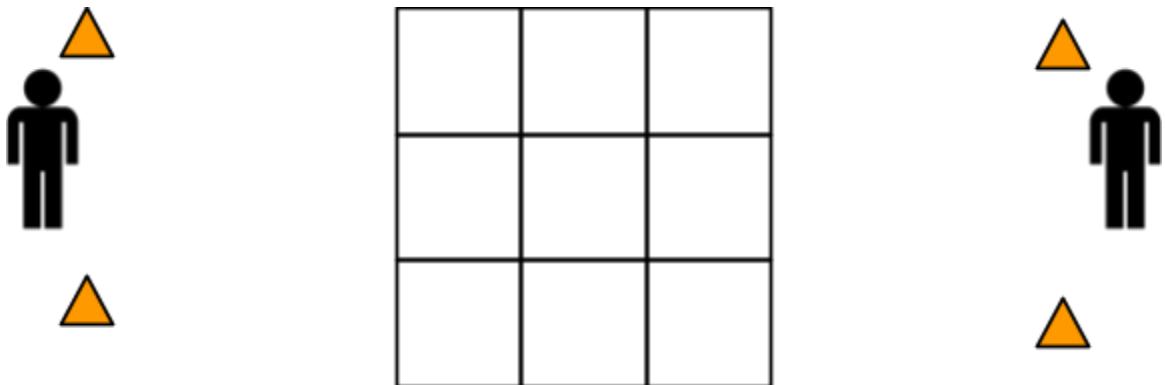
### Guiding Questions:

1. What choices did you have to make in this game?
2. How did you follow the rules in this game?
3. What is the first thing you do to aim at your target?
4. What counts as a stroke in golf?

## Activity 2: Putt Tic Tac Toe

10-15 Minutes

- **Modeling:** Use a volunteer, assistant coach or participant model:
  - **Putting:** Y-Putt-Y, Tic-Toc, or Toe to Toe.
- **Activity Description:** Divide the group into two even teams. Each team will have a specific set of colored golf balls, e.g. white vs green. Players will take turns with their teammates and with their opponents to putt their ball into one of the squares on the tic tac toe grid. If a player lands in a square, their team claims that square. Continue playing until one team gets 3 in a row and wins the game. Coaches can change the rules depending on skill level. For more advanced players, have participants select which square they are shooting for, if they land in a different square, it doesn't count.
- **Key Commitment Objective:** Players will use good judgment when choosing where to hit the ball, playing by the rules, and using good sportsmanship.
- **Golf Knowledge Tie In:** In golf, if a golfer or their caddie breaks a rule, penalty 'strokes can be applied to their score.



### Guiding Questions:

1. What was one good choice you made in this game?
2. What penalties could you get based on your choices in this game?
3. What golf skill did we learn in this game?
4. How do you aim in golf?

**Activity 3: Mini Golf Course: 15-20 Minutes**

Participants will play a mini golf course, but they will be tossing the ball instead of hitting. The focus here is to cover pace of play, order of play, and going over the various parts of a golf course. If there is no room to set-up a mock course, this activity can be done on the putting green as well.

Be sure to cover the following parts of the course: Tee box, Fairway, Rough, Green, Flag stick/Hole, Out of Bounds.

**Golf Knowledge:** What is the penalty for going out of bounds?

**Wrap up:**

5 Minutes

1. What games were your favorite?
2. What golf skills did we focus on today?
3. How can you show responsibility by following the rules at home or at school?
4. What are some ways you can use good judgment or at school?
5. When did you see someone making good choices today?
6. What is one thing you learned today?

**Good:**

- 1.
- 2.
- 3.

**Better:**

- 1.

**How?:**