

Lesson Plan 4: I'm a Good Sport: Being a Team Player

Lesson Intentions:

- Allow players to collaborate with and show respect for each other and demonstrate courtesy
- Sportsmanship and respecting Rules- Positively responding to good play/good behavior, encouraging others
- Target awareness- selecting a target and working to aim towards that target
- Playing the ball as it lies- discussing only hitting your ball once it has come to rest

Warm up: 10 Minutes

Players will complete an obstacle course as four teams of three. Coaches and volunteers should monitor each transition point. Set up four sets of stations so that each group can compete at the same time. Players who are waiting should be encouraging their teammates

- **Strength:** Crab walks, 20 ft long
- **Flexibility/Mobility:** Hula Hoop for 20 seconds, place a coach with a stopwatch here
- **Agility/Coordination:** Hopscotch 4 grids
- **Balance:** Walking on balance line, 15 ft long
- **Object Control:** Throw 3 different sized balls to three different sized targets

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

- Which activities asked you to select targets?
- How do you congratulate or encourage other players? Should this be the same whether you win or lose?
- Does everyone feel more warmed up, stretched, and ready for class?

Key Commitment: Collaborating With Others

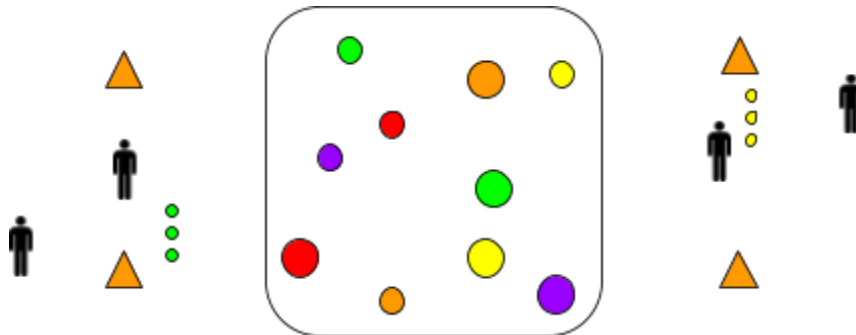
Golf Skills: Putting, Chipping, Full Swing

Golf Fundamental/Factor of Influence: Target Awareness/Selecting your Target and working to Aim at that target.

Activity 1: Putting - Hungry Hungry Hippos

20 Minutes

- **Modeling:** Use a volunteer, assistant coach or participant to model:
 - **Getting Ready to Swing:** Roll it on the Ground Hold: non dominant hand on top, dominant hand on bottom
 - **Golf Skill:** Y-Putt-Y
- **Activity Description:** Divide players into teams of 2 or 3 players, and place large colorful sports balls, such as SNAG balls, randomly within a box that is at least 10'X10'. Teams are given a golf ball that they can clearly identify as their own. Teams are given 2 minutes to try to putt from outside the box and hit one target ball with the box at a time. They must select which ball they are putting before they hit it. To make this more difficult, coaches can have each team hit for only one color of ball, have all teams only hit to the same color of ball, add 'dud' balls that don't count for any points, or change the distance that players are from the box
- **Key Commitment Objective:** Players have to communicate with their team and select their target before they hit their putt otherwise it does not count
- **Golf Knowledge Objective:** Players must wait until their putt stops to collect their ball

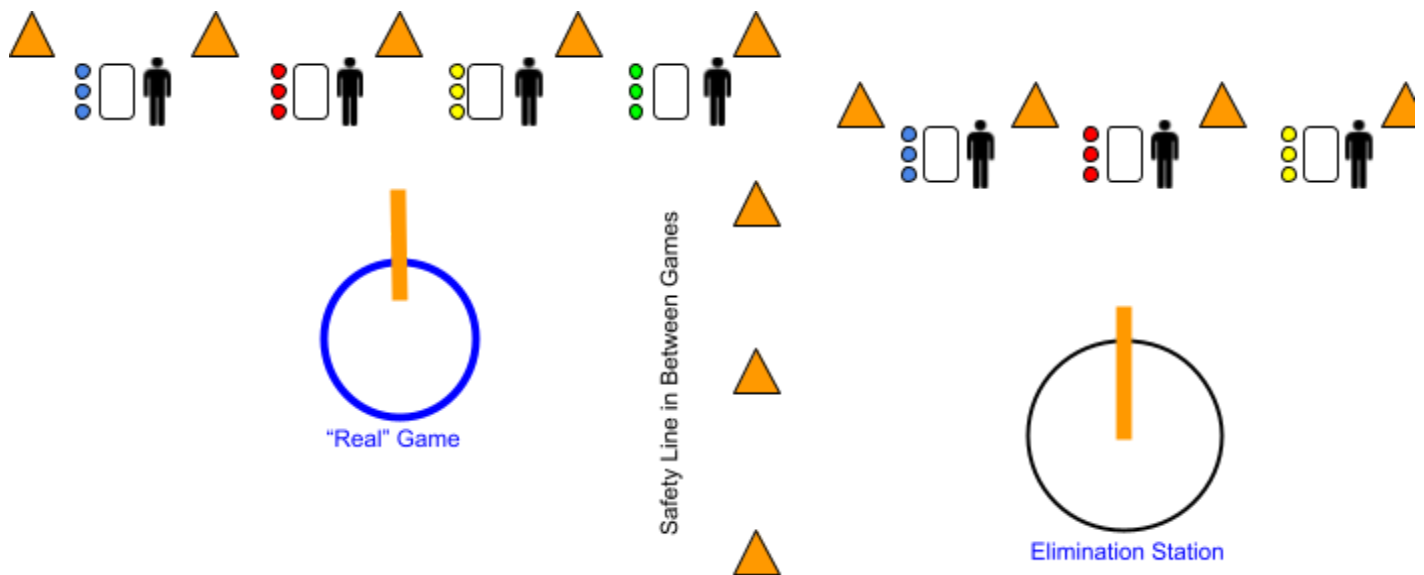


Guiding Questions:

1. How difficult was it to choose a target and hit your ball towards it?
2. How did you work with your team to collect points or select targets?
3. How did you encourage your teammates in this game? How did you congratulate your competitors?

Activity 2: Chipping: Elimination Game: 15 - 20 Minutes

- **Modeling:** Use a volunteer, assistant coach or participant to model:
 - **Getting Ready to Swing:** Dominant hand towards ground, non-dominant hand towards belly button
 - **Golf Skill:** Y-Chip-Y
- **Activity Description:** there are two separate rounds or flights in this activity. They are “first chance” and “second chance.” Players will start on the championship side which is a single flag target with a 5 ft box around the flag. All players will hit one ball towards the target. The ball that is furthest from the target is ‘eliminated’ and sent to the second chance challenge, which is set up right next door. The elimination area in the second chance challenge is a larger box (8ft) where the participant must hit their ball and have it stop in the box to be able to go back to the first chance challenge. Coaches and players stationed in the second chance area should give positive feedback and help support the players trying to make their shot and return to the original game. Set a timer for 5 minutes, anyone remaining in the champion side when the timer runs out wins.
- **Key Commitment Objective:** This activity requires collaborating with others by encouraging them to do their best



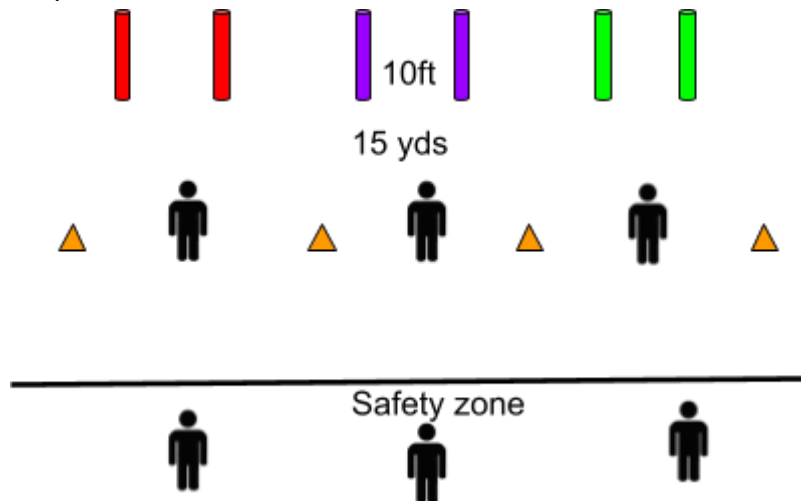
Guiding Questions:

1. Why do we want to get the ball close to our target?
2. How did you support others and demonstrate good sportsmanship while playing the game?
3. What did you change to help your ball get to your target?

Activity 3: Full Swing: Through The Gates: 15-20 Minutes

- **Modeling:** Use a volunteer, assistant coach or participant to model:
 - **Getting Ready to Swing:** Dominant hand towards ground, non-dominant hand towards belly button
 - **Golf Skill:** Circle Back, Circle Forward

Activity Description: Participants will work in a group of two to hit their golf balls through the gates (pool noodles). Participants may choose whatever club they want, but they must take a full swing. Players will hit 3 times then switch with their partner. Each time they hit it through the gate, they earn a point for their team. Coach can change up the game by having them try to hit through their opponents gate for 2 points instead of 1 point.



Guiding Questions:

1. Do you think it's easier or harder to hit it straight with a full swing?
2. How did you support others and demonstrate good sportsmanship while playing the game?
3. What did you change to help your ball get to your target?
4. What club do YOU hit the straightest?

Wrap up: 5 Minutes

1. What does good sportsmanship look like? Sound like? Does it look or sound different at home or school?
2. What does "play the ball as it lies" mean?
3. What part of the club points towards your target?
4. How does being positive help good sportsmanship?
5. What does it mean to be respectful of your competitors? How do you do this at home or at school?

Coach Notes: