

Lesson Plan 5: Developing Confidence: I Can Do It!

Lesson Intentions:

- Players will safe to try new things with confidence on the golf course
- Players will develop a routine on the golf course when playing
- Players will learn order of play and pace of play.

Warm up:

10 Minutes

All players will complete all warm up exercises together in a circle with the exception of the ball toss and agility exercises. Coaches should encourage players to stay positive even if the exercises get tough.

- **Strength:** Planks-players should hold for as long as they feel confident, up to 30 seconds.
- **Flexibility/Mobility:** Knee to opposite elbow, 10 on each side
- **Agility/Coordination:** Set up 12 poly spots about 3 feet apart for about 4 yards. Players will jump between the poly spots in several ways to experiment with what makes them feel the most confident. Have them place both feet on each spot, one foot on each spot, or alternating feet on every other spot
- **Balance:** Balance on one leg for 10 seconds for four times then 20 seconds on each leg. They should try something new each round: 1) stick your opposite foot in front of you, 2) stick your opposite foot behind you, 3) stick both arms out to side 4) close your eyes
- **Object Control:** Use the poly spots that you have set for the spot jumping and have one player per spot with 12 kids per line. See if the kids can toss the ball to each other all the way down the line and back without dropping it. Players should encourage the other players in their line to help them develop confidence

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

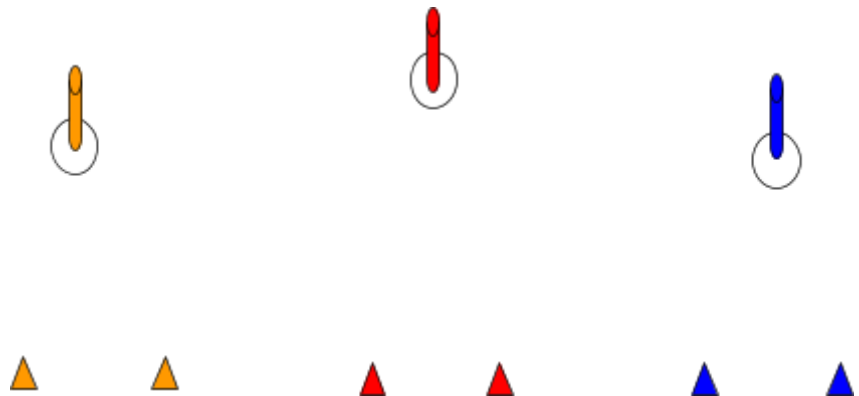
- What new exercises did you try during the warm up?
- Which exercises made you feel the most confident?
- How did you help your teammates stay confident during the ball toss?

Key Commitment: Building Positive Self Identity
Golf Skills: Play Day
Golf Fundamental/Factor of Influence: All Recommended Play Day

Activity 1: Play Day

60 Minutes

- **Getting Ready to Swing:** Players will be using all the golf swings
- that they have learned in previous classes (except for putting)
- **Golf Skill:** Remind players of cues as they are playing golf holes
- **Activity Description:** Players will play a round of golf using a mock set-up of a golf course. Using the following equipment to set-up the course.
Cones = Tee Box
Hula Hoop or flagging tape - Hole
Pool Noodle and alignment stick = Flag Stick
Players will use their golf clubs, and almost golf balls. Make sure players have different colors of balls, or have them mark their ball so they know whose is whose. Be sure to explain the order of play once everyone has hit from the tee box. Explain how to play a round of golf with good pace of play.
- **Key Commitment Objective:** Staying positive on the golf course even when things get tough
- **Golf Knowledge Objective:** Remind players where to stand when someone else is hitting, order of play and pace of play. Explain that you can move things on the golf course out of your way like twigs, and leaves as long as they are not stuck in the ground.



Wrap up: 5 Minutes

1. Did you try anything new on the golf course today?
2. What are some new things you can try at home or at school?
3. How can trying something new help you build confidence in yourself and your abilities?
4. When something is hard, how can you stay positive?
5. What are some things that you did well on the golf course?
6. What are some things that you did well today at school or at home?