



# Drive4Success

## Session 1, Lesson 1

### Lesson Overview:

- **Core Value:** Respect
  - **Healthy Habit:** Safety
  - **Etiquette:** Players should make sure no one will be hit by their club or ball
  - **Golf Fundamental:** Get Ready to Swing: Hold & Set-Up
  - **Yardage Book:** Pages 1, 4-7
  - **Warm-Up & Games:** Relay Races, Dodgeball Putting, Chipping 21
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**30 minutes**

### Opening Questions & Snack (This happens in your meeting room before activity time):

- Core Value: Respect- What does this mean to you? The First Tee's Definition: To be nice and kind in one's actions. In golf, it is important to show respect for myself, the people I play with, and the golf course. We can also show respect by following instructions and safety rules and dressing neatly.
  - How did you display respect this week at school, at home, and/or in your community?
  - The First Tee Code of Conduct: RESPECT for others, RESPECT for yourself, and RESPECT for your surroundings.
  - Healthy Habit: Safety- When you're not playing you are in a safety zone and you do not have a club in your hand. When you are playing you check ALL sides before swinging your club. This is both a Healthy Habit and proper golf etiquette.
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**10 minutes**

**Warm-Up:** Relay Races

**Equipment:** Bean bags, snag balls, poly-spots or cones to mark off playing area

**How to Play:** Divide into 3 or 4 even teams; depending on the task, one or two members of the team travel to one end of the playing area, complete the task, and then return to the start where the next teammate is given a high five as their signal to begin the task. Tasks can be traveling in different forms (skip, run, grapevine, etc.); run to one end and complete an exercise like a few situps, pushups, or jumping jacks; or shuffle sideways while tossing a ball back and forth with a partner.

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5 minutes

**Golf Fundamental Cues:**

**Hold (grip)**- Hands together, usually dominant hand is closer to head of club, thumbs down

**Set-Up (stance)**- Sideways to target, legs in A shape, arms with club in Y shape

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20 minutes

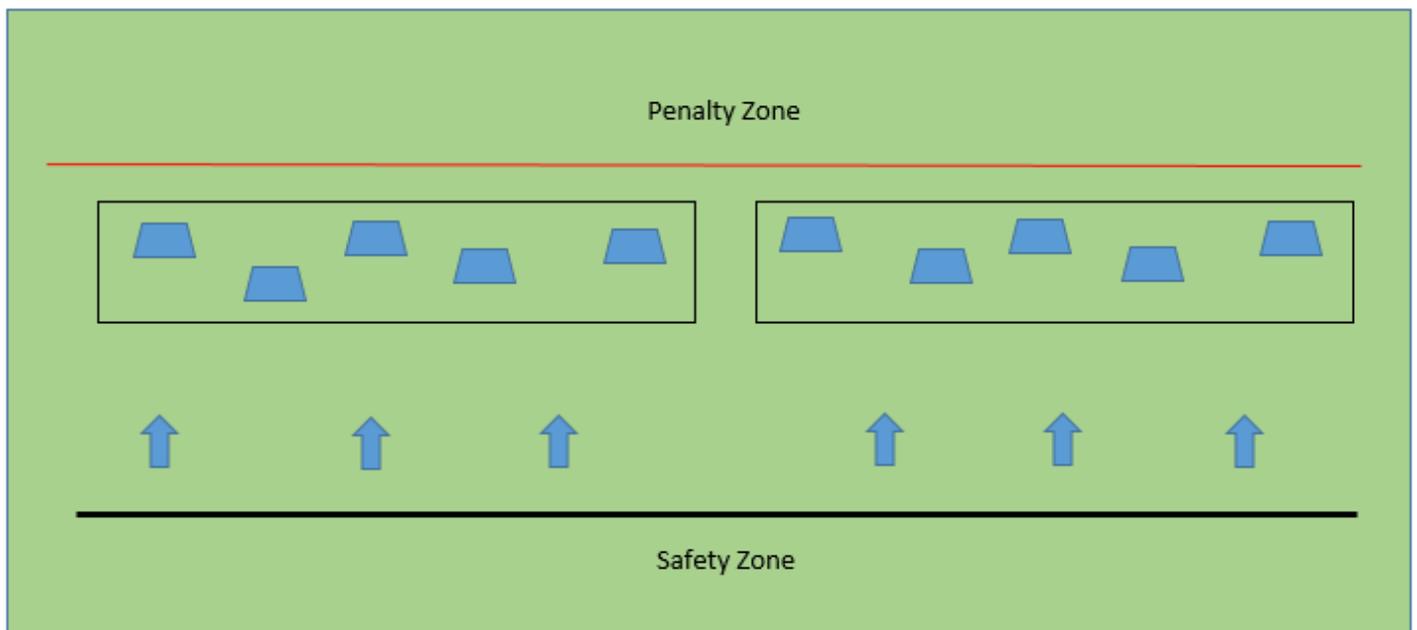
**Golf Activity 1: Dodgeball Putting**

**Skill Objectives & Cues:** To demonstrate a smooth putting stroke with proper Hold & Set-Up; swing length should be no longer than foot to foot; arms and club stay in Y shape through one continuous swing.

**Game Objectives:** Knock out all of your team's cones from the playing area before the other team knocks out theirs.

**Equipment:** 10+ dome cones, medium height cones to mark off playing areas (or use surveyor's tape with tees, or sidewalk chalk on pavement), putters, 5 balls per player

**Description/Diagram of Set-Up:**  = dome cone  = putting station  = boundary line



**How to Play:** Each player gets 5 chances to hit as many cones in their box as they can. Once all team members have hit their 5 balls, both teams can go collect their balls and return to their putting station for the next round. When a cone is hit by a ball, the coach removes that cone from the box. If a ball passes the boundary line into the penalty zone, a cone that had been removed gets returned to the box and has to be hit again. Teams can set up the other team's cones in any pattern before each game, but none of the cones can completely block another. Set up the boxes about 10 feet from the putting stations, and mark the boundary line about two feet from the back side of the box. You can set up 3 boxes to accommodate more players.

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20 minutes

### Golf Activity 2: Chipping 21

**Skill Objectives & Cues:** To demonstrate a smooth chipping stroke with proper Hold & Set-Up; swing length should be no higher than knee height on either side; arms and club stay in Y position through one continuous swing.

**Game Objectives:** The first team to score 21 points, without going over, wins!

**Equipment:** Surveyor's tape, tees, cones to mark safety zones, Snag irons, 12 balls per team

#### Description/Diagram of Set-Up:



#### How to Play:

Teams of 2 start with 12 balls. Players chip two balls into any of the zones, then switch with their partner. After each player chips 6 balls (3 turns), game pauses to collect balls and then restart from where they left off. Add up all of the points scored as game is played. First team to 21 wins. Teams must score exactly 21 to win, so if they go over, they drop back to a score of 15 and continue chipping.

10 minutes

#### Clean Up, Wrap Up

**Bridge to Life:** Use the following questions to help participants apply their “on-course” work to their “off-course” activities and experiences.

1. How did you use respect today during class?
2. Have you ever been around someone that was disrespectful? What is that like?
3. Give an example of respect away from the golf course.
4. What are the objectives of the game of golf?
5. How do you hold the club? Do you think everyone has to hold the golf club the exact same way?
6. What does the set-up for your swing look like?
7. Why is safety important in golf? Outside of golf?
8. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.