



Drive4Success

Session 1, Lesson 2

Lesson Overview:

- **Core Value:** Courtesy
- **Healthy Habit:** Play
- **Etiquette:** Do not disturb play with unnecessary noise.
- **Golf Fundamental:** Get Ready to Swing: Aim & Alignment
- **Yardage Book:** Pages 8-11
- **Warm-Up & Games:** Tic Tac Toe, Shape Shifting, Pitching to Targets

30 minutes

Opening Questions & Snack:

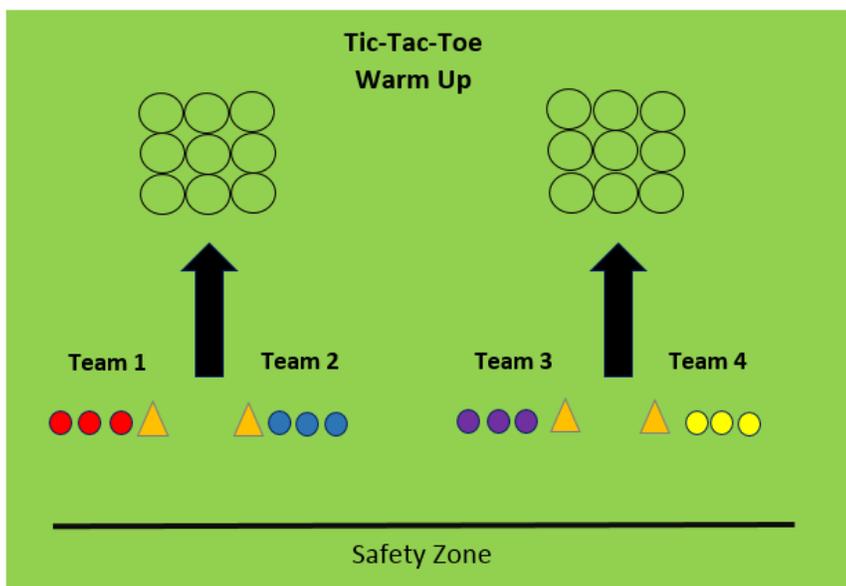
- Core Value: Courtesy- What does this mean to you? The First Tee's Definition: Being or acting polite to others.
- How did you display this core value this week at school, at home, and/or in your community?
- Healthy Habit: Play- Smile and join the fun, recharge your battery (take some deep, cleansing breaths), get fit. What else does Play mean to you or look like?

10 minutes

Warm-Up: Tic Tac Toe

Equipment: 9 Hula Hoops per two teams, 3 bean bags per team (same color), cones to mark starting point

How to Play:



On 'Go', one teammate from each team runs to the hoops and drops one bean bag into one of the 9 hoops, then runs back and tags the next teammate in their line. This continues until one team gets 3 bean bags in a row- across, down, or diagonal. If a team gets blocked, the next teammate can use their turn to move one of their own beanbags to a different open hoop.

5 minutes

Golf Fundamental Cues:

Aim- Line up launch pad and ball arrows with target; “dot the eye” meaning line up bullseye on club face with ball prior to swing

Alignment- Stand sideways to target; toes point towards ball; feet shoulder-width apart; toes of both feet are in line with each other

20 minutes

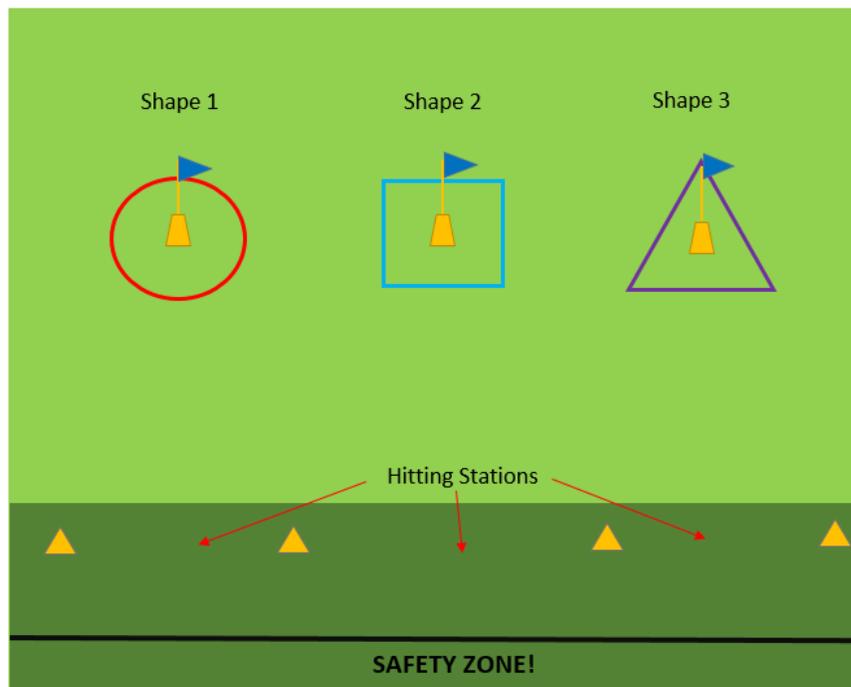
Golf Activity 1: Shape Shifting

Skill Objectives & Cues: Take the time to adjust ball and launch pad for aim before each swing; side of body is in alignment with target.

Game Objectives: Chip two balls into each of the different targets before the other teams.

Equipment: Surveyor’s tape and tees to make target shapes, 1 flagstick in each target for visibility, Snag irons, ~10-15 Snag balls per team of 2 players, cones to designate hitting stations and safety zones.

Description/Diagram of Set-Up:



How to Play:

Players attempt to chip two balls into Shape 1 from their hitting station. Once two of their balls land in Shape 1, they can then shift their aim towards Shape 2, and then Shape 3. The first team to get two balls into each of the three shapes, in consecutive order, wins. Once a team wins, the teams will rotate clockwise to the next hitting station and play again. When a team runs out of balls, the coach will call a timeout (“Clubs Down, All Clear!”) so that teams can collect balls safely.

20 minutes

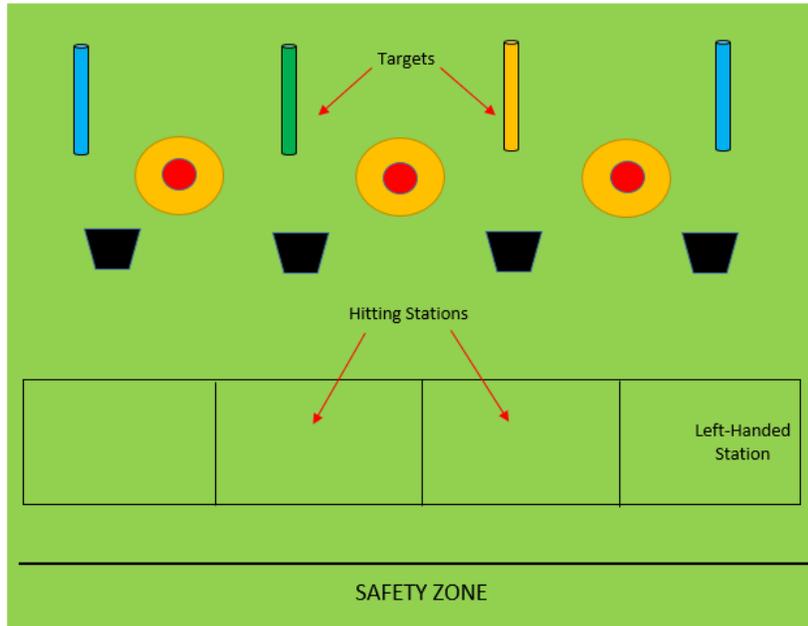
Golf Activity 2: Pitching to Targets

Skill Objectives & Cues: Take the time to adjust ball and launch pad for aim before each swing; side of body is in alignment with target. Pitching Cues- players should swing club back away from target, extending arms back and forming an L with arms and club, then swing down and through the ball, finishing with an L shape (L-Pitch-L).

Game Objectives: Players should aim at different targets placed out in the range.

Equipment: Snag irons and balls, targets -alignment sticks & pool noodles, bullseye targets propped up against large cones, buckets or hula hoops for balls to land in, cones to designate hitting safety zones

Description/Diagram of Set-Up:



How to Play:

Players will get three hits before switching with their partners.

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 today’s core value during class?
2. Can you remember a time when someone was courteous to you?
3. Why is it so important to remain quiet when a player is attempting a shot?
4. What do *you* do to recharge your battery?
5. What is the difference between a Chip and a Pitch?
6. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.