



# Drive4Success

## Session 1, Lesson 3

### Lesson Overview:

- **Core Value:** Responsibility
  - **Healthy Habit:** Energy
  - **Etiquette:** Repair your divots; Be Ready to Play
  - **Golf Fundamental:** Target Awareness: Target Selection
  - **Yardage Book:** Pages 12-15
  - **Warm-Up & Games:** Snack Attack, Playing Card Putting, Full Swing
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30 minutes

### Opening Questions & Snack:

- Core Value: Responsibility- What does this mean to you? The First Tee's Definition: It's up to me; I am the one myself and others depend on to make it happen; Take care of equipment and play areas.
  - How did you display this core value this week at school, at home, and/or in your community?
  - Healthy Habit: Energy- Fueling your body, stay hydrated with water, pack healthy snacks, get plenty of rest.
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10 minutes

**Warm-Up:** Snack Attack

**Equipment:** 4 Hula Hoops, Lots of bean bags of assorted colors

**How to Play:** Divide group into four even teams. Each team is assigned to a hoop in one of the four corners of the gym/field. A pile of bean bags is dumped into the middle of the playing area. On GO, students run to the middle and grab *one bean bag at a time*, and then run it to one of the four hoops. If the bean bag is a healthy snack (good energy), they want to put it into their own hoop, but if it's an unhealthy snack (bad energy), they want to put it into one of the other team's hoops. Teams can defend their hoops to make it harder for a bean bag to land in it, but once it's in the hoop, it cannot be taken out. Once all of the bean bags are in the hoops, the round is over. Any team with more good energy snacks in their hoops than bad energy snacks is considered a winner. There can be more than one winner. Blue bean bags = water/good, Green = protein bar/good, Yellow = banana/good, Orange = Takis/bad, Red = candy/bad, Purple = soda/bad

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5 minutes

**Golf Fundamental Cues:** Target Selection means to not just identify the target, but to recognize the obstacles before it as well.

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20 minutes

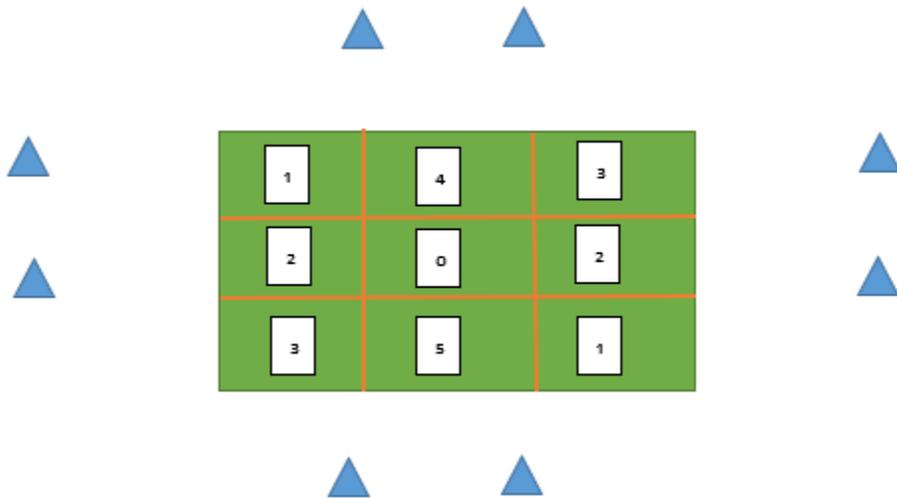
**Golf Activity 1:** Playing Card Putting

**Skill Objectives & Cues:** First stand behind your ball and select your target. Then stand sideways to the target and line up club face with target prior to swing.

**Game Objectives:** Players are putting to playing cards with the objective of landing on numbers that add up to par. Players will practice math by recording and adding up their own scores.

**Equipment:** Snag putters, snag balls, surveyor's tape, tees, playing cards (you could just use index cards with numbers written on them), scorecards\*, pencils

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



**How to Play:** From their hitting stations, players will putt two balls (one at a time) towards the grid.

Whichever hitting station they start from is their 1<sup>st</sup> hole. On the playing card they will see that par for the 1<sup>st</sup> hole is 3. So they need to try to hit a ball into the square with the "1" card, and the other ball into the square with the "2" card, or one ball into the "3" square, and one into the "0" square. Either way, they have to putt both balls for each hole, and they want to score par exactly, not over or under. If they hit over or under on a hole or two, that is okay, but they will then have to adjust their putts at other holes to balance out their score so that they have a total of 36 by the end of 9 holes. They can rotate around the different hitting stations until they have completed nine holes (18 putts), or hit all nine holes from the same station.

\*Copies can be made of the scorecard sample that is attached.

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20 minutes

### Golf Activity 2: Full Swing

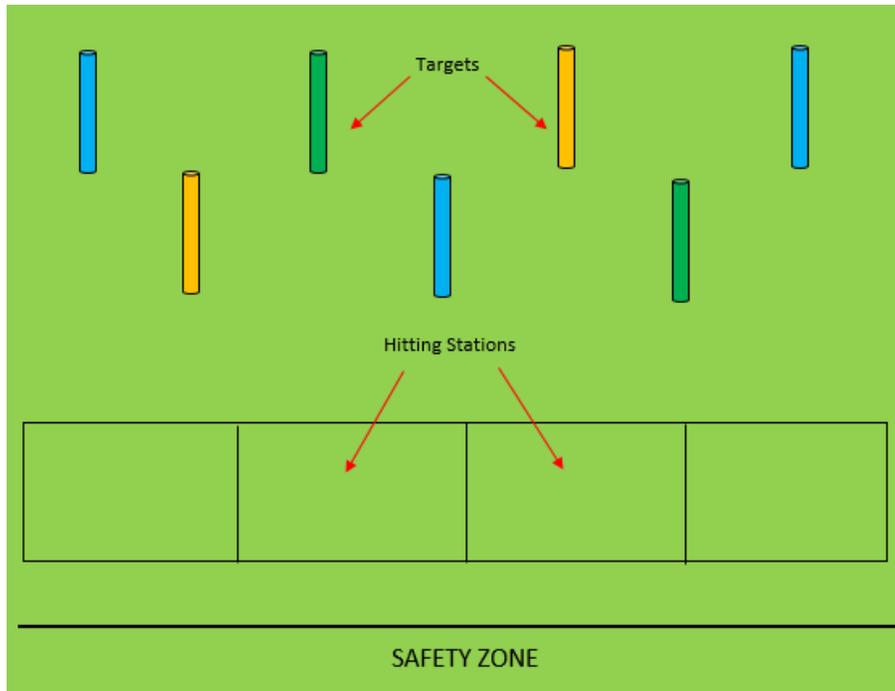
**\*\*Emphasize Safety Zones!\*\***

**Skill Objectives & Cues:** Circle Away, Circle High, Hold it High

**Game Objectives:** Stand behind the ball and select a target *before* getting into position to swing.

**Equipment:** Snag Irons, Snag balls, launch pads, cones, pool noodles, alignment sticks

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



**How to Play:** Players get 3 full swings before switching with their partners. Players should select a target before swinging. Remember that left-handed players hit from far right station.

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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. What is a responsibility you will have at home this week?
3. What is a responsible food choice you will make this week?
4. What do you need to do on the golf course in order to be ‘ready to play’?
5. What are the cues for the Full Swing?
6. How did selecting different targets change your swings today?
7. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.