



# Drive4Success

## Session 1, Lesson 4

### Lesson Overview:

- **Core Value:** Honesty
  - **Healthy Habit:** Friends
  - **Etiquette:** You are your own referee; Keep your own score
  - **Golf Fundamental:** Target Awareness: Distance to the Target
  - **Yardage Book:** p. 16-19
  - **Warm-Up & Games:** Across the Ocean, 8 Ball Putting, Chip-Chip
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30 minutes

### Opening Questions & Snack:

- Core Value: Honesty- What does this mean to you? The First Tee's Definition: To tell the truth.
  - How did you display this core value this week at school, at home, and/or in your community?
  - Healthy Habit: Friends- People who like, support, and trust each other.
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10 minutes

**Warm-Up:** Across the Ocean

**Equipment:** Cones to mark safe zones on both ends of the playing area

**How to Play:** Pick 3 "sharks" to be the taggers who call the "fish" out to swim from one end to the other, and then chase them. If a fish gets tagged, it becomes frozen as seaweed, and can still tag fish as they swim by, but cannot move their feet. Sharks continue to call the remaining fish out from one end to the other until one fish remains as winner.

Be *honest* about whether or not you are tagged.

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5 minutes

**Golf Fundamental Cues:** Be aware of height and size of obstacles between you and your target.

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20 minutes

**Golf Activity 1: 8 Ball Putting**

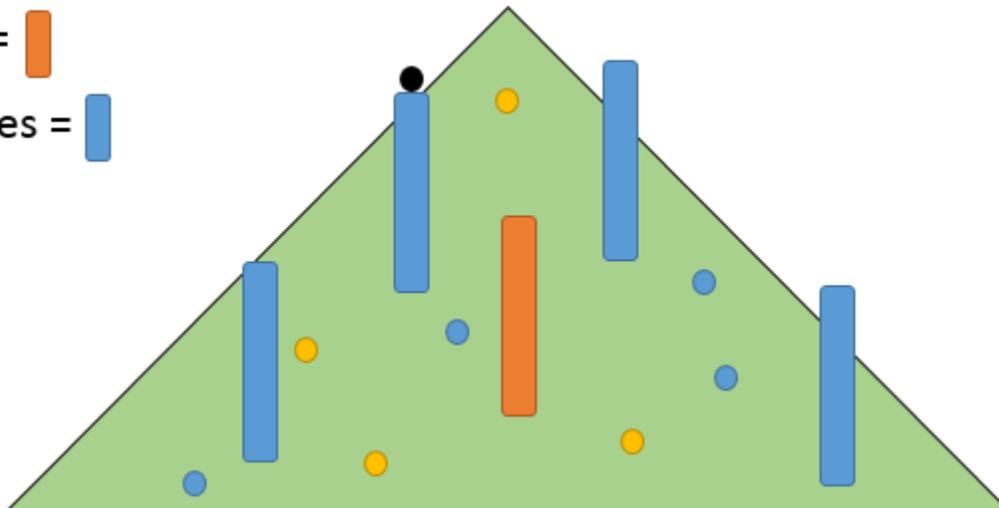
**Skill Objectives & Cues:** Y-Putt-Y; Read the “green” to be aware of the contours of the land and obstacles, as well as the distance from ball to target. Ask yourself, “Will this be a big, medium, or short putt?”

**Game Objectives:** Be the first team to remove all of your balls from the “pool table” and knock the 8-ball off its noodle.

**Equipment:** 4-5 pool noodles and alignment sticks, 4-5 balls for each team (different colors), one ball of a different color as 8 ball, surveyor’s tape and tees, Snag putters

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

Target =   
Obstacles = 



**How to Play:** Teams are assigned a ball color; 4 or 5 balls of each color are rolled out onto the playing area (designate with surveyor’s tape). Players take turns putting one of their balls towards the target (pool noodle). Obstacles (other color pool noodles) will be placed throughout the playing area to increase difficulty. As each ball hits the target it is removed from the playing area. Once all of a team’s balls are removed, an 8 ball (a different color ball) is placed on top of one of the pool noodles (coach’s choice). The leading team has to putt one of their balls hard enough against that pool noodle to cause the 8 ball to fall off, but not so hard that it rolls out of the playing area. If successful, they win! If the 8 ball rolls out of bounds, the other team wins!

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20 minutes

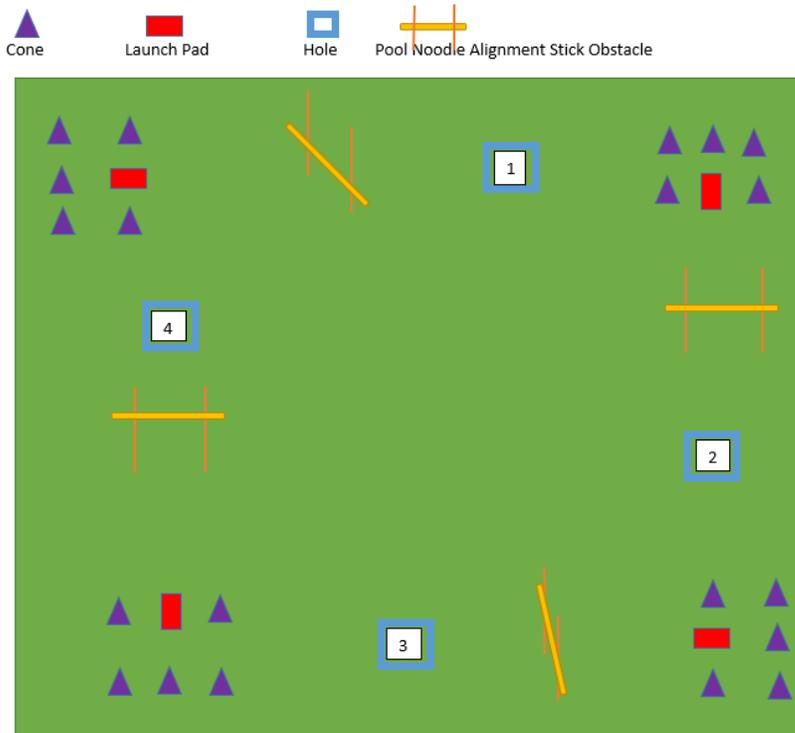
### Golf Activity 2: Chip Chip

**Skill Objectives & Cues:** Y-Chip-Y; Take the time to notice the height and distance of the obstacles between you and the target, as well as the overall distance from tee to target.

**Game Objectives:** Complete the course with as few strokes as possible. Record your scores with honesty.

**Equipment:** Depending on how many holes you'd like to create, you will need two alignment sticks, 1 pool noodle, 5 cones, a launch pad, and surveyor's tape and tees for each hole. Players will need their own ball and Snag iron. Clipboards, scorecards, and pencils are also needed.

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



**How to Play:** At each hole, players have to chip their ball with as few strokes as possible until their ball lands in the "hole." Scoring: If you chip the ball over the pool noodle between the alignment sticks, you can *subtract* one point from your score. If the ball goes under the pool noodle or to the outsides of the alignment sticks, it is a penalty, and you have *add* a point to your score. Examples: 3 hits from launch pad to hole and ball goes over noodle, score is 2; 3 hits to hole and ball does not go over noodle, score is 4. Use a scorecard to record your strokes.

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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. Why is it important to be honest with your friends? Has a friend ever been dishonest with you? How did that affect your relationship?
3. Did you take the time to focus on the obstacles in today’s games? Did that help your game? How so?
4. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.