



# Drive4Success

## Session 1, Lesson 5

### Lesson Overview:

- **Core Value:** Sportsmanship
  - **Healthy Habit:** School
  - **Etiquette:** Play by the rules whether you're winning or losing
  - **Golf Fundamental:** Distance-Response: Length of Motion
  - **Yardage Book:** Pages 20-23
  - **Warm-Up & Games:** Trio Keep Away, Putt-Putt Course for Distance, Chipping Connect 4
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**30 minutes**

### Opening Questions & Snack:

- Core Value: Sportsmanship- What does this mean to you? The First Tee's Definition: Playing by the rules and acting nice to others no matter if you are winning or losing.
  - How did you display this core value this week at school, at home, and/or in your community?
  - Healthy Habit: School- I will do my best to learn, build relationships, and contribute to the school environment.
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**10 minutes**

**Warm-Up:** Trio Keep Away

**Equipment:** Cones, Gator balls

**How to Play:** Cone off six to seven 12'-15' square areas. Assign groups of three to each square. Players decide who will first be in the middle (defender) using "rocks-paper-scissors." The object for the partners (offense) is to pass a ball eight times without having the defender catch the ball, tag you while you're holding the ball, or having the ball go out of bounds. If eight passes are made successfully, set up again with a new defender. If time permits, play three times to allow all group members to be the defender.

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5 minutes

**Golf Fundamental Cues:** The farther away your target is, the longer your swing should be. **Background knowledge:** *The golf swing is similar to that of a pendulum. A pendulum swings equal distances on both sides of the low point. With a higher swing, more momentum builds up, and then the ball will travel faster and farther once it is hit.*

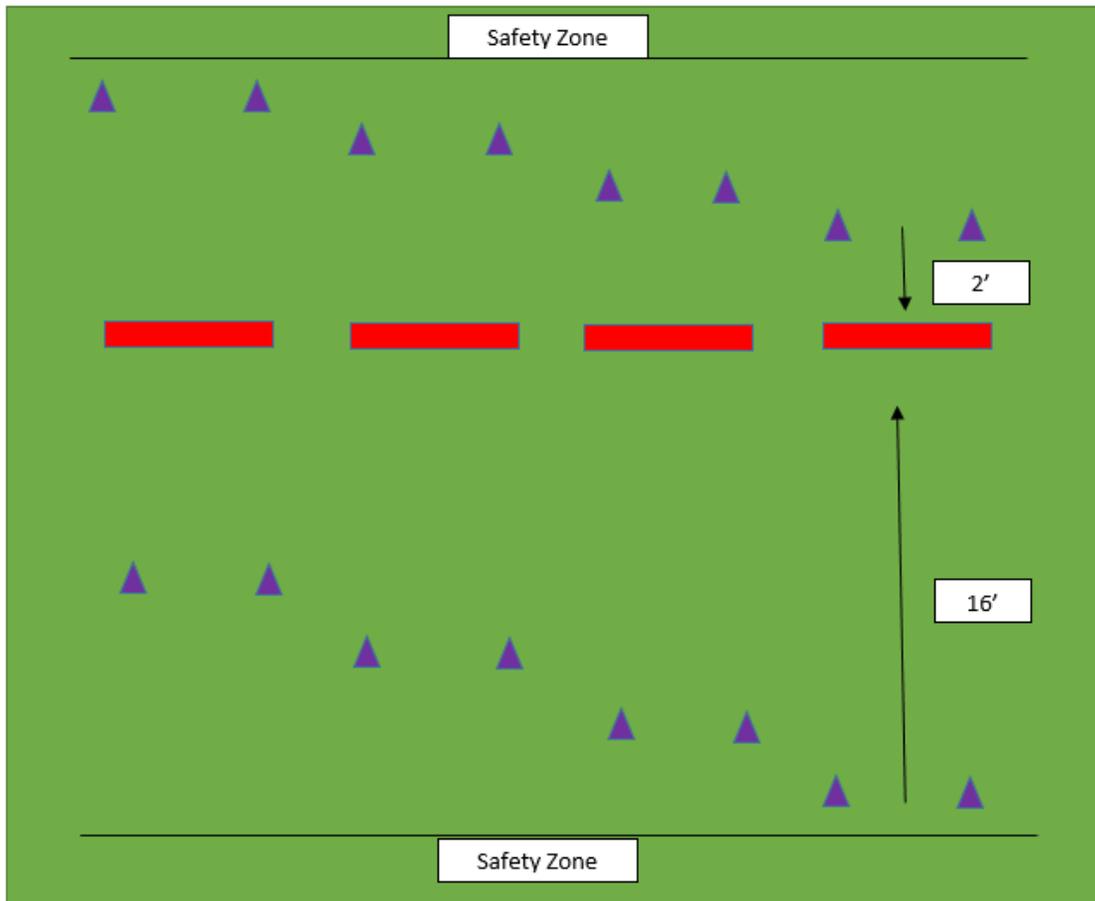
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20 minutes

**Golf Activity 1:** Putt-Putt Course for Distance

**Skill Objectives & Cues:** Short distance, shorter swing; long distance, longer swing (but it's still Y-Putt-Y!)  
**Game Objectives:** Putt your way through a short course of holes with the fewest number of strokes possible.  
**Equipment:** Cones, Snag putters and balls, Rollerama targets, scorecards (clipboards), pencils

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



**How to Play:** Increase swing length as you progress through the 8 holes, beginning at a 2 foot distance and finishing at a 16 foot distance. Record number of strokes per hole on a scorecard.

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**20 minutes**

**Golf Activity 2:** Chipping Connect 4

**Skill Objectives & Cues:** Short distance, shorter swing; long distance, longer swing (but it's still Y-Chip-Y!)

**Game Objectives:** Land a ball in each of four target zones before the other players!

**Equipment:** Snag Irons and balls, surveyor's tape, tees, cones

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



**How to Play:** Each player starts with 10 balls. Chip until you land one ball in each of the four zones. If you run out of balls, wait until the coach calls "Clubs Down" and "All Clear" before going out to retrieve more balls.

**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. When someone who you are playing with or against is a poor sport, how does that impact the game? Do you want to continue playing with that person?
3. What is the connection between pendulums and golf?
4. How do real-life connections help you to achieve more in school?
5. To end the class, have everyone put their hands in for a "The First Tee" cheer before heading to parent pickup.