



# Drive4Success

## Session 1, Lesson 6

### Lesson Overview:

- **Core Value:** Confidence
  - **Healthy Habit:** Community
  - **Etiquette:** Invite faster groups to play through
  - **Golf Fundamental:** Distance-Response: Club Selection
  - **Yardage Book:** Pages 24-27
  - **Warm-Up & Games:** Limbo & Jump the River, Birdie Ball Blast, Sports of All Sorts
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**30 minutes**

### Opening Questions & Snack:

- Core Value: Confidence- What does this mean to you? The First Tee's Definition: A feeling of "I can do it!"
  - How did you display this core value this week at school, at home, and/or in your community?
  - Healthy Habit: Community- The area in which you and your neighbors live. What do you do in your community? How do you make your community better?
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**10 minutes**

**Warm-Up:** Limbo & Jump the River

**Equipment:** Pool noodle, cones, gymnastics mats, masking tape

**How to Play:** Limbo- Two coaches stand on either side of a gymnastics mat while both holding one end of a pool noodle at about shoulder height. Students line up on one end of the mat and walk towards the noodle. Players need to bend backwards to pass under the noodle and cannot bump the noodle or fall down on the mat in order to stay in the game. Once everyone has a try at the first height, the noodle gets lowered about 6 inches, and so on, until only one player remains standing.

Jump the River- Players form a single line (or you can have two mats, one for 1<sup>st</sup>-3<sup>rd</sup> graders and one for 4<sup>th</sup>-5<sup>th</sup>) about ten feet from the end of one mat. One player at a time runs up to the mat and jumps to the first line marked on the mat (use masking tape). If they make it to the first line, they can return to the line to attempt the second distance, and so on. As soon as they do not reach a measured distance, they are out of the game.

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5 minutes

**Golf Fundamental Cues:** Higher loft (of club face) = shorter distance, Longer club = farther distance

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20 minutes

**Golf Activity 1:** Birdie Ball Blast

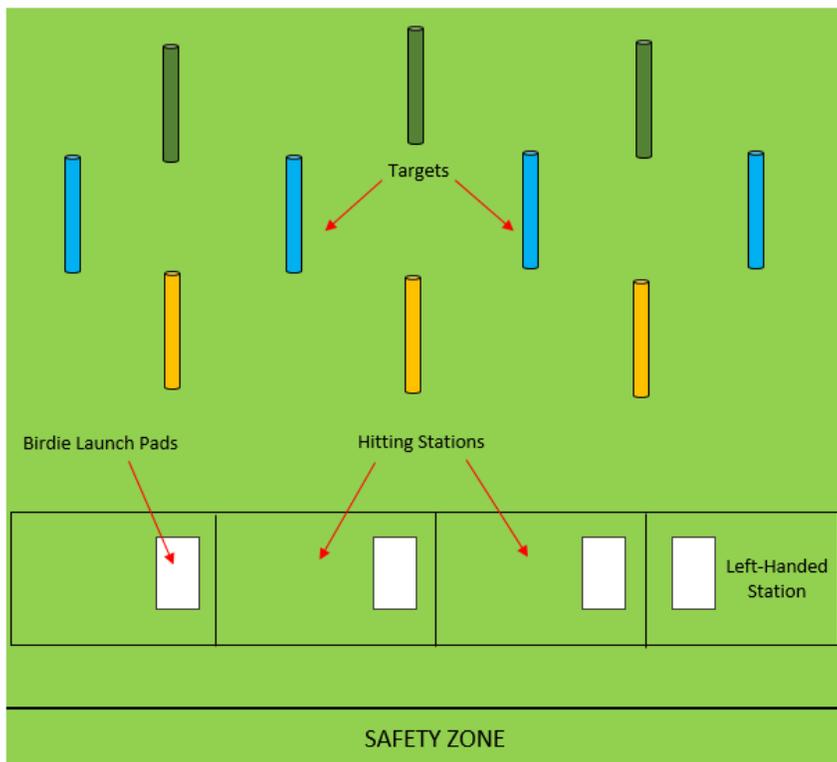
**\*\*Emphasize Safety Zones!\*\***

**Skill Objectives & Cues:** Choose a club with a high loft for the closer targets and a low loft for the farther targets.

**Game Objectives:** Hit birdie balls to targets at each of the three distances by making the proper club selection.

**Equipment:** Birdie balls and launch pads, regular clubs (wedge, 5 iron, driver) for each hitting station, pool noodles, alignment sticks, cones, water balloons (optional)

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



**How to Play:** Hit 3 birdie balls with each of the different clubs at your hitting station in order to hit targets at each of the three distances. *Optional: Finish by allowing students to hit a few water balloons off of the launch pads. Be sure to pick up balloon pieces when finished!*

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**20 minutes**

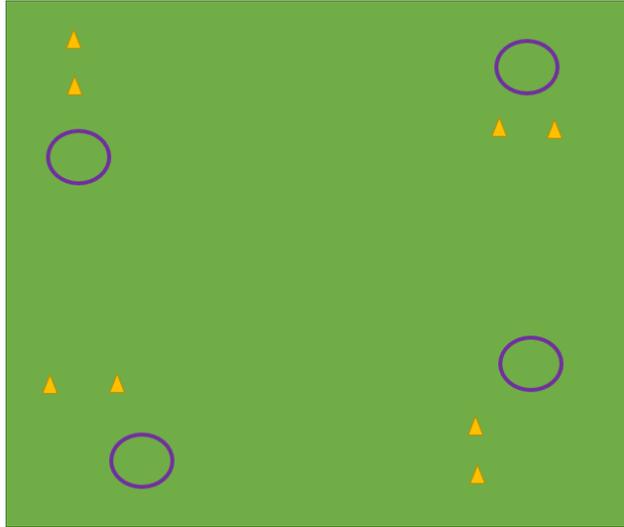
**Golf Activity 2: Sports of All Sorts**

**Skill Objectives & Cues:** Select the best ball to complete the course.

**Game Objectives:** Players need to throw their ball from “tee box” (cones) to “hole” (hula hoop) in as few throws, tosses, and rolls as possible.

**Equipment:** Hula hoops, cones, variety of sports balls (gator, tennis, golf, nerf football, playground ball, etc.), scorecard, pencil

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



**How to Play:** Players “tee off” by throwing their ball from the cones towards the hula hoop. Continue throwing, tossing, or rolling the ball until it lands inside the hula hoop. **Players have to use the same ball for the entire game.** Record your number of throws on the scorecard.

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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 the connection between the club length and distance response? Loft of a clubface and distance response? How does loft also change the *path* of the ball?
3. What can you do around these school grounds to improve the community?
4. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.