



Drive4Success

Session 2, Lesson 1

Lesson Overview:

- **Core Value:** Judgment
 - **Healthy Habit:** Vision
 - **Etiquette:** Shouting "Fore!"
 - **Golf Fundamental:** Target Awareness: Target Selection & Target Lines
 - **Yardage Book:** p.28-31, Beginning of Session Questionnaire!, Vision Worksheet
 - **Warm-Up & Games:** Relay Races, Reading the Green, Pinwheel
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30 minutes

Opening Questions & Snack:

- Core Value: Judgment- What does this mean to you? The First Tee's Definition: To make a decision or form an opinion.
 - How did you display this core value this week at school, at home, and/or in your community?
 - Healthy Habit: Vision- Setting goals for your future! Complete worksheet.
 - Etiquette Bit: If a player plays a ball in a direction where there is a danger of hitting someone, he should immediately shout a warning. The traditional word of warning in such situations is "fore." -USGA
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10 minutes (Warm-Ups will match those of the first session, so that all participants can do these together.)

Warm-Up: Relay Races

Equipment: Bean bags, snag balls, poly-spots or cones to mark off playing area

How to Play: Divide into 3 or 4 even teams; depending on the task, one or two members of the team travel to one end of the playing area, complete the task, and then return to the start where the next teammate is given a high five as their signal to begin the task. Tasks can be traveling in different forms (skip, run, grapevine, etc.); run to one end and complete an exercise like a few situps, pushups, or jumping jacks; or shuffle sideways while tossing a ball back and forth with a partner.

5 minutes

Golf Fundamental Cues: Target Selection means to not just identify the target, but to recognize the obstacles before it as well. A Target Line is the line on which the putt starts. The ball will start in the direction of the target and break (curve) toward the hole because of gravity.

20 minutes

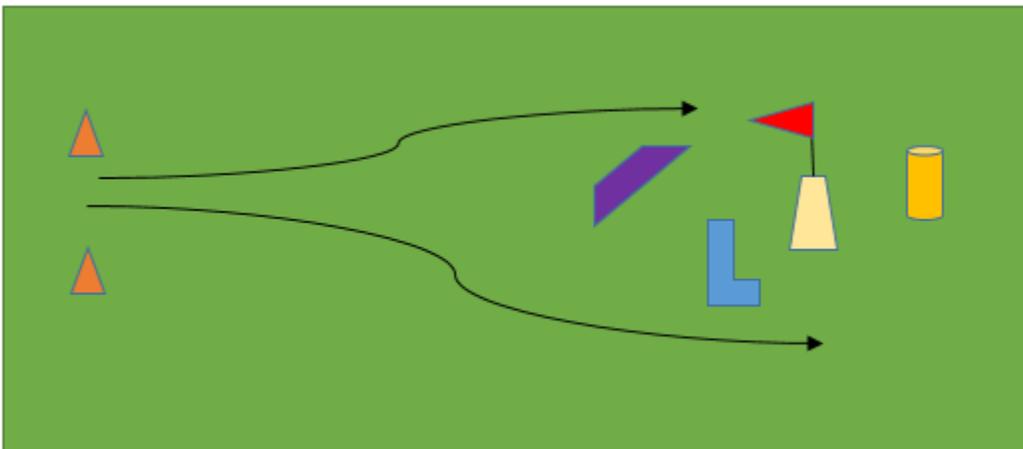
Golf Activity 1: Reading the Green

Skill Objectives & Cues: Target Selection- First stand behind your ball and select your target. Then stand sideways to the target and line up toes & club face with target prior to swing. Target Lines- (See supplemental material on page 4 of this lesson).

Game Objectives: Players are putting towards the hole (Flagstick), but it will be blocked on at least two sides, so players will have to choose another target before hitting to the hole.

Equipment: Cones, Snag putters and balls, Flagstickys, 1 bean bag per player, and an assortment of obstacles (be creative!).

Description/Diagram of Set-Up: This is just one example of how you can set up a hole. Use obstacles of your choice and set up how you like, but make sure there is not a direct shot from tee to Flagstick. If there is a way to set up outside and include natural slopes for players to consider Target Lines, then do so.



How to Play: Participants will putt from tee to hole (Flagstick) in as few strokes as possible. Players should be choosing a target other than the hole first, and then, depending on where the ball stops, they can aim at the hole for their second stroke. Use bean bags as the primary target; players will drop the bean bag where they think their initial putt should land in relation to the hole.

20 minutes

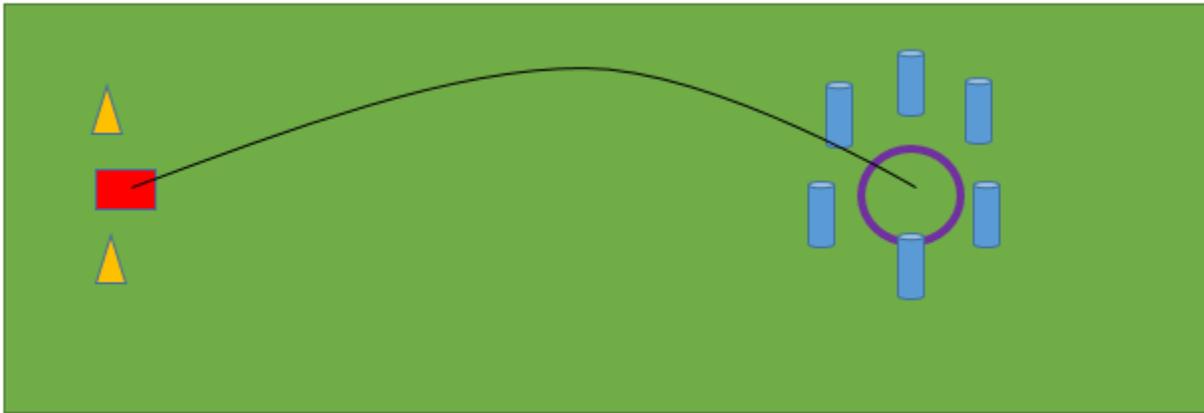
Golf Activity 2: Pinwheel

Skill Objectives & Cues: Target Selection- 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: Land your ball in the hula hoop without knocking down the surrounding bowling pins.

Equipment: Snag irons, balls, and launch pads, hula hoops (1 per hole), 6 bowling pins (or similar objects, like empty water bottles) per hula hoop, cones.

Description/Diagram of Set-Up: Each hole can be set up similarly, but you can adjust pin placement, or distance from tee to hole.



How to Play: Divide kids into groups of 2-3. Players alternate starting order at each new hole (ABC, BCA, CAB). The first player chips one time towards the hoop, then the second player, and then the third. Continue in the same order until a player either chips the ball into the hole, or the player knocks over a pin. If a player knocks down a pin, their turn is over, but the pin gets to stay down for the remaining players. The idea is that the players try to make smaller chips to approach the hole, rather than trying to make it into the hoop on their first swing. Players track how many swings it takes to get the ball into the hoop.

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. Were you more successful in the chipping game when you made multiple shorter strokes, or tried to get a hole-in-one?
3. Can you think of a time when you or someone you know used poor judgment outside of golf? What was the result? How could that have been prevented?
4. Does anyone want to share one of their short-term goals for this week? How about a long-term goal?
5. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.

Name: _____

Vision: A Healthy Habit

Having vision means that you have an idea of what you want your future to look like. A healthy vision includes growth and positive change. In order for your vision to become a reality, it's important to set goals for yourself. You can have short-term and long-term goals. In the space below, write or draw at least one goal you have for this week on the left, and at least one goal for when you're an adult on the right.

Example: Exercise 30 min. each day

Example: Be a Doctor

This Week:

As an Adult:

