



Drive4Success

Session 2, Lesson 2

Lesson Overview:

- **Core Value:** Perseverance
- **Healthy Habit:** Mind
- **Etiquette:** Pace of Play #1
- **Golf Fundamental:** Target Awareness: Distance to the Target; Swing Rhythm & Tempo
- **Yardage Book:** p. 32-35
- **Warm-Up & Games:** Tic-Tac-Toe, Pressure Putting, Swing Rhythm Chip and Pitch

30 minutes

Opening Questions & Snack:

- Core Value: Perseverance- What does this mean to you? The First Tee's Definition: To keep going, no matter what.
- How did you display this core value this week at school, at home, and/or in your community?
- Healthy Habit: Mind- Believe in yourself, think positive thoughts about myself, keep my head up, focus on doing the best that I can.
- Etiquette Bit: Play at a good pace so as not to delay the group waiting behind you. One way to do this is to tee off from the tee box that best matches your skill level; e.g., if you are a beginner, play from the tee box closest to the hole.

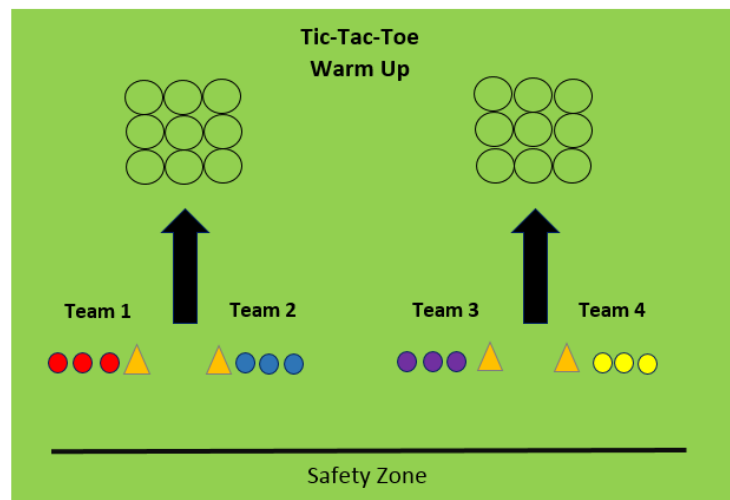
10 minutes

Warm-Up: Tic-Tac-Toe

Equipment: 9 Hula Hoops per two teams, 3 bean bags per team (same color), cones to mark starting point

How to Play:

On 'Go', one teammate from each team runs to the hoops and drops one bean bag into one of the 9 hoops, then runs back and tags the next teammate in their line. This continues until one team gets 3 bean bags in a row- across, down, or diagonal. If a team gets blocked, the next teammate can use their turn to move one of their own beanbags to a different open hoop.



20 minutes

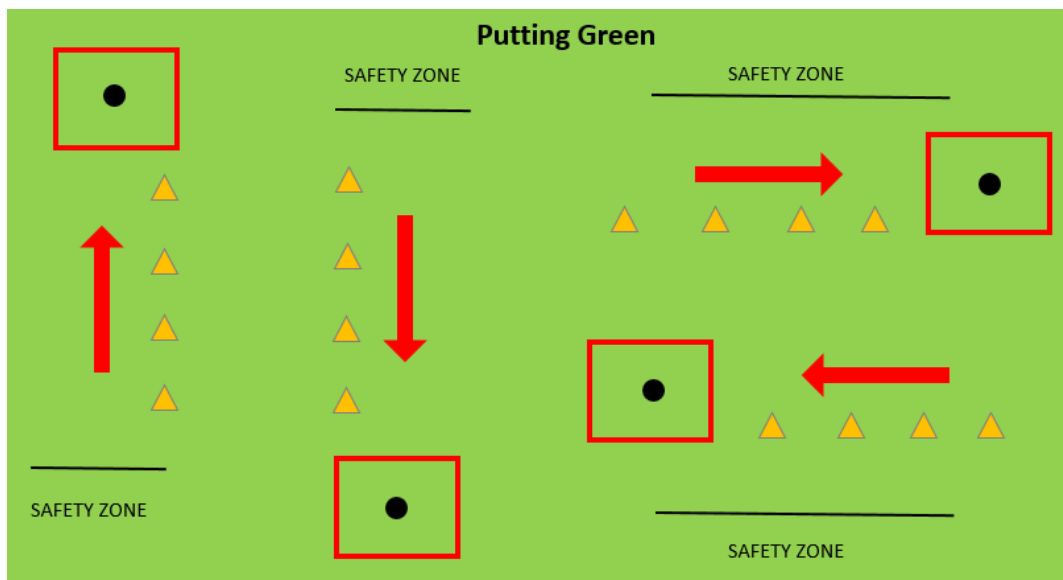
Golf Activity 1: Pressure Putting

Skill Objectives & Cues: Distance to the target- ask yourself questions like, *Do I use a small, medium, or big putt?*, or *Will the slope or roughness of the ground affect the distance the ball travels?*

Game Objectives: Players have 5 “lives” to putt a ball on target from tees of four increasing distances.

Equipment: Cones, Snag putters, 5 balls per player, Flagstickys (1 per hole)

Description/Diagram of Set-Up: Set up a square around a Flagstickey using 4 corner cones or tape. Set down 4 cones in distances of 2, 4, 6, and 8 feet from the square. Experienced players need to hit the Flagstickey, less experienced players just need to land in the square. The cone distances can vary for level of play, too. If possible, set up breaking putts, or uphill and downhill slopes to increase difficulty.



How to Play:

1. Each participant should start with 5 golf balls.
2. One player putts one ball from the cone of the shortest distance. If the ball lands inside the square, the player may retrieve that ball and move back one cone.
3. If the putt does not go in the square, that ball/life is eliminated. They must putt again from the same distance. If it is made, they can move back. If not, the ball is removed.
4. Participants go until they either finish putts from all distances, or run out of balls.
5. Once either happens, they can rotate with another participant.
6. If the participant finishes the challenge without running out of balls, they should remove one ball to start at the next hole. In other words, they have only 4 lives to complete the next hole.
If you see that 5 golf balls is too few to start with, feel free to add more to the pile!

20 minutes

Golf Activity 2: Swing Rhythm – Chipping and Pitching

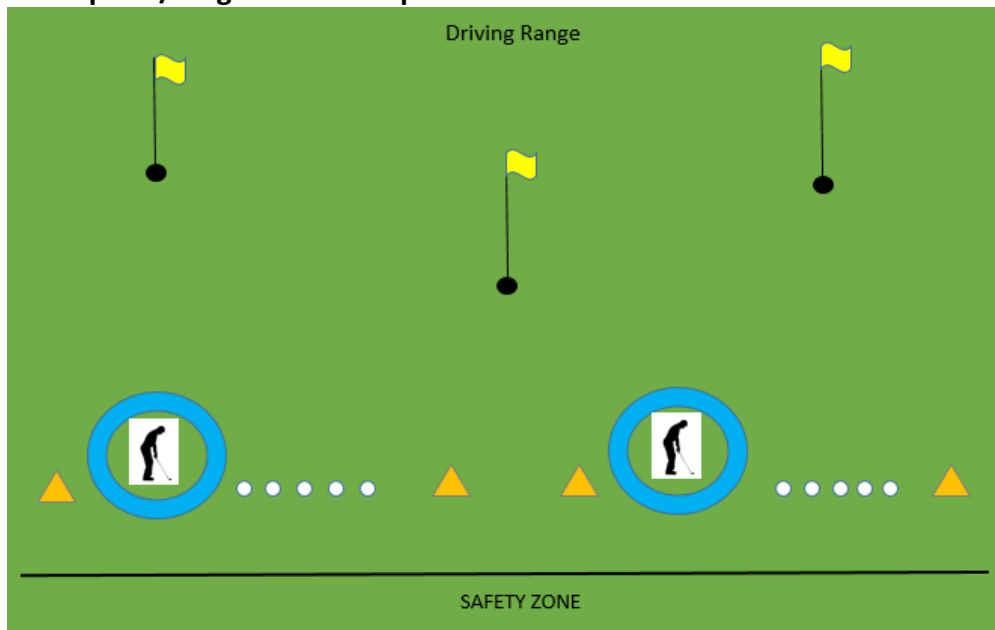
Skill Objectives & Cues:

Swing Rhythm is an internal timing among the parts of the swing that occurs as one fluid swinging motion. Have players practice different swing rhythms with just their arms, pretending to hold a club; swing as slow and as fast as you can without losing balance. Which one felt better; i.e., with which tempo/speed could you be more successful? Verbalize phrases to help you keep a steady tempo; e.g., “Tic-Toc,” “Back-Through,” or count “1-2-3-4.”

Game Objectives: Make 5 continuous swings while maintaining a steady swing rhythm.

Equipment: Cones, alignment sticks, pool noodles, 5 balls per hitting station, Snag Irons

Description/Diagram of Set-Up:



How to Play:

Each participant will line up 5 golf balls approximately 3-5 inches apart between the cones at a hitting station. A player will begin by swinging the club to find a preferred rhythm without hitting a ball. Once the desired rhythm for the type of swing (chip or pitch) is found, the player will step towards the first ball while continuing the same swing rhythm through the ball. Without stopping the swing, the player will advance down the line of balls, hitting each one in order. The participant should be constantly moving without disrupting the swing rhythm for all 5 golf 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 (perseverance) during class?
2. How would you verbalize your swing rhythm?
3. How does slope affect your target response?
4. “Mind” is our Healthy Habit for the day. Did you keep a positive outlook during today’s activity? Can you think of other times when keeping a positive outlook may have been a challenge? What are some goals that you have for the future?
5. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.