



Drive4Success

Session 2, Lesson 3

Lesson Overview:

- **Core Value:** Integrity
 - **Healthy Habit:** Family
 - **Etiquette:** Pace of Play #2
 - **Golf Fundamental:** Distance Response: Length of Motion
 - **Yardage Book:** p. 36 & 42-43, Integrity and Your Family Values Worksheet
 - **Warm-Up & Games:** Snack Attack, Measuring with Integrity, Driving Range Relay
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30 minutes

Opening Questions & Snack:

- Core Value: Integrity- What does this mean to you? The First Tee's Definition: Knowing the difference between right and wrong; doing the right thing even when no one is looking.
 - How did you display this core value this week at school, at home, and/or in your community?
 - Healthy Habit: Family- Be in sync by spending time together; plan family meals together
 - Etiquette Bit: Keep up with the pace of play so as not to delay the group waiting behind you. If a ball is lost in a hazard, use a provisional ball, or if searching for a ball, invite the group behind you to play through.
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10 minutes

Warm-Up: Snack Attack

Equipment: 4 Hula Hoops, Lots of bean bags of assorted colors

How to Play: Divide group into four even teams. Each team is assigned to a hoop in one of the four corners of the gym/field. A pile of bean bags is dumped into the middle of the playing area. On GO, students run to the middle and grab *one bean bag at a time*, and then run it to one of the four hoops. If the bean bag is a healthy snack (good energy), they want to put it into their own hoop, but if it's an unhealthy snack (bad energy), they want to put it into one of the other team's hoops. Teams can defend their hoops to make it harder for a bean bag to land in it, but once it's in the hoop, it cannot be taken out. Once all of the bean bags are in the hoops, the round is over. Any team with more good energy snacks in their hoops than bad energy snacks is considered a winner. There can be more than one winner. Blue bean bags = water/good, Green = protein bar/good, Yellow = banana/good, Orange = Takis/bad, Red = candy/bad, Purple = soda/bad

5 minutes

Golf Fundamental Cues: Consider the length of your swing and amount of speed or force applied to the ball.

20 minutes

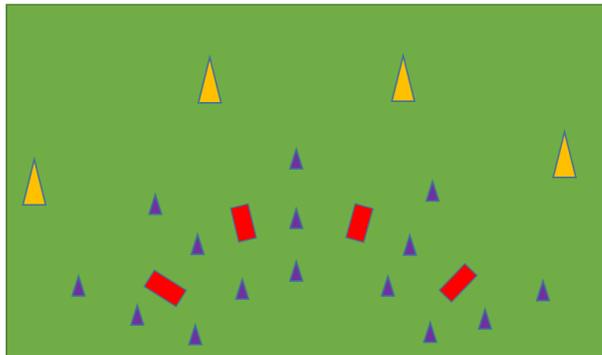
Golf Activity 1: Measuring with Integrity

Skill Objectives & Cues: Adjust length of swing and applied force in response to how close or far the ball lands in relation to the target.

Game Objectives: To hit the ball closest to the targets and practice integrity when measuring your distance.

Equipment: Snag irons, balls, & launch pads for at least four hitting stations, one large (2') cone and one green putter for each hitting station, short cones to separate stations and designate safety zones, scorecards, and pencils.

Description/Diagram of Set-Up: Set up the hitting stations so that they fan out into safe directions to allow participants to hit, measure, and retrieve balls without waiting for other participants to finish their strokes. Pace out an even distance from launch pad to target cone for each hitting station.



How to Play:

Players will hit three balls towards their assigned target. They will then choose which of the three is closest to the target and measure how many club lengths (green putter) away the ball landed. Repeat this process at least three times so that players can record 3 distances on their scorecards. Regroup and compare results to see who hit the closest distance.

20 minutes

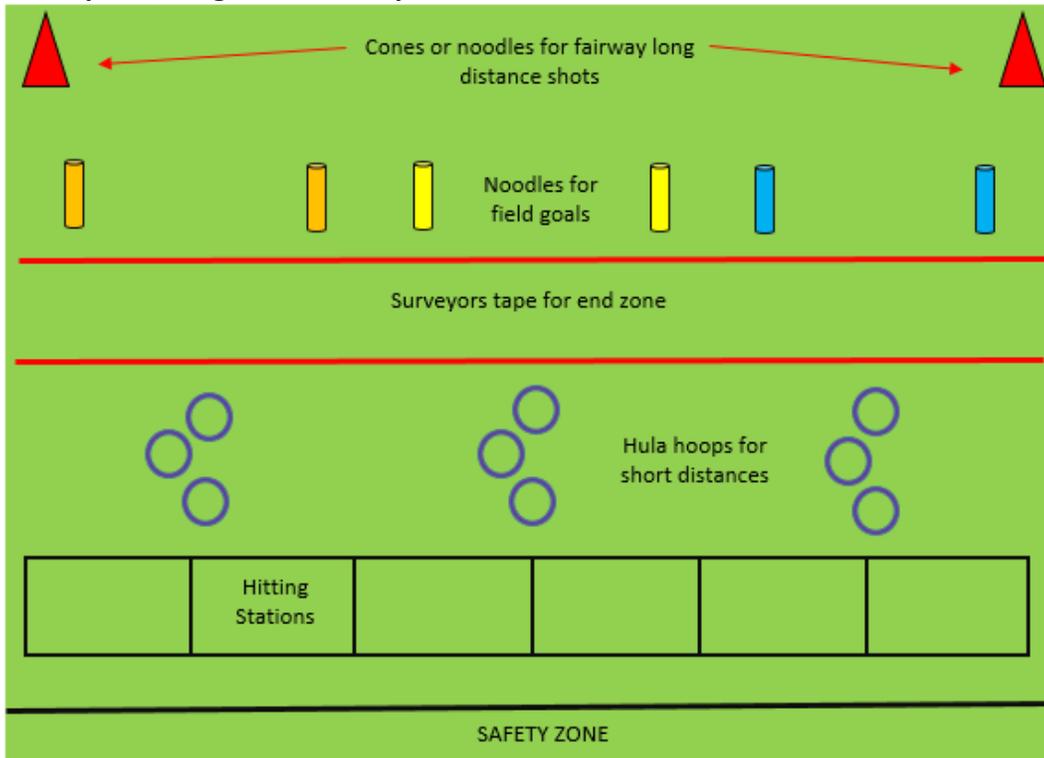
Golf Activity 2: Driving Range Relay

Skill Objectives & Cues: Closer targets require smaller swings, farther targets require bigger swings.

Game Objectives: Race to complete a series of tasks involving distance response.

Equipment: Cones, Snag irons, at least 6 balls per hitting station, ~9 hula hoops, surveyors tape and tees, 6 pool noodles and alignment sticks

Description/Diagram of Set-Up:



How to Play:

Split the participants up into teams of 2 and assign each team to a hitting station. Before beginning the challenge, let the participants hit golf balls for 2-3 minutes. Encourage participants to hit a variety of strokes and distances.

To play this game, team members will alternate turns while attempting to complete the following tasks:

1. Leap Frog – chip/pitch 3 golf balls in a row so that each shot goes farther than the last shot (hoops 1, 2, 3).
2. End Zone – hit 1 ball so that it lands in the “end-zone.”
3. Field Goal – hit 1 ball that travels through the goal posts identified by noodles.
4. Long Drive – hit 1 golf shot that travels beyond the cones that mark the fairway.

The goal is to be the first team to complete all of these challenges. Each player should get 3 turns and 3 total hits per race.

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 (integrity) during class?
2. What can you change about your swing to change how far the ball travels?
3. What is one activity you have done as a family, or you would like to do as a family?
4. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.

Integrity and Your Family Values

Name: _____

We show integrity by living our values. Most of our values are learned from our family.

Directions: For each scenario, either write a short response, or turn to a neighbor and talk about what you both would do.

1. You have something exciting to share with a family member, but that person is on the phone.
2. It's 5:45 and you're supposed to be home at 6:00, but you're in the middle of a game at your neighbor's house.
3. You come home and find one of your family members is sitting on the couch crying.
4. You walk into the kitchen and see that dinner is busy being made.
5. You are playing with your sibling's toy, and it breaks.

Measuring with Integrity Scorecard

Name:	Round One	Round Two	Round Three
Distance from Ball to Target (Circle your best after 3 rounds) Ex. 3 ½ club lengths			