



Drive4Success

Session 2, Lesson 4

Lesson Overview:

- **Life Skill:** Meeting and Greeting with Ask-Listen-Respond (ALR)
 - **Etiquette:** Pace of Play #3
 - **Golf Fundamental:** Distance Response: Club Selection
 - **Worksheet:** Meet and Greet in 5 Steps
 - **Warm-Up & Games:** Across the Ocean, Club Selection for Range Targets, Billiards Putting
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30 minutes

Opening Questions & Snack:

- Life Skill: Meeting and Greeting with Ask-Listen-Respond
 - How do you introduce yourself to someone new? Is it different for youth and adults?
 - Complete Meet and Greet in 5 Steps Worksheet
 - Etiquette Bit: Play at a good pace. It is easy to get distracted while outside playing and having fun with your friends. However, it is still important to stay focused on the game so as not to hold up your group or those waiting behind you.
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10 minutes

Warm-Up: Across the Ocean

Equipment: Cones to mark safe zones on both ends of the playing area

How to Play: Pick 3 “sharks” to be the taggers who call the “fish” out to swim from one end to the other, and then chase them. If a fish gets tagged, it becomes frozen as seaweed, and can still tag fish as they swim by, but cannot move their feet. Sharks continue to call the remaining fish out from one end to the other until one fish remains as winner.

Be *honest* about whether or not you are tagged.

5 minutes

Golf Fundamental Cues: Higher loft (wedge) = shorter distance, lower loft (driver) = longer distance

20 minutes

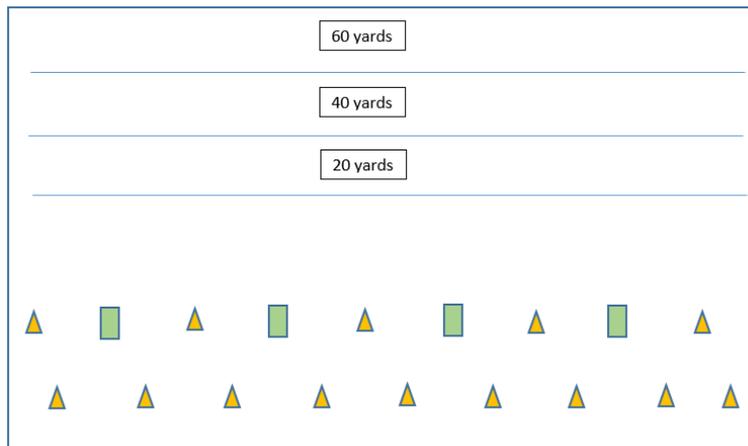
Golf Activity 1: Club Selection for Range Targets

Skill Objectives & Cues: Choose the club that is best for the distance of each target.

Game Objectives: Hit 3 balls into each zone, using a different club for each round of hits.

Equipment: Birdie balls and launch pads, regular golf clubs (wedge or 9, 7, driver or hybrid), cones, surveyor's tape and tees.

Description/Diagram of Set-Up: Pace out distances so that the first line of tape is about 20 yards from hitting stations, second line is 40, and third is 60.



How to Play:

1. Player will choose which club will land the balls in the first zone.
2. Player will hit 3 balls with that club, then collect the balls, and switch with partner.
3. Repeat steps 1 and 2 for second and third zones. Be sure to use a different club for each round.
4. Regroup and discuss the differences between the clubs and how far the balls traveled with each.

Hint: Wedge or 9 = 1st, 7 = 2nd, and Drive/Hybrid = 3rd

20 minutes

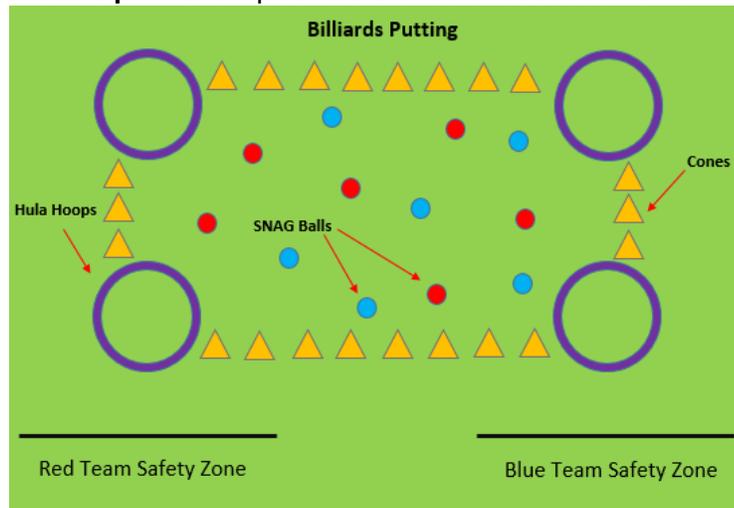
Golf Activity 2: Billiards Putting

Skill Objectives & Cues: Players will focus on Distance Response by identifying distance to the target and apply the appropriate amount of force to the ball.

Game Objectives: Players will putt all of their team's balls into the pockets before the other team does.

Equipment: If playing on cement, use chalk to draw the 'pockets,' otherwise use 4 hula hoops, cones, 6 of one color ball and 6 of another, Snag putters.

Description/Diagram of Set-Up: Area of 'pool table' should be about 10'x6'.



How to Play:

Divide the group into two teams and spread the 12 balls out across the 'pool table.' One participant from Team 1 will putt one of their balls towards a pocket. If the ball goes in, the same player gets to go again. If the ball does not go in, a player from Team 2 gets to take a turn. Continue alternating teams and players in this fashion until one of the teams gets all of their balls into the pockets. If a team hits a ball so that it rolls outside of the playing area, the *other* team can put it back on the 'table' wherever they choose.

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 Life Skill or Etiquette Bit during class?
2. Does a club with a higher loft have more or less distance potential?
3. To end the class, have everyone put their hands in for a "The First Tee" cheer before heading to parent pickup.

Meet and Greet in 5 Steps

- 1) Face the person.
- 2) Smile and look him/her in the eye.
- 3) Give a firm handshake.
- 4) State your name clearly and loudly enough to be heard.
- 5) If you need information, ask a question.

Your name: _____

Directions: Meet and Greet five people using the steps listed above. Ask each of them one of the following questions. Write down their answer and name. After meeting five people, you should have each of these questions answered.

1) What size shoe do you wear? _____

Name: _____

2) What is one food that you *never* want to eat again? _____

Name: _____

3) What is a place you want to visit? _____

Name: _____

4) Do you sleep with a stuffed animal? _____

Name: _____

5) Do you have a pet? _____ Extra: What kind(s)? _____

Name: _____