



Drive4Success

Session 2, Lesson 5

Lesson Overview:

- **Life Skill:** Staying Cool: The 4Rs
 - **Etiquette:** Spirit of the Game #1
 - **Golf Fundamental:** Body Balance: Balanced Finish
 - **Worksheet:** Staying Cool: The 4Rs
 - **Warm-Up & Games:** Trio Keep Away, Driving Range, Putting Around the World
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30 minutes

Opening Questions & Snack:

- Life Skill: Staying Cool- What does this mean to you? The First Tee's Definition: Being in control of yourself in anything you do; in golf, other sports, at home, or school.
 - How did you display this life skill this week at school, at home, and/or in your community?
 - Complete Staying Cool: The 4Rs Worksheet
 - Etiquette Bit: Conduct yourself in a disciplined manner, demonstrating courtesy and sportsmanship at all times, irrespective of how competitive they may be.
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10 minutes

Warm-Up: Trio Keep Away

Equipment: Cones, Gator balls

How to Play: Cone off six to seven 12'-15' square areas. Assign groups of three to each square. Players decide who will first be in the middle (defender) using "rocks-paper-scissors." The object for the partners (offense) is to pass a ball eight times without having the defender catch the ball, tag you while you're holding the ball, or having the ball go out of bounds. If eight passes are made successfully, set up again with a new defender. If time permits, play three times to allow all group members to be the defender.

5 minutes

Golf Fundamental Cues: Body Balance refers to how a player stands, moves and maintains stability before, during, and after swinging a club. When PUTTING, a player's weight is similarly balanced as it was prior to the stroke. When CHIPPING, the weight is slightly more on the target-side shoe. In PITCHING or FULL SWING motions, the weight is almost entirely on the target-side shoe. Additionally, after the ball is hit, the toe of the non-target-side shoe is lightly balanced on the ground, belt buckle is facing the target, and balance is maintained until after the ball lands or stops rolling.

20 minutes

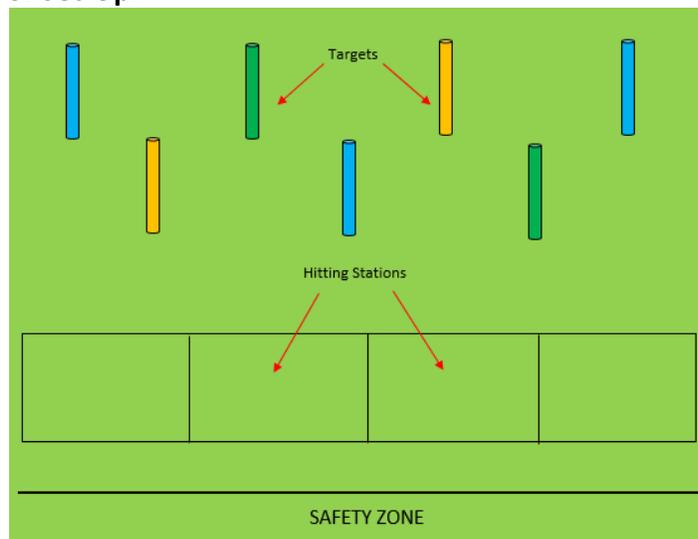
Golf Activity 1: Driving Range

Skill Objectives & Cues: Focus on Balanced Finish using cues in description above for Chips, Pitches, and Full Swings.

Game Objectives: Hit at least 3 of each stroke while focusing on Balanced Finish.

Equipment: Birdie balls and launch pads, regular golf clubs, cones, alignment sticks and pool noodles.

Description/Diagram of Set-Up:



20 minutes

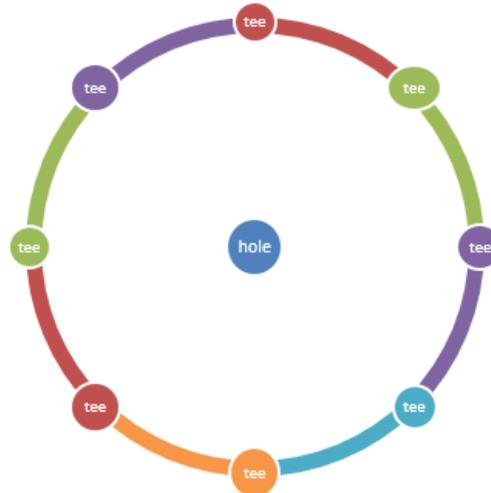
Golf Activity 2: Putting Around the World

Skill Objectives & Cues: Focus on remaining still and balanced until the ball stops rolling.

Game Objectives: Score the most points by landing your ball in the hole from each tee.

Equipment: Snag putters and balls, cones, poly-spots, sidewalk chalk

Description/Diagram of Set-Up: Tees should be at least 3 feet from hole.



How to Play:

In a group of 8, assign each player to a tee in the circle around the hole. Participants will have one shot to make the putt from each tee. Participants score one point if they make the putt. Players move clockwise from tee to tee. This continues until participants have tried all eight locations “around the world.” The participant with the most points wins the game. Make the game more challenging by increasing the distance from tee to hole, or by choosing a playing area that has natural slopes.

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. Was there a component of maintaining balance that you kept forgetting to include?
3. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.