



Drive4Success

Lesson 1

Lesson Overview:

- **Core Value:** Respect
- **Healthy Habit:** Safety
- **Etiquette:** Players should make sure no one will be hit by their club or ball
- **Golf Fundamental:** Get Ready to Swing: Hold & Set-Up
- **Yardage Book:** Pages 3, 6-7; Beginning of Session Questionnaire on page 48!
- **Warm-Up & Games:** Questionnaire, Explore with Putters and Irons/Wedges

30 minutes

Opening Questions & Snack (This happens in your meeting room before activity time):

- Core Value: Respect- What does this mean to you? The First Tee's Definition: To be nice and kind in one's actions. In golf, it is important to show respect for myself, the people I play with, and the golf course. We can also show respect by following instructions and safety rules and dressing neatly.
- How did you display respect this week at school, at home, and/or in your community?
- The First Tee Code of Conduct: RESPECT for others, RESPECT for yourself, and RESPECT for your surroundings.
- Healthy Habit: Safety- When you're not playing you are in a safety zone and you do not have a club in your hand. When you are playing you check ALL sides before swinging your club. This is both a Healthy Habit and proper golf etiquette.
- Pass out t-shirts, workbooks, and water bottles.
- **PRE-SESSION QUESTIONNAIRE FOR ANY FIRST-TIMERS**

10 minutes

Warm-Up: Questionnaire! Remember that only first-timers take the pre-questionnaire from here on out. One assistant coach can administer that with the new participants. The returning participants can play a low-key warm-up game like <https://www.playworks.org/game-library/ro-sham-bo-or-rock-paper-scissors/> or complete an icebreaker in order to get to know each other better, like **Getting to Know You TIC-TAC-TOE**.

Directions: Players move around the room signing off on what applies to themselves. Players can only sign each other's cards once. If a player gets three signatures in a row (vertical, horizontal, or diagonal), they completed the task! (See last page for printable copy.)

5 minutes

Golf Fundamental Cues: Lesson 1 Video - <https://www.youtube.com/watch?v=tBNKi6kJ008>

Hold (grip) - Hands together, usually dominant hand is closer to head of club, thumbs down

Set-Up (stance) - Sideways to target, legs in A shape, arms with club in Y shape

20 minutes

Golf Activity 1: Exploring Putting – Y Putt Y

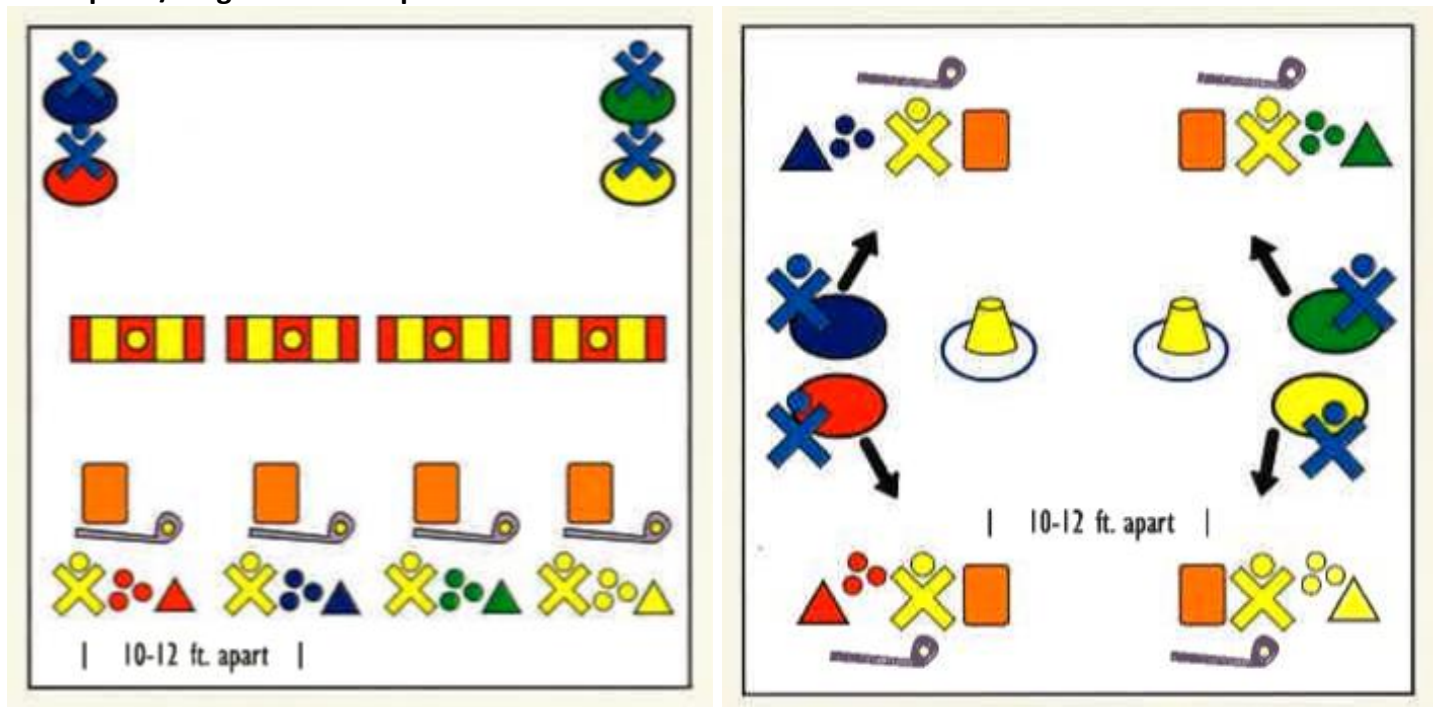
Video on Putting Swing: <https://www.youtube.com/watch?v=8hAi77abX48>

Skill Objectives & Cues: To demonstrate a smooth putting stroke with proper Hold & Set-Up; swing length should be no longer than foot to foot; arms and club stay in Y shape through one continuous swing.

Game Objectives: Putt the ball to the Rollerama targets.

Equipment: 10+ dome cones for hitting stations and safety zones, putters of different lengths, 3 balls per hitting station, polyspots as launch pads, Rollerama targets

Description/Diagram of Set-Up:



How to Play: Each player gets 3 chances to hit the Rollerama target, and then switches with their partner in the safety zone. The diagram on the right is another way to set up for this skill practice using Flagstickys instead of Rolleramas.

20 minutes

Golf Activity 2: Exploring Chipping – Y Chip Y

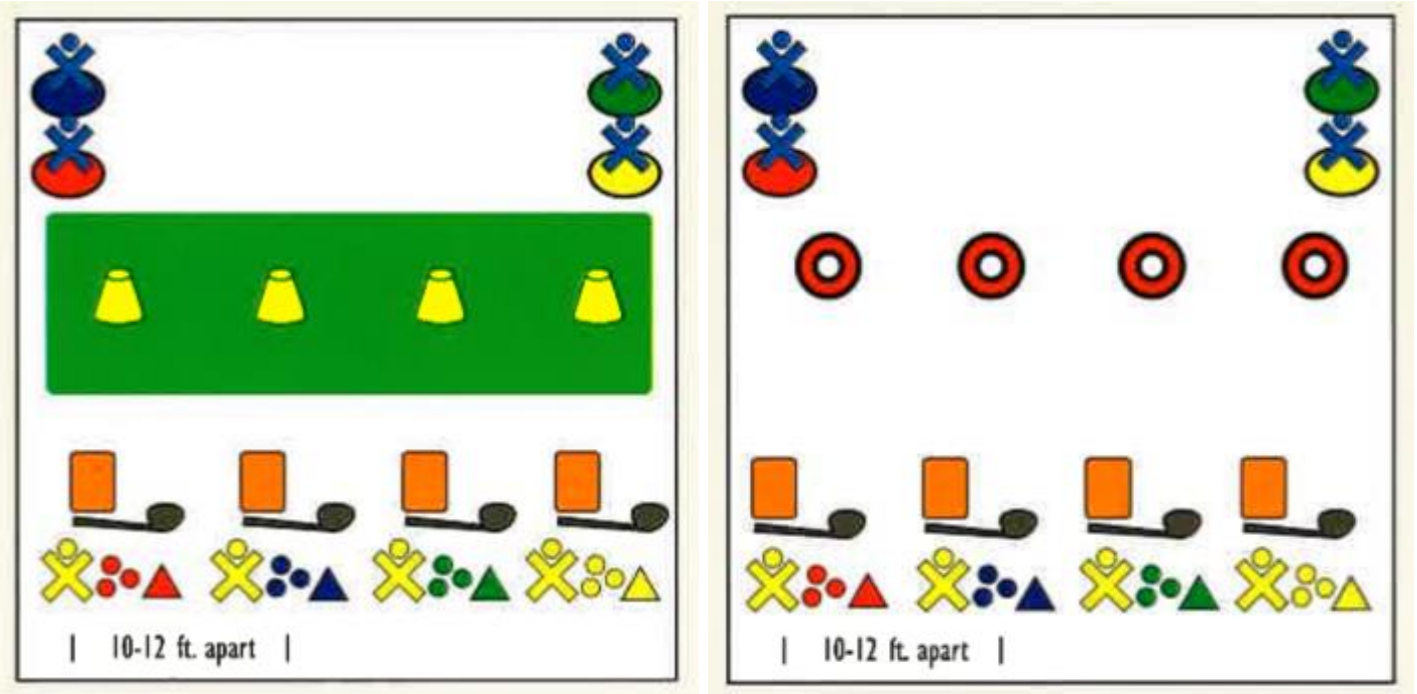
Video on Chipping Swing: <https://www.youtube.com/watch?v=svzY6r53Gac>

Skill Objectives & Cues: To demonstrate a smooth chipping stroke with proper Hold & Set-Up; swing length should be no higher than knee height on either side; arms and club stay in Y position through one continuous swing.

Game Objectives: Practice Hold and Set-Up with each stroke toward the targets.

Equipment: Snag irons of different lengths, Flagstickys, 1 launch pad & 3 Snag balls per hitting station, hula hoops as safety zones for ‘caddies,’ and cones for safety zones.

Description/Diagram of Set-Up:



How to Play: Each player gets 3 chances to hit the Flagstickys, and then switches with their partner in the safety zone. The diagram on the right is another way to set up for this skill practice using Bullseye targets instead of Flagstickys.

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 respect today during class?
2. Have you ever been around someone that was disrespectful? What is that like?
3. Give an example of respect away from the golf course.
4. What are the objectives of the game of golf?
5. How do you hold the club? Do you think everyone has to hold the golf club the exact same way?
6. What does the set-up for your swing look like?
7. Why is safety important in golf? Outside of golf?
8. To end the class, have everyone put their hands in for a “First Tee” cheer before heading to parent pickup.

TIC	TAC	TOE
Favorite color is green	Loves to eat vegetables	Visited another country
Has a pet cat	Loves to play golf	Has attended a different school
Enjoys watching tv	Read a book in the last week	Plays sports other than golf

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