



# Drive4Success

## Lesson 2

### Lesson Overview:

- **Core Value:** Courtesy
- **Healthy Habit:** Play
- **Etiquette:** Do not disturb play with unnecessary noise.
- **Golf Fundamental:** Get Ready to Swing: Aim & Alignment
- **Yardage Book:** Pages 8-11
- **Warm-Up & Games:** Tic Tac Toe, Shape Shifting, Bocce Ball Putting

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30 minutes

### Opening Questions & Snack:

- Core Value: Courtesy- What does this mean to you? The First Tee's Definition: Being or acting polite to others.
- How did you display this core value this week at school, at home, and/or in your community?
- Healthy Habit: Play- Smile and join the fun, recharge your battery (take some deep, cleansing breaths), get fit. What else does Play mean to you or look like?

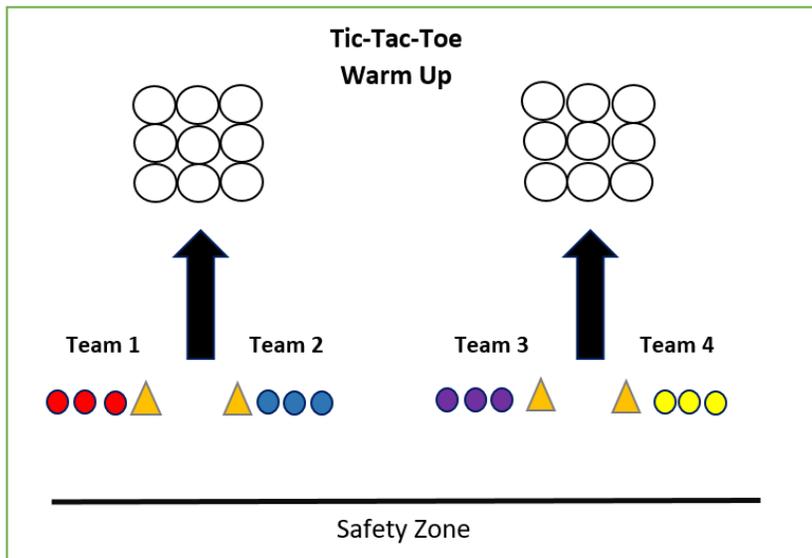
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10 minutes

**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.

5 minutes

**Golf Fundamental Cues:** Lesson 2 Video Link - <https://www.youtube.com/watch?v=hyrkov-ohKE>

**Aim-** Line up launch pad and ball arrows with target; “dot the eye” meaning line up bullseye on club face with ball prior to swing

**Alignment-** Stand sideways to target; toes point towards ball; feet shoulder-width apart; toes of both feet are in line with each other and the target

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20 minutes

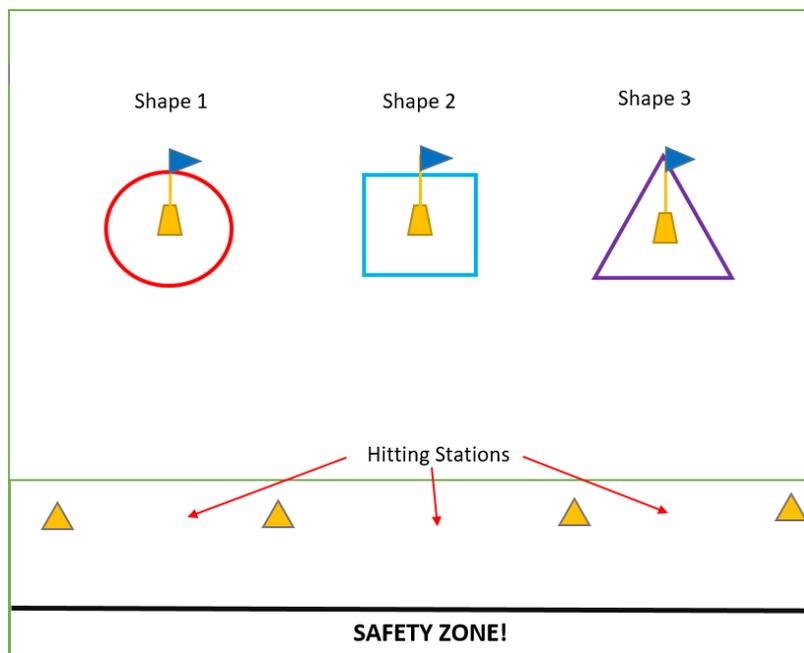
### Golf Activity 1: Shape Shifting

**Skill Objectives & Cues:** Take the time to adjust ball and launch pad for aim before each swing; side of body and toes are in alignment with target.

**Game Objectives:** Chip two balls into each of the different targets before the other teams.

**Equipment:** Surveyor’s tape and tees to make target shapes, 1 flagstick in each target for visibility, Snag irons, ~10-15 Snag balls per team of 2 players, cones to designate hitting stations and safety zones.

#### Description/Diagram of Set-Up:



#### How to Play:

Players attempt to chip two balls into Shape 1 from their hitting station. Once two of their balls land in Shape 1, they can then shift their aim towards Shape 2, and then Shape 3. The first team to get two balls into each of the three shapes, in consecutive order, wins. Once a team wins, the teams will rotate clockwise to the next hitting station and play again. When a team runs out of balls, the coach will call a timeout (“Clubs Down, All Clear!”) so that teams can collect balls safely.

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**20 minutes**

**Golf Activity 2: Bocce Ball Putting**

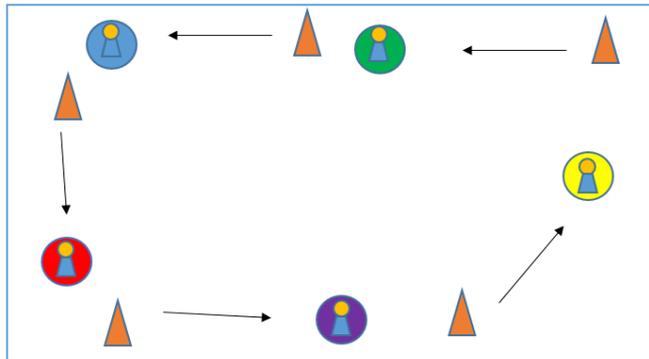
**Video of Game Link:** <https://www.youtube.com/watch?v=pxxdFGyZD7M>

**Skill Objectives & Cues:** Align your toes with your target before putting.

**Game Objectives:** Players aim to knock the target ball off the cone with their 'bocce ball'.

**Equipment:** Snag putters, 1 Snag ball/'bocce ball' per player (different colors within pairs of students), 10 polyspots (preferably different colors), 10 Snag/target balls, 10 dome cones (optional for added challenge), 10 medium size cones

**Description/Diagram of Set-Up:**



**How to Play:** Pair up players and give each half of the pair a different color ball. Starting at the full size cones, players will putt their 'bocce ball' toward the target ball. The first player to knock the target ball with their bocce ball wins that round. The target ball can be resting on the polyspot for less challenge, or up on a dome cone for more of a challenge. Whether you choose to tell players to knock the target ball off of the cone, or just tap it with their bocce, is up to you! Continue play through all 10 'holes.'

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**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 during class?
2. Can you remember a time when someone was courteous to you?
3. Why is it so important to remain quiet when a player is attempting a shot?
4. What do *you* do to recharge your battery?
5. What do you line up with the target to have proper alignment?
6. To end the class, have everyone put their hands in for a "The First Tee" cheer before heading to parent pickup.