



# Drive4Success

## Lesson 3

### Lesson Overview:

- **Core Value:** Responsibility
- **Healthy Habit:** Energy
- **Etiquette:** Repair your divots; Be Ready to Play
- **Golf Fundamental:** Target Awareness: Target Selection
- **Yardage Book:** Pages 12-15, Be sure to complete 'Responsibility for the Course' page
- **Warm-Up & Games:** Snack Attack, Hungry Hungry Hippos, Exploring Pitching

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30 minutes

### Opening Questions & Snack:

- Core Value: Responsibility- What does this mean to you? The First Tee's Definition: It's up to me; I am the one myself and others depend on to make it happen; Take care of equipment and play areas.
- How did you display this core value this week at school, at home, and/or in your community?
- Healthy Habit: Energy- Fueling your body, stay hydrated with water, pack healthy snacks, get plenty of rest.

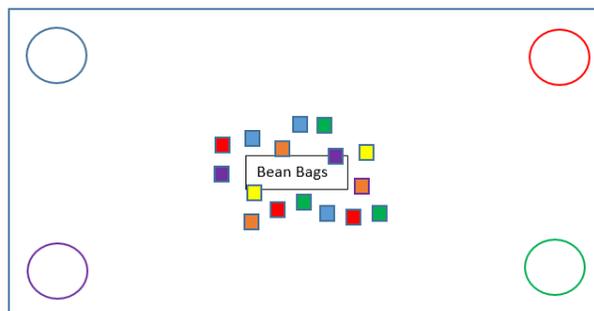
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10 minutes

### 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:** Target Selection means to not just identify the target, but to recognize the obstacles before it as well. [Video Link: https://www.youtube.com/watch?v=wkiW-Y3jrsU&feature=youtu.be](https://www.youtube.com/watch?v=wkiW-Y3jrsU&feature=youtu.be)

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20 minutes

**Golf Activity 1:** Hungry Hungry Hippos –

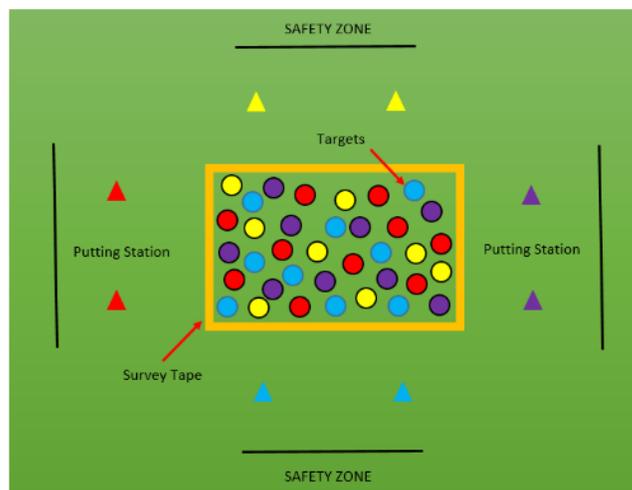
[Video of Game Link: https://www.youtube.com/watch?v=76Hd9wpDJ0o](https://www.youtube.com/watch?v=76Hd9wpDJ0o)

**Skill Objectives & Cues:** First stand behind your ball and select your target. Then stand sideways to the target and line up club face with target prior to swing. Consider that the closest ball may not be the best option if there is another team's ball in front of it. A team player may also have to hit another team's ball out of the way as their turn. Strategize to get around obstacles!

**Game Objectives:** Teams aim to 'eat' all of their balls first.

**Equipment:** Snag putters, snag balls, surveyor's tape (if playing outside) or lines of key or center circle on basketball floor (if playing in gym), cones, and polypots as launch pads

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



**How to Play:** On 'Go,' one team member at each putting station will putt their team's ball into the designated area in an attempt to hit one of their own balls. Ex. Team red will hit a red ball and try to hit any of the red balls in the playing area. If the target ball is hit *and* stays within the boundary lines, the team will collect the ball they putt and the ball it hit. If they miss or the target ball is hit so hard that it leaves the boundary area, the team can only collect their putting ball. Once all of the red balls are hit and collected, red team is done. If red team hits and collects all of their balls before the other color teams finish, red wins. Safety rule: Players cannot putt until their partners return from the target zone. In other words, players can't putt while their partner is still out collecting balls.

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20 minutes

**Golf Activity 2: Exploring Pitching**

**\*\*Emphasize Safety Zones!\*\***

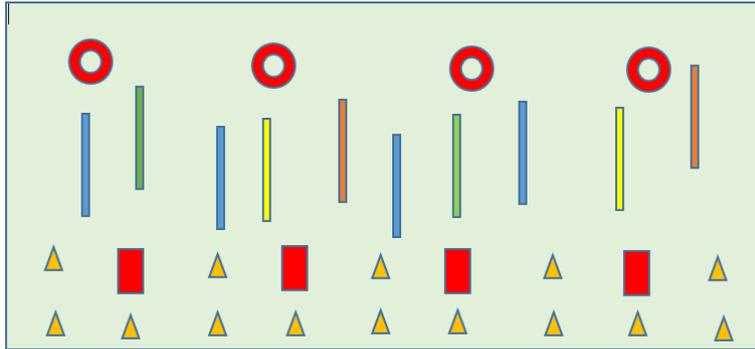
Video on Pitching Swing - [https://www.youtube.com/watch?v=yWOB7jjH\\_CA](https://www.youtube.com/watch?v=yWOB7jjH_CA)

**Skill Objectives & Cues:** L Pitch L

**Game Objectives:** Stand behind the ball and select a target *before* getting into position to swing. Consider obstacles in the way of your target. How can you get over or around them?

**Equipment:** Snag Irons, Snag balls, launch pads, cones, pool noodles, alignments sticks, bullseye targets

**Description/Diagram of Set-Up:** Bullseye targets only need to be about 30 yards from the hitting stations.



**How to Play:** Players get 3 pitches before switching with their partners. Players should select a target before swinging. Remember that left-handed players hit from far right station.

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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. What is a responsibility you will have at home this week?
3. What is a responsible food choice you will make this week?
4. What do you need to do on the golf course in order to be ‘ready to play’?
5. What are the cues for the Pitch?
6. How did selecting different targets change your swings today?
7. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.