



# Drive4Success

## Lesson 4

### Lesson Overview:

- **Core Value:** Honesty
  - **Healthy Habit:** Friends
  - **Etiquette:** You are your own referee; Keep your own score
  - **Golf Fundamental:** Target Awareness: Distance to the Target
  - **Yardage Book:** p. 16-17
  - **Warm-Up & Games:** Across the Ocean, Chip-Chip (Scorecard on p.56), H-O-R-S-E Putting
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**30 minutes**

### Opening Questions & Snack:

- Core Value: Honesty- What does this mean to you? The First Tee's Definition: To tell the truth.
  - How did you display this core value this week at school, at home, and/or in your community?
  - Healthy Habit: Friends- People who like, support, and trust each other.
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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.

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5 minutes

**Golf Fundamental Cues:** Be aware of height and size of obstacles between you and your target.

**Video Link:** <https://www.youtube.com/watch?v=K6m0nMAaMOU>

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20 minutes

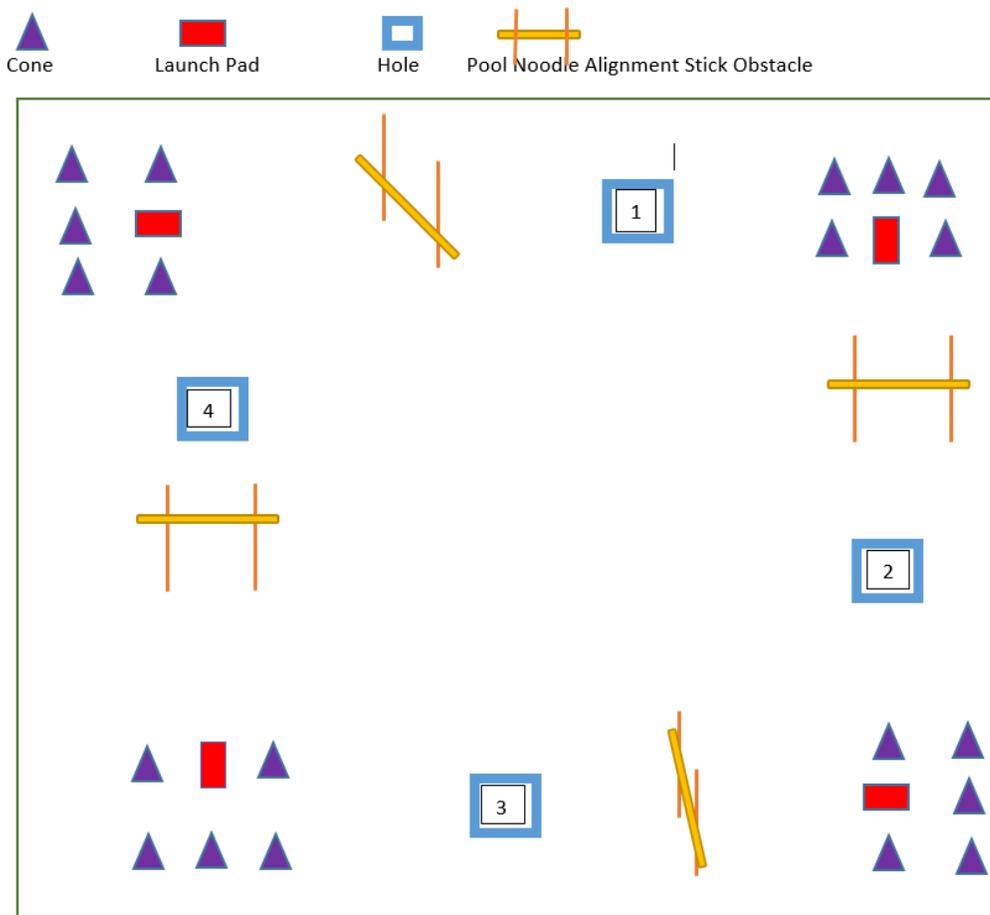
**Golf Activity 2:** Chip Chip

**Skill Objectives & Cues:** Y-Chip-Y; Take the time to notice the height and distance of the obstacles between you and the target, as well as the overall distance from tee to target.

**Game Objectives:** Complete the course with as few strokes as possible. Record your scores with honesty.

**Equipment:** Depending on how many holes you'd like to create, you will need two alignment sticks, 1 pool noodle, 5 cones, a launch pad, and surveyor's tape and tees *for each* hole. Players will need their own ball and Snag iron. Clipboards, scorecards, and pencils are also needed.

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



**How to Play:** At each hole, players have to chip their ball with as few strokes as possible until their ball lands in the "hole." Scoring: If you chip the ball over the pool noodle between the alignment sticks, you can *subtract* one point from your score. If the ball goes under the pool noodle or to the outsides of the alignment sticks, it is a penalty, and you have *add* a point to your score. Examples: 3 hits from launch pad to hole and ball goes over noodle, score is 2; 3 hits to hole and ball does not go over noodle, score is 4. Use a scorecard to record your strokes.

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20 minutes

### Golf Activity 1: H-O-R-S-E- Putting

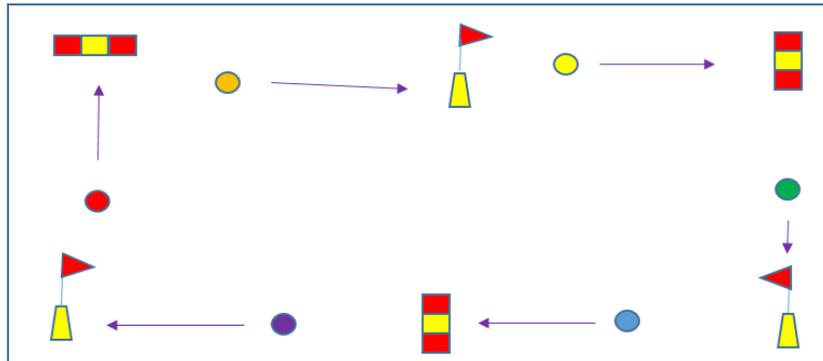
Video Link of Game: <https://www.youtube.com/watch?v=W-8sBvdB9Y>

**Skill Objectives & Cues:** Y-Putt-Y; Read the “green” to be aware of the contours of the land and obstacles, as well as the distance from ball to target. Ask yourself, “Will this be a big, medium, or short putt?”

**Game Objectives:** Be the last player to spell the word HORSE. Players attempt to mimic the putts of their opponents in order to avoid earning letters. Practice today’s **etiquette** of being your own referee (be sure to replicate the shots) and keeping your own score (letters earned).

**Equipment:** Snag putters and balls, polyspots as launch pads, Rolleramas and Flagstickys.

**Description/Diagram of Set-Up:** Set up a mini golf course in the gym or on the blacktop.



### How to Play: (Similar to HORSE in Basketball)

In twos or threes, the first player (Rocks/Paper/Scissors) will putt the ball any *safe* way he or she wants. If the ball hits the target, the next player has to replicate that style of hit. If the first player misses, the second player can hit the ball any *safe* way of choice, and then the first player will replicate that shot if the target is hit. If the first player hits the target in one stroke and the second player misses, the second player gets an “H.” If neither player hits the target, no letters are earned by either of them and they both move on to the next target. Continue this way through the targets until a player gets all five letters “H-O-R-S-E.” Players alternate who gets to putt first at each target. Styles of hitting: non-dominant, one-handed, squatting down, between the legs, behind the back, eyes closed, etc. You can also choose another word to spell.

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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. Why is it important to be honest with your friends? Has a friend ever been dishonest with you? How did that affect your relationship?
3. Did you take the time to focus on the obstacles in today’s games? Did that help your game? How so?
4. To end the class, have everyone put their hands in for a “First Tee” cheer before heading to parent pickup.