# Drive4Success
# Lesson 10

## Lesson Overview:

- **Life Skill:** Meeting and Greeting with Ask-Listen-Respond (ALR)
- **Etiquette:** Pace of Play #3
- **Golf Fundamental:** Distance Response: Club Selection
- **Workbook:** Pages 30-31
- **Warm-Up & Games:** Triangle Tag, Club Selection for Range Targets, Billiards Putting

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**30 minutes**

**Opening Questions & Snack:**

- Life Skill: Meeting and Greeting with Ask-Listen-Respond

- How do you introduce yourself to someone new?  Is it different for youth and adults?

- Complete Meet and Greet in 5 Steps Worksheet

- Etiquette Bit: Play at a good pace.  It is easy to get distracted while outside playing and having fun with your friends.  However, it is still important to stay focused on the game so as not to hold up your group or those waiting behind you.

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**10 minutes**

**Warm-Up:** Triangle Tag
**Equipment:** None!
**How to Play:** Form groups of four. Three of the four join hands to form a triangle (or circle). The fourth member is the tagger. The group of three decides who the tagger is going to try to tag. On 'Go' the tagger tries to tag that one person while the group of three works together to prevent that person from getting tagged. The threesome has to keep their hands (or elbows) together. If the taggee gets tagged, he or she switches with the tagger. Be sure to review safety – e.g., don't yank anyone's arm, be careful not to trip over feet, etc.

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**5 minutes**

**Golf Fundamental Cues:** Higher loft (wedge) = shorter distance, lower loft (driver) = longer distance
(See Supplement on Coach Portal)

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**20 minutes**

**Golf Activity 1:** Club Selection for Range Targets

**Skill Objectives & Cues:** Choose the club that is best for the distance of each target.

**Game Objectives:** Hit 3 balls into each zone, using a different club for each round of hits.

**Equipment:** Birdie balls and launch pads, regular golf clubs (wedge or 9, 7, driver or hybrid), cones, surveyor's tape and tees.

**Description/Diagram of Set-Up:** Pace out distances so that the first line of tape is about 20 yards from hitting stations, second line is 40, and third is 60.
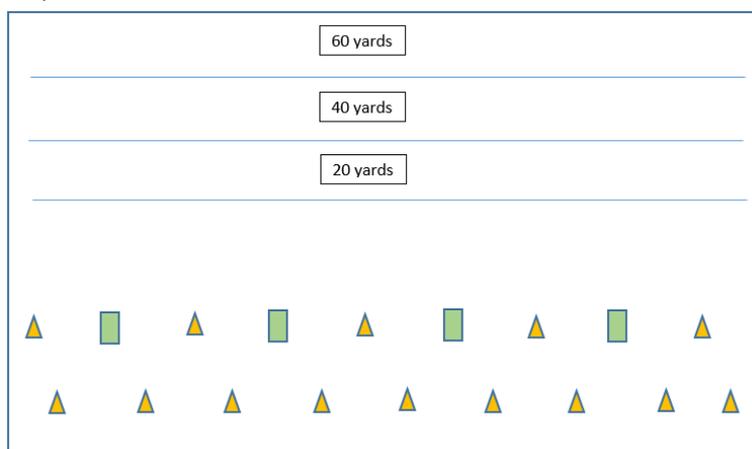


**How to Play:**
1. Player will choose which club will land the balls in the first zone.
2. Player will hit 3 balls with that club, then collect the balls, and switch with partner.
3. Repeat steps 1 and 2 for second and third zones.  Be sure to use a different club for each round.
4. Regroup and discuss the differences between the clubs and how far the balls traveled with each.

*Hint: Wedge or 9 = 1st, 7 = 2nd, and Drive/Hybrid = 3rd*

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**20 minutes**

**Golf Activity 2:** Billiards Putting

**Skill Objectives & Cues:** Players will focus on Distance Response by identifying distance to the target and apply the appropriate amount of force to the ball.

**Game Objectives:** Players will putt all of their team's balls into the pockets before the other team does.

**Equipment:** If playing on cement, use chalk to draw the 'pockets,' otherwise use 4 hula hoops, cones, 6 of one color ball and 6 of another, Snag putters.

**Description/Diagram of Set-Up:** Area of 'pool table' should be about 10'x6'.
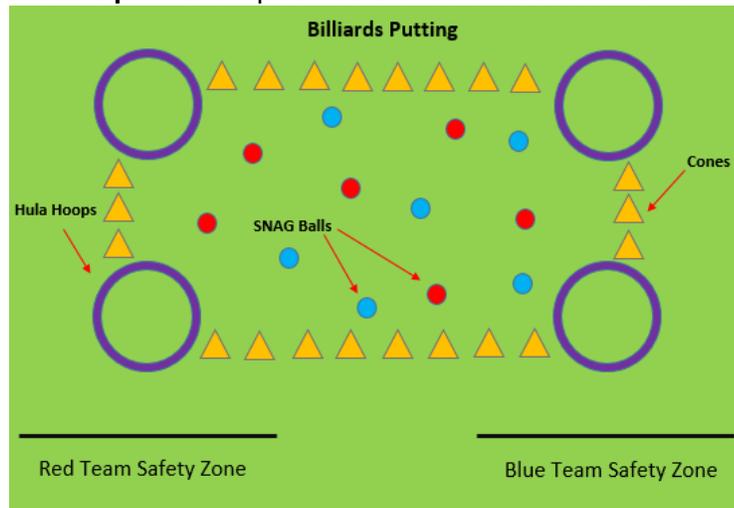


**How to Play:**
Divide the group into two teams and spread the 12 balls out across the 'pool table.' One participant from Team 1 will putt one of their balls towards a pocket. If the ball goes in, the same player gets to go again. If the ball does not go in, a player from Team 2 gets to take a turn. Continue alternating teams and players in this fashion until one of the teams gets all of their balls into the pockets. If a team hits a ball so that it rolls outside of the playing area, the *other* team can put it back on the 'table' wherever they choose.

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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 Life Skill or Etiquette Bit during class?
2. Does a club with a higher loft have more or less distance potential?
3. To end the class, have everyone put their hands in for a "First Tee" cheer before heading to parent pickup.