



Drive4Success

Lesson 12

Lesson Overview:

- **Life Skill:** Finding Your Personal Par
 - **Etiquette:** Spirit of the Game #2
 - **Golf Fundamental:** Clubface at Ball Contact
 - **Workbook:** Pages 36-37, **POST-SESSION QUESTIONNAIRE P. 49**
 - **Warm-Up & Games:** Rock, Paper, Scissors, TAG!, Sharks and Minnows, Home Run Derby
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30 minutes

Opening Questions & Snack:

- Life Skill: Finding Your Personal Par- What does this mean to you? The First Tee's Definition: A measure of how you perform, not just in golf, but at school and home, too.
 - **ALL PARTICIPANTS COMPLETE POST-SESSION QUESTIONNAIRE IN BACK OF WORKBOOKS**
 - **Tear out Pre and Post Answer Sheets and turn in to me before kids take books home**
 - Etiquette Bit: Golf is played, for the most part, without the supervision of a referee or umpire. The game relies on the integrity of the individual to show consideration for other players and to abide by the rules.
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10 minutes

Warm-Up: None to make time for Questionnaire

5 minutes

Golf Fundamental Cues: Clubface at Ball Contact- “Dot the Eye”- Make sure the face of the club is “square” on contact (not angled one way or the other), and the bullseye directly hits the ball, in order to hit a straight shot.

Video Link: <https://www.youtube.com/watch?v=ajX5YrhjKqE>

20 minutes

Golf Activity 1: Sharks and Minnows

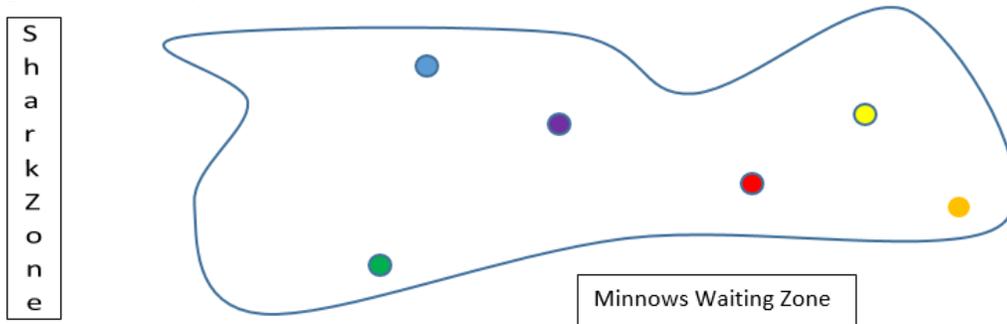
Video Link of Game: https://www.youtube.com/watch?v=kjU_PDSq4tQ

Skill Objectives & Cues: To putt straight by hitting square on contact.

Game Objectives: Be the last minnow in the ocean.

Equipment: Snag Putters, one Snag ball per player, sidewalk chalk

Description/Diagram of Set-Up:



How to Play: The coach is the shark and the kids are the minnows. The kids place their balls in the ocean – *they can't hide behind other kid's balls*. The shark putts from his/her box. If a minnow's ball is hit by the shark's, that minnow is out. After each putt by the shark, the shark will collect his ball and say, “Minnows, swim away!” Minnows putt just grip-length putts (~1 foot) in any direction. If they putt out of the ocean, they are out of the game. Once all minnows putt to a new location, they stand in the Waiting Zone and then the shark putts again. Continue play until only one minnow remains. The winner can opt to be the next shark. If the shark misses three times, the game ends and a new shark takes over. *Modification: If the shark putts out of the ocean, a minnow who was out gets to re-enter the game.*

20 minutes

Golf Activity 2: Home Run Derby

Skill Objectives & Cues: The direction the clubface points when the clubface makes contact with the ball is the direction the ball will go, theoretically speaking. If the clubface points directly at the target (or “square”) at ball contact, then the ball will typically go to the target.

Game Objectives: Score the most Home Runs!

Equipment: Regular clubs, Birdie Balls, Rollerama Targets (inside out) as launch pads cones for safety zone and to mark Home Run Distance.

Description/Diagram of Set-Up:



How to Play: Two teams of 5 or less. Flip a tee to decide which team will start. Decide in advance how many innings will be played (time for game is about 20 minutes). Teams stay in batting order. The first player comes up to bat and hits 1 Birdie Ball. If it goes into the HRZ, that team scores 1 point. If it does not make the HRZ, they get an out. After 3 outs, the other team comes up to bat. Collect BBs after each inning. Vary distance of HRZ to hitting station according to skill level of players.

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 display today’s Etiquette Bit during class?
2. What did you learn about yourself in terms of your Personal Par at either school or home?
3. To end the class, have everyone put their hands in for a “First Tee” cheer before heading to parent pickup.