



# Drive4Success

## Lesson 5

### Lesson Overview:

- **Core Value:** Sportsmanship
  - **Healthy Habit:** School
  - **Etiquette:** Play by the rules whether you're winning or losing
  - **Golf Fundamental:** Distance-Response: Length of Motion
  - **Yardage Book:** Pages 18 & 19
  - **Warm-Up & Games:** Trio Keep Away, Racetrack Putting, Leap Frog Chipping
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**30 minutes**

### Opening Questions & Snack:

- Core Value: Sportsmanship- What does this mean to you? The First Tee's Definition: Playing by the rules and acting nice to others no matter if you are winning or losing.
  - How did you display this core value this week at school, at home, and/or in your community?
  - Healthy Habit: School- I will do my best to learn, build relationships, and contribute to the school environment.
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**10 minutes**

**Warm-Up:** Trio Keep Away

**Equipment:** Cones, Gator balls

**How to Play:** Cone off six to seven 12'-15' square areas. Assign groups of three to each square. Players decide who will first be in the middle (defender) using "rocks-paper-scissors." The object for the partners (offense) is to pass a ball eight times without having the defender catch the ball, tag you while you're holding the ball, or having the ball go out of bounds. If eight passes are made successfully, set up again with a new defender. If time permits, play three times to allow all group members to be the defender.

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5 minutes

**Golf Fundamental Cues:** The farther away your target is, the longer your swing should be. **Background knowledge:** The golf swing is similar to that of a pendulum. A pendulum swings equal distances on both sides of the low point. With a higher swing, more momentum builds up, and then the ball will travel faster and farther once it is hit.

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20 minutes

### Golf Activity 1: Racetrack Putting

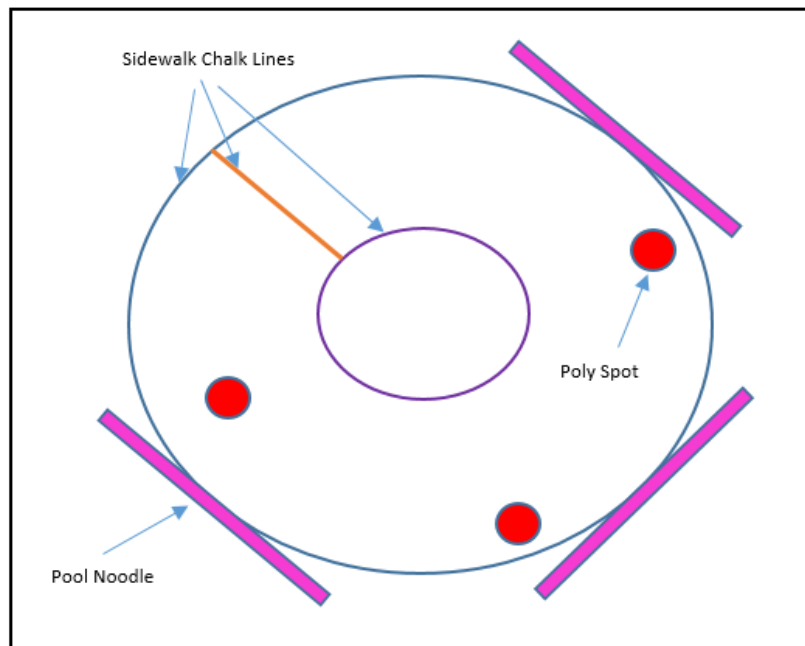
**Video Link for Game:** <https://www.youtube.com/watch?v=SC1usOowykQ>

**Skill Objectives & Cues:** Short distance, shorter swing; long distance, longer swing (but it's still Y-Putt-Y!)

**Game Objectives:** Putt your way around a racetrack with the fewest number of strokes possible.

**Equipment:** Cones, Snag putters and balls, 3 pool noodles & 3 polyspots per racetrack, sidewalk chalk if playing on blacktop

### Description/Diagram of Set-Up:



**How to Play:** Two to three kids per racetrack *take turns* putting their ball (use different colors) around the track. Whoever crosses the finish line with the fewest number of strokes, wins! If a ball goes off the track, put it on the boundary line at the spot where it went out. Pool noodles are placed as bumpers to try to keep the ball in. Players step off the track when it's not their turn. Designate a waiting area/safety zone with cones, or draw a box with chalk. Penalties cause players to add a stroke to their score. If a player hits their ball out of bounds, they add 1 stroke. Polyspots are 'pot holes.' If a player's ball touches a pot hole, 1 stroke is added to their score. If one player bumps another player's ball, that player adds 1 stroke to their score, but the player who got hit gets to subtract 1 stroke from their score (car insurance!). The ball that was hit can be returned to its original lie if it was bumped to a worse position. *Variation:* Make different shaped tracks to increase difficulty.

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20 minutes

### Golf Activity 2: Leap Frog Chipping

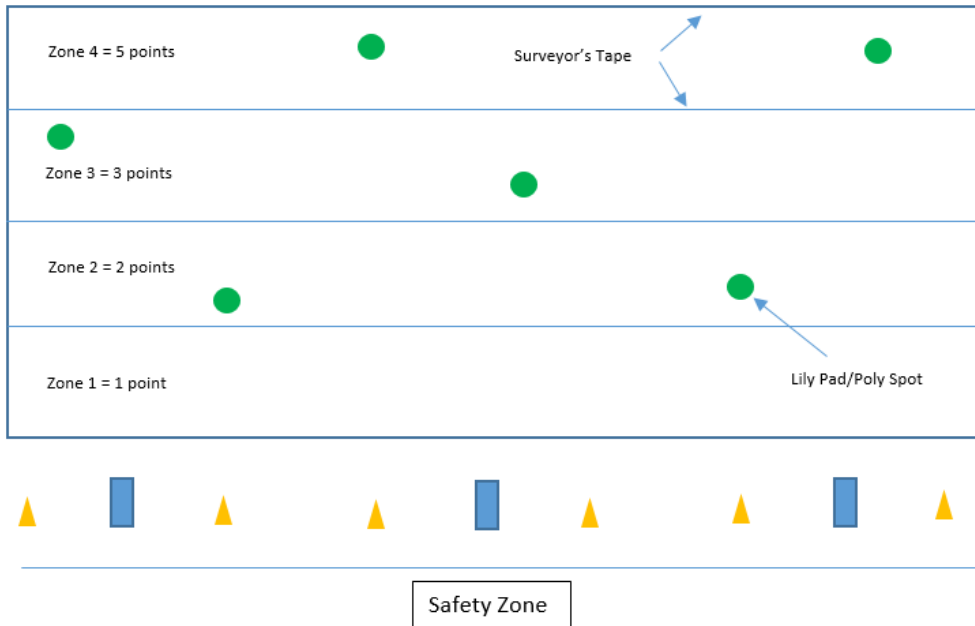
Video Link for Game: <https://www.youtube.com/watch?v=7zbl5eOM1Kc&t=1s>

**Skill Objectives & Cues:** Short distance, shorter swing; long distance, longer swing (but it's still Y-Chip-Y!)

**Game Objectives:** Land a ball in each of four target zones, in order, until you score 21 points.

**Equipment:** Snag Irons and balls, surveyor's tape, tees, cones, green poly spots, launch pads optional

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



**How to Play:** Each player starts with 5 balls. Each chip needs to land farther than the previous, but within the pond. The first chip needs to land in the first zone (1 point). You cannot move on to zone 2 until you chip a ball into zone 1, and so on for the remaining zones. You cannot score more than once in zones 1-3, but you need to score at least 3 times in zone 4 to reach 21. If a ball lands on a lily pad (green polyspot), then you drop back to the previous zone. If you drop back, you have to chip into that zone before moving on, but you do not score points for it. First to score 21, wins. Once all 5 balls are played, players put down their clubs, collect their balls, and return to their hitting stations to continue play. Play individually or play in teams of two where players alternate 'leaps.'

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. When someone who you are playing with or against is a poor sport, how does that impact the game? Do you want to continue playing with that person?
3. What is the connection between pendulums and golf?
4. How do real-life connections help you to achieve more in school?
5. To end the class, have everyone put their hands in for a "The First Tee" cheer before heading to parent pickup.