



Drive4Success

Lesson 6

Lesson Overview:

- **Core Value:** Confidence
 - **Healthy Habit:** Community
 - **Etiquette:** Invite faster groups to play through
 - **Golf Fundamental:** Distance-Response: Club Selection
 - **Yardage Book:** Pages 20-22, **POST-SESSION QUESTIONNAIRE P. 49**
 - **Warm-Up & Games:** Birdie Ball Blast, Sports of All Sorts (Scorecard p.58)
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30 minutes

Opening Questions & Snack:

- Core Value: Confidence- What does this mean to you? The First Tee's Definition: A feeling of "I can do it!"
 - How did you display this core value this week at school, at home, and/or in your community?
 - Healthy Habit: Community- The area in which you and your neighbors live. What do you do in your community? How do you make your community better?
 - **POST-SESSION QUESTIONNAIRE P. 49**
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10 minutes

Warm-Up: None to make time for Questionnaire

5 minutes

Golf Fundamental Cues: Higher loft (of club face) = shorter distance, Longer club = farther distance

Video Link: <https://www.youtube.com/watch?v=K6m0nMAaMOU> (Same as Lesson 4 Video)

20 minutes

Golf Activity 1: Birdie Ball Blast

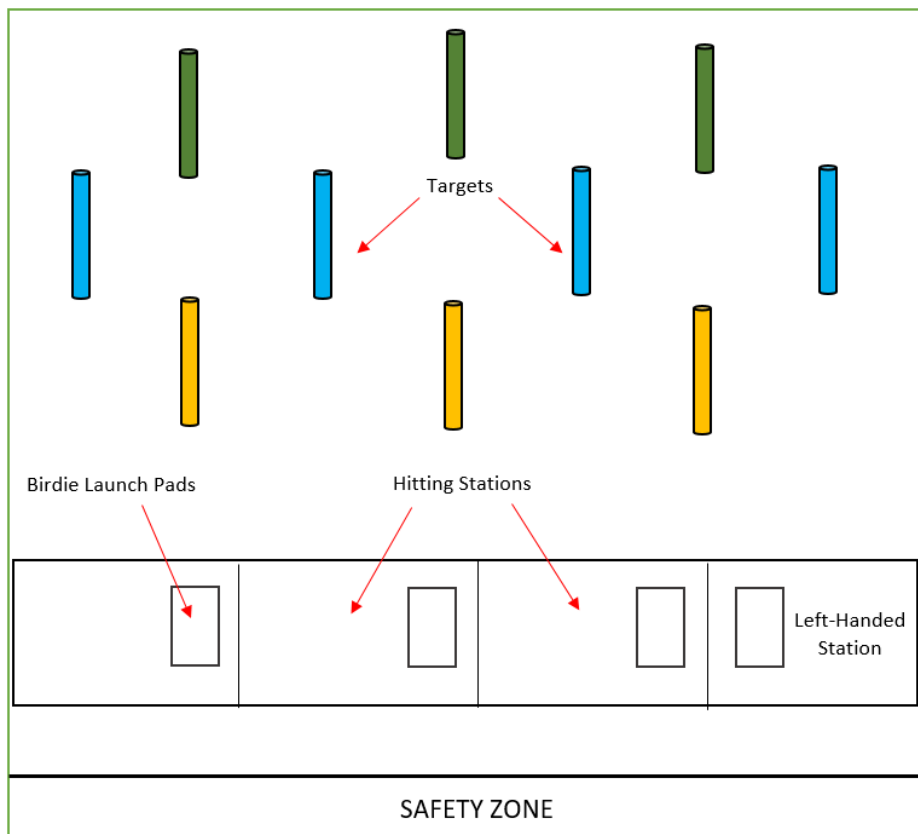
****Emphasize Safety Zones!****

Skill Objectives & Cues: Choose a club with a high loft for the closer targets and a low loft for the farther targets.

Game Objectives: Hit birdie balls to targets at each of the three distances by making the proper club selection.

Equipment: Birdie balls and launch pads, regular clubs (wedge, 5 iron, driver) for each hitting station, pool noodles, alignment sticks, cones, water balloons (optional). If stuck inside, use the foam practice balls off the launch pads instead of the Birdie Balls. They won't do any damage!

Description/Diagram of Set-Up:



How to Play: Hit 3 birdie balls with each of the different clubs at your hitting station in order to hit targets at each of the three distances. *Optional: Finish by allowing students to hit a few water balloons off of the launch pads. Be sure to pick up balloon pieces when finished!*

20 minutes

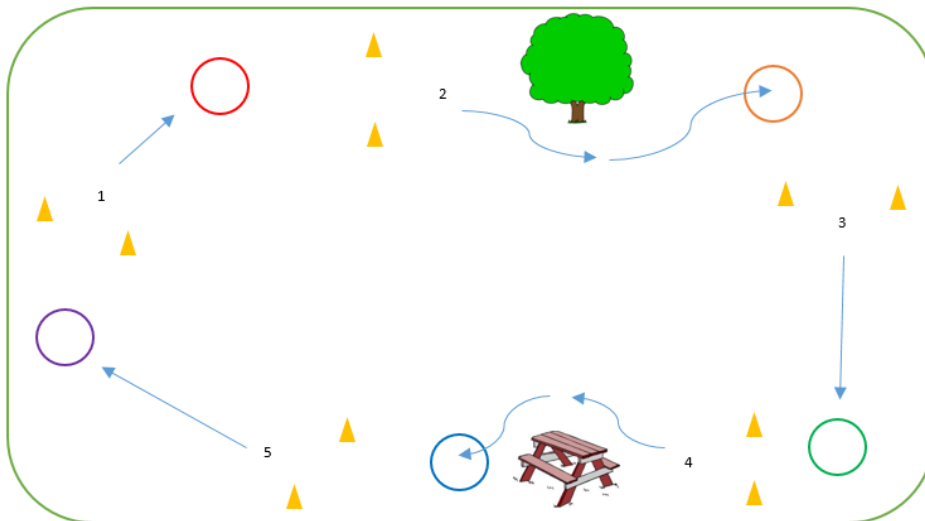
Golf Activity 2: Sports of All Sorts (Scorecard p. 58)

Skill Objectives & Cues: Select the best ball to complete the course.

Game Objectives: Players need to throw/toss/roll their ball from “tee box” (cones) to “hole” (hula hoop) in as few throws, tosses, and rolls as possible.

Equipment: Hula hoops, cones, variety of sports balls (gator, tennis, golf, nerf football, playground ball, etc.), scorecard, pencil

Description/Diagram of Set-Up: You can set up as many holes as your space allows. Try to make some holes longer or require going around obstacles, etc. Be creative and make it challenging!



How to Play: Players “tee off” by throwing their ball from the cones towards the hula hoop. Continue throwing, tossing, or rolling the ball until it lands inside the hula hoop. *Players have to use the same ball for the entire game.* Record your number of throws on the scorecard.

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 the connection between the club length and distance response? Loft of a clubface and distance response? How does loft also change the *path* of the ball?
3. What can you do around these school grounds to improve the community?
4. To end the class, have everyone put their hands in for a “First Tee” cheer before heading to parent pickup.