



# Drive4Success

## Lesson 8

### Lesson Overview:

- **Core Value:** Perseverance
  - **Healthy Habit:** Mind
  - **Etiquette:** Pace of Play #1
  - **Golf Fundamental:** Target Awareness: Distance to the Target; Swing Rhythm & Tempo
  - **Yardage Book:** p. 26 + 27
  - **Warm-Up & Games:** Rock, Paper, Scissors TAG!, Swing Rhythm Chip and Pitch, Jousting
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**30 minutes**

### Opening Questions & Snack:

- Core Value: Perseverance- What does this mean to you? The First Tee's Definition: To keep going, no matter what.
  - How did you display this core value this week at school, at home, and/or in your community?
  - Healthy Habit: Mind- Believe in yourself, think positive thoughts about myself, keep my head up, focus on doing the best that I can.
  - Etiquette Bit: Play at a good pace so as not to delay the group waiting behind you. One way to do this is to tee off from the tee box that best matches your skill level; e.g., if you are a beginner, play from the tee box closest to the hole.
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**10 minutes**

**Warm-Up:** Rock, Paper, Scissors TAG!

**Equipment:** 10 Bean bags or scarves

**How to Play:** Before starting the game, make sure players know the basic rules of Rock, Paper, Scissors; Rock (fist) beat Scissors (horizontal peace sign), Scissors beat Paper (flat hand), and Paper beats Rock.

Next, divide the group in half; half are chasers, half are fleers. The chasers carry a bean bag or scarf in their hand so that everyone knows who is who. On GO, the chasers run after and tag a flier. Once tagged, the flier stops and the two of them play Rock, Paper, Scissors. The winner becomes (or stays as) the flier, and the loser becomes (or stays as) the chaser. If they switch roles, they also hand off the bean bag or scarf. Just keep playing until it seems as though everyone has had a chance to play both roles. A suggested rule is to not allow the chasers to tag the same flier twice in a row.

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**20 minutes**

**Golf Activity 1: Swing Rhythm – Chipping and Pitching**

Video Link for Game: <https://www.youtube.com/watch?v=ab1b8nEqw5U>

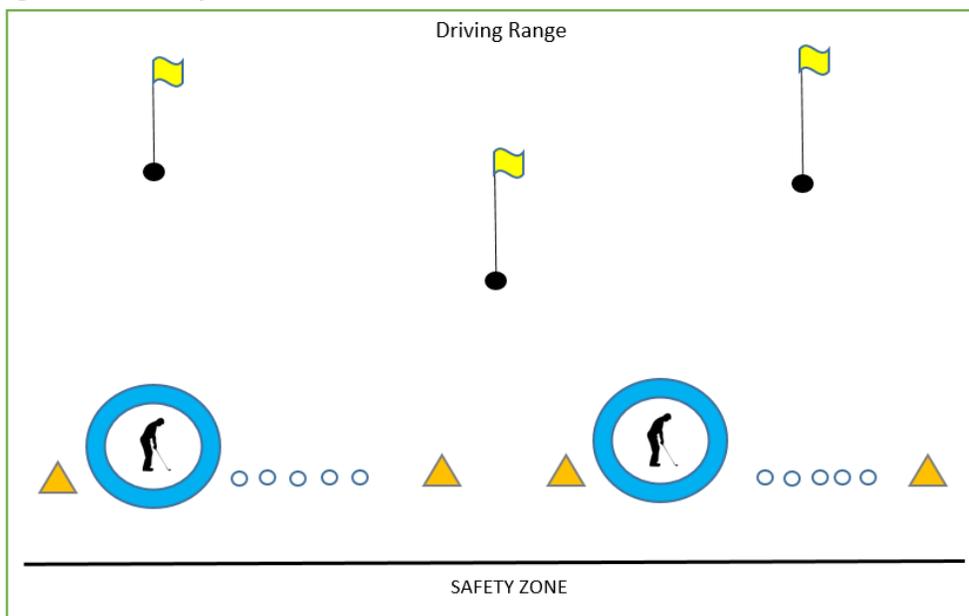
**Skill Objectives & Cues:**

Swing Rhythm is an internal timing among the parts of the swing that occurs as one fluid swinging motion. Have players practice different swing rhythms with just their arms, pretending to hold a club; swing as slow and as fast as you can without losing balance. Which one felt better; i.e., with which tempo/speed could you be more successful? Verbalize phrases to help you keep a steady tempo; e.g., “Tic-Toc,” “Back-Through,” or count “1-2-3-4.”

**Game Objectives:** Make 5 continuous swings while maintaining a steady swing rhythm.

**Equipment:** Cones, 5 balls per hitting station, Snag Irons, alignment sticks & pool noodles optional

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



**How to Play:**

Each participant will line up 5 golf balls approximately 3-5 inches apart between the cones at a hitting station. A player will begin by swinging the club to find a preferred rhythm without hitting a ball. Once the desired rhythm for the type of swing (chip or pitch) is found, the player will step towards the first ball while continuing the same swing rhythm through the ball. Without stopping the swing, the player will advance down the line of balls, hitting each one in order. The participant should be constantly moving without disrupting the swing rhythm for all 5 golf balls.

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20 minutes

### Golf Activity 2: Jousting

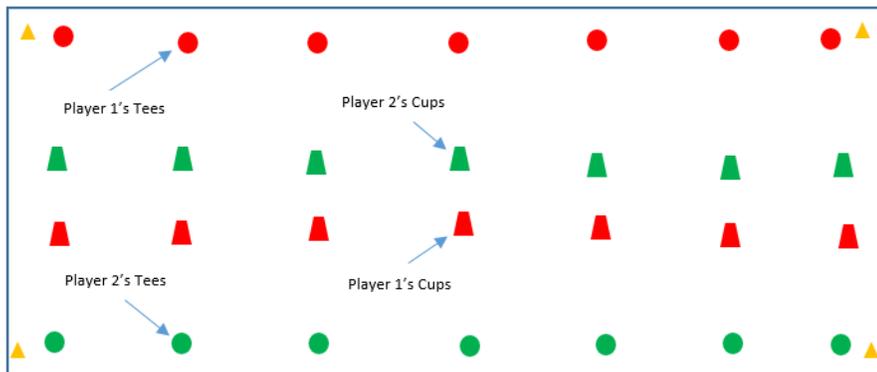
Video Link for Game: <https://www.youtube.com/watch?v=sqXORccMW-w>

**Skill Objectives & Cues:** Distance to the target- ask yourself questions like, *Do I use a small, medium, or big putt?*, or *Will the slope or roughness of the ground affect the distance the ball travels?*

**Game Objectives:** Players putt to knock over their partner's cups and be the first to score 7 points.

**Equipment:** Cones, Snag putters, 5 balls per player, poly spots as launch pads, plastic drinking cups (2 different colors is good for teams)

### Description/Diagram of Set-Up:



### How to Play:

Cups are placed about 5 feet away from each other. Players stand 10-15 feet from targets/cups. Both players count down “3,2,1, Putt” and then putt to hit the other player’s cup. Players should try to putt at the same time. **Scoring:** Players score 0 points if their ball does not hit the cup and does not stay within a grip length of the cup. 1 point is scored if the ball hits the correct cup but does not stay within a grip length of the cup. 1 point is scored if the ball lands within a grip length of the cup, even if it doesn’t hit the cup. 2 points are scored if the ball hits the correct cup *and* stays within one grip length of it. Players reset cups for the next pair of players and then move down the line to the next set of cups.

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 (perseverance) during class?
2. How would you verbalize your swing rhythm?
3. How does slope affect your target response?
4. “Mind” is our Healthy Habit for the day. Did you keep a positive outlook during today’s activity? Can you think of other times when keeping a positive outlook may have been a challenge? What are some goals that you have for the future?
5. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.