



# Drive4Success

## Lesson 9

### Lesson Overview:

- **Core Value:** Integrity
  - **Healthy Habit:** Family
  - **Etiquette:** Pace of Play #2
  - **Golf Fundamental:** Distance Response: Length of Motion
  - **Yardage Book:** p. 28-29, 35
  - **Warm-Up & Games:** Wright Family Vacation, Pressure Putting, Driving Range Relay
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30 minutes

### Opening Questions & Snack:

- Core Value: Integrity- What does this mean to you? The First Tee's Definition: Knowing the difference between right and wrong; doing the right thing even when no one is looking.
  - How did you display this core value this week at school, at home, and/or in your community?
  - Healthy Habit: Family- Be in sync by spending time together; plan family meals together
  - Etiquette Bit: Keep up with the pace of play so as not to delay the group waiting behind you. If a ball is lost in a hazard, use a provisional ball, or if searching for a ball, invite the group behind you to play through.
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10 minutes

### Warm-Up: Wright Family Vacation (Playworks)

**Equipment:** One Snag ball for every participant and the story below.

**How to Play:** Have kids stand in a circle within arm's reach of one another. Each kid holds a ball. Read the story below and tell kids that every time they hear the word 'left' they pass their ball to the left, and every time they hear the word 'right' they pass their ball to the right.

*The story goes:*

One day the Wright family decided to take a vacation. The first thing they had to decide was who would be left at home since there was not enough room in the Wright family car for all of them. Mr. Wright decided Aunt Linda Wright would be the one left at home. This made Aunt Linda Wright so mad that she left the house immediately yelling, "It will be a Wright cold day before I return." The Wright family now bundled up the children, Tommy Wright, Susan Wright, Timmy Wright and Shelly Wright and got into the car and left. Unfortunately, as they turned out of the driveway someone had left a trashcan in the street so they had to turn right around and stop the car. Mr. Wright told Tommy Wright to get out of the car and move the trashcan so they could keep right on going. Tommy took so long they almost left him in the street. Once the Wright family got on the road, Mother Wright wondered if she had left the stove on. Father Wright told her not to worry he had checked the stove and she had not left it on. As they turned right at the corner, everyone started to think about other things that they might have left undone. No need to worry now, they were off on a right fine vacation. When they arrived at the gas station, Father Wright put gas in the car and then discovered that he had left his wallet at home. So Timmy Wright ran home to get the money that was left behind. After Timmy had left, Susan Wright started to feel sick. She left the car saying she had to throw up. This of course got Mother Wright's attention and she left the car in a hurry. Shelly Wright wanted to watch Susan get sick, so she left the car, too. Father Wright was left with Tommy Wright who was playing a game in the back seat. With all this going on Father Wright decided that this was not the right time to take a vacation, so he gathered up all of the family and left the gas station as quickly as he could. When he arrived home, he turned left into the driveway and said, "I wish the Wright family had never left the house today!"

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5 minutes

**Golf Fundamental Cues:** Consider the length of your swing and amount of speed or force applied to the ball.

Video Link for Fundamental: <https://www.youtube.com/watch?v=t3NWhv1EsD0>

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20 minutes

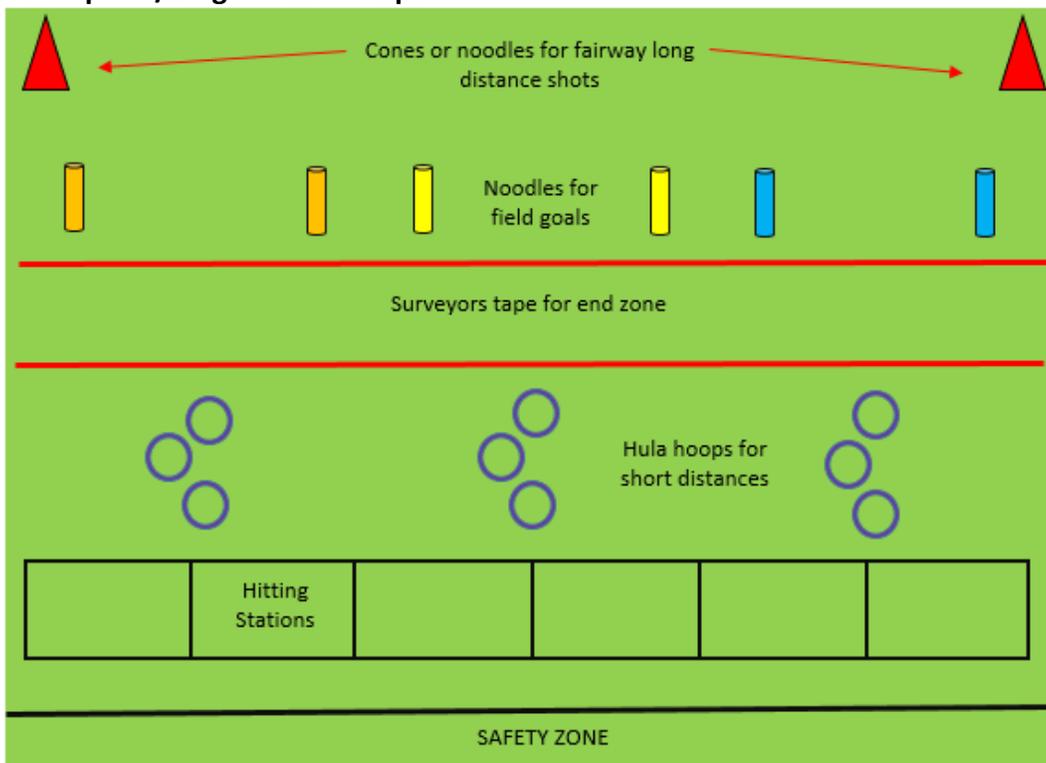
### Golf Activity 1: Driving Range Relay

**Skill Objectives & Cues:** Closer targets require smaller swings, farther targets require bigger swings.

**Game Objectives:** Race to complete a series of tasks involving distance response.

**Equipment:** Cones, Snag irons, at least 6 balls per hitting station, ~9 hula hoops, surveyors tape and tees, 6 pool noodles and alignment sticks

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



#### How to Play:

Split the participants up into teams of 2 and assign each team to a hitting station. Before beginning the challenge, let the participants hit golf balls for 2-3 minutes. Encourage participants to hit a variety of strokes and distances.

To play this game, team members will alternate turns while attempting to complete the following tasks:

1. Leap Frog – chip/pitch 3 balls in a row so that each shot goes farther than the last shot (hoops 1, 2, 3).
2. End Zone – hit 1 ball so that it lands in the “end-zone.”
3. Field Goal – hit 1 ball that travels through the goal posts identified by noodles.
4. Long Drive – hit 1 golf shot that travels beyond the cones that mark the fairway.

The goal is to be the first team to complete all of these challenges. Each player should get at least 3 turns and 3 hits per race.

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**20 minutes**

**Golf Activity 1: Pressure Putting**

Video Link of Game: <https://www.youtube.com/watch?v=rNotp2urHp4>

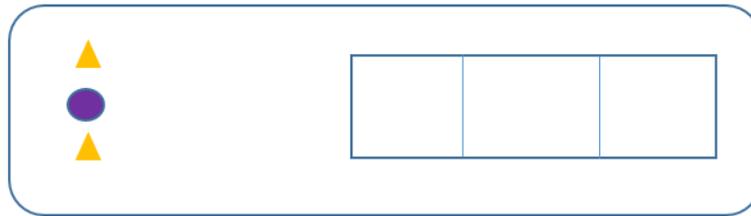
**Skill Objectives & Cues:** Adjust length of swing and applied force in response to how close or far the ball lands in relation to the target.

**Game Objectives:** Putt a ball into each zone, in order, before running out of balls.

**Equipment:** Sidewalk chalk for square lines, cones, Snag putters, Snag balls, poly spot as launch pad

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

*Modifications – make squares different widths or increase distance from launch pad to edge of first square.*



**How to Play:** Each player starts with 5 balls. One ball has to land in each of the three squares in order from closest to farthest before running out of balls. If the putt is successful, the player gets their ball back. If it's missed, the player loses the ball. Switch turns once the first player either runs out of balls, or lands one in each square. You can also set up hitting stations on either end of the same game board and have players alternate shots onto the board. *Variation: Start by aiming for farthest square and work your way to closest.*

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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 core value (integrity) during class?
2. What can you change about your swing to change how far the ball travels?
3. What is one activity you have done as a family, or you would like to do as a family?
4. To end the class, have everyone put their hands in for a “The First Tee” cheer before heading to parent pickup.