



## 12 Lessons for Success!

After observing most of your programs this past fall and receiving feedback from you, I have made some changes to the lessons that I think will make your time with the kids run a lot smoother.

For starters, we are taking out the warm-up games and will just run through a series of light cardio and stretches as a group instead. I'm sure the Leads will love not having to set up a third activity. This will open up more time for the kids to practice their golf skills, too. Keep them in your arsenal though, as they make good rainy day activities that still relate to the Core Values and/or Healthy Habits.

I have also changed the lesson plan format to create choice in which games you are going to play with the kids. This should help with issues related to space and weather, which you know about best at your own sites on any given day. There is a table of the fundamentals/skills with games that focus on those skills.

- Pick two games each week that match the skill for the week.
- Try to pick one putting game and one that works on either the chip, pitch, or full swing.
- Please also try not to repeat games throughout the session; there are enough to choose from that you could play two different games each week.
- Consider what the Core Value is for the week when you're picking your games, and ask yourself, "How can I seamlessly tie these together?"

The fundamentals are *now* taught in the same order for lessons 1-6 as they are for 7-12, so you can choose to teach either set of lessons for your session. Please tell me which set you are teaching so my newsletters will match up.

\*\*Yardage Book notes: The order of the lessons in the book still line up with the following order of Core Values, Healthy Habits, and Etiquettes, but the order of Fundamentals have changed. Next to the fundamentals that have been moved, I listed the page for you and the kids to refer to for a description **in red**.

### Changes regarding the QUESTIONNAIRES:

We still only PRE-test any FIRST-TIMERS. We will ONLY administer a POST-test on your LAST session for the school year and ONLY to students who have participated in at least TWO sessions.

Below is a schedule of what to teach each week. The rules and set-up for the games are on the following pages, and can also be found in our Coach Portal on the First Tee homepage.

Volunteer (in green tab) → Coach Portal → Login is tftcoach, Password is triangle → Drive4Success

Lesson #	Core Value/ Life Skill	Healthy Habit	Etiquette	Fundamental/Golf Skill & Rules of the Game
1	Respect, First Tee Code of Conduct	Safety	Make sure no one gets hit by your club or ball	<ol style="list-style-type: none"> <li>1. Hold &amp; Set-Up, aka Grip &amp; Stance</li> <li>2. Teach the parts of the golf club</li> <li>3. Aim &amp; Alignment <b>p.10</b></li> <li>4. Introduce the Putt</li> <li>5. Pre-questionnaire to any first-time participants <i>only</i></li> </ol>
2	Courtesy	Play	Do not disturb with unnecessary noise	<ol style="list-style-type: none"> <li>1. Target Awareness: Target Selection &amp; Distance to the Target <b>p.12</b></li> <li>2. Introduce the Chip</li> </ol>
3	Responsibility	Energy	<ol style="list-style-type: none"> <li>1. Repair your divots</li> <li>2. Be ready to play</li> </ol>	<ol style="list-style-type: none"> <li>1. Distance-Response: Length of Motion <b>p.18</b></li> <li>2. Responsibility for the Course</li> </ol>
4	Honesty	Friends	<ol style="list-style-type: none"> <li>1. You are your own referee</li> <li>2. Keep your own score</li> </ol>	<ol style="list-style-type: none"> <li>1. Clubface at Ball Contact <b>p.36</b></li> <li>2. Introduce the Pitch</li> </ol>
5	Sportsmanship	School	Play by the rules whether you are winning or losing	Swing Rhythm & Tempo <b>p.26</b>
6	Confidence	Community	Invite faster groups to play through	<ol style="list-style-type: none"> <li>1. Distance-Response: Club Selection</li> <li>2. Body Balance: Balanced Finish <b>p.32</b></li> <li>3. Introduce the Full Swing</li> <li>4. Teach the parts of a golf course</li> </ol>

7	Judgment, First Tee Code of Conduct	Vision	When to shout "Fore!"	<p>1. Hold &amp; Set-Up <b>p.6</b></p> <p>2. Aim &amp; Alignment <b>p.10</b></p> <p>3. Pre-questionnaire for first-time participants <i>only</i></p>
8	Perseverance	Mind	Choose the correct tee box	Target Awareness: Target Selection & Distance to the Target <b>p.12</b>
9	Integrity	Family	When to use provisional balls	Distance-Response: Length of Motion
10	Meet & Greet with A-L-R	Review Safety, Play, & Energy	Stay focused on the game; do not keep others waiting	Clubface at Ball Contact <b>p.36</b>
11	Staying Cool: The 4Rs	Review Friends, School, & Community	Conduct yourself in a disciplined manner at all times	Swing Rhythm & Tempo <b>p.26</b>
12	Finding Your Personal Par	Review Vision, Mind, & Family	Show consideration for others and abide by the rules	<p>1. Distance-Response: Club Selection <b>p.30</b></p> <p>2. Body Balance: Balanced Finish <b>p.32</b></p> <p>3. Post-questionnaire to any participants completing <i>at least</i> their second session – Only complete during your school's <i>last</i> session for the school year</p>

Lessons	Fundamental & Stroke Type	Game Options
1 & 7	Hold & Set-Up Aim & Alignment - Putt	<ul style="list-style-type: none"> <li>- Basic exploration and target practice for beginners</li> <li>- Any putting game</li> </ul>
2 & 8	Target Awareness: Target Selection & Distance to the Target - Chip & Putt	Putting Options: <ul style="list-style-type: none"> <li>- Dodgeball</li> <li>- HORSE</li> <li>- Playing Card</li> <li>- 8 Ball</li> <li>- Bocce Ball</li> <li>- Hungry Hippos</li> <li>- PacMan</li> <li>- Memory</li> <li>- Sharks &amp; Minnows</li> <li>- Billiards</li> <li>- Poison</li> <li>- Ping Pong</li> <li>- Skee Ball</li> </ul> Chipping Options: <ul style="list-style-type: none"> <li>- Chip at Range</li> <li>- Chip-Chip</li> <li>- Par for a Short Course</li> <li>- Shape Shifting</li> </ul>
3 & 9	Distance Response: Length of Motion - Chip & Putt	Putting Options: <ul style="list-style-type: none"> <li>- HORSE</li> <li>- Racetrack</li> <li>- Pressure Putting</li> <li>- Billiards</li> <li>- Minefield</li> <li>- Sharks &amp; Minnows</li> <li>- Putt-Putt Course</li> </ul> Chipping Options: <ul style="list-style-type: none"> <li>- Chipping Connect 4</li> <li>- Par for a Short Course</li> <li>- Chip-Chip</li> <li>- Leap Frog Chipping</li> <li>- Chipping 21</li> </ul>
4 & 10	Clubface at Ball Contact - Pitch & Chip <i>or</i> Putt	Pitching Options <ul style="list-style-type: none"> <li>- Golf Baseball</li> <li>- Range Target Practice</li> <li>- Driving Range Relay</li> </ul> Chip or Putt Options: <ul style="list-style-type: none"> <li>- Any Target Selection or Distance Response Games for Chip or Putt station (2 &amp; 8, 3 &amp; 9)</li> </ul>
5 & 11	Swing Rhythm & Tempo - Pitch, Chip & Putt	<ul style="list-style-type: none"> <li>- Jousting</li> <li>- Swing Rhythm Drill at Range</li> </ul>
6 & 12	Distance Response: Club Selection - Full Swing, Pitch, & Chip	<ul style="list-style-type: none"> <li>- Birdie Ball Blast</li> <li>- Sports of All Sorts</li> <li>- Home Run Derby</li> <li>- Driving Range Relay</li> </ul>
6 & 12	Body Balance: Balanced Finish - All stroke types	<ul style="list-style-type: none"> <li>- Freeze Putt</li> <li>- Around the World</li> <li>- Driving Range</li> <li>- Home Run Relay</li> </ul>

Games List in Alphabetical Order by Stroke Type:

<p><b>Putting:</b> Around the World Basic Exploration of Putting, Chipping, &amp; Pitching (Target Practice) Billiards Bocce Ball Connect 4 Dodgeball 8 Ball Freeze Putt H-O-R-S-E Hungry, Hungry Hippos Jousting Memory Minefield PacMan Ping Pong Pinwheel Playing Card Putting Poison Pressure Putting Putt-Putt Racetrack Reading the Green Sharks and Minnows Skee Ball</p>	<p><b>Chipping:</b> Chip-Chip Chipping 21 Connect 4 Driving Range Relay Leap Frog Par for a Short Course Shape Shifting</p>
<p><b>Pitching:</b> Birdie Ball Blast Driving Range Relay Swing Rhythm</p>	<p><b>Full Swing:</b> Birdie Ball Blast Driving Range Relay Golf Baseball Home Run Derby Sports of All Sorts (No clubs!)</p>

## Rules of Games with Set-Up Diagrams (in alphabetical order):

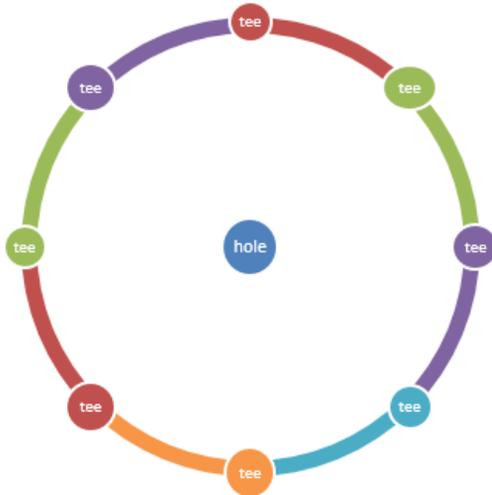
### **Around the World**

**Skill Objectives & Cues:** Focus on remaining still and balanced until the ball stops rolling.

**Game Objectives:** Score the most points by landing your ball in the hole from each tee.

**Equipment:** Snag putters and balls, cones, poly-spots, sidewalk chalk

**Description/Diagram of Set-Up:** Tees should be at least 3 feet from hole.



### **How to Play:**

In a group of 8, assign each player to a tee in the circle around the hole. Participants will have one shot to make the putt from each tee. Participants score one point if they make the putt. Players move clockwise from tee to tee. This continues until participants have tried all eight locations “around the world.” The participant with the most points wins the game. Make the game more challenging by increasing the distance from tee to hole, or by choosing a playing area that has natural slopes.

## Basic Exploration: Putting – Y Putt Y

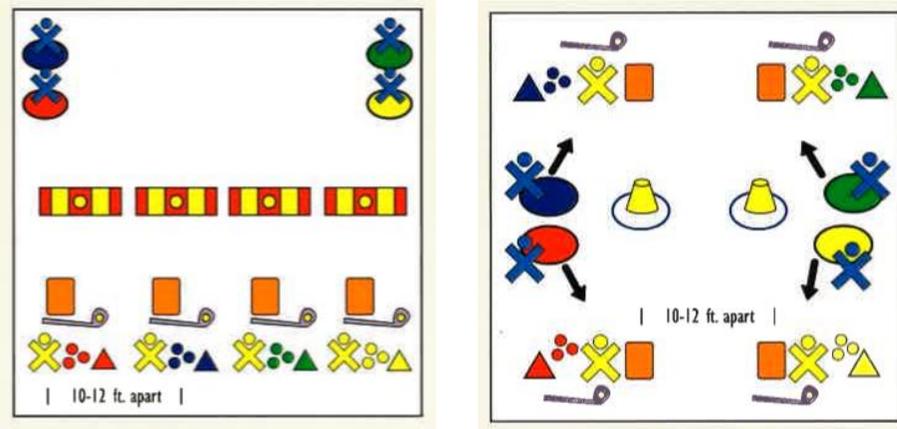
Video on Putting Swing: <https://www.youtube.com/watch?v=8hAi77abX48>

**Skill Objectives & Cues:** To demonstrate a smooth putting stroke with proper Hold & Set-Up; swing length should be no longer than foot to foot; arms and club stay in Y shape through one continuous swing.

**Game Objectives:** Putt the ball to the Rollerama targets.

**Equipment:** 10+ dome cones for hitting stations and safety zones, putters of different lengths, 3 balls per hitting station, polyspots as launch pads, Rollerama targets

### Description/Diagram of Set-Up:



**How to Play:** Each player gets 3 chances to hit the Rollerama target, and then switches with their partner in the safety zone. The diagram on the right is another way to set up for this skill practice using Flagstickys instead of Rolleramas.

## Basic Exploration: Chipping – Y Chip Y

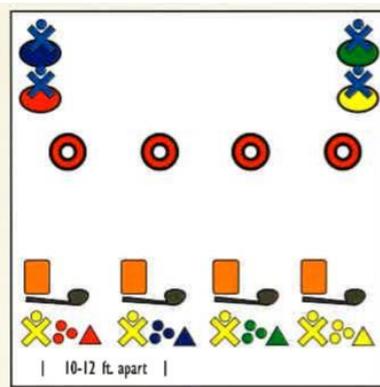
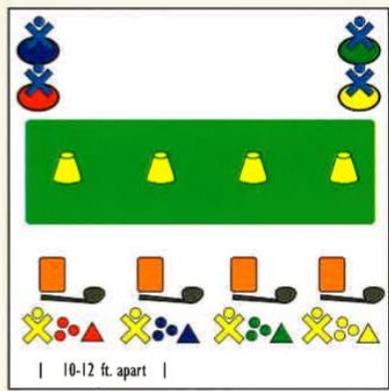
Video on Chipping Swing: <https://www.youtube.com/watch?v=svzY6r53Gac>

**Skill Objectives & Cues:** To demonstrate a smooth chipping stroke with proper Hold & Set-Up; swing length should be no higher than knee height on either side; arms and club stay in Y position through one continuous swing.

**Game Objectives:** Practice Hold and Set-Up with each stroke toward the targets.

**Equipment:** Snag irons of different lengths, Flagstickys, 1 launch pad & 3 Snag balls per hitting station, hula hoops as safety zones for 'caddies,' and cones for safety zones.

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



**How to Play:** Each player gets 3 chances to hit the Flagstickys, and then switches with their partner in the safety zone. The diagram on the right is another way to set up for this skill practice using Bullseye targets instead of Flagstickys.

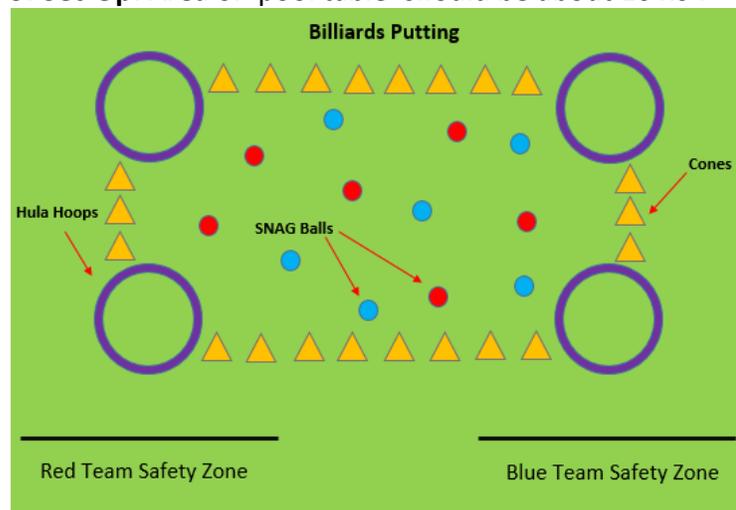
## Billiards Putting

**Skill Objectives & Cues:** Players will focus on Distance Response by identifying distance to the target and apply the appropriate amount of force to the ball.

**Game Objectives:** Players will putt all of their team's balls into the pockets before the other team does.

**Equipment:** If playing on cement, use chalk to draw the 'pockets,' otherwise use 4 hula hoops, cones, 6 of one color ball and 6 of another, Snag putters.

**Description/Diagram of Set-Up:** Area of 'pool table' should be about 10'x6'.



### How to Play:

Divide the group into two teams and spread the 12 balls out across the 'pool table.' You can fit two game boards on half of the gym floor/basketball court. One participant from Team 1 will putt one of their balls towards a pocket. If the ball goes in, the same player gets to go again. If the ball does not go in, a player from Team 2 gets to take a turn. Continue alternating teams and players in this fashion until one of the teams gets all of their balls into the pockets. If a team hits a ball so that it rolls outside of the playing area, the *other* team can put it back on the 'table' wherever they choose.

## Birdie Ball Blast

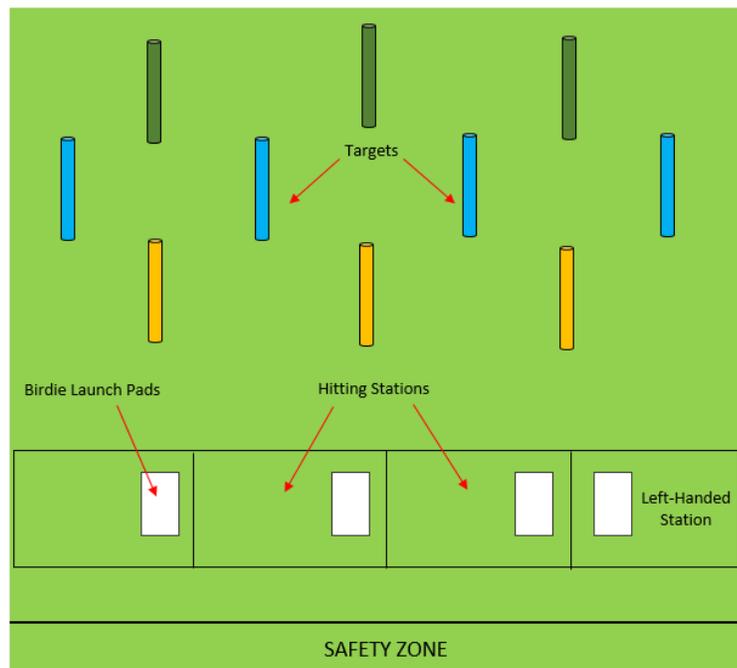
**\*\*Emphasize Safety Zones!\*\***

**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)

### 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!*

## Bocce Ball Putting

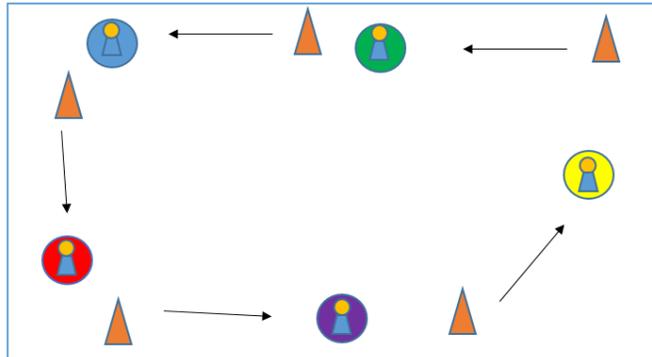
Video of Game Link: <https://www.youtube.com/watch?v=pxxdFGyZD7M>

**Skill Objectives & Cues:** Align your toes with your target before putting.

**Game Objectives:** Players aim to knock the target ball off the cone with their 'bocce ball'.

**Equipment:** Snag putters, 1 Snag ball/'bocce ball' per player (different colors within pairs of students), 10 polyspots (preferably different colors), 10 Snag/target balls, 10 dome cones (optional for added challenge), 10 medium size cones

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



**How to Play:** Pair up players and give each half of the pair a different color ball. Starting at the full size cones, players will putt their 'bocce ball' toward the target ball. The first player to knock the target ball with their bocce ball wins that round. The target ball can be resting on the polyspot for less challenge, or up on a dome cone for more of a challenge. Whether you choose to tell players to knock the target ball off of the cone, or just tap it with their bocce, is up to you! Continue play through all 10 'holes.'

Variation: At each new hole, both participants in the pair will putt, one at a time, towards the 'bocce ball.' The participant who is closest scores one point. Players continue through the course adding their points scored at each new hole until one player reaches a pre-determined total number of points. Players can use their clubs to measure distances from balls to bocce to determine the point winner.

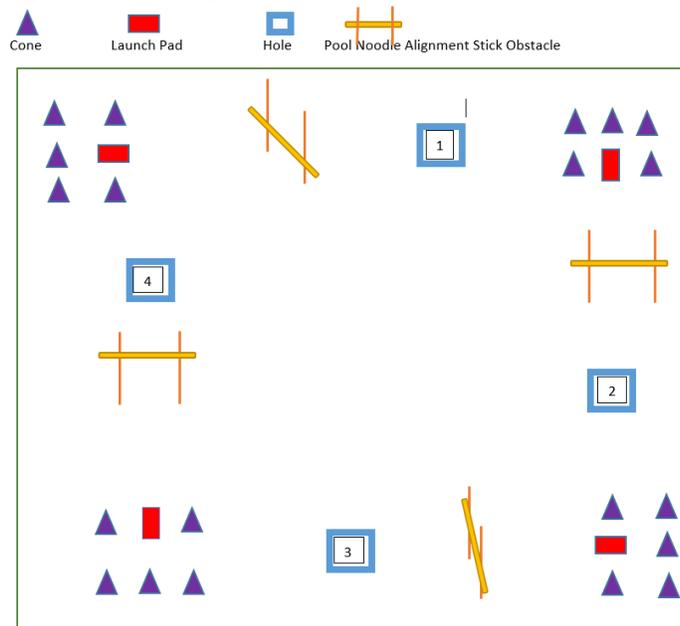
## Chip Chip

**Skill Objectives & Cues:** Y-Chip-Y; Take the time to notice the height and distance of the obstacles between you and the target, as well as the overall distance from tee to target.

**Game Objectives:** Complete the course with as few strokes as possible. Record your scores with honesty.

**Equipment:** Depending on how many holes you'd like to create, you will need two alignment sticks, 1 pool noodle, 5 cones, a launch pad, and surveyor's tape and tees *for each* hole. Players will need their own ball and Snag iron. Clipboards, scorecards, and pencils are also needed.

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



**How to Play:** At each hole, players have to chip their ball with as few strokes as possible until their ball lands in the "hole." Scoring: If you chip the ball over the pool noodle between the alignment sticks, you can *subtract* one point from your score. If the ball goes under the pool noodle or to the outsides of the alignment sticks, it is a penalty, and you have *add* a point to your score. Examples: 3 hits from launch pad to hole and ball goes over noodle, score is 2; 3 hits to hole and ball does not go over noodle, score is 4. Use a scorecard (p. 56) to record your strokes.

## Chipping 21

**Skill Objectives & Cues:** To demonstrate a smooth chipping stroke with proper Hold & Set-Up; swing length should be no higher than knee height on either side; arms and club stay in Y position through one continuous swing.

**Game Objectives:** The first team to score 21 points, without going over, wins!

**Equipment:** Surveyor's tape, tees, cones to mark safety zones, Snag irons, 12 balls per team

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



### How to Play:

Teams of 2 start with 12 balls. Players chip two balls into any of the zones, then switch with their partner. After each player chips 6 balls (3 turns), game pauses to collect balls and then restart from where they left off. Add up all of the points scored as game is played. First team to 21 wins. Teams must score exactly 21 to win, so if they go over, they drop back to a score of 15 and continue chipping.

## Chipping Connect 4

**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 before the other players!

**Equipment:** Snag Irons and balls, surveyor's tape, tees, cones

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



**How to Play:** Each player starts with 10 balls. Chip until you land one ball in each of the four zones. If you run out of balls, wait until the coach calls "Clubs Down" and "All Clear" before going out to retrieve more balls.

\*Make it more difficult by directing participants to hit the zones in order from closest to farthest, or vice versa.

\*\*Could play as a putting game, too!

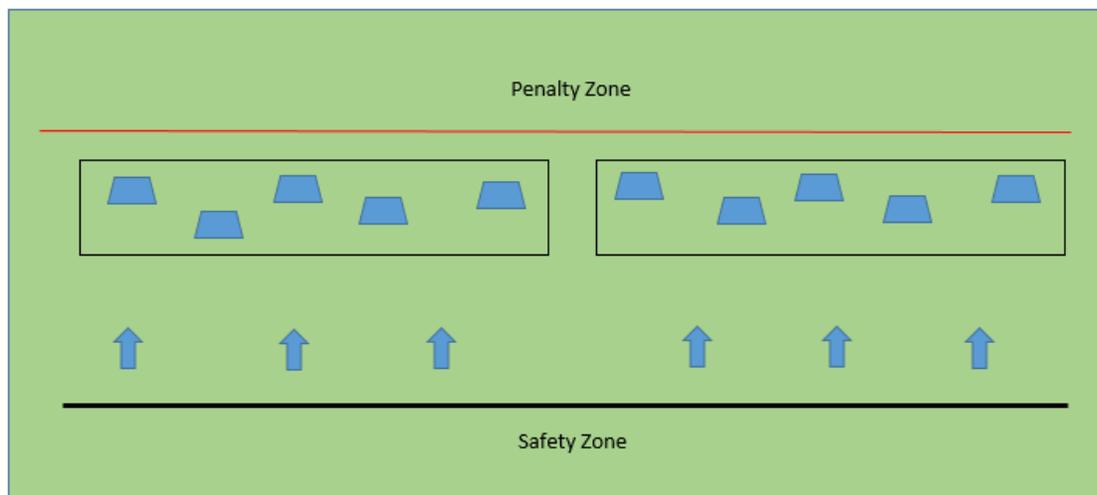
## Dodgeball Putting

**Skill Objectives & Cues:** To demonstrate a smooth putting stroke with proper Hold & Set-Up; swing length should be no longer than foot to foot; arms and club stay in Y shape through one continuous swing.

**Game Objectives:** Knock out all of your team's cones from the playing area before the other team knocks out theirs.

**Equipment:** 10+ dome cones, medium height cones to mark off playing areas (or use surveyor's tape with tees, or sidewalk chalk on pavement), putters, 5 balls per player

**Description/Diagram of Set-Up:**  = dome cone  = putting station  = boundary line



**How to Play:** Each player gets 5 chances to hit as many cones in their box as they can. Once all team members have hit their 5 balls, both teams can go collect their balls and return to their putting station for the next round. When a cone is hit by a ball, the coach removes that cone from the box. If a ball passes the boundary line into the penalty zone, a cone that had been removed gets returned to the box and has to be hit again. Teams can set up the other team's cones in any pattern before each game, but none of the cones can completely block another. Set up the boxes about 10 feet from the putting stations, and mark the boundary line about two feet from the back side of the box. You can set up 3 boxes to accommodate more players.

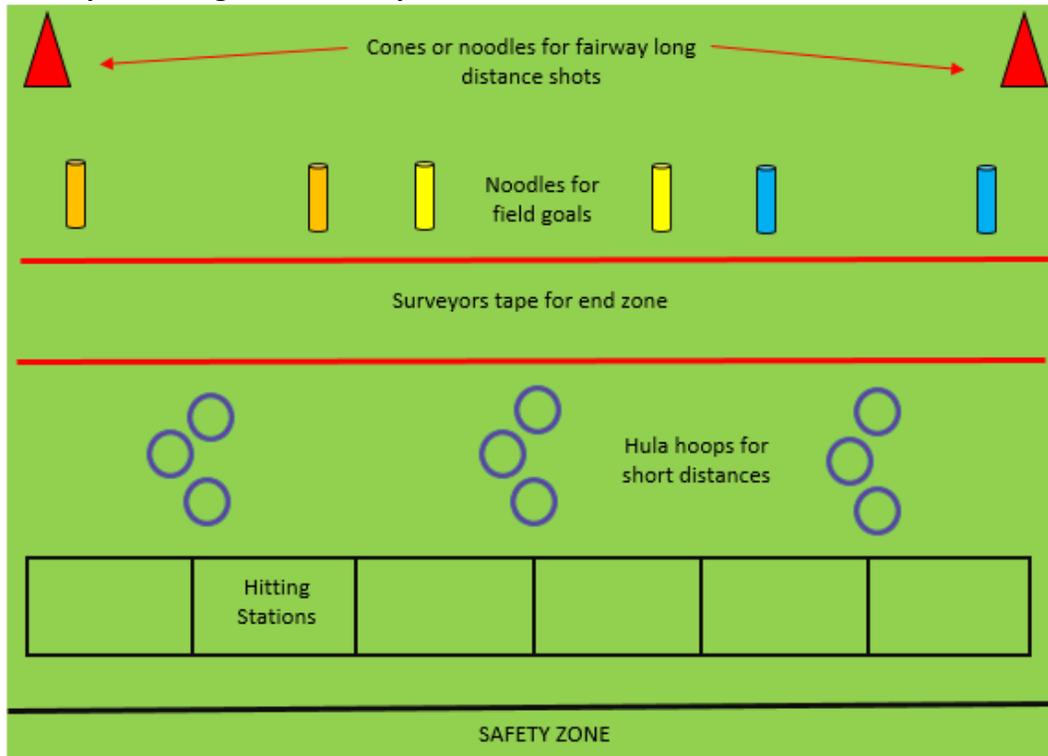
## Driving Range Relay

**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.

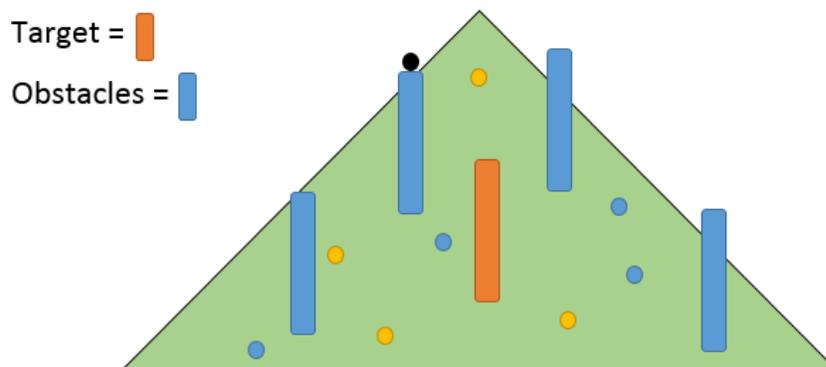
## 8 Ball Putting

**Skill Objectives & Cues:** Y-Putt-Y; Read the “green” to be aware of the contours of the land and obstacles, as well as the distance from ball to target. Ask yourself, “Will this be a big, medium, or short putt?”

**Game Objectives:** Be the first team to remove all of your balls from the “pool table” and knock the 8-ball off its noodle.

**Equipment:** 4-5 pool noodles and alignment sticks, 4-5 balls for each team (different colors), one ball of a different color as 8 ball, surveyor’s tape and tees, Snag putters

### Description/Diagram of Set-Up:



**How to Play:** Teams are assigned a ball color; 4 or 5 balls of each color are rolled out onto the playing area (designate with surveyor’s tape). Players take turns putting one of their balls towards the target (pool noodle). Obstacles (other color pool noodles) will be placed throughout the playing area to increase difficulty. As each ball hits the target it is removed from the playing area. Once all of a team’s balls are removed, an 8 ball (a different color ball) is placed on top of one of the pool noodles (coach’s choice). The leading team has to putt one of their balls hard enough against that pool noodle to cause the 8 ball to fall off, but not so hard that it rolls out of bounds. If successful, they win! If the 8 ball rolls out of bounds, the other team wins!

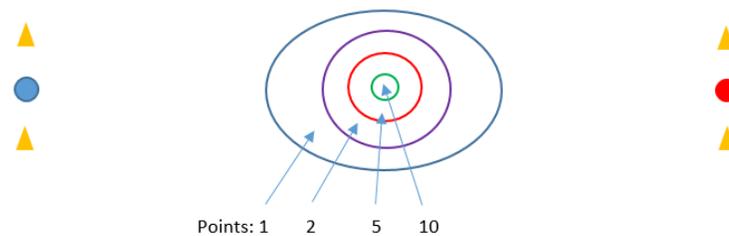
## Freeze Putt

**Skill Objectives & Cues:** Focus on remaining still and balanced until the ball stops rolling.

**Game Objectives:** Score the most points by landing your balls on the most valuable rings of the target.

**Equipment:** Snag putters and 10 balls (5 of two different colors), cones, poly-spots, sidewalk chalk

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



**How to Play:** Draw 4-5 boards on the blacktop so that 8-10 kids can play at a time. Ideally, two kids play at one board at a time to minimize wait times. Each player gets 5 balls to putt per round. Player 1 putts a ball but freezes in their finishing stance until their ball stops rolling. Player 2 then takes a turn, but also has to freeze in their finishing stance until their ball stops rolling. If the player does not freeze, any points scored by that putt do not count! Highest score at the end of 5 putts wins.

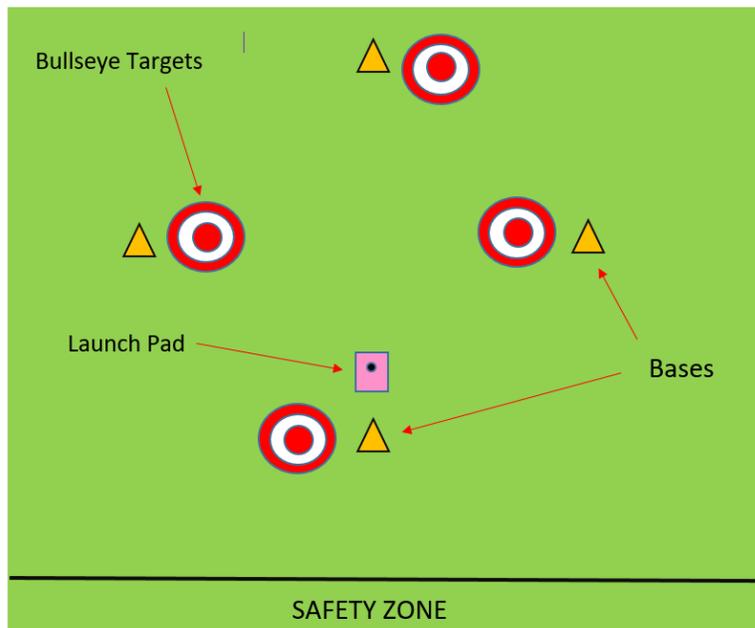
## Golf Baseball

**Skill Objectives & Cues:** Full swing with Target Awareness

**Game Objectives:** Score more runs than the other team after a specified number of innings.

**Equipment:** 4 Bullseye targets, cones, 1 launch pad and Snag ball, 1 Snag iron of each length for left and right

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



**How to Play:** Almost all baseball rules, except that you do not get runners out by tagging them or stepping on the base. Runners are out if the fielding team gets the ball onto the target next to the base before the runner gets there. Catching the ball in the air off a hit also counts as an out.

## 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.

## H-O-R-S-E- Putting

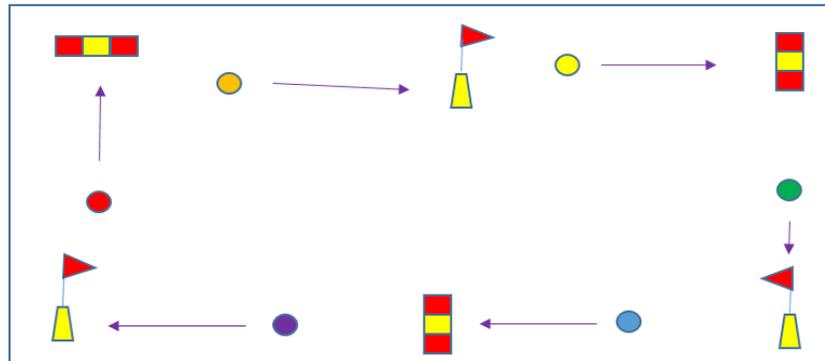
Video Link of Game: <https://www.youtube.com/watch?v=W-8sBvdB9Y>

**Skill Objectives & Cues:** Y-Putt-Y; Read the “green” to be aware of the contours of the land and obstacles, as well as the distance from ball to target. Ask yourself, “Will this be a big, medium, or short putt?”

**Game Objectives:** Be the last player to spell the word HORSE. Players attempt to mimic the putts of their opponents in order to avoid earning letters. Practice today’s **etiquette** of being your own referee (be sure to replicate the shots) and keeping your own score (letters earned).

**Equipment:** Snag putters and balls, polyspots as launch pads, Rolleramas and Flagstickys.

**Description/Diagram of Set-Up:** Set up a mini golf course in the gym or on the blacktop.



**How to Play:** (Similar to HORSE in Basketball)

In twos or threes, the first player (Rocks/Paper/Scissors) will putt the ball any *safe* way he or she wants. If the ball hits the target, the next player has to replicate that style of hit. If the first player misses, the second player can hit the ball any *safe* way of choice, and then the first player will replicate that shot if the target is hit. If the first player hits the target in one stroke and the second player misses, the second player gets an “H.” If neither player hits the target, no letters are earned by either of them and they both move on to the next target. Continue this way through the targets until a player gets all five letters “H-O-R-S-E.” Players alternate who gets to putt first at each target. Styles of hitting: non-dominant, one-handed, squatting down, between the legs, behind the back, eyes closed, etc. You can also choose another word to spell.

## Hungry Hungry Hippos

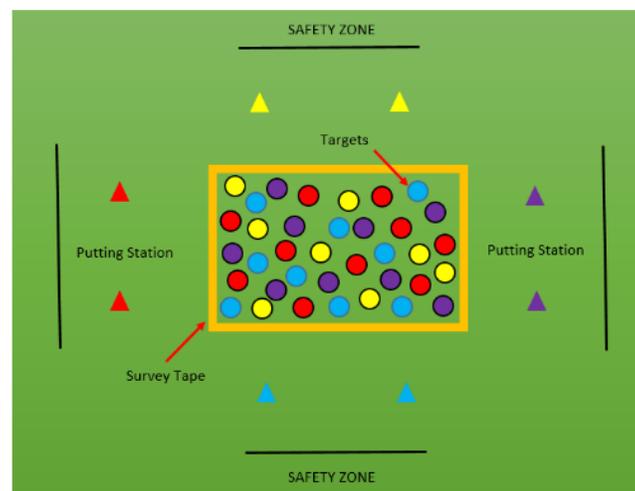
Video of Game Link: <https://www.youtube.com/watch?v=76Hd9wpDJ0o>

**Skill Objectives & Cues:** First stand behind your ball and select your target. Then stand sideways to the target and line up club face with target prior to swing. Consider that the closest ball may not be the best option if there is another team's ball in front of it. A team player may also have to hit another team's ball out of the way as their turn. Strategize to get around obstacles!

**Game Objectives:** Teams aim to 'eat' all of their balls first.

**Equipment:** Snag putters, snag balls, surveyor's tape (if playing outside) or lines of key or center circle on basketball floor (if playing in gym), cones, and polyspots as launch pads

### Description/Diagram of Set-Up:



**How to Play:** On 'Go,' one team member at each putting station will putt their team's ball into the designated area in an attempt to hit one of their own balls. Ex. Team red will hit a red ball and try to hit any of the red balls in the playing area. If the target ball is hit *and* stays within the boundary lines, the team will collect the ball they putt and the ball it hit. If they miss or the target ball is hit so hard that it leaves the boundary area, the team can only collect their putting ball. Once all of the red balls are hit and collected, red team is done. If red team hits and collects all of their balls before the other color teams finish, red wins. Safety rule: Players cannot putt until their partners return from the target zone. In other words, players can't putt while their partner is still out collecting balls.

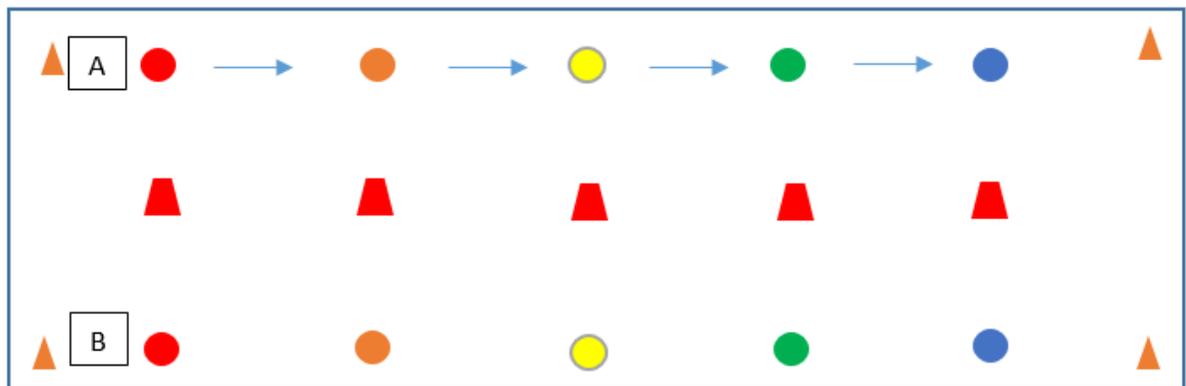
## Jousting

**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 (applies more if you're outside and not on the gym floor)?* Swing Rhythm & Tempo- Is my timing consistent so as to make contact on the coach's cue?

**Game Objectives:** Players putt *at the same time* to hit the cup between them first in order to score a point. Players add their scores as they go. Individual and team winners are determined at the end.

**Equipment:** Cones, Snag putters, 1 ball per player (same color as opponent), poly spots as launch pads, plastic drinking cups (1 for every pair of opponents).

### Description/Diagram of Set-Up:



### How to Play:

Teams will line up 10-15 feet across from and facing each other. Cups are placed half way between opposing players. The 'intention' is swing rhythm, so the players will listen to the coach count "1, 2, 3, putt" and all should make contact with the ball on the word 'putt.' Scoring: Whichever player hits the cup *first* earns a point. However, if a player hits the cup first because they hit the ball too early, then they do not earn the point. Once the cups are reset, all members of Team A will slide to their left one spot. The player on the end spot (blue) will walk down to the first spot (red). Team A leaves their balls where they started. Team B stays on their original spots for the whole game. The round is over once each player has hit against each member of the other team. The coach will ask each player on Team A what they scored, and have them add their total, and then repeat with Team B. New round starts everyone back at zero points.

## Leap Frog Chipping

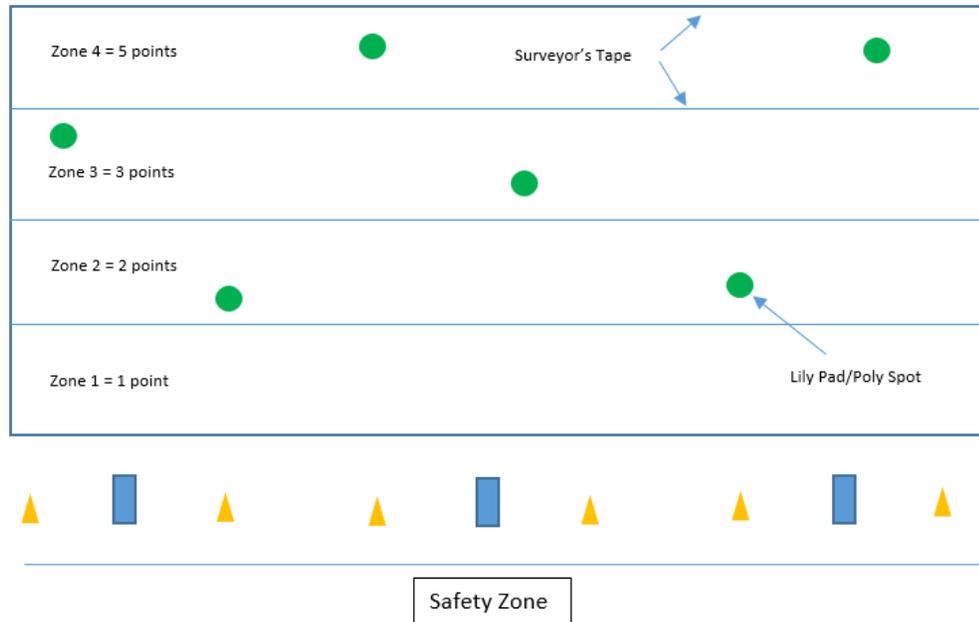
Video Link for Game: <https://www.youtube.com/watch?v=7zbl5eOM1Kc&t=1s>

**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.'

## Memory

Video Link of Game: <https://www.youtube.com/watch?v=Yod7qrVtc2E&t=3s>

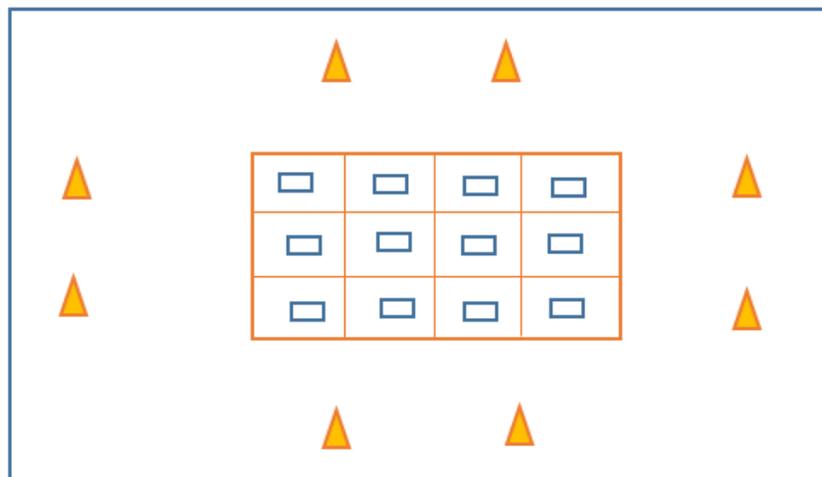
\*Video shows game played with chipping, but putting is easier...

**Skill Objectives & Cues:** Target Selection- First stand behind your ball and select your target. Then stand sideways to the target and line up club face with target prior to swing.

**Game Objectives:** Make the most matches by putting your ball into the correct zones.

**Equipment:** Index cards with numbers or pictures on them (laminated), Snag irons, Snag balls, hula hoops as zones or use surveyor's tape and tees to make a grid, launch pads (optional), cones.

### Description/Diagram of Set-Up:



**How to Play:** 4 players per game (or have 4 teams of 2). The first player putts the ball towards the game board. If the ball lands in a hoop (or square of grid), turn the card over and then take another turn. If the next putt lands in a hoop and the card matches the first, the team collects those two cards and then gets to take another turn. If the cards do not match, the team turns both of the cards over and the other team takes a turn. If the ball lands outside of the target zones on a putt, that counts as one of the team's two shots. The team with the most matches, wins.

- Try with Chipping for a challenge!

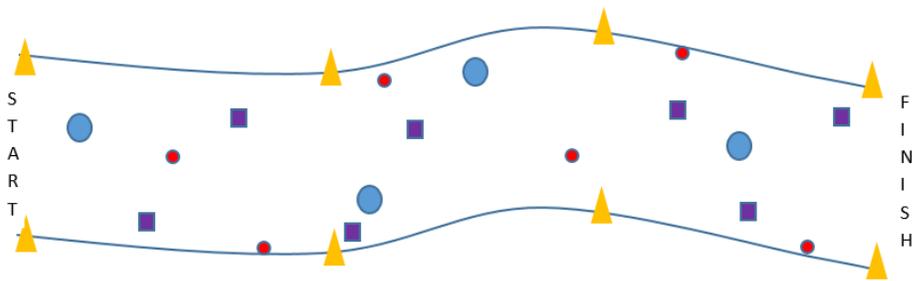
## Minefield

**Skill Objectives & Cues:** Short distance, short swing; long distance, long swing. Center your shot/'Dot the Eye.'

**Game Objectives:** Putt from start to finish in the fewest number of strokes without hitting a 'mine.'

**Equipment:** 4 cones to mark boundaries and a variety of balls and beanbags, putters and Snag balls, surveyor's tape or spray paint to mark boundaries in grass and sidewalk chalk on blacktop

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



**How to Play:** Players take turns putting their way through the Minefield from start to finish. Players need to choose direction and length of swing in order to avoid hitting 'mines'. If a player hits a mine, they have to pick up their ball and return to the starting line. Scores are total of strokes from start to finish. You can modify game by adding strokes to score if a mine is hit, rather than having players return to starting line. *Variation:* Make it harder by changing the shape of the minefield so it's not a basic rectangle (use surveyor's tape in grass or sidewalk chalk on blacktop). Add in golf etiquette by telling players to yell Fore! if their partner is about to step on or hit a mine.

## Pac Man Putting

Video Link of Game: <https://www.youtube.com/watch?v=WGurMAonGi8>

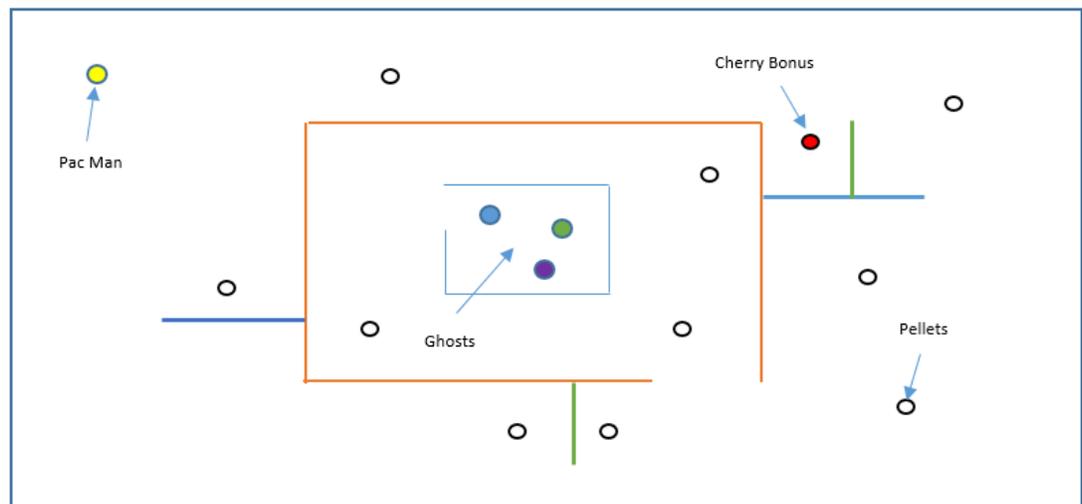
**Skill Objectives & Cues:** Target Selection- First stand behind your ball and select your target. Then stand sideways to the target and line up toes & club face with target prior to swing.

**Target Lines-** See supplemental material in Coach Portal.

**Game Objectives:** Pac Man tries to collect all of the pellets before a Ghost captures him.

**Equipment:** Sidewalk chalk, 4 Snag balls of different colors (at least one yellow), putters, paper circles for pellets and cherry bonus (laminated or use card stock or index cards).

**Description/Diagram of Set-Up:** Set up board with as many or as few lines as you like. This is just an example:



**How to Play:** The goal for Pac Man is to eat all of the pellets before a Ghost captures him. The Ghost's objective is to capture Pac Man (bump into yellow ball) before he collects all of the pellets. Pac Man (or Ms. Pac Man) is played as a yellow Snag ball and starts in a corner of the game board. The Ghosts start in the center of the game board and are played with other colored Snag balls. Pac Man tries to putt over the pellets in order to collect them. Pac Man picks up the pellets as they are 'eaten.' If Pac Man crosses a boundary line, Pac Man *either* has to lose his next turn, *or* put a pellet back onto the game board, and then he/she replays from the previous spot on the next turn. The Ghosts must putt through the game board without crossing the boundary lines, or they too lose their next turn. Pac Man also tries to avoid the Ghosts. Whether a Ghost bumps Pac Man or Pac Man bumps a ghost, Pac Man is out. The Ghost who bumps Pac Man gets to be the next Pac Man. Pac Man and Ghosts alternate shots. Only one person putts at a time, and only the putter is on the game board at that time. Each player has an opportunity to play as Pac Man. The player who collected the most pellets on their turn, wins. All pellets are returned to the game board before each new game.

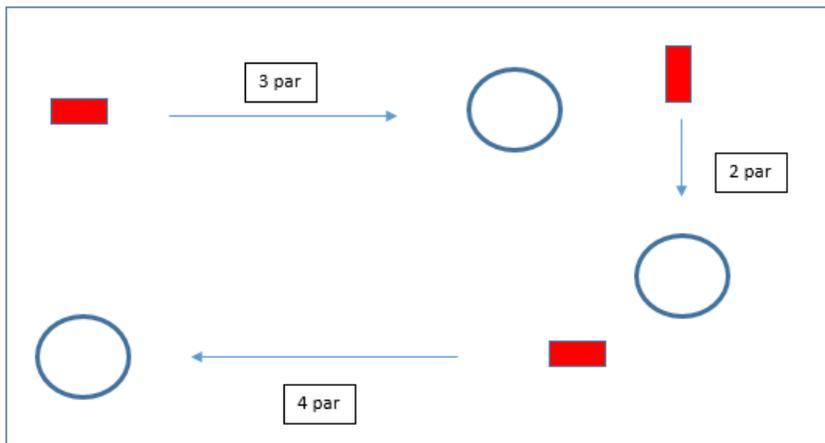
## Par for a Short Course

**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:** Players will keep track of their strokes as they play a 3-hole, 9 par course.

**Equipment:** Launch pads, Snag irons and balls, surveyor’s tape and tees or spray paint, scorecards and pencils

**Description/Diagram of Set-Up:** Set up a basic course that has holes of varying distances, so that you can label them with different pars. Space them out and include safety zones.



### How to Play:

Players will advance through the holes, attempting to make par. Players track their strokes as they play. Reassemble to discuss their scores. Have them repeat the course, but tell them to intentionally angle their clubface to the right (“open”) for each stroke. Reassemble and ask them how their scores differed. Play a third time, but tell them to now angle their clubface to the left (“closed”) as they play. Again reassemble and then reach some conclusions as a group about clubface and ball contact and how that concept affects par.

## Ping Pong Putt

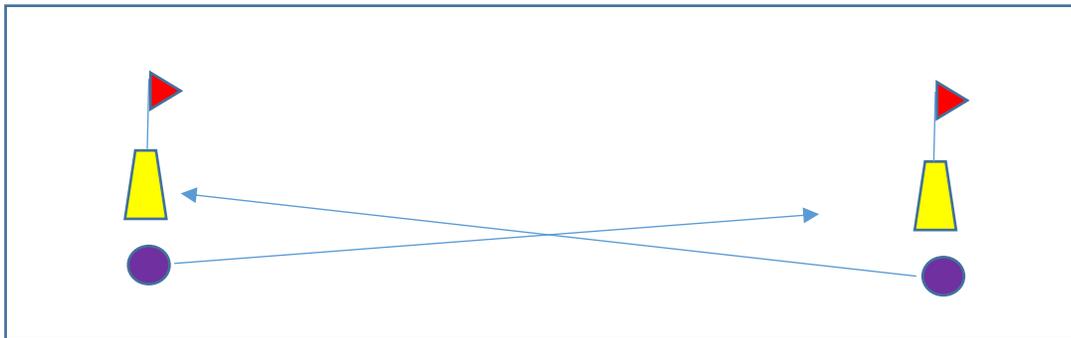
Video Link of Game: <https://www.youtube.com/watch?v=c3HLdum1V2Q>

**Skill Objectives & Cues:** Aim & Alignment (Dot the Eye, Sideways to Target), Target Awareness: Distance to the Target

**Game Objectives:** Be the first player to hit a target 11 times.

**Equipment:** Putters, Snag balls, Flagstickys, Poly-spots as launch pads

**Description/Diagram of Set-Up:** Vary the distances of the Flagstickys in each game.



### How to Play:

Two players stand opposite of each other next to a Flagsticky. One player putts their ball to the opposite Flagsticky. If the target is hit, players switch sides and the same player putts again. Player keeps putting and collecting points until 11 points are tallied, or a shot is missed. If the shot is missed, the other player begins putting and collecting points. First player to 11 points, wins!

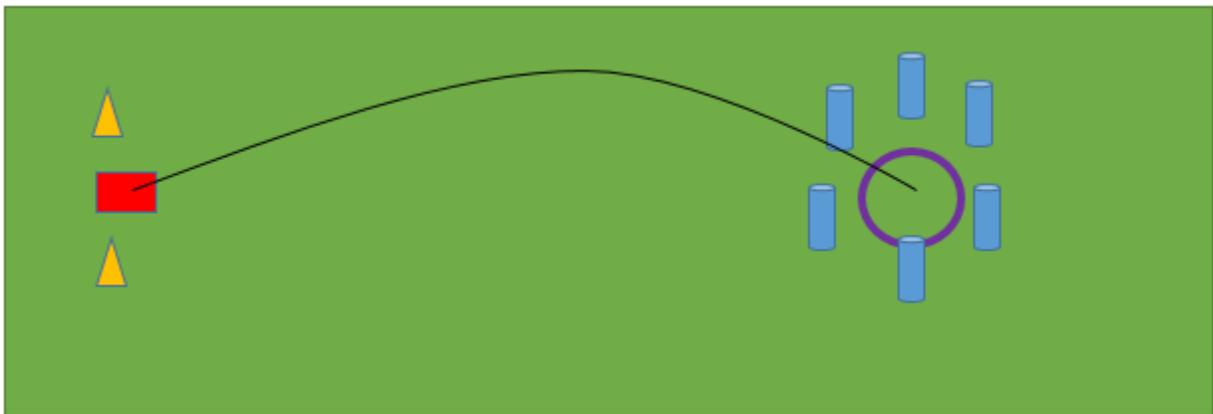
## Pinwheel

**Skill Objectives & Cues:** Target Selection- First stand behind your ball and select your target. Then stand sideways to the target and line up club face with target prior to swing.

**Game Objectives:** Land your ball in the hula hoop without knocking down the surrounding bowling pins.

**Equipment:** Snag irons, balls, and launch pads, hula hoops (1 per hole), 6 bowling pins (or similar objects, like empty water bottles) per hula hoop, cones.

**Description/Diagram of Set-Up:** Each hole can be set up similarly, but you can adjust pin placement, or distance from tee to hole.



**How to Play:** Divide kids into groups of 2-3. Players alternate starting order at each new hole (ABC, BCA, CAB). The first player chips one time towards the hoop, then the second player, and then the third. Continue in the same order until a player either chips the ball into the hole, or the player knocks over a pin. If a player knocks down a pin, their turn is over, but the pin gets to stay down for the remaining players. The idea is that the players try to make smaller chips to approach the hole, rather than trying to make it into the hoop on their first swing. Players track how many swings it takes to get the ball into the hoop.

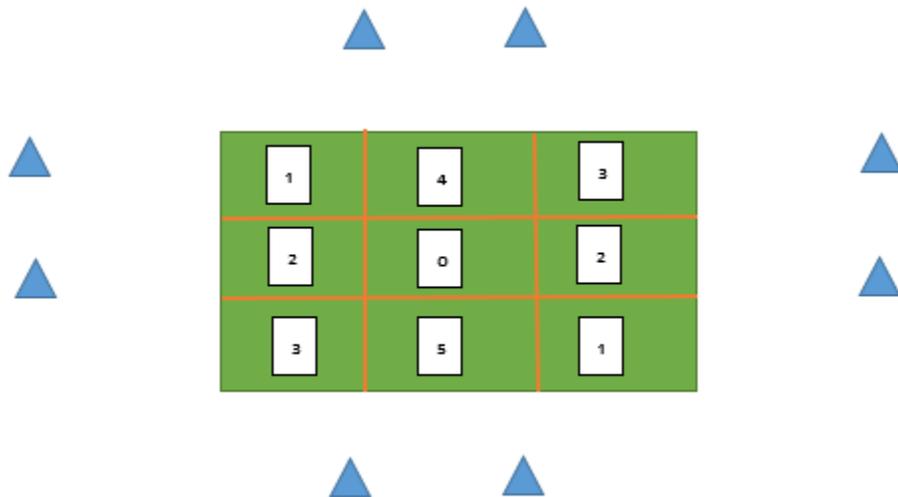
## Playing Card Putting

**Skill Objectives & Cues:** First stand behind your ball and select your target. Then stand sideways to the target and line up club face with target prior to swing.

**Game Objectives:** Players are putting to playing cards with the objective of landing on numbers that add up to par. Players will practice math by recording and adding up their own scores.

**Equipment:** Snag putters, snag balls, surveyor's tape, tees, playing cards (you could just use index cards with numbers written on them), scorecards\*, pencils

### Description/Diagram of Set-Up:



**How to Play:** From their hitting stations, players will putt two balls (one at a time) towards the grid. Whichever hitting station they start from is their 1<sup>st</sup> hole. On the playing card they will see that par for the 1<sup>st</sup> hole is 3. So they need to try to hit a ball into the square with the “1” card, and the other ball into the square with the “2” card, or one ball into the “3” square, and one into the “0” square. Either way, they have to putt both balls for each hole, and they want to score par exactly, not over or under. If they hit over or under on a hole or two, that is okay, but they will then have to adjust their putts at other holes to balance out their score so that they have a total of 36 by the end of 9 holes. They can rotate around the different hitting stations until they have completed nine holes (18 putts), or hit all nine holes from the same station.

\*Copies can be made of the scorecard sample that is attached.

## Poison

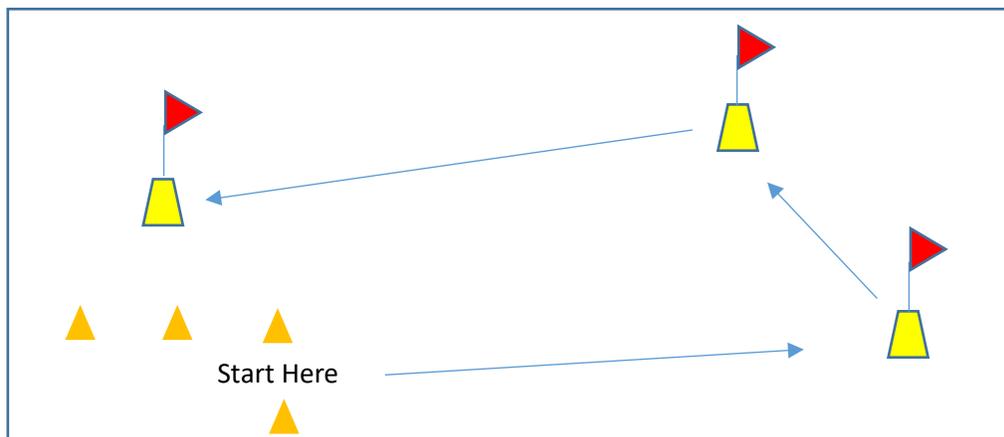
Video Link of Game: <https://www.youtube.com/watch?v=ZcrA-lb4q5A>

**Skill Objectives & Cues:** Aim & Alignment, Target Awareness, & Distance Response (short distance, short swing; long distance, long swing)

**Game Objectives:** Be the first player to hit all three targets and then knock out all of the other players.

**Equipment:** Putters, 1 Snag ball per player, Flagstickys (at least 3 per game board) or Rolleramas, cones

### Description/Diagram of Set-Up:



### How to Play:

Player 1 starts by hitting their ball to the first target. If the target is hit, the same player tries for target 2 from one clubhead length away from target 1. If the target is missed, Player 2 hits towards target 1, and hitting order continues to rotate whenever a player misses a target. Play continues this way until one player hits all 3 targets. At that point, that player becomes the 'Poison' and can then begin trying to knock out the other players by hitting into their balls. If the Poison can hit all of the other player's balls, then the game is over and that player wins. While the Poison is taking turns trying to knock out the other players, the other players are still taking turns trying to hit the targets. There can be more than one Poison at a time, and the last Poison standing is the winner.

It is best to have fewer players on one gameboard (about 4).

## Pressure Putting

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

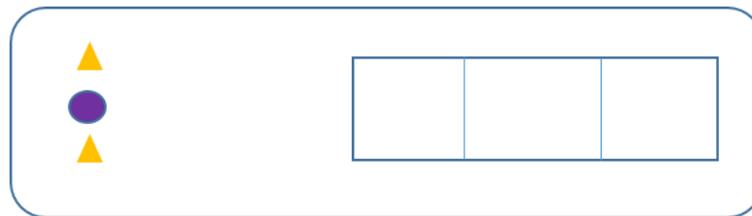
**Skill Objectives & Cues:** Adjust length of swing and applied force in response to how close or far the ball lands in relation to the target.

**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.*

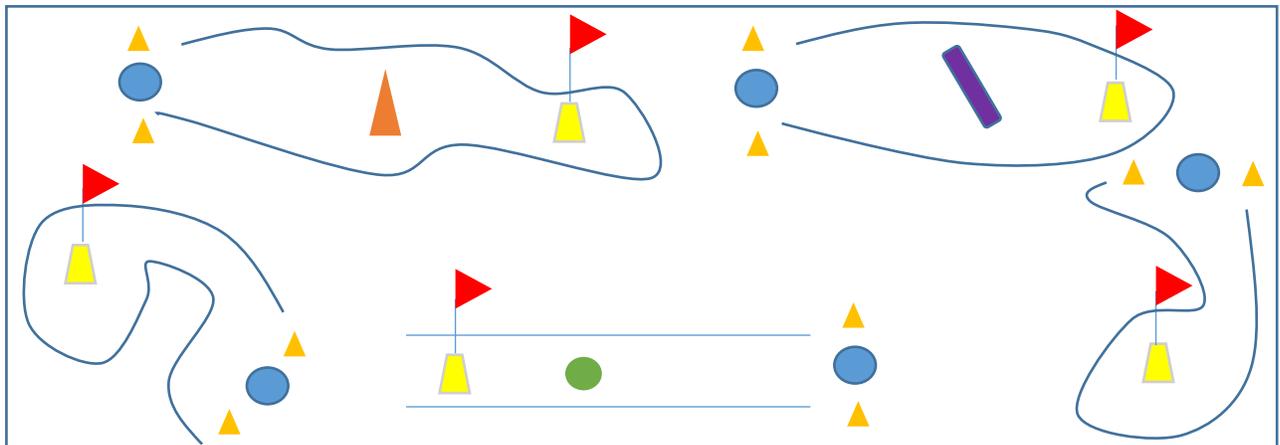
## Putt-Putt Course

**Skill Objectives & Cues:** Aim & Alignment, Target Awareness, & Distance Response (short distance, short swing; long distance, long swing)

**Game Objectives:** Complete the course in the fewest number of strokes.

**Equipment:** 1 Snag ball and putter per participant, cones, poly spots as launch pads at each hole, Flagstickys as holes, objects to serve as obstacles between tee and hole (pool noodles, cones, Frisbees, etc.), sidewalk chalk to designate boundaries on blacktop (or spray paint on grass)

### Description/Diagram of Set-Up:



### How to Play:

Basic rules of Putt-Putt: Partners take turns putting from 'tee' to 'hole.' Record the number of strokes it took to hit the target.

## Racetrack Putting

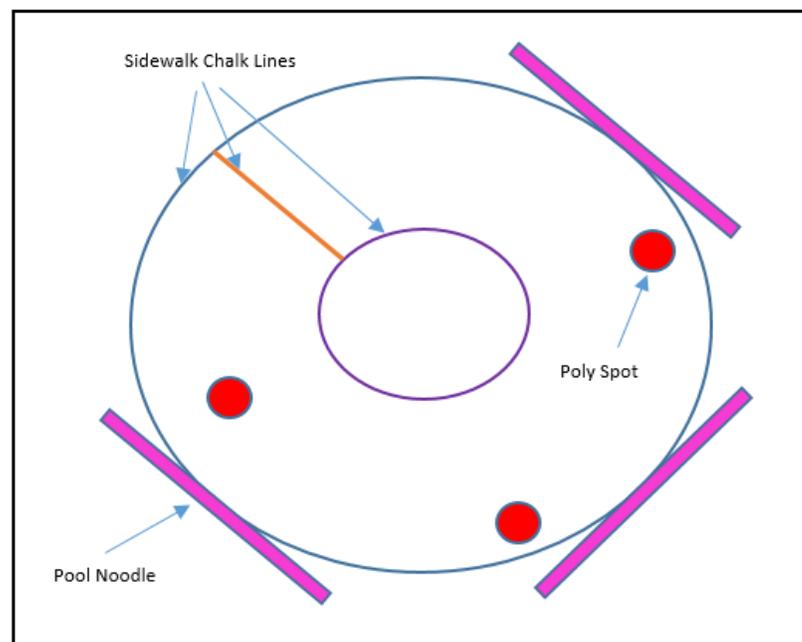
Video Link for Game: <https://www.youtube.com/watch?v=SC1usOowykQ>

**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.

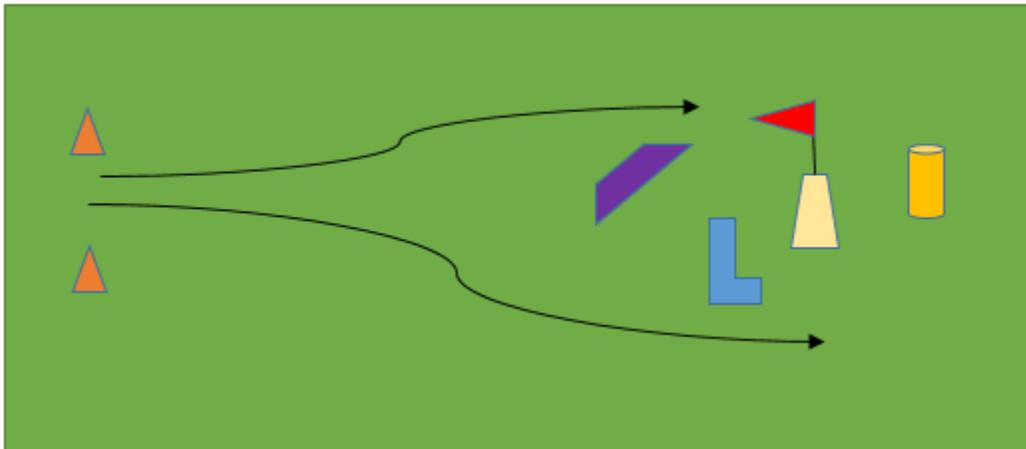
## Reading the Green

**Skill Objectives & Cues:** Target Selection- First stand behind your ball and select your target. Then stand sideways to the target and line up toes & club face with target prior to swing.  
Target Lines- (See supplemental material on page 4 of this lesson).

**Game Objectives:** Players are putting towards the hole (Flagstick), but it will be blocked on at least two sides, so players will have to choose another target before hitting to the hole.

**Equipment:** Cones, Snag putters and balls, Flagstickys, 1 bean bag per player, and an assortment of obstacles (be creative!).

**Description/Diagram of Set-Up:** This is just one example of how you can set up a hole. Use obstacles of your choice and set up how you like, but make sure there is not a direct shot from tee to Flagsticky. If there is a way to set up outside and include natural slopes for players to consider Target Lines, then do so.



**How to Play:** Participants will putt from tee to hole (Flagsticky) in as few strokes as possible. Players should be choosing a target other than the hole first, and then, depending on where the ball stops, they can aim at the hole for their second stroke. Use bean bags as the primary target; players will drop the bean bag where they think their initial putt should land in relation to the hole.

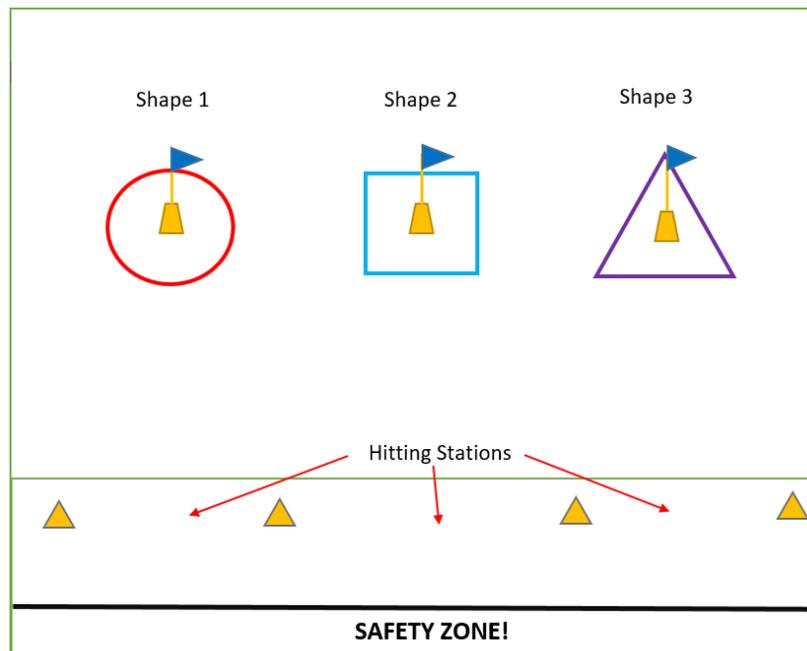
## Shape Shifting

**Skill Objectives & Cues:** Take the time to adjust ball and launch pad for aim before each swing; side of body and toes are in alignment with target.

**Game Objectives:** Chip two balls into each of the different targets before the other teams.

**Equipment:** Surveyor's tape and tees to make target shapes, 1 flagstick in each target for visibility, Snag irons, ~10-15 Snag balls per team of 2 players, cones to designate hitting stations and safety zones.

### Description/Diagram of Set-Up:



### How to Play:

Players attempt to chip two balls into Shape 1 from their hitting station. Once two of their balls land in Shape 1, they can then shift their aim towards Shape 2, and then Shape 3. The first team to get two balls into each of the three shapes, in consecutive order, wins. Once a team wins, the teams will rotate clockwise to the next hitting station and play again. When a team runs out of balls, the coach will call a timeout ("Clubs Down, All Clear!") so that teams can collect balls safely.

## Sharks and Minnows

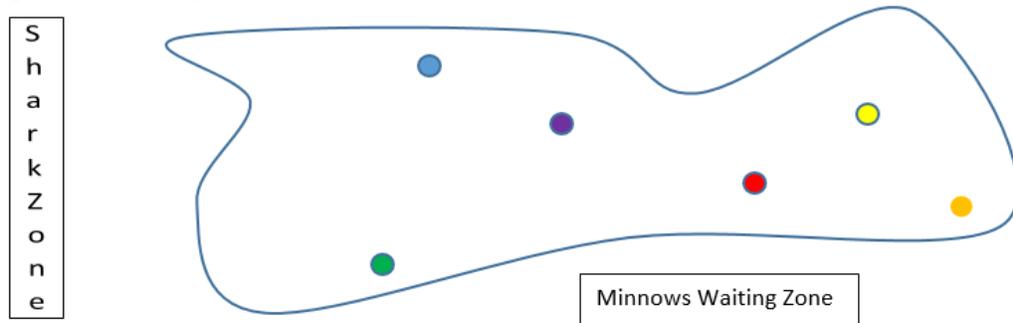
Video Link of Game: [https://www.youtube.com/watch?v=kjU\\_PDSq4tQ](https://www.youtube.com/watch?v=kjU_PDSq4tQ)

**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 from where his or her ball stopped rolling on the previous putt. 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.*

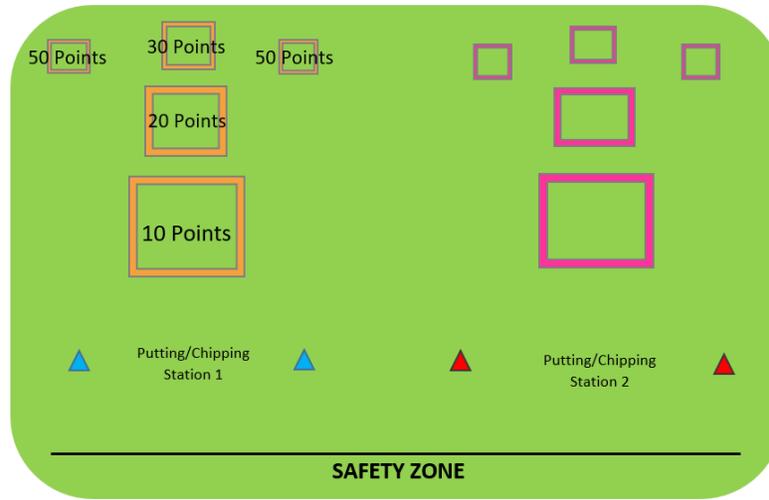
## Skee Ball Putting or Chipping

**Skill Objectives & Cues:** Aim & Alignment, Target Awareness, & Distance Response (short distance, short swing; long distance, long swing)

**Game Objectives:**

**Equipment:** Snag putters (or irons) and balls, sidewalk chalk, cones

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



### How to Play:

Participants will pair up to compete against another team or multiple teams. Starting at a putting station, a participant will putt one ball to the zone of their choice. If the ball stops within a certain zone, the team earns the point value assigned to that zone. Each participant will putt twice, add their points to the team's total, and then rotate. If player 1 earns 30 points and player 2 earns 40 points, the team then has 70 points. You can play until one team earns 500 points, or you can set a time limit to see who has the most points at the end of the time allowed.

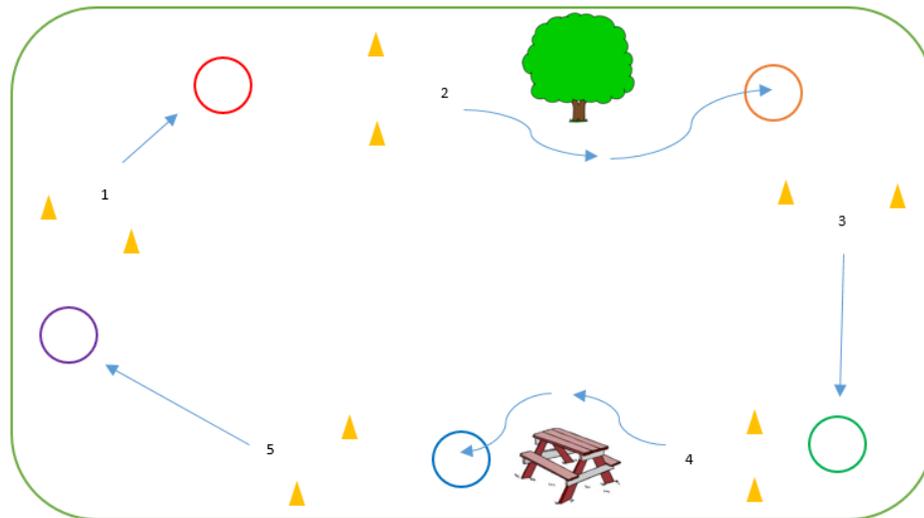
## Sports of All Sorts (Scorecard p. 58)

**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.

## Swing Rhythm – Chipping and Pitching

Video Link for Game: <https://www.youtube.com/watch?v=W3KNy3G9OkY>

### Skill Objectives & Cues:

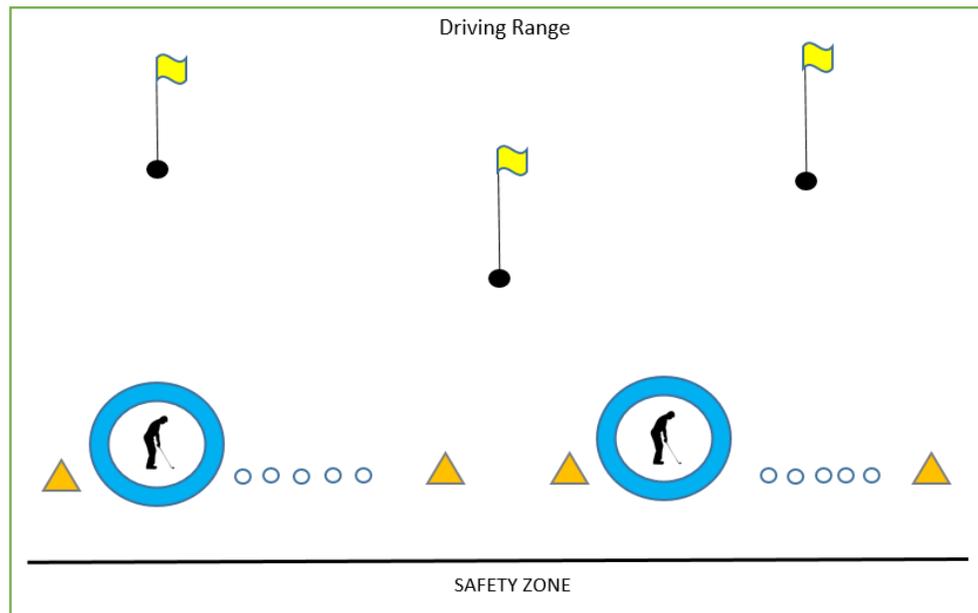
Swing Rhythm is an internal timing among the parts of the swing that occurs as one fluid swinging motion.

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.