

OVERVIEW

OBJECTIVES

Life Skills: Interpersonal skills and Self-management

Core Value: COURTESY

- Remain still and quiet while others are playing
- Being friendly and shaking hands when greeting others

Golf Category: FULL SWING, PITCH, CHIP AND PUTT

Golf Skill: Target oriented with distance control

ACTIVITY FOCUS

Players will have opportunities to integrate courtesy while playing the game of golf, specifically the format of Stroke Play.

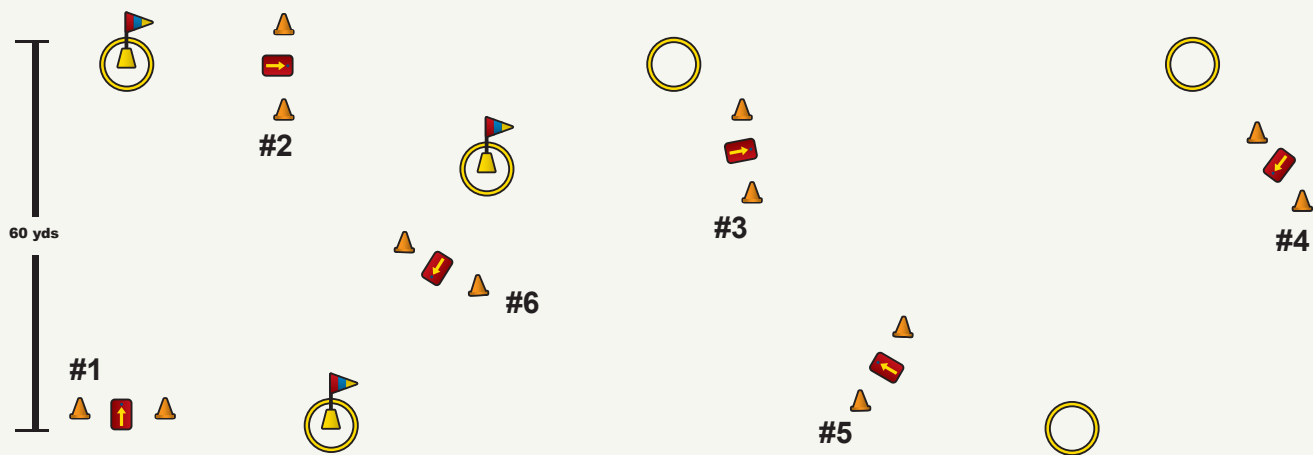
EQUIPMENT

- SNAG® Equipment
- Hoops
- Cones
- Rope

LOCATION

- Outdoor (Open Field)

WARM-UP: THROW, TOSS AND ROLL



SET-UP: Set up a course with distances which require at minimum the use of at least one overhand throw from the tee to the hole.

PLAYER EXPLORATION—Coaches model and ask questions related to golf skills:

- Players warm up by playing the course by throwing, tossing and rolling the ball.

Ask Players Questions:

- Where is your focus prior to and during the throw? Where is the target when you are tossing the ball? How do you change the distance the ball goes? At what distance did you change from overhand to underhand?

CORE VALUE INTEGRATION—Coaches model and ask questions related to core value behaviors:

- Model and remind players to demonstrate behaviors associated with Courtesy.

GAME DESCRIPTION

- Object of the game is to complete the hole in the fewest number of throws, tosses and rolls.
- Players are divided into groups and play one hole by throwing, tossing and rolling the ball.
- Players will show Courtesy to their fellow playing partners.
- Players will keep track of the number of throws to play each hole and report their score.

PLAY: PLAY GOLF—STROKE PLAY



SET-UP: Wedges, Putters, Balls, Flagsticks, Tees, Cones, Ropes, Hoops

PLAYER EXPLORATION—Coaches model and ask questions related to golf skills:

- Ask players questions: How do they change the distance the ball travels? Where is their focus prior to and during the full swing? Does focusing on a specific target improve the intended distance the ball travels?

CORE VALUE INTEGRATION—Coaches model and ask questions related to core value behaviors:

- Remind players to demonstrate behaviors associated with the core value of Courtesy.

GAME DESCRIPTION

- Object of the game is to play the course in the fewest strokes possible.
- Players will play a golf course of varying length holes (20 yards to 100 yards).
- Players are divided into threesomes and foursomes. Assign groups to a starting hole.
- Players each play their own ball from teeing ground to the hole and track the number of strokes to play each hole.
- Once all players tee off, player furthest from hole plays next.
- Continue process until players hole out (ball sticks to flagstick or stops inside hoop).
- All groups will play each hole on the course at least once.

WRAP-UP

Interact with group in a way that, based upon today's activities, draws out their experiences, understanding, and application. The questions below may be used as a model; or coaches can develop their own. Engage participants for approximately five minutes and help them bridge the use of skills learned through golf to other areas of their lives.

EXPERIENCE:

- How would you describe your experience today?
- How was it fun? How was it challenging?
- What was most interesting to you?

UNDERSTANDING:

- What kinds of things did you learn today?
- What did you learn about golf? Stroke play?
- What did you learn about target oriented with distance control?
- What behaviors did you show today that are associated with Courtesy?

- What behaviors did your playing partners show that are associated with Courtesy?

APPLICATION:

- What areas of your life can you use what you have learned today?
- How are you going to use the skills you have learned today to improve other areas of life?
- What is a specific example of how you are going to apply what you have learned today to school, family, friends or other?

COACH NOTES:

- Use open-ended questions that typically begin "how" and "what."
- Allow players to complete all sentences without interruption.
- Be comfortable with silence, allowing players adequate time to provide thoughtful responses.