**If there are any questions please send them to info@thefirstteecleveland.org**

**Coach Name**: Coach Bob Nicolay

**For the week of** April 20, 2020

**Core Value**: Responsibility

**Healthy Habit**: Safety

**Golf Skill:** Distance Control

**Family talk topic**: Taking responsibility around our home

**Core Activities**:

* **Pick two days this week (one for putting activity and one for chipping) and**:
	+ Warm up:
		- lifting right knee to left elbow, then left knee to right elbow (5 times for each knee),
		- 15 jumping jacks,
		- Toe touches followed by reaching as high as possible to the sky – 10 times
		- Stretch left arm in front of right shoulder, hold for count of 10; repeat for left arm
	+ Get ready to swing/distance control - Putter– find a carpeted area in your home and you will need your putter and 3 golf balls;
		- Print out and lay the numbered pages below at 3 different distances from where you will start your putt (based on size of the room perhaps 2,4,6 feet; 3,6,9 feet or 5,10,15 feet ); if you don’t have a printer, you can draw circles on paper.
		- establish your putting stance paying attention to your feet, ball position and hold/grip;
		- attempt 3 consecutive putts trying to stop the ball on the pages in order 1,2,3. Notice the varying lengths of the swing for each distance
		- Try different holds/grips (interlock, all fingers on the grip, opposite hand low) to see which feels most comfortable
	+ Get ready to swing/distance control - Chipping– in your backyard or other open outdoor area, you will need a 9 iron or pitching wedge and 3 golf balls;
		- lay the numbered pages attached at 1 being the closest,n2 being a medium distance, and 3 the furthest away.
		- establish your Y-swing stance paying attention to your feet, alignment, ball position between your feet and hold/grip;
		- attempt 3 consecutive chips using the Y-swing trying to stop the ball on the pages in order 1,2,3. Notice the varying lengths of the swing for each distance.
		- Challenge yourself to hit each page with a ball or 2 out of 3.
	+ Cool down – 5 minutes – stretch arms by doing arm circles forward and backwards slowly for 15 seconds each. Take 5 deep breaths. Think about two things that you really enjoy doing.
	+ Complete the worksheet below as a reminder of your responsibility related to your golf clubs on the golf course



* **Throughout the week**:
	+ Talk with your family to create a list of things for which you all can be responsible for around the house. Agree upon which member of the family will be responsible for making sure each is done for the next week.
	+ Take responsibility to read a school book or your favorite book for 20 minutes a day. HINT: pick a specific time each day, perhaps after dinner or right after your favorite TV show – this will help you remember to take the responsibility to do it.
	+ Find 5 minutes in the next week to watch this video about being responsible for your own actions: <https://www.youtube.com/watch?v=RGJpO2qHUbQ>
* **STEM activity of the week**:
	+ Conduct an experiment to find if there is a difference in how high different golf balls will bounce:
		- What you will need:
			* 4 golf balls - 2 each of the same brand or color (e.g. two Titleist or two yellow Top-Flite)
			* A yard stick or tape measure
			* Your driveway or sidewalk
			* The attached data collection sheet
		- Steps:
			* make a hypothesis – which golf ball do you predict will bounce higher (and why you think so)
			* Set the yardstick or tape measure against a wall.
			* Have a sibling or family member hold the golf ball with their arm straight out and drop it
			* Watch how high it bounces in inches on the yardstick or tape measure
			* Record the measurement on the data sheet
			* Repeat 4 times for each golf ball and calculate an average of the heights to determine which balls had the highest average
			* Did the data prove or disprove your hypothesis?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Attempts | Ball Brand:Ball color: | Ball Brand:Ball color: | Ball Brand:Ball color: | Ball Brand:Ball color: |
| 1 | Inches | Inches | Inches | Inches |
| 2 | Inches | Inches | Inches | Inches |
| 3 | Inches | Inches | Inches | Inches |
| 4 | Inches | Inches | Inches | Inches |
|  |  |  |  |  |
| Average  | Inches | Inches | Inches | Inches |

**If there are any questions please send them to** **info@thefirstteecleveland.org**

1

2

3