Social Distance Lesson Plan Responsibility

**Coach Name**: Coach David Alexander

**For the week of** June 22, 2020

**Core Value**: Responsibility

**Healthy Habit**: Play

**Golf Skill:** Getting ready to swing

**Rule:** Players Edition of the Rules of Golf Page 17-32.

Section 1, Fundamentals of the Game, Rules 1-4

**Etiquette**: Responsibility to other players, Pace of Play, Order of Play

**Family talk topic**: How did you use responsibility, when you went to practice?

Did you feel rushed when playing on course?

Did you invite others to, play in your group, to have 4 players?

When you were a single player, did others ask you to play with them?

**Core Activities**:

* **Pick a day this week and**:
  + Warm up by Walking 100 yards to and from your initial location
  + Balance finish – 10 minutes – take 10 chip shot swings (no ball needed) brushing the ground and hold finish for 3 seconds after each shot. Repeat with half swings. Repeat with full swings
  + Using Y swing or chip shot. Hit three balls onto green. Start with ball furthest from hole, putt to completion score should be 5 or less. Finish the other two balls. Score 555 is the max, see if you can make 222 after this week.
  + Putt the length of your putter. See if you can make 10 in a row using ADDRESS ROUTINE.
  + Cool down – 5 minutes Slow stretch.
* **Throughout the week**:
  + Responsibility is covered in Rule 3. What does it say? Who is responsibility is it to know the rules of play?
  + Practice Putting one day, Practice chipping and Putting another day, Then go to Play 9 Holes of Golf (M,W,Fri)
  + Talk as a family about, what responsibilities you have? Who pays utilities, who shops for food? Who walks the dog? Who washes the clothes? How do family members in your life show and give examples? Did you cut the grass or water the garden?
  + Read 20 minutes a day either by yourself or with another person taking turns reading aloud. Find a story about a person you are interested in, determine how they were responsible.
  + Go to The First Tee of Cleveland U Tube account and check out the L swing approach shots.
  + Go To USGA.org to read The Players Edition of the Rules of Golf. Pages 135-148 , These are the definitions. Review again and go into rules 1-4.
  + Into the rules: Fundamentals of the Game…pages 17-32
  + Rule 1 the Game, 2 The Course, 3 The Competition, and 4 The Players Equipment.
* **STEM activity of the week**:
  + Averaging, Hit 10 balls with the same swing and calculate the average
  + 10+15+15+17+20=77, 77/5= 15.4 yards
  + Pace off 10 yards, place a marker pace off another 10 yards and place another marker.
  + Now you can see what 20 yards look like.
  + How did you go a shorter distance? How did you go a longer distance?
  + This is a good way to warm up and get a feel for chipping that distance.
  + MORE……..
  + Use your shortest iron, hit 10 balls with a ¼ swing and determine the average distance. Enter the value in the chart.
  + Distance is one of the obstacles we must overcome, to play this game. How do you control the distance?
  + Below is a chart that can be made using a scorecard. It will help you to go the distance required to get on or close to the green.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Club | 1/4 | 1/2 | 3/4 | Full |
| 5 Iron | XXXXX | XXXXX | XXXXX |  |
| 7 Iron |  |  |  |  |
| 8 Iron |  |  |  |  |
| 9 Iron |  |  |  |  |
| Pitching Wedge |  |  |  |  |
| Sand Wedge | 15 | 25 | 49 | 65 |
| 60 Degree wedge | 9 | 16 | 40 | 55 |

I have filled in some of the boxes, (in red) from my experience, your numbers will be different.

This is a work in progress process. Enjoy the discovery and the process.

Fill in the boxes, this will create a yardage guide to select the club and swing to go a selected distance.

**If there are any questions please send them to** [**info@thefirstteecleveland.org**](mailto:info@thefirstteecleveland.org)