Social Distance Lesson Plan Honesty

**Coach Name**: Coach David Alexander

**For the week of** July 6, 2020

**Core Value**: Honesty

**Healthy Habit**: Safety

**Golf Skill:** Get ready to swing (using address routine)

**Rule:** Players Edition of the Rules of Golf Page 33-44.

Section 2, Playing the Game, Rules 5-6

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

**Family talk topic**: How did you use honesty, when you played?

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 making small arm circles, gradually increase to large circles, then reverse to small circles.
  + Target practice. Use address routine to aim to target. Rate your shot, to target 10 points, Right or left 5 points, backward 0 Points – 10 minutes –
  + Using L swing or Pitch shot. Hit five balls onto green. 5 on green is 100%. See if you can make 3 of 5 on the green (60%)
  + Putt the length of your putter. See if you can make 5,10, then 15 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, why it is good to be honest? Who pays utilities, who shops for food? Who walks the dog? Who washes the clothes? Who cooks? Be honest.
  + 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 honest with themselves and with others.
  + 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 33-44 , Review again and read the rule book on rules 5 and 6.
  + 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 | 25 | 49 | 60 | 75 |
| 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)