Social Distance Lesson Plan Integrity

**Coach Name**: Coach David Alexander

**For the week of** July 27, 2020

**Core Value**: Integrity

**Healthy Habit**: Energy (to Play the game).

**Golf Skill:** Target Awareness (aim and alignment), getting ready to swing

**Rule:** Players Edition of the Rules of Golf, Section 5,

 Lifting and Returning a Ball to Play, Rule 14, Pages 75-86.

**Etiquette**: **Pace of Play**, Order of Play

**Family talk topic**: Individual Stroke Play.

 Play using Integrity, knowing what to do, according to the Rules of Golf.

 How did you experience a situation that required you to know the rules of golf?

 Keeping a rule book handy and knowing how to use it helps you to act with Integrity.

 Did you still feel rushed, when playing on course? Did you keep up with group ahead?

 You may be getting use to a good pace of play. Get to your ball and be ready to play.

**Core Activities**:

* **Pick a day this week and**:
	+ Warm up walking at a brisk pace. Walk 100 yards with bag over shoulders.
	+ Put it down and pick it up, return to the start point.
	+ Reach to the sky then touch your toes. Repeat 10 times.
	+ Step onto a bench into a stretch on the right then the left
	+ Use different clubs to control distance, for example 5 iron vs 7 iron vs 9 iron.
	+ Use the O swing with different clubs to control the distance.
	+ Driver, 5 wood or hybrid, 5 iron and 9 iron. What did you experience?
	+ Cool down – 5 minutes Slow stretch.
* **Throughout the week**:
	+ Integrity is applying what the rule book said. Where did you find the General Penalty? Look at rule 14, Lifting and Returning a Ball to Play. PP 75-86.
	+ Practice Putting one day, Practice chipping and Putting another day, Then go to Play 9 Holes of Golf (M, W, Fri). Play 18 holes of golf twice this week and next week.
	+ Talk as a family about, how increased practice and play has increased your ability to play with integrity?
	+ 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 using integrity with others.
	+ Go to The First Tee of Cleveland U Tube account and check out the approach shots.
	+ Go To USGA.org to read The Players Edition of the Rules of Golf. Pages 64-74 , Review again and read the rule book on rule 14.
* **STEM activity of the week**: Completion of Chart.
	+ 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 |  45 |  75 |  95 |  120 |
| 9 Iron |  35 |  60 |  75 |  95 |
| 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.

Now take this chart out to the course as you play this week.

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