

The Western Washington Chapter PGA

The First Tee of Greater Seattle

In-School Program: Lesson I

- Staff:** Dan Harrington, Meadow Park GC Head Professional, School P.E. staff members, other First Tee Coaches.
- Class:** 10-30 students (4th and 5th graders)
- Duration:** Approximately 50 minutes
- Equipment:** First Tee SNAG Set Golf Clubs, golf balls, mats and other misc. props
- Setting:** School gymnasium - Outside on fields, weather permitting.
- Safety:** Safety is our #1 priority. All instructional sessions begin with an explanation of safety rules and parameters.

Primary Learning Objectives

- Student will be able to introduce him/herself with eye contact and handshake.
- Student will be able to audibly introduce another student to the group.
- Student will be able to demonstrate golf grip on ruler.

Teaching Sequence

- **Introduction of Staff** includes welcome and icebreaker
- **Safety Talk**
- **First Exercise** full group
Distribute rulers
Group discussion of grip process
- **Second Exercise** groups of 5-6 students
Pass ruler around circle with left hand demonstrating the golf grip
Introduce the next person while they grip the ruler
Then randomly pass across the circle introducing group members by name
- **Full Group Q and A Follow Up**
How did the ruler feel in your hand?
Did you hold it tight or loose?
Did you figure out the “best” way to pass it?
- **Third Exercise**
Students work in groups of two. The first in the waiting line introduces the hitter by announcing, PA fashion to the group. “Now hitting...” The announcer will need to know the ball strikers name, age, and school.
- **Full Group Follow Up Q and A**
How did you feel when your name was announced?
Did you feel nervous/special?
How did you feel when you were announcing the names?
Did you feel a bond with the other person?
- **Closing Bridge**
Taking the time to look a person in the eye, shake their hand, remembering their name and something about them, creates a bond between you and the person you just met.
You like to hear your name and so do other people like to hear their names. A great way to make friends is to use a person’s name. Try it at home and at school.

In-School Golf - OPTIONAL CURRICULUM & GAMES

Winter 2007-08

SESSION ONE – “Being like Ichiro” & Full-Swing Fundamentals

Location(s): Gymnasium - Athletic Field

Total Time: 50 Minutes

Materials: Snag sets & balls, 6 or 7-iron, Candies

Being like Ichiro – 10 Minutes

- Divide participants into groups of 6-8. Use SNAG Equipment & Balls. To start, ask one of the participants to toss 2 balls across the gym as they would a baseball or softball. Using their full range or motion.
- Next, have the same participant toss 2 range balls while you hold his/her feet down and having him/her only use arms and hands.
- Explain that the golf swing is a combination of arms, hands, weight shift and balance working at once.
- Have each participant announce his/her name and favorite baseball player or team prior to participation in this activity.

Full-Swing Fundamentals – 30 Minutes

- *Rules and Etiquette – Re-emphasize safety*
Always hold your golf club by the head when not hitting.
Before hitting a ball, even a chip or putt, “Stop and Scan” your hitting area.
Always stand to the back and to the side of anyone hitting.
Never throw a golf club.
- Split into groups of 6-8 participants.
- Cover the following items:
 - Grip and Posture are the key to success. Imitate Quarterback under Center.
 - All good golfers are a combination of swingers and hitters:
 - Grip – Work on Left and Right Hand Positions – Weak vs. Strong Grips
 - Stance – Arms hang naturally from shoulders / Ball in center of feet
 - Back-Swing – Rotate left shoulder under chin / Emphasize trunk and hip rotation
 - Forward-Swing – Hip and Body turn / Weight moves forward / Head still.
 - Emphasis grip pressure and hand position on all 3 shots.

Drive at the Target – 10 Minutes

- Split all participants into groups of 6-8. One instructor per group shall demonstrate this activity.
- Have participants get into lines of 4 behind separated piles of golf balls.
- Have each participant take turns driving three almost balls at a large trash can located at the opposite end of the gym.
- Idea of this activity is to have players hit bigger target. Each hit can earn a participant a piece of candy.

Class Wrap-Up & Review