

The Western Washington Chapter PGA

The First Tee of Greater Seattle

*In-School Program: **Lesson Two***

- 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)
- Equipment:** First Tee Golf Clubs, Almost Golf balls, Mats and other misc. props
- Setting:** School gym-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 make positive comments to their golf partners.
- Student will be able to, make specific comments to their golf partners
- Student will be able to demonstrate golf grip.

Teaching Sequence

- **Introduction of Staff** includes welcome and icebreaker
- **Safety Talk**
- **First Exercise** full group
Distribute Clubs
Group discussion of grip process
Volunteers help Coach with Grip and Swing Parts
- **Second Exercise** groups of 3-4 students
Students rotate thru sequence of hitting 3-4 balls each
Observers make critical comments regarding hitter's swing
Observers make positive comments, "pumping up" the Hitter.
- **Full Group Q and A Follow Up**
How did it feel when you received negative comments?
How did the positive comments make you feel?
Which did you feel better making, negative or positive remarks?
- **Third Exercise**
Observers must now make positive and specific comments
(i.e. "your grip looks very comfortable")
- **Full Group Follow Up Q and A**
Did the positive specific comments help you?
What did making those comments make you do first? (Think?)
- **Closing Bridge**
Negative comments really turn people off. They just want you to go away and leave them alone. Positive comments really pump a person up and positive specific comments mean you really care.

In-School Golf - OPTIONAL CURRICULUM & GAMES

Winter 2007-08

SESSION TWO – On the 1st Tee / Short Game “Fun”damentals / Chip at the Can

Location(s): Gymnasium - Play Field on school grounds

Time: 50 Minutes

Materials: 2 Large Trash Cans, almost Range Balls, 7-iron / 9-iron or wedges, candies

On the 1st Tee – 10 Minutes

- Gather the entire group in a seated line. Create a “Tee box” using a couple of head covers in front of the line. To start, ask one group participant to stand up be the “announcer” and one participant to be the “player”. After a quick meeting of the two, have the announcer loudly announce the player’s name and favorite flavor of ice cream. Two instructors shall demonstrate prior to this activity
- Repeat this process until all participants have been announced.
- End the game by discussing this communications activity. Discuss the importance of name memory and friendly interpersonal interaction as vital aspects of the game of golf.

Short Game 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” you hitting area.
 - Always stand to the back and to the side of anyone hitting.
 - Never throw a golf club.
 - “FORE!” – When you hear this duck and cover your head first.
 - Running – Does anyone here see a track? How about a playground? NO running allowed at MP
- Chipping & Pitching
 - The more the ball rolls the better control you have over distance and direction*
 - All good chippers:
 - Select the proper club to play on every shot – Explain between 3-iron, 7-iron & PW chips
 - Grip Down on Short Chips/Grip Up on Pitches *Chipping One Lever Pitching Two Levers*
 - Stance should be slightly open at address – Weight on forward foot 70/30
 - Ball should be positioned towards middle of stance. Hands always forward of ball.

Chip at the Can – 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 chipping & pitching the ball at a large trashcan.
- Idea of this activity is to have players hit bigger target. Each hit can earns a participant a piece of candy.

Class Wrap-Up & Review