

OVERVIEW

OBJECTIVES

Life Skills: Self-management

Core Value: HONESTY

- Accurately recording and reporting team and individual scores

Golf Category: FULL SWING

Golf Skill: Hold and Set-up

ACTIVITY FOCUS

Players will have opportunities to integrate honesty — accurately recording and reporting team and individual scores — while learning how to hold a wedge and set-up to the ball prior to swinging.

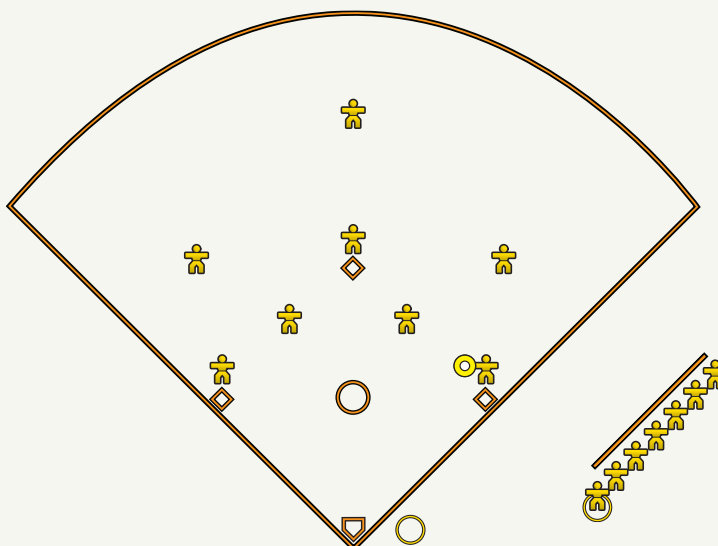
EQUIPMENT

- Introductory Golf Equipment
- Hoops
- Bases

LOCATION

- Outdoor (Baseball Diamond)

WARM-UP: BATTING PRACTICE



SET-UP: Balls, Wedges, Tees, Bases and Hoops

PLAYER EXPLORATION — Ask Players questions such as:

- How do you hold the ball when you throw it? How do you set-up your body to throw the ball?

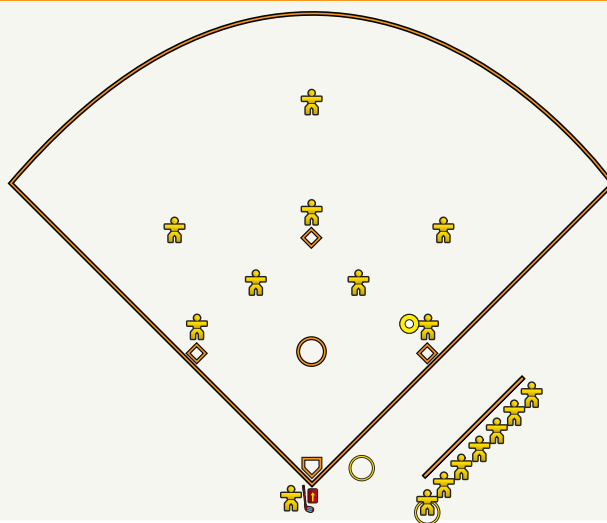
CORE VALUE INTEGRATION — Coaches ask questions related to core value behaviors:

- Discuss with players the core value of honesty and how it applies to keeping score during the game.

GAME DESCRIPTION

- Divide players into two teams. One team is in the field and the other is lined up as the batting team.
- Using the rules of baseball, batting players take turns throwing the ball and running the bases as the team in the field tries to get them out.
- After three outs the team in the field is up to bat and the batting team takes the field. (Variation: Allow all players on batting team a chance to throw before switching sides.)

PLAY: GOLF BASEBALL



SET-UP: Wedges, Tees, Balls, Bases and Hoops

PLAYER EXPLORATION — Coaches model and ask questions related to golf skills:

- When players are in the on-deck circle, ask them to show how they hold the club. Ask about their grip pressure, ask them to shake your hand to demonstrate their grip pressure. Ask them to demonstrate how they set-up to the ball.
- This self-discovery process facilitates learning and empowers players to explore what works for them.

CORE VALUE INTEGRATION — Coaches model and ask questions related to core value behaviors:

- Ask players to show honesty by accurately recording and reporting their team's score.
- Each player needs to accurately recording and reporting their team's number of runs. Periodically check in with each team to see how many runs they have scored.

GAME DESCRIPTION

- Divide group into two equal teams and explain the format, following the rules of baseball except: 1) there are no strikes except for a “whiff” (swing and miss the ball), 2) any shot hit foul is out of bounds and counts as an out, 3) any ball short of pitcher's mound is an out and 4) there is no pitching, only hitting from a tee.
- After hitting the ball, players must place club in hoop before running to first or they are out.
- Proceed like a baseball game with one team taking the field and the other team taking a turn at the plate.
- Play until all players have at least one at-bat.
- Option: Have first baseman hold a bullseye target as a “glove” for catching throws to first to get runners out.
- If time allows continue to play more innings.

WRAP-UP

Interact with group in a way that, based upon today's activities, draws out their experiences, understanding, and application. The questions below may be used as a model; or coaches can develop their own. Engage participants for approximately five minutes and help them bridge the use of skills learned through golf to other areas of their lives.

EXPERIENCE:

- How would you describe your experience today?
- How was it fun? How was it challenging?
- What was most interesting to you?

UNDERSTANDING:

- What kinds of things did you learn today?
- What did you learn about golf? Full-swing? Hold and set-up?
- What are the cues for hold? What are the cues for set-up?

- What did you learn about honesty?
- What behaviors are associated with honesty?

APPLICATION:

- What areas of your life can you use what you have learned today?
- How are you going to use the skills you have learned today to improve other areas of life?
- What is a specific example of how you are going to apply what you have learned today to school, family, friends or other?

COACH NOTES:

- Use open-ended questions that typically begin “how” and “what.”
- Allow players to complete all sentences without interruption.
- Be comfortable with silence, allowing players adequate time to provide thoughtful responses.