



Par Core Lesson – #12 - Meeting and Greeting with A-L-R

Par Yardage Book (pp. 3-5)

Coach Name: [Joseph Swafford, MD](#)

The First Tee of [Greater Houston](#) Facility/Site: [FM Law Park Campus](#)

Date: [Click here, then arrow for calendar](#). Duration (mins): [90 mins](#).

of Coaches/Volunteers: [2](#) # of Participants: [24](#) PLAYer-to-Coach ratio: [Enter 12:1](#)

Age Range: [9 and above](#) Skill Level: [Beginner](#)

of Stations/# of Holes: [Enter # of Stations=8](#)

Equipment/supplies needed: [wedges, putters, golf balls, flagsticks, tee markers, ballmarkers](#)

Warm-up

Mentally and socially engage PLAYers in activities that build rapport and connect to Learner Objectives:

- I will do a sorting of the participants into the 4 different houses of Hogwart's like in the movie & books. Have each house do their warm up exercises together

Safety – Review and emphasize; connect to Healthy Habit:

- Emphasize where to stand when their opponent is chipping

Life Skills Experience

For each component of the Life Skills Experience, identify what players will learn in each component

LIFE SKILLS OBJECTIVE

- Meeting & Greeting (5 tips)
 - Face towards the person
 - Firm handshake
 - Smile & Look them in the eye
 - State your name with a clear loud voice
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GOLF SKILLS OBJECTIVE

- Distance control with chipping and putting

Guiding Questions: Ask questions to connect activities and lesson objectives

- How do you... [Click here to write open-ended questions to guide PLAYers' experience?](#)
- What happens when... [Click here to write open-ended questions to help PLAYers self-reflect on experience?](#)
- What would happen if... [Click here to write open-ended questions to help PLAYers do something different?](#)

Golf Skill Category	Golf Fundamental	Factors of Influence	Cues
☒ Putt	☒ Distance-response	☒ Size or length of motion ☐ Club selection ☐ Variable amount of energy...	Click here to list coaching cues to help participants learn.
☒ Chip	☒ Target Awareness	☐ Target selection ☒ Distance to target ☐ Reaction to the target	
☐ Pitch	☐ Get Ready to Swing	☐ Hold ☐ Set-up ☐ Aim/alignment	
☐ Full-swing	☐ Body Balance	☐ Balanced finish ☐ Balanced start ☐ Balanced during swing	
	☐ Clubface and Ball Contact	☐ Clubface direction at contact ☐ Centeredness of hit ☐ Impact position	
	☐ Swing Rhythm	☐ Swing tempo ☐ Swing sequencing	
	☐ Routines: ☐ Preshot	☐ Mental and emotional aspects... ☐ Variable playing conditions...	
	☐ Postshot	☐ Emotionally neutral response... ☐ Memory storage of desirable	
process...	☐ Ball Flight	☐ Trajectory ☐ Curvature	
	☐ On-course Strategies	☐ Self-management ☐ Course management	

Healthy Habit

Etiquette/Rules of Golf

- Healthy Habit—Physical: ☐ Energy ☒ Play ☒ Safety
- Other Healthy Habit(s): ☐ Family ☐ Friends ☐ School
- ☐ Vision ☐ Mind ☐ Community

[Introduce the rules of match play vs. stroke play](#)

Good-Better-How Feedback (at least 3 Goods and 1 Better/How)

Good: [After delivery of Core Lesson, identify Goods with coaches/volunteers.](#)

Better: [After delivery of Core Lesson, is there anything that you/coaches/volunteers identify that could be Better.](#)

How: [If a Better is identified, describe How you would make a change to this lesson.](#)

WARM-UP (Identify number of stations, equipment needed, rotation, etc.)

TIME: 10 mins. **LOCATION(s):** Warm up will be in front of short game green

Physically engage PLAYers in a fitness circuit (Recommend one activity from each Category):

Strength	Flexibility/Mobility	Agility/Coordination	Balance	Object Control
Lunges	Toe Touches	Sprint	Standing Stunts	Select/Enter activity
Quantity	Quantity	Quantity	Quantity	Quantity

Station Rotation/Circuit

Briefly describe how participants will move through rotation or circuit.

LIFE SKILL EXPERIENCE (List bullet points for time allotted, lesson flow, and location)

TIME (MINS.): 69 minutes

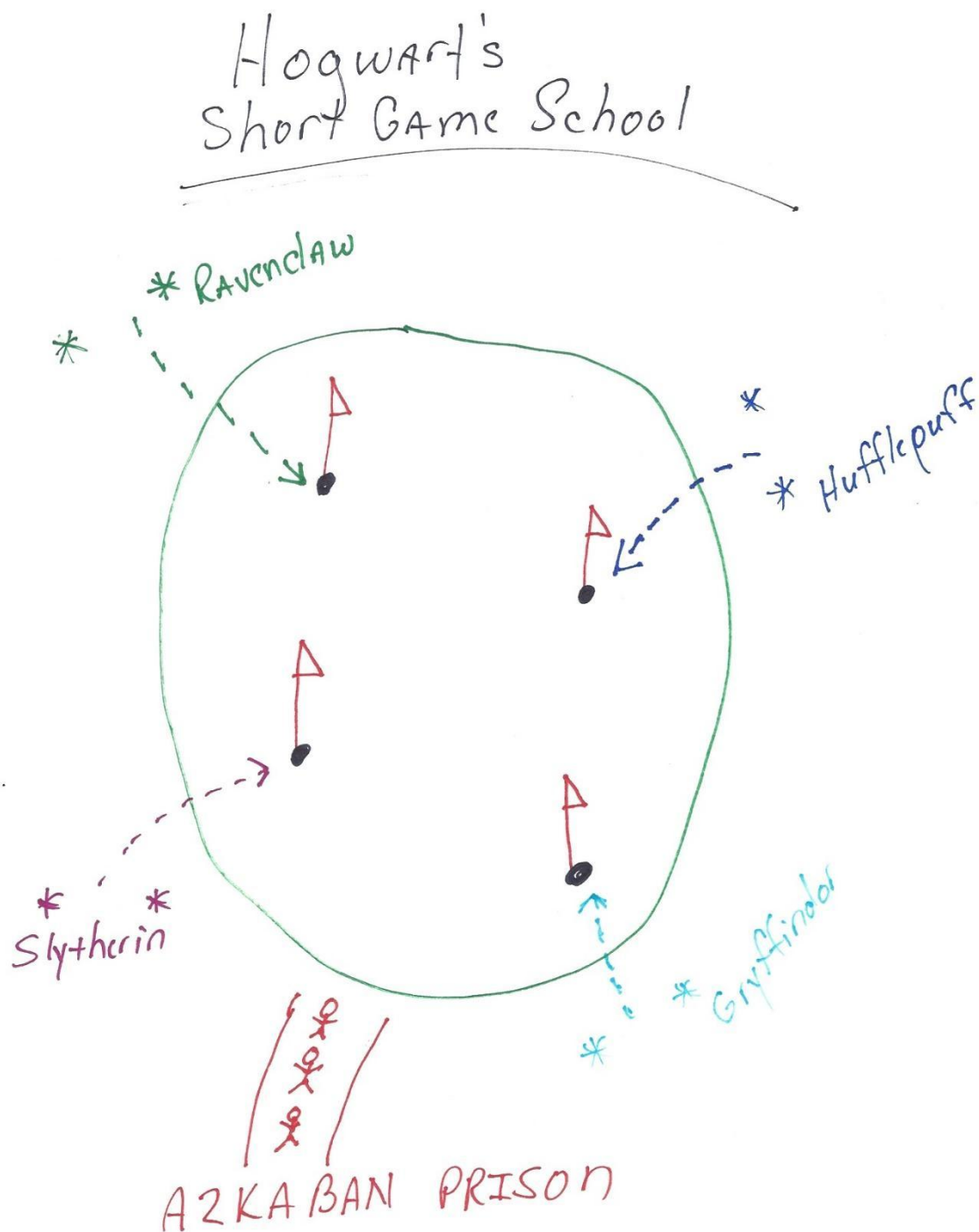
HARRY POTTER HOGWART'S SHORT GAME SCHOOL

- ONE HALF OF THE CLASS WILL DO SHORT GAME MATCH PLAY
- THIS WILL BE SET UP ON THE SHORT GAME GREEN BY THE ENTRANCE
- A CAPTAIN WILL BE ASSIGNED TO EACH HOGWART'S HOUSE AS THE "HEAD OF HOUSE"
 - GRYFFINDOR
 - SLYTHERIN
 - HUFFLEPUFF
 - RAVENCLAW
- THERE WILL BE CHALLENGERS THAT COME FROM AZKABAN PRISON THAT WILL CHALLENGE THE HEAD OF EACH HOUSE IN A ONE HOLE SHORT GAME MATCH PLAY
- EACH CHALLENGER WILL USE THE TIPS FOR **MEET & GREET** TO INTRODUCE THEMSELVES TO THEIR OPPONENT
- THE WINNER BECOMES OR REMAINS HEAD OF HOUSE. A TIE RESULTS IN THE HEAD OF HOUSE REMAINING IN THEIR POSITION
- THE HEAD OF HOUSE WILL HAVE THE HONOR IN THE ONE HOLE MATCH PLAY.
- THE HEAD OF HOUSE AND THE CHALLENGER MUST SHAKE HANDS BEFORE AND AFTER EVERY MATCH
- THE FLAG CAN BE LEFT IN THE HOLE

HOGWART'S CHIPPING SCHOOL

- ONE HALF OF THE CLASS WILL DO CHIPPING MATCH PLAY
- THIS WILL BE SET UP ON THE GRASSY AREA BY THE SHORT GAME GREEN BY THE ENTRANCE
- A CAPTAIN WILL BE ASSIGNED TO EACH HOGWART'S HOUSE AS THE "HEAD OF HOUSE"
 - GRYFFINDOR
 - SLYTHERIN
 - HUFFLEPUFF
 - RAVENCLAW
- THERE WILL BE CHALLENGERS THAT COME FROM AZKABAN PRISON THAT WILL CHALLENGE THE HEAD OF EACH HOUSE IN A ONE HOLE CHIPPING CLOSEST TO THE FLAGSTICK MATCH PLAY
- THE WINNER BECOMES OR REMAINS HEAD OF HOUSE. A TIE RESULTS IN THE HEAD OF HOUSE REMAINING IN THEIR POSITION
- THE HEAD OF HOUSE WILL HAVE THE HONOR IN THE ONE HOLE MATCH PLAY.
- THE HEAD OF HOUSE AND THE CHALLENGER MUST SHAKE HANDS BEFORE AND AFTER EVERY MATCH
- THE FLAG CAN BE LEFT IN THE HOLE

DIAGRAM: (Draw stations for set-up with safety zones. If needed, attach diagram on separate sheet.)



Wrap-up

Ask players questions to review what they learned and how they can apply what they learned to school, home, etc.

1. *What did you experience today about ...?* The Hogwarts School golf game
2. *What did you LEARN about ...?* Meeting & Greeting
3. *How can what you learned today be used in school, at home and in other areas of your life off the golf course?*