



Summer Lesson Plan- Dyer Park

Summer Lesson Plan- Dyer Park	Monday	Tuesday	Wednesday	Thursday	Friday
Life Skill(s)	INTRO- 8:30-8:40 Respect & Courtesy	INTRO- 8:30-8:40 Responsibility & Honesty	INTRO- 8:30-8:40 Sportsmanship & Confidence	INTRO- 8:30-8:40 Judgement & Perverserance	INTRO- 8:30-8:40 Integrity
PLAYer Book Page	#5-9 & #10-13	#14-18 & #19-22	#23-25 & #26-29	#30-35 & #36-40	#41-46
Golf Fundamental	Distance Response	Target Awareness	Get Ready to Swing	Distance Response	Target Awareness
Factor of Influence	Size or Length of Motion	Target Selection/See the Target	Hold, Set-up, Aim & Alignment	Size or Length of Motion	Target Selection/ See the Target
Healthy Habit	Safety	Play	Energy	Family & Friends	School
Warm-Up Activities	Strength & Flexibility	Agility & Coordination	Balance & Object Control	Strength & Mobility	Balance & Strength
Rules of Golf	Consideration for Other Players / The Teeing Ground	Care of the Course / The Putting Green	On The Putting Green / Player's Responsibility	Pace of Play / Be Ready to Play/One Practice Swing	Relief Situations
Activities/Games Station	Putting	Putting	Putting	Putting	Putting
Station 1- 8:40-9:05	Healthy Habit Game	Tic-Tac-Toe	21 Putting	Money Ball	Aces ONLY
Station 2- 9:10-9:35	Chipping	Chipping	Chipping	Chipping	Chipping
Station 3- 9:40-10:05	21 Chipping	Fish & Chips	Leap Frog	Money Chipping	Tic-Tac-Toe
Break-10:05-10:20	Pitching	Pitching	Bunker	Pitching	
Station 4-10:20-10:45	Pitch over Ribbon to a target	Football Pitching	SPLASH it out!	Over the bunker-on the green	
	Full Swing	Full Swing	Full Swing	Full Swing	Full Swing
	Having a balanced finish	Bowling	Grip, Set-up, Posture	SPEED game	Aim & Alignment w/ alignment rods
COACHES WILL STAY AT THEIR ASSIGNED STATION	Clean up 10:45-10:55	Clean up 10:45-10:55	Clean up 10:45-10:55	Clean up 10:45-10:55	Clean up 10:10-10:30
	ON COURSE PLAY 11:00-11:25	ON COURSE PLAY 11:00-11:25	ON COURSE PLAY 11:00-11:25	ON COURSE PLAY 11:00-11:25	WATER DAY 10:25-11:25
	LESSON PLAN DIAGRAM HERE	LESSON PLAN DIAGRAM HERE	LESSON PLAN DIAGRAM HERE	LESSON PLAN DIAGRAM HERE	LESSON PLAN DIAGRAM HERE
	WRAP UP 11:25-11:30	WRAP UP 11:25-11:30	WRAP UP 11:25-11:30	WRAP UP 11:25-11:30	WRAP UP 11:25-11:30