



Summer Lesson Plan- PB PAR 3

Summer Lesson Plan- PB PAR 3	Monday	Tuesday	Wednesday	Thursday	Friday
Life Skill(s)	INTRO- 10:00-10:15 Respect & Courtesy	INTRO- 10:00-10:15 Responsibility & Honesty	INTRO- 10:00-10:15 Sportsmanship & Confidence	INTRO- 10:00-10:15 Judgement & Perverserance	INTRO- 10:00-10:15 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	Putting	Putting	Putting	Putting	Putting
Station 1- 10:15-10:45	Healthy Habit Game	Tic-Tac-Toe	Aces ONLY	Money Ball	21 Putting
Break-10:45-10:55	Chipping	Chipping	Bunker	Chipping	Chipping
Station 2- 10:55-11:25	21 Chipping	Fish & Chips	SPLASH it out!	Money Chipping	Tic-Tac-Toe
Break-11:25-11:35	Full Swing	Full Swing	Full Swing	Full Swing	Full Swing
Station 3- 11:35-12:05	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 12:05-12:15	Clean up 12:05-12:15	Clean up 12:05-12:15	Clean up 12:05-12:15	Clean up 12:05-12:15
	LUNCH 12:15-12:50	LUNCH 12:15-12:50	LUNCH 12:15-12:50	LUNCH 12:15-12:50	LUNCH 12:15-12:50
	LESSON PLAN DIAGRAM HERE	LESSON PLAN DIAGRAM HERE	LESSON PLAN DIAGRAM HERE	LESSON PLAN DIAGRAM HERE	LESSON PLAN DIAGRAM HERE
	WRAP UP 12:50-1:00	WRAP UP 12:50-1:00	WRAP UP 12:50-1:00	WRAP UP 12:50-1:00	WRAP UP 12:50-1:00