

## “ARE YOU READY FOR SOME FOOTBALL?”

Indoor Putting Lesson and Golf Game that everyone can play at home!

**Golf Skill:** Putting

**Golf Fundamental:** Target Awareness

**Factor of Influence:** Target Selection

**Core Value:** Modeling SPORTSMANSHIP

**Life Skill:** Interpersonal Skills

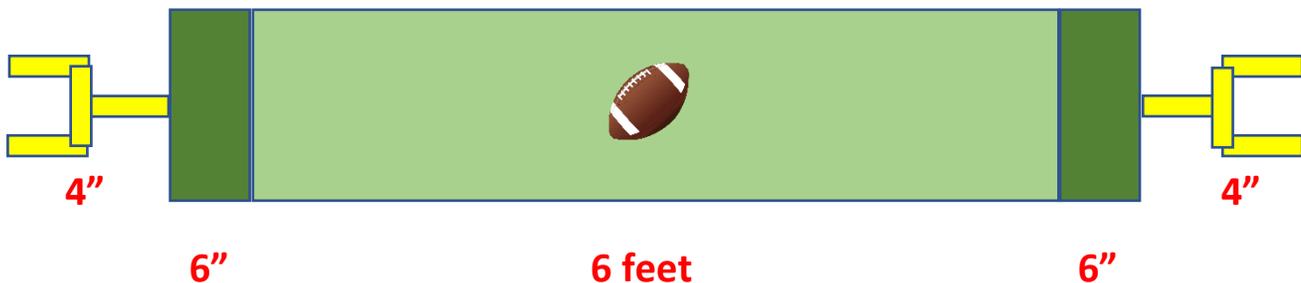
### Supplies Needed:

- One Golf ball
- An opponent
- Two putters
- Electrical tape (masking tape or string can be substituted)
- Score Board (pencil and paper if you want to keep score)
- Game clock or timer
- Pylons (optional)

### Set Up:

- #1- Make a rectangle on the floor using electrical tape to create the Football field.
- #2 - You can make the Football field any size you want to for a greater challenge.
- #3 – Add an 6” End Zone at the end of the Football field.
- #4 – Add a 4” Goal Post at end of the End Zones to replicate the size of the Golf hole.

**Example of set up:**



### **Golf Drill:**

Set the golf ball on one of the End Zones. Practice putting through the Field Goal Post 10 times to test your accuracy of Target Awareness. Then putt the golf ball trying to get it to stop between the End Zone 10 times to test your accuracy of Target Awareness. When you putt from the Goal Line, try to keep the Golf ball on the Football field if you miss the End Zone.

### **Cue:**

Since this is a putt of 6 feet, the length of putting stroke should be minimal to keep the Golf ball on the Football field.

### **Tip from the Coach's Play Book:**

Hold the Putter very loose to give you a better "FEEL" on shorter putts.

### **Logic:**

With Putting, players say they Putt the best when they have "FEEL." This is a feeling of NO TENSION when gripping the Putter.

### **Definition:**

Feel = To handle or touch (in this case GRIP the club) in order to examine, test or explore.

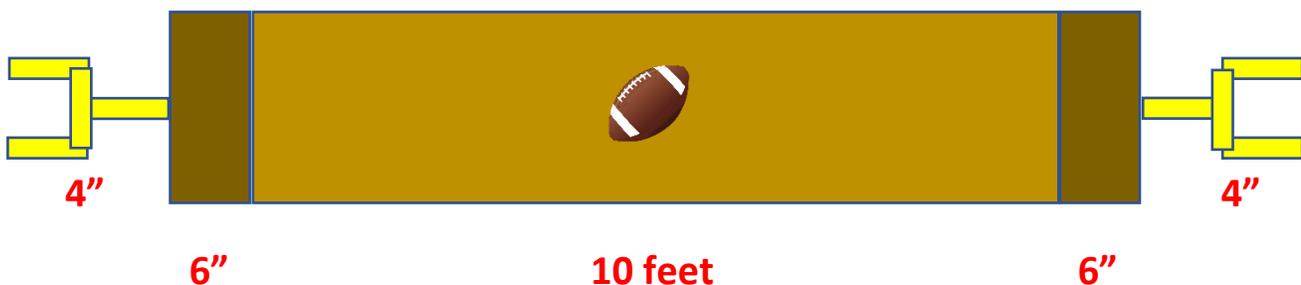
### **Did you know:**

By playing this game, your child is practicing our Life Skill of INTERPERSONAL SKILLS by engaging in conversation with their opponent through the competition of playing a game and following the rules.

### **CHALLENGE YOURSELF:**

Set the Football Field up on a different floor surfaces in your house that would make for a faster putt like this wood floor and create a larger Football field to practice Target Awareness.

**Example of set up on wood floor:**



## Golf Game #1: "PAPER FOOTBALL!"

### Here is how the game is played:

We do not want to get any penalties, so pay attention to the rules of the game:

1. Flip a coin to see who putts first or defers to the 3<sup>rd</sup> quarter
2. Start the game clock (Play 4 Quarters - 5-minute quarters with a half time)
3. Start game by Putting the ball from the Goal Line
  - a. If ball ends up in End Zone = **6 points**, then Putt the Extra Point = **1 Point** (must go thru 4" tape marks)
  - b. If ball ends up "Out of Bounds" the opponent, then putts from where ball went "Out of Bounds." Keep track of "Out of Bounds" and after 3 "Out of Bounds" for a Player, the player gets thrown a **YELLOW FLAG** and the opponent gets to try to Putt a Field Goal from the opposite Goal Line which is worth **3 points**.
4. If the ball ends up anywhere on the playing field, the opponent then putts from that spot to try a score a touchdown!
5. Switch sides after each 5-minute quarter!
6. Good Luck and remember to Model Sportsmanship when playing Golf!

**\*This game teaches our kids all the following things: Math, Time Management, Modeling Sportsmanship, Interpersonal Skills, to have FUN with others and how to Follow Rules!**

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### WRAP UP:

Ask your kids: How they modeled **SPORTSMANSHIP** during these games?

Did they understand and follow the rules of the game?

Was it FUN?

### **SPECIAL NOTE IF YOU DO NOT HAVE GOLF EQUIPMENT AT HOME:**

This Golf Skill and game can be played without having a golf putter or golf ball. Kneel at the GOAL LINE and use your hand to roll a ball towards the target to practice Target Awareness!

\*You can also fold up a piece of paper and play PAPER FOOTBALL the original way on a table!

**Good Luck and do not forget to Model Sportsmanship!**

**First Tee of Greater Akron Lessons for your home!**