



## #GolfAtHome – Week 6

### Core Lesson #12 “Meeting and Greeting”

Outdoor practice swings, weekly agenda for practice, PGA Tour Links to Learning coloring page and assignment for meeting someone new!

**Golf Skill:** Full Swing

**Golf Fundamental:** Get Ready to Swing

**Factor of Influence:** Set Up

**Core Value:** RESPECT

**Life Skills:** Interpersonal Skills and Self-Management

**Healthy Habits:** ENERGY and FRIENDS

**Warm Up:** STRETCHING

#### Supplies Needed for Golf Skill:

- Golf Club – Driver or 3 wood
- Tees (optional)

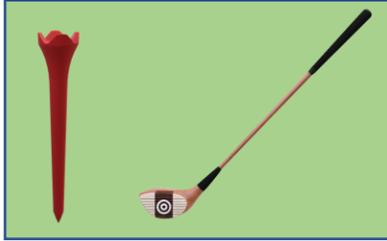
#### Supplies Needed for Warm Up Activity:

- Golf Club - Driver

#### Set Up:

- #1 – Find a safe space outside that you can take full swings
- #2 – Insert Golf Tee into ground (Optional)

### Example of set up:



### Golf Drill:

#### Part 1:

Take a Full Practice swing staying in balance!

#### Part 2:

Repeat 99 more times!

#### Part 3:

Do this Golf Drill every day this week!

**HINT: Find a partner to do this drill with at the same time to keep you on track!**

### Cue:

Make sure you can hold your balance for 3 seconds after each swing.

### Tip:

Swing at a speed where it is easy to stay in balance during follow through.

### Definition:

RESPECT = 3 things in Golf; RESPECT for Myself, RESPECT for Others and RESPECT for My Surroundings.

### Did you know:

The Driver should hit the Golf tee and the Golf ball at impact to ensure the Golf ball strikes the club face in the sweet spot?

### CHALLENGE YOURSELF:

Try this drill twice a day to increase swing speed!

## **Golf Game #1: “Meeting and Greeting”**

**Here is how the game is played with a partner:**

1. You and your partner come up with a new **SAFE** handshake we can do at First Tee when programming returns.
2. Video tape the new handshake. Keep it under 20 seconds!
3. Email video to [jbeers@firstteeakron.org](mailto:jbeers@firstteeakron.org)
4. Best video wins a Dozen Titleist Pro V1 Golf Balls

**Here is how the game is played by yourself:**

1. In a mirror, invent a SAFE handshake we can do at First Tee when programming returns.
2. Video tape the new handshake. Keep it under 20 seconds!
3. Email video to [jbeers@firstteeakron.org](mailto:jbeers@firstteeakron.org)
4. Best video wins a Dozen Titleist Pro V1 Golf Balls

**\*This game teaches our kids all the following things: Confidence, how to meet someone new, SAFE handshakes, video presence!**

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### **WRAP UP:**

**Ask your kids:** Was it FUN inventing a new SAFE handshake?

Why is important to meet new people?

What Golf Course will you play if with your new Titleist Pro V1's if you win?

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

This Golf skill can be done by swinging a broom or something similar 100 times a day to simulate the Golf swing. The Golf game does not need any equipment!

**Be Kind and Be Safe!**

**First Tee of Greater Akron Golf & Life Lessons for your Home!**