



#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)

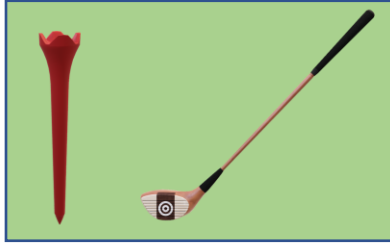
Supplies Needed for Warm Up Activity:

- 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
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
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!**

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!