"May the 4th Be With You!"

Outdoor Chipping Lesson, Golf Game, Exercise Tip and Courtesy Activity that _everyone_ can do at home!

Golf Skill: Chipping
Golf Fundamental: Target Awareness
Factor of Influence: Distance to Target
Core Value: COURTESY towards others
Life Skill: Interpersonal skills
**Warm Up: BALANCE with Neal Hausch from Golf Fitness Plus**

Supplies Needed:

- Golf Balls, Foam Golf Balls, Plastic Golf Balls or Tennis Balls
- A Pitching Wedge or Sand Wedge
- Two Targets (I am using Star Wars Targets for May 4th)
- Teeing Area
- Score Board
- Safety Zone (If more than one player)

Set Up:

#1- Set up a tee area.
#2 - Place Target #1 exactly 20 feet away from teeing area.
#3 – Place Target #2 exactly 40 feet away from teeing area.
#4 – Add a Safety Zone 6 feet away from tee area if more than one golfer.

Example of set up:

Target #2   **Target #1**

Safety Zone

40 feet away   **20 feet away**   **Tee Area**
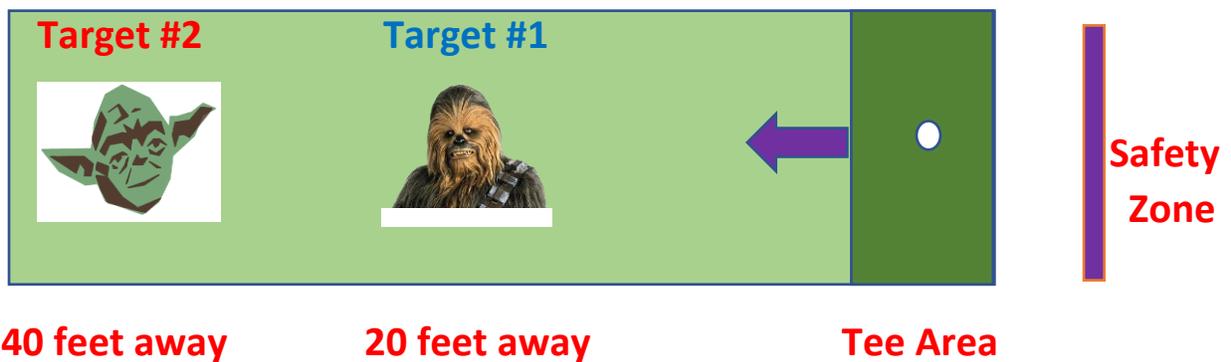
Golf Drill:

Set four golf balls on the teeing area. Try to chip the first balls into Target #1 and then the next four balls into Target #2. Keep alternating targets between every four chip shots so you can work on your *Distance to the Target*. Repeat this process until you hit 40 chip shots. See how many times you hit the target out of 40 shots. Remember to replace any turf or divots that were created during the Golf drill.

Cue:

Set up in Y position. (Golfers arms form the top on Y and the golf club forms the base of the Y) Now, swing in the same rhythm on the backswing, through impact and the follow through.

Tip:

Use your arms and body to swing the golf club, not just your wrists.

Logic:

With Chipping, players often use their wrists to swing club which increases swing speed and provides a better chance for a miss-hit.

Definition:

COURTESY = Staying still and quiet while others are playing and being friendly to others on and off the golf course.

Did you know:

The Life Skill of INTERPERSONAL SKILLS is engaged by communicating with your opponent during the competition of the game.

CHALLENGE YOURSELF:

You can increase the distance of the targets or you can try a less lofted club like an 8 iron.

Golf Game #1: "Courtesy Chipping!"

Here is how the game is played with a partner:

1. Player 1 hits one chip shot to target #1.
2. Now Player 2 hits one chip shot to target #1.
3. Player 1 hits one chip shot to target #2.
4. Now Player 2 hits one chip shot to target #2.
5. Keep alternating until the first Player scores 40 points.

Here is how the game is played by yourself:

1. Hit one chip shot to target #1.
2. Now hit one chip shot to target #2.
3. Now hit one chip shot to target #1.
4. Now hit one chip shot to target #2.
5. Keep alternating targets until you chip 40 balls then add up your score.

POINT SYSTEM:

One Point = Golf Ball hits target on a fly!

Two Points = Golf ball hits target on a bounce!

Four Points = Golf ball stops and is touching target!

*This game teaches our kids all the following things: Courtesy, Measurements, Math, Creativity, Interpersonal Skills, to have FUN with others and compete!

WRAP UP:

Ask your kids: How did they show **COURTESY** during this game?

Did they have FUN?

How can we be courteous at the Golf course?

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

This Golf Skill and game can be played without having a golf club or golf ball. Stand in the teeing area in golf posture and make a golf swing releasing a tennis ball or other object towards target #1 and target #2 following the same rules as above.

*If you lack space in your yard, try setting this lesson plan up in an open field.

PLAYer Level: Do something nice for a family member!

Par Level: Call someone in your life who means a lot to you and chat!

Birdie Level: Write a Thank You note to a Mentor in your life!

Eagle Level: Do a good deed for a neighbor or relative!

Good Luck and Be Kind!
First Tee of Greater Akron Lessons for your home!