



#GolfAtHome – Week 7

Core Lesson #7 “CAPTURE the FLAG”

Outdoor chipping drill, PGA Tour Links to Learning activity and a FUN game to play at home or at the Golf course practice green!

Golf Skill: **Chipping**

Golf Fundamental: **Target Awareness**

Factor of Influence: **Distance to Target**

Core Value: **RESPECT and JUDGMENT**

Life Skills: **Interpersonal Skills and Resilience Skills**

Healthy Habits: **Community**

Warm Up: **STRETCHING**

Supplies Needed for Golf Skill:

- Golf Club – Pitching Wedge
- Teeing Area
- Golf Balls
- Targets to aim at

Supplies Needed for Warm Up Activity:

- Just Stretch for 5 minutes (Choose your own stretch)

Set Up:

- #1 – Find a safe space outside that you can chip Golf balls
- #2 – Set up a Teeing Area to start from
- #3 – Set up a Target about 10-20 yards away.



Golf Drill:

Chip Golf balls towards the target changing the distance from target after every 10 shots!

Cue:

Use the First Tee method of (Y chip Y) when chipping. Your arms represent the top of the Y and the Golf club represent the stem of the Y.

Tip:

Make sure you swing the pitching wedge the same distance on backswing and follow through.

Definition:

RESPECT = RESPECT for Myself, RESPECT for Others and USE GOOD JUDGMENT!!!

Did you know:

That you should spend 33% of your practice time chipping. 33% on putting and 33% on full swing!

CHALLENGE YOURSELF:

Increase the distance to the target.

Golf Game #1: "CAPTURE the FLAG"

Here is how the game is played with a partner:

1. You and your partner take turns chipping Golf balls to the target.
2. First one who gets their Golf ball into the Target Captures the Flag.
3. Now change the Target location.
4. Play for another point. Repeat until tired!

Here is how the game is played by yourself:

1. Take turns chipping different color Golf balls to the target.
2. First color Golf ball into the Target Captures the Flag.
3. Now change the Target location.
4. Play for another point. Repeat until tired!

***This game teaches our kids all the following things: Respect, Judgment, Set-Up, Math, Scorekeeping, Target Awareness, Chipping Swing Tempo.**

WRAP UP:

Ask your kids: Was it FUN inventing Targets from Household items?
Why is important to Respect Yourself?
Why is important to Respect Others?

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

This Golf skill and Golf game can be played by tossing any size ball towards a target you create!

Be Kind and Be Safe!

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