



PLAYING WITH PERSEVERANCE

FIRST TEE CORE VALUE LESSON

The U.S. Open is known as the toughest test in golf. The course is often set up in a way that near perfect execution of a golfer's skills are needed to make par. When things are difficult like this our patience and resolve are tested. The same can be said in our day to day lives. When things are hard, we need perseverance if we are to achieve our goals. We must not give up.

This is a three-hole putting lesson for children ages 9-14 with a beginner skill level. As it's a putting exercise finding a sizeable putting green/surface is essential. Participants learn perseverance, interpersonal and self-management skills while following proper rules (out of bounds), etiquette (not stepping on the putting line of others) and safety procedures (standing in the correct position). The goal is to have players dealing with errant putts and mistakes, while also reacting positively to challenging putts. Adults may need to model exercises.

1. **Gather equipment:** Balls, tees, clubs, swim noodles, cones, rods/drive markers, rope/string and hula hoops.
2. **Warm up:** Spend 10 minutes in a fitness circuit: Strength (Frog jumps x 5); Flexibility/Mobility (Toe touches – hold for three sec. x 3); Agility/Coordination (Sport jump/hop x 4); Balance (Standing stunts – 10 sec.); Object Control (Throw to Stationary Target (Roll ball to hole – 1 x at 5, 10, 15 feet.)
*This works as both fitness and creating some fatigue to up the difficulty of the putting challenge.
3. **Play (45 min.):** Set up a three-hole putting green course with 8-15-foot putts (diagram attached on next page for reference). Design putts with varying degrees of difficulty using slope, obstacles and out of bounds areas. Each participant gets a 10'-12' piece of string with tees. After each player putts, they mark the ball and place the string in a line from the mark to the hole. Use tees tied to the string to secure the string to the ground. The next player putts and places the string without stepping on any other players' string. The rule is to NOT step on any other players' string. If players are close to the hole, they may elect to finish-only if they do not step on anyone's line and after informing other players that they choose to finish.

Tip: Ask some guiding questions during the process: How do you know where out of bounds is; what happens when the ball goes outside the white boundary (Refer to rules: Ball out of bounds (27-1); and what happens if they step on another players line?

4. **Wrap up (5 min.):** Spend time asking questions to review what they learned and how they behaved? Did the ball always travel in a straight line? What caused the ball to curve? How did you adjust for the sloping ground? Did they try their best on each putt? Did they learn from their past mistakes or successes? How important is it to maintain positivity during this exercise? How can they then apply what they've learned to school, home, etc. How do you deal with challenges at school and at home and what steps can you take not to get frustrated with obstacles?
5. **Individual Option:** If players are alone/home perseverance can be learned by challenging them to make the three putts in a row. At any stage a putt is missed they must start back at the first hole.

