



**Spring Session II – Week 5 Lesson Plan
Caddie Level (Ages 7-9)**

Lesson Intentions

Key Commitment/Game Changing Behavior: Building Positive Self-Identity/Develop Self-Confidence, Discover Your Capabilities

Golf Fundamental/Factor of Influence: Get Ready to Swing/Aim & Alignment

Lesson Elements

Warm-Up Categories (include at least three): • [Strength](#) • [Flexibility & Mobility](#) • [Agility & Coordination](#) • [Balance](#) • [Object Control](#)

- [Example Warm Up Circuits](#)

Core Lesson Title: Developing Confidence: I Can Do It! (Coach Prep Pgs. 25,27)

Golfers understand the importance of maintaining a positive “I can” attitude regardless of how they are playing.

Wrap-Up Questions (ask at least three):

- What are you good at? How did you become good at doing those things?
- Why do you think believing that “You Can” is important?
- How can you help others develop their own self-confidence
- How can having self-confidence help you in golf and in life?
- What are some things you learned on the course today?
- Which golf skills did you use today

Lesson Activities & Rule(s) of Golf

Putting: [One to Six](#)

Chipping: [Lane Chipping](#)

Full-Swing: [3 L's](#)

Golf Rule 13.1b: Marking, Lifting and Cleaning Ball on Putting Green

A ball on the putting green may be lifted and cleaned.

The spot of the ball must be marked before it is lifted and the ball must be replaced on its original spot.