



**Spring Session II – Week 1 Lesson Plan  
Caddie Level (Ages 7-9)**

**Lesson Intentions**

**Key Commitment/Game Changing Behavior:** Collaborating with Others/I know that my attitude and how I treat others has an impact

**Golf Fundamental/Factor of Influence:** Distance Response/Size of Motion

**Lesson Elements**

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

- [Example Warm Up Circuits](#)

**Core Lesson Title:** Collaborating With Others and Working Together (Coach Prep Pgs. 13-14)  
Participants can recognize things that they have in common with their peers and appreciate their differences.

**Wrap-Up Questions (ask at least three):**

- What does collaborating well with others look, sound or feel like?
- Why are respect and courtesy important on the golf course? At school? At home?
- What are some ways we can have a positive impact with our words and actions?
- What golf skills did you learn today?
- What did you learn about the parts of the golf course?
- What does a proper handshake consist of?

**Lesson Activities & Rule(s) of Golf**

**Putting:** [Climb The Ladder](#)

**Chipping:** [King & Queen of The Castle](#)

**Full-Swing:** [Open Practice](#)

**Golf Rule 6.1b:** Ball Must Be Played from Inside Teeing Area

A player must start each hole by playing a ball from anywhere inside the **teeing area**

If a player who is starting a hole plays a ball from outside the **teeing area**:

- There is no penalty, but the opponent may cancel the stroke (meaning you do it again)



**Spring Session II – Week 2 Lesson Plan 2.1**  
**Caddie Level (Ages 7-9)**

**Lesson Intentions**

**Key Commitment/Game Changing Behavior:** Using Good Judgement/I Have the Courage to do what is right, even when it is hard

**Golf Fundamental/Factor of Influence:** Target Awareness/What Can Be A Target

**Lesson Elements**

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

- [Example Warm Up Circuits](#)

**Core Lesson Title:** Responsibility Starts with me (Coach Prep Pgs. 16-17, 55)

Participants will be able to look for ways to demonstrate responsibility in all areas of their life and can identify the positive impact of those choices and commitments

**Wrap-Up Questions (ask at least three):**

- What are some examples of responsible actions and good choices?
- How can you show personal responsibility?
- How can you demonstrate responsibility on the golf course
- What did you learn about aiming?
- Why is it important to take turns on the golf course?
- What are the parts of the golf club?

**Lesson Activities & Rule(s) of Golf**

**Chipping:** [Chipping Bowling](#)

**Putting:** [Around The World](#)

**Full-Swing:** [Open Practice](#)

**Golf Rule 1.3c: Penalties**

A penalty applies when a breach of a Rule results from a player's own actions or the actions of their caddie. If you do not follow the rules one of the following may happen:

- One-Stroke Penalty – Loss of a stroke
- General Penalty -Loss of two strokes/hole when it can applied
- Disqualification



**Spring Session II – Week 3 Lesson Plan**  
**Caddie Level (Ages 7-9)**

**Lesson Intentions**

**Key Commitment/Game Changing Behavior:** Using Good Judgement/I am Honest With Myself and Others

**Golf Fundamental/Factor of Influence:** Distance Response/Size or Length of Swing

**Lesson Elements**

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

- [Example Warm Up Circuits](#)

**Core Lesson Title:** Decisions, Decisions (Coach Prep Pgs. 19-20,57)

Participants will recognize that doing the right thing is not always the easy thing

**Wrap-Up Questions (ask at least three):**

- What does being honest look like?
- Is Integrity something you, or something you do?
- How do players demonstrate honesty and integrity while playing golf?
- If your ball does not go the distance you wanted, what can you change?
- What did you learn about keeping score today?
- How do you know you finished a hole?

**Lesson Activities & Rule(s) of Golf**

**Putting:** [Bocce Putting](#)

**Chipping:** [Tic Tac Toe Chipping](#)

**Full-Swing:** [Through The Gate](#)

**Golf Rule 3.3c: Failure to Hole Out**

A player must hole out at each hole in a round. If the player fails to hole out at any hole:

- The player must correct that mistake before making a stroke to begin another hole or, for the final hole of the round, before returning the scorecard.
- If the mistake is not corrected in that time, the player is disqualified.



**Spring Session II – Week 4 Lesson Plan  
Caddie Level (Ages 7-9)**

**Lesson Intentions**

**Key Commitment/Game Changing Behavior:** Collaborate With Others/I Respect Other Perspectives, Especially When They Are Different From Mine

**Golf Fundamental/Factor of Influence:** Target Awareness/Target Selection

**Lesson Elements**

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

- [Example Warm Up Circuits](#)

**Core Lesson Title:** Yes, no, sometimes (Coach Prep Pgs. 22,23, 59)

Participants will recognize that how they play the game is more important than whether they win or lose

**Wrap-Up Questions (ask at least three):**

- What does good sportsmanship look and sound like?
- What are some examples of poor sportsmanship, and what could a player say or do instead?
- How does being a good sport help you collaborate with others?
- How do rules make games fair and fun for everyone?
- What does it mean to play the ball as it lies?
- Why is important to keep your clubs clean?

**Lesson Activities & Rule(s) of Golf**

**Putting:** [Sharks & Minnows](#)

**Chipping:** [Hit The Noodle](#)

**Full-Swing:** [Open Practice](#)

**Golf Rule 8.3:** Player's Deliberate Actions to Alter Physical Conditions to Affect Another Player's Ball at Rest or Stroke to Be Made

A Golfer Should not deliberately perform actions to alter physical conditions to affect another player's ball at rest or stroke to be made by that other player, improve or worsen the conditions affecting the stroke of another player, or alter any other physical conditions to affect:

- Where another player's ball might go or come to rest after that player's next stroke or a later stroke, or
- Where another player's ball at rest might go or come to rest if it moves before the stroke is made.



**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.



**Spring Session II – Week 6 Lesson Plan**  
**Caddie Level (Ages 7-9)**

**Lesson Intentions**

**Key Commitment/Game Changing Behavior:** Using Good Judgement/Making Good Decisions.

**Golf Fundamental/Factor of Influence:** Get Ready to Swing/Hold & Set Up

**Lesson Elements**

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

- [Example Warm Up Circuits](#)

**Core Lesson Title:** Decisions through obstacles (Coach Prep Pgs. 25,27,63)

Golfers can use this understanding and appreciation to make informed decisions while playing golf, such as making decisions to avoid hitting their ball into penalty areas or out-of-bounds.

**Wrap-Up Questions (ask at least three):**

- What type of questions do you have to make at home? At school? On the golf course?
- Why do you think it can be hard to make decisions?
- What does responsible decision-making look like?
- How do you practice making smart decisions?
- What is the difference between a chip and a pitch?
- Which golf skills did you use today?

**Lesson Activities & Rule(s) of Golf**

**Putting:** [Lollipop Putting](#)

**Pitching:** [Clockwork Pitching](#)

**Full-Swing:** [Open Practice](#)

**Golf Rule 18.2b:** Ball Lost or Out of Bounds

If a ball is lost or out of bounds, the player must take stroke-and-distance relief by adding one penalty stroke and playing the original ball or another ball from where the previous stroke was made.



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

**Lesson Intentions**

**Key Commitment/Game Changing Behavior:** Pursuing Goals/I am learning from both my achievements and setbacks.

**Golf Fundamental/Factor of Influence:** Target Awareness/Distance To Target

**Lesson Elements**

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

- [Example Warm Up Circuits](#)

**Core Lesson Title:** Putting our Goals Forward (Coach Prep Pgs. 32-33)

Participants demonstrate pursuing goals by sharing goals with their coaches and friends and working toward achieving them.

**Wrap-Up Questions (ask at least three):**

- Why is it important to set goals and work toward achieving them
- What are some examples of poor sportsmanship, and what could a player say or do instead?
- How does being a good sport help you collaborate with others?
- How do rules make games fair and fun for everyone?
- What does it mean to play the ball as it lies?
- Why is important to keep your clubs clean?

**Lesson Activities & Rule(s) of Golf**

**Putting:** [Silver Dollars](#)

**Chipping:** [15 Chips](#)

**Full-Swing:** [Open Practice](#)

**Golf Rule 7.3:** Lifting Ball to Identify It

If a ball might be a player's ball but cannot be identified as it lies, the player may lift the ball to identify it (including by rotating it), but:

- The spot of the ball must first be marked, and the ball must not be cleaned more than needed to identify it, If the lifted ball is the player's ball or another player's ball, it must be replaced on its original spot
- If the player lifts their ball under this Rule when not reasonably necessary to identify it), fails to mark the spot of the ball before lifting it or cleans it when not allowed, the player gets one penalty stroke.



**Spring Session II – Week 8 Lesson Plan  
Caddie Level (Ages 7-9)**

**Lesson Intentions**

**Key Commitment/Game Changing Behavior:** Growing through Challenge/Developing Resilience

**Golf Fundamental/Factor of Influence:** Get Ready to Swing/Grip, Aim, Align – Pace of Play

**Lesson Elements**

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

- [Example Warm Up Circuits](#)

**Core Lesson Title:** Play with Perseverance: Commit Don't Quit (Coach's Prep Pg. 35-37)  
Participants will demonstrate perseverance on and off the golf course by doing their best and not giving up, even when obstacles make it different

**Wrap-Up Questions (ask at least three):**

- What does it mean to persevere?
- What does it feel like after you persevere through something difficult?
- How have you grown through challenges?
- How can you make sure you maintain pace of play?
- What is a tee time?
- Which golf skill requires you to persevere the most? Which is easy for you?

**Lesson Activities & Rule(s) of Golf**

**Putting:** [Putting Dodgeball](#)

**Chipping:** [See The Target Pitching/Chipping](#)

**Full Swing:** [Open Practice](#)

**Golf Rule 5.6a:** Unreasonable Delay of Play

A player must not unreasonably delay play, either when playing a hole or between two holes. A player may be allowed a short delay for certain reasons, such as:

- When the player seeks help from a referee or the Committee,
- When the player becomes injured or ill,
- When there is another good reason.