

LESSON 15: REFINING YOUR GAME

Grade-Level Outcomes

Primary Outcome

Lifetime activities: Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)

Embedded Outcome

Challenge: Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2)

Lesson Objectives

The learner will:

- Hit a bunker shot from a buried lie.
- Practice hitting an iron on an uphill lie.
- Practice hitting an iron on a downhill lie.
- Practice hitting from a sidehill lie below his or her feet.
- Practice hitting from a sidehill lie above his or her feet.
- Hit a wood from the fairway.

Equipment and Materials

- Wedges
- Variety of irons
- 3 and/or 5 woods
- Sand bunker or simulated bunker
- Modified balls
- Targets
- Station task cards with tasks and cues

Introduction

You've practiced all the basic shots in golf, so today, you will work on how to use these shots under special conditions. For homework, you researched how to adjust to play a ball on different slopes. What are the key points to remember for these types of hits? Also, you'll work on hitting the ball with a wood in the fairway with no tee and on hitting a buried ball in a bunker. We'll divide into six stations so that you can practice all these different shots. You will hit 10 balls at your own pace and then rotate to a new station. If you finish early, you can go back to a station to practice the skill of your choice.

Instructional Task: Stations

■ PRACTICE TASK

Each student hits 10 balls at each station, retrieves the balls after everyone at the station has finished, and then rotates to a new station.

Station 1: Hitting a Buried Ball Out of a Bunker

Set up a simulated bunker or use a bunker. Each student takes 10 practice hits.

Cues for Task Card

- Ball placement is off back foot contact.
- Swing down sharply on the ball to pop it out of the sand.
- Contact back of ball with leading edge of club; club face is slightly closed.
- Club will end up being buried in sand at end of swing. Ball should come out with ease.

Station 2: Hitting From a Downhill Lie

Set up a hitting station where the hitter and ball are positioned on a downhill slope to hit to the target.

Cues for Task Card

- Select a club with a bit more loft.
- Match shoulder angle to the slope (parallel), spine perpendicular.
- Set the ball back a little in your stance.
- Ball will have a tendency to go right, so aim a little left.
- Be sure to stay down through the hit.

Station 3: Hitting From an Uphill Lie

Set up a hitting station where the hitter and ball are positioned on an uphill slope to hit to the target.

Cues for Task Card

- Select a club with a bit less loft.
- Match shoulder angle to the slope (parallel), spine perpendicular.
- Set the ball forward a little in your stance, keeping weight on back foot.
- Ball will have a tendency to go left, so aim a little right.

Station 4: Hitting Fairway Woods

Set up a hitting station on the fairway.

Cues for Task Card

- Stance should be the same as off the tee.
- Swing down sharply on the ball to pop it out of the sand.

Station 5: Hitting From a Sidehill Lie, Ball Below the Feet

Set up a hitting station where the hitter is positioned on a sidehill and the ball is below the feet for the hit to the target.

Cues for Task Card

- Take a slightly longer club, and grip it at the very end.
- Bend deeper in the knees and hips.
- Weight should be more in the heels.
- Ball tends to go right, so aim a little left.

Station 6: Hitting From a Sidehill Lie, Ball Above the Feet

Set up a hitting station where the hitter is positioned on a sidehill and the ball is above the feet for the hit to the target.

Cues for Task Card

- Use a club with a bit more loft.
- Move your grip down a little on the club.
- Weight should be more in the toes.
- Ball tends to go left, so aim a little right.

Student Choices/Differentiation

- Students rotate through the stations at their own pace.
- Leave an iPad at each station that plays a video clip of the specific shot.

What to Look For

- Students are always checking for safety at the stations.
 - Students are working independently.
 - Students are staying on task.
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Formal and Informal Assessments

- Debrief students using assessment of full swing from previous class.
- Exit slip: How can you improve on your full swing?

Closure

- Which of the uneven lies was the most challenging? Why? What adjustments did you make to be more successful? (Embedded outcome: S5.H2.L2)
- When would you use a wood on the fairway?
- Name some differences in the swing for a buried sand lie as opposed to a regular sand lie.
- Next class is our last one for this module. Be ready to put it all together in a tournament.

Reflection

- Were students able to adjust to the different types of lies?
- Were they successful with a buried ball?
- What aspects of the game need to have more focus in the tournament?
- Group students by ability into even teams for the tournament.

Homework

- Review scoring, etiquette, and tournament formats from a handout or the school's physical education website.
- Research handicapping in golf.

Resources

Heuler, O. (1995). *Perfecting your golf swing: New ways to lower your score*. New York: Serling.
Internet keyword search: "uneven lies," "bunker shots," "fairway woods"