

LESSON 11: SEQUENCING IRONS AND ERROR DETECTION

Grade-Level Outcomes

Primary Outcomes

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

Movement concepts, principles & knowledge: Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits. (S2.H1.L1)

Embedded Outcome

Movement concepts, principles & knowledge: Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a self-selected skill. (S2.H2.L1)

Lesson Objectives

The learner will:

- identify key checkpoints in the forward swing.
- demonstrate the forward swing.
- identify certain hazards.
- demonstrate a strong grip and a weak grip.

Equipment and Materials

- Variety of irons
- 2 wedges
- Driving range with balls
- Plastic balls or foam balls (if driving range is not available)
- Area large enough for the group (if driving range is not available)
- Grass or mats to hit from (if driving range is not available)
- Scorecards and pencils

Introduction

Your homework was to learn about divots. What is a divot? When does it happen? What should you do after hitting a divot? Today, you'll continue to work on your iron shots, focusing on the forward swing instead of the backswing. I will also identify a few hazards that are common while playing a round of golf.

Instructional Task: Forward Swing

■ PRACTICE TASK

Demonstrate the proper forward swing.

Students should focus on transitioning from the backswing to the forward swing. Allow students to take slow and controlled swings while contacting the ball. Give each student a set number of balls. After hitting all the balls, students retrieve them.

Refinements

- Make sure that students' hips are bent out and arms are riding the chest. Many students like to extend their arms to hit the ball, causing poor contact.
- Have students keep the instep of the back foot against the ground as the weight shifts to the back foot during the backswing. Shifting weight to the outside of the back foot drains the shot of power.

Extensions

- Vary the distance to the target.
- Vary the size of the target.

Student Choices/Differentiation

Students may select the type of club based on personal preference.

What to Look For

- Students are using correct alignment in their stance.
- Students are executing the critical elements of the setup and grip.
- Students' leg drive initiates the forward swing.
- Students' weight transfer is distributed to the forward foot at the finish of the swing.

Instructional Task: Error Detection

■ PRACTICE TASK

After demonstrating a strong grip and a weak grip, ask students to describe what they think will happen when a player uses each type of grip. (Answer: With a strong grip, the ball tends to hook; with a weak grip, the ball tends to slice.)

Have students practice hitting with a partner. Students hit 10 balls, and the partner counts how many are slices or hooks.

EMBEDDED OUTCOME: S2.H2.L1. Ask students to think about the mechanisms that create a slice or a hook (grip, club face angle is open or closed, swing is inside-out or outside-in).

Extension

Repeat for any or all of fade, push, pull, and draw.

Refinement

If any students are struggling with slicing the ball or hooking the ball, adjust their grips. This is one factor that could cause them to hit the ball incorrectly.

Student Choices/Differentiation

- Students choose their partners.
- Students choose their equipment.

What to Look For

- Students are identifying slices and hooks accurately.
- Students are able to adjust their grips to correct the errors.

Instructional Task: Stroke Sequence Simulation

■ PRACTICE TASK

Set up a simulated fairway and green (on a grass field or inside a large gym), with students hitting with a long iron at the far end. Students hit modified balls and then take their second shots with another long iron, if necessary. Ideally, they are close enough to the target area after the first shot to chip or pitch on the second shot. Students finish by putting out. Students track their scores.

Extension

Place a special target on the field, and have students try to chip or pitch as close to it as they can. The student who chips or pitches closest to the target may subtract one stroke from his or her score.

Student Choices/Differentiation

Students may play in pairs and hit the best ball.

What to Look For

- Students are choosing an appropriate club for the hit they are making.
- Students are keeping score correctly.
- Students are supporting one another.

Instructional Task: Rules

■ PRACTICE TASK

Review the rules and procedures for taking a drop without penalty. Identify and explain the rules regarding casual water, ground under repair, and ball on or near the cart path.

Extension

In pairs, students practice taking a drop and hitting from the drop.

Student Choices/Differentiation

Show video clips of each situation.

What to Look For

- Students are dropping with the shoulder high and arm extended fully.
- Students adhere to one club length and no closer to the hole.

Formal and Informal Assessments

Scorecards (review to see how students are progressing)

Closure

- If your ball seems to always go left or right of the target, check your grip.
- If you have correctly performed the forward swing, your body weight will be on your forward side.
- In our next class, you'll put together everything you've learned so far to design and play a par-3 course.

Reflection

- Are students grasping the concept of the swing?
- Have they picked up on some of the terminology being used in class?
- Are they able to maintain their form when putting strokes together in a sequence?

Homework

Look up par-3 golf courses to spark ideas for designing your own.

Resources

Heuler, O. (1995). *Perfecting your golf swing: New ways to lower your score*. New York: Serling.

Golf Info Guide: www.golf-info-guide.com

Golf: www.golf.com

World Golf: www.worldgolf.com

Internet keyword search: "golf shot from water," "golf shot from cart path," "golf shot near tree"