

Playing with Perseverance: Commit, Don't Quit

Overview

Life is full of challenges and struggles, and you are likely to face many of them whether they are struggles at home, school, or on the golf course. Learning to dig deep when things get tough and continue even when things are hard is called **perseverance**, and it is an important life skill to have.

Activities

Introduction (5 minutes): Ask about previous day's experience. Review stance, grip, and size of swings. Introduce core lesson.

Putting (10 minutes): Putt on mats with real clubs and foam balls/real balls. Focus on the increased difficulty from yesterday's putting activity.

Chipping (10 minutes): Chip to variety of targets using SNAG clubs and foam balls. Focus on new challenges with foam balls and non-Velcro targets mentioning confidence and perseverance.

Full Swings (10 minutes): Continue full swings on the hitting nets with SNAG clubs and foam balls. Introduce real clubs if ready. Focus on continuing to hit even if not successful. Introduce the acronym FAIL

Wrap up (5 minutes): Review the day's intentions. Complete daily behavior assessments

Coaching Tips

- If players make statements that they "can't do this" emphasize that they can't do this *yet*.
- Encourage them to focus on what they can do, versus what they cannot do in the moment
- Celebrate the small successes and how they are continuing to try

Guiding Questions

1. What does it mean to persevere?
2. What does it feel like after you persevere through something difficult?
3. Think about something that might feel challenging for you. What can you say to yourself to help you persevere in that moment?
4. How have you grown (or learned) through challenges?

Key Words

Perseverance

FAIL (First Attempt In Learning)

Confidence

Lesson Length: 45 Minutes; x3 groups

Key Commitment: Growing Through Challenge

Number of kids: 24-36 max per group

Age range: Kindergarten-5th grade

Partner organization: Boys and Girls Club of Southeast Georgia

Putting

Activity: Set up 1 putting station on either side of the putting mats (x4). Have players putt to the hole against a partner acknowledging the new challenges of this activity. Use real clubs and foam balls

Emphasis on new challenges and perseverance

Players can demonstrate growing through challenge by:

- Maintaining a positive attitude
- Being supportive of others
- learning from their mistakes
- acknowledging challenges and looking for ways to overcome them

Chipping

Activity: Set up a variety of targets and 4-6 hitting stations with waiting zone (can start with less targets to make activity very difficult then add more). Each player should hit all 3 balls in their basket. Players should only collect their balls once all of their players have hit. Player who is not hitting can go and adjust the scoreboard for his or her team. (Scoring suggestions: 1 point if they hit any target; zero points otherwise)

Emphasis on perseverance and supporting others

Players can demonstrate growing through challenge by:

- being supportive of themselves and their partner
- adjusting to the new challenges of non-SNAG targets and balls

Full Swings

Activity: Set up 4-6 hitting nets, hitting zones, and safety areas. Players should hit all 5 balls and reset their station before switching with their partner

Emphasis on continued improvement

Players can demonstrate growing through challenge by:

- continuing to work on their full swing
- taking coach feedback to help improve their swing