

First Tee Central Coast's at Home Activity # 1 - Purposeful Play = Distance Control & Perseverance

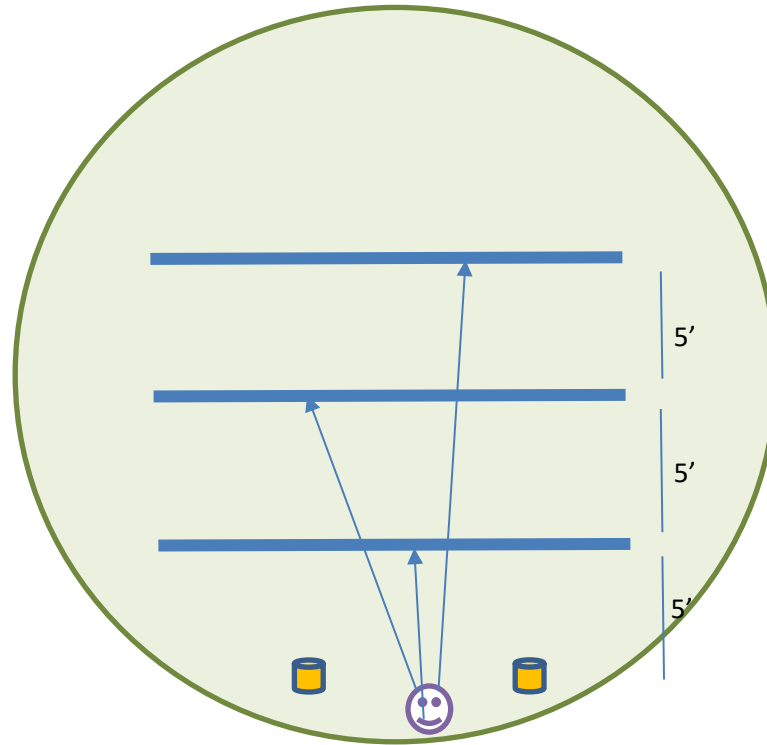
First Tee of Central Coast – Designed by: First Tee Master Coach Billy Gibbs, PGA.

Activity Set-Up

Area for putting activity – carpet or floor

Distance lines – 2" blue painters' tape or masking tape.

Tee Markers – Soup Cans, Water Bottles similar



Definitions:

Perseverance – To keep going no matter what.

Distance Control – Is the ability to produce the optimal range of motion and/or energy with club to roll or propel the ball the desired distance.



= Participant

Core Value: Perseverance

Golf Skills: Putting – **Fundamental:** Distance Control - **Factor:** Length of Swing or Force

Activity:

- Player will Play Shot(s) towards tape line while attempting to get ball to stop directly on the tape.
- Player will explore different lengths of swing and or force of swing until he/she acquires the desired distance
- Using **Perseverance**, the Player will keep playing shots until he/she gets a ball to stop on closest tape line.
- Once Player gets a ball to stop on the closest tape line, he/she will then attempt the next distance line.
- Again, using Perseverance, Player will do their best to stop a ball on all three tape lines in the allotted time (suggest 30 mins)