



WARM-UP

Trunk Twists / Standing Stretches
Shuttle Run RDL 10x/leg Pistol Squats /
Squats 10x

HEALTHY HABIT

Safety: Following safety rules both on and off the golf course can help keep our bodies from harm. Always wear sunscreen, a hat, and sunglasses to protect our bodies from the sun.

RULES, ETIQUETTE, DEFINITIONS

Rule 17.1: Options for your ball in a penalty area: all options in which relief is taken result in a 1-stroke penalty or you may play from in the penalty area in which no penalty is taken. Relief options may include a drop zone, 2-club lengths from point of entry, or reference point.

Rule 18.1: At any time, a player may take stroke-and-distance relief, but once another ball is in play, the original ball must not be played.

Rule 18.2: If the ball is considered lost or out-of-bounds then stroke-and-distance must be taken. Ball is considered lost if not found within 3 minutes of searching. Ball is considered out-of-bounds if no part of the ball is touching in-bounds.

Rule 18.3: Provisional Ball: If you think your ball could be lost or out-of-bounds you may play another ball under the penalty of stroke-and-distance. You must announce the provisional ball before the stroke is made. Once played, the provisional ball may be played until it becomes the ball in play or is abandoned because the original ball is in play or considered in a penalty area.

LIFE SKILLS OBJECTIVES

#7 Using Good Judgment - To decide or form an opinion.

GOLF SKILLS OBJECTIVES • FACTORS OF INFLUENCE

Get Ready to Swing - A good setup is the foundation of a good shot!

Hold / Setup / Aim and Alignment - PLAYers can experiment with different grips, while coaches can reinforce the importance of aligning the feet, hips, and shoulders with the direction of the clubface.

PUTTING – KEEPING SCORE

Set up 3 holes on the putting green using cones as the tee box. Participants will need score cards (can get from clubhouse at course). Participants will be in groups of two, each two-some will start at a different hole. Go around the course 3 times so they play 9 holes. Go over how to keep their score accurately and honestly and keep up good pace of play. If time allots, have them play two time through and see if they can beat their first score.

CHIPPING GREEN – DEPTH CHARGE CHIPPING

Create a target-like shape on the green using rope, string, or survey tape by making a small circle in the center, surrounded by a medium sized circle, then a final larger circle (think of sonar as a better visual). A ball stopped in the small circle is worth 100 points, the middle section is worth 50 points, and the outside circle is worth 25 points. Coaches can adjust point values based on skill/development level of their class. Participants can compete as individuals or teams to reach a specified point value.

FULL SWING – THROUGH THE GATES

Set up gates (noodles) about 5-10 yards in front of each hitting station. Set up another set of gates (noodles) about 30 yards further in front of each hitting station. Participants will take turns with their partner to see how many balls they can keep within the gates. Participant gets to choose which club they would like to hit, making a judgment call on which club they feel most confident in hitting straight. Can use alignment sticks so participants can line their feet up to their target.

Putting – Keeping Score

Participants will rotate through the holes keeping score. Focus on pace of play and keeping score accurately and honestly. They will play the same 3 holes 3 times through. If time allows, play 2 sets of 9 holes and see if they can beat their score!



5 Feet



10 Feet



15 Feet



Depth Charge Chipping

Play to 1000 or whatever point system is applicable for the age.

