



COACH

PLAYEr
2020

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 make a decision 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 GREEN – 1,2,3 PUTTING

Set up a 6 or 9-hole putting course which has an equal number of short, medium, and long putts. For the first round, participants should putt only one stroke on each hole to see if they can make it. After one stroke they should pick up and move on to the next hole. The second round the participants get two strokes; the third round, three strokes. Each hole can be considered a Par 3 and coaches can use this game to help explain the terms par, birdie, bogey, and eagle, and keeping score. (See Curriculum Grids for diagrams and videos).

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. (See Curriculum Grids for diagrams and videos).

DRIVING RANGE – FOOTBALL GOLF

Set up hitting stations with dividers on the range. Similar to how a football field is set up, create four subsequent sections 10 yards apart marked by rope and/or noodles on the sides to mark the division of each section. At the far end of the setup, use two noodles to create a "field goal". Just like football, participants will adjust the length of their swing to hit to the closest section as the 1st down, next farthest is the 2nd down and so forth until they complete all four downs for a touchdown. They can then hit a full swing through the field goal. Have participants work as a team or individuals to get as many touchdowns/field goals as they can. (See Curriculum Grid for diagrams and videos.)

WRAP-UP

What decisions did you make during our activities today? What decisions did you make before you arrived? What kind of decisions do we have to make when we are getting ready to swing? What are some differences between a penalty area and OB? What options do we have if we hit in a penalty area? OB? Lost ball? How can we use good Judgment to stay safe this week?

GOOD-BETTER-HOW



1,2,3 PUTTING SUPPLY LIST

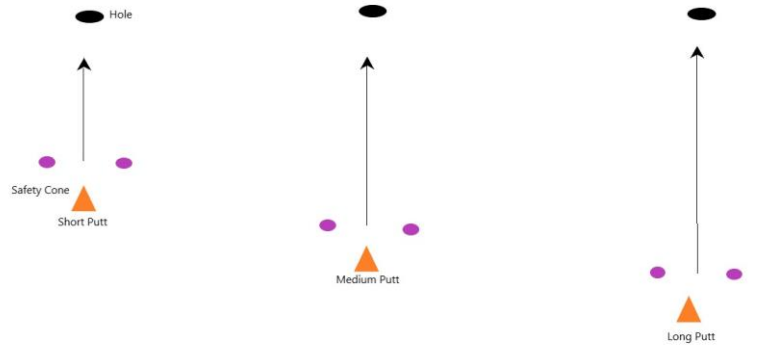
- Safety Cones
- Tee Markers

DEPTH CHARGE SUPPLY LIST

- Safety Cones
- Lane Dividers
- Rope or Survey Tape
- Tees

1,2,3 PUTTING

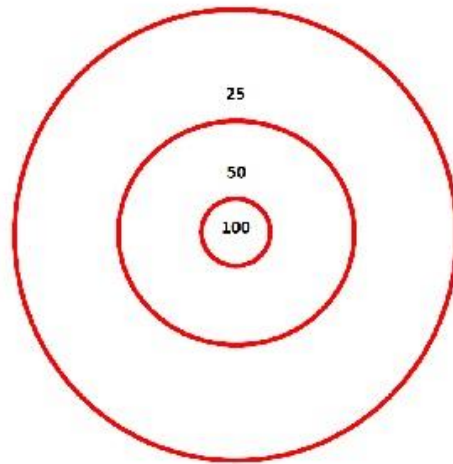
1,2,3 Putting



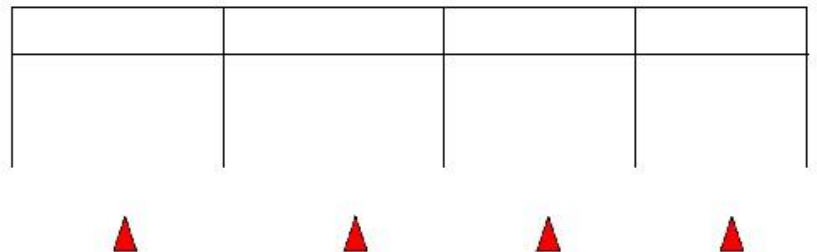
Golf Skill:
Distance Response

Set up a 6- or 9-hole putting course which incorporates an equal number of short, medium, and long putts. For the first round, participants should putt only one stroke on each hole to see if they can make it, after one stroke pick up and move on to the next hole. The second round the participants get two strokes; the third round, three strokes. Each hole can be considered a Par 3 and coaches can use this game to help explain the terms par, birdie, bogey, and eagle.

DEPTH CHARGE CHIPPING



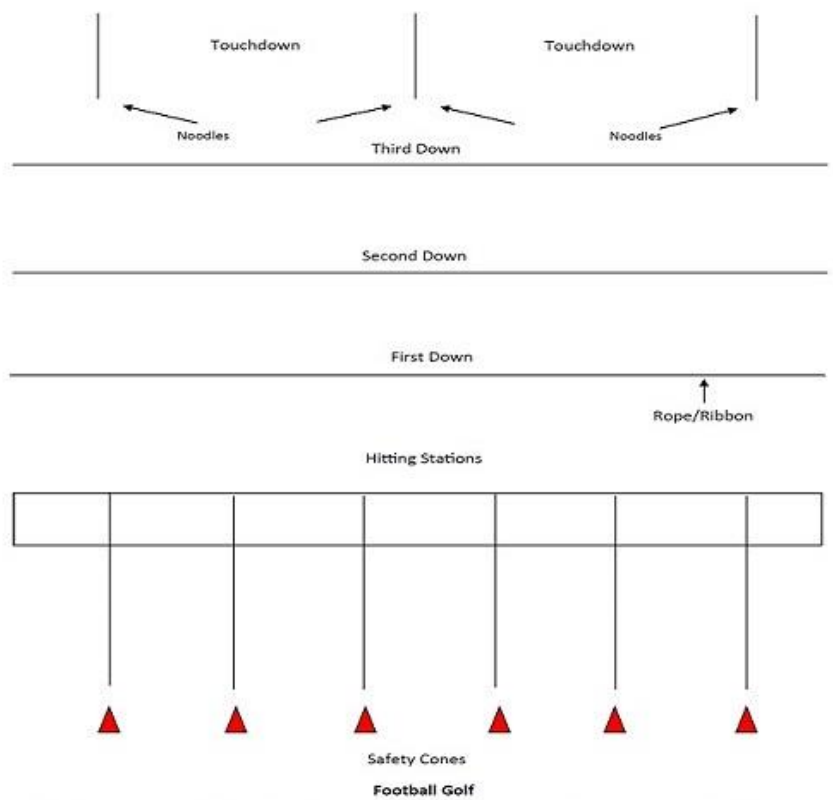
Hitting Stations



FOOTBALL GOLF SUPPLY LIST

- Safety Cones
- Lane Dividers
- Rope
- Noodles
- Tees

FOOTBALL GOLF



Objective is to get the ball inside each zone starting with First Down and progressing to third down. The final shot with a longer club would be between the noodles for a touchdown