

## Golf Week 7

Follow week 1 rules for attendance, safety, and stretching

Skill: Full Swing, Pitching, Chipping, Putting and Playing the Course

For week 7, focus on full swing instruction. Work on the path of the golf swing. The drill is to set up a ball just to the right of the ball they are going to hit. Place the ball about 5 inches apart. Have them hit the inside ball without hitting the outside ball. We want the kids to swing inside out. Describe it as hitting in a baseball field. Aim for 2<sup>nd</sup> base but swing towards 1<sup>st</sup> base.

Go over all fundamentals of the swing and try to have some individual moments and please show them the swing. Once you go over the swing send them to stations.

**\*\*Note\*\*** Try to set up as many contest stations as possible, time permitting.

### Games/Contests:

Game 1: Launching contest: Everyone gets 5 shots to see who can launch the ball the farthest.

Game 2: Chipping contest: Each Student gets 5 shots to see who can get the most balls stick to the targets.

Game 3: Pitching: Each Student gets 5 shots to see who can get the most balls to stick to the target using pitching technique.

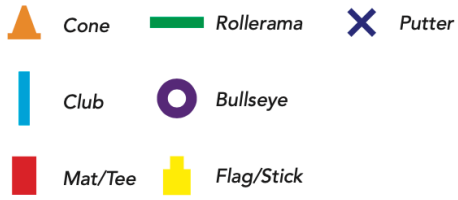
We will have 3 contests going at the same time. Repeat twice then rotate.

Game 4: 50 yard relay: **\*\*The last game we can do after we clean everything up and have everyone do it together. This is a good way to wrap up the class\*\***

## Quick Guide to Activities

Use these activities, but feel free to modify them

### KEY



## STRETCHING 5 minutes

Week 7

- Touch your toes
- Arm Circles
- Triceps Stretch
- Jumping Jacks
- Jog to a point & back

10 minutes

Week 7

## FREEZE TAG

## LONG HIT

Week 7

- Three rounds
- Mark the longest shot



# GAME

Week 7

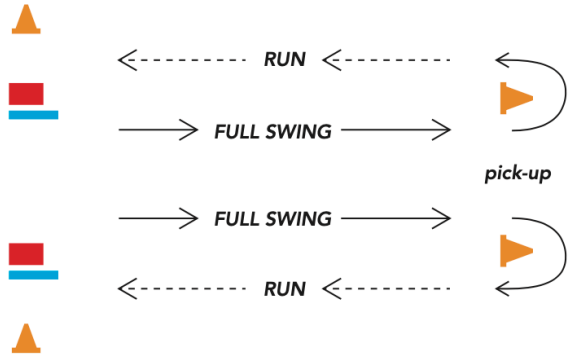
- Three rounds
- See who can hit target the most



# RELAY

2-3 separate stations

Week 7



Week 7

# TAG