

Golf Week 4

Follow week 1 for attendance, safety and stretching.

Skill: Rolling (Putting)

Putting: Putting is a short shot played along the ground with the roller club. Use the same grip as the full swing. Demonstrate by rolling the ball along the ground like a bowling ball. Stance is a little more upright with the stance. Stand a little taller. Just rock the shoulders back in forth and don't let the kids move their lower body. Have the kids in 2 lines and putt to the putting target or one of the yellow holes.

Rotation: should be 7 to 8 minutes for each station

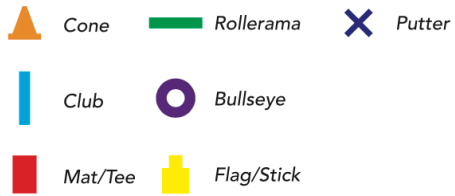
Game: Putting contest. Put out obstacles like cones and clubs in front of the target. Almost mini golf style. Have them putt and to the target but try to avoid the obstacles.

Game: Relay race: Set up a target 50 steps away. Have the kids in two lines. One person per team starts. Have them hit till they get it past the target. Once they get past the target pick up the ball and run back and the next person goes. Just your basic relay while hitting golf shots.

Quick Guide to Activities

Use these activities, but feel free to modify them

KEY



STRETCHING *5 minutes*

Week 4

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

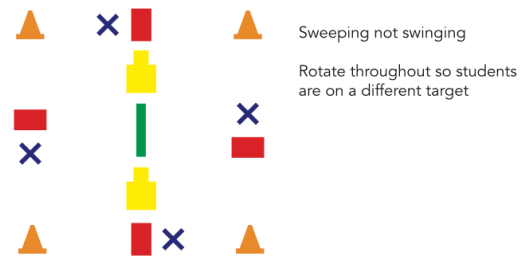
5-10 minutes

Week 4

TAG

PUTTING *5-7 minutes*

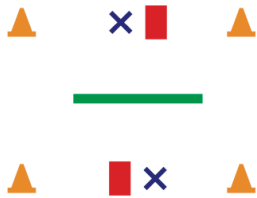
Week 4



PUTTING

10 minutes

Week 4

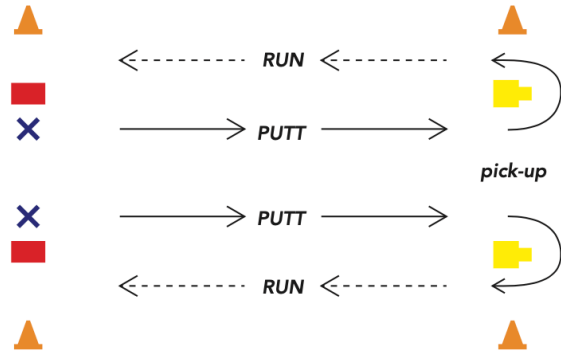


Have students keep track of their low score

PUTTING RELAY

3-5 times

Week 4



PUTTING

Week 4

Set up 3 holes for a Putt-Putt course

Make them both challenging AND fun

Create obstacles using clubs, targets, and cones