Golf Week 1

 All the words in bold should be followed at the beginning of class each week

Week 1 is very important to set a tone for all the upcoming classes. Rules need to be set. Safety measures need to be in place and this is your opportunity to show that you are the leader of the class.

Attendance and check in should be followed to the T for every class. Each class is a little different for when you check in so make sure you know the protocol when you check in with the school.

Set Up: Rolling Station (small target), Pitching (Big Target), Launching (just tee and mats), and Chipping. Set up at least one hole if you can.

Beginning of class I want you to line up the kids at least an arms lengths away and have them facing you to go over rules and safety plus stretching. Keep them in the line to go over the skill for the day.

Rules and Safety: No one swings unless the instructors say they can. Teach them how to cane the club. Tell everyone to be aware of their surroundings. Watch what others are doing. No talking when the instructor is talking. Use words like freeze or stop to get the kids to stop right away when they are in a drill or station

At least 3 large steps in between everyone who is swinging.

Stretching: Touch your toes. Arm circles, Triceps Stretch, Jumping jacks, sprint up and back on the field. This is the time to get the kids moving.

Week 1 is about getting the kids use to the stations and understanding the swings they will need at each station. Please follow the video for launching (full swing) rolling (putting) chipping and pitching
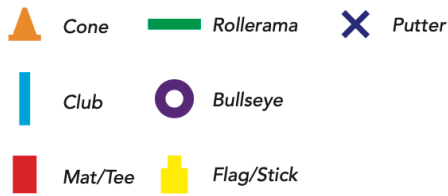
Walk the kids through each station and show them the skill in a quick manner. This is week 1 and we need to get them active. Once they have seen what they need to do at each station get them divided in to equal groups and split them into the stations. They should go on a 7 to 8 minute rotation.

Finish the class with the POPman suit. Let the kids hit balls at you in the suit. If you want you can have one kid try the suit on each class. Just always be careful with safety issues.

Quick Guide to Activities

Use these activities, but feel free to modify them

KEY

△ Cone ▬ Rollerama ✕ Putter

▮ Club ◯ Bullseye

▮ Mat/Tee ▮ Flag/Stick

STRETCHING   *5 minutes*   *Week 1*

Touch your toes

Arm Circles

Triceps Stretch

Jumping Jacks

Jog to a point & back

5–10 minutes   *Week 1*

FREEZE TAG

ROLLING   *5–7 minutes each station*   *Week 1*

❶ No clubs for station one.
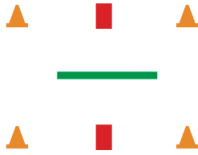 Students will roll the ball on
  the ground at the target

❷ PUTTER
  Students putt the ball at the target
  Smooth swing on the ground

△ ▮ △   △ ✕▮ △

▬   ▬

△ ▮ △   △ ▮✕ △

CHIPPING *5–7 minutes each station* ***Week 1***

❶ Underhand toss towards target
Goal is to land the ball
short of the target

❷ Using a club, demonstrate 7-5
on a clock.
Do not use full swing

PITCHING *5–7 minutes each station* ***Week 1***

❶ Students will underhand toss
to land ontarget

❷ Students will use club to land
ball on target.
Show 9-3 on a clock, which is
how big the swing should be.

TOSSING *10–15 minutes* ***Week 1***

Students will toss ball underhand as you walk from one end to the other

Wear jacket & helmet