

## Golf Week 2

Follow your instructions for week one for attendance safety and stretching. Set them up in a line with them facing you.

Skill: Week 2 we get more in depth with the swing. Grip is the main thing we need to check. Use hot dog bun. Always talk to the kids as if each kid is right handed and then tell the leftys to do the opposite.

Grip: Left hand on top right hand on bottom. Try to get them to put the club in their fingers. The left thumb is the hot dog and the right hand is the bun. Cover the hot dog with the bun. Make sure they don't grip the club too hard.

Stance: Make sure feet are shoulder width apart. A little flex in the knees and bend at the waist to have a straight back. Make sure they keep the feet on the ground when they swing back.

After teaching the skill divide them up and put them in stations. 7 to 8 minute rotations. At this point try to add personal one on one moments with the kids but make sure you have your eyes on the whole field.

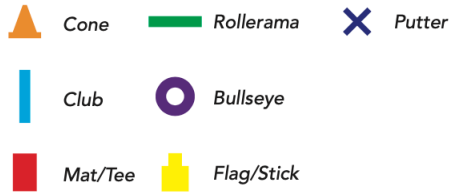
Game: Long hit contest. Set the kids in 2 lines and have a long hit contest. Keep track of who hits it the farthest and try to award them with candy or let everyone know who the winner is.

**\*\*If time remains put the suit on\*\***

## Quick Guide to Activities

Use these activities, but feel free to modify them

### KEY



## STRETCHING 5 minutes

Week 2

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

5-10 minutes

Week 2

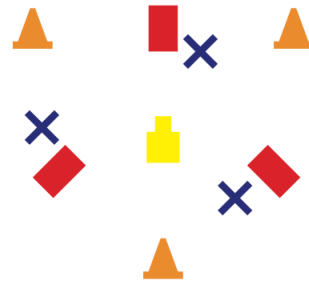
## TV TAG (or other)

## PUTTING

5-7 minutes

Week 2

Set up for students to practice putting at flag.

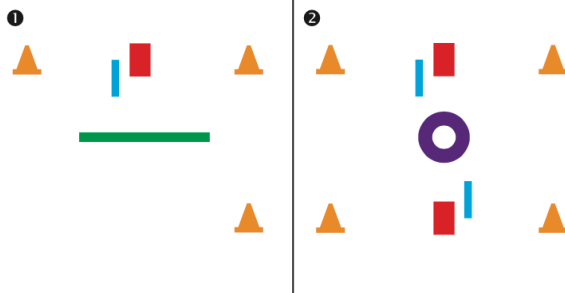


## CHIPPING

5-7 minutes each station

Week 2

Students will practice 7-5 swing

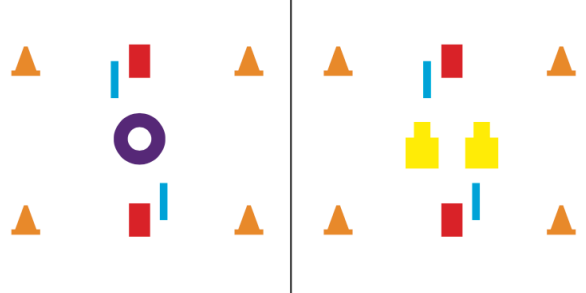


## PITCHING

5-7 minutes each station

Week 2

Students will practice 9-3 swing



## HOLES

15-20 minutes

Week 2

Set up **3** holes that will require a *pitch, chip, and putt*.

*Ball out of bounds : 1-stroke penalty*

*One student on hole at a time*

## LONG DRIVE

Week 2

Set up **3** targets  
at a far distance



*3 shots, club down,  
retrieve balls on "Go"*

*Sit down after all  
3 balls are hit*

