

Golf Week 6

Follow week 1 rules for attendance, safety and stretching

Skill: Chipping

Chipping: Chipping is a short shot that is played slightly in the air then rolls out like a putt. Show them a roll almost like a bowling ball but it should go about 5 yards in the air before rolling out like a putt. Stand with feet closer together and keep a calm lower body and rock your shoulders back in forth like a putting stroke. Have them in 2 lines. Roll one ball then chip one ball.

Stations: Rotation of 7 to 8 minutes

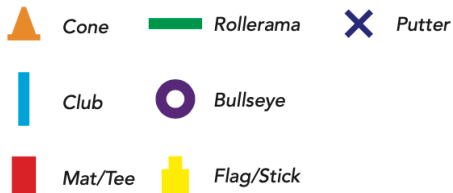
Game: Chipping knockout. Just like pitching knockout. Follow the same rules

Game: Relay race with full swing

Quick Guide to Activities

Use these activities, but feel free to modify them

KEY



5-10 minutes

Week 6

TAG

STRETCHING *5 minutes*

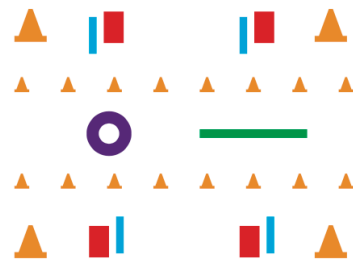
Week 6

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

CHIPPING *10 minutes*

Week 6

Try and chip over the line of cones and hit target.



KNOCK-OUT 20 minutes

Week 6

See **KNOCK-OUT Set up**, next card

Player 1 hits & waits

Player 2 hits & waits

Player 1 hits

Repeat until someone hits target

If player is eliminated, go to next knock-out station

KNOCK-OUT — Set up

Week 6



HOLES & RANGE

Week 6

Make three holes with flags & cones

