

## Golf Week 3

Follow the rules from week 1 for attendance, safety and stretching.

Skill: Pitching

Pitching: First thing you do is go over grip and stance from last week. Try to get the kids involved by asking them questions if they remember what to do. The stance is the same except a little narrower for pitching. Explain what a pitch shot is. It is a short shot that is played with loft. It is about a half backswing. Show them a softball underhand pitch. That is what the shape of a pitch shot should be.

Have the kids line up and arrange them 15 steps from the big circle target and have them throw two underhand softball pitch shots to the target. Once the kids have seen the pitch shot you can divide them into stations.

Stations: 7 to 8 minute rotations.

Game: Pitching contest. Use the circle targets and divide the kids into teams of 4. Have them hit two pitch shots each. Add up the total score for each team. Highest score wins.

**\*\*If time remains do it twice or use the pop suit\*\***

## Quick Guide to Activities

Use these activities, but feel free to modify them

### KEY



## STRETCHING

5 minutes

Week 3

Touch your toes

Arm Circles

Triceps Stretch

Jumping Jacks

Jog to a point & back

5-10 minutes

Week 3

## TAG or SHARKS & MINNOWS

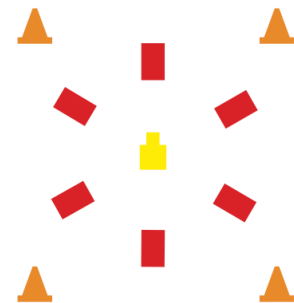
## PITCHING

5-7 minutes

Week 3

Students will underhand  
toss 2 balls towards flag

Retrieve on "Go"

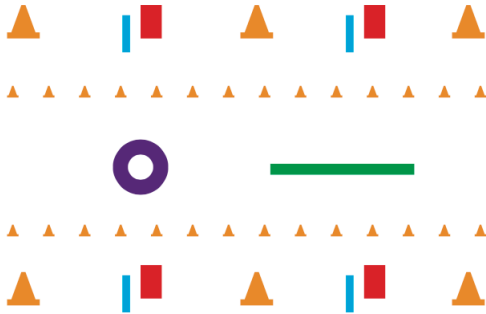


## PITCHING

10 minutes

Week 3

Students should pitch over the line of cones and hit target.

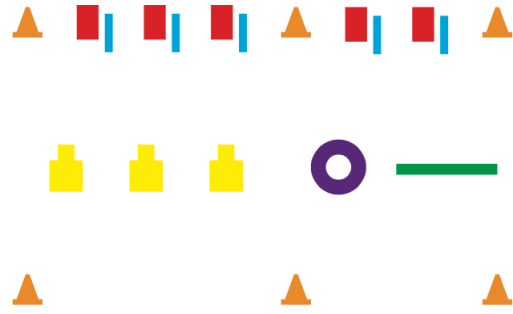


## PITCHING

5-10 minutes

Week 3

Students should pitch to targets



## PUTT-PUTT

Week 3

Set up 3 holes for a Putt-Putt course

*Make them both challenging AND fun*

*Use other targets as obstacles*