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

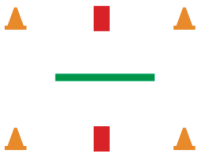
Jog to a point & back

5–10 minutes ***Week 1***

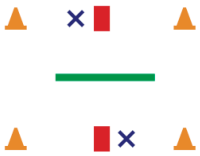
FREEZE TAG

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

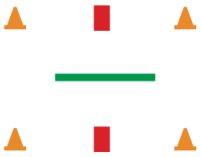


❷ PUTTER
Students putt the ball at the target
Smooth swing on the ground

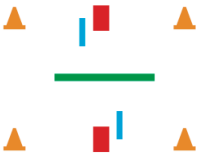


CHIPPING *5–7 minutes each station* ***Week 1***

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

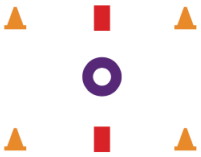


❷ Using a club, demonstrate 7-5
on a clock.
Do not use full swing

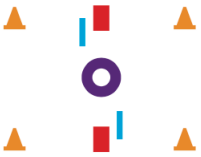


PITCHING *5–7 minutes each station* ***Week 1***

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

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

Cone
Rollerama
Putter
Club
Bullseye
Mat/Tee
Flag/Stick

STRETCHING

5 minutes **Week 2**

Touch your toes

Arm Circles

Triceps Stretch

Jumping Jacks

Jog to a point & back

5–10 minutes **Week 2**

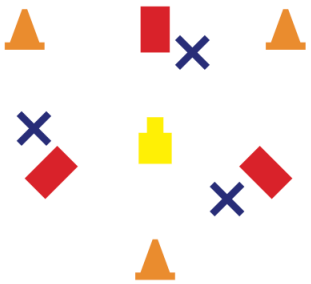
TV TAG

(or other)

PUTTING

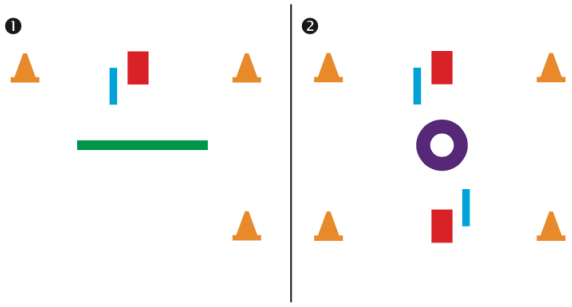
5–7 minutes **Week 2**

Set up for students to practice putting at flag.



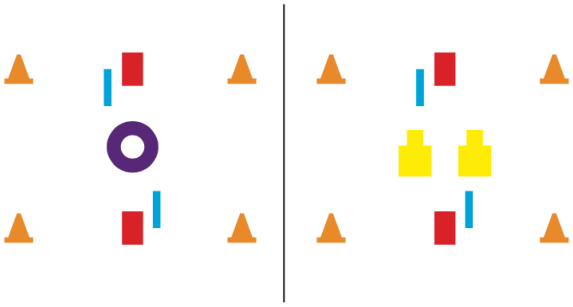
CHIPPING *5–7 minutes each station* ***Week 2***

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

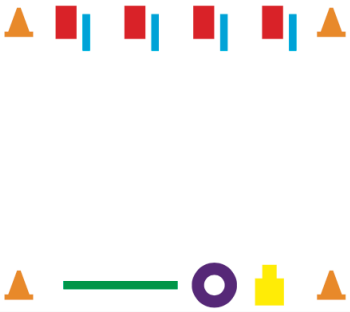
One student on hole at a time

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



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

Cone
Rollerama
Putter
Club
Bullseye
Mat/Tee
Flag/Stick

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

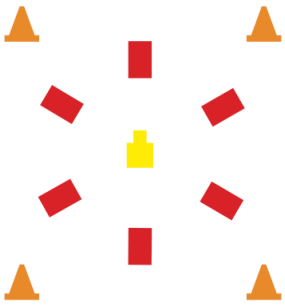
PITCHING

5–7 minutes

Week 3

Students will underhand toss 2 balls towards flag

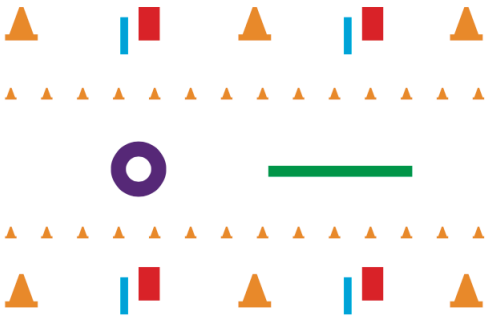
Retrieve on "Go"



PITCHING

10 minutes **Week 3**

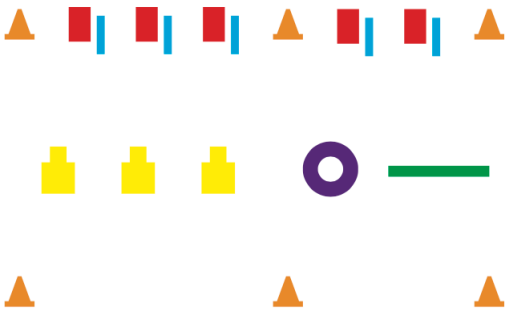
Students should pitch over the line of cones and hit target.



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

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

Cone

Rollerama

Putter

Club

Bullseye

Mat/Tee

Flag/Stick

STRETCHING

5 minutes

Week 4

Touch your toes

Arm Circles

Triceps Stretch

Jumping Jacks

Jog to a point & back

5–10 minutes

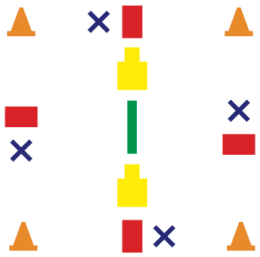
Week 4

TAG

PUTTING

5–7 minutes

Week 4



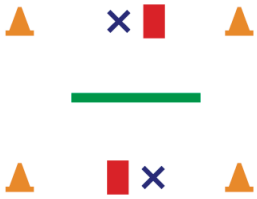
Sweeping not swinging

Rotate throughout so students are on a different target

PUTTING

10 minutes

Week 4

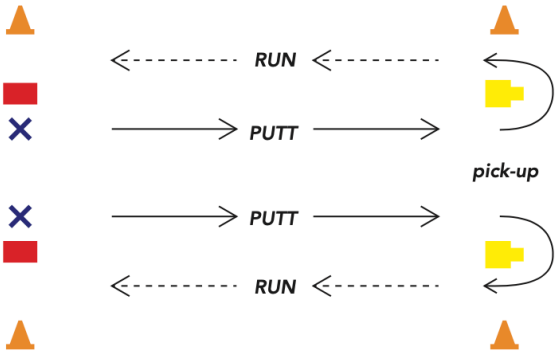


Have students keep track of their low score

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