



Name of School Golf Club Program

Student's Manual

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First Lesson: Station 1 - Putting

Character Development:

- How do you greet your playing partner? – “Hi. My name is _____. It is nice to meet you. I am looking forward to playing with you today.”
- Make a good first impression. Tuck in your shirt and wear your hat straight forward on your head. Always smile when you meet someone and offer to shake their hand.



Rules and Etiquette Development:

- What is the goal of golf? Use the fewest strokes possible to get the ball in the hole.
- How many golf clubs are you allowed to carry in your bag? 14--- Today we are using the putter. Where do we use the putter? On the putting green.
- Basic rules & etiquette of the putting green.
- Tend the flagstick – Stand at arm’s length from the flagstick. Be aware of the other player’s putting lines and do not stand or walk in their putting lines. Stand still and quietly so as not to distract the putter. After the ball begins rolling, lift the flagstick out of the cup. Place the flagstick gently on the side of the green so it is out of the way.
- How to mark your ball – Take a small round marker or coin and gently place it directly behind the golf ball on the green. You may then lift and clean your golf ball. Replace the ball to its exact location when it is your turn to putt.
- Repair a ball mark - The first step is to take your ball mark repair tool and insert the prongs into the turf at the edge of the depression. The next step is to push the edge of the ball mark toward the center, using your ball mark repair tool in a gentle twisting motion. Then flatten out the putting surface with your putter.



Golf Skills Development: Putting

- Introduction to Putting – Posture, Grip, Aim & Basics of the Putting Stroke
- What is putting? It is a small stroke that is used on the green to get the ball into the hole.
- Posture – Bend over so your eyes are directly over the ball.
- Grip – Place both hands close together with the thumbs pointing straight down.
- Aim – Use the putter face, the line on the top of the putter or a directional line on the golf ball to show how to aim the club to the intended target. The feet should be shoulder width with the toes pointing straight ahead.
- Putting Stroke – Create a Tick-Tock like a clock. The arms and shoulders gently swing back and through like the motion of a pendulum clock. There is no wrist motion. The ball rolls on the ground and does not go in the air, so it requires a small stroke.
- 1) Practice 3-4 ft. putts – Create a path to the hole by placing two clubs on the green that are aimed directly at the hole. The putter head fits in between the two clubs. Practice taking the putter straight back and straight through the path. How many out of 3 balls can they make? Each made ball counts as a point for their team.
- 2) Practice distance putting. Place tees in 3 foot increments from the hole, 3 ft., 6 ft., 9 ft., 12ft., and 15ft. Place a ball next to each tee. The tee acts as the starting point. Have the student putt one ball from each of the five tees. Place a club on the ground about 2 feet behind the hole and try to putt five balls into the hole or inside the “Safety Zone” which is the space between the hole and the club behind the hole. This encourages you to get the ball to the hole but not hit it so hard that it flies past the hole. 3 points can be awarded for a holed putt and 1 point can be awarded if the ball comes to rest inside the “Safety Zone”.



Station #2 – Full Swing – Irons

Rules and Etiquette Development:

- What are the differences between the driver, woods, hybrids, irons, wedges and putter?
- Driver – The longest wood is usually the club you will tee off with on the longer holes. It will go the furthest of all the clubs.
- Woods - Woods are used to hit long shots when you are far away from the hole.
- Hybrids - Hybrids are a combination of a fairway wood head design and an iron length shaft. They will hit longer than the irons but shorter than the woods.
- Irons – As you get closer to the green you will use irons. The closer you are to the green, the higher numbered iron you will use. The shorter irons have more loft and will make the ball go higher, but not as far.
- Wedges - Wedges are really just specialty irons. The first wedge is the pitching wedge (PW), which is usually about 46-48 degrees in loft. Wedges generally increase in increments of 4 degrees loft. They will create high shots that will stop quickly once the ball hits the green.
- Putter - A putter is a golf club with a special purpose: getting the ball into the hole. The putter will make the ball roll on the green.
- Know how to organize the golf clubs in the bag.



- What is a divot? How do you repair a divot in the fairway?
- A divot occurs when your iron enters the ground and a patch of the ground is removed, leaving a scar on the ground. There are two ways of repairing, or "fixing," divots. One is to fill the divot with sand or a sand-and-seed mixture; the other is to retrieve the turfgrass patch that was sliced off and put it back in place.



Golf Skills Development: Hitting Irons

- Introduction to the Full Swing: Posture, Grip, Aim & Basics of the Full Swing
- Posture – Bend forward so that your arms can hang comfortably down from your shoulders. Place a small flex in your knees. Feet are shoulder width apart for the full swing. Weight is evenly distributed between both feet.
- Grip – Place both hands close together with the thumbs pointing straight down. The club shaft should be aligned just slightly ahead of your belly button at address.
- Aim – Stand behind the ball and visualize a straight line to your target. Pick a spot on the ground about 12 inches in front of your ball that is located on that target line. Aim your clubface to that spot, and then set your feet and body. The student’s toes should be pointing straight ahead.
- Ball Position – With the irons the ball will be positioned in the middle of the stance.
- Full Swing – Swing the club back and swing the club all the way through to the finish. Hold the finish position. Focus on balance. The weight should completely transfer to the front foot and the back toe should be pointing into the ground.
- Drill and Games – Create team point contests (Team 1 vs. Team 2). Points can be awarded if the ball goes in the air, if it travels past the 50 yard marker, 100 yard marker, etc. Points can be awarded for “holding your finish”.



Second Lesson: Station #1 - Chipping

Character Development:

- Compliment others on their good shots. Encourage others after bad shots. Be a positive person!
- Always take off your hat and shake hands with your opponents or partners after the round of golf is complete. You can say “I enjoyed playing with you.” Or “Thanks for a fun day.” Leave them with a positive impression of you.



Rules and Etiquette Development:

- Speed of play. Always be ready when it is your turn. Keep up with the golfers who are playing in the group in front of you. Only take one practice swing before each shot.
- Know where to place your bag and clubs around the green. Always set your bag and clubs on the side of the green that is closest to the next hole.

Golf Skills Development: Chipping

- Introduction to Chipping. Posture, Grip, Aim & Basics of the Chipping Stroke
- What is chipping? Chipping is a low trajectory shot used when your ball is close to the green. The ball will fly low to the ground, land and then roll to the flagstick. Generally the ball carries 1/3 of the way in the air and then rolls 2/3 of the way to the hole.
- Posture – Bend forward so that your arms can hang comfortably down from your shoulders. Place a small flex in your knees. Feet are close together for chipping. Place 90% of your weight on the forward foot and keep the weight on that foot throughout the shot. The ball is positioned back in the stance.
- Grip – Place both hands close together with the thumbs pointing straight down. Lean the club shaft forward (toward the front leg) to make the ball fly low.
- Aim – Stand behind the ball and visualize a straight line to your target. Pick a spot on the ground about 12 inches in front of your ball that is located on that target line. Aim your clubface to that spot, and then set your feet and body.

- Chipping Stroke – The chipping motion is similar to the putting motion. It is a small stroke that creates a Tick-Tock like a clock. The arms and shoulders gently swing back and through like the motion of a pendulum clock. There is no wrist motion.
- Drills and Games –Place a towel on the front part of the green. Try to land the ball on the towel and then let the ball roll to another towel placed further away on the green. If you hit the first towel, a point is awarded, if you hit the second towel, then another point is awarded. If the ball comes to rest and stops on the second towel, then three points are awarded. This will promote hitting low, rolling shots.



Station #2: - Full Swing - Woods

Rules and Etiquette Development:

- Why do you identify your golf ball? How do you identify your golf ball? You must be able to identify your golf ball so it does not get mistaken as another golfer’s ball. You can use a sharpie marker and draw on your golf ball. Be creative, use dots, lines, your initials or draw a picture.



Golf Skills Development: Hitting Woods

- Introduction to the Full Swing: Posture, Grip, Aim & Basics of the Full Swing
- Posture – Bend forward so that your arms can hang comfortably down from your shoulders. Place a small flex in your knees. Feet are shoulder width apart for the full swing. Weight is evenly distributed between both feet.
- Grip – Place both hands close together with the thumbs pointing straight down. The club shaft should be aligned just slightly ahead of your belly button at address.
- Aim – Stand behind the ball and visualize a straight line to your target. Pick a spot on the ground about 12 inches in front of your ball that is located on that target line. Aim your clubface to that spot, and then set your feet and body. The student’s toes should be pointing straight ahead.
- Ball Position – With the woods the ball will be positioned in the front of the stance. Discuss standing further away from the ball since the woods are longer clubs.
- Full Swing – Swing the club back and swing the club all the way through to the finish. Hold the finish position. Focus on balance. The weight should completely transfer to the front foot and the back toe should be pointing into the ground.
- Drill and Games – Create point contests. Points can be awarded if the ball goes in the air, if it travels past the 50 yard marker, 100 yard marker, etc. Points can be awarded for “holding your finish”.



Third Lesson: Station #1 – Pitching

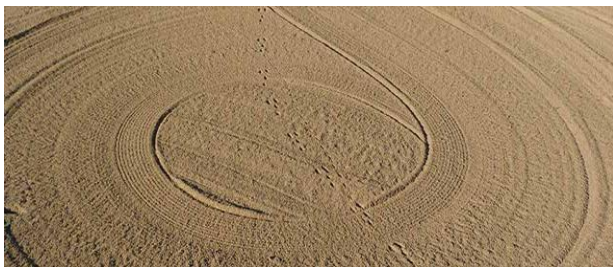
Character Development:

- Be prepared. Make sure you wear sunscreen and a hat or visor on a hot day. Take a jacket for cold days.
- Check your golf bag for supplies. You need tees, golf balls, gloves, ball markers, divot repair tool, towel and clubs. Compare to being prepared for school. Make sure you have all your books, notebooks, homework, etc. in your backpack for school each day.



Rules and Etiquette Development:

- What is the rule about touching the sand in the bunker? The bunker is considered to be a hazard and you are not allowed to touch the sand or ground your club in a bunker. You must hold the club head in the air and hover it above the sand before you make your swing. The penalty for a breach of this rule is a two shot penalty.
- What do I do after I hit my bunker shot? Before leaving a bunker, a player should carefully smooth over all holes and footprints that were made. If a rake is available then the rake should be used for this purpose.



Golf Skills Development: Pitching

- Introduction to Pitching – Posture, Grip, Aim & Basics of the Pitching Swing
- What is pitching? Pitching is a high trajectory shot used when you are close to the green and need to hit the ball high in the air and get it to stop quickly without much roll. Generally the ball carries 2/3 of the way in the air and rolls 1/3 of the way to the hole.
- Posture – Bend forward so that your arms can hang comfortably down from your shoulders. Place a small flex in your knees. Feet are a narrow shoulder width apart for pitching. Place slightly more weight on the forward foot. The ball is positioned in the middle of the stance.
- Grip – Place both hands close together with the thumbs pointing straight down. The club shaft should be aligned with your belly button at address.
- Aim – Stand behind the ball and visualize a straight line to your target. Pick a spot on the ground about 12 inches in front of your ball that is located on that target line. Aim your clubface to that spot, and then set your feet and body.
- Pitching Swing – Pitching requires a slightly larger swing to get the ball to go up in the air. For today's shot we are going to swing about belt high on both sides of our body. Be sure to turn your body to the finish position. Face the target and hold your finish so that your weight is on the forward foot and you are balanced.
- Drills and Games: Create team point contests (Team 1 vs. Team 2) Have the students try to pitch the ball over a bunker and onto a green. Award 1 point for getting the ball over the bunker, award 2 points for getting the ball to come to rest on the green, award 3 points for getting the ball within two club-lengths of the hole. The team with the most points wins the competition.



Station #2: - Full Swing – Proper Shoulder Turn

Character Development:

- Golf is a game of integrity and honor. Learn the rules and follow the rules. If you know that you mistakenly broke a rule, then be sure to inform your playing partners and assess the correct penalty upon yourself.
- Golf is a game that individuals of all ages can play. Play with your parents, your grandparents and your friends. You will learn valuable lessons by playing with others.



Rules and Etiquette Development:

- What is the teeing ground? The teeing ground is the starting place for the hole. You must tee up within the tee marker boundaries and within two club-lengths behind the tee markers.
- How do you determine the order of play? The person who had the lowest score on the previous hole has the honor on the tee.



Golf Skills Development:

- Introduction to the Full Swing: Posture, Grip, Aim & Basics of the Full Swing
- Posture – Bend forward so that your arms can hang comfortably down from your shoulders. Place a small flex in your knees. Feet are shoulder width apart for the full swing. Weight is evenly distributed between both feet.
- Grip – Place both hands close together with the thumbs pointing straight down. The clubshaft should be aligned just slightly ahead of your belly button at address.

- Aim – Stand behind the ball and visualize a straight line to your target. Pick a spot on the ground about 12 inches in front of your ball that is located on that target line. Aim your clubface to that spot, and then set your feet and body. Your toes should be pointing straight ahead.
- Ball Position – With the irons the ball will be positioned in the middle of the stance and with the woods the ball will be positioned in the front of the stance.
- Full Swing – Swing the club back and swing the club all the way through to the finish. Hold the finish position. Focus on balance. The weight should completely transfer to the front foot and the back toe should be pointing into the ground.
- Hold a club across your chest. Place a golf ball on the ground in the middle of your stance and then turn your shoulders so the club turns a full 90 degrees in the backswing and rotates past the golf ball on the ground. See and feel what a good shoulder turn should be in the golf swing.
- Drill and Games – Create point contests. Points can be awarded if the ball goes in the air, if it travels past the 50 yard marker, 100 yard marker, etc. Points can be awarded for “holding your finish”.



Fourth Lesson: Station # 1 – Putting & Chipping Review

Character Development:

- Be confident yet be humble. To succeed in golf or in life you must believe in yourself and your abilities, but it is important to always be respectful of others and to realize your own faults.
- Be a good winner! Never flaunt your victory. Be a good loser! Always congratulate the winner. You want to be known for your strong character, not your bad behavior.



Rules and Etiquette Development:

- How long can I look for my ball? You can look for your golf ball for 5 minutes. After 5 minutes of searching without finding the ball, then the ball is deemed to have been lost and you will have to return to the spot of the previous shot and incur the penalty of stroke and distance.



Golf Skills Development: Putting and Chipping

- Introduction to Putting and Chipping.
- Review the Basics of Posture, Grip and Aim from the previous Putting and Chipping lessons.
- Two person team competitions. Each two person team will have a designated putter and a designated chipper. Play Golf! Have the team play two short holes from just barely off the green. Add up their score for those two holes and that will be their team score.

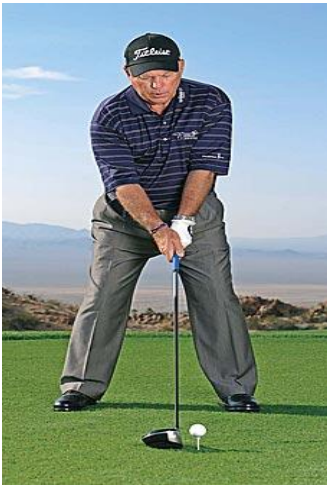
Station #2: Full Swing – Establishing a Routine

Character Development:

- When speaking to someone, be sure to look them in the eye and maintain your focus on the conversation. Speak clearly so that your words can be easily understood. No mumbling your words or looking at the ground during a conversation. Good communication skills can lead to great success!

Rules and Etiquette Development:

- Where is the best place to stand when someone is teeing off? The safest place to stand is where you can look at the golfer from a straight on position. You don't want to be in front of them as you would not want to be hit and you also do not want to be behind them as that can often be distracting to the golfer. It is best to stand still and silent. Be sure that you are far enough away from the golfer that your presence will not bother them as they hit their shot. The photographer taking the picture below was standing in a safe position.



Golf Skills Development:

- Watch the golf professional hit several golf shots and discuss their pre-shot routine as they hit their golf shots. Be sure to pay attention to the Posture, Grip and Aim principles from the previous lesson plans.
- Always look to the target at least once immediately before you begin your swing. Know where your target is located and focus on swinging to your target.
- Create a "fairway" down the center of the driving range. Pick boundaries that outline the "fairway". Conduct team competitions with a straight drive contest. Each student gets to hit five golf balls and 1 point is awarded for each golf ball they can hit within the boundaries of the "fairway". The team with the most points after all golfers have hit their five golf balls is the winner.