



After-School Golf Club at Your Facility

KPGA Professional's Lesson Plans

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**** You will find many of the lesson plans are repeated in each of the three programs. The goal is to provide you with an example of a program. Additional lesson plans will be added to the website as the program develops. This is just a starting point.***

Example of Spring – 4 Day Lesson Plan

First Lesson: (4:45 p.m. – 7:00 p.m.)

Registration (10-15 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your name tag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a name tag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk....don't run to your stations. Explain the hitting zones and the safety waiting zones.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated stations.

Station # 1: (Total Time of 50 minutes)

Character Development: (5 minutes) Have students practice these skills.

- 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: (10 Minutes)

- 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. (How to tend the flagstick, how to mark your ball, repairing ball marks, standing in the line of a putt, etc.) –Review this portion of Student Manual.



Golf Skills Development: Putting (35 Minutes)

- 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 apart 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.
- Drills and Games – Create team point contests (Team 1 vs. Team 2).
- 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. Have the student 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 have the students try to putt their 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 them 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”.



Break Time – (5 Minutes)

- Allow students to use the restroom, get a drink, and ask questions.
- Walk students to their next station. Station #1 and Station #2 will switch students.

Station #2 – (Total Time of 50 Minutes)

Rules and Etiquette Development: (10-15 minutes)

- What are the differences between the driver, woods, hybrids, irons, wedges and putter? Show how to organize the golf clubs in the bag. Review this portion of the Student Manual.



- 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 (35 minutes)

- 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.
- Drills 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”.



Conclusion: (5-10 minutes) - All Students return to the original Introduction area.

- Quick Review of the day's lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the First Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Right and left handed putters at each station on the putting green.
- Divot repair tool and ball marker to display etiquette techniques at the putting green. Golf balls on the putting green.
- Right and left handed clubs at the driving range. Tees and golf balls on the driving range.
- Bag of professional's golf clubs to display the different clubs and how to organize the clubs, located at the driving range.
- Orange cones to designate safety waiting zones on the putting green and the driving range.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for First Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive. All stations should be ready to go.
- Create two putting stations. Be careful to have enough space between each putting station to allow for safe swings by the students.
- One putting station is set up for the 3-4 ft putts inbetween the two clubs. The student will try to take the putter straight back and straight through inside of the two clubs and make the 3-4 ft putts. Only place three balls at this station.
- One putting station is set up for the "Safety Zone" Drill. 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 have the students try to putt their five balls into the hole or inside the "Safety Zone".
- Create two hitting areas on the driving range. They should be a safe distance apart but close enough that the professional can monitor both stations. Designate safety waiting areas with the orange cones.
- Either a golf professional or a parent needs to be at each station (putting and full swing) at all times. Safety is most important. Always be observant!

Second Lesson: (4:45 p.m. – 7:00 p.m.)

Registration (10-15 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your name tag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a name tag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk....don't run to your stations. Explain the hitting zones and the safety waiting zones.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated stations.

Station #1: (Total Time of 50 Minutes)

Character Development: (5 minutes) Have students practice these skills.

- 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: (5-10 Minutes)

- 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: (35 Minutes)

- 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 – Create team point contests (Team 1 vs. Team 2). Place a towel on the front part of the green. Have the students try to land the ball on the towel and then let the ball roll to another towel placed further away on the green. If they hit the first towel, a point is awarded, if they 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.



Break Time – (5 Minutes)

- Allow students to use the restroom, get a drink, and ask questions.
- Walk students to their next station. Station #1 and Station #2 will switch students.

Station #2: (Total Time of 50 Minutes)

Rules and Etiquette Development: (5-10 Minutes)

- 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.
- Give the students a golf ball and a sharpie marker to actually mark their golf balls.



Golf Skills Development: (35 minutes) 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 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”.

Conclusion: (5-10 minutes) - All Students return to the original Introduction area.

- Quick Review of the day’s lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the Second Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Right and left handed clubs at each station at the chipping area.
- A golf bag and clubs to share the concept of which side of the green to place your bag and clubs in order to speed up play.
- Right and left handed clubs at the driving range. Tees and golf balls on the driving range.
- Bag of golf balls and sharpie markers. Show each student how to identify their golf ball and let them practice this skill.
- Orange cones to designate safety waiting zones on the chipping area and the driving range.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for Second Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive. All stations should be ready to go.
- Create two chipping stations. Be careful to have enough space between each chipping station to allow for safe swings by the students.
- Each chipping station should have two towels. One towel set up on the front of the green for a landing zone and another towel set up further away on the green as a target zone.
- Create two hitting areas on the driving range. They should be a safe distance apart but close enough that the professional can monitor both stations. Designate safety waiting areas with the orange cones.
- Either a golf professional or a parent needs to be at each station (chipping and full swing) at all times. Safety is most important. Always be observant!

Third Lesson: (4:45 p.m. – 7:00 p.m.)

Registration (10-15 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your name tag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a name tag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk....don't run to your stations. Explain the hitting zones and the safety waiting zones.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated stations.

Station #1: (Total Time of 50 Minutes)

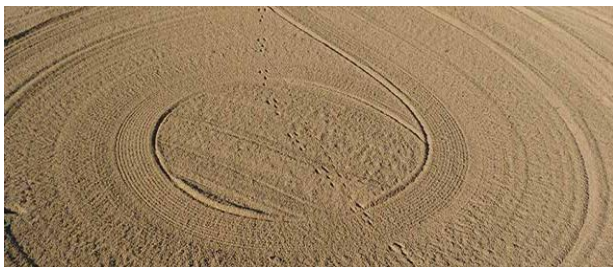
Character Development: (5 Minutes)

- 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: (5-10 Minutes)

- 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: (35 minutes)

- 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.



Break Time – (5 Minutes)

- Allow students to use the restroom, get a drink, ask questions.
- Walk students to their next station. Station #1 and Station #2 will switch students.

Station #2: (Total Time of 50 Minutes)

Character Development: (5 Minutes)

- 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: (5-10 Minutes)

- 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: (35 minutes) Full Swing – Proper Shoulder Turn

- 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 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.
- Have the student hold a club across their chest. Place a golf ball on the ground in the middle of their stance and then have the student turn their shoulders so the club turns a full 90 degrees in the backswing and rotates past the golf ball on the ground. Let them see and feel what a good shoulder turn should be in the golf swing.
- 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”.

Conclusion: (5-10 minutes) - All Students return to the original Introduction area.

- Quick Review of the day's lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the Third Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Right and left handed clubs at each station in the pitching area.
- A rake at the pitching area to show how to properly rake a bunker.
- Right and left handed clubs at the driving range. Tees and golf balls on the driving range.
- Tee markers, a driver, a golf ball and a tee to illustrate the teeing ground and how to properly tee your ball up within the teeing ground.
- Orange cones to designate safety waiting zones on the pitching area and the driving range.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for Third Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive. All stations should be ready to go.
- Create two pitching stations. Be careful to have enough space between each pitching station to allow for safe swings by the students.
- Create two hitting areas on the driving range. They should be a safe distance apart but close enough that the professional can monitor both stations. Designate safety waiting areas with the orange cones.
- Either a golf professional or a parent needs to be at each station (pitching and full swing) at all times. Safety is most important. Always be observant!

Fourth Lesson: (4:45 p.m. – 7:00 p.m.)

Registration (10-15 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your name tag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a name tag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk....don't run to your stations. Explain the hitting zones and the safety waiting zones.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated stations.

Station #1: (Total Time of 50 Minutes)

Character Development: (5 Minutes)

- 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: (5-10 Minutes)

- 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: (35 Minutes)

- 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.
- Use parent volunteers to monitor safety and make sure the students are aware of the safety waiting area zones.

Break Time – (5 Minutes)

- Allow students to use the restroom, get a drink, and ask questions.
- Walk students to their next station. Station #1 and Station #2 will switch students.

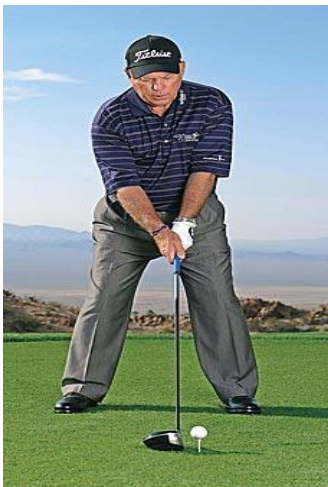
Station #2: (Total Time of 50 Minutes)

Character Development: (5 Minutes)

- When speaking to someone, be sure to look him or her 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 (5-10 Minutes)

- 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: (35 minutes) – Establishing a Routine

- The golf professional will hit several golf shots and discuss their pre-shot routine as they hit their golf shots. Be sure to emphasize 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. Place stakes into the ground with swimming pool noodles over the stakes to create an obvious “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.

Conclusion: (5-10 minutes) - All Students return to the original Introduction area.

- Quick Review of the day’s lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the Fourth Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Right and left handed clubs at each station in the putting and chipping area.
- Right and left handed clubs at the driving range. Tees and golf balls on the driving range.
- Tee markers, a driver, a golf ball and a tee to illustrate the teeing ground and illustrate the safest position to stand when someone is hitting their shot.
- Stakes and swimming pool noodles to create the visual fairway on the driving range.
- Orange cones to designate safety waiting zones on the putting and chipping area and the driving range.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for the Fourth Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive. All stations should be ready to go.
- Create two putting and chipping holes for the students to play. Be careful to have enough space between each station to allow for safe swings by the students.
- Create two hitting areas on the driving range. They should be a safe distance apart but close enough that the professional can monitor both stations. Designate safety waiting areas with the orange cones.
- Either a golf professional or a parent needs to be at each station (putting, chipping and full swing) at all times. Safety is most important. Always be observant!

Example of a Fall Five-Week Lesson Plan - Instruction & Play Days

First Lesson: (4:45 p.m. – 6:00 p.m.) - Instruction

Registration (5-10 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your nametag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a nametag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk.... don't run to your stations. Explain the hitting zones and the safety waiting zones.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated stations.

Golf Skills Development- Full Swing - Irons (50 minutes)

- 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.
- Drills 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”.



Conclusion: (5 minutes) - All Students return to the original Introduction area.

- Quick Review of the day's lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the First Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Right and left handed clubs at the driving range. Tees and golf balls on the driving range.
- Orange cones to designate safety waiting zones on the driving range.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for First Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive. All stations should be ready to go.
- Create four hitting areas on the driving range. They should be a safe distance apart but close enough that the professionals can monitor all stations. Designate safety-waiting areas with the orange cones.
- Either a golf professional or a parent needs to be at a station at all times. Safety is most important. Always be observant!

Second Lesson: (4:45 p.m. -6:00 p.m.) Play Day - On the Course

Registration (5-10 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your nametag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a nametag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk.... don't run to your golf ball.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated holes.

On Course Instruction: (60 minutes)

- Divide players into groups of 3 or 4. Each group must have a minimum of one parent or staff member with the group at all times. The adult is in charge and must maintain control over the group, making sure each golfer is following the safety rules.
- Have a plan for which groups will start on which holes. Have tee markers set up in the fairways at different distances on each hole, perhaps a 250-yard hole, a 175-yard hole and a 100-yard hole.
- Choose a format for the day. Scramble, alternate shot, playing your own ball, etc. Make sure each staff member and parent volunteer has a copy of the format for the day and the lesson plan that will include both character development and rules & etiquette development topics.

- Parents and staff should cover these topics throughout the normal course of play. Have the students play 2 or 3 holes as time allows.

Character Development: Have students practice these skills.

- 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 straightforward on your head. Always smile when you meet someone and offer to shake his or her hand.



Rules and Etiquette Development:

- What are the differences between the driver, woods, hybrids, irons, wedges and putter? Show how to organize the golf clubs in the bag. Review this portion of the Student Manual.



- 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.



Conclusion: (5 minutes) - All Students return to the original Introduction area.

- Quick Review of the day's lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the Second Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Golf clubs for students who need to borrow golf clubs. Golf balls tees and ball markers for students who need these items.
- Tee markers to set up in the fairways.
- Copies of the format and lesson plans to give to each adult volunteer.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for Second Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive.
- All tee markers should be set up on the course in the fairways and ready for play.
- All golf bags, tees and ball markers should be prepared and ready for use.

Third Lesson (4:45-6:00 p.m.) - Instruction

Registration (5-10 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your nametag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a nametag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk.... don't run to your stations. Explain the hitting zones and the safety waiting zones.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated stations.

Golf Skills Development - Putting (50 Minutes)

- 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 apart 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.

- Drills and Games – Create team point contests (Team 1 vs. Team 2).
- 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. Have the student 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 have the students try to putt their 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 them 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”.



Conclusion: (5 minutes) - All Students return to the original Introduction area.

- Quick Review of the day’s lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the Third Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Right and left handed putters at each station on the putting green.
- Orange cones to designate safety waiting zones on the putting green.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for Third Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive. All stations should be ready to go.
- Create four putting stations. Be careful to have enough space between each putting station to allow for safe swings by the students.
- Two putting stations are set up for the 3-4 ft putts inbetween the two clubs. The student will try to take the putter straight back and straight through inside of the two clubs and make the 3-4 ft putts. Only place three balls at these stations.
- Two putting stations are set up for the "Safety Zone" Drill. 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 have the students try to putt their five balls into the hole or inside the "Safety Zone".
- Either a golf professional or a parent needs to be at each station at all times. Safety is most important. Always be observant!

Fourth Lesson: (4:45-6:00 p.m.) Play Day - On the Course

Registration (5-10 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your nametag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a nametag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk.... don't run to your golf ball.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated holes.

On Course Instruction: (60 minutes)

- Divide players into groups of 3 or 4. Each group must have a minimum of one parent or staff member with the group at all times. The adult is in charge and must maintain control over the group, making sure each golfer is following the safety rules.
- Have a plan for which groups will start on which holes. Have tee markers set up in the fairways at different distances on each hole, perhaps a 250-yard hole, a 175-yard hole and a 100-yard hole.
- Choose a format for the day. Scramble, alternate shot, playing your own ball, etc. Make sure each staff member and parent volunteer has a copy of the format for the day and the lesson plan that will include both character development and rules & etiquette development topics.

- Parents and staff should cover these topics throughout the normal course of play. Have the students play 2 or 3 holes as time allows.

Character Development: Have students practice these skills.

- 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:

- 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. (How to tend the flagstick, how to mark your ball, repairing ball marks, standing in the line of a putt, etc.) –Review this portion of Student Manual.



Conclusion: (5 minutes) - All Students return to the original Introduction area.

- Quick Review of the day's lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the Fourth Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Golf clubs for students who need to borrow golf clubs. Golf balls tees and ball markers for students who need these items.
- Tee markers to set up in the fairways.
- Copies of the format and lesson plans to give to each adult volunteer.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for Fourth Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive.
- All tee markers should be set up on the course in the fairways and ready for play.
- All golf bags, tees and ball markers should be prepared and ready for use.

Fifth Lesson: (4:45-6:00 p.m.) - Instruction

Registration (5-10 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your nametag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a nametag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk.... don't run to your stations. Explain the hitting zones and the safety waiting zones.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated stations.

Golf Skills Development: Hitting Woods (50 Minutes)

- 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 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”.

Conclusion: (5 minutes) - All Students return to the original Introduction area.

- Quick Review of the day’s lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the Fifth Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Right and left handed clubs at the driving range. Tees and golf balls on the driving range.
- Orange cones to designate safety waiting zones on the chipping area and the driving range.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for Fifth Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive. All stations should be ready to go.
- Create four hitting areas on the driving range. They should be a safe distance apart but close enough that the professionals can monitor all stations. Designate safety-waiting areas with the orange cones.
- Either a golf professional or a parent needs to be at a station at all times. Safety is most important. Always be observant!

Sixth Lesson - (4:45-6:00 p.m.) - Play Day - On Course

Registration (5-10 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your nametag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a nametag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk.... don't run to your golf ball.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated holes.

On Course Instruction: (60 minutes)

- Divide players into groups of 3 or 4. Each group must have a minimum of one parent or staff member with the group at all times. The adult is in charge and must maintain control over the group, making sure each golfer is following the safety rules.
- Have a plan for which groups will start on which holes. Have tee markers set up in the fairways at different distances on each hole, perhaps a 250-yard hole, a 175-yard hole and a 100-yard hole.
- Choose a format for the day. Scramble, alternate shot, playing your own ball, etc. Make sure each staff member and parent volunteer has a copy of the format for the day and the lesson plan that will include both character development and rules & etiquette development topics.

- Parents and staff should cover these topics throughout the normal course of play. Have the students play 2 or 3 holes as time allows.

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

- 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.

Conclusion: (5 minutes) - All Students return to the original Introduction area.

- Quick Review of the day's lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the Sixth Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Golf clubs for students who need to borrow golf clubs. Golf balls tees and ball markers for students who need these items.
- Tee markers to set up in the fairways.
- Copies of the format and lesson plans to give to each adult volunteer.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for Sixth Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive.
- All tee markers should be set up on the course in the fairways and ready for play.
- All golf bags, tees and ball markers should be Prepared and ready for use.

Seventh Lesson: (4:45-6:00 p.m.) - Instruction

Registration (5-10 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your nametag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a nametag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk.... don't run to your stations. Explain the hitting zones and the safety waiting zones.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated stations.

Golf Skills Development: (50 Minutes)

- 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 – Create team point contests (Team 1 vs. Team 2). Place a towel on the front part of the green. Have the students try to land the ball on the towel and then let the ball roll to another towel placed further away on the green. If they hit the first towel, a point is awarded, if they 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.



Conclusion: (5 minutes) - All Students return to the original Introduction area.

- Quick Review of the day's lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the Seventh Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Right and left handed clubs at each station at the chipping area.
- Two towels for each station at the chipping area, one for the landing area and one for the target area.
- Orange cones to designate safety waiting zones on the chipping area and the driving range.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for Seventh Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive. All stations should be ready to go.
- Create four chipping stations. Be careful to have enough space between each chipping station to allow for safe swings by the students.
- Each chipping station should have two towels. One towel set up on the front of the green for a landing zone and another towel set up further away on the green as a target zone.
- Designate safety-waiting areas with the orange cones.
- Either a golf professional or a parent needs to be at a station at all times. Safety is most important. Always be observant!

Eighth Lesson - (4:45-6:00 p.m.) - Play Day - On Course

Registration (5-10 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your nametag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a nametag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk.... don't run to your golf ball.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated holes.

On Course Instruction: (60 minutes)

- Divide players into groups of 3 or 4. Each group must have a minimum of one parent or staff member with the group at all times. The adult is in charge and must maintain control over the group, making sure each golfer is following the safety rules.
- Have a plan for which groups will start on which holes. Have tee markers set up in the fairways at different distances on each hole, perhaps a 250-yard hole, a 175-yard hole and a 100-yard hole.
- Choose a format for the day. Scramble, alternate shot, playing your own ball, etc. Make sure each staff member and parent volunteer has a copy of the format for the day and the lesson plan that will include both character development and rules & etiquette development topics.

- Parents and staff should cover these topics throughout the normal course of play. Have the students play 2 or 3 holes as time allows.

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.



Conclusion: (5 minutes) - All Students return to the original Introduction area.

- Quick Review of the day's lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the Eighth Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Golf clubs for students who need to borrow golf clubs. Golf balls tees and ball markers for students who need these items.
- Tee markers to set up in the fairways.
- Copies of the format and lesson plans to give to each adult volunteer.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for Eighth Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive.
- All tee markers should be set up on the course in the fairways and ready for play.
- All golf bags, tees and ball markers should be Prepared and ready for use.

Ninth Lesson (4:45-6:00 p.m.) - Instruction

Registration (5-10 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your nametag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a nametag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk.... don't run to your stations. Explain the hitting zones and the safety waiting zones.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated stations.

Golf Skills Development: (50 Minutes)

- 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.



Conclusion: (5 minutes) - All Students return to the original Introduction area.

- Quick Review of the day’s lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the Ninth Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Right and left handed clubs at each station at the pitching area.
- Orange cones to designate safety waiting zones on the pitching area.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for Ninth Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive. All stations should be ready to go.
- Create four pitching stations. Be careful to have enough space between each pitching station to allow for safe swings by the students.
- Designate safety-waiting areas with the orange cones.
- Either a golf professional or a parent needs to be at a station at all times. Safety is most important. Always be observant!

Tenth Lesson (4:45-6:00 p.m.) - Play Day - On Course

Registration (5-10 minutes)

- Have all registration materials at an easily accessible registration table. Make sure the table is clean and organized. Have at least two individuals at the registration table. Greet each student with a smile and introduce yourself. Wear your nametag.
- Each child that is pre-registered should have a Name of School Golf Club bag tag already prepared with their name and a nametag ready to be handed to them upon arrival.
- Registration table should have the Golf Club Member roster and a list of paid vs. unpaid members. Check off each member as they arrive and collect any funds that have not been paid. Have pens, pencils, and clipboards, envelopes to collect cash, checks and registration forms.
- Inform kids that don't have golf clubs that clubs will be available for them at the different hitting stations.
- Direct the kids to the designated waiting area. Have at least one staff member and one parent monitoring (entertaining) the kids at the designated waiting area until all registration duties have been completed.

Introduction: (5 minutes)

- Introduce yourself and any other instructors to the group.
- Thank the parents and students for being members of the Name of School Golf Club.
- Discuss general safety rules and guidelines. Safety Skills – Always look before you swing, never hit towards someone, be aware of your surroundings at all times, walk.... don't run to your golf ball.
- Divide students into groups using the skill levels that were filled out on the registration forms. You should have a master list of the Beginner, Intermediate and Advanced Golfers so that you can divide them into groups accordingly. Once they are in groups send them to their designated holes.

On Course Instruction: (60 minutes)

- Divide players into groups of 3 or 4. Each group must have a minimum of one parent or staff member with the group at all times. The adult is in charge and must maintain control over the group, making sure each golfer is following the safety rules.
- Have a plan for which groups will start on which holes. Have tee markers set up in the fairways at different distances on each hole, perhaps a 250-yard hole, a 175-yard hole and a 100-yard hole.
- Choose a format for the day. Scramble, alternate shot, playing your own ball, etc. Make sure each staff member and parent volunteer has a copy of the format for the day and the lesson plan that will include both character development and rules & etiquette development topics.

- Parents and staff should cover these topics throughout the normal course of play. Have the students play 2 or 3 holes as time allows.

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 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.



Conclusion: (5 minutes) - All Students return to the original Introduction area.

- Quick Review of the day's lesson
- Let the students know how much fun you had with them today. Be enthusiastic! Distribute student lesson plans. Give out candy, prizes, etc.
- A thank you to the students and parents. Inform them of the next scheduled practice time.

Equipment Needed for the Tenth Lesson:

- Registration Table and Chairs. Registration supplies including forms, flyers, pens, pencils, clipboards, envelopes for cash and checks, name tags, bag tags.
- Golf clubs for students who need to borrow golf clubs. Golf balls, tees and ball markers for students who need these items.
- Tee markers to set up in the fairways.
- Copies of the format and lesson plans to give to each adult volunteer.
- Copies of the lesson plan to give to the students. Be sure to attach your business card!

Set Up Guidelines for Tenth Lesson:

- Be sure to start setting up well in advance so that you are completely ready before the students begin to arrive.
- All tee markers should be set up on the course in the fairways and ready for play.
- All golf bags, tees and ball markers should be prepared and ready for use.

Example of a Year Round After School Golf Club Program

- This program would meet for all nine months of the school year. The golf club would meet one day a week (Mondays) after school from 4:45 p.m. - 6:00 p.m.
- During the season, the golf professional could use any of the lesson plans that were outlined on the previous pages.
- During the winter months, the golf professional could do indoor fitness programs, putting contests, SNAG equipment for indoor activities, rules and etiquette discussions and play golf trivia games such as golf jeopardy.
- This program would be billed monthly per student.