



# KPGA Golf in Schools Program

## Student's Manual

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## First Lesson: 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:*

- 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 SNAG bullseye on the putter to aim to the SNAG bullseye on the 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.



## Second Lesson: 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.
- 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*

- 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 clubshaft forward(toward the front leg) to make the ball fly low.
- Aim – Use the SNAG bullseye on the golf club to aim to the SNAG bullseye on the target.
- 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.





### Third Lesson – 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. Be prepared for school too. Make sure you have all your books, notebooks, homework, etc. in your backpack for school each day.



#### *Rules and Etiquette Development:*

- 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.



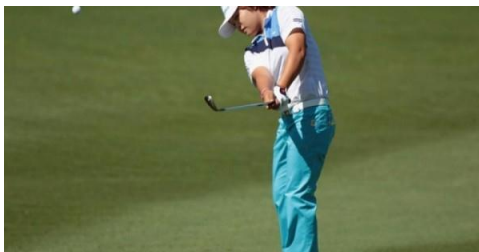
- What are the differences between the driver, woods, hybrids, irons, wedges and putter?
- Driver – The longest wood is usually the club you will tee off with on the longer holes. It will go the furthest of all the clubs.
- Woods - Woods are used to hit long shots when you are far away from the hole.
- 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.



### *Golf Skills Development:*

- 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 clubshaft should be aligned with your belly button at address.
- Aim – Use the SNAG bullseye on the golf club to aim to the SNAG bullseye on the target.
- 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.



## **Fourth Lesson: Full Swing**

### *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 has the lowest score 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 – Use the SNAG bullseye on the clubface to aim to the SNAG bullseye on the target. The student's toes should be pointing straight ahead.
- Full Swing – Swing the club back and swing the club all the way through to the finish. Turn the belt buckle to the target and 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.



## **Fifth Lesson: Review The Shots**

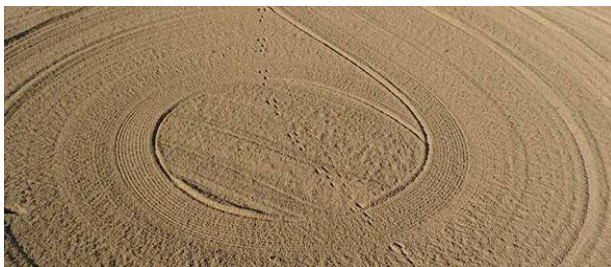
### *Character Development:*

- 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:*

- 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 clubhead 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:*

- Basic Review of Putting, Chipping, Pitching and the Full Swing
- Differentiate each shot and the purpose of each shot.
- HAVE FUN!!!

## **Sixth Lesson: SNAG Baseball!**

### *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:*

- 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:*

- SNAG Baseball – This game is just like regular baseball but the “batter” hits with the SNAG golf club and hits the SNAG ball off of the launcher pad.

## **Seventh Lesson: Speed Golf! Relay Team Event**

### *Character Development:*

- Always keep your promises. Never promise something to someone and then not be able to deliver what you promised. Friends and family count on you to do what you promise you will do. Co-workers and employers count on you to do what you promise you will do. Never make a promise that you can't keep. Be reliable and responsible. You want others to always know that they can count on you.

### *Rules and Etiquette Development:*

- You have hit your putt and the golf ball is hanging over the edge of the hole. Can you blow on it to make it go in? No, you cannot blow on the golf ball. You cannot exert any force upon the golf ball. In this case, you can walk up to the golf ball, wait 10 seconds and if the golf ball has not fallen into the hole within 10 seconds, then you must tap it in to finish the hole.



### *Golf Skills Development:*

- SNAG Speed Golf – Relay Team Event
- One student will have a SNAG golf club and will take a full swing and hit the shot toward the SNAG flagstick at the other end of the gym. The other student will then run the length of the gym floor, pick up the SNAG putter leaning against the opposite gym wall and go putt the ball until it hits the SNAG flagstick. Score will not be counted. The first team to get their SNAG ball to stick to the SNAG flagstick wins!
- The students will compete in two person teams against other two person teams.

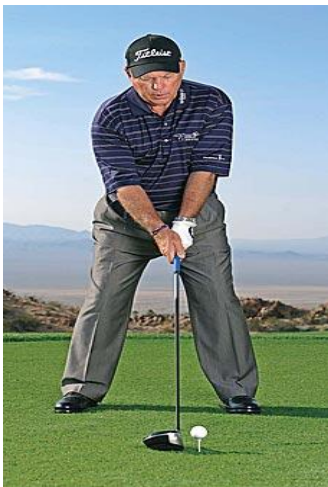
## **Eighth Lesson – Hit the Gator, Hippo, Golfzilla**

### *Character Development:*

Always respect your elders. It is polite to address your elders with a “Yes, mam or Yes sir”, not a “yeah or nope”. Be sure to offer help by holding open the door, carrying an item, or just engaging them in friendly conversation. You can learn a lot from your elders.

### *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:*

- Full Swing Review
- Hit the Birdie balls into the Gator, Hippo or Golfzilla!
- Team Contests – Divide the students into teams. Allow each student to hit five Birdie balls at the targets. Award points for hitting the Gator, Hippo or Golfzilla. Award points for actually successfully hitting the Birdie balls into the Gator or Hippo’s mouths. The team with the most points is the winner of the team competition.



