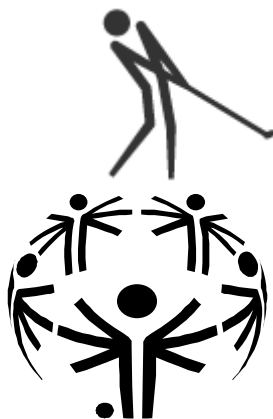




Special Olympics Golf



Special Olympics

A Handbook for Training at Home



The *most* crucial part of the Home Training Program is the Family. This includes an athlete's extended family and caretakers, individuals who are significant *to* that athlete. Parent or sibling involvement is a key factor that motivates and enables athletes to play sports outside of their formal practices with the coach.

Athletes and family members frequently say that they enjoy Special Olympics because it helps teach skills that enable athletes and their families to enjoy sports together in community sports programs as well as Special Olympics. The Home Training Guide provides tips and activities for athletes and families to follow **BETWEEN** organized Special Olympics practices.

Guidelines for Family Home Training

A consistent and dependable training routine provides familiarity and stability.

- ☐ Schedule training sessions into the daily routine.

- ☐ Set specific times for workouts during the week.

Coaches should communicate with the families periodically throughout the training season. Provide assistance whenever possible. Recognize their time and efforts in the athlete's development and the success of the Program.



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My Golf Schedule

Team Name: _____

<i>Practice</i>		<i>Competitions</i>	
Date/Time	Location	Date/Time	Location

Coaches' Name(s): _____
Phone Numbers: _____
Email Address: _____

My Teammates!

Name	Phone Number	Email/other



The Key to Long-term Athlete Improvement

By Mike Smith

Special Olympics, Inc.

Managing Director, Special Olympics Europe/Eurasia

For any athlete or player preparing for the Olympics **or** Special Olympics, the hours of training and free-play spent in addition to regular practice time are perhaps the most important part of becoming an accomplished athlete. Morning stretching to develop flexibility, daily runs to build up stamina, playing in the backyard or informal competition at the local playground are unstructured, personally motivated, activities that help athletes succeed in sports. For a Special Olympics athlete, however, such activities may not be a part of everyday life.

What happens to an athlete when the local basketball players do not drop by for some 1-on-1 in the driveway, when a three mile run, unsupervised, is out of the question or when the speed and intensity of the playground game is simply overwhelming? For such an athlete, learning sports becomes limited to the structured practice time organized by the coach. And the simple fact is, an athlete who practices a sport for only two or three hours a week will never master the sport.

The work that coaches do in their weekly practices is the foundation for Special Olympics athletes' skill development. A coach can establish fundamental skills, introduce basic competition ideas, motivate athletes to participate and improve their performance. However, it is unrealistic to expect a coach, in only a few hours a week, to completely prepare an athlete for success in competition.

Some coaches simply shake their heads at the physical fitness level of their athletes or at their painfully slow rate of development. However, a coach who is truly committed to improving the performance of an athlete can stimulate athletic activities outside of their regular practices. How? By utilizing a resource that goes untapped in many Special Olympics programs; the energy and commitment of an athlete's family.

Through a simple "Home Training" program for families and training partners, coaches can successfully double or triple the time an athlete spends learning a sport. In addition, family participation can have tremendous effect in many other aspects of the overall Special Olympics program, positively impacting everything from transportation to fund-raising.

Guidelines for coaches to establish a successful home training program:

- 1) Talk with parents and siblings to educate them about the goals of Special Olympics and the importance of regular training or athletic activity at home and to educate yourself about the lives of your athletes.
- 2) Run a practical session to provide families with some simple activities they can



organize at home with their athlete. A home training program can be a great way for parents to get back into shape and a way for them to appreciate what Special Olympics is trying to achieve.

- 3) Provide an easy to read weekly training plan. For example:
 - a. • Warm-up activities/stretches (15 min.)
 - b. • Simple skill development activities (e.g. Passing drill – 5 min.)
 - c. • Competition practice (**e.g.** 1-on-1 play - **10** min.)
 - d. Other activities (e.g. taking your athlete to see a live competition)
- 4) Recruit training partners if an athlete does not have active support from a family or group home. Contact community organizations such as a high school Partners Club®.
- 5) Monitor an athlete's activities during the season. Get them excited about training on their own. Ask them to report on training they have done at home. Suggest ways to improve their training.

Coaching excellence requires consideration of the entire athletic life of an athlete. Starting a family home training program is an exciting way of extending a training program beyond regular practices. It takes time and effort to initiate, but the long-term rewards can be remarkable for everyone involved.

Enjoy your coaching!



Your Goals for the Season

1. What is your best score in each event at the beginning of the season? What is your goal for the end of the season.

Event	Date Tested	Beginning Score	Goal Score by season end

2. What is your best event?

3. What is your weakest event?

4. What skills do you want to learn or improve on this season?



Coach's Goals for the Season

By the end of the season, you should be able to:

- _____;
- _____;
- _____;
- _____.

During the season, you are expected to:

- _____;
- _____;
- _____;
- _____.

Special Olympics hopes that as you go through this season you will set an example for others by becoming a leader among your teammates and abiding by the Athlete Code of Conduct on the next page.



SPECIAL OLYMPICS ATHLETE'S CODE OF CONDUCT

Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All Special Olympics athletes and Unified Partners agree to the following code:

SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the officials and ask questions when I do not understand.
- I will always try my best during training, divisioning, and competitions.
- I will not “hold back” in preliminary competition just to get into an easier finals competition division.

RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics events.
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport (s)..

I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by my Program or a Games Organizing Committee for a World Games up to and including not being allowed to participate.



Special Olympics

The Mission of Special Olympics:

To provide year-round sports training and athletic competition in a variety of Olympics-type sports for children and adults with intellectual disability, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

The Special Olympics Oath:

**LET ME WIN,
BUT, IF I CANNOT WIN,
LET ME BE BRAVE IN THE ATTEMPT**



Facts about Special Olympics

- It is a year-round sports training and competition program.
- There are 26 sports offered globally. Check with your local director to see which sports are offered in your area.
- There are team and individual sports.
- You must be 8 years old to compete; 5 years old to train; no upper age limit.
- Special Olympics is for people with intellectual disabilities.
- Special Olympics is free.
- Special Olympics is an international/worldwide organization



Athlete Leadership Programs

YOU choose your sport!	Unified Sports	Athletes can be Volunteers
Athletes can be Officials	Athletes can be Coaches	Athletes can be on Boards or Committees
Athletes can be Global Messengers	Athlete Congress/ Leadership Workshops	Athlete can be on Input Councils

Is there a leadership role YOU would like to try out this season?

Does your team have a captain? If not, suggest that you elect one!



INTRODUCTION TO GOLF

Your coach will go over rules with you as well as what to do and how to act before, during and after a round of golf.

The object of the game is pretty simple: move the ball from the Tee to the hole by hitting it with a golf club. The fewer times you have to hit the ball, the better your score gets.

The key to the game though is in knowing how to swing the club so you can make the ball go where and how far you want it to.

Most of this guide deals with conditioning and learning to swing the club properly, but the rules are printed at the back of this book if you want to review them.

If you really want to test yourself, go to the web site below to take a quiz and see how well YOU know the rules of golf!

<http://usga.org/rules/rulesquiz/quiz.asp>



Equipment and Clothing

At or before your first practice, your coach should cover these issues. If they forget, you should remind them and then write down the answers. It will be helpful for everyone as the season goes along!

Equipment Special Olympics will provide for practices and competitions:

_____	_____
_____	_____
_____	_____

Equipment you need to get or have:

_____	_____
_____	_____
_____	_____

What should you wear to practice?

_____	_____
_____	_____
_____	_____



Protecting Yourself Against Harmful Sunlight

Am I at Risk?

Did you know that the number of new cases of skin cancer, and the number of deaths caused by the most serious type of skin cancer are rapidly rising in the United States? This is particularly troubling since the numbers for most cancers have been declining. Sunlight is the main source of ultraviolet radiation (UV) known to damage the skin and to cause skin cancer. The amount of UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected. There are no safe UV rays or safe suntans. Sun exposure at any age can cause skin cancer. Your skin and eyes are most susceptible to sun damage. You need to be especially careful in the sun if you have numerous moles, irregular moles, or large moles; freckles or burn before tanning; fair skin, or blond, red, or light brown hair; or spend a lot of time outdoors. Melanoma is the most serious type of skin cancer, and accounts for more than 75 percent of the deaths due to skin cancer. In addition to skin cancer, sun exposure can cause premature aging of the skin, wrinkles, cataracts, and other eye problems.

How Do I Protect Myself From UV Radiation?

If you work outdoors, there are **five important steps** you can take to protect against UV radiation and skin cancer:

- 1. Cover up.** Wear clothing to protect as much of your skin as possible. Wear clothing that does not transmit visible light. To determine if the clothing will protect you, try this test: Place your hand between the fabric and a light source. If you can see your hand through the fabric, the garment offers little protection against sun exposure.
- 2. Use a sunscreen with an SPF of 15 or higher.** Experts recommend products with a Sun Protection Factor, or SPF, of at least 15. The number of the SPF represents the level of sunburn protection provided by the sunscreen. An SPF 15 blocks out 93 percent of the burning UV rays; an SPF 30 blocks out 97 percent of the burning UV rays. Products labeled “broad spectrum” block both UVB and UVA radiation. Both UVA and UVB contribute to skin cancer.
Apply sunscreen liberally at least 15 minutes before going outside.
Reapply every 2 hours or more frequently if you sweat a lot or are swimming.
Warning: Do not depend on sunscreens alone. Combine sunscreen with wide-brimmed hats, UV-protective sunglasses, and tightly woven clothing to increase your protection against UV radiation.

Protecting Yourself Against Harmful Sunlight



3. Wear a hat. A wide brim hat is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp. A baseball cap provides some protection for the front and top of the head, but not for the back of the neck or the ears where skin cancers commonly develop.

4. Wear sunglasses that block UV rays. UV-absorbent sunglasses can help protect your eyes from sun damage. Ideal sunglasses do not have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation. Check the label to make sure they do. Darker glasses are not necessarily the best. UV protection comes from an invisible chemical applied to the lenses, not from the color or darkness of the lenses.

5. Limit direct sun exposure. UV rays are most intense when the sun is high in the sky, between 10 AM and 4 PM. If you are unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the strongest. Seek shade whenever possible. You may also want to check the UV Index for your area. The UV Index usually can be found in the local newspaper or on TV and radio news broadcasts. It gives the expected noon-time UV radiation reaching the earth's surface on a scale of 1 to 10+. It is forecast daily for 58 cities. The higher the number, the greater the exposure to UV radiation. The Index helps determine when to avoid sun exposure and when to take extra protective measures. (See <http://www.nws.noaa.gov/om/uvi.htm>.)

Should I Get Checked?

Yes. Skin cancers detected early can almost always be cured.

The most important warning sign for skin cancer is a spot on the skin that is changing in size, shape, or color over a period of 1 month to 1-2 years. The most common skin cancers--basal cell and squamous cell--often take the form of a pale, wax-like, pearly nodule; a red scaly, sharply outlined patch; or a sore that does not heal; whereas melanoma often starts as a small, mole-like growth. So it's important that you examine your body, and see a health care clinician if you find an unusual skin change.

How Can I Learn More About Preventing Skin Cancer?

There are many websites with good information about preventing, detecting, and treating skin cancer, including the following:

American Cancer Society for melanoma and nonmelanoma skin cancers (scroll menu of common cancers) at <http://www.cancer.org>, or call 1- (800) ACS-2345.

Centers for Disease Control and Prevention, for various health materials including skin cancer at <http://www.cdc.gov/ChooseYourCover>, or call 1- (888) 842-6355.

For more information on **OSHA**, visit the agency's website at <http://www.osha.gov>, call 1- (800) 321-OSHA or your nearest OSHA office. Teletypewriter (TTY) number is 1- (877) 889-5267.

U.S. Department of Labor Occupational Safety and Health Administration OSHA 3166 (2000)



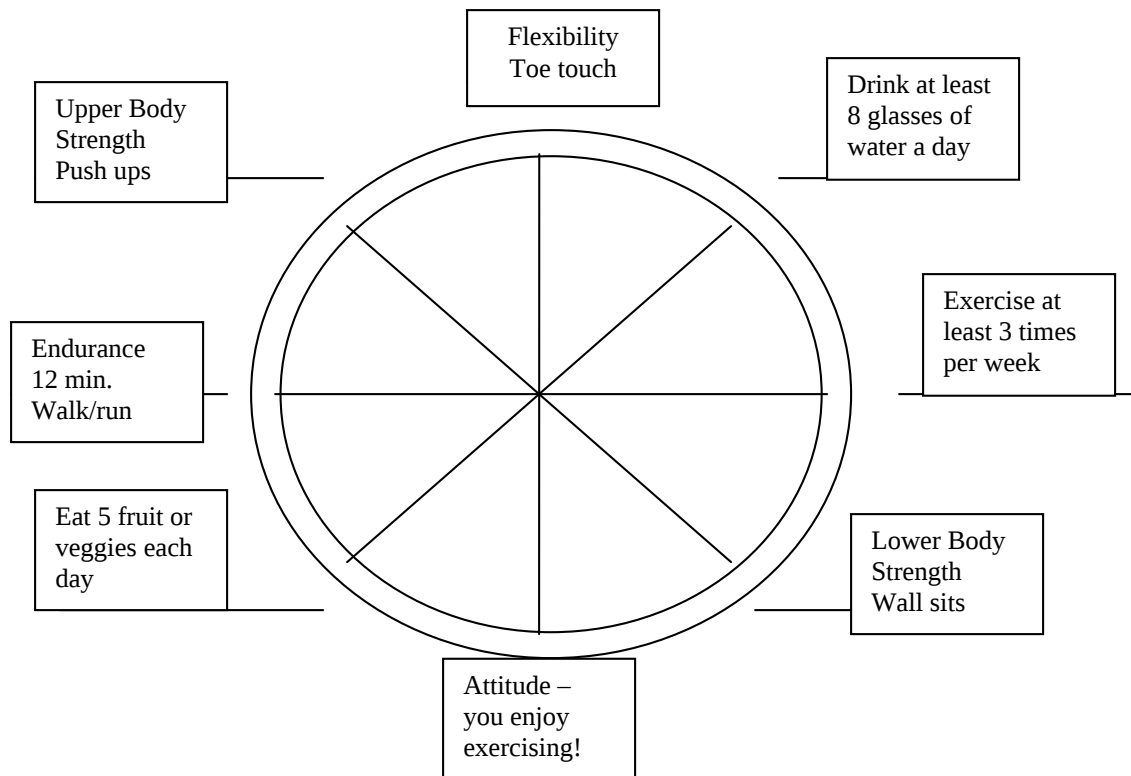
The Fitness/Nutrition Wheel!

Test yourself on the fitness items below.

Each item is a spoke on the wheel. Assume that a score of 10 on the item test is the best you can get. Put a dot on each spoke to mark your score for each skill. A score of 10 goes all the way out to the outside edge. A score of 0 is all the way in the center of the wheel.

Now connect the dots to see which fitness items you should be working on at home between practices!

Here is a sample.





Name 3 fitness items that you could work on to make your wheel roll:

- _____
- _____
- _____

Item: _____

Strategy for improving:

Item: _____

Strategy for improving:

Item: _____

Strategy for improving:

Total Fitness Score at beginning of the season:

Total Nutrition Score at beginning of the season:

Total Score at mid-point of the season: _____

Total Score at end of the season: _____



Athlete Builder Strategies!

FITNESS BUILDERS

Trait to be improved	Potential Strategies
Nutrition	• Write down everything you eat – you’ll think about it more! • Before you snack, drink a glass of water. • Try fruit as a snack instead of candy
Endurance	• Walk around your neighborhood instead on watching TV at least once a day. • Write down how long you exercise each day and try to add 10% each week • Learn how to measure your heart rate, then record it after each workout
Strength	• Keep a record of how many strength activities you can do from the list below. • Try an exercise until you are tired, rest for one minute then try it again.. • Find a workout partner to help you and who you can encourage too.
Have a plan/goal	• Know what you want to have happen because you exercise – write down what you want to be able to do – and tell someone. • Write down all the smaller things that you hope will happen as you get more fit and mark them off as they happen. • Always start by telling people your goal and see if they have ideas on how to help.
Flexibility	• Without straining, try to touch your toes, use that as your measure.. • Do at least two of the stretching exercises below • Never stretch without warming up a little first
Hydration	• Make sure you drink at least 8 glasses of water each day • When you get bored or think you want a snack, have a glass of water! • Drink water when you are thirsty – flavored drinks as a treat or snack.



ATHLETE ACTION!

ATHLETE ACTION is a Special Olympics athlete's home training program that encourages family involvement in a structured format consistent with the coaches training plan (see ATHLETE ACTION on the following page). This program is simple to implement and is fun for family members, group home staff, or friends and neighbors to become involved with.

There are four major sections to the ATHLETE ACTION PROGRAM.

1. **COACHES COMMENTS:**
Coaches briefly describe what has been covered in practice on that day. This information is important since you are asking families to practice previously taught skills, warm-ups, stretching, strength and conditioning exercises.
2. **GAME PLAN:**
This section briefly describes the responsibilities of the athletes, coaches and families as part of the athlete home training plan. Coaches can determine the types of incentives that would be appropriate for athletes to strive for. At the same time training becomes fun and athletes are better prepared for participation in sport.
3. **ACTION:**
This section provides the person working with the athlete at home with some structure, while also allowing for some flexibility in the training program. The Coach has the option to list some activities under the Coaches Comments section, but primarily allows the home trainers to follow general training outlines similar to those provided by the Special Olympics Coaches Guide.
4. **ATHLETE'S SCORECARD:**
The scoreboard provides the family with a simple and clear means to chart and display athlete scores.

Will family involvement in athlete training programs work? Yes! The coaches' best support comes from family members and friends of the special athlete. With proper direction from the coach, at-home training programs may offer the athlete the complete training required to adequately prepare for competition.

**A Special Olympics Athlete's Home Training Chart**

Name:

Week of:

Coaches Comments: (Briefly describe today's practice and what skills will be covered at the next practice.)

GAME PLAN

Athletes: Record your daily point *score* by adding each action you complete. Remember each action is worth 1 point (maximum 3 points per day) and each Special Olympics practice attended with your team is worth 3 points.

Coaches: It's fun to compile a team score each week. You can set a weekly score for your team to beat as an incentive to practice at home and score points for the team. Set individual point total goals for the athletes. (*i.e.* 100 points = patch; 200 points = t-shirt).

Families: It's great to join in the home practice session. Encourage brothers, sisters, friends and neighbors to assist. Make these practices part of your family leisure time.

ACTION**(1) Warm-ups/Stretching (1 point)**

- 1
- 2
- 3
- 4
- 5

(2) Skill Work (1 point)

- 1
- 2
- 3
- 4
- 5

(3) Strength and Conditioning (1 point)

- 1
- 2
- 3
- 4
- 5



Here are some weekly scoreboards to get you started. Keep track of your points at home and see if you can get better over time. Make copies of this page so you can keep going all year long!

ATHLETE
SCOREBOARD

M	T	W	TH	F	SA	SU	TOTAL

ATHLETE
SCOREBOARD

M	T	W	TH	F	SA	SU	TOTAL

ATHLETE
SCOREBOARD

M	T	W	TH	F	SA	SU	TOTAL

ATHLETE
SCOREBOARD

M	T	W	TH	F	SA	SU	TOTAL

ATHLETE
SCOREBOARD

M	T	W	TH	F	SA	SU	TOTAL

ATHLETE
SCOREBOARD

M	T	W	TH	F	SA	SU	TOTAL

ATHLETE
SCOREBOARD

M	T	W	TH	F	SA	SU	TOTAL

ATHLETE
SCOREBOARD

M	T	W	TH	F	SA	SU	TOTAL



SPECIAL OLYMPICS GOLF TRAINING LOG

Date: _____

Name: _____ Coach _____

Skill:

Goals:

Corrective Instruction Tips:

1) Pre-Swing:

Routine:

Grip:

Ball Position:

Stance and Aim:

Posture:

2) In-Swing:

Back Swing:

Impact:

Through Swing:

Finish:

Recommended Drills/ Suggestions:

Notes/ Comments:



Using the Golf Training Log Template

The Golf Training Log compliments your athlete action plan and is a helpful resource to refresh your memory on specific swing thoughts or lessons. Each athlete should have a golf specific drill or exercise to rehearse at home. Supplement the rehearsals with some stretching and strengthening suggestions, depending on the athletes assessment.

Make several copies of the above templates and discipline yourself to document 1 or 2 positive swing thoughts after each training session. You will then have a history file to reference throughout the season or off-season.

The template does not have to be completed at each sub-title. Simply circle the one or two key areas of concern and write the tip or thought in the space provided.

You or your coach should document *your* personal swing keys or cues.

Remember, my thoughts are not your thoughts.

It is important to not only jot down corrective swing thoughts, but to note thoughts or comments the athlete might have when they hit a good shot, or made an awesome swing.

Below is an example of tips one might include when completing the template:

Skill: Chipping

Goal: To chip 4 of 10 balls into the designated target area.

Pre-Swing: Grip: Palms facing each, choke down on the handle when placing hands.

In-Swing: Tempo: TICK-TOCK, 5 – 7 on the clock

*Drills/ Suggestions: 1) Brush grass drill using mini-swing
2) Railroad track alignment: Place one club on target line and one on body line
3) Practice your chipping to close targets with whiffle balls or tennis ball in back yard.*

Notes: Squeeze your tennis ball. Remember your personal tempo swing que: “Donald Duck”!



Sample Warm-up/Stretching Activities

Stretching exercises must be performed by all athletes, before they train or compete in sports, to avoid injury and to enhance their performances. Coach the athletes to perform stretching exercises slowly and with good technique. The stretching exercises included in the athlete's warm-up routine should reach all of the body's major muscle groups. The exercises described below are acceptable for warming up prior to an athletics practice or meet.

Arm Circles

Hold arms out to sides at shoulder height; make 15 small circles rotating arms forward. Rest. Repeat arm circles by rotating backward 15 times.



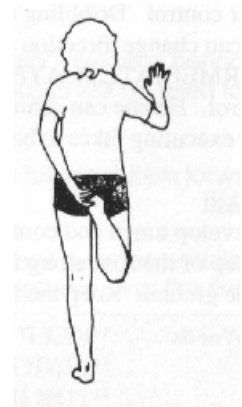
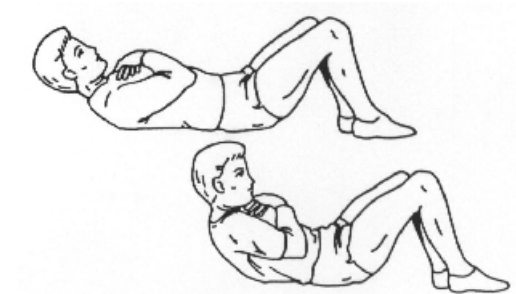
Walking/Jogging

Walk around a room or outside for 2 minutes, then jog outside or in place for 3 minutes.



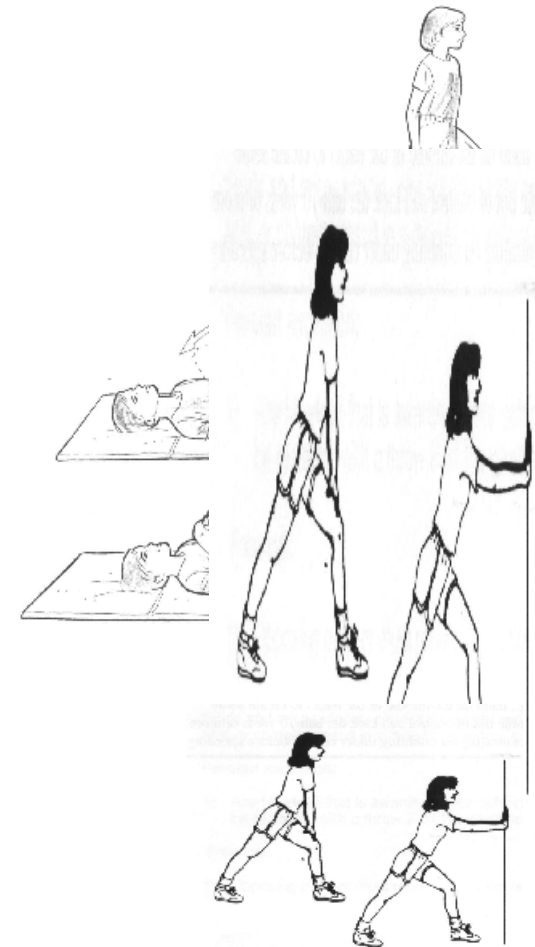
Sample Warm-up and Stretching Exercises

Jumping Jacks	Stand with arms to side and feet together. Jump to position of legs apart and clap hands overhead. Jump to position of legs together and arms at sides. Repeat without stopping for 15 overhead claps.
Sit-ups/Crunches (20-30) 1 minute	Start in a prone position with arms folded on chest. Lift head and shoulders off the floor by pointing your chin up and in front of you. Return shoulders to the floor (but not your head!) The up motion has chin leading while the down motion has the top of your head stretching to keep your body tall.
Quads Stretch	Face a wall; bend and lift one leg behind your back; grab and hold that ankle behind your body with the opposite hand; slowly pull to stretch the top of the thigh. Hold for 30 seconds. Repeat with other leg. Do both legs twice.



Sample Warm-up and Stretching Exercises

Hamstring Stretch	With legs slightly apart and knees slightly bent, bend over and try to touch knees, then shins, then ground. Hold each position for 10 seconds. Repeat 3 times.
Knee Lift	While lying down face up with feet together. Bring one knee straight up toward the shoulder. Clasp the knee with both hands and pull it in toward the body. Hold stretch for 6 seconds. Repeat with the other knee.
Calf Stretch	Stand facing a wall with feet together and 60cm away from wall. Lean forward placing hands against the wall. Keep legs straight. Do not bend at hips. Bend elbows slowly, bringing the chest to the wall; leave feet flat on floor and arch the back. Hold stretch for 6 seconds.





Sample SPORT Skills Activities

Skill Activities to enhance and maintain learning process away from the practice and play field. **Remember SAFETY is critical. It is imperative that you do not swing or throw any object or ball in the direction or close to any person, people or breakable objects.**

Swing skills training may be done with or without a golf ball or golf club. Golf balls may be substituted by using soft, whiffle, beach, ping pong or tennis balls even aluminum foil.

Special Olympics Home Training Golf Swing Fundamentals and Activities



Fundamental	Drill/Activity	Description
Grip Aim Stance	1. Find a mirror and check your grip, posture and alignment. Face the mirror. 2. Turn to the side and check yourself in the mirror.	A. Do both V's formed by your thumb and index fingers pointing between your right ear and shoulder if a right handed golfer and opposite if left? B. Are your chest, torso, and knees parallel to the mirror? C. Are your shoulders level? D. Is your weight evenly balanced? A. Are you bending from the hips to allow your head to counter-balance your rear? B. Are your arms hanging in front of your chest? C. Where is your weight? Heels? Toes? D. Are your shoulders and hips aim parallel to the clubface?
Mini Swing	1. Putting 2. Chipping 3. Pitching	A. Practice your putting stroke on the floor, carpet or rug between two clubs. Hold your finish and note where your clubface, hands, arms, and shoulders are. Try to keep all parts moving "pocket-to-pocket" within the tracks. B. Putt balls to a target from various distances to develop speed control. C. If you do not have a putter, rehearse the elephant trunk drill from 5-7 A. Using the mini-swing, swing the club back and through keeping your wrists quiet. Hold your finish making sure the handle is past your target pocket and the club head is nice and low. Your trailing palm should still be pointing toward your pocket. B. Chip a soft ball, tennis, or even a foil ball to various targets. Step off your distance to learn how close you are to your target. A. Using a mini-swing and a lofted iron, pitch "over" a barrier. Again vary your targets and distances. Different types of balls may be used.
Full Swing	1. Hitchhike Drill 2. Towel Drill 3. Head to Wall	* If you can't get to a range or a field try these full swing exercises that can be done with or without a golf club. Your coach will find the description of these drills in Section 6 of the Golf Skills Guide.



	Drill 4. Rear to Wall Drill 5. Practice your swing in front of a mirror	
Playing the Game	1. Find a local Driving Range or Practice Field 2. Play golf with family and friends 3. Watch recommended golf videos or DVD's and read golf magazines or books 4. Know your rules, safety and etiquette. 5. Learn from the "Pros."	A. Hit shots to learn your distances and write the yardages down in your journal B. Change targets often and "call your shot." A. Play a Putt-Putt, Pitch and Putt, Regulation 9 or 18 hole course in your area. B. Set up a golf hole in your yard C. Reference "Lead up"/"Practice Games" in Section 6 of the Special Olympics Golf Skills Guide D. Seek a junior or accessible golf league or program A. Ask your coach to recommend references from Section 11 of the Special Olympics Golf Skills Guide A. Study your Rules Book B. Have a rules trivia contest with your family or coach. A. Watch televised Tour Events when possible. Pick your favorite professional, watch their swing and try to copy it.. B. If possible, take private lessons or semi-private lessons with a family member



GRIP / AIM / STANCE

Drill/Activity	Description
1. Find a mirror and check your grip, posture and alignment. Face the mirror.	A. Do both V's formed by your thumb and index fingers pointing between your right ear and shoulder if a right handed golfer and opposite if left? B. Are your chest, torso, and knees parallel to the mirror? C. Are your shoulders level? D. Is your weight evenly balanced?



Drill/Activity	Description
2. Turn to the side and check yourself in the mirror.	A. Are you bending from the hips to allow your head to counter-balance your rear? B. Are your arms hanging in front of your chest? C. Where is your weight? Heels? Toes? Are your shoulders and hips aim parallel to the clubface?





Drill/Activity	Description
1. Putting	A. Practice your putting stroke on the floor, carpet or rug between two clubs. Hold your finish and note where your clubface, hands, arms, and shoulders are. Try to keep all parts moving “pocket-to-pocket” within the tracks. B. Putt balls to a target from various distances to develop speed control. C. If you do not have a putter, rehearse the elephant trunk drill from 5-7
2. Chipping	A. Using the mini-swing, swing the club back and through keeping your wrists quiet. Hold your finish making sure the handle is past your target pocket and the club head is nice and low. Your trailing palm should still be pointing toward your pocket. B. Chip a soft ball, tennis, or even a foil ball to various targets. Step off your distance to learn how close you are to your target.
3. Pitching	Using a mini-swing and a lofted iron, pitch “over” a barrier. Again vary your targets and distances. Different types of balls may be used





Description

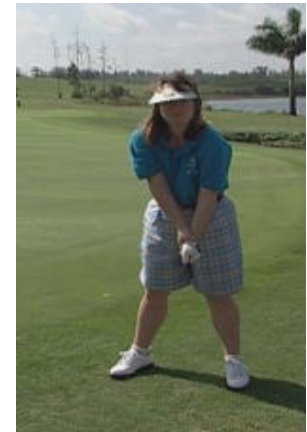
* If you can't get to a range or a field try these full swing exercises that can be done with or without a golf club. Your coach will find the description of these drills in Section 6 of the Golf Skills Guide.

Practice your swing in front of a mirror



**Towel Drill
(See below)**

- 1) Assume your golf ready stance. Extend your target thumb as if pointing to an imaginary ball and grip just above the target wrist with your trail hand.
- 2) Swing to the top allowing forearms to rotate and trail elbow to fold. Target Thumb should point over the trail shoulder and to the target.
- 3) Swing to the finish allowing forearms to rotate and thumb to point over target shoulder.



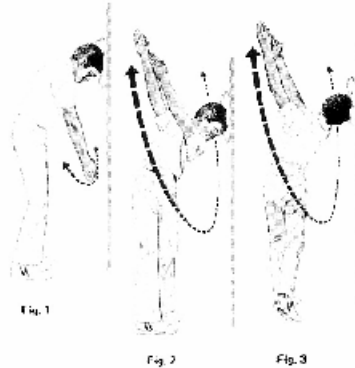
Hitch Hike Drill



**"Double Hitch-hiker"
Lower Arm Rotation Drill**



Head to Wall Drill



Head-Wall Exercise

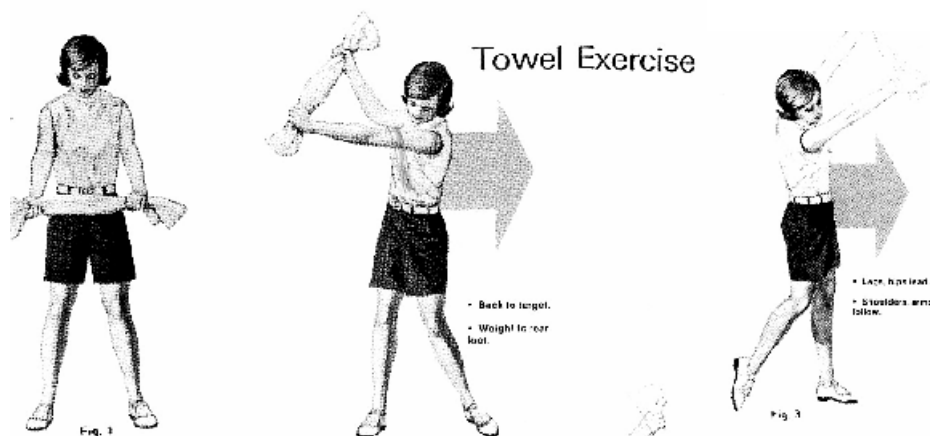
This is an exercise to remind you to swing around your center (sternum or the base of the neck).

- 1) Face a wall and establish your golf posture by leaning forward allowing the top of your forehead to bump the wall. Make sure you are bent from the hips, knees are unlocked and simply drop your arms and either extend the target thumb and grip with the trailing hand just like a golf club or simply drop the arms and clap your palms together.
- 2) Once the golf ready position is established, rehearse your golf swing with your imaginary club. Allow your body, arms and hands to swing freely to the top and to the finish without pulling away from the wall.
- 3) DO NOT TRY TO KEEP THE HEAD STILL! Your head should pivot freely to the right or to the left, but should not pull away from the wall or move up or down the wall at any point of your swing motion.

Rear against the Wall. This drill forces you to maintain your spine angle and counterbalanced positions of the head and rear throughout the swing. Simply make rehearsal swings **without a club** with your rear against the wall or a chair. You should feel contact with the wall as you pivot back and through.



Rear to Wall Drill



Towel Exercises:

A. To feel extension of the arm swing and torso pivot

- 1) Find a towel and grip it with the target palm down and rear palm up as shown in Fig. 1 above.
- 2) Swing to the top feeling the weight move into your rear foot, back is to the target and your arms are in front of your chest. (Fig.2).
- 3) From the top of the swing allow your legs and hips to lead the shoulders and arms to the through swing as shown in Fig.3.

B. Tie a knot in the end of a towel and swing the towel back and through. To coordinate proper arm swing with your body movement:

- 1) Swing the towel back with your body turn making sure your thumbs are in line with your rear shoulder. and the towel drops over the shoulder.
- 2) Swing arms forward with the body turn to thumbs up in line with target shoulder. Allow the towel to drop over that shoulder and down the small of the back.



Sample Strength and Conditioning Activities

Do at least one of these activities for at least 5 minutes

Jump-the-Line	Find or make a line on the floor. Place both feet on one side of the line and then jump up so that both feet land on the other side of the line. Jump back and forth as quickly as possible for 30 seconds. Rest for 30 seconds and then repeat.
Wall Sit	Place your back against a wall and move down so that it looks like you are sitting in a chair – BUT THERE IS NO CHAIR! Hold yourself there by pushing with your legs for 30 seconds, rest for 30 seconds and then do it again.
A. Upper Body -Swing with a medicine ball	Hold the ball in front of you assuming a golf position. Slowly swing the ball with your torso, back and through as if you were swinging a golf club. Start pocket – pocket (5 – 7) and work your way up the clock, hip – hip (9 – 3), shoulder – shoulder(11- 1). This drill will strengthen your abdominal muscles, hands and wrists. If you do not have a medicine ball, you can substitute with a beach ball, towel or broom. While you might not have the weight of the medicine ball, you can increase the number of swing repetitions to build strength.
Swing a weighted club:	Another golf specific drill is to swing a weighted club. You do not have to have a lot of weight to make this drill work. There are head-weighted clubs that can be purchased or “doughnuts” that can be slipped down the shaft of a club adding weight to the head. If you do not have access to either of these things, you can remove the grip of a club and add sand down the shaft. Make sure when replacing the grip that you plug the hole at the top of the grip. Just like the medicine ball drill, assume your golf posture and swing the club very slowly to the top, give yourself a slight pause at the top, then make a smooth slow transition to impact and finish, controlling the club head with your target side. Do not swing fast as in order to build strength you must maintain control of the club head.
Swing 2 clubs:	If you do not have access to either of the suggestions above, simply take 2 clubs and swing them.
Squeeze a soft rubber ball, tennis ball or hand grips	Strengthen wrists, arms, forearms. Squeeze a ball or hand grips a little each day. Squeeze as many times as you can until your hands feel fatigued. Make sure you squeeze a ball that is small enough to fit into your hand to assure all 5 fingers are exercised.



B. Lower Body - Arm and Leg reach	Strengthens low back .Get on the floor, on your hands and knees. Extend your right arm out in front of you, parallel to the ground. From this position extend your left leg out behind you, holding this extension for 5 seconds. Lower the arm and leg and repeat 5 times. Relax, extend left arm out in front parallel to the ground and right leg out holding 5 seconds and repeat 5 times was well.
Stair Climbing, Walking, Jogging:	Strengthens thighs and rear end.
Squeeze a tennis ball; Wrists curls and extensions	Develop hands and wrists



Golf Specific	Exercise	Description
Golf Specific Stretching and Strengthening Reference Chart		
Stretches	1) Torso Twist	- Place a golf club behind your back, holding with one hand near each end. Stand upright and flex knees. While breathing normally, turn torso slowly to the right; hold, then turn torso slowly to the left and hold. Keep your abdominal muscles tight throughout! Start out doing this exercise for one minute or about ten repetitions and increase them over time.
	2) Knees to Chin	- To stretch lower back, lie on your back with your feet flat on the floor and knees up. Reach and clasp your arms around your knees, pulling knees up to your chest and hold for 10 counts. Relax your hands, let your knees and feet back down and repeat. As an alternate, try one knee at a time.
	3) Hip Stretch	- Lie on your back, with legs bent and feet flat on the floor. Cross the left leg over the right so that your left ankle is just over your right kneecap. Grasp your bent right leg and gently pull both legs toward your chest. Hold the stretch for 10 seconds and repeat three times. Relax and start over by crossing the right leg over your flexed left leg. Pull both legs up to chest and repeat three times, holding for 10 seconds.
	4) Trunk Stretch	- To stretch your hips and lower back, lie on your back with your legs straight. Bend left knee up and cross it over your right leg, placing left foot outside of right knee. Reach your left arm straight out along the floor. Put your right hand on the outside of the left knee and



	5) Upper Back Stretch	slowly pull your left knee over to the right keeping your left arm extended and shoulder on the floor. Try to hold the stretch a total of ten seconds, three times. Then switch and repeat on the opposite side. - Clasp fingers behind your head so elbows are forward. Pull elbows back slowly until fully extended and parallel to shoulders. Hold elbows in that position for 5 seconds. Repeat stretch 10 times.
Strengthening	1) Upper Body - Medicine Ball - Weighted Club - -	- Hold the medicine ball in front of you assuming a golf position. Slowly swing the ball with your torso, back and through as if you were swinging a golf club. Start pocket-to-pocket (5-7) and work your way up the clock, hip-to-hip (9-3), shoulder-to-shoulder (11-1). This drill will strengthen your abdominal muscles, hands and wrists. If you do not have a medicine ball, you can substitute a beach ball, towel or broom. While you may not have the weight of the medicine ball, you can increase repetitions to build strength. - Swing a weighted club. You do not have to have a lot of weight to make this drill work. There are head-weighted clubs that can be purchased or “doughnuts” that can be slipped down the shaft of a club head adding weight. If you do not have access to either of these things, you can remove the grip of a club and add some sand down the shaft. Make sure when replacing the grip that you plug the hole at the top of the grip. Just like the medicine ball drill, assume your golf posture and swing the club slowly to the top, give yourself a slight pause at the top, then make a smooth slow transition to impact



	- - - - - 2 Clubs - Squeeze 2) Lower Body - Arm and Leg Reach Stair climbing, walking or jogging	and finish, controlling the club head with your target side. Do not swing fast as in order to build strength you must maintain control of the club head. - If you do not have access to either of the suggestions above, simply take two clubs and swing them. - Strengthen wrists, arms, and forearms by squeezing a soft rubber ball, tennis ball, or hand grip everyday. Squeeze as many times as you can until your hands feel fatigued. Make sure you squeeze a ball that is small enough to fit into your hand, to assure all five fingers are exercised. - Strengthens lower back. Get on the floor, on your hands and knees. Extend your right arm out in front of you, parallel to the ground. From this position extend your left leg out behind you, holding this extension for 5 seconds. Lower the arm and leg and repeat 5 times. Relax, extend left arm out in front parallel to the ground and right leg out holding 5 seconds and repeat 5 times as well. - Strengthens thighs and rear end.
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Appendix A

Basic Rules of Golf:

Rule 1 - The Game

- a. The holes of the course must be played in order (1 through 9, 10 through 18).
- b. You must always play by the Rules. You are not allowed to change them.

Rule 2 - Match Play

- a. In match play, each hole is a separate contest. If you win the first hole, you are "one UP"; if you lose it, you are "one down"; if you tie it, you are "all square."
- b. You have won the match when, for example, you are three up and there are only two holes left to play.
- c. Anyone you are playing against is your "opponent."

Rule 3 - Stroke Play

- a. In stroke play, the stipulated competitor with the lowest total score for the round is the winner.
- b. You must play the ball into the hole before starting the next hole. No "gimmies! "
- c. Anyone you are playing with is a fellow competitor.

Rules 4 and 5 - Clubs and the Ball

- a. You may carry no more than fourteen clubs.
 - b. You may not change balls during the play of a hole.
- However, if you damage or cut your ball, you may do so after first asking your opponent or a fellow competitor.

Rule 6 - Things a Player Should Do

You should:

- a. Read the notices given to you by the tournament officials.
- b. Always use your proper handicap.
- c. Know your tee time or starting time.
- d. Make sure you play your own ball (put a mark on the ball with a pencil in case someone else is using an identical ball).
- e. In stroke play, make sure your score for each hole is right before you turn in your card.



f. Keep playing unless there is lightning, you are ill or an official tells you to stop.

Rule 7 - Practice

You may not hit a practice shot during play of a hole, or from any hazard.

Note: Always read the local rules about practice.

Rule 8 - Advice on How to Play

- a. You may not ask anyone except your caddie or partner for advice on how to play, However, you may ask about Rules or the position of hazards or the flagstick.
- b. You may not give advice to your opponent or a fellow-competitor.

Rule 9- Advising Opponent on Strokes Taken

In match play, you must tell your opponent the number of strokes you have taken if you are asked.

Rule 10 - When to Play a Shot

- a. The player who has the lowest score on a hole has the right to play first on the next hole. This is called the "honor."
- b. During play of a hole, the player whose ball is farthest from the hole plays first,
- c. If you play out of turn ,in match play your opponent may make you replay, but this is not so in stroke play.

Rule 11 - Teeing Ground

- a. Tee your ball between the tee-markers or a little behind them. You may go behind them as much as two club-lengths.
- b. If your ball accidentally falls off the tee, you may replace it without penalty.

Rule 12 - Finding Ball in Hazard Identify Ball

- a. A hazard is any bunker (area of sand) or water hazard (lake, pond, creek, etc.).
- b. In a bunker or water hazard, if your ball is covered by sand or leaves, you may remove enough of the sand or leaves to be able to see a part of the ball.
- c. You may lift your ball to identify it anywhere except in a hazard. You must tell your opponent or fellow competitor before you lift your ball to identify it.

Rule 13 - Playing the Ball as It Lies and the Course as You Find It

- a. You must play the ball as it lies, You may not move it to a better spot,



- b. You may not improve your lie by pressing down behind the ball. The club may be grounded only lightly behind the ball.
- c. You may not improve the area of your intended swing or line of play by bending or breaking anything growing, such as tree limbs or weeds.
- d. In a hazard, you may not touch the sand, ground or water with the club before or during your backswing.
- e. In a hazard, you may not remove loose impediments (natural things, such as leaves or twigs) but you may remove obstructions (artificial objects, such as bottles or rakes,)

Rule 14 - Striking the Ball

- a. You must fairly strike the ball with the head of the club. You may not push, scrape or rake the ball,
- b. You must not hit your ball while it is moving.

Rule 15 - Playing a wrong Ball

- a. In match play, if you play a ball that is not yours you lose the hole unless the wrong ball is played in a hazard; if you play a wrong ball in a hazard, you must then play the right ball.
- b. In stroke play, if you play a ball that is not yours, you must take a two-stroke penalty unless the wrong ball was played in a hazard. You must then play out the hole with your own ball; If you do not do so, you are disqualified.

Rule 16 - The Putting Green

- a. If any part of your ball is touching the green, it is on the green.
- b. When your ball is on the green, you may brush away leaves and other loose impediments on your line of putt with your hand or a club, Do not fan them with a cap or towel.
- c. You should repair ball marks or old hole plugs but you may not repair marks made by spikes or shoes, if they are on your line of putt.
- d. You may not test the surface of the green by rolling a ball or scraping the surface.
- e. Always mark your ball by putting a small coin or other marker behind it when you want to pick it up to clean or get it out of another player's way.



Rule 17 - The Flagstick

If your ball is off the green, there is no penalty if you play and your ball strikes the flagstick, provided no one is holding the flagstick.

If your ball is on the green, do not putt with the flagstick in the hole. Either take the flagstick out or ask another player to hold it and take it out when you play your ball. If you putt and your ball hits the flagstick when it is in the hole, in match play you lose the hole. In stroke play, you must add two penalty strokes to your score for the hole.

Rule 18 - Moving the Ball

- a. If you or your partner move either of your balls on purpose or accidentally, add a penalty stroke to your score, replace and play it.
- b. If your ball is moved by someone or something other than you or your partner (an outside agency) there is no penalty, but you must replace it. If the ball is moved by wind or water, you must play it as it lies.
- c. Once you address the ball, if the ball moves, add a penalty stroke and replace the ball.
- d. If you move a loose impediment within one club-length of the ball and the ball moves, add a penalty stroke, replace it and play it. On the putting green, there is no penalty.

Rule 19 - Ball in Motion Deflected or Stopped

- b. If your ball hits you, your partner, your caddy, or your equipment, in match play you lose the hole. In stroke play, you are penalized two strokes and you must play your ball as it lies.
- c. If your ball hits your opponent, his/her caddy, or his/her equipment, there is no penalty; you may play the ball as it lies or replay the shot.
- d. If your ball hits a fellow competitor, caddy or equipment in stroke, there is no penalty and the ball is played as it lies. These are the same as outside agencies in stroke play.
- e. If your ball hits another ball and moves it, you must play your ball as it lies, The owner of the other ball must replace it. If your ball is on the green when you play and the ball which your ball hits is also on the green, you are penalized two strokes in stroke play. Otherwise, there is no penalty.

Rule 20 -- Lifting and Dropping the Ball



- a. If you are going to lift your ball under a Rule and the Rule requires that the ball be replaced, you must put a ball-marker behind the ball before you lift it.
- b. When you drop a ball, stand erect, hold the ball at shoulder height extend your arm out straight and drop it.
- c. If a dropped ball hits the ground and rolls into a hazard, out of a hazard, more than two club-lengths, nearer the hole or, if you are dropping away from an immovable obstruction or ground under repair, etc., back into the obstruction or ground under repair, you must re-drop. If the same thing happens when you re-drop, you must place the ball where it struck the ground when it was re-dropped.

Rule 21 - Cleaning the Ball

You may usually clean your ball when you are allowed to lift it, Except on the green, you may not clean the ball when you lift it for identification, because it interferes with another player, or to determine if it is unfit.

Rule 22 - Ball Interfering with or Assisting Play

- a. If another ball interferes with your swing or is in your line of putt, you may ask the owner of the ball to lift it.
- b. If your ball is near the hole and might serve as a backstop for another player, you might lift your ball.

Rule 23 - Loose Impediments

Loose impediments are natural objects that are not growing or fixed -- such as leaves twigs, branches, worms and insects. You may remove a loose impediment except when your ball and the loose impediment lie in a bunker or water hazard.

Rule 24 - Obstructions

- a. Obstructions are artificial or man-made objects. Bottles, tin cans, rakes, etc., are movable obstructions. Sprinkler heads, shelter houses, golf car paths, etc., are immovable obstructions.
- b. Movable obstructions anywhere on the course may be moved. If the ball moves, it must be replaced without penalty.
- c. You may drop your ball away from an immovable obstruction if it interferes with your swing or stance. Drop the ball within one club-length of that point.

Note: You should not pick up the ball from an obstruction until you have established the nearest point of relief.



Rule 25 -- Casual Water; Ground Under Repair; Animal Holes

- a. Casual water is any temporary puddle of water caused by rain or over watering. Ground under repair is any damaged area which the Committee has marked as such.
- b. If your ball or your stance is in casual water, ground under repair or a burrowing animal hole, you may either play the ball as it lies or find the nearest place not nearer the hole which gives you relief and drop the ball within one club-length of that place.
- c. If your ball is in casual water, etc., and you cannot find it, determine where the ball entered the area and drop a ball within one club-length of that place without penalty.
- d. If your ball is on the wrong green, find the nearest place off the green which is not nearer the hole and drop the ball within one club-length of that place.

Rule 26 -- Water Hazards

- a. Water hazard margins are identified by yellow stakes or lines. Lateral water hazard margins are identified by red stakes or lines. Lateral water hazards are identified by red stakes or lines.
- b. If your ball is in a water hazard or a lateral water hazard, you may play it as it lies. If you cannot find it or do not wish to play it where it lies, add a penalty stroke and 1) play another ball from where you last played or 2) drop a ball behind the water hazard as far back as you wish keeping a straight line between the hole and the point where your ball last crossed the hazard margin and where you want to drop. **If your ball is in a lateral water hazard**, you may 3) also drop a ball within two club-lengths of where the ball last crossed the hazard margin.

Rule 27 - Ball Lost or Out of Bounds

- a. A ball is lost if it is not found within five minutes after you first begin to search.
- b. A ball is out of bounds when all of it lies beyond the inside line of objects, such as white stakes, or a fence or wall that marks the playing area.
- c. If your ball is lost or out of bounds, you must add a penalty stroke to your score and play another ball from where you played your last shot.
- d. If you think your ball may be lost or out of bounds, you may play another ball (provisional ball) from the place where your first ball was played. You must tell your opponent or fellow competitor that you are playing a provisional ball and play it before you look for your first ball. If you cannot find your first ball or if it is out of bounds, you must count the strokes with the



first and provisional balls, add a penalty and play out the hole with the provisional ball. If you find your first ball in bounds, continue play with it and pick up the provisional ball.

Ball is out of bounds when it is beyond white stakes, fences, or walls marking playing area.

If your ball is lost or out of bounds, add one penalty stroke. Play another ball from where you played your last shot.

Rule 28 - Ball Unplayable

a. If your ball is under a tree or in some other bad situation and you decide you cannot play it, add a penalty stroke and do one of the following:

- 1) Go back to where you played the last shot and play a ball from there; or
- 2) Measure two club-lengths from the unplayable lie, drop a ball and play from there, or
- 3) Keep the unplayable lie between where you drop the ball and the hole, go back as far as you wish on a straight line and drop and play the ball.