



Special Olympics

GOLF COACHING GUIDE

Teaching Golf Skills



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Teaching Golf Skills

You have now planned your season, trained your instructors, recruited your athletes and have tools to write your lesson plans. You are now ready to begin the training program for your athletes!

1. First you will administer the Golf Skills Assessment to determine the ability levels of your athletes.
2. After the assessments, the time for individualization is at hand. In the event that 2 or more Athletes come through the skills assessment on approximately the same level, they may be grouped together in the same teaching session which has been individualized to their needs. Keep in the forefront of your mind that this may be teaching on an individual level and not in a group process. Thus the assessment of the athlete's achievement will have to be made for him/her alone. Monitor the athletes' progress using Daily Performance Records to track various skills and tasks.
3. Be sure that each teaching session opens with proper warm-up period of 5 – 10 minutes. The instructional period should be at least 25 – 30 minutes in length. Finis each training session with praise for the achievements made during the session and anticipation for the next session. A fun time is of importance to your pupils so that they can approach the next class with eagerness. Establish a personal relationship with each athlete and focus on their ability, not their disability!

Sport Skills Assessment

Sports Skills Assessment Record Sheets

The levels of instruction include: Physical Assistance (P.A.), Physical Prompt (P.P.), Demonstration (D) Verbal Cue (VeC) and Visual Cue (ViQ). Physical Assistance means the instructor gives total manual assistance to the athlete for the entire task. Physical Prompt means the instructor gives partial manual assistance to the athlete for the entire task. Demonstration involves the instructor demonstrating the entire task for the athlete. A Verbal Cue is a partial verbal prompt where the instructor uses key words or phrases to elicit motor responses from the athlete. A Visual Cue is a partial visual prompt where the instructor points at the key elements of the task to elicit motor responses from the athlete.

Date Mastered

When the athlete performs the task according to the pre-set conditions and criteria, the instructor enters the date the task was mastered and proceeds to a new task. Once all of the tasks are mastered and the athlete performs the entire skill upon command and without assistance, the instructor enters that date in the right-hand column, across from the skill entry.

Sports Skills Assessment Record Sheet

Purpose

The Sports Skills Assessment Record Sheet is designed for the instructor to record the athlete's pre-assessment and post-assessment scores. The instructor can use the record sheet as a master list which indicates several things: one, each athlete's overall development in the program; two, the current ability levels of all the athletes in the program; and three, comparable progress between athletes in the same ability level, Also, the record sheet is useful for quickly determining the athlete's placement on sports teams or in future sports skills classes. Together, the Sports Skills Assessment Record Sheet and the Daily Performance Record are effective training devices,

Using the Sports Skills Assessment Record Sheet

The instructor tests the athlete with the sports skills assessment before the athlete begins training, and enters the pre-training assessment score in the proper column on the sheet. After the athlete has trained in the sports skills of that particular level, the instructor retests the athlete and enters the post-training assessment score in the corresponding achievement column. Of course, the instructor may allow the athlete to fill in the record sheet so the athlete may see what progress he/she is making and take pride in his/her achievement.



Golf Skills Assessment

The sports skills assessment chart is a systematic method useful to determine the skill ability of an athlete. It can be used to establish the initial starting points of a training program and to measure the athlete's progress throughout the season.

Before administering the assessment coaches should:

- ♦ Become familiar with each of the tasks listed under the major skills
- ♦ Have an accurate visual picture of each task
- ♦ Have observed a skilled performer executing the skill.
- ♦ This will make it easier to analyze the skill when observing the athlete.

When Administering the assessment coaches should:

- ♦ Work with the athlete in a quiet space devoid of distraction.
- ♦ Explain the skill you would like to observe.
- ♦ Demonstrate the skill once.
- ♦ Have the athlete perform the skill several times. If the athlete performs the skill correctly 3 out of 5 times, check the box next to the skill to indicate that the skill has been accomplished.



Golf Skills Assessment

If the athlete performs the skill correctly 3 out of 5 times, check the box next to the skill to indicate that the skill has been accomplished.

Your Athlete Can:	Never	Sometimes	Often
Equipment			
Identify an iron	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify a wood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify a putter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Golf Course			
Identify the teeing ground	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify the green	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify the hazards (water and bunker)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scoring			
Understand scoring terminology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep score (match and stroke play)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Add score	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Score own scorecard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grip			
Place left (right) hand on the club	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Place right (left) hand on the club	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Place both hands on the club with palms facing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grip club with clubface in proper position	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Posture and Stance			
Place feet in proper position	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bend properly from the waist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
maintain balance in this position	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swing			
Demonstrate proper arm swing without a club	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate swing sequence with a club	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Address and Aim			
Take grip and stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Place the club behind the ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aim both the club and the body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Etiquette and Safety			
Cite three rules of safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Show where to stand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate basic care of the course	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sportsmanship			
Dress correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Observe rules of etiquette and rules of the game	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooperate with other players	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acknowledge achievements of other players	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			



Special Olympics Golf Competition Levels and Criteria

Please refer to Special Olympics Golf Rules Article IX in the Special Olympics Summer Rules for detail

Level	Description/Requirements	Eligibility
Level 1: Individual Skills	<ul style="list-style-type: none"> • Perform 6 Basic Golf Skills <ul style="list-style-type: none"> • wood • iron • pitch • chip • long putt • short putt • Scorekeepers at each station 	<ul style="list-style-type: none"> • All Special Olympics Athletes
Level 2: Alternate Shot Play	<ul style="list-style-type: none"> • Alternate Shot team play • 1 golfer with intellectual disability • 1 golfer without intellectual disability • Rules knowledge for golfer without intellectual disability • Ability to walk 9 holes • Provide own equipment • Shall keep, verify and sign score • (Markers may be assigned) 	<ul style="list-style-type: none"> • Must have scored a minimum of 60 points on the Individual Skills Test • Must score 10 points or more in at least 4 of the 6 skills with one of the four scores of 10 being in either the wood or the iron. • Must achieve a minimum of 5 points in the two skills that total less than 10. • Each team must submit most recent 6 scores under this format
Level 3: Unified Sports™ Team Play	<ul style="list-style-type: none"> • Alternate Type Team Play • 1 golfer with intellectual disability • 1 golfer without intellectual disability • Athletes of similar ability • Ability to walk 18 holes • Provide own equipment • Shall keep, verify and sign score • (markers may be assigned) 	<ul style="list-style-type: none"> • Must achieve Level 2 Individual Skills requirements • Capable of all Level 4 requirements • Verified handicap of 35 or less or six most recent 18 hole scores • Difference between the team members handicaps should not exceed 10
Level 4: Individual Stroke Play 9 hole competition	<ul style="list-style-type: none"> • Individual Stroke Play • Ability to walk and play 9 holes independently • Provide own equipment • Basic Rules Knowledge • Shall keep, verify and sign score • (markers may be assigned) 	<ul style="list-style-type: none"> • Achieved Level 2 Individual Skills Requirements • Verified Handicap or submit most recent 6 scores over 9 holes
Level 5: Individual Stroke Play 18 hole competition	<ul style="list-style-type: none"> • Individual Stroke Play • Ability to walk and play 18 holes independently • Provide own equipment • Basic Rules Knowledge • Shall keep, verify and sign score • (markers may be assigned) 	<ul style="list-style-type: none"> • Achieved Level 2 Individual Skills requirements • Verified Handicap or submit most recent six scores over 18 holes



Pre-Sports Golf Skills Assessment Record

Scale 1-10

Instructor:

Athlete:

Date:

Has Never Played

Has Played Some

Advanced (Individual) Level IV, V

Intermediate (Partner Play) Level II, III

Beginner Level I

Comments



Daily Performance Record

Purpose

The Daily Performance Record is designed for the instructor to keep an accurate record of the athlete's daily performances as he/she learns the sports skills described in this guide. There are several reasons why the instructor should use the Daily Performance Record. One, the record becomes a permanent documentation of the athlete's progress, which is important in itself, and helps the instructor establish measurable consistency in the athlete's curriculum. This is extremely important when more than one instructor works with the athlete. Two, the record allows the instructor to be flexible during the actual instructional session because he/she can break down the skills into tasks that are more specific than those indicated in this guide and, thus, meet the individual needs of each athlete. Lastly, the record helps the instructor choose proper skills and tasks, viable conditions and criteria for mastering the skills and tasks, and correct levels of instruction to suit the athlete's learning abilities in future sessions. These reasons make the Daily Performance Record an important aspect of an individualized educational program.

Using the Daily Performance Record

At the top of the record, the instructor enters his/her name, the athlete's name, the sport and the sports skills program level from which the skills are taken. If more than one instructor works with the athlete, they should enter the dates that they work next to their names.

Skills and Task Analysis

Before the instructional session begins, the instructor decides what skill(s) will be taught. The instructor makes this decision based on the athlete's age, the athlete's interest and his/her mental and physical abilities. The skill should be a statement or a description of the specific terminal behavior that the athlete must perform, for example: "Chip a golf ball from 45 feet toward the cup." The instructor enters the skill on the top line of the left-hand column.

On the second line, the instructor enters the first task from the task analysis that described the skill. Each subsequent task is entered after the athlete masters the previous task. Of course, more than one sheet may be used to record all of the tasks involved in one skill. Also, if the athlete cannot perform a prescribed task, the instructor may break down the skill into even more specific tasks that will allow for the athlete's success.

Conditions and Criteria for Mastering

After the instructor enters the skill and the first task on the record, he/she then decides on the conditions and criteria by which the athlete must master the skill and the task. Conditions are special circumstances which define the manner in which the athlete must perform a skill, for example: "given a demonstration, and with assistance." The instructor should always assume that the ultimate conditions in which the athlete masters a skill are, "upon command and without assistance," and therefore, should not feel obliged to enter these conditions in the record next to the skill entry. However, the instructor should enter conditions next to the task entry, and must select conditions that suit the task being performed and the individual abilities of the athlete. The instructor should arrange the tasks and conditions in such a way that as the athlete learns to perform the skill, task by task. He/she also gradually learns to perform it upon command and without assistance.

Criteria are the standards that determine how well the skill or task must be performed. A non-handicapped athlete should be able to perform a skill "upon command and without assistance, 90% of the time" for the instructor to consider that the athlete has mastered it. But, in the case of a Special Olympics athlete, the instructor should determine a standard that more realistically suits the athlete's mental and physical abilities, for example: "into a wider than normal target, six out of ten items." Given the varied nature of tasks and skills, the criteria might involve many different types of standards, such as: amount of time, number of repetitions, accuracy, distance or speed.

Dates of Sessions and Levels of Instruction Used

The instructor may work on one task for a couple of days, and may use several levels of instruction during that time to progress to the point where the athlete performs the task upon command and with assistance. To establish a consistent curriculum for the athlete, the instructor must record the dates he/she works on particular tasks, and must enter the levels of instruction that were used on those dates.

Teaching Golf Skills
Daily Sports Skills Assessment Record



Daily Sports Skills Assessment Record

Instructor _____

Name	Grip	Posture	Balance	Aim	Putt	Chip	Pitch	Iron	Wood	Total (180 possible)
Joe (Example)	15 WA 6/3/03	15 VeC 6/3/03	15 PA 6/3/03	14 VeC 6/3/03	18 ViC 6/3/03	16 ViC 6/7/03	14 D 6/7/03	16 WA 6/7/03	15 WA 6/7/03	138

CODE: Levels of Instruction: PA = Physical Prompt D= Demonstration VeC=Verbal Prompt Cue WA=Without Assistance ViC=Visual Prompt Cue



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Daily Individual Task Record For Golf

Scale 1 – 10

Instructor _____

Name	Etiquette	Rules	Sportsmanship	Cooperation	Behavior Patterns	Level of Instruction	Total

Levels of Instruction: PA = Physical Prompt D= Demonstration VeC=Verbal Prompt Cue WA=Without Assistance ViC=Visual Prompt Cue

Teaching Golf Skills
Daily Performance Record Summary



Special Olympics

Daily Performance Record Summary

Athlete: _____ Competition Level: _____ Instructor: _____

Skill & Task Analysis	Skills Assessment Score	Conditions & Criteria	Date/Session/ Levels of Instruction	Date Mastered
Grip				
Posture/Stance				
Address/Aim				
Putt				
Chip				
Pitch				
Iron				
Wood				
Equipment I.D.				
Golf Course				
Scoring				
Rules				
Etiquette/Safety				
Sportsmanship				

Code: Levels of Instruction: PA = Physical Prompt D= Demonstration VeC=Verbal Prompt Cue
WA=Without Assistance ViC=Visual Prompt Cue



Level II – V Skill Test

At the completion of the five basic shots each student will be given a subjective performance test.

The purpose of this test is to determine the player's ability to compete within the class situation. This means he/she has:

1. Acquired sufficient knowledge of the game to enable him to continue to improve
2. Developed sufficient interest and desire to continue participation
3. Developed enough skill to permit him to participate successfully with others of his/her age and general skill ability

Subjective Test

1. Ability to use the proper stance.
2. Ability to address the ball correctly.
3. Ability to use proper grip (a) putting and (b) overlap.
4. Ability to execute the proper swings (a) mini swing and (b) full swing.
5. Ability to understand the difference between a short shot versus the long shot.

When assessing athletes for Levels 2-5 training and competition note:

1. Athletes that complete an individual Skills Test with a total of at least 60 points may compete in Levels 2-5. In addition, the athlete must score ten points or more in at least four out of the six skills with one of the four scores of ten being either in the wood or iron shot. The athlete must also achieve a minimum of five points in the two skills that total less than ten.
2. Each level has a defined purpose and criteria designed for various abilities.
3. Athletes, coaches and partners should review all levels and forms of play in preparation for competition to assure an athlete selects the level of play suited to their ability and personal goals.
4. Golfers competing in levels 2-5 are required to provide their own equipment.
5. Golfers must walk the stipulated round.
6. Levels 3-5 require athletes be capable of playing independently.



Individual Equipment

You will need the following equipment to conduct your skills training sessions

- ♦ 1 golf club per student (or pair of students). A lofted iron is preferred (#9,8,7,6,5)
- ♦ 1 putter per pair of students. #1,2,3 irons may also be used as putters
- ♦ 10 golf balls per student
- ♦ 1 tennis ball per student for introductory games
- ♦ 2 regular size whiffle or plastic balls per student
- ♦ 1 square of carpet remnant per student. Because the carpet is used for floor protection for indoor classes, the pile should be thick enough to protect the floor from the floor

* Level II-V athletes are responsible for providing their own equipment at competition for on course play:

- a. A set of clubs shall include at least one wood, one iron and one putter.
- b. A golf bag
- c. Golf Balls
- d. Pitch Mark Repairer

Equipment Sources

- ♦ Golf Professionals
- ♦ Golf Club Members
- ♦ Golf Associations
- ♦ Equipment manufacturers
- ♦ Thrift shops
- ♦ Parks and Recreation Departments
- ♦ School Physical Education Departments
- ♦ Sporting Goods Retail Shops



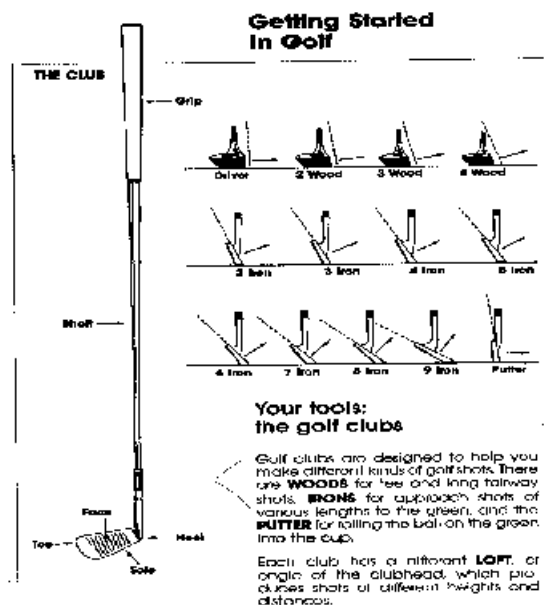
Proper (Preferred) Golf Attire

- ♦ Golf Shirt: Shirt with collar
- ♦ Slacks or Shorts
- ♦ Footwear:
 - ♦ Golf Shoe (Soft Spikes)
 - ♦ Sneaker or smooth soled shoes





EQUIPMENT



—15—

Let's Get Started!

You have secured a facility, equipment, assessed the athletes and are now ready to begin your skills training program. Let's review the recommended training session outline from Section 5.

- Warm up session
- Review previous instruction
- Introduce new skills
- Incorporate rules into the instruction
- Play a fun game.



The Golf Swing, Swing Progression and Skills Tests

A series of skill tests follow each segment of the basic skills and swing instruction in this Golf Sports Skills program to measure athlete's progress in the golf program. These prescribed tests will identify certain parameters for various golf skill, i.e., putting, chipping, pitching, etc. **However, the individual instructors, as needed, due to the athlete's abilities, may modify these tests.**

The Golf Swing and Swing Progression

Through demonstration and practice the athlete will learn the basic golf swing skills and swing progression.

Coach's Note:

Arranging for some kind of success in hitting the golf ball is important to **motivate** the athlete to have interest in and to continue in the game.

An analysis of the golf swing reveals separate actions, which if done in sequence account for total movement. It is also known that all distinct skills of golf-putting, chipping and pitching-are scaled down versions of the full swing. With this in mind, the concept of golf skills-swing progression was designed so that the athlete can start with a simple movement and progress to a more complex one through:

- ♦ Demonstration
- ♦ Explanation
- ♦ Application (Repetitive Rehearsal)



Warm-Up Drills

Given proper demonstration and practice the athlete will properly warm up before each practice session. Jog in place lightly to warm muscles properly before stretching.

Stretching

Straddle Stretch



- a. Stand with feet shoulder width apart, hands on hips.



- b. Bend trunk as far right as possible and hold for 10 seconds.



- c. Bend trunk to the front and hold for 10 seconds.



- d. Slowly bend trunk as far left as possible and hold for 10 seconds.
- e. Bend trunk to the back and hold for 10 seconds.
- f. Bend trunk to the front and hold for 10 seconds.
- g. Bend trunk to the back and hold for 10 seconds.

Repeat the exercise 3 times.



Body Bend Exercise



- a. Stand with feet slightly apart, extend arms and reach overhead



- b. Bend from the waist and arch backward as far as possible



- c. Bend forward as far as possible swinging the arms forward, trying to touch the ground with hands.



- d. Return to starting position.

Repeat the exercise 3 times.



Stretching (with a golf club)

Trunk Rotation



- a. Put one hand on grip end (handle) of club and the other hand on the head of the club.
- b. Raise club overhead and place on shoulders.
- c. Rotate the shoulders from left to right while hands are still on the club.



Hamstring

From a standing position go slowly to a squatting position and return to a standing position.



Shoulders



- a. Hold club as in the trunk rotation drill.
- b. From a standing position, raise club as far overhead as possible, then forward as far as possible.



Hands and Wrists



- a. Squeeze and release tennis ball or similar soft ball.
- b. Squeeze and hold for a two count and release.

Do 5 to 10 repetitions.



Golf Exercises

Caution: Full swing exercises should be used only after proper stretching exercises have been done.

Head-Wall Exercise

This exercise is a great warm up to test your posture control. You do not need a golf club.



- Assume your golf stance away from a wall or post, tilting forward from your hips. Relax your knees allowing your forehead to touch a post or wall. (If against a wall, you may also insert a pillow or cushion between wall and your forehead applying enough pressure to avoid dropping the pillow). Allow your arms to drop in front of your chest. Extend your target thumb to an imaginary ball gripping it with your rear palm as if on a golf club.
- Swing your arms back to the 9 o'clock position (hip high) while maintaining your spine angle and knee flex. Your head should remain the same distance from the wall. Your target arm will be parallel to the ground, thumbs pointing to the sky.
- Allow your head to pivot slightly away from the target, not pulling away from the wall as you swing to the top! Note how Jamie's chin has pivoted slightly out of the way to allow a full shoulder turn.
- Returning to impact, the head is still touching the wall and spine angle maintain in a position similar to the address as weight shifts into target side, arms drop and the target hip has "cleared" away from target line.
- This transition and pivot towards the target creates room for the rear side of the body to rotate and release on the through swing. Note how the rear arm has extended and rotated to the 3 o'clock position allowing the thumbs to once again point to the sky.
- The centrifugal force created by the pivot and arm swing around the spine will enable the golfer into swing to a well-balanced finish.



Rear-Wall Exercise

This exercise is similar to the Head and Wall testing your posture control especially in the impact zone. This exercise can be rehearsed without a club, with a club and even while hitting a ball. As a safety precaution, a chair, golf bag or broken shaft may be substituted when hitting a ball.



- a. Assume your golf posture and place your rear end against a wall.



- b. Turn your torso, arms and hands to the top without letting your rear leave the wall. Feel your weight move into your rear leg as your back turns away from the target. Your head should counterbalance your rear-end, allowing you maintain contact with the wall as you swing the arms and hands swing over your rear shoulder.



- c. Returning into impact, your rear should stay against the post when you begin the downswing transition into your target leg. This will allow your arms to drop and wrists to unhinge into a desirable swing path.



- d. Keep your rear against the wall as you complete your pivot into the target leg and your arms release to the 3 o'clock position.



- e. Allow your arms to fold over the target shoulder into a balanced finish as your eyes "follow your ball!"



Double-Hitchhiker Lower Arm Rotation Drill



The purpose of this exercise is to develop proper forearm rotation.



- a. Assume golf posture extending target arm and gripping the wrist of the target arm with rear hand



- b. Swing arms back to thumbs up, "hitch-hike" position. The forearms will rotate and rear elbow will point down to the ground as target arm extends across the chest.



- c. At impact, rotate arms and hands back to imaginary ball assuring target hand is facing the target.



- d. Continue through impact allowing opposite rotation of forearms and hands to thumbs up "hitchhike position." Target elbow will be pointing towards ground as rear arm extends toward target.



- e. Finish high with weight on target side.



Hands and Arms Set Up Drill



Hands and Arms
Set-Up Drill

The Hands and Arms drill will allow you to feel a maximum wrist cock, uncock and recock through the back and forward swing. Do this drill keeping your lower body quiet slowly several times swinging only the arms and hands. Once you feel the arms swinging freely and the hinging, unhinging and rehinging of the wrists, add your pivot of torso and hips.

1. Establish your address position, without swinging the arms, turn your thumbs away from the target allowing the forearms to roll establishing a 90 degree angle with clubshaft and target forearm. This cocking position or "set position" is shown in position 1 of the photo on the left.
2. From the "set position" swing arms to a completed backswing with thumbs under the shaft.
3. Return to impact, position 3 by dropping arms and uncocking wrists at hip level.
4. Swing arms to finish position 4 recocking the wrists and keeping arms in front of your chest.

Towel Exercises

An easy warm up to keep your golf muscles and swing path in check is the Towel exercise.



- a. Assume your golf posture, stance and grip with a towel.



- b. Swing your torso, arms and hands away as a unit. Allow the towel to drop over your rear shoulder. Shift your weight and begin the pivot of your torso.



- c. Swing the towel freely through impact into a balanced finish with weight on target leg. Rear knee, chest and hips should face target as towel drops over target shoulder.

Coach's Note: Warm-Up/Stretching exercises should make up part of each practice session.



Basic Golf Swing

When teaching the golf swing it is common to refer to the target. When we stand to hit a golf ball, we stand side-ways to the target. If you are a right-handed golfer, your left side would be called your **target side** and your right arm and leg would be called the **rear side**. This would be the exact opposite for a left-handed golfer.

Using the terms target and rear allows us to address both left and right- handed golfers equally.

Fundamental Swing Elements:

1. Grip, Stance, Aim
2. Arm Swing
3. Body Movement_ The Pivot

Arm Swing+ Pivot = Basic Golf Swing

Caution: No player should swing until he or she is in designated area and all others are in position.

Stance



- a. Feet should be shoulder width apart



- b. Flex Knees



- c. Establish posture by bending forward from the waist (at your hips) so that arms drop down from your body as demonstrated in the photo to the left.

Coaching suggestions

- Should be done without a golf club
- Weight should be evenly balanced
- Similar to other athletic stances
- Insure stance is not too wide



Arm Swing



- a. Assume stance
- b. With palms together, swing arms back and forth, keeping arms in front of chest (elephant trunk exercises). First pocket to pocket, hip to hip, shoulder to shoulder
- c. Make a bigger swing—arms will follow body in a circular motion.



Coaching Suggestions

- Demonstrate elephant trunk exercise. (Pendulum motion)
- Using hands on technique place athletes in position
- Arm swing is similar to arm swing while walking.



Body Movement – The Pivot



a. Assume Stance



- b. Put hands on hips and turn body to the right side (left side for left handers)
- c. Target knee and hip should move slightly towards center, not beyond
- d. Weight should transfer back into rear heel.



- e. Turn forward now and the opposite weight transfer should occur.
- f. Continue turning until you face the target.

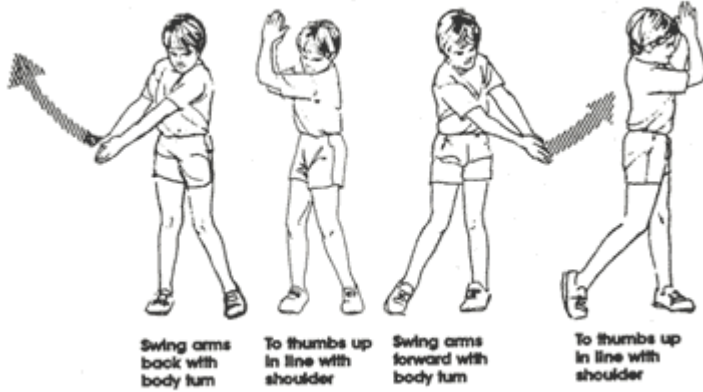
Coaching suggestions

- Have athletes toss a tennis ball with arm below the waist
- Demonstrate the similarities between the golf swing and other sports: baseball, tennis, bowling



Teaching Golf Skills

Basic Golf Swing

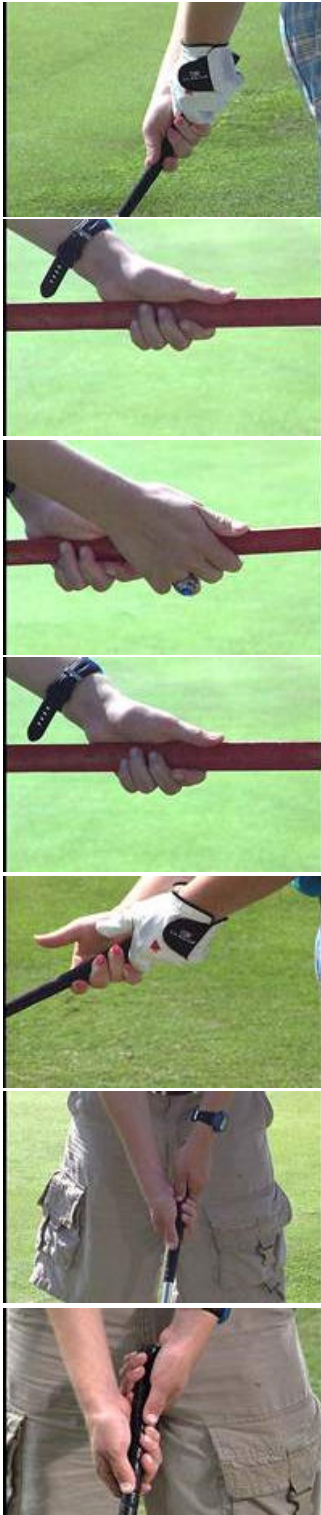




Swinging The Golf Club

Pre-Swing Preparation

The Grip

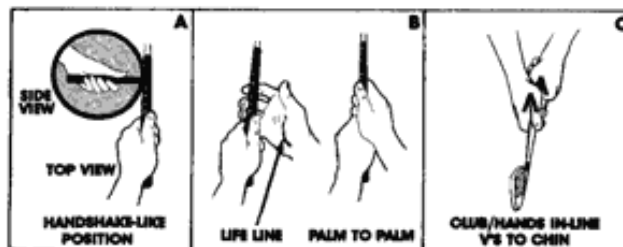


- With the club off the ground, hold the handle of the club 1/2 inch from the butt end with your **target** hand in a handshake-like position diagonal with the club.
- Then, place **rear** hand on the club below your **target** hand, but on top of your **target** thumb. The target thumb fits in the lifeline of the rear hand.
Checkpoint: (Palm of rear hand should be to target.)
- The back of the target hand and the palm of the rear hand should point in the same direction.
Checkpoint: The toe of the club should point straight up. Club/Hands in-line V's to chin or slightly to rear side of chin. No gaps between thumbs and index fingers. Club in fingers, not palm.

Coaching Suggestions

- Remind athletes to keep clubs down, no swing yet.
- Have athletes handshake the club with the left hand only to determine proper club position.
- Encourage the athletes to use ten-finger grip first.
- Have athletes assume the proper stance and also grip the club.

The hands hinge or bend vertically to properly position the golf club and for added speed.





Hand Action



- Assume athletic stance, shoulder width apart
- Grip the club
- Hold the club out stretched at chest height
- Move the club toward your head by only bending your wrists



Coaching Suggestions

- Make sure that athletes keep clubs in front of them.
- Check grip and make sure that the toe of the club is pointing straight up
- Use hands-on technique to set athletes hands in the proper position.



Caution: Players should be careful when they approach a player who has a club down in an address position; the best position is in front or to the side of the player.

Addressing the Ball and Swinging with a Club, Ball and Target



- Take proper stance and grip the club.
- Place the club sole flat on the ground behind the ball.
- Distance from the ball is determined by the length of the club.



Positioning the Club and Ball



- a. Set the club behind the ball and place feet together.
- b. Step sideways with your target foot to position the ball
- c. Step sideways with your rear foot to achieve the proper stance width.
- d. Always set the club in position first, before you take your stance.

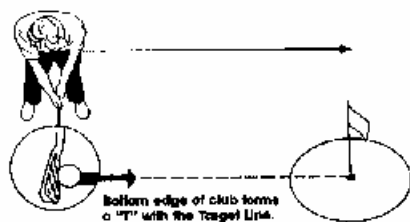
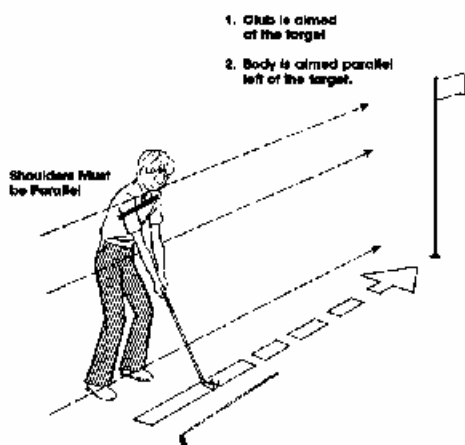
Coaching Suggestions

- Encourage athletes to position ball in the middle of their stance at first.
- Make sure that athletes have achieved proper set up and address before going further with instruction.





Aim and Target



Target

- a. The primary target is not the ball; it is the destination for the shot.
- b. Targets can be many things, the fairway, green or flagstick.
- c. Look at the ball but try and think about its destination.

Aiming

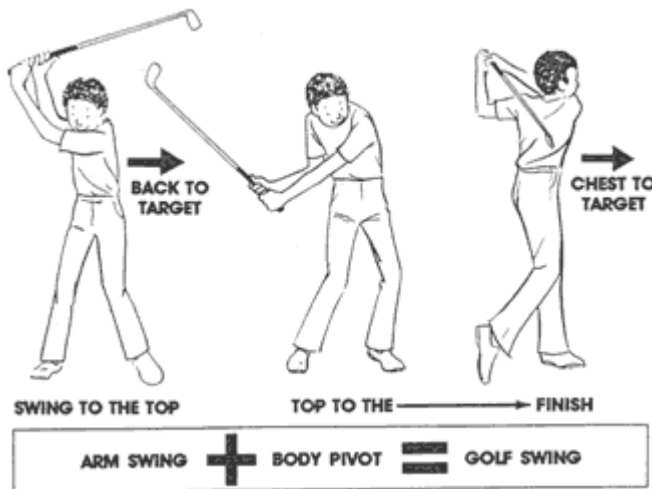
- a. You must aim both the club and the body.
- b. Aim the face of the club head in the same direction as the target.
- c. Aim your entire body, feet, knees, hips and shoulders, parallel to the target line.

Coaching Suggestions

- Use targets close to the athletes at first.
- A line drawn on the ground using paint, string or golf club will greatly aid in proper aim.



Back to the Target, Chest to the Target



Caution: A golf club can be a dangerous weapon. It should never be swung in a group.

The Swing Sequence

Swinging a Club – Grass Cutting Exercise

A good way to learn to swing a golf club is the grass-cutting exercise with non-stop swinging.

- Using proper grip and stance athlete should swing the club back and forth a short distance and brush the grass.
- Then swing the club back until the hands hinge and brush the grass continuously.
- Swing club over shoulder.
- Athlete should also try this drill with feet together-will help the athlete feel the body turn

Coaching Suggestions

- Insure there is ample room between athletes.
- Demonstrate swing and grass cutting drill,
- To swing the club, athlete must learn to use body, arms and hands in a unified manner.
- Back swing is one motion. A wind-up. Swing the club back so that your club is over your shoulder and back is facing toward target.
- Forward swing is one motion. Unwind; the club is swung from the top to the finish in the direction of the target. As the swing goes forward the body turns in the direction of the target,
- At the finish the club should be over the left shoulder and the athlete's weight should be on the left foot. Note: Back to the Target Chest to the Target



Swing Test Progression: Tee Only, Teed Ball, Without Tee



- a. Start with a **tee in the ground**.



- b. Goal is to swing the club to the finish—
not just to hit the ball. Attempt to strike
the tee on the forward motion.



- c. Add a ball on the tee and continue the
same motion.



- d. Try without teeing ball.



- e. Athlete can make the complete swing
to the finish position with speed and
balance.

Coaching Suggestions

- Use tennis ball for this drill, first, so athletes may have more success. If tennis balls are not available use a plastic whiffle or some other soft ball.
- Demonstrate swing



The Golf Swing and Swing Progression

Following the golf swing skills-progression, the athlete will begin with a mini-swing or skill of putting-chipping. The athlete will gradually progress to a half-swing or pitching and finally to a full swing in a graduated manner until some competency is reached at each level.

Skill Tests

A series of skills tests are prescribed in this program to measure the athletes' progress in the golf program. There prescribed tests identify certain parameters required to perform various golf swing skills for putting, chipping, pitching, etc. These tests may be modified by the instructor as needed, due to the athletes' abilities.



Mini-Swing (Chipping and Putting Skills)

- Athlete takes stance with feet close together.
- Athlete should use putter, 5-6-7 iron.
- Back swing and forward swing should be the same length.
- Club must be swung to the finish in one motion.



Stop, look and then swing. A good rule to remember before each swing of the club.



Putting



- a. Athlete uses a putter.
- b. Putter is placed in the palms with the palms facing each other; thumbs are placed on top of the shaft.
- c. Stance is taken with feet close together.
- d. Eyes are over target line.
- e. The putter is swung on a path toward the target.

Coaching Suggestions

- Have the athletes roll a ball with an underhand toss. It will help them relate the amount of arm swing and speed to distance.
- Have athletes roll ball with a putter different distances. Make sure that the club accelerates in the stroke.
- Have athletes roll the ball at a target. Start at a distance of 3 feet and work back at 1-foot intervals. This will point out the importance of swinging in the direction of the target with the clubface square at impact.



Try the following 3 steps to learn how to putt. If a golf green is unavailable, you can perform these skills on any short-pile carpet.

Roll the Ball Series

1. Learn to roll the ball with **an underhand toss**. You will soon relate the amount of arm swing and speed to distance. Try it with a putter and see if ball rolls.
2. **Roll the ball with a putter different distances**. Always make sure the club **accelerates** in the stroke. To practice - place a marking tee equal distance on each side of the ball - swing back to one tee and forward to the corresponding tee.
3. **Roll the ball to a target**. Start at a distance of 3 feet and work back at 1-foot intervals to 10 feet when you are able to hit the target consistently. This will point out the importance of swinging in the direction of the target with the clubface square at impact.



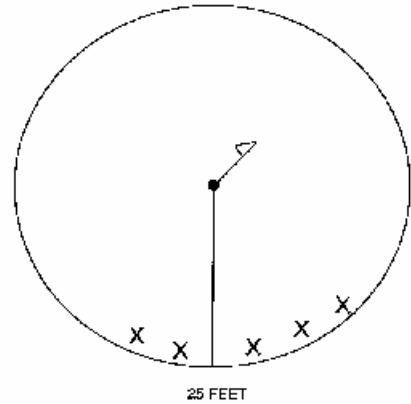
Putting Test #1

Purpose: To test the player's ability to perform (1) good stance, (2) stroke the putt firmly, and (3) two putt a green from 25 feet.

Equipment and facility:

1. One putter
2. 6 golf balls
3. One green or lined off area

Procedure: The student may putt anywhere on the green, as long as he or she remains 25 feet from the cup. The student can score a possible 20 points on each ball, and is scored on his/her best 4 balls out of 6. The student may acquire these points in the following manner. Five points for stroking the ball firmly, and 15 points for two putting the green. He/she may gain 10 points for 3 putts and 5 points for 4 putts.





Putting Test #2

Putting is considered a Two-Phase Skill

- ♦ Short putting for **accuracy**
- ♦ Long putting for **distance**

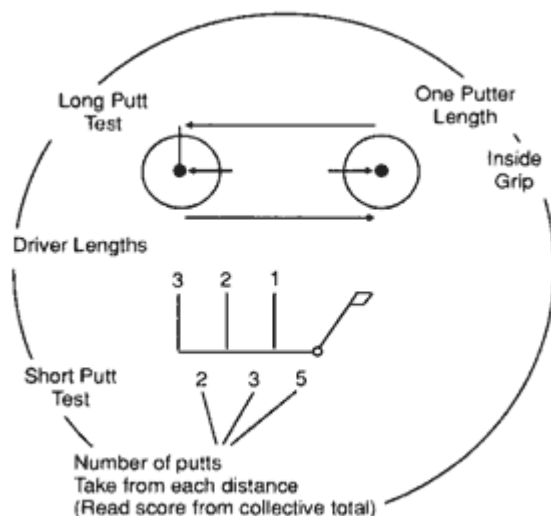
Short Putt

Place a tee at each of the driver length distances to indicate the starting place. Remove the flagstick and then putt for the cup. Score the number of balls that go into the cup. (Refer to diagram below)

Long Putt

Place a tee for the target area at each of the ends of a 25-foot distance. Putt 10 balls from one tee area toward the other tee or target area, and measure the shots with your putter. Any part of the ball inside the grip counts one point (see diagram).

Putting Set-Up:



Your putting score is the highest level you reach for both the Long and Short putt test.

Example: 5 – Short Putt
8 – Long Putt
13 – Putting Score



Putting Faults and Fixes

Error	Correction	Drill/Test Reference
Ball consistently rolls to the right or to the left as it slows down	Check alignment, club path	Railroad Track Drill
Ball consistently rolls through the break and beyond the hole	Check swing pace, may be putting the ball too hard and allowing wrists to overtake “one-piece” motion of shoulders, arms, hands and putter.	<ol style="list-style-type: none">1. Take 3 balls. Putt the first ball just outside your peripheral vision, without looking at the first ball, putt the next 2 balls trying to land the balls in a cluster or hitting the first ball. Focus on repeating the same motion of the stroke back and through. Change distances and repeat.2. Roll the Ball Series3. Crack Open Putter Game
Balls consistently comes up short	Assure back swing and forward swings are equal.	Elephant Trunk Drill and practice same references above
On breaking putts, ball always miss below or beyond the hole	Watch your aim and putting line. Assure your eyes are over ball and keep them there until ball to clubface contact is made	Practice reading the green. Find a green with various slopes. Take note of the various degrees of slope and how the slope will affect the curvature of a ball. Roll a few balls underhand towards the hole and note the direction of how the ball might be “breaking” or curving. Next, putt a few balls towards the hole and allow the slope to carry the ball to the hole.



Chipping

In the chipping stroke, the swing is relatively small in length. Use the clock above as a guide. The swing length should move from 7 to 5 or 8 to 4.



- A stance is taken with the feet close together.
- A short swing motion is used with a 5, 6, 7 iron.
- Little wrist movement is used and body moves naturally in the direction of the swing.
- The distance of the shot will vary the amount of back swing.
- The chip shot will fly low and roll further.

Coaching Suggestions

- Insure that the back swing and the forward swing are about the same length.
- Stress proper hand action, watch for target hand cupping at the back of the ball. Usually happens when the athlete tries to lift the ball up instead of swinging.
- Ball position: back of center.
- Hands and shaft: front of ball.



Test on chipping

Purpose:

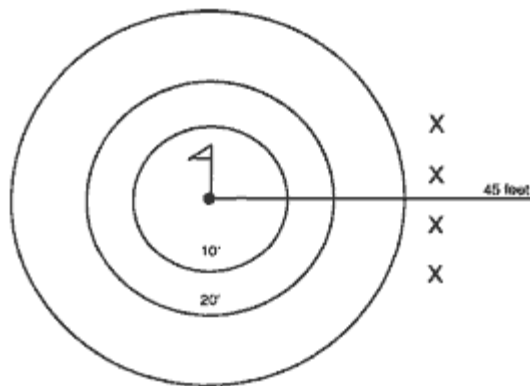
To determine the student's ability to hit within 10 feet and 20 feet radius of the cup from a distance of 45 feet.

Equipment and facility:

1. 5 iron
2. 6 golf balls
3. A green or marked off area with a cup in the center

Procedure:

- The athlete stands anywhere around the green as long as he/she remains 45 feet from the edge.
- The athlete may score 20 points per ball.
- The athlete can receive 5 points for stroking the ball firmly and 15 points for the ball remaining in the 10-foot radius.
- He/she can get 10 points for the 20 feet radius
- He/ she can receive 5 points for the ball going 5 feet short of the 20 feet radius and 5 points past the 20 feet radius.





Chipping Faults and Fixes

Error	Correction	Drill/Test Reference
Hitting the top of the ball	Take notice that your shaft stays in front of the ball and that your target wrist remains flat to the target, verses in a cupped.	Extended Club Drill. Hold follow through to check position. Rear wrist bent, Target wrist straight.
You hit the ball either too long or too short.	Compare your forward swing length with the distance the balls travels	Chip to various targets at different distances to develop feel for distance.
You hit the ground behind the ball.	Maintain your posture and assure weight remains on your target side throughout the swing and arms shoulders and hands swing as a unit..	One –Leg Back Toe Drill. Pull your trail foot back behind your target foot placing only the toe of the trail foot on the ground. Chip and maintain your balance keeping the club low through the impact area.
When chipping with a 7 iron you get a high trajectory.	Watch your ball position to make sure it is behind center and your hands, shaft and club are in a straight line in front of ball. (This position will deloft the clubface angle.)	Chip and hold your finish assure that hands remain in front of clubface throughout swing. On the finish, clubface should still be low and facing target line, not the sky.
Ball consistently is off target	Check set up, aim of body and clubface	Railroad Track Drill .Place 2 clubs parallel to the target line approximately 8 inches apart to confirm aiming lines of body and club.



Pitching

Half-Swing

- The club is swung to one-half the length of the full swing. Hip high to hip high.
- The stance is taken with feet approximately shoulder width.



Half-Swing

Swing the club to approximately one-half the length of a full swing (hip high) or 9:00 to 3:00 as clockhands. The half-swing is used in **PITCHING**. In pitching, the arm folds and hands hinge with more body movement.

Pitching

- Athlete uses a lofted club such as a #9, pitching wedge or sand wedge.
- Shots are produced that have more time in the air and less time on the ground.
- The club is swung about one-half the length of a full swing. On a clock face from (9 to 3).
- The hands will hinge and unhinge in the swing.

Coaching Suggestions

- Insure that the back swing and the forward swing are approximately the same in length.
- Have athletes swing to the finish in one motion.
- Demonstrate pitch shot.



- This is a good visual of the clock concept. Athlete will assume golf stance.



- Athlete's arms swing to the 9 o'clock position.



- Arms return to the impact zone.



- Arms continue on the through swing, allowing body to rotate with arms.



Pitching Test #1

Purpose:

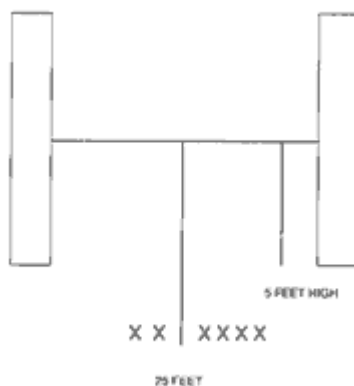
To determine the student's ability to strike a ball in the air over a goal post 5 feet high.

Equipment or facility:

1. 9 iron or wedge
2. 6 golf balls
3. Two standards with a rope between; the width 15 feet, the cross bar 5 feet off the ground.

Procedure:

The student stands 25 feet from the standard. Each shot has a possible 20 points. To score 20 points, he/she must strike ball firmly and in the air over the cross bar. Five points are given for hitting the ball solid, and 15 points for the ball going in the air over and in between the 15 feet width. He/she can score 10 points for the ball to go under the cross bar. He/she can score 5 points for just striking the ball. Only count 4 best balls out of 6. The student may use a tee for each shot.





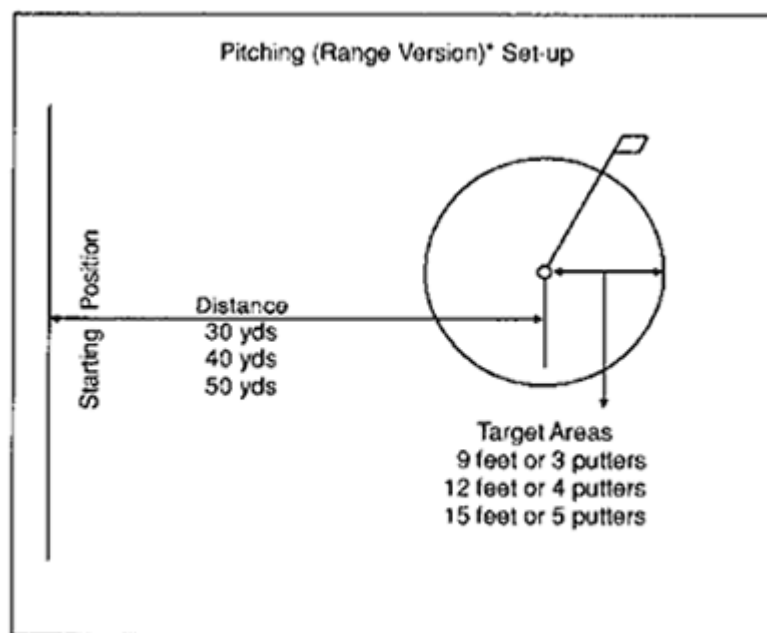
Pitching Test #2

Green Version (9 - pitching wedge or Sand wedge)

- While using the chipping/Pitching diagram, simply place a bag, club or obstacle 1/3 the distance from the starting point to establish a restraining line.
- All shots must fly over the restraining line and come to rest within the target area to be considered a successful shot.

Range Version (9 - PW or SW)

- Follow above instructions while using the Range Version diagram below.
- The pitching test for the range version is optional in the event that pitching is not allowed on the putting green.





Pitch/Chip Test

Use the Chipping/Pitching diagram and select any one of the three distances. (Short, Medium, Long)

There is no restraining line, however the starting distance should allow the ball to land on the green with any of the less lofted clubs.

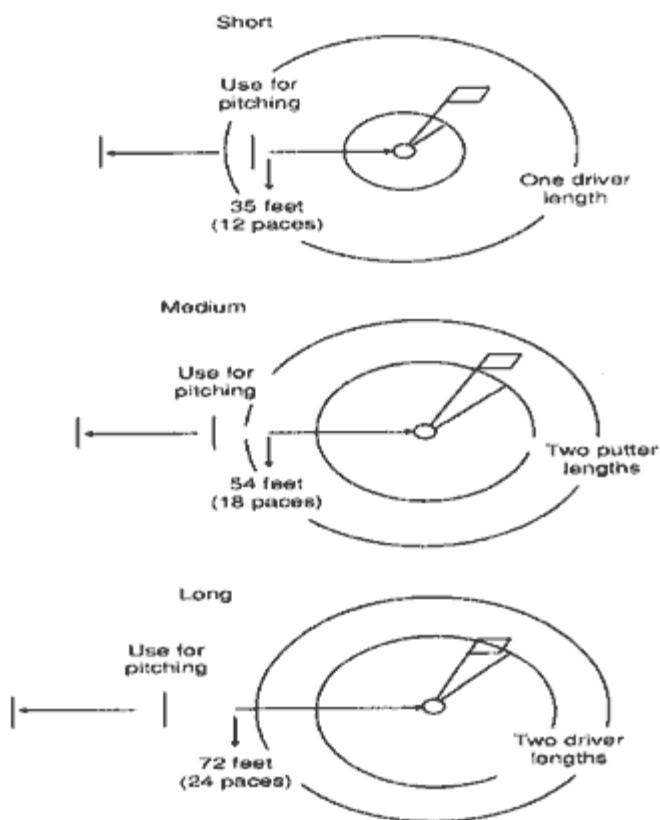
Use the short shot chart to help you select the proper iron for the shot distance.

Note: Any ball, which hits a tee, can be replayed if there is some doubt of its status.

Note: Use same distances for both pitch and chip skills except for the pitch place a club or bag 1/3 the distance from the starting line for a restraining line in pitching.

Note: Use the roll and flight calculations from the pitching a chipping short shot chart to select your proper iron for each distance.

Student Set-Up Instructions: Pace the distance and use golf tees to outline the targets to establish the test stations.





Pitching Faults and Fixes

Error	Correction	Drill/Test Reference
Hitting the top of the ball	Maintain body posture from setup through to finish	Brush the grass using the mini-swing with and without a ball
You hit the ball either too long or too short.	Distance will be determined by the club used, swing length and swing speed. 9 iron, PW and SW will each perform differently.	Clock Concept. Practice swing lengths with all pitching clubs from 5 -7, 9-3. Note ball carry and roll distances.
You hit the ball in the hosel of the club.	<ol style="list-style-type: none">1. Check your ball position to make sure it is in the center of your stance. It may be too far toward your target foot or too close to your rear foot.2. Watch your balance and swing path, you may be moving forward or towards the ball on the back or forward swing.	<ol style="list-style-type: none">1. One -Leg Toe Drill. Pull your trail foot back behind your target foot and placing only the toe of the trail foot on the ground. Practice making mini-swings and maintaining your balance.2. Hit balls next to a 2 x 4 or head cover
Ball comes off low, no trajectory	Check ball position. Make sure it is in the center of your stance and not too far back.	Practice Cocking Drill, 3 - 9
You hit the ground behind the ball	Maintain knee flex and body posture through to the finish.	Mini-Swings, Rear Against the Wall



Additional Putt, Chip, Pitch Tests

PUTTING TEST (Use putting green or putting carpet)

<u>Number of Trials</u>	<u>Test Setup</u>	<u>Score</u>
1 2 3 4 5 6		_____
1 2 3 4 5 6		_____
1 2 3 4 5 6		_____

CHIPPING TEST (Use 7 Iron or more)

<u>Number of Trials</u>	<u>Test Setup</u>	<u>Score</u>
1 2 3 4 5 6		_____
1 2 3 4 5 6		_____
1 2 3 4 5 6		_____

PITCHING TEST (Use SW, PW, or 9 Iron)
Ball must land over the bag or restraining line

<u>Number of Trials</u>	<u>Test Setup</u>	<u>Score</u>
1 2 3 4 5 6		_____
1 2 3 4 5 6		_____
1 2 3 4 5 6		_____

HOW TO SCORE: For each successful shot, place an "X" through the numbered trials. For each unsuccessful attempt, place an "O" around the number. The total number of successful attempts is your score.

Example: ~~X~~(2)(3)~~X~~ X(6) Score

 3

Note: All shots which are questionable should be replayed.

FAIRWAY MINIMUM DISTANCES (Length)				
AGE	MALES		FEMALES	
	LENGTH	WIDTH	LENGTH	WIDTH
8 - 10	75 yds	9 yds	75 yds	9 yds
11 - 12	100 yds	12 yds	75 yds	9 yds
13 - 15	125 yds	15 yds	100 yds	12 yds
16 - 17	150 yds	18 yds	125 yds	15 yds

DRIVING MINIMUM DISTANCES (Length)				
AGE	MALES		FEMALES	
	LENGTH	WIDTH	LENGTH	WIDTH
8 - 10	125 yds	15 yds	100 yds	12 yds
11 - 12	150 yds	18 yds	100 yds	12 yds
13 - 15	175 yds	22 yds	125 yds	15 yds
16 - 17	200 yds	30 yds	150 yds	18 yds

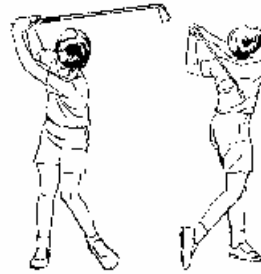
If your students are eighth grade (13 - 14 yrs.) you would select the target distance for boys and girls in each category, for example:

FAIRWAY		DRIVING	
125 yds	-- 18 --	175 yds	-- 22 --
100 yds	-- 12 --	150 yds	-- 15 --
75 yds	-- 9 --		



Full Swing

- a. Stance is taken with feet at shoulder width.
- b. The club is swung "around the clock."
- c. The proper motion sequence is used.



Fairway Approach

- a. Athlete takes proper address position.
- b. Athlete grips club.
- c. Athlete sees target.
- d. Athlete aligns himself with body (knees, hips and shoulders) on a parallel with the target.
- e. **The ball is positioned in middle of stance.**
- f. Athlete swings the club using the proper motion sequence.



Coaching Suggestions

- Demonstrate swing slowly using proper motion sequence.
- Draw lines on the ground to aid in alignment and ball position.
- Have athletes make 5 swings without the ball, then make 5 swings with the ball!
- Put the ball on a tee first.
- Consider using a tennis ball or soft ball in the beginning. This will build confidence.



Driver

- a. Athlete takes proper stance with feet shoulder width.
- b. Athlete grips the club properly.
- c. Athlete aligns himself properly.
- d. **The ball is positioned in the forward part of the stance.**
- e. Athlete swings the club using the proper motion sequence.

Coaching Suggestions

- Demonstrate swing with proper swing motion sequence.
- Have athletes use a fairway wood when starting.
- Draw lines on the ground for alignment and position,
- Use a tee when beginning.



- a. Athlete will assume golfing stance. The ball is positioned in the forward part of the stance.



- b. Turning the back to the target.



- c. Shifting the weight from the top of the swing into the target side.



- d. Allowing arms to drop into the impact zone.



- e. Swinging through to the finish.



Test for Iron Shots

Purpose:

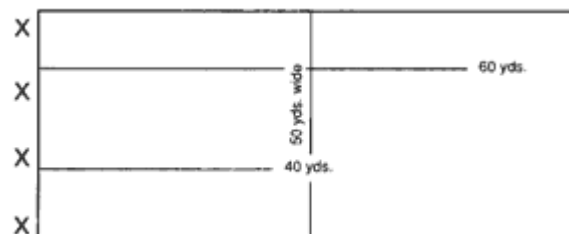
To determine the student's ability to hit the ball in the air 60 yards.

Equipment and facility:

1. 5 or 7 iron
2. 6 golf balls
3. Space needed – playground – golf range.

Procedure:

- The student stands 60 yards from a flagstaff or pole.
- Each ball has a possible 20 points. This is a best of 4 out of 6 shots event.
- The student gets 5 points for hitting the ball solid and 15 points if the ball carries in the air 60 yards.
- The student gets 5 points for hitting the ball solid; and 10 points for hitting the ball 40 yards in the air.
- The player gets 5 points for just hitting the ball.



Length and width can be adapted by the group's activity.

Additional Fairway Tests

Fairway Test

Markers should be placed on the range at the listed distances and target widths. The test is taken with a 5 iron and the ball on the ground. You establish your own target based on your present distance ability. Once this distance is known, the next closest distance becomes the restraining line for your golf shots. Shots, to be successful, must pass over the restraining line in the air and then go to and between your target markers (See Driving example.)

Fairway Set-Up		Fairway Distance Standards		
Check fairway minimum skill levels chart.				
Target Width		AGE	MALES	FEMALES
18 yds		10 and under	75 yards	75 yds
15 yds		11 - 12 years	100 yards	75 yds
12 yds		13 - 15 years	125 yards	100 yds
9 yds		16 - 17 years	150 yards	125 yds
Distance				

Student Set-Up Instructions: The Driving and Fairway test stations are established by pacing off the distances and using range markers for targets.



Skills Testing Procedures

- ◆ Record date
- ◆ Indicate type of session (practice or test)
- ◆ Record number of successes out of 10

DATE	SCORE	P/T	DATE	SCORE	P/T
6-15-87	4	P			
6-21-87	5	P			
6-22-87	5	P			

Note: Use a standard golf scorecard to record the successful trials for each test.

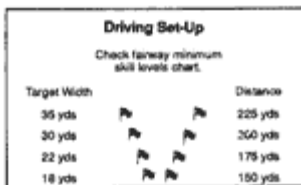
HOLE	1	2	3	4	5	6	7	8	9	Out
BLUE										
WHITE										
Driving	X	X	O	X	X	O	X	X	O	7
Fairway	O	X	X	X	O	X	O	X	O	6
Chipping	O	O	X	O	X	X	O	X	O	4
HANDICAP										
PAR										
Pitching	X	X	O	O	X	X	O	X	X	6
Putting	X	O	O	X	X	O	X	X	X	7
RED										
Score	O	O	X	O	X	X	O	O	X	15

Use a golf scorecard, place an "X" for each successful shot, and an "O" for those which do not count. Add the total for each test.

Driving Test

Range markers should be placed on the range at the listed distances and target widths. The test is taken using a driver (2 or 3 wood or metal wood if unavailable). Tee is required. You establish your own target based on your present distance ability. Once the distance is known, the next closest distance becomes the restraining line for your golf shot.

Example: If you can drive the ball 200 yards, 175 yards becomes your restraining line. Shots to be successful must pass over the restraining line in the air and then go to and between your target markers.



The only age-adjusted skills are Fairway Irons and Driving. For these skills we have set some recommended minimum standards for distance. The distances should be used only as goals for the students - not to restrict participation,

Driving Distance Standards		
AGE	MALES	FEMALES
8 - 10 years	100 yards	100 yds
11 - 12 years	125 yards	100 yds
13 - 15 years	150 yards	125 yds
16 - 17 years	175 yards	150 yds
18 and above	190 yards	170 yds

Note: If driving test distance is under 150 yards use the fairway test markers.



DRIVING TEST (Use any wood club)		
Number of Trials	Test Setup	Score
1 2 3 4 5 6		_____
1 2 3 4 5 6		_____
1 2 3 4 5 6		_____
Follow Driving Chart for ages - distance/width		
FAIRWAY IRON TEST (Use a 5 iron)		
Number of Trials	Test Setup	Score
1 2 3 4 5 6		_____
1 2 3 4 5 6		_____
1 2 3 4 5 6		_____
Follow Driving Chart for ages - distance/width		

Wood Shot Test:

Purpose:

To determine the student's ability to hit the ball in the air 60 yards.

Equipment and facility:

1. Fairway metal or wood
2. 6-golf balls
3. Space needed – playground area – golf range.

Procedure:

- ♦ The student can score a possible 20 points per shot.
- ♦ Five points for hitting the ball solid, and 15 points if the ball carries in the air 60 yards; the student gets the best four out of six hits to count.
- ♦ The student can get five points for hitting the ball solid, and ten points for the ball in the air 40 yards.
- ♦ The student can get five points for wherever the ball goes. The width of the boundaries can be determined by space available.
- ♦ Keep a record of each individual's results.

At the completion of this skill level, the pupil now has all of the basic shots that are necessary for a game of golf. Although this pupil has not yet played, he/ she has completed a survey of the basic skills and ideally is now ready for his /her first trip to the golf course.

Wood Shot Test

X _____ 40yds. _____

X _____

X _____ 100yds. _____

X _____

X _____ (50 yds.wide) _____

When the time for ball-striking arrives, along with demonstration and personal instruction in this shot, have the athlete stand within the teeing area and hit the ball, trying to make it carry 60 yards or more in the air. He/she must be shown how to stay within the 50 yard width limit.



Full Swing Faults and Fixes

Error	Correction	Drill/Test Reference
You hit the ground behind the ball as your weight shifts.	<ol style="list-style-type: none"> 1. Swing “through” the ball 2. Maintain posture at impact 	Swoosh Drill. Turn club upside down, grip and swing allowing freedom in the arms and hands. You should hear a Swoosh sound in the impact zone.
Club hits the top of the ball	<ol style="list-style-type: none"> 1. On the forward swing keep club extended towards the ground, and arms long through the impact zone 2. Be sure of arm extension when wrists uncock towards the ball. 	Make a full swing back and an abbreviated follow through, stopping at 9:00 as if you were “Shaking hands with the target.”
You hit the ball with the toe of your club	Maintain your posture over the ball. Do not shift your weight backwards, or stand up during your forward swing.	Rear end against the Wall Drill
You hit the ball with the heel or hosel of your club	At setup make sure your arms are relaxed and that they are not too far away from your body. Do not lean forward beyond the ball.	<ol style="list-style-type: none"> 1. Rear End Against the Wall Drill 2. Place a 2 x 4 in front of ball and hit the ball without hitting the board. Railroad Track
Losing distance with full swings because you don’t turn your hips	Make sure you feel your full body turning back and through.	Rehearse Pivot Drills. “Belt buckle back and belt buckle through. Towel Drill.
Hitting the ball straight but not on target	Make sure you check your alignment before you swing.	Place clubs down on the ground to confirm aiming lines.
You “whiff” the ball (swing and miss).	Keep your posture the same throughout your swing and long arms through impact.	Clip the tee drill. Assure you maintain your arm extension through the impact zone.



Ball Flight Feedback

Learn from Your Ball Flight

Direction is influenced by	Distance the ball will travel is affected by
<ul style="list-style-type: none"> the alignment and aim of clubhead and body at setup. the path you swing the club. position of the clubface when it contacts the ball. 	<ul style="list-style-type: none"> how squarely the clubface hits the ball. how fast the club is traveling when it contacts the club. the club's angle of approach when it hits the ball.

The chart below from Dr. Dede Owens and Linda K. Bunkers' *"Steps To Success"* is an excellent reference to detect and correct common ball flight feedback.

Error	Correction
Direction: Path	
1. Ball travels straight but lands left or right of target. A path error due to an alignment problem	1. Adjust the alignment of body to square position. Stance should be parallel to target. Check: feet, hips and shoulders. Explanation: Directional errors are primarily caused by one of two problems: lack of square alignment or club swung on a path not aligned to the target.
2. Ball lands right or left of target due to path on which you swing club.	2. Swing club on path to target. Check alignment to visualize desired path of ball flight. Explanation: Direction of ball flight is primarily the same as the direction in which you swing the clubhead
Direction: Clubface	
1. Ball slices	1. Allow clubhead to return to square at contact. Check to make sure hands are relaxed. Check "release" at contact and your grip. Explanation: The angle of clubface in relation to the path of your swing determines sidespin imparted to the ball. An open club face produces a slice.
2. Ball hooks	2. Arms are stopping too soon and hands unlock too early. Increase the tension in the hands slightly to change the timing of the release; be sure hands and arms start down as a unit from the top. Explanation: Angle of clubface in relation to path and swing determines sidespin imparted to ball. A closed clubface produces a hook.
Distance	
1. Balls lands short of target, but flight looks about the right height.	1. Increase length of swing or swing speed. Explanation: Distance a golf ball travels depends on 4 things: the length of the swing, speed of the clubhead at the moment of impact, squareness of the contact made by the club on the ball and the angle of approach or path of the club to the ball.
2. Ball travels too high with an iron and lands short or target.	2. Angle of approach is too steep. Adjust angle of approach to be shallower or less steep by extending swing (making it wider on backswing and forwardswing).



Error	Correction
3. Ball seems to pop up in the air on the tee shot due to a steep approach.	3. Adjust angle of approach of club by extending swing (by making it wider on the backswing and forwardswing). This flattens the angle into the ball.
4. Ball lands short of the target, but swing seems about the right speed and length.	4. Check for square contact of clubface on ball. Club selection may need to be changed. Explanation: Each club has a sweet spot (centroid) which is its center of mass extended to the clubface surface. This is the point on the clubface that can impart the most force into the ball, allowing the ball to travel its maximum distance. The farther away from the sweet spot the ball is hit, the more its distance and direction will vary.
5. Ball shoots off sharply in front due to being hit in the hosel—a “shank”. Upper body falls back on forwardswing.	5. Contact ball at sweet spot of club by keeping proper posture over ball on forwardswing.



Basic Drills for Golf

I. Balance and Posture Drills



Feet together

This drill promotes the idea of the arms swinging the body. It gets rid of arm tension and helps the balance.



Legs Crossed

Cross legs and swing, while keeping the balance.





One Leg
Swing a club on one leg.



Eyes Closed
Swing a club with eyes closed.



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.



II. Release Drills

3 o'Clock Drill

Just swing back and forth from waist to waist for 3.5 minutes without stopping.



Quarter Turn Drill

From address position, make a quarter turn so that your back is to the target. Then make your turn and hit the ball. You should feel the right hand over the left after impact (caution-make sure that the pupil has no back problems before doing this drill).



Trail leg back

Pull trail leg back behind target line to create a closed stance and swing. Swing back and through keeping the heel of the trail leg. Pulling the trail leg back will allow you to feel the freedom of the arm swing as you pivot your torso away from the target and pivot on the through swing.



III. Speed Drill



Right Hand Only

Hit balls with right hand only. This gives the feeling of what the right arm does in the regular swing.





"Swoosh" Drill

- a. Turn your golf club upside down and grip the shaft below the clubhead. Assume your golf stance and posture. Your arms should be hanging naturally in front of your chest and your shoulders nice and wide. Avoid tension as it will inhibit the motion of your swing. Your grip pressure should be firm, not tight. Enough pressure in your fingers to hold the club, but still allow your wrists to hinge and unhinge.
- b. Swing your arms freely to the top. Allow your wrists to hinge and your trailing elbow to fold as you support the shaft in a horizontal at the top of your swing. You should feel your weight inside your rear foot.
- c. Once reaching this horizontal position, transition into your forward swing by shifting the weight onto the target leg. As your arms drop back down towards the ball, try to create a "swishing sound" as you approach the 6 o'clock position or impact area. The unhinging of your wrists and rotation of your forearms and body through impact will enable you to generate this sound.
- d. This "release of energy" should carry you into a well-balanced finish. Repeat this drill several times, as you will find that the less tension you have in your arms and hands, the louder the "swish."



IV. Swing Path Drill

Hit balls next to a 2 x 4.



Place two clubs parallel to each other and swing between them.



Just swing the club and take a divot. Then take a step and swing again. Continue doing this. Then check to see if the divots are in a straight line.



Intermediate—swing path drill. Stick a club shaft into the ground in front of you to relate your arm swing to the proper path.



Trail Leg Back. (See Release Drill). This drill is also effective for preventing a student from casting the hands and arms away from the body in the transition from backswing to forward swing, or as many call, “coming over the top.” Have the student pull the trail leg back behind the line and focus on keeping the heel of the trail leg in the starting position as he/she swings back and through. This will allow the athlete to keep their back to the target a few second longer and allow for the arms and trailing elbow to drop into the proper path when changing directions. If the student throws the hands and arms away from the trail shoulder (casting) when making this transition, the chest will open to the target and trail heel will raise too early.



Golf Games

Listed in this section are a number of golf related and lead-up type of games which are designed to both reinforce the instructional segment and to present golf as a fun sport.

Some of the activities are self-testing in that they are used to provide some practical application of newly learned skills. Other games were designed to promote a spirit of competition, cooperation, and team effort among the participants – forming the foundation for an effective class program.

When teaching the games, point out how students can use the games on their own for practice, The games can help teach the game of golf apart from the instruction program, as they encourage the youngster to use a combination of skill, knowledge of rules and inventiveness.

To use the games section effectively, each class should be divided into 3 or 4 teams (6 to 10 players per team) depending on the size of the class.

Assignments to teams should be made on the basis of physical size or athletic ability as it is unlikely that golf skills will be a known criteria. Teams can then be named after famous tour players (e.g, Woods, Sorenstan, Duval, Palmer)for easy identification and organization purposes.

Each activity is scored and tallied on a large score-board which could be displayed in the classroom. An example of how the points could be distributed is as follows:

Game: Tee Me-Pitch Me (30 points)

3 Teams	1 st	14
	2 nd	10
	3 rd	6

4 Teams	1 st	12
	2 nd	8
	3 rd	6
	4 th	4

5 Teams	1 st	10
	2 nd	8
	3 rd	6
	4 th	4
	5 th	2

Points for the different events can be standard throughout or may be scaled for the popularity of events. Points for individual event winners should be tallied toward the team total; however, individual scoring records can also be kept.

Note: Individual events should be scored for 1st, 2nd and 3rd by age and sex.



Golf Games Directory

- a. Lead Up Games
 - 1) Open Fairway
 - 2) Chip, Pitch and Catch
 - 3) Tee Track
 - 4) Tee to Targets
- b. Short Swing Games
 - 1) Tee Me-Pitch Me
 - 2) Field Goal Golf
 - 3) Leap Frog
 - 4) Golf Bocce*
- c. Full Swing Games
 - 1) Bullseye Golf
 - 2) Death and Glory
 - 3) Golf Bocce*
- d. Fun and General Games
 - 1) Range Ball Relay
 - 2) Golf Ball Race
- e. Putting Games
 - 1) Hole Out Relay
 - 2) Crack Putters Open
 - 3) Mat on Green Games
- f. Short Course Golf Games
 - 1) Regular Games
 - 2) Scramble
 - 3) Alternate Shot
 - 4) Best Ball
 - 5) Match and Medal Play
 - 6) Putting contests

*** This game will be used for both short and full swing.**

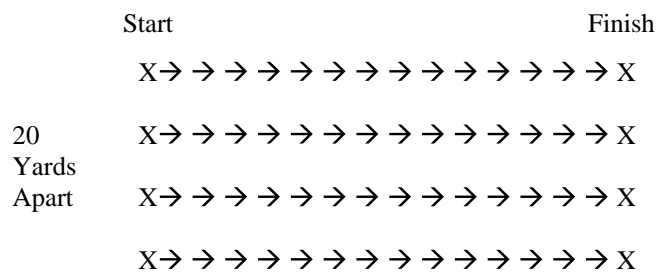


A. Lead Up Games

1) Open Fairway

An introduction to the concept of playing golf where the student hits the ball, locates it, hits it again until reaching a designated finish line. (Use oversize balls, tennis, whiffle to start)

- ♦ Divide athletes into four groups
- ♦ Form single file lines approximately 20 yards apart
- ♦ Each student plays a ball to the finish line counting all swings, including misses.
- ♦ Students should attempt to travel in a straight line; but shots which go astray or into another players area can be played; however, the errant player must yield the right of way. The distances and types of balls can be changed for progression, challenge and variety.



2) Chip, Pitch and Catch

This is a game for the Chip and Pitch Shots to develop distance control and target awareness

- 1 _____ 2 This can be set up in a school yard or practice field.
- 3 _____ 4

- ♦ Have the pupils pair off and face each other at a starting distance of 20 feet.
- ♦ Pupils tosses a ball using a short back swing.
- ♦ Player 1 tosses toward player 2, and player 2 tosses toward player 1.

*A tennis ball or some other type of soft ball should be used. The distance of tossing will vary to the simulate shots desired:

- ♦ Chip shot-shorter distance
- ♦ Pitch shot-longer

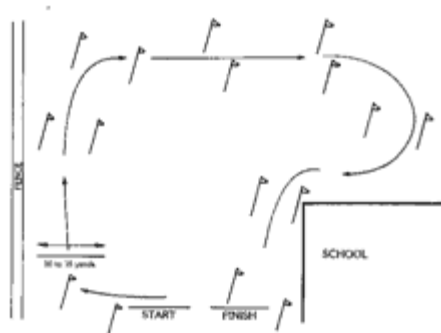
The game is to score points for tosses to your partner, which do not make him move to catch or touch the ball. Each time the player catches the ball; it is recorded as 2 points for the thrower. Once practiced, teams will be given 10 chances (5 per person) and the team making the most points is the winner.



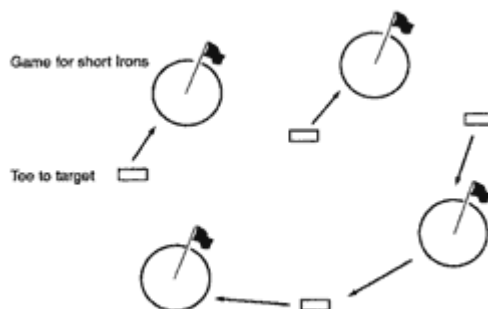
3) Tee Track

This is an introductory golf activity which utilizes a boundary area (track) from the start to finish.

- ◆ Each student begins play from a designated area and attempts to follow a course or track (10 to 15 yards wide) to a finish point.
- ◆ Balls which are struck out of the boundary area must be retrieved, with a penalty stroke added, and play continued from that point.
- ◆ Athletes should count each swing and penalty until they advance the ball across the finish line.
- ◆ The object is to do this in the fewest number of swings.
- ◆ Suggest using an oversize ball (tennis or whiffle) and send the –players off in groups of two or three to learn the proper order of play. Use the 2 miss of whiff rule.



4) Tee to Targets



This can be set up in a very small area and introduces the playing game.

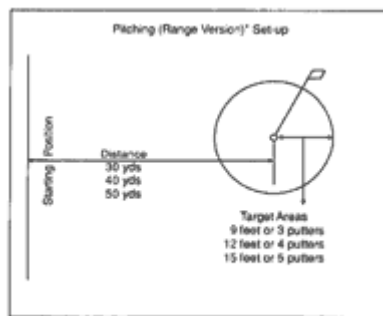
- ◆ Have the students in foursomes
- ◆ Using the etiquette of golf, have the players strike tennis balls from the designated tee toward the target.
- ◆ When the ball is within 1 club-length of the flag, the players would proceed to the next tee.
- ◆ Any number of holes could be set up for this game.
- ◆ Each player should keep his/her score for each hole, how many shots it takes to come within 1 club length of the target. Distances for the holes should be from 30 to 60 yards,
- ◆ It is suggested that a tennis ball or some other soft ball be used for this activity.



- ♦ It is important that the instructor understands that these 4 basic shots (putt, chip, pitch and iron) can be taught on a playground or field if a regular golf facility simply is not available. Throughout this entire program, much improvising has perhaps been required, but sometimes that brings a closer feeling of togetherness."
- ♦ The key to teaching the athletes is to repeat, repeat again, each skill required in striking the ball.

B. Short Swing Games

1) Tee Me-Pitch Me:



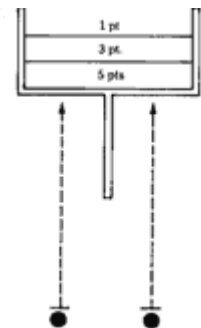
This game challenges the student to pitch over an obstacle and land within a designated target area either on a green or on the practice field. Place a bag or obstacle 1/3 the distance from an established restraining line. The student may use a tee for each shot.

- ♦ Students will hit 6 balls from the restraining line
- ♦ All shots must carry over the obstacle and come to rest within the designated target area.
- ♦ Each shot has a possible 20 points.
- ♦ Five points for striking the ball, 15 for getting the ball over the obstacle and coming to rest within the target area..
- ♦ Count 4 of the 6 ball total for score.

2) Field Goal Golf

This is a target contest which tests the ability of the student to hit shots of different trajectories.

- ♦ The students attempt to hit the ball through space or target zones at different heights established by placing rope or string across goal post standards, trees, etc.
- ♦ Each space has an assigned point value depending on the width of the zone.
- ♦ A variation is to award bonus points for scoring in all target zones in order (1-3-5).
- ♦ Recommended club is #7 iron using a half-swing technique. Use line formations with each student taking a shot at each target.



3) Leap Frog

This is a game to enhance carry yardage and distance control. This game can be played using the mini or full swing. Divide athletes into teams of 2 – 8 players. To start the game, define an initial target or boundary line for the first player to land on or over. Teams will alternate shots, attempting to land their ball over the subsequent ball hit.



Points are scored when a player lands his/her ball on or over the previous hit ball. If a ball comes to rest short of the target, no points will be awarded. The team scoring the most successful “leaps” will be determined the winner.

This practice game can also be played independently, you against yourself.

4) Golf Bocce

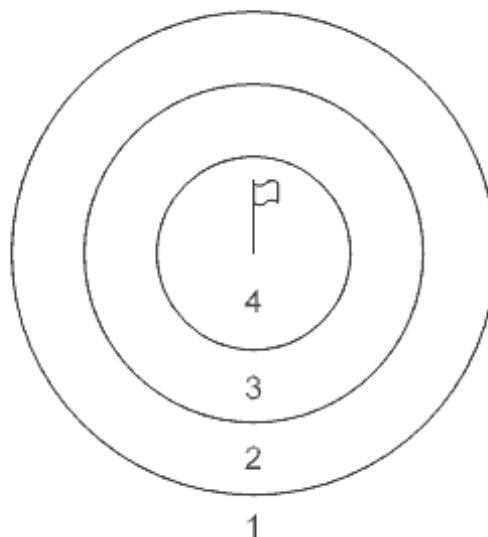
Bocce is a game of skill and strategy. The object is for one team to get as many of their balls closer to the hole or target than the opposing team's closest ball. There may be anywhere from two to four to eight players on a team. Each player is given two balls. Each player must then take turns hitting the ball toward the hole or target. The players are given points for the balls rolled closest to the target. Players may also strike other balls to move closer to the target. Balls may also be displaced by the balls of other players.

The team scoring the most points is the winner.

C. Full Swing Games

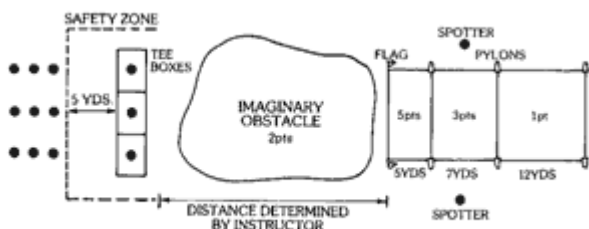
1) Bullseye Golf

A target focused game awarding points to where the ball comes to rest within a given zone. Targets may be set up in a circle or grid relative to Level 1: Skills Competition. Point increments from low (farthest) to high(closest) should be awarded . See diagram to the right.



2) Death or Glory

This is a short swing game to test the student's ability to hit a controlled pitch shot over an obstacle. Students attempt to hit the ball into scoring zones which are located just beyond a designated danger area, such as a lake, tennis court, road, etc. scoring is based on a ball landing safely in the zone with higher point values near the obstacle results in a penalty or minus points.



3) Golf Bocce

Bocce is a game of skill and strategy. The object is for one team to get as many of their balls closer to the hole or target than the opposing team's closest ball. There may be anywhere from two to four to eight players on a team. Each player is given two balls. Each player must then take turns hitting the ball toward the hole or target. The players are given points for the balls rolled closest to the target. Players may also strike other balls to move closer to the target. Balls may also be displaced by the balls of other players.

The team scoring the most points is the winner.



D. Fun and General Games

1) Range Ball Relay

This is a modified ball retrieving relay game used to pick up the range when practice is completed.

- ♦ Teams should be spread out evenly around the range and at the sound of a whistle, attempt to pick up as many balls as they can carry until the range is clean.
- ♦ Ball containers for each team should be placed at spaced locations for deposit of the balls.
- ♦ A variation of this activity is to designate Ball Toters and Loaders.
- ♦ The toters (one or two) would fold their arms in front of the body and allow the loaders to fill them with balls.
- ♦ The toters would then deposit the balls in the basket and return for another load.
- ♦ Any ball stealing, pushing, etc., would be penalized by deducting balls from the team total.



2) Golf Ball Race

This is a team relay race of two golf holes for speed.

- ♦ Players are assigned to a position on each hole, such as designated driver, f fairway and putter for the team.
- ♦ At the whistle, Player A (first driver) hits the ball down #1 fairway to Player B (fairway player) who I turn hits the ball toward the green to Player C (putter).
- ♦ The ball is putted in to the cup with the putter, removed by hand and thrown or carried to the #2 teeing area for continued play to the #2 green.
- ♦ A ball which is dubbed or hit off line may be played by any player who is able to get to the ball fastest.
- ♦ Use of the hands or body to influence the ball is considered a violation and subject to a 10 second penalty.

Number of players per team can vary. One person can double as putter and driver.

E. Putting Games

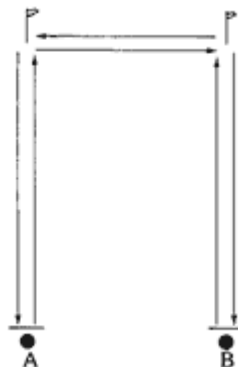
1) Hole Out Relay

This is a putting or chipping relay race of two players at a time. Players start and finish at the same point.

- ♦ At the whistle, each player plays to their designated target area (hole or circle).
- ♦ After holing out or (ball inside the circle), the players must then play across to the opponents target and then retrace this route back to the starting line in the same manner.



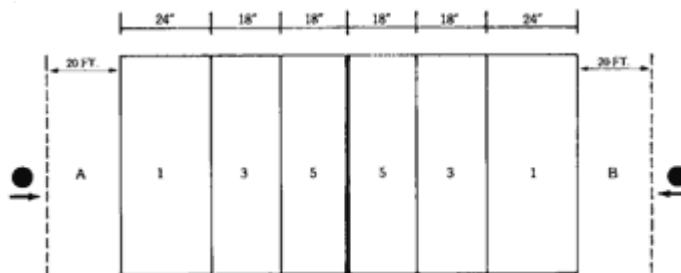
- ♦ Players may not use their hands, feet or body to influence the ball (except to take the ball out of the cup) or block another's player's path. Penalty for any violation is 5 seconds.



2) Crack Putters Open

A putting contest on a variety of surfaces (walks, blacktop, flooring, etc.) or green to see who can make the ball stop closest to the target (crack or line like in pitching pennies).

- ♦ Play begins from both ends of the surface with the players putting toward the crack or line. scoring zones are marked with higher values nearer the crack.
- ♦ If another player strikes a competitor's ball, the balls will be scored where they come to rest. Each player should be given a set number of putts.



3) Mat or Green Games: See "Short Course Golf Games, Putting Contests."



F. Short Course Games and Activities

Regular Golf Games

A short course of 3 to 6 holes of 10 to 50 yards each, can offer a variety of golf play situations and a transition from the practice area. You can vary the length of the holes to emphasize different techniques, and to allow the use of larger or softer balls. Boundaries and hazards should be established and marked so that rules can be taught.

Sramble	An members of a team play from the tee. The best positioned ball of the group is selected and all play their next shot from this point. Continue this same play format until the ball is holed out or in the target area.
Alternate Shot	Two members of a team drive from the tee. They select the best positioned ball, then alternate play on this ball until it is holed out or in the target area.
Best Ball	An members of the team play their respective balls from the tee to the hole or target area, each player scoring individually. The best ball score for the hole would then count for the team.

Putting Contests

For Greens or Carpet-Like Surfaces

Putting Course	Set up a miniature golf course using string, tees and other convenient materials to present the challenge of a golf course with all of the hazards and obstacles. Play the following games with an opponent:
Horseshoes	Putt two balls. Score 3 points for a ball holed; Closest ball to hole scores 1 point, two balls closer scores 2 points. A ball must be within the putter grip to score.
Twenty-One	Putt one ball. Only after you make the first putt are you entitled to play a short putt (from one club-length) for a bonus point. Continue play until you miss a long putt} you still get to short putt) and the opponent plays. First one to twenty-one wins.
Drawback	Putt one ball. If the ball does not go in, draw the ball back one club-length and putt again. Continue this format until ball is holed and score total number of putts.
Ladder	Putt at one foot intervals from one to ten feet to the cup attempting to make each putt in succession. You must start over at one foot after a miss. Score is the distance you achieve.

Note: Begin all putting games from a prescribed distance from 10 to 15 feet depending on space available.



Level II – V

How the Game of Golf is Played

The idea of the game of golf is to send the ball from a starting place (the tee) swinging as many times as it may take you until you get it to the green and into the finish place (the hole, or cup). The object of the game is to do this in as few strokes as possible. You count every swing, including penalty strokes and whiffs (misses) at the ball (but not practice swings away from the ball). Your **score** for the hole is the total number of strokes you took from the tee to the hole or cup in the green.

Scoring

Each hole will have a number, or score listed for it, which is called **par**. This is the standard of excellence that golfers shoot for when they begin to play golf. Your scores will be much higher than par when you first start playing, but your scores will go down as you practice and improve your skills.

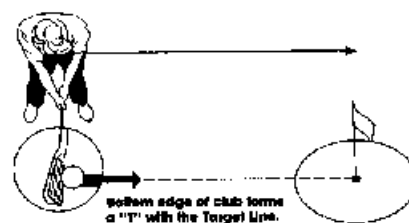
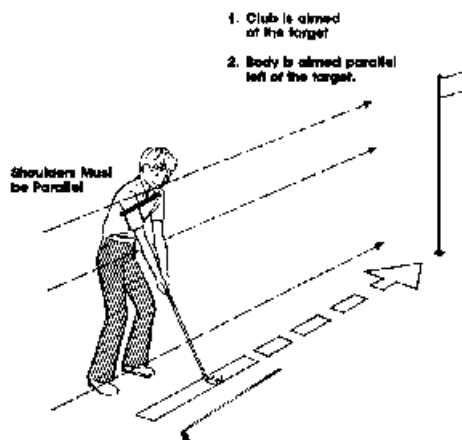
Depending on the length of the hole, a hole may be rated for a 3-stroke, 4-stroke, or 5-stroke par. Although you may not be shooting for par, you can use the par standard to help measure your own skill on different holes.

Golfers who shoot close to par use special terms for their scores on a hole. Finishing the hole with the same score as par is called making par. scoring one stroke under par is a **birdie**, and two strokes under par is a **eagle**. Scoring one stroke over par is a **bogey**, and two strokes over par is a **double bogie**.

A Final Swing Checklist:

Here is a routine to line up and play a shot:

1. Stand behind the ball and look at the line to the target.
2. Take your stance, aiming the club and your body parallel to the target.
3. Look at the target, imagine a good shot.
4. Make a swing.





Special Golf Terms

Term	Definition
Address	Position of a player when he/she has taken his/her stance and grounded the club, or if in a hazard, when he/she has taken his /her stance.
Approach	Stroke intended to place the ball on the putting green.
Bunker	An area of bare ground, often a depression, which is usually covered with sand,
Chip	A short low shot played to the putting surface partly through the air and partly rolling along the ground.
Course	The whole area within which play is permitted – 9 or 18 holes.
Divot	A piece of turf or sod cut loose by a player's club when making a shot.
Dogleg Hole	One that does not follow a straight line from tee to green.
Drive	A long shot played from the teeing ground, usually with a wood club.
Etiquette	Courtesies expected of and to golfers.
Fellow Competitor	Any player with whom the competitor plays. Neither is the partner of the other,
Flagstick	A pole or straight indicator with a flag centered in the hole on the green to show its position.
Fore	A warning shouted to let a person within range know that a player is about to hit his/her ball or that a ball in flight may hit or come very close to that person,
Hole	An area of the course consisting of a teeing ground, putting green and the area in between; the small hole or cup cut into the ground into which the player tries to play his/her ball. A round of golf is played over 18 holes.
Iron Shot	A golf club with an iron or steel head used to hit the ball from the tee to the fairway.
Lie	Spot where the ball rests,
Match Play	Play in which each hole is a separate contest, the winner being the player or side winning the most holes.
Penalty Stroke	One added to the score of a side under certain Rules of Golf. It does not affect the order of play.
Pitch Shot	A high trajectory shot played to the putting green.
Putt	A shot played on the putting surface with a fairly straight-faced club with the intention of rolling the ball toward the cup.
Stroke	The name given to each time you swing at the ball. The total number of strokes you take give you your score.
Stroke Play	Play in which the total strokes for the round surface, having little or no roll. or the stipulated number of rounds determine the winner.
Rough	The area of long grass that adjoins tees, fairway and green.
Wood Shot	A long shot usually played from the fairway with a wood or metal wood club.



Playing a Golf Course

It is suggested that athletes be divided into two groups.

1. Those who have experience playing and those who are not able to play a regulation golf course.
2. Those who have experience, play a 9 hole round. Stroke play will determine the winner. There should be several categories, competing by age. The only change of rules would be the distance of each hole. It is recommended that Par 3 should not be over 125 yards. The Par 4 should not be over 250 yards, and the Par 5 should not be over 300 yards. This could be easy to arrange on most courses, It is suggested a Cayman ball be used, if not a regular golf ball. Special scorecards could be made and used for the competitors.

The scoring and skill criteria for each level is detailed in the Official Special Olympics Summer Rules: Golf (Article IX.) Athletes are encouraged to keep their own score and establish a handicap.