



GolfAustralia



COACHING SUPPLEMENT

INCLUDING SAMPLE SESSION PLANS & DRILLS





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PART ONE

GETTING READY TO PLAY

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Safety Comes First

The importance of safety must never be underestimated

Golf clubs and balls are potentially dangerous. Every precaution should be taken to ensure their use is supervised. Instructors have a legal responsibility to ensure a safe learning environment.

Essential safety rules for Instructors:

1. Check the playing area

- Make sure there are no stones or obvious obstacles on the ground.

2. Warm-up

- Always conduct a warm-up session before commencing golf swing activities.

3. Golf Clubs

- Leave clubs on the ground when not in use. When the ground is wet, rest the clubs on a bucket, tee or towel to avoid the grips becoming damp and slippery.
- Use a whistle to signal the stopping or commencement of activities.
- Teach players to stop and look before each swing.
- Swinging of clubs should only be done in organised groups or in designated hitting areas.
- Ensure no one is within at least 4 full club lengths when swinging a club.
- Ensure no one is in front of a person hitting or swinging.
- While you are instructing or organising, it is safest when clubs are held by the head.

4. Balls

- Before shots are played on the golf course, make sure that those in front and behind are well out of range.

“Stop - Look - Swing”





5. Instructor

- You should approach a student from face on, not from either side or behind.



6. Group Sizes

- Groups of two or three players are best for most activities, games and instruction.
- Only one player in a group should be using a club; the other players should be in designated areas at least four club lengths away.

Further information on group organisation is provided in PART 1. page 14.

7. “Fore”

This is golf’s universal warning signal to take cover. It should be yelled if a ball is hit towards another player **but is in no way a substitute for general safety precautions.**

Extra Teaching Tips

You’ll get an enthusiastic response when you apply these tips:

- Include demonstrations with explanations.
- Ask for feedback:
 - What do you see?
 - How does it feel?
 - Do you feel able to do it?
- Use a variety of drills and especially props, if possible. Different people learn from different cues.
- Combine drills, games and actual practice to enhance learning.





Warm-up & Stretching

Stretching makes players supple and ready for action

Warm Up

Warming up prior to stretching increases oxygen and blood flow to the muscles, which improves muscle elasticity and flexibility, means less stiffness and helps to prevent injury. Each session starts with light aerobic activity of 2-3 minutes, say a short run at a slow pace, jogging on the spot, a game of tag, or some other aerobic-based activity. Once the warm-up is complete and the body temperature has increased, stretching exercises can begin.

Stretching

Stretching is especially important in golf because it improves the elasticity of the muscles and increases the player's range of movement and therefore the distance a golf ball can be hit. Stretching also reduces the risk of injury.

Golfers can be prone to lower and middle back injuries, but the chance of injury later in life is reduced by establishing a regular warm-up and stretching regime at an early age.

Observe the following general rules when stretching:

- Stretch slowly (static stretching).
- No pain should be felt. Stretch to the point just before pain or discomfort occurs. Each stretch should be held for at least 10 seconds.
- Avoid bouncing (ballistic stretching). Bouncing can cause injury.
- Stretch both sides of the body or both limbs.
- Repeat each stretch 2-3 times.

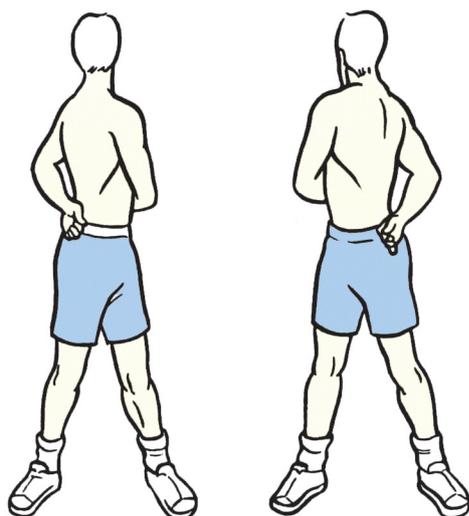
A combination (or all) of the following stretches should be used, and could form part of a game at the beginning and end of each session.





Warming Up & Warming Down

Start and end the session feeling great



1. Trunk Rotation

Standing upright, place right arm behind and left arm in front of the torso. Rotate torso to the right without moving feet; change position and slowly turn to the left.

Gradually increase the range of movement. Hold for approximately 15 seconds each side and repeat 3 times.

“This can also be done with a club placed behind the neck and across the shoulders, gripped at each end.”

2. Posterior Cuff Stretch

Stand upright, extend right arm and position it horizontally across body. Place right elbow in left hand and gently pull arm across body as far as it will go. Do not rotate your torso. Hold for 10-15 seconds then repeat with left arm. Repeat three times with each arm.



3. Shoulders & Upper Arm (Triceps) Stretch

Standing upright with your arms overhead hold the elbow of one arm with the hand of the other arm. Slowly pull your elbow behind your head and hold for 10-15 seconds. Repeat with each arm.





4. Neck Stretch

Standing up straight, turn head to the right with shoulders facing straight ahead.

Gently push chin with left hand to turn the head further.

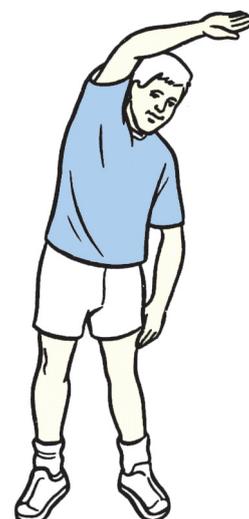
Hold for 15 seconds then repeat with left side. Do three times each side.

5. Side Stretch

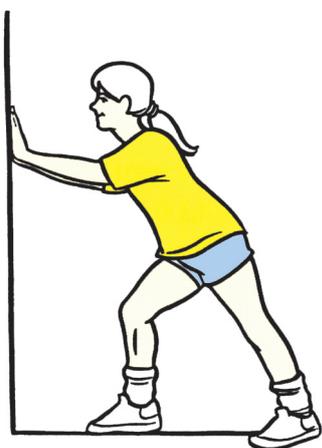
Stand upright with feet shoulder-width apart, right arm overhead, left arm by left thigh.

Bend upper body to left and hold for 15 seconds. Repeat 3 times each side.

“Don’t bend forward or rotate your body - keep shoulders and hips aligned.”



6. Calf Stretch



Lean against a solid support with one leg stretched back and the other flat on the ground.

Both feet should point towards the wall. Move hips slowly forward keeping lower back straight.

Hold for 15 seconds.

Repeat 3 times with each side.





7. Back & Hip Stretch

Sit with left leg straight and right leg crossed over left knee, with the foot flat on ground.



Slowly rotate torso to the right with the shoulder past the knee. Gently press the left elbow against the bent knee.

Hold for 10 seconds. Repeat on the opposite side.

Repeat 3 times each side.

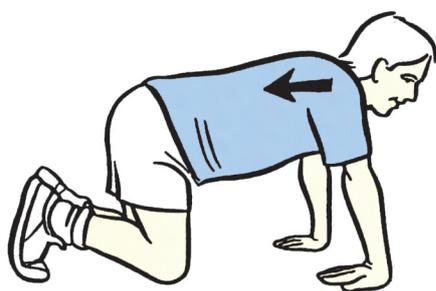
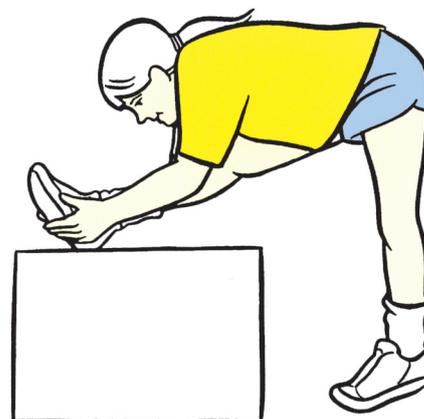
8. Hamstring & Lower Back Stretch

Place one foot on an object with the leg straight.

Slowly bend forward, towards the knee, with both hands reaching towards the foot.

Hold for 10 seconds. Repeat 3 times.

Please note: Do not be concerned if you cannot touch your foot. Go as far as possible while keeping your leg straight.



9. Forearm Stretch

Keep shoulders level and stretch out right arm in front of body. Turn palm upwards, hold onto fingers with other hand and pull them back towards body. Feel a stretch in the under arm and extending along the forearm.

Hold for 15 seconds and repeat 3 times.

The Warm Down

Cool down the muscles and the body; don't stop exercising too quickly. Warm-down exercises should be incorporated into the closing stage of every session. A proper warm-down gradually cools the muscles and reduces stiffness and the risk of injury.

"Use the same exercises for warm-down as for warm-up."





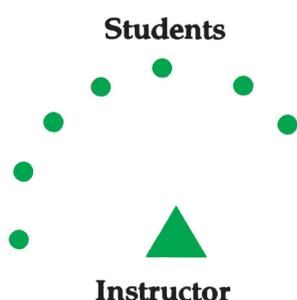
Organising Your Group

For better teaching and safety, use specific group formations

Group formations will vary depending on the exercise undertaken. Two common formations are show below

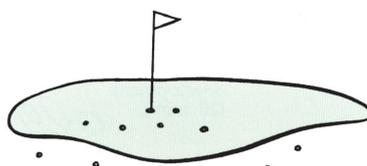
Half-Circle Formation

This is one of the most effective teaching formations. It is easy for the instructor to demonstrate skills and observe all juniors.

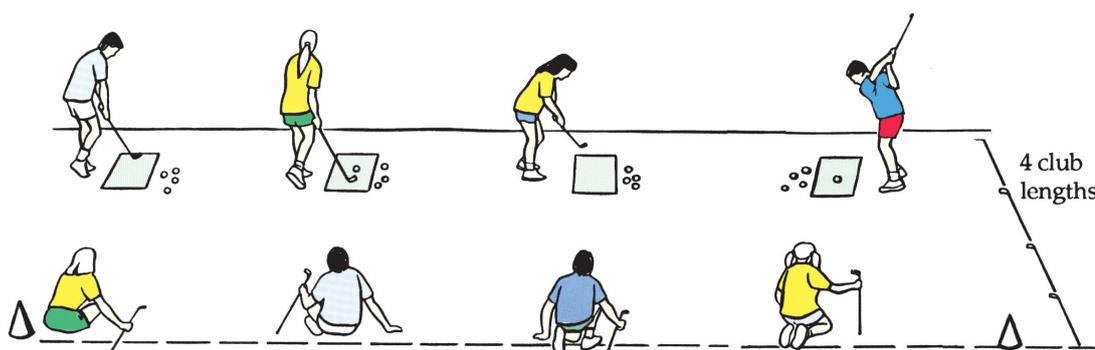


The Half-Circle should be used for the introduction and warm-up phases of the coaching session, and is recommended for skill demonstrations and activities when golf balls are not being used.

- Instructors should ensure all players are at least four club lengths apart if they are required to swing a club. Left-handers should be grouped together at one end of the group so no two players have their backs to one another.



Single-line Formation



This formation is useful when hitting. Ensure all players are at least four club lengths apart.

If there are insufficient clubs for everyone, or your activities involve only half or a third of the class, the participants not using clubs must remain behind the players hitting with at least a 4-club margin. Use markers or lines to help establish this margin.





The Coaching Session

Conducting a coaching session

Coaching sessions may be designed using the following general guidelines:



1. Introduction, Warm Up & Stretching - 5 Minutes

The introduction brings the players together. While the players are stretching, tell them what the session covers.

Warm-up and stretching improves muscle elasticity and helps prevent injuries. A light aerobic activity (ie. short run or game of tag) should be followed by some slow static stretches. See PART 1, Warm-Up & Stretching.

2. Review & Skill Warm Up - 10 Minutes

Reinforce the major skills learned during the last session, emphasise the main points and use praise.





3. Teaching & Skill Development - 20 Minutes

Demonstrate:

- The new skill planned for the session.
- Make sure everyone can see you and is paying attention. Repeat the demonstration several times. Highlight key points.
- Avoid overloading players with information, especially about what not to do.
- Progress the demonstration of the skill from simple to complex while giving personal feedback.

Practice:

- Following the demonstration, players should be allowed to practise as soon as possible.
- First, let your participants “have a go” with minimal technical instruction.

Observe:

- Position yourself so you can see all players.
- Use praise, not criticism.

Feedback:

- Coach the players who need correction.
- Be positive and supportive.
- Emphasise what to do rather than what not to do.
- Review key learning points as necessary.

“If a participant is highly skilled, he or she could demonstrate the skill.”

4. Games - 20 Minutes

Make sure enough time is allowed to include games involving everyone. Allow time to set up for the games in session preparation. For details of games and activities, see Part 3 of this Manual.

5. Review & Warm-down - 5 Minutes

Do some simple warm-down activities to conclude your session and emphasise the key points. Be positive, ask for questions and give a quick outline of the next session.





PART 2

SESSION PLANS

The following session plans have been developed as a guide for incorporating the MYGolf National Skills Challenge Program according to the three Awards - Bronze, Silver & Gold. The MYGolf Skills Challenge Chart follows the session plans on page 31.

MYGolf Bronze

Week 1	Chipping	14
Week 2	Pitching	14
Week 3	Full Swing.	15
Week 4	Putting	15
Week 5	On-Course & Mental	16
Week 6	Chipping	16
Week 7	Pitching	16
Week 8	Full Swing.	17
Week 9	Putting	17
Week 10	On-Course & Mental	17

MYGolf Silver

Week 1	Full Swing.	18
Week 2	Putting	19
Week 3	Chipping	19
Week 4	Pitching	20
Week 5	Bunker Shots	20
Week 6	On-Course & Mental	21
Week 7	Full Swing.	21
Week 8	Putting	21
Week 9	Pitching	22
Week 10	On-Course & Mental	22

MYGolf Gold

Week 1	Full Swing.	23
Week 2	Putting	24
Week 3	Chipping	24
Week 4	Pitching	25
Week 5	Bunker Shots	25
Week 6	On-Course & Mental	26
Week 7	Shot Shaping	26
Week 8	Full Swing & Pitching	27
Week 9	Chipping & Putting	27
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Session Plan Template 30

MYGolf Skills Challenge Chart 31





10-week Session Planner - Bronze

Week 1: Chipping (Chip It)

Skill

Chipping

Set up

- Hands forward of the ball. Player can also hold the club lower on the grip than for full shots.
- Open stance with feet close together.
- Weight forward. Balance 60% on front foot.
- Ball positioned in the centre of the stance.

Stroke

- 'Y' with arms and shaft.
- Descending blow.

Challenges

- Hit 10 shots from 5m off the green and count how many finish on the green.
- Hit 10 shots from the edge of green to 3m radius target. Count how many finish inside the target area.
- Hit 10 shots with the objective of having them land between clubs / hoop on green. Set a Hula Hoop on the green approximately 2m in front of the player. The objective is to land the ball in the hoop with a short swing. This swing requires very little effort. Two golf clubs set at 2m and 3m will provide the same gap as a hoop and can be used in place of a Hula Hoop.

Week 2: Pitching (Fly It)

Skill

Pitching

Set up

- Open stance.
- Ball position centre.

Swing

- 9 o'clock to 3 o'clock.
- Ball first then turf.
- Body and arms work together.

Challenges

- Hit 10 shots from 10m off the green and count how many finish on the green.
- Hit 10 shots over a bunker and count how many finish on the green.
- Bullseye Golf.





Week 3: Full Swing (Rip It)

Skill

Full Swing

Set up

- Grip
 - Ruler exercise.
- Stance
 - Balance – should be even on both feet and in the middle of the feet (rather than toward the toes or heels).
- Posture
 - Club along back.
- Alignment
 - Railway tracks.
- Ball position

Swing

- 9 o'clock to 3 o'clock swing.
- Shirt back to target & belt buckle to target.
- Hands do nothing / like ropes – swing the club with the arms feeling light throughout the swing.
- Ball first then turf.

Challenges

- Hit 10 balls with a 7 iron through 30m-wide goal. Count how many go through the goal.
- Hit 10 balls with a driver off tee ensuring the ball position is opposite the left heel.

Week 4: Putting (Roll It)

Skill

Putting

Set up

- Grip: hands opposing – back of left hand points slightly left of the target and palm of right hand points slightly right of the target.
- Alignment
- Putter, feet, knees, hips, shoulders, forearms, eyes – all set parallel to the target line.
- Ball position forward – just inside the front foot. This will create a slightly ascending blow to the ball.

Stroke

- Count 1, 2: 1 – backswing takes twice as long as from the top of the backstroke to impact.
- Putter path is slightly curved.

Challenges

- Hit 10 putts from 4m. Count how many times you take 2 putts (or less) to hole out.
- Hit 10 putts from 1m. Count how many are holed. Select a flat putt.
- Ladder putting.





Week 5: On-Course & Mental Skill

Skill

- Play 3 holes on the course with coach advising on club selection and basic strategy.
- Review games from previous sessions, aiming for a personal best.

Mental Skill

- Visualisation
 - Imagine ball flight – create an image of the flight of the ball. Make the path coloured through the sky.
 - Ball to target – imagine the ball travelling to the target. This can be used for all shots.

Week 6: Chipping (Chip It)

Skill

Chipping

Stroke

- Left arm and shaft in line / right wrist bent throughout the stroke.
- Right forearm & shaft point to target line throughout the stroke.

Challenges

- Hit 10 shots from 5m off the green and count how many finish on the green.
- Hit 10 shots from the edge of green to 3m radius target. Count how many finish inside the target area.
- Test Match Golf.

Week 7: Pitching (Fly It)

Skill

Pitching

- Distance control.
- Run & carry.

Challenges

- Hit 10 shots from 10m to green. Count how many finish on the green.
- Hit 10 shots over a bunker to the green. Count how many finish on the green.
- Obstacle pitch.
- Test Match Golf.





Week 8: Full Swing (Rip It)

Skill

Full Swing.
Rhythm.
Timing.

Challenges

- Hit 10 balls with a 7 iron through 30m-wide goal. Count how many go through the goal.
- Hit 10 balls with a driver off tee ensuring the ball position is opposite the left heel.

Week 9: Putting (Roll It)

Skill

Putting
Distance control.
Accuracy.
Reading the green.

Challenges

- Putt to a hole 4 metres away. Count how many times you are able to have two putts or less. Complete 10 attempts.
- Hit 10 putts from 1m. Count how many are holed. Select a flat putt.

Week 10: On-Course & Mental Skill

Skill

- Play 3 holes on the course with coach advising on club selection and basic strategy.
- Review games from previous sessions, aiming for a personal best.

Mental Skill

- Routines
Practice preparing for a shot in the same order each time.





10-Week Session Planner - Silver

Week 1: Full Swing (Rip It)

Skill

Full Swing

Set up

- Grip
 - Ruler exercise.
- Stance
 - Balance – should be even on both feet and in the middle of the feet (rather than toward the toes or heels).
 - Posture
 - Club along back.
 - Alignment
 - Railway tracks.
 - Ball position.

Swing

- 9 o'clock to 3 o'clock swing.
- Shirt back to target & belt buckle to target.
- Hands do nothing / like ropes – swing the club with the arms feeling light throughout the swing.
- Ball first then turf.

Challenges

- Hit 10 balls with a 5 iron through 25m-wide goal. Count how many go through the goal.
- Hit 10 balls with a driver off tee ensuring the ball position is opposite the left heel.





Week 2: Putting (Roll It)

Skill

Putting

Set up

- Grip
 - Hands opposing – back of left hand points slightly left of the target and palm of right hand points slightly right of the target.
- Alignment
 - Putter, feet, knees, hips, shoulders, forearms, eyes – all set parallel to the target line.
- Ball position forward – just inside the front foot. This will create a slightly ascending blow to the ball.

Stroke

- Count 1, 2: 1 – backswing takes twice as long as from the top of the backstroke to impact.
- Putter path is slightly curved.

Challenges

- Hit 10 putts from 1m moving around the hole. Count how many are holed.
- Hit 5 uphill putts from 6 metres and 5 downhill putts from 6 metres. Count how many times you are able to take 2 putts or less to hole out.

Week 3: Chipping (Chip It)

Skill

Chipping

Set up

- Hands forward of the ball. Player can also hold the club lower on the grip than for full shots.
- Open stance with feet close together.
- Weight forward. Balance 60% on front foot.
- Ball positioned in the centre of the stance.

Stroke

- 'Y' with arms and shaft.
- Descending blow.

Challenges

- Hit 10 shots from the edge of green to a target with a 2m radius. Count how many out of 10 finish inside the target area.





Week 4: Pitching (Fly It)

Skill

Pitching

Set up

- Open stance.
- Ball position centre.

Swing

- 9 o'clock to 3 o'clock.
- Ball first then turf.
- Body and arms work together.

Challenges

- Hit 10 shots from 30 metres off the green and count how many finish on the green.
- Hit 10 shots from 25 metres, over a bunker and count how many finish on the green.
- Bullseye Golf.

Week 5: Bunker Shots (Blast It)

Skill

Bunker Shot

Set up

- Open clubface & stance.
- Ball position forward.
- Wide stance.

Swing

- Full swing back and through.

Challenges

- Hit 10 shots from the bunker and count how many finish on the green.





Week 6: On-Course & Mental Skill

Skill

- Play 6 holes on the course with coach advising on club selection and basic strategy.
- Review games from previous sessions, aiming for a personal best.

Mental Skill

- Focus.
- Play shots looking only at the following.
- Ball, club, flight path, hands and body (to set up).
- The objective is only to look at things necessary to play the shot. That means not looking at other golfers or being distracted.

Challenges

- Discuss basic rules, pace of play and reminders of etiquette and care of the course.
- Incorporate routines into shots on the course.
- Advise on shot selection and explain why.

Week 7: Full Swing (Rip It)

Skill

Full Swing

- Rhythm.
- Timing.

Challenges

- Hit 10 balls with a 5 iron through 25m-wide goal. Count how many go through the goal.
- Hit 10 balls with a driver off tee ensuring the ball position is opposite the left heel.

Week 8: Putting (Roll It)

Skill

Putting

- Distance control.
- Accuracy.
- Reading the green.

Challenges

- Hit 10 putts from 1m moving around the hole. Count how many are holed.
- Hit 5 uphill putts from 6 metres and 5 downhill putts from 6 metres. Count how many times you are able to take 2 putts or less to hole out.





Week 9: Pitching (Fly It)

Skill

Pitching

- Distance control.
- Run & carry.

Challenges

- Hit 10 shots from 30m on to green. Count how many finish on the green.
- Hit 10 shots over a bunker to green 25m away. Count how many finish on the green.

Week 10: On-Course & Mental Skill

Skill

- Play 6 holes on the course with coach advising on strategy focussing on target areas.
- Review games from previous sessions, aiming for a personal best (where time permits).

Mental Skill

Self-talk

- Discuss how positive self-talk and negative self-talk can influence how a player performs.





10-week Session Planner - Gold

Week 1: Full Swing (Rip It)

Skill

Full Swing

Set up

- Grip
 - Ruler exercise.
- Stance
 - Balance – should be even on both feet and in the middle of the feet (rather than toward the toes or heels).
 - Posture
 - Club along back.
 - Alignment
 - Railway tracks.
 - Ball position.

Swing

- Shirt back to target & belt buckle to target.
- Hands do nothing / like ropes – swing the club with the arms feeling light throughout the swing. The feeling is that the body is controlling the swinging motion of the arms.
- Ball first then turf.

Challenges

- Hit 10 balls with a 3 iron / hybrid through 20m-wide goal. Count how many go through the goal.
- Hit 10 balls with a driver off tee ensuring the ball position is opposite the left heel.





Week 2: Putting (Roll It)

Skill

Putting

Set up

- Grip: hands opposing – back of left hand points slightly left of the target and palm of right hand points slightly right of the target.
- Alignment: putter, feet, knees, hips, shoulders, forearms, eyes – all set parallel to the target line.
- Ball position forward – just inside the front foot. This will create a slightly ascending blow to the ball.

Stroke

- Count 1, 2: 1 – backswing takes twice as long as from the top of the backstroke to impact.
- Putter path is slightly curved.

Challenges

- Hit 10 putts from 2m moving around the hole. Count how many are holed.
- Hit 10 putts from 8 metres. Count how many times you are able to take 2 putts or less to hole out. Select a variety of slopes, i.e. left to right and right to left.
- Golf Bocce.

Week 3: Chipping (Chip It)

Skill

Chip Shot

Set up

- Hands forward of the ball. Player can also hold the club lower on the grip than for full shots.
- Open stance with feet close together.
- Weight forward. Balance 60% on front foot.
- Ball positioned in the centre of the stance.

Stroke

- 'Y' with arms and shaft.
- Descending blow.

Challenges

- Hit 10 shots from 5m off edge of green to 2m radius target. Count how many finish inside the target area.
- Test Match Golf.





Week 4: Pitching (Fly It)

Skill

Pitching

Set up

- Open stance.
- Ball position centre.

Swing

- Thumbs up to thumbs up – when the left arm is parallel to the ground in the backswing the thumbs will be pointed up. Mirror this when the arms are parallel to the ground after impact.
- Ball first then turf.
- Body and arms work together.

Challenges

- Hit 10 shots from 50m on to green. Count how many finish on the green.
- Hit 10 shots from 50 metres, having to carry the ball over bunker to green. Count how many finish on the green.

Week 5: Bunker Shots (Blast It)

Skill

Bunker Shot

Set up

- Open clubface & stance
- Ball position forward
- Wide stance

Swing

- Full swing back and through

Challenges

- Hit 10 shots from the bunker and count how many finish on the green.
- Hit 10 shots out of a greenside bunker to a 3 metre-wide target. Count how many finish inside the target area.





Week 6: On-Course & Mental Skill

Skill

- Play 6 holes on the course with coach advising on club selection and basic strategy.
- Review games from previous sessions, aiming for a personal best.

Mental Skill

- Visualisation.
- Imagine ball flight – create an image of the flight of the ball. Make the path coloured through the sky.
- Ball to target – imagine the ball travelling to the target. This can be used for all shots.

Challenges

- Discuss basic rules, pace of play and reminders of etiquette and care of the course.
- Incorporate visualisation into pre-shot routines into shots on the course.
- Advise on shot selection and explain why.

Week 7: Shot Shaping (Bend It)

Skill

Shot Shaping

Set up

- Stance around circle – imagine standing with your feet on the edge of a circle, with the ball in the centre of the circle. To hit a draw, leave the clubface aiming at the target and move both feet slightly to the left (clockwise) around the edge of the circle. This closes the stance. Do the opposite to create a fade.
- Clubface to target – keep the clubface pointing to the target with all shots.

Swing

- Same swing for all shots. The set-up and alignment will influence the ball flight.

Challenges

- Play either a draw or fade with a hybrid or long iron.
- Play both a draw and fade with a mid iron.





Week 8: Full Swing (Rip It) / Pitching (Fly It)

Skill

Full Swing

- Body movement.
- Legs, hips & shoulders.

Pitching

- Trajectory control.

Challenges

Full Swing

- Hit 10 shots with a 3 iron / hybrid through 20m-wide goal. Count how many out of 10 go through the goal.

Pitching

- Hit 10 shots from 50m to green, landing on green. Count how many land and finish on the green.

Week 9: Chipping (Chip It) / Putting (Roll It)

Skill

Chipping

- Right forearm & shaft point to target line.

Putting

- Line and pace control.

Challenges

Chipping

- Hit 10 shots from 5m off green to 2m-radius target. Count how many finish inside the target area.

Putting

- See how many times you can 2 putt from 8m from 10 attempts.





Week 10: On-Course & Mental Skill

Skill

- Play 6 holes on the course with coach advising on club selection and basic strategy.
- Review games from previous sessions, aiming for a personal best.

Mental Skill

Focus

- Play shots looking only at the following:
 - Ball, target, club, flight path, hands and body. When setting up to play a shot, these are the only things the pros look at as they are focussed completely on the task of playing the shot.
- The objective is only to look at things necessary to play the shot. That means not looking at other golfers or being distracted.





Session Plan Template (Sample)

Date:	Attendance:	Equipment needed: Golf balls x 50 7 irons x 10 Hoops x 10
Venue:		
Duration: 60 minutes		

Introduction (aims for session, reminders, etc.):
To teach how to play a chip shot: set up and swing using drills and games to add fun. 5 mins

Warm-up activities 10 mins Short run Stretches from manual	Drills and games: Drills – 20 mins HOW set up Tick Tock stroke Object behind ball Games 20 mins Landing area: from 5m on to green. From edge of green to target with 3m radius. 10 shots.	Cool-down activities: Stretches 5 mins
Coaching Tips/questions/ challenges		Class management / energisers:

Review/evaluation
(key points from session, what worked and what did not, modifications for next session, etc.)





Session Plan Template		
Date:	Attendance:	Equipment needed:
Venue:		
Duration:		
Introduction (aims for session, reminders, etc.):		
Warm-up activities	Drills and games:	Cool-down activities:
Coaching Tips/questions/ challenges		Class management / energisers:
Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.)		





My Golf SKILLS CHALLENGE CHART

NAME: _____

BRONZE

SKILL	WHAT TO DO	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
RIP IT	Driver off the tee	40m 2/10 <input type="checkbox"/>	60m 3/10 <input type="checkbox"/>	70m 4/10 <input type="checkbox"/>	80m 5/10 <input type="checkbox"/>	90m 6/10 <input type="checkbox"/>
	7-iron through goals 30 metres wide	30m 2/10 <input type="checkbox"/>	40m 3/10 <input type="checkbox"/>	40m 4/10 <input type="checkbox"/>	50m 5/10 <input type="checkbox"/>	60m 6/10 <input type="checkbox"/>
ROLL IT	1 metre flat putt	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>
	2 putts from 4 metres	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>
CHIP IT	From 5 metres onto green	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>
	Edge of green to 3 metre radius target	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>
FLY IT	From 10 metres to green	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>
	Over bunker to green			1/10 <input type="checkbox"/>	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>

COACH VERIFICATION

SIGNED: _____

SKILL	WHAT TO DO	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
RIP IT	Driver off the tee	100m 4/10 <input type="checkbox"/>	110m 4/10 <input type="checkbox"/>	110m 5/10 <input type="checkbox"/>	120m 5/10 <input type="checkbox"/>	130m 6/10 <input type="checkbox"/>
	5-iron through goals 25 metres wide	40m 2/10 <input type="checkbox"/>	50m 3/10 <input type="checkbox"/>	60m 4/10 <input type="checkbox"/>	70m 5/10 <input type="checkbox"/>	80m 6/10 <input type="checkbox"/>
ROLL IT	1 metre putt moving around hole	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>
	2 putts from 6 metres mixing up and down slope	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>	7/10 <input type="checkbox"/>
CHIP IT	From 10 metres on to green	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>	7/10 <input type="checkbox"/>
	Edge of green to 2 metre radius target	1/10 <input type="checkbox"/>	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>
FLY IT	From 30 metres to green	1/10 <input type="checkbox"/>	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>
	Over bunker to green 25 metres		1/10 <input type="checkbox"/>	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>
BLAST IT	Out of bunker on to green	1/10 <input type="checkbox"/>	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>

COACH VERIFICATION

SIGNED: _____

SILVER

GOLD

SKILL	WHAT TO DO	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
RIP IT	Driver off the tee	140m 4/10 <input type="checkbox"/>	150m 4/10 <input type="checkbox"/>	150m 5/10 <input type="checkbox"/>	160m 5/10 <input type="checkbox"/>	170m 6/10 <input type="checkbox"/>
	3-iron or hybrid through goals 20 metres wide	80m 2/10 <input type="checkbox"/>	80m 3/10 <input type="checkbox"/>	90m 4/10 <input type="checkbox"/>	90m 5/10 <input type="checkbox"/>	100m 6/10 <input type="checkbox"/>
ROLL IT	2 metre putt moving around hole	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>
	2 putts from 8 metres with mixed sideways slope	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>	7/10 <input type="checkbox"/>
CHIP IT	From 15 metres up slope on to green	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>	7/10 <input type="checkbox"/>
	5 metres off green to 2 metre radius target	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>
FLY IT	From 50 metres to green	1/10 <input type="checkbox"/>	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>
	Over bunker to green 50 metres	1/10 <input type="checkbox"/>	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>
BLAST IT	Out of bunker on to green	5/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>	6/10 <input type="checkbox"/>	7/10 <input type="checkbox"/>
	Out of bunker to inside 3 metres on green	1/10 <input type="checkbox"/>	2/10 <input type="checkbox"/>	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>
BEND IT	Move hybrid or long iron one way	1/10 <input type="checkbox"/>	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>	4/10 <input type="checkbox"/>	5/10 <input type="checkbox"/>
	Move hybrid or long iron both ways			1/10 <input type="checkbox"/>	2/10 <input type="checkbox"/>	3/10 <input type="checkbox"/>

COACH VERIFICATION

SIGNED: _____

TO PASS EACH SKILL TEST YOU NEED TO ACHIEVE (AND BE ABLE TO REPEAT) THE LISTED SCORE OUT OF 10 SHOTS





PART THREE

GAMES & ACTIVITIES

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Level 1: Introductory Games

Games enhance the learning experience

Tee to Green

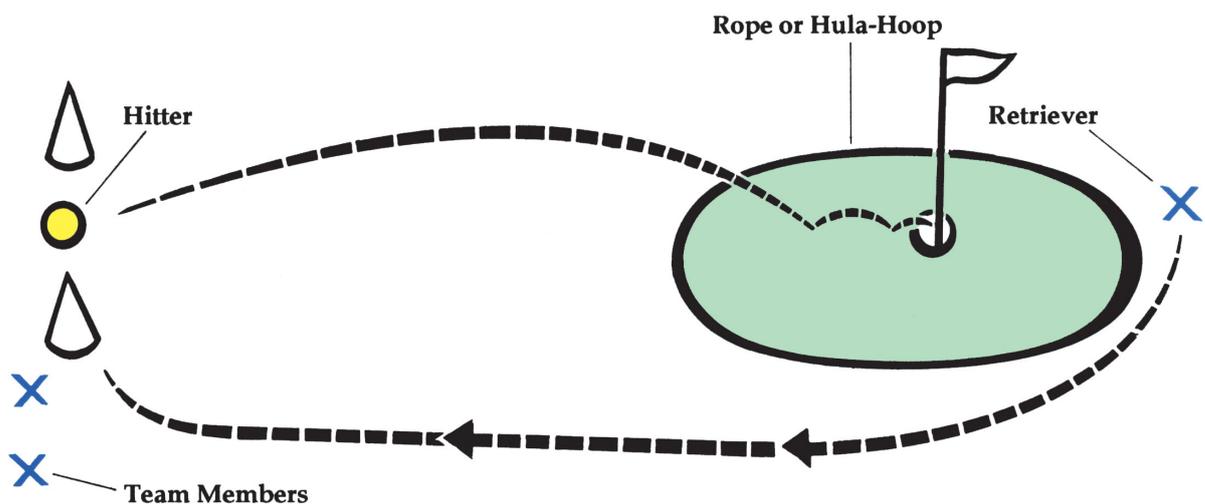
This activity introduces the concept of playing a golf hole. Cones or witches' hats are used to define the teeing area, and a piece of rope or a Hula Hoop to indicate the green.

The length of the 'hole' can vary according to the size of the area available.

Players take turns hitting from the teeing area to the green. A shot is holed when the ball comes to rest inside the hoop.

This game can be played in teams of 4-8 players with the team score being the aggregate of all players' scores.

Depending on the size of the area being used, tennis, golf or PVC balls can be used. Players must observe safety rules at all times and not walk in the range of a swinging club or the flight of a ball.

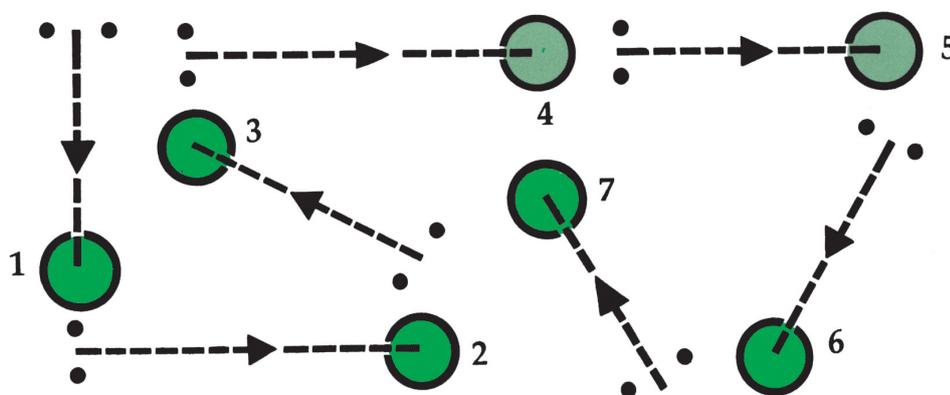




Tee to Green Course

This activity is an extension of Tee to Green and introduces the concept of playing a number of holes. Three to nine holes will establish a course, and they can range in length from 10-50 metres. Three players per group is recommended.

Players hit from the tee and play as many strokes as necessary to “hole out”. “Holing out” is achieved by having the ball come to rest on the ‘green’. Once the ball is holed, players proceed to the next tee.



Scoring System

Play each hole in this manner until the course is completed. The winner is the player with the lowest total for all of the holes played. Depending on the skill level of the participants, air swings may or may not be counted.

Depending on the number of holes, all groups can start at the same time by playing from each tee.

“Let your participants choose which balls they want to use – golf, tennis balls or PVC golf balls.”





Aussie Rules Golf

Setting Up:

Place two, flags sticks or cricket stumps in the ground about 1 metre apart. Place two smaller flags or sticks 0.5 of a metre on either side of the first two goal sticks, similar to Aussie Rules goal posts. Sticks can be placed on the ground or chalk markers can be drawn on a wall.

The player hits from the “tee” 6-10 metres away from the goals. Have a set of goals for each team.

Rules:

Played in two teams with 2-6 players in each team. Players have two shots at goal each.

The game is played over 4 quarters (4 or 8 rotations, at the Instructor’s discretion).

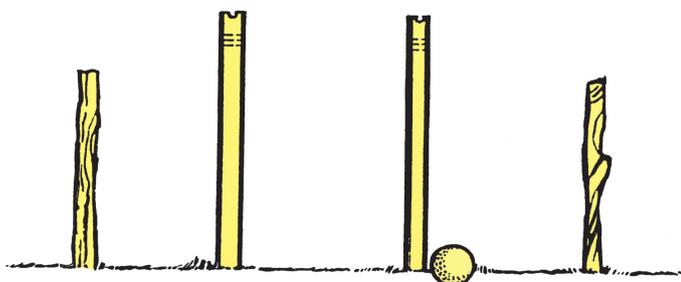
The participants score their own match. The Instructor should select the scorer.

Scoring:

Use the scoring system for Aussie Rules football: 6 points for a goal and 1 point for a behind.

To score a goal the ball must pass between the centre sticks on the full.

A behind is scored when the ball passes between a goal post on the ground and a behind post on the full.



“You can play Aussie Rules Golf just as effectively indoors, against a wall using either tennis or PVC golf balls!”



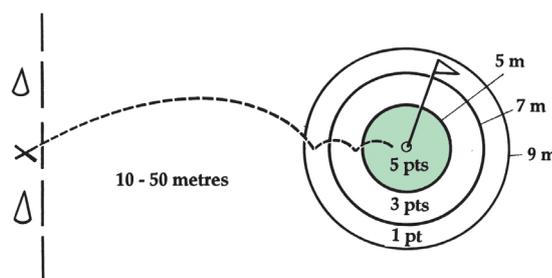


Level 2: Intermediate Games

Introduce these games when your players reach a reasonable level of skill

Bullseye Golf

This target game has the objective of getting the ball close to the centre or flagstick. Target areas are concentric circles which expand in size and decrease in point values (high to low) from the centre or bullseye. Shots are scored where they land, with bonus points for a ball within the bullseye area. A bullseye scoring 5 points, inner ring 2 points and outer ring 1 point.



The Bullseye target can be created with oval-marking paint, a bright coloured material (blanket), or visible object like a bicycle tyre, Hula Hoop or rope.

Each player or team should mark their balls so that all points can be tallied after all balls have been played. A limited number of shots per player is recommended.

Ladder Putting

Set up pairs of 6 tees in a line running away from the person putting. The first tee is set at a distance of 3m, so the tees are positioned at 3, 4, 5, 6, 7 & 8m. The width of the gap between the tees is 2 metres.

The tees create five square target areas, each with a points value. The nearest square, at a distance of 3-4m is worth 1pt, the next is worth 2pts, the middle worth 4pts, the fourth square, 2pts and the furthest square 1pt.

Players take it in turns to hit 5 putts. The player or team with the highest total is the winner.

Note: this is also explained in the section on putting drills.

Lawn Bowls Putting

Place a small object on the green to use as the 'jack'. This can be any distance, but generally somewhere between 5 metres and 15 metres.

Taking turns, roll four balls to the jack. The player with the closest ball to the jack wins a point. If they have more than one ball closer than any of the balls of their opponent, then count a point for every ball which is closer. Winner is first to 12 points.

This drill teaches a player about reading the slopes on greens and allowing for them. While this drill involves rolling a ball from your hand, the game can also be played by putting the ball.





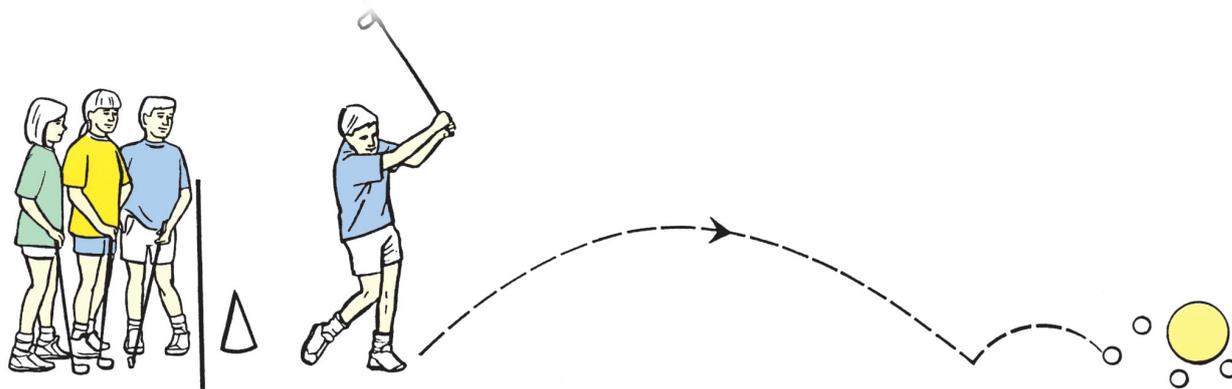
Level 3: Advanced Games

Increasing the challenge...and the fun!

Golf Bocce

This game is adapted from the Italian bowling game of Bocce. The contest is for any number of players (say one from each team) who compete against one another. To begin play, a target ball (use a tennis ball or different coloured golf ball) is thrown by the player selected to have this honour. Each player then chips a ball. The shot which finishes closest to the target ball wins the point.

Any number of successive contests are played, with the target ball tossed each time by the previous winner. The ball may be tossed in any direction and distance on an open area. This game can be played with chip shots, pitch shots or putts. Play a set number of contests or establish a time limit.

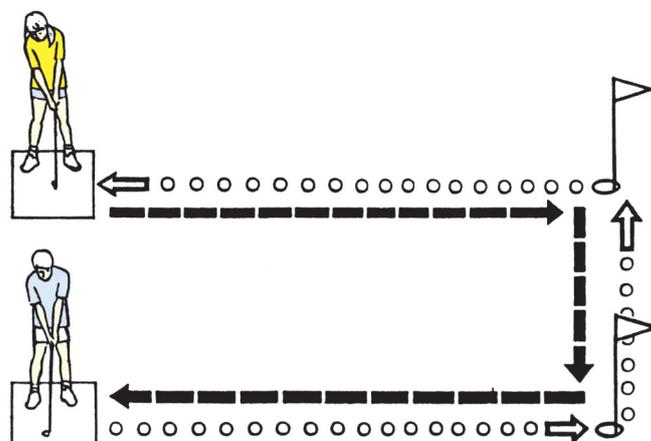


Hole-out Relay

This chipping relay race is for 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 getting the ball inside the circle, the players then play across to the opponents target and retrace the 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).



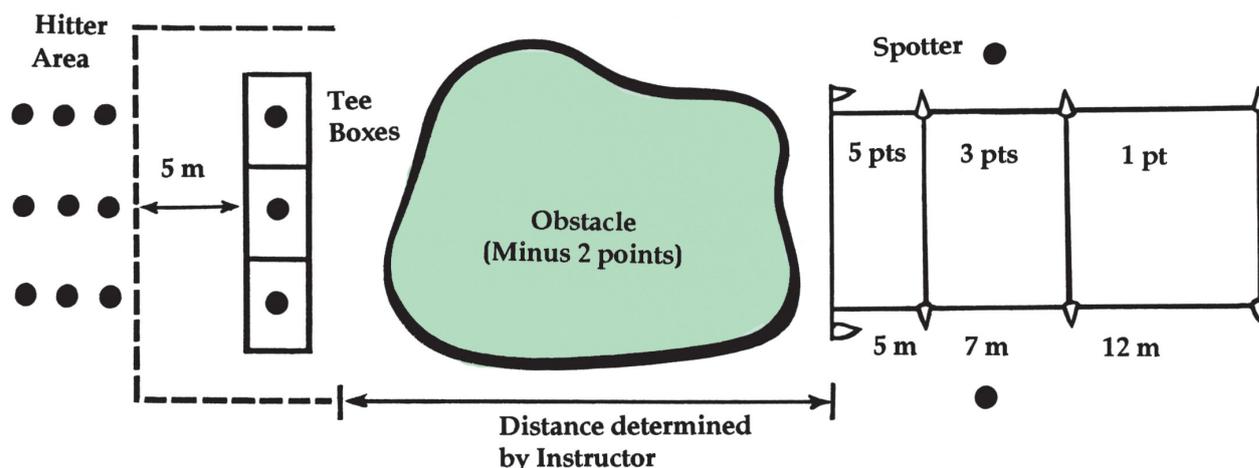
Scoring can be the total number of hits. You can also include a time limit. Penalty for any violation is one hit.





Obstacle Pitch

This short swing game tests the players ability to hit a controlled pitch shot over an obstacle. Players attempt to hit the ball into scoring zones located just beyond a designated area such as a rope circle or concentric circles such as in Bullseye Golf. Scoring is based on a ball landing safely in the zone, with higher point values near the obstacle. Any ball not clearing the obstacle results in a penalty or minus points.

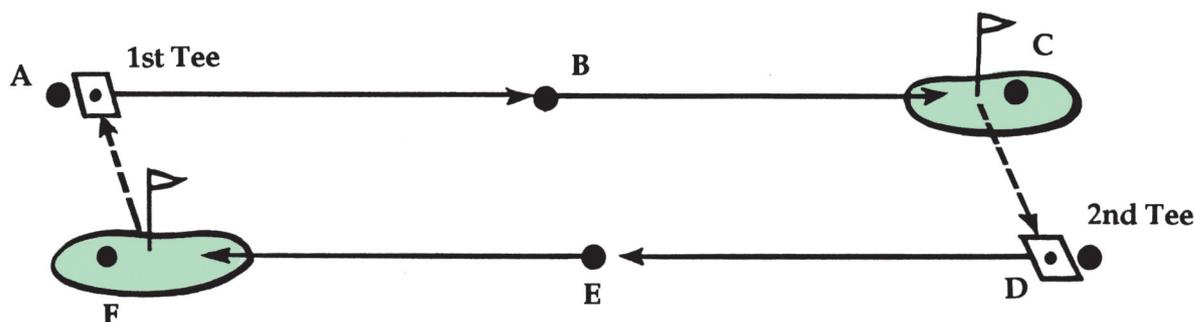


Golf Ball Race

This is a team relay speed race of two golf holes. Players are assigned a role for each hole, such as designated driver, fairway or putter for their team. On the whistle, Player A (first driver) hits the ball down the fairway to Player B (fairway player) who in turn hits the ball toward the #1 green, to Player C (putter). The ball is putted into the cup by Player C, removed by hand and thrown or carried to the #2 teeing area for continued play to the #2 green.

A ball which is 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. The number of players per team can vary; one person could double as putter and driver. The winning team is the one which completes the course first.

Note: PVC vinyl golf balls or tennis balls should be used for this game.





Test Match Golf

Setting up:

Create a 'bullseye' target with 3 circles; a 3 metre diameter, a 2 metre diameter and a 1 metre diameter. This will establish your target area. These can be made with ropes. Locate a teeing area 6-10 metres from the target.

Rules:

Played in 2 teams (one team batting and one bowling), each consisting of 2-6 players.

The players of the batting team have two shots each to score runs.

The players in the bowling team have two balls each to take wickets.

To take a wicket the bowler must land the ball on the full in the 1 metre circle.

Two rotations (innings) for both batting and bowling are suggested. Each team therefore bats and bowls twice.

The team with the highest total after two innings is the winner. A toss of the coin can determine which team is to bat first.

Scoring:

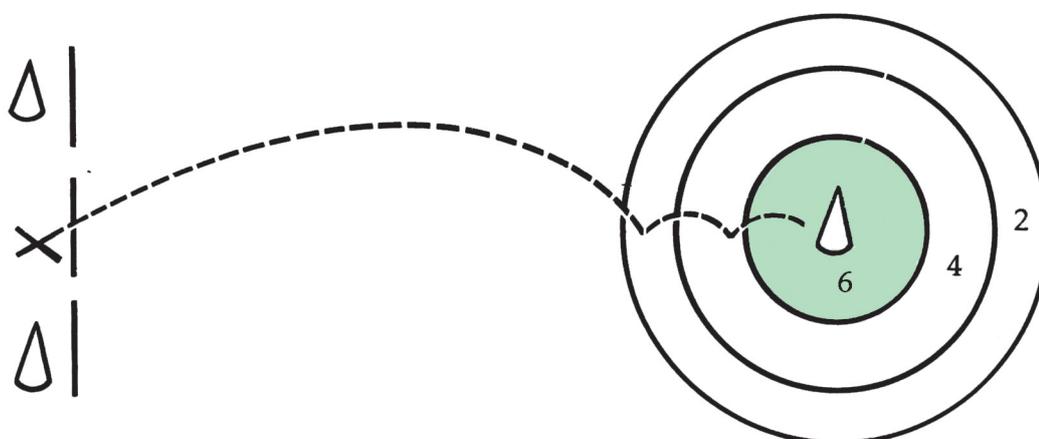
Score 6 runs for hitting the central target on the full.

Score 4 runs for hitting the secondary target on the full.

Score 2 runs for hitting the outside target on the full.

Score 0 for any other result.

Wickets are worth 3 runs. These are deducted from the batting team's score.





Creating a Fantasy Golf Course

Have fun creating a course as well as playing on it

Creating the Course

Establish a short course of 3-9 holes of 10-50 metres on an oval, practice fairway or even in a gymnasium. The length of holes can be varied.

Tee grounds, greens, course boundaries and hazards can be established, along with specific rules of play (See PART 5 for golf rules). Ideas on how to set up a course are described below. For safety reasons make sure the “holes” are not too close to each other and that tennis or P.V.C. balls are used.

Teeing Area: Use a pair of witches’ hats, stakes, wickets, cushions or other objects suitable as markers.

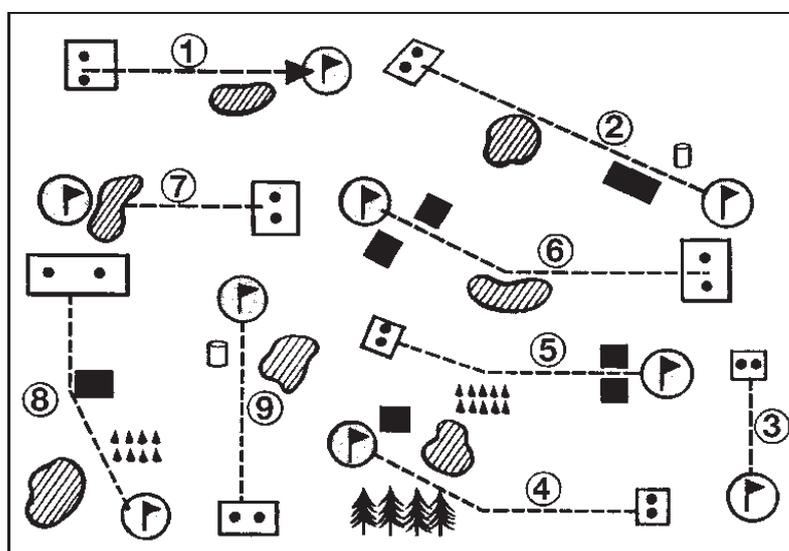
Hazards: Bunkers and Water Hazards can be formed from roped areas or mats. If a ball lands in a hazard area participants are penalised one shot.

Greens: A green can be “constructed” from a Hula Hoop, bicycle tyre or piece of rope. A stake with a flag on top or a witch’s hat is placed in the middle as a flagstick. If a player’s ball finishes within the green it is counted as holed out.

Out of Bounds: Use the boundary line at the edge of the school oval.

Obstructions: Create obstacles from bins, milk crates, chairs, etc. Players must play around or over such obstructions.

- Bunker (mat) ■
- Tee-off area (witches hats) ☘
- Water hazard (rope) 🌀
- Obstruction (bin) 📦
- General hazard (cones) 🚧
- Green with flagstick (hula hoop) 🏏





Designing a Golf Course

Some points to consider when creating your course are:

- Make sure holes follow each other in a numerical sequence ie 1,2,3,4, etc. The following hole's tee markers should be located close to the previous green, however not too close for safety reasons.
- Do not place holes too close to roads, again for safety reasons.
- The holes should start and return to a central point.
- Avoid placing holes near dense bush or long grass. Balls could easily get lost in these areas.
- Holes should not run too parallel to each other.
- In most circumstances, only one group should be playing a hole at any given time.
- When teeing off, make sure your group members are not too close - they should be outside the area of the Tee markers.
- Only introduce penalty strokes and count air swings once players are reasonably skilled.
- Holing out can either be the ball finishing in the hoop or landing in the hoop on the full.

Types of Games

Individual: Each player plays their own ball and keeps their own score.

Foursome: Teams of two where each player plays alternate shots. ie. Player one drives off, Player two hits the next shot from where the drive finishes and so on until the ball is holed.

Ambrose: 2-4 players per team. All players hit their first shot from the tee. The best positioned ball is selected and all play their next shot from this point. This form of play continues until the ball is holed out.

Teams: 2-4 players per team. All play their balls as in an individual competition. The best individual score per hole is the team's score.

Note: A score card is given to each player, who in turn must keep score for their playing partner. The marker and player must sign the card at the completion of the round to verify the score.





An Indoor Golf Course

Set up a Golf Course in a school gymnasium or a large indoor area

Most of the equipment used on the practice fairway can be used on an oval or can be used indoors.

Balls should not, however, be hit from wooden or vinyl floors.

Use pieces of carpet or door mats for hitting off.

Large indoor, carpeted areas will generally be most suitable, particularly for putting.

When indoors, players should only use small swings and not hit the ball too hard.

For both indoor and outdoor games participants should be in groups of 3-4 and only one group should play a hole at the same time

"You can commence a game with a 'shotgun' start, with one group on the teeing area of each hole."

