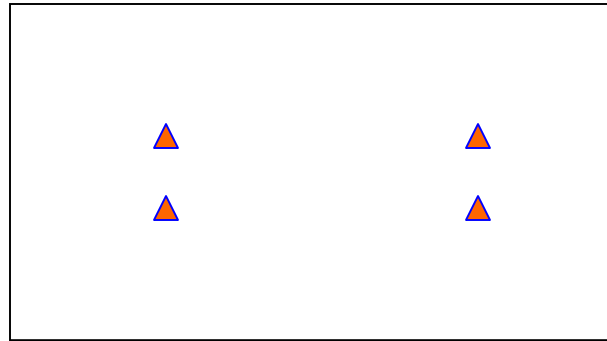


GOLF lesson outline

Organization



- Demonstrate how to adapt golf into an indoors environment.
- Develop the conceptual understanding of how to play golf using the reality golf card.
- Aim - Least hits to get ball in the hole
 - Consistent aim to a target
 - Ball placement to a target
 - Distance and turn
- Simplify the mechanics of golf to grip, stance, swing and recover.

Equipment: Clubs, 10 plates, 12 pucks, 20 mats, 20 whiffle balls med and small. 13 clip boards.

What is the aim of game?

- Least amount of hits to get the ball in the hole - Discuss conceptually what learners need to understand. Progressive challenge.

Consistent aim to a target

Putting game in pairs.

Putt on floor to hit the puck on the mat.

Player 1 and 2. 2 decides where to place the puck. 1 tries to hit the puck. 2 plays second shot. Game is to hit the puck.

AIM - Hit the target on your go

1. Play alternately after ball stops
2. If hit puck re-start game
3. If not starting game decide where to place the puck.

How to putt? Select the line to the target

GRIP – fingers linked

STANCE – square to ball based on line.

SWING – rotate from shoulders like a pendulum. Take back based on distance.

CONTACT - hit mid ball and follow thru.

FOLLOW-THRU – hold finish

1. Practice in pairs putting to feet - Vary distance. Line and length. 3 out of 5.
2. Return to game

Golf Etiquette

1. Stand behind shot player - safe distance	2. No speaking when shot being played
3. Safe distance from players ahead	4. Hit ball when come to rest
5. Whole winner starts next hole	6. Farthest from hole plays next

Golf balls away.

Ball placement to a target

PITCH stroke game - Use a PW, 9 or 8. One club per pair.

AIM - Pitch the ball from the mat to bounce closer to the hoop than partner. If bounce in hoop win hole.

1. If no bounce or unsure then judge distance when ball comes to rest
2. Winner re-starts game
3. Non hitter places hoop away from other players.

Safety - Start from centre. Place hoop with wall behind and away from other players. Use space.

Do not run through other players games.

How to pitch? - short irons.

GRIP - fingers links - V's of hands point to right shoulder

STANCE - shoulder width feet, square to ball, with ball between feet. Comfortable distance from ball (club rest on inner thigh butt point to front leg)

SWING - circle action, head still, rotate shoulders back, break wrists, until arms about 90 degrees. Weight slightly on front foot.

CONTACT - Swing through try to brush the ground with your club-head.

FOLLOW-THRU - Complete swing to shoulder, weight onto front foot.

SET-UP - Stand 3 m from wall, space around gym (5 m apart)

1. Practice hitting to wall, partner watch, describe and give feedback to help.
2. Can you get ball in air above line consistently? Change ball then.
3. Return to game.

Distance and turn

DRIVES: Swing with a club. Two clubs – 5,6,7 or 4,3,wood, driver.

STRETCHES WITH CLUB.

Med size whiffle ball, and small whiffle ball.

Task card on OHP. Sheet each person.

GRIP – V's in lines

STANCE – Shoulder width, comfortable distance. Middle line (7 to 5), behind heel (4 to wood). Weight towards back foot on take back

SWING – Take club back with arms and shoulders, wrist break, shoulder tight, weight back foot 60:40.

CONTACT - swing and drive wrist through - behind ball brush.

RECOVER – Shift weight to front foot.

KEY CUES: Watch the ball keep head still.

Partner coach each point as teach leads. Then re-coach as play.

1. Hit to wall above 5 feet use grass matting on carpet or space 20 m out in two lines outside.
2. Hit two, partner coach. Collect and repeat.
3. If able to get the ball in the air then 4
4. Play hole of virtual reality golf.

CHIP: For short distances with height if time.

GROUPS of 3 – lefties in same group (allowed additional clubs).

One golf player to each group. Putter and 3 clubs allowed.

Outside play on grass using a tee.

Walk through sheet. Play and score three holes see OHP for example

Choice - play a hole then come and practice or play another hole. Select ball to use.

Closure:

Choice

Sense of whole game.

CONCEPT of the game. AIM, PLACEMENT in relation to obstacles, TURN/SPIN.