

HOUGHTON LE SPRING GOLF CLUB

Junior Coaching Plan

1/1/2012

HOUGHTON LE SPRING GOLF CLUB, COPT HILL, HOUGHTON LE SPRING, TYNE & WEAR DH5 8LU
HLSGC COMMITTEE



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Experience

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*HLSGC Junior Coaching Plan- agreed at Committee 14.12.11
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Golf Lesson 1

Introduction

Full Swing Motion (without club)

Stance

Posture

Lesson Objectives: Students will understand the rules, terms and history of golf. Students will be able to demonstrate their knowledge of the golf stance and posture, without a club.

Handout: Rules

Lesson:

1. Provide students with a brief introduction to golf. Give students handout on rules, terms and the history of golf. Briefly go over the handout and ask for any questions.
2. Full Swing Motion (without club)
Focus: Stance and Posture

The full swing motion of the golf swing is a complex motor skill, with 27 moving parts. By first introducing the swing without the club and the ball, there is a less likely chance of off task behaviour.

Keys to Success

Stance

Forward Swing and Follow Through

Back Swing

Elephant Trunk Swing Drill or Pendulum Swing

Group Management and Safety

All students can practice at once.

Students take semicircle formation with shoulders facing out.

Equipment

None

Instructions to Class

Your arms and shoulders should be free of tension as you take your posture.

The arms swing freely from the shoulders, not by the shoulders.

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Your arms should move from the shoulder joint in a manner similar to the way that you move your lower arm from the elbow joint without moving your upper arm.

Stand erect.

Let your arms relax.

Swing your arms back and forth as if you were marching.

Note how your shoulders are not moving forward at the same time as your arms.

This is how your arms swing from your shoulders.

Not let's try moving your shoulders forward at the same time as your arms.

Take your posture and practice feeling your arms move from your shoulders.

As your arms begin to swing past your legs, allow your body to respond to the swinging motion.

Allow your body to turn around an imaginary center point.

Feel your weight shift to the rear side by turning your target heel to raise slightly off the ground.

Feel your weight shift back to the target side by returning your target heel to the ground and turning your rear knee into your target knee.

Create a lot of motion.

Partners

Work with a partner observing your swing, partner should give feedback.

What is your partner doing right?

What needs improvement?

Success Goal

10 perfect swings

To Reduce Difficulty

Have students practice half-swings with arms parallel to the ground during back swing and forward swing.

To Increase Difficulty

Practice with eyes closed.

Golf Lesson 2

Etiquette

Setup

Weight Distribution

Lesson Objectives: Students will understand the etiquette of golf and be able to demonstrate it. Students will demonstrate the setup and grip.

Handout: Course Etiquette

Lesson:

1. Review Rules, Terms, and History
2. Review Full swing motion, Stance, Posture
3. Introduce Grip
4. Grip Drill
5. Introduce Setup
6. Weight Distribution Drill

Keys to Success

Grip Drill

Equipment

Golf clubs, 1 per student (5, 7, or 9 iron, 5 or 7 wood)

Molded form grips on a few demonstration clubs

Instructions to Class

As you practice taking your grip, establish a routine to use each and every time.

Always place your target hand on the club first, then your rear hand.

Hold the club as lightly as you can without letting it flop in your hands.

Student Options

Practice with a partner checking the correctness of your grip using the checklist.

Alternate taking grip with a wood, then an iron.

Student Success Goal

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10 repetitions in a row with all checkpoints correct

To reduce difficulty

Have student do 5 repetitions with a partner reading out checkpoints.

Students could do 5 repetitions with eyes open, 5 closed.

Draw lines on students hands with washable ink; have students match up the lines for each hand.

Have students alternate between molded grip and regular grip.

To increase difficulty

Have student alternate taking various grip positions, and have a partner check for correctness or make adjustments.

Recommend practicing taking different grip pressures and noting the change in feel using

tight target hand, light rear hand

light target hand, tight rear hand

tight target and rear hands

light target and rear hands

Weight Distribution Drill

Equipment

Golf clubs, 1 per student (5, 7, or 9 iron, 5 or 7 wood)

Molded form grips clubs

Two-by-fours or shafts for alignment

Golf balls, 1 per student

Instructions to Class

Between each repetition, practice taking your setup position using the suggested routine.

Student Options

Work with a partner, using the setup checklist

Practice each of the setup positions with your eyes open, then closed. Are you aware of the differences in the weight distribution with your eyes open, or closed?

Student Success Goal

9 total setup, alternating the stance

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3 setup forward

3 backward

3 balanced

To reduce difficulty

Have students practice taking only the proper stance.

Golfer may alternate between the proper stance and either backward or forward position.

Have student practice with two-by-four, taking setup with heels on the board, toes on the board, and without board weight midstep to balls of the feet.

To increase difficulty

Suggest practicing with eyes closed.

Golf Lesson 3

Full Swing with Club

Chipping

Pitching

Lesson Objectives: Students will demonstrate the full swing with a club, and be able to demonstrate the correct techniques for chipping and pitching.

Lesson:

1. Review Setup and Grip
2. Review Full swing motion
3. Introduce Full swing with club
4. Wide Whoosher Drill
5. Introduce Chipping
6. Introduce Pitching
7. Obstacle Visualization Drill

Keys to Success

Wide Whoosher Drill

Equipment

Golf clubs, 1 per student

Instructions to Class

The "whooshing" should be heard as club comes down just past hip height and through the ball position.

Feel your thumbs point to the rear on the backswing, and down to the target on the forward swing.

Practice 3 swings at 50% speed first to feel the motion of the target arm with the weight shift.

Use a full body turn on the backswing and forward swing.

Student Options

Practice with a partner; hold your club on the swinging partner's head to feel the turn about the center.

After 5 repetitions, alternate a regular full swing between each wide whoosher swing.

Student Success Goal

10 swings with a loud "whooshing" sound

To reduce difficulty

Reduce reps to 6

To increase difficulty

Increase reps to 20

Have students swing with the target arm only, placing the rear hand on the back of the hip and pushing forward with it on the start of the forward swing, in order to feel hip turn.

Full Swing - Shout out

Equipment

Golf clubs, 1 per student (or pair)

Golf balls, 3 per rep - Rookie

Golf balls, 5 per rep - Tour

Markers - 20m / 22yds apart

Instructions to Class

Hit the ball from a distance of 50m/55yds - Rookies (Under 8's reduce distances to 40m / 44yds), 100m / 110yds - Tour through the markers without bouncing.

Student Option

After each reps, swop with partner

Student Success Goal

Number of balls hit through the markers without bouncing.

Full Swing - Wicked

Equipment

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Golf clubs, 1 per student (or pair)

Golf balls, 3 per rep - Rookie

Golf balls, 5 per rep - Tour

Markers - 25m / 27.5yds apart

Instructions to Class

Hit the ball from a distance of 75m/82.5yds - Rookies (Under 8's reduce distances to 60m / 66yds), 150m / 165yds - Tour through the markers, the ball may bounce or roll through.

Student Option

After each reps, swop with partner

Student Success Goal

Number of balls hit through the markers.

Obstacle Visualization Drill

Equipment

Golf clubs, (SWs, PWs, 9-irons)

Golf balls, 20 per student

Tees, 10 per student, plus extras

Instructions to Class

On the golf course, the pitch shot is used whenever you need a relatively high trajectory and a shorter distance (20-90 yards) as you approach the green.

Practice visualizing a bush or bunker you need to hit over onto the green before each shot.

Limit your shot to a max of 50 yards.

Make 2 practice swings before each shot, feeling the swing pace for the desired distance.

Student Options

Play Bogey with a partner, picking a landing area and the desired trajectory.

Student Success Goal

15 total swings, visualizing the desired shot and distance before each swing

To reduce difficulty

Let student use tees.

Set up actual obstacles and targets.

To increase difficulty

Have student visualize higher obstacles, such as trees.

Have student visualize multiple obstacles.

Increase the distance to the landing areas.

Chipping - Eagles Nest

Equipment

Golf clubs, 1 per student (or pair)

Golf balls, 3 per rep - Rookie

Golf balls, 5 per rep - Tour

Target Area - 2m / 2.2 yds circle

Instructions to Class

To chip the ball from a distance of 3m/3.3yds - Rookies, 6m / 6.6yds - Tour and land within the target area, the ball does not finish in the target area.

Student Option

After each reps, swop with partner

Student Success Goal

Number of balls that land within the target area.

Chipping - Dead Weight

Equipment

Golf clubs, 1 per student (or pair)

Golf balls, 3 per rep - Rookie

Golf balls, 5 per rep - Tour

Target Area - 2m / 2.2 yds circle

Instructions to Class

To chip the ball from a distance of 3m/3.3yds - Rookies, 6m / 6.6yds - Tour and finish within the target area, the ball may bounce or roll before finishing in the target area.

Student Option

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After each reps, swop with partner

Student Success Goal

Number of balls that finish within the target area.

Pitching – Bulls Eye

Equipment

Golf clubs, 1 per student (or pair)

Golf balls, 3 per rep - Rookie

Golf balls, 5 per rep - Tour

Target Area - 10m / 11yds square

Instructions to Class

To pitch the ball from a distance of 15m/16.5yds - Rookies (Under 8's reduce distances to 10m / 11yds), 30m / 33yds - Tour to land and finish within the target area.

Student Option

After each reps, swop with partner

Student Success Goal

Number of balls that land and finish within the target area.

Pitching – Pin Point

Equipment

Golf clubs, 1 per student (or pair)

Golf balls, 3 per rep - Rookie

Golf balls, 5 per rep - Tour

Target Area - 15m / 16.5yds square

Instructions to Class

To pitch the ball from a distance of 30m/33yds - Rookies (Under 8's reduce distances to 20m / 22yds), 60m / 66yds - Tour to land and finish within the target area.

Student Option

After each reps, swop with partner

Student Success Goal

Number of balls that land and finish within the target area.

Golf Lesson 4

Putting

Lesson Objectives: Students will demonstrate the correct techniques for putting.

Lesson:

1. Review Setup and Grip
2. Review Full swing motion with club
3. Introduce Putting
4. Arm Swing Drill
5. Eye Drill
6. In the Zone
7. Around the Clock

Keys to Success

Putting Tips

Arm Swing Drill

Equipment

Golf clubs, 1 putter per student

Instructions to Class

Rehearse the motion of the putting stroke, feeling the arms and hands working as a unit during each phase.

Relax the shoulders.

Student Options

After 5 reps, work with a partner

Student Success Goal

20 total swings (10 with club, 10 without club)

To increase difficulty

Have students practice with eyes closed.

Eye Drill

Equipment

Golf clubs, 1 putter per student (or pair)

Golf balls, 2 per student

Tennis balls, 1 per student

Instructions to Class

After you drop the ball from the bridge of your nose, hold your posture.

If the ball does not hit the ball or the line, readjust your posture and redrop the ball to check on your new setup.

Student Option

After 5 reps, work with a partner

Student Success Goal

10 reps with correct form, the dropped ball landing on the ball or the putting line
7 of 10 times.

To reduce difficulty

Student may drop a tennis ball

Have golfer work with a partner

To increase difficulty

Close eyes after setup.

In the Zone

Equipment

Golf clubs, 1 putter per student (or pair)

Golf balls, 3 per hole - Rookie

Golf balls, 5 per hole - Tour

Instructions to Class

Place balls around the hole, 1m (1.1yds) from the hole

Try and putt all balls into the hole

Student Option

After each reps, swop with partner

Student Success Goal

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Number of balls sunk.

Round the Clock

Equipment

Golf clubs, 1 putter per student (or pair)

Golf balls, 3 per hole - Rookie

Golf balls, 5 per hole - Tour

Target Area - 1m / 1.1yds centred on the hole

Instructions to Class

Put the ball from a distance of 3m/3.3yrd - Rookies, 6m / 6.6yrd - Tour and finish with the target area.

Student Option

After each reps, swop with partner

Student Success Goal

Number of balls that finish within the target area.

Golf Lesson 5

Review

True False Quiz - Course Etiquette

Lesson Objectives: Students will be able to demonstrate all skills learned so far and be evaluated on the performance on the course etiquette worksheet (Lesson 2).

Instant Activity

Lesson:

1. Review Rules, Terms, and History
2. Review Full swing motion with club
3. Review Grip, Stance and Posture
4. Review Pitching and Putting
5. True/False Quiz: Course Etiquette

True - False Quiz Course Etiquette

Instructions to Class

1. Golfers are expected to understand and demonstrate their knowledge of both the rules and etiquette of the game of golf.
 2. Read each of the following statements and identify whether each is true or false, rewrite it so that it becomes a true statement. (If false: cross out the wrong word/phrase and insert the correct word/phrase)
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- ____ 1. If you hit a potentially dangerous shot, you should yell "duck."
- ____ 2. The golfer who is farthest away from the hole always putts first.
- ____ 3. After all golfers have teed off, the one who hit the shortest shot will be the golfer to hit the next shot.
- ____ 4. If you are the first one to the green, you should always remove the flag and lay it on the fringe area.

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- _____ 5. If 3 golfers are on the green, and one is in a sand trap, the golfer in the trap always hits before anyone else putts.
- _____ 6. If there is a foursome playing right behind you and they are constantly having to wait for **your** group to play, you should always have them "play through."
- _____ 7. When eight golfers show up at the course at one time, they determine tee times by drawing lots.
- _____ 8. It is important to never replace a divot from your own ball.
- _____ 9. If your ball lands hard on the green and leaves a ball mark, you should jump on the mark a few times to flatten out the area.
- _____ 10. After all golfers have puttied, you should gather around the flag and record your scores.

Answers (for teachers only)

6. True/False Quiz: Course Etiquette Answers

Golf Lesson 6

Effective Practice Routines

Lesson Objectives: Students will understand the need for effective practice.

Lesson:

1. Review Course Etiquette Quiz
2. Importance of Effective Practice
3. Routine Practice Drill
4. Round of Golf Drill

Keys to Success

Start each practice with warm-up

Practice all shots each time

Use variability of practice strategies

Practice in game like conditions

Routine Practice Drill

Equipment

Golf clubs, 2 per student (5 & 7 irons)

Golf balls, 20 per student

targets, 5-9 spread out

Instructions to Class

Using the same routine before every shot is an important key to golf.

Your routine signals your body that you are ready to hit and guarantees that you start from the same foundation each time.

Student Options

Select a different target each time

Work with a partner, who will time and check your routine sequence

Student Success Goal

20 shots using correct routine each time

To reduce difficulty

Allow alignment clubs.

Provide markers for intermediate targets.

To increase difficulty

Vary target each time

Allow partners to distract

Make students change clubs each time

Remove alignment clubs

Round of Golf Drill

Equipment

Golf clubs, set per pair

Golf balls, 20 per student

Targets

Scorecards

Instructions to Class

One way to effectively practice is to imagine that you are playing a round of golf, even though you are only in the practice area.

Start by imagining the first hole; perhaps it is a 400-yard hole with a series of bunkers on the left of the green but a good opening on the right. The fairway is wide and open and does not have many hazards.

Decide which club to use for the first shot. Then actually hit a ball. Notice where it actually lands in the practice area, and imagine where that would have been in the imaginary fairway.

Once you have imagined your ball landing, decide what shot you should hit next- perhaps a 5 iron onto the green, and then actually hit a 5 iron. Continue hitting the shots that would be appropriate for the imaginary hole.

Finish each hole by taking out a putter, choosing a target on the practice area, putting the ball, and imagining it going into the hole.

Student Option

Play with a partner, practice taking turns depending on where the balls land.

Student Success Goal

9 holes of golf in your mind. Complete actual routine before each shot.

To reduce difficulty

Provide diagrams of holes to be played

To increase difficulty

Have partners call shots

Golf Lesson 7

Mental Skills

Lesson Objectives: Students will understand the mental and physical aspects of golf.

Instant Activity

Lesson:

1. Review Effective Practice Routines
2. Introduce Mental Skills
3. Game of 5s Drill

Keys to Success

Tension controlled, moderate range of tension

Positive thoughts

Pre-shot routine to check tension and thought stance

Game of 5s Drill

Equipment

Golf balls, 25 per student

5 or 7 iron, one per student

Instructions to Class

You can learn to control tension, just like you learn to seeing a club at different speeds of for different swing lengths.

One of the problems in golf is that we do not have a good way to describe tension, so we must create our own scale. Imagine that a 5 is your maximum tension and a 1 is the minimum.

Make a fist with one hand as tight as you can, this is a 5. Now, be relaxed as you can, this is a 1.

It should be possible for you to create a 5 or 1, or anything in between, in any body part.

Student Options

Work in pairs, with partner dictating the level of tension in each body part.

Select the order of body parts to be tensed.

Success Goal

24 total shots

To Reduce Difficulty

Have students execute shots in ascending order of tension.

Golfer may focus on just one body part at a time.

To Increase Difficulty

Have partner specify level of tension in each body part of golfer.

Specify different tensions in each body part.

Golf Lesson 8

Course Management

Shot Selection

Lesson Objectives: Students will practice making judgments about how to play particular golf courses and how to deal with certain types of shots.

Lesson:

1. Review Mental Skills and Course Etiquette
2. Introduce Course Management
3. Listing Strengths and Weaknesses Drill

Keys to Success

All aspects of hole considered

Self-knowledge of strengths and weaknesses

Personal strengths exploit hole's weaknesses

Systemic club selection

Listing Strengths and Weaknesses Drill

Equipment

Pencil for each student

Diagrams

Instructions to Class

On any golf hole, there are several strategy options. In order to choose the optimal strategy, identify all the strengths and weaknesses first. Then decide how to play the hole.

For each of the holes listed, identify at least 3 strengths and 3 weaknesses (desired landing areas) for that hole.

Student Options

Select optimal routes

Choose partners

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Success Goal

List at least 3 strengths and 3 weaknesses for each hole

To Reduce Difficulty

Provide diagrams of holes that are rather uncomplicated

Let golfer work with a partner

To Increase Difficulty

Provide more complex holes

Have partner help evaluate student's choices

Golf Lesson 9

Setting Goals Strategy

Lesson Objectives: Students will be able to set realistic goals for the weekend experience.

Lesson:

1. Review Course Management and Shot Selection
2. Introduce Setting Goals for Success
3. Goal Setting Drill

Keys to Success

Goals based on strengths and weaknesses

Commitment to written goals

Goals characterized as achievable, measurable, realistic, positive and time constrained

Goal Setting Drill

Equipment

Pencil for each student

List of characteristics of hypothetical golfers

Instructions to Class

Once you have identified your strengths and weaknesses, it is important to be able to focus attention on areas for improvement.

Assume you have the characteristics of this golfer.

Write 1 goal statement for each area. Be sure to use the criteria we discussed regarding a good goal statement.

Achievable

Realistic and specific

Measurable

Time constrained

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Student Options

Write goal statements

Work in pairs

Make up other sets of golfer characteristics

Success Goal

4 well stated goals based on the following

3 of 4 tee shots were sliced

the routine was not used 12 times

2 of 3 shots with 9 irons did not go high into the air

7 of 9 first putts were short of the hole

To Reduce Difficulty

Make characteristic lists very obvious

Let student work with partner

Have student use own characteristics

To Increase Difficulty

Have student write set of characteristics

Make golfer write both physical and mental characteristics

Require student to write both long and short term goals

Golf Lesson 10

Bunker Play

Lesson Objectives: Students will demonstrate the correct techniques for playing from a bunker.

Lesson:

1. Review Setup and Grip
2. Review Full swing motion
3. Introduce Bunker Play

Keys to Success

Wide Whoosher Drill

Equipment

Golf clubs, 1 per student

Instructions to Class

The "whooshing" should be heard as club comes down just past hip height and through the ball position.

Feel your thumbs point to the rear on the backswing, and down to the target on the forward swing.

Practice 3 swings at 50% speed first to feel the motion of the target arm with the weight shift.

Use a full body turn on the backswing and forward swing.

Student Options

Practice with a partner; hold your club on the swinging partner's head to feel the turn about the center.

After 5 repetitions, alternate a regular full swing between each wide whoosher swing.

Student Success Goal

10 swings with a loud "whooshing" sound

To reduce difficulty

Reduce reps to 6

To increase difficulty

Increase reps to 20

Have students swing with the target arm only, placing the rear hand on the back of the hip and pushing forward with it on the start of the forward swing, in order to feel hip turn.

Bunker - Surfs Up

Equipment

Golf clubs, 1 per student (or pair)

Golf balls, 3 per rep - Rookie

Golf balls, 5 per rep - Tour

Target Area - 3m / 3.3yds centred on the hole

Instructions to Class

Play the ball from a distance of 4m/4.4yds - Rookies, 6m / 6.6yds - Tour and the ball must land and stay within the target area.

Student Option

After each reps, swop with partner

Student Success Goal

Number of balls that land and stay within the target area.

Bunker - Sand Blast

Equipment

Golf clubs, 1 per student (or pair)

Golf balls, 3 per rep - Rookie

Golf balls, 5 per rep - Tour

Target Area - 3m / 3.3yds centred on the hole

Instructions to Class

Play the ball from a distance of 6m/6.6yds - Rookies, 8m / 8.8yds - Tour and the ball must finish within the target area, the ball may bounce or roll into the target area.

Student Option

After each reps, swop with partner

Student Success Goal

Number of balls that finish within the target area.
