

# Golf 8 Week Training Plan

## Week #1

1. Welcome and introductions; introduce the game of golf and go over safety procedures:
  - Provide necessary equipment; wear appropriate clothing; protect against sun and weather.
  - A club can be like a weapon. Never swing it in a group
  - No one should swing until he/she is in a designated area and all others are in position.
  - Use caution when approaching someone who has a club down in an address position. The best position is in front, facing the player.
  - Never position yourself or an athlete in the target line of a person swinging. The club could slip out of their hands or the club head could come off.
  - Pair athletes so they share a golf club. One athlete becomes a “watchdog” for the other.
  - No one should be allowed to be in front of an established hitting line, regardless of the type of ball being used.
  - When the coach is demonstrating, athletes should hold their club at the clubhead end. This discourages swinging the club.
  - All should learn when to use the term “FORE!” All must understand that it is not a substitute for following safety procedures.
  - Teach the stop-look-and-swing method, which should be used prior to each swing.
  - No high clubbing – in situations where close supervision is difficult, allow only half swings or to hip height. Half swings do incorporate all of the fundamental movements in a full golf swing.
  
2. Warm up and stretching exercises: perform large muscle group movement (jog lightly in place or brisk walking) and stretching exercises as follows:
  - Straddle Stretch: stand with feet shoulder width apart, hands on hips. Slowly bend trunk as far left as possible and hold for 10 seconds. Bend trunk as far right as possible and hold for 10 seconds. Bend trunk to front and hold for 10, Bend trunk *gently* back and hold for 10. Repeat 3 times.
  - Body Bend: Stand with feet slightly apart, extend arms and reach high overhead. Bend from the waist and arch backward gently. Bend forward as far as possible swinging arms forward and trying to touch the ground with hands. Return to starting position. Repeat 3 times.
  - Stretch with Golf Club – Trunk Rotation: put one hand on grip end of golf club and the other hand on the head of the club. Raise club overhead and place on shoulders. Rotate the shoulders from left to right while hands remain on the club.
  - Stretch with Golf Club – Shoulder warm up: Hold club as in trunk rotation stretch. From a standing position, raise club as far overhead as possible, then forward as far as possible.
  - Hand & Wrist Stretch – Squeeze and release tennis ball. Squeeze and hold for 2 counts and release. Repeat 5-10 times.
  
3. Full Swing Exercises
  - Head-Wall Exercise – Without club in hand, stand facing a wall. Place the top of your head so it’s touching the wall and simulate a full swing in slow motion.
  - Towel Exercise – Simulate a full swing using a towel instead of a club. The towel will be released into the left hand at the end (for a right handed golfer).
  
4. Skills Session
  - Introduce grip
  - Introduce putting

5. Competition Session
  - Have athletes try to sink 5 putts.
  - Start out close, then a progressively further distance.
6. Cool Down & Discussion
  - Finish with gentle stretches and provide encouragement.
  - Make announcements for next practice.

## **Week #2**

1. Opening remarks; warm up; review last week's skills.
2. Skills Session:
  - Demonstrate proper stance.
  - Have athletes assume stances of other sports to show similarity.
  - Demonstrate arm swing. (have athletes perform elephant trunk exercise as follows:
    - Assume stance.
    - With palms together, swing arms back and forth (like an elephant's trunk).
    - Make bigger swings – arms will go around body in circular motion.
  - Incorporate hitting balls.
3. Competition Session: Play Range Ball Relay as follows:
  - 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.
  - Winning team is the one that picked up the most balls.
4. Cool Down & Discussion
  - Finish with gentle stretches and provide encouragement.
  - Make announcements for next practice.

### Week #3

1. Opening remarks; warm up; review last week's skills.

2. Skills Session:

- Introduce pivot.
  - Assume stance.
  - Put hands on hips and turn body to the right side (left for left handers).
  - The left knee moves inward toward the right knee.
  - Weight transfers to the right heel.
  - Turn forward now and the opposite will occur.
  - Continue turning until you face the target direction.

Have athletes throw a tennis ball with arm below waist. Demonstrate similarities between the golf swing motion and that of other sports (softball, tennis).

- Introduce the grip.
  - Stress safety rules.
  - Demonstrate hand action.

3. Competition Session: Play range ball relay

4. Cool Down & Discussion

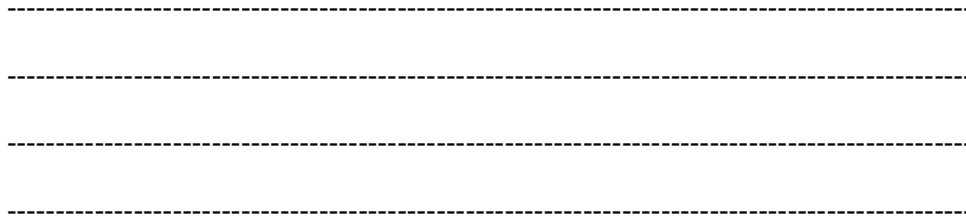
- Finish with gentle stretches and provide encouragement.
- Make announcements for next practice.

## Week #4

1. Opening remarks; warm up; review last week's skills.
2. Skills Session:
  - Demonstrate basic golf swing.
  - Teach movement progression.
  - Go over safety with club.
  - Teach "Grass Cutting Drill" as follows:
    - Using proper grip and stance, athlete swings club back and forth a short distance and brushes 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.
3. Competition Session: Play "Open Fairway" as follows:
  - Open fairway is an introduction to the concept of playing golf where athletes hit the ball, locate it and hit it again until reaching a designated finish area.
  - Have athletes divide into 4 groups and form single file lines about 20 yards apart.
  - Each athlete plays a ball to the finish line counting all swings, including misses.
  - Athletes attempt to travel in a straight line, but shots that go astray or into another player's 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 and variety.

START

FINISH



4. Cool Down & Discussion
  - Finish with gentle stretches and provide encouragement.
  - Make announcements for next practice.

## Week #5

1. Opening remarks; warm up; review last week's skills.
2. Skills Session:
  - Introduce the golf swing progression
    - set up partner formation for chip, pitch and catch
    - set up partner formation Use clock hand system
    - stress that the swing is a continuous motion

3. Competition Session: Play Tee Track as follows:
  - Tee Track is an introductory golf activity which uses a boundary (track) from the start to finish.
  - Each athlete begins play from a designated area and attempts to follow a course or track (10-15 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 count each swing and penalty until they advance the ball across the finish line.

Play Hole Out Relay as follows:

- Hole out is a putting or chipping relay race of 2 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 circle) the players must then play across to the opponent's 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 or block another player's path.
4. Cool Down & Discussion
    - Finish with gentle stretches and provide encouragement.
    - Make announcements for next practice.

## **Week #6**

1. Opening remarks; warm up; review last week's skills.
2. Skills Session:
  - Introduce and demonstrate mini-swing.
  - Review club safety.
  - Use clock hand system.
  - Have athletes roll with underhand toss.
  - Have athletes roll ball with a putter different distances.
  - Have athletes roll ball by hand to a target.
  - Set up a putting course.
3. Competition Session: Play Hole-Out Relay (above) or Crack Putter Open as follows:
  - 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.
4. Cool Down & Discussion
  - Finish with gentle stretches and provide encouragement.
  - Make announcements for next practice.

## **Week #7**

1. Opening remarks; warm up; review last week's skills.
2. Skills Session:
  - Introduce chipping and pitching.
  - Review mini swing and half swing.
  - Demonstrate both. Stress proper hand action
  - Have athletes use different clubs.
3. Competition Session: Play Field Goal Golf as follows.
  - This is a target contest, which tests the ability of the athlete to hit shots of different trajectories.
  - The athlete attempts 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 a 7 iron using a half-swing technique.
  - Use line formations with each athlete taking a shot at each target.
4. Cool Down & Discussion
  - Finish with gentle stretches and provide encouragement.
  - Make announcements for next practice.

#### **Week #8**

1. Opening remarks; warm up; review last week's skills.
2. Skills Session:
  - Demonstrate full swing.
  - Demonstrate swing sequence.
  - Use tennis balls on tee.
  - Cover basic rules of golf and etiquette.
3. Competition Session: Set up a short course have athletes play a scramble (best ball).
4. Cool Down & Discussion
  - Finish with gentle stretches and provide encouragement.
  - Make announcements for next practice.