



Special Olympics Coaching Quick Start Guide

# GOLF



**Special Olympics**

September 2004



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## Building a Practice Schedule

Below are factors to consider when planning your training season, schedule and budget.

### Safety First

#### Venue Assessment

The Golf Course, Practice Areas or Playing Field

- ♦ Turf/Floor conditions
- ♦ Level grade
- ♦ Foreign objects
- ♦ Obstructions to practice or play area
- ♦ Inclement weather options
- ♦ Adaptations required to facility (indoor/outdoor)

#### Equipment

Determine your Equipment Needs

- ♦ Number of clubs and golf balls available per athlete
- ♦ Proper size and fit
- ♦ Selection available
- ♦ Maintenance
- ♦ Storage

#### Athletes

Focus on Ability

- ♦ Know any physical, social or medical concerns and the golf experience of each athlete.
- ♦ It is important to administer the Golf Skills Assessment early in the season. This test enables you to determine the ability range of each athlete so you can set personal goals for improvement.
- ♦ The physical preparation of the athletes is important. Following are the major fitness components to incorporate into the training process. Each athlete will perform differently in the same training process because of physical and intellectual limitations.
  - ♦ Flexibility: Stretching Routine
  - ♦ Muscular Fitness: Strength, Endurance, Power, Speed
  - ♦ Cardiovascular Endurance

#### Volunteers

- ♦ Golf knowledgeable
- ♦ Coaching experience
- ♦ Commitment
- ♦ Completed training and orientation
- ♦ Athlete-to-coach ratio



### Transportation

Assure athletes and volunteers have transportation to and from sessions.

### Proper Golf Attire (including footwear)

Confirm appropriate dress code of facility.

## Essential Components of the Training Sessions

There are many ways to organize a training session for Special Olympics athletes. Because of comprehension and memory challenges for the athlete, there is considerable value in a developing a consistent training “routine” that provides familiarity, stability and comfort.

There are four essential components of a typical training session: warm-up and stretching, skills instruction, competition experience, and cool-down and stretching. (Fitness training or conditioning also can be included following competition experience and prior to cool-down.) The following techniques and tips will provide the most successful learning opportunities.

### Warm-up and Stretching

- ♦ Time is precious and skills repetition vital. Warm up in a way specific to golf.
- ♦ When athletes have difficulties with balance, use stretching activities that can be done while sitting, lying down or leaning against a wall or partner.
- ♦ Involve athletes in leading the exercises; coaches are then free to circulate and directly assist others who need help.
- ♦ Teach a simple routine involving the major muscle groups, which athletes can repeat at home and at competition. Warm up by walking or jogging five minutes. Then perform the following stretches:
  - 1) calf stretch against wall;
  - 2) hamstring stretch or toe touch;
  - 3) quad stretch holding onto wall for balance (both directions);
  - 4) groin stretch while sitting or lunging to each side;
  - 5) shoulder stretch (grasping hands behind body and leaning forward; and
  - 6) triceps stretch (reaching to sky with one arm, bending elbow which points forward and pulling elbow straight back with opposite hand; perform stretch with other arm).
- ♦ Following is what to do – and not to do – when stretching:

Do	Prevention
Perform warm-up activity for 5 minutes (walk or run slowly).	Muscle fiber tear or strain
Perform held stretches for 10-30 seconds each.	Muscle fiber tear or strain.
Start with the large muscle groups such as the legs, then move to the shoulders, etc.	Greater energy required warming large muscle groups. Circulation and heart rate is increased immediately.
Perform each stretch to your personal point of tension.	Strain on the joints, back or neck.
Breathe while stretching.	Releases tension and increases oxygen flow to muscles
Perform stretches in a “safe” position and through range of motion.	For example, perform a sit-up crunch with back flat to ground to avoid stress on lower back.



### Skills Instruction

- ♦ The key is to break skills into small basic tasks or steps; tasks are then put together to form skills. (*Addresses difficulty in performing multi-step tasks*)
- ♦ **Drills** are developed so that skills can be applied in a game situation. The result is skills performed in competition.

### Communication when Teaching and Coaching

- ♦ Communicate effectively.
  - ♦ **Concise:** Use a few descriptive “keywords.” Do not use long sentences. For example: “Reach for the sky.” (*Addresses difficulty in understanding verbal instructions and desired actions*)
  - ♦ **Consistent:** Use the same word or words for the same action. (*Addresses need for repetition and reinforcement*)
  - ♦ **Command-oriented:** Verbally reinforce the athlete immediately after a desired action. Make the reinforcement action-oriented and specific to the skill. (*Addresses need for frequent motivation and words associated with a physical action*)
- ♦ Make sure an athlete is looking at you when making a coaching point. When needed, physically prompt an athlete to look at you. (*Addresses difficulty in maintaining attention*)
- ♦ Ask athletes questions rather than always providing directions. Lead them to think for themselves. Verify athlete responses. (*Addresses independence*)

### Levels of Instruction: Skills Progression

- ♦ Assess what an athlete is ready to do; build upon strengths.
- ♦ Use appropriate levels of assistance for each athlete – verbal, visual (demonstration), physical prompt, physical assistance. Gradually reduce physical assistance in favor of simple cues and, eventually, no prompting at all. (*Addresses difficulty in learning and improving*)
  - ♦ The lower the athlete’s ability level, the more assistance may be required.
  - ♦ Verbal cues should always be accompanied by demonstration.
  - ♦ Physical prompts may be needed to help the athlete get positioned properly.
  - ♦ When all else fails, move the athlete through the complete skill.
- ♦ Practice skills in situations that are related to the game or event. (*Addresses difficulty in generalizing to new situations*)
- ♦ Use drills and activities that involve many athletes at all times. (*Addresses slower rate of learning and the need for motivation and repetition*)

### Competition Experience

- ♦ Provide a realistic competition experience during each practice in order to improve confidence and performance under the pressure of real competition.
- ♦ Help athletes understand game concepts by providing immediate and concrete feedback. During scrimmages or practice games, stop the play to help athletes recognize critical situations and learn how to react successfully.
- ♦ Emphasize the value of enforcing the rules during training. Rules enforcement helps prepare athletes for participation in community sports and in life.

### Cool-down and Stretching

- ♦ Having athletes do light jogging and then stretching major muscle groups will prevent muscle cramps and soreness and increase flexibility.
- ♦ Review the main themes of the training session, reward athlete performance and talk about the next competition or training session.





**Special Olympics**

### Training Session Plan

**Sport:** Golf      **Date:** \_\_\_\_\_      **# of Athletes:** \_\_\_      **# of Coaches:** \_\_\_

**Goals for training session:** Using Mini-Swing and lofted club, develop target and distance control for the chip

**Facility safety check:**  Equipment  Practice Area  Course Layout  Supervision

Time	Session	Specific Objectives	Drills/Activities	Layout
	Welcome, Review Session, Assign Stations  Warm-up:  Stretching:  With Club:		Equipment:  After Warm-up:	
	Skills  Instruction: Explain, Demonstrate			
	Competition Experience:  Rules/Strategy :			
	Group Discussion/ Review  Remind about change time for next week  Dismiss			





## Sample Eight-Week Lesson Plan

### Week 1

1. Welcome
  - ♦ Introduce the game of golf
  - ♦ Go over safety procedures
  - ♦ Program content
  - ♦ Demonstrate warm-up exercises
2. Opening remarks
  - ♦ Swing demonstration
  - ♦ Equipment explanation
  - ♦ Warm-up exercises
  - ♦ Skill assessments

### Week 2

1. Opening remarks
  - ♦ Review
  - ♦ Warm-up exercises
  - ♦ Demonstrate proper stance
  - ♦ Have athletes assume stances of other sports to show similarity
  - ♦ Game: Range Ball Relay
2. Review
  - ♦ Warm-up exercises
  - ♦ Demonstrate arm swing
  - ♦ Have athletes perform elephant trunk exercise
  - ♦ Review safety rules
  - ♦ Game: Range Ball Relay

### Week 3

1. Review
  - ♦ Warm-up exercises
  - ♦ Introduce pivot
  - ♦ Use hands to place athletes in proper positions
  - ♦ Throw tennis balls underhanded to show proper movement
  - ♦ Game: Range Ball Relay
2. Review
  - ♦ Warm-up exercises
  - ♦ Introduce the grip
  - ♦ Stress safety rules
  - ♦ Demonstrate hand action
  - ♦ Use hands-on technique to place athletes' hands in proper position
  - ♦ Game: Range Ball Relay

### Week 4

1. Review
  - ♦ Warm-up exercises
  - ♦ Demonstrate basic golf swing
  - ♦ Teach movement progression
  - ♦ Go over safety with a club
  - ♦ Introduce grass-cutting swing drill
  - ♦ Conduct acceleration test (tennis ball)
  - ♦ Game: Open Fairway
2. Review
  - ♦ Warm-up exercises
  - ♦ Balance drill
  - ♦ Introduce club, ball and target
  - ♦ Demonstrate
  - ♦ Acceleration test with tennis balls
  - ♦ Game: Open Fairway

### Week 5

1. Review
  - ♦ Warm-up exercises
  - ♦ 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
  - ♦ Game: Tee Track
2. Review
  - ♦ Warm-up exercises
  - ♦ Use partner formation for chip, pitch and catch warm-up; Review target concept and aiming
  - ♦ Game: Tee to Target or Range Ball Relay

### Week 6

1. Review
  - ♦ Warm-up exercises
  - ♦ Introduce mini-swing and demonstrate
  - ♦ Review club safety
  - ♦ Use clock hand system
  - ♦ Game: Tee to Target
2. Review
  - ♦ Warm-up exercises
  - ♦ 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
  - ♦ Game: Hole Out Relay or Crack Putters Open

### Week 7

1. Review
  - ♦ Warm-up exercises
  - ♦ Introduce chipping and pitching
  - ♦ Review mini-swing and half-swing
  - ♦ Demonstrate
  - ♦ Stress proper hand action
  - ♦ Have athletes use different clubs
  - ♦ Game: Field Goal Golf or Leap Frog
2. Review
  - ♦ Warm-up exercises
  - ♦ Review pitching and chipping
  - ♦ Play tee me - pitch me
  - ♦ Game: Golf Bocce

### Week 8

1. Review
  - ♦ Warm-up exercises
  - ♦ Demonstrate full swing
  - ♦ Review club safety
  - ♦ Demonstrate swing sequence
  - ♦ Use tennis balls on a tee
  - ♦ Game: Bullseye Golf or Death or Glory
2. Review
  - ♦ Warm-up exercises
  - ♦ Review golf swing principles
  - ♦ Cover basic rules of golf and etiquette
  - ♦ Set up a short course and have athletes play
  - ♦ Game: Scramble



## Sample Eight-Week Level II-V Training Lesson Plan

Coaches may follow the skills training progression in the above eight-week lesson plan; however, your goal would be to get Level 2-5 athletes playing golf as much as possible. If you do not have access to a course, please refer to the lead up golf games and activities in the Teaching Sport Skills section. Rules, etiquette, safety and on-course strategy should be part of every plan.

### Week 1

1. Welcome
  - ♦ Introduce the game of golf
  - ♦ Go over safety procedures
  - ♦ Program content and handbook
  - ♦ Demonstrate warm-up exercises
2. Opening Remarks
  - ♦ Swing demonstration
  - ♦ Equipment explanation
  - ♦ Warm-up exercises
  - ♦ Skill assessments

### Week 2

1. Welcome
  - ♦ Review
  - ♦ Warm-up exercises
  - ♦ Demonstrate basic golf swing
  - ♦ Teach movement progression ( tee line)
  - ♦ Balance Drills
2. Review Safety
  - ♦ Basic Rules/Etiquette
  - ♦ Putting Contest
  - ♦ Chipping Contest

### Week 3

1. Welcome
  - ♦ Review
  - ♦ Warm-up exercises
2. Introduce target awareness and club selection
  - ♦ Hit balls to designated targets starting with short yardages and working out
  - ♦ Demonstrate
3. Play 3 holes: 4-Person Scramble
  - ♦ Post scores
4. Rules of the week

### Week 4

1. Welcome
  - ♦ Review
  - ♦ Warm-up exercises
  - ♦ Chip and Putt
  - ♦ Full shots on range
2. Level 2 and 4: Play 4 holes: 2-Person Scramble  
Level 3 and 5: Individual Stroke Play
  - ♦ Score and discuss Rule of the Week
  - ♦ Prepare for Rules Test

### Week 5

1. Welcome
  - ♦ Rules, Safety, Etiquette Test
2. Warm-up exercises
  - ♦ Golf Ball Race (first hole)
3. Holes 2 –4, play assigned level format
  - ♦ Post score
  - ♦ Review course strategy

### Week 6

1. Welcome
  - ♦ Review Rule of the Week
  - ♦ Warm-up exercises
  - ♦ Hit balls
  - ♦ Distribute Round Chart Card
  - ♦ Explain record keeping
2. Play 4 holes, designated format level
  - ♦ Post scores
  - ♦ Review Chart Card
  - ♦ Rule of the Week

### Week 7

1. Welcome
  - ♦ Warm-up exercises
  - ♦ Review Round Chart Card
  - ♦ Work on area of weakness
2. Alternate Shot Competition
  - ♦ Review pre-shot routine
  - ♦ Rule of the Week

### Week 8

- ♦ Level 2 –5: 9-Hole Competition



## Training Principles Summary

### **Law of Overload**

- Body adapts to training loads—explains how training works
- Adequate training loads improve overall fitness and increase performance
- Factors impacting training load: frequency, duration and intensity

### **Law of Reversibility**

- Training loads that increase progressively create higher fitness levels
- No increase in fitness if loading is too far apart or stays the same
- Over-training or incomplete adaptation occurs when training loads are too great or too close

### **Law of Specificity**

- Specific training load produces specific response and adaptations
- General training prepares athletes for specific training
- The greater the volume of general training, the greater the capacity for specific training

### **Principle of Individualism**

- Athletes bring their unique talent, capabilities and capacities to training
- Heredity determines many physiological factors that impact training
- Chronological, biological and training ages must be considered when designing a training and competition plan

### **Principle of Variety**

- Training is a long-term process and loading and recovery can become boring
- Make it fun for the athletes
- Be creative

### **Principle of Active Involvement**

- Athletes have to want to actively and willingly participate in their training program
- Athletes have to be committed
- All aspects of athletes' lives contribute to their athletic success



## Principles of Strength Training and Conditioning—At-A-Glance

Strength and conditioning training is designed to assist athletes in their overall development. There are two types of strength training programs: general and specific. The exercises used in each program reflect the athletes' need for strength development. A general strength and conditioning training program gives athletes extra strength in the particular muscles that are needed to perform well in their sport-specific events. In addition, strength and conditioning training can help to prevent injury to athletes by building healthier, flexible and stronger muscles and bones.

### **Flexibility**

- Stretch slowly and with control
- Do not bounce or feel pain
- Breathe slowly and rhythmically; do not hold your breath
- Easy stretch: slight tension to no tension – hold for 5-12 seconds
- Developmental stretch: stretch further, feeling slight tension again – hold for 15-30 seconds

### **Muscle Balance**

- Train both the front and the back muscles when strength training
- Example: if training the biceps, also train the triceps
- Important in preventing injury

### **Selection of Exercises**

- Emphasize total body condition

### **Order of Exercises**

- Very important in getting the most out of each exercise
- Exercises and lifts that work many muscle groups and require more mental concentration – perform early in the workout
- Exercises and lifts that work small muscle groups and require little concentration – perform last in the workout

### **Frequency of Training**

- Always include one day of rest between strength training workouts

### **Number of Sets**

- One set of each exercise is recommended during the first or second week of training. Increase the number of sets as your training program progresses.

### **Rest between Sets**

- Depends upon the desired results of the workout
- Muscular endurance: short rest period – full recovery not required
- Strength and power: longer rest period – full recovery required

### **Active Rest**

- An active period, recreational level, after the completion of a season of sport
- May or may not include strength training
- Gives athletes a break and their bodies time to regenerate and rest



## Safety Hints for Your Training Session

1. A golf club can be like a dangerous weapon. It should never be swung in a group.
2. Athletes should be taught to swing in designated “swing” areas only.
3. Always approach an athlete who has a club in the address position from the front, facing the athlete.
4. Never position yourself or a student in the target line of a person swinging the club.
5. Pair students so they share one club. One student can become the “watchdog” for the other.
6. Establish a hitting line. No student should ever be allowed to hit in front of the established line.
7. Students should hold their golf club at the club head end whenever an instructor is demonstrating or organizing. This discourages swinging the club.
8. Teach students when to use the term “FORE,” and that using the term is not a substitute for following safety procedures.
9. Athletes should be taught to use a stop-look-and-swing method prior to each swing when playing golf.
10. In situations where close supervision is difficult, allow only half-swings or to hip height.

**Note:** Half-swings incorporate all the fundamental movements of a full swing.





### Golf Skills Assessment Card

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
<b>Equipment</b>			
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"/>
<b>The Golf Course</b>			
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"/>
<b>Scoring</b>			
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"/>
<b>Grip</b>			
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"/>
<b>Posture and Stance</b>			
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"/>
<b>Swing</b>			
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"/>
<b>Address and Aim</b>			
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"/>
<b>Etiquette and Safety</b>			
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"/>
<b>Sportsmanship</b>			
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"/>
<b>Totals</b>			





## Golf 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 also may 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

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

- ◆ A set of clubs shall include at least one wood, one iron and one putter.
- ◆ A golf bag
- ◆ Golf balls
- ◆ 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)  
Sneakers or smooth-soled shoes



### Uniforms

It is important to confirm appropriate golf attire for both training and competition. Many courses have very strict dress codes that must be adhered to.

### Athletes

Recommended golf attire:

- ◆ Shirt with collar, tucked into pants/shorts/skirt.
- ◆ Golf shoes with spikes (soft or metal).
- ◆ Smooth-soled athletic shoes will suffice if golf shoes are not available.

Proper attire should be stated in the Coaches, Players, Volunteers and Official handbooks.

### Officials

Volunteer officials may be requested to wear certain bottoms, shirts or headwear. Golf car indicators or official location blocks are suggested as well. To expedite requests for rulings or questions, all participants should be informed of golf hole assignments of official locations. The uniform, golf car indicator signage and official locations can easily be included on the Rules of Play Sheets and distributed at the coaches meetings.



## Nutrition

### Guidelines for a Balanced Diet

- ◆ Eats lots of different kinds of food – vegetables, fruits, fish, meats, dairy, produce and grains
- ◆ Eat fresh food rather than prepared, canned or frozen foods
- ◆ Eat a high proportion of carbohydrate-rich foods
- ◆ Grill, steam or bake foods. Avoid boiling or frying
- ◆ Avoid fatty meals and sweet and salty snacks
- ◆ Check fiber intake by eating whole grain breads, cereals, pastas
- ◆ Eat brown rice instead of white rice
- ◆ Flavor food with herbs and spices rather than salt
- ◆ Drink small amounts of water and fruit juices often

### Pre-Competition Meal/Nutrients

The body's energy levels need to be high before training and competition. The high-performance diet above will supply this everyday requirement. Athletes are individuals and require different foods. Also, their bodies respond differently to certain foods. Generally speaking, the guidelines below will help your athletes consume the proper nutrients before competition.

- ◆ Eat a small, easily digestible meal, usually less than 500 calories
- ◆ Eat about 2½-4 hours before competing
- ◆ Limit proteins and fats because they digest slowly
- ◆ Avoid foods which form gas in digestive system
- ◆ Drink small amounts of water often – before, during and after competing

### During Competition Nutrients

- ◆ Besides hydration, nutrients are not needed for events that last less than one hour.
- ◆ For events that have more than one hour of continuous activity, carbohydrate drinks or fruit will supply the needed energy for continued effort.

### Post-Competition Nutrients

- ◆ To replenish energy, foods with readily available carbohydrates (fruit, carbohydrate drink, granola bars) should be eaten in small amounts immediately following exercise.
- ◆ Throughout the remainder of the day, meals should contain 65 percent complex carbohydrates to replenish energy.



## The Rules of Golf

Golf is a game. But remember, *every game has its rules*. The official Special Olympics Sports Rules shall govern all Special Olympics Golf competitions. Special Olympics has created these rules based upon The Rules of Golf as governed by the Royal and Ancient Golf Club of St. Andrews (R& A) and the United States Golf Association. To enjoy a fair match and protect the integrity of competition, it is important know and understand the basic rules of the game.

## Etiquette

### Courtesy on the Course

1. If someone else is playing from the tee, do not tee your ball until he or she has played.
2. Always stand still and to the side of rather than behind another player when he or she is playing. Do not talk.
3. Be ready to play when it is your turn.
4. When you are playing slowly or looking for a lost ball, ask the group behind you to play through so you do not slow everyone down.
5. Write down scores on the way to the next hole, not on the green you are leaving.
6. Never take more than one practice swing, if any.



### Safety First

Both in practice and play, always make sure that:

- ♦ No one is near you when you swing the club; and
- ♦ No one is ahead of you where your shot might hit them.



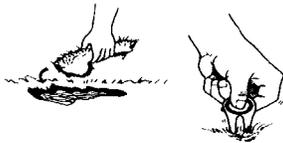
### Taking Care of the Course



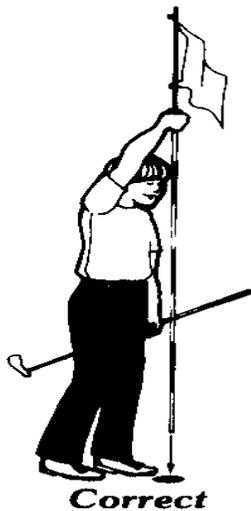
1. Always wear golf or tennis shoes. Do not slide or drag your feet on the green.
2. Always rake a bunker after you have played from it.



3. Replace divots and repair depressions made when your ball hits the green. These are called “ball marks.”



4. Never place your golf bag on the green. Put the flagstick carefully back into the hole after putting,





## A Summary of the Rules of Golf

### Rule 1 - The Game

- a. The holes of the course must be played in order (1 through 9, 10 through 18).
- b. You must always play by the Rules. You are not allowed to change them.

### Rule 2 - Match Play

- a. In match play, each hole is a separate contest. If you win the first hole, you are “one UP”; if you lose it, you are “one down”; if you tie it, you are “all square.”
- b. You have won the match when, for example, you are three up and there are only two holes left to play.
- c. Anyone you are playing against is your “opponent.”

### Rule 3 - Stroke Play

- a. In stroke play, the stipulated competitor with the lowest total score for the round is the winner.
- b. You must play the ball into the hole before starting the next hole. No “gimmies!”
- c. Anyone you are playing with is a fellow competitor.

### Rules 4 and 5 - Clubs and the Ball

- a. You may carry no more than 14 clubs.
- b. You may not change balls during the play of a hole.

However, if you damage or cut your ball, you may change your ball after first asking your opponent or a fellow competitor.

### Rule 6 - Things a Player Should Do

You should:

- a. Read the notices given to you by the tournament officials.
- b. Always use your proper handicap.
- c. Know your tee time or starting time.
- d. Make sure you play your own ball (put a mark on the ball with a pencil in case someone else is using an identical ball).
- e. In stroke play, make sure your score for each hole is right before you turn in your card.
- f. Keep playing unless there is lightning, you are ill or an official tells you to stop.

### Rule 7 - Practice

You may not hit a practice shot during play of a hole, or from any hazard. Note: Always read the local rules about practice.

### Rule 8 - Advice on How to Play

- a. You may not ask anyone except your caddie or partner for advice on how to play; however, you may ask about Rules or the position of hazards or the flagstick.
- b. You may not give advice to your opponent or a fellow competitor.



### **Rule 9- Advising Opponent on Strokes Taken**

In match play, you must tell your opponent the number of strokes you have taken if you are asked.

### **Rule 10 - When to Play a Shot**

- a. The player who has the lowest score on a hole has the right to play first on the next hole. This is called the “honor.”
- b. During play of a hole, the player whose ball is farthest from the hole plays first.
- c. If you play out of turn in match play, your opponent may make you replay, but this is not so in stroke play.

### **Rule 11 - Teeing Ground**

- a. Tee your ball between the tee-markers or a little behind them. You may go behind them as much as two club-lengths.
- b. If your ball accidentally falls off the tee, you may replace it without penalty.

### **Rule 12 - Finding Ball in Hazard Identify Ball**

- a. A hazard is any bunker (area of sand) or water hazard (lake, pond, creek, etc.).
- b. In a bunker or water hazard, if your ball is covered by sand or leaves, you may remove enough of the sand or leaves to be able to see a part of the ball.
- c. You may lift your ball to identify it anywhere except in a hazard. You must tell your opponent or fellow competitor before you lift your ball to identify it.

### **Rule 13 - Playing the Ball as It Lies and the Course as You Find It**

- a. You must play the ball as it lies; you may not move it to a better spot.
- b. You may not improve your lie by pressing down behind the ball. The club may be grounded only lightly behind the ball.
- c. You may not improve the area of your intended swing or line of play by bending or breaking anything growing, such as tree limbs or weeds.
- d. In a hazard, you may not touch the sand, ground or water with the club before or during your backswing.
- e. In a hazard, you may not remove loose impediments (natural things, such as leaves or twigs) but you may remove obstructions (artificial objects, such as bottles or rakes).

### **Rule 14 - Striking the Ball**

- a. You must fairly strike the ball with the head of the club. You may not push, scrape or rake the ball,
- b. You must not hit your ball while it is moving.

### **Rule 15 - Playing a wrong Ball**

- a. In match play, if you play a ball that is not yours, you lose the hole unless the wrong ball is played in a hazard; if you play a wrong ball in a hazard, you must then play the right ball.
- b. In stroke play, if you play a ball that is not yours, you must take a two-stroke penalty unless the wrong ball was played in a hazard. You must then play out the hole with your own ball; if you do not do so, you are disqualified.



### **Rule 16 - The Putting Green**

- a. If any part of your ball is touching the green, it is on the green.
- b. When your ball is on the green, you may brush away leaves and other loose impediments on your line of putt with your hand or a club. Do not fan them with a cap or towel.
- c. You should repair ball marks or old hole plugs but you may not repair marks made by spikes or shoes if they are on your line of putt.
- d. You may not test the surface of the green by rolling a ball or scraping the surface.
- e. Always mark your ball by putting a small coin or other marker behind it when you want to pick it up to clean or get it out of another player's way.

### **Rule 17 - The Flagstick**

If your ball is off the green, there is no penalty if you play and your ball strikes the flagstick, provided no one is holding the flagstick.

If your ball is on the green, do not putt with the flagstick in the hole. Either take the flagstick out or ask another player to hold it and take it out when you play your ball. If you putt and your ball hits the flagstick when it is in the hole, in match play you lose the hole. In stroke play, you must add two penalty strokes to your score for the hole.

### **Rule 18 - Moving the Ball**

- a. If you or your partner move either of your balls on purpose or accidentally, add a penalty stroke to your score; replace the ball and play it.
- b. If your ball is moved by someone or something other than you or your partner (an outside agency) there is no penalty, but you must replace it. If the ball is moved by wind or water, you must play it as it lies.
- c. Once you address the ball, if the ball moves, add a penalty stroke and replace the ball.
- d. If you move a loose impediment within one club-length of the ball and the ball moves, add a penalty stroke, replace it and play it. On the putting green, there is no penalty.

### **Rule 19 - Ball in Motion Deflected or Stopped**

- a. If your ball hits an outside agency (bird, rake, etc.) it is called a "rub of the green." There is no penalty and the ball is played as it lies.
- b. If your ball hits you, your partner, your caddy or your equipment, in match play you lose the hole. In stroke play, you are penalized two strokes and you must play your ball as it lies.
- c. If your ball hits your opponent, his/her caddy, or his/her equipment, there is no penalty; you may play the ball as it lies or replay the shot.
- d. If your ball hits a fellow competitor, caddy or equipment in stroke play, there is no penalty and the ball is played as it lies. These are the same as outside agencies in stroke play.
- e. If your ball hits another ball and moves it, you must play your ball as it lies; the owner of the other ball must replace it. If your ball is on the green when you play and the ball which your ball hits is also on the green, you are penalized two strokes in stroke play. Otherwise, there is no penalty.

### **Rule 20 - Lifting and Dropping the Ball**

- a. If you are going to lift your ball under a Rule and the Rule requires that the ball be replaced, you must put a ball-marker behind the ball before you lift it.
- b. When you drop a ball, stand erect, hold the ball at shoulder height, extend your arm out straight and drop it.



- c. If a dropped ball hits the ground and rolls into a hazard, out of a hazard, more than two club-lengths, nearer the hole or, if you are dropping away from an immovable obstruction or ground under repair, etc., back into the obstruction or ground under repair, you must re-drop. If the same thing happens when you re-drop, you must place the ball where it struck the ground when it was re-dropped.

### **Rule 21 - Cleaning the Ball**

You may usually clean your ball when you are allowed to lift it, except on the green; you may not clean the ball when you lift it for identification, because it interferes with another player or to determine if it is unfit.

### **Rule 22 - Ball Interfering with or Assisting Play**

- a. If another ball interferes with your swing or is in your line of putt, you may ask the owner of the ball to lift it.
- b. If your ball is near the hole and might serve as a backstop for another player, you might lift your ball.

### **Rule 23 - Loose Impediments**

Loose impediments are natural objects that are not growing or fixed, such as leaves twigs, branches, worms and insects. You may remove a loose impediment except when your ball and the loose impediment lie in a bunker or water hazard.

### **Rule 24 - Obstructions**

- a. Obstructions are artificial or man-made objects. Bottles, tin cans, rakes, etc., are movable obstructions. Sprinkler heads, shelter houses, golf car paths, etc., are immovable obstructions.
- b. Movable obstructions anywhere on the course may be moved. If the ball moves, it must be replaced without penalty.
- c. You may drop your ball away from an immovable obstruction if it interferes with your swing or stance. Drop the ball within one club-length of that point.

Note: You should not pick up the ball from an obstruction until you have established the nearest point of relief.

### **Rule 25 - Casual Water; Ground Under Repair; Animal Holes**

- a. Casual water is any temporary puddle of water caused by rain or over watering. Ground under repair is any damaged area which the Committee has marked as such.
- b. If your ball or your stance is in casual water, ground under repair or a burrowing animal hole, you may either play the ball as it lies or find the nearest place not nearer the hole which gives you relief and drop the ball within one club-length of that place.
- c. If your ball is in casual water, etc., and you cannot find it, determine where the ball entered the area and drop a ball within one club-length of that place without penalty.
- d. If your ball is on the wrong green, find the nearest place off the green which is not nearer the hole and drop the ball within one club-length of that place.

### **Rule 26 - Water Hazards**

- a. Water hazard margins are identified by yellow stakes or lines. Lateral water hazard margins are identified by red stakes or lines. Lateral water hazards are identified by red stakes or lines.
- b. If your ball is in a water hazard or a lateral water hazard, you may play it as it lies. If you cannot find it or do not wish to play it where it lies, add a penalty stroke and:
  - 1. play another ball from where you last played or
  - 2. drop a ball behind the water hazard as far back as you wish, keeping a straight line between the hole and the point where your ball last crossed the hazard margin and where you want to drop.



**If your ball is in a lateral water hazard, you may**

3. drop a ball within two club-lengths of where the ball last crossed the hazard margin.

#### **Rule 27 - Ball Lost or Out of Bounds**

- a. A ball is lost if it is not found within five minutes after you first begin to search.
- b. A ball is out of bounds when all of it lies beyond the inside line of objects, such as white stakes, or a fence or wall that marks the playing area.
- c. If your ball is lost or out of bounds, you must add a penalty stroke to your score and play another ball from where you played your last shot.
- d. If you think your ball may be lost or out of bounds, you may play another ball (provisional ball) from the place where your first ball was played. You must tell your opponent or fellow competitor that you are playing a provisional ball and play it before you look for your first ball. If you cannot find your first ball or if it is out of bounds, you must count the strokes with the first and provisional balls, add a penalty and play out the hole with the provisional ball. If you find your first ball in bounds, continue play with it and pick up the provisional ball.

Ball is out of bounds when it is beyond white stakes, fences or walls marking playing area. If your ball is lost or out of bounds, add one penalty stroke. Play another ball from where you played your last shot.

#### **Rule 28 - Ball Unplayable**

If your ball is under a tree or in some other bad situation and you decide you cannot play it, add a penalty stroke and do one of the following:

1. Go back to where you played the last shot and play a ball from there;
2. Measure two club-lengths from the unplayable lie, drop a ball and play from there; or
3. Keep the unplayable lie between where you drop the ball and the hole, go back as far as you wish on a straight line and drop and play the ball.



## Definitions

### Abnormal Ground Conditions

An “abnormal ground condition” is any *casual water*, *ground under repair* or hole, cast or runway on the course made by a *burrowing animal*, a reptile or a bird.

### Addressing the Ball

A player has “*addressed the ball*” if he/she has taken his/her *stance* and has also grounded his/her club, except that in a *hazard*, a player has *addressed the ball* when he/she has taken his/her *stance*.

### Advice

“*Advice*” is any counsel or suggestion which could influence a player in determining his/her play, choice of a club or in the method of making a *stroke*.

Information on the Rules or on matters of public information, such as the position of *hazards* or the *flagstick* on the *putting green*, is not *advice*.

### Ball Deemed to Move

See “*Move or Moved*.”

### Ball Holed

See “*Holed*.”

### Ball Lost

See “*Lost Ball*”

### Ball in Play

A ball is “*in play*” as soon as the player has made a *stroke* on the *teeing ground*. It remains in play until *holed out*, except when it is *lost*, *out of bounds* or lifted, or another ball has been substituted under an applicable Rule, whether or not such Rule permits substitution a ball so substituted becomes the *ball in play*.

### Bunker

A “*bunker*” is a *hazard* consisting of a prepared area of ground, often a hollow, from which turf or soil has been removed and replaced with sand or the like. Grass-covered ground bordering or within a *bunker* is not part of the *bunker*. The margin extends vertically downwards. A ball is in the *bunker* when it lies in or any part of it touches the *bunker*.

### Caddie

A “*caddie*” is one who carries or handles a player’s clubs during play and otherwise assists him/her in accordance with the Rules.

When one *caddie* is employed by more than one player, he/she is always deemed to be the *caddie* of the player whose ball is involved, and *equipment* carried by him is deemed to be that player’s *equipment*, except when the *caddie* acts upon specific directions of another player, in which case he/she is considered to be that other player’s *caddie*.

### Casual Water

“*Casual water*” is any temporary accumulation of water on the course which is visible before or after the player takes his/her *stance* and is not a *water hazard*. Snow and natural ice, other than frost, are either *casual water* or *loose impediments*, at the option of the player. Manufactured ice is an *obstruction*. Dew and frost are not casual water.



## Committee

The "*Committee*" is the committee in charge of the competition or, if the matter does not arise in competition, the committee in charge of the *course*.

## Competitor

A "*competitor*" is a player in a stroke competition. A "*fellow-competitor*" is any person with whom the competitor plays. Neither is *partner* of the other.

## Course

The "*course*" is the whole area within which is permitted. See Rule 33-2.

## Equipment

"*Equipment*" is anything used, worn or carried by or for the player except any ball he/she has played at the hole being played and any small object, such as a coin or a tee, when used to mark the position of a ball or the extent of an area in which a ball is to be dropped. *Equipment* includes a golf cart, whether or not motorized. If such a cart is shared by more than one player, its status under the Rules is the same as that of a caddie employed by more than one player.

## Fellow Competitor

See "*Competitor*."

## Flagstick

The "*flagstick*" is a moveable straight indicator, with or without bunting or other material attached, centered in the hole to show its position. It shall be circular in cross-section.

## Forecaddie

A "*forecaddie*" is one who is employed by the *Committee* to indicate to players the position of balls during play. He/she is an outside agency.

## Ground Under Repair

"*Ground under repair*" is any portion of the course so marked by the *Committee* or so declared by its authorized representative. It includes material piled for removal and a hole made by golf course maintenance even if not so marked. Stakes and lines defining *ground under repair* are in such ground such stakes are *obstructions*. The margin of *ground under repair* extends vertically downwards but not upwards. A ball is in *ground under repair* when it lies in or any part of it touches the *ground under repair*.

Note 1: Grass cuttings and other material left on the course which have been abandoned and are not intended to be removed are not *ground under repair* unless so marked.

Note 2: The *Committee* may make a *Local Rule* prohibiting play from *ground under repair* or an environmentally sensitive area which has been defined as *ground under repair*.

## Hazards

A "*hazard*" is any bunker or water hazard.

## Hole

The "*hole*" shall be 4 ¼ inches (108mm) in diameter and at least 4 inches (100mm) deep. If a lining is used, it shall be sunk at least 1 inch (25mm) below the *putting green* surface unless the nature of the soil makes it impractical to do so; its outer diameter shall not exceed 4 ¼ inches (108mm).

## Holed

The ball is "*holed*" when it is at rest with the circumference of the hole and all of it is below the level of the lip of the hole.



## Honor

The side entitled to play first from the teeing ground is said to have the “*honor*.”

## Lateral Water Hazard

A “*lateral water hazard*” is a *water hazard* or that part of a *water hazard* so situated that it is not possible or is deemed by the *Committee* to be impractical to drop a ball behind the water hazard in accordance with Rule 26-1b.

That part of the *water hazard* to be played as *lateral water hazard* should be distinctly marked.

Note 1: *Lateral water hazards* should be defined by red stakes or lines.

Note 2: The *Committee* may make a *Local Rule* prohibiting play from an environmentally sensitive area which has been defined as a *lateral water hazard*.

Note 3: The *Committee* may define a *lateral water hazard* as a *water hazard*.

## Line of Play

The “*line of play*” is the direction which the player wishes his ball to take after a *stroke*, plus a reasonable distance on either side of the intended direction. The *line of play* extends vertically upwards from the ground, but does not extend beyond the *hole*.

## Loose Impediments Marker

“*Loose impediments*” are natural objects, such as stones, leaves, twigs, branches and the like, dung, worms and insects and casts or heaps made by them, provided they are not fixed or growing, are not solidly embedded and do not adhere to the ball.

Sand and loose soil are *loose impediments* on the *putting green*, but not elsewhere.

Snow and natural ice, other than frost, are either *casual water* or *loose impediments*, at the option of the player. Manufactured ice is an *obstruction*.

Dew is not a *loose impediment*.

## Lost Ball

A ball is “*lost*” if:

- a. It is not found or identified as his/her by the player within five minutes after the player’s *side* or his or their *caddies* have begun to search for it; or
- b. The player has put another ball into play under the Rules, even though he/she may not have searched for the original ball; or
- c. The player has played any *stroke* with a *provisional ball* from the place where the original ball is likely to be or from a point nearer the *hole* than that place, whereupon the *provisional ball* becomes the *ball in play*.

Time spent in playing a *wrong ball* is not counted in the five-minute period allowed for search

## Marker

A “*marker*” is one who is appointed by the *Committee* to record a competitor’s score in stroke play. He/she may be a *fellow competitor*. He/she is not a *referee*.

## Matches

See “*Sides and Matches*.”

## Move or Moved

A ball is deemed to have “*moved*” if it leaves its position and comes to rest in any other place.



### Nearest Point of Relief

The “*nearest point of relief*” is the reference point for taking relief without penalty from interference by an immovable *obstruction* (Rule 24-2), an *abnormal ground condition* (Rule 25-1) or a *wrong putting green* (Rule 25-3).

It is the point on the course nearest to where the ball lies, which is not nearer the hole and at which, if the ball were so positioned, no interference (as defined) would exist.

### Observer

An “*observer*” is one who is appointed by the *Committee* to assist a *referee* to decide questions of fact and to report to him/her any breach of a Rule. An *observer* should not attend the *flagstick*, stand at or mark the position of the hole or lift the ball or mark its position.

### Obstructions

An “*obstruction*” is anything artificial, including the artificial surfaces and sides of roads and paths and manufactured ice, except:

- a. Objects defining out of bounds, such as walls, fences, stakes and railings;
- b. Any part of an immovable artificial object which is out of bounds; and
- c. Any construction declared by the *Committee* to be an integral part of the course.

### Out of Bounds

“*Out of bounds*” is ground on which play is prohibited. When *out of bounds* is defined by reference to stakes or a fence or as being beyond stakes or a fence, the *out of bounds* line is determined by the nearest point of the stakes or fence posts at ground level excluding angled supports.

When *out of bounds* is determined by a line on the ground, the line itself is out of bounds.

The *out of bounds* line extends vertically upwards and downwards.

A ball is *out of bounds* when all of it lies *out off bounds*.

A player may stand *out of bounds* to play a ball lying within bounds.

### Outside Agency

An “*outside agency*” is an agency not part of the *match* or, in *stroke play*, not part of a *competitor's side*, and includes a *referee*, a *marker*, an *observer* or a *forecaddie*. Neither wind nor water is an *outside agency*.

### Partner

A “*partner*” is a player associated with another player on the same side.

In a threesome, foursome, best-ball or four-ball match, where the context so admits, the word “*player*” includes his/her *partner* or *partners*.

### Penalty Stroke

A “*penalty stroke*” is one added to the score of a player or side under certain Rules. In a threesome or foursome, penalty strokes do affect the order of play.

### Provisional Ball

A “*provisional ball*” is played under Rule 27-2 for a ball which may be lost outside a *water hazard* or may be *out of bounds*.

### Putting Green

The “*putting green*” is all the ground of the holed being played which is specially prepared for putting or otherwise defined as such by the *Committee*. A ball is on the *putting green* when any part of it touches the *putting green*.



### Referee

A “*referee*” is one who is appointed by the *Committee* to accompany players to decide questions of fact and apply the Rules of Golf. He/she shall act on any breach of a Rule which he/she observes or is reported to him/her.

A *referee* should not attend the *flagstick*, stand or mark the position of the *hole*, or lift the ball or mark its position.

### Rub of the Green

A “*rub of the green*” occurs when a ball in motion is accidentally deflected or stopped by any *outside agency* (see Rule 19-1).

### Rule

The term “*Rule*” includes *Local Rules* made by the *Committee* under Rule 33-8a.

### Sides and Matches

*Side*: A player, or two or more players who are partners

*Single*: A match in which one plays against another.

*Threesome*: A match in which one plays against two and each *side* plays one ball.

*Three-Ball*: A match play competition in which three play against one another, each playing his/her own ball. Each player is playing two distinct matches.

*Best-Ball*: A match in which one plays against the better ball of two or the best ball of three players.

*Four-Ball*: A match in which two play their better ball against the better ball of two other players.

### Stance

Taking the “*stance*” consists in a player placing his /her feet in position preparatory to making a *stroke*.

### Stipulated Round

The “*stipulated round*” consists of playing the holes of the course in their correct sequence unless otherwise authorized by the *Committee*. The number of holes in a stipulated round is 18 unless a smaller number is authorized by the *Committee*. As to extension of *stipulated round* in match play, see Rule 2-3.

### Stroke

A “*stroke*” is the forward movement of the club made with the intention of fairly striking the ball, but if a player checks his/her downswing voluntarily before it reaches the ball he/she is deemed not to have made a *stroke*.

### Teeing Ground

The “*teeing ground*” is the starting place for the hole to be played. It is a rectangular area two club-lengths in depth, the front and sides of which are defined by the outside limits of two tee-markers. A ball is outside the *teeing ground* when all of it lies outside the teeing ground.

### Through the Green

“*Through the green*” is the whole area of the course except:

- a. the *teeing ground* and *putting green* of the hole being played; and
- b. all *hazards* on the course.



### **Water Hazard**

A “*water hazard*” is any sea, lake, pond, river, ditch, surface drainage ditch or other open water course (whether or not containing water) and anything of similar nature. All ground or water within the margin of a *water hazard* is part of the *water hazard*. The margin of a *water hazard* extends vertically upwards and downwards. Stakes and lines defining the margins of water hazards are in the hazards. Such stakes are *obstructions*. A ball is in a *water hazard* when it lies or touches the *water hazard*.

Note 1: *Water hazards* (other than *lateral water hazards*) should be defined by yellow stakes or lines.

Note 2: The *Committee* may make a Local Rule prohibiting play from an environmentally sensitive area which has been defined as a *water hazard*.

### **Wrong Ball**

A “*wrong ball*” is any ball other than the players:

- a. Ball in play;
- b. Provisional ball; or
- c. In stroke play, a second ball played under Rule 3-3 or Rule 20-7b.

Note: Ball in play includes a ball substituted for the ball in play, whether or not such substitution is permitted.

### **Wrong Putting Green**

A “*wrong putting green*” is any putting green other than that of the hole being played. Unless otherwise prescribed by the *Committee*, this term includes a practice *putting green* to pitching green on the *course*.



## Appendix A: Stretching, Exercises and Drills

### 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 and trying to touch the ground with hands.



- d. Return to starting position.

**Repeat the exercise 3 times.**



## Stretching (with a golf club)

### Trunk Rotation



- Put one hand on grip end (handle) of 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 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 done only after proper stretching exercises.

### Head-Wall Exercise

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



- a. 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.



- b. 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.



- c. 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.



- d. Returning to impact, the head is still touching the wall and spine angle is maintained 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.



- e. This transition and pivot toward 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.



- f. The centrifugal force created by the pivot and arm swing around the spine will enable the golfer to swing to a well-balanced finish.



### Rear-Wall Exercise

This exercise is similar to the Head and Wall Exercise, 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 toward ground as rear arm extends toward target.



- e. Finish high with weight on target side.



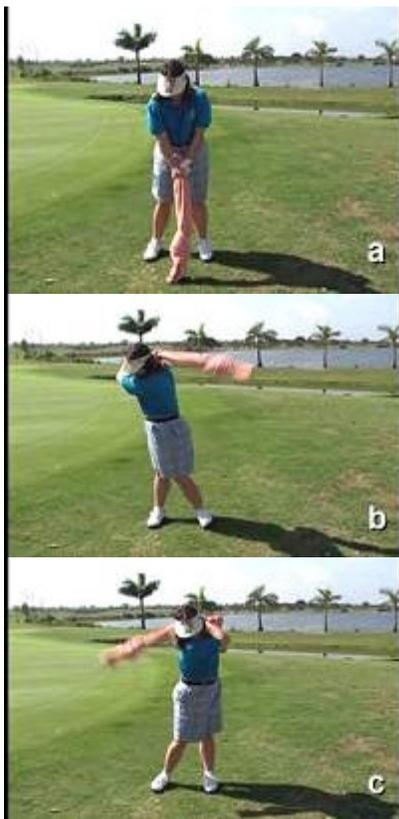
### Hands and Arms Set-up Drill



The Hands and Arms Set-up Drill will allow you to feel a maximum wrist cock, uncock and recock through the back and forward swing. Keeping your lower body quiet, slowly do this drill 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 and, without swinging the arms, turn your thumbs away from the target, allowing the forearms to roll, establishing a 90 degree angle with club shaft and target forearm. This cocking position or “set position” is shown in position 1 of the illustration 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 Exercise



The Towel-Exercise is an easy warm-up to keep your golf muscles and swing path in check.

- 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.



## Appendix B: Skill Development Tips

### 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 sideways 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 opposite for a left-handed golfer.

#### Fundamental Swing Elements:

- ♦ Grip, Stance, Aim
- ♦ Arm Swing
- ♦ Body Movement – The Pivot
- ♦ Arm Swing + Pivot = Basic Golf Swing

Caution: No player should swing until he or she is in the 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 photo on left.

### Coaching suggestions

- Should be done without a golf club
- Weight should be evenly balanced
- Similar to other athletic stances
- Ensure 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.

### 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 toward center, not beyond.
- d. Weight should transfer back onto rear heel.



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



## Swinging the Golf Club

### Pre-Swing Preparation

#### The Grip



- With the club off the ground, hold the handle of the club  $\frac{1}{2}$  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.

#### Hand Action



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

**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

- a. Take proper stance and grip the club.
- b. Place the club sole flat on the ground behind the ball.
- c. 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.

### Aim and Target

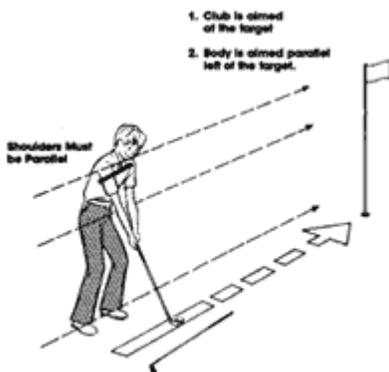


#### Target

- 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 to 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. Align your entire body, feet, knees, hips and shoulders parallel to the target line.



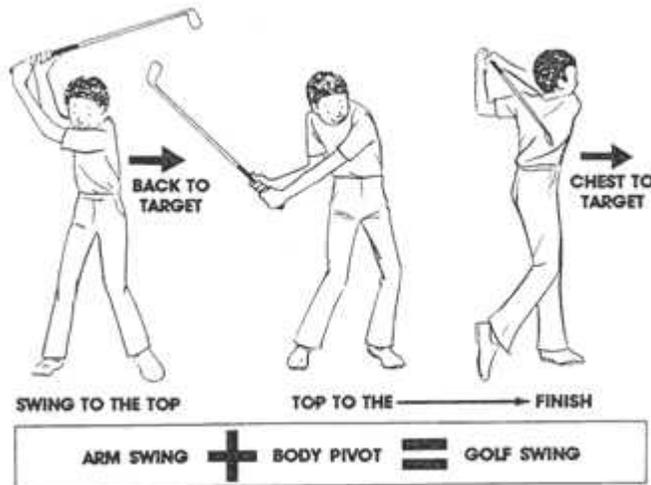
#### Coaching Suggestions

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



## The Swing Sequence

### 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.

### Swing Test with a Ball

- Athlete can make the complete swing to the finish position with speed and balance.
- Goal is to swing the club to the finish, not just to hit the ball.
- Start with a tee in the ground and attempt to strike the tee on the forward motion.
- Add a ball on the tee and continue the same motion.
- Try without a tee.

### Coaching Suggestions

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



### 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.



### Mini-Swing (Chipping and Putting Skills)

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.



a. Athlete takes stance with feet close together.



b. Athlete should use putter or a 5, 6 or 7 iron.



c. Back swing and forward swing should be the same length.

d. 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.

### 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	<b>Railroad Track Drill</b>
Ball consistently rolls through the break and beyond the hole	Check swing pace; athlete may be putting the ball too hard and allowing wrists to overtake “one-piece” motion of shoulders, arms, hands and putter.	Take three balls. Putt the first ball just outside your peripheral vision. Without looking at the first ball, putt the next two 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.
Balls consistently comes up short	Assure back swing and forward swings are equal.	<b>Elephant Trunk Drill</b> and practice same references above.
On breaking putts, ball always misses 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 toward the hole and note the direction of how the ball might be “breaking” or curving. Next, putt a few balls toward the hole and allow the slope to carry the ball to the hole.



## Chipping



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



Chipping Faults and Fixes

Error	Correction	Drill/Test Reference
You hit the top of the ball.	Make sure your shaft stays in front of the ball and that your target wrist remains flat to the target, versus in a cupped position.	<p><b>Extended Club Drill.</b> This drill reinforces the correct impact position and forces you to keep your wrists “quiet” when executing the mini-swing or chip.</p> <p><b>Brush the grass</b> using the mini-swing with and without a ball.</p>
You hit the ball either too long or too short.	Compare your forward swing length with the distance the ball 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.	<p><b>One-Leg Back Toe Drill.</b> 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.</p>
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 de-loft the clubface angle.)	<p><b>Chip and hold your finish</b> to 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.</p>
The ball is consistently off target.	Check set-up, aim of body and clubface.	<p><b>Railroad Track Drill.</b> Place two clubs parallel to the target line approximately 8 inches apart to confirm aiming lines of body and club.</p>



## 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 iron, 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 (from 9 to 3 on a clock face).
- The hands will hinge and unhinge in the swing.



- 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.



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

### Pitching Faults and Fixes

Error	Correction	Drill/Test Reference
Hitting the top of the ball	Maintain body posture from setup through to finish	<b>Brush the grass</b> 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. The 9 iron, pitching wedge and sand wedge will each perform differently.	<b>Clock Concept.</b> 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"> <li>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.</li> <li>2. Watch your balance and swing path. You may be moving forward or toward the ball on the back or forward swing.</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>One-Leg Toe Drill.</b> Pull your trail foot back behind your target foot, placing only the toe of the trail foot on the ground. Practice making mini-swings and maintaining your balance.</li> <li>2. Hit balls next to a 2 x 4 or parallel shafts</li> </ol>
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 <b>Cocking Drill, 3 - 9</b>
You hit the ground behind the ball.	Maintain knee flex and body posture through to the finish.	Mini-Swings, <b>Rear Against the Wall</b>



## Fairway Approach

- a. Athlete grips club.
- b. Athlete sees target.
- c. Athlete aligns himself or herself with body (knees, hips and shoulders) parallel with the target.
- d. The ball is positioned in middle of stance.
- e. 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 five swings without the ball, then make five swings with the ball.
- Put the ball on a tee first.
- Consider using a tennis ball or other soft ball in the beginning. This will build confidence.



- a. Ensure there is ample room between athletes.
- b. Demonstrate swing and **grass-cutting drill**.



- c. To swing the club, athlete must learn to use body, arms and hands in a unified manner.
- d. Backswing is one motion, a wind-up. Swing the club back so that your club is over your shoulder and back is facing toward target.



- e. Forward swing is one motion. Unwind; the club is swung from the top to the finish in the direction of the target.



- f. As the swing goes forward the body turns in the direction of the target.



- g. 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**

### Driver

- a. Athlete takes proper stance with feet shoulder width.
- b. Athlete grips the club properly.
- c. Athlete aligns himself or herself 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 assumes golfing stance. The ball is positioned in the forward part of the stance.



- b. Turn the back to the target.



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



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



- e. Swing through to the finish.



### 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"> <li>1. Swing “through” the ball.</li> <li>2. Maintain posture at impact.</li> </ol>	<b>Swish Drill.</b> Turn club upside down, grip and swing, allowing freedom in the arms and hands. You should hear a “swish” sound in the impact zone.
Club hits the top of the ball	<ol style="list-style-type: none"> <li>1. On the forward swing keep club extended toward the ground and arms long through the impact zone.</li> <li>2. Be sure of arm extension when wrists uncock toward the ball.</li> </ol>	Make a full swing back and an abbreviated follow through, stopping at 9:00 as if you were “ <b>Shaking hands with the target.</b> ”
You hit the ball with the toe of your club	Maintain your posture over the ball. Do not shift your weight backward or stand up during your forward swing.	<b>Rear End Against the Wall Drill</b>
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.	<b>Rear End Against the Wall Drill</b> Place a 2 x 4 in front of ball and hit the ball without hitting the board.
Losing distance with full swings because you don’t turn your hips	Make sure you feel your full body turning back and through.	<b>Rehearse Pivot Drills.</b> Belt buckle back and belt buckle through. <b>Towel Drill.</b>
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.	<b>Clip the tee drill.</b> 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"> <li>• The alignment and aim of club head and body at setup.</li> <li>• The path on which you swing the club.</li> <li>• The position of the clubface when it contacts the ball</li> </ul>	<ul style="list-style-type: none"> <li>• How squarely the clubface hits the ball.</li> <li>• How fast the club is traveling when it contacts the club.</li> <li>• The club’s angle of approach when it hits the ball.</li> </ul>



Error	Correction
<b>Direction: Path</b>	
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. <b>Explanation:</b> 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. <b>Explanation:</b> Direction of ball flight is primarily the same as the direction in which you swing the club head
<b>Direction: Clubface</b>	
1. Ball slices	1. Allow club head to return to square at contact. Check to make sure hands are relaxed. Check your grip and “release” at contact. <b>Explanation:</b> 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 uncock 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. <b>Explanation:</b> Angle of clubface in relation to path and swing determines sidespin imparted to ball. A closed clubface produces a hook.
<b>Distance</b>	
1. Ball lands short of target, but flight looks about the right height.	1. Increase length of swing or swing speed. <b>Explanation:</b> The distance a golf ball travels depends on four things: length of the swing, speed of the club head 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 of 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 forward swing).
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 forward swing). 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. <b>Explanation:</b> 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 forward swing.	5. Contact ball at sweet spot of club by keeping proper posture over ball on forward swing.



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