## IV. GET GOLF READY LESSON CURRICULUM

#### A. CURRICULUM

It is recommended the Get Golf Ready be delivered in five group lessons, as follows:

Lesson One Putting

Lesson Two Chipping and Short Game
Lesson Three Irons and Full Swing
Lesson Four Driving and Full Swing

Lesson Five Playing a Hole

Again, this is flexible and later in this chapter there are suggested details to cover in each lesson:

Instruction Elements
Instruction Experiences
Playing the Game Information
Pace of Play
Fitness Elements

## **B. INSTRUCTOR'S ROLE AND EXPECTATIONS**

One thing learned from all player development programs that have been done in the past is:

The most important element of this program is the relationship between the instructor and the students.

MAKE GOLF FUN!

"Teaching students how to have fun may be the top priority. The golf skills will follow."

—Ted Bishop, PGA President

It is critical that the instructors in the Get Golf Ready program believe in what they are doing. They must be passionate about teaching the game and its positive values and about creating new players. An enthusiastic and outgoing personality will always help in creating excitement and fun. The instructor's responsibilities are to:

- Establish a personal connection with each individual coming through the program; let them know you care about their comfort and progress and that you are committed to their success. Have students write their goals.
- Find creative ways to make the learning process FUN.
- Stick to the basic format of the program, but tailor it as needed to each different group of students.
- Be prepared to offer supplementary tutoring sessions to students having trouble in a specific area these can be specialty clinics.
- Commit to the transition. Making the transition from the range to the course is often the most difficult element of the learning process for a new student. The instructor is integral to making that process smooth and comfortable. Utilize mentors whenever possible.
- Follow up with all your students. Make sure they come back for Get Golf Ready Golf Outings and
  encourage them to come out to clinics and new player events. Call them on a regular basis to see how they
  are coming with their game. Encourage them to practice more often. Instructors should have programmed
  follow-up and tracking in place to keep connected with students. Let them know that you care about
  their progress and are there to help if it's needed.

## C. PROVIDING A 'WELCOME TO GOLF' ORIENTATION (OPTIONAL, BUT IMPORTANT)

Research has shown that facilities that host complimentary "orientations" prior to the paid sessions have a significantly higher number of participants and retention. It's that simple!

The primary objectives of the orientation are to:

- Make everyone feel welcome
- Create a bond between the instructors and the prospective students
- Give the attendees a level of comfort at the facility (a Golf "101" tour)
- Provide an overview of the program so that everyone knows what to anticipate
- Introduce beginning players to each other in a social environment
- Enthusiastically convey that golf is fun
- Secure payment and sign-up for lesson series
- Use "Welcome to Golf Month" to help generate promotion

## D. GET GOLF READY - GROUP LESSON CURRICULUM AND LESSON PLANS

The following five lesson plans are designed to be a <u>suggested guideline</u> of what to cover in each lesson segment. You have the flexibility within each lesson of which topic(s) to cover, however, it is recommended each lesson provides an on-course experience after the instruction segment. Each lesson will include elements introducing participants to the history, etiquette and values associated with the game. Remember each session should run 60-to 90-minutes and golf clubs and balls should be available for students at no cost.

**NEW:** Use Get Golf Ready to impact Pace of Play.

Is Pace of Play a concern at your facility? If so, you should use Get Golf Ready as a great opportunity to train golfers and help them develop routines to influence Pace of Play. Using the "It's Okay Hints" and "Ready Golf Hints" these suggestions can be delivered in a non-intimidating manner. Suggestions for use of both have been integrated into each of the five lessons.

Instructors have the flexibility to modify this curriculum.

# **Lesson One**

Putting

#### **Instruction Elements**

- Introduction to the game
- Posture, Grip, Aim
- Putting: Introduction

### Instruction Experience

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	□ warm-up: introduce techniques
	☐ Conduct instruction to cover Introduction to the Game and Posture, Grip, Aim
	☐ Conduct instruction to cover Putting – skills, drills and games
•	On Course:
	☐ Use an open green for Putting skill application – or set up a putting tournament
	☐ Reading greens skill application

#### Playing the Game Information

- Goal of Golf use fewest strokes possible to get the ball in the hole
- History & overview of etiquette / sportsmanship

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- Review of different areas of the golf facility
- Safety

- Overview of different golf clubs
- What to have in golf bag (sunscreen, bug spray, Band-Aids, hat, snacks, etc.)
- Importance of practice
- Attire (i.e. looking like a golfer, dress codes and proper shoes)
- Cell phones turn off or leave in car
- Basic rules concerning the putting green and flagstick
- Etiquette associated with putting, taking care of putting green (standing in line of putt, picking up feet, repairing ball marks/damage)
- Marking golf ball on the green

Pace of Play - "It's Okay Hints" and "Ready Golf Hints"

- As a new golfer, it's okay to just chip and putt on a hole
- As a new golfer, it's okay to not putt out (just pick your ball up near the hole on the green)

## Fitness Elements – Click here for additional description

- Discuss importance of warm-up and hydration while playing and practicing
- Torso Rotations
- Pelvic Rotations

#### Recommended Homework for fitness:

• Perform Angry Cats, Kneeling Opposites and Kneeling Sprinklers

# **Lesson Two**

## Chipping and Short Game

### **Instruction Elements**

• Review: Posture, Grip, Aim

• Review: Putting

• Chipping, Pitching & green-side bunker: Introduction

### Instruction Experience

•	Practic	e Area:
		Warm-up: Introduce techniques
		Conduct instruction to cover Chipping & Pitching skills, drills and games
		Conduct instruction to cover Bunker skills, drills and games
•	On Cou	urse:
		Use actual green for Chipping & Pitching skill application (show detail differences in
		technique and shots)
		Use actual bunker for instruction and skill application

#### Playing the Game Information

- Purpose of Chipping, Pitching and green side bunkers, and Goal of Golf
- Introduction to golf carts where and how to place golf bag, driving, using cart paths, where to park, staying away from greens and bunkers, 90 degree rule.
- Taking care of the course: repairing divots; entering/exiting/raking bunkers
- Speed of play: Being aware of other golfers on the course

Safety

Pace of Play - "It's Okay Hints" and "Ready Golf Hints"

- As a new golfer, it's okay to take a better lie for a better shot
- As a new golfer, it's okay to throw the ball out of a bunker

### Fitness Elements - Click here for additional description

- Review Fitness Elements from Lesson One
- Single Leg Balance
- Deep Squat Progression

#### Recommended Homework for Fitness:

- Continue with homework from Lesson One
- Perform Torso Rotations, Pelvic Rotations, Single Leg Balance, Deep Squat Progression and Half Kneeling Hip Flexor Stretch.

## **Lesson Three**

## Irons and Full Swing

#### **Instruction Elements**

- Review: Posture, Grip, Aim
- Review: Chipping, Pitching & Green-side Bunker shots
- Warm-up: Introduction
- Full Swing / Irons: Introduction
- Fairway / Rough Bunkers: Introduction

☐ Warm-up: Introduce techniques

#### **Instruction Experience**

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	Conduct instruction to cover Full Swing / Irons skills, drills and games
	Conduct instruction to cover Fairway & Pough differences

Conduct instruction to cover Fairway & Rough differences

#### On Course

Use actual hole for Full Swing / Iron for skill application, hit shots from both the fairway
and rough

☐ Use actual fairway bunker for instruction and skills, drills and games

#### Playing the Game Information

- Purpose of Iron shots and Goal of Golf
- Importance of warm-up, avoiding injury
- Review using golf carts, where to leave golf bags if walking
- Safety
- Review difference between clubs
- Ready Golf introduction to which golfer in a group plays first
- Importance of being able to identify your golf ball
- Basic rules of green vs. fairway/rough/bunkers, etc.
- Introduction to "It's Okay" way to play
- Divots divots are good, but need to be repaired

Pace of Play – "It's Okay Hints" and "Ready Golf Hints"

- As a new golfer, it's okay to take a better lie for a better shot it's even okay to tee up the ball everywhere on the course
- As a new golfer, it's okay to move your ball away from trees, rocks and hilly lies

### Fitness Elements - Click here for additional description

- Review Fitness Elements from Lessons One and Two
- Add Staggered Stance Torso Rotations
- Shoulder Circles

#### Recommended Homework for Fitness:

- Continue with homework from Lessons One and Two
- Perform Torso Rotations, Pelvic Rotations, Single Leg Balance and Deep Squat Progression, Half Kneeling Hip Flexor Stretch, Staggered Stance Torso Rotations, and Shoulder Circles

## **Lesson Four**

# **Driving and Full Swing**

#### **Instruction Elements**

- Review: Posture, Grip, Aim
- Review: Full Swing / Fairway & Rough Bunkers
- Full Swing / Woods: Introduction

## Instruction Experience

- Practice Area
  - □ Warm-up: Introduce techniques
  - $\hfill \Box$  Conduct instruction to cover Full Swing / Woods skills, drills and games
  - ☐ Conduct instruction to cover Fairway Woods skills, drills and games
- On Course
  - ☐ Use the tee area on an open hole for Full Swing / Woods skill application (have every student hit a few shots from the tee)
  - ☐ Use an open hole/fairway for Full Swing / Fairway Wood skill application

## Playing the Game Information

- Purpose of shots with Woods and Goal of Golf
- Teeing a golf ball how, why and when
- Introduction to the various teeing areas and tee markers deciding which tee markers to use, who
  tees off first
- Introduction to the PGA Family Course program
- Where to park your golf cart at the teeing area/putting green
- Speed of play playing ready golf, knowing when to play, etc.
- Safety, where to stand

## Pace of Play - "It's Okay Hints" and "Ready Golf Hints"

- As a new golfer, it's okay to play from the shortest tee markers or start at the 150-yard marker
- As a new golfer, you can tee off in any order that you like

## Fitness Elements - Click here for additional description

Review Fitness Elements from Lessons One, Two and Three

- Nutrition education eating while playing
- Add Butt Kick Holds

#### Recommended Homework for Fitness:

- Continue with homework from Lessons One, Two and Three
- Perform Torso Rotations, Pelvic Rotations, Single Leg Balance and Deep Squat Progression, Half
   Kneeling Hip Flexor Stretch, Staggered Stance Torso Rotations, Shoulder Circles and Butt Kick Holds

### **Lesson Five**

## Playing A Hole

#### **Instruction Elements**

- Review: Warm-up
- Review: Full Swing / Woods & Irons, unusual circumstances (i.e., fairway bunkers, etc.)
- PLAY GOLF

## Instruction Experience

- Practice Area:
  - ☐ Start off with warm-up techniques
  - ☐ Final review of full swing, have students hit full swing shots
  - ☐ Conduct instruction on unusual circumstances club selection, swing style
- On Course
  - ☐ Play 1-2 holes as a group for practical skill application, plus to teach how to navigate through the golf course
  - ☐ Stage situations on dealing with water hazards, lost balls, out of bounds and obstructions
- Club House
  - ☐ Conduct graduation and promote *Get Golf Ready* golf outings

#### Playing the Game Information

- Playing a hole / putting it all together Goal of Golf
- Using "It's Okay" to help make golf fun
- Knowing how to keep score, but this is not required
- Playing ready golf, determine who plays first and safety
- Overview of basic rules water hazards, lost balls, out of bounds and obstructions
- Discuss business golf outings, scramble formats and etiquette
- Recognizing/using yardage markers, signage on course
- Navigating from tee-to-green and green-to-tee
- Using the 19<sup>th</sup> hole and/or beverage carts
- Promote *Get Golf Ready* golf outings, how to sign up, continued learning and skill development through fun, social playing opportunities

## Pace of Play - "It's Okay Hints" and "Ready Golf Hints"

- As a new golfer, it's okay to play in a scramble format with your group, even if the format isn't an official scramble
- You don't have to be the furthest away to hit (as long as it's safe.)
- Go directly to your own ball, even if it's ahead, (as long as it's safe.)
- Carry a few clubs with you
- When starting out, it's okay to not putt out

• It's okay to pick up in the middle of a hole and enjoy the outdoors and scenery – It's okay to skip a hole and take a break

Fitness Elements - Click here for additional description

- Review Fitness Elements from Lesson One, Two, Three and Four
- Warm-up and cool down
- Review warm-up program for each individual on the tee
- Shoulder External Rotation Stretch

#### Recommended Homework for Fitness:

- Continue with homework from Lessons One, Two, Three and Four
- Perform Torso Rotations, Pelvic Rotations, Single Leg Balance and Deep Squat Progression, Half Kneeling Hip Flexor Stretch, Staggered Stance Torso Rotations, Shoulder Circles, Butt Kick Holds and Shoulder External Rotation Stretch

## **E. EQUIPMENT**

The majority of students participating will most likely be new to the game and beginner level golfers. Since students may not own their own golf equipment, the use of golf clubs and golf balls should be made available to students at no charge.

When students play in Get Golf Ready outings or other programs, consider allowing four players to share golf clubs from one bag.

Students graduating from Get Golf Ready may be interested in purchasing their own golf equipment. This is a good time to explain set composition and offer a basic club fitting session.