

V. GET GOLF READY 2 LESSON CURRICULUM

A. GET GOLF READY 2 - GROUP LESSON CURRICULUM AND LESSON PLANS

A simple approach to Get Golf Ready 2 is to repeat Get Golf Ready program, going into more comprehensive detail in each of the levels. Students will be looking for more detailed instruction (i.e., advanced techniques in each area) and a simple approach to learn more. Since classes will be more in depth and will have a lower student/teacher ratio, you may charge a higher price than Get Golf Ready. Again, while the program is flexible, here is a suggested outline for Get Golf Ready 2.

Lesson One

Putting, Strategy, Properly fit equipment

Instruction Elements

- Review: Posture, Grip, Aim
- Putting
- Strategy
- Properly fit equipment

Instruction Experience

- Practice Area:
 - Conduct instruction to cover Putting – distance control, breaking putts, alignment factors (eyes over the ball). Students will hit and experience both aspects of extremes (too long and too short).
 - Conduct instruction to discuss basics of scoring, yardage, safe zones and approach area
 - Conduct instruction to cover importance of properly fit equipment
- On Course:
 - Use an open green for Putting skill application

Playing the Game Information

- Goal of Golf – use fewest strokes possible to get the ball in the hole – how is this done?
- History of equipment and evolution
- Review of different areas of the golf facility
- Safety
- It's not a sales pitch, it's understanding
- Review of different golf clubs
- What to have in golf bag (clubs and set make-up)
- Importance of practice
- Attire (i.e. looking like a golfer, dress codes and proper shoes)
- Cell phones – turn off or leave in car
- Review rules concerning the putting green and flagstick
- Review 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

Fitness Elements

- Discuss importance of warm-up and hydration while playing and practicing
- Review all fitness elements from Get Golf Ready1

Recommended Homework for fitness: (see Get Golf Ready Resource page at PlayGolfAmerica.com)

- Front Pillars and Side Hip Raise

Lesson Two

Chipping Clubs-variety, pitching “controls”

Instruction Elements

- Review: Posture, Grip, Aim
- Review: Properly fit equipment
- Review: Strategy
- Review: Putting
- Chipping club varieties – numerous ways and clubs to execute shots and trajectory and roll controls
- Pitching – Understanding the bounce
- Bunker – Understanding how to get out of a variety of lies

Instruction Experience

- Practice Area:
 - Conduct instruction to cover Chipping & Pitching
 - Conduct instruction to cover Chipping & Pitching, Trajectory & Release
- On Course:
 - Use actual green for Chipping & Pitching skill application
 - Use actual bunker for instruction and skill application

Playing the Game Information

- Purpose of Chipping, Pitching and green side bunkers – shot varieties
- Review golf carts/bag situations – where and how to place golf bag, driving, using cart paths, where to park, staying away from greens and bunkers, 90 degree rule.
- Review taking care of the course: repairing divots; entering/exiting/raking bunkers
- Review speed of play: being aware of other golfers on the course
- Review safety

Fitness Elements

- Review all fitness elements from Lesson One
- Perform Side Bends and Single Leg Torso Rotation

Recommended Homework for fitness:

- Continue with homework from Lesson One
- Prone Cobras

Lesson Three

Trouble shots, impact

Instruction Elements

- Review: Posture, Grip, Aim
- Review: Chipping and Pitching variety shots
- Sand: Buried, trouble lies, fairway bunker
- Any lie: Hills, long grass, rough
- Iron Play: Off the turf, proper impact

Instruction Experience

- Practice Area
 - Variety of lies and conditions
 - Impact: Drills and skills test for ball turf contact
 - Descending instead of ascending or sweeping
- On Course
 - Use actual hole for trouble shots, sand bunkers, all lies and conditions
 - Use actual fairway bunker for instruction and skills, drills and games
 - Feel the impact experience and hear the impact experience (hitting a good shot)

Playing the Game Information

- Purpose of learning trouble shots
- 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.
- Expand on "it's okay rules"
- Divots – divots are good, but need to be repaired

Fitness Elements

- Review all fitness elements from Lesson One and Two
- Perform Lunge To Rotations

Recommended Homework for fitness:

- Continue with homework from Lesson One and Two
- Tennis Ball Squeezes or Newspaper Crumbles

Lesson Four

Techniques for Distance

Instruction Elements

- Review: Posture, Grip, Aim
- Review: Trouble shots / impact
- Length, winding, speed and weight shift – the preference or combination that works

Instruction Experience

- Practice Area
 - Full swing instruction – focus on distance
- On Course
 - Use the tee area on an open hole for Full Swing / Woods skill application
 - 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 / short course program
- Speed of play – playing ready golf, knowing when to play, etc.
- Safety, where to stand

Fitness Elements

- Review Fitness Elements from Lesson One, Two and Three
- Perform T Balance and Torso Rotations with Tilt

Recommended Homework for fitness:

- Continue with homework from Lesson One, Two and Three
- Golf Posture Front Raises

Lesson Five

Scoring smarts / course management

Instruction Elements

- Review: Techniques for Distance
- Review: Full Swing / Woods & Irons
- Game plan pre-round
- Hole-by-hole strategy
- Adjustments to the plan
- When to be safe, when to be bold

Instruction Experience

- Practice Area:
 - Review / full swing techniques
- On Course
 - Play 1-2 holes as a group for practical skill application, plus to teach how to navigate through the golf course
 - On course scenarios and examples with two options
 - The difference between the short side vs. the smart side
 - Understanding design of the course (looking from the green back to the tee).

Playing the Game Information

- Playing a hole / putting it all together
- Keeping score
- Playing ready golf, determine who plays first and safety
- Overview of basic rules - water hazards, lost balls, out of bounds and obstructions
- Preferred lies, and review "it's okay rules" plus when & where to use these rules
- Discuss business golf outings, scramble formats and etiquette
- Recognizing / using yardage markers, signage on course
- Navigating from tee-to-green and green-to-tee
- Visiting the 19th hole and / or beverage carts
- Promote *Get Golf Ready* golf outings or leagues, how to sign up, continued learning and skill development through fun, social playing opportunities

Fitness Elements

- Review Fitness Elements from Lesson One, Two, Three and Four
- Perform Shoulder Rotations

B. 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 will 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 from one bag.

Students graduating from Get Golf Ready 2 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.