



Coaches Training Guide to Sports Camp

Equipment Needed:

- Golf Club (putter and iron) or something to use as a golf club such as a broomstick, yardstick or piece of PVC pipe
- Plastic Cup

Golf

- Skill 1 – Golf Specific Warm-ups
 - Trunk Swings –
 - Hold the golf club with one hand at each end
 - Arms straight in front of you – shoulder height
 - Rotate your shoulders left then right
 - Swing 5 times to the left and 5 to the right
 - Waist Swings
 - Hold the golf club with one hand at each end
 - Arms straight out in front of you – lower your arms to waist height
 - Rotate your hips to the left then right
 - Swing 5 times to the left and 5 to the right
 - Arms Swing
 - Hold the golf club with one hand at each end
 - Arms straight out in front of you – raise your arms in the air
 - Lean to the left and hold, return to standing
 - Lean to the right and hold, return to standing
 - Lean 5 times to the left and 5 to the right
- Skill 2 – Golf Grips – Try all three types of grips until you find the one that is right for you
 - Baseball grip -
 - Hold the club in front of you and place one hand next to the other on the grip of the club.
 - Your hands should not cross over one another
 - You should feel like you are holding a baseball bat
 - Lace Grip –
 - Hold the club in front of you and place one hand next to the other, interlocking your little finger on one hand and your index finger on the other
 - Overlap
 - Hold the club in front of you and place one hand next to the other overlap your little finger & ring finger over your index finger index & middle finger

Golf Continued

- Skill 3 - The Swing
 - Standing sideways
 - Feet planted shoulder width apart
 - Hold the club in your favorite grip
 - The arm in the front should remain straight and steady
 - Pull your arms back, your upper body will slightly twist and swing forward
 - Remember to keep your swing smooth and continue your swing after you connect with the ball
 - Your front foot should remain on the ground at all times
 - Your back foot may roll to your toe but should never leave the ground
- Skill 5 – Putt
 - Standing sideways
 - Feet directly below your shoulders
 - Hold the club in front of you in your favorite grip
 - Both arms should be straight
 - Pull the club back 12 inches from the ball
 - Move the club forwards nice and easy
 - Connect with the ball, continue to follow through for few inches
- Skill 6 – Putt Drill
 - Practice 10 puts without a golf ball
 - Practice 10 puts with a golf ball
 - Place a plastic cup 5 feet from where you are putting
 - Practice 10 puts with a golf ball aiming for the cup
 - Move the plastic cup back 8 feet from where you are putting
 - Practice 10 puts
 - Continue to move the plastic cup in 3 foot increments
 - Practice 10 puts each time