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

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 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 you 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