



Session 1 – Driving Range

Objectives

- Have the players grasp the concept of an effective pre-shot routine and its importance for consistent performances.
- Improve consistency (hitting more fairways) by improving ability to play different ball flights.

Equipment Required

- Golf Balls, Clubs, paper and pencils to record points, cones

Warm Up

Dynamic stretching of main muscle groups for golf followed by a few warm-up shots.

Explanation of the importance of warming up thoroughly before each round of golf and before all practise sessions, with a demonstration of these stretches performed by the coach.

Main skill to be coached

Shot shaping and Driving accuracy

- Pre-shot routine

Explanation/ Demonstration – Importance of an effective pre-shot routine and what factors such as clubface to path, can cause different shot shapes i.e. fade or draw.

Game/ Drill

Shot Shaping –

- Round robin format – (similar age/ handicap against each other)
- Matchplay
- Player with the most points wins*
- 3 rounds against each opponent

*Points system - Hitting the “Fairway” = 1-point, Correct Trajectory = 1-point, Correct Shot Shape = 1-point

Driving accuracy –

- 3 Balls (lives) each
- 3 Fairways which narrow each time

- Take how many balls that hit the fairway onto the next fairway
- Repeat for the next fairway
- Number of balls (lives) left is your score for this challenge

Explanation/ Demonstration – of each task, (especially points system), observation of task and offer advice when required.

Cool Down

Static stretching of main muscle groups for golf followed by recap of the session and any point scoring from each game.

Explanation of the importance of a cool-down after a practise session or round of golf, with a demonstration of these stretches performed by the coach.

Notes : -