



## Session 2 – Short Game

### Objectives

- Have the players grasp the importance of an effective short game.
- Improve the players decision making techniques for the various circumstances they may incur around the green (i.e. using different clubs for different lies or types of recovery shots).

### Equipment Required

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

### Warm Up

Dynamic stretching of main muscle groups for golf.

*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

Short Game – decision making

Bunker Play – technique, tough lies

*Explanation – Importance of an effective short game but also the importance of decision-making techniques.*

*Demonstration – different lies around the green and inside the bunker, and how to overcome these difficulties.*

### Game/ Drill

Chipping –

- 3x hoops around the 3 different holes\*
- 3 shots from 3 different lies i.e. rough, fairway, fringe
- Use different club for each lie

Bunker Play –

- 3x hoops around the 3 different holes\*
- 3 different lies i.e. plugged, down slope, up slope

\*Points system – each hoop will have a different points value relative to the difficulty of the shot, i.e. 5, 10 or 15 points. 1 point for hitting the green but not inside the hoops.

*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 : -