



## Session 4 – On course

### Objectives

- Allow the players to put the drills they have learnt into practise in a competitive environment.
- Have the players understand the importance of on course etiquette.

### Equipment Required

- Players must bring their clubs (full bag), pencils and scorecards

### Warm Up

Dynamic stretching of main muscle groups for golf followed by a few warm-up shots on the driving range and a few practise putts on the putting green.

*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 coach.*

### Main skill to be coached

A summary of the previous 3 sessions and what was learnt from each session and how these skills can be transferred onto the golf course.

### Game/ Drill

- 3 holes stableford competition with a twist. Normal points system for a stableford competition, however, there will be additional points awarded for the use of an effective pre-shot routine on each shot (to be awarded by a coach if possible).
- Players will mark each other's cards.
- Shot gun start to save time if possible.

### Cool Down

Static stretching of main muscle groups for golf followed by recap of the session and any point scoring from the 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 :-