



Session 5 – Players choice

Objectives

- The players will be allowed to select drills from the previous sessions that they would like to work on. This can be driving range, short game or putting related.
- This will give the players a chance to ask any questions about the drills and the coaches will also be able to give specific feedback to the players so that they can take these drills away and use them in their regular training schedule.
- This also gives the players a chance to challenge themselves to beat any scores that they had in the previous sessions.

Equipment Required

- Golf Balls, Clubs, paper and pencils to record stats, cones and hoops

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.

Game/ Drill

Players Choice –

- The coach will be able to help with any drills that the player chooses to work on
- The coach should try to encourage the players to improve their scores from previous sessions

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.

Recap

Recap of the week's sessions, allow for Q and A from players to ask about any drills etc.

Notes : -