

# The Golf Institute

## Lesson Plans for GOLF 101

### **GOLF 101 Objectives**

1. Familiarize students with the golf environment.
2. Arranging a round of golf
3. Equipment/Attire
4. How to warm-up and stretch
5. Pre-swing fundamentals – grip, stance, posture, ball position, aim, alignment
6. Development of Shot Making Skills – putting, chipping, pitching, full swing
7. Strategy/Rules/Etiquette

### **LESSON 1 GOLF 101 – PUTTING**

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1. Introduction
  - a. Attendance, policies, safety
  - b. Overview and expectations
2. Familiarize students with the golf environment.
3. On the Green - Putting
  - a. Objectives – aim and distance
  - b. Set Up Fundamentals
  - c. Stroke Development – drills for distance and accuracy
4. Rules and Etiquette On the Green
5. Introduction to the Grip

### **LESSON 2 GOLF 101 – CHIPPING AND PITCHING**

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1. Golf warm-up and stretching
2. The Grip
3. The Chip Shot
  - a. Description of shot
  - b. Set Up Fundamentals for the Chip Shot
  - c. Swing Development for the Chip Shot
  - d. Swing Objectives for the Chip Shot
4. The Pitch Shot
  - a. Description of shot
  - b. Set Up Fundamentals for the Pitch Shot
  - c. Swing Development for the Pitch Shot
5. Introduction of the Mini Swing
  - a. Set Up Fundamentals
6. Rules and Etiquette Near the Green
7. Simulation / Playing exercise
8. Review of the Grip and intro to the Step-in Routine

### **LESSON 3 GOLF 101 – FULL SWING FUNDAMENTALS**

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1. Golf warm-up and stretching
2. Review of Grip and set-up routine
3. Full Swing – Short to Mid Range Irons Shots
  - a. Objectives – aim, target, distance, trajectory
  - b. Set Up Fundamentals – step in routine
4. Full Swing Objectives
  - a. “Master the Mini Swing”
  - b. “Ball Toss Drill”
  - c. “Swing Sequence”
5. Objectives for short/mid iron use
  - a. Distance Control and Club Selection
6. Rules and Etiquette – On course Tour
  - a. Definitions – tee box, fairway, rough, fringe, bunker
  - b. Rules - Lost ball, out of bounds, water hazard, unplayable lie
7. Review Grip, Stance, Posture, Ball Position, Aim, Alignment

### **LESSON 4 GOLF 101 – FULL SWING FUNDAMENTALS**

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1. Golf warm-up and stretching
2. Full Swing – Long range shots / Tee shots
  - a. Objectives – aim, target, trajectory, distance
  - b. Set Up Fundamentals
3. Full Swing Objectives
  - a. “Master the Mini Swing”
  - b. “Ball Toss Drill”
  - c. “Swing Sequence”
4. Objectives long distance hybrids / woods
  - a. Distance Control and Club Selection
5. Strategy
  - a. Finding yardages
  - b. Devising a game plan
6. Simulation
  - a. Three Point Scoring Stations
7. IV. Conclusion / Graduation