

The Golf Institute

Lesson Plans for GOLF 201

GOLF 201 Objectives

1. Development of Shot Making Skills
 - a. On the Green - Putting
 - b. Near the Green – Chipping/Pitching
 - c. Mid Distance – Irons - Hybrids
 - d. Long Distance – Woods/Hybrids
2. Strategy / Course Management

LESSON 1 GOLF 201 – PUTTING

1. Putting
 - a. Set Up Fundamentals
 - i. Grip
 - ii. Stance
 - iii. Posture
 - iv. Ball Position
 - v. Aim
 - vi. Alignment
 - b. Stroke Development
 - i. Drills to improve Distance control
 - ii. Drills to improve accuracy
 - c. Reading The Green
2. Introduction to the Full-Swing Grip

LESSON 2 GOLF 201 – CHIPPING AND PITCHING

1. Golf Stretching and Warm-up
2. Review of Full-Swing Grip
3. The Chip Shot
 - a. Description of shot
 - i. Strategy
 - ii. Equipment selection
 - b. Set Up Fundamentals for the Chip Shot(Carry range of 5 – 10 yards)
 - i. Grip
 - ii. Stance
 - iii. Posture
 - iv. Ball Position
 - v. Aim
 - vi. Alignment
 - c. Swing Development for the Chip Shot
 - d. Swing Objectives for the Chip

4. The Pitch Shot
 - a. Description of shot
 - i. Strategy
 - ii. Equipment selection
5. Set Up Fundamentals for the Pitch Shot(Carry range of 15 yards)
6. Swing Development for the Pitch Shot
 - a. “Work the Clock face”
 - i. 8 o’clock to 4 o’clock
 - ii. 9 o’clock to 3 o’clock
 - b. Swing Objectives for the Pitch Shot
 - i. Strike ball with a descending blow (ball than ground)
 - ii. Precise control of trajectory
 - iii. Precise control of carry distance

LESSON 3 GOLF 201 – FULL SWING FUNDAMENTALS

1. Golf Warm-Up and Stretching
2. Full Swing – Short to Mid Range Irons Shots
 - a. Objectives
 - i. Aim/Target Selection
 - ii. Distance Control
 - iii. Trajectory
 1. Normal Trajectory
 2. Lower Trajectory
 - b. Set Up Fundamentals
 - i. Grip
 - ii. Stance
 - iii. Posture
 - iv. Ball Position
 - v. Aim
 - vi. Alignment
3. Full Swing Objectives
4. Objectives for short/mid iron use
 - a. Distance Control and Club Selection
 - b. Rules and Etiquette

LESSON 4 GOLF 201 – FULL SWING FUNDAMENTALS

1. Full Swing – Long range shots / Tee shots
 - a. Objectives
 - i. Aim/Target Selection
 - ii. Distance Control
 - iii. Trajectory
 - b. Set Up Fundamentals
 - i. Grip
 - ii. Stance

- iii. Posture
- iv. Ball Position
- v. Aim
- vi. Alignment
- 2. Full Swing Objectives
- 3. Objectives long distance hybrids / woods
 - a. Distance Control and Club Selection
- 4. Strategy
 - a. Finding yardages
 - b. Devising a game plan
 - i. Tee shot
 - ii. Fairway shot
 - iii. Recovery shot
 - iv. Pitch shot
 - v. Chip Shot
 - vi. Putting
- 5. IV. Conclusion / Graduation