



Adult Beginners Golf Lessons

DAY ONE

General:

- Welcome and introductions (students and staff)
- Overview of curriculum for each upcoming clinic
- How to access rental equipment each week, range balls, etc.
- Where to meet each time, standard procedures (rain dates, etc.)
- How to use the practice facility
- Schedule review for future on-course experiences and graduation scramble

Instruction at the Diving Range:

- Grip, posture, stance
- Starting swing position, to finish
- Half-swing ... Emphasis on balance.
- Hit balls off a tee ... Get it airborne!
- Practice drills and games for half-swing

Clubhouse - Game of Golf Elements (Review):

- USGA Video (First two sections)
- Standard behavior when going to play golf (bag drop, check in, use of driving range, etc.)
- Importance of practicing between lessons
- Safety
- Equipment and associated terminology
- Golf hole/course terminology
- Woods & irons; what the numbers mean
- Ball flight terminology
- How to keep basic score on a scorecard (do not address handicap issues yet)
- Next lesson preview
- Q&A

DAY TWO

Instruction at the Driving Range and Putting Greens:

- Lesson one review
- Half-swing drills
- Full swing with irons, off tee
- Introduction to the short game
- Preliminary putting ... Make short putts for positive reinforcement
- Putting from the fringe
- Chipping
- Practice drills

On-course (Tee #1) - Game of Golf Elements:

- Where and when to check in (30 minutes ahead of tee time)
- Where to put on golf shoes

- When to be at the first tee and why it's important to be on time.
- Importance of checking in with the starter and where.
- Making sure you have everything you'll need – plenty of balls (have two marked balls in your pocket), tees, glove, markers, ball mark repair tool, sunscreen, rain gear, ball retriever, refreshments and snacks.
- Make sure the bags are arranged on the golf carts so as to insure each person is paired up properly.
- Make sure the bags are fastened correctly and securely.

- **Pace of Play**

- Etiquette on the golf course
 - Where to park drive and the golf cart
 - Cell phones use
- Next lesson preview
- Q&A

Clubhouse:

- USGA Video (continuation)

DAY THREE

Instruction at the Putting Greens and Practice Bunker:

- Review of putting and chipping
- Pitching
- Hitting wedges off the grass (1/2 swing to full swing)
- Bunker play
- Bunker etiquette and safety
- Review of full swing
- Full swing with woods off tee

On-Course - Game of Golf Elements – #1 Fairway:

- How to drive a golf cart (reverse, brakes, park, etc.)
- Pace of Play (on course behavior)
- Golf course knowledge:
 - Ground under repair
 - 90 degree rule (explain what that means)
 - Yellow ropes
 - Out of Bounds
 - Yardage markers
 - Avoid driving through puddles
- Some golf rules
- Golf course etiquette
- Next lesson preview
- Q&A

Clubhouse:

- USGA Video (continuation)

DAY FOUR

Instruction at the Putting Greens and Driving Range:

- Review of putting and chipping
- Review of pitching and chipping
- Review of full swing
- Full swing with woods off tee (Distance control)

On-Course - Game of Golf Elements (#9 Hole):

- Importance of looking back to see if there's a group waiting on you. If so, someone should verbalize the need for the group to pick up the pace providing you are not waiting on the group ahead of you.
- Where you can drive the golf cart near the green.
- Where to park the golf cart so as to not have to walk "back" to it when finished with this hole but rather where it will be easy to get to in order to proceed to the next hole.
- Golf course etiquette
 - How to tend the flag (where to stand, avoid shadows, keep it from flapping in the wind, etc.)
 - When to take it out
 - Where to set it off to the side so it won't interfere with play
 - Trick of laying clubs on the flag so you don't forget them when leaving the putting green
 - Exiting the green
 - Fixing ball marks
 - How to mark your ball
- Next lesson preview
- Q&A

Clubhouse:

- USGA Video (continuation)

DAY FIVE***Graduation Scramble!***