



PGA Jr League Practice Week 1



Core Value: Respect – during Junior League, you are expected to show respect to:

- Your parents and Coaches by listening and responding politely.
- Your peers by being encouraging and supportive
- The golf course by fixing ball marks, divots and following the rules of the course.

Etiquette: Safety

- If you are not swinging, always hold the club by the clubhead.
- Make sure you are always 5 big steps behind a person who is at a hitting station or tee box.
- Only hit golf balls towards targets, never towards a person.
- Do not go in front of your hitting station at the driving range to retrieve a ball or tee if there are other people hitting around you.

Rules of Golf:

- You can have no more than 14 clubs in your golf bag.
- On the golf course, always tee off between the tee markers – when playing in a competition you could get a 2 stroke penalty if you tee off in front of or to the side of the tee markers.
- The person who is furthest from the hole (almost) always goes first.

Don't forget the small things!

- Make sure that you have a pencil for scoring, plenty of tees, golf balls and ball markers (coins) to mark your golf ball on the putting green (so it is not in the way of your playing partners).
- Sunscreen and water and snacks are always good to have in your golf bag – drink 3 sips of water every hole to stay properly hydrated and energized!

Golf Skills Week 1

- **Putting:** Distance Control.
 - Putting Grip (hands close, thumbs straight down the grip).
 - Nose and Knees stay still, Keep the 'V'
- **Chipping/Pitching:** Hitting a high lofted shot
 - What is loft and what club is good for a high shot? Use a Sand wedge or pitching wedge.
 - How to control distance – length of backswing and how fast you swing.
- **Full Swing: Driver**
 - Good grip – hands close together. 10 Finger grip vs Interlocking, what is best?
 - Tee the ball high, swing fast, hold your picture perfect finish.

Quantifiable Results

- **Putting:** From 15 feet, player hits 3 shots and gets point values depending on the target zone hit.
- **Chipping:** From 5 yards player gets 3 attempts to hit the ball *over* a pool noodle (loft) and have it land in a target area. 2 points for hitting over, 2 points for landing in target area.
- **Full Swing:** Player gets 3 shots to land their drive within the target zone. 2 points per shot hit in the *fairway*.
- **Play:** Play 1 hole from the 50 yard cones – target score is 4 or better. Max score is 6.