



## PGA Jr League Practice Week 2



**Core Value: Responsibility** – while at the golf course, you are responsible for:

- Your actions and behavior.
- Your equipment – make sure all of your clubs are in your bag, tees, golf balls, etc.
- Taking care of the golf course – fix your ball marks, repair divots, rake bunkers, keep up pace of play

### **Etiquette:**

- Introduce yourself to your playing partners on the first tee.
- Follow the order of play – the person furthest from the hole goes first.
- Don't be disruptive to your playing partners – be quiet while others are hitting.

### **Rules of Golf:**

- On the Green: you have the option to leave the flagstick in or have it taken out while putting.
- The person closest to the hole is generally responsible for asking the player furthest from the hole if they want the pin in or out.
- The first person to 'putt out' or the first person to get their ball in the hole is responsible for putting the flagstick in after everyone is finished putting.

### **Give yourself a chance to warmup!**

- Prior to playing on the course or prior to a tournament, arrive in plenty of time to warm up for the day. This should involve basic stretching and working your way through your bag starting with the most lofted club (sand wedge or pitching wedge).
- Always start and end your warm up with your wedges.
- For younger players, this could be a 30 minute warm-up, for more experienced players, 1 hour is good to plan for.

### **Golf Skills Week 2**

- **Putting:**
  - Goal is to have 2 putts per green.
  - Distance control is always crucial. Practice hitting hard, medium and soft putts to learn feel.
- **Chipping/Pitching:**
  - Using different clubs around the green can give better results. Be creative, don't just use 1 club.
- **Full Swing:**
  - Irons: Practice the 'Feet Together Drill' to help stabilize lower body, eliminate too much movement and get the feel for a proper shoulder turn.
    - Work on ball first contact by making a 'gate' with 2 tees and having the club ground out at or in front of the tees.
  - Driver: Tee the ball high, ball position towards your front foot, think about hitting 'up' on the ball rather than hitting down and taking a divot.