

START LEVEL I – SESSION I

START	GOLFER'S CODE	PUTTING	SHORT GAME	LONG GAME	PLAYING
	LEVEL I	<input checked="" type="checkbox"/> Answer safety questions <input type="checkbox"/> Demonstrate knowledge of how to play a golf hole	<input type="checkbox"/> Demonstrate set-up for putting <input checked="" type="checkbox"/> Hole 2/5 putts, a putter's length from the 'hole'	<input type="checkbox"/> Demonstrate set-up for chipping <input type="checkbox"/> Hit 3/5 chip shots onto a 'green'	<input type="checkbox"/> Demonstrate correct hold of the club <input type="checkbox"/> Hit 3/5 shots in the air

SESSION PLAN

Activity	Game / Exercise	Approx Timings	Key Information
Warm Up		5 mins	A simple, fun warm up
Session Goals		2 mins	Set ground rules for safety. Goals from JGP
Game	Navigator	7 mins	Start with a flat putt, 1 putter's length from the hole
Exercise	Point the way / Pathfinder	7 mins	Use aim guide (Foot tee, spare club, chalk line). Pupils can work in pairs and provide feedback to their partners.
Game	3 in a row	7 mins	1, 2, 3 putters length from the hole
Exercise	Helicopter routine	7 mins	Focus on the hand nearest being nearest the top of the handle and hands fairly close together.
Game	Penalty Shoot out	7 mins	Keep pairs of a similar ability
Recap Learning		3 mins	Question pupils on what they have learnt from today's session and what they need to practice before the next session
		45 mins	

<p>Game 1 Navigator</p>	<p>Exercise 1 Pathfinder</p>
<p>Game 2 Step Back</p> <p style="text-align: center;">Penalty Shoot Out</p>	<p>Exercise 2 Helicopter routine</p>

Coaches notes

What went well?

What could be improved?