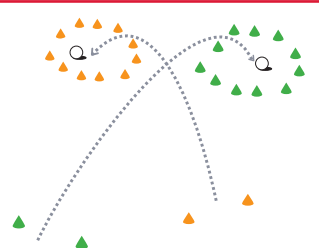
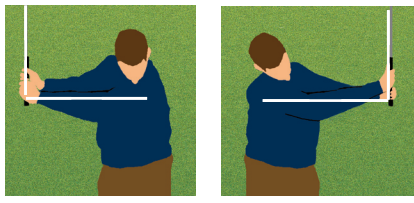
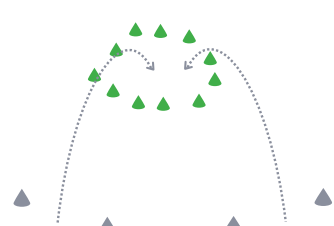
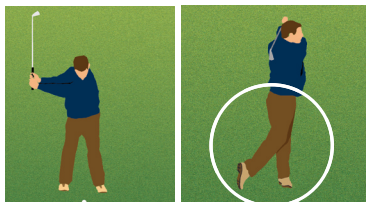


**START**

	GOLFER'S CODE	PUTTING	SHORT GAME	LONG GAME	PLAYING
<b>LEVEL 2</b>	<ul style="list-style-type: none"> <li>Demonstrate knowledge of rules and etiquette relating to the green</li> <li>Show an understanding of how to mark a scorecard</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate distance control</li> <li>Complete 3 putting 'holes' in 7 shots or better</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate set-up for pitching</li> <li>Hit 3/5 pitch shots onto a 'green'</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate correct stance and posture for the swing</li> <li>Hit 3/5 shots 30+ yards in the air onto a 'fairway'</li> </ul>	<ul style="list-style-type: none"> <li>Play 3 par-3 'holes'</li> <li>Play 3 par-3 'holes' in 18 shots or better</li> </ul>

**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	Trespassing	7 mins	Focus on balance and dynamic balance through swing (weight following the golf club)
Exercise	Thumbs up (L to L)	7 mins	Increase length of swing and refine technique.
Game	Green Hunter	7 mins	
Exercise	Feet Asleep / Feet Awake	7 mins	
Game	Green Hunter	7 mins	Add a bunker or water hazard near the green to refine skills
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><b>Game 1</b> <b>Trespassing</b></p> 	<p><b>Exercise 1</b> <b>Thumbs up</b></p> 
<p><b>Game 2</b> <b>Green Hunter</b></p> 	<p><b>Exercise 2</b> <b>Feet asleep/ Feet awake</b></p> 

**Coaches notes**

**What went well?**

**What could be improved?**