



Sample Eight-Week Lesson Plan

Week 1

1. Welcome
 - ♦ Introduce the game of golf
 - ♦ Go over safety procedures
 - ♦ Program content
 - ♦ Demonstrate warm-up exercises
2. Opening remarks
 - ♦ Swing demonstration
 - ♦ Equipment explanation
 - ♦ Warm-up exercises
 - ♦ Skill assessments

Week 2

1. Opening remarks
 - ♦ Review
 - ♦ Warm-up exercises
 - ♦ Demonstrate proper stance
 - ♦ Have athletes assume stances of other sports to show similarity
 - ♦ Game: Range Ball Relay
2. Review
 - ♦ Warm-up exercises
 - ♦ Demonstrate arm swing
 - ♦ Have athletes perform elephant trunk exercise
 - ♦ Review safety rules
 - ♦ Game: Range Ball Relay

Week 3

1. Review
 - ♦ Warm-up exercises
 - ♦ Introduce pivot
 - ♦ Use hands to place athletes in proper positions
 - ♦ Throw tennis balls underhanded to show proper movement
 - ♦ Game: Range Ball Relay
2. Review
 - ♦ Warm-up exercises
 - ♦ Introduce the grip
 - ♦ Stress safety rules
 - ♦ Demonstrate hand action
 - ♦ Use hands-on technique to place athletes' hands in proper position
 - ♦ Game: Range Ball Relay

Week 4

1. Review
 - ♦ Warm-up exercises
 - ♦ Demonstrate basic golf swing
 - ♦ Teach movement progression
 - ♦ Go over safety with a club
 - ♦ Introduce grass-cutting swing drill
 - ♦ Conduct acceleration test (tennis ball)
 - ♦ Game: Open Fairway
2. Review
 - ♦ Warm-up exercises
 - ♦ Balance drill
 - ♦ Introduce club, ball and target
 - ♦ Demonstrate
 - ♦ Acceleration test with tennis balls
 - ♦ Game: Open Fairway

Week 5

1. Review
 - ♦ Warm-up exercises
 - ♦ Introduce the golf swing progression
 - ♦ Set up partner formation for chip, pitch and catch
 - ♦ Set up partner formation. Use clock hand system
 - ♦ Stress that the swing is a continuous motion
 - ♦ Game: Tee Track
2. Review
 - ♦ Warm-up exercises
 - ♦ Use partner formation for chip, pitch and catch warm-up; Review target concept and aiming
 - ♦ Game: Tee to Target or Range Ball Relay

Week 6

1. Review
 - ♦ Warm-up exercises
 - ♦ Introduce mini-swing and demonstrate
 - ♦ Review club safety
 - ♦ Use clock hand system
 - ♦ Game: Tee to Target
2. Review
 - ♦ Warm-up exercises
 - ♦ Have athletes roll with underhand toss
 - ♦ Have athletes roll ball with a putter different distances
 - ♦ Have athletes roll ball by hand to a target
 - ♦ Set up a putting course
 - ♦ Game: Hole Out Relay or Crack Putters Open

Week 7

1. Review
 - ♦ Warm-up exercises
 - ♦ Introduce chipping and pitching
 - ♦ Review mini-swing and half-swing
 - ♦ Demonstrate
 - ♦ Stress proper hand action
 - ♦ Have athletes use different clubs
 - ♦ Game: Field Goal Golf or Leap Frog
2. Review
 - ♦ Warm-up exercises
 - ♦ Review pitching and chipping
 - ♦ Play tee me - pitch me
 - ♦ Game: Golf Bocce

Week 8

1. Review
 - ♦ Warm-up exercises
 - ♦ Demonstrate full swing
 - ♦ Review club safety
 - ♦ Demonstrate swing sequence
 - ♦ Use tennis balls on a tee
 - ♦ Game: Bullseye Golf or Death or Glory
2. Review
 - ♦ Warm-up exercises
 - ♦ Review golf swing principles
 - ♦ Cover basic rules of golf and etiquette
 - ♦ Set up a short course and have athletes play
 - ♦ Game: Scramble



Sample Eight-Week Level II-V Training Lesson Plan

Coaches may follow the skills training progression in the above eight-week lesson plan; however, your goal would be to get Level 2-5 athletes playing golf as much as possible. If you do not have access to a course, please refer to the lead up golf games and activities in the Teaching Sport Skills section. Rules, etiquette, safety and on-course strategy should be part of every plan.

Week 1

1. Welcome
 - ♦ Introduce the game of golf
 - ♦ Go over safety procedures
 - ♦ Program content and handbook
 - ♦ Demonstrate warm-up exercises
2. Opening Remarks
 - ♦ Swing demonstration
 - ♦ Equipment explanation
 - ♦ Warm-up exercises
 - ♦ Skill assessments

Week 2

1. Welcome
 - ♦ Review
 - ♦ Warm-up exercises
 - ♦ Demonstrate basic golf swing
 - ♦ Teach movement progression (tee line)
 - ♦ Balance Drills
2. Review Safety
 - ♦ Basic Rules/Etiquette
 - ♦ Putting Contest
 - ♦ Chipping Contest

Week 3

1. Welcome
 - ♦ Review
 - ♦ Warm-up exercises
2. Introduce target awareness and club selection
 - ♦ Hit balls to designated targets starting with short yardages and working out
 - ♦ Demonstrate
3. Play 3 holes: 4-Person Scramble
 - ♦ Post scores
4. Rules of the week

Week 4

1. Welcome
 - ♦ Review
 - ♦ Warm-up exercises
 - ♦ Chip and Putt
 - ♦ Full shots on range
2. Level 2 and 4: Play 4 holes: 2-Person Scramble
Level 3 and 5: Individual Stroke Play
 - ♦ Score and discuss Rule of the Week
 - ♦ Prepare for Rules Test

Week 5

1. Welcome
 - ♦ Rules, Safety, Etiquette Test
2. Warm-up exercises
 - ♦ Golf Ball Race (first hole)
3. Holes 2 –4, play assigned level format
 - ♦ Post score
 - ♦ Review course strategy

Week 6

1. Welcome
 - ♦ Review Rule of the Week
 - ♦ Warm-up exercises
 - ♦ Hit balls
 - ♦ Distribute Round Chart Card
 - ♦ Explain record keeping
2. Play 4 holes, designated format level
 - ♦ Post scores
 - ♦ Review Chart Card
 - ♦ Rule of the Week

Week 7

1. Welcome
 - ♦ Warm-up exercises
 - ♦ Review Round Chart Card
 - ♦ Work on area of weakness
2. Alternate Shot Competition
 - ♦ Review pre-shot routine
 - ♦ Rule of the Week

Week 8

- ♦ Level 2 –5: 9-Hole Competition