

Golf Advance Lesson Description

Module 1 Week 1

Subject	Lesson Checkpoints
Safety and Rules	<p>Safety is the most important factor when teaching students. Students need to be made aware of their personal space and the area that their golf club swings around their body. This is especially important when teaching younger students and when students are using metal golf clubs. To ensure safety place hula hoops on the floor in a line at one end of the sports hall. Make sure they are all at least 3 metres apart (being extra safe). The hula hoops act as a zone for students to stand in when they are swinging their clubs. The Basic rules are:</p> <ul style="list-style-type: none">* One student per hula hoop* Only swing the club when in the hula hoop* Place the golf club on the floor before leaving the hula hoop (especially important if working in buddy groups).* Hit one ball at a time.* Always hit the balls towards the target.* Don't run* Don't throw golf clubs
Basic Grip	<p>The three types of grip are: Baseball, Interlock and Overlap.</p> <p>Choose the appropriate grip for each student and have them stick to that grip every week.</p> <p>Make sure students grip the club with their left hand on the top of the grip with the right hand below.</p> <p>All fingers should be together under the golf club, make sure you check this for each student.</p> <p>Have all students repeatedly take a grip on the golf club while their golf club is perpendicular to the target.</p> <p>Ensure all students have a relaxed grip on the club, not too tight and not too loose.</p>
Basic Posture	<p>Students will need to get into posture several times to give them a feeling they can repeat.</p> <p>Ensure students have enough bend from the hips while keeping their backs straight, If done correctly the arms should hang under the shoulders naturally and there should be a space between the left leg and the right leg.</p> <p>Make sure the knees are bent and relaxed.</p>