

Golf Sport Training



A special thanks to

Vince Powierski, Craig Calcasola (SONC Golf Sport Development Team) and Alison Hartman, PT

DPT from [Pro-Activity](#)

For content/photo contributions!

You chose Golf as your primary sport this season.

Partner Up Power Up will start with fitness training.

All sport training starts in Week #3 of the Partner Up Power Up program.

Live sport training sessions are scheduled for every Thursday.

This means you can start the sport training on September 24.

You are welcome to do sport training on other days if you would like.

The great thing is that you can do this training at home to prepare you to perform better in this sport!

Planning on joining the live sport training session?

Email sports@sonc.net for access to the live sports training session! Please note you must be a registered participant for Partner Up Power Up.

Are you also interested in other sports this season?

You can join other online sport sessions on any Thursday starting September 24. Email sports@sonc.net for more information.

You can also view recordings of all sport sessions on the SONC web site at

<https://sonc.net/sports-competitions/power-up/>



September 10, 2020
Training Thursday – Week #1

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 4-5). You can also join the live fitness training session.

September 17, 2020
Training Thursday – Week #2

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 12-14 & 16). And there is a live fitness training session.

September 24
Training Thursday – Week #3

October 1, 2020
Week #4

October 8, 2020
Week #5

Time to start your sport training!

Every Thursday, you will do the following:

| In this order | Training for that week | Where can you find it |
|---------------|----------------------------|--------------------------------------|
| 1 | First, let’s warm up! | In your Partner Up Power Up Playbook |
| 2 | Let’s get strong! | In your Partner Up Power Up Playbook |
| 3 | Your sport skill workout | On the following pages |
| 4 | Now, let’s stretch it out! | In your Partner Up Power Up Playbook |

Thursday Live Sessions
Every Thursday starting September 24



Join us online:

<https://zoom.us/j/98658131573>

Join us by phone: 1-929-205-6099

Meeting ID: 986 5813 1573

September 24, 2020

Golf Skills – Putting and Core



Go through all 4 exercises once, then do it again **2 more times.**

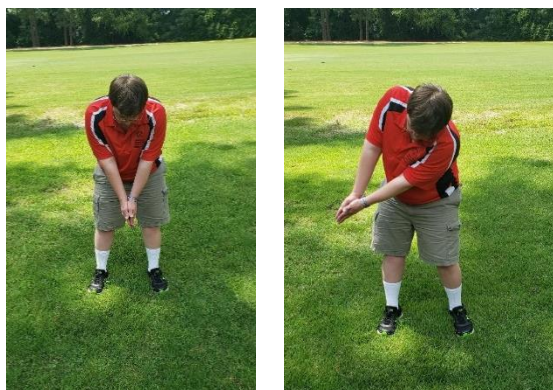
1. Putting along the Wall

You will need a putter, broom or rolled up towel.



- Stand facing the wall with knees slightly bent and put your forehead on the wall.
- Put your hands together to form a V from your shoulders to your hands.
- With your head touching the wall rock your arms back and forth using your shoulders.
- Say "tic toc" or count to 1 back and forward.
- Do this for 1 minute or 15 times.

2. Putting off the Wall



- Just like the first drill but this time take 4 steps away from the wall or you can do it outside.
- Get in your stance with knees slightly bent and form a V with your hands.
- Rock your arms back and forth saying "tic toc" or counting to 1 each time.
- Do this for 1 minute or 15 times.

3. Core Twists

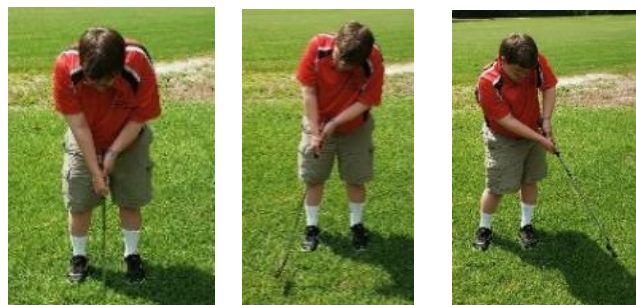
You will need a can of soup/vegetables or a book.



- Lay down with your feet flat on the floor.
- Grab a can of vegetables, or a book and hold with both hands.
- Sit up slightly with your shoulders off the floor.
- Put the item in your hands in the middle of your body and move it to the right then left. Keep your legs off the ground while moving side to side.
- Keep moving the item back and forth for 45 seconds or do this 25 times.

4. Putting with the Club

You will need a putter, broom or rolled up towel.



- Same as the putting drills before but now grab a putter.
- If you don't have a putter, use a rolled-up towel or broom.
- Make the "V" with your arms and get into putting stance with the putter in your hands.
- Rock your arms back and forth saying "tic toc" or counting to 1 each time.
- Do this for 1 minute or 15 times.

Remember to go back through all 4 exercises 2 more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

October 1, 2020

Golf Skills – Proper Swing Form

Go through all **4** exercises, then go through them again **2 more times**.

1. Full Swing Stance



- Stand up straight.
- Put your feet shoulder width apart, bend slightly at the knees and slightly at the waist.
- Hang your arms down from your shoulders and put your hands together.
- Move your arms back and forth saying "tic toc" or count to 1 each time you swing.
- Do this for 1 minute or 15 times.

2. Putting with Club

You will need a putter, rolled up towel or broom.



- Grab your putter or rolled up towel/broom.
- Make a "V" with your arms and shoulders.
- Keep your back straight with a slight bend at your knees and waist.
- Rock your arms back and forth using your shoulders and say "tic toc" or count to 1.
- Do this 15 times.

3. Full Swing Turn



- Place your arms into an "X" where your right hand is touching your left shoulder and your left hand is touching your right shoulder.
- Feet should be shoulder width apart and bend slightly at your waist.
- Turn your upper body making your left shoulder go under chin then do it the other way with your right shoulder going under your chin.
- Do this 15 times.

4. Complete Golf Swing



- Get into your golf stance.
- Extend your arms backwards until your chin is almost touching your shoulder.
- Now move your arms forward like you are throwing a ball to someone.
- Throw really hard to create more power for your golf shot.
- Do this 15 times.

Remember to go back through all 4 exercises 2 more times. Then, it's time for cool-down! You'll find those stretches in your playbook.

October 8, 2020

Golf Skills – Core and back strength



Go through all 4 exercises, then go through them again 2 more times.

1. Complete Golf Swing

You will need a golf club



- Grab your golf club. It can be a driver, iron, wood it is up to you!
- Get into your golf stance with knees slightly bent, arms in a "V".
- Extend your arms backwards until your chin is almost touching your shoulder.
- Now move your arms forward like you are throwing a ball to someone.
- Throw really hard to create more power for your golf shot.
- Do this 12 times.

2. Birddog (photos from mygolfinstructor.com)



- Start by getting on your hands and knees on a soft floor or the grass outside.
- Keep your hands and knees shoulder width apart and straighten your back.
- Stretch your left arm out in front of you until it is straight. At the same time stretch your right leg out behind you until it is straight.
- Hold that position for 3 seconds and do this 8 times.
- Then stretch your right arm in front of you until it is straight. At the same time stretch your left leg out behind you until it is straight.
- Hold for 3 seconds and do this 8 more times.

3. Putting with Club

You will need a putter or rolled up towel or broom.



- Grab your putter.
- Make a "V" with your arms and shoulders.
- Keep your back straight with a slight bend at your knees and waist.
- Rock your arms back and forth using your shoulders and say "tic toc" or count to 1.
- Do this 15 times.

4. Seated Rows



- Wrap your resistance band around something heavy that won't move. If you don't have anything, then sit on the floor with the band under the middle of your feet.
- Sit up tall with your arms stretched out, holding a handle in each hand.
- Pull both arms back, like you want to have your shoulder blades touch on your back.
- Straighten your arms. Do this 12 times.

Remember to go back through all 4 exercises 2 more times. Then, it's time for cool-down! You will find the cool-down stretches in your playbook.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

You made it through the first three weeks
of the sport training program.

You will receive the training program for the
next 5 weeks in the mail.

Don't forget to fill out your weekly trackers and share
them with your coach or partner.

Write your sport activity in under "other activity".