



Golf Sport Training

A special thanks to

Vince Powierski and Craig Calcasola (SONC Golf Sport Development Team) and Ray Metzger of Appalachian Physical Therapy
For content/photo contributions!

You chose golf as your primary sport this season.

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/>



Go to the pages listed below in the Weeks 6 – 10 playbook and the sport skills in this packet for your weekly workouts.

Partner Up Power Up Week #	Thursday Date	1 Let's warm up!	2 Let's get strong!	3 Sport Skills	4 Now, let's stretch out!
6	October 15	Page 4	Page 5	This packet	Page 6
7	October 22	Page 12	Pages 13 – 14	This packet	Page 15
8	October 29	Page 21	Page 21	This packet	Page 21
9	November 5	Page 33	Page 33	This packet	Page 33
10	November 12	Page 39	Page 39	This packet	Page 39

Thursday Live Sessions

Join us online:

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



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

Meeting ID: 986 5813 1573

October 15, 2020

Golf Skills – Swing Technique



1. Alignment Drill

Equipment needed: 3 golf clubs or 1 golf club and two straight items.



- Get two golf clubs or you can use two brooms or straight sticks.
- Place one club/stick along your feet and one just outside of where you golf club and ball would be positioned.
- Grab your golf club and go into your **FULL SWING STANCE**.
- Go through the process of setting your feet, bending at the knees, slight bend at the waist, have your arms hang comfortably. Try to have everything parallel with the alignment tools on the Ground. Once in that position.
- Step back out and **repeat 10 times**.

2. Turn and Rotation Part II

Equipment needed: golf club



- Using a club or straight item to help get the feel of a shoulder turn. Turn as best as you can.
- Get setup (stay in position for 3 seconds), turn back (stay in position for 3 seconds), turn through to a full finish (stay in position for 5 seconds). Do this **10 times**.

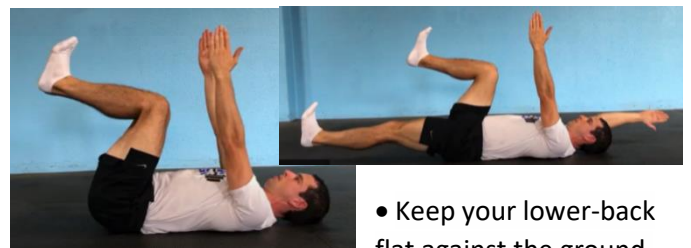
3. Complete Golf Swing (add golf club if can do so safely)

Equipment needed: golf club



- 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**.

4. Deadbug Core Workout



- Keep your lower-back flat against the ground.
- Put your hands straight into the air and bend your knees to make a 90-degree angle.
- Slowly bring down your right leg and right arm at the same time and straighten both out. Bring them back up to the starting position.
- Repeat this for your left arm and left leg.
- Do this **10 times on your right side and then 10 times on your left side**.

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.

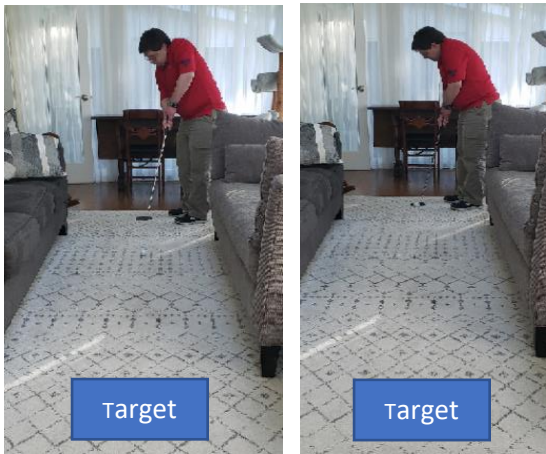
1. Putting along the wall



- 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 - Distance Control

Equipment needed: putter, golf ball or rolled up pair of socks



- Grab your putting and a practice golf ball or rolled up pair of socks.
- Select a target in the room that you will put to.
- Putt the ball towards that target, trying to get as close as you can to the target.
- Do this **10 times**.

3. Core Twists

Equipment needed: 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

Equipment needed: You will need a putter or you could use a broom.



- Grab your putter, if you don't have a putter, use a 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 **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.

1. Alignment with Rotation

Equipment needed: 3 golf clubs or 1 golf club and two straight items.



- Get two golf clubs or you can use two brooms or straight sticks.
- Place one club/stick along your feet and one just outside of where you golf club and ball would be positioned.
- Start with your Full

Stance setup position. Have the club or straight item behind your shoulders. Once comfortable stay in that position for 3 seconds.

- Rotate your shoulders using the club or straight item to a Full Finish where your weight shifts to your other leg. **Hold** that position for **5 seconds**.
- Do this **10 times**.

2. Upper Trunk Rotation



- Sit down in a chair with legs on the ground and back straight.
- Place your arms across your chest making an "X".
- Twist your upper body to your right side, then your left side.
- Do this **20 times**.

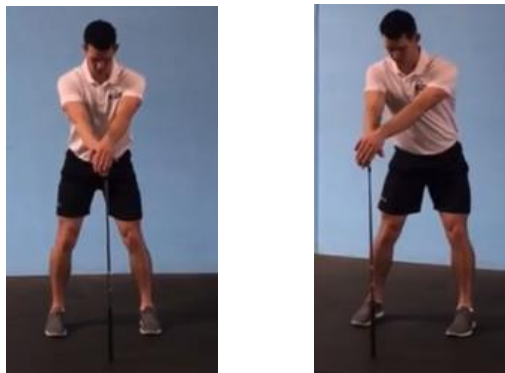
3. Full Swing Turn



- 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. Pelvic Rotation

Equipment needed: golf club



- Grab a golf club or a broom.
- With feet shoulder width apart, extend your arms out straight with the club in hand and place both hands on top of the golf club.
- Stand up so that your knees are slightly bent.
- Rotate your hips to the left, then rotate to the right. Make sure to keep your back straight and knees slightly bent. Also keep your hands on the golf club at all times.
- Do this **20 times to the right** and **20 times to the left**.

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.

November 5, 2020

Golf Skills – Advanced Putting

1. Pillow Putting

Equipment needed: putter



- Grab your putter and place two small pillows on the floor.
- Place your putter in between the two pillows and swing the putter back and through touching each pillow.
- Focus on touching both pillows each time and make sure to start over in the middle each stroke.
- Do this **20 times**.

2. Putting – Distance

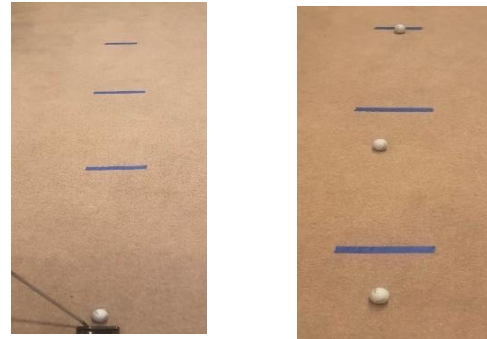
Equipment needed: putter



- Grab your putter and a practice golf ball or rolled up pair of socks.
- Select a target in the room that you will putt to.
- Putt the ball towards that target, trying to get as close as you can to the target.
- Repeat this **10 times**.

3. Putting – Aiming

Equipment needed: putter



- Grab your putter and a practice golf ball or rolled up pair of socks.
- Place a cup or bowl on the ground with the lip of the cup/bowl touching the ground.
- Get in your putting stance and putt the ball/socks towards the cup/bowl.
- See how many times you can get the ball/socks in the target.
- Do this **15 times**.

4. Core Twists

Equipment needed: 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**.



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.

November 12, 2020

Golf Skills – Review



1. Full Swing with Club

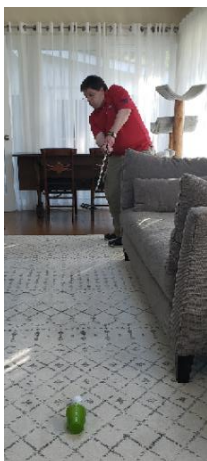
Equipment Needed: golf club



- 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**.

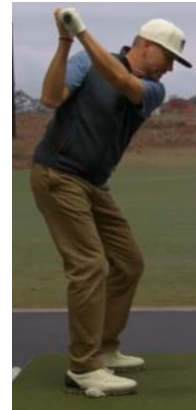
2. Putting Around the Room

Equipment Needed: putter, 3 cups/bowls



- Place 3 cups or bowls on the ground around the room with the lip of the cup/bowl touching the ground.
- Get in your putting stance and putt the ball/socks towards the cup/bowl.
- Now, putt the ball/socks towards the target #2. Do the same to target #3.
- Do this **5 times** for a total of **15 putts**.

3. Towel Drill (golf.com)



- Equipment needed: rolled up towel, golf club
- Grab your club and a towel.
- Roll the towel up tightly and place on the ground.
- Get into your swing stance with both feet on the towel. Make sure the towel is towards the center of your foot or the arch when you step on it.
- Take a complete golf swing, staying on the towel all the way through.
- Do this **10 times**.

4. Half-Kneel Rotation

18 Strong: https://www.youtube.com/watch?v=RK8ldOM_n_4



- Place your left knee on the ground so that the other knee is bent in a 90-degree angle.
- Keep your back straight with your chest up.
- Place your arms straight out in front of you together.
- Rotate your upper body to the left side, rotating at your hips and keeping your back and arms straight. Return to the middle and repeat.
- Do this **10 times** on your **left side**. Repeat this **10 times** on your **right side**.

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.