

Practice Plan

Sport Golf Date 2/8/2013 No. of athletes 12 No. of coaches 4

Goal for session Introduce the game of golf, go over safety procedures, simulate full swing, and introduce putting.

Facility safety check: Equipment Surface Layout Supervision

Time	Session Objectives	Specific	Drills and Activities	Layout
20 minutes	<p>Warm-up exercises Perform large muscle group movements.</p> <p>Stretching exercises Use muscles needed to golf effectively and efficiently without causing pain.</p> <p><i>One coach for every four athletes.</i></p>		<p>Jog lightly in place or walk briskly to warm up. Stretching as follows: <i>In line, all facing same way</i></p> <ul style="list-style-type: none"> ▪ Straddle stretch: Stand with feet shoulder-width apart, hands on hips. Slowly bend trunk as far left as possible, then right, then front, and finally back; hold each position for 10 seconds. Repeat three times. ▪ Body bend: Stand with feet slightly apart, extend arms; reach high overhead. Bend from the waist and arch backward gently. Bend forward as far as possible, swinging arms forward, and try to touch ground with hands. Return to starting position; repeat three times. ▪ Stretch with golf club—trunk rotation: Put one hand on grip end of golf club, other hand on the head of club. Raise club overhead; place on shoulders. Rotate shoulders from left to right while hands remain on the club. ▪ Stretch with golf club—shoulder warm-up: Hold club as in trunk rotation stretch. From standing position, raise club as far overhead as possible, then forward as far as possible. ▪ Hand and wrist stretch: Squeeze and release tennis ball—squeeze and hold for two counts and release. Repeat 5 to 10 times. 	
25 minutes	<p>Skills instruction Simulate full swing in slow motion without club, first holding nothing and then holding towel.</p> <p>Introduce grip and putting stroke.</p>		<p>1. Full swing exercises <i>In line, all facing same way</i></p> <ul style="list-style-type: none"> ▪ Head—wall exercise: Without club in hand, stand facing a wall. Place the top of your head so it's touching the wall. ▪ Towel exercise: Simulate a full swing using a towel instead of a club. The towel will be released into the left hand at the end (for a right-handed golfer). <p>2. Skills session, grip and putting <i>In line, all facing same way</i></p>	
35 minutes	<p>Competition experience Work on practicing putting stroke, then applying to actual putt of 2</p>		<p><i>On putting green; two athletes per hole</i></p> <p>1. Have athletes try to sink five putts.</p>	

	feet—one practicing the stroke, the other actually putting.	2. Start out close, then progressively increase distance.
10 minutes	<p>Cool-down</p> <p>Team talk</p>	<p>Finish with gentle stretches; reward efforts and provide encouragement.</p> <p>Make announcements for next practice.</p>