

**Carstairs Community Golf Club**  
***2010 Junior lessons***

**May 18th**

**INTRODUCTION:**

All teachers introduce themselves to kids and say a little about themselves and reassure kids that it will be a fun year at the Carstairs Golf Club because having fun on the course with friends and family is very important to kids learning the game wanting to become more involved.

**ETIQUETTE:**

- Dress code (look nice, collared shirt, shorts of pants **not board shorts**, proper shoes.
- Courtesy (On time, polite, language, listen, sportsmanship.)
- Taking care of the golf course (garbage, fixing divots, ball marks, other ball marks, hitting balls on the course and practice facility when told, stay in our groups.

After the introduction we would like to get some input on what the kids would like to participate in as far as helping their game needing help in certain areas and also as many ways we could do these drills and provide tons of fun.

**Quick lesson on how to approach the greens and tee boxes.** Fixing divots, marking our ball and other such things to keep players moving and being respectful to others and the course.

**May 25th and June 1st**

**Week #2/3 Chipping and Putting**

Chipping putting are the most delicate shots when it comes to golf. Helping these young players get better around the greens and being able to feel comfortable hitting onto the greens from the fringe and minimizing putts will ultimately build confidence and help the game be more fun.

Tonight's Tips From The Pro's

- Grip
- Stance
- Posture
- Alignment (Putter face importance)
- Ball Position
- Being Comfortable

How to read a green:

- Looking for slope
- Ball marks
- Pick a target that is not the hole (In the hole is the outcome)

Drills to work on:

- Tossing the ball to the hole (feel for how fast greens really are)
- Short putts (short back swing, do not read too much into break, firm and at the hole depending on downhill and uphill)
- Long putts (reading long putts)

Etiquette on the greens:

- Ball marking
- Flag
- Quiet
- Congratulating others (not being happy when someone misses)
- Putting when it is your turn

**CHALLENGE:**

Team Challenge: Players partner up playing alternate shot in a tournament which will decide 1 winning team.

## **Chipping:**

- Grip
  - Stance
  - Posture
  - Ball Position
1. Get the balls rolling like a putt.
  2. What club to use in what situation.
  3. Read the green like you are putting.
  4. Hands ahead of the ball.
  5. Similar to a putting stroke (shoulders & arms)

## **Drills:**

- Chipping over objects onto the green making this harder as we go
- Having kids planning next shot to produce confidence

## **Challenges:**

- Chipping into circles as a team to accumulate most points for a team to come out on top.

**JUNE 8th and 15th<sup>TH</sup>**

**Week 4/5**

**Pitching/Iron Play**

**INTRODUCTION:**

The full iron shot's may be harder for younger players to make contact with leaving them with more full iron shots. Objective is to get kids to take a full backswing make good contact a couple times until they reach the green leaving them with the last week's lesson for chipping and putting.

Break into groups

- Grip
- Stance
- Posture
- Ball Position
- Acceleration through the ball.
- Short and controlled

Picking a target, where must we hit the ball for it to finish around the hole.

Hitting over targets like bunkers, small trees, deep grass, elevated greens, ball to land soft with little roll.

Challenges/Drills:

- Styrofoam blocks to hit over.
- Landing targets
- Over bunkers, trees,
- Hitting irons into a selected part of the fairway receiving points ever shot that lands in the selected area

**June 22<sup>nd</sup> and July 6th**

**Week 6/7**

**Woods/Sand Play**

Break into groups

- Grip
- Stance
- Posture
- Ball Position
- Acceleration through the ball.
  1. Swing speed is key
  2. Hit the sand, not the ball
  3. have a desired target

Different types of lies

- normal
- fried egg
- plugged
- under the lip of bunker

**Acceleration, Acceleration, Acceleration, Acceleration**

Drills/Challenges

- Lines in the bunker
- Descending blow
- Sand brings the ball out
- Give all the different lies
- Targets to hit to (circles of rope)
- Short bunker shots
- Long bunker shots.

## **July 27<sup>th</sup> Practice Night**

### **On Course play**

#### **Introduction:**

Tonight we will be going out onto the course to play a couple holes to prepare for next week's junior club championship which we would like all our junior students to participate in. Lets bring all this years lessons into action trying different shots and playing the ball as it lies. To make players feel comfortable taking their game onto the course.

#### **STAGES:**

- Teeing off
- Playing ball all the way to the green
- Bump and runs
- Tree trouble
- Putting Challenges

#### **Course management:**

- Where to aim to keep ball in play
- How to improve
- Tournament play and rules

#### **Pro Challenge:**

- Students pick the shots for the pros

#### **Student Challenge:**

- Pros pick the shots for the students

Any Question will be answered by our pros out there giving hand to all players and making it as fun as possible ending this years junior lessons.

To all our Juniors participating in this years junior program we thank you in for taking your time to be here with us so we can help you become the golf player that you want to be and remember golf in a very fun game and we want to keep it that way|!