



#GolfAtHome – Week 4

Keep your eyes over the Ball when Putting!

Indoor Putting Lesson, Golf Game and Exercise Tip!

Golf Skill: Putting

Golf Fundamental: Get Ready to Swing

Factor of Influence: Set-Up

Core Value: PERSEVERANCE

Life Skill: Self-Management

Healthy Habit: VISION

Warm Up: OBJECT CONTROL with Neal Hausch from Golf Fitness Plus

Supplies Needed for Golf Skill:

- Golf Balls
- A Putter
- 2 CD's
- Masking Tape
- Tape Measure
- Score Board
- Safety Zone (If more than one player)
- Music (Optional)

Supplies Needed for Warm Up Activity:

- 3 different size balls
- A bucket or basket

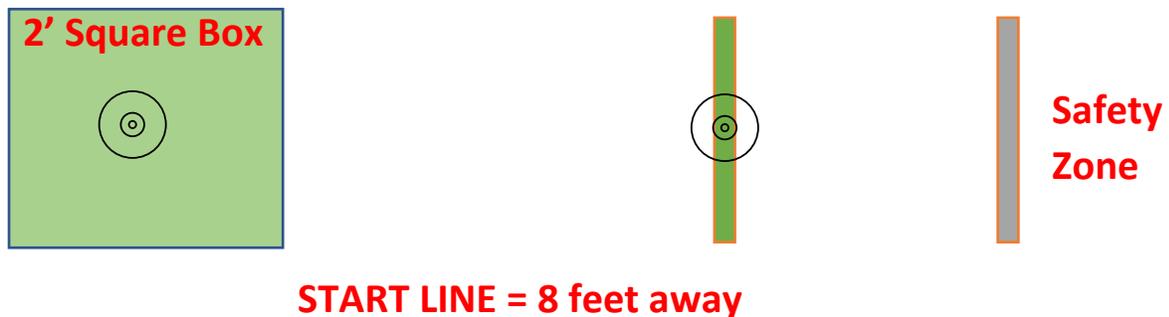
Set Up:

- #1- Set up a starting line with masking tape.
- #2 – Make a 2 foot by 2 foot Square with masking tape 8 feet away from starting line.
- #3 – Place a CD in the center of the Square.
- #4 – Have extra CD ready for part 2 of Golf Skill.
- #4 – Add a Safety Zone 6 feet away from tee area if more than one golfer.

Example of set up for Part 1:



Example of set up for Part 2:



Golf Drill:

Part 1:

Putt 10 putts from 8' away and try to get all the balls to stop inside the square using the CD as a target. See how many golf balls out of 10 putts end up in the square.

Part 2:

Place a CD on the starting line. Place a golf ball in the middle circle of the CD. Now take your putting stance and look down at the ball. Do you see your reflection in the CD? If no, stand closer and taller to the golf ball until you see your eyes directly over the golf ball.

Now Putt 10 golf balls starting from the middle circle on the CD making sure your eyes are over the ball. See if your results get better with this new set up.

Cue:

Make sure your posture is in an athletic position at set up and not slumped over.

Tip:

Stand slightly taller when setting up to putt and this will bring your body closer to the golf ball making it easier to keep your eyes over the ball.

Logic:

Having your eyes directly over the golf ball when putting allows the golfer to see the putting line more consistently.

Definition:

PERSEVERANCE = Never giving up! Especially right now!

Did you know:

The size of a CD is 4.70" and the size of a golf hole is 4.25" Almost the same size!

CHALLENGE YOURSELF:

You can increase the distance of the starting line from 8' or make the 2' square smaller.

To test PERSEVERANCE, DO NOT QUIT until you get one ball to stop on the middle circle of the CD inside the square.

Golf Game #1: "CD Putting"

Here is how the game is played with a partner:

1. Player 1 putts one golf ball to the square.
2. Now Player 2 putts one golf ball to the square.
3. Player 1 putts one golf ball to the square.
4. Now Player 2 putts one golf ball to the square.
5. Keep alternating until the first Player scores 20 points.

Here is how the game is played by yourself:

1. Putt 20 golf balls to the square and see how many points you can score.
2. Try a second time to see if you can beat your first score.
3. If not, try again! Perseverance!

POINT SYSTEM:

Zero Points = Golf Ball misses square!

One Point = Golf Ball ends up in square!

Five Points = Golf ball stops on CD!

***This game teaches our kids all the following things: Perseverance, Measurements, Math and Proper Golf Set-Up for Putting!**

WRAP UP:

Ask your kids: How did they show **PERSEVERANCE** during this game?

Did they GIVE UP?

Why is important to have Perseverance?

Since it is nurses week, Do you want to become a nurse when you grow up?

SPECIAL NOTE IF YOU DO NOT HAVE GOLF EQUIPMENT AT HOME:

This Golf Skill and game can be played without having a golf club or golf ball. Kneel and roll a ball or something similar, to the square to practice rolling a ball and not bouncing it.

PESERVANCE Activity:

ALL Levels: Do something nice for a NURSE as this is the final couple days of Nurses week 2020! NURSE'S NEVER GIVE UP!!!

Be Kind and Be Safe!

First Tee of Greater Akron Golf & Life Lessons for your Home!