FTGA Week 3 Par Level Yardage Bookwork

Par Level - Please complete pages 28 - 31
(Core Lesson # 14 – Staying Cool)

FTGA "#GolfAtHome" Home Video
Week 3 Scavenger Hunt

Home Video #1 - "Spare a Square"

Link: https://www.youtube.com/watch?v=9rJWfjv2ZW0

Question 1: What is the 5th thing on Coach Jimmy's list that you will need to play "Spare a Square"?

Answer:

Question 2: How big is a square of toilet paper?

Answer:

Question 3: How big is a regulation golf hole?

Answer:

Home Video #26 - A PAR LEVEL lesson called "Personal Par" narrated by our Coach Jimmy Beers.

Link: https://www.youtube.com/watch?v=X9QYzMLcqAU

Question 1: What is the lowest score recorded in a professional round of golf?

Answer:

Question 2: Who created the "personal par" method?

Answer:

Question 3: True or false? A regulation par (by rule) requires two putts?

Answer?

FTGA Week 3 Warm-ups

YouTube Link: https://youtu.be/Mm4bXvbTDH0

CATEGORY	EXERCISE	LEVEL	SETS / REPS
STRENGTH	Plank	Par	60 Seconds
FLEXIBILITY	Arm Circles	Par	15 Each Direction
AGILITY	"Locomotor"	Par	15 Feet
BALANCE	Dynamic Stunts	Par	8 Times
OBJECT CONTROL	Control Ball	Par	15' Up / 5' Back