FTGA Week 4 PLAYer Level Yardage Bookwork

PLAYer Level - Please complete pages 4-7
(Core Lesson # 1 – Welcome and Showing Respect)

FTGA "#GolfAtHome" Home Video
Week 4 Scavenger Hunt

Home Video #5 - Get a Grip like "The King"

Link: https://www.youtube.com/watch?v=2h7NyIxeWcU

Question 1: How many majors did Arnold Palmer win in his career?

Answer:

Question 2: What is Arnold Palmer's nickname?

Answer:

Home Video #36 - "May the 4th Be With You" Golf at Home Lesson Plan #3 created by Coach Jimmy Beers.

Link: https://www.youtube.com/watch?v=Apxmu2zuluk

Question 1: What is the golf fundamental coach Jimmy is teaching?

Answer:

Question 2: What is the life skill that coach Jimmy is teaching?

Answer:

Question 3: True or false? Good balance is important in a golf swing?

Answer?

FTGA Week 4 Warm-ups

CATEGORY	EXERCISE	LEVEL	SETS / REPS
STRENGTH	Bear Crawl	PLAYer	6 Feet
FLEXIBILITY	Toe Touches	PLAYer	4 Times
AGILITY	Shuttle Run	PLAYer	20 Feet
BALANCE	"Rock the Boat"	PLAYer	40 Seconds
OBJECT CONTROL	Kick	PLAYer	6 Feet Wide