

# Lesson 2 – Putting



# Putting

## Session 2

### Session Objective:

An introduction to aiming the club face and holding the club

Total session time:	60 minutes
Introduction:	10 minutes
Warm up:	15 minutes
Skill:	20 minutes
Game:	10 minutes
Conclusion:	5 minutes

### Location:

Practice putting green

### Equipment Required:

#### Golf balls:

- Either 3 modified golf balls or 3 real golf balls

#### Putters:

- Either a modified game putter or a real putter sized properly for each young player

#### Other:

- Marker cones for safety
- Alignment aids such as other clubs, canes and straight edged timber pieces

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### Introduction: 10 minutes

1. Check the roll.
2. Find out who has had some golf practice since the last practice session and ask them how they went and how much they enjoyed it.
3. Ask them what it was they learned at the last session (aiming the club face and holding the club)
4. Have someone demonstrate (a volunteer if possible) the way to aim the club face, then have someone demonstrate the correct hold of the club for putting.
5. Compliment the players and adjust any errors they may make, concluding with another complimentary remark.
6. Tell them that they will be doing putting again today, and tell them that they will be learning how to aim the body and stand to the ball for putting. Ask if anyone knows what this is called (address, or set up).

### Warm up: 15 minutes

1. Your players take 3 balls each and line up at one end of the putting green with their putters.
2. Have them spend 5 minutes tossing balls to the other end of the green, getting a feel for the control of the distance for each throw.
3. Have them spend 5 minutes playing putts to the other end of the green, getting a feel for the control of the distance for each shot.
4. You needn't give any other advice other than that of the aim of the clubhead and their hand placement on the grip.
5. Now have them set up the alignment aids as they did in last week's session and play putts to the hole as they did last week, making sure they have their "H" pattern set and their hands are properly placed on the club.
6. Note and compliment the players when they succeed.

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**Introduction: 10 minutes**

**To be learned:**

**How to aim body**

**How to place the body in the correct position**

**Step 1:**

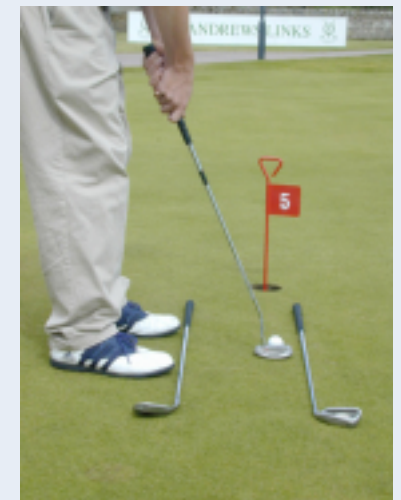
1. Explain again that you will be showing them proper body aim and position today.
2. Start with the body aim by placing 2 alignment aids on the putting surface as shown.



3. Now place your feet together with your toes touching the inside alignment aid.
4. Make a little step (6 inches) with the left foot, referring to it as a **“little step”**, then make the same step with the right foot, once again referring to it as a **“little step”** with the toes still touching the alignment aid.
5. Ask them where the ball is to the feet, looking for the answer **“it is in the middle of the feet”**.

**Step 2:**

1. Have a volunteer come up and try it, verbalising each move so that the player can get the feet set correctly. Explain that because the two alignment aids are like a railway track, they now have the correct aim.
2. Compliment the player on doing a good job, correcting any error they may have made.

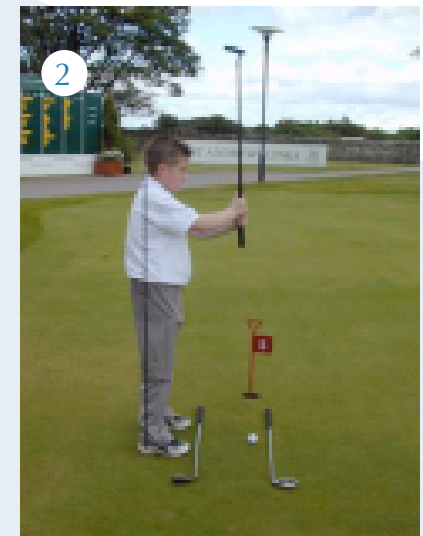
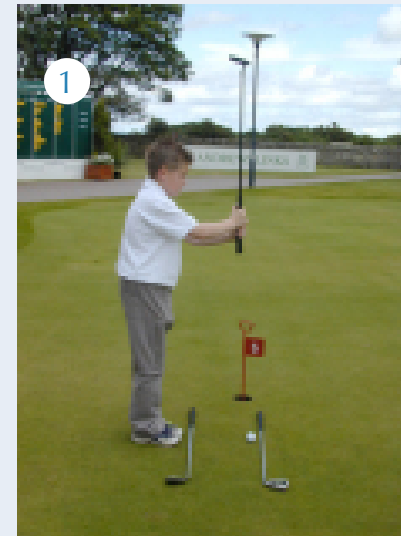


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### Step 3:

1. Now have everyone set up their aids as you have shown, with the hole for each player being no more than three feet away from where they are hitting.
2. They now play 3 shots, using a short backswing, counting the number of successful shots they play.
3. Make sure that for each shot they go through the feet together, little step, little step routine and that they have their toes on the aid at all times.
4. Compliment all the players for what they do, keeping an eye not only on the body aim but also their club face positions and their hand positions.



### Step 4:

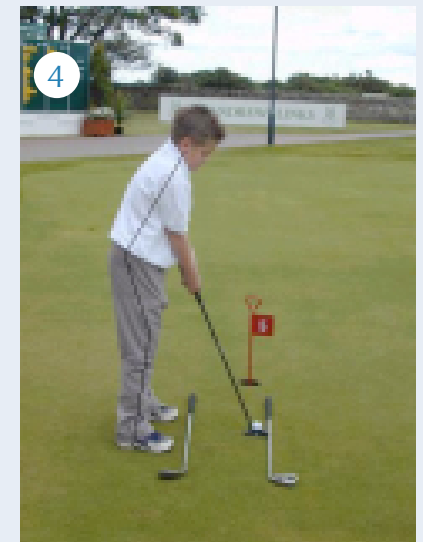
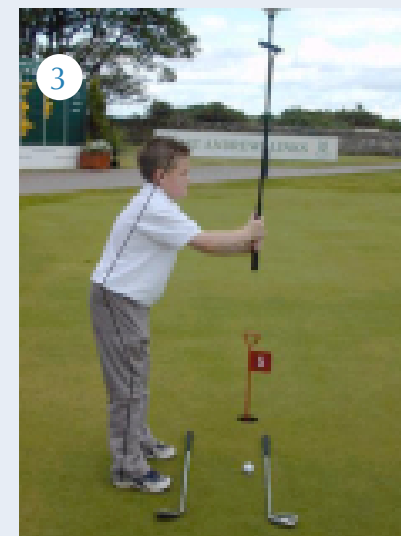
1. Bring the players back together and explain that you are now going to show them how to stand to the ball properly.
2. Demonstrate the sequence shown in the illustrations.
3. Describe each move as you demonstrate as follows:

**“Hold the club and stand up tall with your feet together and toes touching the aid”**

**“Little step (left foot), little step (right foot)”**

**“Tilt the back forwards”**

**“Elbows and knees relaxed”**



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### Step 5:

1. Have someone volunteer to demonstrate this for the group, with you verbalising each move.
2. Compliment the player on the good things done and correct any errors seen. Finish with a compliment.

### Step 6:

1. Now have all of the players go back to their putting stations and have them go through the procedure together as you call out the instructions, each time playing a putt before setting up with the correct address procedure again. Do this up to 10 times.
2. Finally have them try it in their own time without your instructions, looking for good positions and complimenting them and correcting those who need it but with positive constructive advice.

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### Game: 10 minutes

Turn the skill part of the session into a game by having them place their alignment aids to the hole as shown in **illustration**.



They place a ball at approx 1 foot from the hole, one at 2 feet and one at 3 feet.

Now they count putts that go in the hole by playing in order, the 1 foot, 2 feet, and 3 feet putts, scoring 1 point for each successful putt.

They may do these 3 or 4 times.

Have the players add up the points at the end of time and see who has the most points. Compliment everyone on his or her points scored.

### Conclusion: 5 minutes

Review by asking the players what they learned in the session.

Compliment everyone on the work they have done in the session and finish off by recommending to them that they do some practice before their game or the next practice session.

Identify next week's session and tell them the time and location of the session along with the equipment they will need. If possible, have it in note form to take back to their parents.

# Stage 1 – Session Log

Coach to complete after each session

**Session Number** \_\_\_\_\_

What did the players do well?

What do the players need to improve on?

What did I do well?

What do I need to improve on?