



**GOLF  
CANADA**

**Learn to Play Drills and Activities**

Click on a drill name to view the respective drill.



Drill Name	Core Module					Program Level				
	Movement Skills	Golf 101	Skill Development	On Course Play	Mind Matters	Like Skills	White	Orange	Blue	Black
The Ball Game			✓				✓	✓		
Marbles			✓				✓			
Par 2			✓	✓					✓	✓
Picture Putting			✓				✓			
Kilometer Game			✓					✓	✓	
Ball Toss	✓						✓	✓	✓	
Distance Control Putting Drill			✓	✓						✓
Balancing	✓						✓	✓	✓	
Do or Die			✓	✓				✓	✓	✓
Junior Ringer Board				✓				✓	✓	
Tic Tac Toe			✓				✓	✓	✓	
Horse Race				✓					✓	✓
One Legged Drill			✓						✓	✓
5 Point Putting Game			✓						✓	✓
Stamps on the Hand			✓				✓	✓		
Tip Your Hat						✓	✓	✓		
Reading Green with a Tennis Ball		✓					✓	✓	✓	✓
Wind Sprints	✓						✓	✓	✓	✓
Worst Ball			✓	✓				✓	✓	✓
Hula Hoop Drill			✓					✓	✓	✓
Ladder Drill			✓					✓	✓	✓
Aussie Rules Golf			✓	✓				✓	✓	✓
Fist Pump Game			✓			✓	✓	✓		
Croquet Bowling			✓	✓		✓	✓	✓		
3 or 4 Corners			✓			✓	✓	✓		✓
The Ryder Cup Mini Putt Challenge		✓	✓			✓	✓	✓		✓
Switch				✓				✓	✓	✓
No Peek			✓			✓	✓	✓		✓
Picture Perfect			✓			✓	✓	✓		

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Click on a drill name to view the respective drill.



Drill Name	Core Module					Program Level				
	Movement Skills	Golf 101	Skill Development	On Course Play	Mind Matters	Like Skills	White	Orange	Blue	Black
Simon Says	✓						✓	✓		
Wiggle & Jiggle	✓						✓	✓		
Putting Distance Control			✓	✓	✓				✓	✓
Obstacle Course	✓						✓	✓	✓	✓
Athletic Posture Introduction			✓					✓	✓	✓
Par 18			✓	✓				✓	✓	✓
Putt to a Tee			✓		✓		✓	✓	✓	✓
Don't Step on the Line!		✓		✓			✓	✓	✓	✓
Blackjack			✓				✓	✓	✓	✓
3 Ball Putting Drill			✓					✓	✓	✓
Putting Speed Control		✓	✓	✓		✓	✓	✓	✓	✓
Driving Range Tour		✓					✓	✓		
Full Swing Demonstration			✓				✓	✓	✓	✓
SNAG Chipping Fundamentals			✓				✓	✓		
Tic-Tac-Toe Chipping/Pitching		✓	✓	✓			✓	✓	✓	✓
Video Tape Juniors Swing			✓					✓	✓	✓
Home Run Derby			✓	✓			✓	✓	✓	✓
Intro to Ball Contact		✓	✓					✓	✓	✓
Ribbon Club Swings for Speed			✓				✓	✓	✓	✓
Green Side Chip or Putt		✓		✓	✓		✓	✓	✓	✓
Chip or Putt Test			✓	✓	✓		✓	✓	✓	✓
Grip Discussion		✓	✓					✓	✓	
Alignment Discussion & Practice		✓	✓					✓	✓	✓
Scramble to Balance	✓						✓	✓	✓	✓
Monster Walks	✓						✓	✓	✓	✓
Frankenstein Walk	✓						✓	✓	✓	✓
Tennis			✓				✓	✓	✓	
Breathe It Out (Tension Control)					✓		✓	✓	✓	✓
The Marshmallow Melt					✓		✓	✓	✓	✓

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Click on a drill name to view the respective drill.



Drill Name	Core Module					Program Level				
	Movement Skills	Golf 101	Skill Development	On Course Play	Mind Matters	Like Skills	White	Orange	Blue	Black
Around the World			✓	✓			✓	✓		
Favourite Number Game			✓			✓	✓	✓		
Alignment Drill			✓				✓	✓		
Who or What am I?	✓					✓	✓	✓		
Toss or Bowl			✓			✓	✓	✓		
"21" The Double-Edged Sword			✓			✓	✓	✓	✓	
Putt the World			✓	✓		✓	✓	✓	✓	
Badminton Chip			✓				✓	✓	✓	
Chip and Catch	✓		✓	✓		✓	✓	✓	✓	
Switch Channels					✓		✓	✓	✓	
Pre-Shot Routine				✓	✓		✓	✓	✓	
9 Shot Drill			✓		✓		✓	✓	✓	
SMART Goals					✓		✓	✓	✓	
Putting Line Practice Station		✓	✓			✓	✓	✓	✓	
Putting Green Tour		✓				✓	✓	✓	✓	
Putting Green Pool		✓	✓	✓	✓	✓	✓	✓	✓	
Team Tube Challenge	✓					✓	✓	✓	✓	
21			✓	✓			✓	✓	✓	
Scramble Up and Down		✓	✓	✓		✓	✓	✓	✓	
Chalk Lines			✓			✓	✓	✓	✓	
Box Jumps	✓						✓	✓	✓	
Plyo Push-ups	✓						✓	✓	✓	
Lateral Bounding	✓						✓	✓	✓	
Split Jumps	✓						✓	✓	✓	
3 Step Chipping Drill			✓			✓	✓	✓	✓	
Jumping Jacks Variety	✓					✓	✓	✓	✓	
Soft Toss	✓					✓	✓	✓	✓	
Dissociation	✓					✓	✓	✓	✓	
Playing Practice Rounds				✓			✓	✓	✓	

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Click on a drill name to view the respective drill.



Drill Name	Core Module						Program Level			
	Movement Skills	Golf 101	Skill Development	On Course Play	Mind Matters	Like Skills	White	Orange	Blue	Black
Torso Rotations	✓						✓	✓		
Squat Jumps	✓								✓	✓
Pace Control Putting			✓				✓	✓	✓	✓
Core Strength Exercise	✓									✓
Cone Drill			✓					✓	✓	✓
Adrenaline Golf				✓						✓
Lag Putting			✓	✓					✓	✓
The Towel Noodle		✓	✓				✓	✓		
Rules of Golf Questions		✓							✓	✓
Good Shot, Bad Shot					✓			✓	✓	✓
Helium Balloon Party			✓					✓	✓	✓
Up & Down			✓	✓				✓	✓	✓
Course / Range Walk	✓	✓					✓			
Hula Hoop Shadow			✓	✓				✓		
Squat and Thrust	✓									✓
Single-leg Balance Exercise	✓									✓
Flexibility Exercise	✓									✓
Posture Exercise	✓									✓
Inch Worm Drill	✓									✓
Pull-Push Exercise	✓									✓
Bar & Swiss Ball Exercise	✓									✓
Squats	✓									✓
Imbalanced Push-Ups	✓									✓
Eyes Closed Putting Drill			✓		✓				✓	✓
SNAG Putting Stance Only			✓			✓				
SNAG Putting Stroke			✓			✓				
Golf Club Parts Discussion		✓				✓	✓	✓	✓	✓
Swing, Pause, Hit		✓	✓				✓	✓	✓	✓

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>The Ball Game</b>
<b>Required Equipment:</b>	10 Rubber Balls, 10 Tennis Balls, 10 Golf Balls
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	White, Orange
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Let players start to learn how to hit the ball. Starting off with a big ball then the ball starts to get smaller.
<b>Step-by-step Instructions:</b>	Start off with players getting into a normal set up position with a wedge or short iron. Start the players off using the largest ball, and get them to start hitting those, the key is here for players to be able to hit the ball off the ground and have some fun. Once they have learned how to constantly hit the big ball move to tennis balls, and then finally golf balls. The key is for the players to have some fun and make consistent contact while learning basic fundamentals.
<b>Submitted By:</b>	Bradley Lawrence, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Marbles  
**Required Equipment:** Golf Balls, Putting Green  
**Time Allotment:** 10 min  
**Applicable Program Levels:** White  
**Supported Core Modules:** Skill Development

**Objective(s):** Teach younger kids how to judge speed by rolling balls much like bowling.

**Step-by-step Instructions:** First find a hole on the putting green with a relatively flat area. Move back 20 feet from the hole. Take the group of children, give them each 3 golf balls. Next have them roll the first ball towards the hole. Then roll the second ball towards the hole, but try to make it go 1 foot farther. Lastly roll the third ball towards the hole, and go 1 foot short of the first one. The key here is for them to try and vary distances. After they have done that, let them try the same thing with a putter. This will help them learn to judge speed.

**Submitted By:** Bradley Lawrence, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Par 2 (Match Play or Stroke Play)</b>
<b>Required Equipment:</b>	Wedge, putter, 1 golf ball per player
<b>Time Allotment:</b>	30 min
<b>Applicable Program Levels:</b>	Blue, Black
<b>Supported Core Modules:</b>	Skill Development, On Course Play
<b>Objective(s):</b>	A game that develops chipping and putting skills in a competitive environment.
<b>Step-by-step Instructions:</b>	Form a group of players or participants. Decide what format the game will be played in Match Play or Stroke Play. On the chipping green or putting green determine what 9 holes will be played. Par for each hole played is 2 -- one chip onto the green and one putt (up and down). Points are awarded for holes or strokes that each player is behind the best player.
<b>Submitted By:</b>	Dave Woods

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Picture Putting</b>
<b>Required Equipment:</b>	1 putter, 1 golf ball, 1 hand drawn picture per participant
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Great introductory putting drills for kids 6 & under.
<b>Step-by-step Instructions:</b>	Have the kids draw a picture at home and bring it to your practice or clinic. Instead of using holes, have the kids secure their picture to the green with tees. Have the kids putt to the picture.
<b>Submitted By:</b>	Glenn Cundari, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Kilometer Game  
**Required Equipment:** Golf clubs, golf balls  
**Time Allotment:** 5 min  
**Applicable Program Levels:** Orange, Blue  
**Supported Core Modules:** Skill Development

**Objective(s):** Great drill to work on the full swing.

**Step-by-step Instructions:** Depending on the age of the participants, count how many balls it takes to make the ball go "X" number of KMs. So the 10 year olds might need to hit the ball 2 KMs. They must use each club in sequence and, with assistance, mark down how far each one went and add the number of shots. This is never a competitive activity. The younger the age, the shorter the distance set is.

**Submitted By:** Glenn Cundari, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Ball Toss</b>
<b>Required Equipment:</b>	Nets, buckets or baskets
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	White, Orange, Blue
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	To develop feel and have an understanding of the proper speed a ball should have on the green.
<b>Step-by-step Instructions:</b>	The exercise consists of students tossing balls underhand to different targets on the green. To execute the drill, set up some chipping nets, baskets or, buckets on the green, no further than 8 feet away from where the students will be standing. Give each student 3 balls and demonstrate how to throw each ball into the net/basket. The first ball is thrown underhand with eyes open, the second ball is thrown the same way but with the eyes closed and the third ball is thrown with eyes open or closed, their choice. After everyone has thrown their golf balls have them carefully walk onto the green, retrieve them and return to their starting spot. Repeat the drill once. Make a Frisbee sized circle on the green next to the baskets/nets. Demonstrate throwing the balls underhanded, one at a time landing on or around the circle and watching how far it rolls on the green. Follow the same procedure as the first stage and have each student throw the balls with their eyes open and closed.
<b>Submitted By:</b>	Jody Boutin, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Distance Control Putting Drill</b>
<b>Required Equipment:</b>	Putter, one ball per participant
<b>Time Allotment:</b>	20 min
<b>Applicable Program Levels:</b>	Black
<b>Supported Core Modules:</b>	Skill Development, On Course Play
<b>Objective(s):</b>	Complete 10 putts in a row in which you either hole the putt or hit it past the hole within a club length of the hole.
<b>Step-by-step Instructions:</b>	Find two holes approx. 25 feet apart. Using one ball, start at one hole and putt to the other hole. The goal is to either hole the putt or hit it past the hole but finish within a putter length of the hole. The player then turns around and putts back to the original hole with the same goal in mind. The aim of the drill is to complete 10 putts in a row going back and forth. To count the putt must either be holed or finish within a club length of the hole, but not short. As soon as the player leaves a putt short, or putts the ball through a club length distance of the hole, the count starts again at zero. It is more difficult than you think to complete 10 in a row.
<b>Submitted By:</b>	Robert Ratcliffe, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Balancing</b>
<b>Required Equipment:</b>	One or two balance boards
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	White, Orange, Blue
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	To develop better balance.
<b>Step-by-step Instructions:</b>	The exercise consists of standing on a balance board and trying to maintain a balanced position without the edges of the board touching the ground. Have each student spend 1-2 minutes on the balance board, trying to maintain balance while rocking on the board from heel to toe for half of the time and left to right the other half.
<b>Submitted By:</b>	Jody Boutin, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Do or Die</b>
<b>Required Equipment:</b>	1 putter, 1 golf ball, 2 ball markers per participant
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development, On Course Play
<b>Objective(s):</b>	Good game for lag putting and putting under pressure.
<b>Step-by-step Instructions:</b>	Divide the kids up into 2 groups or teams (eg.4-10 kids on each side). Next, measure a 4-6 foot putt on both sides of the hole. Then, flip a coin to see who goes first. The coach says "do or die" and then they both putt at once (if they both miss they go back to the end of the line and putt again) or (If one misses and the other makes the putt, the one that misses sits out of the game) or (Sometimes one ball will stop another from going in, this is the fun part, but it can't be intentional). They keep putting until the last person is standing.
<b>Submitted By:</b>	Ann Carrol, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Junior Ringer Board</b>
<b>Required Equipment:</b>	None
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Orange, Blue
<b>Supported Core Modules:</b>	On Course Play
<b>Objective(s):</b>	Great activity for introduction to competition.
<b>Step-by-step Instructions:</b>	Designed for Junior Leagues, introducing a "Junior Ringer Board" allows the kids to enter their best score on each hole of the course throughout the season.
<b>Submitted By:</b>	Cathy Sherk, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Tic Tac Toe</b>
<b>Required Equipment:</b>	Spray pain, sidewalk chalk, wedges
<b>Time Allotment:</b>	20 min
<b>Applicable Program Levels:</b>	White, Orange, Blue
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	This game is designed for target practice and distance control of chips and wedge play.
<b>Step-by-step Instructions:</b>	Drawing 9 circles (3' diameter) on the tee (using white paint or chalk) like a tic tac toe board. You must chip to the circles to claim the space. You can either have the ball stay in the circle or just land there. This is a good game to drill target practice and distance control for wedge play.
<b>Submitted By:</b>	Cathy Sherk, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Horse Race</b>
<b>Required Equipment:</b>	Short iron and a putter
<b>Time Allotment:</b>	30 min
<b>Applicable Program Levels:</b>	Blue, Black
<b>Supported Core Modules:</b>	On Course Play
<b>Objective(s):</b>	To have a healthy competition while working on all aspects of the short game (putting, chipping, pitching, bunker play)
<b>Step-by-step Instructions:</b>	2 players and up required. Each player can choose one short game club -- 9 iron up to a 60 degree wedge. The idea is to play several different shots with one club and not exchange it for another. One player picks a location for the shot on a putting or pitching green that would require a short game action. Each player in the group hits the same shot. The player that is furthest away will putt first. Everyone must hole out and the player with the highest number of strokes is out of the game.
<b>Submitted By:</b>	Jason Haley

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>One Legged Drill</b>
<b>Required Equipment:</b>	All golf clubs and golf balls
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	To help the player get into the target side through impact and into the follow-through.
<b>Step-by-step Instructions:</b>	Have the player take their stance and then have them move all of their weight into the target leg and have them hit balls off their front leg using their back leg only to save balance if necessary.
<b>Submitted By:</b>	Paul Horton, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** 5 Point Putting Game

**Required Equipment:** Putting green, putter, golf balls

**Time Allotment:** 15 min

**Applicable Program Levels:** Blue, Black

**Supported Core Modules:** Skill Development

**Objective(s):** To help the player be assertive with their putts.

**Step-by-step Instructions:** Take 5 balls approximately 10 feet from the hole on a fairly straight and level area. Place a club lying down 18 inches passed the hole. The player scores two points for a holed putt, one point for a ball finishing between the hole and the shaft behind the hole, zero points for hitting or going passed the shaft, and minus one point for coming up short of the hole. The object of the game is to score five points or more before they can move to the next level, two feet further back. This puts a stronger emphasis on getting the ball to the hole.

**Submitted By:** Paul Horton, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Stamps on the Hand

**Required Equipment:** Ink stamp and stamp pad

**Time Allotment:** 5 min

**Applicable Program Levels:** White, Orange

**Supported Core Modules:** Skill Development

**Objective(s):** To help kids learn how to position their hands on the club.

**Step-by-step Instructions:** Improve the players grip. One day we focus on the top hand putting a fun stamp on the snuff box of the top hand so this can help put the proper hand on the top of the handle with the butt end underneath of the heel pad. The next day we use two stamps: one in the same place as before and one on the bottom hand so the player can line up the stamps to properly place their hands on the club.

**Submitted By:** Paul Horton, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Tip Your Hat</b>
<b>Required Equipment:</b>	Golf cap or hand
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange
<b>Supported Core Modules:</b>	Life Skills
<b>Objective(s):</b>	Learn how to acknowledge applause from the gallery or give recognition for a good shot.
<b>Step-by-step Instructions:</b>	All players get to swing in front of the group one at a time. The group claps after the shot and the player properly tips their cap in show of appreciation thanking them for clapping. If they don't have a cap they can just use their hand as a tour player might do.
<b>Submitted By:</b>	Paul Horton, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Reading Green with a Tennis Ball

**Required Equipment:** 1 tennis ball

**Time Allotment:** 10 min

**Applicable Program Levels:** White, Orange, Blue, Black

**Supported Core Modules:** Golf 101

**Objective(s):** Great drill for learning the slopes of a green.

**Step-by-step Instructions:** Use tennis balls to roll on the green. Have the kids roll the ball to a target and watch it all the way until it stops. They quickly learn this way from their mistakes by aiming a little more left or right, rolling it harder or softer. It is a great way to learn the slopes of a green without extra thoughts of swinging the putter.

**Submitted By:** Jay Myren, PGA

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## DRILL & ACTIVITY DATABASE

<b>Drill Name:</b>	<b>Wind Sprints</b>
<b>Required Equipment:</b>	None
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	Helps to assess and then train an explosive athlete.
<b>Step-by-step Instructions:</b>	Have a start and a finish line, have the kids sprint as quickly as they can to the finish. Watch and assess how each of the kids sprint to the finish. The faster kids are likely more explosive athletes and are capable of turning their muscles on and off at much quicker rates, which potentially produces a more powerful golf swing. It is kind of a fun exercise for the kids but also gives you an indication of what kind of athletes you are dealing with. Don't be surprised if a lot of the kids are not explosive athletes, but the great thing is that if they practice plyometric maneuvers they can learn them quickly.
<b>Submitted By:</b>	Jay Myren, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Worst Ball</b>
<b>Required Equipment:</b>	Short game clubs and a putter
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development, On Course Play
<b>Objective(s):</b>	A great drill to improve short game skills.
<b>Step-by-step Instructions:</b>	Put tees around and on the putting green to make starting points. Putt or chip 2 balls then pickup the best shot and move to the worst 1, continue this until the 2 balls go in the hole from the same spot. To score a 2 is even par. This actually can be done on the course and it helps improve consistency.
<b>Submitted By:</b>	Alan Robertson, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Hula Hoop Drill</b>
<b>Required Equipment:</b>	3 hula hoops, golf balls, wedges
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Designed to make your students more aware of a landing zone when chipping / pitching.
<b>Step-by-step Instructions:</b>	Place one, two or three hula hoops on the green and have your students attempt to land the balls in the hula hoops and be aware of the amount of roll after the ball impacts the ground. When they are playing, they can simply visualize a hula hoop on the green in the appropriate location and attempt to hit their chip to that spot / location.
<b>Submitted By:</b>	Ralph Bauer, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Ladder Drill</b>
<b>Required Equipment:</b>	1 putter and 3 golf balls per participant
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Skill progression drill to increase distance and accuracy of putting.
<b>Step-by-step Instructions:</b>	Place the golf balls one foot, two feet and three feet away from the hole. Knock in the one foot putt. Take the ball out of the hole and place it four feet away from the hole. Knock in the two foot putt. Take the ball out of the hole and place it five feet away from the hole. Knock in the three foot putt. Take the ball out of the hole and place it six feet away from the hole. Continue until you miss a putt at which time you will go back to #1. The goal is to see how far away from the hole you can get. You can also do this drill with younger kids using one ball and tees to mark each of the putting locations.
<b>Submitted By:</b>	Ralph Bauer, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Aussie Rules Golf  
**Required Equipment:** Driver / 3 Wood  
**Time Allotment:** 10 min  
**Applicable Program Levels:** Orange, Blue, Black  
**Supported Core Modules:** Skill Development, On Course Play

**Objective(s):** Score as many points as possible by driving the ball accurately.

**Step-by-step Instructions:** Set up 4 Poles in the driving range at around 100 yards away from the practice tee. Water Noodles work well for this (use old broken shafts to plant the noodles in the ground). Ideally the two centre poles are taller than the two outside poles. The two centre poles are set up to be 20 yards apart, and the outer poles are set 5 yards outside of the centre poles - just like Aussie Rules Football goal posts. The player hits 10 balls. They score 10 points for each ball hit through the centre goal posts, and 5 points for any ball hit through the gap in the centre posts and outer posts. The goal is to score 100 points with all 10 balls being hit through the centre posts. This game can be repeated with any club.

**Submitted By:** Robert Ratcliffe, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Fist Pump Game</b>
<b>Required Equipment:</b>	Putter, golf balls
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange, Blue
<b>Supported Core Modules:</b>	Skill Development, Life Skills
<b>Objective(s):</b>	To allow the players to have some fun, while working on their putting skills.
<b>Step-by-step Instructions:</b>	Depending on the age and skill level of the player, start them off at either 1, 2 or 3 feet. Get the player to stroke the putt. Once they make it they have to do their best "Tiger Woods" impression, and do a fist pump. The other players then grade them based on how "cool" they think it was, but they also loose points if they walk on anyone's line or disrupt anyone by yelling. Much like in the slam dunk contest. This is done at the end of the putting lesson, to teach the students both how to have fun, but also how to be courteous at the same time.
<b>Submitted By:</b>	Bradley Lawrence, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Croquet Bowling</b>
<b>Required Equipment:</b>	Putting green, tees, golf balls, tennis balls (optional)
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	White, Orange, Blue
<b>Supported Core Modules:</b>	Skill Development, On Course Play
<b>Objective(s):</b>	To get the ball through 'croquet' gates and eventually into the hole. For younger kids, you can use a tennis ball to start. For older kids, start with a golf ball.
<b>Step-by-step Instructions:</b>	Set up a course around the putting green, using 3-9 holes (depending on age and number of kids). Use the tees to mark the start of the hole, and to make gates for students to roll the balls through. Mark start of each hole with 2 tees and mark the tees with hole number or have small piece of paper indicating hole number. Use varying number of gates and gate sizes for different age groups. Keep score depending on age level. You can have them start by rolling, then use hand like a hockey stick, then use their putter.
<b>Submitted By:</b>	Andrew MacKay

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## DRILL & ACTIVITY DATABASE



**Drill Name:** 3 or 4 Corners  
**Required Equipment:** 1 putter and 1 ball  
**Time Allotment:** 15 min  
**Applicable Program Levels:** White, Orange, Blue, Black  
**Supported Core Modules:** Skill Development

**Objective(s):** First player to hole 3 or 4 putts.

**Step-by-step Instructions:** 1. On the putting green, this is a 3 or 4 player competition. 2. Each player selects a hole forming a box or a triangle and tries to hole out clockwise. 3. When a player sinks a putt every player changes hole clockwise until you have a winner. 4. For continuation, repeat counter-clockwise.

**Submitted By:** Sylvain Laplante, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>The Ryder Cup Mini Putt Challenge</b>
<b>Required Equipment:</b>	Putter and Ball
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development, Golf 101
<b>Objective(s):</b>	Learning the basic nature of the game, competition, and basic golf terms, while practicing putting.
<b>Step-by-step Instructions:</b>	Instructors pair the students into two "ryder cup" teams of equal skill levels. One instructor is to captain each team and decide the order of play as well as pairings for singles putting. The students play the putting course as directed from one hole to the next around the practice green. Each hole is played as a par three for beginners and as a par two for more advanced junior players. This is a great way for junior players to experience fun competition and gain a better understanding of the game, while learning the most important fundamental...to get the ball in the hole! Instructors as team captains will also coach and encourage their players throughout the activity.
<b>Submitted By:</b>	Trevor Hessel, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Switch</b>
<b>Required Equipment:</b>	Putter, golf ball, 2 holes
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	On Course Play
<b>Objective(s):</b>	Making putts under pressure.
<b>Step-by-step Instructions:</b>	This is a one-on-one battle. Each player stands next to the hole. Once both players are ready to go, the game is on. Players continue to hit putts until one makes the putt, at that point players switch positions and continue to try to make putts. First player to make 5 putts wins. Distance of the putt should be at a distance that players would make the putt at a fairly frequent rate.
<b>Submitted By:</b>	Erin Thorne, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>No Peek</b>
<b>Required Equipment:</b>	Putter, golf balls, towel or paper
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Improving the feel of distance control on the putting green.
<b>Step-by-step Instructions:</b>	Split your group into pairs. Have one student set up to a putt (try a distance of 10-15 feet to start). The partner will wait until the putter is ready to hit, then will use a towel or piece of paper to block the view to the hole. After the putter strokes the ball, he or she will announce to the partner whether the putt was short, long, or just right. Once the ball has stopped moving, the partner will allow the putter to see the final position of the putt. Try using variable distances. This drill is great in teaching the "feel" of distance control on the putting green.
<b>Submitted By:</b>	Jennifer Greggain, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Picture Perfect</b>
<b>Required Equipment:</b>	Various golf clubs, golf balls
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange, Blue
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	To teach and emphasize the finish position of any golf shot.
<b>Step-by-step Instructions:</b>	This drill can be done with any type of golf shot (range, chipping green, putting, etc), and works especially well with young children and beginners. Explain to your students how the finish position should look for the shot you are working on, and they should "hold" this position long enough so the viewer (instructor) can take an imaginary "picture perfect" photo of this position. The kids like the idea of having their imaginary picture taken and gives them the sense of achieving the proper finish positions.
<b>Submitted By:</b>	Jennifer Greggain, PGA

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## DRILL & ACTIVITY DATABASE

**Drill Name:** Simon Says  
**Required Equipment:** None  
**Time Allotment:** 5 min  
**Applicable Program Levels:** White, Orange  
**Supported Core Modules:** Movement Skills

**Objective(s):** A fun warm up activity that can emphasize any golf movement.

**Step-by-step Instructions:** Use your imagination on this exercise and incorporate just about anything to allow the kids to warm up, perform a golf movement, and have fun! Some examples: Simon says, "do jumping jacks" Simon says, "rotate side to side" Simon says, "throw an underhand ball" Simon says, "use your arms like a grandfather clock" "touch your nose!" Of course, if the instructor does not say "Simon says", then that person is "out". Depending on what I'm working on for the day (full swing, putting, chipping), I will change the movement that "Simon" is asking for.

**Submitted By:** Jennifer Greggain, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Wiggle & Jiggle

**Required Equipment:** None

**Time Allotment:** 5 min

**Applicable Program Levels:** White, Orange

**Supported Core Modules:** Movement Skills

**Objective(s):** A fun way to warm up before the session.

**Step-by-step Instructions:** This a good way to engage the kids, especially the younger ones. Get them to spread out so they have at least arms length between each other. When the instructor says wiggle and jiggle, they must move around and shake their arms and legs in a silly and fun way. While they are doing this, the instructor can shout out demands such as, "jumping jacks" or "high knees" and the kids must follow. Once the instructor says "wiggle & jiggle" they go back to shaking and being silly.

**Submitted By:** Kim Stanlake-Cammer

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Putting Distance Control</b>
<b>Required Equipment:</b>	Putter, 3 golf balls, 5 tees
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	Blue, Black
<b>Supported Core Modules:</b>	Skill Development, On Course Play, Mind Matters
<b>Objective(s):</b>	Objective of this drill is for the student to train for distance control and to heighten their awareness of feel in a competitive environment.
<b>Step-by-step Instructions:</b>	1. Set tees at 5, 10, 15, 20 feet from the hole. 2. Another tee at 3 feet behind the hole as a boundary. 3. With a series of three balls from the first tee at 5 feet, putt to the hole without looking. Within two seconds of your stroke say out loud whether you've hit it short, perfect (holed the putt or within the hole and the boundary tee), or long. 4. Move back from 5 feet, to 10 feet if you are correct in all of your assumptions. Continue this at 15 and 20 feet. 5. For greater challenge, putt all three balls in the hole or within the tee boundary. For the greatest challenge, if the student putts the ball short of the hole or outside of the boundary at any point, move back to the first station. 6. Do this with a friend or instructor to increase the competitive spirits.
<b>Submitted By:</b>	Ben Moser

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Obstacle Course</b>
<b>Required Equipment:</b>	Hula hoops, 4 pool noodles, spikes, rope and speed trainers
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	Develop key fundamental motor skills.
<b>Step-by-step Instructions:</b>	1. Use the rope to establish a starting/safety line.2. Drive the pool noodles into the ground creating a line for the juniors to walk on developing balance.3. Set up 8 or 10 smaller hula hoops all touching for the juniors to jump between. (Similar to tire drill in football) 4. Set another 4 hula hoops on the ground well away from the pool noodles and tires. These are safety circles 5. Place a speed trainer in each of the 4 hula hoops. For the juniors to take swings. Supervise this area and be sure to explain to the juniors they must stay in the hula hoop on the ground (safety circle). Look for set up, "make your Ls", create some speed and finish in balance. I typically add a 4th station Jump rope, bear crawl, jumping jacks etc. be creative and get the blood flowing!
<b>Submitted By:</b>	Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Athletic Posture Introduction</b>
<b>Required Equipment:</b>	Golf club
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Introduce Juniors to a solid set up position.
<b>Step-by-step Instructions:</b>	Demonstrate proper set up position for the juniors. 1. Start by standing nice and tall. 2. Take a golf club and place it on your hip bones and push your hips back tilting your spine forward. Keep you back as straight as you can. 3. Bend your knees so you feel strong and connected with the ground. 4. Adjust knee flex and hip bend until your body weight is centered in the arches of your foot. Next have the juniors go through these steps as they hit ball. Tell them you want to see and even hear them recite the steps of a proper set up. As you walk the line give individuals advice to help them get in a perfect set up position.
<b>Submitted By:</b>	Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Par 18</b>
<b>Required Equipment:</b>	Putting or chipping green
<b>Time Allotment:</b>	20 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development, On Course Play
<b>Objective(s):</b>	To improve chipping and putting skills. To track improvement by keeping statistics. To experience real golf conditions and competition while practising.
<b>Step-by-step Instructions:</b>	Choose a starting point around the putting/chipping green and choose a hole that you will chip toward. Chip onto the green and continue to putt until you have holed out. Play nine different holes and record each score (no mulligans or gimmes). Keeping score will simulate a real round of golf and will help you measure your improvement by comparing your scores. Choose 3 easy chips (Example: close to the green allowing the ball to roll), 3 medium difficult shots (Example: longer carry distance to the green and more difficult lie); and 3 difficult chips (Example: high lob shots with a difficult stance and lie). To make "PAR 18" more competitive, play against an opponent and have them drop your ball creating your lie and you drop their ball.
<b>Submitted By:</b>	Bob Beauchemin, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Putt to a Tee</b>
<b>Required Equipment:</b>	Ball, putter, tee and putting green
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development, Mind Matters
<b>Objective(s):</b>	Putt to a smaller than normal target to develop more confidence.
<b>Step-by-step Instructions:</b>	Place a tee into the green. Hit ten putts of various lengths(three to ten feet) trying to hit the tee. Then hit the same putts to an actual hole. Your target should appear much bigger making it seem easier to make the putts.
<b>Submitted By:</b>	Bob Beauchemin, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Don't Step on the Line!</b>
<b>Required Equipment:</b>	Ball markers on practice putting green
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Golf 101, On Course Play
<b>Objective(s):</b>	Navigate around the green without stepping on someone's line.
<b>Step-by-step Instructions:</b>	Objective- Practice etiquette, raise awareness and discipline of watching out for ball markers to avoid stepping on playing partner's line. Place 2 ball markers around a cup on the practice green. Have students form a circle around the hole, walking slowly around the flag watching where they are placing their feet. Every 30secs add another ball marker to increase the difficulty. Add a competitive component to the game by keeping a watchful eye out for line violations. Kids are "knocked out" like musical chairs for stepping on a line or for speaking above a whisper until there is one or two "winners".
<b>Submitted By:</b>	Jodi Reimer, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Blackjack</b>
<b>Required Equipment:</b>	5 hula hoops
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Good for chipping target practice.
<b>Step-by-step Instructions:</b>	Each student will get 5 balls, 2-5 to chip and up to 3 to throw. Set up hula hoops at varying distances depending on skill level. Assign points to each hoop. Get into teams and chip or throw until one team successfully gets 21 points. If a team goes above 21, points are reduced to 11. Strategy will need to be used in order to not exceed 21 points.
<b>Submitted By:</b>	David Gourlie, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>3 Ball Putting Drill</b>
<b>Required Equipment:</b>	3 golf balls, a tee and a putting green
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Putting distance control.
<b>Step-by-step Instructions:</b>	Choose a straight uphill putt on the putting green. Place a tee about 18 inches past the hole. Place the golf balls 3, 6 and 9 feet away from the hole or one putter length, two putter lengths and three putter lengths away from the hole. Stroke the putts trying to hole them but making sure that if the putt does not go in it travel eighteen inches past the hole near the tee. Then go to left of the hole giving yourself a left to right breaking putt and set up the balls at the 3, 6 and 9 foot distances. Once those three putts have been stroked move to your left giving yourself straight downhill putts of the same distances, then move to your left again giving yourself three right to left breaking putts. Always move the tee so that it is placed 18 inches behind the hole. This drill should help you with your distance control on all types of putts.
<b>Submitted By:</b>	Bob Beauchemin, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Putting Speed Control</b>
<b>Required Equipment:</b>	Surveyor's tape, putters, balls
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Golf 101, Skill Development, On Course Play, Life Skills
<b>Objective(s):</b>	Teach Juniors to control the speed of their putts.
<b>Step-by-step Instructions:</b>	1. Use the surveyors Tape to create a Line on the putting green. 2. Have the juniors hit putts trying to stop the ball as close to the line as possible. 3. If juniors are younger or struggling start with them rolling the ball by hand. 4. After a few practice runs turn it into a game with each player putting to the line. The closest ball to the line wins the game.
<b>Submitted By:</b>	Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Driving Range Tour

**Required Equipment:** Driving range

**Time Allotment:** 5 min

**Applicable Program Levels:** White, Orange

**Supported Core Modules:** Golf 101

**Objective(s):** Educate Juniors on expected behaviour and range rules.

**Step-by-step Instructions:** 1. Gather the juniors at the driving Range 2. Review with the Juniors Local Range Rules. a. Juniors age 9 and under must be directly supervised b. When range is full Juniors must offer their hitting stall to waiting adult members. 3. Go over Safety Rules a. No Running b. Never leave your hitting stall c. Don't chase after your ball...etc. d. Show the juniors how to hold their club in the "safety position" 4. Finish by going and getting a drink of water from the water station.

**Submitted By:** Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Full Swing Demonstration

**Required Equipment:** Range, any golf club

**Time Allotment:** 5 min

**Applicable Program Levels:** White, Orange, Blue, Black

**Supported Core Modules:** Skill Development

**Objective(s):** Demonstrate a golf swing for Juniors.

**Step-by-step Instructions:** Make this relatively quick. Walk the Juniors through your set up checks. A. Stand nice and tall B. Bow forward from the hips, place a club on your hips. C. Flex your knees so your weight is centered in you arches. D. Let your arms hang from this position. E. Hold the club (I use training grips on all my teaching clubs - helps a lot) 1. Start your swing Make an "L" away from the target. 2. Create some speed and hit the ball. 3. Make an L toward the target. 4. Finish in balance with your belly button pointing at the target.

**Submitted By:** Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>SNAG Chipping/Pitching Fundamentals</b>
<b>Required Equipment:</b>	SNAG hula hoop clock
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	White, Orange
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Introduce chipping/pitching fundamentals to Juniors.
<b>Step-by-step Instructions:</b>	The chip is used to produce a launch that has little air- time and greater ground time. It is similar to a bowling motion. The setup with the ball in front of the rear foot and the target arm and club in a straight line enables the SNAGSTER to produce the desired low running launch. As the target foot is moved sideways toward the target, this straight line is naturally formed. The wrists should never set or reset. The “long Y” should retain its position throughout the stroke. FUNDAMENTALS • Assume the ready position (“tall A”, “long Y”). • Swing away to 8 o’clock. • Brush through to 4 o’clock, holding the long “Y.”
<b>Submitted By:</b>	Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Tic-Tac-Toe Chipping/Pitching</b>
<b>Required Equipment:</b>	Surveyor's tape, coloured balls
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Golf 101, Skill Development, On Course Play
<b>Objective(s):</b>	Apply Chipping/Pitching techniques in a familiar game for Juniors.
<b>Step-by-step Instructions:</b>	Use Surveyor's tape to make a tic-tac-toe game board on the green. Depending on skill level adjust size of the board. Complete this before lesson beings. Pick a spot around the green, have the juniors chip balls onto the tic-tac-toe board on the green. If their ball comes to rest in one of the squares, they own that spot. The goal is to own 3 spots making a line just like tic-tac-toe. To add pitching into the equation, use another piece of Surveyor's tape and make the juniors carry the ball past that line. Adjust spacing based on skill.
<b>Submitted By:</b>	Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Video Tape Juniors Swing</b>
<b>Required Equipment:</b>	Video recording device
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Gather video of juniors swings to assist communication and track changes.
<b>Step-by-step Instructions:</b>	After creating a safe environment. Let the juniors practice hitting the ball as you walk the line. Walk along the line and video tape the junior's swing. Review video with juniors to make quick fixes or help communicate concerns you may have. After the lesson is over, use the video to help formulate a plan customized for the specific junior.
<b>Submitted By:</b>	Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Home Run Derby</b>
<b>Required Equipment:</b>	Driving range
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development, On Course Play
<b>Objective(s):</b>	Create a fun competition for the juniors to test their full swing skills.
<b>Step-by-step Instructions:</b>	Establish a home run line out on the range. you could use signage this would take some planning. Depending on skill, I have used the edge of the tee deck all the way to a practice green 200 yards away on the range. Let the juniors take turns trying to hit "home runs". If a junior hits a home run they keep going, if a junior fails to clear the "home run wall" they get a strike, 3 strikes and your out.
<b>Submitted By:</b>	Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Intro to Ball Contact  
**Required Equipment:** Foot spray, golf club  
**Time Allotment:** 10 min  
**Applicable Program Levels:** Orange, Blue, Black  
**Supported Core Modules:** Golf 101, Skill Development

**Objective(s):** Introduce juniors to the importance of ball contact in full swing. Give them a tool to monitor progress.

**Step-by-step Instructions:** 1. Explain to juniors how miss hits effect the flight of the ball. Tailor this explanation based on the groups program level. A. Orange level = If you hit the center of the club face the ball will go farther. B. A learn to compete junior may be ready to know contact toward the toe creates a hook spin on the ball. Assuming face and path are square. 2. Spray the juniors club face with foot spray this will leave a coating on the club that will show ball contact on club face. 3. Let the juniors hit a shot and report where they struck the ball. 4. You can challenge more advanced juniors by having them predict where they struck the ball on the club face before they look.

**Submitted By:** Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Ribbon Club Swings for Speed  
**Required Equipment:** Ribbon club, hula hoop safety circles  
**Time Allotment:** 5 min  
**Applicable Program Levels:** White, Orange, Blue, Black  
**Supported Core Modules:** Skill Development

**Objective(s):** Teach Juniors to create hand speed in their swing.

**Step-by-step Instructions:** 1. Set up safety circles 4 yards apart on the range. 2. Place Ribbon Club in each circle (the SNAG Snapper is an example of a ribbon club) 3. Demonstrate how the ribbon club works. A. Start your swing Make an "L" away from the target. B. Create some speed listen for the ribbon to SNAP. C. Finish in balance with your belly button pointing at the target.

**Submitted By:** Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Green Side Chip or Putt Conversation</b>
<b>Required Equipment:</b>	Ball, putter, wedge
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Golf 101, On Course Play, Mind Matters
<b>Objective(s):</b>	Give Juniors the tools to decide if they should chip or putt when facing a green side shot.
<b>Step-by-step Instructions:</b>	1. Select an easy 2 putt from the fringe. 2. Ask Juniors to hit the shot. 3. Ask the junior why they chose to chip or putt. 4. Explain the advantages and disadvantages to each choice. Next Drill/ Activity is the Chip or Putt test. Juniors will hit 5 putts and 5 chips from the same spot and gauge their success.
<b>Submitted By:</b>	Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Chip or Putt Test</b>
<b>Required Equipment:</b>	Ball, putter, wedge
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development, On Course Play, Mind Matters

**Objective(s):** Allow the Junior to discover what works best for them chipping or putting from the fringe.

**Step-by-step Instructions:** After completing the Chip or Putt conversation. 1. Use the same location or select a different "easy 2 putt from the fringe" 2. Explain to the juniors we are going to test and see what works best for you. 3. Have the Juniors hit 5 putts and 5 chips from the same spot and record the results or use coloured balls and leave them there. 4. Based on the results let them tell you what shot they should pick. I would expect to see better results from the putt up to a certain program level. Use the results to teach the junior what shot they should choose. If they putt better than they chip. Encourage them to practice until the chip yields better results than a putt.

**Submitted By:** Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Grip Discussion</b>
<b>Required Equipment:</b>	Golf clubs, training grips
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Orange, Blue,
<b>Supported Core Modules:</b>	Golf 101, Skill Development
<b>Objective(s):</b>	Introduce the different types of grips and leave juniors with the impression of how important the grip is.
<b>Step-by-step Instructions:</b>	<ol style="list-style-type: none"><li>1. Explain the 3 types of grip...10 finger, overlap, interlocking.</li><li>2. Include some golf 101. Quickly make sure everyone knows the parts of the club. If you have training grips start the juniors with the training grip clubs.</li><li>3. Have kids replicate your example and check for adjustments</li><li>4. Focus on hitting short shots with proper grip. Let the juniors hit some shots with the training clubs.</li><li>5. Then have each junior transfer their grip from the training club to their own club and let them swing some shots with no training grip.</li></ol>
<b>Submitted By:</b>	Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE

**Drill Name:** Alignment Discussion and Practice

**Required Equipment:** Alignment sticks, club

**Time Allotment:** 15 min

**Applicable Program Levels:** Orange, Blue, Black

**Supported Core Modules:** Golf 101, Skill Development

**Objective(s):** Demonstrate the importance of alignment and introduce methods for juniors to monitor their alignment.

**Step-by-step Instructions:** 1. Start by explaining the importance of alignment, you can even say Tour Pros are working on this constantly. We want to have our shoulders, hips and knees all aligned with each other. 2. Hit a few shots for the juniors with crazy alignment. Tell the juniors where you are aiming. Aim your foot line way right and your shoulders way left for example. Show them some struggles with horrible alignment. Ask the Juniors to help you align yourself. Direct them to the answers as you go through this activity. 3. Demonstrate proper alignment using an alignment stick and explain the importance of having shoulders, hips and knees aligned. 4. Have students demonstrate the set-up steps from the first part of the lesson and add in proper alignment with use of an alignment stick. 5. Explain to Juniors the benefits of starting your full swing practice with 5 min of setup and alignment block practice every session just like the tour pros.

**Submitted By:** Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Scramble to Balance

**Required Equipment:** None

**Time Allotment:** 5 min

**Applicable Program Levels:** White, Orange, Blue, Black

**Supported Core Modules:** Movement Skills

**Objective(s):** This drill trains agility, reaction time, balance and proprioception. This is a great activity for kids at any stage of development.

**Step-by-step Instructions:** Starting Position: Have all the players form a big circle around the coach. Players will start lying on the ground on their stomach with their eyes closed. Action: The coach will explain the rules and will indicate a cue (auditory or physical) which signals the players to start. As soon as the cue is announced by the coach, players will scramble to their feet as fast as possible and balance on one leg while keeping their eyes closed. Cues: Cues can be varied in an attempt to see if the players are listening and engaged. For example, cues could be: "When I say GO", "When I clap my hands", "When I say GOLF" or "When I touch your right shoulder". Vary the leg they are standing on, switch between right and left.

**Submitted By:** Jeff Overholt, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Monster Walks</b>
<b>Required Equipment:</b>	None
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	An activity that promotes good mobility in the hips and torso. This is a great warm-up activity for kids of any stage of development.
<b>Step-by-step Instructions:</b>	Starting position: Have all the players form a line between two pylons. The coach will demonstrate and explain how to perform the movement. Action: Players will take a big step forward and drop their back knee to a position which is slightly off the ground. At the same time they will raise their opposite arm to the sky. They will perform this action between pylons which are roughly 20 yards apart. When they reach the second pylon, they will jog back to the starting position. This will be repeated three times. Coaching cues: "Drive lead heel into the ground" "Lead knee stays over top of ankle" "Make the step as big as possible" "Upper body tall and big reach."
<b>Submitted By:</b>	Jeff Overholt, PGA

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## DRILL & ACTIVITY DATABASE

<b>Drill Name:</b>	<b>Frankenstein Walk</b>
<b>Required Equipment:</b>	Cones
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	Warm-up and dynamic movement.
<b>Step-by-step Instructions:</b>	Part of warm-up activities - hamstring stretch. Set cones 30 feet apart and based on number of participants, 4-6 golfers per set of cones. If 6 golfers per set of cones, 3 at one cone and 3 at the opposite cone. one side starts by walking with arms straight out in front shoulder height and with each step their goal is to kick leg out and have toes touch hand. So right toes touch right hand, step, left toes touch left hand. Frankenstein walk to opposite cone, high five next in line and they go. Not about fastest, yet who can make the best Frankenstein impression.
<b>Submitted By:</b>	Kathy Gook

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## DRILL & ACTIVITY DATABASE

**Drill Name:** Tennis

**Required Equipment:** 1 golf ball, 1 putter

**Time Allotment:** 10 min

**Applicable Program Levels:** White, Orange, Blue

**Supported Core Modules:** Skill Development

**Objective(s):** This is a great drill to improve putting skills.

**Step-by-step Instructions:** Purpose: The ultimate goal in tennis is to score more points than your opponent(s). You score points by sinking putts in your opponent's hole. How to play: The 2-person game is played between any two holes on the practice green -- determined by the players before the match begins. Each player sets themselves up beside one of the holes and prepares to putt. Players putt their ball towards the other hole, trying to sink their putt in the opponent's hole. If both players miss, then each player hits another putt, this time with the ball that was hit to them. Players must remain at the hole until someone sinks a putt. If any player sinks a putt at any time, then the players switch holes, and one point is scored for the successful putt. The Scoring: The primary objective of the game is to make more points than your opponent. Usually, the game is played to 6 points and you have to win by at least 2 points, but players can establish their own ground-rules.

**Submitted By:** Jon Roy, PGA

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## DRILL & ACTIVITY DATABASE

**Drill Name:** Breathe It Out (Tension Control)

**Required Equipment:** None

**Time Allotment:** 5 min

**Applicable Program Levels:** White, Orange, Blue, Black

**Supported Core Modules:** Mind Matters

**Objective(s):** This is a great tension control drill. Proper breathing sends more oxygen to your blood and to your brain, which will mean less tension in your muscles and clearer thinking. While an optimum level of tension helps you perform at your best, too much (or too little) tension can restrict you.

**Step-by-step Instructions:** Loosen your shoulders and slowly exhale out your mouth -- keep it going several seconds as you push all of the air out of your body. Next, let your breath come back in quietly and naturally. Focus on breathing out -- so your stomach moves in. Keep it going for at least five puffs, remembering to do it slowly.

**Submitted By:** Dr. Dana Sinclair

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## DRILL & ACTIVITY DATABASE

**Drill Name:** The Marshmallow Melt

**Required Equipment:** None

**Time Allotment:** 5 min

**Applicable Program Levels:** White, Orange, Blue, Black

**Supported Core Modules:** Mind Matters

**Objective(s):** To learn how to get your muscles loose and relaxed. This helps get rid of tension.

**Step-by-step Instructions:** While you are waiting at a tee box, start by just thinking about your legs and how they feel. Start to wiggle them to make them loose. Imagine them "melting" or "sinking" like marshmallows in a big cup of hot chocolate. Keep it going for about 10 seconds. Repeat steps 1-4 for other body parts (e.g. arms, head, etc.).

**Submitted By:** Dr. Dana Sinclair

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## DRILL & ACTIVITY DATABASE

<b>Drill Name:</b>	<b>Around the World</b>
<b>Required Equipment:</b>	1 golf ball and 1 putter per player
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	Orange, Blue
<b>Supported Core Modules:</b>	Skill Development, On Course Play
<b>Objective(s):</b>	A game to improve putting skill.
<b>Step-by-step Instructions:</b>	Place tees at various distances around a hole (from 6 to 10 feet). All players start at the same tee. The first player hits one putt and if he/she sinks it, the player moves onto the next tee -- if that goes in, the player moves onto the next tee until a putt is missed (wait at that tee until the others miss). Then the next player putts to see how far around he/she can before missing. The winner is the first player to sink a putt from all the tees.
<b>Submitted By:</b>	Dave Woods

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## DRILL & ACTIVITY DATABASE

<b>Drill Name:</b>	<b>Favourite Number Game</b>
<b>Required Equipment:</b>	Sidewalk chalk
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	White, Orange
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Great introductory drill to the "finish position".
<b>Step-by-step Instructions:</b>	With sidewalk chalk, the kids write their favourite on the bottom of their shoe (back foot in golf stance). The kids' only task is to swing and be able to show the instructor their favourite number. This drill is a good introduction to the finish position.
<b>Submitted By:</b>	Glenn Cundari, PGA

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## DRILL & ACTIVITY DATABASE

<b>Drill Name:</b>	<b>Alignment Drill</b>
<b>Required Equipment:</b>	Range mats, driving range
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Orange, Blue
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Great drill for alignment to the target.
<b>Step-by-step Instructions:</b>	Working in partners (must be on range mats), have the partner tell the other person where he/she wants the balls to fly. The other partner then draws a line from toe to toe and they both step back and look at where the child's feet are aimed. They then rub it off with a towel and then hit the shot or adjust as needed if it was not accurate. This is great for socialization as well. The instructor must be VERY clear on rules for safety with this activity.
<b>Submitted By:</b>	Glenn Cundari, PGA

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## DRILL & ACTIVITY DATABASE

<b>Drill Name:</b>	<b>Who or What am I?</b>
<b>Required Equipment:</b>	Blank address labels
<b>Time Allotment:</b>	30 min
<b>Applicable Program Levels:</b>	White, Orange
<b>Supported Core Modules:</b>	Golf 101
<b>Objective(s):</b>	Good game for introducing golf terms or learning about the history of Canadian golf. Applies directly to the Golf 101 section.
<b>Step-by-step Instructions:</b>	Once in a while, on a Junior Clinic night, a name tag (address label) of a famous golfer or golf related term is put on the back of each players' shirt. During the duration of the lesson, the players can ask each other questions about the famous golfer or golf related term on their backs with the goal of being able to identify what is written on their back by the end of the lesson or clinic.
<b>Submitted By:</b>	Cathy Sherk, PGA

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## DRILL & ACTIVITY DATABASE

<b>Drill Name:</b>	<b>Toss or Bowl</b>
<b>Required Equipment:</b>	Putting green, 2 golf balls per participant (2 different colours)
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	The objective of the activity is to teach the difference between chipping and pitching. It can be adapted for different age groups. With younger kids, the emphasis is on fun and motor skills. With older kids, emphasis is on bowling (chipping) being a more consistent and accurate way to get the ball near the hole from close to the green.
<b>Step-by-step Instructions:</b>	Students line up a couple steps back from the edge of the green, in a safe manner. They all take their first golf ball (white), and using an under-hand throw, toss it up in the air towards a chosen hole. The object is to throw it as high as possible and land it as close as possible, with minimum roll. We then observe where all the balls ended up, highlighting balls that ended up far away from the hole. We then take the second ball (more colourful) and carefully roll it like a bowling ball towards the hole. Hopefully, the coloured balls have a tighter shot dispersion, and the benefits of chipping are explained without any technical explanations.
<b>Submitted By:</b>	Andrew MacKay

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## DRILL & ACTIVITY DATABASE

**Drill Name:** “21” The Double-Edged Sword

**Required Equipment:** Putter

**Time Allotment:** 10 min

**Applicable Program Levels:** White, Orange, Blue, Black

**Supported Core Modules:** Skill Development

**Objective(s):** Putting practice and routine made fun!

**Step-by-step Instructions:** Choose a distance from 5-10 feet. Use two tees to make up the area where the competitors will stroke the ball from. Putts made from the line are awarded two points. When the competitor misses from the line, the opponent will have the opportunity to putt out from where the ball came to rest. If the ball is successfully holed the player will earn a single point. The player will then go to the line and have the opportunity to putt for two points and the game continues until 21 points are accumulated. The pace of the putt is key in this game. If players are putting the ball with hole weight it will be easy for their opponent to make their single point attempt. If the ball has a fair amount of pace, the ball will get to the hole. If the players misses the putt it will have their opponent left with a putt from 3-4 feet."21" is a great because it allows players to get on hot streak from the line and makes them bare down on short crucial putts that are so important to score on and capitalize in golf.

**Submitted By:** Phil Grosse

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Putt the World</b>
<b>Required Equipment:</b>	Putter, golf balls, tees
<b>Time Allotment:</b>	20 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development, On Course Play

**Objective(s):** To promote concentration, precision and to build confidence within the golfers. This exercise has a little competitive twist to it which can be utilized when teaching a group of competitive minds.

**Step-by-step Instructions:** Concept: Around the world - The following steps can be alternated to accommodate the size of the group. 1. Find a hole (or more) on the putting green and place a series of 3 tees a putters length away from the hole. 2. Add 3 more series of 3 tees on that particular hole so that you have a total of 4 lines, 3 tees each line and a putters length in between each of the 3 tees. 3. Have the golfer either pair up with a partner or have them by themselves. 4. The golfer has 1 ball, placed at the first tee nearest of the hole. 5. The golfer must putt until it is made. He/she then proceeds to the next tee which is clockwise (same length putt) but a different break to the hole (unless its flat). The golfer must make that putt as well to continue clockwise until he/she reaches the original putt. 6. Once the golfer is at the original putt, he/she must move back to the 2nd tee which should be at 2 putters length. The circle continues until the 2nd row of tees is completed clockwise. After its complete move on to the 3rd set of tees which is 3 putter length away. 7. The objective of the game is to complete the circuit before the other competitors. Although, once the putt is missed, the golfer must go back to the first putt without leaving that row of tees. Instructors can adjust the length of the tees accordingly by the level of skill their players have. They can also add more rows and if the team is paired up, once the putt is missed, the partner has to restart from that row and try it again.

**Submitted By:** Michaël Desjardins

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Badminton Chip</b>
<b>Required Equipment:</b>	Cones, badminton rackets, foam balls, airstream balls, net
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Improve hand-eye coordination, ball flights, and reaction time.
<b>Step-by-step Instructions:</b>	Child 'A' chips a foam ball over the net. Child 'B' stands opposite child 'A' and tries to hit the ball back in flight into the designated square. Ball over the net and in child 'B' his playing field = 1 point. Ball over the net and touched by 'B' = 2 points. Ball over the net and played back over the net = 3 points. Ball over the net and returned over the net and into the designated square = 5 points.
<b>Submitted By:</b>	Glenn Cundari, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Chip and Catch</b>
<b>Required Equipment:</b>	1 dip net, 10 foam balls and a pitching wedge
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Movement Skills, Skill Development, On Course Play
<b>Objective(s):</b>	Ball flight and hand-eye coordination.
<b>Step-by-step Instructions:</b>	The game coach forms duos. Child 'A' chips plastic or foam balls off the mat. Child 'B' stands in a hoop with a dip net and tries to catch the ball that child 'A' chips. Child 'A' may chip 10 balls. If the ball flies, the team receives 1 point. If the ball is caught the team receives 1 point. You get the total result by multiplying the points received for flying by the points received for catching. Which team has the most points?
<b>Submitted By:</b>	Glenn Cundari, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Switch Channels

**Required Equipment:** None

**Time Allotment:** 5 min

**Applicable Program Levels:** Blue, Black

**Supported Core Modules:** Mind Matters

**Objective(s):** How to deal with negative "Self Talk" and negative thoughts.

**Step-by-step Instructions:** All of us have negative thoughts that enter our minds at some point during round of golf. Negative thoughts and negative "Self Talk" and be counter-productive to good performance. A strategy to deal with negative thoughts is to:1 Identify beforehand thoughts that are probably not going to help you play well. Some examples are; worrying about your score; previous bad shots, swing mechanics; slow play; what others think of you; bumpy or fast greens; bad weather etc. Compile your own list.2 Identify thoughts that will probably help your game. Some examples are; while in the "Think Box" (behind the ball) analyze what will affect your next shot; while in the "Play Box" (beside the ball) focus on Tempo and Target and between shots focus on things that are non golf related and keep your mind relaxed and happy.3 When a negative thought pops into your mind on the course as described in #1, "Switch the Channel" and replace the negative thought with an appropriate one outlined in #2. This procedure sounds easy but may take practise to trust and perform when under pressure.

**Submitted By:** Bob Beauchemin, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Pre-Shot Routine

**Required Equipment:** None

**Time Allotment:** 5 min

**Applicable Program Levels:** Orange, Blue, Black

**Supported Core Modules:** On Course Play, Mind Matters

**Objective(s):** Consistent pre-shot routine = consistency.

**Step-by-step Instructions:** Developing a consistent Pre-shot Routine is a major key to consistency. A good routine consists of preparing yourself physically and mentally to hit a shot. Mentally you need to: 1. Analyze the conditions that will affect your upcoming shot (wind; lie; distance etc.). 2. Decide what club and type of shot you will hit (visualize) and commit to it. This all take place in "The Think Box" (behind the ball). 3. Move into "The Play Box" (beside the ball) to execute the shot. While executing the swing your thoughts should be focused on "Tempo and Target". Physically you need to; 1. Establish a good grip; aim (clubface and body) and set-up (posture; ball position; stance width etc.). 2. Then make the swing and execute the shot you visualized in your mind. This all takes place in "The Play Box" (beside the ball). Practise your routine until it becomes automatic and stick to it when the pressure is on.

**Submitted By:** Bob Beauchemin, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>9 Shot Drill</b>
<b>Required Equipment:</b>	Clubs, balls and range
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	Blue, Black
<b>Supported Core Modules:</b>	Skill Development, Mind Matters
<b>Objective(s):</b>	To visualize different Ball Flights and how to execute different shots.
<b>Step-by-step Instructions:</b>	Take a 7 iron (drill can be performed with any club except putter); separate nine golf balls from the bucket and pick a target. Hit nine shots with the following Ball Flight characteristics: 1. Hit the first ball with a typical swing toward the target. Hopefully, you hit a standard shot in terms of Distance, Direction and Trajectory. 2. Hit the second shot with a higher-than-normal trajectory, toward the target. 3. Hit the third ball with a lower-than-normal trajectory, toward the target. 4. Hit the fourth ball with a draw/hook, starting the ball away from the target and drawing/hooking it back to the target. 5. Hit the fifth ball with a higher-than-normal draw back to the target. 6. Hit the sixth ball with a lower-than-normal draw back to the target. 7. Hit the seventh ball with a fade/slice, starting away from the target and fading/slicing back to the target. 8. Hit the eighth ball with a higher-than-normal fade back to the target. 9. Hit the ninth ball with a lower-than-normal fade back to the target. Evaluate the shots in terms of how well you controlled the desired shape (distance, direction and trajectory).
<b>Submitted By:</b>	Bob Beauchemin, PGA

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## DRILL & ACTIVITY DATABASE

**Drill Name:** SMART Goals

**Required Equipment:** None

**Time Allotment:** 30 min

**Applicable Program Levels:** Orange, Blue, Black

**Supported Core Modules:** Mind Matters

**Objective(s):** Develop the ability to set effective goals.

**Step-by-step Instructions:** Using the acronym SMART can be useful when setting goals. S=Specific; make your goals specific, not vague. Example: "I would like to lower my handicap from 15 to 10 next year" is much more specific than "I would like to improve my golf game". M=Measurable; make your goals easy to measure. Example: "I would like to lower my average number of putts per round from 35 to 29" is much easier to measure than "I would like to be a better putter". A=Adjustable; make goals that are easy to adjust. One of Jordan Speith's goals in his rookie year as a professional was to earn his PGA TOUR card for the next year. Halfway through his first season he needed to adjust his goals because he won a PGA TOUR event and secured his card for the next two years (next goals FedEx Cup, Masters?). R= Realistic; set your goals high, so that you can challenge yourself to improve but not too ridiculously high that it would be improbable for you to attain them. Example: If you are currently a 10 handicap, a goal of winning The Canadian Open next year would be unrealistic but winning your Junior Club Championship may be quite realistic. T=Time; put a deadline on your goals, "Short term goals" may include your next shot or one within the next few weeks, "Mid term goals" may be ones that are a few months away up to a year, and "Long term goals" may extend from 5, 10 or even 20 years from now. The goal of winning the Canadian Open next year (mid term goal) is very unrealistic, but if you believe you can accomplish it someday (long term goal) and are willing to do what it takes to achieve it, WHY NOT!

**Submitted By:** Bob Beauchemin, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Putting Line Practice Station</b>
<b>Required Equipment:</b>	Putting line, putters, hockey pucks to be used as target.
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Golf 101, Skill Development
<b>Objective(s):</b>	Create a practice station that simplifies learning to putt.
<b>Step-by-step Instructions:</b>	<p>Make 6 putting lines one for each student: Get 2 pencils and attach a string to each end. Creating a putting line to be suspended over the students Putter, Ball and Hole. Once you have your strings made set up the stations. 1. Select a flat area on the green. 2. Place 6 putting lines parallel to each other 4 feet apart. 3. Place a hockey puck as a target. Test to make sure the ball when stroked down the putting line will hit the puck. Complete the above steps before the start of the lesson. Demonstrate how to use the stations. You have a putting line suspended 7 inches off the putting green. 1. Show the juniors where to place the ball. (under the string close to the pencil) 2. As juniors typically have a default back swing that is too long. I place the ball under the line and 8 inches from the pencil stuck in the ground. This will teach them to not swing the putter so far back. 3. Have juniors try to move their head so the line covers the ball, and also covers the line on their putter. This will get their eyes over the ball and teach them to aim the putter at the target. 4. Tell the juniors to keep the putter under the line as they hit putts. 5. Allow them to practice putting using the station adjust ball position as needed. Encourage them to keep track of how many times in a row they can hit the puck/target.</p>
<b>Submitted By:</b>	Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Putting Green Tour

**Required Equipment:** Putting green, putter

**Time Allotment:** 5 min

**Applicable Program Levels:** White, Orange

**Supported Core Modules:** Golf 101, Life Skills

**Objective(s):** Educate the Junior on putting green rules, etiquette and repair.

**Step-by-step Instructions:** 1. Gather the juniors into a group. 2. Start by explaining some basic putting green rules. A. No running on the putting green/ don't drag your feet. B. Putter Safety position (hold putter like a cane, I act like a shaky old man, usually gets a laugh). C. Putter head never goes above your knees. D. Don't stand on your putter it damages the green. 3. Explain the different parts of the green (hole, fringe, putting surface). 4. Demonstrate how to properly fix a ball mark and throughout the remainder of the lesson have juniors repair a ball mark when they need a distraction.

**Submitted By:** Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Putting Green Pool</b>
<b>Required Equipment:</b>	Coloured balls, putters, pylons
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Golf 101, Skills Development, On Course Play, Mind Matters, Life Skills
<b>Objective(s):</b>	Teach the Juniors a fun game to play on the putting green. Encouraging them to want to learn to do better.
<b>Step-by-step Instructions:</b>	1. Set up a boundary - I use cones and surveyor's tape, Rope would work too. 2. The game works just like 8 ball on a pool table. Teams need to sink all their coloured balls then sink the 8 ball to win. 3. Teams of 2 will select a colour I give each team 2 or 3 balls. 4. Let the teams take turns trying to putt their balls into the hole. Just like 8ball if a team sinks a ball they get to go again. 5. Once a team sinks their coloured balls they are on the black ball. The team who sinks the black ball wins. Be creative I make rules like only one player inside the boundary. If the rule is broken after a warning, I make them add a ball. I typically end the lesson with this game. I also encourage the kids to challenge their parents after the lesson. Juniors and Parents love this.
<b>Submitted By:</b>	Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Team Tube Challenge</b>
<b>Required Equipment:</b>	2 large buckets of golf balls, 2 range ball picker tubes
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	White
<b>Supported Core Modules:</b>	Movement Skills, Life Skills
<b>Objective(s):</b>	Great golf related game for Level 1 & 2, directly relating to overall fitness & health, plus some values aspects such as teamwork.
<b>Step-by-step Instructions:</b>	Two teams line up 20 feet or so from a large bucket of golf balls that has been emptied onto the ground. The 2 large empty buckets are placed in front of each "team line". Each team leader has an empty "range ball picker tube" and when the whistle goes, each team leader runs to the pile of golf balls and fills his/her tube (20 balls). Once the tube is filled, they run back to the line to empty the tube into their team bucket and the tube is then handed to the next player in line. Each player gets a turn. The team that finishes the challenge first wins.
<b>Submitted By:</b>	Cathy Sherk, PGA

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## DRILL & ACTIVITY DATABASE

**Drill Name:** 21  
**Required Equipment:** Putter  
**Time Allotment:** 30 min  
**Applicable Program Levels:** Orange, Blue, Black  
**Supported Core Modules:** Skill Development, On Course Play

**Objective(s):** To reach 21 first while working on your putting in a competitive environment.

**Step-by-step Instructions:** On the practice putting green, 1 player and up choose 2 holes anywhere from 10 feet to 30 feet apart, the idea is to be able to make some putts. Each player putts from the same location. The player that is closest to the hole receives a point. If a player makes a putt, they receive 2 points, however if the following player makes a putt on top of the previous player, they receive 4 points and so on. If a player lips out and no other player holes out, they receive a point. If any player 3 putts they lose a point. First player to reach 21 points wins.

**Submitted By:** Jason Haley

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Scramble Up and Down</b>
<b>Required Equipment:</b>	Wedge, putter, balls, ball marker
<b>Time Allotment:</b>	20 min
<b>Applicable Program Levels:</b>	Orange, Blue
<b>Supported Core Modules:</b>	Golf 101, Skill Development, On Course Play, Life Skills
<b>Objective(s):</b>	Practice the short game. Learn some etiquette and have some friendly competition.
<b>Step-by-step Instructions:</b>	Break your group up into teams of 2 or 3, depending on group size and skill. Pick 3-9 spots/holes to play from, depending on the time that you have. The pro can pick the holes/spots or the Juniors can. Throw a tee to decide which group goes first. Each team member chips/pitches to the hole and then they choose the best one and mark their position. Continue for all teams. Teams then putt out, based on furthest from the hole to closest to the hole, being careful not to step on anyone's line. Proceed to the next hole and tee off based on the honours system. Keep score and continue until you have reached your allotment of holes.
<b>Submitted By:</b>	Colin Lavers, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Chalk Lines</b>
<b>Required Equipment:</b>	Coloured sidewalk chalk
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	To help players take a proper golf stance, ball position and alignment.
<b>Step-by-step Instructions:</b>	Simply outline with some coloured chalk as to where the feet should go, a line for ball position, an arrow for the club face and perhaps a takeaway line or arc to follow.
<b>Submitted By:</b>	Paul Horton, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Box Jumps</b>
<b>Required Equipment:</b>	Fitness step box (with extra risers)
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	Power development drill to help increase driving distance.
<b>Step-by-step Instructions:</b>	Have the kids form a line in front of a fitness step box with their feet about shoulder width apart. Have each participant try to jump up onto the fitness step box with a very soft, quiet landing and then proceed to the end of the line. With time, you can increase the height of the fitness step box with the extra risers to increase difficulty for older kids. For advanced levels, the kids can jump down off the fitness step box and as soon as they hit the ground, rebound into a vertical jump right away, trying to jump as high as they can. A medicine ball can also be used to increase difficulty of this drill.
<b>Submitted By:</b>	Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Plyo Push-ups

**Required Equipment:** None

**Time Allotment:** 5 min

**Applicable Program Levels:** Black

**Supported Core Modules:** Movement Skills

**Objective(s):** Great power development drill to help increase driving distance.

**Step-by-step Instructions:** This is an advanced drill that is applicable for the Level 7 - Fitness & Health module only. Have the kids assume a standard push-up stance. Make sure the kids stabilize their core muscles and go down into a regular push-up. Have the kids explode up and clap their hands before progressing into the next push-up motion. Have the kids repeat this motion as many times as they can do it. To increase the difficulty even more, you can have kids place their feet on top of a stability ball (swiss ball).

**Submitted By:** Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Lateral Bounding</b>
<b>Required Equipment:</b>	None but you can add a medicine ball to increase difficulty
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Black
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	Great power development drill to help increase driving distance.
<b>Step-by-step Instructions:</b>	Have the kids start in an athletic stance with their feet about shoulder width apart. The kids can start by standing on their right leg and jumping to their left side and landing on their left leg. The kids jump back and forth maintaining a good posture throughout the exercise. Only one foot should be on the ground at any one time. Have the kids do 3 sets of 6-8 jumps. Coaching Tip -- make sure the kids are giving 100% effort to get the most out of this drill. Get as high of a jump as possible.
<b>Submitted By:</b>	Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Split Jumps  
**Required Equipment:** None  
**Time Allotment:** 5 min  
**Applicable Program Levels:** Black  
**Supported Core Modules:** Movement Skills

**Objective(s):** Great power development drill to help increase driving distance.

**Step-by-step Instructions:** From a standing position, start by stepping forward with your right foot. Pretend like you are standing on a balance beam (narrow your base) and lower your torso and pelvis down, keeping your posture upright. Allow your back heel to come off the ground and make sure your front knee stays over your front ankle (Don't let your front knee go forward past your ankle!!!) from the down position, explode up into a full jump and switch the positions of your feet in the air. You should land in a lunge position with your left foot forward. Repeat the jumps back and forth and do three sets of 6-8 jumps. Coaching tip -- make sure the kids are giving 100% effort during this drill. Get as high a jump as possible.

**Submitted By:** Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>3 Step Chipping Drill</b>
<b>Required Equipment:</b>	Several golf balls, several golf clubs, wedges
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	White, Orange, Blue
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Great chipping drill that implements trajectory, direction and distance control.
<b>Step-by-step Instructions:</b>	Step 1 (distance control) - lay one club perpendicular to the target line on the green. The goal is to chip the ball close to the distance of the shaft. Step 2 (direction) - Remove the previous shaft. Lay 2 shafts parallel to the target line and on the green about 10 feet. A tunnel will be created and the goal is to chip through the tunnel. The instructor can narrow / widen the tunnel as they participate if some of the kids are doing better / worse. Step 3 (Trajectory) - Remove the tunnel shafts and set one club perpendicular to the target line but only on the green a couple of feet. There is no concern for direction or distance at this time but only trajectory -- getting the ball over the close shaft. Step 4 - Put all shafts back in place. The idea is to have the kids implement trajectory, direction and distance control at the same time.
<b>Submitted By:</b>	Glenn Cundari, PGA

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## **DRILL & ACTIVITY DATABASE**

**Drill Name:** Jumping Jacks Variety

**Required Equipment:** None

**Time Allotment:** 5 min

**Applicable Program Levels:** White, Orange, Blue, Black

**Supported Core Modules:** Movement Skills

**Objective(s):** Develop muscle coordination.

**Step-by-step Instructions:** Start with basic Jumping Jacks. Then start to add different movements they are not used to doing like arms going forward and backwards while the legs are going out to in like normal. Then change it to legs going forward and backwards while the arms are going out and in like normal. You can then change it to one side of the body going forward and backwards while the other side of the body is going out to in, then switch sides. This is a great way for the kids to start to learn how to coordinate their body by moving in different ways. Caution, you will need to practice this yourself first... it is challenging. The sky is the limit, you can introduce as many different ways to move as you can think of.

**Submitted By:** Jay Myren, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Soft Toss</b>
<b>Required Equipment:</b>	Golf balls and a baseball bat
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	Develop hand-eye coordination and core stability
<b>Step-by-step Instructions:</b>	You need 2 kids to do this drill. One will lightly toss the ball and the other will try to hit the ball. The idea is to have the batter set-up on his/her trail knee with the target leg on the foot and making a 90 deg angle at the knee and the hip. The person tossing the ball will set-up parallel to the batter (Careful not to be out in front of the batter) and lightly toss the ball into the strike zone allowing for the batter to try and hit it out of the park. The idea is that the batter is not at all swinging towards the tosser, but out to the driving range. This drill is great to help improve hand eye coordination while participating in either place and the batter is improving (training) core stability with this type of set-up.
<b>Submitted By:</b>	Jay Myren, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Dissociation</b>
<b>Required Equipment:</b>	None
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	To train coordination between the upper and lower body.
<b>Step-by-step Instructions:</b>	Get into golf stance and posture, place hands (arms) across chest, then try to rotate shoulders (rib cage) around spine while trying to hold lower body stable. Then try to rotate hips (not slide or shift) while trying to hold upper body stable. Do 3 sets of 10, 3x's per week for both upper and lower body. This exercise is not about how far the student can rotate -- it is only about whether or not they can. The purpose of the exercise is to learn (train) coordination between the upper and lower body which can be very helpful in building a powerful golf swing with less chance for injury.
<b>Submitted By:</b>	Jay Myren, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Playing Practice Rounds</b>
<b>Required Equipment:</b>	All clubs
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Black
<b>Supported Core Modules:</b>	On Course Play
<b>Objective(s):</b>	Preparation for competitive tournament play at the club or regional level.
<b>Step-by-step Instructions:</b>	Don't take a score card to keep score, use it for yardages only. If you were to have a good score the temptation to match it hole by hole becomes a negative rather than a positive in tournament play. If you were to hit the ball in the trees or get into a bad situation, take the ball and place it on the fairway where you think you want to play in from. Try multiple shots if time is available. Try greenside bunker shots. The idea is to get comfortable on the course. Look at each hole from behind the green it will help you decide where the best place to play it from is.
<b>Submitted By:</b>	Alan Robertson, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Torso Rotations</b>
<b>Required Equipment:</b>	Golf balls
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	A great warm up exercise emphasizing weight shift.
<b>Step-by-step Instructions:</b>	Have your students spread out around you, at least arms length apart. Have them start with the arms out, and rotate "back and through", showing them how to shift their weight, and turn onto their toe. Slowly add transitions, such as crossing arms over their chest, throwing an imaginary underhand ball, and into an imaginary golf club. At the end, have them set up in golf positions, and use this same move to throw real golf balls (underhand) at different targets, still emphasizing weight shift.
<b>Submitted By:</b>	Jennifer Greggain, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Squat Jumps</b>
<b>Required Equipment:</b>	None
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Black
<b>Supported Core Modules:</b>	Great power development drill that will help improve driving distance.
<b>Objective(s):</b>	A great warm up exercise emphasizing weight shift.
<b>Step-by-step Instructions:</b>	This is an advanced level drill for the Level 6 & 7 Fitness & Health module only. Have the kids take an athletic stance with their feet about shoulder width apart, then squat down to a comfortable level and then jump as high as possible. Repeat. Coaching tip -- get as much of a jump as possible.
<b>Submitted By:</b>	Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Pace Control Putting</b>
<b>Required Equipment:</b>	Putter and 1 ball per participant
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White, Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	To learn distance control (speed) in putting.
<b>Step-by-step Instructions:</b>	Have a back stop to work with, place 2 markers 17 inches out from the back stop and 17 inches apart making a square. Have markers on the ground starting at 3 feet, then 4,5,6 right up to 20 feet if you have the room. You have 1 putt from each spot randomly. You try to get in the box without touching the backstop. Identifies what length you are weakest at.
<b>Submitted By:</b>	Alan Robertson, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Core Strength Exercise

**Required Equipment:** Swiss Ball

**Time Allotment:** 5 min

**Applicable Program Levels:** Black

**Supported Core Modules:** Movement Skills

**Objective(s):** To increase strength of the core rotor muscles and increase flexibility in the lower back.

**Step-by-step Instructions:** Begin this exercise sitting on the floor. Bring the legs up off the ground and with straight arms, slowly rotate your upper body to one side as far as possible in either direction. If you are unable to move equally in both directions, place extra emphasis on the tight side. To strengthen core abdominal and lower back muscles lie with your shoulders on a Swiss Ball and arms straight and together, slowly rotate your shoulders from one side to the other. Arms should end up perpendicular to the floor.

**Submitted By:** Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Cone Drill</b>
<b>Required Equipment:</b>	All clubs
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	To improve accuracy with all clubs.
<b>Step-by-step Instructions:</b>	Pick a central target at the end of the range, then pick 2 other targets to the right and left of the central target at the same distance of the landing area. Using 5 golf balls see how many can stay in the imaginary "cone". Then change clubs in no particular order. If successful, this drill will help tighten up the cone and help to identify which clubs you are weakest with.
<b>Submitted By:</b>	Alan Robertson, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Adrenaline Golf

**Required Equipment:** All clubs

**Time Allotment:** 30 min

**Applicable Program Levels:** Black

**Supported Core Modules:** On Course Play

**Objective(s):** Understanding what happens when you have the chance to win. Works on decision making and shot making ability when you are tired.

**Step-by-step Instructions:** The coach has the players clubs on a power cart. The player tees off then runs to where the shot ended up. The player has less than 2 minutes to decide and make the next shot and run to it. Continue to do this thru the green. Do this for as many holes as possible. This drill helps to feel what it is like to play shots when your heart is pumping just like when you have a chance to win a tournament.

**Submitted By:** Alan Robertson, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Lag Putting</b>
<b>Required Equipment:</b>	Putter and golf tees
<b>Time Allotment:</b>	30 min
<b>Applicable Program Levels:</b>	Blue, Black
<b>Supported Core Modules:</b>	Skill Development, On Course Play
<b>Objective(s):</b>	To develop the lag putting skill visually and by feel.
<b>Step-by-step Instructions:</b>	Place a tee in the ground every 10 feet for 60 feet. Take a couple golf balls and start at the 10-foot mark working your way to the other end of the green, the idea is to lag the ball past the tee, if the ball never reaches the chosen distance then it would never have a chance to go in the hole. Once your comfortable working on 10 footers, start moving to 20 footers and so on up to 60, a player could spend 10 mins on this drill or 2 hrs if this is worked on regularly lag putting will become much easier and reduce 3 putts.
<b>Submitted By:</b>	Jason Haley

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## DRILL & ACTIVITY DATABASE



**Drill Name:** The Towel Noodle

**Required Equipment:** Golf towel

**Time Allotment:** 5 min

**Applicable Program Levels:** White, Orange

**Supported Core Modules:** Golf 101, Skill Development

**Objective(s):** Learning how to swing your arms like a pendulum drill. Learning to swing your arms and shoulders without your wrists moving.

**Step-by-step Instructions:** Take a golf towel and roll the long side tightly into a long roll (about the thickness of a large rope). Take a normal grip on the towel and swing it from the address position back and through. The object is to get the motion so that the towel does not flop around and swings smoothly. This reinforces the feeling of how a putt, chip or pitch swing should feel, with a smooth transition and nice rhythm eliminating a jerky motion.

**Submitted By:** Bradley Bustard

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Rules of Golf Questions</b>
<b>Required Equipment:</b>	None
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Blue, Black
<b>Supported Core Modules:</b>	Golf 101
<b>Objective(s):</b>	To help develop the player's knowledge of the rules of golf.
<b>Step-by-step Instructions:</b>	Save a few minutes from each of your practice sessions to ask a rules of golf question(s) and reward the quickest correct answer.
<b>Submitted By:</b>	Paul Horton, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Good Shot, Bad Shot</b>
<b>Required Equipment:</b>	All clubs and golf balls
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Mind Matters
<b>Objective(s):</b>	To help kids understand the importance of forgetting about the bad shots and remembering the good ones.
<b>Step-by-step Instructions:</b>	Simply allow the kids to hit some shots and after they have all hit some good and some bad let them know how to forget the bad and remember the good one -- it's more fun and is better for your game.
<b>Submitted By:</b>	Paul Horton, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Helium Balloon Party</b>
<b>Required Equipment:</b>	1 golf club and 3 helium balloons that have 3 different lengths (e.g. 1 ft, 5 ft, 10 ft with a weight)
<b>Time Allotment:</b>	20 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	This is a trajectory control exercise.
<b>Step-by-step Instructions:</b>	Have the 3 balloons set up on the driving range at different distances, 20 / 30 / 40 yards away with the tallest balloon at the furthest distance. This is a great exercise to work on hitting all the different trajectories. It's very visual and fun for the kids. Depending on the age of the kids you can do age-appropriate faces on the balloon (eg. Sponge-bob, Hanna Montana, or just a plain colour). Not a windy day exercise.
<b>Submitted By:</b>	Ann Carroll, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Up &amp; Down</b>
<b>Required Equipment:</b>	1 putter, 1 wedge
<b>Time Allotment:</b>	15 min
<b>Applicable Program Levels:</b>	Orange, Blue, Black
<b>Supported Core Modules:</b>	Skill Development, On Course Play
<b>Objective(s):</b>	To get up and down, choose 10 different shot locations with varied difficulty (bunker, pitch, chip, rough).
<b>Step-by-step Instructions:</b>	Can be played in a group or on your own. Drop a ball at your chosen location if you get up and down give yourself a point. Try to achieve the highest score possible and push yourself the next time you practice by trying to beat your previous score.
<b>Submitted By:</b>	Jason Haley

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Course / Range Walk  
**Required Equipment:** Range basket  
**Time Allotment:** 5 min  
**Applicable Program Levels:** White  
**Supported Core Modules:** Movement Skills, Golf 101

**Objective(s):** Learn about the different “parts” of the golf course.

**Step-by-step Instructions:** Line kids up single file behind the instructor and start near a golf cup. As you start walking away from the cup name the different cuts of grass. Green, Fringe (apron), rough, fairway, tee box. Sand bunker, water hazard if applicable. We are fortunate at our facility because we have a practice area that is close to a par 3 golf hole, so we can do this in a safe manner. I have also done this drill around our short game facility and the kids enjoyed it. They seem to remember the "sand bunker" that they walked through on their 5-minute course tour.

**Submitted By:** Shayne Allan

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Hula Hoop Shadow</b>
<b>Required Equipment:</b>	1 hula hoop and a coat hanger wire
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	Orange
<b>Supported Core Modules:</b>	Skill Development, On Course Play
<b>Objective(s):</b>	To have the students learn to play a lag putt within a foot of the hole.
<b>Step-by-step Instructions:</b>	Place 3 pieces of wire around the hula-hoop and stick them in the ground directly over a practice hole. This causes a shadow over the hole the size of the hula-hoop...Sunny days preferred! Have the students aim to get it in the shadow, and more often than not, falls into the hole. Since the "shadow hole" is so big, this helps promote confidence and the early stages of playing a lag. This can be done with chipping or putting.
<b>Submitted By:</b>	David Miller, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Squat and Thrust

**Required Equipment:** Medicine Ball

**Time Allotment:** 5 min

**Applicable Program Levels:** Black

**Supported Core Modules:** Movement Skills

**Objective(s):** This is a great power development drill that will help improve driving distance.

**Step-by-step Instructions:** Have the kids form two lines that are facing one another. The first participant in one of the lines will be holding a medicine ball in an athletic stance with their feet about shoulder width apart. They will proceed to slowly squat and load into their legs. From here, have the kids explode out of that position and perform an under-hand throw of the medicine ball to their partner in the other line. Once a participant has completed their turn they proceed to the end of the other line. Repeat in both directions. For small groups you can toss the medicine ball against a sturdy wall. Coaching tip -- get as much of a throw as possible.

**Submitted By:** Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Single-leg Balance Exercise

**Required Equipment:** Any golf club

**Time Allotment:** 5 min

**Applicable Program Levels:** Black

**Supported Core Modules:** Movement Skills

**Objective(s):** Single leg balance is critical in that it helps with weight transfer and fine control of the lower leg muscles during the golf swing.

**Step-by-step Instructions:** Stand in the address position with a golf club in your hands. Keep your body completely still, lift one foot off the ground slightly, and stand on one leg. Then execute a 1/2 golf swing, while balancing only one leg. Repeat on the other leg. The goal here is to help with your weight transfer and develop control of lower leg muscles.

**Submitted By:** Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Flexibility Exercise

**Required Equipment:** None

**Time Allotment:** 5 min

**Applicable Program Levels:** Black

**Supported Core Modules:** Movement Skills

**Objective(s):** Flexibility is critical for warm-up and injury prevention in golf. Having great flexibility also helps golfers generate more motion in the swing and develop more torque during the winding and unwinding phase.

**Step-by-step Instructions:** Standing tall with good posture and with feet shoulder width apart and hands on the hips, rotate your body as far as you can to one side. Repeat to the other side. The more advanced can try this movement with a golf club across their shoulders. To increase mobility between the shoulders and hips, lie down with both arms extended to either side, bring your knees up to 90 degrees and keep your lower legs parallel to the floor.

**Submitted By:** Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Posture Exercise

**Required Equipment:** None

**Time Allotment:** 5 min

**Applicable Program Levels:** Black

**Supported Core Modules:** Movement Skills

**Objective(s):** To improve your posture for golf.

**Step-by-step Instructions:** While kneeling, straighten one leg until it is parallel to the floor. Keep the leg in that position and raise the opposite arm until it is also parallel to the floor. Begin by holding this position for 10 seconds and attempt to progress up to 60 seconds. Switch sides to ensure equal strengthening of all muscle groups.

**Submitted By:** Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Inch Worm Drill

**Required Equipment:** None

**Time Allotment:** 5 min

**Applicable Program Levels:** Black

**Supported Core Modules:** Movement Skills

**Objective(s):** Great drill to improve flexibility which is critical to swing mechanics and generating club head speed.

**Step-by-step Instructions:** From a standing position, bend at the hips and place your hands in front of your body, making an upside down "V". From there, walk your hands forward until your back is straight and you are in a position similar to a push-up. Next, walk your hands back to where you began and return to standing. Remember to keep your legs straight and you core strong throughout the exercise.

**Submitted By:** Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Pull-Push Exercise

**Required Equipment:** Fitness tubing

**Time Allotment:** 5 min

**Applicable Program Levels:** Black

**Supported Core Modules:** Movement Skills

**Objective(s):** To improve posture. Good posture ensures proper positioning at address and throughout the golf swing, while also helping to prevent injury.

**Step-by-step Instructions:** A simple pull-push exercise is a great way to practice holding your posture. Starting in a lunge position with your hand holding a pulley or tubing and rotate forward as if you are punching. You can also do the reverse to train the opposite muscles.

**Submitted By:** Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Bar &amp; Swiss Ball Exercise</b>
<b>Required Equipment:</b>	Swiss stability ball, broom stick handle
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Black
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	To improve core stability and strength. Any exercise on a stability ball is great for core strength.
<b>Step-by-step Instructions:</b>	One challenging exercise is done by balancing yourself on a stability ball using your shoulder blades, your feet shoulder width apart. Once on the ball, hold a bar or broomstick handle across your chest while keeping your body perfectly in line with your hips -- up and straight, thus maintaining a tight core throughout the movement. Then, move from side-to-side in both directions.
<b>Submitted By:</b>	Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Squats</b>
<b>Required Equipment:</b>	A weighted bar, a bosu ball (for increased difficulty)
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	Black
<b>Supported Core Modules:</b>	Movement Skills
<b>Objective(s):</b>	To improve balance. Good balance helps a golfer control his/her shots and maintain good swing mechanics.
<b>Step-by-step Instructions:</b>	Place a weighted bar across your shoulders, bend at the knees and squat as far as you can while maintaining a straight spine. To increase the difficulty, exchange the weighted bar for a bosu ball. Stand on the bosu ball with your feet about shoulder width apart, hold your arms out in front of you parallel to the ground and proceed to squat as far as you can while maintaining a straight spine.
<b>Submitted By:</b>	Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Imbalanced Push-Ups

**Required Equipment:** Small medicine ball

**Time Allotment:** 5 min

**Applicable Program Levels:** Black

**Supported Core Modules:** Movement Skills

**Objective(s):** Improved strength in golf can have positive effect on clubhead speed, which can dramatically increase with proper strength training.

**Step-by-step Instructions:** Strength exercises like push-ups are great for golfers. To make the push-up exercise more golf-specific, add some imbalances. For example, assume a push-up starting position with your right hand on the floor and left hand on a small medicine ball. Then perform a regular push-up with this imbalance. One back to the starting position, place both hands on the medicine ball so that you switch sides, you should now have your right hand on the medicine ball and left hand on the floor, perform another imbalanced push-up. Repeat until failure.

**Submitted By:** Dr. Greg Wells

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>Eyes Closed Putting Drill</b>
<b>Required Equipment:</b>	Putter, 3 golf balls and a putting green
<b>Time Allotment:</b>	10 min
<b>Applicable Program Levels:</b>	Blue, Black
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	To develop feel and visualization skills.
<b>Step-by-step Instructions:</b>	Place three golf balls three feet from the hole. Set up to the first ball. Look at the hole and then look back to the ball. Next close your eyes. Stroke the putt with your eyes closed, do not open your eyes for two second after striking the putt. Follow the procedure for the next two putts. Now move back to six feet away from the hole and repeat the above procedure. After each putt evaluate your stroke. Your sense of feel should be heightened. Feel how fast the putter head moved. Feel how solid the putt was struck. Feel the path of the putter head, was it travelling to the left or right of your target line through the impact zone? Was the putter head opening or closing through the impact zone? You should also be developing your ability to visualize where the hole is and the line the ball is travelling on. A side benefit from doing this drill is that your head should remain stationary. There is no need to look up if you can't see anything.
<b>Submitted By:</b>	Bob Beauchemin, PGA

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## DRILL & ACTIVITY DATABASE



<b>Drill Name:</b>	<b>SNAG Putting Stance Only</b>
<b>Required Equipment:</b>	SNAG Putters, SNAG Putting Targets, SNAG Balls
<b>Time Allotment:</b>	5 min
<b>Applicable Program Levels:</b>	White
<b>Supported Core Modules:</b>	Skill Development
<b>Objective(s):</b>	Develop a consistent putting set up.
<b>Step-by-step Instructions:</b>	1. Set up SNAG putting targets. 2. Have putters and balls on hand to Hand out to Juniors. 3. Explain putting stance: A. Place the ball on the ground with the arrow pointing towards the target. B. With both feet together and pointed at the ball (the student should be holding the club vertical in his/her palms). C. “Bow to the ball-Bend knees” and “Dot your Eye” by placing the bullseye on the roller head behind the dot on the ball and the line on the roller aligned with the arrow on the ball. D. Spread the feet to form a “Tall A.”
<b>Submitted By:</b>	Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** SNAG Putting Stroke

**Required Equipment:** Putter, ball, target

**Time Allotment:** 5 min

**Applicable Program Levels:** White

**Supported Core Modules:** Skill Development

**Objective(s):** Introduce Juniors to a proper putting stroke.

**Step-by-step Instructions:** The putting stroke truly resembles a clock's pendulum motion. The SNAGSTER is encouraged to practice repeating "TIC-TOC" as the hands swing away and then through. Have fun here I've also had them say fun stuff like "FAN-TASTIC" or "HAM-BURGER" Look for: Proper set up highlighted in previous step. The "Y" formed by the forearms and putter should retain its position throughout the roll. If a junior is struggling, give them the SNAG circle and put the Paint Brush on their putter. • Assume the ready position ("tall A", "Y"). • Brush away to 7 o'clock-TIC. • Brush through to 5 o'clock-TOC.

**Submitted By:** Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE



**Drill Name:** Golf Club Parts Discussion

**Required Equipment:** Example club

**Time Allotment:** 5 min

**Applicable Program Levels:** White, Orange, Blue, Black

**Supported Core Modules:** Golf 101

**Objective(s):** Teach juniors to name different parts of the golf club.

**Step-by-step Instructions:** 1. Gather Juniors into a group. 2. Discuss what part of the club hits the ball (face). 3. Compare the club to your foot to teach heel and toe. 4. Teach shaft and grip. Use these terms and quiz the juniors throughout the remainder of the lesson when the opportunity presents itself.

**Submitted By:** Kevin Niznik, PGA

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## DRILL & ACTIVITY DATABASE

**Drill Name:** Swing, Pause, Hit  
**Required Equipment:** Range, golf clubs  
**Time Allotment:** 10 min  
**Applicable Program Levels:** Orange, Blue, Black  
**Supported Core Modules:** Golf 101, Skill Development

**Objective(s):** Teach juniors about tempo, balance and lightly touch on kinetic sequence.

**Step-by-step Instructions:** Swing, Pause, Hit without a ball. 1. Introduce the concept of starting your down swing from the ground up (kinematic sequence). 2. Have the juniors swing to the top of their backswing and pause in unison. 3. The instructor will quickly eyeball everyone's clubface angle and top of backswing position - do this for 3 students at a time. 4. After a 2-3 second count the instructor says "GO" and they will start forward starting with lower body and feet first to help train proper sequence. 5. Make sure they finish in balance with their belly button pointing at the target. Juniors may hit balls during this drill after 5-8 practice swings lead by the instructor. SIDE NOTE: this drill will begin to improve the sequence of the juniors naturally. Don't stress kinetic sequence too much as that is a focus of the next age group.

**Submitted By:** Kevin Niznik, PGA

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