



National  
Golf Academy.ca

## **Lesson Outline for Adult Level 1 (for new golfers)** **4 x 1 hour Lesson Program**

### **Lesson # 1**

- Introduction and outline of program
- Object of game, par 3's par 4's, par 5's, tee boxes, greens, etc.
- Brief explanation of equipment. Length of clubs, lofts, higher the number = higher ball flight etc, etc.
- Explanation of the golf swing motion. Circle theory.
- Proper grip – analysis of the goalie grip, long thumb, 10 finger, overlap and interlock
- Attaining correct posture – club behind back.
- Setup position with emphasis on spine tilt and trail shoulder down
- Rotation drill - club across shoulders while in proper tilt, feet together
- Introduce the Hitchhiker Drill without club
- Hitchhiker Drill with club, feet together retaining posture, belt buckle to the target with trail heel up
- Hit balls 9-3
- Emphasis on repetition to feel the movements.



## Lesson # 2

- 10 to 15 minute review of theory, feet together, setup, hitchhiker and 9 to 3
- 9 to 3 drill with feet together.
- Add length to full swing with feet apart, 10 to 2, 11 to 1 etc then to full swings.
- Balanced finish, hold finish retaining posture with trail shoulder down. Feel the arch in the back as your head stays behind the ball
- Work on extension and the importance of extension as it relates to the size and consistency of the circle.
- Use weighted clubs for feel of extension
- Full Swings
- Balance

## Lesson # 3

- Review lesson # 1 and lesson # 2
- Explain and demonstrate club selection
- Short clubs swing like a Ferris wheel, long clubs swing like a Mary-Go-Round. We swing the same way but the angle of the swing plane changes because of the length of the clubs
- Ball position, keep relatively consistent with irons (just forward of center) Woods up to front heel. Make sure your head stays in the SAME spot even when moving the ball forward.
- Practice with different clubs.

## Lesson # 4

- Review lesson 1, 2, and 3
- Introduction to short game.
- Putting, basic setup, pendulum stroke
- Chipping and pitching. Open stance set up to simulate impact position. Chipping is when we want to roll the ball with a 7 or 8 iron, similar to a putting stroke.
- Pitching is when we want to fly the ball onto the green. Use a lofted club, hinge wrists 9 to 3 similar to the hitchhiker drill.
- Vary length to control distance in short game.
- Final review

