

SESSION NO#:

Chipping - Stance

SESSION GOAL:

To have the players learn the correct stance for chipping which differs from putting and full swing.

EQUIPMENT REQUIRED:

Enough clubs for all players. Hula hoops, flags, cones, golf balls, tennis balls.

VENUE:

Around the practice green at the golf course

INTRODUCTION:

Welcome, tell the players what they will be doing today. Ask them if they have had any practice from last week's session, have a short review of what they learned last week.

Have them tell you what the safety rules are

WARM UP:

Hula Hooping:

1. Get the juniors to experiment with the hula hoop in making it rotate around body parts eg hip, arm, foot.
2. Time them hula hooping and see who can hula hoop the longest

Hula Hooping 2

1. Get the juniors to stand in a circle holding hands.
2. Slip a hula hoop onto one of the child's arms and get them to rejoin.
3. Get the juniors to move the hula hoop around the circle without breaking hands.

SKILL:

1. Have the players show you the grip they have learned.
2. Demonstrate the stance for chipping, clearly showing difference between putting and full swing (weight on left side and hands forward)
3. Players practice stance

TGfU:

Game: In the Zone

1. **Set up chipping zones marked with a hula hoop (where the players will chip from).**
2. **Place another hula hoop about 1m in front of the chipping zone.**
3. **Players are to chip the ball into the zone/hoop. The ball isn't required to stay in the zone/hoop, but should skip and roll on to the hole.**

Can you see:

- weight on front foot?
- Short backswing, short through swing'?
- little step, little step, tilt, pop, drop?

You could ask:

- How far should the club be swung back and through?
- Are your arms relaxed?
- What do your feet do while you chip?

Variations:

Easier – use tennis balls, make zone larger by using cones or rope to mark area

Harder – move zone further away/closer to the flag, change clubs chipping with

WARM DOWN:

None required

CONCLUSION:

1. Congratulate everyone on a great session, ask them some questions
2. Suggest practice type, inform next session: what, where, when & get feedback

SELF REFLECT:

