

**SESSION NO#:**

**Full Swing - Stance**

**SESSION GOAL:**

To have the players learn about the full swing with an emphasis on the stance

**EQUIPMENT REQUIRED:**

Enough clubs for all players. Cones, golf balls, tennis balls.

**VENUE:**

On the practice area 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.

**WARM UP:**

**Broken Bottles**

1. All juniors are in a circle with the coach or another junior in the centre, who throws the ball to each junior in turn.
2. If a junior doesn't catch the ball, for their next turn they have to catch the ball with one hand; if they then drop the ball then he has to catch the ball from his knees then progress down to sitting.
3. If from the kneeling or sitting position they do successfully catch the ball they can reverse back through the positions till they are standing again.

10 tilted swing, club through the back; 10 horizontal swings, no club

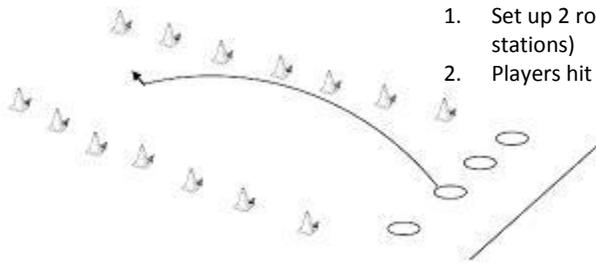
**SKILL:**

1. Stance – as per technical section for your juniors' age/ability.
2. Demonstrate stance using the correct patterning (little step, big step, tilt, pop, drop)
3. Let the players practice this sequence (saying it as you are doing it helps!)

**TGfU:**

**Longest drive**

1. Set up 2 rows of cones that mark the width of the hitting stations (maximum 4 hitting stations)
2. Players hit from safety zone at the same time, 3 balls each. Ball must finish within area
3. Longest hitter receives points.
4. Game can be played in individual, pair or team formats



**Can you see:**

- Correct stance and sequence of small step, big step, tilt, pop, drop
- Can you see a swing or a 'hit'
- Concentration and enthusiasm to hit ball well

**You could ask:**

- What happens when you try to hit the ball hard?
- What happens when you swing the club?

**Variations:**

Easier – use tennis balls, throw tennis balls

Harder – narrow the cones at the end so longer hitters have to hit it straighter, place water/bunker hazards and give point penalties

**WARM DOWN:**

Players hit half shots; 10 woosher drill

**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:**