

**SESSION NO#:****Putting - Aim****SESSION GOAL:**

To have the players develop their putting, focusing on aim.

**EQUIPMENT REQUIRED:**

Enough putters for all players. H-cards, cones, golf balls and tennis balls.

**VENUE:**

On 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:****Connect it**

1. The juniors walk around freely. On a signal, they stop and listen to the coach, who calls out 2 body parts (eg knee and elbow) which each child has to join together.
2. This can then be done in pairs, where on a signal the juniors pair up and connect the called body parts (eg. One foot and one knee)

**SKILL:**

1. Have the players show you the grip and stance they have learned.
2. Demonstrate aiming using the H card.
3. Players practice aim with correct grip and stance using their H Card.

**TGfU:****Snake**

1. Set up a few zig-zag cone layouts/snakes as shown in the picture.
2. Players to putt down the snake without touching the sides, in the least number of putts.
3. Games can be played in individual, pair or team formats. Winners can be most improved, least number of shots, least number of touches, quickest time etc.

**Can you see:**

- Correct grip and stance
- Adjustment of swing length for different distances.
- Realignment of body and club face to negotiate change of direction.

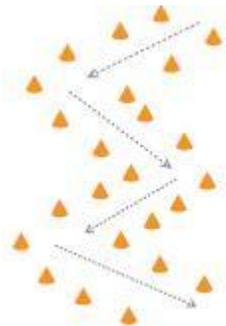
**You could ask:**

- What can you do to aim the ball so not to touch the sides of the snake?
- What can you do so not to hit the ball too hard?

**Variations:**

Easier – increase the width of the snake, shorten the length of the snake

Harder – decrease width of the snake, increase length of the snake, give point penalties for touching the sides of the snake, use a larger ball.

**WARM DOWN:**

No warm down needed.

**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:**