

Objective

By the end of this lesson, you will be able to understand the basics of golf and develop basic skills needed to play the game.

Materials and Prep

- Golf clubs (driver, putter, and iron)
- Golf balls
- Golf tees
- An open outdoor space (backyard or park)
- Comfortable clothing and shoes

No prior knowledge or experience with golf is required.

Activities

1. Introduction to Golf

Start by explaining what golf is and its basic rules. Show pictures or videos of golf courses and professional golfers to spark interest.

2. Grip and Stance

Teach the proper grip and stance for holding a golf club. Demonstrate and let the student practice holding the club correctly.

3. Swing Basics

Explain the basic components of a golf swing, including the backswing and follow-through. Demonstrate and have the student practice swinging the club without hitting a ball.

4. Putting Practice

Set up a mini-golf course using household objects or create a simple putting green with cups. Teach the student how to putt and let them practice their putting skills.

5. Driving Practice

Find an open outdoor space and set up a target (can be a hula hoop or a designated area). Let the student practice their driving skills by hitting the ball towards the target.

Talking Points

- Explain that golf is a sport where players hit a small ball into a series of holes using the least number of strokes possible.
- Discuss the importance of grip and stance for maintaining control and accuracy while swinging the club.
- Explain that a golf swing involves a smooth backswing, hitting the ball, and a follow-through to

complete the swing.

- Emphasize the importance of practice and patience in improving golf skills.
- Encourage the student to focus on their target and visualize their shots to improve accuracy.
- Explain that putting is a delicate and precise skill that requires a gentle stroke and good judgment of distance.
- Discuss the concept of driving in golf, which involves hitting the ball with maximum power and distance.
- Highlight the importance of safety in golf, including being aware of other players and not swinging the club near others.
- Encourage the student to have fun and enjoy the learning process, as golf can be a lifelong sport.