

U3A Golf Instruction Programme

New Starters - Week 1 – Joint tuition

1. **SAFETY [the most important thing I am going to say this week]**
 - a. **Keep well away from all other players while you swing**
 - b. **In individual coaching sessions:**
 - i. **Spread out in a line along the back (RH) wall, aiming towards far (LH) wall;**
 - ii. **Keep well apart, to allow me to stand between for coaching**
 - iii. **Never swing the club without checking that there is no-one BEHIND you – it is YOUR responsibility to ensure that you don't decapitate anybody.**
 - c. **Also – NB Fire Exit location**
2. Introduction to golf and its objectives:
 - a. Aim: low score, not longest drive or flashy clubs/equipment
 - b. Q: How? A: simple, fluent, repeating swing; concentration; course management
3. The instruction programme:
 - a. Aim: confidence from getting the basics right
 - b. Objectives: build the swing; understand 'why'; reinforcement through repetition; as much personal tuition as possible
 - c. Timetable: see 'Golf Instruction Programme – THE BASICS'
 - d. Content of sessions:
 - i. First Term – basic fundamentals of the swing;
– 50% group instruction, 50% individual coaching.
 - ii. Second Term (**Discuss**)
 1. Early weeks: revision and extension of basics;
 2. Later weeks: individual tuition on driving range.
4. Recommended instruction book:
 - a. 'Ben Hogan's Five Lessons – The Modern Fundamentals of Golf'; Simon & Schuster UK Ltd.; available through 'Amazon' (if you buy a book, make it this one);
 - b. Alternative (there are dozens) – 'How to Play Golf'; Steve Newell and Paul Foston; Anness Publishing (one of the best; good illustrations; not as good as 'Hogan' on the basic swing but with more about how to play the game, including short game, putting, etc.).

5. Equipment for programme
 - a. Club(s) – Group 1 (New Starters): 5, 6 or 7 iron and, later in programme, appropriate club for specialist shots.
 - b. Soft ‘grippy’ shoes, such as trainers
 - c. Golf practice mats (essential to protect clubs and floor)
 - i. Preferably piece of ‘Astroturf’, or
 - ii. Doormat (not ‘coconut’ type – you’ll tear it to pieces!)
 - d. Practice (Airflow type) balls – initially supplied, we will discuss replacement source during first few weeks
 - e. LH Glove – for RH players, or vice versa (not essential, but recommended to improve grip of the club and save left hand getting sore)

6. Some golf terminology
 - a. Parts of the club: grip; shaft; head; ‘wood’/iron; blade/peripheral weight; face; toe-heel; shank; loft; lie
 - b. Parts of the swing: grip; stance; set-up; take-away; back-swing; down-swing; hitting area (release); follow-through; the finish ‘the pose’ (for the photographer)
 - c. Swing plane – see ‘Hogan’ diagram
 - d. Inside - outside
 - e. In-to-out; out-to-in

7. Introduction to the fundamentals of the golf swing
 - a. Simple, fluent and repeating
 - b. The hitting area: correct line; correct face alignment
 - c. Summary of parts of the swing: stance; set-up; take-away; back-swing; down-swing; hitting area (release); follow-through; the finish ‘the pose’; AND describe desired movements; the swing plane.
 - d. Introduction to the ‘Vardon’ grip – repeated, in detail, and practised next week.