



Welcome to AGES Golf®!

We are so excited for you and your students. You are at the forefront of a movement that is taking one of the worlds most popular, and fastest growing “life sports,” into the Physical Education curriculum for the first time. Golf has featured explosive growth in the last decade and a half...yet until now... was all but impossible in school, especially Elementary Schools. We’re proud to be a part of changing that, and we hope you are too! Inside this packet, is an array of helpful information to help you better understand the AGES Golf® unit. We hope you enjoy your golf unit, we know your students will.

If at any time you are unsure of the process of implementing a lesson plan, or you have equipment concerns, or just any question at all...please call us at any time (800) 505.5334

We sincerely hope, and trust that you will enjoy the program.

Thank you-

Skatetime® & AGES Golf®



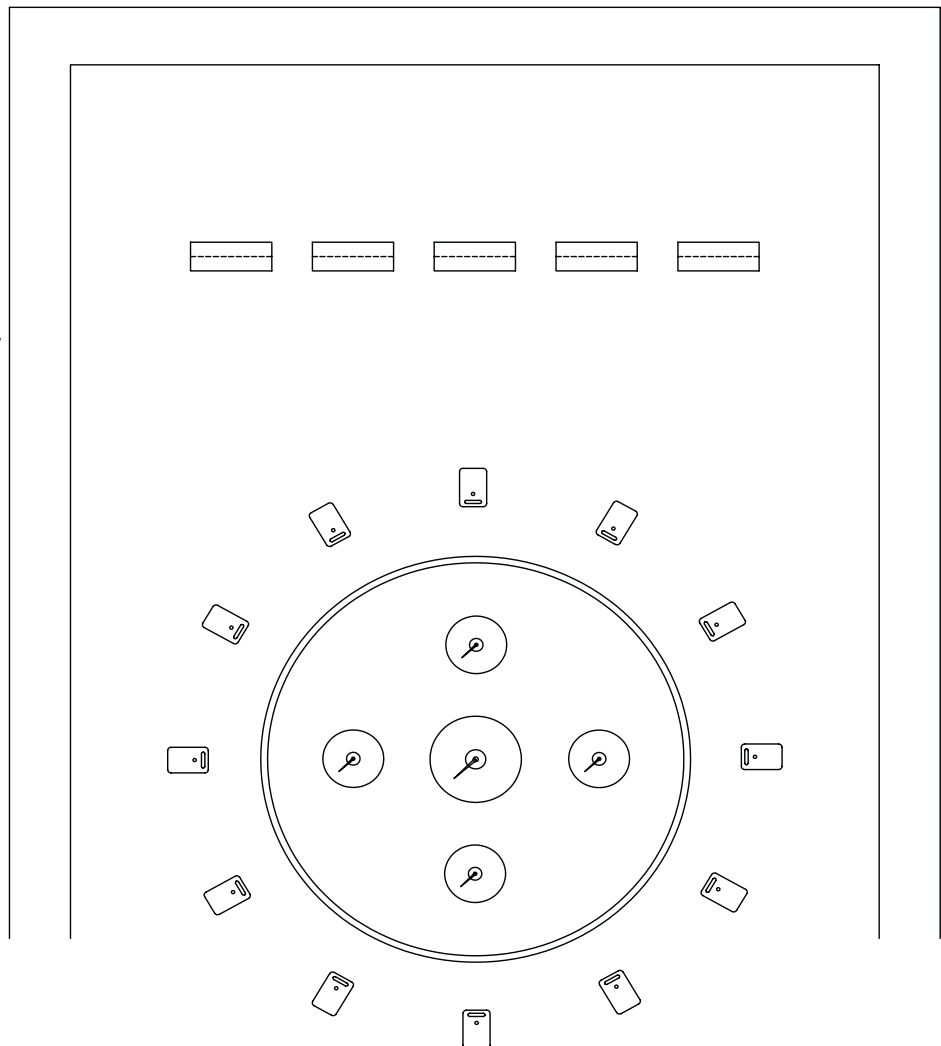
Full School Set Equipment Inventory & Setup:

- 160 Balls (40 each of Blue, Red, Green & Yellow)
- 36 Wedges (10 Right Handed per Color & 2 Left Handed per Color)
- 30 Putters (10 each Color)
- 4 Chipping Targets & Cores with Flagsticks & Flags
- 1 Pitching Target & Core with Flagstick & Flag
- 12 Tee Mats with Tees
- 5 Putting targets
- 15 Noodles and Couplers
- (opt) Safety Cones

1 Full AGES Golf™ School Set per Gym maximum.

5 Putting targets makes 10 Putting stations spaced approximately 24" apart on the free-throw line. By having students line up on both sides, 10 students can putt at once. Base distance from target on skill.

4 Chipping targets 1 Pitching Target make 12 Chipping Stations. Use the large green target as center point at center of gym. Line up smaller targets placed around it at 12 noon, 3, 6 and 9 o'clock. Create a containment area with the pool noodles around the targets. Place the 12 tee mats approximately 36"-48" outside the perimeter.





Stations:

In lesson 1... there are two stations to rotate through. One is a putting station... the other is a chipping station... rotating the students through the two stations at your discretion.

Putting Station:

Putting

Setup»

- Five double sided putting targets set up parallel to the baseline of the basketball court...approximately 10' off the baseline... and 6' apart.
- Place a Poly Spot... or Cone 8-10' away, on each side of the putting target... to mark the spot from which the students will putt.
- You will need approximately 40-balls... and all the putters for this station.
- Each student will putt four balls at the target... then place the putter on the floor... and retrieve the balls off the putting target
- Then rotate... or take another turn



Chipping Station:

Chipping

Setup»

- 12-15 FUNNOODLES connected in a circle...centered between the baseline and the centerline of the basketball court on the other half of the gym.
- Within the circle... place (4) small chipping targets, & (1) Large pitching target centered.
- Place 10-12 Hitting Mats approximately 5' outside the circle... and 10-12' apart...all the way around the circle.
- You will need approximately 120-balls placed in containers on either side of the circle... and all the Wedges for this station.
- Each student will hit two chip shots at the targets... then rotate or take another turn.



AGES GOLF LESSON PLANS

LESSON 1:

Overview:

To introduce the equipment and basic instruction to the students, with an emphasis on safety and golf basics. This is the starting point for your students, and a chance to begin the process towards a better understanding of Golf...AGES style.

Teaching:

Safety:

The most important emphasis as always... is on safety. Please keep in mind the following safety guidelines:

- Safety» • Students with golf clubs in their hands... always keep the head of the club near the floor. Emphasize that they do not pick up the golf club.
- Safety» • Only the student taking their turn at putting or chipping...should be in front of the 10' safety cone.
- Safety» • The student who is putting or chipping must always check their 360° swing area before swinging the golf club.
- Safety» • Students should not attempt to retrieve balls from the hitting area unless all hitting has been stopped by order of the instructor.



Instruction:

Keeping the level of instruction basic...simple is the key. Please emphasize the basics of grip and setup that are covered:

* note... all instructions for right handed students... reverse for left.

- Instruction»**
- Left hand placed on the club first...left thumb on Blue. Right thumb on red... hands snuggled close together... All fingers on the club (do not interlock or overlap fingers)
 - Feet together pointing at the ball... little step left foot... little step right foot (keeping ball in middle of the body).
 - From an upright position...bow to the ball. Placing the clubhead directly behind the ball.

Putting

- Instruction»**
- When properly setup... the position of the club-shaft through the elbows... should look like a capital Y.
 - The putting stroke is a short...full arms motion... with very little, or no movement of the hands and wrists. Emphasize keeping the capital Y through the entire stroke.
 - Putting stroke length should not be greater than the width of the feet
 - Student should strive to have the putt roll up to the middle portion of the target. Balls putted too hard will bounce over.

Key Language»

"Left thumb blue...right thumb red... hands Snuggled together. Feet together pointed at the ball.. little step... little step...bow to the ball. Clubhead right behind the ball... short back and through...even tempo...keep the Y...nice and slow."

Chipping

- Instruction»**
- When properly setup... the position of the club-shaft through the elbows... should look like a capital Y.
 - The chipping stroke is an elongated copy of the putting stroke... with slightly faster tempo in the swing.
 - When properly struck... the chipped ball should pop off the clubface... approach the target in the air... then bounce and roll towards the target.

Key Language»

"Left thumb blue...right thumb red... hands Snuggled together. Feet together pointed at the ball.. little step...little step... bow to the ball. Clubhead right behind the ball...even tempo... back and through...ball should fly..bounce..and roll."



Games:

There are a number of games to be played... both formal and informal... team and individual during the duration of the program. Depending on the size of your classes... the length of your classes... and your discretion on team and individual games... there is great opportunity to enjoy the competitive nature of AGES Golf program. The following are suggestions for AGES games.

Individual Games:

Putting Math»

- As simple as it gets...putting three balls... add the total points on the putting target to compete against a partner... or the person next to you in class. (as an add on for this game... you can make the third ball worth double points... helps promote math skills and golf focus on a more important shot.

Putting Team»

- Same concept as Putting Math... only now you have a partner to add points to your total. You compete for the highest total in the class... or compete against the partners next to or across the line from you.

Putting Relay»

- Divide students equally into teams with no less than 4-5 players...(the more the better)... with the team lining up 8-10' behind the putting spot... begin the relay with the first person beginning...each player must grip the club properly (left thumb blue... right thumb red)... each player must go through the setup (feet together pointed at the ball... little step ... little step... bow to the ball... clubhead right behind the ball.) Scoring... adds all the points... subtract 5-points for every must not followed... award a 5-point bonus for first team finished. ((notice that 1st teams finished seldom have the most points.))

Chipping Math»

- As simple as it gets...chipping three balls... add the Total points on the chipping targets to compete against a partner...or the person next to you in class. (as an add on for this game... you can make the third ball worth double points.)



LESSON 2:

- **Overview:**

To expand on the introduction to AGES Golf delivered in the first lesson. The goal is to increase the comfort level of the students with **hand placement...setup routine...and basic putting and chipping stroke**. We will also introduce the idea of **chip and roll...a concept new to most students**. Again... as always... there is a big emphasis on safety and golf basics. This is the 2nd step in the process toward a better understanding of Golf...AGES style.

Teaching:

Safety:

The most important emphasis as always... is on safety. Please keep in mind the safety guidelines from Lesson 1.

Stations:

In lesson 2...use the same station setup as Lesson 1. One is a putting station... the other is a chipping station... rotating the students through the two stations at your discretion.



Instruction:

Keeping the level of instruction basic...simple is the key. Please emphasize the basics of grip and setup that are covered:

* note... all instructions for right handed students... reverse for left.

- Instruction»**
- Left hand placed on the club first...left thumb on blue. Right thumb on red... hands snuggled close together... All fingers on the club (do not interlock or overlap(fingers))
 - Feet together pointing at the ball... little step left foot... little step right foot.
 - From an upright position...bow to the ball. Placing the clubhead directly behind the ball.

Key Language» "Left thumb blue...right thumb red... hands Snuggled together. Feet together pointed at the ball.. little step... little step... bow to the ball."

Putting

- Instruction»**
- Place an emphasis on tempo. The putting stroke should be completed with an even tempo...use arm on grandfather clock, or a metronome as examples.
 - When properly setup... the position of the club-shaft through the elbows... should look like a capital Y.
 - The putting stroke is a short...full arms motion... with very little, or no movement of the hands and wrists.

Key Language» "Left thumb blue...right thumb red... hands Snuggled together. Feet together pointed at the ball.. little step...little step... bow to the ball. Clubhead right behind the ball... short back and through... even tempo...keep the Y...nice and slow."

Chipping

- Instruction»**
- When properly setup... the position of the club-shaft through the elbows... should look like a capital Y.
 - The chipping stroke is an elongated copy of the putting stroke... with slightly faster tempo in the swing.
 - When properly stuck... the chipped ball should pop off the clubface... approach the target in the air... then bounce and roll towards the target.

Key Language» "Left thumb blue...right thumb red... hands Snuggled together. Feet together pointed at the ball.. little step...little step... bow to the ball. Clubhead right behind the ball...even tempo... back and through...ball should fly..bounce..and roll."



Games:

There are a number of games to be played... both formal and informal... team and individual during the duration of the program. Depending on the size of your classes... the length of your classes... and your discretion on team and individual games... there is great opportunity to enjoy the competitive nature of AGES Golf program. The following are suggestions for AGES games.

Individual Games:

- 4-ball "21"»** • As simple as it gets...with 4-balls...attempt to score exactly "21" points... if you go over "21"... begin again at zero.
- Putting Team math»** • 2-person teams... each team member putts 2-balls...add total score and compete against other teams.
- Putting Relay»** • Divide students equally into teams with no less than 4-5 players...(the more the better)... with the teamlining up 8-10' behind the putting spot... begin the relay with the first person beginning...each player must grip the club properly (left thumb blue... right thumb red)... each player must go through the setup (feet together pointed at the ball... little step ... little step... bow to the ball... clubhead right behind the ball.) Scoring... adds all the points... subtract 5-points for every must not followed... award a 5-point bonus for first team finished.((notice that 1st teams finished seldom have the most points.))
- Chipping Math»** • As simple as it gets...chipping three balls... add the Total points on the chipping targets to compete against a partner...or the person next to you in class. (as an add on for this game... you can make the third ball worth double points.)



LESSON 3:

- **Overview:**

To build in the initial elements of the full swing, while continuing to expand on the introduction to AGES Golf delivered in the first two lessons. The goal is to increase the comfort level of the students with hand placement...setup routine...**basic putting...and the beginning elements of the full swing**...which for our purposes we will call... **the pitch shot**. Again... as always... there is an emphasis on safety and golf basics. This is the continuing process toward a better understanding of Golf...AGES style.

Teaching:

Safety:

The most important emphasis as always... is on safety. Please keep in mind the safety guidelines from Lesson 1.

Stations:

In lesson 3...use the same station setup as in Lessons 1&2. One is a putting station... the other is a chipping station... rotating the students through the two stations at your discretion.



Instruction:

Keeping the level of instruction basic...simple is the key. Please emphasize the basics of grip and setup that are covered:

* note... all instructions for right handed students... reverse for left.

- Instruction»**
- Left hand placed on the club first...left thumb on blue, Right thumb on red... hands snuggled close together... All fingers on the club (do not interlock or overlap (fingers)
 - Feet together pointing at the ball... little step left foot... little step right foot.
 - From an upright position...bow to the ball. Placing the clubhead directly behind the ball.

Key Language» "Left thumb blue...right thumb red... hands Snuggled together. Feet together pointed at the ball.. little step... little step... bow to the ball."

Putting

- Instruction»**
- Place an emphasis on tempo. The putting stroke should be completed with an even tempo...use arm on a grandfather clock, or metronome as examples.
 - When properly setup... the position of the club-shaft through the elbows... should look like a capital Y.
 - The putting stroke is a short...full arms motion... with very little, or no movement of the hands and wrists.

Key Language» "Left thumb blue...right thumb red... hands Snuggled together. Feet together pointed at the ball.. little step...little step... bow to the ball. Clubhead right behind the ball... short back and through...even tempo...keep the Y...nice and slow."

Pitch shot

- Instruction»**
- When properly setup... the position of the club-shaft through the elbows... should look like a capital Y.
 - The pitch shot has more length and tempo than the chip shot. The backswing should finish with the club shaft parallel to the ground... the follow through should be full... with the clubhead finishing above the head.
 - When properly stuck... the pitch shot should fly 2-3 times farther than a chip shot... then bounce and roll to the target.

Key Language» "Left thumb blue...right thumb red... hands Snuggled together. Feet together pointed at the ball.. little step...little step... bow to the ball. Clubhead right behind the ball...even tempo... back to waist high...and finish full."



Games:

There are a number of games to be played... both formal and informal... team and individual during the duration of the program. Depending on the size of your classes... the length of your classes... and your discretion on team and individual games... there is great opportunity to enjoy the competitive nature of AGES Golf program. The following are suggestions for AGES games.

Individual Games:

Putting

4-ball "21"» • As simple as it gets...with 4-balls...attempt to score exactly "21" points... if you go over "21"... begin again at zero.

Putting

"G-O-L-F"» • Just like the game of "HORSE"...this is a 2-3 person game. First person goes...and calls his or her shot...for example "A calls a 2-point shot...if A hits the 2-point target...B must hit the 2-point spot... or be assessed the letter "G." The game continues until all but one player have completely spelled out the word "G-O-L-F."

Putting

Team math» • 2-person teams... each team member putts 2-balls...add total score and compete against other teams.

Putt & Pitch Relay»

• Divide class into even number teams. Begin at putting station. Re-emphasize the entire process of setup and stroke... each player first putts... then races to the pitch shot area to go through the process of making a pitch shot. Each team uses only one colored ball. When all players have gone... add up total points...issue penalty point reductions for not going through the setup routine. Notice the first team finished (25 pt. bonus) seldom wins. Good lesson... being thorough is better than being fast in golf.



LESSON 4:

- **Overview:**

We're looking to add the importance of distance control into putting, chipping, and the pitch shot.. while continuing to expand on the full swing, The goal is to increase the comfort level of the students with hand placement...setup routine...basic putting... while adding some true golf perspective of distance control. Again... as always... there is an emphasis on safety and golf basics. This is the continuing process toward a better understanding of Golf...AGES style.

Teaching:

Safety:

The most important emphasis as always... is on safety. Please keep in mind the safety guidelines from Lesson 1.

Stations:

In lesson 4... there are two stations to rotate through. One is a putting station that is setup differently than the first 3-lessons. The other is a pitch shot station, also setup differently than before. Rotate the students through the



Putting Station:

- Putting Setup»**
- Five double sided putting targets set up at varied distances to encourage different strokes for the appropriate distance.
 - Place a Poly Spot... or Cone at the appropriate starting point for each putting target.
 - You will need 1-ball for each student.
 - Each student will putt 1-ball at each target in the Rotation... and add the total points through the five targets.

Point of emphasis»

"Distance control is key... control comes with keeping an even rhythm.. but varying the tempo. Faster tempo with even rhythm equals longer putt

.."

Pitch & Chip Shot Station:

Pitch-Chip Setup»

- 6-8 FUNNOODLES connected in a _ circle against the sideline wall of the gym.

Chipping Setup»

- Within the circle... place (2) small chipping targets, & (1) Large Pitching target.
- Place 6-8 Hitting Mats approximately 20' away 10-12' apart..

Pitch-Chip Setup»

- You will need approximately 120-balls placed in containers on the near wall.
- Each student will hit 2-3 pitch shots at the targets...then rotate or take another turn.

Point of emphasis»

"Distance control is key... control comes with keeping an even rhythm.. but varying the tempo. Faster tempo with even rhythm equals longer shot."



Instruction:

Keeping the level of instruction basic...simple is the key. Please emphasize the basics of grip and setup that are covered:

* note... all instructions for right handed students... reverse for left.

- Instruction»**
- Left hand placed on the club first...left thumb on blue... Right thumb on red... hands snuggled close together... All fingers on the club (do not interlock or overlap(fingers))
 - Feet together pointing at the ball... little step left foot... little step right foot.
 - From an upright position...bow to the ball. Placing the clubhead directly behind the ball.

Key Language» "Left thumb blue...right thumb red... hands Snuggled together. Feet together pointed at the ball.. little step... little step... bow to the ball."

Putting

- Instruction»**
- Place an emphasis on tempo, and rhythm. The putting stroke should be completed with an even tempo...use arm on grandfather clock, or metronome as examples.
 - When properly setup... the position of the club-shaft through the elbows... should look like a capital Y.
 - The putting stroke is a short...full arms motion... with very little, or no movement of the hands and wrists.

Key Language» "Left thumb blue...right thumb red... hands Snuggled together. Feet together pointed at the ball.. little step...little step... bow to the ball. Clubhead right behind the ball... short back and through...even tempo...keep the Y...nice and slow."

Pitch shot

- Instruction»**
- When properly setup... the position of the club-shaft through the elbows... should look like a capital Y.
 - The pitch shot has more length and tempo than the chip shot. The backswing should finish with the club shaft parallel to the ground... the follow through should be full... with the clubhead finishing above the head.
 - When properly stuck... the pitch shot should fly 2-3 times farther than a chip shot... then bounce and roll to the target.

Key Language» "Left thumb blue...right thumb red... hands Snuggled together. Feet together pointed at the ball.. little step...little step... bow to the ball. Clubhead right behind the ball...even tempo... back to waist high...and finish full."



Games:

There are a number of games to be played... both formal and informal... team and individual during the duration of the program. Depending on the size of your classes... the length of your classes... and your discretion on team and individual games... there is great opportunity to enjoy the competitive nature of AGES Golf program. The following are suggestions for AGES games.

Individual Games:

- Putting Math»** • As simple as it gets...putting one ball... add the total points on the putting target course to compete against other people in the class.
- Putting Team»** • Same concept as Putting Math... only now you have a partner to add points to your total. You compete for the highest total in the class... or compete against the partners next to or across the line from you.
- Putt & Pitch Relay»** • Divide class into even number teams. Begin at putting station. Limit the putting area to a short putt and a long putt. Re-emphasize the entire process of setup and stroke... each player putts at a short and long target... then races to the pitch & chip shot area to take one ship... and one pitch shot. Each team uses only one colored ball. When all players have gone, add up total points...issue penalty point reductions for not going through the setup routine. Notice the first team finished (25 pt. bonus) seldom wins. Good lesson... being thorough is better than being fast in golf.
- 4-Ball "21"** • Individual game of putting. Adding your total for 4-balls, trying to get as close as possible to a total of 21-points without going over. If you go over, start again at zero.