



Fairway Approach

- a. Athlete grips club.
- b. Athlete sees target.
- c. Athlete aligns himself or herself with body (knees, hips and shoulders) parallel with the target.
- d. The ball is positioned in middle of stance.
- e. Athlete swings the club using the proper motion sequence.



Coaching Suggestions

- ☐ Demonstrate swing slowly using proper motion sequence.
- ☐ Draw lines on the ground to aid in alignment and ball position.
- ☐ Have athletes make five swings without the ball, then make five swings with the ball.
- ☐ Put the ball on a tee first.
- ☐ Consider using a tennis ball or other soft ball in the beginning. This will build confidence.



- a. Ensure there is ample room between athletes.
- b. Demonstrate swing and **grass-cutting drill**.



- c. To swing the club, athlete must learn to use body, arms and hands in a unified manner.
- d. Backswing is one motion, a wind-up. Swing the club back so that your club is over your shoulder and back is facing toward target.



- e. Forward swing is one motion. Unwind; the club is swung from the top to the finish in the direction of the target.



- f. As the swing goes forward the body turns in the direction of the target.



- g. At the finish the club should be over the left shoulder and the athlete's weight should be on the left foot. Note: **Back to the Target, Chest to the Target**

Driver

- a. Athlete takes proper stance with feet shoulder width.
- b. Athlete grips the club properly.
- c. Athlete aligns himself or herself properly.
- d. The ball is positioned in the forward part of the stance.
- e. Athlete swings the club using the proper motion sequence.

Coaching Suggestions

- ☐ Demonstrate swing with proper swing motion sequence.
- ☐ Have athletes use a fairway wood when starting.
- ☐ Draw lines on the ground for alignment and position.
- ☐ Use a tee when beginning.



Special Olympics Golf Coaching Quick-Start Guide

Basics of the Swing



- a. Athlete assumes golfing stance. The ball is positioned in the forward part of the stance.



- b. Turn the back to the target.



- c. Shift the weight from the top of the swing into the target side.



- d. Allow arms to drop into the impact zone.



- e. Swing through to the finish.