



**Coach Education**  
[www.nfhsllearn.com](http://www.nfhsllearn.com)



## Coaching Golf

### Course Objectives:

- Create an approach to developing and improving your golf program
- Teach physical and mental player development
- Understand the technique for properly addressing the ball- position, posture and stance
- Understand proper grip and alignment of the clubface
- Understand key components of the in-swing and proper shoulder and arm movement
- Club selection and understanding key types of shots – putting, chipping, pitching and bunker shots
- Create an effective practice routine and drills for player development

### Unit 1: Introduction

- Course Overview
- Objectives

### Unit 2: Developing a Program Approach

- Developing Your Golf Program

### Unit 3: Basic Golf Knowledge

- History of the Game
- Playing the Game

### Unit 4: Pre-Swing

- Position, Posture and Stance
- Grip

### Unit 5: In-Swing

- Movement of Arms and Shoulders
- Movement of the Club

### Unit 6: Golf Skills

- Putting
- Chipping
- Pitching
- Bunker Shots

### Unit 7: Course Management

- Understanding Capability
- Strengths
- Weaknesses
- Keep Ball in Play

### Unit 8: Effective Practice Routines and Competition

- Stretching
- Practice Drills

### Unit 9: Long Term Player Development

- Creating Players for Life

**Resource Summary:** NFHS Safety, PGA Sports Academy Etiquette, Golf Warm-up, NFHS Hydration and Player Wellness, Visualize Your Shot (Video), Alignment – Body (Video), Posture (Video), Proper Movement of the Shoulders (Video), Chipping (Video), Acceleration Drill (Video), Golf Stance Torso Rotations (Video) and Split-Grip Drill (Video).