



Bob O'Link Junior Golf Agenda

Date: Sunday, June 22nd

Time: 2:00pm-3:00pm

Ages: 6-12

Instructors: Alec Velasco, Corbin Walker, Connor Engel

Subject: Short Fundamentals

| Time | Subject | Details |
|--------|----------------------------|--|
| 2 min | Attendance & Introductions | <ul style="list-style-type: none"> Welcome Introduce instructors If very hot, make sure they have water ready |
| 5 min | Safety & Rules | <ul style="list-style-type: none"> Listening to instructors Swinging clubs near others and running after golf balls Clubhead in hand (hold it like a cane) Explain the stations and cones No slamming clubs Parts of the golf club |
| 5 min | Fundamentals Instruction | <ul style="list-style-type: none"> Hot dog in bun, over lap, baseball, interlock V-frame - shoulders Middle of stance, narrow stance Backswing=Follow through Very small, soft swings not full Brush the Grass, bump and run |
| 15 min | Fundamentals Practice | <ul style="list-style-type: none"> Stations – 1) Corn Hole Toss 2) Rings 3) Rest/Hydration |
| 25 min | Games | <ul style="list-style-type: none"> Cornhole board chipping Tic – Tac Toe |
| 5 min | Recap | <ul style="list-style-type: none"> Review of basic positions Have students walk instructor through setup/stroke |
| 5 min | End/Snacks | <ul style="list-style-type: none"> Snacks/Prizes Conclude session |