



Golf

Answer the questions.

1. What do you know about golf?
2. What is putting and how is it performed?
3. What are the differences between short and long irons?
4. What are the different types of woods and when are they used.
5. Describe how the first shot of a hole is performed. (Tee, Tee Box, Driver etc...)
6. Draw and label a generic golf hole. (include Tee Box, Fairway, Green, Hole, SAND Bunker, Water Hazard, Flag, and Rough)
7. What is a dogleg?
8. What are some hazards that may be on the course? What is the penalty of hitting the ball into a water hazard?
9. What is meant by the Lie of the ball?
10. When should a wedge be used?

History Golf, a game of Scottish origin, is one of the most popular recreational and competitive sports in the world. Each participant uses a variety of clubs to drive a small ball into a succession of either 9 or 18 designated holes, over a course designed to present obstacles, in a few strokes as possible. In the United States alone, more than 23 million people play golf, including more than 1,000 professional players. Golf tournaments, in the United States and elsewhere, are popular with spectators as well as with players. Since the 1960's, golf tournaments have received wide television coverage.

The first golf club and course in the United States was the Saint Andrews Golf Club of Yonkers, N.Y., in 1888. The first national tournament in the United States was held in 1895. Through a succession of outstanding players, including Walter Hagen, Bobby Jones, Ben Hogan, Sam Snead, Arnold Palmer, Jack Nicklaus, and Tiger Woods, the Americans assumed a dominant role in the sport.

The game changed considerably in the early 20th century when the B.F. Goodrich Company of Akron, Ohio, invented a lighter, tightly wound, rubber-threaded ball, which replaced the gutta-percha ball used in the 19th century.

As the game has developed, the courses have become more difficult to play, and the most successful players are those who are able to drive the ball almost 200yds. (183m) from the tee, approaching most holes with fewer than three shots. Each course has established an average number of shots (par) necessary to reach a hole (usually depending on length), and thus an average number of shots needed to complete the tournament and course. Golfers use a peculiar and distinct language to describe their scoring a birdie is a score on any one hole that is one stroke less than par, and an eagle is a score on a hole that is two less than par. A hole in one, the rarest of golfing events, is scored when the player drives the ball into the hole with only one stroke.

Rules

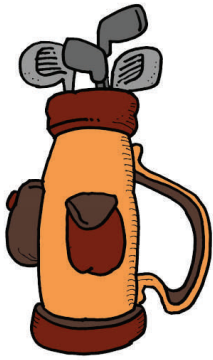
- On each hole play your first shot from the tee.
- Strike the ball with a club until you have holed out on putting green of that hole.
- The number of strokes you take is your score for the hole.
- The golf course is divided into 18 holes: the front nine and the back nine.
- At the end of play, add your scores fore each hole and the total is your score for the round.
- Students will play golf according to the rules of the United States Golf association.
- Golf has a code called "golf etiquette." Being considerate is a traditional part of the game and makes golf more pleasant for everyone.

Etiquette

- Use good manners; be polite.
- Do not move around, make excessive noise, taunt, or stand directly behind someone playing; remain quite.
- Play with honor; count every stroke.
- Speed up play when necessary; be ready when it's your turn.
- Hit balls **only** on carpet squares.

Answer the questions.

11. How do you determine who hits next when playing in a group of four?
12. What term do you use to indicate the ball may hit another golfer?
13. What is the difference between slicing and hooking the ball?
14. What is a Divot and what does replacing a divot mean? Why do we replace out divots?
15. Whys are course etiquette and integrity important in golf?



Scoring

- Double Bogie**– 2 shots over Par
- Bogie**– 1 shot over Par.
- Par**– The set number of shots needed to finish a hole.
- Birdie**– 1 shot under Par.
- Eagle**– 2 shots under Par.

SKILLS

Ready Position (Address)

- Feet shoulder width apart.
- Knees and hips flexed, ready for twisting movement.
- Balanced with weight distributed over a full foot (toe wiggle).
- Hands in front with elbows extended down and eyes focused on the ball.
- Eyes down and focused on the ball.



Grip

- Shake hands with club.
- Cover the thumb with the lifeline of the other hand.
- Choose a grip: Baseball, Interlock, or overlap.
- “V’s” formed with the thumb and forefinger of each hand.
- Hands should be positioned comfortably and held firm without excessive tension.



Chip Shot: Short distances to the green.

- Stance narrow, slightly open, with the ball slightly inside the heel of the left foot.
- Hands ahead of the ball with weight loaded on the front foot.
- Arms and shoulders form a “triangle.”
- Wrist remain firm and locked while hitting down on the ball.
- Head remains steady, following through with club pointing to target.

Pitch Shot: Medium distances to the green.

- Stances slightly wider than the chip with ball slightly inside the heel of the front foot.
- Club is brought back with shoulder and arm.
- During backswing the right elbow bends and wrists cock at waist level.
- Release wrists on downswing, keeping a relaxed tempo, while the weight shifts to the front foot.

Full Swing: Long distances to fairway or green.

- Stance shoulder width.
- Club is brought back with shoulders and arms, weight shifts to back foot.
- Wrists cock at waist as continue to “climb” to the top of the backswing. The left arm is straight and the back is to the target.
- Start downward to target, head remains steady as weight shifts to the front foot.
- Balanced and controlled follow through. Front of body should face the target, back foot finishes up on toe, hands are high, hands are high, thumbs are partly over the shoulder.

Putting: On the green

- Grip gently –light pressure.
- Eyes are over the ball.
- The backstroke and follow through are the same length.
- Body is still during the stroke.
- Follow through with the putter finishing toward hole.



Vocabulary

1. **Address:** Placing the body and club in position to stroke the ball.
2. **Divot:** Slice of turf cut out with the club.
3. **Dogleg:** A hole if golf in which the fairway is abruptly angled.
4. **Driver**– Number 1 wood, Largest wood, used for tee shot, long distance flight with low trajectory
5. **Fairway:** the mowed or well-kept part of the area between the tee and the green.
6. **Fairway woods**– Large, head club, smaller than driver, used in fairway when on short grass, but still need the ball to travel a long distance
7. **Flagstick:** Indicates the position and sometimes the number of hole. The flag stick is in the hole.
8. **Fore:** Warning signal that a ball is approaching another player.
9. **Green:** Short-cropped grass around the hole.
10. **Hazard:** Natural or unnatural obstacle on the course.
11. **Hole:** The cup in which the ball is rolled.
12. **Honor:** Right to play first from a tee by low score on the previous hole.
16. **Hook:** a shot that curves to the left if hit by a right-handed golfer.
17. **Iron:** A club with an iron head.
18. **Lie:** Position of the ball on the course.
19. **Loft:** The elevation of a shot or angle of the club face.
20. **Rough:** Rough ground and long grass off the fairway.
21. **Round:** Any series of holes, generally 18.
22. **Score:** the number of strokes it takes to get the ball in the hole.
23. **Slice:** The ball curves to the right if hit by a right-handed golfer.
24. **Tee:** wooden spike used to hold the ball for tee shot, lifts ball approximately one inch off the ground for tee shots.
25. **Tee Box**– are where first shot of the hole is taken. Starting point is marked by colored markers.
26. **Wood:** A club with a wooden head.



Black/Gold tee markers are usually reserved for touring professionals in official tournaments. Only the best players in the world play from these tees.

Blue tee markers usually denote the teeing ground used for championship play in tournaments, and is the tee used by skilled male players who have a low handicap.

White tee markers usually denote the teeing ground used most often by men, typically those who have a middle or high handicaps. This tee is almost always the middle tee between the championship and ladies tee and is often called the "men's tee".

Red the red tees are located in front of the white tee markers and are often called the "women's tees".

Green tee markers often have shorter yardage even than the red tee markers, and usually indicate where juniors and beginners hit from.

Choosing your Club

To figure out which golf club to use for a particular shot, you need to know the average distance you hit a ball with each golf club in your set. Then, you simply choose the golf club that fits the distance you need to hit.

The best way to find out is to hit about 50 balls with each club. Eliminate the longest five and the shortest five, and then figure out the middle of the remaining group. That's your average yardage.

This table shows how far the average golfer generally hits with each club when he or she makes solid contact.

When you start to play this game, you probably won't attain these yardages — but while you practice, you can get closer to these numbers.



Club	Men's Average Distance	Women's Average Distance
Driver	230 yards	200 yards
3-wood	210 yards	180 yards
2-iron	190 yards	Not recommended; 4-wood or hybrid = 170 yards
3-iron	180 yards	Not recommended; 5-wood or hybrid = 160 yards
4-iron	170 yards	150 yards (consider a hybrid, instead)
5-iron	160 yards	140 yards
6-iron	150 yards	130 yards
7-iron	140 yards	120 yards
8-iron	130 yards	110 yards
9-iron	120 yards	100 yards
Pitching wedge	110 yards	90 yards
Sand wedge	90 yards	80 yards
Lob wedge	65 yards	60 yards

