



# #GolfAtHome

## Week #1

### Indoor Putting Lesson and 2 Games everyone can play at home!

**Golf Skill:** Putting

**Golf Fundamental:** Distance Control

**Factor of Influence:** Size or Length of putter swing controls distance

**Core Value:** HONESTY of the player

### Supplies Needed:

- Putter
- One Golf ball
- Favorite color Sharpie marker
- Tape measure or ruler
- Masking tape (painters tape works best for easy removal or string can be substituted.)
- You will also need a pencil and paper if you want to keep score.

### Set Up:

#1 - Draw a circle line with Sharpie marker around the entire golf ball.

#2 - Lay down a 10' piece of Masking Tape or similar.

#3 - Draw a circle about the same size as a golf ball one foot from each end of the masking tape.

#### Example of set up:



### Golf Drill:

Set the golf ball on one of the circles. Then putt the golf ball trying to get it to stop between the other circle and the end of the tape line. When you putt from circle to circle, try to keep the sharpie line rolling as straight as possible along the tape line.

### Cue:

This happens when the putter goes straight back and straight through the tape line when striking the golf ball with the putter!

### Tip:

If the sharpie line is NOT staying in a straight line, then the putter is either going outside the tape line or inside the tape line causing spin on the golf ball.

### Logic:

If the sharpie marker line stays straight, the golf ball will dive into the cup.

If the sharpie marker line goes lopsided, then the golf ball will have a better chance to “Lip Out” if it hits the cup.

### Definition:

What is a Lip Out in Golf? A Lip Out occurs when the golf ball spins around the top edge of the hole which is called the Lip of the hole.

### Did you know:

The cup is set 1” down into the golf hole to help prevent the ball hitting the top edge of the cup and bouncing out of the hole!

### CHALLENGE YOURSELF:

Try the golf skill and both games on two different floor surfaces in your house. Examples are carpets in different rooms might have different speeds, tile floors, cement basement or putting matt if you have one.

## Golf Game #1: “WATCH THE BALL ROLL!”

Using the same tape line and strategy in the Golf Skill Drill above, play a game of points up to a score of **5**.

### Here is how the game is played:

**PLUS 1 Point** = hitting the perfect putt so the sharpie marker line stays in a straight line and the golf ball stops between the circle and end of the tape line.

**MINUS 1 Point** = hitting the golf ball and the sharpie marker line loses its distinct line and starts to spin sideways.

\*It is the **HONESTY** of the golfer to decide if he or she wins or loses a point after each putt.

\*This game is great because it teaches the perfect roll of a putt, distance control, and MATH!

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## Golf Game #2: "RECTANGLES & SQUARES!"

Make a rectangle with Masking Tape 2' wide X 1' length.

Make a 4.25" X 4.25" square centered in front of the tape rectangle.

Define a starting line. I recommend a distance from 10' from the rectangle but you can go closer or further back depending on how challenging you want the game to be.

**Here is how the game is played:**

**0 Points** = Golf ball misses both the square and rectangle

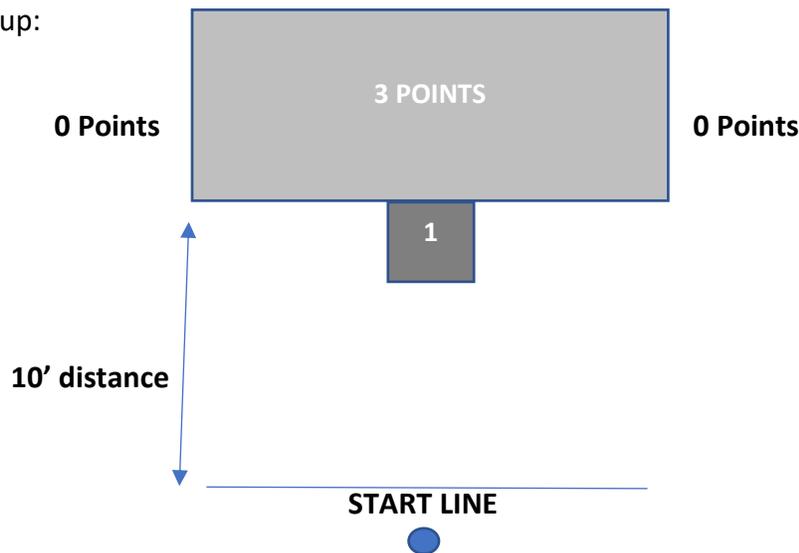
**1 Point** = Golf Ball ends up in rectangle

**3 Points** = Golf Ball ends up in square which represents the hole in golf!

Play to a score of **21** against yourself or with a partner or group of family members.

This game is great because it teaches the importance of getting a putt to the hole, but not too far past the hole or in this game one foot past the hole. A great game to learn Distance Control.

Example of set up:



### WRAP UP:

Ask your kids "How they showed HONESTY during these games?"

### SPECIAL NOTE IF YOU DO NOT HAVE GOLF EQUIPMENT AT HOME:

Both games #1 and #2 can be played without having a golf putter or golf ball. Simply kneel down at the starting points and use a finger to flick the ball to get it rolling towards the target, you will still see the same effects of SPIN on a ball or round object. If the ball is not hit in the center, the ball will have side spin instead of top spin. Top Spin is desired spin for a putt in golf.

**Good Luck!**

**First Tee of Greater Akron Lessons for your home!**