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# Best Practices

**Golf Motor Skill Stations**

**Suggested Grade Level:**

* 5th Grade

**Materials Needed:**

* Putters
* Wedges
* Balls
* Targets
* Tees
* Polyspots
* Large Mats
* Hula-hoops

**Description:**

* Using the SNAG golf equipment and previously taught lessons, each student will rotate through 4 different golf stations. Each station focuses on a different skill.
* Note: This would be a good lesson to use after you have taught and practiced the 3 swings: putt, chip, and full. This exercise is good for a 30-minute class period and you want to get each student to go through all four stations.
* The stations are as follows:

1. Short putt to small Velcro target
2. Long putt to large Velcro target
3. Chip over obstacle to Velcro bullseye target
4. Full swing into hula-hoops at varying distances

* The student setup: one golfer at each red tee. The caddy would stand on poly spot behind the targets.
* After the golfer has hit four golf balls, the golfer and caddy would change places.
* After 6 minutes (or depending on class period length), golfer and caddy rotate to the next target.

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