

Spring 2025, Week 6: Ages 12+

- **ON THE COURSE! PUT IT ALL TOGETHER! BE A GAME CHANGER and Play Better!**
 - We are back on the course tonight! Last time out, we focused on our Key Commitments and how they can make us better people. Tonight, we are going to focus on our golf skills, to see how much we have improved this season. We spent time working on items like club face awareness, tempo/swing speed, pre shot routines, ball flight, and body balance. As we get older and more experienced with the sport, we start to incorporate more complex items to golf, instead of just “swinging a club”. The more we can practice these skills, the better we get on the course!
 - - Club face awareness - How does our face at impact effect the ball flight? Open and closed faces can cause big sweeping draws/fades, but neutral faces give us a nice straight flight. Are there times when we want the ball to curve on the course?
 - Tempo/swing speed - It can be easy to think that we need to swing hard and fast, but does the science support that? The smoother we swing, the better it moves. The lie/thickness of the grass will effect how much energy we need to put into our swing.
 - Pre shot routines - They say golf is 99% mental, and the pre shout routine is where we can see the truth to this. If we develop the same routine before we hit every time, we put ourselves in better positions to play better. We can also use it to reset our brains between shots, both good and bad!
 - Ball flight - Just like with club face awareness, we. an make balls travel in different styles. We don't always need a straight shot, as we get more experienced, sometimes we want the ball to curve one direction or the other. Visualize and learn!
 - Body balance - Lets face it, we won't always be in the middle of a flat fairway. What do we do when we have to adjust our stance/balance? How can I shift my weight to help with this unusual swing? If I am falling over myself, I better check my weight distribution!
- **Follow Up Questions:**
 - How did you play today?
 - Do you feel more/less confident in your playing ability?
 - What are you going to improve on for next time on the course?
 - What was the best part about golfing today?
 - What was a not so good thing about golfing today?

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