



Coach Education
www.nfhslern.com



Golf: Fundamentals of Coaching Golf

The mission of the NFHS Golf Coaches Education Program is to provide and maintain professional leadership through coach education that fosters safety, sportsmanship and competency. It should also positively enhance the interscholastic experience for all golf coaches and their team members. In this course, Fundamentals of Coaching Golf, you will learn about the rules and etiquette of the game as well as fundamental techniques.

Unit 1: Developing a Program Approach

- Developing Your Golf Program

Unit 2: Basic Golf Knowledge

- History of the Game
- Playing the Game

Unit 3: Pre Swing

- Position, Posture and Stance
- Grip

Unit 4: In-Swing

- Movement of Arms and Shoulders
- Movement of the Club

Unit 5: Golf Skills

- Putting
- Chipping
- Pitching
- Bunker Shots

Course Management

- Understanding Capability
- Strengths
- Weaknesses
- Keep Ball in Play

Effective Practice Routines and Competition

- Stretching
- Practice Drills

Long Term Player Development