

# LEVEL 3

# BEARS

The primary focus at this level is to teach the kids how to use their ball striking skills to hit shots at targets. The thinking and planning of the game is introduced in Level 3. Bears will also spend some time reviewing and improving fundamentals, making faster swings and learning the pitch and sand shot. To pass this level, juniors should be competent at putting, chipping, pitching and shots up to 50m. The last two weeks of the course will focus on using their skills out on course.

## WEEKLY LESSON PLAN

Week 1	Warm up & Stretching Grip, Stance, Turn, (Full Swing irons) Chipping & Putting Refresh 1m chip & 2m pitch (Must get ball on the green) Review Safety Rules & Etiquette
Week 2	Warm up & Stretching Grip, Stance, Turn (full swing irons & woods) Introduce pitch shot Rules & Etiquette
Week 3	Grip, Stance, Turn (full swing) Chipping and putting drills and games Review Rules & Etiquette
Week 4	Grip, Stance, Turn (full swing) Bunkers & short game skills Review Rules & Etiquette
Week 5	Play 2 holes from 50-100m (Target score 10) On Course rules & behavior
Week 6	Play 2 holes from 50-100m (Target score 10) Summary Sheet

Note: lesson plan may change subject to weather or skill progression of the group.