



Scottish  
Golf

Learn To Golf

**LEVEL 1-3  
STRUCTURED  
SESSION PLAN**



**PGA**<sup>®</sup>  
The Professional Golfers'  
Association



**Key Objectives:** Introduction to Learn to Golf and experience the fundamentals of putting

**Equipment required:** Variety of cones, alignment sticks, hoops, variety of balls (including golf balls), golf clubs

## Warm Up Golfers and Greenkeepers ⌚ 10 mins

**Objective:** Develop speed and agility

### Set Up

- Divide players into groups: greenkeepers & golfers
- Golfers turn cones to create divots
- Greenkeepers turn cones back to the correct position

**Progression:** Change movement patterns e.g hop, jump

**Coaching Tips:** Emphasise safety and special awareness



## Main Activity Putting Dominoes ⌚ 10 mins

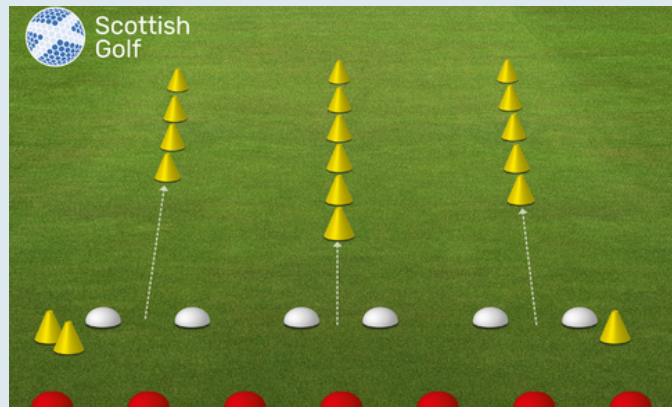
**Objective:** Develop aim and alignment in putting

### Set Up

- Place 5/6 cones in a line and split the group into teams
- Alternate putts trying to hit the nearest cone and remove it
- First team to pick up all their 'dominoes' wins

**Progression:** Set up tees further away and change layout i.e zigzag line

**Coaching Tips:** Question understanding on aim and alignment to target



## Main Activity Putting Slalom ⌚ 15 mins

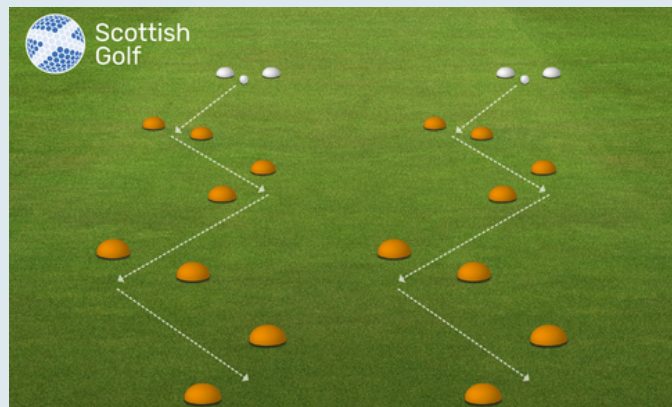
**Objective:** Develop aim and distance control in putting

### Set Up

- Place markers 6-10cm apart around the putting green
- Use different coloured markers for each gate
- Players navigate the course in the fewest strokes possible

**Progression:** Team based competition

**Coaching Tips:** Question understanding relating to the importance of stroke consistency



## Cool Down Next Time ⌚ 5 mins

**Objective:** Reflect on learning to improve session delivery

### Set Up

- As a group, recap the key themes of the session
- Ask questions i.e what aspects they enjoyed, skills learnt
- Involve players on identifying next session activities

**Progression:** Add feedback to next session to maximise participation

**Coaching Tips:** Provide prompts to encourage interaction, self-reflect on session





**Key Objectives:** Introduce the concept of a full swing and promote ongoing positive interaction among peers

**Equipment required:** Variety of cones, alignment sticks, hoops, variety of balls (including golf balls), golf clubs

## Warm Up Equipment Hunt ⌚ 10 mins

**Objective:** Familiarise players with different golf equipment

### Set Up

- Split into groups and set up coloured cones at stations
- Coach calls out equipment and colour
- Players place equipment at cones based on command

**Progression:** Introduce competition, add additional equipment

**Coaching Tips:** Interchange group participants



## Main Activity Sole Swings ⌚ 10 mins

**Objective:** Achieve a balanced full swing movement

### Set Up

- Pair players on the driving range/course
- One player swings/hits while the other observes
- Partner to check if swing shows sole of back foot

**Progression:** Incorporate throwing and hitting shots

**Coaching Tips:** Promote comfort and balance in finish position



## Main Activity Full Swing Shootie-In ⌚ 15 mins

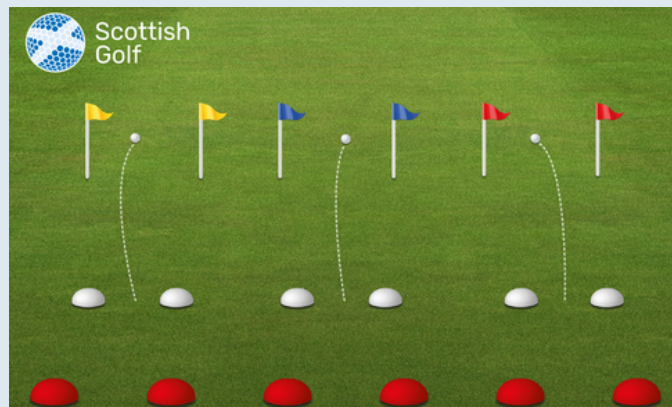
**Objective:** Focus on developing full swing

### Set Up

- Split players into teams and set up a goal each
- Alternate shots with 5 balls per player
- Score goals and track total

**Progression:** Add different size and weight of ball to aid distance control and feel

**Coaching Tips:** Award bonus goals for effort and balance in technique over speed



## Cool Down Peer Confidence ⌚ 5 mins

**Objective:** Building confidence and self-esteem

### Set Up

- Gather players in pairs at the end of the session
- Each player identifies something their partner did well
- Share partner's positive points with the group

**Progression:** Add into future sessions, pair with activity Next Time

**Coaching Tips:** Foster positive relationships and confidence building





**Key Objectives:** Continue to develop putting stroke and introduce strategies for handling mistakes

**Equipment required:** Variety of cones, alignment sticks, hoops, variety of balls (including golf balls), golf clubs

## Warm Up Shark Island ⌚ 10 mins

**Objective:** Develop power and balance through movement

### Set Up

- Use staggered hula hoops as stepping stones
- Players hop or jump using two feet, left then right
- Hula hoops are safety islands, avoid 'sharks'

**Progression:** Vary layout of hula hoops. Pair with activity Ready Legs

**Coaching Tips:** Emphasise importance of jumping technique



## Main Activity Putting Lanes ⌚ 10 mins

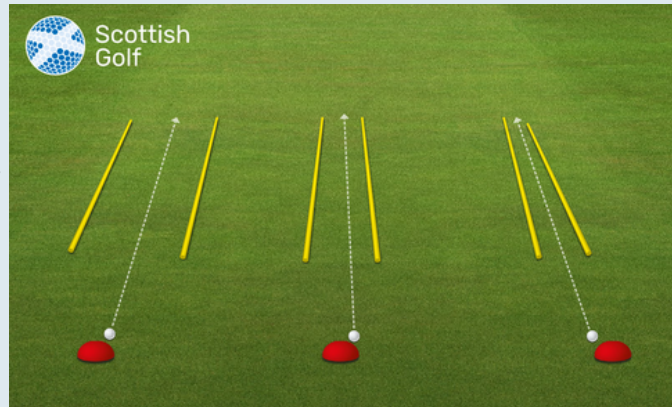
**Objective:** Develop putter face control

### Set Up

- Create lanes with varying widths using alignment sticks or cones
- Start wide and gradually narrow the lanes
- Players putt through the lanes

**Progression:** Move players further back, narrow lanes and play to a hole

**Coaching Tips:** Question understanding of face control



## Main Activity Putting Battleships ⌚ 15 mins

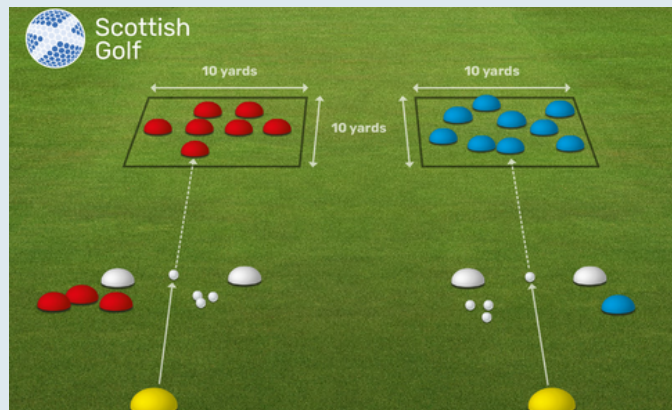
**Objective:** Develop aim and alignment in putting

### Set Up

- Arrange cones (battleships) in a pyramid shape
- Remove ships by hitting opposing team's cones
- Team that destroys all ships first wins

**Progression:** Spread grouping of cones or vary distance

**Coaching Tips:** Emphasise learned objective from previous activity



## Cool Down Dealing with mistakes ⌚ 5 mins

**Objective:** Understand that we learn from making mistakes

### Set Up

- As a group identify any mistakes made during practice
- Discuss how to improve for next time
- Re-emphasise that mistakes are a learning process

**Progression:** Add into future sessions, pair with activity Next Time

**Coaching Tips:** Provide prompts to encourage interaction





**Key Objectives:** Continue the development of a full swing by emphasising the importance of balance for achieving accuracy

**Equipment required:** Variety of cones, alignment sticks, hoops, variety of balls (including golf balls), golf clubs

## Warm Up Compass ⌚ 10 mins

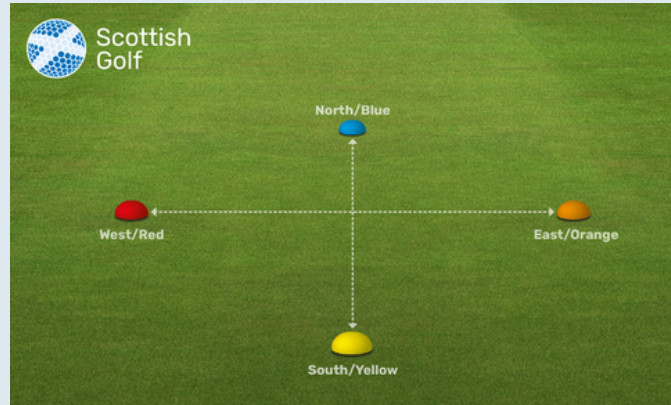
**Objective:** Continue to develop balance, agility and speed

### Set Up

- In pairs, create a diamond with coloured cones
- One player stands in the middle whilst the other calls colours
- Sprint to relevant cone as fast as possible

**Progression:** Introduce sequences or add tasks i.e balancing on one leg

**Coaching Tips:** Reference 4 cones as golf related terms. Maximise movement patterns



## Main Activity Full Swing Balance ⌚ 10 mins

**Objective:** Understand the importance of balance

### Set Up

- Group set up in a line formation
- Players begin with a practice swing
- Hold a balanced finish position for 3 seconds after a shot

**Progression:** Move onto holding finish after a shot. Pair with activity Picture Perfect

**Coaching Tips:** Focus on balance, stability and fundamental skills



## Main Activity Full Swing Aussie Rules Golf ⌚ 15 mins

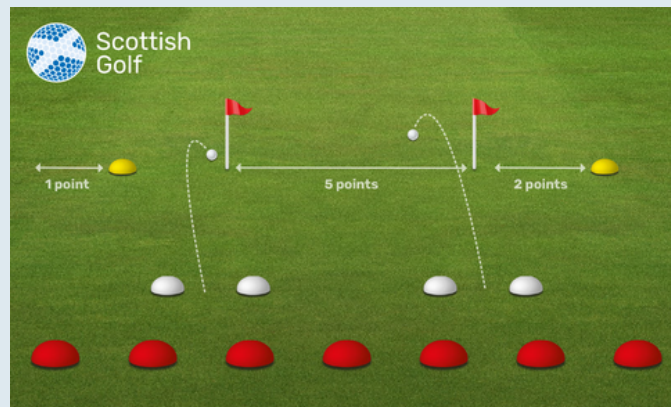
**Objective:** Develop accuracy using a full swing

### Set Up

- Split players into teams with equal balls
- Set up equipment 15 yards apart with cones 5 yards either side
- Track teams total points to determine the winner

**Progression:** Bonus points can be awarded for good effort and technique

**Coaching Tips:** Focus on accuracy, technique, balance after impact



## Cool Down Course & Facility Walks ⌚ 5 mins

**Objective:** Familiarising players with the course facilities

### Set Up

- Walk through a hole explaining the key features
- Visit clubhouse, meet staff, explore facilities
- Quiz participants at the end of the walk

**Progression:** Foster a welcoming environment for all

**Coaching Tips:** Ensure safety while walking the course





**Key Objectives:** Develop key elements of putting, discover golfing terms and understand mistakes

**Equipment required:** Variety of cones, alignment sticks, hoops, variety of balls (including golf balls), golf clubs

## Warm Up Caddy Call Out 10 mins

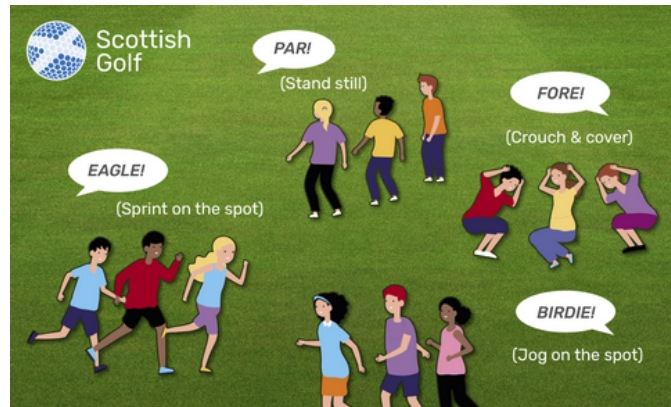
**Objective:** Discover golfing terms whilst activating the body

### Set Up

- Mark out activity area then coach gives commands
- Each golfing term relates to a physical movement
- i.e **Birdie** > Jog, **Par** > Stop, **Eagle** > Sprint

**Progression:** Ask players to be the caddy. Add additional golfing terms

**Coaching Tips:** Question understanding of terms. Encourage players to suggest movements



## Main Activity Balance Shots 10 mins

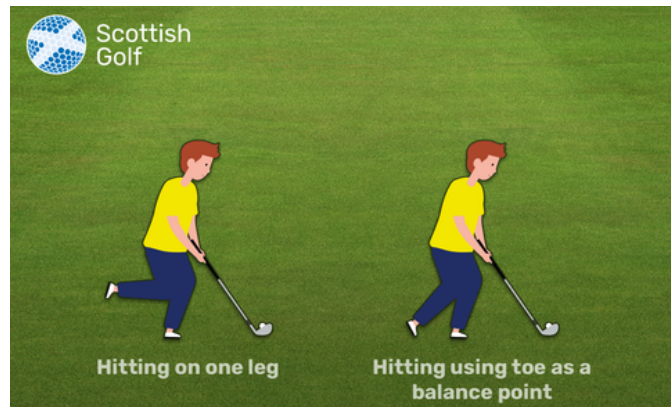
**Objective:** Develop lower body stability and balance

### Set Up

- Mark out multiple target options
- Players putt using only one leg and alternate standing leg
- Incorporate targets and different distances

**Progression:** Add fun challenges i.e putting with eyes closed

**Coaching Tips:** Question understanding of balance and stroke consistency



## Main Activity Short Game Battleships 15 mins

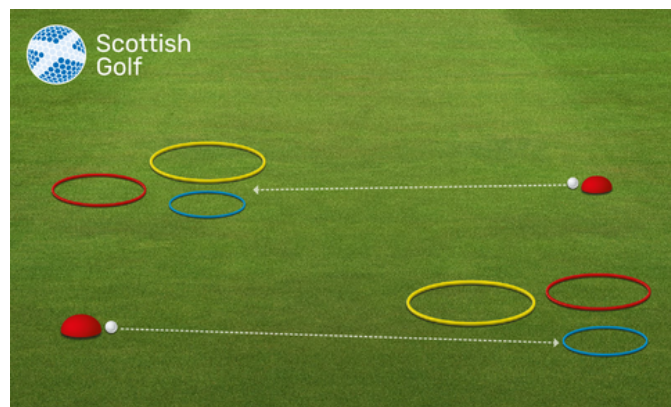
**Objective:** Putter face control, aim and distance control

### Set Up

- In pairs/teams set up 3 battleships using hoops or cones
- Players specify how many lives each target has
- Each player takes turns to sink their opponents' ships

**Progression:** Add more targets, increase distance, reduce target size

**Coaching Tips:** Controlled practice, promote technique



## Cool Down The Club 5 mins

**Objective:** Achieve an understanding of golf club equipment

### Set Up

- Gather players into a group
- Explain the components of a golf club i.e club face, grip
- Call out term and players hold that specific part

**Progression:** Add competition element using lives or time limit

**Coaching Tips:** Question understanding and encourage interaction





**Key Objectives:** Continue progress of chipping technique and grow golfing knowledge

**Equipment required:** Variety of cones, alignment sticks, hoops, variety of balls (including golf balls), golf clubs

**Warm Up** Lost and Found ⌚ 10 mins

**Objective:** Explore different fundamental movements

**Set Up**

- Mark out activity area
- Split into pairs and number 1 and 2
- Coach shouts a number and player tries to catch their partner

**Progression:** Change how players move i.e skipping, side stepping etc

**Coaching Tips:** Actively change pairs



**Main Activity** Golf Throw ⌚ 5 mins

**Objective:** Developing striking and coordination skills

**Set Up**

- Mark out activity area
- Stand in golf posture and throw a ball around a circle
- Focus on rotating body into follow through position

**Progression:** Add another ball. Move in opposite direction

**Coaching Tips:** Have 2-4 smaller groups. Consider how the body is moving



**Main Activity** Scramble Up and Down ⌚ 20 mins

**Objective:** Develop short game and learn golfing etiquette

**Set Up**

- Mark out 3 plus areas around 1st/2nd cut of the green
- In teams of 2/3's have each player chip and mark their best shot
- Complete hole, record score and move to next area

**Progression:** Select furthest away chip, start further back

**Coaching Tips:** Emphasise balance, set up & body rotation, vary club choice



**Cool Down** Who/What Am I ⌚ 5 mins

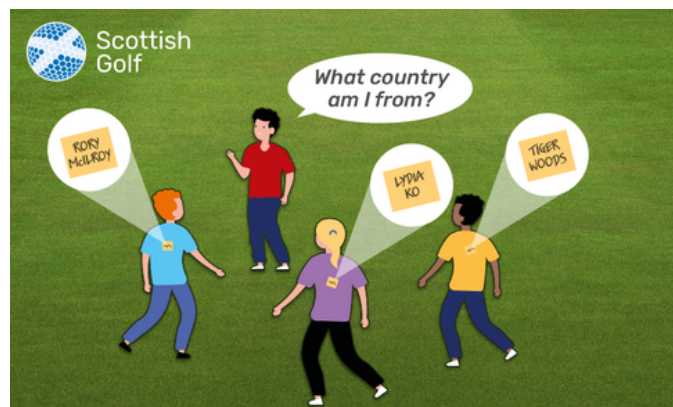
**Objective:** Introduce golf terms, players, courses etc

**Set Up**

- As a group or in pairs
- 1 person describes a golf term and the others must guess
- Support players by giving recommendations if required

**Progression:** Add competition, encourage players to be creative

**Coaching Tips:** Provide prompts to encourage interaction





**Key Objectives:** Focus on improving putting aim and alignment and recognise the importance of effort to achieve success

**Equipment required:** Variety of cones, alignment sticks, hoops, variety of balls (including golf balls), golf clubs

## Warm Up Making the Cut

10 mins

**Objective:** Develop speed and agility

### Set Up

- Set out 4 activity areas called greens
- In 4 teams, allocate equal golf balls to each green
- team with the fewest golf balls at the end is the winner

**Progression:** Players can defend their zone by tagging players

**Coaching Tips:** Carry one ball at a time. Can move in different ways



## Warm Up Effort Goals

5 mins

**Objective:** Recognise effort and benefit of giving 100%

### Set Up

- As a group, question the understanding of what effort is
- Re-emphasise that effort is the system that powers success
- Have players identify their Effort Goals for the session ahead

**Progression:** Combine with activity Next Time

**Coaching Tips:** Provide prompts to encourage speaking



## Main Activity Putting Marbles

10 mins

**Objective:** Develop distance control in putting

### Set Up

- Use a cone to mark a hole or use the putting green
- Start 10 feet from the hole with 3 balls each
- Player must putt past their previous ball

**Progression:** Place a tee behind hole to encourage speed control

**Coaching Tips:** Player must try to vary their distance and consider pace of putt



## Cool Down Zone Ball

15 mins

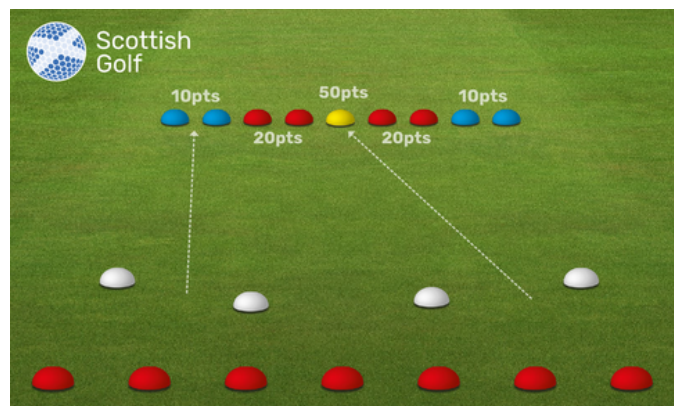
**Objective:** Developing aim and alignment in putting

### Set Up

- Line up cones with each colour equalling a specific score
- 1 cone in the centre is your aim line
- Players putt from 5 feet and record scores

**Progression:** Increase distances, add out of bounds lines

**Coaching Tips:** Not to rush your putt, speed and aim are important







**Key Objectives:** Increase awareness of full swing movement, including swing length and strike

**Equipment required:** Variety of cones, alignment sticks, hoops, variety of balls (including golf balls), golf clubs

## Warm Up Top Gear

10 mins

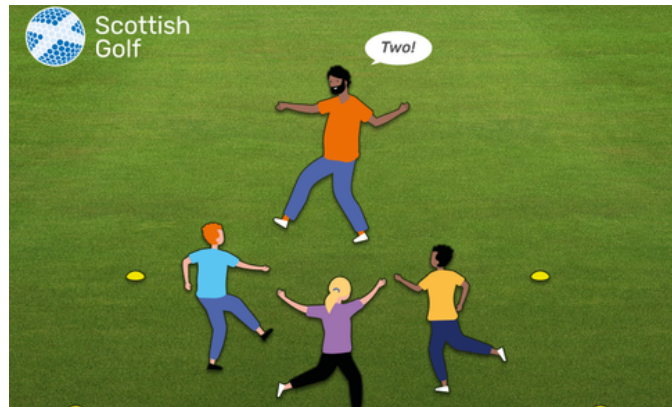
**Objective:** Developing agility

### Set Up

- Mark out activity area
- Coach gets players to weave in and out of each other
- Give movements a gear and players replicate specific action

**Progression:** Add additional gears and movements

**Coaching Tips:** Encourage players to be creative and suggest movements



## Main Activity Tennis Ball Javelin

5 mins

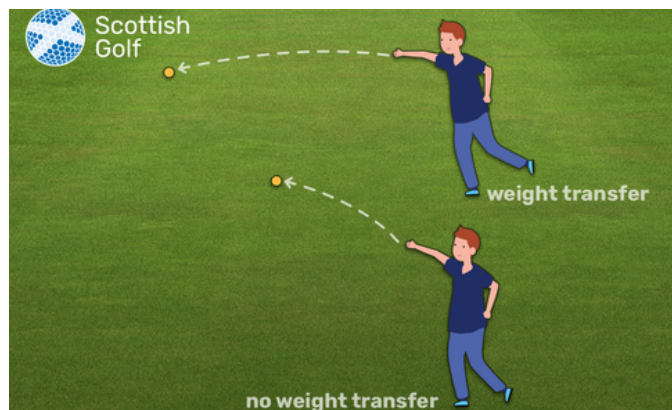
**Objective:** Developing throwing and weight distribution

### Set Up

- Mark out activity area
- Hold golf ball in your bottom grip hand and take golf stance
- Throw ball and focus on transferring weight

**Progression:** Pair activity with Sole Swing

**Coaching Tips:** Emphasis on feel of weight throughout movement



## Main Activity Full Swing The Ball Game

10 mins

**Objective:** Develop basic ball striking skills

### Set Up

- Mark out activity area with different targets
- Aim towards a set target using a wedge/short iron
- Freedom to experience ball contact and flight

**Progression:** Change ball type to suit ability

**Coaching Tips:** Focus on striking ball first, controlled swing



## Cool Down Chipping Go for the Green

15 mins

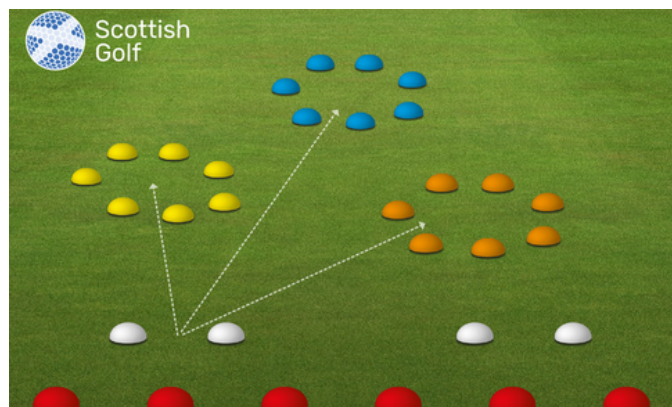
**Objective:** Developing swing length and aim within chipping

### Set Up

- Set out 3 circle target greens using hoops or cones
- Allocate points for each green. Start players 10 feet away.
- Aim to land ball on the greens

**Progression:** Add additional targets, Change target distances

**Coaching Tips:** Emphasise chipping points, controlled swing





**Key Objectives:** Gain putting confidence and enhance face control

**Equipment required:** Variety of cones, alignment sticks, hoops, variety of balls (including golf balls), golf clubs

## Warm Up Running Opposites 🕒 5 mins

**Objective:** Develop coordination and fundamentals

### Set Up

- Set up activity zone. Split into pairs, allocate a leader and mirror
- Leader incorporates patterns of various movements
- Mirror tries to do opposite movement

**Progression:** Vary patterns and speed, introduce new movements

**Coaching Tips:** Watch out for other participants, mix pairings



## Main Activity Putting Through the Gates 🕒 10 mins

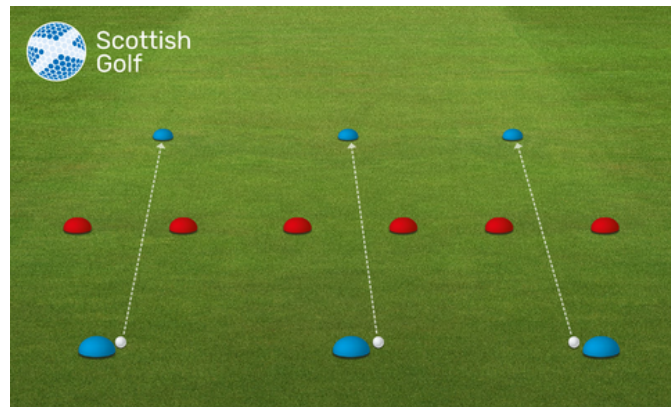
**Objective:** Greater putter face control

### Set Up

- Set up gates that are slightly larger than putter head
- Start close and increase distance after success
- If gates are hit, try again. Set a completion distance

**Progression:** In pairs, introduce lives, change slope angle

**Coaching Tips:** Question understanding of aim and face control importance



## Main Activity Putt to a Tee 🕒 10 mins

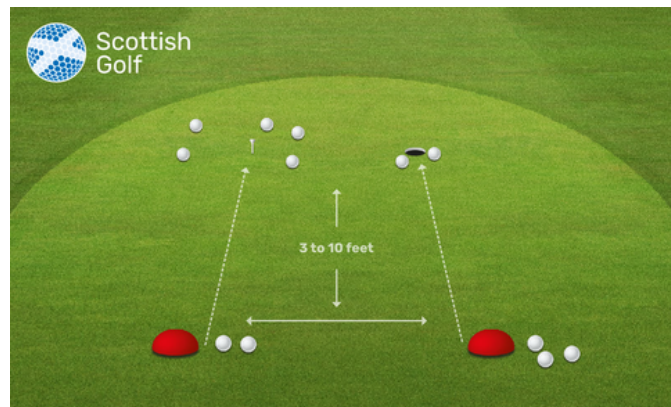
**Objective:** Enhance putting confidence

### Set Up

- Place a tee into the green to mark the hole
- Players to hit 10 putts of various lengths (3ft-10ft)
- Players hit 10 putts to actual hole from same distance

**Progression:** Add out of bounce area. Increase distance and breaks

**Coaching Tips:** Focus on target and stroke technique, check for understanding



## Cool Down The Ryder Cup Mini Putt Challenge 🕒 15 mins

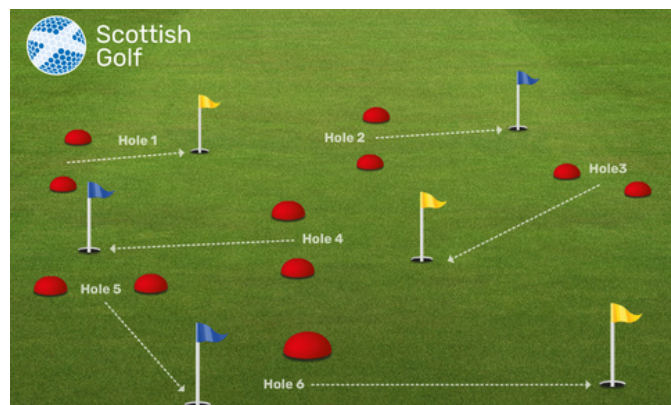
**Objective:** Develop putting skills through team competition

### Set Up

- Mark out a putting course of various lengths/difficulties
- Holes are played as Par 2 or 3 depending on ability
- Split players into Ryder Cup Teams and decide player rank

**Progression:** Play as pair, increase difficulty, forfeits for bogeys

**Coaching Tips:** Mix abilities, encourage fun celebrations





**Key Objectives:** Further develop chipping and pitching technique while gaining knowledge of essential scoring terms

**Equipment required:** Variety of cones, alignment sticks, hoops, variety of balls (including golf balls), golf clubs

**Warm Up** Toss or Bowl 10 mins

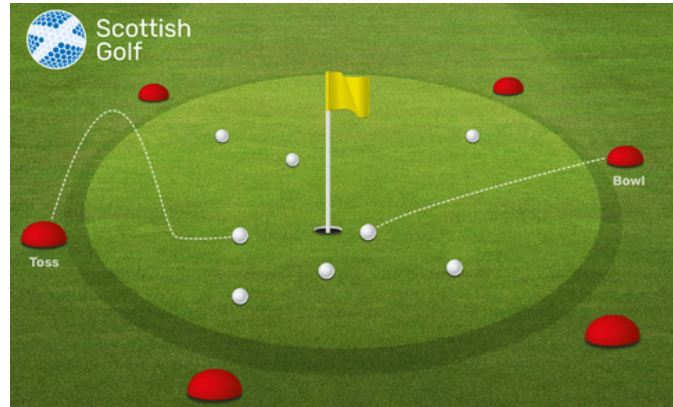
**Objective:** Highlight differences between a chip and pitch

**Set Up**

- Mark out cones on the 2nd cut of the green
- Using an underarm throw try to land the ball close to the hole
- Roll 2nd ball to the hole and see if it gets closer

**Progression:** Add landing zones, introduce clubs

**Coaching Tips:** Assess both balls to distinguish result of a chip and pitch



**Main Activity** Pitching Soft Landing 10 mins

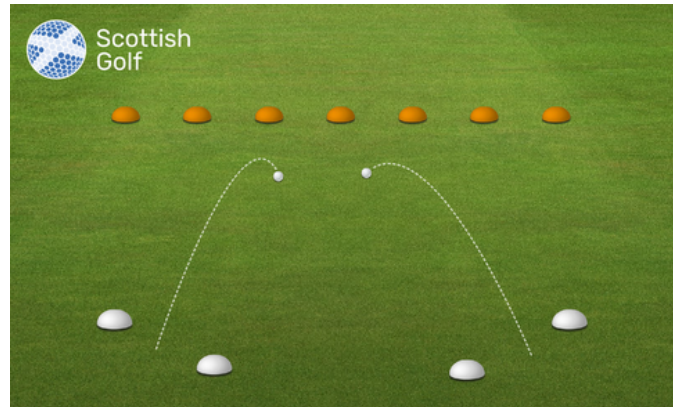
**Objective:** Develop swing length and distance control

**Set Up**

- Mark a line as landing area using cones etc
- Players attempt to pitch the ball towards the line
- Aim is to stop the ball as close to the line as possible

**Progression:** Add competition, out of bounds. Incorporate scoring matrix

**Coaching Tips:** Learn from previous shot, swing length shorter or longer



**Main Activity** Chipping Champions League 15 mins

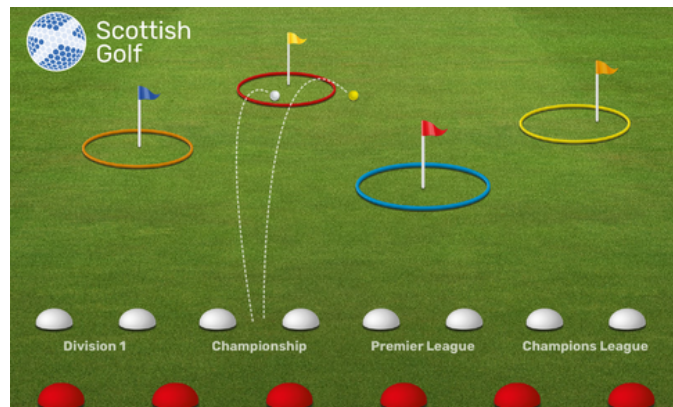
**Objective:** Developing aim and alignment within chipping

**Set Up**

- Set out a variety of targets varying distances and sizes
- Make a line of tee boxes and label each as a league tier
- 2 pairs on each tee and closest to the target wins and moves up

**Progression:** Increase team size, pair with activity Green hunter

**Coaching Tips:** Focus on aim, type of shot, and swing length



**Cool Down** Scoring Terms 5 mins

**Objective:** Become familiar with golf scoring terms

**Set Up**

- Individually, in pairs or in small groups
- Get players to describe scoring terms
- Examples include par, eagle, albatross

**Coaching Tips:** Ensure that players know what the scoring terms are against the number of shots they make. Add additional terms i.e Stableford format





**Key Objectives:** Introduction to bunker shots, developing full swing accuracy and learning resilient behaviours

**Equipment required:** Variety of cones, alignment sticks, hoops, variety of balls (including golf balls), golf clubs

## Warm Up Tails

10 mins

**Objective:** Developing speed and agility

### Set Up

- Each player is given a bib (tail) to tuck into their shorts
- Players grab other tails and avoid having theirs pulled
- Stolen bibs are returned and the game continues

**Progression:** Determines who catches the most tails in a timed game

**Coaching Tips:** Tail can be golf related i.e headcover, towel



## Main Activity Bunker Shots Fried Egg 15 mins

**Objective:** Discover correct technique for bunker play

### Set Up

- Place ball in the bunker and draw a circle around it
- The ball acts as an egg yolk and the white is the striking zone
- Try to get the ball out of the bunker and make the egg disappear

**Progression:** Move on to activity Bunker Shots Ball Out

**Coaching Tips:** Question understanding of the strike point



## Main Activity Full Swing Channel 10 mins

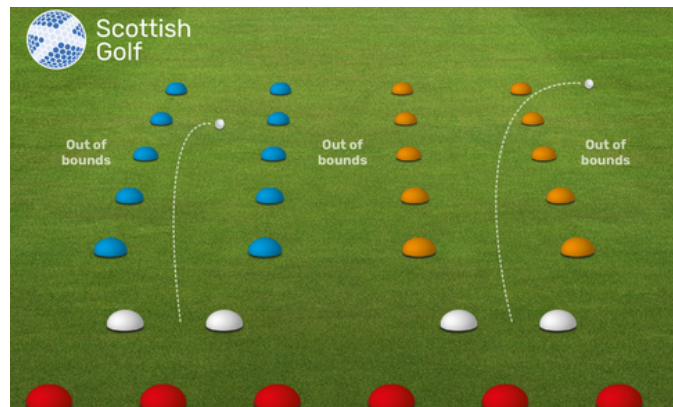
**Objective:** Develop aim and alignment within a full swing

### Set Up

- Split into teams and create a narrowing channel (fairway)
- Players alternate shots, successfully hitting fairway = 1 point
- Team with most balls on the fairway wins

**Progression:** Vary clubs, tighten the channel

**Coaching Tips:** Space out participants, focus on swing, technique and balance



## Cool Down Perseverance 5 mins

**Objective:** Realise the importance of perseverance

### Set Up

- Identify two situations that require perseverance
- Discuss resilient behaviours and reasons some may quit
- Reflect on personal resilient behaviours

**Coaching Tips:** Relate to junior experience in recent sessions. Can prompt with non-golf related examples





**Key Objectives:** Increase awareness of full swing movement, including swing length and strike

**Equipment required:** Variety of cones, alignment sticks, hoops, variety of balls (including golf balls), golf clubs

### Warm Up Home Ball

10 mins

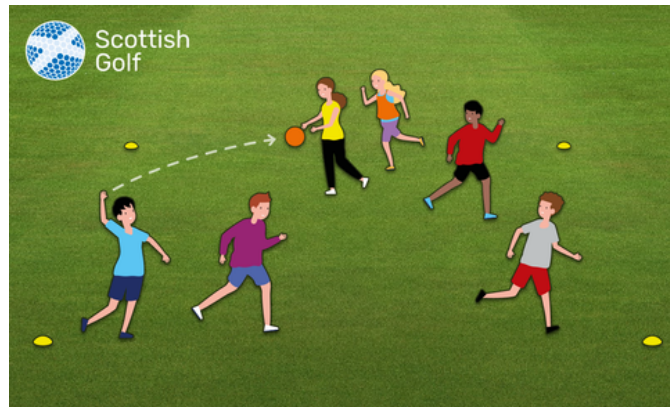
**Objective:** Developing coordination and agility

#### Set Up

- In small groups, select one player to be it 'It'
- This player will try to tag others who don't have a ball
- Other players pass a ball to the person being chased

**Progression:** Add balls and catchers. Change activity conditions

**Coaching Tips:** Promote quick decision making



### Main Activity Texas Scramble

50 mins

**Objective:** Introduce fun and social Texas Scramble format

#### Set Up

- Play with 3 or 4 players as a team
- Each player plays a shot and the team selects the best ball
- Continue with best ball and repeat process til holing out

**Progression:** Create competition between teams

**Coaching Tips:** Adjust hole length or number of holes



### Cool Down Self Talk

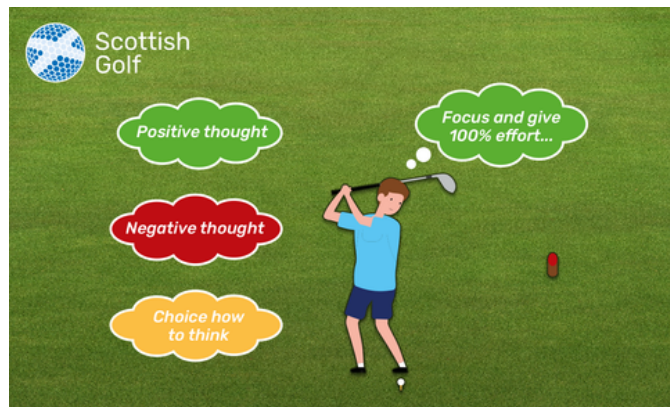
5 mins

**Objective:** Learn self talk and how it affects self-belief

#### Set Up

- Explain green thoughts (positive) and red thoughts (negative)
- Replace negative red thoughts with positive green ones
- Reinforce the use of green thoughts in subsequent sessions

**Coaching Tips:** Provide prompts to encourage speaking



### Cool Down Next Time

10 mins

**Objective:** Reflect on learning over last 3 levels

#### Set Up

- As a group, recap on skills developed over the weeks
- Ask questions i.e what aspects they enjoyed, skills learnt
- Involve players on how to be more consistent

**Progression:** On-course experience, revisit skill activities to further development

**Coaching Tips:** Ensure consistency is applied prior to improving difficulty in practice

