

Name: \_\_\_\_\_

Gator Junior Golf Association  
Beginner Worksheet  
Fall 2021  
Due Week 9

### BEGINNER: WORKSHEET FALL 2021

1. What does each letter in G.A.S.P stand for?

G \_\_\_\_\_

A \_\_\_\_\_

S \_\_\_\_\_

P \_\_\_\_\_

2. What are the 2D's?

D \_\_\_\_\_

D \_\_\_\_\_

### PUTTING

3. What letter do we make in putting and chipping? \_\_\_\_\_

4. What controls distance in putting and chipping? \_\_\_\_\_

5. What part of the club controls direction in putting  
and chipping? \_\_\_\_\_

6. Compared to full swing, I stand \_\_\_\_\_ (closer or farther) from the  
ball in putting.

7. If I am 20 feet from the hole, I will take a \_\_\_\_\_ (longer or  
shorter) swing than if I were 3 feet from the hole.

### CHIPPING

8. The ball position should be towards our \_\_\_\_\_ (front or back) foot in  
chipping.

9. What kind of club do we use in chipping? \_\_\_\_\_ (putter, iron, wedge, wood).

10. In chipping, we must make adjustments to our stance to create a descending motion, allowing us to make solid contact with the bottom of the ball. Name three of these adjustments:

1- Ball position \_\_\_\_\_ (forward/middle/back)

2- Push hands \_\_\_\_\_ (forward/middle/back)

3- Weight \_\_\_\_\_ (forward/middle/back)

### PITCHING

11. Wrist hinge in pitching creates \_\_\_\_\_.

12. In chipping, the ball flies \_\_\_\_\_ (1/3, 2/3) of the distance and rolls \_\_\_\_\_ (1/3, 2/3) of the distance. In pitching, the ball flies \_\_\_\_\_ (1/3, 2/3) of the distance and rolls \_\_\_\_\_ (1/3, 2/3) of the distance.

13. In pitching, clubface should \_\_\_\_\_ in the backswing, \_\_\_\_\_ at impact, and \_\_\_\_\_ in the follow through. (square, close, open)

14. What letters do we make in pitching? \_\_\_\_\_ and \_\_\_\_\_

15. In pitching, you want to hit...

a. Up on the ball

b. Down on the ball

c. Down and through

### FULL SWING

16. True or False: The club should be parallel to your target line at the top of the swing.

17. What is the FIRST movement in the downswing? \_\_\_\_\_

a. Lower body (hips, knees) and shoulders

b. Arms and wrists

18. What is the SECOND movement in the downswing? \_\_\_\_\_

- a. Lower body (hips, knees) and shoulders                      b. Arms and wrists
19. What part of the club should drop first in the downswing? \_\_\_\_\_
- a. Grip    b. Clubhead
20. In your finish position, which foot should be off the ground? \_\_\_\_\_
- a. Front foot                                      b. Back foot
21. In your finish position, where should all your weight be? \_\_\_\_\_
- a. Front foot                                      b. Back foot
22. How long should you hold your finish? \_\_\_\_\_
23. During the golf swing, your shoulders \_\_\_\_\_.
- a. Move back then forward after impact
- b. Rotate around the ball like an axis
- c. Shift up then down at impact
24. Why shouldn't you swing the club really fast?
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25. What is your ball position for driving? \_\_\_\_\_
- (front, middle, back)

Match the situation with which type of swing to use

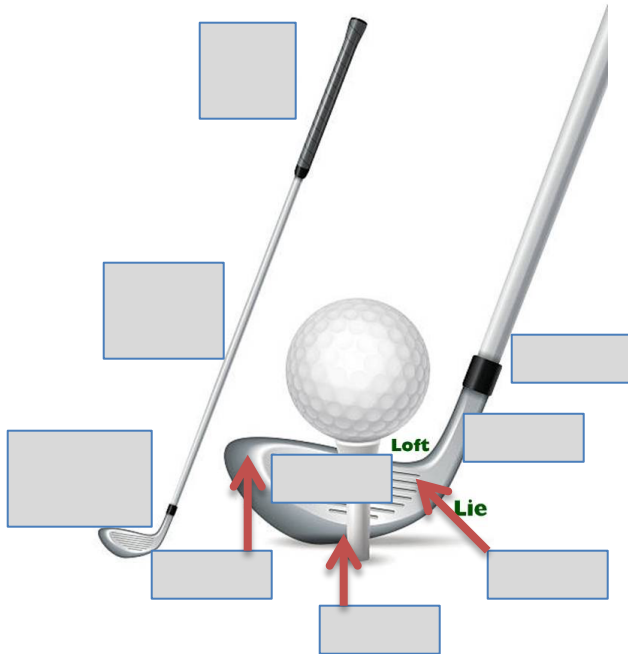
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|---------------|---|
| 1. Putting    | a. I am just off the green, on the fringe |
| 2. Chipping   | b. I am on the green                      |
| 3. Pitching   | c. I am far away from the hole            |
| 4. Full Swing | d. I need to hit over an obstacle         |

Match the club type with the type of swing it is used

- |             |           |
|-------------|-----------|
| 1. Putting  | a. Wedge  |
| 2. Chipping | b. Iron   |
| 3. Pitching | c. Wood   |
| 4. Driving  | d. Putter |

**BONUS**

**\*\*Label the parts of the golf club using the word bank. \*\***



<b><u>WORD BANK</u></b>	
Clubhead	Toe
Clubface	Grip
Hosel	Shaft
Heel	Ferrule
Sole	

*Not pictured:*

1. What are the lines on the clubface called? \_\_\_\_\_  
a. Grooves    b. Dimples    c. Cavity
2. What are the little indents on the golf ball called? \_\_\_\_\_  
a. Grooves    b. Dimples    c. Cavity
3. What is the back of the clubhead called (for irons/wedges)?  
a. Grooves    b. Dimples    c. Cavity
4. What is the top surface of the clubhead called?  
a. Crown        b. Cavity        c. Sole