

Name: _____

Gator Junior Golf Association
Beginner (Level 1) Worksheet
Spring 2021
Due Week 9

BEGINNER (LEVEL 1): WORKSHEET SPRING 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, closed, 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

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

16. What is the FIRST movement in the downswing? _____

a. Lower body (hips, knees) and shoulders

b. Arms and wrists

17. What is the SECOND movement in the downswing? _____

- a. Lower body (hips, knees) and shoulders b. Arms and wrists
18. What part of the club should drop first in the downswing? _____
- a. Grip b. Clubhead
19. In your finish position, which foot should be off the ground? _____
- a. Front foot b. Back foot
20. In your finish position, where should all your weight be? _____
- a. Front foot b. Back foot
21. How long should you hold your finish? _____
22. 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
23. Why shouldn't you swing the club really fast?
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24. What is your ball position for driving? _____
- (front, middle, back)

Match the situation with which type of swing to use

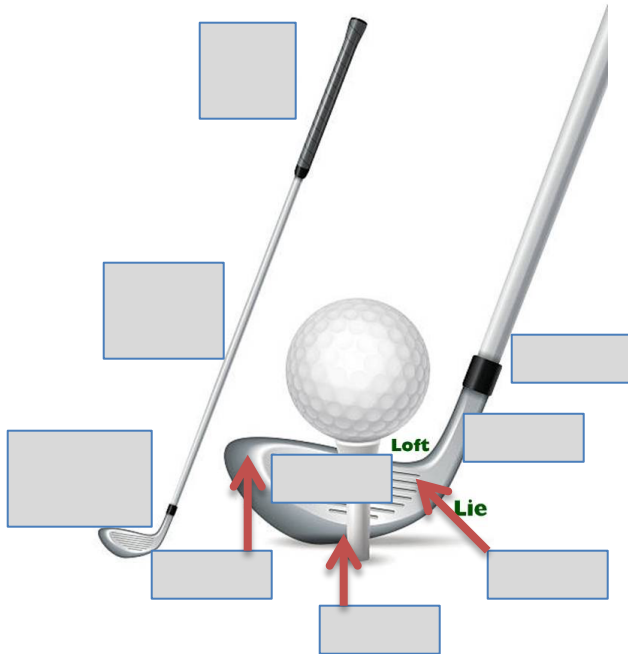
- | | |
|---------------|---|
| 1. Putting | a. I am just off the green, on the fringe |
| 2. Chipping | b. I am on the green |
| 3. Pitching | c. I am far away from the hole |
| 4. Full Swing | d. I need to hit over an obstacle |

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. ****



| <u>WORD BANK</u> | |
|-------------------------|---------|
| 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