



Rookie SKILLS

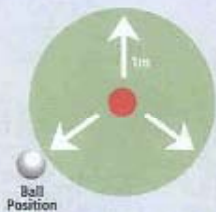


Skills for junior golfers under 12 years of age

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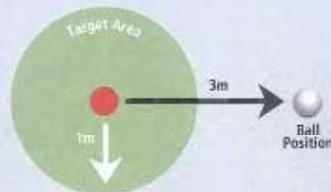
putting 1 around the clock

- 1 Putt 3 balls from 3 different positions, 1 metre away from the hole. This should take place on a flat part of the green.
- 2 The challenge is to putt each ball into the hole.
- 3 Write down how many putts you holed.



putting 2 in the zone

- 1 Putt 3 balls from a position 3 metres away from the hole.
- 2 The challenge is to putt each ball to within 1 metre of the hole.
- 3 Write down how many putts finished within 1 metre of the hole.



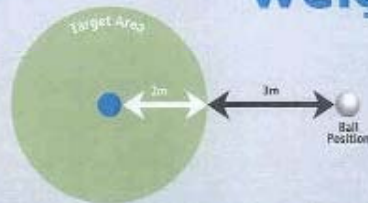
chipping 1 eagles nest

- 1 Chip 3 balls from a position 3 metres away from a hole, with a 2 metre radius circle around it (target area).
- 2 The challenge is to chip 3 balls that land within the target area. *Please note: the balls do not have to finish within the target area.
- 3 Write down how many balls landed in the target area.



chipping 2 dead weight

- 1 Chip 3 balls from a position 5 metres away from a hole, with a 2 metre radius circle around it (target area).
- 2 The challenge is to chip 3 balls into the target area. *Please note: the balls may bounce or roll before finishing in the target area.
- 3 Write down how many balls finished within the target area.



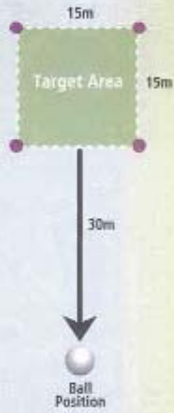
pitching 1 bulls eye

- 1 Pitch 3 balls from a position 15 metres away from the edge of the target area.
- 2 The challenge is to pitch 3 balls that land within the target area. *Please note: the balls do not have to finish within the target area.
- 3 Write down how many balls landed in the target area.



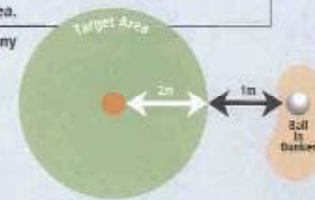
pitching 2 pinpoint

- 1 Pitch 3 balls from a position 30 metres away from the edge of the target area.
- 2 The challenge is to pitch 3 balls that land and finish within the target area.
- 3 Write down how many balls landed and finished within the target area.



bunker 1 surfs up

- 1 Play 3 balls from a bunker, 3 metres away from a hole, with a 2 metre radius circle around it (target area).
- 2 The challenge is to play 3 balls that land within the target area. *Please Note: the balls do not have to finish within the target area.
- 3 Write down how many balls landed in the target area.



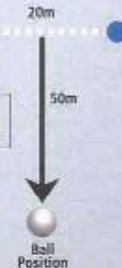
bunker 2 sand blast

- 1 Play 3 balls from a bunker 6 metres away from a hole, with a 3 metre radius circle around it (target area).
- 2 The challenge is to play 3 balls into the target area. *Please Note: the balls may bounce or roll before finishing in the target area.
- 3 Write down how many balls finished within the target area.



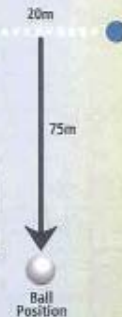
full swing 1 shoot out

- 1 Hit 3 shots from a position 50 metres from the markers - players can use the club of their choice and a tee may be used.
- 2 The challenge is to hit 3 balls through the markers, without bouncing.
- 3 Write down how many balls were hit through the markers, without bouncing.



full swing 2 wicked

- 1 Hit 3 shots from a position 75 metres from the markers - players can use the club of their choice and a tee may be used.
- 2 The challenge is to hit 3 balls through the markers. *Please note: the balls may bounce or roll through the markers.
- 3 Write down how many balls were hit through the markers.



*For players 8 years and under reduce the length to 40 metres.

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