

**Golf-Putting**  
*by*  
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Grade Level: K-12

National Standards:

#1: #2: #5: #6:

Learning Objectives:

- The student will learn proper cross-handed putting grip.
- The student will learn proper putting stance.
- The student will learn proper body position for putting.
- The student will practice putting.

Space Needed:

- A large grassy area is best; however a cafeteria, blacktop, or any flat surface is acceptable.

Equipment & Materials Needed:

- One carpet square per student or pair (optional).
- One rubber, portable T per student or pair.
- One putter per student or pair.
- One bucket of 12 balls (or whiffle-golf balls) per student or pair.
- One portable golf hole per student or pair.

Set-Up:

- Place the portable T on the carpet square.
- Place the portable golf hole at 1 foot, 2 feet, 3 feet, 4 feet, 5 feet, etc. away from the carpet square.
- Place the bucket of golf balls next to the carpet square.
- Be sure to space the students out so there is plenty of room to swing without having safety concerns.

Description of Learning Activities:

Instructional Phrase:

Putting Stance:

- There are three different stances, closed, open, and neutral. We will be using the neutral stance.
- Line up the left side of your body facing the hole.

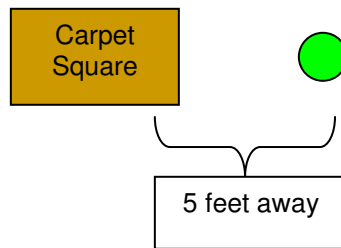
- Line up feet parallel to the target line, may use the edge of the carpet square to line feet up.
- Feet shoulder width apart with weight evenly distributed (athletic stance).
- Knees bent.
- Bend over enough so that your head is over the ball.
- Arms hanging down, loosely.
- Elbows close to your sides.
- Putting Grip (Cross-handed):
- Place right hand onto the top of the grip, with your thumb on top.
- Left hand is placed below the right hand, with the heel resting on top of the right thumb.
- Both thumbs should be on top of the grip, pointing down the shaft.
- Keep wrist frozen.
- Setting up to Put:
- The ball should be lined up 1" to the left of your left eye, if dropping the ball from your left eye, on to the grass.
- Be sure the putter face remains square to the target (hole).
- The Putting Swing:
- Two types: The Straight-Back-and-Through, which should be used for puts less than 8' and remains on the target line; Inside-to-Inside, which should be used for put more than 8' and has a gentle curving arc.
- Lean over the ball from your hips, forming a triangle with your arms, shoulders, and hands.
- Left shoulder should be slightly higher than the right shoulder.
- Backswing: keep your wrists straight (no bend); shoulders, arms, and putter swing back slightly; left shoulder should become level with the right shoulder.
- Forward Swing: swing through the ball, ensuring your hands and the putter head pass the ball at the same time; your triangle should stay intact.
- Backswing should be slow and deliberate, while the forward swing should accelerate through the ball; the length of the backswing should be the same length of the follow-through.

- Keep your eyes on the ball and your head still.
- Only your arms and shoulders should move during putting.

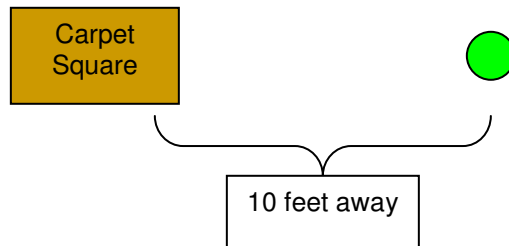
Guided Practice:

- Drill one: Student practices putting from carpet square to the portable hole (5 feet away), 10x.
- Drill two: Student practices putting from carpet square to the portable hole (10 feet away), 10x.
- Drill three: Student practices putting from carpet square to the portable hole (15 feet away), 10x.
- Drill four: Place the balls in 3 square rings around the portable hole, at the distances of 5', 10', 15'.

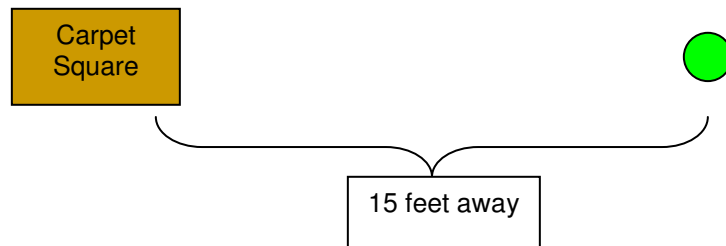
Drill 1



Drill 2



Drill 3



Authentic Assessment:

- Utilize an assessment sheet indicating 90% accuracy (balls in the hole) as mastery; 80% accuracy as proficient; 70% as meets the standard; and 60% as needs improvement.
- Utilize a peer evaluation sheet. Partner makes a hash mark for every ball that makes it in the hole.
- Peers observe one another and give feedback regarding the grip, stance, body position, and swing.
- Teacher observation of proper grip, stance, body position, and swing.