

Golf-Chipping & Pitching

by

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Grade Level: K-12

National Standards:

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

Learning Objectives:

- The student will learn proper Baseball grip.
- The student will learn proper chipping stance.
- The student will learn proper pitching stance.
- The student will learn proper body position for chipping.
- The student will learn proper body position for pitching.
- The student will practice chipping.
- The student will practice pitching.

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 buck 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:

(Chipping = ball within 5'-10' of the putting green; travels a short time in the air, then land and roll on the green to the hole; the distance it rolls is always farther than the distance it travels aloft).

Chipping Stance:

- Set-up: Narrow stance with ball positioned inside your right heel and aim the club head at the intermediate target.

- **Takeaway:** Place about 75% of your weight onto the left leg and keep your eye on the ball as you take the club back.
- **Backswing:** Take the club back with a pendulum-like movement, keeping your wrists locked into position throughout.
- **Downswing:** Keep your hands ahead of the club head, and ensure that the club face always opens as it impacts with the ball.
- **Impact:** Make sure your right hand stays ahead of your left clip the ball off the turf with a crisp, descending blow.
- **Follow-Through:** Make sure the follow-through is the same length as the backswing. Your weight should remain on the left side.
- (Pitching = used to loft your ball over a hazard or some other obstacle, or 40–50 yards away, travels a higher and farther in the air than a chip; has more backspin allowing the ball to stop more quickly once it lands on the green.)

Pitching Stance:

- **Set-up:** Aim the club face at the target and align your feet, knees, and hips to the left of the target line.
- **Takeaway:** Keep your weight on the left side and move your club, hands, arms, and shoulders in unison.
- **Backswing:** Bend your wrists as the club moves back. Your hands should not pass shoulder height.
- **Downswing:** Use light grip pressure through the downswing, and keep the club face square to the swing path.
- **Impact:** Strike the ball squarely and on the correct path. Don't decelerate the club head just before impact.
- **Follow-Through:** As your body weight flows to the left, the club should be carried up to a perfectly balanced finish.

Grip (Baseball):

- Place left hand onto the top of the grip, with your thumb on top, making a "V" with thumb and 1st finger.
- Right hand is placed below the left hand, palm-to-palm, with left thumb encased by the right-hand pad
- Wrap the fingers of right hand around the club, keeping the grip light but firm; left index finger rests side by side with right pinkie.
- Make sure the right pinkie lies comfortably beside and not over the left index finger.
- The perfect grip comes from holding the handle diagonally across the palm, from the top of the pad of the middle of the index finger.

Guided Practice:

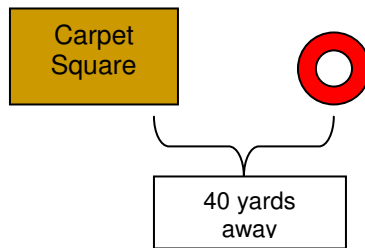
Chipping:

- Drill one: Student practices chipping from carpet square to the hula hoop (1-3 feet away), 10x.
- Drill two: Student practices chipping from carpet square to the hula hoop (5 feet away), 10x.
- Drill three: Student practices chipping from carpet square to the portable hole (10 feet away), 10x.
- Drill four: Place the balls in 3 square rings around the hula hoop, at the distances of 1-3', 5', 10'.

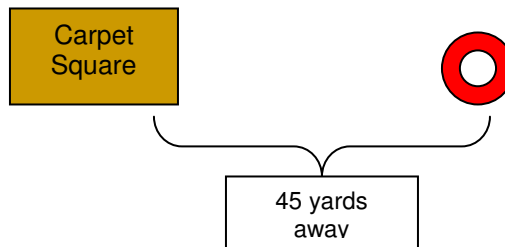
Pitching:

- Drill five: Student practices pitching from carpet square to the hula hoop (40 yards away), 10x.
- Drill six: Student practices pitching from carpet square to the hula hoop (45 yards away), 10x.
- Drill seven: Student practices pitching from carpet square to the portable hole (50 feet away), 10x.
- Drill eight: Place the balls in 3 square rings around the hula hoop, at the distances of 40, 45, 50 yards.

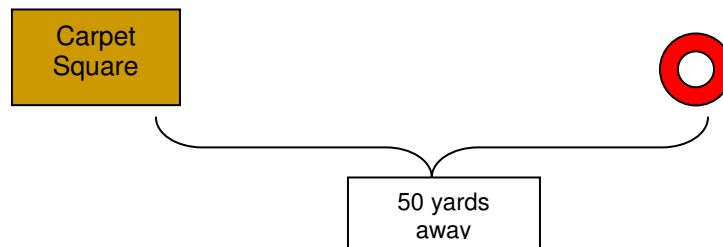
Drill 5



Drill 6



Drill 7



Authentic Assessment:

- Utilize an assessment sheet indicating 90% accuracy (balls in the hula hoop) 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 hula hoop.
- 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.