

# LPGA GOLF 101

Golf for women, from LPGA Teachers

We recognize that women are not one size fits all, which is why this Intro to Golf Program – conducted by Women for Women, follows the overall student-centered LPGA Integrated Performance System to guide you through a comprehensive “Welcome to Golf” 6-week program for new or relatively new female golfers.

Through this LPGA program you will take your first step in your journey to learn, play and enjoy the game of golf.

***Your LPGA professional will provide you with a base of knowledge, golf skills and most importantly the confidence required to get on course.***

**What will you learn...**

**It's All About YOU and YOUR Goals – Pre-program Survey**



**Week 1:       Let's Get the Ball Rolling – Putting**

- Individual Program Goals
- Golf Terminology
- Equipment Overview
- Putting Green Etiquette
- Putter Fitting and Putting Basics
- Putting Practice Plan

**Week 2:       Getting the Ball on the Green - Chipping**

- Navigating the Pro-shop
- Safety, Warm up, Stretching and Wellness tips
- Review of Putting
- The best ways to Hold the Club and Set-Up before you chip
- Aim and Alignment
- Chipping Basics
- Chipping and Putting Practice Plan

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## **Week 3:**      **Getting the Ball in the Air - Pitching**

Golf Course/Golf Hole Overview  
Club Selection – What clubs to use where  
Review of Chipping  
Pitching Basics  
Pitching and Putting Practice Plan

## **Week 4 :**      **Full Swing – It’s all about Connection**

On Course Etiquette  
Review of Pitching – It’s really the start of the Full Swing  
Full Swing Set-Up  
Full Swing “in-motion” Basics  
Full Swing Practice Plan

## **Week 5:**      **BIG Clubs and Bunker Play**

Basic Rules – What you really need to know  
Full Swing Review  
Big Clubs to hit Long Shots – Irons vs Woods  
Bunker Basics – Greenside and Fairway  
Play on Range Practice Plan

## **Week 6:**      **Putting it all Together – Getting Comfortable On-Course**

The Scorecard/Handicaps  
Putting it all together – Review  
Learn to Play – On-course Experience/Course Management  
Golf Formats – the “Scramble Explained”  
Review of Individual Program Goals  
Next Steps

