



Junior Golf Tips & Drills

AT-HOME GUIDE



Junior Golf Tips & Drills Instructions

- This at-home guide will take your junior golfer through the fundamentals of the game with step-by-step skill topics and is filled with fun activities and games!
- Follow along with Topgolf Coach Rick for live demonstrations of each skill topic on YouTube. Visit [Youtube.com/topgolf](https://www.youtube.com/topgolf) then click on 'Playlist' and select the 'Kids Academy Playlist' for all videos included in this guide.
- Please review the following instructions and equipment necessary to complete each golf exercise and skill topic in this guide.

Guide Instructions

You will need the following items:

- **Golf Club:** If a golf club is not available, you can use any of these items in its place: pencil, long paint brush, broom stick, hockey stick, sports equipment, umbrella, or any item available similar to a golf club.
- **Golf Ball:** If a golf ball is not available, you can use any of these items in its place: tennis ball, ping pong ball, whiffle ball, bouncy ball, small sports ball, or any item available similar to a golf ball.
- **Hula Hoop:** If a hula hoop is not available, you can use a pool noodle or any item available.

Skill Topic

Instructions

GASP

Duration: 25 Minutes

Parent/Guardian Actions:

1. Show your student the 1-minute “Junior Grip” and “Junior GASP” videos.
2. Have your student practice holding the club, aligning, and standing up to the ball like Topgolf Coach Rick. Refer to **GASP** on page 4 for step-by-step instructions.

Swing It!

Duration: 20 Minutes

Parent/Guardian Actions:

1. Show your student the 2-minute “Junior Contact Circle” video.
2. Have your student practice swinging in a circle. Refer to **Swing It!** on page 4 for step-by-step instructions.
3. Have your student practice the L to L motion.
4. Once complete, have your student complete the Top Search activity in their activity booklet on their own!

Smash It!

Duration: 25 Minutes

Parent/Guardian Actions:

1. Show your student the 1-minute “Junior Contact Iron” as well as the “Junior Contact Driver” and “Junior Align” videos.
2. Have your student practice their ball contact and alignment like Topgolf Coach Rick. Refer to **Smash It!** on page 6 for step-by-step instructions.

Short Shots

Duration: 25 Minutes

Parent/Guardian Actions:

1. Show your student the 1-minute “Junior Chip” video.
2. Have your student practice their mini swing outside if possible, or indoors near an open space.
3. Show your student the 1-minute “Junior Pitch” video.
4. Have your student practice their short swing outside if possible, or indoors near an open space.
5. Show your student the 1-minute “Junior Putt” video.
6. Have your student practice their putting. outside if possible, or indoors near an open space towards a cup or flat target. Refer to **Short Shots** on page 6 for step-by-step instructions.
7. Once complete, have your student complete the Top Maze and Connect the Dots activity in their activity booklet.

Skill Topic / GASP

Learn how to grip the club and stand up to the ball the same way every time.

Note: The steps below are for right-handed players. For left-handed players, use the steps in parentheses.

Grip: How to hold the club

- With your right hand (left), hold the club above the grip with the club up in the air like a flag.
- Place the club grip across your left hand (right) fingers with your thumb on top like you are giving a thumbs up.
- Slide your right hand (left) down to meet up with your other hand. Your right (left) thumb should cover up your left thumb (right) like a hot dog in a bun.

Alignment: How to aim

- Think of a railroad track to aim your golf shot.
- If you draw imaginary lines across your shoulders, feet and hips, they should point the same direction as a line through the ball to the target.

Stance & Posture: How to stand up to the ball

- After taking your grip and aiming your shot, bend your knees and “bow” to the ball by bending at the waist and placing the club behind the ball.



Congratulations! You are ready to hit the ball.

Skill Topic / Swing It!

Think of a circle so you can make your swing powerful and repeatable.

Swing a Circle: Your shoulders and the club make a circle

- Imagine a hula hoop around your body and pointed down just above the ball.
- Swing the club along the circle that the hula hoop makes.

L to L: Make an “L” on the backswing and an “L” after hitting the ball

- While swinging the circle with the club, point your thumbs up in the air on the way back and after hitting the ball. Your arms and club make an “L” and a backwards “L.”



Top Search

Find the words listed and circle them in the jumble of letters below.

BALL • CHIP • CLUB • FLAG • GRIP

HOLE • PAR • PITCH • SCORE

SWING • TARGET • TOPGOLF

A	K	T	F	L	A	G	B	L	G
P	P	I	T	C	H	G	R	I	P
X	X	S	W	I	N	G	B	U	A
L	A	B	T	A	R	G	E	T	S
C	C	H	I	P	M	K	O	Q	C
L	T	O	P	G	O	L	F	J	O
U	P	L	A	P	B	J	P	S	R
B	G	N	B	A	L	L	T	M	E
Z	I	X	D	H	O	L	E	R	F
Z	O	H	P	A	R	E	Z	H	D

Skill Topic / Smash It!

Hitting the ball the right way and right direction can be learned and trained.

Club-to-Ball Contact: Hit down on the irons and sweep the woods

- Imagine hitting up against a pillow to get the right contact on the ball.

Alignment: Think of straight lines and the clubface to aim the shot

- The clubface angle is what makes the ball go straight.
- Aim the clubface to your target to start the swing and bring back to the same place at contact.



Short Shots

Learn these short shots and you are ready to play the game!

Chipping: How to hit the ball to a close target

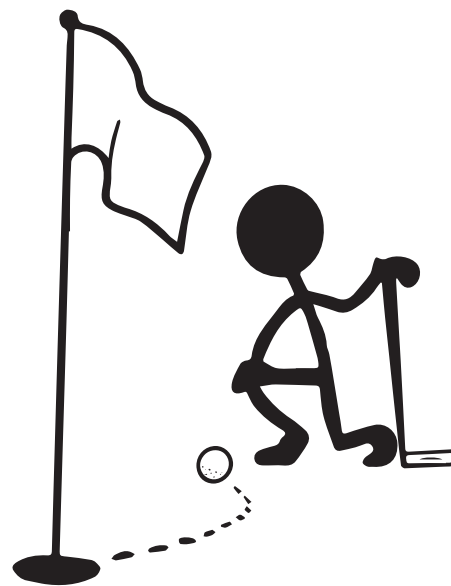
- Take a “mini” swing and brush the ground to make the ball go up.

Pitching: How to hit the ball high and short

- This short swing has a downward hit to make the ball go high and short.
- Imagine hitting the ball over an object in front of the ball.

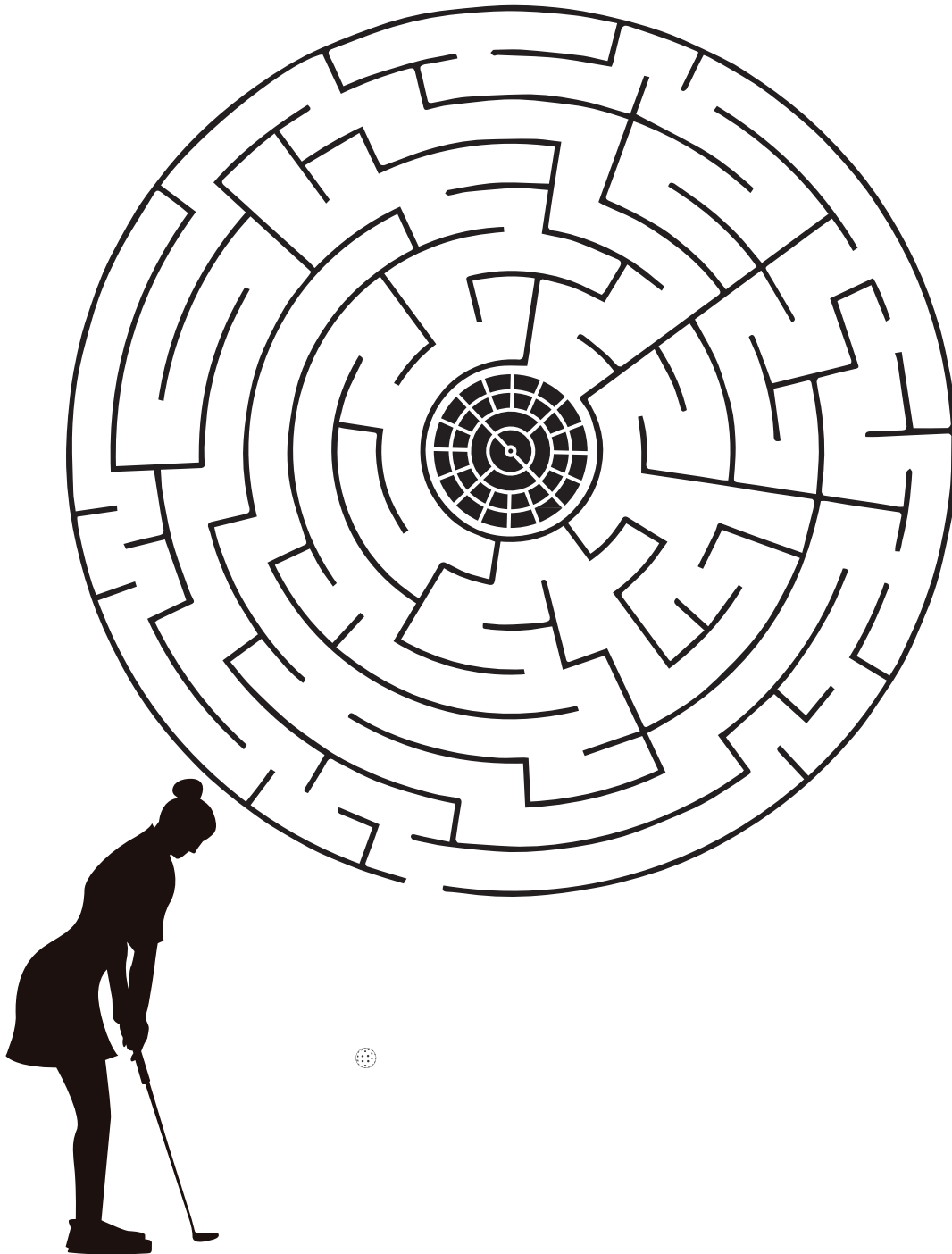
Putting: Distance and direction

- Aim the putter face to the line that you want it to start.
- Contact the ball with the putter face on that same line.
- Have the ball stop at the target with a smooth, controlled swing back and through.



Top Maze

This golfer needs some help! Draw a line from the golf ball to the target so they can get a high score.



Track Your Progress!

MY NOTES

Connect The Dots

Connect the dots to complete the picture of the golfer.

