

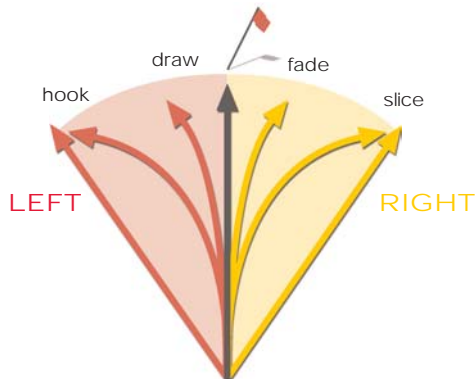


## Ball-Flight Model

The flight of the ball is influenced by a number of factors. Path and clubface angle are discussed in this continuation of Full Swing Forms and Lessons.

### 7 Your Ball-Flight

Circle the shot to the right which best describes the shot you hit most often.



### 10 Above Plane/Open

When your swing path comes "over the top" or above the plane, the clubface is usually open at impact, which produces a slice.



### 11 Below Plane/Closed

When your swing path comes inside or below the plane, the clubface is usually closed at impact, which produces a hook.



### 8 Swing Plane at the Top

At the top of your backswing, your glove hand should be on or slightly below the red line.



### 9 On Plane/Square

On the downswing, your hands and the club should always stay in the slot. If you are in the slot with a square clubface, your shots will be straighter. A draw or a fade is acceptable.

## Progress Report

Instructor must check the numbers below after the student learns each form.

Initials \_\_\_\_\_ Date \_\_\_\_\_

7 Your Ball-Flight \_\_\_\_\_

8 Swing Plane at the Top \_\_\_\_\_

9 On Plane/Square \_\_\_\_\_

10 Above Plane/Open \_\_\_\_\_

11 Below Plane/Closed \_\_\_\_\_

*Your PGA or LPGA professional will initial and date the full swing forms listed on this progress report after each one is passed.*

## The Qualities of a True Champion

In this section of each Personal Tee booklet, one quality of a true champion is described for the young golfer to learn. For this Gold Tee booklet Sportsmanship section, the student must briefly describe to his or her instructor three ways that a golfer can show:

### 1 Protecting the Field

Character is developed through experiences gained during play and competition. The way you conduct yourself during tournament play is the beginning of your golf reputation with your peers. Once developed, character enhances mental toughness and helps you become the best you can be. Good character is present in every true champion. You can protect the field by helping the players in your group adhere to the rules, and this can be done in a number of ways, some of which are listed below. Remember that playing by the rules is more important than winning.

*I protect the field when I:*

1. Help determine where a fellow competitor's ball last crossed the margin of a hazard.
2. Help determine if a fellow competitor's ball is in casual water.
3. Help determine if a fellow competitor's ball is out of bounds.
4. Let a fellow competitor know he has teed up his ball outside the teeing ground before he plays a stroke.
5. Help a fellow competitor avoid dropping and playing a ball from the wrong location.

Your instructor will ask you to give three ways you can help protect the field.

## Progress Report



**Instructor must check below after the student passes all of the previous requirements in this book and completes this Sportsmanship section.**

Initials      Date

\_\_\_\_\_



**Sportsmanship: Protecting the Field**



# FULL SWING SKILLS TEST



## Put Your Forms to Work

After completing all of your Full Swing Forms, you can take this Full Swing Skills Test. It has four parts which must be completed with your instructor present. Once passed, he or she will sign this page, showing that you have completed this portion of the Gold Tee booklet.



1

### Routine

You must use your pre-shot routine and your predetermined number of practice swings on all shots in this skills test.

2

### Hit Tape

With hit tape on your driver, you must hit the half inch zone three out of five times.



Hit Tape

75

3

### Iron Distance & Accuracy

Using your 7-iron, you must hit the ball at least 75 yards in the air, within 20 yards of either side of the target, three out of five times.

125

4

### Driver Distance & Accuracy

Using your driver, you must hit the ball at least 125 yards in the air, within 20 yards of either side of the target, three out of five times.

Your PGA or LPGA professional will initial and date the full swing skills listed on this progress report after each is passed.

## Progress Report

Instructor must check the numbers below after the student learns each form.

	Initials	Date
1 Routine	_____	_____
2 Hit Tape	_____	_____
3 Iron Distance & Accuracy	_____	_____
4 Driver Distance & Accuracy	_____	_____