

Golf



Definition

- Golf: hitting a small hard ball with specially made clubs over an outdoor course. The object is to deposit the ball in a specified number of holes, using as few strokes as possible.

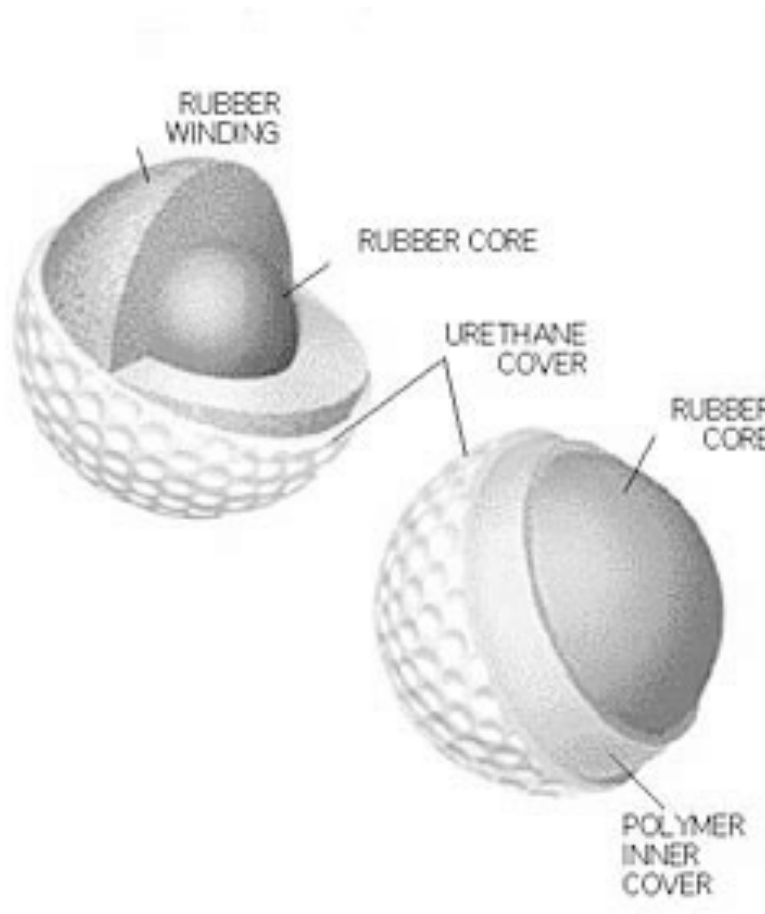


History

- Although golf's place of origin is uncertain, Scotland has the strongest claim, as early as 1457. The Royal and Ancient Golf Club of St. Andrews, Scotland (founded 1754), is the international shrine of golf, and the club's basic rules are the worldwide standards.



Golf Ball



- The modern golf ball consists of rubber thread wound around a rubber core and coated with dimpled enamel. The dimples are arranged in rows. The number of dimples is either 336 for an American ball or 330 for a British ball.

Par

- A number assigned to an individual hole and to the full collection of holes on a course that represents the expected number of strokes it should take to play each hole.



Driving Technique

- Never ***Look Up*** from a swing and keep looking at the ball until actual hit. Applies to all shots except for putting.
- Take a moment to ***identify*** your target; applies to all shots.



Chipping

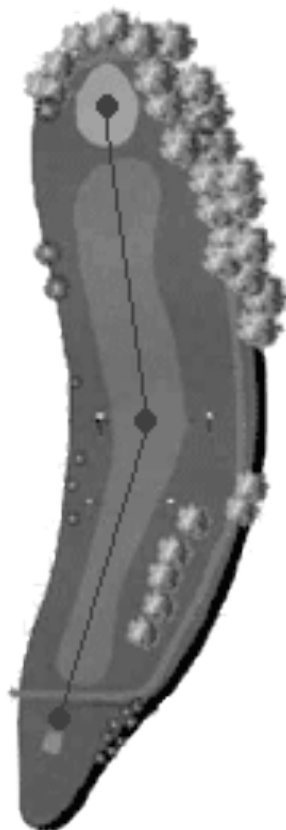
- After the Tee Shot or a fairway drive you are likely to end up just outside of the green with only a short distance to go to the hole.



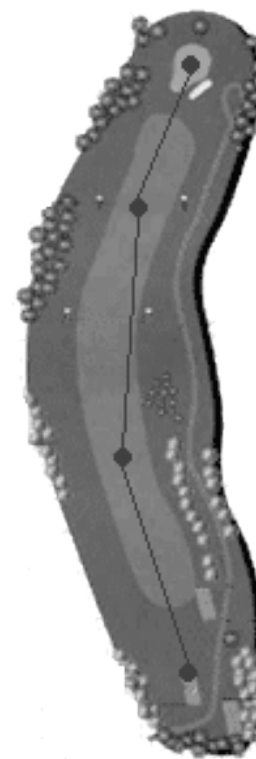
3, 4, 5 Par Greens



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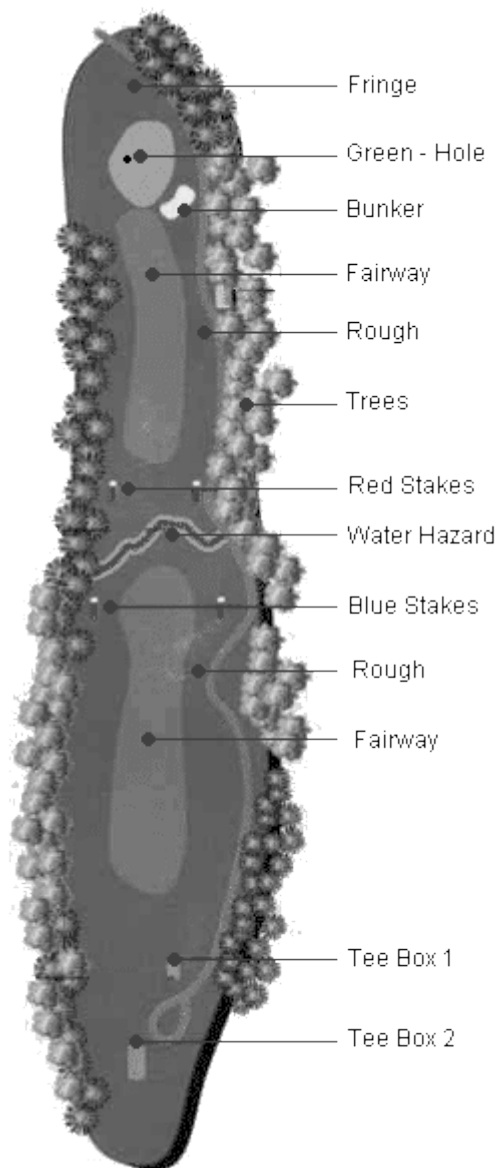


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Golf Course Elements



Golf Stance



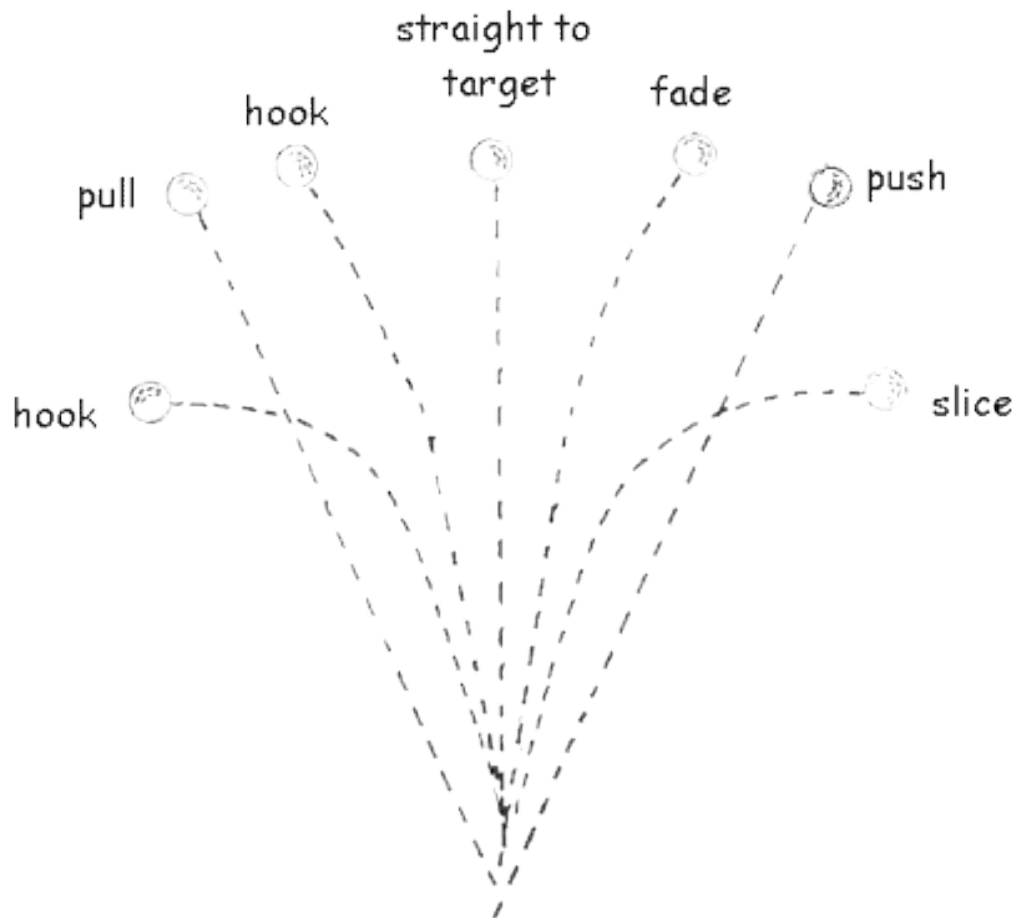
Proper stance is key to a good golf swing.

Golf Swing

- Keeping your eyes on the ball and follow through are also key to a good golf swing.
- Since the body is rotating, the golf club must rotate at the same rate. In other words, the body and the club must turn together as a team.



Golf Ball Trajectory



Proper Golf Grip

- Placing your hands properly on the golf club helps you better control the position of the club's face at impact.



Golf Clubs

| • Club | Men | Women |
|----------|-------------|-------------|
| • Driver | 200-230-260 | 150-175-200 |
| • 3 wood | 180-215-235 | 125-150-180 |
| • 5 wood | 170-195-210 | 105-135-170 |
| • 2 iron | 170-195-210 | 105-135-170 |
| • 3 iron | 160-180-200 | 100-125-160 |
| • 4 iron | 150-170-185 | 90-120-150 |
| • 5 iron | 140-160-170 | 80-110-140 |
| • 6 iron | 130-150-160 | 70-100-130 |
| • 7 iron | 120-140-150 | 65-90-120 |
| • 8 iron | 110-130-140 | 60-80-110 |
| • 9 iron | 95-115-130 | 55-70-95 |
| • PW | 80-105-120 | 50-60-80 |
| • SW | 60-80-100 | 40-50-60 |

• Distance in yards.

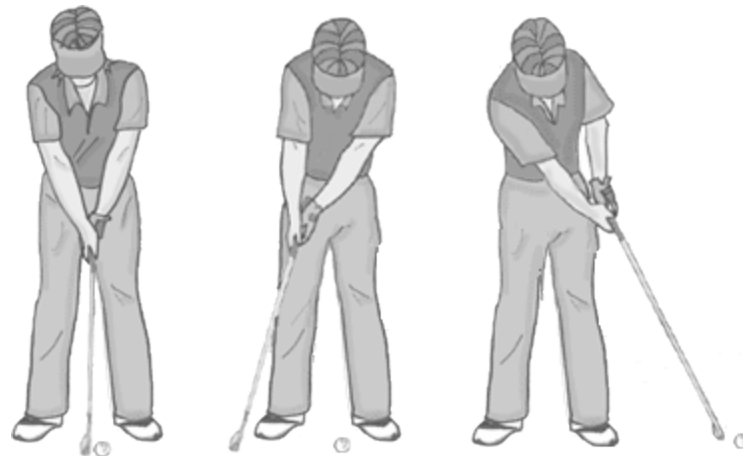


Putting



Proper Putting Swing

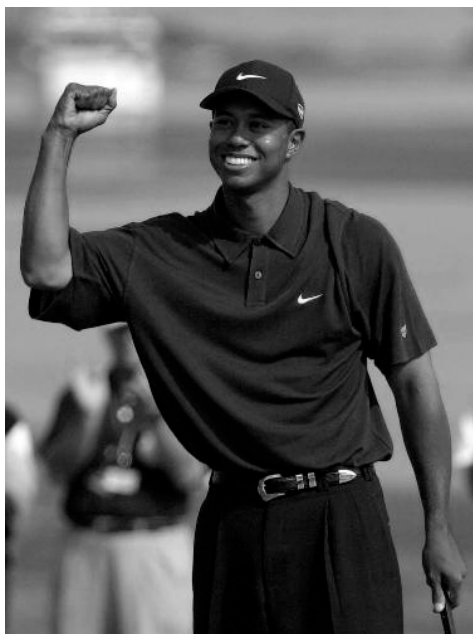
Unlike a drive or chipping swing, putting utilizes the movement of the golfer's shoulders rather than wrists and forearms.



Golf Terminology

- **birdie** One stroke under par for a hole. Also possibly derived from the term "It flew like a bird" to indicate a good shot.
- **drive** To hit the ball with maximum force and full stroke. Usually with a driver from the tee.
- **drop** To deposit the ball on the course after which you put the ball back in play after it has been declared unplayable or after the ball has been lost.
- **eagle** Two strokes under par for a single hole. To play a hole at 2 under par.
- **fairway** The area of the course between the tee and the green that is well-maintained allowing a good lie for the ball
- **flagstick** A movable marker to show the location of the hole
- **hazard** A hazard is any sand trap, bunker or water on the course that may cause difficulty.
- **hole** A 4 1/4" (108 mm) round receptacle in the green - at least 4" (100 mm) deep. Also refers to one of the nine or eighteen areas between the tee and the green.
- **tee** A disposable device, normally a wooden peg, on which the ball is placed for driving. Also refers to the area from which the ball is hit on the first shot of the hole.

Don't forget to have fun!



Annika Sorenstam

Enjoy!

