



Golf Form Assessment Level 1



Pre-Swing

Date _____ Hour _____

Student _____

Observe pre-swing fundamentals a total of 3 times. Watch each part of the fundamentals three times. Each part has a picture and a description and three boxes.

Look at each picture and read the description. Observe to see if this part is performed correctly. If correct the first time, check (✓) box 1; if correct the second time, check (✓) box 2; if correct the third time, check (✓) box 3. Place a dot (•) in the box if performed incorrectly. All three boxes will be checked only if that part of the full swing was correctly performed all three times.

Repeat this procedure for each picture.

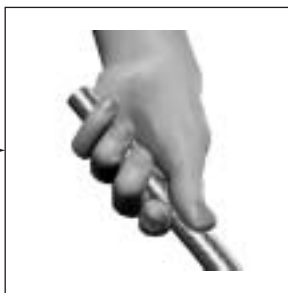
1 2 3



Target Hand

- Target side
- Club diagonal
- Heel pad above grip

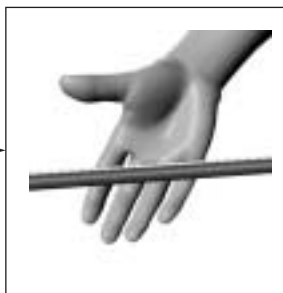
1 2 3



Target Hand Position

- Crook of index finger
- Last three fingers closed
- Thumb at 1:00 o'clock

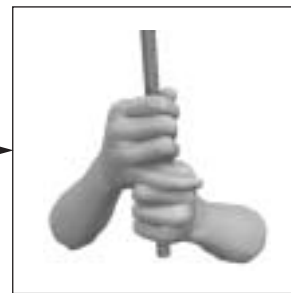
1 2 3



Back Hand

- Back hand under club
- Club diagonal

1 2 3



Overlapping Grip

- Little finger overlapping

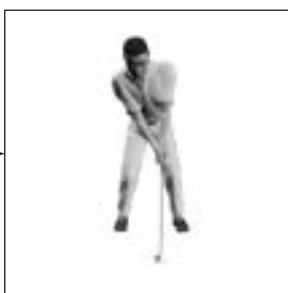
1 2 3



Back Hand Position

- Thumb at 11:00 o'clock
- Index finger around grip
- Index finger to thumb

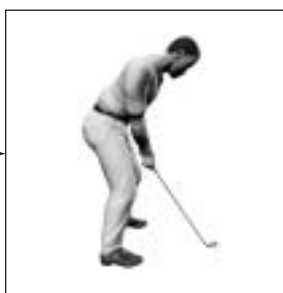
1 2 3



Full Swing Alignment

- Feet shoulder width
- Ball forward of midline
- Square stance
- Inverted triangle
- Back shoulder lower

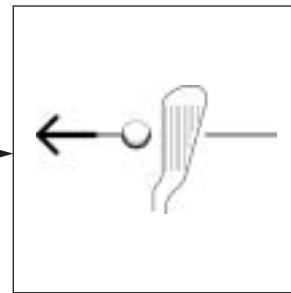
1 2 3



Full Swing Posture

- Sideways to target
- Back straight
- Hips/knees flexed
- Arms hanging down
- Weight on balls of feet

1 2 3



Square Clubface

- Square clubface

How many pictures have 2 or 3 boxes checked (✓)? _____

Observer _____



Golf Form Assessment Activity: Level 1



Pre-Swing

Grip, Posture and Alignment

Partner Assessment

Objective:

Receive feedback on grip, posture and alignment for full swing

Equipment:

One assessment form per student
One 7 iron per two students
One roll of tape, or one position marker per two students
Several flagstick-like targets
One pencil per two students
Clipboards (optional)

Preparation:

Copy assessment forms.
Organize assessment materials.
Place position markers around the gym, far enough apart that students will not be in each others' way.
Place the flagstick-like targets around the gym.

Teacher Assessment

Objective:

Assess grip, posture and alignment for full swing

Equipment:

One assessment form per student
One 7 iron per two students
One roll of tape, or eight position markers
Two flagstick-like targets
Pencil
Clipboard
Equipment for other practice stations

Preparation:

Copy assessment forms.
Write student names on assessment forms.
Cluster position markers in an area of the gym, far enough apart that students will not be in each others' way.
Place the flagstick-like targets near the position markers.
Set up other practice stations.

Partner Procedure

- a. Explain the purpose of the assessment (i.e., give and receive feedback on grip, posture and alignment for full swing).
- b. Emphasize the importance of providing effective feedback.
- c. Explain and demonstrate the assessment procedure.
 - Students will work in pairs; one student is assessed (i.e., the “golfer”) and the other student observes.
 - Each pair stands near a position marker with a golf club.
 - The golfer takes the club and assumes the correct grip, posture and alignment for a full swing three times, using one of the flagsticks as a target.
 - Each time, the observer assesses the golfer and places a check in the box numbered 1, 2 or 3 every time a correct execution is observed and a dot (Σ) if the execution is not correct.
- d. Divide students into pairs.
- e. Distribute a golf club, two assessments, one pencil and one clipboard to each pair of students.
- f. Tell students to put the date, hour and their name at the top of the assessment.
- g. Position a pair of students at each position marker.

Teacher Procedure

- a. Explain the purpose of the assessment (i.e., demonstrate correct grip, posture and alignment for full swing).
- b. Organize students into squads of six or eight students.
- c. Identify a series of golf practice stations that squads will rotate through. The pre-swing fundamentals assessment will be one of those activities.
- d. When students rotate to the pre-swing fundamentals station, have several students simultaneously perform the activity described above.
- e. Record the results of your observations on the assessment form.
- f. When all students in the squad have been assessed, rotate the next squad to the station. Continue the rotations until all students have been assessed.