



**GolfAustralia**

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# Coaching, Equipment & Facilities



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## Coaching Education Pathway

The role of the Coach is vital to the success of any junior development program. The Coach is ideally a PGA Member, although many Clubs rely on volunteer Community Coaches to perform this role as approximately 1000 of the 1600 clubs in Australia are not serviced by a PGA Member.

Therefore the role of the Community Golf Coach may also be the responsibility of the Junior Coordinator.

The following section provides information that is relevant to performing the role of a Community Golf Coach. It is highly recommended that any club volunteers carrying out this role, complete the Golf Australia Community Golf Coach 1 Course. Information on this course and other courses is available through State Associations or Golf Australia.

### Community Golf Coach Pathway



### Key Tasks of the Community Golf Coach Level 1

- Coordinate Introductory Golf Programs and Camps
- Assist Junior Membership Recruitment and Retention
- Teach Fundamental Skills to Beginners
- Teach Basic Rules and Etiquette to Beginners





## Inclusive Coaching

All people should have equal opportunity to participate in golf. Although sport for all is a major objective for contemporary sport providers, marginalisation still occurs on the basis of ability, body shape, disability, ethnicity, gender, geographical location, and socio-economic status. It is important to recognise these issues in order to meet the challenge so that all young people have the fundamental right to be physically active and play sport.

### Disability

People with a disability enjoy their sporting experiences in the same ways as people who do not have a disability.

Sport providers have a responsibility to create opportunities for all people, including people with a disability. This means providing a range of opportunities that:

- require no adaptation and are fully inclusive of people with a disability
- require some adaptation to include people with a disability
- are only for people with a disability

Providing these opportunities for people with a disability often means making adjustments to programs and services. Disability sport organisations also provide opportunities for young with specific disabilities. These allow:

- opportunities for specialisation in specific events
- tailored coaching for specific needs
- pathways for elite sporting experiences

Modifications need to be made to set-up and swing for all shots, depending on the disability. In many cases the player is able to work this out for themselves, with the assistance and advice of a coach. The R & A has published a Modification of the Rules of Golf for Golfers with Disabilities, available through their website.

There are currently State, National and World Championships for vision impaired, deaf, amputee golfers and Special Olympics. Golf is an activity which doesn't require running around, so it lends itself well to being played by players with disabilities, and it provides the opportunity for the integration of abled and disabled participating together.

### Under Represented Populations

Inclusion and encouragement are the keys with under-represented populations. These populations include women and girls (when compared with male golfers) and Culturally and Linguistically Diverse (CALD) and Indigenous.

It may be advisable to conduct sessions specifically for these groups to negate the intimidation factor that often keeps people from under-represented populations from attempting the sport.

Refer to **Golf Australia's Disability Policy** at the end of this section.



## Safety

Refer to the Risk Management Section for information on Safety and Injury Prevention.

## Planning

The golf club should ideally devise a policy for junior coaching to ensure a strategic approach that will develop junior golfers along a structured pathway. The policy should address the following:

- Coaching personnel – qualified PGA Professionals should be used where possible to ensure a certain standard of coaching and continuity. If volunteers are not teaching under the supervision of the Golf Professional, it is recommended that they should have completed at least a Level 1 Community Golf Coaching Course.
- Funding issues – it should be clear how the programs will be funded, in terms of participant contribution, subsidisation by the club, grants and/or sponsorship.
- Frequency and times of sessions – the time of year, day of the week and time of the day will all need to be considered in order to ensure maximum support from the juniors. Consultation with the juniors will help to identify the optimum time and establish whether sessions should be conducted during holidays or throughout the year. Coaching throughout the year can ensure regular contact with the juniors and contributes to sustained involvement, and it can also include indoor activities such as videos, quizzes and social events. If the sessions are arranged for a consistent time and day, the level of attendance is likely to be higher.
- Session content – it is important that juniors are coached on all aspects of the game. Coaching schemes should include putting, short game, long game, bunker play, course management and rules and etiquette.
- Number, age and ability of attendees – a commonly used ratio is about 10 students for each coach. Similar ability groups are more manageable for the coach.

It is recommended that a PGA Professional (where available) should have an input into the coaching program and that volunteer coaches are utilised in order to maximise the number of junior members who can attend coaching sessions. Those clubs without a PGA Professional could investigate using the services of a local Professional based at a nearby driving range or golf club. It is important to contact the facility first to ask if you are able to approach the individual.

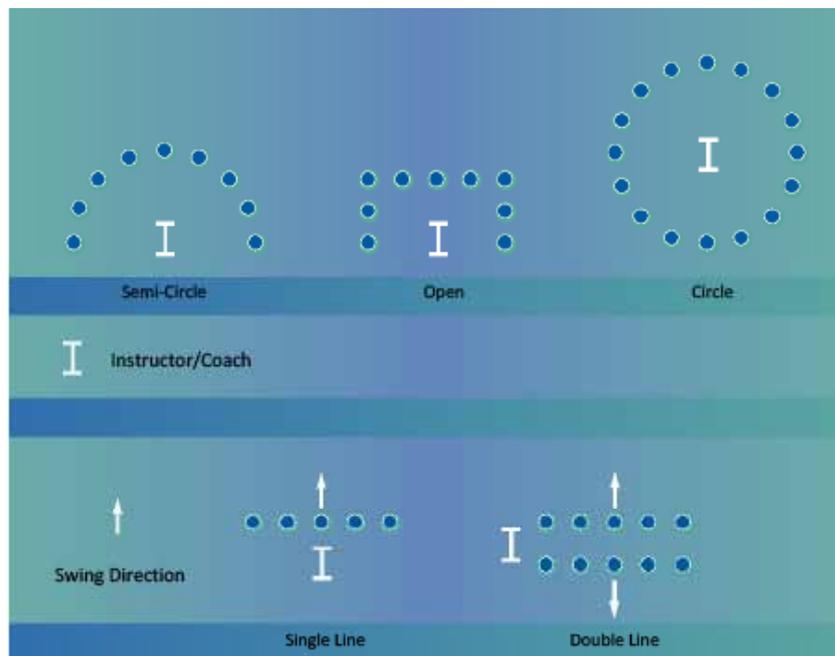


## Organising

Having the necessary space is very important when being taught in a group environment. To teach effectively in limited space, the use of group formations can be helpful.

Juniors should be assembled in a semicircle or open fashion. For all non-ball practice sessions, where just the coach is holding a golf club, open or circle formations are recommended. Line formations are best when golf clubs and balls are used and it is important that there is adequate space in all directions.

Teaching areas can be specifically outlined to ensure adequate spacing between players during practice sessions.



## Structure

On the basis that a typical lesson will be up to 60 minutes duration (depending on the age of the children), the following structure is recommended:

### Introduction, Warm-Up and Stretching - 5 Minutes

The introduction brings the players together. While the players are stretching, tell them what the session covers.

Warm-up and stretching improves muscle elasticity and helps prevent injuries. A light aerobic activity (e.g. short run or game of tag) should be followed by some slow static stretches.

### Review & Skill Warm Up - 10 Minutes

Reinforce the major skills learned during the last session, emphasise the main points and use praise.

**Note:** The above diagram may be modified for very young children



### Teaching & Skill Development - 20 Minutes

- Demonstrate the new skill planned for the session
- Make sure everyone can see you and is paying attention
- Repeat the demonstration several times, and highlight key points
- Avoid overloading players with information, especially about what not to do
- Progress the demonstration of the skill from simple to complex while giving personal feedback
- If a participant is highly skilled, he or she could demonstrate the skill

#### Practice:

- Following the demonstration, players should be allowed to practise as soon as possible
- First, let your participants “have a go” with minimal technical instruction

#### Observe:

- Position yourself so you can see all players
- Use praise, not criticism

#### Feedback:

- Coach the players who need correction
- Be positive and supportive
- Emphasise what to do rather than what not to do
- Review key learning points as necessary

### Games - 20 Minutes

Make sure enough time is allowed to include games involving everyone. Allow time to set up for the games in session preparation.

### Review and Warm-down - 5 Minutes

Do some simple warm-down activities to conclude your session and emphasise the key points. Be positive, ask for questions and give a quick outline of the next session.



## Coaching Golf Fundamentals & Skills

When teaching the fundamentals of golf, it is important that:

- the learning environment must be safe
- the participants should be involved in activities as much as possible
- the emphasis must be on everyone having fun while learning the basic skills of golf

Like any sport it is vital that sound fundamentals are learned to provide the basis to develop the skills that are required to play the game. These include:

- Concept of a Golf Swing
- Set Up
- Grip
- Full Swing

The key skills that make up the MYGolf National Skills Challenge are:

- |            |                            |
|------------|----------------------------|
| • RIP IT   | Full Shots                 |
| • ROLL IT  | Putting                    |
| • CHIP IT  | Chipping                   |
| • FLY IT   | Pitching                   |
| • BLAST IT | Bunker Shots               |
| • BEND IT  | Fading or Drawing the Ball |

Refer to the **Golf Australia Community Golf Coach 1 Manual** for comprehensive information on coaching golf fundamentals, skills, drills and games.





## Teaching The Basic Rules Of Golf

Golf Australia believes that all Juniors should be taught the rules of golf at an early stage of their development, and a copy of the rules should be carried in their golf bag. Every club is sent a number of copies of the Rules of Golf and more copies can be ordered from State Associations at no cost.

The most effective way to teach and convey the basic rules of golf is to walk a hole on the course. Beginning at the tee and walking the entire hole to the green, the following rules can be covered:

- A golfer may only have a maximum of fourteen clubs (Rule 4-4a)
- Prior to playing, a golfer should at least compare the golf ball they are using with other players in the group or more preferably place identification marks on the ball with a marking pen (Rule 6-5)
- The dimensions of the teeing ground and the fact that the ball must be played from within the teeing ground (Rule 11)
- The rules relating to water hazards (including lateral water hazards), bunkers, ground under repair, casual water, obstructions (including How to Drop a Ball) (Rules 20, 24, 25 and 26)
- What to do if the player hits into the trees (ie. Provisional Ball) and the penalties for a lost ball (Rule 27)
- Unplayable Ball (including a clear indication of the three options) (Rule 28)
- Loose impediments when they can and can't be moved (Rule 23-1)
- Playing the Ball as it lies (ie. what can and can't be done in this context) (Rule 13-2)
- Ball moved at address or after a loose impediment is removed (Rule 18-2)
- Putting green and flagstick rules (Rules 16 and 17)
- How scores are recorded on the scorecard (Rule 6-6)

The **R & A Rules of Golf, A Quick Guide to the Rules in Brief** is a useful document to assist in the understanding of the fundamental Rules. This can be downloaded from the Golf Australia web site - Rules of Golf section.

### Rules Accreditation

Each State Association also conducts Rules Seminars and Accreditation Courses for those with an interest in the Rules. There are two main levels of expertise currently available - club level and state level.

- Club Level is aimed at the average club golfer or official who wants to have a good general knowledge of the Rules.
- State Level is for those with a strong interest and is recommended for senior officials and those wishing to have a career in the game. State level officials have the opportunity to officiate at state and national championships, including the Australian Open.

It is highly recommended that Junior Coordinators and any volunteers assisting with a junior program complete the **Club Level Course**. Further information is available through State Associations.



## Rules of Golf Publications

There are also a number of Rules of Golf Publications that can be ordered through your State Association or Golf Australia:

- R & A Rules of Golf and the Rules of Amateur Status
- R & A Golf Rules in Brief
- R & A A Modification of the Rules of Golf for Golfers with Disabilities
- R & A Decisions on the Rules of Golf

## Golf Etiquette

It is important that junior golfers are educated on the Etiquette of the Game at an early age.

Golf Etiquette is a mixture of:

- Courtesy
- Safety
- Commonsense

It is recommended that junior golfers are referred to the Rules of Golf, Section 1 – Etiquette; Behaviour on the Course. This section can also be downloaded from the GA web site. The following suggestions might be helpful:

- Provide every junior member with a copy of the Rules of Golf (or Rules of Golf in Brief) booklet and golf etiquette publication
- Run a rules and etiquette quiz night (possibly after a junior competition) – this could be done in teams with prizes as an added incentive
- A rules and etiquette session can be incorporated into the induction for new junior members
- Use the R & A interactive rules quiz at [www.randa.org](http://www.randa.org)
- Include rules and etiquette information within a junior handbook, newsletter or on the Club website – monthly tips or questions will help to stimulate thought
- Take the Juniors out onto the course (or practice ground or putting green) and set up some rules scenarios – practical situations help to gain a better understanding. It is vital that the Coach of this session has a good grasp of the Rules and he/she should carry a Rules of Golf book for reference
- Produce a 'basic steps' guide to your first round of golf for new members e.g:

**GOLF SAFETY & COURSE CARE**

<b>✓ CLEAR IT</b>	Never swing a golf club unless your playing partners are a safe distance away. Make sure all golfers ahead of you are out of range before you hit a ball.	1 <input type="radio"/>
<b>✓ CALL IT</b>	Yell "Fore" as a warning if you see another golfer is in danger of being hit by a ball.	2 <input type="radio"/>
<b>✓ BIN IT</b>	Keep the course clean by placing all rubbish in a bin.	3 <input type="radio"/>
<b>✓ BUCKET IT</b>	Carry a sand bucket and repair your fairway divots by filling with sand.	4 <input type="radio"/>
<b>✓ RAKE IT</b>	Always use the rake to smooth footprints and divots when you play from a bunker. Never walk up the bunker face.	5 <input type="radio"/>
<b>✓ REPAIR IT</b>	Use a lifter to repair any mark made on the surface of the putting green by your ball.	



In addition there are a number of highly recommended Rules of Golf and Etiquette Posters which are available in card copy or electronically from Golf Australia or State Associations.

The R&A also has produced a booklet titled, **Don't Be a Golf Menace**, which can be ordered at no cost through Golf Australia or State Associations. There are CD audio and video versions of the **Rules of Golf, Care of the Course, Keeping Pace and Consideration for Others**. Further information can be obtained from The R&A website ([www.randa.org](http://www.randa.org)).

## Understanding Handicapping and Competitions

It is important that the Coach and Junior Coordinator have a good understanding of:

- the handicapping system
- how competitions are played
- the requirements of completing the score card

### Handicapping

Details of the Australian Men's and Women's handicap system can be found on the Golf Australia website. To obtain an initial handicap, a player must submit three cards to the Club. For males, any score on a hole exceeding three over par is adjusted back to three over par, and for females, a score exceeding four over par on a hole is treated as four over par.

Each of the three adjusted score cards is then compared to the relevant Australian Men's or Women's Course Rating (ACR), and the best performance of the three becomes the basis for the initial handicap.

For example, assume the three adjusted scores are 103 on a course with an ACR of 72; 99 (ACR 71) and 108 (ACR 72). The second result is the best, with a handicap differential of 28. This score is then multiplied by an "excellence factor" of 0.96, to produce the initial handicap of 26.88, rounded to 27. The other two scores are disregarded.

Subsequent rounds are converted to stableford scores and are used to adjust the handicap, on a "rolling best average" basis. For the first six scores, the best single score (compared to the ACR) is used to calculate the handicap. When seven scores have been submitted, an average of the best two scores is used, and so on until twenty cards have been submitted when an average of the best ten is taken. From this point, as each new score is recorded the oldest score is discarded and the average of the best ten is used to calculate the handicap.

The maximum handicap for males is 36.4, and females 45.4. Juniors are handicapped the same way, although individual clubs can establish a Club Handicap for juniors (e.g. a nine-hole handicap) for use within the Club.

### Establishing Handicaps for Juniors

There is no prescribed approach for Junior handicaps other than for official handicaps as outlined above. If a Club wishes to establish a handicapping system for Juniors, it is recommended that the same approach be used as for official handicaps. This can be used to produce e.g. six- or nine-hole handicaps. A Club might also choose to relax the maximum handicap limits for juniors, and/or change the par on some holes.

Provision of special handicaps for juniors is recommended, as it creates the opportunity for competition across age groups and standards, just as it does for adult players. Any modified handicapping system for juniors is only for use within the Club, and it will need to be administered separately from the official handicapping system.



## Competitions

### Traditional Competition Formats

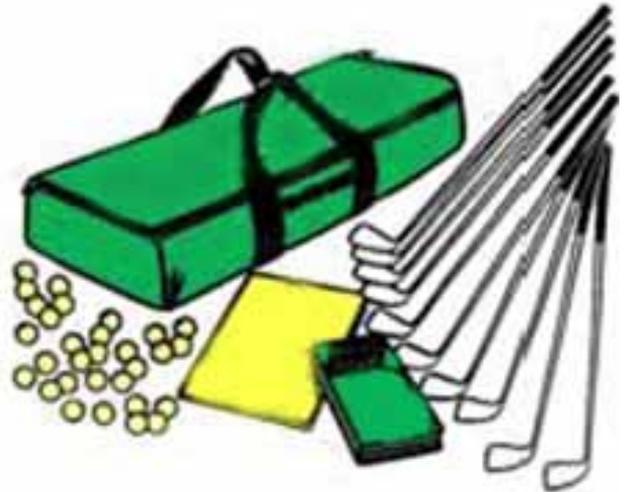
- **Stroke (Medal):**  
The score for each hole is entered on the score card, totaled and the player's full handicap is deducted.
- **Stableford:**  
Developed in 1931, the player scores points based on his nett (handicap reduced) score for each hole. A player who scores a nett bogey receives one point; par = 2 points; birdie = 3 points; eagle = 4 points; albatross = 5 points.
- **Par:**  
The player scores wins, halves and losses based on his/her nett (handicap reduced) score for each hole. A player who scores a nett bogey or worse loses the hole and records a "-" on the card; par = a "half" with a "0" recorded; birdie or better = a "win" with a "+" recorded.
- **Four Ball:**  
Two players play as partners taking strokes as per individual stableford/par competition. The score of the player who records the best nett score on each hole is recorded on the card.
- **Foursomes:**  
Two players play as partners and use only one ball. The partners play alternately from the tee and thereafter strike the ball alternately during the play of each hole.
- **Ambrose:**  
A team stroke event usually played by a group of four, but can be any number. Each player plays a tee shot at each hole. The team then selects the best drive which is played by its owner. The other team members then drop a ball within one club-length of the selected position and play their second shots. This procedure is completed until a ball is holed. When on the green, balls are placed on the selected spot.



## Equipment

It is important that the Junior Coordinator and/or Coach has a supply of equipment that can be used for running junior activities for different age groups and in different activity spaces. The following is a guide to the range of equipment that could be used in running junior activities:

- Clubs (Individual - 7 iron, wedge putter, driver)
- Junior Sets (driver, hybrid, long iron, short iron, wedge, putter, bag)
- Balls (pvc balls, tennis balls, real golf balls)
- Kit bag
- Putting targets
- Mini flags and holder
- Flags
- Cones
- Hoops
- Tees (rubber or plastic)
- Buckets
- Rope
- Mats
- Carpet
- Ball markers
- Modified scorecards
- Hose



A number of manufacturers supply an excellent range of modified junior equipment including kits and modern light weight junior sets in different sizes. These suppliers are listed on the GA web site.

## Facilities

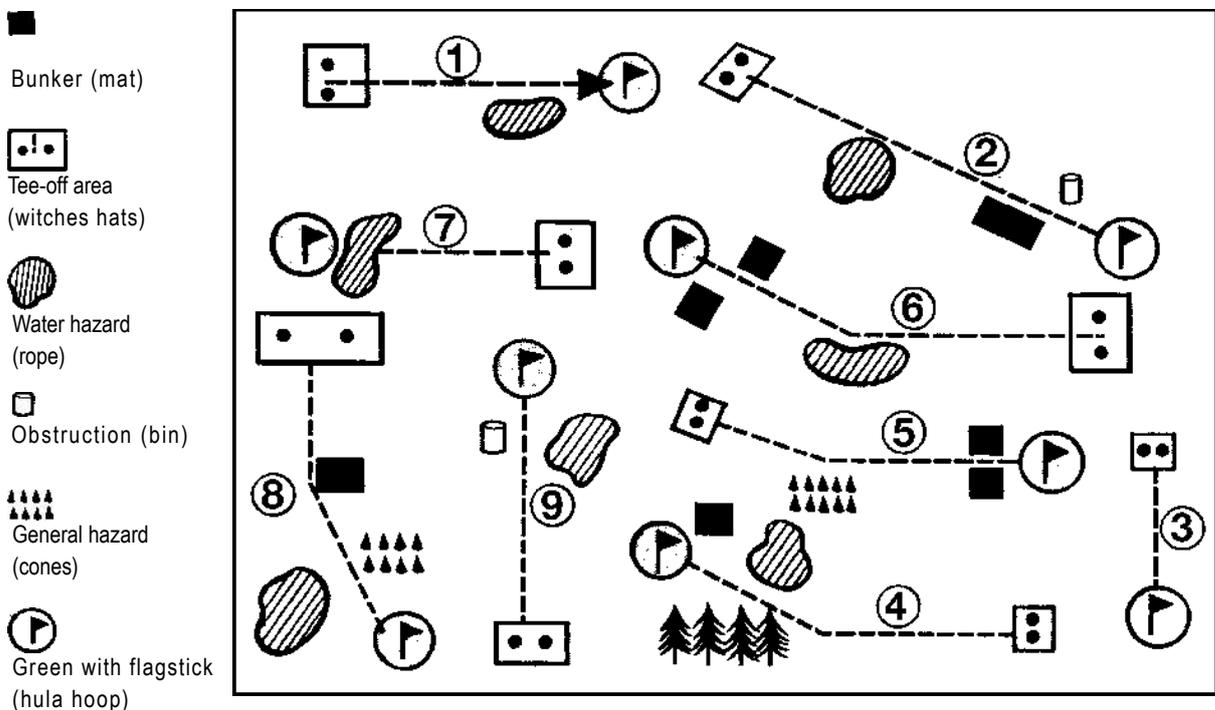
The availability of facilities for running a golf program can vary from club to club.

However in distilling the skills of the game down into components, golf can initially be learned in settings other than the golf course e.g.

- putting on the carpet at home
- chipping in the backyard or at the oval
- playing indoor modified games in the gymnasium, hall, or clubhouse junior room
- school oval
- playground
- driving range
- practice fairway

The imagination of the Junior Coordinator and/or Coach is very important in adapting the program to what is available and to the needs of the group.

### Modified golf course that could be set up on a practice fairway, oval or gymnasium



# Disability Policy

## Preamble

Golf Australia supports the rights of people with disabilities to be involved in all facets of golf including full and equitable participation from grass roots to the elite level. It recognises its social and legal obligations to provide an accessible and inclusive environment for people with disabilities. Golf Australia is bound by the Commonwealth Disability Discrimination Act 1992 and will act in accordance with the spirit and requirements of the legislation.

Golf Australia is committed to creating pathways for athletes with a disability by breaking down the barriers to participation within the sport of golf through the use of policy development, coach and administrator education, development programs, research, partnerships and extensive promotion.

## Policy

- Golf Australia will take reasonable steps to identify and eliminate unlawful direct, indirect, and systemic discrimination from its structures and practices and will ensure that people with disabilities are afforded reasonable opportunity to participate in all aspects of golf
- All Golf Australia employees and volunteers will, within their areas of responsibility, take reasonable steps to remove any barriers which exist to programs and services, and the physical, social, and virtual environment in accordance with the Disability Action Plan for Golf which is available from Golf Australia
- Golf Australia will provide reasonable assistance to people with disabilities to gain access to its programs and services
- Where appropriate, Golf Australia will provide modified rules and practices to ensure that people with disabilities can successfully participate in all aspects of golf
- People with disabilities who require services or adjustments have a responsibility to provide timely and appropriate information which assists Golf Australia to fulfil its obligations
- This policy will be regularly evaluated and revised using consultative mechanisms and practices to maintain relevant continuous improvement in programs, services and facilities for people with disabilities

