



**PGA**  
**sports**  
academy



POWERED BY



# Welcome to Golf!

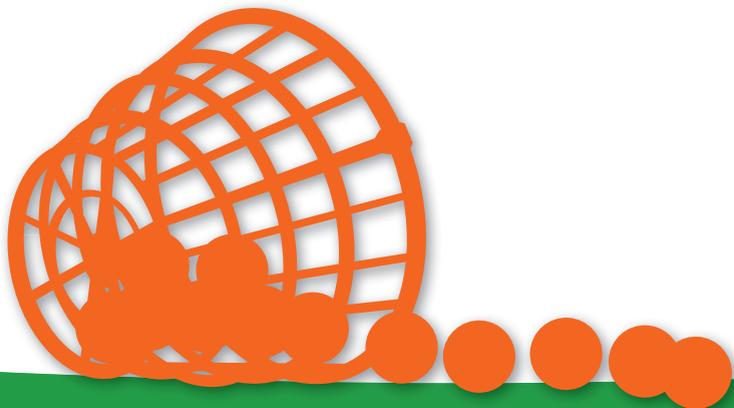
Golf is a great sport that you can play for your whole life. The PGA Sports Academy Player Guide is the first in a series of books created by The PGA of America to help you learn more about golf. This Player Guide will show you how you can have fun with golf and help you learn golf skills so that you can play golf with your family and friends. After working through the Player Guide you will be ready for the PGA Sports Academy Sport and Champion Guides that follow.

## The Pro Knows...

Your PGA/LPGA Professional is a great person to ask any golf question. Because of their love of the game, they enjoy talking about golf. PGA/LPGA Professionals are dedicated to making your game better and golf a better game.

### Ask your PGA/LPGA Professional:

1. What is your favorite golf story?
2. How do I have fun with golf?
3. How do I behave at a golf course?
4. How do I become a good player?



# FUN! FIRST! FOREMOST!

Let's go have fun with golf!

- Play your games
- Play with your friends and family

My first golf experience was...

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# It's easy to get started at golf... just give it a try!

## Here is what you need to know:

- Golf is fun and cool, and very challenging no matter how good you get.
- Hitting a good golf shot will make you feel great.
- You can play golf with your friends or alone – both are fun.
- You will meet lots of new people through golf.
- You need some equipment, but you can usually borrow what you need from a golf course or practice range and try golf before having to buy anything.
- There is probably a golf course or practice range near you where you can sign up for classes, camps or lessons.
- Like every game, there are rules to follow that keep the game fair and interesting. Sometimes, the rules can seem difficult, but basically, golf goes like this:
  - 1.** Hit your ball towards the hole.
  - 2.** Find your ball.
  - 3.** Keep hitting until the ball is in the hole.

As your game develops and you begin to feel more confident, it's always a good idea to get help from a PGA/LPGA Professional. Individual lessons provide you with a checkup on how you are doing.

To find a PGA/LPGA Professional for lessons you can both check with your closest golf course and visit [PGA.com](http://PGA.com) and click on "Instruction" then "Find an Instructor."

**My PGA/LPGA Professional's name is...**

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# BEFORE YOU SWING

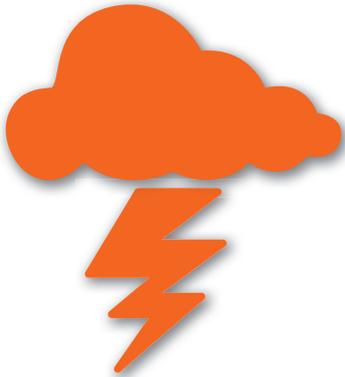
Golf is a very safe sport as long as you follow these simple rules:

- **Stop and Look** before you swing to make sure other players are clear. Also, when you are walking make sure no one is hitting around you. *Have no fear when your path is clear.*
- **Rule of 5** – Be sure there are 5 **BIG STEPS** between you and other players. *Always strive to use the Rule of 5.*
- **Club Check** – Hold your club upside down until it is your turn to swing. *If it is not your turn to play, put your club away.*
- **Listen** to adults because they care about your safety. *Don't ignore what you have been told before.*
- **yell FORE!** if your ball comes close to landing near someone else. *If the shot you hit is poor, don't forget to yell FORE!*

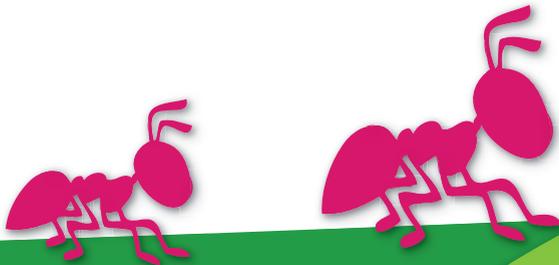
# Fun in the SUN!

It's great to play outdoors, but don't end up like a piece of burnt toast!

- Wear sunscreen. *If the sun is in the sky, make sure to reapply.*
- Wear a hat. *A hat protects your face, which is the most important place.*
- Find shade. *When you start to fade, find a spot in the shade.*
- Drink LOTS of water. *Drink water each day to stay hydrated the right way.*



- Watch for storms and lightning. *Thunder can be frightening, but the danger is in the lightning.*
- Stay away from ant hills. *Watch for ants when you take your stance.*

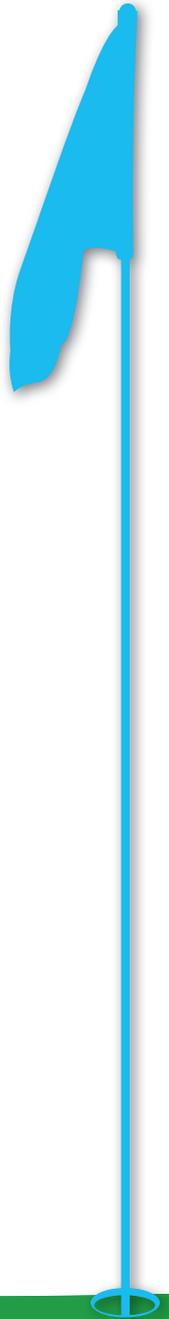


# BE A GOOD PLAYER

When you are at the golf course or practice range, you need to act like a golfer. Golfers are respectful and always tell the truth. Golf behavior is called “etiquette.”

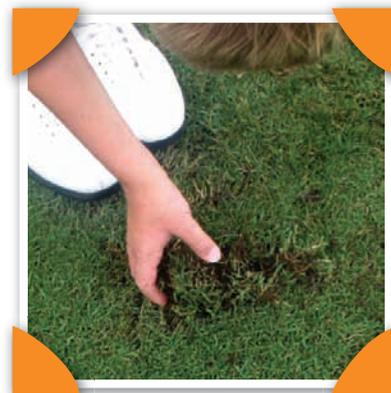
## Have fun with other players:

- Make friends and say **“Hi”** to other golfers.
- **Wait** your turn.
- **Never** stand near, or in front of someone who is hitting their ball.
- Be **quiet** and stand **still** while others are hitting.
- Play **quickly**.
- **Listen** to and **learn** from players more experienced than you.



## Take care of the course:

- Leave the course better than you found it.
- Walk softly on the green.
- Always rake sand before leaving a bunker.
- Repair your divots.



Ask your PGA/LPGA Professional to sign your book below when you demonstrate your understanding of safety and good golf etiquette:

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PGA/LPGA Professional

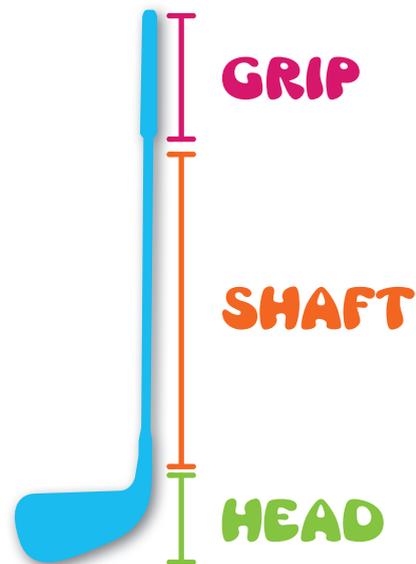


# EQUIPMENT

You will need at least a couple of golf clubs and a golf bag to hold them in. Golf clubs come in many different shapes and sizes, and it is very important that your clubs are the right size and weight for you. You should ask your PGA/LPGA Professional for help in finding clubs to fit you.

## Here is what you need to know:

- Long clubs can hit the ball **FARTHER** than short clubs.
- A driver is used for hitting long shots from a tee.
- Fairway woods are used for hitting long shots from the grass.
- Irons are used for hitting shorter shots to the green.
- A putter is used for rolling the ball on the green... and into the hole!
- Don't use a club that is too **BIG** for you.



If you decide to get your own set of clubs, look for a driver and 5-wood or hybrid, a 5-, 7- and 9-iron, a pitching wedge, a sand wedge and a putter.

Many companies make clubs to help make the game easier for you. Ask your PGA/LPGA Professional to provide suggestions.

### Club suggestions...

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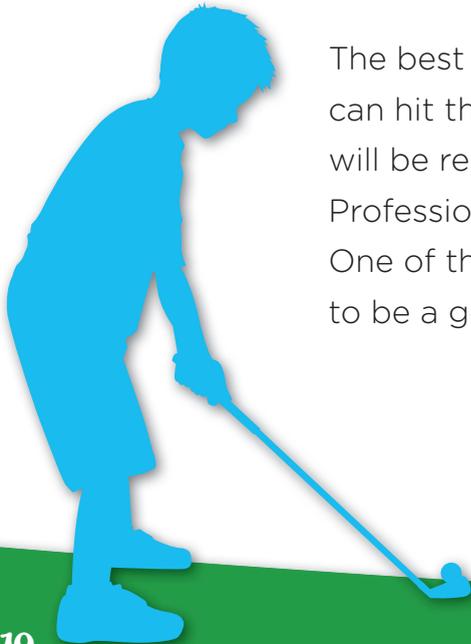
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# LEARNING TO PLAY GOLF

There are many fun ways to learn how to play golf:

- Watch golf on TV.
- Join PGA/LPGA junior golf camps or clinics.
- Go to a golf course or practice range with your family and friends.
- Create your own games to practice or play at home.



The best way to learn how to play golf is to do it! Once you can hit the ball most of the time at the practice range, you will be ready to give it a try. Check with your PGA/LPGA Professional and go on the golf course... and have fun! One of the best things about golf is that you don't have to be a good player to play the game.

# THE FUNDAMENTALS

As you are learning to hit golf balls and to play golf, it is important to do it the right way. Holding the club properly (the grip), standing the right way (the stance), and aiming your clubface and your body to the target (aim) are fundamentals that should be checked regularly.

## The Grip

Your hands keep you connected to the golf club. Hold onto the club in a relaxed and comfortable manner. Always ask your PGA/LPGA Professional if your grip is correct. *Grip the club light to hit it out of sight.*

## The Stance

A good stance helps you keep your balance during the golf swing. Stand tall with your feet shoulder width apart. Bend your knees a little and let your arms hang. Then, lean forward so you can reach the ball. *Balance is key if you want to swing free.*



# Target Aim

Your golf ball will always want to go where your clubface is looking. Make sure it looks at your target.

*Your shot will be fine if you follow your line.*

## Before you hit the ball

- Always be ready when it's your turn.
- Choose a club.
- Imagine yourself hitting a good shot.
- *As you swing, think of one thing.*



## After you hit the ball

- Watch your ball until it has landed.
- Leave the course as you found it (replace divot or rake bunker).
- Let yourself enjoy the moment.
- *It will help the way you play if you learn something new every day.*

Ask your PGA/LPGA Professional to sign your book below when you demonstrate your golf fundamentals:

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PGA/LPGA Professional

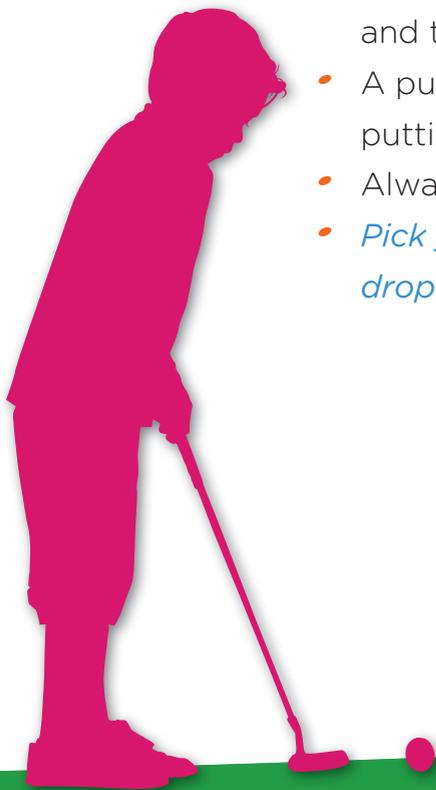


# GOLF SKILLS

The most important golf shots are the short ones, since more than one-half of all shots in golf are played from on or around the green. There are four types of short shots: putting, chipping, pitching and bunker play.

## Putting

- Putting is when you are on the green and try to roll the ball into the hole.
- A putter is always to be used on the putting green.
- Always remember, the “Goal is the Hole.”
- *Pick your line, let it roll and it will drop into the hole.*



# Chipping

- Chipping is when you are off the green and hit your ball that lands on the green and then rolls to the hole.
- Stand with your feet shoulder width apart.
- Let your arms hang comfortably and place your hands lower on the grip.
- *If you put your hands low on the grip you will have fun when you chip.*



# The Swing

- The golf swing is a motion you use to hit the ball.
- In golf there are many different ways to swing the club.



# FUNDAMENTAL PLAY

Playing other games can help you be a better golfer:

- Freeze Tag
- Play two-hand catch with a friend
- Bean bag toss with a friend or to a target
- Kick a ball with a friend
- Hit a plastic ball off a tee
- Hop scotch
- Dribble a ball
- Playground activities (monkey bars or climbing)
- Play Frisbee
- Roll down a hill
- Run on your toes
- Play music and try to jump at every beat
- Pretend to be different animals with your friends and try to mimic how they run, jump, gallop or crawl (examples: rabbit, lion, bear, kangaroo, crocodile)



# FUN GOLF FITNESS

## Be Active Play to Warm Up

Use the following games to warm-up to play:

- How many jumping jacks can you do in one minute?
- Underhand water balloon toss.
- How fast can you swing while holding onto the club?
- Throw a ball to a target.
- Kick a soccer ball.
- Tie your shoes keeping your legs straight.
- Play Frisbee.
- Touch your right heel with your left hand and switch.



# The Presidential Active Lifestyle Award



The Presidential Active Lifestyle Award (PALA) is a program that shows how to make and keep a commitment to staying active. It helps you set realistic goals to encourage regular physical activity for a lifetime. This program is especially for those who are not already active on a regular basis.

- 1. Choose an activity.** You can take the Challenge by yourself, or together with friends and family. Choose activities that you enjoy and make you feel good. For example, it could be walking, taking an exercise class, playing a sport, or doing chores around the house.
- 2. Get active.** The PALA is awarded to participants under 18 who are active for 60 minutes, at least five days a week, for six weeks. An additional way to earn the PALA is by using a pedometer that measures the number of steps you take in a day. Girls who complete a minimum of 11,000 steps per day and boys who complete a minimum of 13,000 steps per day can win the PALA award. Upon winning this award, we hope you will have begun to lead an active lifestyle that will continue throughout your life. You can take up to 8 weeks to complete the program.

**3. Track your activity.** Our online activity log makes it easy for you to track the time you spend on activities. You can log your time as often as you want, in increments as short as 5 minutes.

Visit [www.MillionPALAChallenge.org](http://www.MillionPALAChallenge.org) to register. Once registered, select “Presidential Active Lifestyle Award (PALA) challenge.”

- Click “Groups” option
- Search for “GOLF” groups
- Join the PGA group that works best for you
- Begin logging your activity

You can also keep track of your progress on paper with the enclosed activity log form. Keep in mind that this means we won’t have an online record of the activity points you earn, which could apply to other programs in the President’s Challenge.

**4. Earn your award.** Whenever you reach a goal, the Active Lifestyle program recognizes your accomplishment with special awards. Awards are available online, by mail, fax, or phone. You can then continue earning awards in the Active Lifestyle program or move on to the next challenge: the Presidential Champions program. Everybody in the Active Lifestyle program can choose the activities they like doing. Whether it’s at home, at school, on a sports team, alone, or with friends and family, you can choose activities that are fun and make you feel good.

# THE ACTIVE LIFESTYLE ACTIVITY LOG

Participant Name \_\_\_\_\_ Date Started \_\_\_\_\_

Group ID \_\_\_\_\_ Age \_\_\_\_\_ Date Completed \_\_\_\_\_

WEEK 1	Day	Physical Activities	Minutes or Pedometer Steps
	MON		
	TUES		
	WED		
	THURS		
	FRI		
	SAT		
	SUN		
PARTICIPANT SIGNATURE		DATE	

WEEK 2	Day	Physical Activities	Minutes or Pedometer Steps
	MON		
	TUES		
	WED		
	THURS		
	FRI		
	SAT		
	SUN		
PARTICIPANT SIGNATURE		DATE	

WEEK 3	Day	Physical Activities	Minutes or Pedometer Steps
	MON		
	TUES		
	WED		
	THURS		
	FRI		
	SAT		
	SUN		
PARTICIPANT SIGNATURE		DATE	

WEEK 4	Day	Physical Activities	Minutes or Pedometer Steps
	MON		
	TUES		
	WED		
	THURS		
	FRI		
	SAT		
	SUN		
PARTICIPANT SIGNATURE		DATE	

WEEK 5	Day	Physical Activities	Minutes or Pedometer Steps
	MON		
	TUES		
	WED		
	THURS		
	FRI		
	SAT		
	SUN		
	PARTICIPANT SIGNATURE		DATE

WEEK 6	Day	Physical Activities	Minutes or Pedometer Steps
	MON		
	TUES		
	WED		
	THURS		
	FRI		
	SAT		
	SUN		
	PARTICIPANT SIGNATURE		DATE

### VERIFICATION

I certify that I met the requirements of the Presidential Active Lifestyle Award.

- I have met my daily activity goal for at least 5 days each week.
- I have performed my physical activities for at least 6 weeks.

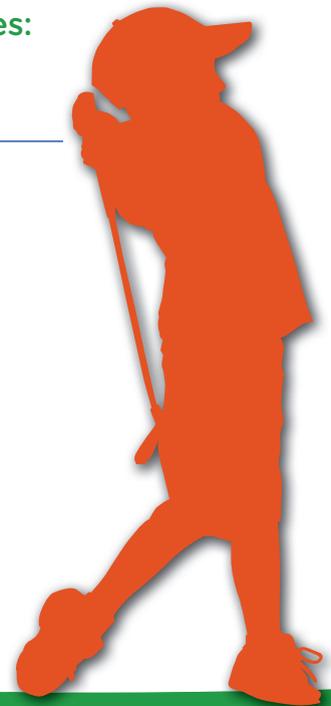
\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Supervising Adult's Signature (if applicable)

NOTE: Submit this paper log to your teacher or group administrator, or keep for your own records. Please do not submit to the President's Challenge office.

Ask your PGA/LPGA Professional to sign your book below when you try the golf fitness games:

\_\_\_\_\_  
PGA/LPGA Professional



# FUN PRACTICE GAMES YOU CAN PLAY

Even if you can't play on the golf course, you can have lots of fun playing golf practice games. Here are some easy and fun games that will help you be a better golfer. Take some time to play each of these games with your friends.

## Putting Course

Create your own putting course on the putting green using any fun golf object you feel would help make your course.

- Create an outline around a practice hole on the putting green.
- Designate a par for each hole based on its difficulty and length.
- Make a tee box for each hole using golf tees.
- Start from the tee box to the hole.
- Try to shoot even par or better.



## Closest to the Hole

- This game starts on the putting green.
- You may play as many holes as you wish.
- Both you and your friend putt three balls to a hole.
- Then, decide which ball is closest to the hole.
- The player with the ball closest to the hole scores a 0 and the other player scores a 1.
- The player with the least amount of points wins the game.

## Tic Tac Toe Putting

- Create a tic tac toe grid with tape or string (includes nine squares).
- Use marked or colored golf balls for “X” and “O”.
- Putt your ball into the grid with a friend.
- The winner is the first player who lines up three balls in the grid.



# Player Challenge

- Choose three separate holes on the putting green.
- Putt to each hole and count the number of strokes it takes you to get the ball into the hole.
- To win this game, you must pass all three levels.
- Complete the following to pass each level:
  - Level 1 is scoring 12 strokes or less
  - Level 2 is scoring 9 strokes or less
  - Level 3 is scoring 6 strokes or less

## Golf Ball Art

- Draw your golf ball to make it unique to you.
- Share with your family and friends.

## Putt in the Cup

- This game can be played anywhere in your house or even in a yard or park.
- Place a plastic cup on the ground and try to putt the ball into the cup from different areas (examples: around a couch, table or tree).
- Keep track of how many strokes it takes you to get the ball in the cup.
- Each time you play, try to beat your best score!



## Pool Putting

- Pool putting can be played at a golf course or indoors.
- The object of the game is to make putts by using your putter as a pool stick.
- Simply hold the putter like a pool stick and strike the ball with the end of the grip toward a hole or cup.
- Each time you bounce your ball off another player's ball, subtract one stroke from your score.
- Count the number of strokes it takes you to get your ball into the hole.
- The player with the lowest amount of strokes is the winner.

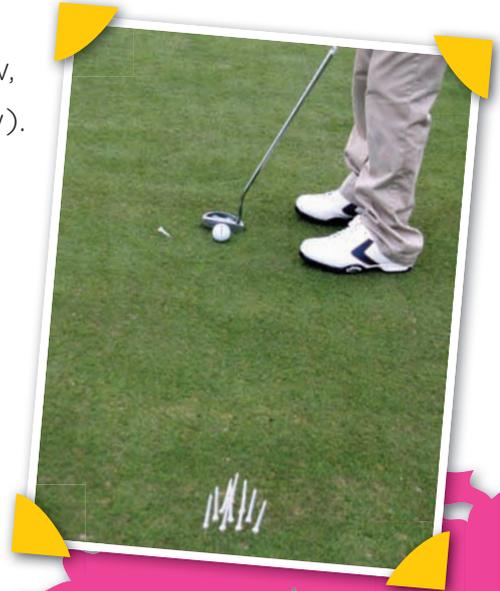


## Scramble Putting

- The game starts at a golf course or indoors with a partner.
- Both players hit a putt toward the target, a hole or a cup.
- Then, decide with your partner which ball you would like to use for the next shot.
- Both players will hit from that spot and continue to play from the best ball until the ball is holed.
- Each time you play, try to beat your best score!

# Bowling Putting

- This game can be played at a golf course or indoors.
- First, set up 10 tees upside down like bowling pins (four in the last row, three in the third row, two in the second row and one in the first row).
- Then, like bowling, you have two shots from the starting point.
- Choose a starting point and move back one foot after each round.
- Add the amount of tees standing after each round.
- The player with the least amount of tees standing is the winner.



Rate each game by coloring the stars for the Fun Factor.

GAMES	FUN FACTOR
PUTTING COURSE	★ ★ ★ ★ ★
GOLF BALL ART	★ ★ ★ ★ ★
TIC TAC TOE PUTTING	★ ★ ★ ★ ★
CLOSEST TO THE HOLE	★ ★ ★ ★ ★
PLAYER CHALLENGE	★ ★ ★ ★ ★
PUTT IN THE CUP	★ ★ ★ ★ ★
POOL PUTTING	★ ★ ★ ★ ★
SCRAMBLE PUTTING	★ ★ ★ ★ ★
BOWLING PUTTING	★ ★ ★ ★ ★

★ = OKAY      ★ ★ = PRETTY FUN      ★ ★ ★ = REALLY FUN

★ ★ ★ ★ = SUPER FUN      ★ ★ ★ ★ ★ = FUNTASTIC

Work with your PGA/LPGA Professional, and have them sign your book below when you try the golf practice games:

\_\_\_\_\_

PGA/LPGA Professional



# PLAYING GOLF

Golf is one of the greatest sports you will play. Golf is a game that can be played at any age. You can play by yourself, with friends or family, or on a team. As you learn to play golf, you will develop long-lasting skills that will carry throughout your life.

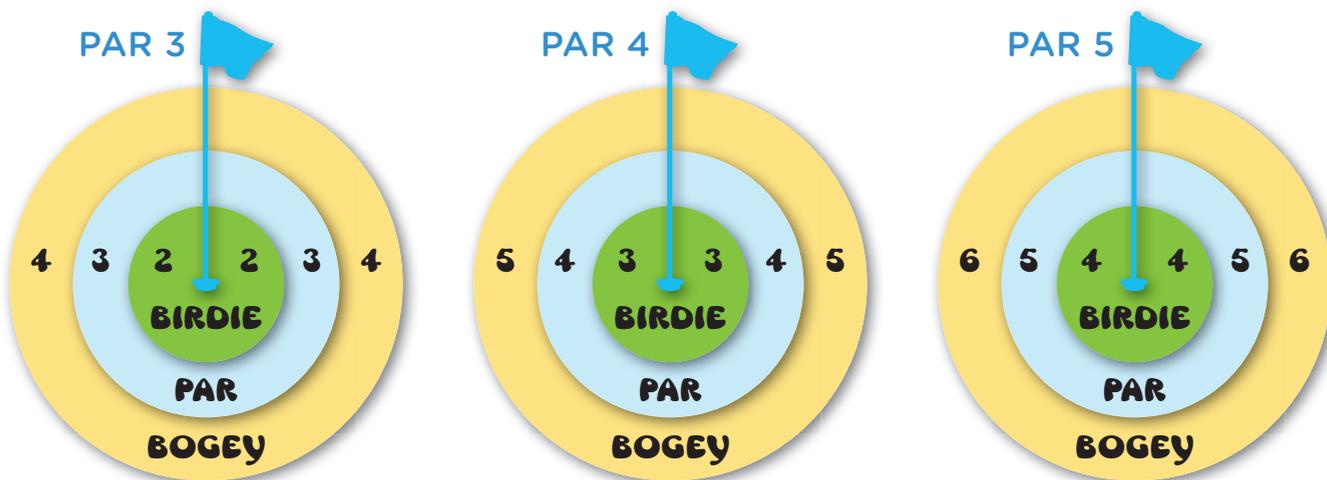
Golf courses all over the world are full of nature and beauty, and provide different challenges. Each hole may have obstacles and hazards (trees, water, bunkers), which make the game more fun and exciting.



# How to Keep Score

The goal is to play the ball from start (the teeing ground) to finish (the hole) in the fewest strokes possible. Your score for the hole is the total number of times you hit the ball from the tee until the ball is in the hole. Golfers use special words for scoring a hole.

A golf hole can be a par 3 (short holes), par 4 (medium holes), or par 5 (long holes), and “par” is the score you should make. One less than par is called “birdie,” and two less than par is called “eagle.” One over par is called a “bogey” and two over par is “double-bogey. Check out the chart, and remember that green means “go” and that low scores are good!



# Scorecard

HOLE	1	2	3	4	5	6	7	8	9	TOTAL
PAR	4	4	4	5	4	3	4	3	5	36
<b>Lisa</b>	4	4	4	4	4	4	5	5	4	38
<b>Mike</b>	4	3	3	4	4	4	4	4	5	35

**PAR**  
Same score  
as par

**BIRDIE**  
One stroke  
under par

**BOGEY**  
One stroke  
over par



# RULES OF GOLF

The rules make golf fair and fun. One reason that golf is so popular is because it is played by standard rules based on fair play. The Rules of Golf are enforced by the player, which builds character and portrays honesty. As you progress, you will learn the official Rules of Golf from the United States Golf Association (USGA).

While the Rules of Golf are important, they are for keeping score and competition. When you are learning the game or just out to have some fun, It's Okay to use these hints as an enjoyable way to play and have fun.

Some **"It's Okay"** hints include:

- **"It's Okay"** to start each hole from the shortest tees, especially using the PGA Family Course tees.
- **"It's Okay"** to start at the 150-yard marker if you like.
- **"It's Okay"** to make the ball easier to hit by rolling it around and setting it up on a little tuft of grass... in fact, it's okay to 'tee the ball up' ANYWHERE when you are first learning to play.



- **“It’s Okay”** to throw the ball out of a bunker if you try to hit it but miss – but try to hit it one time first. Be sure to rake your footprints, too.
- **“It’s Okay”** to move your ball away from trees, rocks or very hilly lies. It’s okay to give yourself a better lie and an easier shot.
- **“It’s Okay”** to play any number of holes and call it a round of golf. You can play 3 holes, 6 holes, 9 holes, 12 holes, etc.

Ask your PGA/LPGA Professional to sign your book below when you have demonstrated playing golf, how to keep score and the Rules of Golf:

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PGA/LPGA Professional

The PGA of America hopes you enjoyed learning golf through the Player Guide. Your next challenge is the Sport Guide, which will introduce you to more opportunities to play and enjoy this great sport.

**Good luck and have fun!**



# SPEAKING GOLF

Golfers sometimes seem to speak a strange language. Here are some golf words you may hear as you continue to learn more about golf through lessons, playing and watching golf on TV or a computer.

**Address** Position of a player when he or she has taken a stance and grounded the club or, if in a hazard, when he or she has taken his stance.

**Birdie** A score of 1-under par on a hole.

**Bogey** A score of 1-over par on a hole.

**Bunker** An area of bare ground, often a depression, which is usually covered with sand.

**Chip** A short, low shot played to the putting surface partly through the air and partly rolling over the ground.

**Club head** Part of the golf club that is used to swing at the golf ball.

**Course** The whole area within which play is permitted – and is typically 9 or 18 holes.

**Divot** A piece of turf or sod cut loose by a player's club while making a shot.

**Double-Bogey** A score of 2-over par on a hole.

**Drive** A long shot played from the teeing ground, usually with a driver.

**Driving Range** Another word for practice area or practice tee – where you practice golf shots.

**Eagle** A score of 2-under par on a hole.

**Etiquette** Courtesies expected of and to golfers.

**Fairway** A closely mown area that is between the teeing ground and green.

**Flagstick** A pole or straight indicator with a flag centered in the hole on the green to show its position.

**Fore** A warning shouted to let a person within range know that a player is about to hit their ball or that a ball in flight may hit or come very close to that person.

**Grip** The end of the golf club that you hold on to when you swing. In addition, it is the placing and positioning of the hands on the golf club.

**Green** Also known as a putting green, it is all of the closely mown area at the end of a hole that contains a flagstick and hole.

**Hole** An area of the course consisting of a teeing ground, putting green and the area in between. A round of golf is played over 18 holes. Also the actual hole in the putting green where you want your ball to end up.

**Iron** A golf club used to hit the ball from the tee to the fairway, the tee to the green, or the fairway to the green.

**Par** The score an accomplished player is expected to make on a hole.

**Penalty Stroke** One added to the score of an individual or side under certain Rules of Golf.

**Pitch Shot** A shot in which the ball is played high to the putting green and has little or no roll.

**Putt** A shot played on the green with a fairly straight-faced club with the intention of rolling the ball in the cup or hole.

**Tee** Another word for teeing ground. Also, a short wooden or plastic peg used to hold a ball off the ground.

**Teeing Ground** The starting place for the hole to be played.

## PGA Sports Academy Word Search

B	O	G	E	Y	C	F	P	I	I	C
T	H	E	A	H	A	U	U	I	R	L
O	E	E	I	D	D	N	T	I	E	U
V	T	P	A	R	D	E	T	O	K	B
I	T	E	A	I	R	L	R	E	N	H
D	E	F	C	V	E	G	R	E	U	E
C	U	O	O	E	S	A	N	T	B	A
E	Q	R	U	H	S	E	E	I	T	D
E	I	E	R	O	A	R	E	O	T	R
U	T	S	S	L	E	R	R	O	A	T
E	E	Q	E	E	N	U	G	P	N	N

ADDRESS  
BOGEY  
BUNKER  
CHIP  
CLUBHEAD  
COURSE  
DIVOT  
DRIVE  
EAGLE  
ETIQUETTE  
FORE  
FUN  
GREEN  
HOLE  
PAR  
PUTT  
TEE



POWERED BY

