



REACHING YOUR POTENTIAL

LEVEL 2 YELLOW RANK

LEVEL 2 MASTERY RESOURCE BOOK



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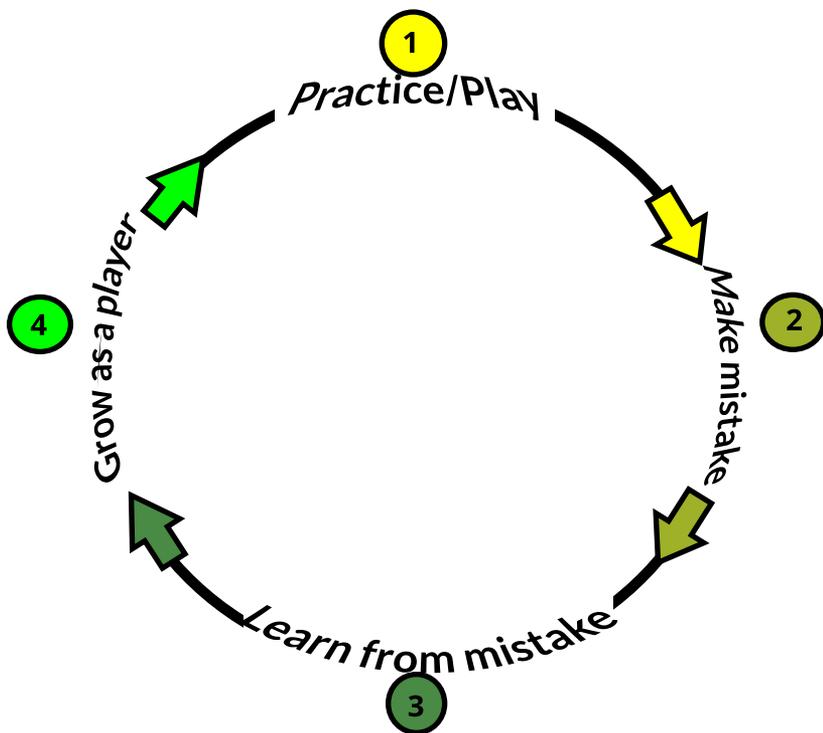
REACHING YOUR POTENTIAL

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There are characteristics and mindsets needed to become a champion. These excerpts describe some concepts that are important to understand to become the best you can be!

LEARNING FROM YOUR MISTAKES

Struggle, failure, and making mistakes are not optional - it's required. In order to improve your skills, you must make mistakes and pay attention to those mistakes. You must slowly learn from these mistakes and work to not repeat them. This may take hard work and practice of your weaknesses. That is great news because we love to work hard!



Phil Mickelson failed 45 times to win a major! In his 46th attempt, he won the 2004 Masters Tournament. It took him approximately 180 rounds of golf or 3,240 holes in major championships to learn how to win a major.



THE GOLF COURSE

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THE GOLF COURSE

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There are many different areas at the golf course. It is important to learn the lingo and purpose of each area!

1

The short grass the border's the putting green is called the **fringe**.

2

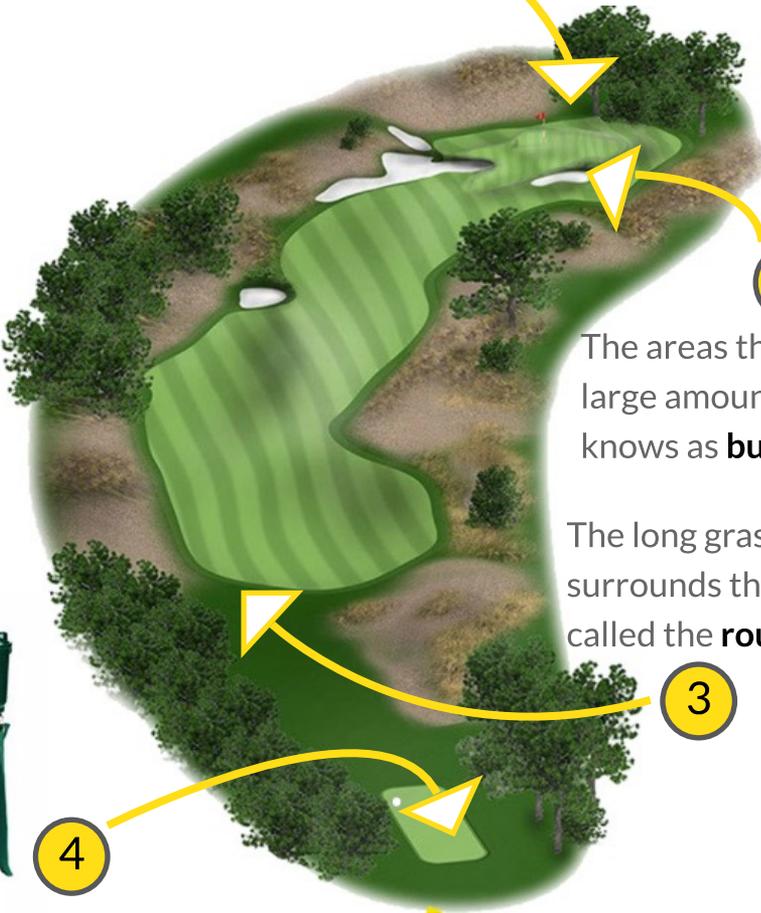
The areas that contain a large amount of sand are known as **bunkers**.

The long grass that surrounds the fairway is called the **rough**.

3

4

The tool located near some tee-boxes that is used to clean your golf ball is called a **ball-washer**



THE GOLF COURSE

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The Fringe

- The fringe is the grass around the putting green.
- It is mowed to a height slightly higher than the putting green
- A height typically halfway between the green and the fairway
- Also known as the collar, it is sometime recommended to putt from the fringe

The Bunker

- Areas or ditches that contain sand.
- Often found around the green to challenge a golfers approach shot.
- Bunkers are also found along the fairway to challenge the tee-shot.

The Rough

- The rough is the taller grass that typically surrounds the fairway.
- Due to the grass height, hitting out of the rough is more challenging than the fairway making it even more important to hit the ball first.

Ball washer

- Ball washer's can be found near the tee-box on many holes.
- It is used to keep your golf ball clean.
- Keeping your golf ball clean creates a true ball flight and a true roll when putting. "A clean ball is a happy ball."





GOLF EQUIPMENT

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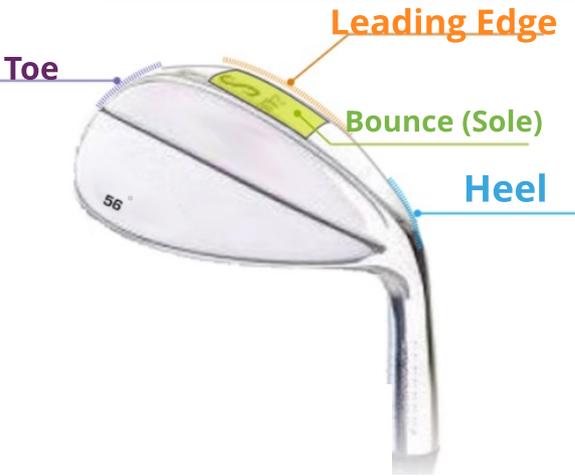


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EQUIPMENT

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Hybrid



- A hybrid, also known as a utility club, is a combination between an iron and a wood.
- You can use a hybrid to hit it further than an iron but shorter than a wood.
- Hybrids can be hit in the rough and fairway, and are generally easier to hit than a long iron.

Additional Tools

GLOVE



Wearing a glove can help protect our hands, and provide us some additional grip when swinging the club. Most golfers wear a glove on their lead hand and remove it when putting.

SUNSCREEN



FOOTWEAR



When playing golf you want to wear shoes that are going to provide you a solid foundation with the ground. Sneakers and golf spikes are acceptable when playing. Make sure your golf spikes are plastic, as metal spikes damage the putting greens.

Sunscreen is very important to protect your skin while you are outside. If you play 18 holes you will be outside for 4+ hours. The sun can be dangerous if skin is exposed without protection for long periods of time.



COURSE MANAGEMENT & SHOT TYPES

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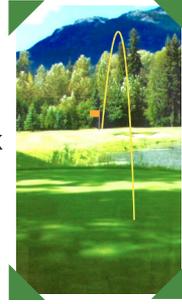
SHOT TYPES

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Understanding the lingo around the different types of shots you can hit is important. Learn the most common types below.

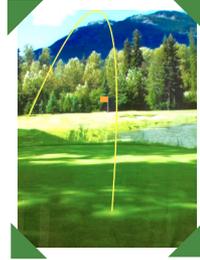
Draws

A draw is a golf shot in which the ball starts slightly to the right of the target and curves back to the intended target. A draw curves from the player's right to his left (for a right-handed golfer).



Hooks

"Hook" describes a trajectory or ball flight in which the golf ball starts out to the right (for a right-handed golfer) before curving severely back to the left and missing its target to the left.



Slices

A "slice" is a type of miss-hit golf shot in which the golf ball curves severely in flight from left to right (for a right-handed golfer - reverse the directions for a lefty).



Fades

"Fade" describes a trajectory or ball flight in which the golf ball comes off the clubface moving to the left of the target before curving gently back to the right (for a right-handed golfer; reverse directions for a left-hander).





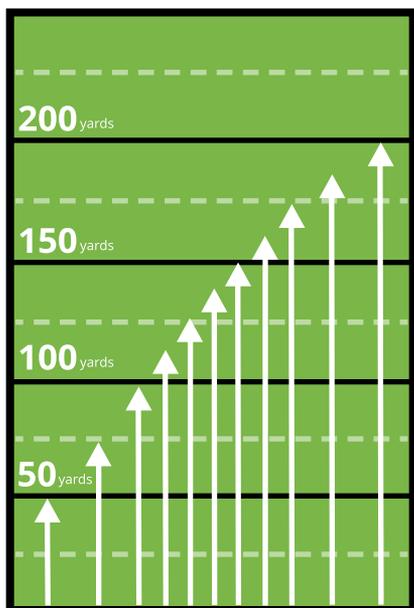
COURSE MANAGEMENT

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When playing golf every shot has a purpose. We must always have a plan but more importantly, we must stick to our plan! Every golf hole is different and introduces new barriers. As golfers we need to plan around those barriers to get the ball in the hole in the least amount of strokes!

PLANNING YOUR ATTACK!

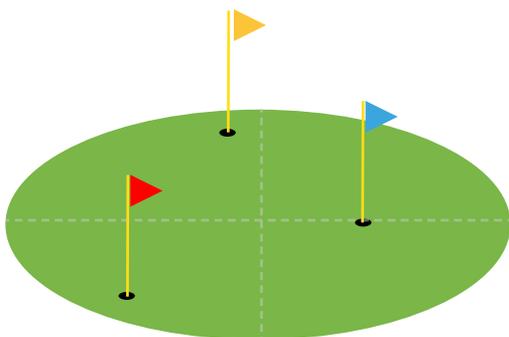
How far do your clubs go?



SW PW 9 8 7 6 5 4 H 3W Dr.

When playing golf we are presented with many different distances. Knowing the distance each club goes will help build confidence and decision making skills on the golf course.

Front? Middle? Back?



 A front pin is located in the front of the green. In this situation you may want to use less club and land it short of the green allowing it to roll up.

 A middle pin is located in the middle of the green. In this situation you want to land the ball on the front and let it roll!

 A back pin is located near the back of the green. Hitting the ball over the green can cause a tough next shot. It is good to have the ball stop short of this pin!



KEEPING SCORE

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The most basic skill you need to learn is how to keep score on the course. Learn the special terms and goal of golf below.

WHAT ARE EAGLES & DOUBLES?

In the level one we learned what Bogeys, Pars, and Birdies were. In this level we are going to look at two other classifications of scores!

EAGLE (-2 UNDER PAR)	PAR = EVEN	DOUBLE BOGEY (+2 OVER PAR)
3	PAR 5	7
2	PAR 4	6
1	PAR 3	5

EAGLES

An eagle is when a golfer puts the ball in the hole in 2 strokes under par. You usually see this on par 5's when a golfer puts the ball on the green in 2 shots and then sinks the putt! Getting an eagle is very impressive!

DOUBLE BOGEYS

A double bogey is when a golfer puts the ball in the hole in 2 strokes above par. When you first start playing you may get a lot of double bogeys, but as you get better you want to shoot to limit the amount of double bogeys during your round.

We draw 2 squares around double bogey's.

We draw 2 circles around eagles!

HOLE	1	2	3	4	5	6	7	8	9	TOTAL
PAR	4	4	5	4	3	4	5	4	3	36
John										

A 1 on a Par 3 is called a "HOLE IN ONE!"



HOW FAR DO MY CLUBS GO?



YOUR NAME _____

The distance a ball travels in the air after being struck by a golf club, before coming back in contact with the ground is known as a club's "Carry Distance". Knowing how far you carry the ball with each of your golf clubs allows you to make it safely across hazards. Utilize the spaces below to decide how far you think you should be hitting each of your clubs, then figure out on the range or the course, how far they actually go.

Club	Expected Dist.	Actual Carry Dist.	Actual Total Dist.	(Goal)Total Dist.
Dr/3W				
Fwy				
Hybrid				
Iron				
Wedge				