

# LPGA GOLF 101

Golf for women, from LPGA Teachers

We recognize that women are not one size fits all, which is why this Intro to Golf Program – conducted by Women for Women, follows the overall student-centered LPGA Integrated Performance System to guide you through a comprehensive “Welcome to Golf” 6-week program for new or relatively new female golfers.

Through this LPGA program you will take your first step in your journey to learn, play and enjoy the game of golf.

***Your LPGA professional will provide you with a base of knowledge, golf skills and most importantly the confidence required to get on course.***

**What will you learn...**

**It's All About YOU and YOUR Goals – Pre-program Survey**

**Session 1:      [Let's Get the Ball Rolling – Putting](#)**

Individual Program Goals  
\*Golf Terminology  
Equipment Overview  
Putting Green Etiquette  
Putter Fitting and Putting Basics  
Putting Practice Plan

**Session 2:      [Getting the Ball on the Green - Chipping](#)**

Navigating the Pro-shop  
\*Safety, Warm up, Stretching and Wellness tips  
Review of Putting  
The best ways to Hold the Club and Set-Up before you chip  
Aim and Alignment  
Chipping Basics  
Chipping and Putting Practice Plan



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## **Session 3:      Getting the Ball in the Air - Pitching**

- \*Golf Course/Golf Hole Overview
- Club Selection – What clubs to use where
- Review of Chipping
- Pitching Basics
- Pitching and Putting Practice Plan

## **Session 4:      Full Swing – It’s all about Connection**

- \*On Course Etiquette
- Review of Pitching – It’s really the start of the Full Swing
- Full Swing Set-Up
- Full Swing “in-motion” Basics
- Full Swing Practice Plan

## **Session 5:      BIG Clubs and Bunker Play**

- \*Basic Rules – What you really need to know
- Full Swing Review
- Big Clubs to hit Long Shots – Irons vs Woods
- Bunker Basics – Greenside and Fairway
- Play on Range Practice Plan

## **Session 6:      Putting it all Together – Getting Comfortable On-Course**

- \*The Scorecard/Handicaps
- Putting it all together – Review
- Learn to Play – On-course Experience/Course Management
- Golf Formats – the “Scramble Explained”
- Review of Individual Program Goals
- Next Steps

*\* Handouts for each session*

