

CAMPS AT HOME

Golf

Materials:

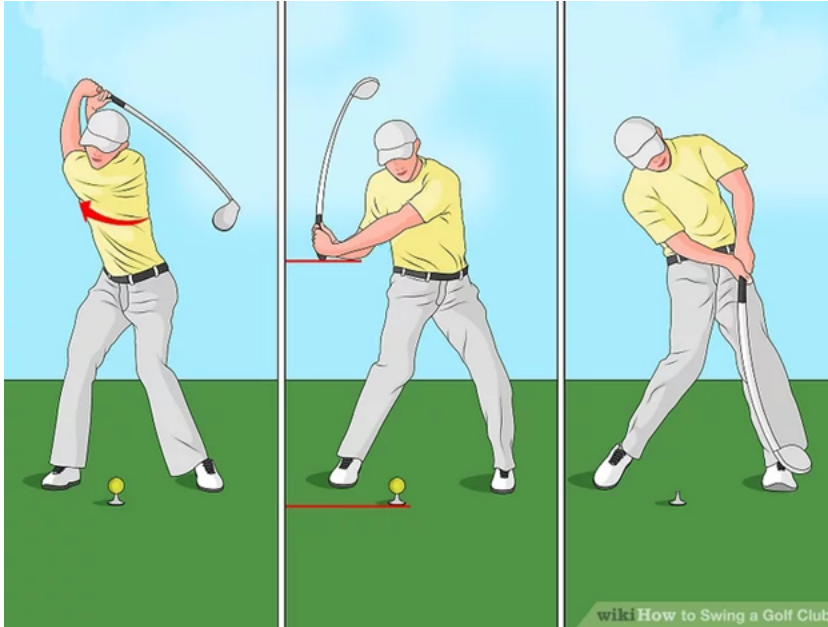
- Golf Club
- Ball

Steps:

1. First, we are going to work on golf technique. Teach athletes how to properly hold the club. You want to have one hand gripping the top of the club and one slightly below it. Remember to also keep your arms nice and straight. A good tip to know is to always keep your eye on their ball while you are swinging.



2. Next, you can practice hitting the ball and make your own driving range at home! Line up your golf tees and practice your swing. You can also line up targets in your back yard and practice hitting the ball at the targets. This will help with accuracy and feeling comfortable with your swing.



3. Last, you can create your own mini putting course. Be creative and find things at home to make a challenging but fun putting course. Once you have created your own course you can test it out!

Images:

<https://www.wikihow.com/Swing-a-Golf-Club>