

# So Golf Academy Student Score Card

## Fundamental Level

Golfer name Anthony Dai Age            Sports played GOLF

Learning objective - To learn, explore and development fundamentals golfing skills, strategy, fitness, culture, equipment and mental aspects of a beginner golfer. By the end of this level the golfer will be able to demonstrate the skills and/or knowledge outlined in each item below.

Categories	Items	Skills and/or knowledge required	Progress Check			
			1	2	3	4
Skills	Golf grip	Baseball grip, interlock or overlap (one or all 3 )				X
	Set up position	Shoulder width feet separation, straight spine angle to enable to swing hands			X	
	Alignment	Feet, knee, chest, shoulder to go parallel to target direction			X	
	Balance	50/50 on both feet, weight planted on ground with feet flat				X
	Swing	Starting to swing back toe-up on 60/40 weight into back swing toe-up through 90% weight on toe-up finish			X	
		Learn full swing after completion of above - Back swing in 4 positions and transition in 4 positions			X	
	Shots	Hitting ball with club face on long, short and sideway to a desired direction.			X	
		Understand club face impact relative to trajectory of ball to a desired direction			X	
	Putting	Understand the distant control relative to the arc of the swing and direction of putter				X
Strategy	Objective of the game	Understand the scoring system – using least amount of strokes to complete the game				X
Fitness	Warm up exercise	Hands crossed with golf club on chest, shoulder twist and point golf club to the ball in both directions				X
		Golf club on shoulders centered, fingertip pressure on golf club, twist and point golf club to ball in both directions				X
		Golf club centered on lower back, posture with twisting hips to point golf club to ball in both directions				X
	Weight transfer exercise	Throwing a ball (golf, basketball, volleyball etc) and transferring the weight from one side to another				X
	Step-hit exercise	3 to 4 warm swings followed by stepping up to hitting 6 balls			X	
	Additional 3 other exercises	Exercises to be determined by golfer and coaches				X
Culture	History of golf	<a href="https://golfcanada.ca/history-of-the-game/">https://golfcanada.ca/history-of-the-game/</a> Golf early history The playing field				X
	Parts of a golf course	<a href="https://golftips.golfweek.com/parts-golf-course-1813.html">https://golftips.golfweek.com/parts-golf-course-1813.html</a> Tee, fairway, rough, green, hazards				X
Equipment	Golf clubs	Handle, shaft, face (sweet spot), heel, toe				X
	Type of clubs	driver, hybrid, 7 iron, p-wedge, s-wedge, putter				X

Mental	Mindset preparation	Understand what the mindset of playing golf is			X	
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#### Progress check legend

1 – not demonstrated (below 50%)      2 – satisfactory (50% to 80%)  
 3 – achieved (80% to 90%)      4 – outstanding (above 90%)

Level 3 of the progress check is the targeted level of certification.

Certification criteria:

1. Certification assessment – golfer MUST pass a paper-based assessment at 80%.
2. Certification demonstration – golfer need to pass a skills demonstration assessment with a coach and ALL skills demonstrated MUST meet level 3 or higher.

All golfers need to pass the above 2 certification criteria before they can advance to the next level of learning.

Notes for coaches: Anthony is a very talent player, he has mastered the fundamental swing technique in a short of time. Able to swing smoothly in takeaway and downswing, and good with body weight shift and rotation. He has learned a lot about golf history, popular professionals, golf course and rules. He has played a few times on golf course.

As for his golf swing, take way is the area need improvement. He often lifts up upper body, especially shoulder area, this delivers a relative straight up posture at the end of the back swing. But he often able to manage well during downswing to lower the shoulder enough to hit ball solid, but will end up thin or fat shot if swing too soon and hard.

Anthony is a fast learner, after building a better takeaway, his swing consistency and distance control will be improved. With that he will be ready for more course practise and preparing for field tournament.

Anthony is ready to move to the next level.

Note: Coaches have the power to advance golfer to the next level if they feel the golfer is ready.

Coach's Signature



Principal's Signature

