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| **SELF-CHECK TASK SHEET: GOLF CHIP SHOT** |

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Objective:** The student will demonstrate the grip, the stance, ball alignment and the chipping stroke.

**Directions:** Record date of practice. Record all components followed for each section: grip, stance, ball alignment and stroke.

1st: Two Shots Chip 15’

2nd: Two Shots Chip 30’

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| (Record date of practice) | **DATES** | | | | | | | |
| **GRIP** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** |
| 1. The most common grip is started with the palm of right hand facing the target |  |  |  |  |  |  |  |  |
| 2. The back of the left hand faces the target with the left thumb on top of the club (for left handers, the reverse is done. |  |  |  |  |  |  |  |  |
| **STANCE** |  | | | | | | | |
| 1. Place feet on both ends of 12” strip set parallel to target line. |  |  |  |  |  |  |  |  |
| 2. Knees are bent. |  |  |  |  |  |  |  |  |
| 3. Eyes are on the ball. |  |  |  |  |  |  |  |  |
| **BALL POSITION** |  | | | | | | | |
| Ball slightly in front of left foot. |  |  |  |  |  |  |  |  |
| **STROKE** |  | | | | | | | |
| 1. Keep your head perfectly still and your eyes directly over the ball. |  |  |  |  |  |  |  |  |
| 2. Swing arms in a pendulum action from your shoulders around the pivot of your immobile head. |  |  |  |  |  |  |  |  |
| 3. Point both elbows outward slightly. |  |  |  |  |  |  |  |  |
| 4. Club should end facing in the direction you are hitting the ball. |  |  |  |  |  |  |  |  |