


RECIPROCAL TASK SHEET 2: GRIPS

Name: _____

Name: _____

Directions: Work with a partner. Your partner will read the task sheet to you. Record dates and check appropriate response for each checkpoint for the grip. Complete the grip practice with your partner a minimum of five times.

GRIPS*	DATES							
Check hand positions (Record date of practice)								
BASEBALL GRIP								
LEFT HAND	Yes	No	Yes	No	Yes	No	Yes	No
1. Hand placed so only cap of club is extended beyond palm.								
2. Club head is resting flat on its sole and is squarely aligned with target.								
3. Back of hand facing toward target.								
4. Fingers gripped around club so the grip of the club lies diagonally across the second joint of the index finger.								
5. No spaces between fingers.								
6. Thumb positioned slightly to right of the top of the grip.								
7. V formed by thumb and index finger points to right shoulder when club placed squarely in front of body.								
RIGHT HAND								
1. Place right hand on grip as though you were slapping grip (palm facing target).								
2. Grip fingers around club so left thumb fits snugly in palm of right hand.								
3. Little finger touches index finger of left hand.								
4. No spaces between fingers.								
5. V formed by thumb and index finger points to right of chin.								
OVERLAPPING OR VARDON GRIP See photo to right.								
* The check points refer to right handed golfers.								
Little finger of right hand overlaps the index finger of left hand.								
INTERLOCKING GRIP (Same as 10 finger or baseball grip except:)								
Little finger of right hand interlocks the index finger of left hand.								

RECIPROCAL TASK SHEET 3: ADDRESS

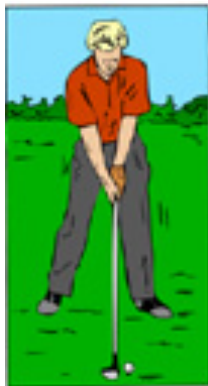
Name: _____

Name: _____

Directions: Work with a partner. Your partner will read the task sheet to you as you perform the address. Record the dates and check the appropriate response for each checkpoint for the address. Execute the address by yourself and with your partner reading to you a minimum of five times. Rotate after five times.

ADDRESS ROUTINE	DATES							
(Record date of practice)								
ADDRESS (Address routine)	Yes	No	Yes	No	Yes	No	Yes	No
1. Assume correct grip. (Review Task Sheet)								
2. Stand behind ball and sight target. (Choose a tree, post, etc. to act as target)								
3. Move up to side of ball, with arms extended place the club head down directly behind the ball so the club head is perpendicular or "square" to the intended line of flight.								
4. Place your feet so the ball is opposite the center of your stance.								
5. Weight is evenly distributed through feet.								
6. Knees relaxed – not hyper-extended.								
7. Body bent slightly forward from hips.								
8. Shoulders relaxed so arms hang freely from body.								
9. Arms and shoulders form triangle with hands as the apex of the triangle.								
10. Feel comfortable.								

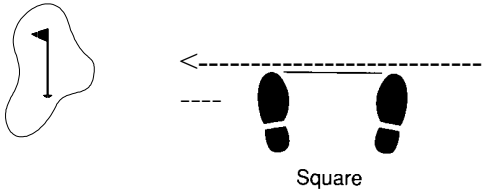
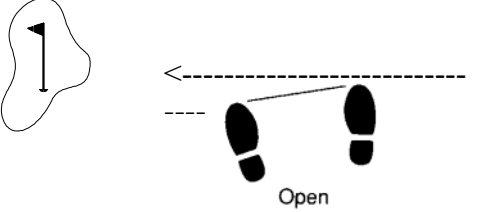
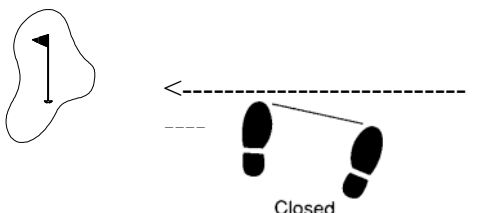
Do you look like this?



RECIPROCAL TASK SHEET 4: STANCES

Name: _____

Directions: Work with a partner. Partner reads task sheet as you perform. Record the dates and check the appropriate response for each check point for the stances. Perform each task 5 times alternating practice turns with your partner.

STANCE	DATES							
(Record date of practice)								
SQUARE OR PARALLEL	Yes	No	Yes	No	Yes	No	Yes	No
1. Feet approximately shoulder width apart.								
2. Weight evenly distributed.								
3. Knees relaxed – not hyper-extended.								
4. Toes pointed toward intended line of flight.								
 Square								
OPEN								
1. Feet 8-10 inches apart.								
2. Weight evenly distributed.								
3. Knees relaxed – not hyper-extended.								
4. Toes appointed toward intended line of sight.								
 Open								
CLOSED								
1. Feet slightly more than shoulder width apart.								
2. Weight evenly distributed.								
3. Knees relaxed – not hyper-extended.								
4. Toes pointed toward intended line of flight.								
 Closed								