



Pacific Northwest Section PGA
Youth Player Development Grant
Summary of Program
conducted by PGA Professional Dan Harrington
2017 Grant Received: \$400

This document is to provide a brief summary of the program conducted at Jackson Park Golf Course by Dan Harrington for utilization of Section Youth Player Development Grant funds. This year's program named "Up & Down from Inside 50" Coaching and Play Club ran from June to September, with subsequent general Youth Coaching Club activities continuing through November.

This year's grant funds received were utilized to purchase necessary equipment for youth pitch-shot target practice, short-game fun competitions, and putting challenges. Two 8" "Big Cups" and one 6' Tee Target Basket were used at each session throughout the summer. Remaining funds were used for cup installation tools/adaptor and target basket protector apparatus.

A total of 121 youths participated in the program during the year, from June to ultimately November. A complete list of participant names and ages may be made available upon request.

The Coaching and Play Club curriculum employed many of the standard grip, stance, posture, ball and hands positioning teaching methods. In addition, several short-game practice drills and games were used to keep the youths engaged and deliver a fun learning environment. We used four different short-game learning techniques:

1. TWO CLUBS, FIVE DISTANCES - PLAYED ON JACKSON PARK "HOLE 7.5" SHORT GAME AREA
In order to become really good from 50 yards and in, golfers must develop feel. A great way to practice feel is to hit the same club several distances. With this drill the aim is to make it instinctive how far the pin is away from you (especially within 80 yards). So we had students:

- Start at 85 yards and hit one ball to the target
- Move to 75 and use the same club to hit to that same target
- Move to 65 and change to whatever club you hit from this distance
- Move to 55 and hit the same club as you did from 75
- Finish by hitting your 75 yard club from the 45 yard position.

Students ended up playing from 5 distances and used 2 different wedges for each. Some players choked down on the club and changed their ball position for distance control and others used swing length and tempo. We had the kids experiment with both and see what worked for them.

2. SHORT GAME "PRACTICE AS YOU PLAY"

We had each participant take 20 golf balls and drop them around the practice green from different lies and positions. For each shot, they went through their routine just as they would on the golf course and imagined playing in a competition on the golf course. If the ball came to rest outside of "gimme range" (3 ft circle set up around the 8" cup) players would go through their pre-putt routine, just as they would on the course and

try to hole the putt. Once the up and down is made, players moved onto the next ball until they holed all 20. This exercise took 20-25 minutes to perform, but it reinforced that practice as you might play was very meaningful. This helped to:

- Practice a routine – getting players to process the same learned behaviors and focusing was consistent no matter what the shot or situation.
- Work on player imagination and visualization.
- Simulate pressure while practicing.
- Make practice fun, playing from different lies and trying different shots.
- Give every shot a purpose, instead of being just another practice ball.

3. SEE IT, FEEL IT, TRUST IT

This drill improved participants chipping quickly and worked on using a variety of clubs from the same distance to see the benefit of using less lofted clubs from around the green.

- From the edge of the green, players picked a hole on the practice green about 20-25 ft from 8" cup.
- We had participants take a 7-iron and go through their pre-shot routine.
- Taught that pre-shot should have 3 main steps: See It, Feel It, and Trust It. When visualizing their shot we asked them where should the ball land and how much should it roll out prior to going in the hole. When they see the shot in the mind's eye, feeling the swing needed to produce that shot becomes second nature. Teaching players to “trust it” and do exactly that.
- When they holed a 7-iron, they repeated the process using an 8-iron, etc moving all the way through to the Sand Wedge. At a minimum of 5 shots, we tested to see how many could get to a score of 10 each time.

4. PAR-18 GAME FOR THE SHORT GAME

- From around the green, players picked 9 locations to play from, 3 easy, 3 medium and 3 difficult.
- Each "mini hole" is a par-2 and by playing all 9 holes your make the total “Par 18”
- Playing all 9 holes, keep score, and attempting to make 18 the target score...to the 8" cup.

The idea was to create the same pressure, as if the participant were on the golf course, to reduce pressure on the golf course during a round. By thinking about score while practicing (and trying to beat it), players got closer to the pressure felt on the course.



Next year I would like to expand the short game area "Hole 7.5" but having the City put in a practice bunker and mow out/create 3 teeing areas from 75, 55, and 35 yards away to create a 3-hole loop. - Dan Harrington, PGA



JACKSON PARK
GOLF COURSE

Youth

"Up & Down from Inside 50" Coaching & Play Club



*Sample
Flyer*

Jackson Park Golf Course is proud to offer pre-teen and teen youth group lessons designed to prepare girls and boys, ages 7-17, for competitive golf. PGA Teaching Professionals Dan Harrington and Dave Boivin will coach players to create and achieve manageable, realistic goals for every student. Maximum 24 students per session.

June Classes
Saturdays
June 3, 10, 17, 24
10:00 to 11:00 AM

\$30 per individual session *or*
\$100/Month *(Includes \$20 Range Card)*

Range Balls
Weekly Curriculum
Individual Practice Goals

All lessons include the following area of instruction:

Full Swing, Putting, Short-Game, Rules,
Course Management, Practice Routines & Play to 8" Cups!

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