



## Skill Development Exercises – Week 2

### Station 1 - Putting

**Equipment:** (4) Rollers, (4) Roller Brushes (1) Rolleramas, (16) SNAGballs

**Procedures:** Dot is placed at the rear of the ball and arrows facing target. Hands and thumbs are placed on proper colors on grip. Proper setup is done creating a “Wide Y” with the arms. Child starts with feet together and makes 1 small step to the target then 1 small step to the rear with the ball in the middle of the stance. Child is coached to make contact with bullseye on club to dot on ball. Child feels brushing motion during the stroke. Slightly longer stroke is practiced.

### **Exercises:**

- Child practices stroking with the Roller Brush
- Child putts (10) SNAGballs from (3) Roller lengths (78”) or 6’  
Goal for child is (6) SNAGballs inside blue area of Rollerama
- Child putts (10) SNAGballs from (5) Roller Lengths (130”) or 10’  
Goal for child is (5) SNAGballs inside blue area of Rollerama
- Child putts (10) SNAGballs from (7) Roller lengths. (182”) or 15’  
Goal for child is (4) SNAGballs inside blue area of Rollerama

### Station 2 – Chipping

**Equipment:** (4) Launchers, (4) Launch Pads, (1) Rolleramas, (16) SNAGballs, (2) 50’ clotheslines

**Note:** Clotheslines are made into one large circular design designating a green, place rollerama inside “green.”

**Procedures:** SNAGball is placed on the Launch Pad, dot at rear, arrows facing target. Hands and thumbs are placed on proper colors on grip. Proper setup is done creating a “Long Y” with the arms. Child starts with feet together and takes 1 small step to the left. Child makes swinging motion from 7 o’clock to 5 o’clock. Child is instructed to make contact with bullseye to dot. Child is coached to hit ball in air a short distance and then roll.

### **Exercises:**

- Child bowls (5) SNAGballs from (3) paces (@10’) over launch pad to target  
Goal for child is (4) SNAGballs to stick inside total area of Rollerama
- Child chips (10) SNAGballs from (3) paces (@10’) from launch pad to target  
Goal for child is (6) SNAGballs to stick inside total area of Rollerama
- Child chips (10) SNAGballs from (5) paces (@15’) from launch pad to target  
Goal for child is (6) SNAGballs to stick inside total area of Rollerama