ABOUT THE PLAYER PATHWAY

New golfers learn best when engaged in a program that is clear, fun, easy to learn and rewarding.

These essential elements are provided in the U.S. Kids Golf Player Pathway as players advance from level to level as their skills improve.

Completion of Levels 1-5 establishes the basic fundamentals to ensure a lifetime of enjoyment and knowledge of the game. Advancing through Levels 6-10 provides the skills to successfully compete in tournament play.

Created by the U.S. Kids Golf Coaches Institute
An initiative of the U.S. Kids Golf Foundation

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For a lifetime of golf...
Golf is a fun game to play and learn. To make it fun to learn the key fundamentals of the game, U.S. Kids Golf has developed this easy to use pathway which consists of ten levels. The first five are shown in this overview.

Within each level, there are five checkpoints in which Achievement pins may be earned: Putting, Around the Green, Full Swing, Knowledge, and Scoring. Once all five are attained, a Mastered pin is awarded and the player advances to the next level. Players who complete the first five levels are recognized on our website at uskidsolf.com/mastered.

It is possible for a player to enter the program at Level 3 if the player brings attested scoring information and passes the skill requirements of the previous level.

Level 1 Player’s Booklet and Achievement Pins

Player's Booklet

Mastered Pin

Achievement Pins

Matching Hat

Bag Tag

Proudly display your achievements on the U.S. Kids Golf Learning Scoreboard, designed to be framed or placed on the player's bookcase.
PUTTING / Forms

Start on the Putting Green
The best place to begin learning golf is on the putting green.

1. Thumbs on Top
   Let your arms hang freely and grip the club with both thumbs on top.

   Form Completed

2. The "Y" Setup
   Your arms and the putter form the letter "Y.
   Place the ball between your feet. Relax.

   Form Completed

3. Eyes Over the Ball
   Your eyes should be directly over the ball to help you aim.

   Form Completed

4. Backswing = Follow-through
   Making a practice stroke, swing the "Y" the same distance and pace back as through.

   Form Completed

Progress Check
Once Putting Forms are complete, move to Skills and put your Forms to work.

Notes
Put Your Forms to Work

Putting Skills

Medium Putt
Place a ball 10 feet from the hole on a flat part of the green.
You must two-putt 3 out of 5 attempts.

Date Earned

Achievement Pin

Short Putt
Place a ball two feet away from the hole on a flat part.
You must make 3 out of 5 attempts.

Putt 2

10'
Just Off the Green
Chipping is a small swing similar to putting, with a few adjustments.
Start with a 9-iron or 8-iron to produce a low running shot.

1. **Hotdog in the Bun**
   - Start with the ten-finger grip and put the hotdog (left thumb) in the bun (right palm).

2. **“Y” Setup | Ball in the Middle**
   - Using the “Y” setup, position the ball in the middle of your stance with your hands slightly ahead of the clubhead.

3. **Backswing—Follow-through**
   - Practice swinging the “Y” the same distance and pace back as through.

4. **Brush the Grass**
   - While swinging the “Y”, let the clubhead brush the grass.

Progress Check
Once Chipping Forms are complete, move to Skills and put your Forms to work.

Notes
Short Chip
Place five balls a few feet from the hole. You must chip all 5 shots within eight feet of the hole.

Progress Check
Open Chipping Forms and Skills, are complete, move on to Putting.

Notes
**Shots Around the Green**

Pitch shots are a half swing that goes higher than chip shots. To do this, the "Y" is swung further back and through. Start with your Yarc Club or pitching wedge.

1. **Hotdog in the Bun**
   - Start with the ten-finger grip and put the hotdog (left thumb) in the bun (right palm).

2. **"Y" Setup | Ball in the Middle**
   - Using the "Y" setup, position the ball in the middle of your stance with your hands slightly ahead of the clubhead.

3. **"L" to "L" Swing | Backswing = Follow-through**
   - Practice swinging the "Y" back and forward forming a little "L" on both sides, so the backswing—follow-through.

4. **Brush the Grass**
   - While swinging through the shot, be sure to brush the grass.

5. **Stick the Finish | Show Some Shoe**
   - After swinging the little "L" forward, stick the finish and hold there for three seconds, showing some shoe.

**Progress Check**

Once Pitching Forms are complete, move to Skills and put your Forms to work.

**Notes**

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Getting on the Green
After completing all of your Pitching Forms, you can take this Pitching Skills test. Using a tee is encouraged. It must be completed with your coach.

1 Short Pitch
Using a tee, or with the ball on the ground, place five balls 10 yards from the green. Your ball must land and stay on the green in 2 out of 5 attempts.

Progress Check
Once Pitching Forms and Skills are complete, move on to Sand.

Notes
Playing from the Sand
Playing a shot from sand is similar to a half swing pitch shot, with a few adjustments. Use your Yard Club, sand wedge, or pitching wedge from a shallow bunker.

1. Hotdog in the Bun
Start with the ten-finger grip and put the hotdog (left thumb in the bun) on the ball.

2. "Y" Setup | Ball Forward
Position the ball forward of the center of your stance and open the clubface.

3. "L" to "L" Swing | Backswing = Follow-through
Practice swinging the "Y" back and forward forming a little "L" on both sides, so the backswing = follow-through.

4. Splash the Sand
Swing your clubhead down and through the sand, splashing sand out of the bunker.

5. Stick the Finish | Show Some Shoe
After swinging the little "L" forward, stick the finish and hold there for three seconds, showing some shoe.

Progress Check
Once Sand Forms are complete, move to Skills and put your Forms to work.

Notes
Getting Out of the Sand
After completing all of your Sand Forms, you can take this Sand Skills test from a shallow bunker. It must be completed with your coach.

1 Sand Shot
Stand in a shallow bunker without a ball.
You must splash the sand out of the bunker in 3 out of 5 attempts.

Achievement Pin Checkpoint
Once Forms and Skills for Chipping, Pitching, and Sand are complete, congratulations on earning your Around the Green Achievement Pin.

Date Earned
Making a Full Swing
Use a long swing to hit your ball greater distances. Start with your Yard Club or 8 iron.

1 Hotdog in the Bun
Start with the ten-finger grip and put the hotdog (left thumb) in the bun (right palm).

2 "Y" Setup | Ball in the Middle
Using the "Y" setup, position the ball in the middle of your stance with your hands slightly ahead of the clubhead.

3 "Y" to "L"
Practice swinging the "Y" back until it forms an "L" at the top of your swing.

4 Release the "L" | Brush the Grass
On the downswing, release the "L" to create speed and brush the grass.

5 Stick the Finish | Show the Shoe
Swing through to the finish position and hold there for three seconds while showing the bottom of your shoe.

Progress Check
Once Full Swing Forms are complete, move to Skills and put your Forms to work.

Notes


FULL SWING / Skills

Put Your Forms to Work

Full Swing Shot

Using a tee, hit your yard Club on a 50-yard flight at least 20 yards in the air. You must hit this in 2 Out of 3 attempts.

Achievement Pin Checkpoint

Once Full Swing Form is complete, complete at least 3 Full Swing Form and Pin Checkpoint attempts in 2 Out of 3 attempts.

Date Earned: [ ]

Put Your Forms to Work
Your Manners on the Course
This is a 10 question list with YES or NO answers (pre-checked). Select 5 out of the 10 questions for your student to answer. The student must correctly answer 5 out of 5 questions to pass this section.

1. Is it ever acceptable to miscount your score?
   - Yes
   - No

2. Is it okay to talk while another player is playing a stroke?
   - Yes
   - No

3. Should you be ready to play when it is your turn and not cause delays?
   - Yes
   - No

4. Should you replace your divots, fix your ball marks, and smooth the sand bunkers after your shots?
   - Yes
   - No

5. Is it okay to run on the putting green if your shoes don’t damage the grass?
   - Yes
   - No

6. Should you stand in a place where you won’t get hit by another player’s club or ball?
   - Yes
   - No

7. If you think your ball is going to hit someone, should you yell “Fore!” as loudly as you can to warn them of danger?
   - Yes
   - No

8. Should you always be seated when riding in a golf car?
   - Yes
   - No

9. Is it okay to lay your golf bag on the putting green?
   - Yes
   - No

10. Should you mark the position of your ball on the green with a small coin or ball marker placed behind the ball?
    - Yes
    - No

   5 out of 5 Correct

Progress Check
Once the Etiquette portion is complete, move to the Rules section.
### Playing by the Rules

This is a 10 question test with YES or NO answers (no checked). Select 5 out of the 10 questions for your student to answer. The student must correctly answer 5 out of 5 questions to pass this section.

1. **Can you tee your ball in front of the tee markers?**
   - Yes
   - No

2. **If you're trying to hit the ball and you miss, does it count as a stroke?**
   - Yes
   - No

3. **Do you have to add a stroke to your score if you accidentally knock your ball off of its tee?**
   - Yes
   - No

4. **If you lose count of your strokes on a hole, is it okay to guess?**
   - Yes
   - No

5. **Once your ball is very close to the hole, is it okay to pick it up without actually finishing the hole to save time?**
   - Yes
   - No

6. **If your ball lands in a bad spot, like long grass or a patch of dirt, should you try to hit it anyway?**
   - Yes
   - No

7. **When you're waiting for your turn to hit, can you practice chipping if it doesn't bother the other players?**
   - Yes
   - No

8. **If your ball is close to the putting green, can you take out the flagstick?**
   - Yes
   - No

9. **Before you putt, can you place the flagstick behind the hole to stop your ball?**
   - Yes
   - No

10. **Are you allowed to drop your ball without a penalty if it ends up on a paved cart path?**
    - Yes
    - No

### Progress Check

Once the Rules portion is complete, move to the Equipment section.
Qualities of a True Champion
In this Sportsmanship section, one quality of a true champion is of utmost importance, and the student must briefly describe how a golfer can show:

1. RESPECT FOR THE COURSE

A golfer can show respect for the course in many ways. Some of these are:
- never running on the golf course
- wearing proper shoes
- always repairing his or her ball mark plus one other
- keeping the course free from litter
- raking sand bunkers properly
- never damaging the course in any way

Can you think of others?

Achievement Pin
Checkpoint
Once portions for Rules, Etiquette, and Sportsmanship are complete, congratulations on earning your Knowledge Achievement Pin.

Date Earned

GOLF WORDS AND PHRASES

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address Position</td>
<td>you are in this position when you have taken your stance and grounded your club</td>
</tr>
<tr>
<td>Attending the Flagstick</td>
<td>the act of holding the flagstick for someone who is on the green and who cannot see the hole</td>
</tr>
<tr>
<td>Ball Marker</td>
<td>a coin like object used to mark the position of your ball on the putting green</td>
</tr>
<tr>
<td>Divot</td>
<td>an area of turf damaged by a golf club during a swing</td>
</tr>
<tr>
<td>Divot Repair Tool</td>
<td>a tool used to repair a ball mark on the green</td>
</tr>
<tr>
<td>Fore!</td>
<td>warning cry you shout if you think your ball is going to hit someone</td>
</tr>
<tr>
<td>Gimme</td>
<td>a short put that is conceded in match play</td>
</tr>
<tr>
<td>Greens Fee</td>
<td>the amount you pay to play the course</td>
</tr>
<tr>
<td>Hat Clip</td>
<td>a clip on your hat that has a magnetic ball marker attached to it</td>
</tr>
<tr>
<td>Head Cover</td>
<td>a cover that fits like a sock over your metal wood</td>
</tr>
<tr>
<td>Honor</td>
<td>order of play based on previous hole score</td>
</tr>
<tr>
<td>Pro Shop or Golf Shop</td>
<td>this is where you check in before you begin play or practice</td>
</tr>
<tr>
<td>Range</td>
<td>an area where players practice golf shots</td>
</tr>
<tr>
<td>Sneeze of Balls</td>
<td>an oblong box holding three golf balls</td>
</tr>
<tr>
<td>Tee Marker</td>
<td>object used to define the teeing ground where you begin play on a hole</td>
</tr>
<tr>
<td>Tee Time</td>
<td>an exact time your group begins play on the course</td>
</tr>
</tbody>
</table>

What other golf words do you know?
Player Pathway: Level 1

Scoring Test Level 1
- To pass Level 1 Scoring, you must score 6 or less three times from 198 yards.

Scoring Test Level 2
- To pass Level 2 Scoring, you must score 6 or less three times from 100 yards.

Scoring Test Level 3
- To pass Level 3 Scoring, you must score 6 or less three times from 100 yards.

Level 4 and 5: Transitioning to the Course
Generally speaking, many golf courses are not set up well for beginners. The holes, even those that are short, are simply too long and too complex that these, how to do the game will not be able to play without feeling rushed. However, once a player has passed the Level 3 scoring test and can shoot a score of 6 on a 150-yard hole three times, it is time to transition to the course.

Scoring Test Level 4
- Level 4 course setup: Set the course up with 100 yard par 3's, 150 yard par 4's and 200 yard par 5's to total approximately 1,260 yards.
- The 6 hole requirement can be met by playing a complete 9 holes or consecutive 3 hole increments.
- To pass Level 4 scoring test, you must score 54 or less on the first 9 holes that is followed by another player.

Scoring Test Level 5
- Level 5 course setup: Set the course up with 100 yard par 3's, 150 yard par 4's and 200 yard par 5's to total approximately 1,360 yards.
- To pass Level 5 scoring test, you must score 51 or less on the first 9 holes that is followed by another player.

Scoring Requirement for Levels 1-5

<table>
<thead>
<tr>
<th>Level</th>
<th>Required Score</th>
<th>Number of Holes to Play</th>
<th>Frequency</th>
<th>Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>6</td>
<td>As needed</td>
<td>5 times</td>
<td>50 yard hole</td>
</tr>
<tr>
<td>Level 2</td>
<td>6</td>
<td>As needed</td>
<td>5 times</td>
<td>100 yard hole</td>
</tr>
<tr>
<td>Level 3</td>
<td>6</td>
<td>As needed</td>
<td>5 times</td>
<td>150 yard hole</td>
</tr>
<tr>
<td>Level 4</td>
<td>54</td>
<td>9</td>
<td>1 time</td>
<td>1,350 yard course</td>
</tr>
<tr>
<td>Level 5</td>
<td>51</td>
<td>9</td>
<td>2 times</td>
<td>1,360 yard course</td>
</tr>
</tbody>
</table>

Achievement Pin

Checkpoint

Once the Scoring portion is complete, congratulations on earning your Scoring Achievement Pin.

Date Earned
Advancing to Levels 6-10

Once Level 5 is completed, players have a solid base in golf's fundamental forms and skills. From there, players may move on to Levels 6-10.

Before beginning Level 6, players should have an evaluation of their skills, including driver carry distance. With this information, please see the chart to the right to determine your recommended course length. On course play and scoring requirements will be matched to the player's carry distance throughout the program.

By playing a course that is "scaled," every golfer will have the opportunity to reach Level 10. Players reaching Level 10 have achieved the pinnacle of skills necessary to compete at the highest level.

Shooting Par or Below

To excel as a golfer, players must learn to shoot low scores. In order to do so, it is imperative to play the course from a length that matches the player's driver distance. The Longleaf Tee System, shown to the right, provides you with the recommended course length and jointly promoted by the American Society of Golf Course Architects Foundation and U.S. Kids Golf Foundation.

Scoring Requirements for Levels 6-10

<table>
<thead>
<tr>
<th>Level</th>
<th>Scores*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 6</td>
<td>48 or better 5 times</td>
</tr>
<tr>
<td>Level 7</td>
<td>45 or better 4 times</td>
</tr>
<tr>
<td>Level 8</td>
<td>42 or better 5 times</td>
</tr>
<tr>
<td>Level 9</td>
<td>59 or better 6 times</td>
</tr>
<tr>
<td>Level 10</td>
<td>50 or better 7 times</td>
</tr>
</tbody>
</table>

*Each must include a minimum of one par 5 completion and