Name _____

"The Fritz"

1) Complete "around the world" and record your total # of putts here: _____

2) Complete the "ladder" and record your total # of putts here: _____

3) From 2 feet away putt 7 golf balls into a hole (you must leave all golf balls in the hole, do not remove them after each putt).

4) Use your hand to roll 5 golf balls into a wire ring from 30 feet (10 paces) away.

5) Complete 10 jumping jacks!

6) Take your hat off and shake hands with a Coach. Be sure to make good eye contact and thank them for a great semester!

7) Put a golf tee in the green and from 3 feet you must roll a putt and hit the tee 3 times.

8) Balance on one leg for 45 seconds.

_____

9) Use face tape on a 7 or 8 iron and hit balls marking on the toe, heel, and middle of the clubface. Insert your sticker here:

10) Use a PW and hit a low, medium, and high trajectory shot.

11) Pick a target to aim at with a 6 or 7 iron and purposely hit a ball to the left of the target, then to the right of the target, and then straight at the target. Do not go way left or right. Get it as close to the target as you can.

12) Balance on the other leg for 45 seconds.

13) With a 7 iron make three swings at three different speeds. For example, do a slow motion swing, a medium speed swing, and a super fast swing. All three speeds must brush the ground and hold your finish for at least 3 seconds.

14) Use Posture "IYAL" routine hitting two balls with every club in your bag.

15) Hit the same club 3 different distances. Hit three different clubs the same distance.

16) Complete 10 push-ups.

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17) Return to the "around the world" putting station and beat your score from the top of the page. Record you new score here _____. *If you had a perfect score before you must repeat that and score an 8 again.*

18) Return to the "ladder" putting station and beat your score from the top if the page. Record your new score here _____. *If you had a perfect score before you must repeat that and score an 8 again.*

19) Take a water break and drink a cup of ice water!