



## Striking: Rip'N'Grip Long Iron Shot

### Equipment:

Rip'n'grip board and balls, hitting mat, 5-6 iron.

### Set-up:

Place rip'n'grip board at back of hitting bay and the hitting mat at the entrance to the hitting bay. Balls and iron will also be at the entrance of hitting bay.

### Description:

Student will be trying to hit the balls onto target rip'n'grip board using the wedge. This activity will require sound mechanics of the golf swing.

### Instructions:

Student will have five shots to hit the rip'n'grip balls onto the rip'n'grip target board. The closer they are to the targets, the more points they will score.

### Scoring:

The student who scores the most points will be awarded a score of 3. Runner-up will score a 4, and all others in the group will score a 5.

