



## Technology: Find The Treasure

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### Equipment:

DBS board, junior clubs, golf balls, hitting matt.

### Set-up:

Student will not be allowed to stand on DBS board until instructor has started system and entered students' details. The student then must stand with the black cross in the middle of their stance both vertically and horizontally. The student is then ready to begin.

### Instructions:

After the student is in the set-up position the instructor will point to a position on the screen within the circles. The student is trying to get the figure on the screen (representing the center of gravity) to that position. The instructor will give the student a variety of positions to find over the time frame. The next student will then come on and repeat the process.

### Scoring:

The student that finds it the easiest to adjust their weight to find each position will be awarded a 3. The runner-up will score a 4 and all others in the group score a 5.

