



Technology: Run Round The Track

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:

Once the student is in the set-up position the instructor will set the challenge to the student. The challenge is for the student to have the figure run around the circles from smallest to largest without letting the figure step out of the rings. This will help the student learn how to move their center of gravity.

Scoring:

The student that can perform the task with the least errors will score a 3. The runner-up will score a 4 and all others in the group will score a 5.

