

# SPORTS for Exceptional Athletes

## Zoom Golf Workout

SPORTS for Exceptional Athletes (S4EA) is doing Zoom Golf Workouts on Tuesdays from 6-7pm from the comfort and safety of home. Zoom golf can easily be played indoors. However, if doing golf outside near other people, then wear a mask. Call SPORTS for Exceptional Athletes (S4EA) at 858-565-7432 or email [sds4ea@gmail.com](mailto:sds4ea@gmail.com) to sign-up, get your Zoom password information (same as for Zoom activities done in Fall 2020), and arrange to pick-up golf equipment (plastic golf balls/golf putter/various golf holes/string).

Please bring the following for the workout:

1. Zoom device (bigger the better for seeing the golf clinician & other S4EA athletes)
  - o Set-up camera to show golf course area
2. Golf equipment (plastic golf balls/golf putter/various golf holes/string)
3. Golf course area at least 12 ft by 6 ft inside\*

Before starting golf workout, do the following

1. 2-3 minute walking (or stand in place walking)
2. Warm-up exercises/stretchers

Making your Golf Course

1. Tee-off line (player's ball must be placed behind the tee-off line before taking shot)
2. Golf hole (6 ft or 8 ft from tee-off line)
3. Golf course can be set-up 1 hole at a time or all the holes set-up around the house

Golf Game

1. Player takes 1<sup>st</sup> shot from behind tee-off line
2. Player takes next shot from where ball came to rest
3. If ball ends up in a place that player doesn't like, then the next shot can be taken from behind tee-off line
4. When ball ends up in hole, count the total number of shots for that hole and give number to official
5. Repeat by taking 1<sup>st</sup> shot from behind tee-off line for next hole
6. Play continues until finish 9 holes, or until the time limit ends

Team Play – Players will be divided into teams in each room with an official (see \*\*\* on back for Individual Play)

1. Each room would then have ½ on one team and the other ½ on the other team

Team Golf Scoring (maximum number of shots recorded for an individual for each hole is 6)

1. Whichever team(s) get the lowest score on each hole gets 1 point for that hole, add the numbers for all the holes played, high total team score wins (to be used in each room for normal team play)
2. Alternative – write down number of shots each hole for team, add the numbers for all the holes played, low total team score wins

After golf workout, do the following

1. 2-3 minute walking (or stand in place walking)
2. Cool-down exercises/stretchers (same as warm-up exercises)

Talk with each other, give suggestions, other tips, or ideas

\* If golf course area is quite small, plastic golf ball can bounce off walls/objects and will remain in play

\*\*For S4EA athletes participating each week, you will be awarded a ribbon at the end of the season.

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\*\*\* Individual Play – Players will be divided into rooms with an official in each room

1. Players in a room will compete against the other players in that room

Individual Golf Scoring

1. Write down number of shots each hole, add the numbers for all the holes played, low total score wins (maximum number of shots recorded for an individual for each hole is 6)
2. Or, whichever player(s) get the lowest score on each hole gets 1 point for that hole, add the numbers for all the holes played, high total score wins