

# LEVEL 3

PLAYER PATHWAY



*For a lifetime of golf...*

# Pathway Overview

## Golf is a fun game to play and learn

To make it fun to learn the key fundamentals of the game, U.S. Kids Golf has developed this easy to use **pathway**, which consists of ten levels. The first five are shown in this overview.

Within each level, there are five checkpoints in which Achievement pins may be earned: **Putting, Around the Green, Full Swing, Knowledge, and Scoring**. Once all five are attained, a Mastered pin is awarded, and the player advances to the next level. Players who complete the first five levels are recognized on our website at [uskidsgolf.com/mastered](http://uskidsgolf.com/mastered).

It is possible for a player to enter the program at Level 3 if the player brings attested scoring information and passes the skill requirements of the previous level.

## Level 3 Player's Booklet and Achievement Pins



Player's Booklet



Mastered Pin



Achievement Pins

Pins shown are actual size



### Level 3: Optional Gear



Matching Hat



Bag Tag



To provide players with incentive to advance through the levels, achievement pins are earned each time a section of the booklet is completed.



## Fundamentals on the Putting Green

Review your Putting Forms from the Level 1 and Level 2 booklets. In this level you will develop an ability to read the green and establish a putting routine.

### Forms Review

- 1** Thumbs on Top **Form Completed**
- 2** The "Y" Setup **Form Completed**
- 3** Eyes Over the Ball **Form Completed**
- 4** Short, Medium, Long Putt **Form Completed**
- 5** Aim the Train at a Spot **Form Completed**



**6**

### Reading the Green | Two Point Read

Squat behind the ball to read the slope of the putt. Then move to the lower side, about half-way between the ball and the hole to determine if the putt is uphill, downhill, or flat.



**Form Completed**



1



2



7

## Putting Routine

1. Find the spot where you will aim.
2. Practice the stroke you will use.
3. Aim the train at your spot and address the ball.



Form Completed

## Progress Check

Once Putting Forms are complete, move to Skills and put your Forms to work.

## Notes

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## Put Your Forms to Work

After completing all of your Putting Forms, you can take this Putting Skills test. It has four parts—a short putt, two breaking medium putts, and a long putt. All four parts must be completed with your coach.

1

### Short Putt

Place a ball two feet away from the hole on a flat part of the green.

**You must make 5 out of 5 attempts.**



*Skill Completed*



2

### Medium Putt

Place 5 balls 20 feet from the hole on a right-to-left breaking putt.

**You must make all 5 balls in 12 strokes or less.**



*Skill Completed*



20'

3

### Opposite Side of Hole

Place 5 balls 20 feet from the hole, for a left-to-right breaking putt.

**You must make all 5 balls in 12 strokes or less.**



*Skill Completed*

20'



40'

4

## Long Putt

Place 5 balls 40 feet from the hole on a flat part of the green.

**You must make all 5 balls in 13 strokes or less.**



*Skill Completed*

## Achievement Pin Checkpoint

Once Putting Forms and Skills are complete, congratulations on earning your Putting Achievement Pin.

**Date Earned**

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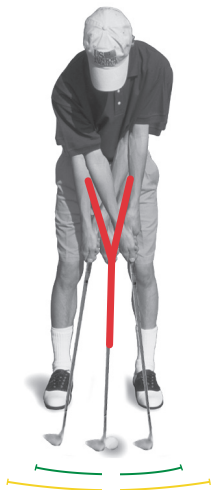


## Just Off the Green

Review your chipping forms from the Level 1 and Level 2 booklets. In this level you will develop a chipping routine and complete the stroke with a balanced, quiet finish. Use your 7-iron or 8-iron to produce a low running shot.

### Forms Review

- 1** Hotdog in the Bun **Form Completed**
- 2** "Y" Setup | Ball in the Middle **Form Completed**
- 3** Backswing = Follow-through **Form Completed**
- 4** Brush the Grass **Form Completed**



•



**5**

### Short and Medium Chip

Practice swinging the "Y" the same distance and pace back as through with strokes of two different lengths.



**Form Completed**

•





6

## Chipping Routine

1. Find the spot where you want the ball to land.
2. Practice the swing you will use.
3. Aim the train at your spot and address the ball.



Form Completed



7

## Choke Down

Place your hands farther down the grip of your longer club for better distance control.



Form Completed



8

## Stick the Finish and Be Still

Finish the chip shot by keeping your body still and your eyes down.



Form Completed

## Progress Check

Once Chipping Forms are complete, move to Skills and put your Forms to work.

## Notes

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## Put Your Forms to Work

After completing all of your Chipping Forms, you can take this Chipping Skills test. It has two parts—a short chip and a medium chip. Both parts must be completed with your coach.



1

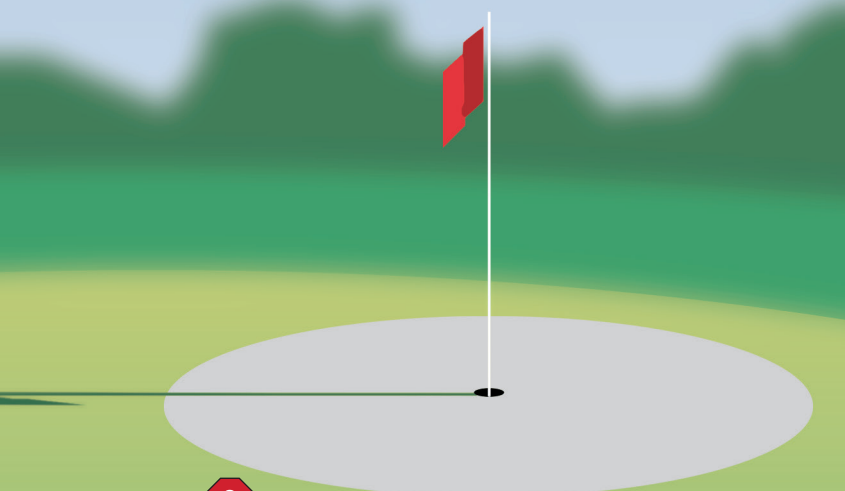
### Short Chip

Place five balls a few feet off the green, 20 feet from the hole.

**You must chip 5 out of 5 shots within eight feet of the hole.**



Skill Completed



2

## Medium Chip

Place five balls a few feet off the green, 40 feet away from the hole.

**You must chip 3 out of 5 shots within eight feet of the hole.**



*Skill Completed*

## Progress Check

Once Chipping Forms and Skills are complete, move on to Pitching.

## Notes

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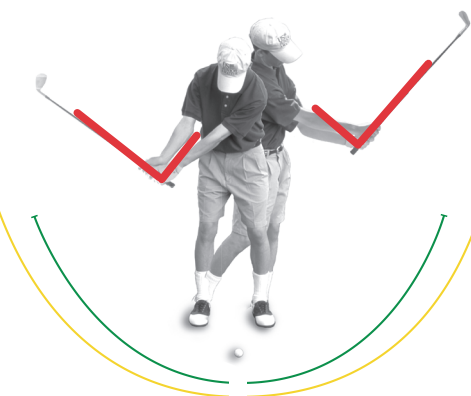


## Shots Around the Green

Review your short Pitching Forms from the Level 1 and Level 2 booklets. In this level, you will develop a pitching routine and learn to hit a medium pitch. Use your 9-iron, pitching wedge, or sand wedge.

### Forms Review

- 1 Hotdog in the Bun** Form Completed
- 2 "Y" Setup | Ball in the Middle** Form Completed
- 3 Little "L" to Little "L"** Form Completed
- 4 Backswing= Follow-through** Form Completed
- 5 Aim the Train at a Spot** Form Completed



6

### Short and Medium Pitch

Practice swinging the "Y" back and forward forming a little "L" on both sides, so the backswing=follow-through with strokes of two different lengths.

Form Completed



7

## Pitching Routine

1. Survey the pitch to determine the landing spot.
2. Practice the swing you will use.
3. Aim the train and address the ball.



Form Completed

8

## Brush the Grass

While swinging through the shot, be sure to brush the grass.



Form Completed

9

## Stick the Finish | Show Some Shoe

After swinging little "L" forward, stick the finish and hold there for three seconds, showing some shoe.



Form Completed

## Progress Check

Once Pitching Forms are complete, move to Skills and put your Forms to work.

## Notes

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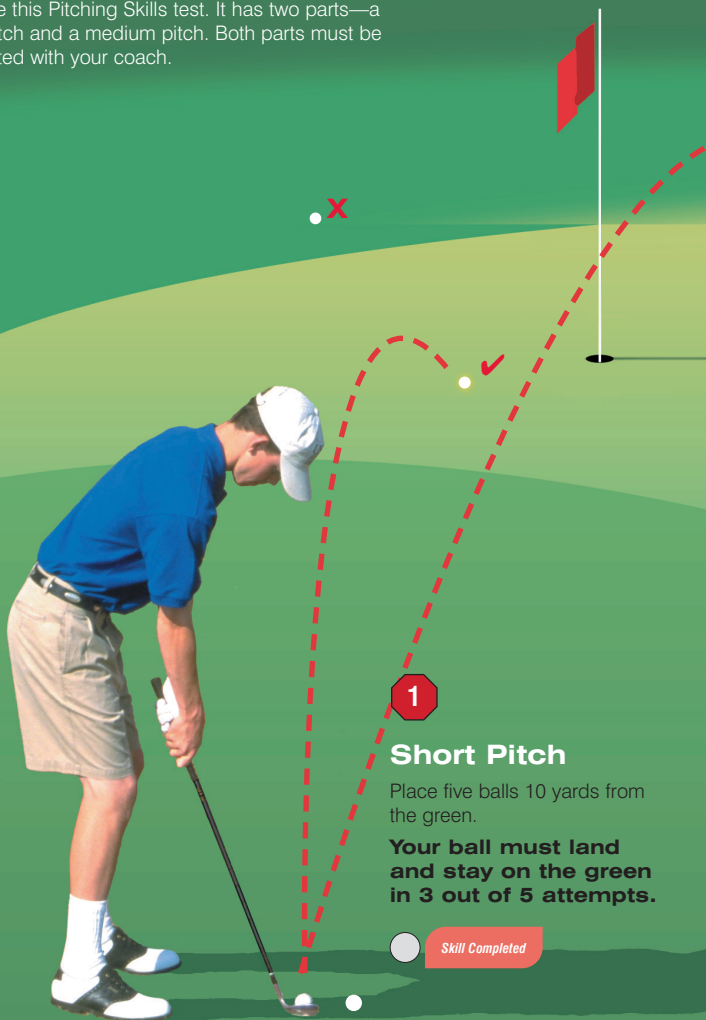
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## Getting on the Green

After completing all of your Pitching Forms, you can take this Pitching Skills test. It has two parts—a short pitch and a medium pitch. Both parts must be completed with your coach.



1

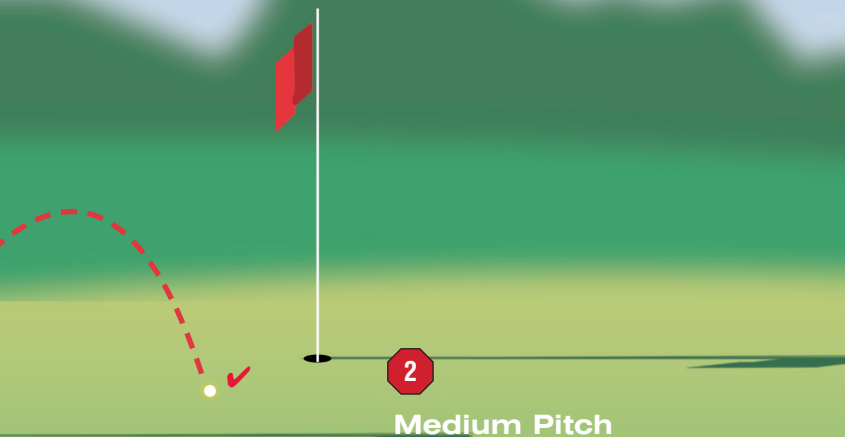
### Short Pitch

Place five balls 10 yards from the green.

**Your ball must land and stay on the green in 3 out of 5 attempts.**



Skill Completed



2

## Medium Pitch

Place five balls 20 yards from the green.

**Your ball must land and stay on the green in 2 out of 5 attempts.**



*Skill Completed*

## Progress Check

Once Pitching Forms and Skills are complete, move on to Sand.

## Notes

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## Playing from the Sand

Review your Sand Forms from the Level 1 and Level 2 booklets. In this level, you will develop a sand routine and learn a new stance. Use your pitching wedge or sand wedge.

### Forms Review

1

**Don't Touch**



Form Completed

2

**Ball Forward**



Form Completed

3

**"Y" to "L" Swing**



Form Completed

4

### Sand Routine

1. Practice the swing you will use, outside of the bunker.
2. Enter the bunker by the ball and determine your lie.
3. After your shot, follow your footsteps back out of the bunker. Rake the area smooth.



Form Completed

5

### Open Stance | Swing Parallel

Position the ball forward in your stance, open the line of your feet to the target. Aim the clubface at the target, swing along the line of your stance.



Form Completed







6

## Splash the Sand Under the Ball

Swing your clubhead down and through the sand, splashing the ball out of the bunker.



Form Completed



7

## Stick the Finish | Show Some Shoe

After swinging the "L" forward, stick the finish and hold there for three seconds, showing some shoe.



Form Completed

## Progress Check

Once Sand Forms are complete, move to Skills and put your Forms to work.

## Notes

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### Getting Out of the Sand

After completing all of your Sand Forms, you can take this Sand Skills test from a shallow bunker. It must be completed with your coach.





1

## Sand Shot

Place five balls in a shallow bunker.

**Your ball must get out of the bunker in 3 out of 5 attempts, with one landing and staying on the green.**



*Skill Completed*

## Achievement Pin Checkpoint

Once Forms and Skills for Chipping, Pitching, and Sand are complete, congratulations on earning your Around the Green Achievement Pin.

**Date Earned**

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## Making a Full Swing

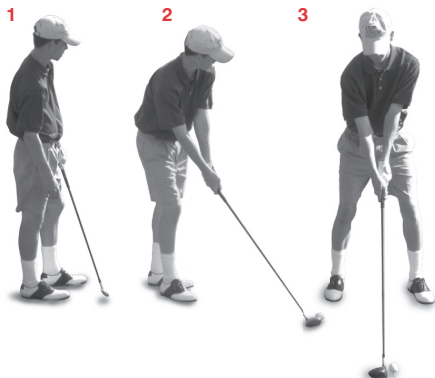
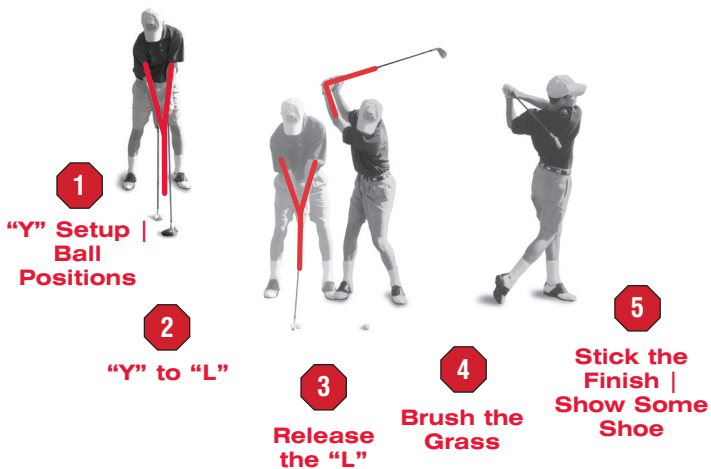
Review your Full Swing Forms from the Level 1 and Level 2 booklets. In this level, you will refine your target and aim.

### Forms Review

Review steps 1-5.



Forms Completed



**6**

### Find Your Target

Stand behind the ball and locate where you would like your ball to land. Then find a spot on the ground in front of your ball which will become your target line.



Form Completed



7

## Aim the Train

Use a square setup and aim the train at the target. The ball flies down one rail while your toes touch the other. Notice how the knees, hips, and shoulders are parallel to the rails.



*Form Completed*



X

## Progress Check

Once Full Swing Forms are complete, move to Skills and put your Forms to work.

## Notes

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## Put Your Forms to Work

After completing all of your Full Swing Forms, you can take this Full Swing test. It has two parts—an iron shot and a driver shot. Both parts must be completed with your coach.

1

### Iron Shot

Hit your 6, 7, or 8-iron off the ground, flying the ball at least 40 yards in the air.

**You must do this in 3 out of 5 attempts.**



*Skill Completed*





60

40

2

### Driver Shot

Hit your driver off a tee, flying the ball at least 60 yards in the air.

**You must do this in 3 out of 5 attempts.**



*Skill Completed*

### Achievement Pin Checkpoint

Once Full Swing Forms and Skills are complete, congratulations on earning your Full Swing Achievement Pin.



**Date Earned**

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## Your Manners on the Course

This is a 10 question test with YES or NO answers (pre-checked). Select 5 out of the 10 questions for your student to answer. The student must correctly answer 5 out of 5 questions to pass this section.

**1** Should you “play through” the group ahead of you if you have been invited to do so?

Yes       No

**2** Is it acceptable to “hitch” a ride on the back of the golf cart?

Yes       No

**3** When practicing on the driving range and putting green, is it okay to disturb someone else who is practicing there?

Yes       No

**4** If you don't like the result of your shot, can you hit a “mulligan” while on the course?

Yes       No







- 5** Are practice swings allowed as long as they don't delay play, interfere with another player's concentration, or cause damage to the course?
- Yes  No
- 6** Is your group expected to play the course in a pre-determined maximum time period?
- Yes  No
- 7** Should you always rake a sand bunker after your shot to smooth out your footprints and divot made by the club?
- Yes  No
- 8** Is it important to arrive 10 minutes early for your scheduled tee time?
- Yes  No
- 9** Can you play with a range ball as long as you return it?
- Yes  No
- 10** Should you ever throw a club on the golf course?
- Yes  No



5 out of 5 Correct

## Progress Check

Once the Etiquette portion is complete, move to the Rules section.



## Playing by the Rules

This is a 10 question test with YES or NO answers (pre-checked). Select 5 out of the 10 questions for your student to answer. The student must correctly answer 5 out of 5 questions to pass this section.

- 1** Would a small puddle on the golf course be considered temporary water?  
 Yes       No
- 2** Is it true that dirt piled up for removal or a big hole dug in the ground by the greenkeeper is called ground under repair?  
 Yes       No
- 3** If your ball does not lie in a Penalty Area, can you take free relief from a hole made by a burrowing animal, reptile or bird?  
 Yes       No
- 4** Can you declare your ball unplayable anywhere on the course except in a hazard?  
 Yes       No
- 5** Is it true that you can play with 17 clubs?  
 Yes       No





- 6** Do you have to play your ball as it lies if it's on top of an obstruction like a sprinkler head?
- Yes  No
- 7** Are the rules the same in the two forms of competition, stroke play and match play?
- Yes  No
- 8** When dropping your ball, if your ball rolls closer to the hole, do you have to redrop?
- Yes  No
- 9** If lightning or any threatening weather is near, is it okay to discontinue play?
- Yes  No
- 10** If your ball lies in a Penalty Area marked by a red line or red stakes, are your relief options the same as if your ball entered into a Penalty Area marked by a yellow line or yellow stakes?
- Yes  No



5 out of 5 Correct

## Progress Check

Once the Rules portion is complete, move to the Equipment section.



## Using Clubs that Fit

Having clubs that fit your size and swing speed with the proper clubhead weight, shaft flex, length, and lie angle is very important. This is a 5 question test with YES or NO answers (pre-checked). The student must correctly answer 5 out of 5 questions.

**1 Can a lighter clubhead be swung faster than a heavier one?**

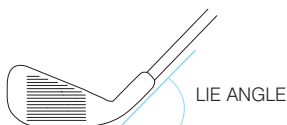
- Yes       No

**2 Does the shaft of an adult club become more flexible when it's cut down to fit a young player?**

- Yes       No

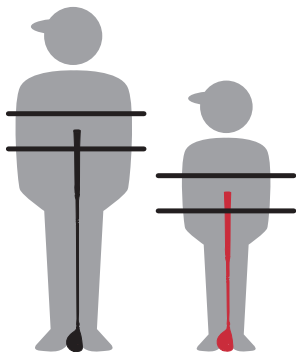
**3 Will a lie angle that's too upright cause the heel of the club to hit the ground first and close the clubface, driving the ball low and to the left?**

- Yes       No



**4 Should the length of clubs be fit to your height?**

- Yes       No





**5** The average male adult is 69" tall and has a driver length that is 46" long. That driver length-to-height ratio is 67%. Should your driver length ever be more than 70% of your height in order to develop your swing properly?

Yes  No

Please fill in your driver length and height in the spaces below and compare your percentage to the chart below.

\_\_\_\_\_ ÷ \_\_\_\_\_ = \_\_\_\_\_ %  
My Driver Length                      My Height                      My Ratio

U.S. Kids Golf Recommended Driver Lengths		
Driver Length	Player Height	Ratio
46"	69"	67%
44"	66"	67%
42"	63"	67%
40"	60"	67%
38"	57"	67%
36"	54"	67%
34"	51"	67%
32"	48"	67%
30"	45"	67%
28"	42"	67%
26"	39"	67%

## Progress Check

Once the Equipment portion is complete, move to the Sportsmanship section.



## Qualities of a True Champion

In this Sportsmanship section, one quality of a true champion is described for the young golfer to learn. The Level 1 and Level 2 booklets highlighted the qualities of Respect for the Course and Respect for Others, which must be reaffirmed during this final test. For this Level 3 Booklet Sportsmanship section, the student must briefly describe to his or her instructor five ways that a golfer can show:

### 1 RESPECT FOR YOURSELF

You can show respect for yourself in many ways. Some of these are:

- never quitting
- never being overly critical of yourself
- being positive and confident
- always playing by the rules
- giving each shot your best effort

**Can you think of others?**

## Achievement Pin Checkpoint

Once portions for Rules, Etiquette, and Sportsmanship are complete, congratulations on earning your Knowledge Achievement Pin.

**Date Earned**

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## GOLF WORDS AND PHRASES

<b>Albatross</b>	3 under par on a par five. It is the most rare score achieved in golf
<b>Backspin</b>	the rotation of the ball, allowing it to fly and providing lift like the wings of an airplane
<b>Bag Drop</b>	the area where you drop off your bag near the cart staging area for loading and unloading from your car
<b>Bogey Golfer</b>	someone who averages around 18 over par on a course
<b>Caddie</b>	someone who assists you during play, usually carrying your clubs and offering advice to you
<b>Cart Barn</b>	the area where the golf carts are stored
<b>Double Bogey</b>	2 over par on a hole
<b>Grooves</b>	the channels machined into the face of irons and woods. Grooves help stabilize the flight of the ball.
<b>Hybrid</b>	a newer class of golf clubs that combines aspects of an iron and wood
<b>Kick Point</b>	the place on the shaft of the club which flexes the most. It affects direction and trajectory of the shot.
<b>Knockdown Shot</b>	a low flying full shot which penetrates into the wind
<b>Lip out</b>	the action of the ball as it rolls around the edge of the hole, not going into the hole
<b>Mulligan</b>	an extra shot taken off the first tee in friendly games, not in tournament play
<b>Scratch Golfer</b>	a player who averages even par on any golf course

**What other golf words do you know?**



## Player Pathway: Level 3



### Scoring Test Level 1

- **To pass Level 1 Scoring**, you must score 6 or less three times from 50 yards.



### Scoring Test Level 2

- **To pass Level 2 Scoring**, you must score 6 or less three times from 100 yards.



### Scoring Test Level 3

- **To pass Level 3 Scoring**, you must score 6 or less three times from 150 yards.

### Level 4 and 5: Transitioning to the Course

Generally speaking, many golf courses are not set up well for beginners. The holes, even from the shortest of tees, are simply too long and this means that those new to the game will not be able to play without feeling rushed. However, once a player has passed the Level 3 scoring test and can shoot a score of 6 on a 150-yard hole three times, it is time to transition to the course.



### Scoring Test Level 4

- **Level 4 course set up:** Set the course up with 100-yard par 3's, 150-yard par 4's and 200-yard par 5's to total approximately 1,350 yards.
- The 9-hole requirement can be met by playing a complete 9-holes or consecutive 3-hole increments.
- **To pass Level 4 scoring test**, you must score 54 or less one time that is attested by another player.



### Scoring Test Level 5

- **Level 5 course set up:** Set the course up with 100-yard par 3's, 150-yard par 4's and 200-yard par 5's or approximately 1,350 yards.
- **To pass Level 5 scoring test**, you must score 51 or less twice and have it attested by another player.





## Scoring Requirement for Levels 1-5

	Required Score	Number of Holes to Play	Frequency	Length
LEVEL 1	6	As needed	3 times	50 yard hole
LEVEL 2	6	As needed	3 times	100 yard hole
LEVEL 3	6	As needed	3 times	150 yard hole
LEVEL 4	54	9	1 time	1,350 yard course
LEVEL 5	51	9	2 times	1,350 yard course

	Score 1	Score 2	Score 3
LEVEL 3			



Scoring Requirement Completed

## Achievement Pin Checkpoint

Once the Scoring portion is complete, congratulations on earning your Scoring Achievement Pin.

## Date Earned

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# Scaling the Course

## Advancing to Levels 6-10

Once Level 5 is completed, players have a solid base in golf's fundamental forms and skills. From there, players may move on to Levels 6-10.

Before beginning Level 6, players should have an evaluation of their skills, including driver carry distance. With this information, please see the chart to the right to determine your recommended course length. On-course play and scoring requirements will be matched to the player's carry distance throughout the program.

By playing a course that is "scaled," every golfer will have the opportunity to reach Level 10. Players reaching Level 10 have achieved the pinnacle of skills necessary to compete at the highest level.



**ASGCA**  
FOUNDATION

## Shooting Par or Below

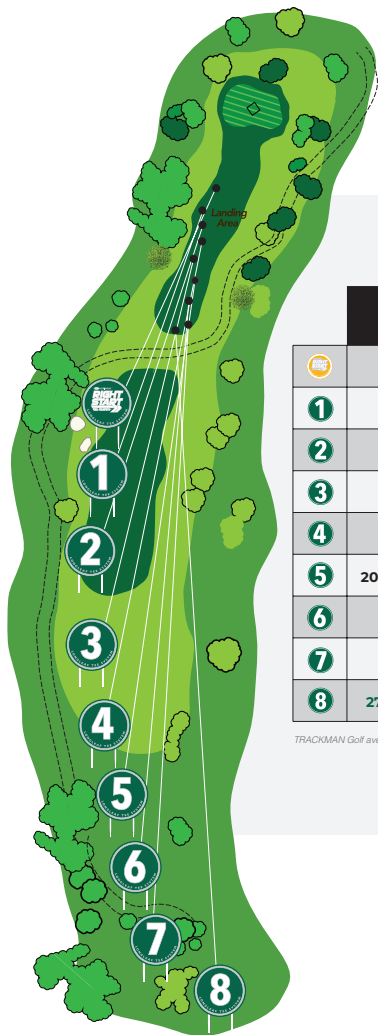
To excel as a golfer, players must learn to shoot low scores. In order to do so, it is imperative to play the course from a length that matches the player's driver distance. The Longleaf Tee System, shown to the right, provides you with the recommended course length and jointly promoted by the American Society of Golf Course Architects Foundation and U.S. Kids Golf Foundation.

## Scoring Requirements for Levels 6-10

Level	Scores*
LEVEL 6	48 or better 2 times
LEVEL 7	45 or better 2 times
LEVEL 8	42 or better 2 times
LEVEL 9	39 or better 3 times
LEVEL 10	36 or better 3 times

To learn how to set up a course using the Longleaf Tee System visit [www.longleafteesystem.com](http://www.longleafteesystem.com)

## The Longleaf Tee System



	DRIVER CARRY DISTANCE	TOTAL DISTANCE WITH ROLL	RECOMMENDED 18-HOLE YARDAGE
	75	100	2400-3000
<b>1</b>	100	125	3000-3600
<b>2</b>	125	150	3600-4200
<b>3</b>	150	175	4200-4800
<b>4</b>	175	200	4800-5400
<b>5</b>	200 (*LPGA TOUR)	225	5400-6000
<b>6</b>	225	250	6000-6600
<b>7</b>	250	275	6600-7200
<b>8</b>	275 (*PGA TOUR)	300	7200-7800

TRACKMAN Golf average driver carry distance: LPGA Tour: 218 yards/PGA Tour: 275 yards

## ABOUT THE PLAYER PATHWAY

New golfers learn best when engaged in a program that is clear, fun, easy to learn and rewarding.

These essential elements are provided in the U.S. Kids Golf **Player Pathway** as players advance from level to level as their skills improve.

Completion of Levels 1-5 establishes the basic fundamentals to ensure a lifetime of enjoyment and knowledge of the game. Advancing through Levels 6-10 provides the skills to successfully compete in tournament play.



### Created by the U.S. Kids Golf Coaches Institute

An initiative of the U.S. Kids Golf Foundation

3040 Northwoods Parkway  
Peachtree Corners, GA 30071  
1.888.387.5437  
uskidsgolfcoach.com  
uskidsgolf.com

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