

# **PLAYING WITH PARKINSON'S / MOBILITY ISSUES**

## **LEVEL I**

Helping those with Parkinson's and movement issues continue to enjoy the game of golf and to motivate those who think they can't.

Inspired and associated with The Steve Ludzik Foundation

### **Week 1: Putting Green**

Start with the basics.

We'll start with the pendulum like putting motion. This motion will evolve into chipping around the green and eventually into our full swing.

### **Week 2: Driving Range**

Review Putting Motion.

Use a short iron and mid iron as we grow the putting motion into a full swing that may be as individual as you are. Explain the importance of maintaining balance throughout the process.

### **Week 3: Driving Range**

Review the short/mid iron swing.

Continue growing your swing motion and introduce other clubs if necessary. Discuss the ways of managing the golf course to suit your skillset and to be successful on the golf course.

### **Week 4: Short Game**

Review previous week's goals.

We move back to the putting stroke, as we learn more about the techniques of chipping and the clubs to use when we are just off the putting green.

### **Week 5: Driving Range**

Review short game.

We will continue to focus on the set-up and motion of your swing that is suited best for your individual success. We will emphasize the clubs that are most appropriate for each person.

### **Week 6: Golf Course**

LET'S PLAY!!

We will go out on to the golf course and put our skills that we learned into practice!