

On the Green

An Introduction to Putting



GAMEON
GOLF DEVELOPMENT

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Class Timetable

Class Timetable

Session Length: 60mins

Mastering the Game Focus:
Swing
Introduction to Swing

Online Whole Golfer Resource:
Fit for Golf

Learning the Game Focus:
Aim of the Game
Equipment Requirements

Time	Class Content	Games / Drills / Resources
15 Mins Prior	Setup and Welcome	
5 mins	Introduction	
40 Mins	Mastering the Game	<ul style="list-style-type: none"> The aim of the game Overview of equipment
10 mins	Challenges and Recap	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill : on
5 Mins	myGame Tracking	<ul style="list-style-type: none"> Iron play chall
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> GLF Locker /Game App

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GO GOLF
GOLF DEVELOPMENT
IMPROVEMENT PROGRAM

Class Timetable

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green
Introduction to Long Putts and Short Putts

Online Whole Golfer Resource
Dispelling Myths in Putting

Learning the Game:
The Green and The Putter

Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations Be ready to welcome participants 5 minutes before the session starts 	
5 mins	Introduction	<ul style="list-style-type: none"> Objectives - Introduce the concept of putting Get the group together to introduce the Learning the Game and Whole Golfer focus Introduce the Technical Guidance for the class Explain how to play the games and attempt the practice station activities 	<ul style="list-style-type: none"> The Green - type of grass, upkeep The Putter - the differences between an iron and a putter
40 Mins	Mastering the Game	<ul style="list-style-type: none"> Learners break out to play the games individually, in pairs or groups Opportunity for private coaching 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station
10 mins	Challenges and Recap	<ul style="list-style-type: none"> Outline the relevant challenges students need to complete for this skill Recap Mastering the Game and Learning the Game Focus from the session 	<ul style="list-style-type: none"> Short putts challenge
5 Mins	myGame Tracking	<ul style="list-style-type: none"> Add any lesson notes to the learner's Student Connect on GLF. Locker Learners should mark their attendance at the Themed Class in the myJourney section of the myGame area. Direct the learners to the online resources for the Whole Golfer, Learning the Game and Mastering the Game focus in the myGame area of GLF.Locker 	<ul style="list-style-type: none"> GLF. Locker myGame App
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> Take time after the class has finished to actively connect new learners Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help 	

Class Objectives



Technical Guidance

Grip, Stance and Length of Stroke

The technical guidance we are prescribing is to be delivered as you see fit, use your experience and be sure to link your technical advice to how this will help learners to improve the key skills of:

- 1. Strike**
- 2. Direction**
- 3. Distance Control**



Keep your technical instruction to less than 5 minutes, in order to allow maximum time for play and practice and for you to reinforce the key skills with individual tuition. Encourage practice using different clubs.

Learning the Game

1. The Green

- I. Introduce learners to the green
- II. Highlight the importance of looking after the putting surface
- III. Only use a putter on the green, don't take your bag/trolley/cart onto the green

2. The Putter

- I. Introduce the putter, the amount of power required when putting
- II. Highlight the alignment aids on the design
- III. Pinpoint a couple of key differences between the putter and an iron or driver



The Whole Golfer

Dispelling Myths in Putting

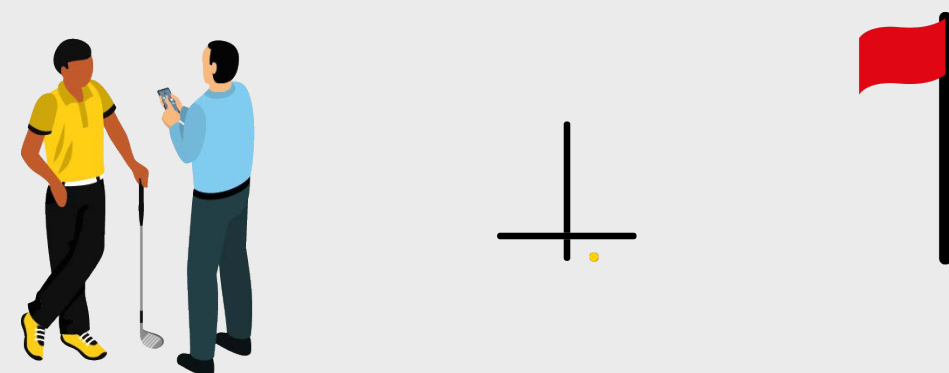
1. Professional Golfers do not hole every putt and neither will your learners. Make sure they understand this or their expectations will be too high
2. Include some stats to provide some more realistic expectations:

The average number of putts holed by the best players in the world from 8 feet is 5/10



Class Layout and Setup

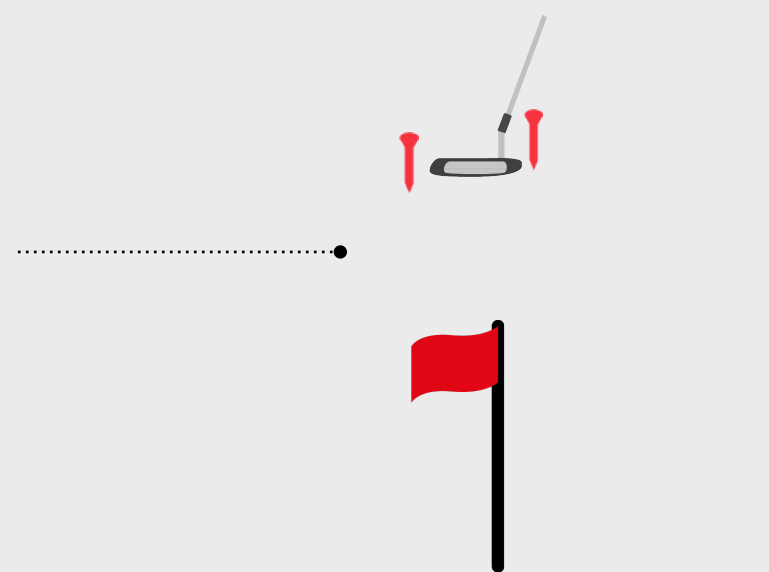
Station 1:
Practice Station
Face Aim



Station 6:
Secondary Skill or
Challenge Station



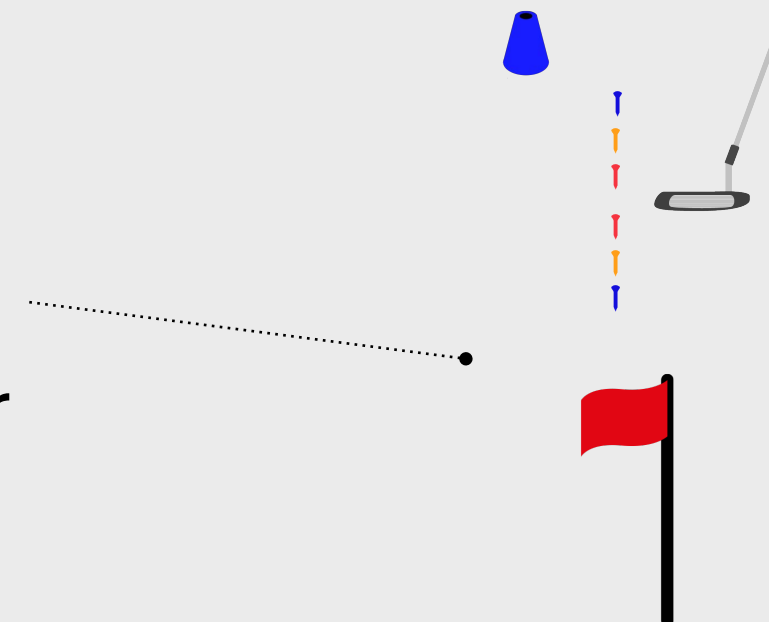
Station 2:
Practice Station
Strike Gate



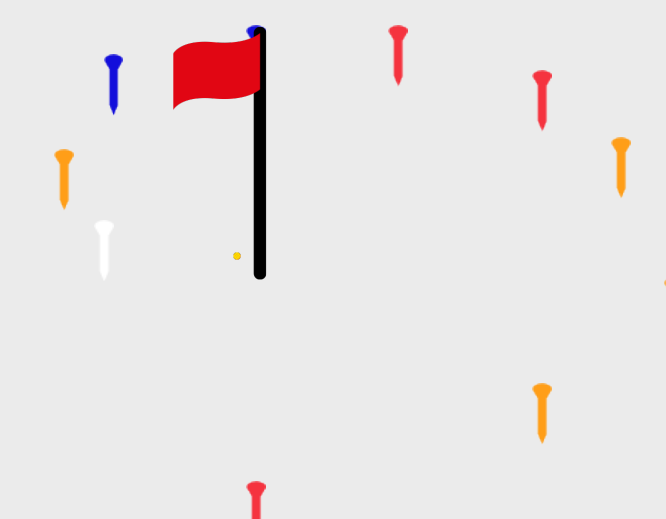
Station 5:
Game Station
Ladder



Station 3:
Practice Station
Swing Length Ladder



Station 4:
Game Station
Spiral



Practice Stations and Game Cards

Themed Class Plans

Control Distance

30 Yards

20 Yards

10 Yards

About
The Practice Station Activity has been built to provide an engaging practice element to your class and serve as a themed class focus.

Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set this activity up in 3 different sized boxes (10, 20 yards and 30 yards) from the learner.
- The learner should practice chipping the ball at different distances using the same club, by varying the speed of the swing.
- Encourage them to start by controlling the length of the stroke, similarly to how they learnt to control the ball further, and then gradually increase the length of the stroke and speed of the stroke to ball further.
- This practice is learnt using the same club as a lower lofted club, e.g. a 7 iron would be best to

Technical Learning Objectives

- This activity will help the learner to understand the distance of a shot based on the speed of the stroke.
- This activity will help the learner to gain consistency and confidence in chipping one particular type of club around the green.

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GAMEON
GOLF DEVELOPMENT



Clubface Alignment Activity



Equipment Needed

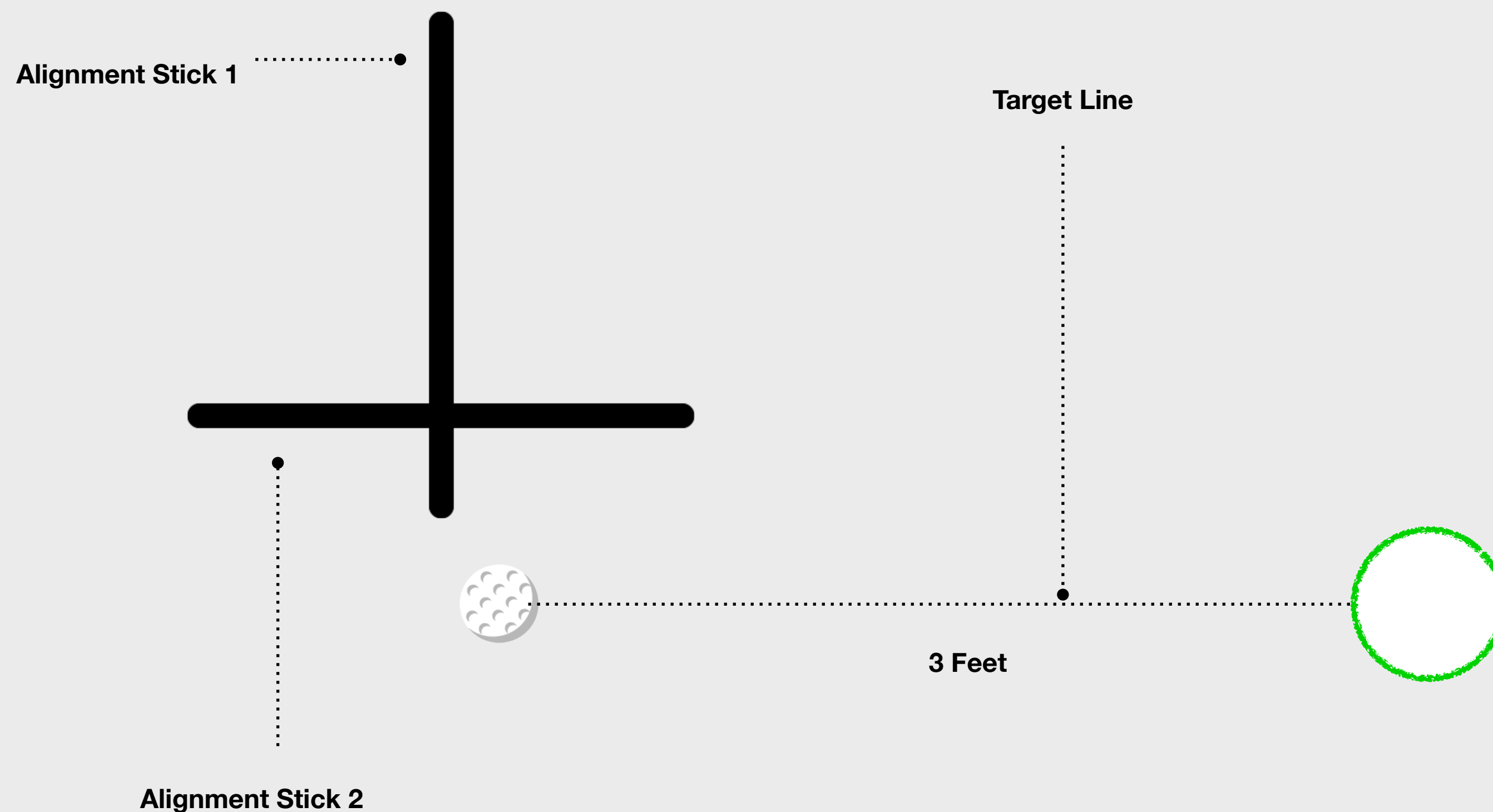
- 2 Alignment Sticks
- Putter
- Golf Ball

How to Practice

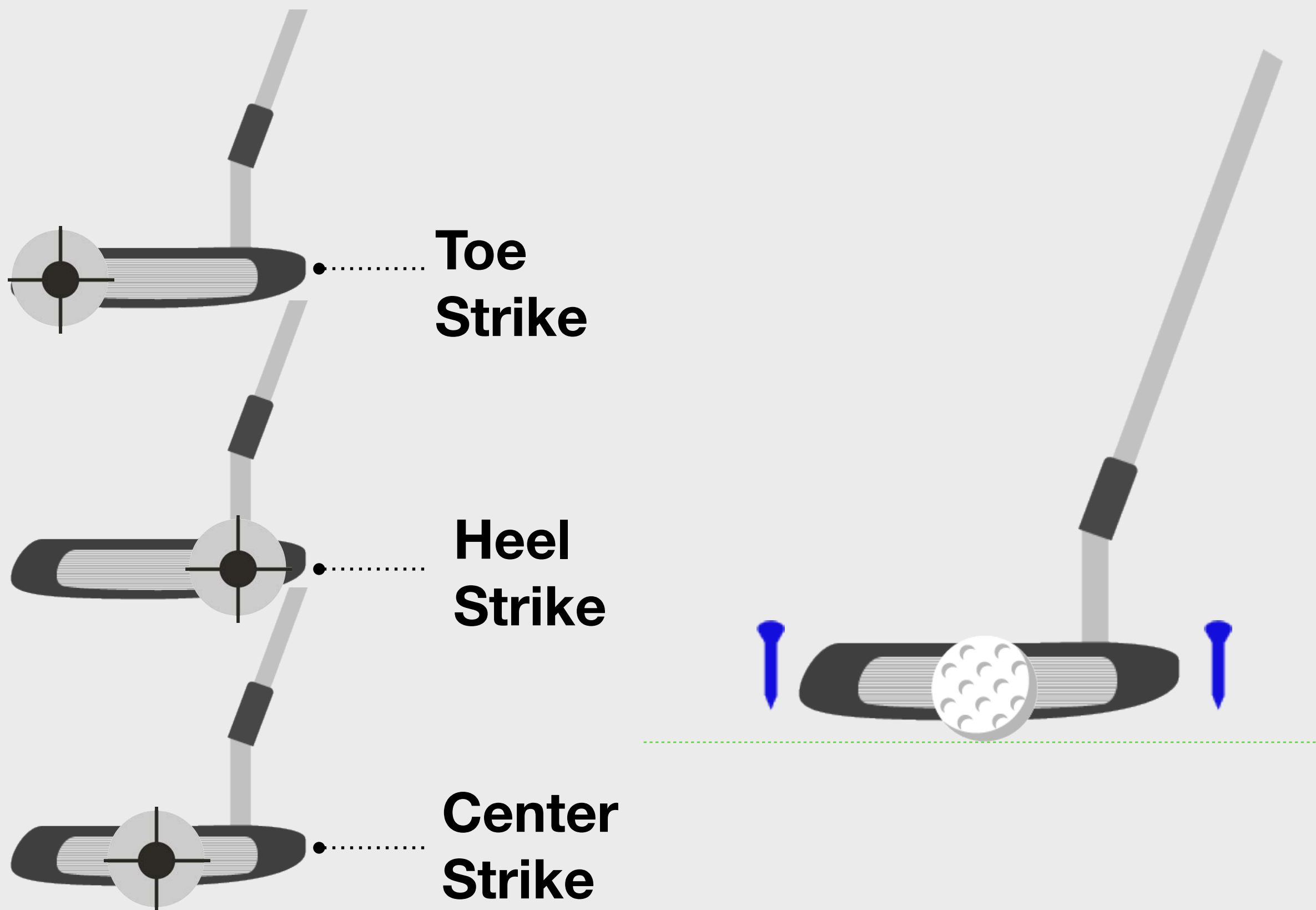
- Set this activity up on flat green surface with a tee peg, ball marker or coins on the ground where the putter should be placed
- The learner should practice placing the putter behind the golf ball with the face aligned to the alignment stick (square to the target line)
- Encourage errorful practice whereby a poorly aligned putter face impacts the balls starting direction
- At the start get them used to pushing the ball with a square, closed and open club face to see the impact on the clubface aim
- Build this into a putting stroke

Technical Link

- This activity will help the learner to understand how to alignment the club face correctly to the target
- This activity will help the learner to understand how a poorly alignment club face may impact the starting line of the golf ball
- This activity will help the learner to understand how a square club face looks when looking down at address



Clubface Impact Activity



Equipment Needed

- 2 Tee Pegs
- Putter
- Golf Ball

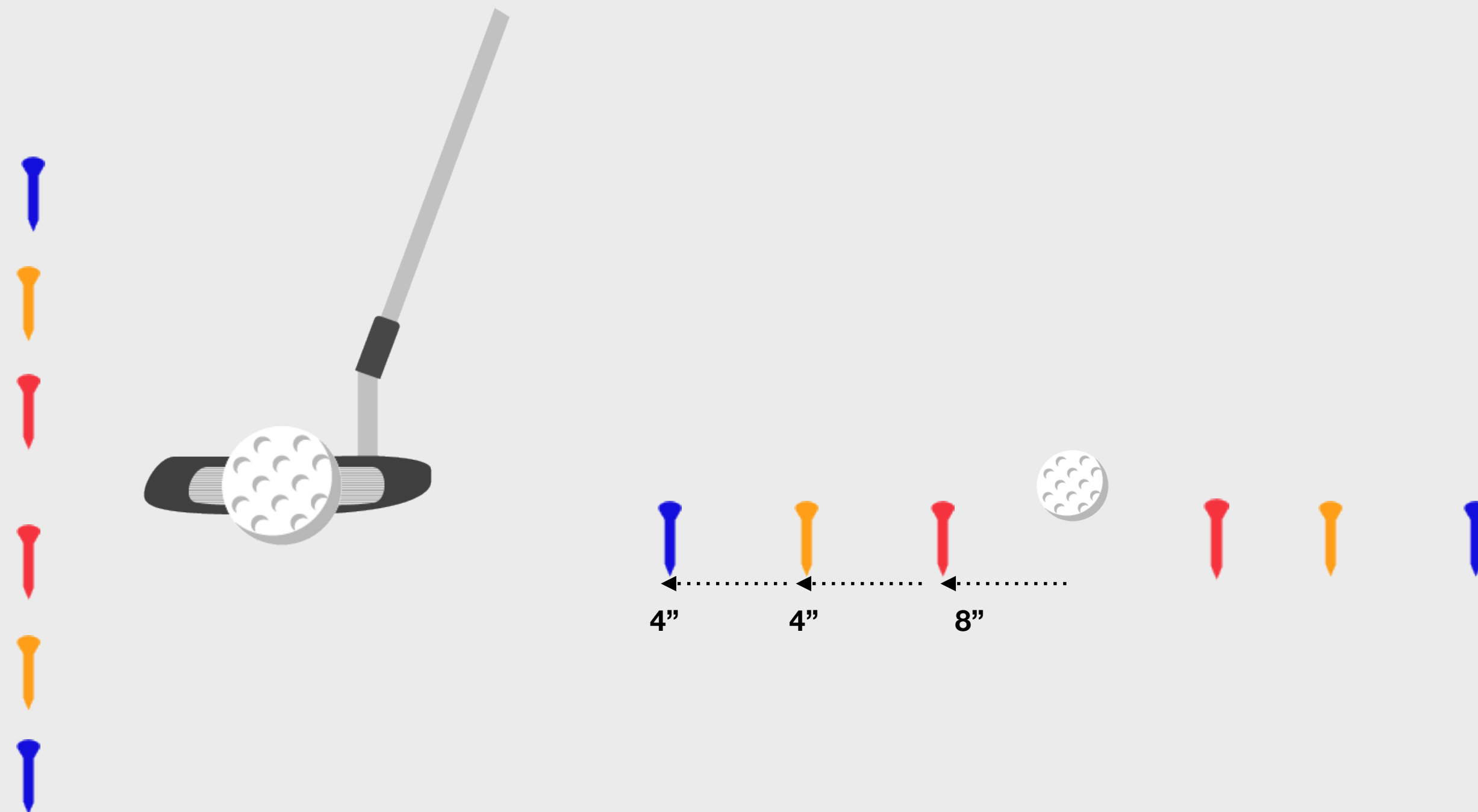
How to Practice

- Set this activity up on flat green surface with a tee peg, ball marker or coins on the ground where the putter should be placed
- Get the learner to place the centre of the putter on the ground onto of the marker, tee peg or coin
- Place two tee pegs either side of the putter head, one outside of the toe of the putter and one outside the heel
- Get the learner to attempt the swing the putter head between the tee pegs with and without the ball
- Get them to engaging in errorful practice whereby they deliberately strike either tee to understand the impact of an off centre strike
- Get the to listen to the change in sound when they do this and the impact on the distance the ball travels

Technical Link

- This activity will help the learner to understand how to get the centre of the putter head to sit properly on the ground
- This activity will help the learner to understand the impact of an off centre strike on the sound of the ball off the putter
- This activity will help the learner to understand the impact that strike has on the distance the ball travels

Swing Length Ladder



Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

How to Practice

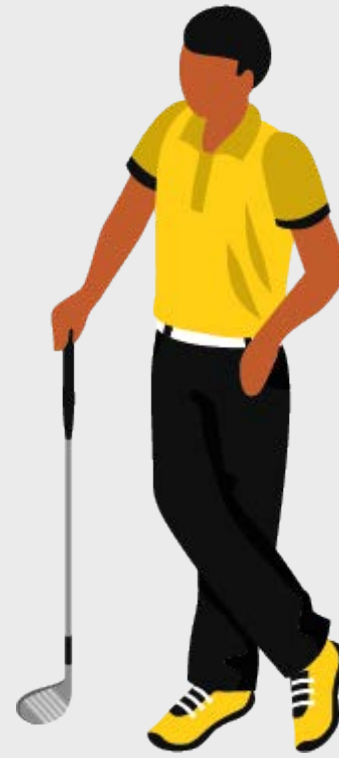
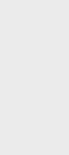
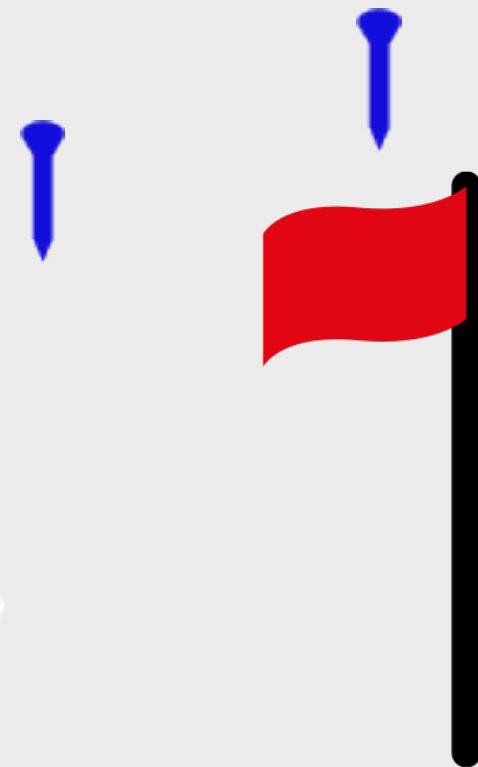
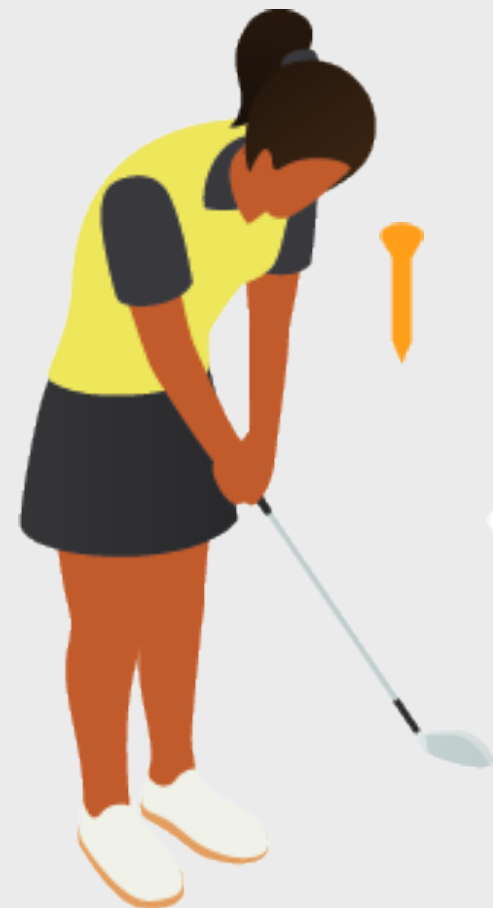
- Get the learner to practice swinging the putter from and to the first tee pegs either side of the ball (red)
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the the one count and the end of the through stroke with the two count
- Get them to hit a few putts and see how far the ball travels
- Next, get the learner to swinging the putter from and to the second tee pegs either side of the ball (red). Again they should reproduce the count of 1, 2.
- Get them to hit a few putts and see how the ball travels further
- Finally, replicate for the final set of tee pegs.

Technical Link

- This activity will help the learner to understand the concept of Swing Length, Rhythm and Tempo
- It will help the learner to understand that as swing length changes, the distance the ball travels changes
- It will help them to understand how length of swing transfers to distance



Short Putts Spiral



Equipment Needed

- Tee pegs to mark the ten spiral distance between 1 foot and 10 foot from the hole

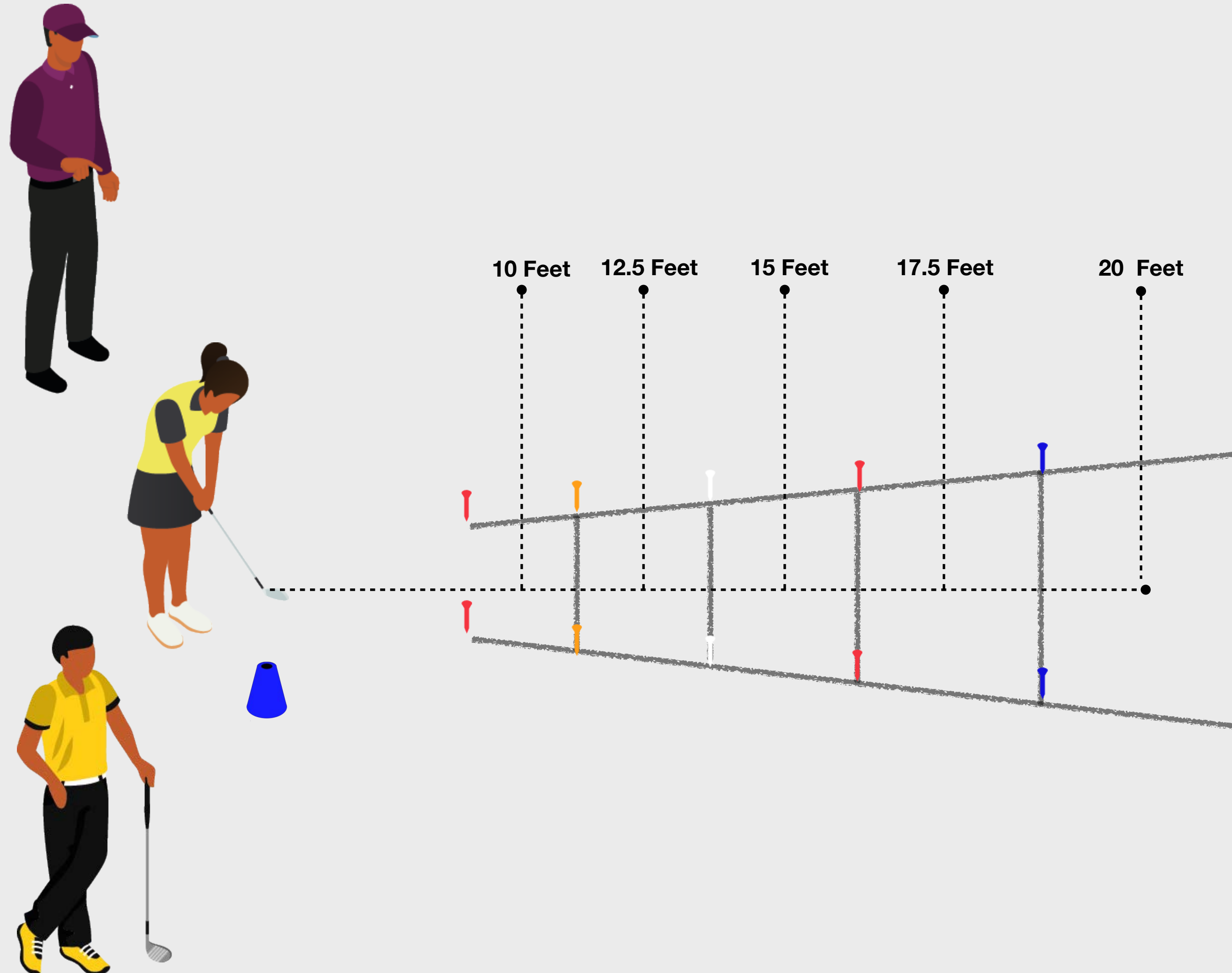
How to Play

- A learner starts by attempting to putt their ball into the hole from the first tee peg 1 foot from the hole
- If they are successful, they move to the next tee peg, 2 feet from the hole
- If unsuccessful they repeat their attempt from the first tee peg
- The learners attempt to complete all tee pegs in the spiral
- This game can be played individually, in pairs or small groups

Progression Ideas

- Change the location of each tee peg
- Vary the starting distance of the first tee peg
- Vary the distance between the tee pegs
- Attempt the distances in reverse
- Add a consequence to the game by limiting the number of attempts before moving back a tee peg
- Play on a more severely sloped surface

Long Putts Ladder



Equipment Needed

- String for the target boxes
- 12 tee pegs cones to mark the edge of the boxes
- A single cone to represent the starting position

How to Play

- A learner starts by attempting to putt their ball into the first and smallest box on the ladder
- If they are successful, they return to the starting position and attempt their next go to the second box
- If unsuccessful they repeat their attempt to the first box
- The learners attempt to complete all steps on the ladder to complete the game
- This game can be played individually, in pairs or groups

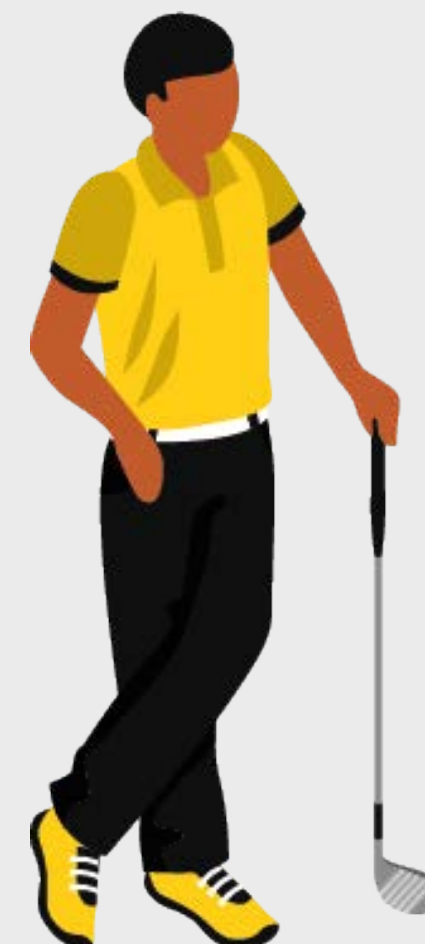
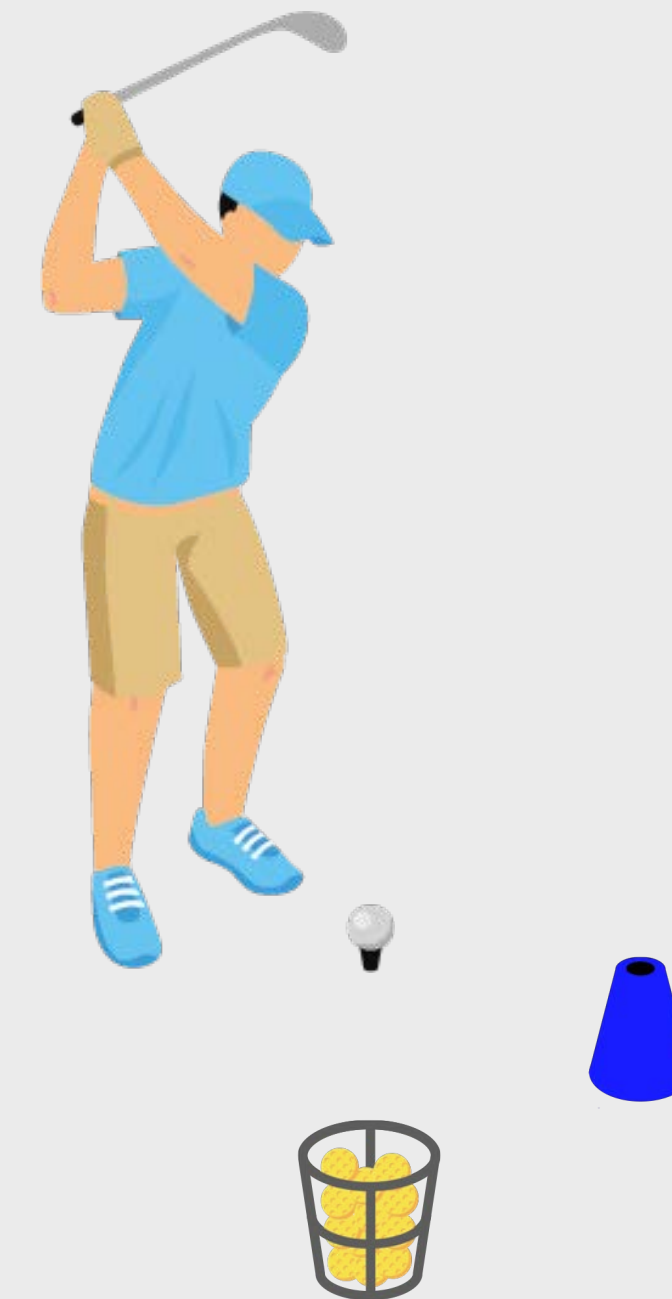
Progression Ideas

- Vary the size of the boxes
- Vary the distance between the starting point around and the boxes
- Increase the number of shots that must go into the boxes before the box is completed
- Attempt the boxes in reverse
- Add a consequence to the game by limiting the number of attempts before moving back a box.

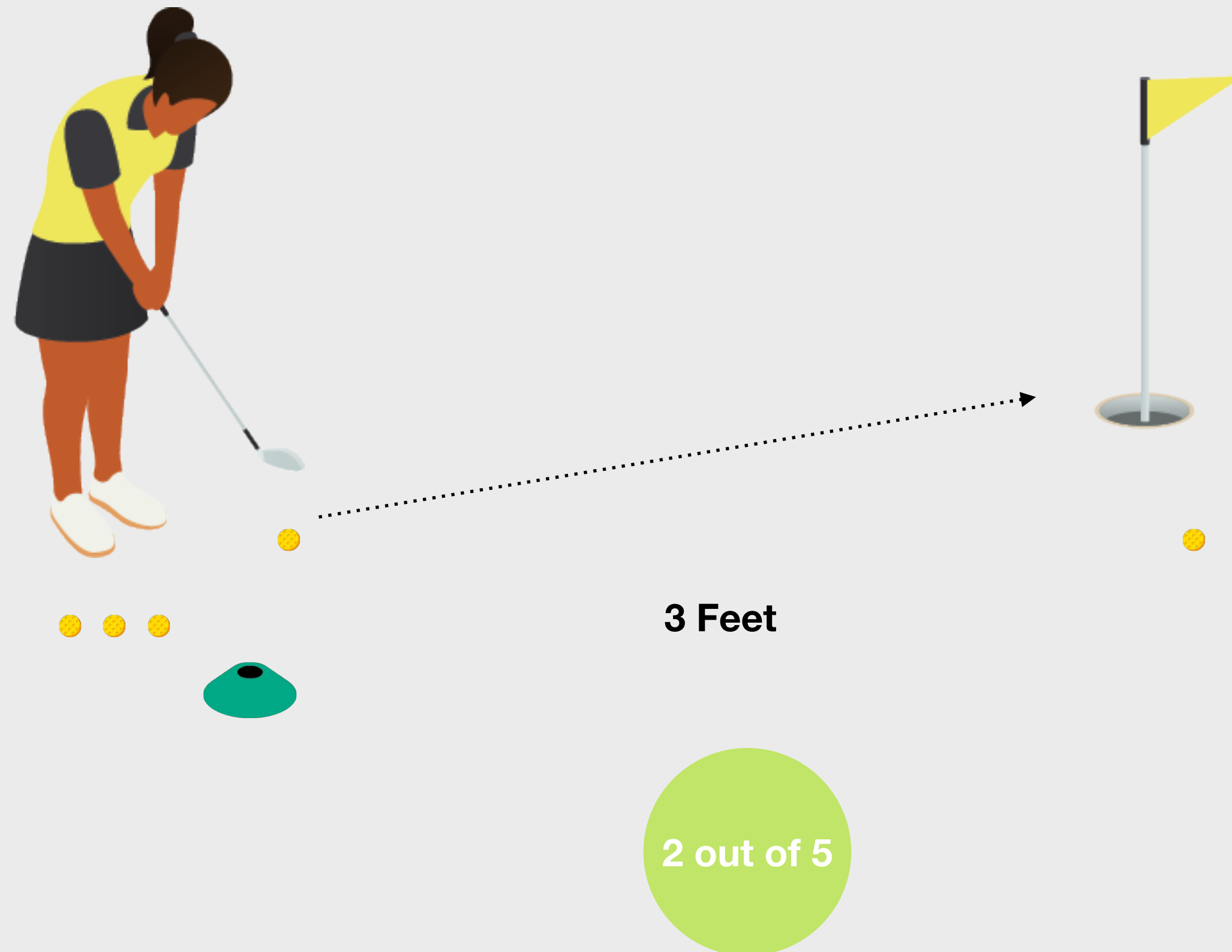
Secondary Skill

To allow for variety of practice during the session, and to enable those that may have missed a class to catch up on practicing some of the other skills we recommend having one of the stations set up as a secondary skill.

This week's secondary skill is Swing, providing learners an opportunity to practice what was learnt in the "Introduction to Swing" class the previous week.



Short Putts Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to putt 2/ 5 balls in the hole from 3 feet on a flat green surface from one position around the hole.

What should the Learner do next?

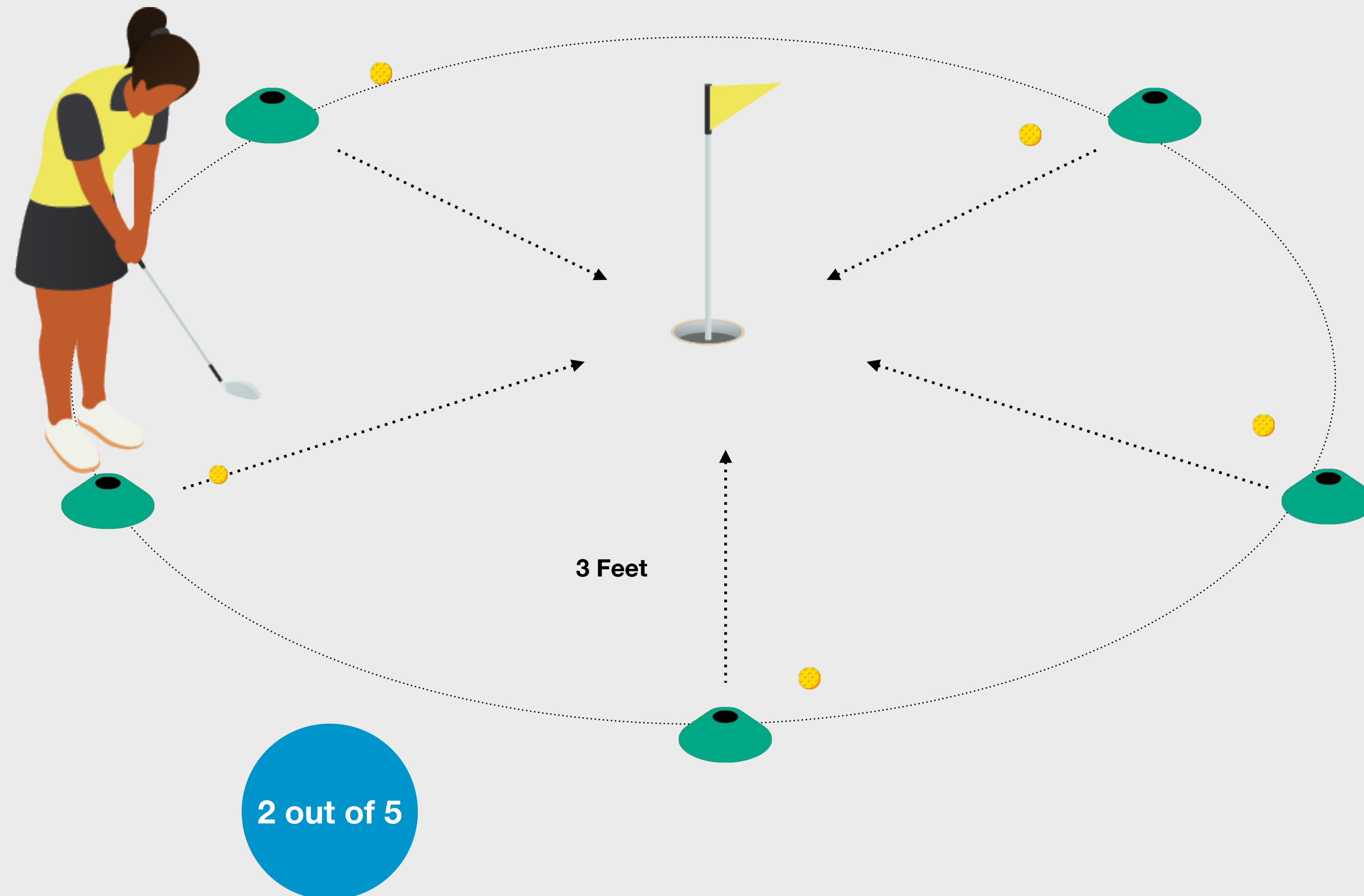
After attempting the challenge, the learner should:

- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the Challenge Section

Short Putts



Short Putts Challenge



The Challenge

To complete the Level 2 Challenge the learner needs to hole 2 out of 5 putts from a distance of 3 feet from 5 different positions around the hole.

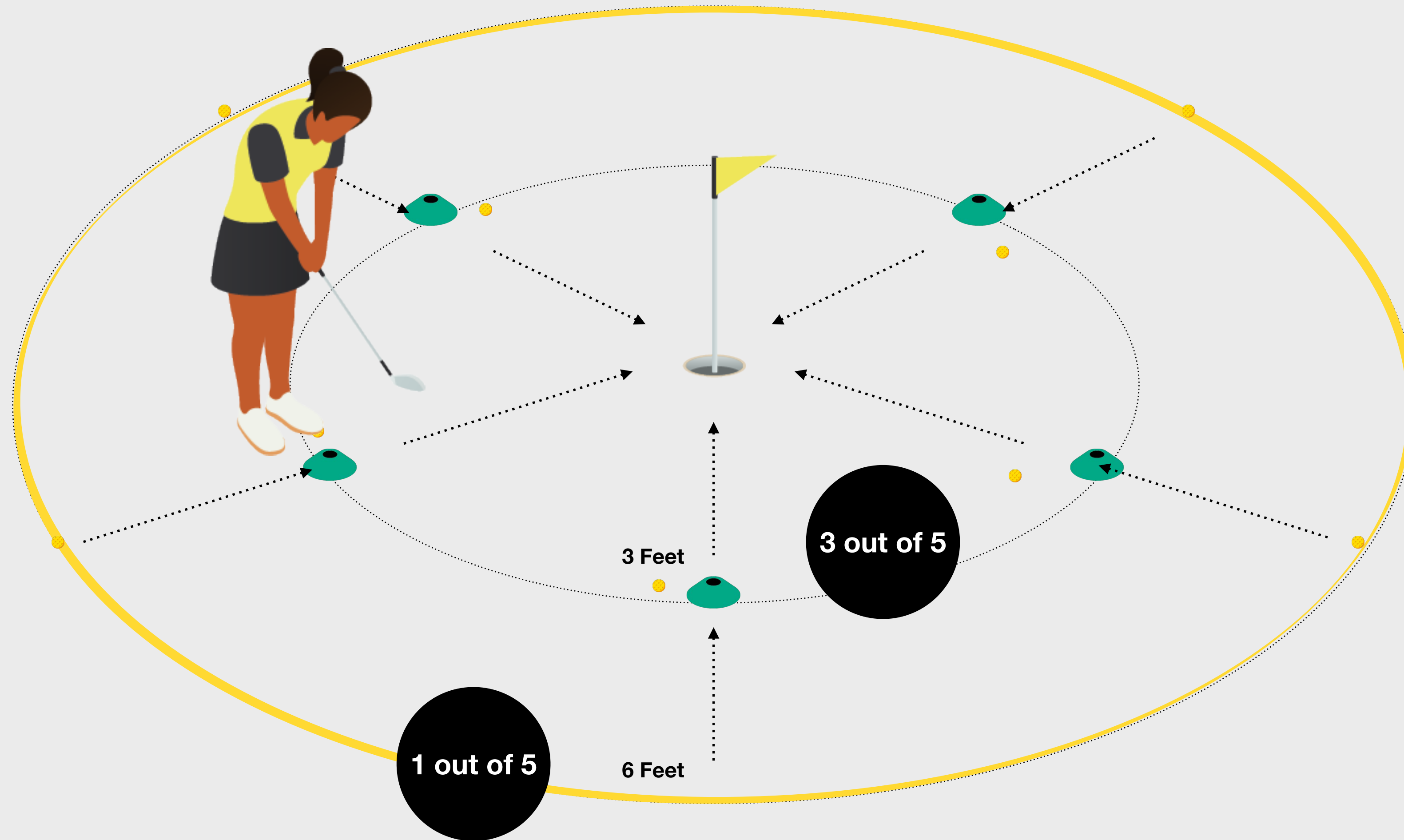
What should the Learner do next?

- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the Challenge Section

Short Putts



Short Putts Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to hole 3 out of 5 putts from a distance of 3 feet and 1 out of 5 putts from 6 feet from 5 different positions around the hole.

What should the Learner do next?

- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the Challenge Section

Short Putts

