

Swing

An Introduction to Swing



GAMEON
GOLF DEVELOPMENT

Contents

- 3 Class Timetable
- 5 Class Objectives
- 9 Class Layout and Setup
- 11 Practice Stations and Game Cards
- 17 Secondary Skill
- 18 Skills Challenges



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 challenge
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> GLF Locker /Game App

© 2021 Powered by Orbis Golf

GAMEON
GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:8

Mastering the Game:
Swing
Introduction to Swing

Online Whole Golfer Resource
Fit for Golf

Learning the Game Focus:
Aim of the Game
Equipment Required

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 Swing, Introduce Learning the Game and Whole Golfer focus Outline 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 aim of the game Overview of equipment
40 Mins	Mastering the Game	<ul style="list-style-type: none"> Learners play the games individually, in pairs or groups Opportunity to provide 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"> Iron play 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 and Stance

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 on grip and stance 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. Aim of the Game

- I. Introduce the concept of playing from the tee to the green in the fewest number of shots

2. Overview of Equipment

- I. Provide an overview of the different types of clubs the learners will be using throughout the program
- II. Specifically introduce the Iron, how it is designed to strike the ball from the ground to hit the ball in the air



The Whole Golfer

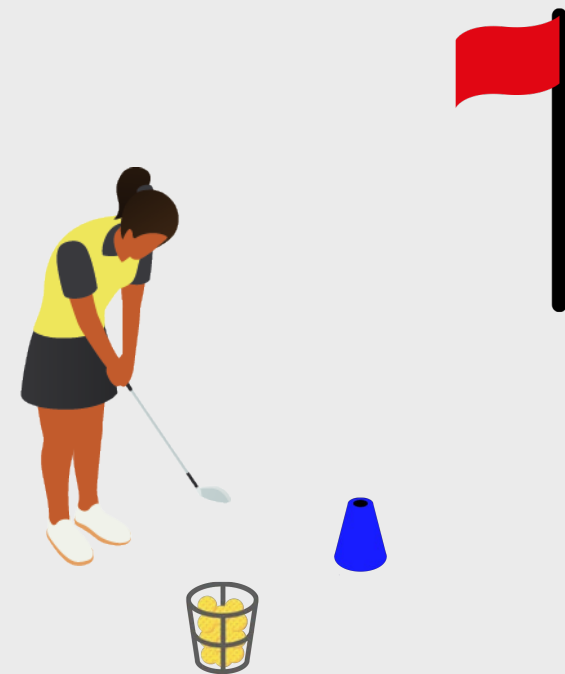
1. Fit for Golf

- I. Provide an overview of key joints and muscles used in the golf swing
- II. Highlight benefits of playing golf to the learner's health
- III. Demonstrate some basic stretches the learners can do to warm-up and reduce the risk of injuries occurring

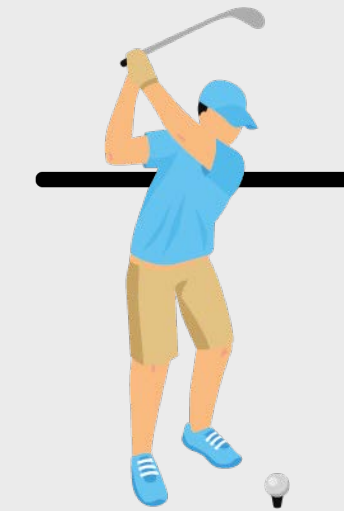


Class Layout and Setup

Station 6:
Secondary Skill or
Challenge Station



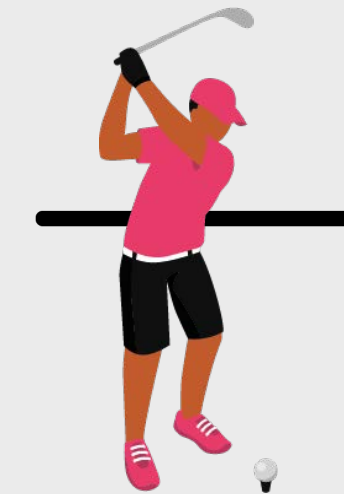
Station 1:
Practice Station
Good Contact



Station 2:
Practice Station
Control Direction



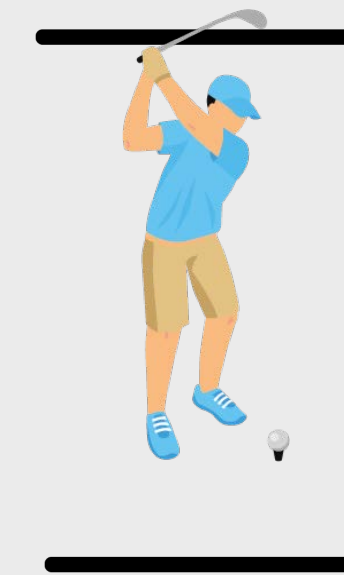
Station 3:
Practice Station
Using Different Clubs



Station 4:
Game Station
Face Contact



Station 5:
Game Station
Army Golf



Practice Stations and Game Cards



Themed Class Plans
Control Di

About
The Practice Station Ac...
engaging practice elem...
themed class focus.

Equipment Needs

- 12 cones
- Golf balls

How to Practice

- Set this activity up v... 3 different sized boxe...
20 yards and 30 ya... from the learner
- The learner should... ctice chipping the ball c...
distances using the... me club, by varying the
- Encourage them t... start by controlling the lent...
stroke, similarly to... w they learnt to control th...
- This practice is... and then gradually increa...
lower lofted cl... and speed of the stroke to
- This practice is... t learnt using the same clut...
g. a 7 iron would be best to

Technical Li

- This activity... help the learner to underst...
control the... ance of a shot based on the...
speed of th... roke
- This activit... ll help the learner to gain so...
consistenc... ound the green by becomin...
confident t... g one particular type of clut...

© 2021 Powered by Orbis Golf

GAMEON
GOLF DEVELOPMENT

Good Contact



Equipment Needed

- Tees
- 7 iron
- Golf Balls

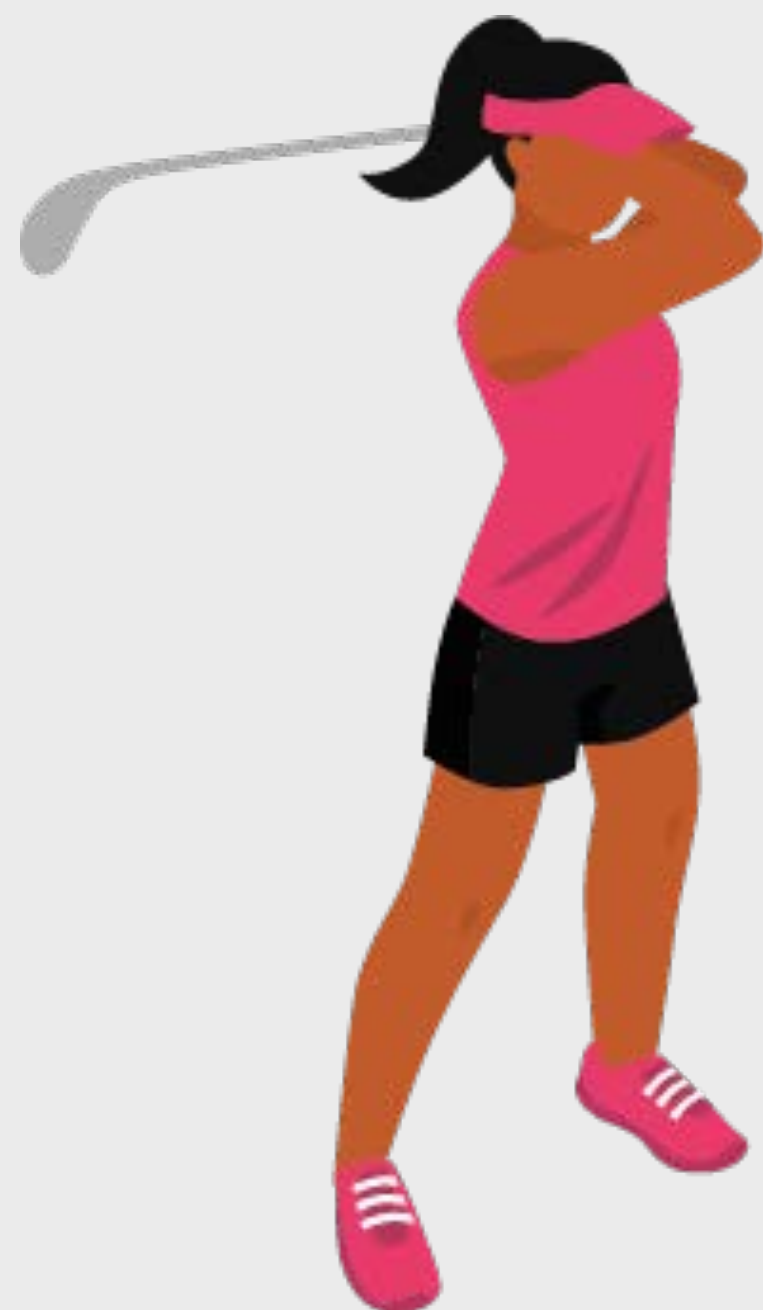
How to Practice

- Ask the learner to strike a tee on their practice swing twice before attempting the same outcome with the ball on the tee
- The learner should focus on making sure they strike the tee with their real shot too as this means the ball will strike the middle of the club face and the loft will get the ball in the air
- If the learner becomes competent at this drill using the tee then ask them to do the same from the ground. Each practice swing should brush the ground where the ball would be and on the real swing the club should brush the ground underneath the ball

Technical Link

- This activity will help the learner to understand how the loft of the club will help to strike the ball into the air, and they don't have to 'help' or 'lift' the ball to get it flighted properly
- This activity will help the learner to understand how if they aim just to hit the ball then quite often the result will be a topped or thinned shot

Control Direction



Equipment Needed

- Alignment Stick and Foam Noodle
- 7 iron
- Golf Balls

How to Practice

- Let the learner practice hitting the ball in different directions
- Ask them to aim directly at the foam noodle, and then deliberately hit the ball to the left and then to the right of the noodle from the same starting position
- Highlight how, so long as the ball is struck well, the club face is the primary influence over the direction the ball travels
- If there is a tendency for the learner to hit the ball a particular direction ask them to deliberately practice hitting the ball the opposite direction in order to learn how to control direction

Technical Link

- This activity will help the learner to understand how to control the direction of the ball. Be sure to link your technical advice to how this will help the learner control the club face direction at impact

Using Different Clubs



Equipment Needed

- 3 different golf clubs, suggested hybrid club, 7 iron and pitching wedge

How to Practice

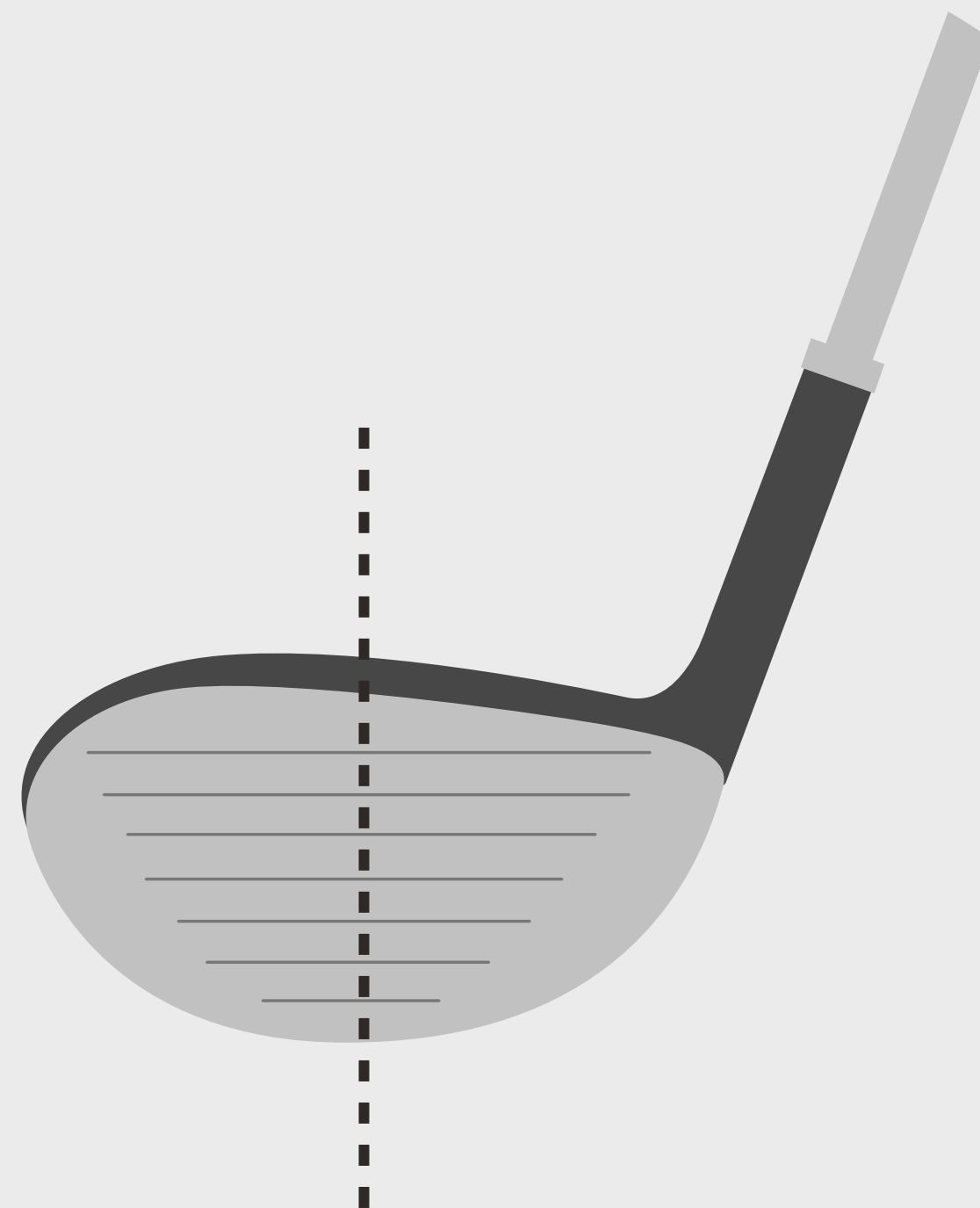
- The learner should practice using all three clubs in order to become confident switching between clubs as they will have to when they are out on the course
- As they practice, challenge the learner to switch clubs between every shot
- If the learner becomes confident using a particular club encourage them to practice more with the other clubs in order to build competency across all the clubs

Technical Link

- This activity will help the learner to understand the importance of practicing with the different clubs and seeing the difference this has on the ball flight when struck correctly
- It will help the learner to understand that we need to be able to adapt when playing the game as each shot we face will be different from the last



Face Contact



Equipment Needed

- Impact Tape

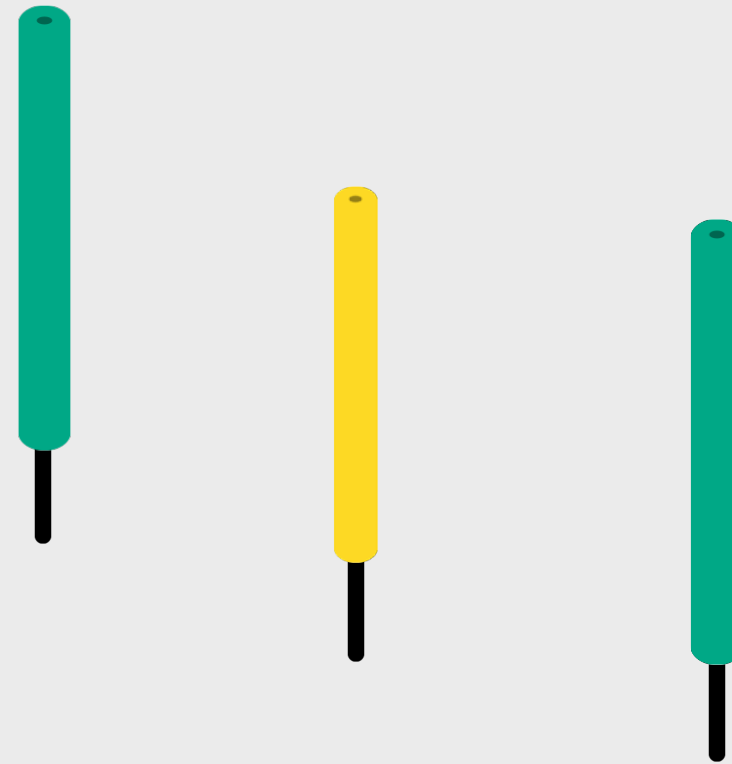
How to Play

- A learner starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The learner should try to deliberately strike the ball using the toe of the club and the heel of the club to build awareness of what it feels like when the ball is struck using different parts of the club face

Progression Ideas

- Challenge the learner to strike a particular part of the club face deliberately
- Draw on the face tape to indicate a smaller target that the learner has to try to hit

Army Golf



Equipment Needed

- Alignment sticks and noodles to create the target gates
- A single cone to represent the starting position

How to Play

- The aim of the game is to see how many consecutive shots the learner can hit through the correct gap
- The learners should alternate their aim between the gap on the left and the gap on the right
- If a learner misses this is the end of their turn and they have to try to beat their personal best score when it is their turn again

Progression Ideas

- Vary the size of the gap between the posts
- Vary the distance between the starting point and the posts

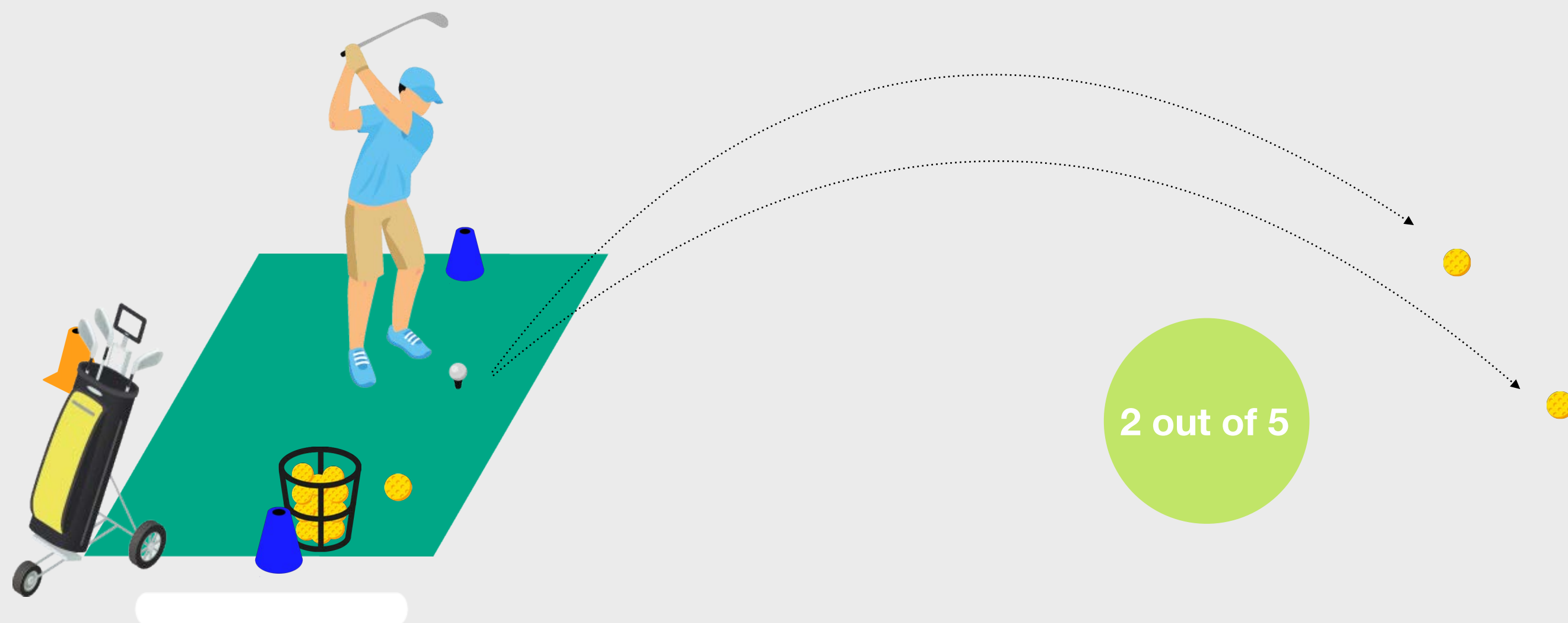
Secondary Skill

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 putting, providing learners an opportunity to have a go at putting before the Introduction to Putting class.



Iron Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots in the air.

To complete the challenge, the learner doesn't need to demonstrate control over direction or distance.

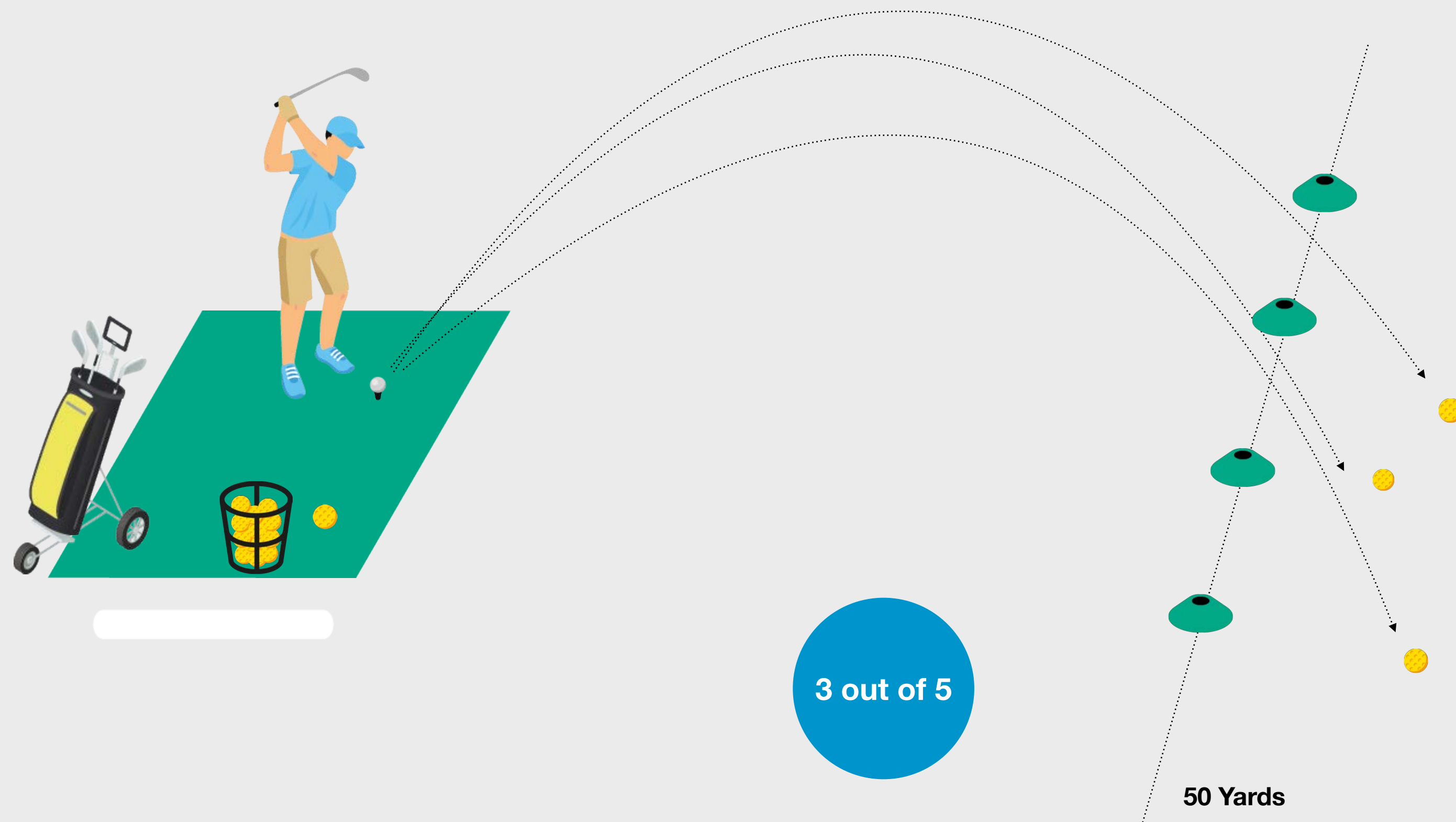
What should the Learner do next?

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

Irons



Iron Challenge



The Challenge

To complete the Level 2 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots in the air and a minimum carry distance of 50 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

What should the Learner do next?

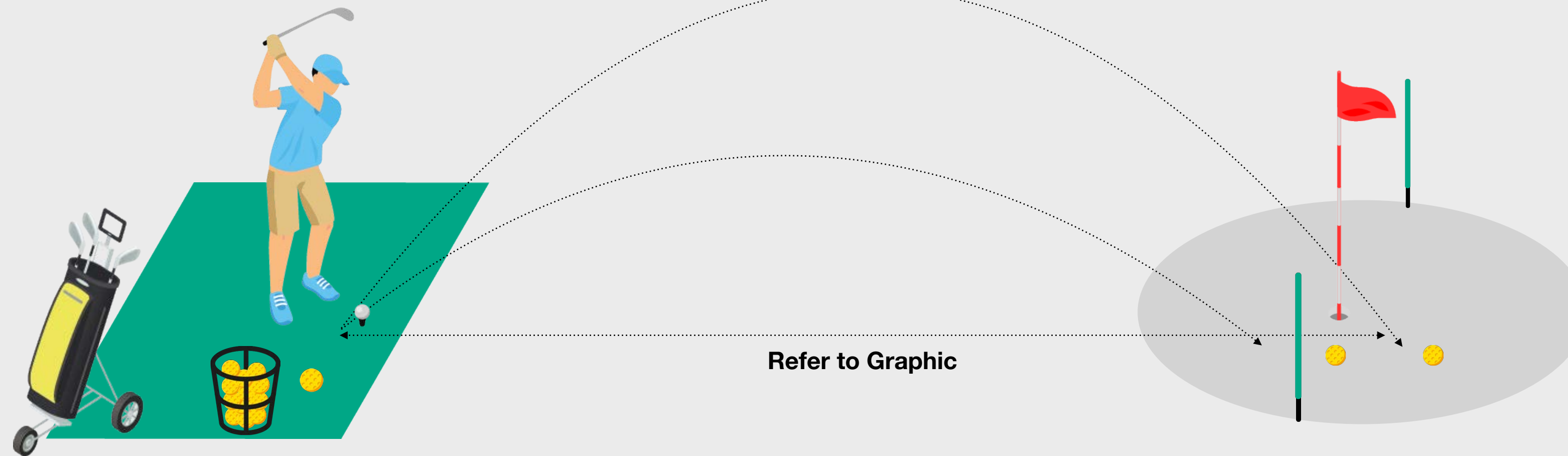
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the challenge section

Irons



Level 3 Challenges - Student Iron Challenge

	Yardages	Target Green
Iron Distances <i>(Where the ball comes to rest)</i>	75	15 yards wide
	100	20 yards wide
	125	25 yards wide
	150	30 yards wide



2 out of 5



The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to come to rest on the target green at the learners approximate 7-iron total distance (Minimum of 75 yards).

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

Irons

