

Practice Swing

Class Plan 4



GAMEON

GOLF DEVELOPMENT

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Class Timetable

Class Timetable

Session Length: 60mins

Time	Focus	Class Content
15 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> Outline the objective of the Practice Club to the Group Explain the layout of the session Outline the Challenges that can be attempted in the Class and make those attending aware of the Challenge Cards demonstrating how to attempt the Challenge Outline the Games available within the Class Explore the Whole Golfer Focus for the Class
20 Mins	Games, Practice & Challenge Time	<ul style="list-style-type: none"> Those attending the class can now engage in individual practice, social practice and competitive play and attempt the Mastering the Game Skills Challenges Opportunity for Private Coaching A chance for those attending Allow for self-discovery and guided learning
15 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Get the group together to introduce the Learning the Game Focus Learners should have the option to carry on their activity to suit their needs or participate in the group
10 Mins	myGame Tracking and Recap	<ul style="list-style-type: none"> Recap the class focus and answer any questions Add any lesson notes to the learner's Student Connect on GLF Locker Allow for time for the Learners to enter their Challenge Score in the myGame Area and complete the challenge if they have been successful. Learners should mark their attendance at a Practice Club in the myJourney section of the myGame area of GLFLocker Direct the learners to the online resource for the Whole Golfer and Learning the Game Focus

Mastering the Game Focus:
On the Green
Long Putts, Short Putts & Scoring

Whole Golfer Focus
Basic Pre Shot Routine

Learning the Game Focus:
Etiquette on the Putting Green - Line of the putt

Challenge:
Short Putts challenge
Long Putts challenge
Scoring Challenge

Games / Drills / Resources
Basic Pre- Shot Putting Routine

Etiquette on the Putting Green - Line of the putt

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Class Timetable

Session Length:

60mins

Group Size:

1:12

Mastering the Game:
Swing
Driver
Whole Golfer:

Introduction to the Club

Learning the Game:
Areas of the Golf Hole
Course Marshalls/
Superintendents
Challenge:
Iron Challenge
Fairway Woods
Challenge

Time	Focus	Class Content	Games / Drills / Resource
10 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> Objectives - Opportunity for learners to practice their swing Practice station: Speed Swinger Game station: Fairway Finder Whole Golfer Focus: Fit for Golf 	
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning 	Speed Swinger Fairway Finder
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Get the group together to introduce the Learning the Game focus Learners should have the option to carry on their activity to suit their needs or participate in the group introduction to the Learning the Game focus 	<ul style="list-style-type: none"> Areas of the Golf Hole Course Marshalls/ Superintendents
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning 	Speed Swinger Fairway Finder
10 Mins	<i>myGame</i> Tracking and Recap	<ul style="list-style-type: none"> Recap and add any lesson notes to the learner's Student Connect on GLF. Locker Allow for time for the learners to enter their Challenge Score in the <i>myGame</i> Area and complete the challenge if they have been successful. Learners should mark their attendance at a Practice Club in the <i>myJourney</i> section of the <i>myGame</i> area. 	<ul style="list-style-type: none"> GLF. Locker <i>myGame</i> App Areas of the Golf Hole online resource Course Marshalls online resource Introduction to the Golf Club online resource

Practice Your Swing Class Layout and Setup



Station 6:
Secondary Skill
Chipping

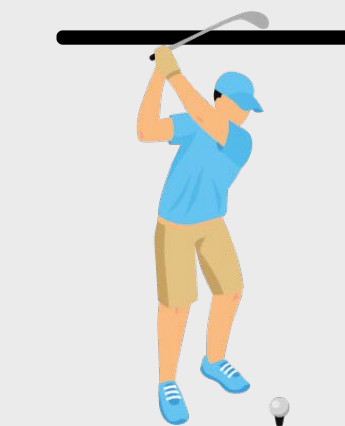
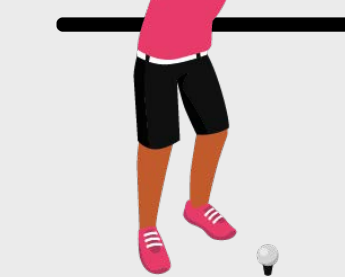
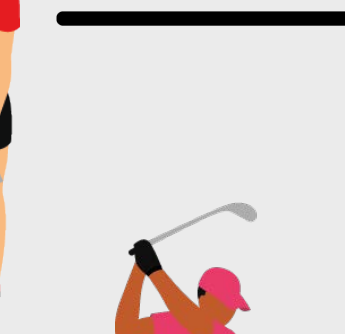
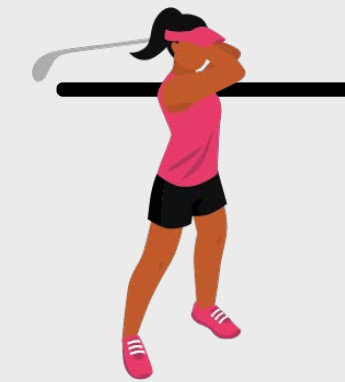
Station 1:
Challenge Station
Irons

Station 2:
Challenge Station
Hybrids/Fairway Woods

Station 3:
Challenge Station
Driver

Station 4:
Practice Station
Speed Swinger

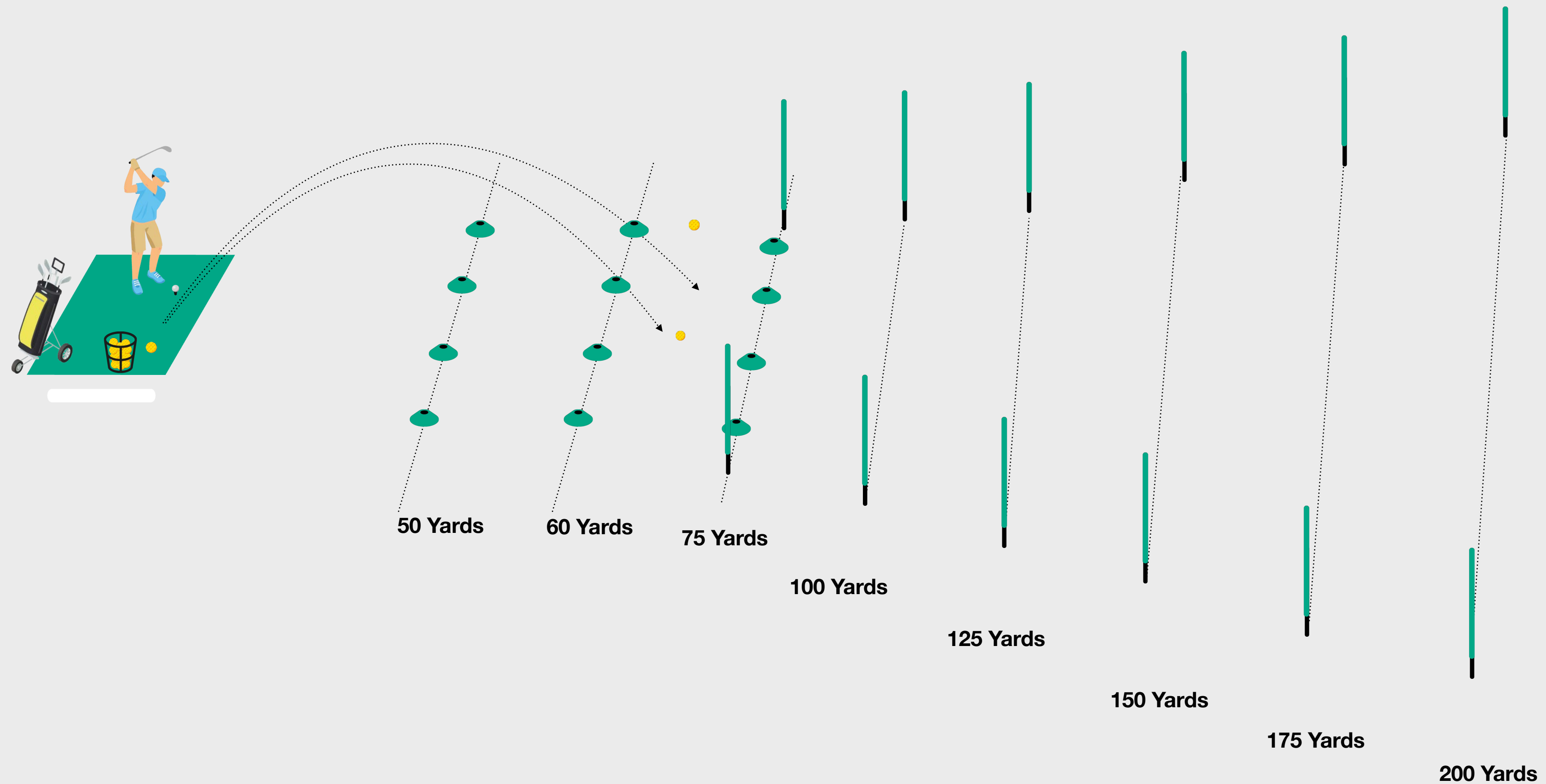
Station 5:
Game Station
Fairway Finder



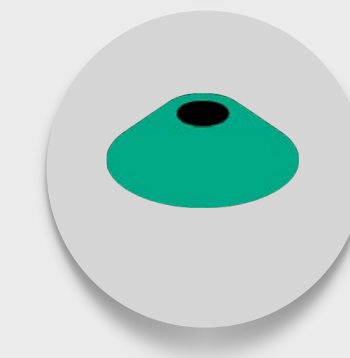
Swing Challenges Layout and Set Up

The graphic below provides an example of how each of the challenges connect together when laid out on your driving range:

Please find below a list of the equipment you require for these challenges:



12 x Alignment Sticks and Foam Noodles



Colored Cones

Speed Swinger



Equipment Needed

- Alignment Stick

How to Practice

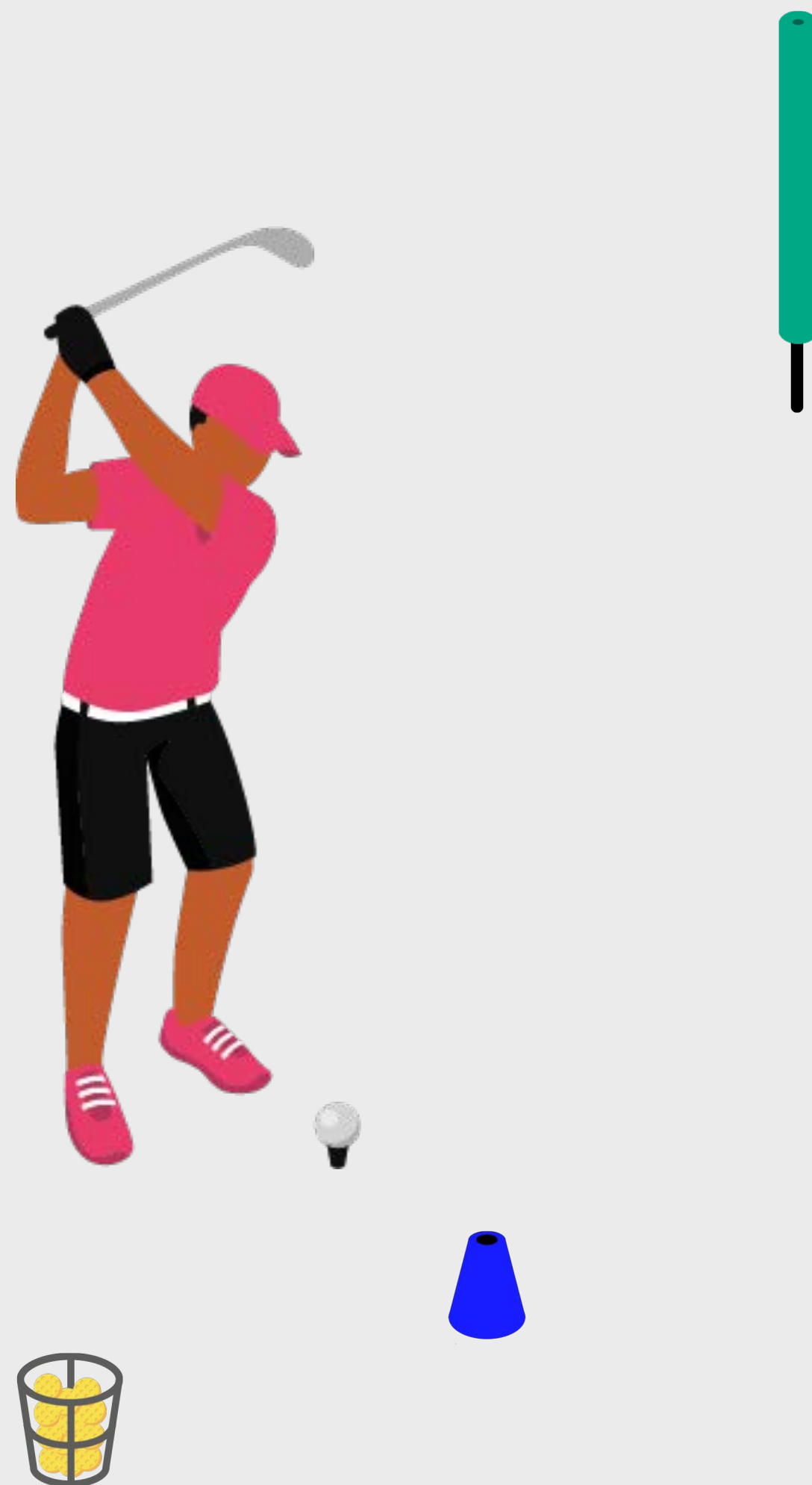
- A learner starts by swinging an alignment stick 10 times, back and forth as fast as they can
- The learner should complete the 10 swings and then attempt to replicate the speed with a real club
- The learner should then try to hit a shot, the goal is to try to maintain some of the added speed and still make good contact with the ball

Progression Ideas

- Challenge the learner to swing faster, if possible measure the swing speed generated and keep a record to try and improve this



Fairway Finder



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 they can land on the fairway
- The learner should walk away from the tee each time, and have a practice swing before each shot to add some reality to their practice
- 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
- Add a distance element that the learners have to reach in order to hit the fairway

Learning the Game

This is an elaboration of the content covered in the Themed Class this week. Be clear that you are covering this so that anyone who missed the themed class is able to receive the content.

Add to the content delivered in the themed class and provide further information on the following areas:

1. Areas of the Hole

- I. Introduce the Tee, Fairway, Rough, Green, Hazards and Out of Bounds

2. Shouting “Fore”

- I. Make sure the group know when to shout and what to do when they hear a shout of “Fore”

3. Ready Golf

- I. Introduce the concept of Ready Golf, that the learner should be ready to play when it is their turn, think about their shot and complete practice swings when others are playing their shots



The Whole Golfer

Introduction to the Club

Take the time to review the whole golfer theme and remind learners that they can access the content online to review and learn more about this topic.

The Whole Golfer theme this week is to learn about the club, the key people to get to know and how to go about using the facilities so that the learners feel comfortable in coming and using the facilities away from the scheduled classes:

- Does the learner know how to use the driving range?
- Are they able to book tee times?
- Do they know who to speak to if they're not sure about something?

One of the barriers to a learner progressing is not feeling comfortable when using the facility, so it is important that we cover this in the class plans.



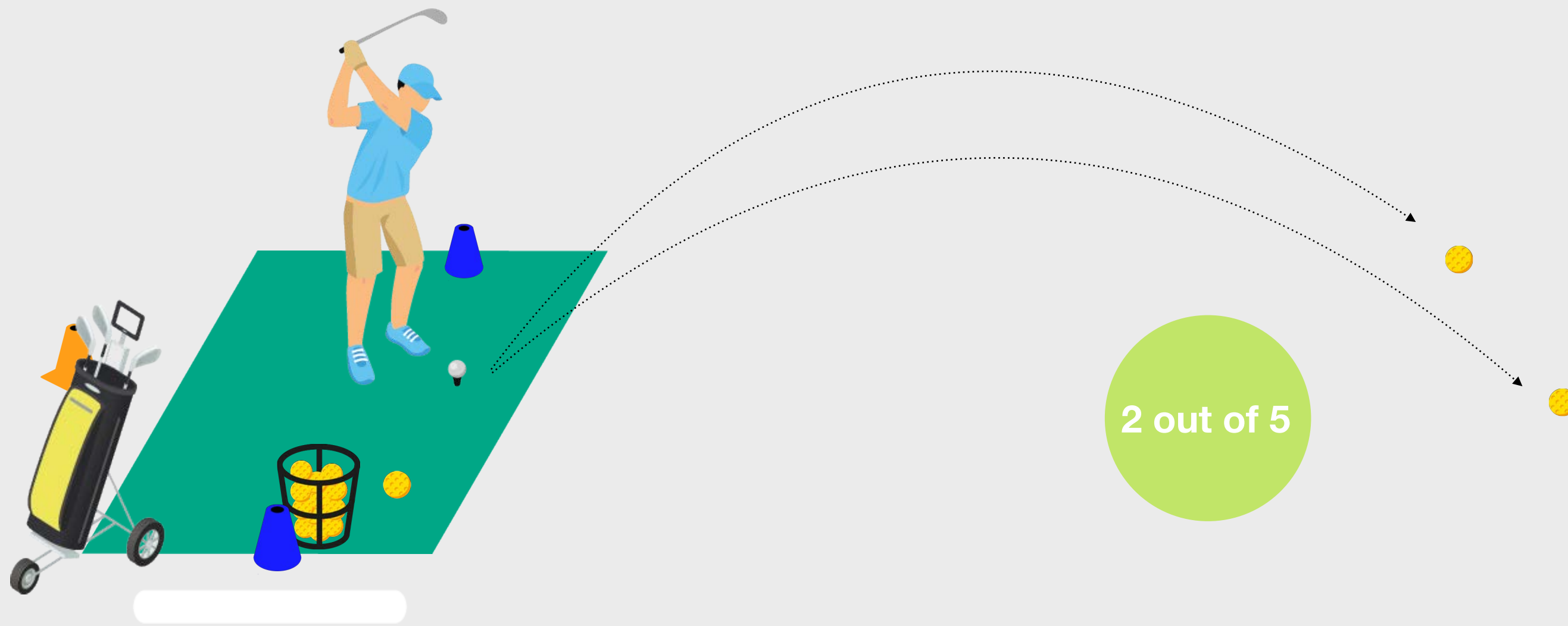
Skill Challenges



Level 1



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



Hybrid/Fairway Wood 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

Fairway Woods



Driver 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

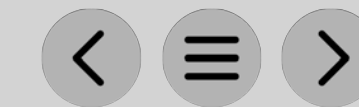
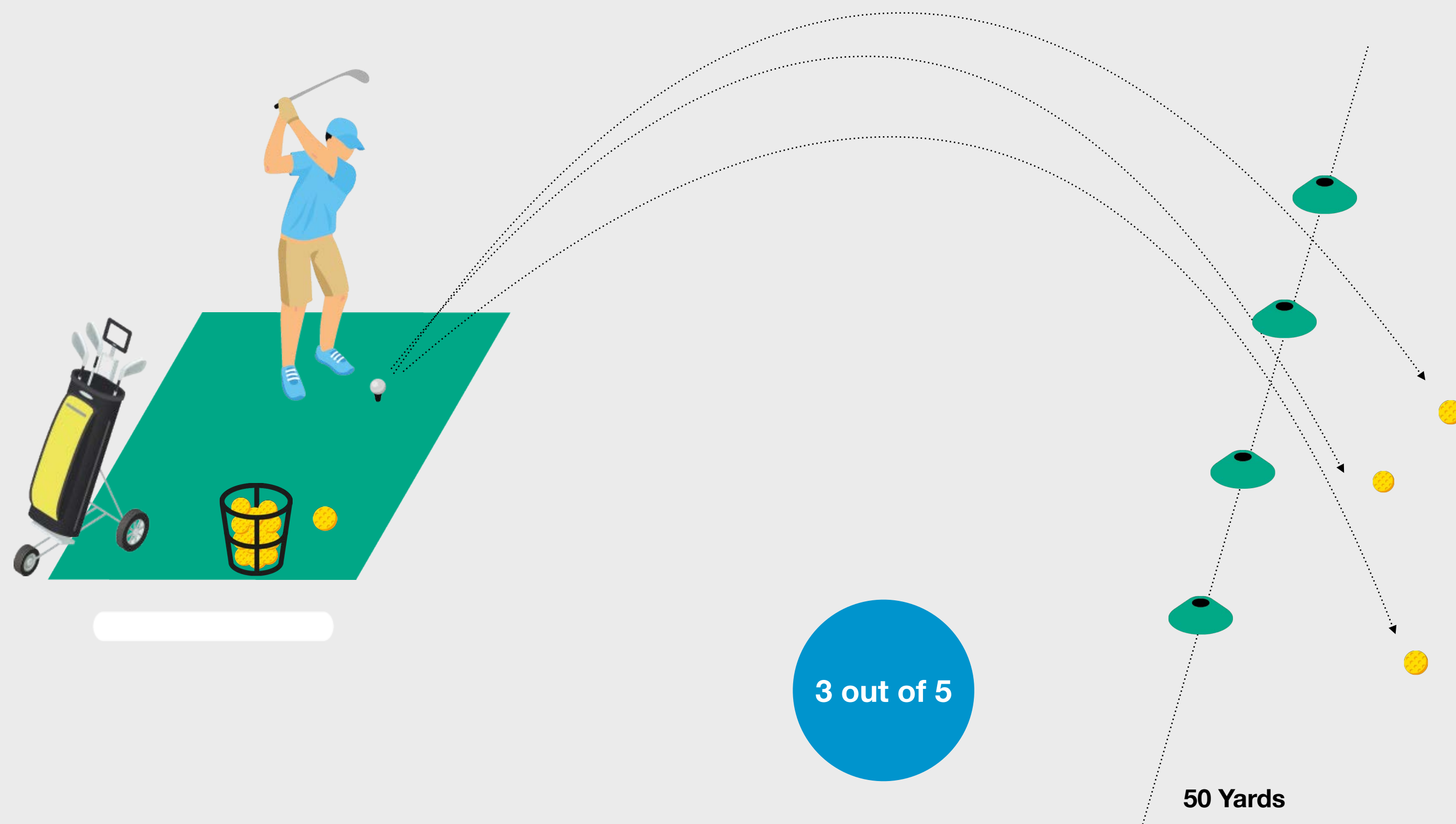
Driver



Level 2



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.

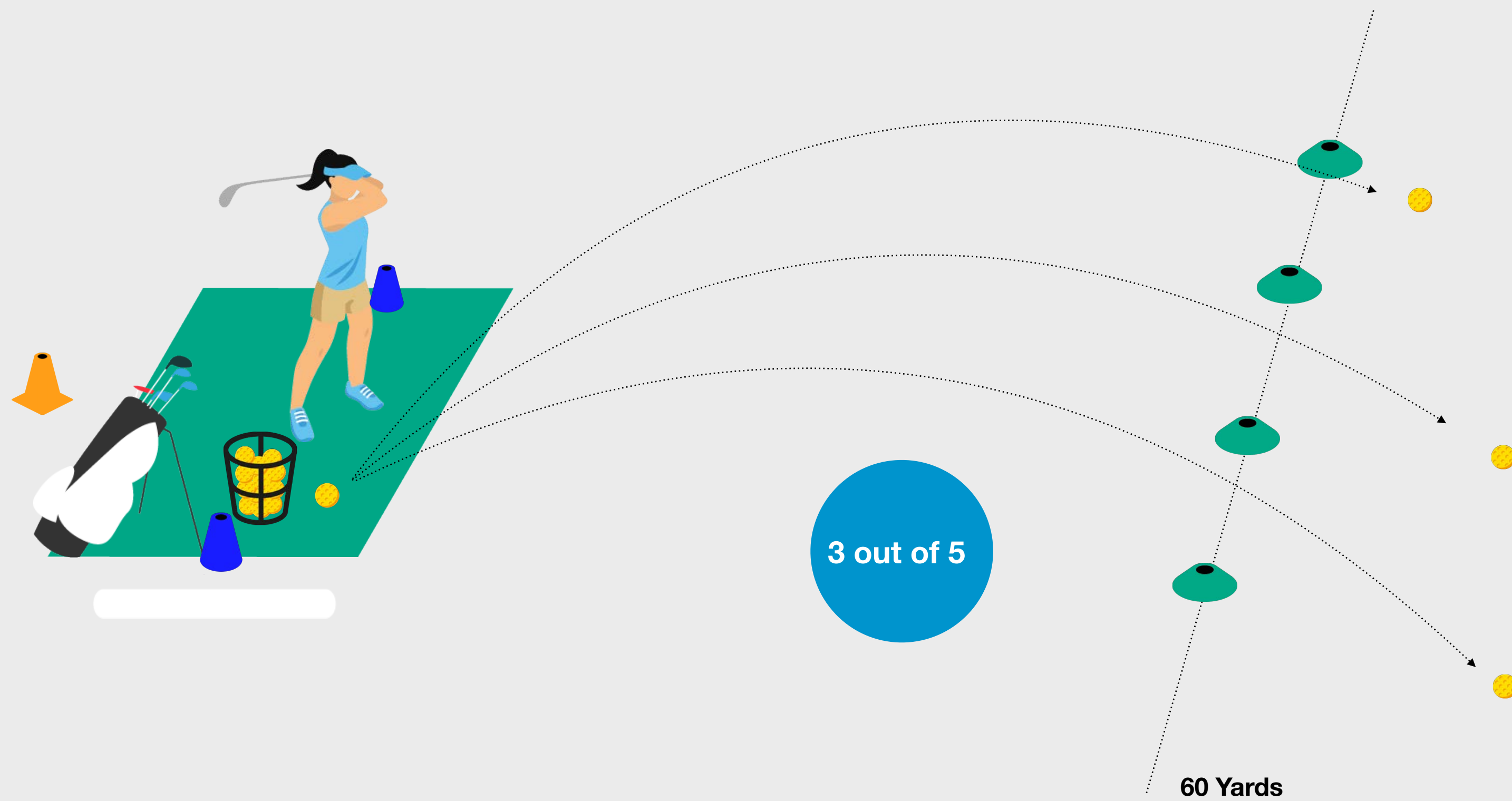
What should the Learner do next?

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

Irons



Hybrid/Fairway Wood 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 60 yards.

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

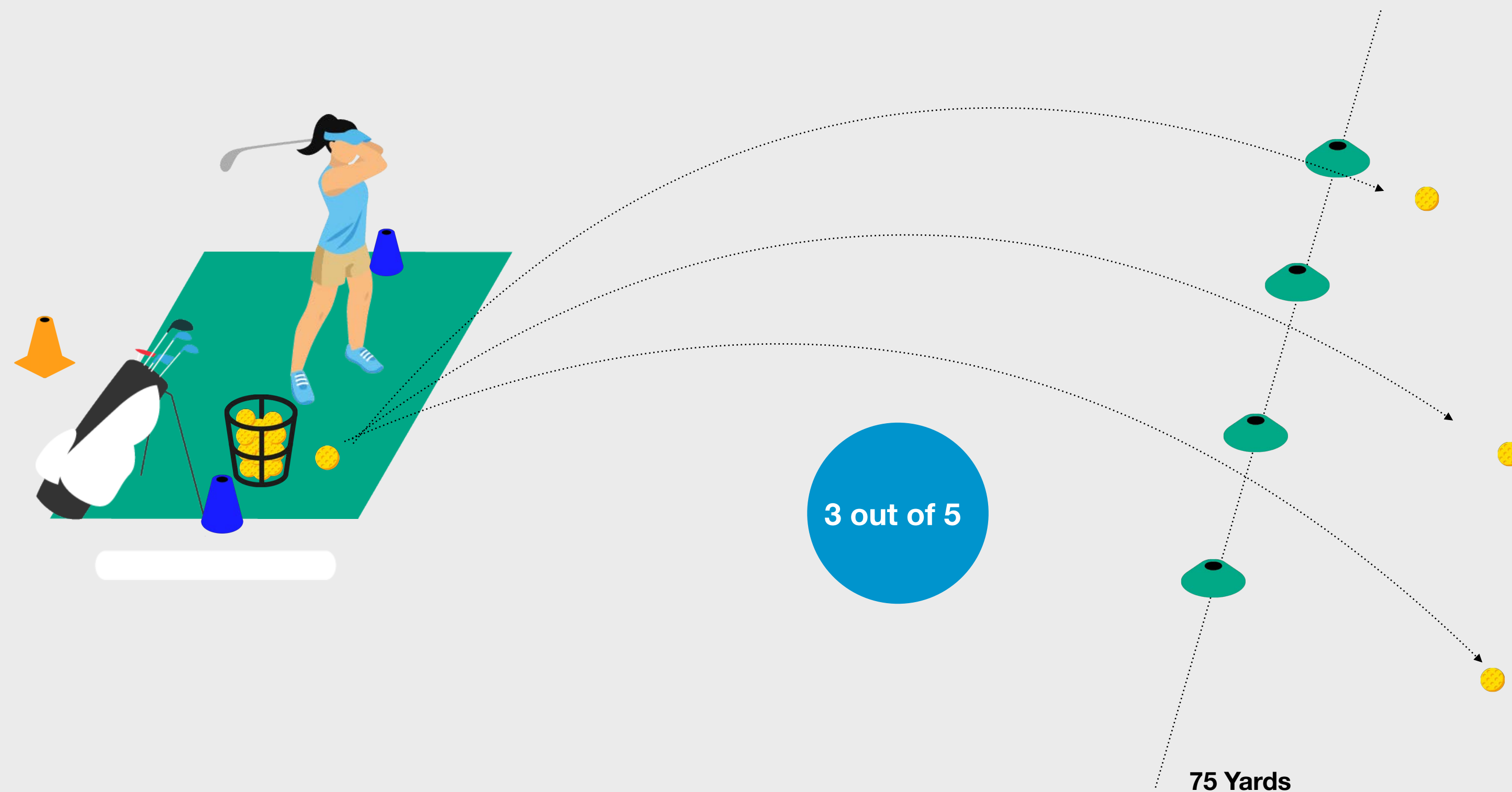
What should the Learner do next?

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

Fairway Woods



Driver 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 75 yards.

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

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

Driver

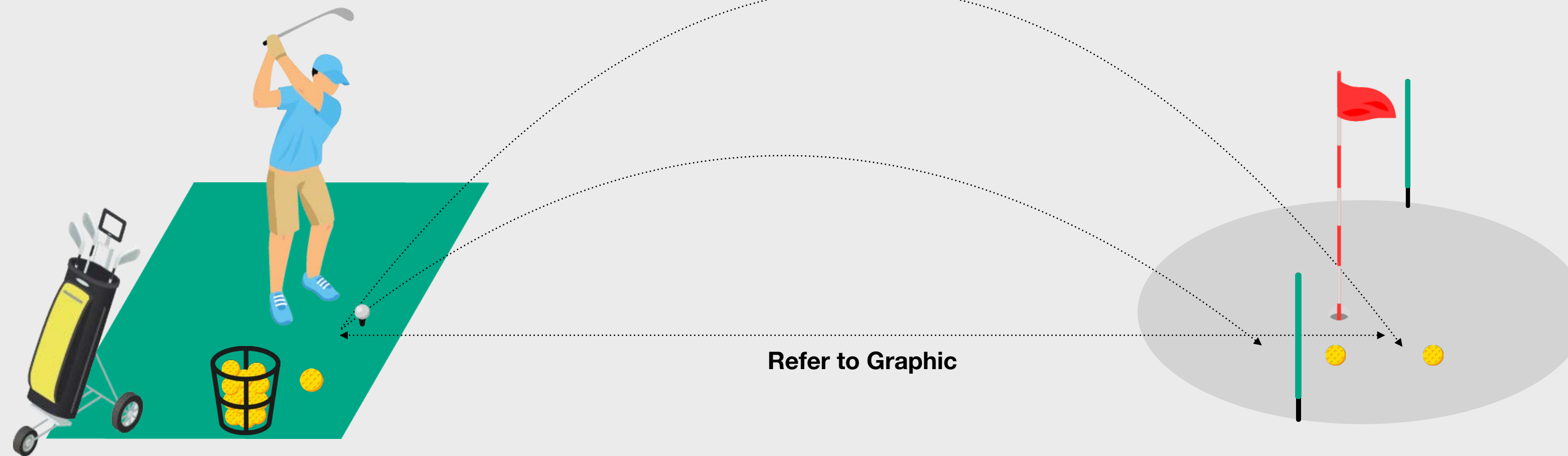


Level 3



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



Hybrid/Fairway Wood Challenge

	Yardages	Target Gate
Hybrid/Fairway Wood Distances <i>(Where the ball comes to rest)</i>	100	20 yards wide
	125	25 yards wide
	150	30 yards wide
	175	35 yards wide

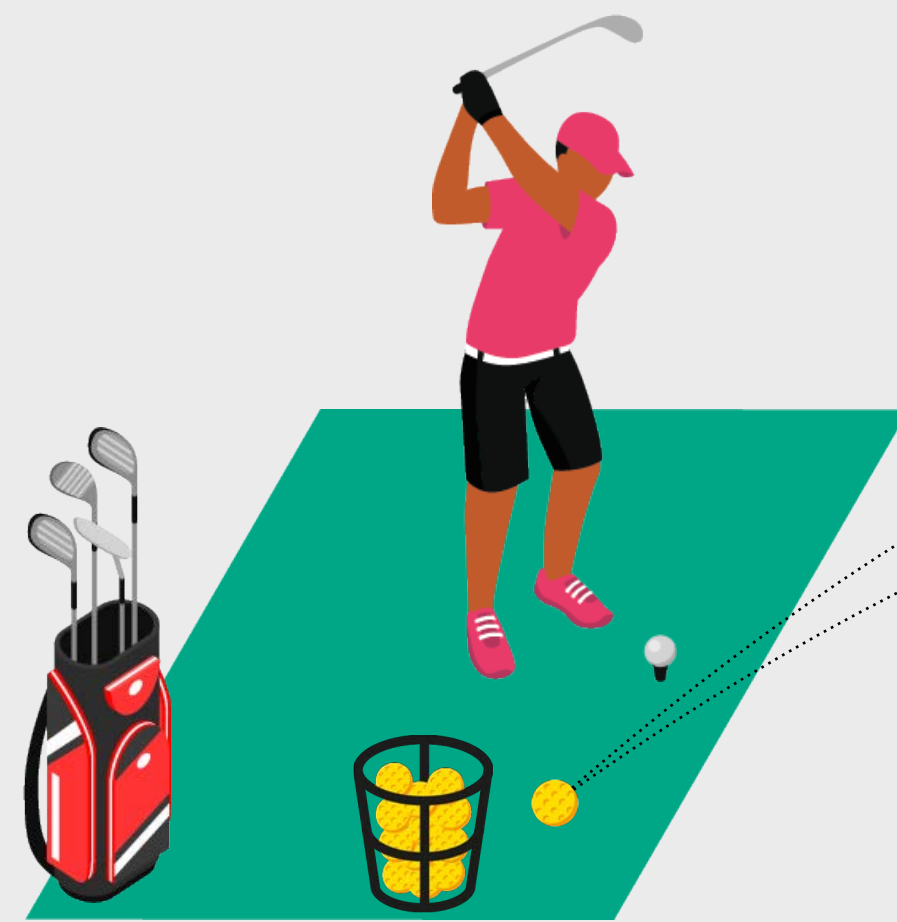


The Challenge

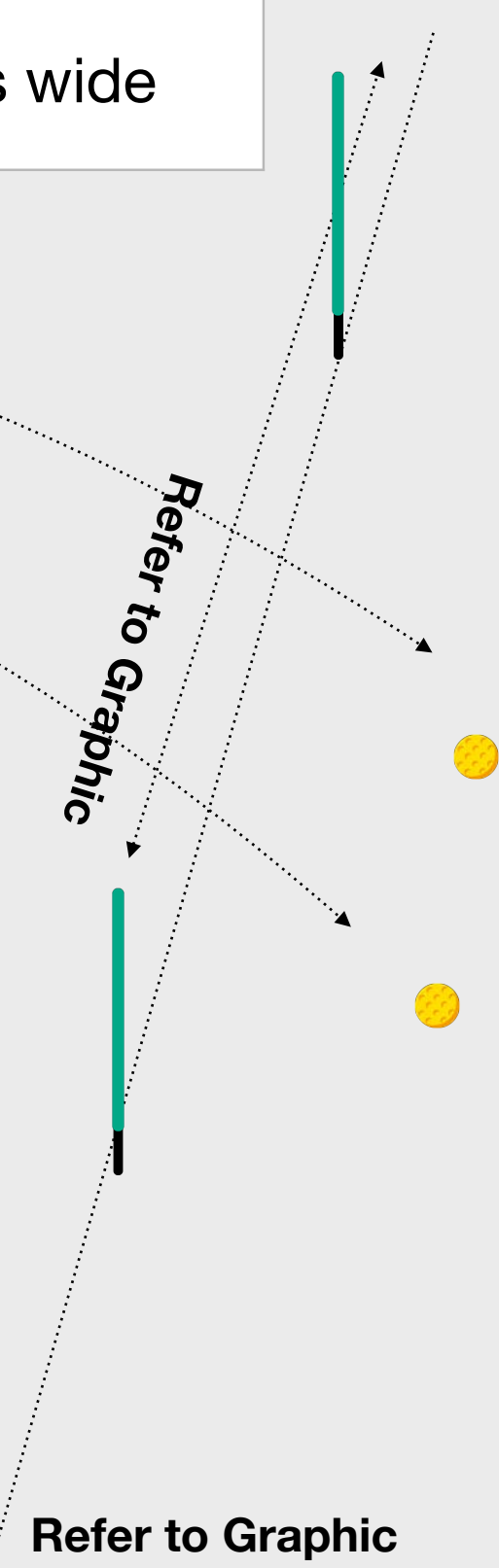
To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to travel through and come to rest between the target gate at the learners approximate fairway wood total distance (minimum of 100 Yards)

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



2 out of 5



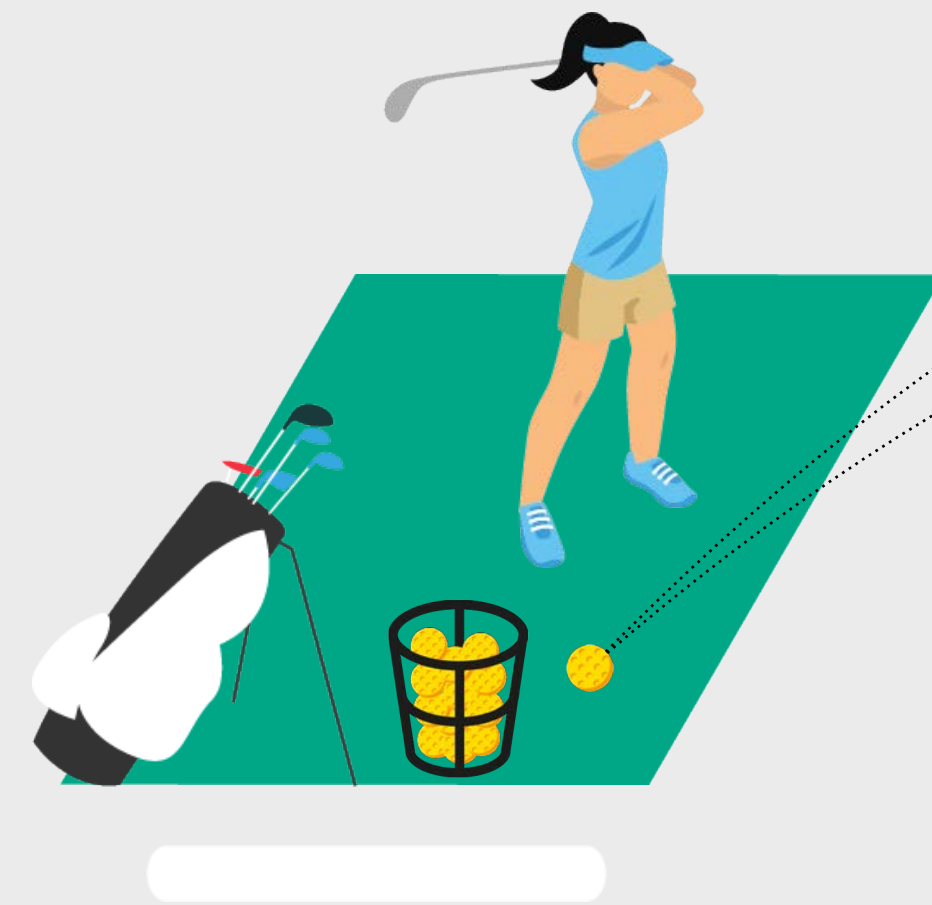
Fairway Woods



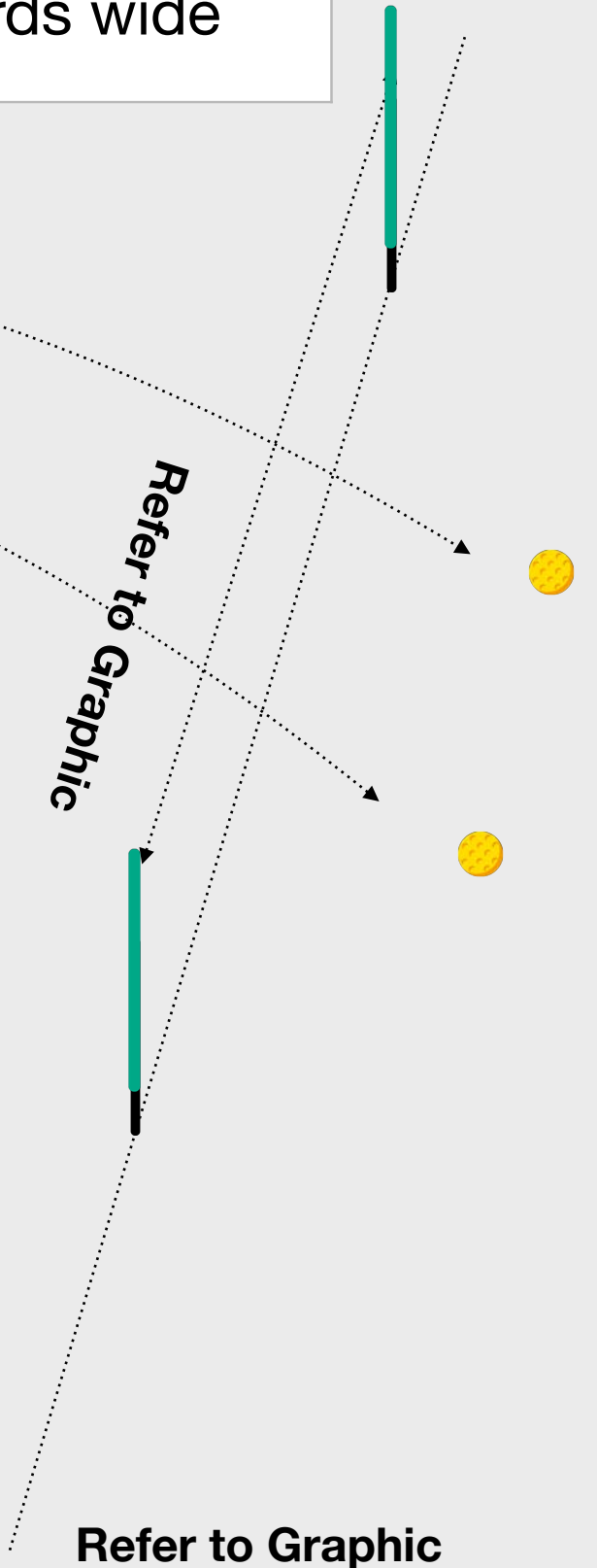
Level 3 Challenges - Coach

Driver Challenge

	Yardages	Target Gate
Driver Distances <i>(Where the ball comes to rest)</i>	125	25 yards wide
	150	30 yards wide
	175	35 yards wide
	200	40 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 travel through and come to rest between the target gate at the learners approximate driver total distance (Minimum of 125 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

Driver

