

Around the Green

Developing Strike - Pitching

Monday, January 17th - Sunday, January 23rd



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

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Class Timetable

Session Length:
60mins

Group Size:
1:8

Mastering the Game:
Around the Green
Developing Strike in Pitching

Online Whole Golfer Resource:
How long will take to play competently?

Learning the Game:
What is a handicap index
Rules in a hazard

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 shots around the green Introduce the 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"> Handicap Index Rules in a hazard
40 Mins	Mastering the Game	<ul style="list-style-type: none"> Learners break out to play the games individually, in pairs or groups A chance to build relationships amongst the group 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"> Pitching 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 <i>myGame</i> 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

The technical guidance we are prescribing is to be delivered as you see fit, use your experience to deliver this information appropriately:

1. Improving strike

When using more lofted clubs it is even more important that the learner understands that the combination of good contact and loft of the club affects the trajectory of a shot. Only then can the learner more accurately start to judge distance.

2. Controlling distance

Once learners achieve good contact and a more consistent trajectory they can start to experiment with different speeds, use the length of swing to help learners start to control the speed they deliver on the shot. A good guide is to start swinging the club from hip height to hip height.



Learning the Game

Provide a brief overview of the learning the game theme and remind learners that they can access the content online to review and learn more about this topic:

1. What is a handicap index?

Make sure learners understand the concept of a handicap index and how to attain one once they have completed the learner program.

2. Introduce some of the basic rules in a hazard

- I. Are you allowed to play from a hazard?
- II. What rules apply if you choose to attempt the play the shot?
- III. What rules apply if you choose to take a drop from the hazard?



The Whole Golfer

Manage learner's expectations on how long it takes to get to a competent level on the course.

Becoming a competent golfer...

Highlight that the focus should be on the individual learner's journey and not to compare themselves to each other. Confidence and a level of competency will come with practice and regular tuition.

Encourage learners to watch others at the club and the best in the game so they can become aware that even the best players make mistakes, hit poor shots and that this is part of the challenge of the game.



Class Layout and Setup

Station 1:
Practice Station
Strike Point



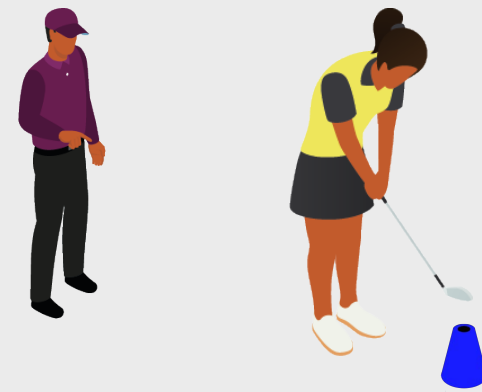
Station 2:
Practice Station
Control Distance



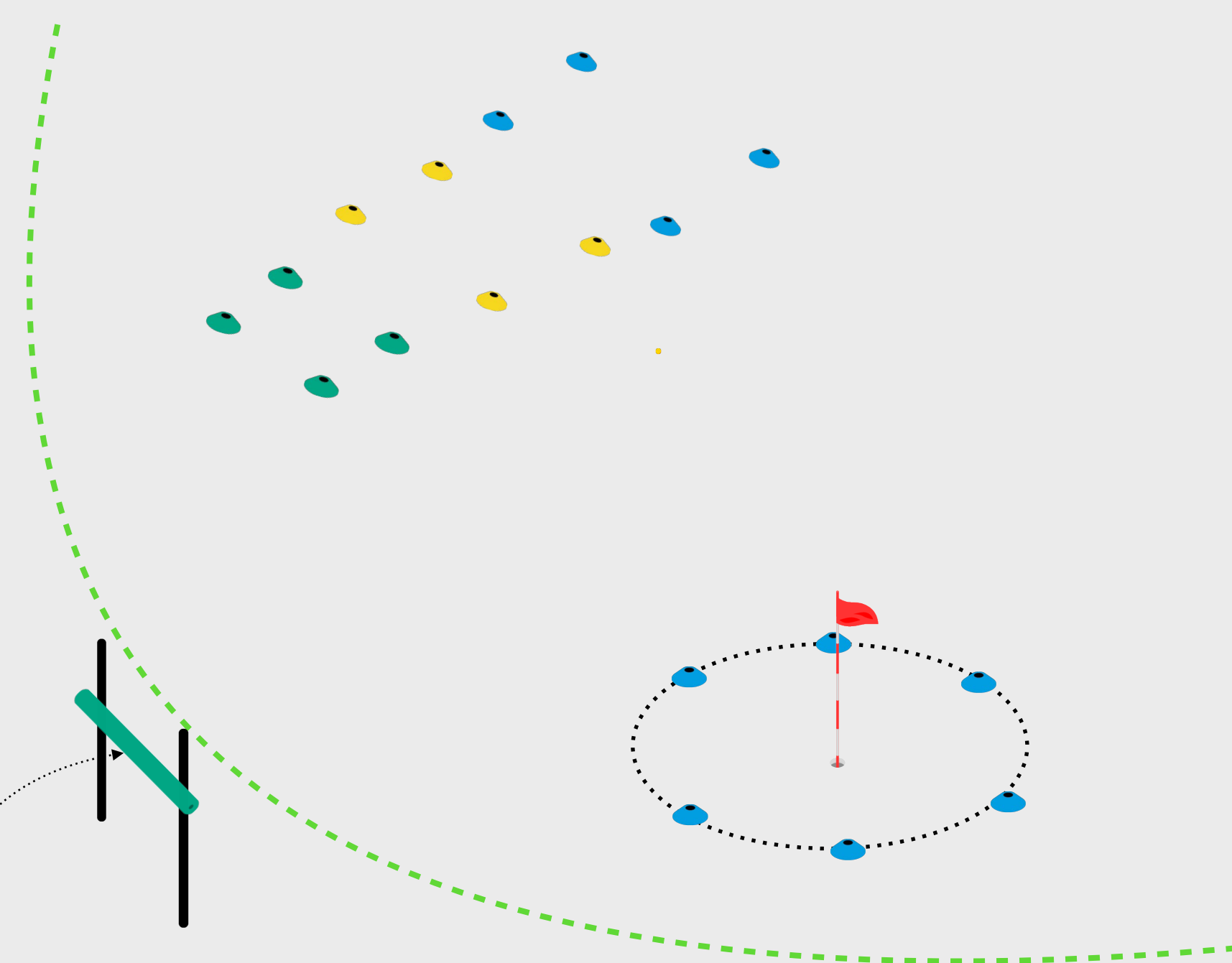
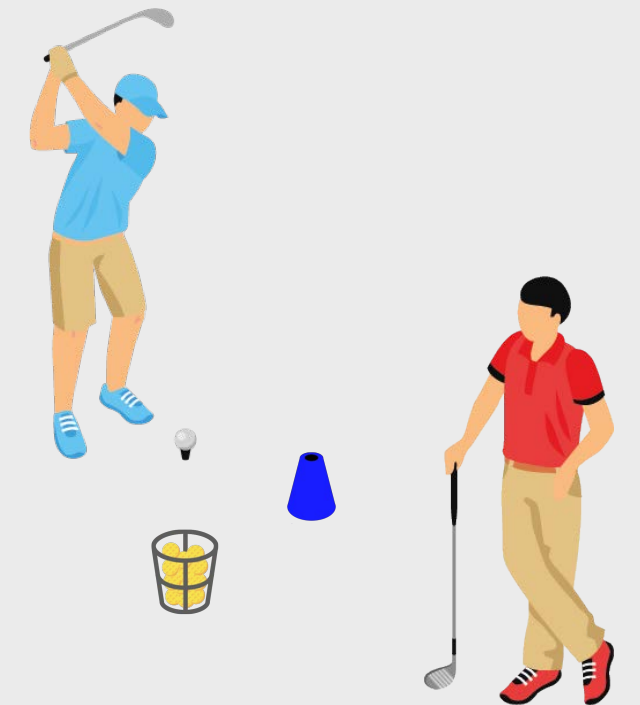
Station 3:
Game Station
Crossbar Challenge



Station 4:
Challenge Station



Station 5:
Secondary Skill



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 provide a focused, 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

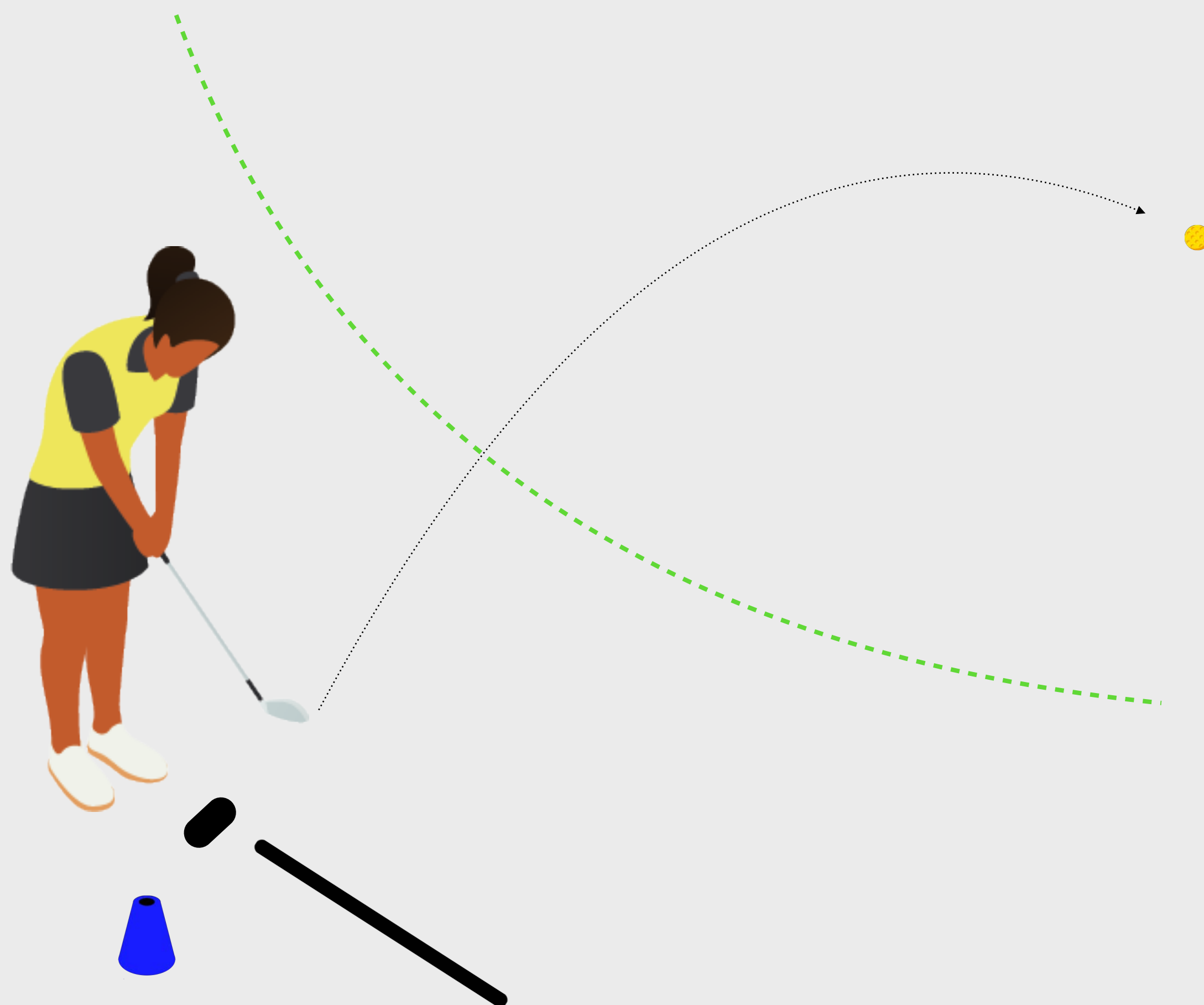
- This activity will help the learner to understand the distance of a shot based on the speed of the stroke.
- This activity will help the learner to gain consistency and confidence in chipping one particular type of club around the green.

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Strike Point



Equipment Needed

- 1 Alignment sticks
- Pitching Wedge or Sand Wedge
- Golf ball

How to Practice

- The alignment stick should be placed opposite the center of the learner's stance to provide some feedback as to where they brush the ground when taking their pitch shot
- The learner should take a couple of practice swings, adjusting their stroke if they do not brush the ground opposite where the alignment stick is placed
- Once they have completed a couple of practice swings, place a ball in the same place and ask them to repeat the action in order to get a good strike
- Do not worry about aiming at a target, encourage them to practice getting as many good contacts in a row as possible and notice how the ball flies and how far it rolls when they do make good contact

Technical Link

- This activity will help the learner to understand how to get a good contact and how to adjust if they are not being successful straight away
- This activity will help the learner to understand the flight of a good pitch shot when struck well

Control Distance



Equipment Needed

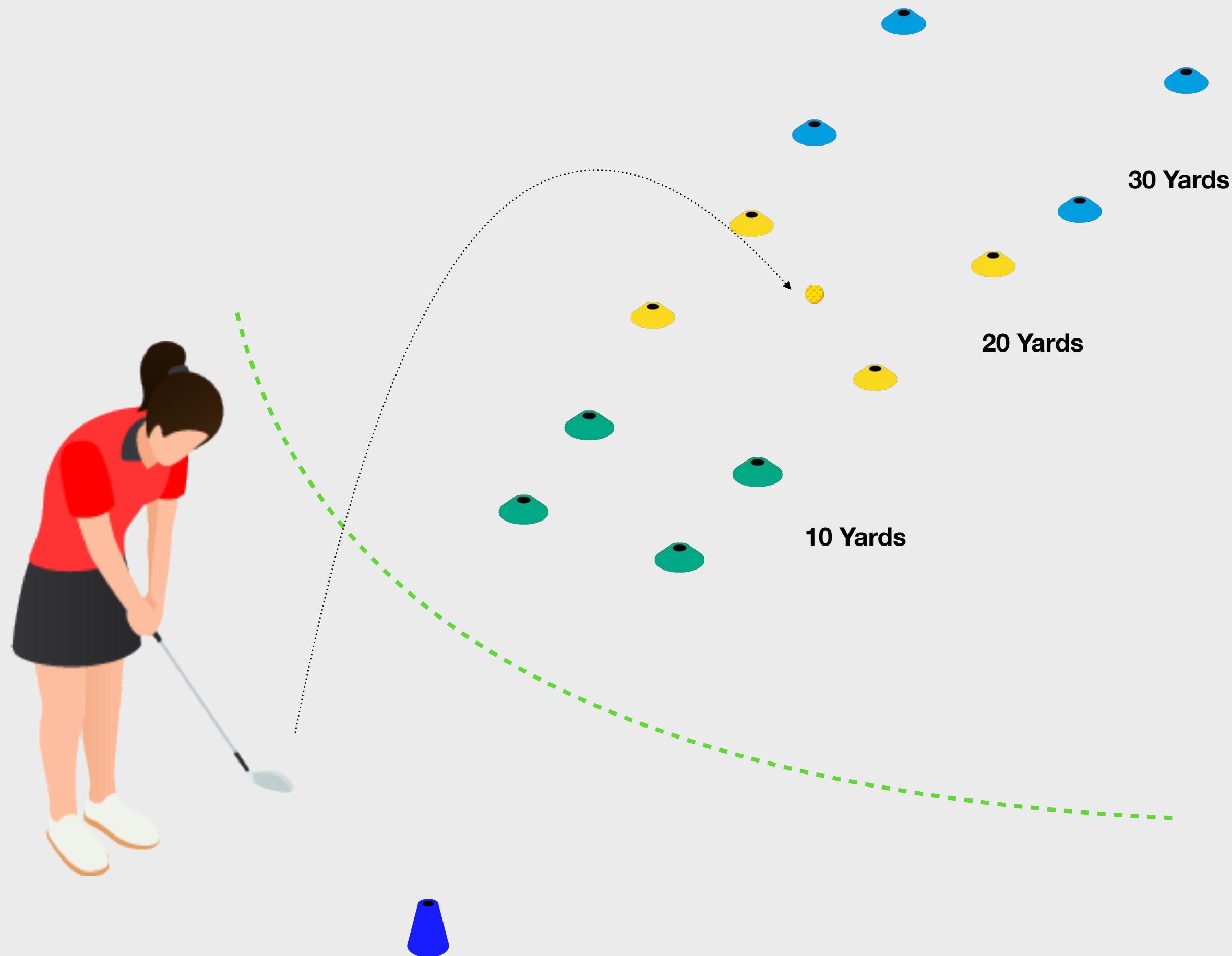
- 12 cones
- Golf balls

How to Practice

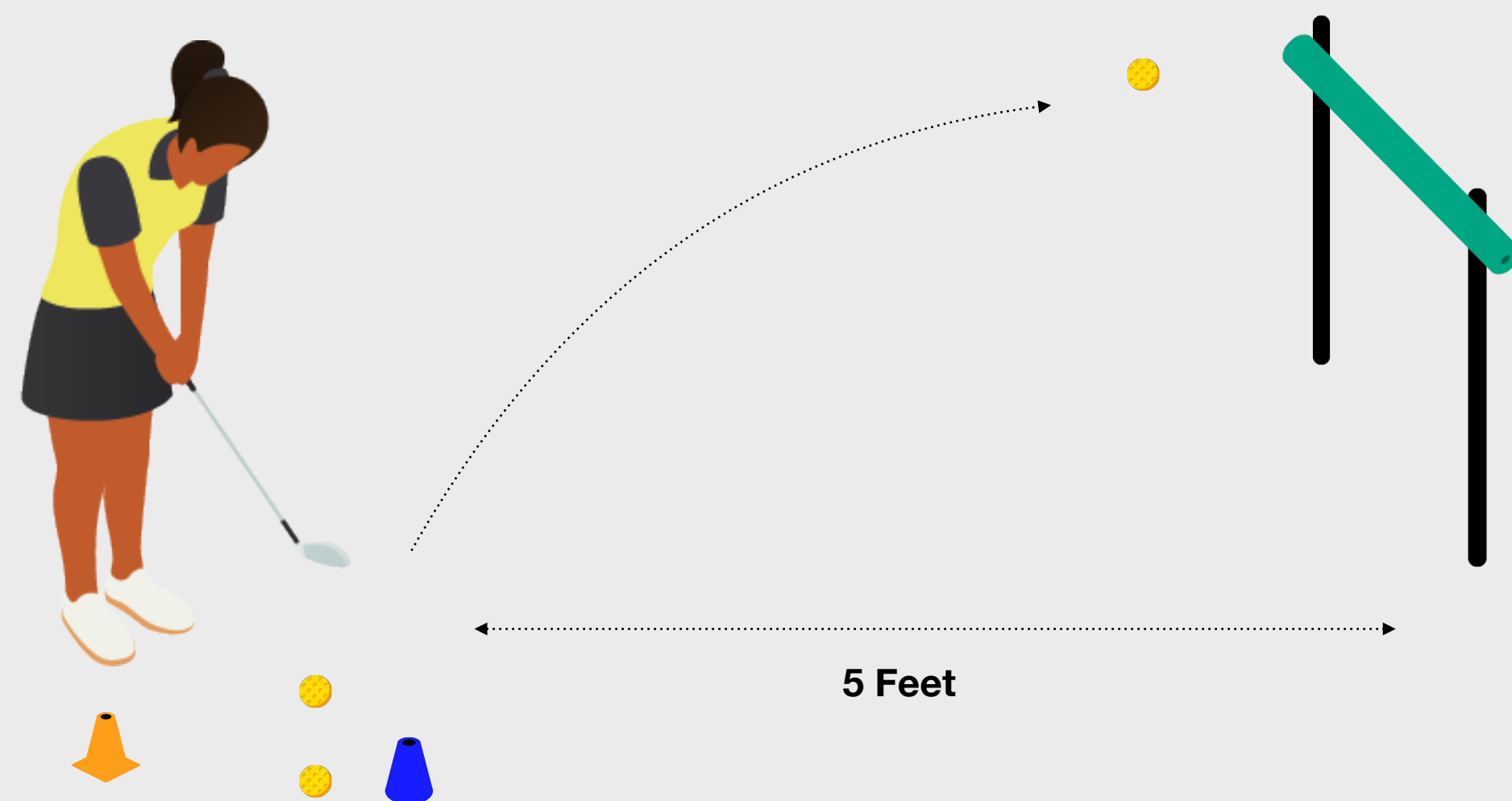
- Set this activity up with 3 different sized boxes at 10 yards, 20 yards and 30 yards from the learner
- The learner should practice pitching the ball different distances using the same club, by varying the length and speed of the swing
- The aim is to get the ball to land in the relevant box that they are aiming for

Technical Link

- This activity will help the learner to understand how to control the distance of a shot based on the length and speed of the stroke
- This activity will help the learner to gain some consistency around the green by becoming more confident using a longer wing for short shots



Crossbar Challenge



Equipment Needed

- Alignment sticks and a noodle to create the crossbar
- Golf balls

How to Play

- Place the crossbar just five feet ahead of the learner
- The aim is to pitch the ball over the crossbar from this close proximity
- The learner receives 5 attempts to pitch the ball over the noodle
- If unsuccessful they can move a foot further away, if they are successful they can move a foot closer, and they then attempt the challenge again

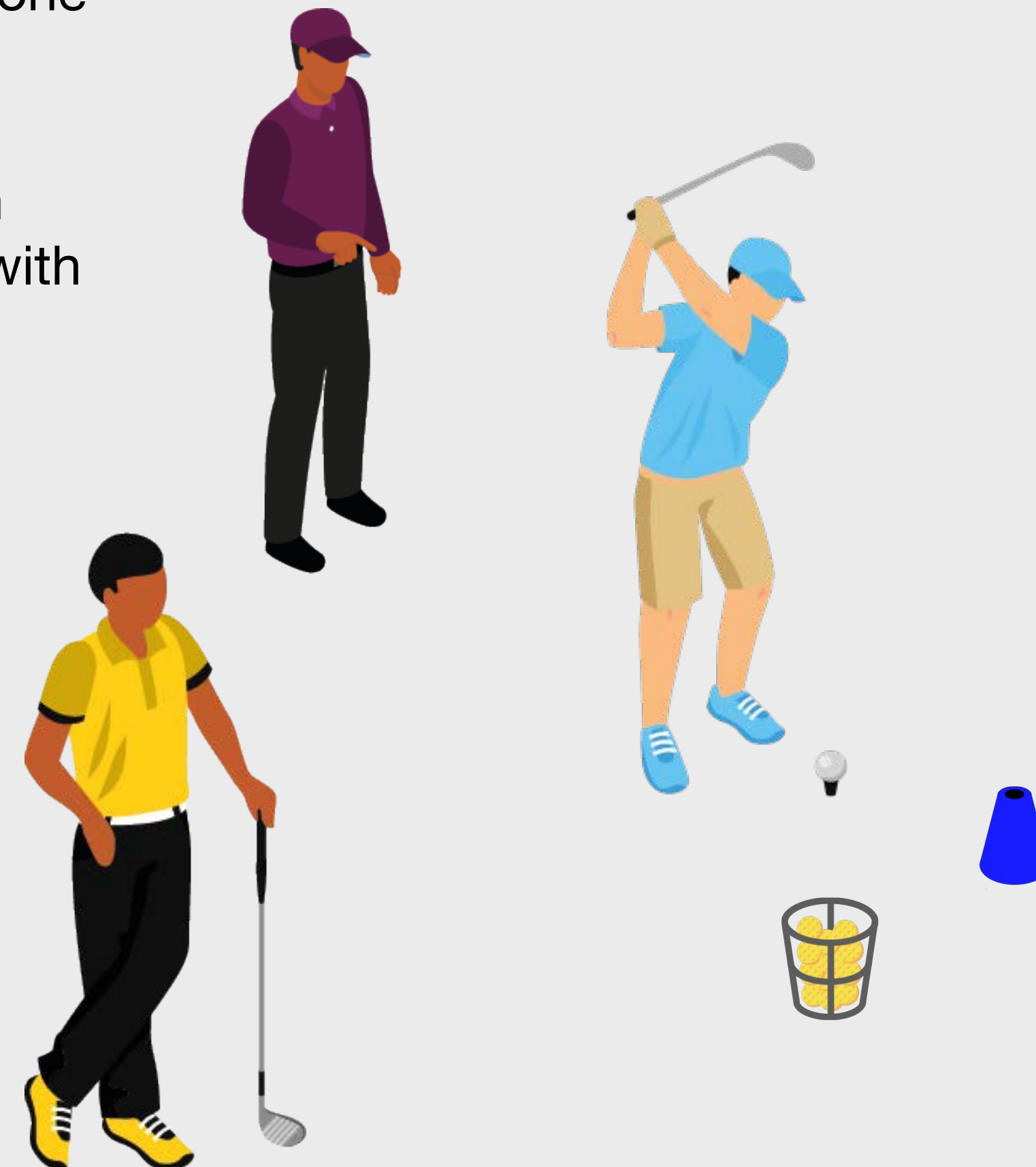
Progression Ideas

- Vary the height of the noodle
- Vary the distance from the starting position and the crossbar

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 their swing and specifically shots with the driver.



Pitching Challenge



The Challenge

To complete the Level 1 Challenge the learner needs 2 out of 5 shots to finish anywhere on the green from a starting position 20 yards from the hole. The learner should start from a minimum distance of 10 yards from the edge of the green.

Equipment you Need

The equipment you will need for this challenge:

- Cone to mark the starting position
- Golf Balls

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

Pitching



Pitching Challenge



The Challenge

To complete the Level 2 Challenge the learner needs to hit 1 out of 5 shots from 20 yards within a 10-yard circle.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting positions
- Cones to mark the perimeter of the 10-yard target circle
- Golf Balls

What should the Learner do next?

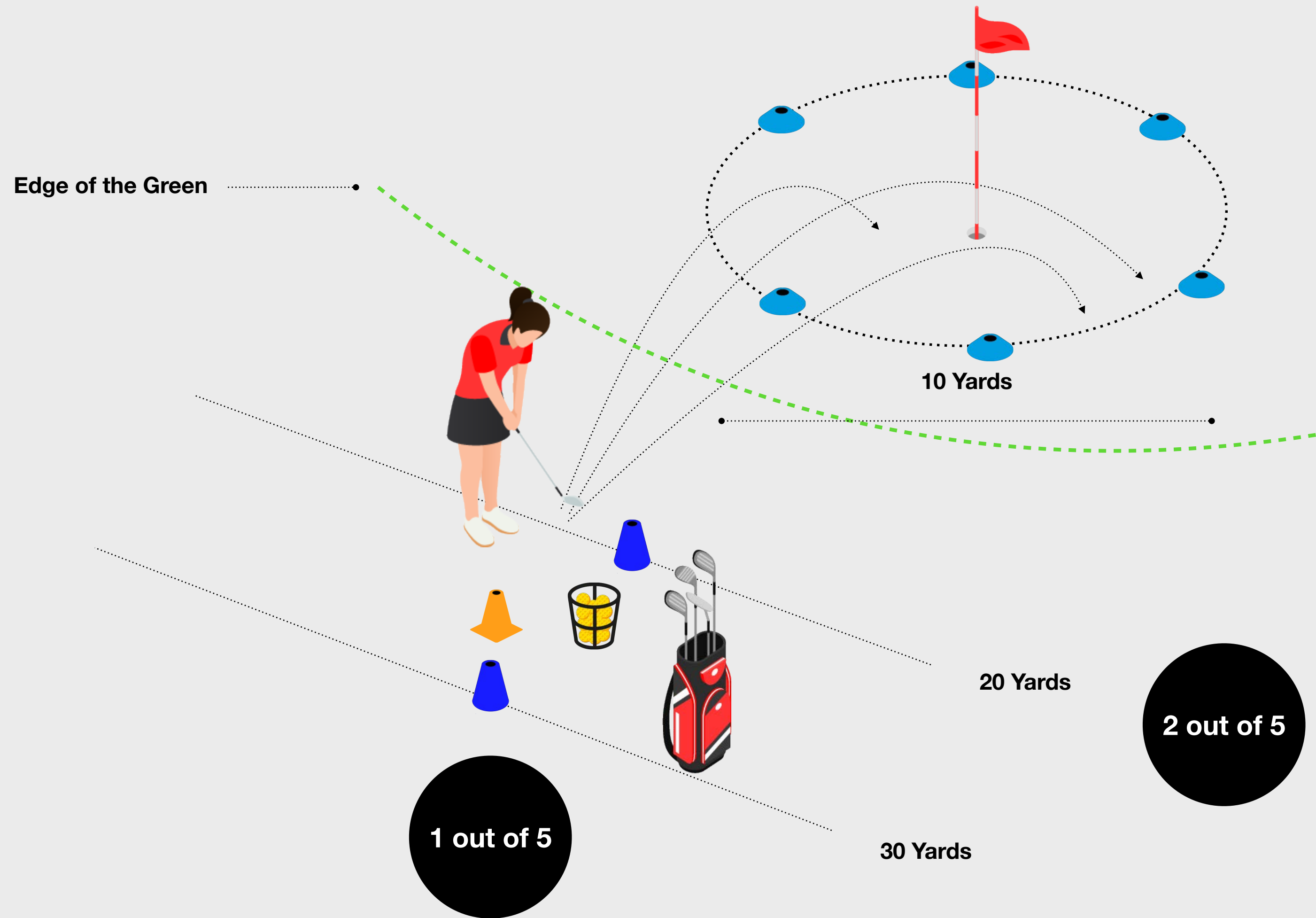
After attempting the challenge, the learner should:

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

Pitching



Pitching Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to hit 3 out of 5 shots from 20 yards and 1 out of 5 shots from 30 yards to within a 10-yard circle.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting positions
- Cones to mark the perimeter of the 10-yard target circle
- Golf Balls

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

Pitching

