

Swing - Hybrids and Fairway Woods

Monday, January 31st - Sunday, February 6th



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

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GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:8

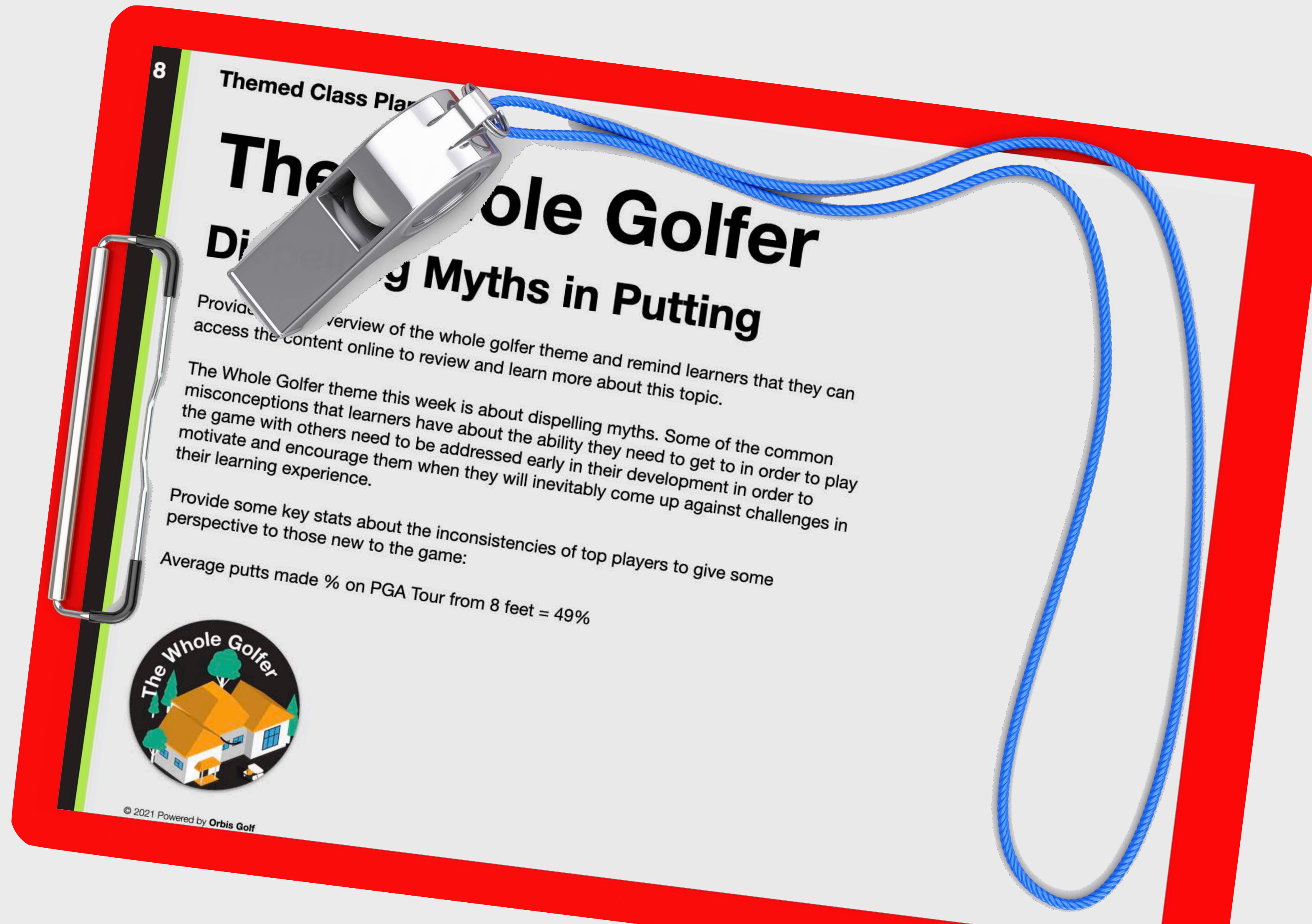
Mastering the Game:
Swing
Hybrids and Fairway Woods

Online Whole Golfer Resource
Body - Pre Round Warm Up

Learning the Game Focus:
Preparing to Play
Why is a warm-up important?

| Time | Focus | Class Content | Games / Drills / Resource |
|---------------|-----------------------|--|--|
| 15 Mins Prior | Setup and Welcome | Set up the games and practice stations Be ready to welcome participants 5 minutes before the session starts | |
| 5 mins | Introduction | Objectives - Introduce hybrids and fairway woods 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"> Why is a warm-up important? |
| 40 Mins | Mastering the Game | 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 | 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"> Hybrid/Fairway Wood challenge |
| 5 Mins | myGame Tracking | 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 | 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 - Rotation and Shoulder Plan

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. Path

2. Clubface Aim

Keep your technical instruction on rotation and shoulder plane 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.



Learning the Game

A Pre Round Warm Up

Highlight to your learners what should be included in a pre-round warm up and outline how long they should allow for this warm up to take.

Learners need to understand that their tee time is when they are starting their round, and therefore they should arrive at the club at least 45 minutes - 1 hour prior to warm up.

Your recommended warm up should include use of the range, chipping area and putting green.



The Whole Golfer

Pre round warm up

Make sure participants understand how a warm up helps the learner to physically prepare for the round.

Provide more detail on the muscles and joints used during the warm-up which will help the learners to prevent injury and perform at their best.

If learners would like more information, make sure you can recommend them to an expert at the club who can help them.

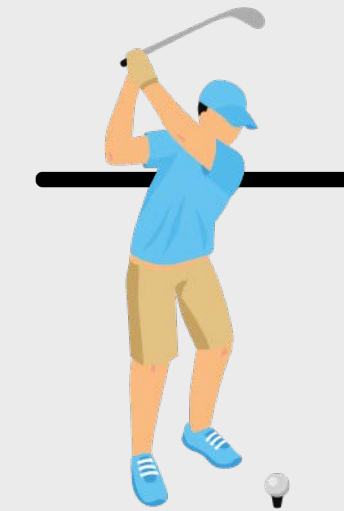


Class Layout and Setup

Station 6:
Secondary Skill
Putting



Station 1:
Practice Station
Rotation



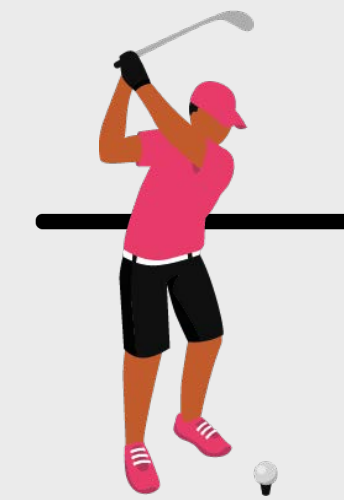
Station 2:
Practice Station
Shoulder Plane



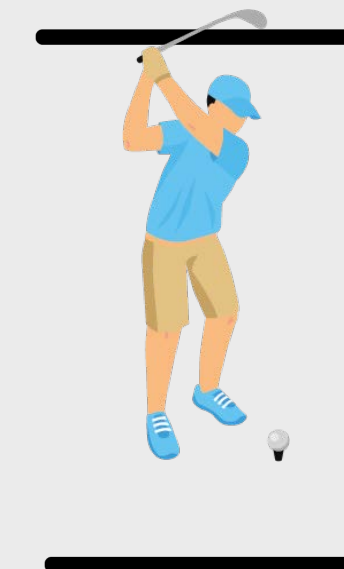
Station 3:
Practice Station
Clubface Aim



Station 4:
Game Station
Army Golf



Station 5:
Challenge Station
Hybrid/Fairway Wood Challenge



Practice Stations and Game Cards



Themed Class Plans

Control Distance

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

Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set this activity up with 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 length of the stroke using a putter, 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. e.g. a 7 iron would be best to lower lofted club.

Technical Learning Objectives

- This activity will help the learner to understand the importance of a shot based on the speed of the stroke.
- This activity will help the learner to gain confidence around the green by becoming consistent with one particular type of club.

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Rotation



Equipment Needed

- Hoop
- Alignment Stick
- Hybrid / Fairway Woods
- Golf Balls

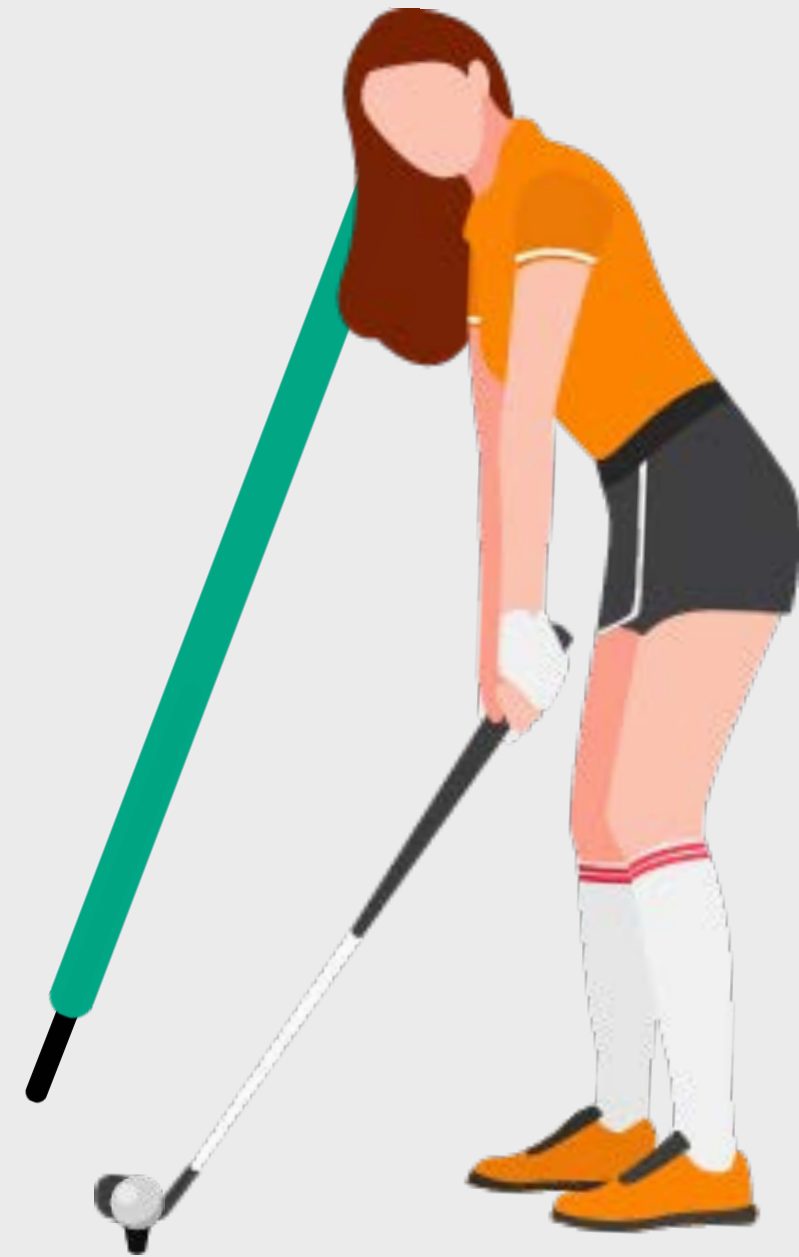
How to Practice

- Learners should understand that the golf club swings on a circle around the golfer, and only touches the ball to target line on the few inches through impact, and that this is referred to as the path of the club head
- Use the alignment stick to demonstrate the ball to target line, and the hoop to represent the club head's movement around the golfer
- The learner should experiment with what it feels like to swing the club straight back and through along the target line, and then to swing the club round on an arc and how much more effective it is this way

Technical Link

- Understanding this means learners will practice the rotation that is required to make a powerful, controlled golf swing

Shoulder Plane



Equipment Needed

- Alignment Stick
- Foam Noodle
- 7 iron and hybrid
- Golf balls

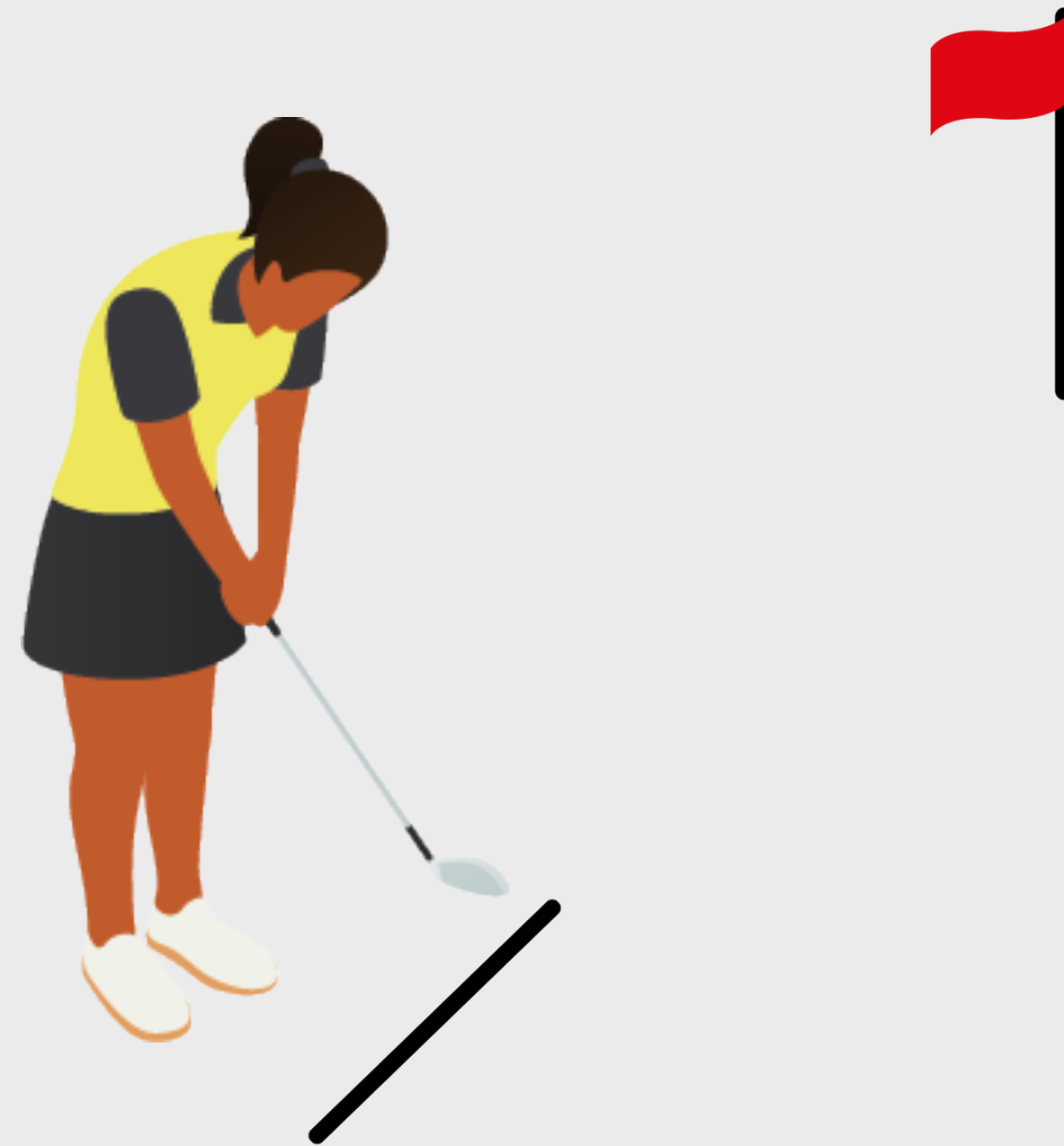
How to Practice

- Following on from previous weeks, learning about posture in the golf swing, the learners will benefit from learning about shoulder plane
- The learner should use the alignment stick by placing it across their shoulders, getting into posture and rotating so that the point of the alignment stick points roughly towards the ball
- Another alignment stick and noodle can be placed at an angle along the ball to target line so that when the learner is swinging they can practice with the visual and physical guide in place

Technical Link

- This activity will help the learner to strike the ball more consistently and improve their swing path

Clubface Aim



Equipment Needed

- Hybrid or Fairway Wood

How to Practice

- The learner should practice whilst using an alignment stick to aid them in making sure their club face aim is perfectly square before they start the swing
- If the ball starts left or right of target the learner then knows either they have miss-hit the shot, or they have done something which has caused the club face to aim right or left at impact

Technical Link

- This activity will help the learner to build an awareness of what a square set-up looks like to them

Army Golf



Equipment Needed

- Alignment Stick
- Foam Noodle

How to Play

- The learner addresses the ball in the same way each time, aided by the alignment stick which points directly at the foam noodle
- The learner should then attempt to hit the ball alternately left of the noodle, and then right of the noodle by changing the direction of the swing and the path of the club head
- The learner should try to build an awareness of how they control the club by swinging it in different directions

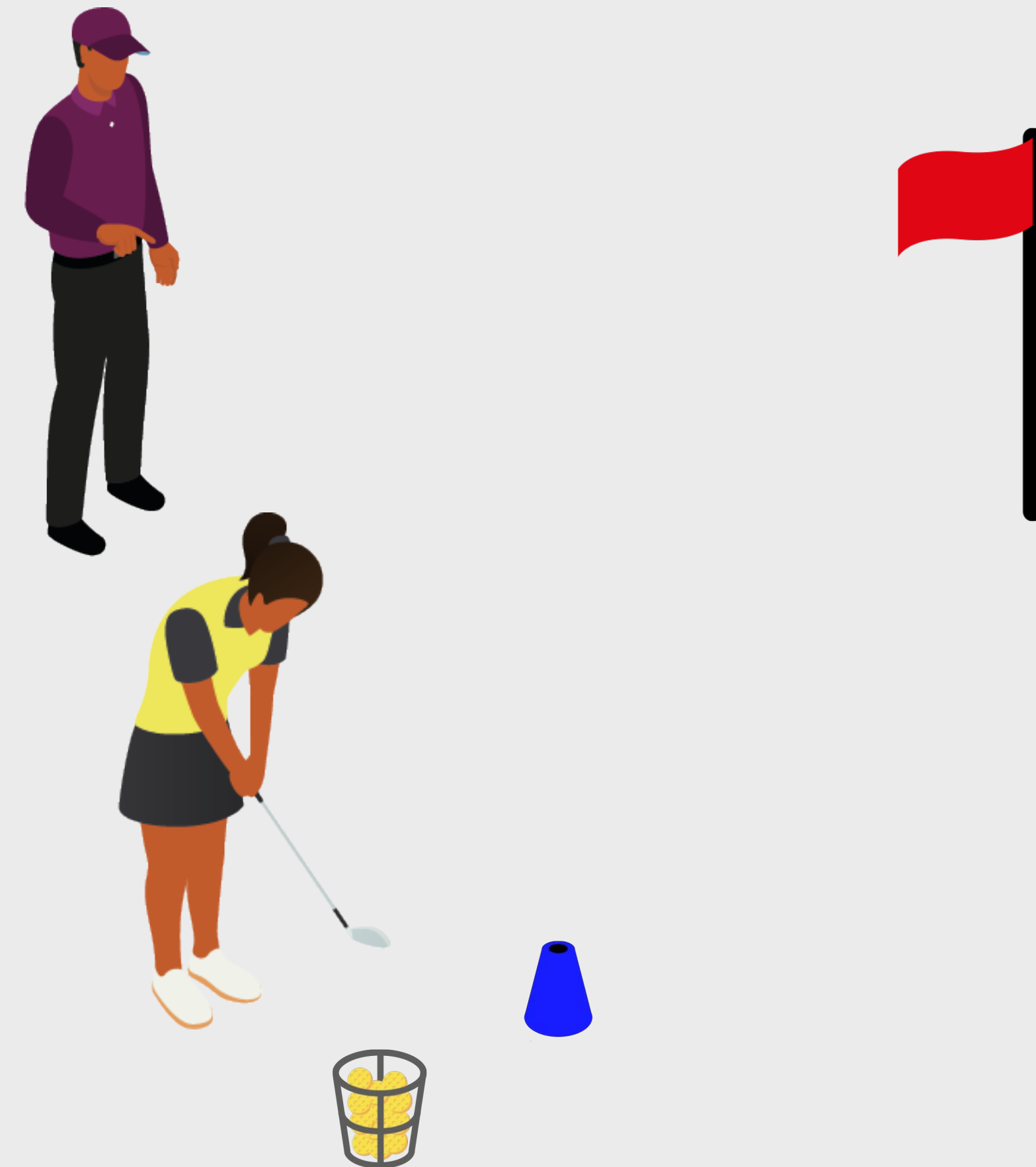
Progression Ideas

- Challenge the learner to deliberately hit the ball left, then right then dead straight to hit the noodle
- If the learner struggles with one direction more than the other encourage them to practice that one more

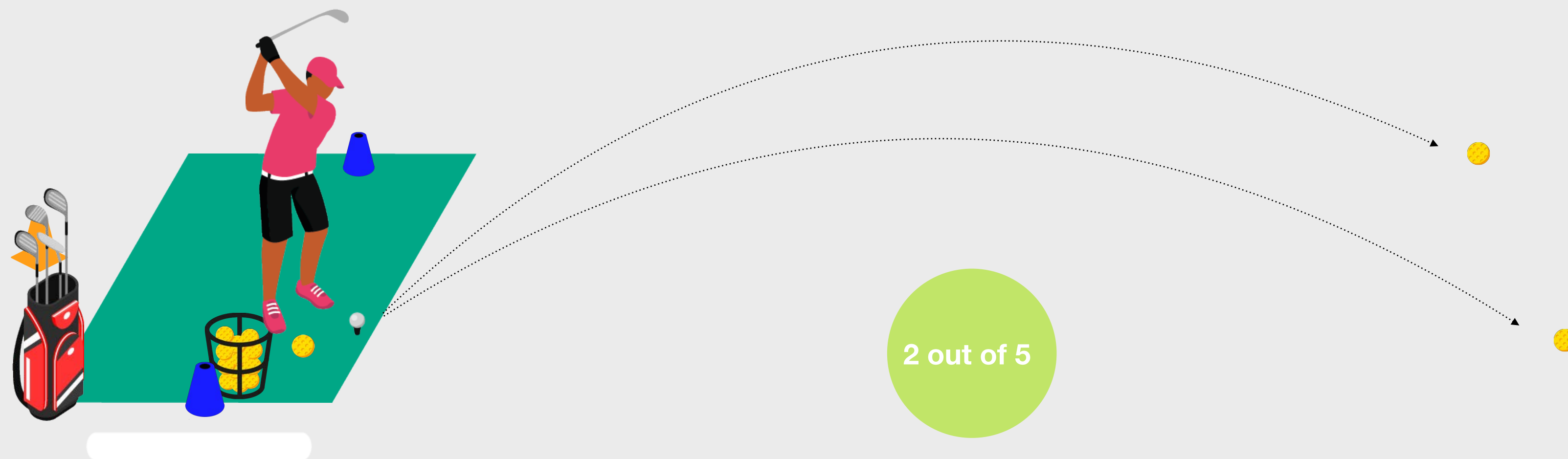
Secondary Skill

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 practice their skills on the green.



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.

Equipment you Need

The equipment you will need for this challenge:

- Golf Balls

What should the Learner do next?

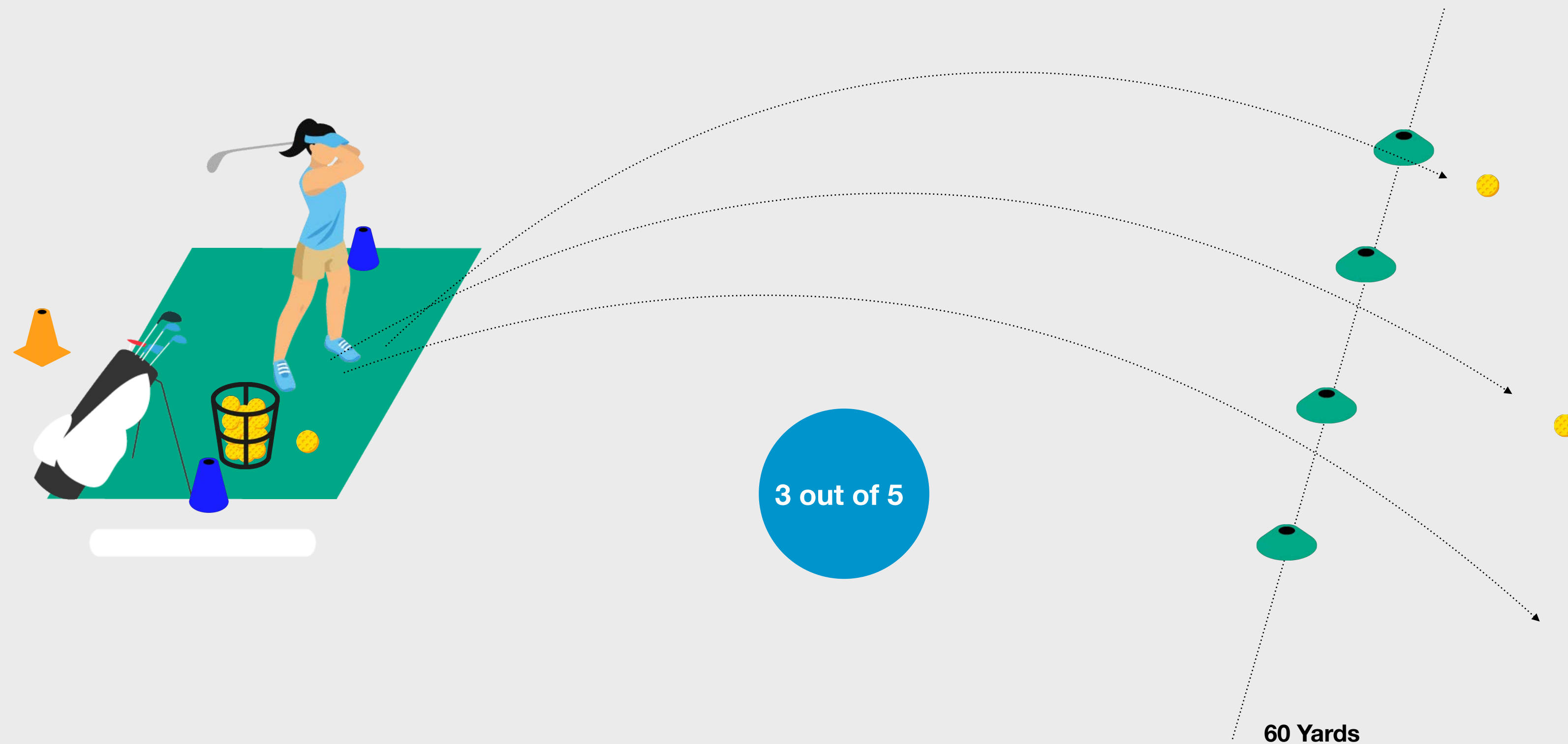
After attempting the challenge, the learner should:

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

Fairway Woods



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.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the carry line
- 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

Fairway Woods



Hybrid/Fairway Wood Challenge

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



The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 3 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)

Equipment You Need

The equipment you will need for this challenge:

- Alignment Sticks to mark the target gates
- Foam noodles to make the gate more visible
- 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

Fairway Woods



2 out of 5

