

Around the Green

Improving Contact

Monday, February 7th - Sunday, February 13th



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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Class Timetable

Session Length:
60mins

Group Size:
1:8

Mastering the Game:
Around the Green
Improving Contact

Online Whole Golfer Resource:
Injury Prevention

Learning the Game:
Rules and Etiquette
Short Game Practice

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 - Improve contact 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"> Rules and Etiquette Short Game Practice
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"> Chipping 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

Sternum and Ball Position

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

Low point control

Now that learners understand that getting a consistent strike is easier by controlling the low point of the swing we can work with them to help deliver this more consistently.

Experimenting with the relationship between sternum position at impact and ball position can help a learner to strike the ball more consistently.



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:

Rules and Etiquette - Short Game Practice

Make sure learners understand the rules that apply to practicing at the short game area at your club. This may include not chipping towards another person in case of a missed contact, knowing where you are allowed to chip or if there is a putting only practice area.



The Whole Golfer

Injury Prevention

Highlight to learners that it's important to practice a technique that helps to prevent injury.

Provide some strengthening exercises that might help learners to prevent injuries, if you have an expert at the facility it would be beneficial to work together to make sure your learners know where to go to improve their strength and flexibility.



Class Layout and Setup

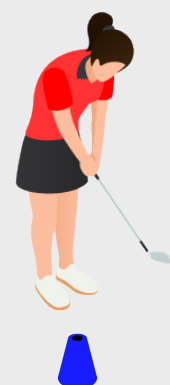
Station 1:
Practice Station
Ball Position



Station 2:
Practice Station
Sternum



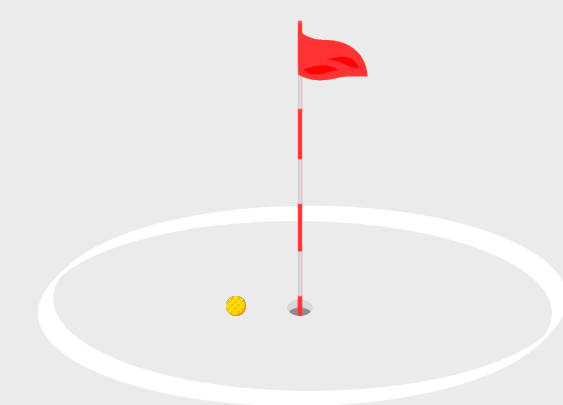
Station 3:
Game Station
Landing Zone



Station 4:
Challenge Station



Station 5:
Secondary Skill



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 serve as a themed class focus.

Equipment Needed

- 12 cones
- Golf balls

How to Practice

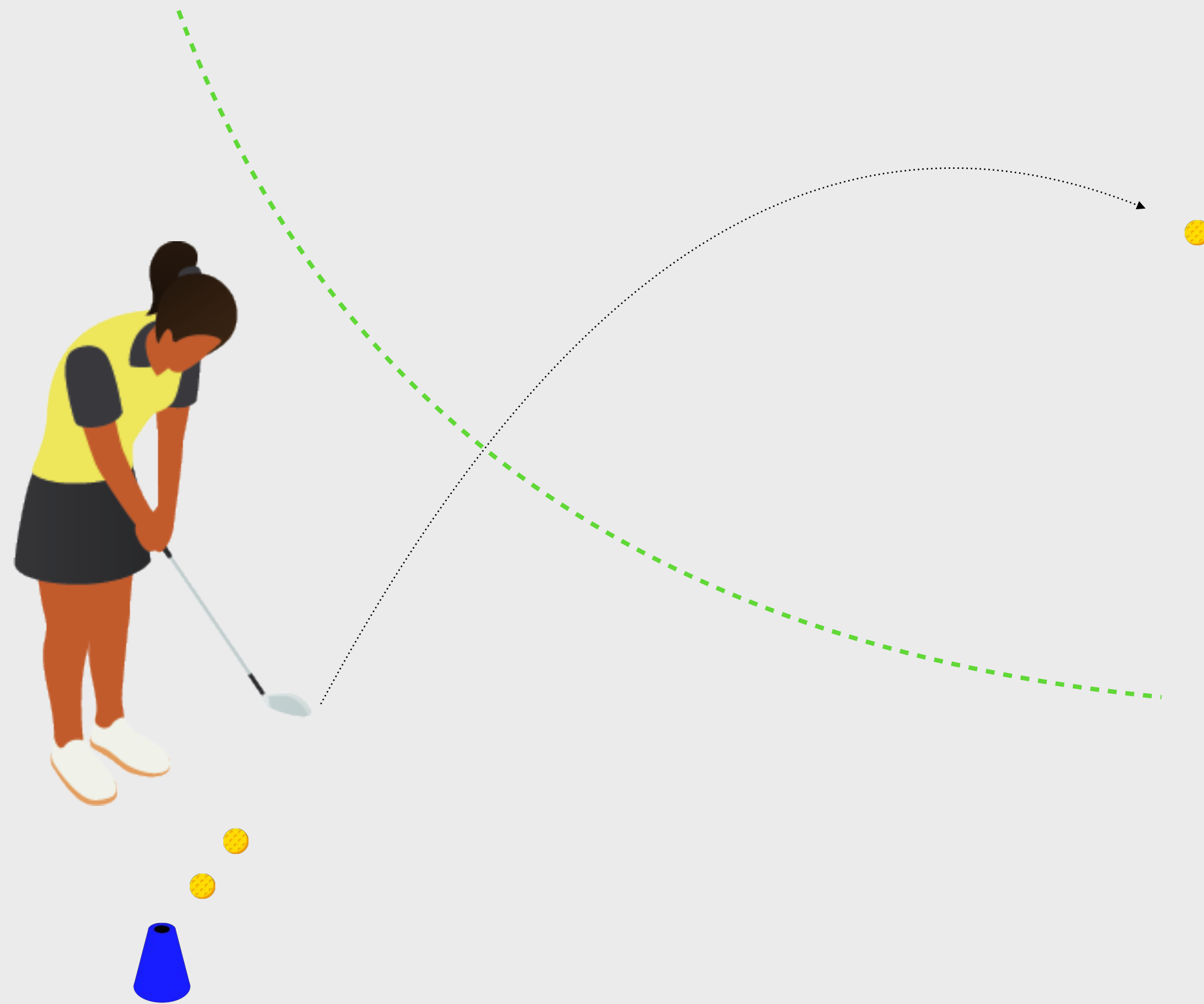
- Set this activity up in 3 different sized boxes (10, 20, and 30 yards) from the learner.
- The learner should practice chipping the ball at different distances using the same club, by varying the speed of the swing.
- Encourage them to start by controlling the length of the stroke, similarly to how 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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Ball Position



Equipment Needed

- Pitching Wedge or Sand Wedge
- 3 Golf balls

How to Practice

- The learner should attempt to hit the same chip shot three times, but use a different ball position each time
- The learner should play one ball from the center of their stance, one an inch or two forward of center and one an inch or two behind

Technical Link

- This activity will help learners build an awareness of the different ball positions and the impact on strike, flight and roll

Sternum



Equipment Needed

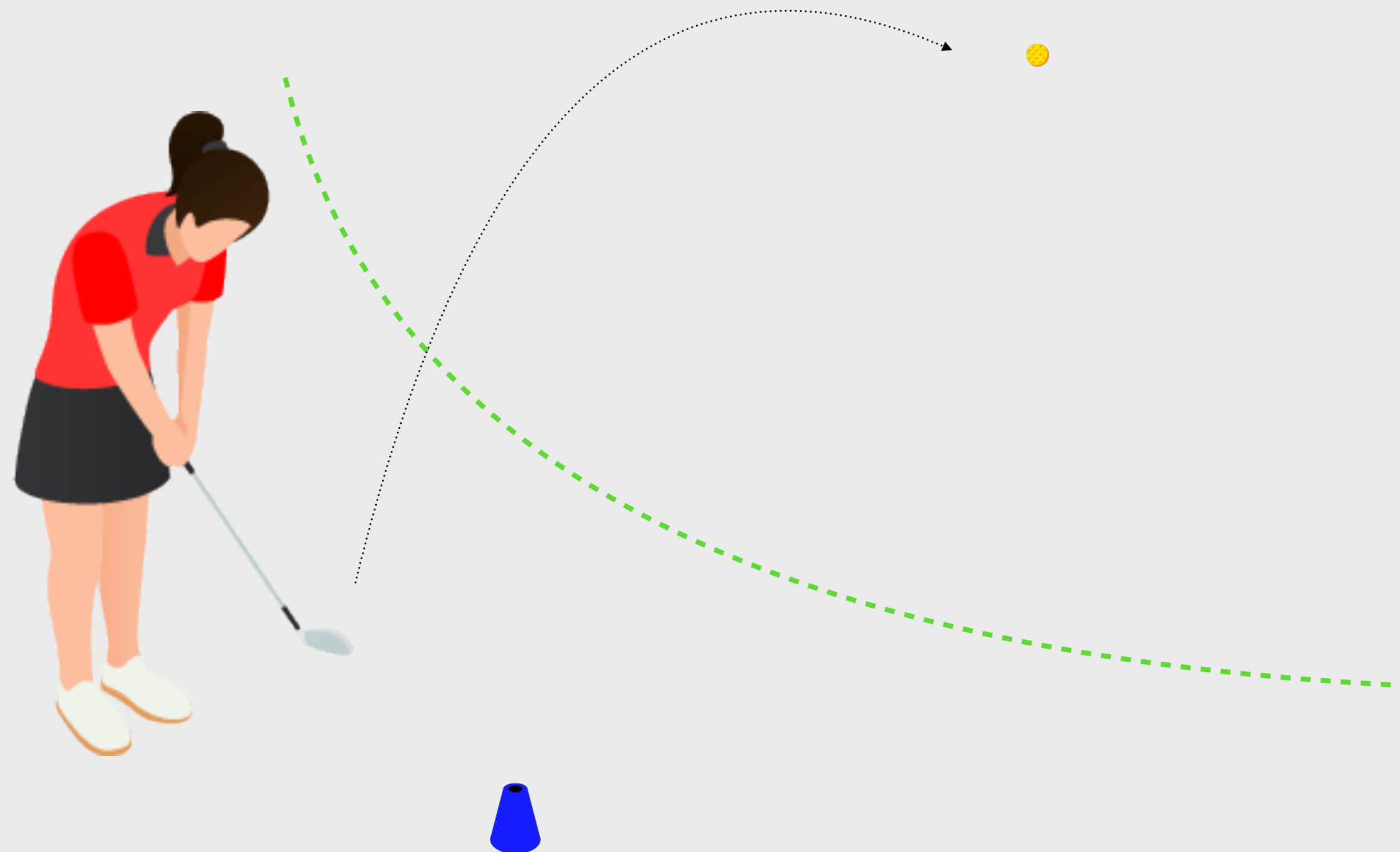
- Alignment Stick
- Golf balls

How to Practice

- Learners should use an alignment stick or their golf club to discover whether their sternum is positioned at address
- Hold the club or alignment stick at one end, place it against the sternum and let it hang down naturally
- It will then be obvious whether the learner is set up with their sternum before, level with, or in front of the ball

Technical Link

- This activity will help the learner to understand their position at set up and how, when the sternum is positioned behind the ball, they will be more likely to strike the ground first



Landing Zones



Equipment Needed

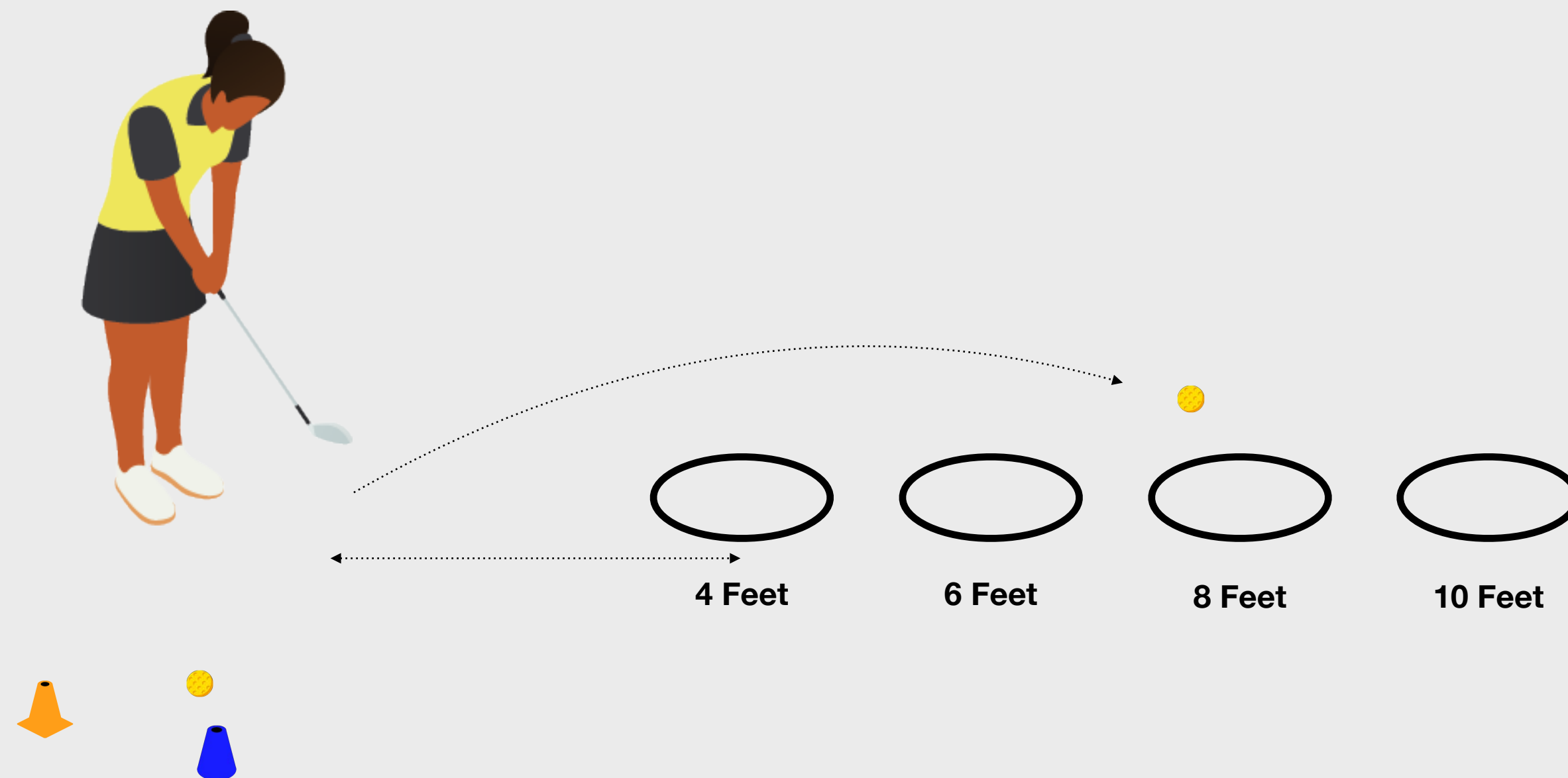
- Hoops
- Golf balls

How to Play

- Place the hoops on the ground from 4 to 10 feet
- The aim is to chip the ball to land in the first hoop, and then each consecutive hoop thereafter
- The learner counts how many shots it takes to chip the ball to land in each hoop

Progression Ideas

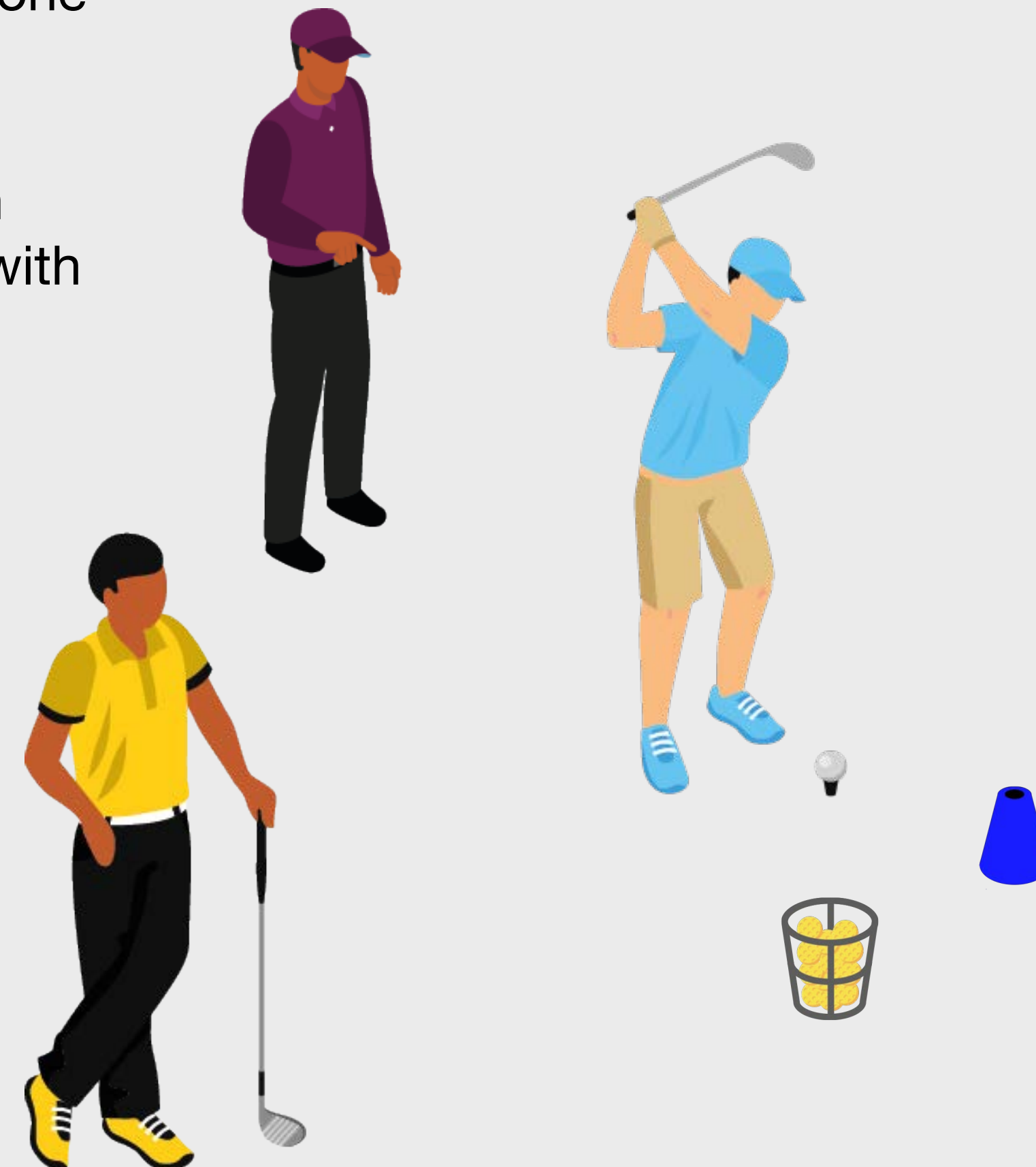
- Provide a limit on the number of attempts to complete the challenge
- Extend the challenge by adding more hoops, or asking learners to land the ball in each hoop consecutively to the furthest hoop, and then back to the closest hoop again



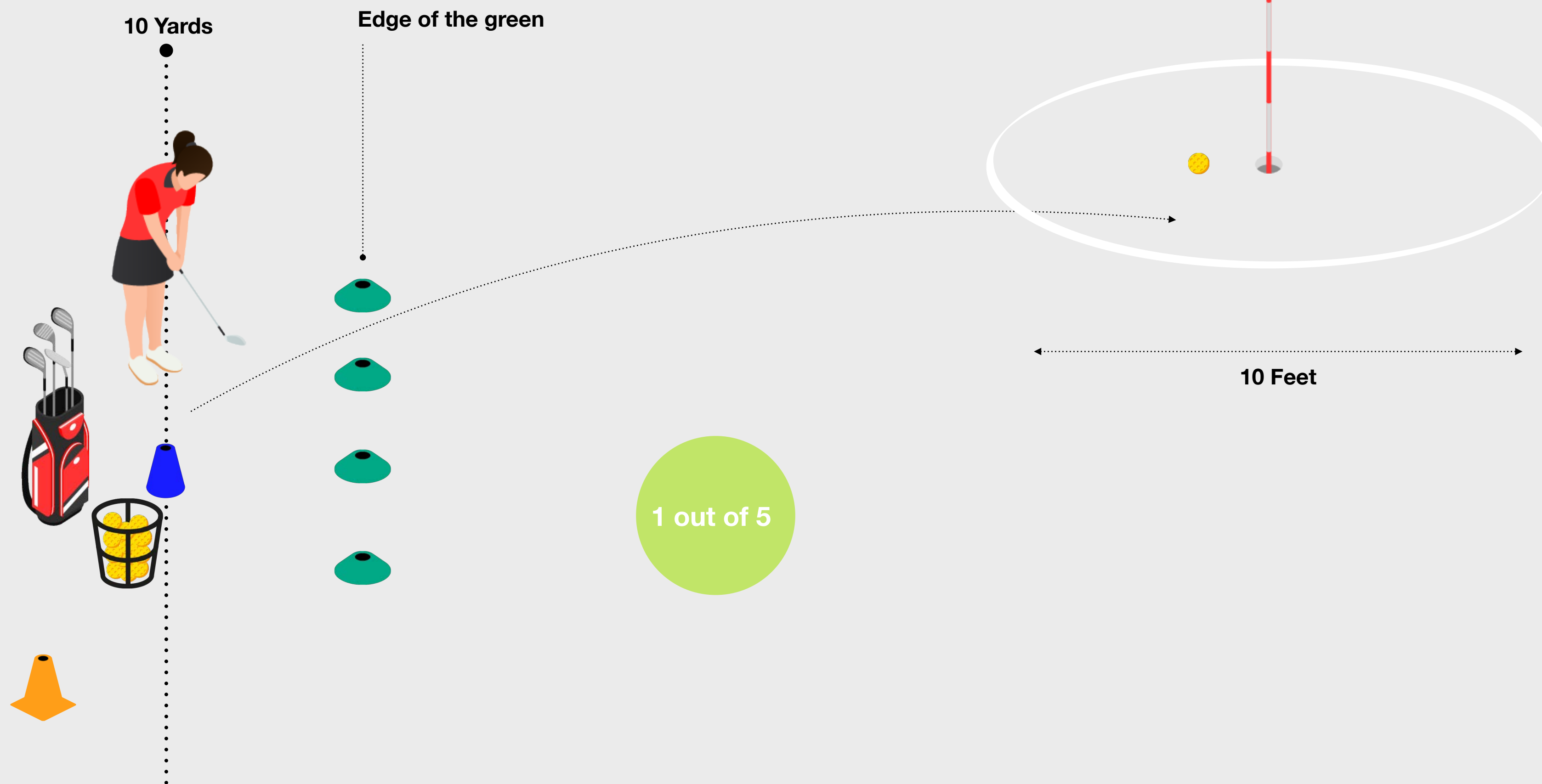
Secondary Skill

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.



Chipping Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to chip 1/ 5 shots to finish within a 10-foot diameter target circle from a distance of 10 yards from the hole.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting position
- 10-ft target circle from your equipment bag
- Golf Balls

What should the Learner do next?

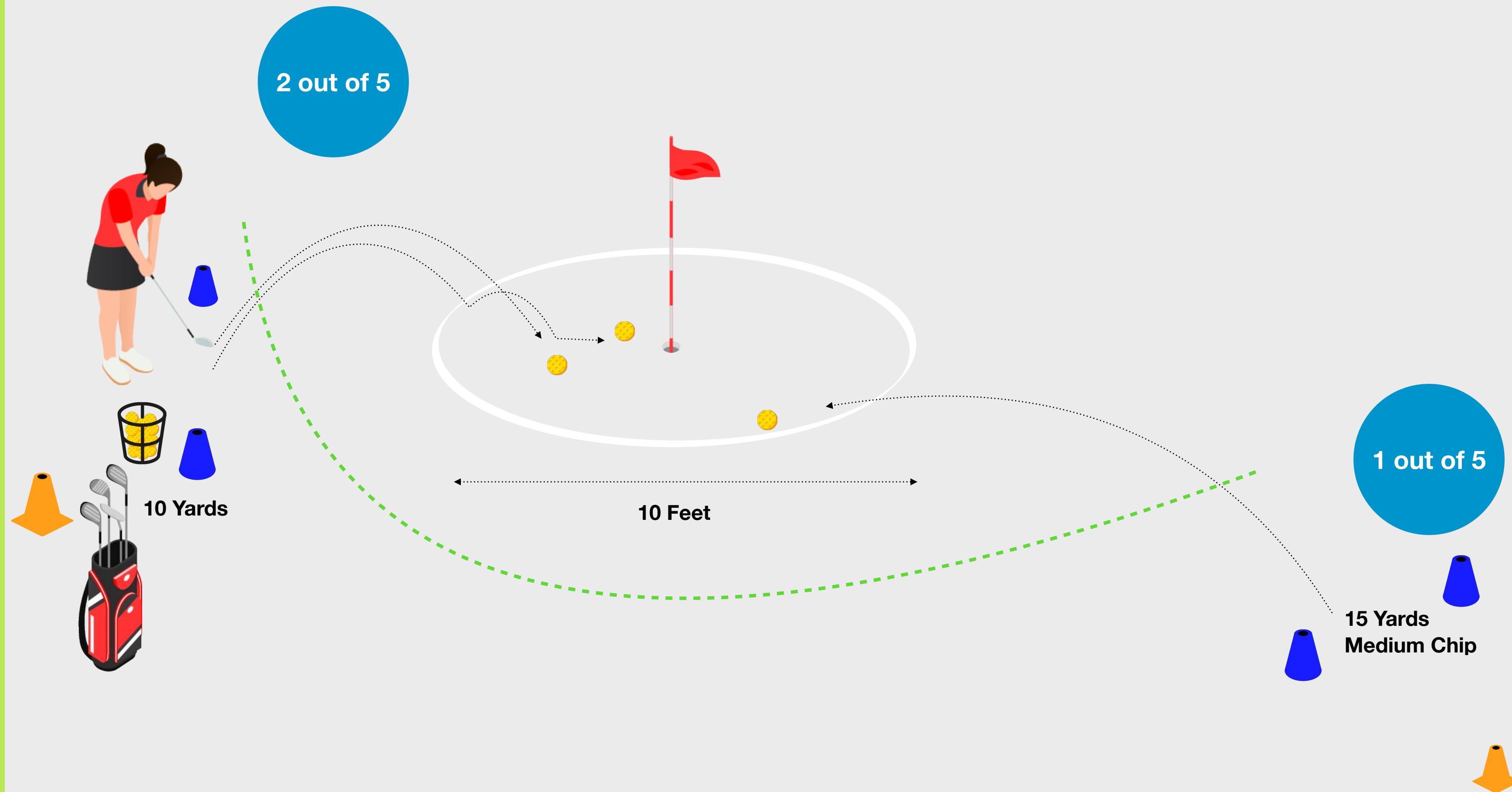
After attempting the challenge, the learner should:

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

Chipping



Chipping Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to chip 2 out of 5 shots from 10 yards and 1 out of 5 shots from 15 yards to finish within a 10-foot diameter target circle.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting positions
- 10-ft target circle from your equipment bag
- Golf Balls

What should the Learner do next?

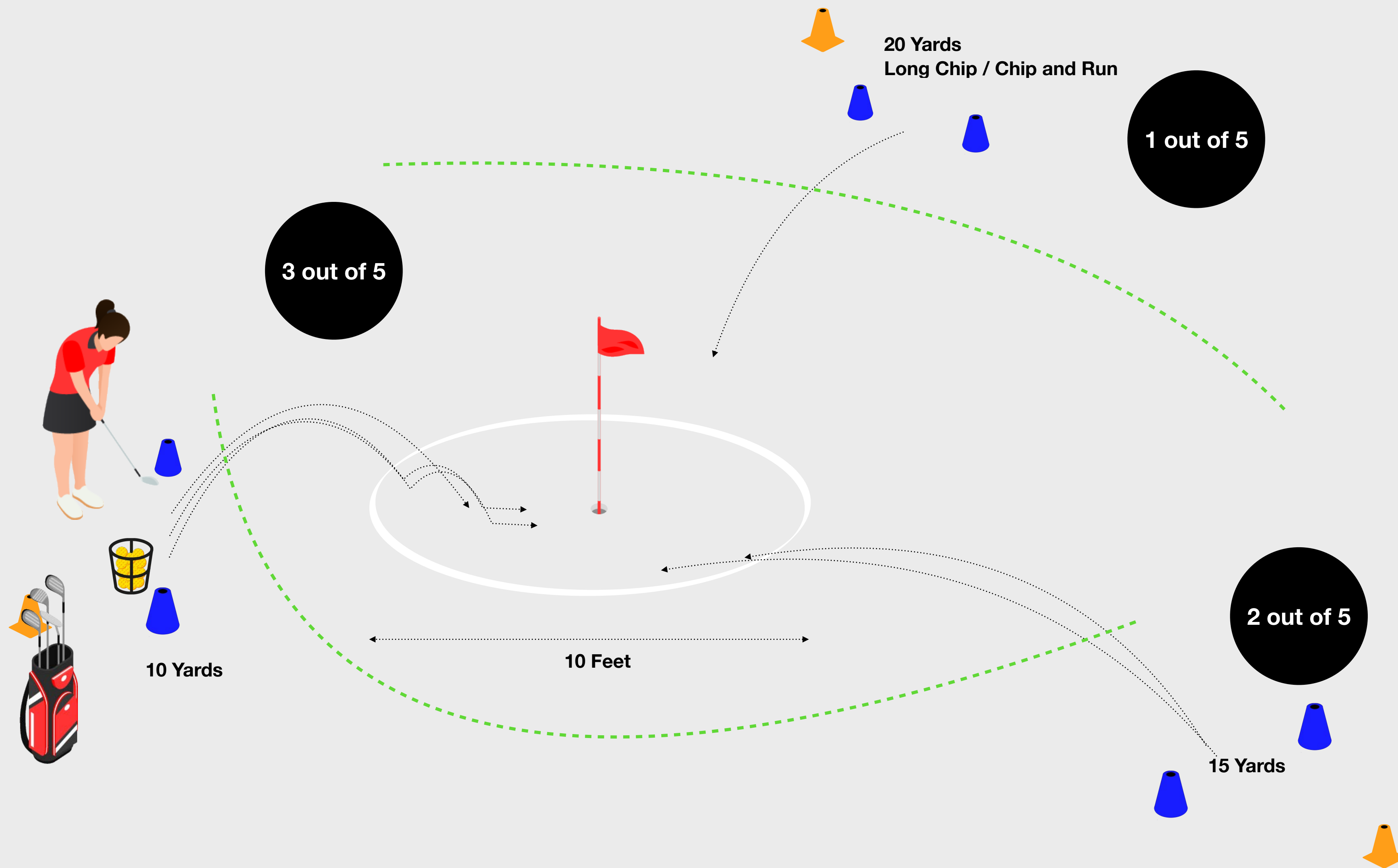
After attempting the challenge, the learner should:

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

Chipping



Chipping Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to chip 4 out of 5 shots from 10 yards, 2 out of 5 shots from 15 yards and 1 out of 5 shots to finish within a 10-foot diameter target circle.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting positions
- 10-ft target circle from your equipment bag
- 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

Chipping

