

Practice On the Green

Monday, February 14th - Sunday, February 20th

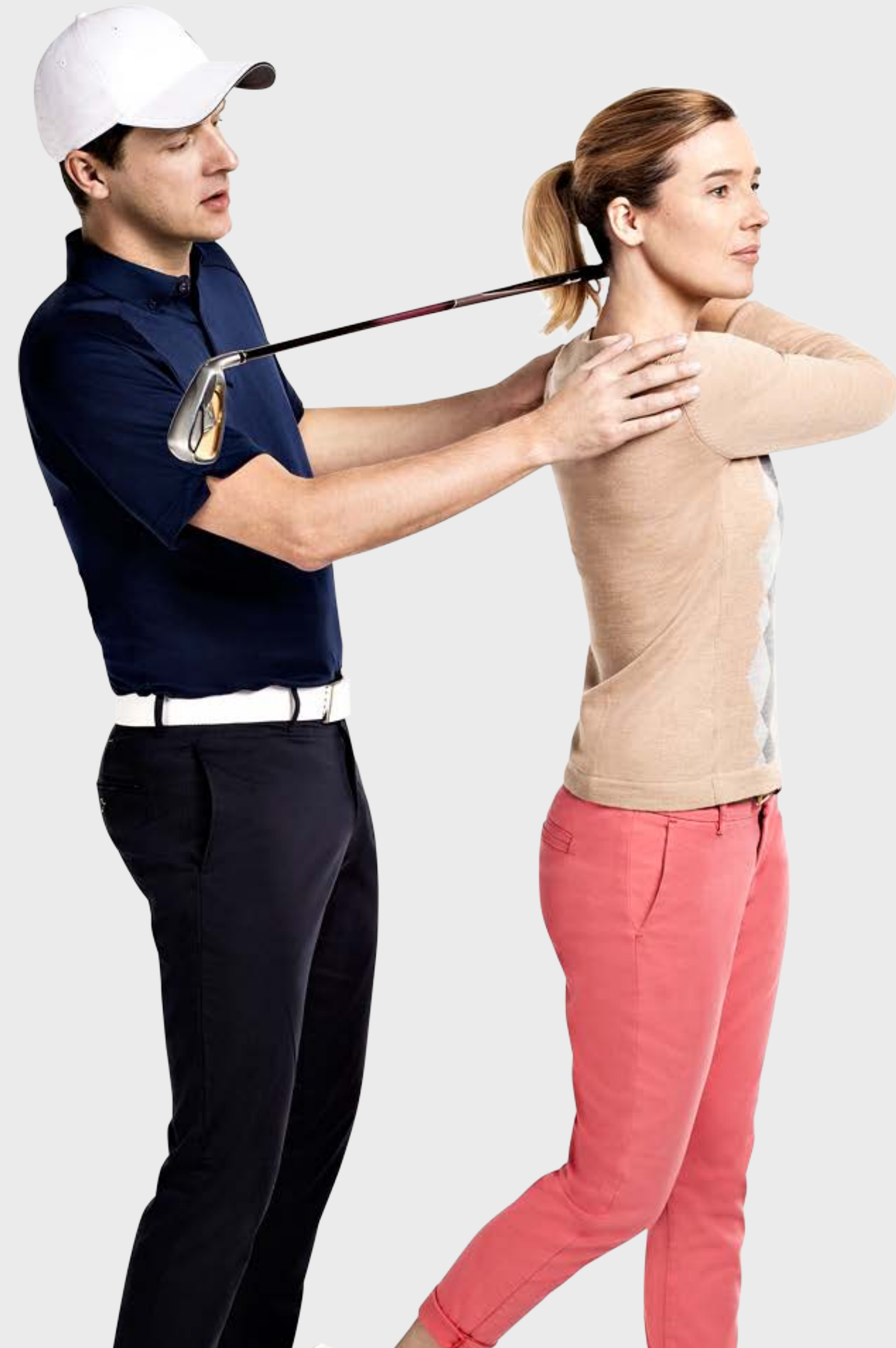


GAMEON

GOLF DEVELOPMENT

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Class Timetable



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Class Timetable

Session Length: 60mins

Size:

Time	Focus	Class Content	Games / Drills / Resources
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 	<p>Mastering the Game Focus: On the Green Long Putts, Short Putts & Scoring</p> <p>Whole Golfer Focus Basic Pre Shot Routine</p> <p>Learning the Game Focus: Etiquette on the Putting Green - Line of the putt</p> <p>Challenge: Short Putts challenge Long Putts challenge Scoring Challenge</p>
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 	Basic Pre- Shot Putting Routine
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 introduction 	Etiquette on the Putting Green - Line of the putt
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 	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:
On the Green - Short Putts

Whole Golfer:
Positive Self-Talk

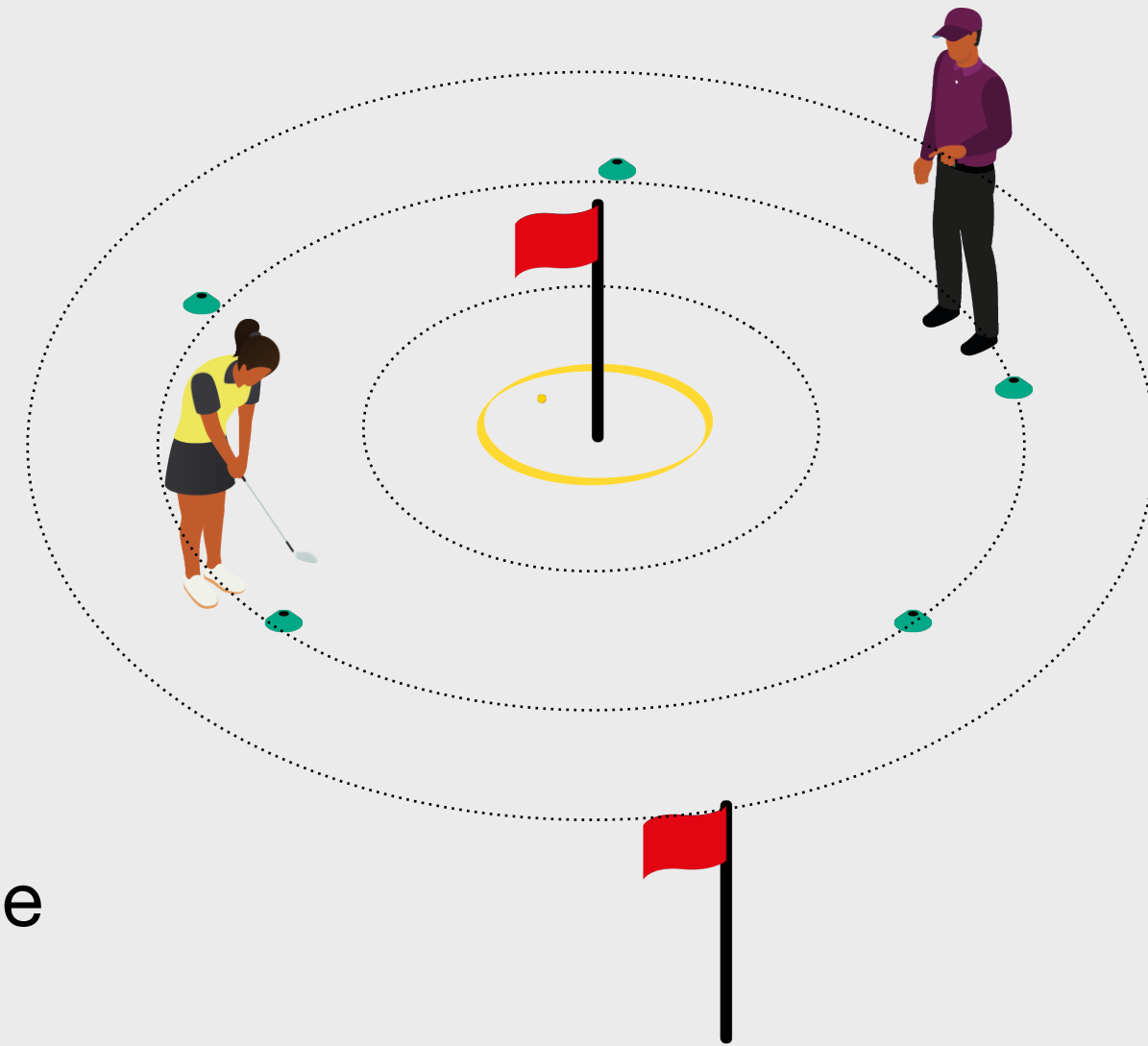
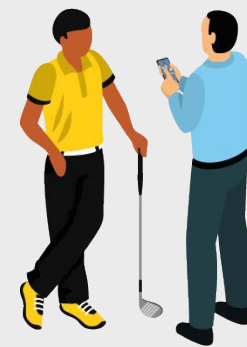
Learning the Game:
Orientation
Severity of Slope

Challenge:
Short Putts Challenge
Long Putts Challenge
Scoring Challenge

Time	Focus	Class Content	Games / Drills / Resource
10 Mins	Introduction and Whole Golfer Focus	Objectives - Opportunity for learners to practice their putting Practice Station: Game Station: Whole Golfer Focus: Positive Self-Talk	
20 Mins	Games, Practice and Challenge Time	Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning	Swing Length Ladder Long Putts Ladder
5 Mins	Learning the Game Focus	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"> Orientation - Severity of Slope
15 Mins	Games, Practice and Challenge Time	Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning	Swing Length Ladder Long Putts Ladder
10 Mins	<i>myGame</i> Tracking and Recap	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 Whole golfer online resource Learning the game online resource

Practice on the Green Class Layout and Setup

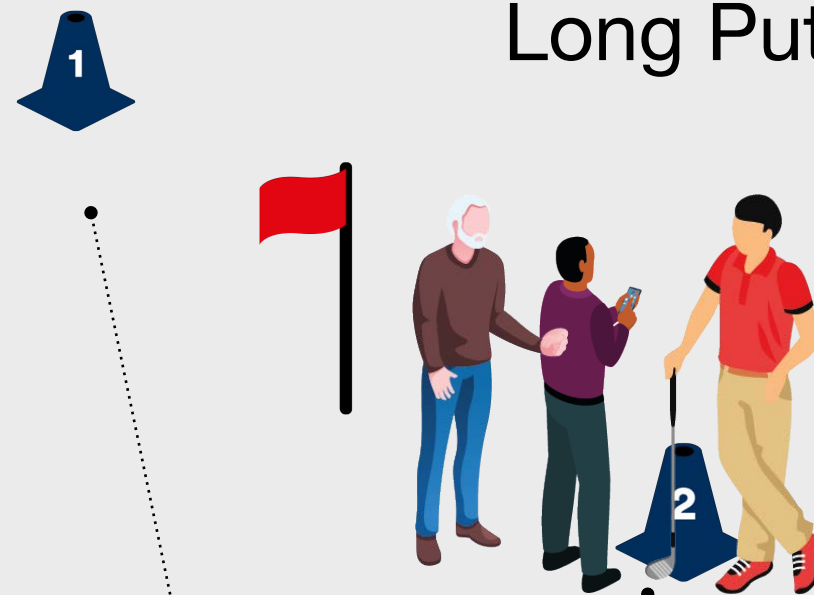
Station 1:
Short Putts Challenge



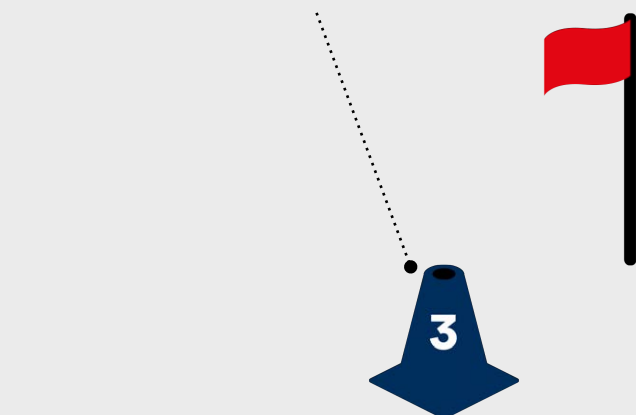
Station 6:
Secondary Skill
Swing



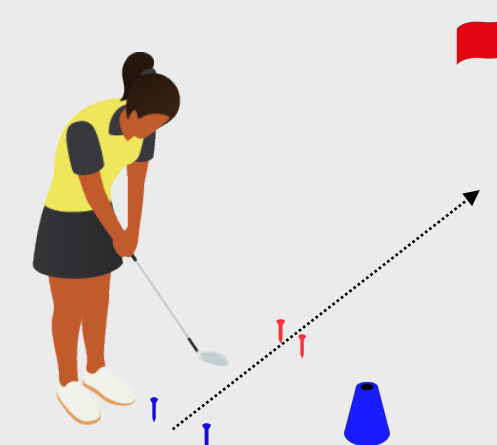
Station 2:
Long Putts Challenge



Station 3:
Scoring Challenge



Station 4:
Practice Station
Centred Strike

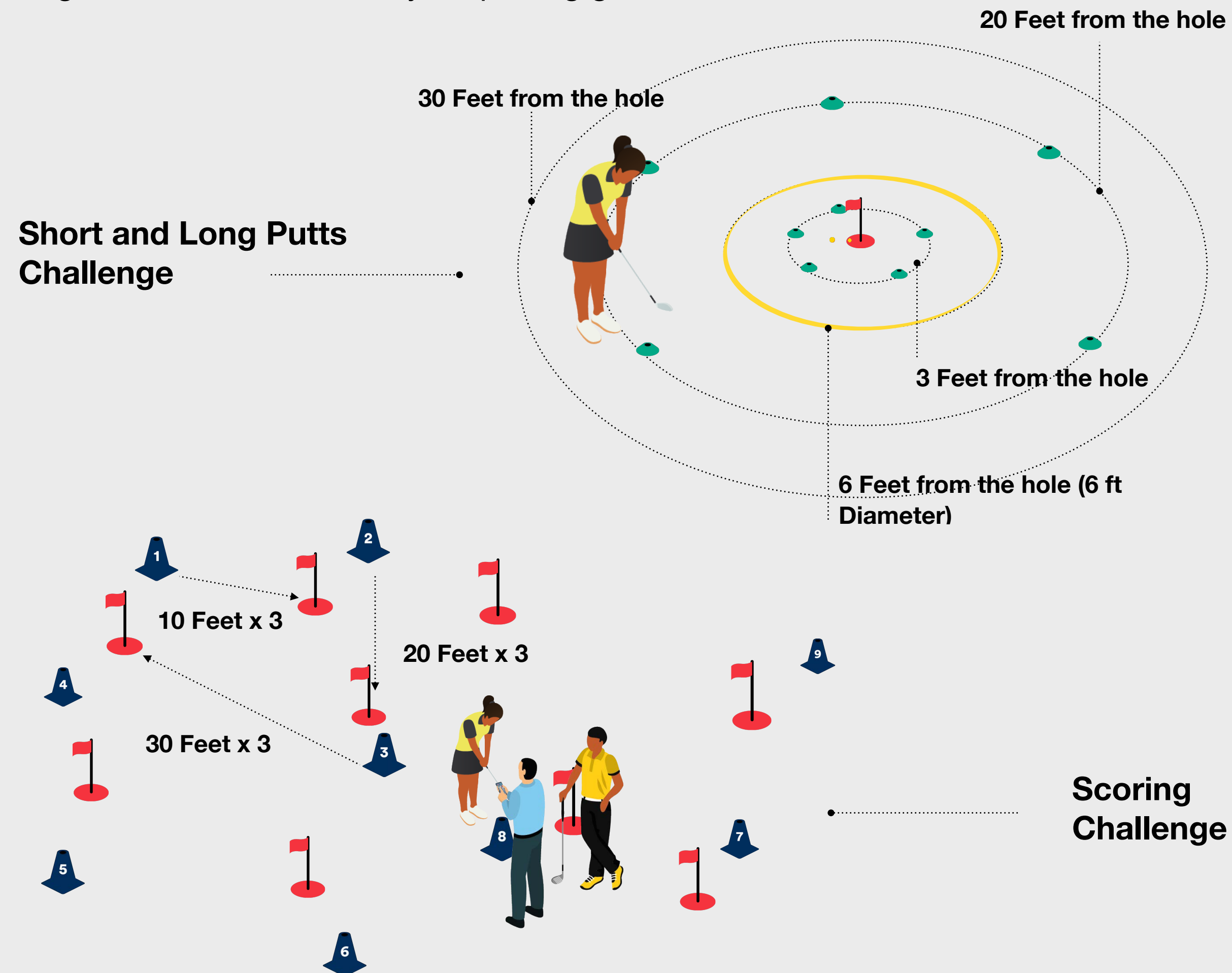


Station 5:
Game Station
Spiral Challenge



On the Green Challenges Layout and Set Up

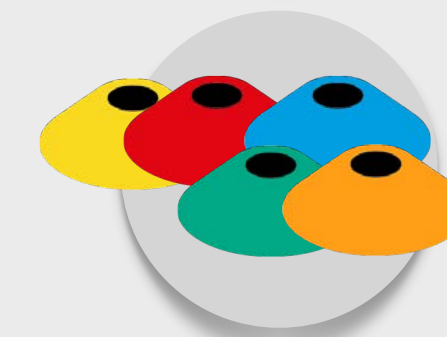
The graphic below provides an example of how each of the challenges connect together when laid out on your putting green:



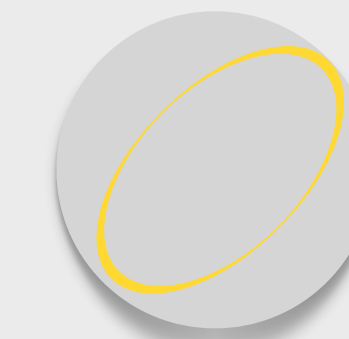
Please find below a list of the equipment you require for these challenges:



Numbered Putting Cones



Mixed Colored Cones

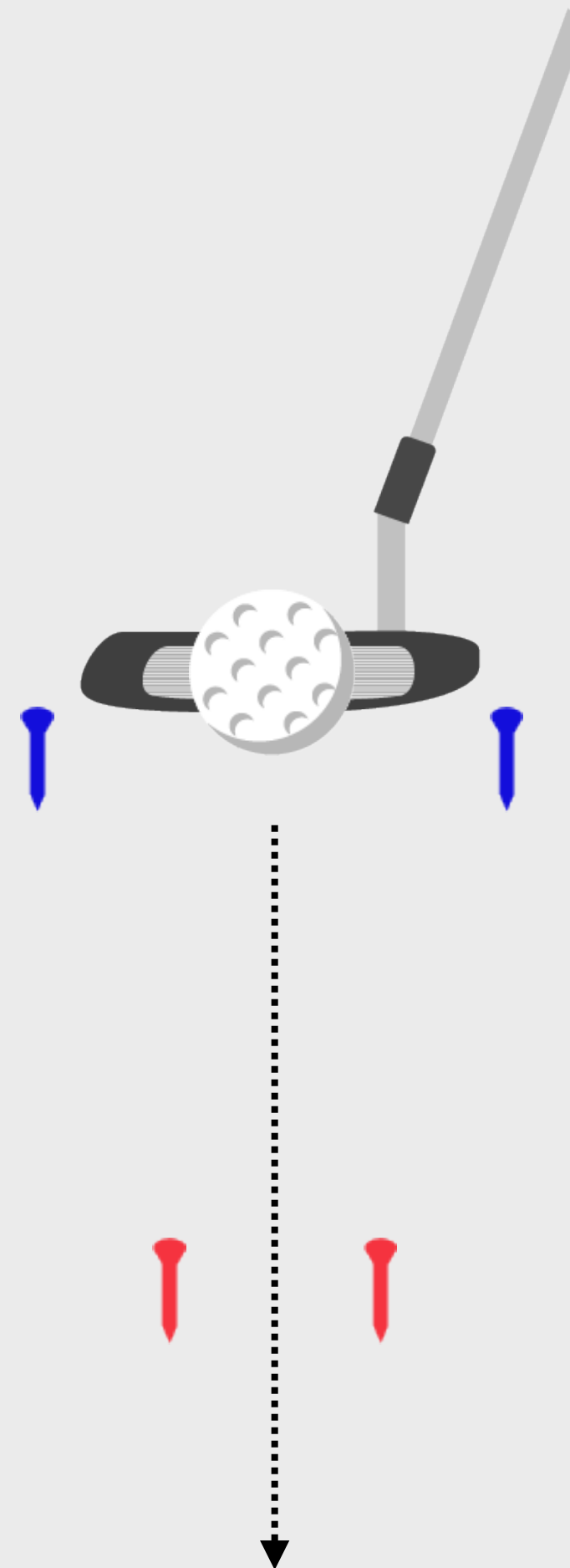
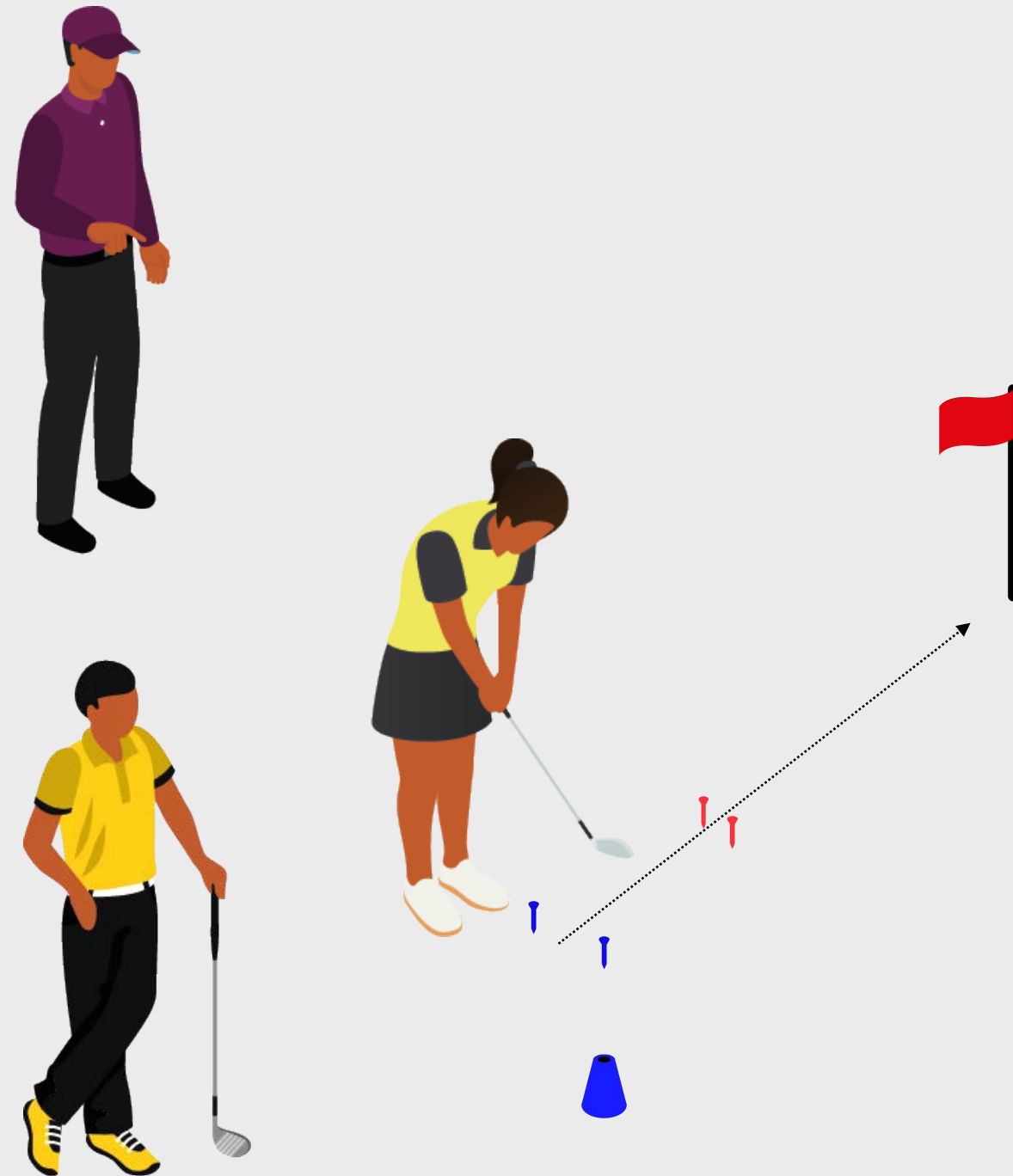


6 ft diameter hoop



Tee Pegs

Centered Strike



Equipment Needed

- 4 tee pegs to mark the gates for the putter and ball
- A single cone to represent the starting position

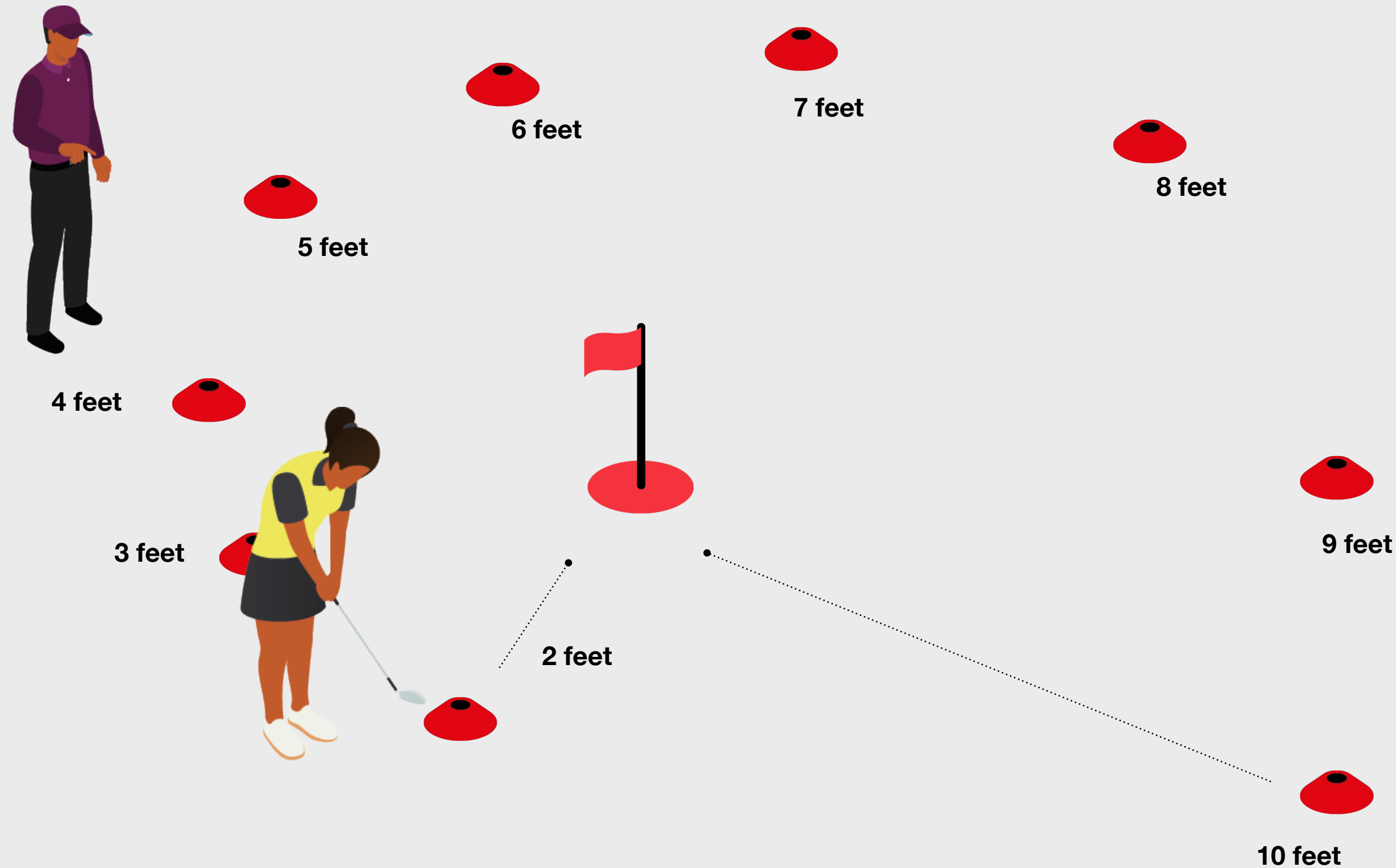
How to Practice

- A learner starts by attempting to putt their ball without hitting the blue tees with their putter
- Once the learner is confident doing this they should also try to putt the ball through the red tees too

Technical Link

- Improves control of the putter throughout the stroke, and ensures a centred strike at impact
- Builds awareness of path, and club face aim at impact

Spiral Challenge



Equipment Needed

- 9 Tee Pegs or Cones
- Putter
- Golf Ball

How to Play

- Learners should start from the closest cone or tee peg to the hole
- If the learner misses they stay where they are, if they hole the putt they move onto the next cone
- The aim is to hole all the putts from each distance, to complete the spiral
- The game can be attempted individually or in pairs

Progression Ideas

- Change the distances between the cones and the hole
- Add a sloped surface to the game
- Introduce a rule that after a certain number of attempts the learner should move back a step or go back to the start

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:

Severity of Slope

Introduce the concept of learning the severity of the slope.

Using a process like Aimpoint can help to quantify the slope with a rating, e.g. a 1% slope, 5% slope, etc. When introducing this concept choose slopes that are quite extreme so that it is easier for Learners to see and feel the difference between different slopes.



Whole Golfer

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:

Positive Self Talk

Encourage participants to practice positive self talk is going to help them as they navigate their way through the ups and downs of learning the game of golf.

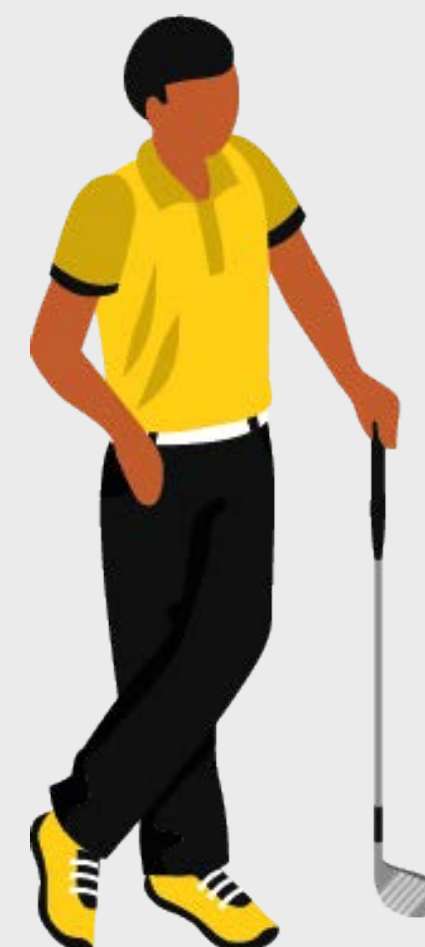
Practicing and getting into the habit of giving positive reinforcement will help to encourage learners to stick with the process of learning the game even when it becomes very difficult for them with a particular skill. A great tip is to ask them how they would respond to a child that had hit a particularly poor shot, or had a negative reaction to their practice/play, and to mirror that in the way learners speak to themselves.



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 what was learnt in their swing classes.



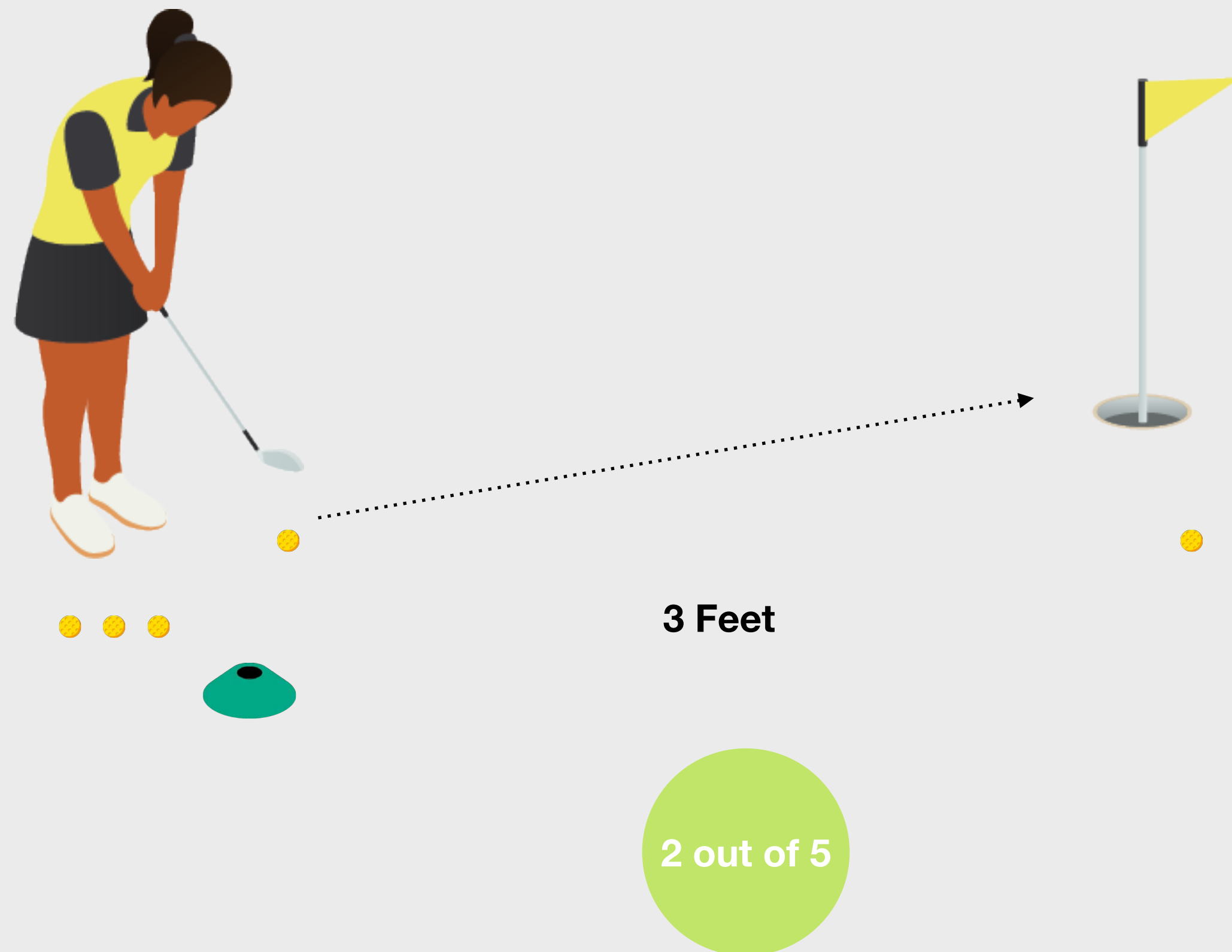
Skill Challenges



Level 1



Short Putts Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to putt 2/ 5 balls in the hole from 3 feet on a flat green surface from one position around the hole.

What should the Learner do next?

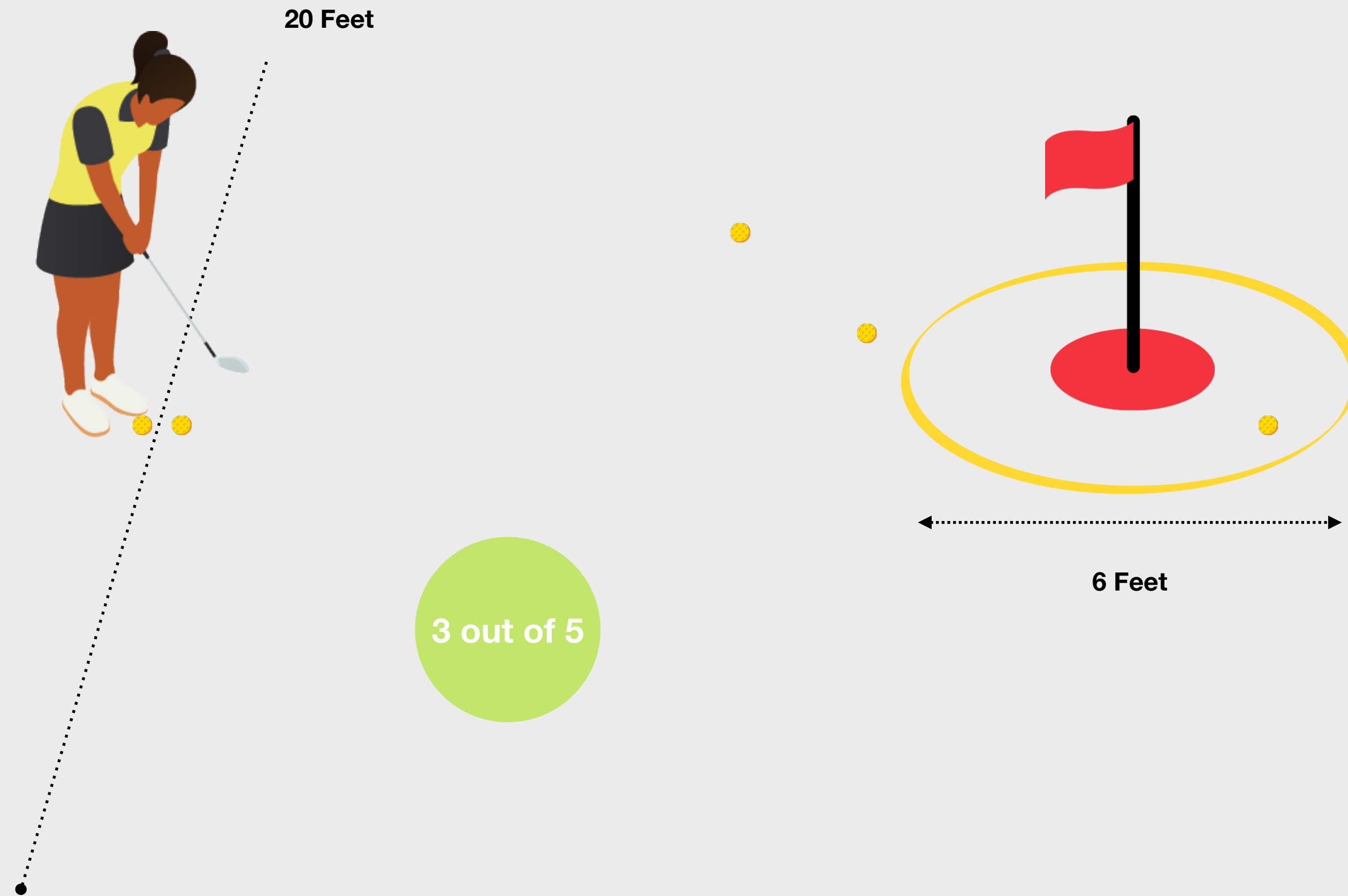
After attempting the challenge, the learner should:

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

Short Putts



Long Putts Challenge



The Challenge

To complete the Level 1 Challenge within the Long Putts skill element, the Learner has 5 attempts to putt 3 balls to within a 6 foot diameter circle around the hole from a single position 20 feet from the hole.

What should the Learner do next?

After attempting the challenge, the learner should:

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

Long Putts



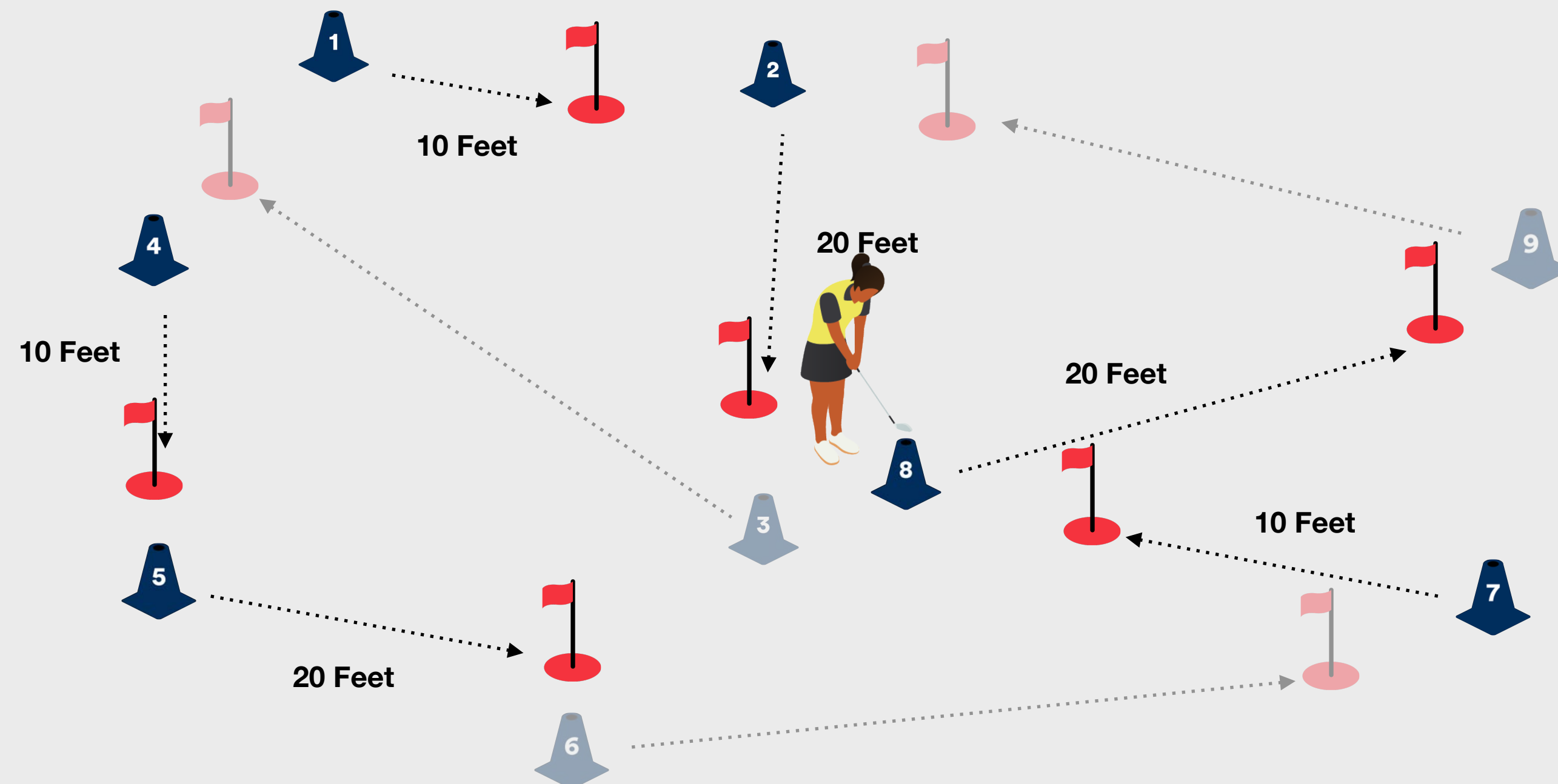
Scoring Challenge

Option 1



21 putts
or fewer

Option 2



The Challenge

To complete the Level 1 Challenge within the Scoring skill element, the learner needs to score 21 putts or fewer over 6 holes on the putting green starting 10 feet away on 3 holes and 20 feet away on 3 holes.

What should the Learner do next?

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

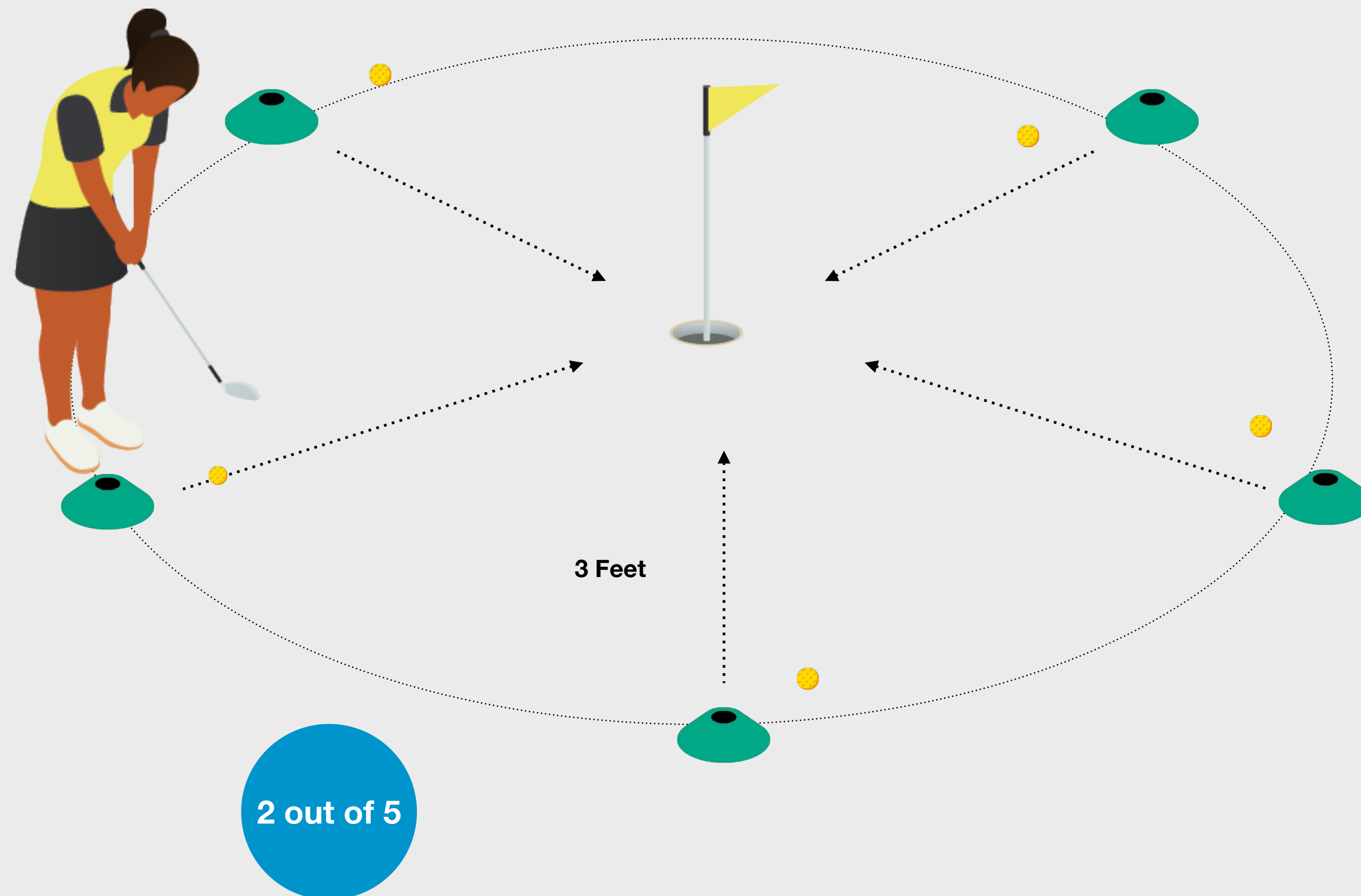
Scoring



Level 2



Short Putts Challenge



The Challenge

To complete the Level 2 Challenge the learner needs to hole 2 out of 5 putts from a distance of 3 feet from 5 different positions around the hole.

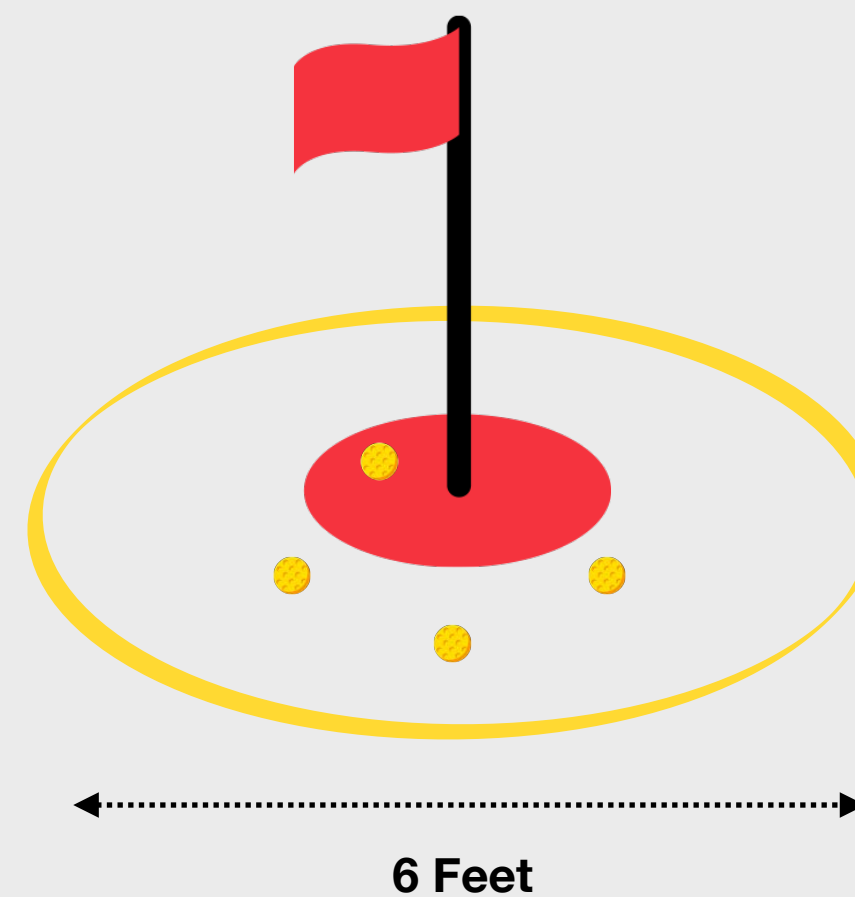
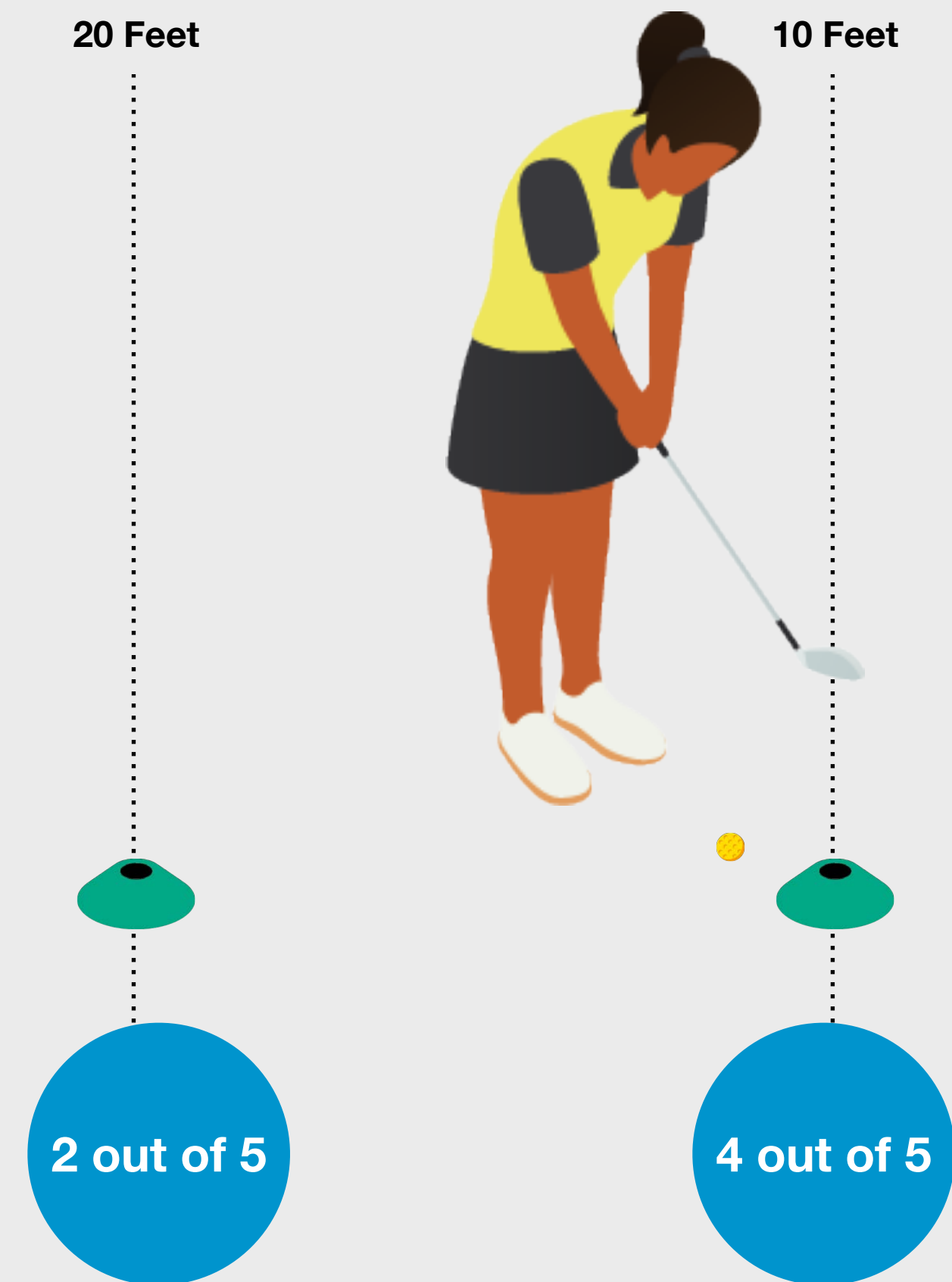
What should the Learner do next?

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

Short Putts



Long Putts Challenge



The Challenge

To complete the Level 2 Challenge within the Long Putts skill element, the Learner has 5 attempts to putt 4 ball to within a 6 foot diameter circle around the hole from a 10 feet from the hole and 2 balls from a distance of 20 feet from the hole.

What should the Learner do next?

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

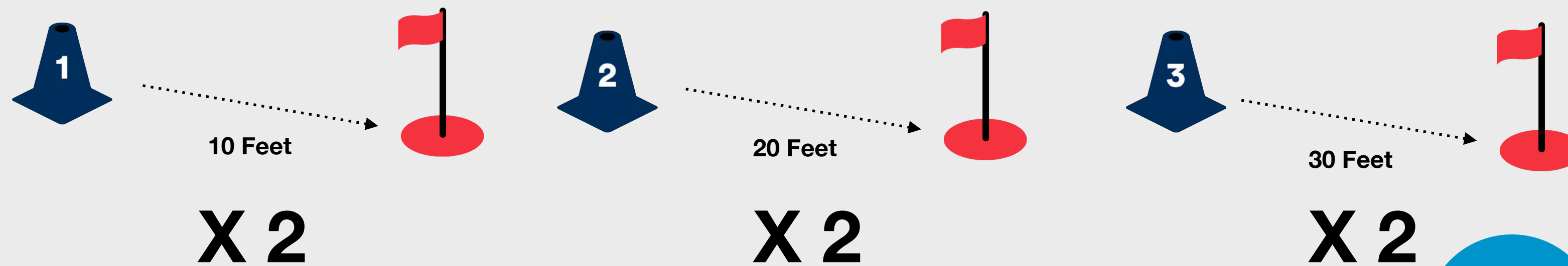
Long Putts



Scoring Challenge

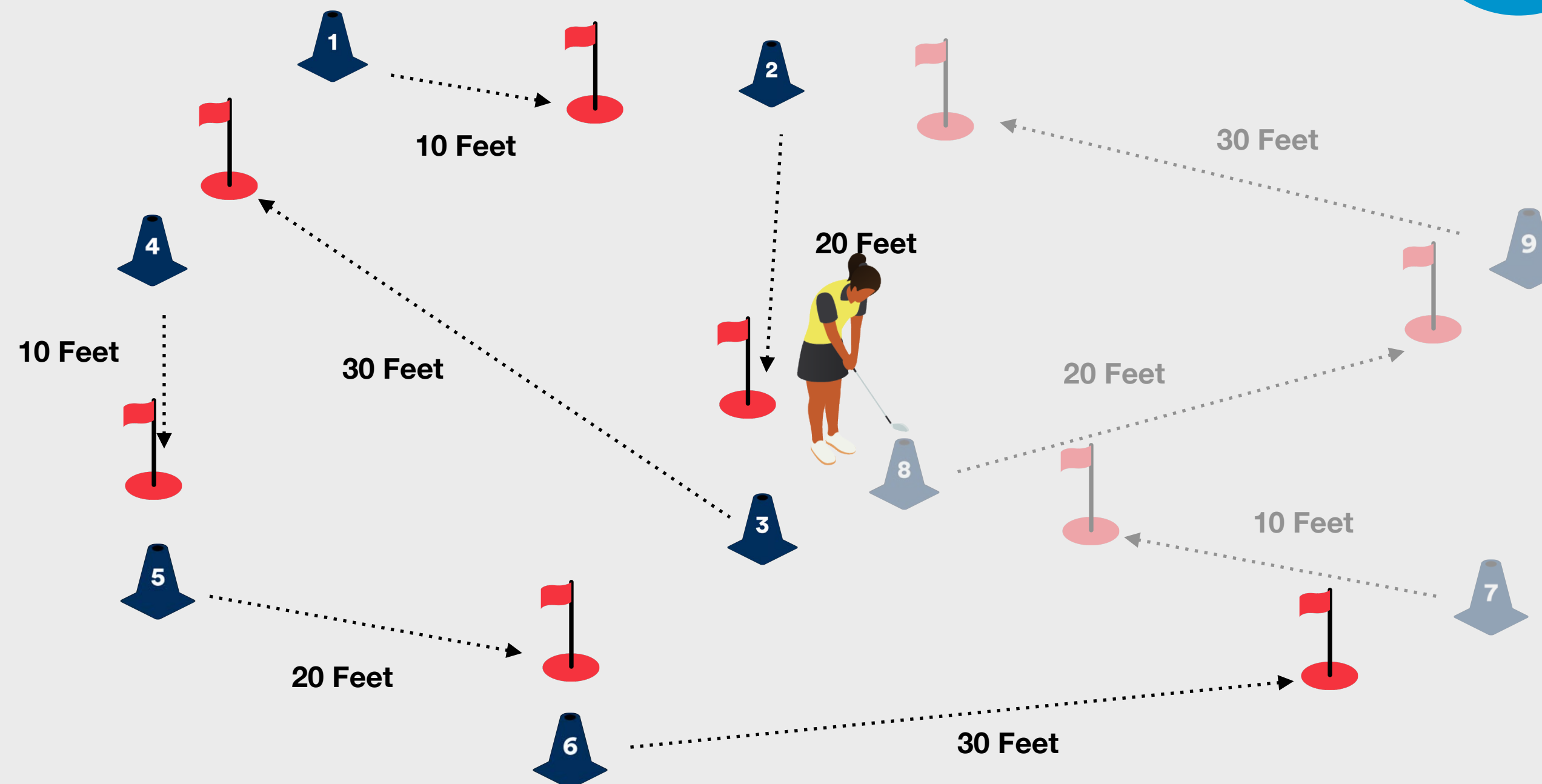


Option 1



18 putts or fewer

Option 2



The Challenge

To complete the Level 2 Challenge within the Scoring skill element, the learner needs to score 18 putts or fewer over 6 holes on the putting green starting 10 feet away on 2 holes, 20 feet away on 2 holes and 30 feet away on 2 holes.

What should the Learner do next?

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

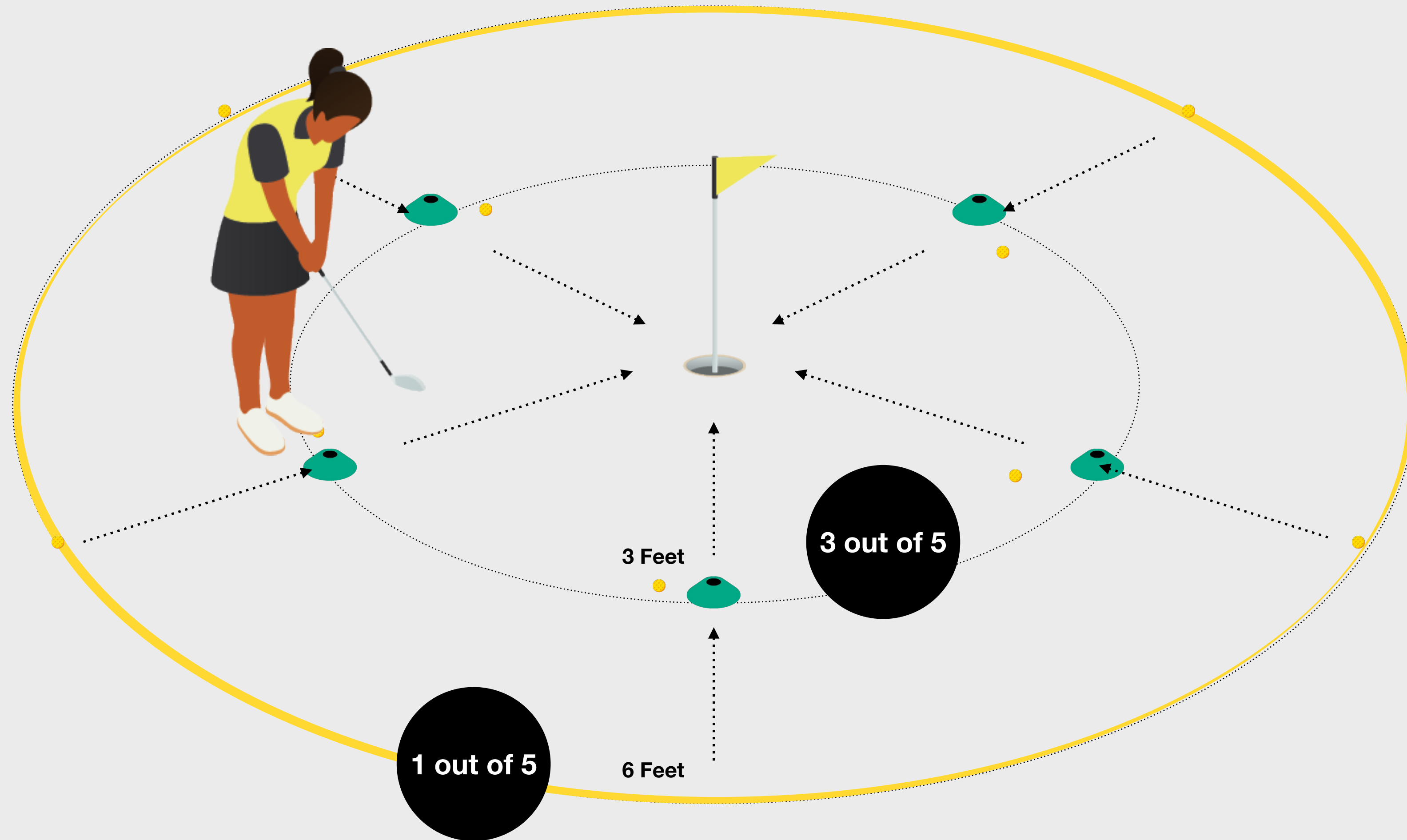
Scoring



Level 3



Short Putts Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to hole 3 out of 5 putts from a distance of 3 feet and 1 out of 5 putts from 6 feet from 5 different positions around the hole.

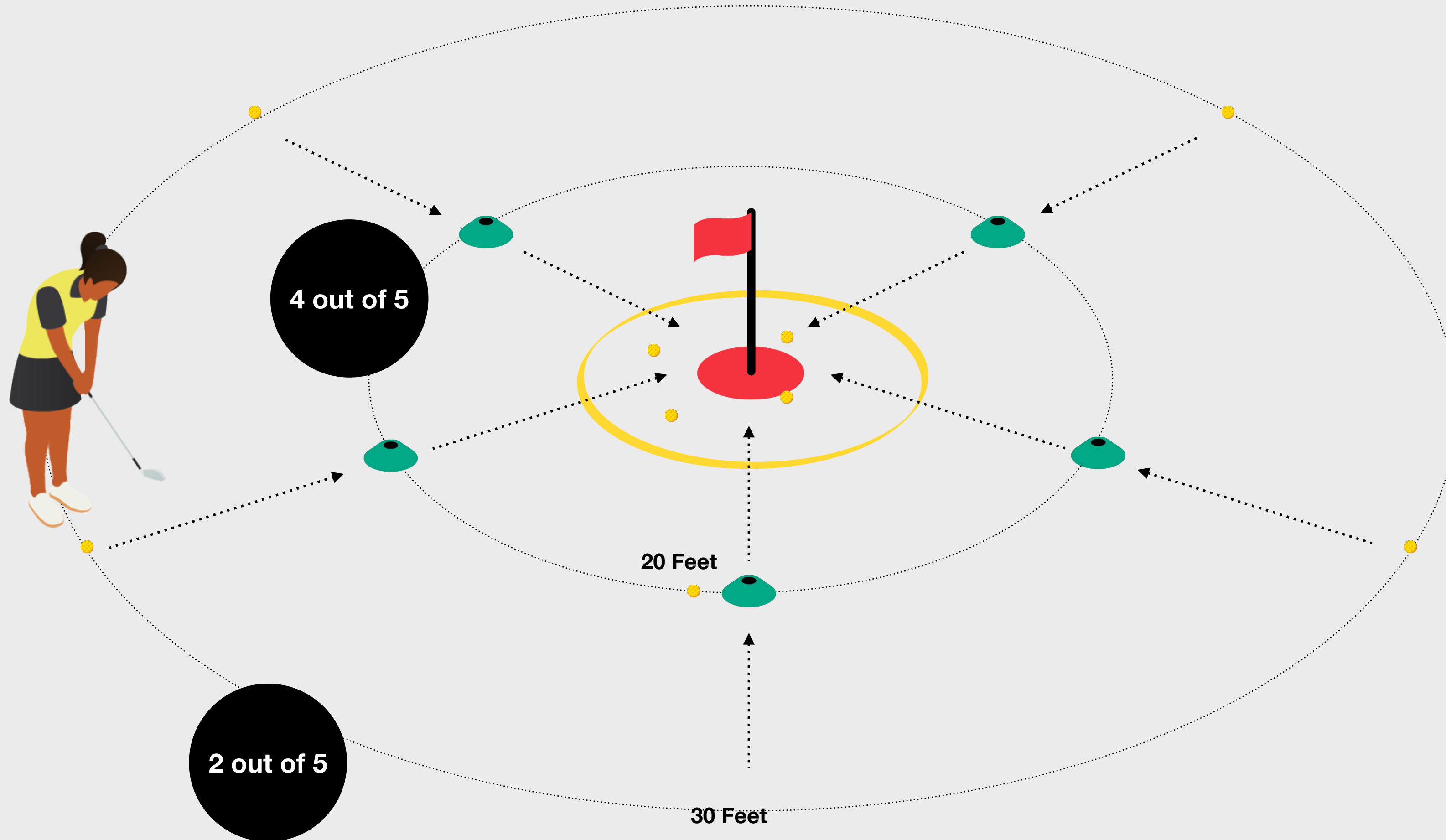
What should the Learner do next?

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

Short Putts



Long Putts Challenge



The Challenge

To complete the Level 3 Challenge within the Long Putts skill element, the learner needs to putt 4 balls from a distance of 20 feet and 2 balls from a distance of 30 feet to within a 6 foot diameter circle around the hole. One putt should be attempted for each position around the hole.

What should the Learner do next?

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

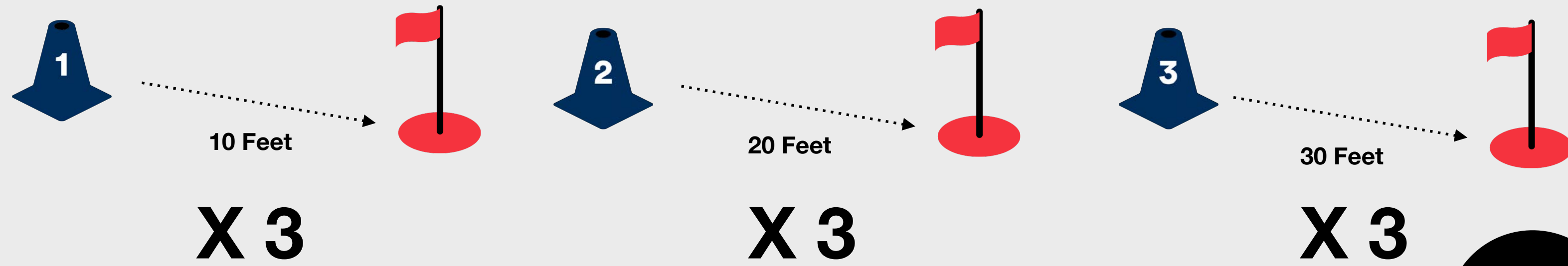
Long Putts



Scoring Challenge

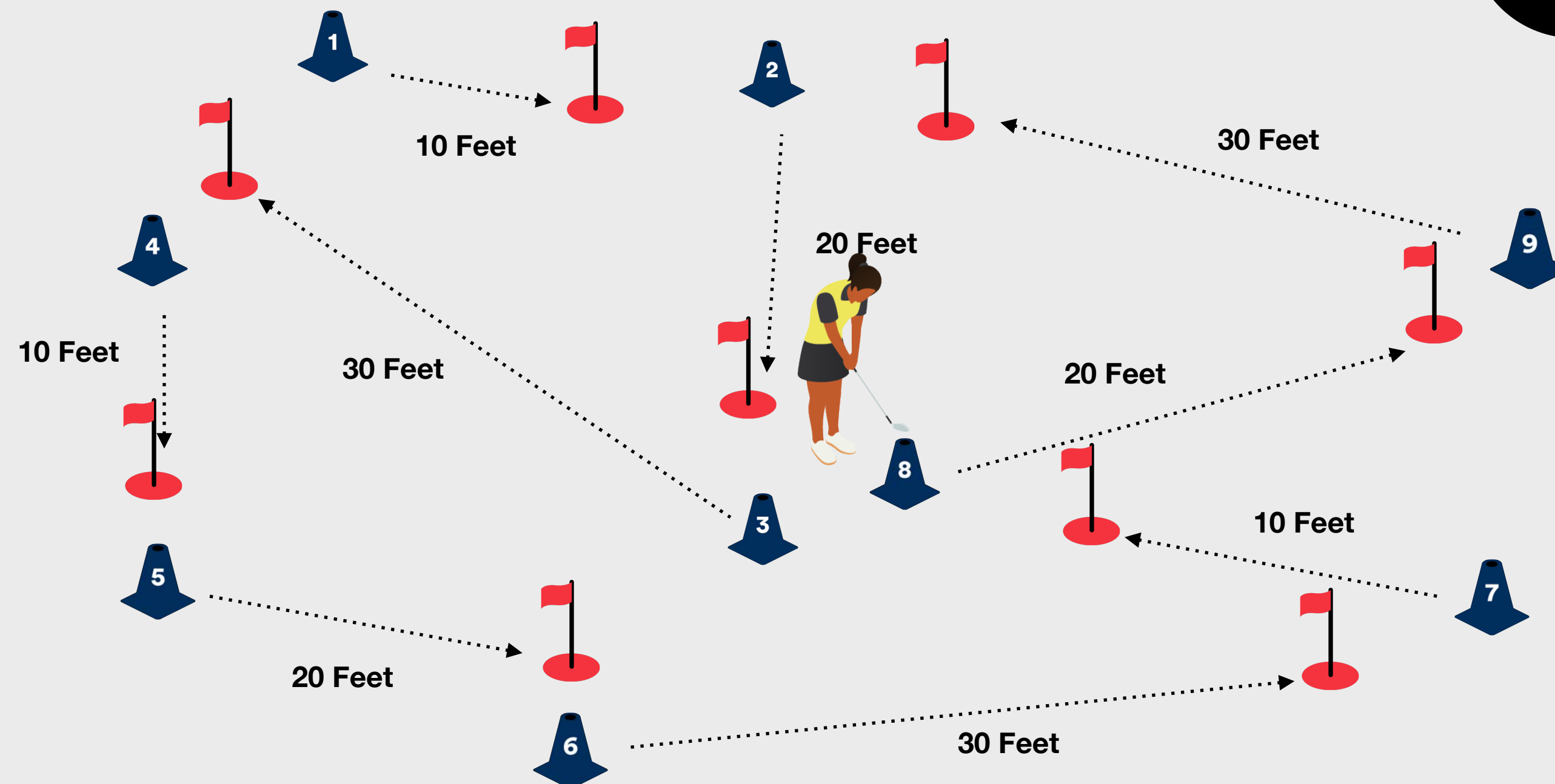


Option 1



21 putts or fewer

Option 2



The Challenge

To complete the Level 3 Challenge within the Scoring skill element, the learner needs to score 18 putts or fewer for 9 holes on the putting green, playing 3 holes at a starting distance of 10 feet, 3 holes at a starting distance of 20 feet and 3 holes from a starting distance of 30 feet from the hole.

What should the Learner do next?

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

Scoring

