

# Practice On the Green

Monday, January 3rd - Sunday, January 9th

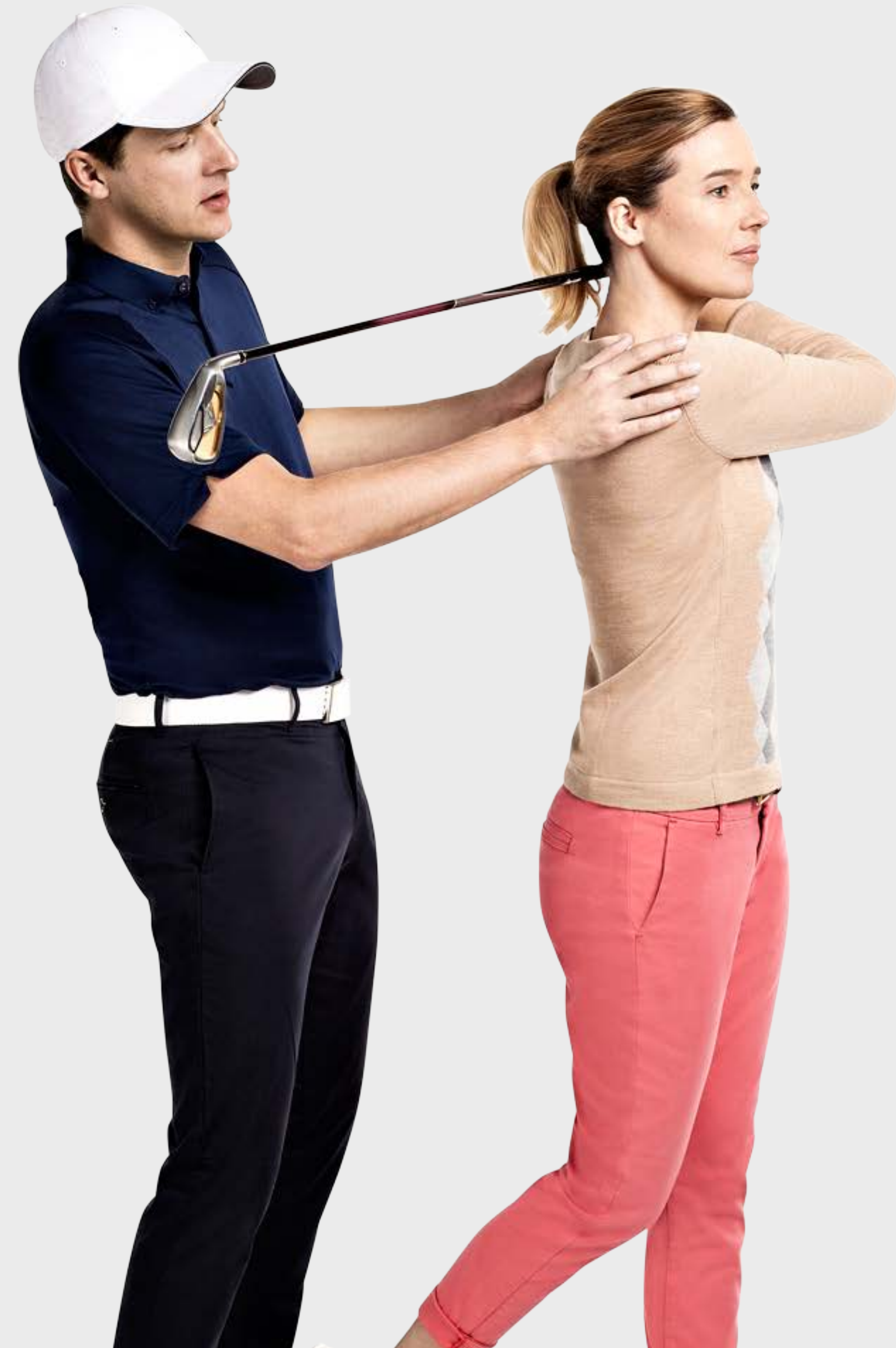


# GAMEON

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	<p><b>Mastering the Game Focus:</b> On the Green Long Putts, Short Putts &amp; Scoring</p> <p><b>Whole Golfer Focus:</b> Basic Pre Shot Routine</p> <p><b>Learning the Game Focus:</b> Etiquette on the Putting Green - Line of the putt</p> <p><b>Challenge:</b> Short Putts challenge Long Putts challenge Scoring Challenge</p>	
20 Mins	Games, Practice & Challenge Time	<ul style="list-style-type: none"> <li>Outline the objective of the Practice Club to the Group</li> <li>Explain the layout of the session</li> <li>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</li> <li>Outline the Games available within the Class</li> <li>Explore the Whole Golfer Focus for the Class</li> </ul>	Basic Pre- Shot Putting Routine
15 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Those attending the class can now engage in individual practice, social practice and competitive play and attempt the Mastering the Game Skills Challenges</li> <li>Opportunity for Private Coaching</li> <li>A chance for those attending</li> <li>Allow for self-discovery and guided learning</li> </ul>	
10 Mins	myGame Tracking and Recap	<ul style="list-style-type: none"> <li>Get the group together to introduce the Learning the Game Focus</li> <li>Learners should have the option to carry on their activity to suit their needs or participate in the group introduction</li> </ul>	

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• 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

• GLF Locker myGame App  
 • Etiquette on the Putting Green - Line of the putt  
 • Putt online the Putting Green



# Class Timetable

**Session Length:**  
60mins

**Group Size:**  
1:12

**Mastering the Game:**  
On the Green

**Whole Golfer:**  
Dispelling Myths

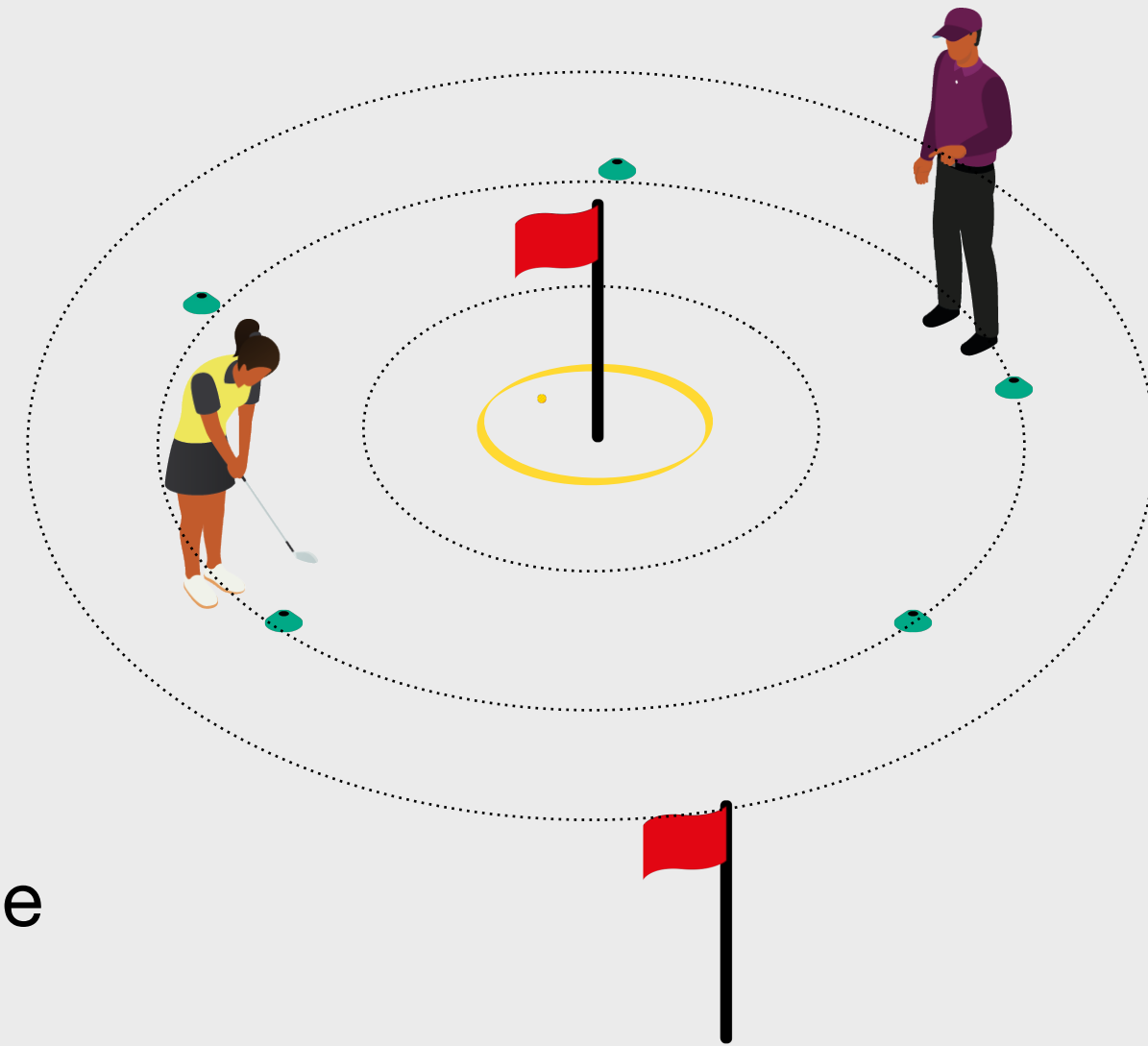
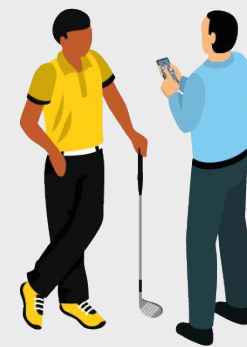
**Learning the Game:**  
The Tee and Fairway

**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: Short Putts Spiral Game Station: Long Putts Ladder Whole Golfer Focus: Dispelling Myths in Putting	
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"> <li>The Tee and Fairway</li> <li>Golfing Attire</li> </ul>
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"> <li>GLF. Locker <i>myGame</i> App</li> <li>Whole golfer online resource</li> <li>Learning the game online resource</li> </ul>

# Practice on the Green Class Layout and Setup

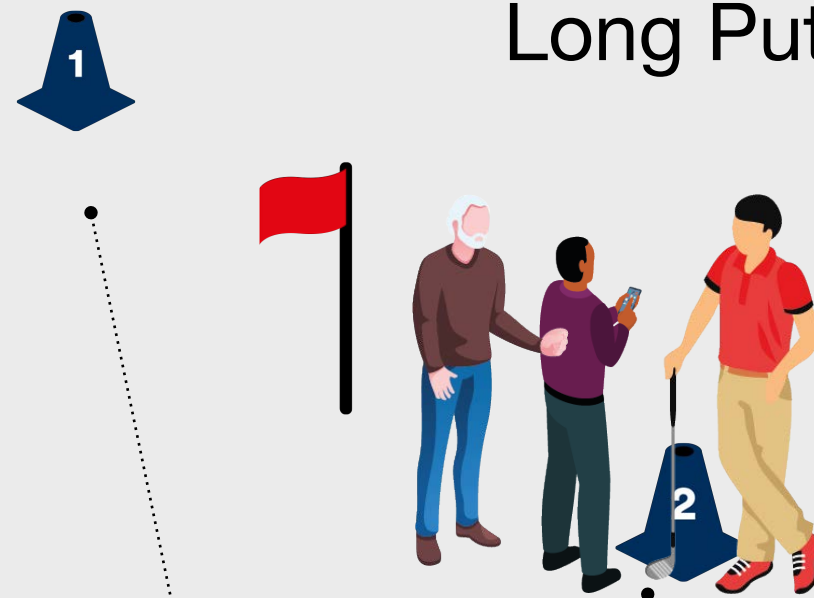
**Station 1:**  
Short Putts Challenge



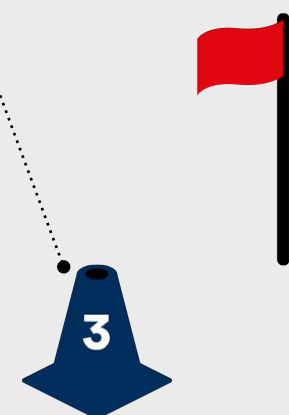
**Station 6:**  
Secondary Skill  
Irons and Swing



**Station 2:**  
Long Putts Challenge



**Station 3:**  
Scoring Challenge



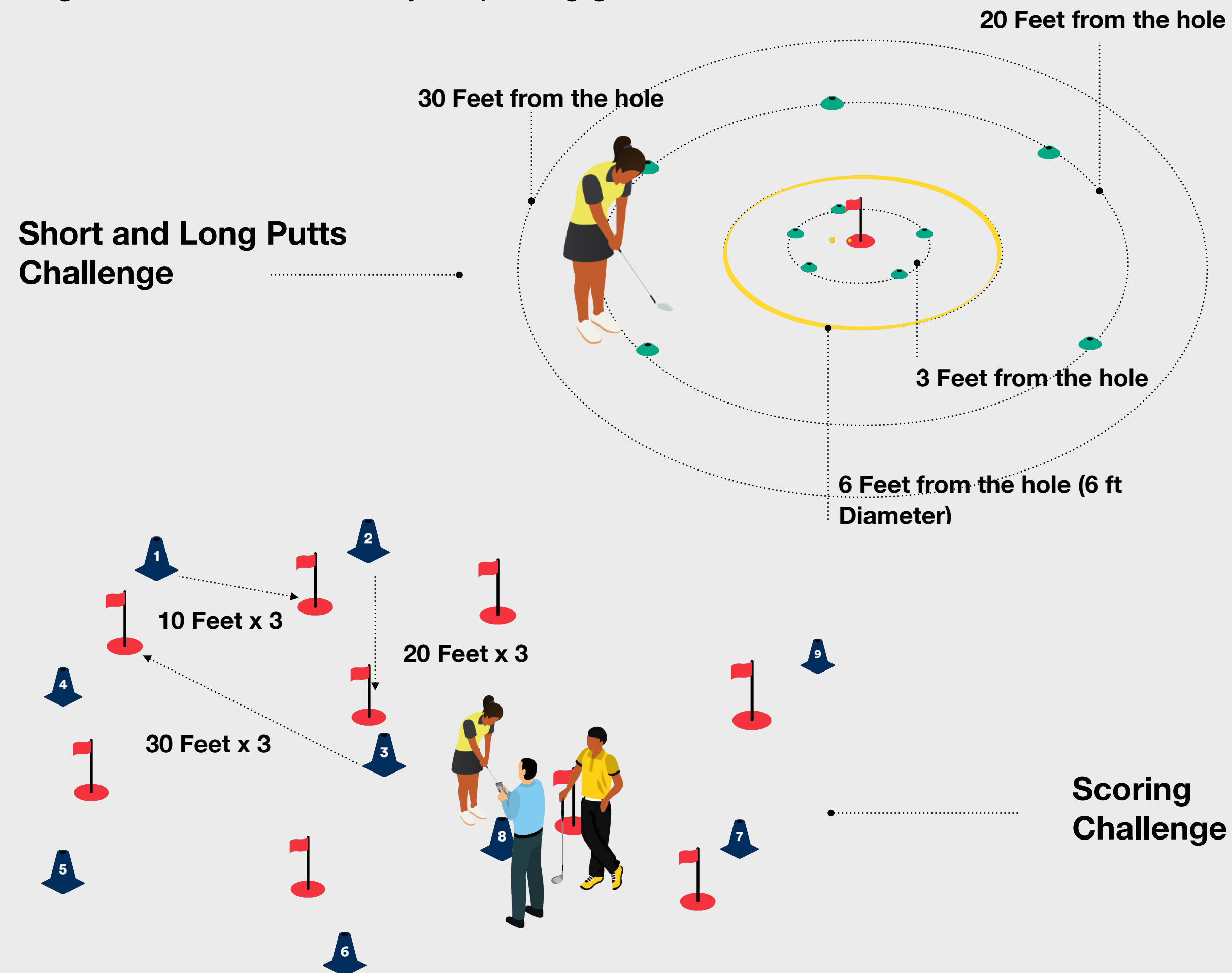
**Station 4:**  
Practice Station  
Swing Length Ladder



**Station 5:**  
Game Station  
Ladder

# On the Green Challenges Layout and Set Up

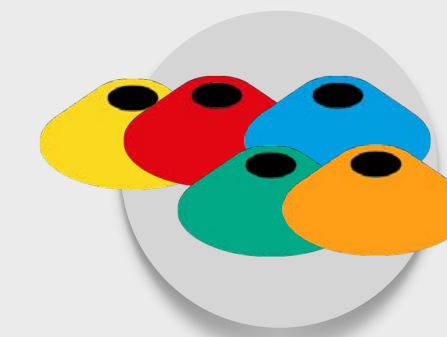
The graphic below provides an example of how each of the challenges connect together when laid out on your putting green:



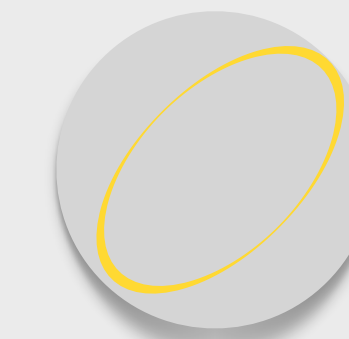
Please find below a list of the equipment you require for these challenges:



**Numbered Putting Cones**



**Mixed Colored Cones**

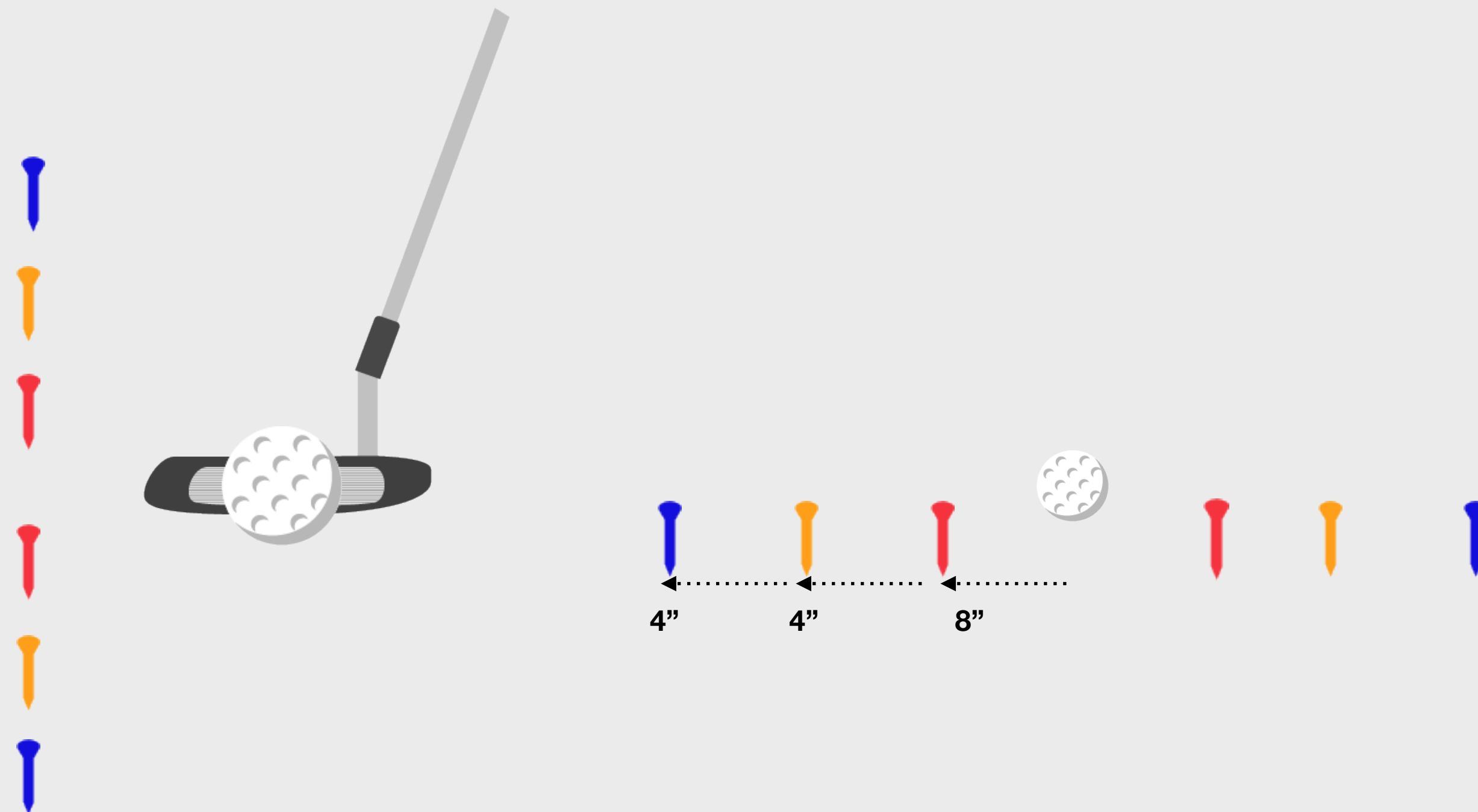


**6 ft diameter hoop**



**Tee Pegs**

# Swing Length Ladder



## Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

## How to Practice

- Get the learner to practice swinging the putter from and to the first tee pegs either side of the ball (red)
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the the one count and the end of the through stroke with the two count
- Get them to hit a few putts and see how far the ball travels
- Next, get the learner to swinging the putter from and to the second tee pegs either side of the ball (red). Again they should reproduce the count of 1, 2.
- Get them to hit a few putts and see how the ball travels further
- Finally, replicate for the final set of tee pegs.

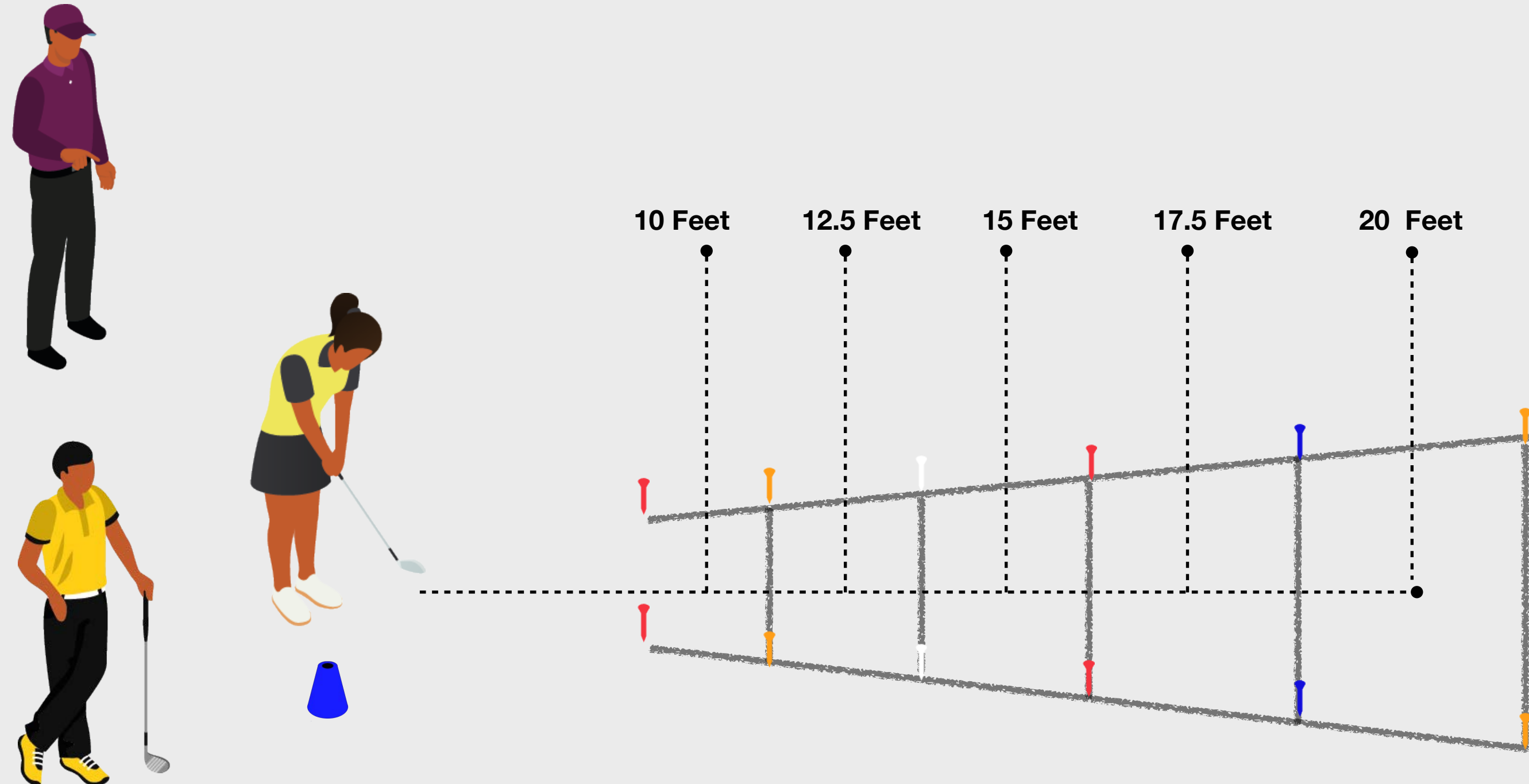
## Technical Link

- This activity will help the learner to understand the concept of Swing Length, Rhythm and Tempo
- It will help the learner to understand that as swing length changes, the distance the ball travels changes
- It will help them to understand how length of swing transfers to distance





# Long Putts Ladder



## Equipment Needed

- String for the target boxes
- 12 tee pegs to mark the edge of the boxes
- A single cone to represent the starting position

## How to Play

- A learner starts by attempting to putt their ball into the first and smallest box on the ladder
- If they are successful, they return to the starting position and attempt their next go to the second and large box
- If unsuccessful they repeat their attempt to the first box
- The learners attempt to complete all steps on the ladder to complete the game
- This game can be played individually, pairs or groups

## Progression Ideas

- Vary the size of the boxes
- Vary the distance from the starting point and the boxes
- Increase the number of shots that must go into the boxes before the box is completed
- Attempt the boxes in reverse



# 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. The Tee and Fairway

Provide an overview of the different areas of the Tee and the Fairway

## 2. Golfing Attire

We are very aware that those new to the game may not have all of the necessary golfing attire. Rather than enforce rules on new participants you should educate as to what is appropriate for the golf course and clubhouse.



# 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:

## Your Putting Stroke will be Unique

Make sure participants understand that it is ok if their swing or putting stroke doesn't look the same as someone else's, highlight that due to differing builds no two swings or strokes will be identical.

Give the participants confidence that as they learn they will develop their own style and that you will help them to become competent golfers.

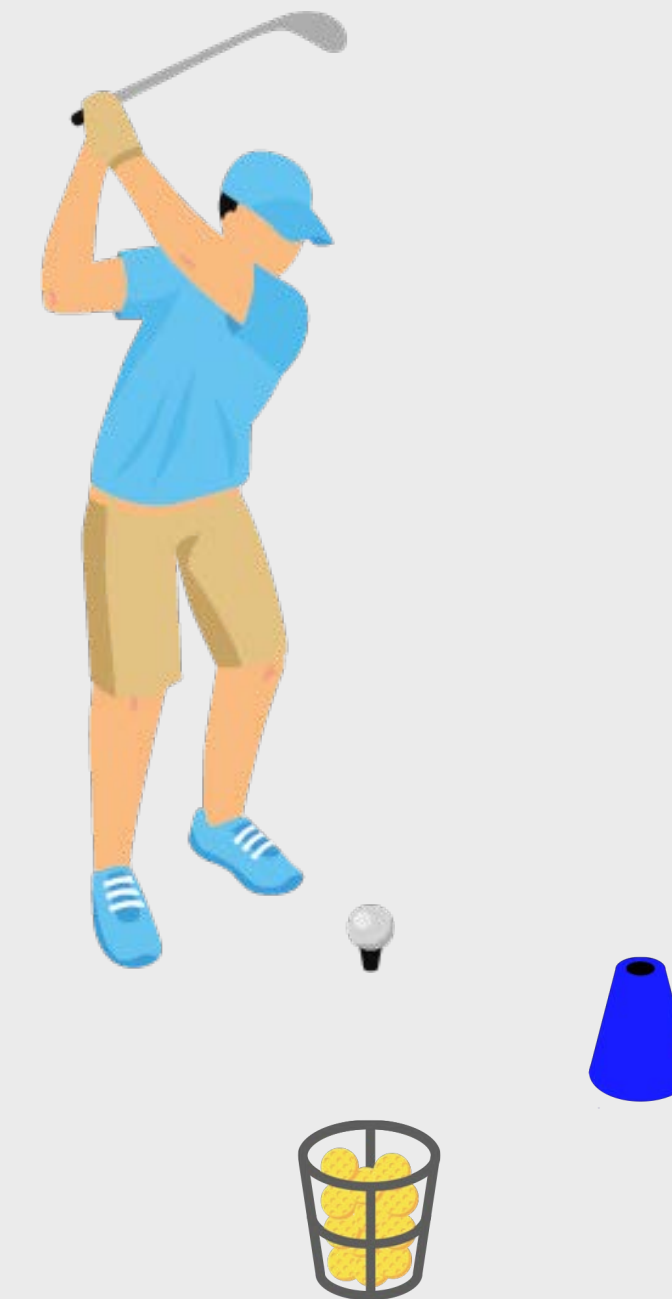
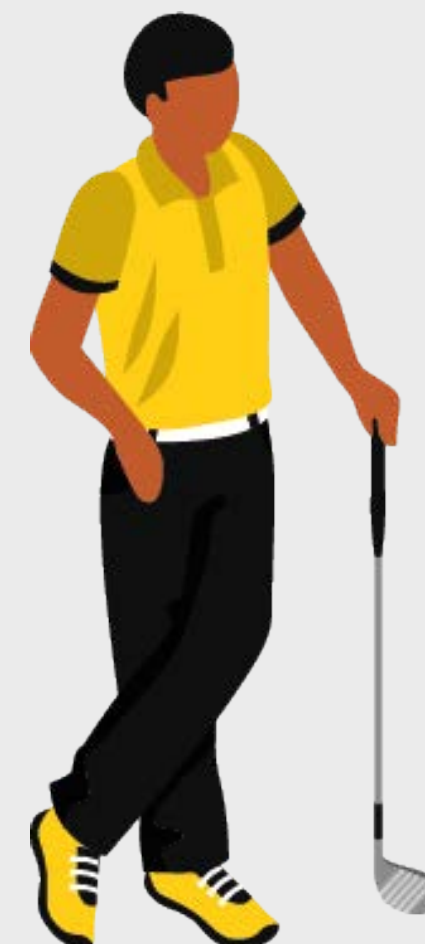




# Secondary Skill

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

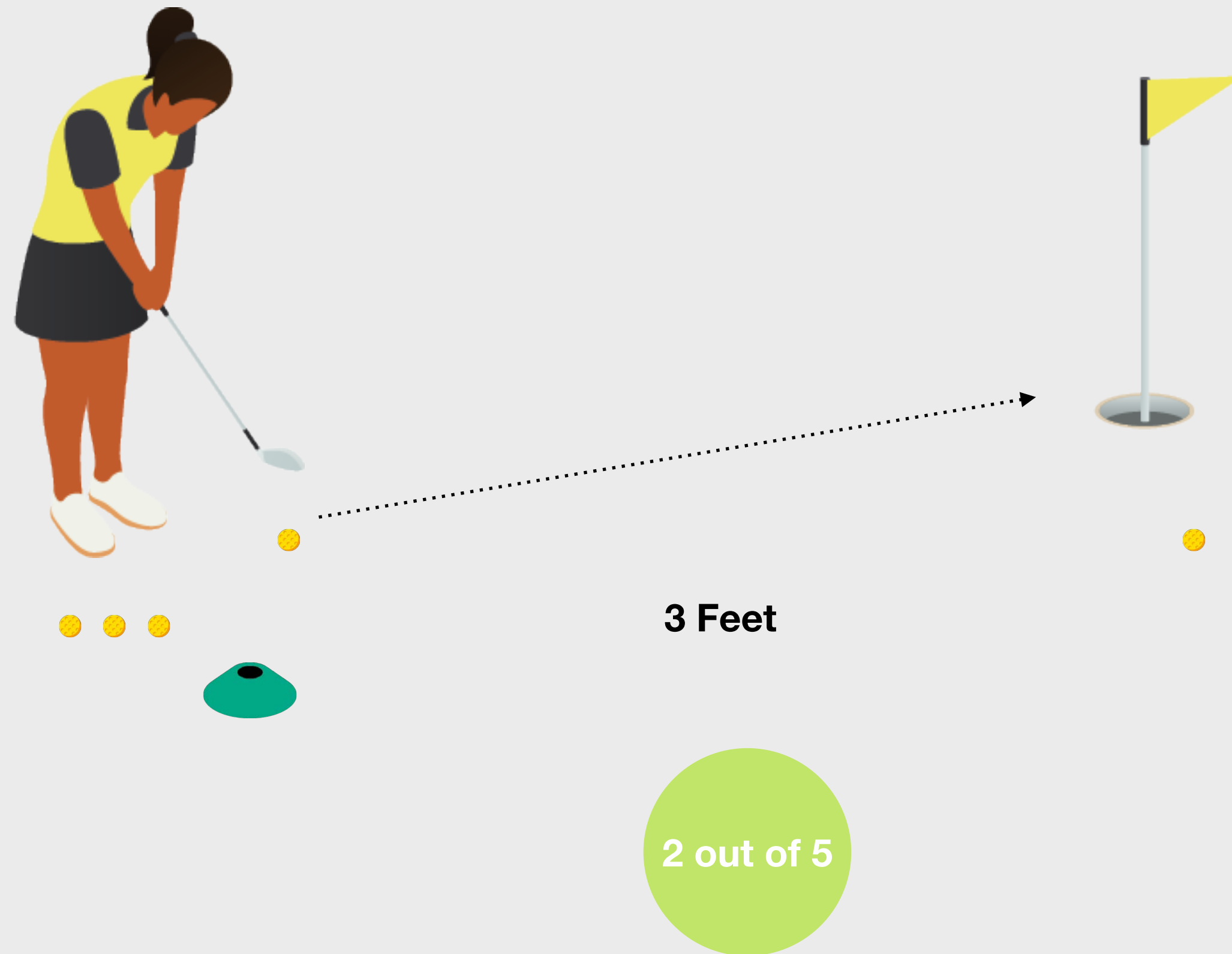




# Level 1



# 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:

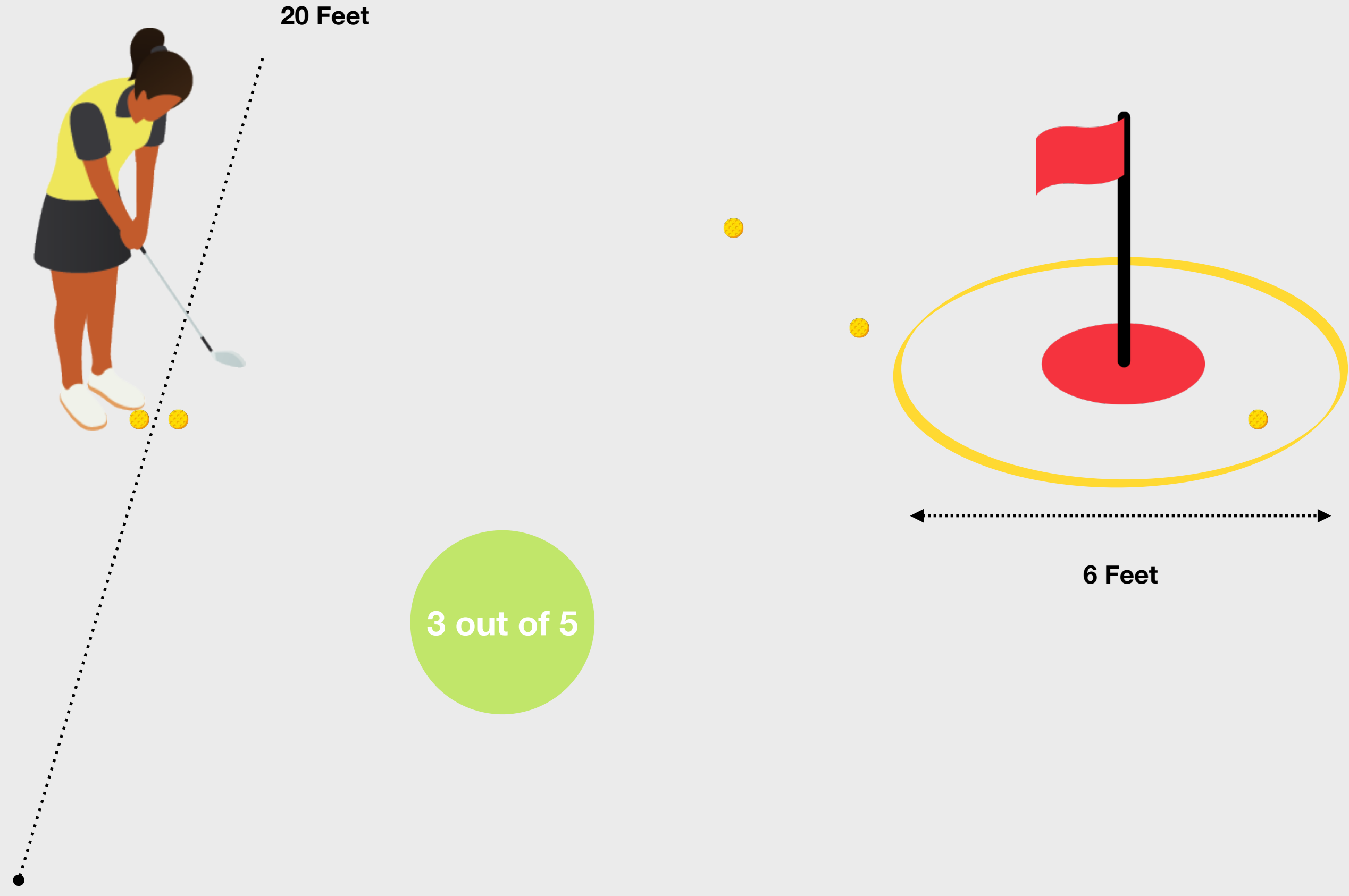
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the Challenge Section

### 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

1 ● ●

# Scoring Challenge



## 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

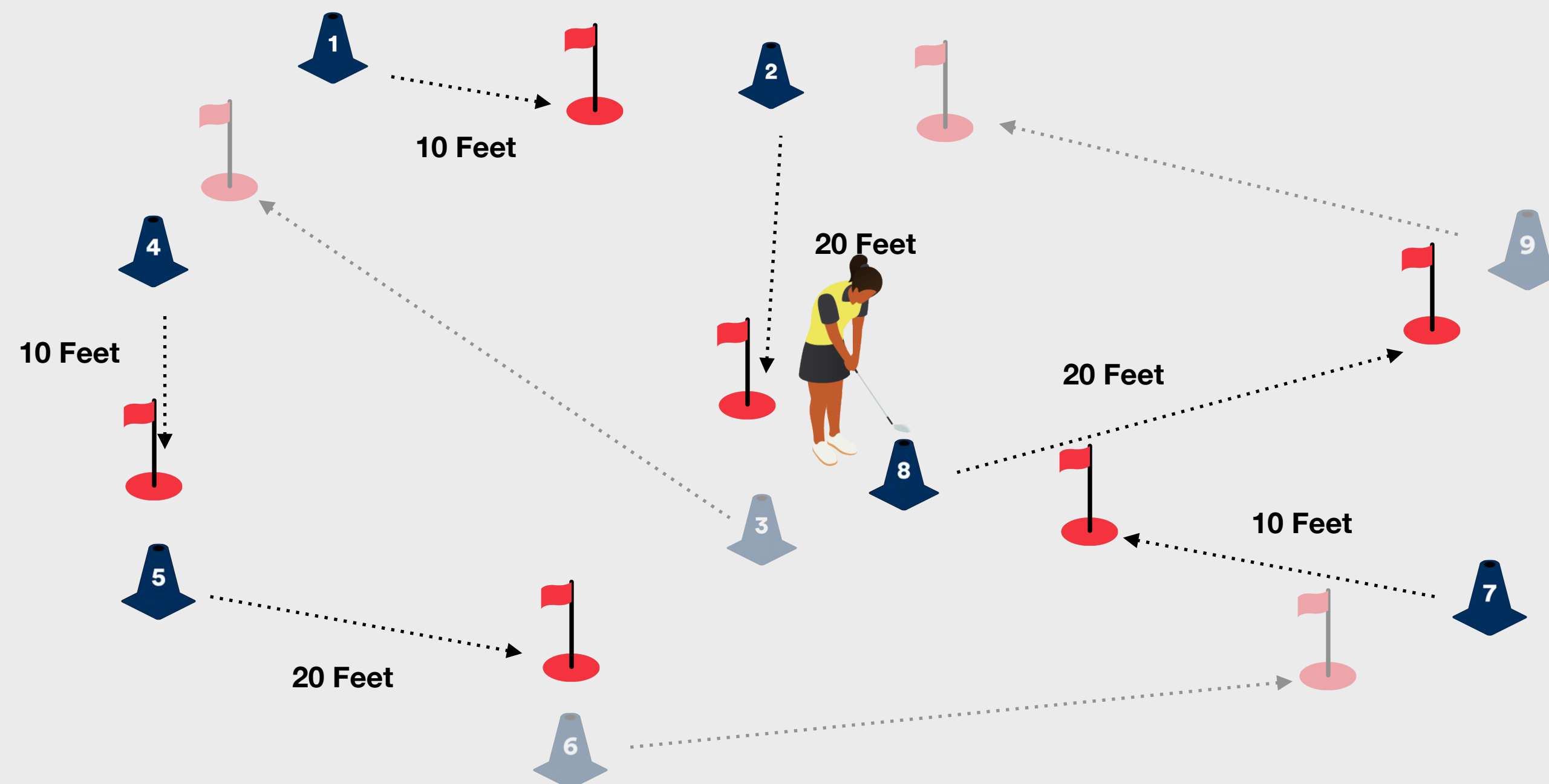


### Option 1



21 putts or fewer

### Option 2

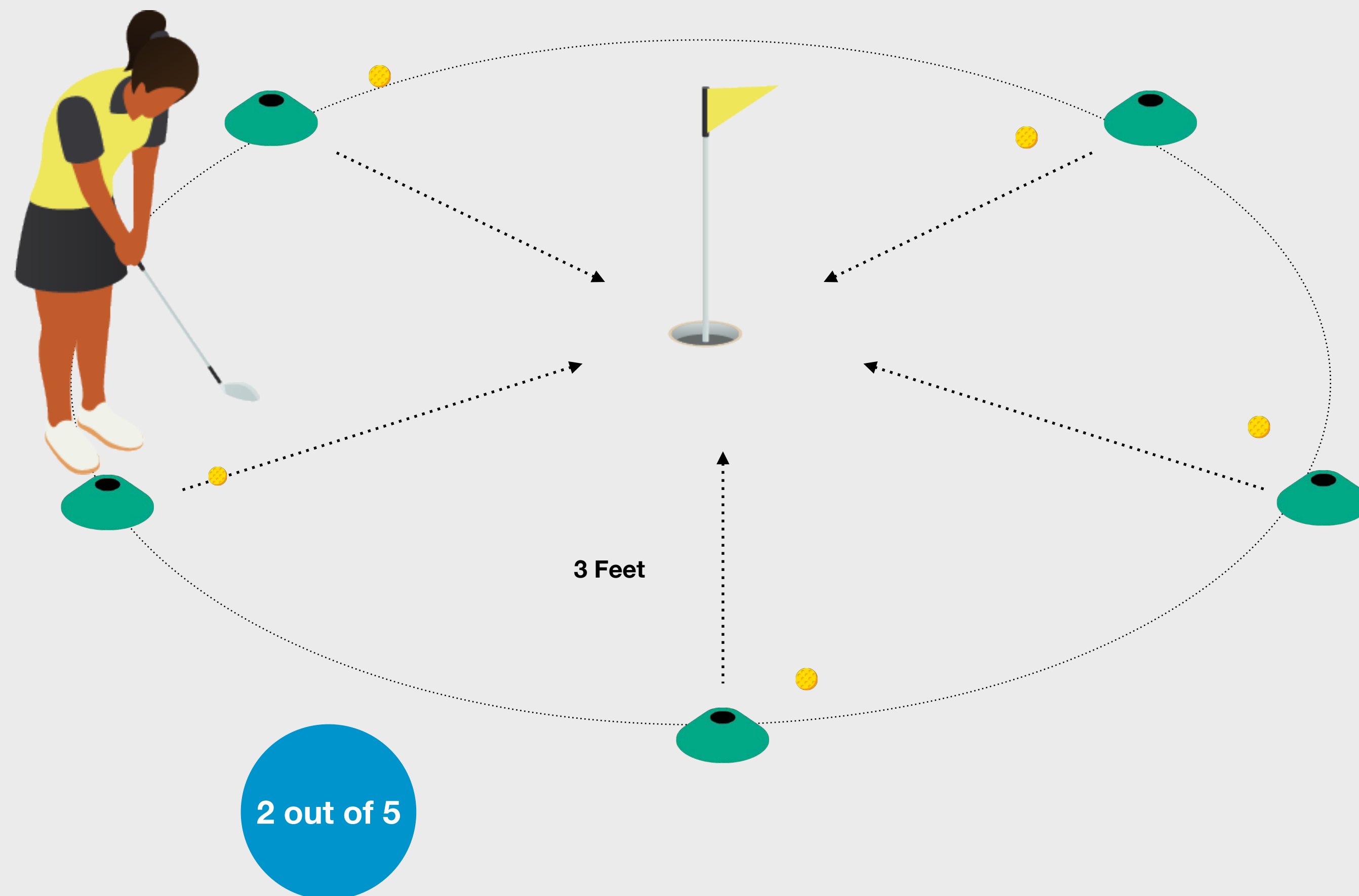




# Level 2



# 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?

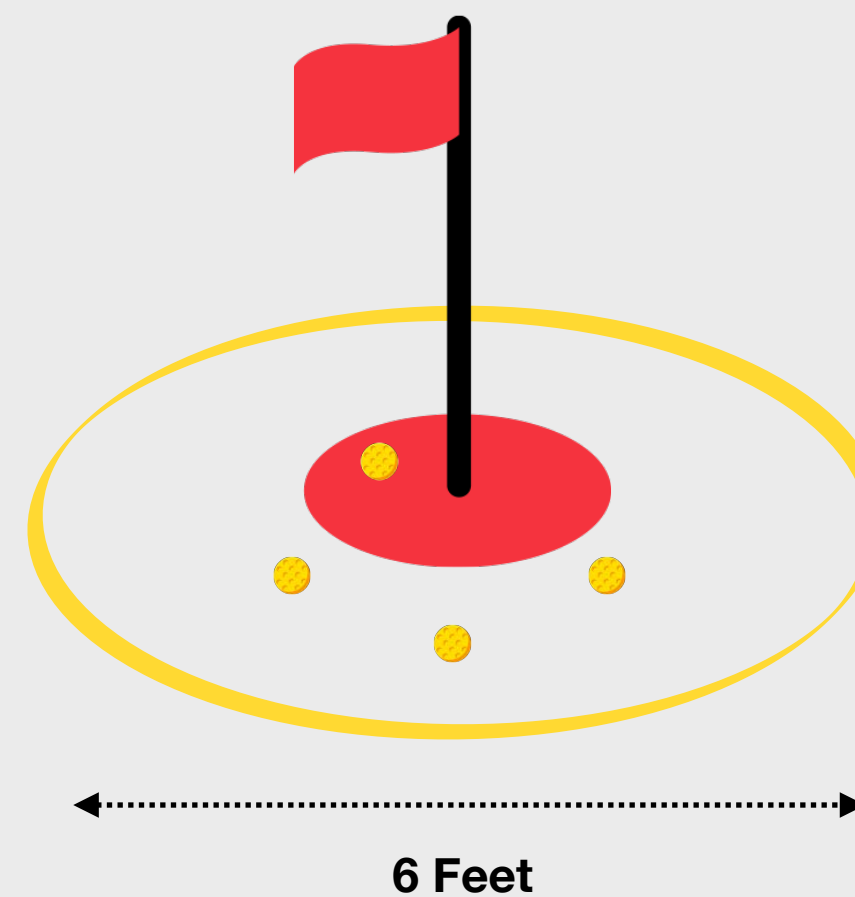
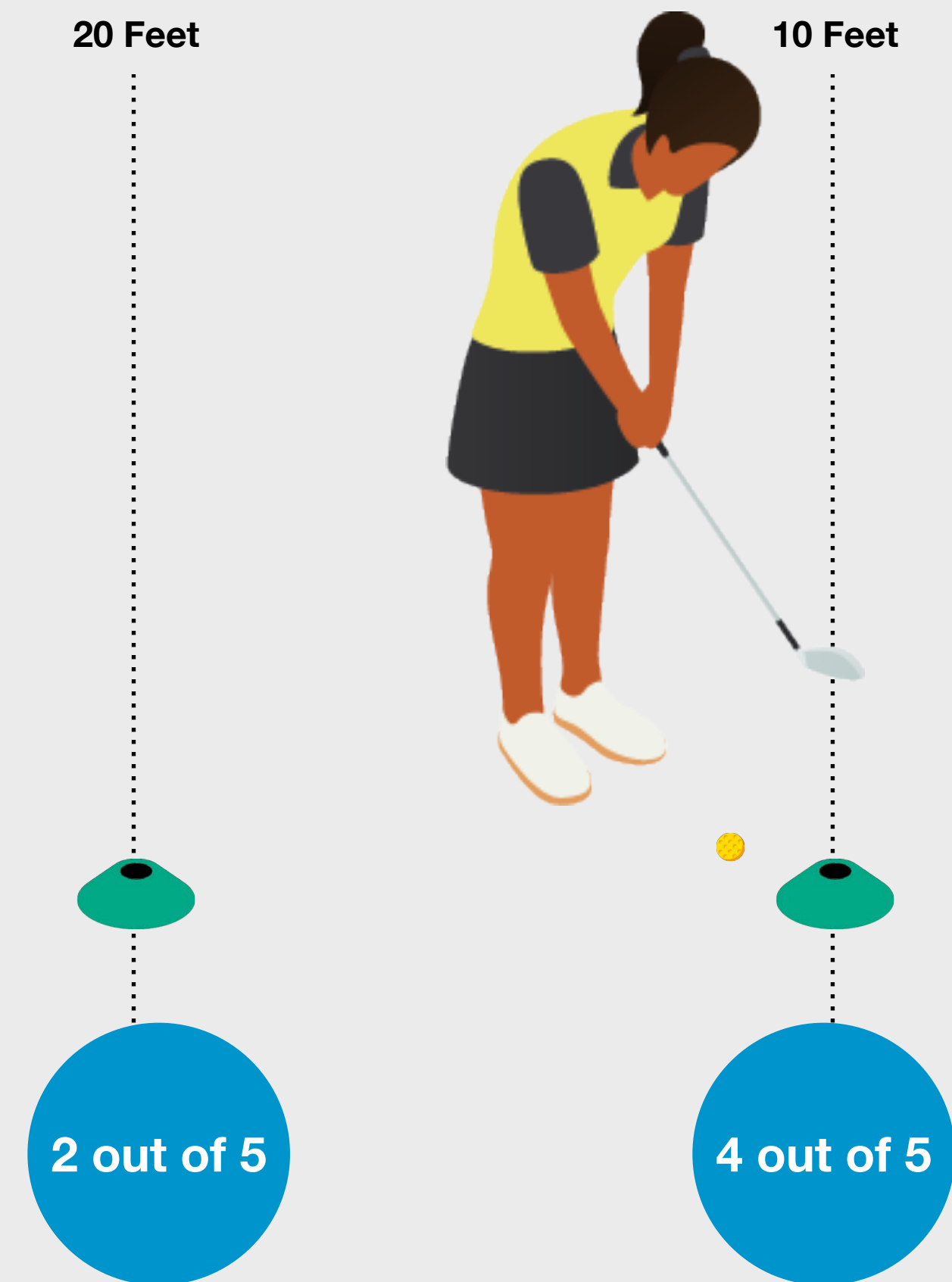
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the Challenge Section

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

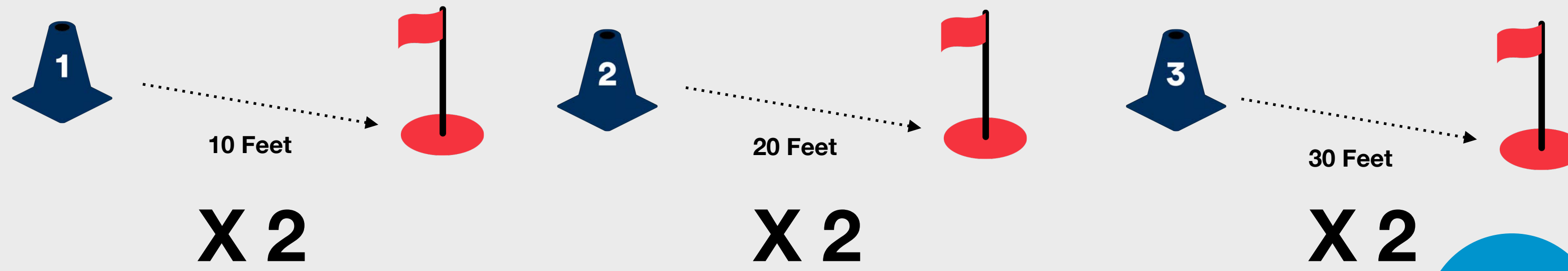
Long Putts



# Scoring Challenge

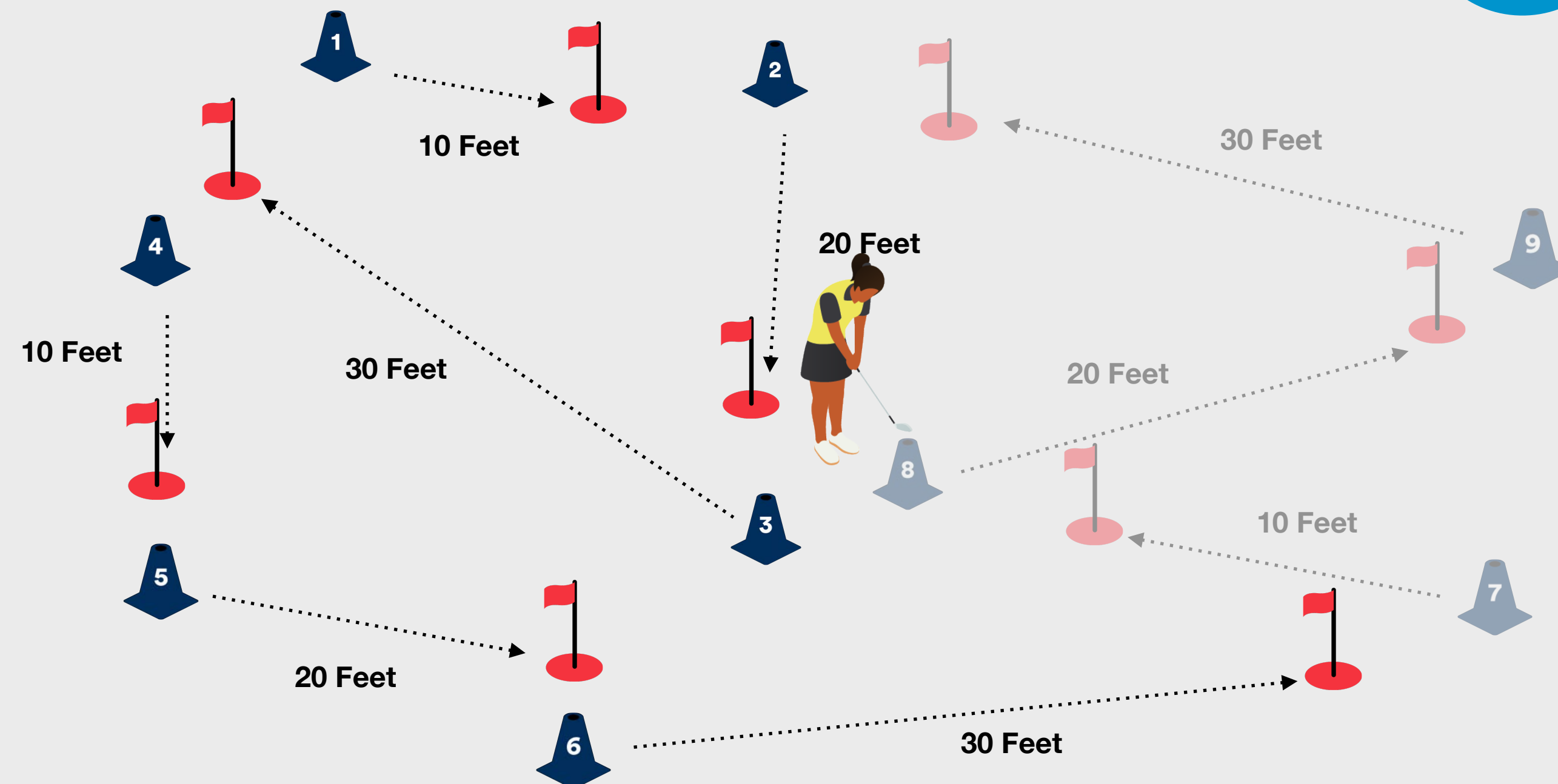


Option 1



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

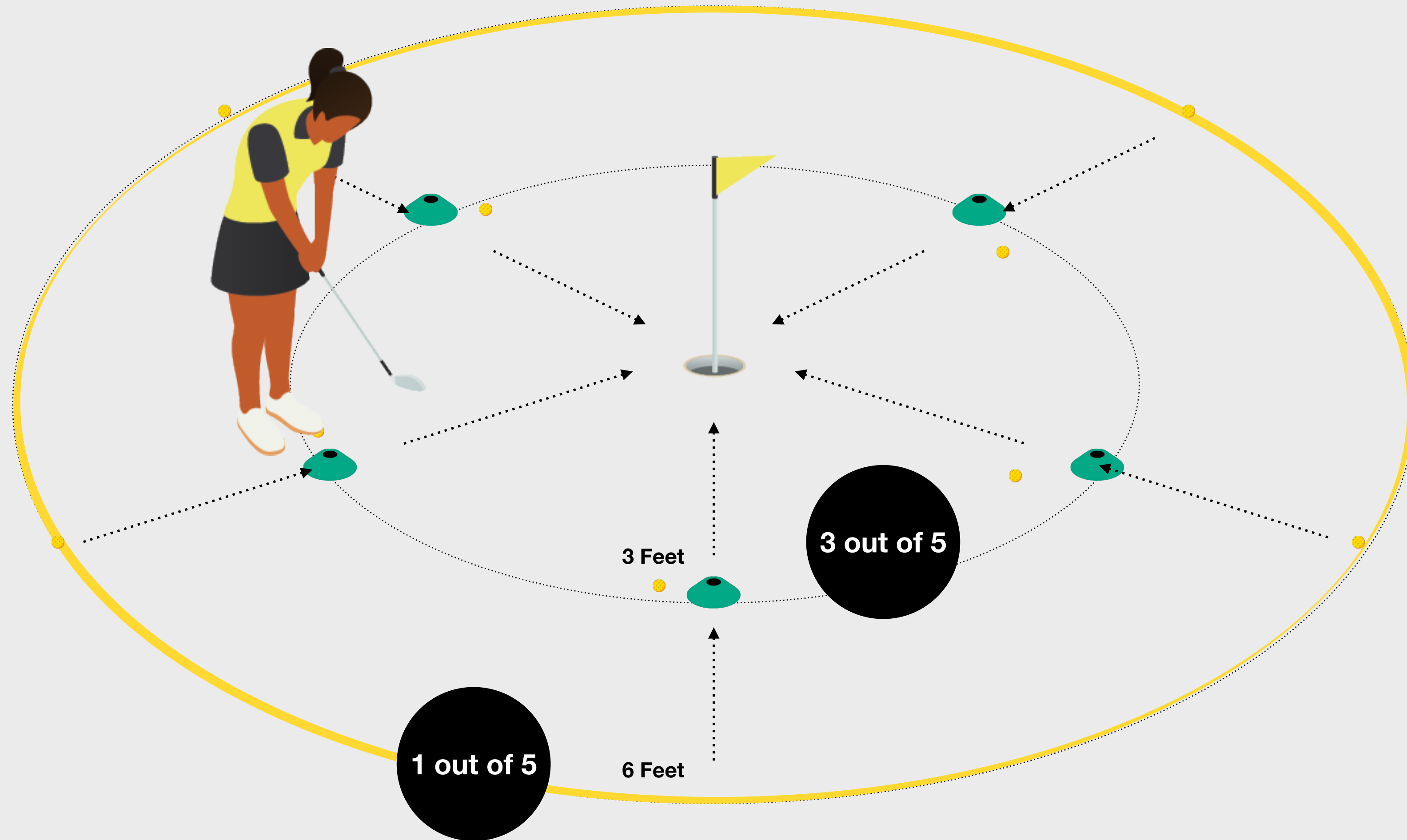




# Level 3



# 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.

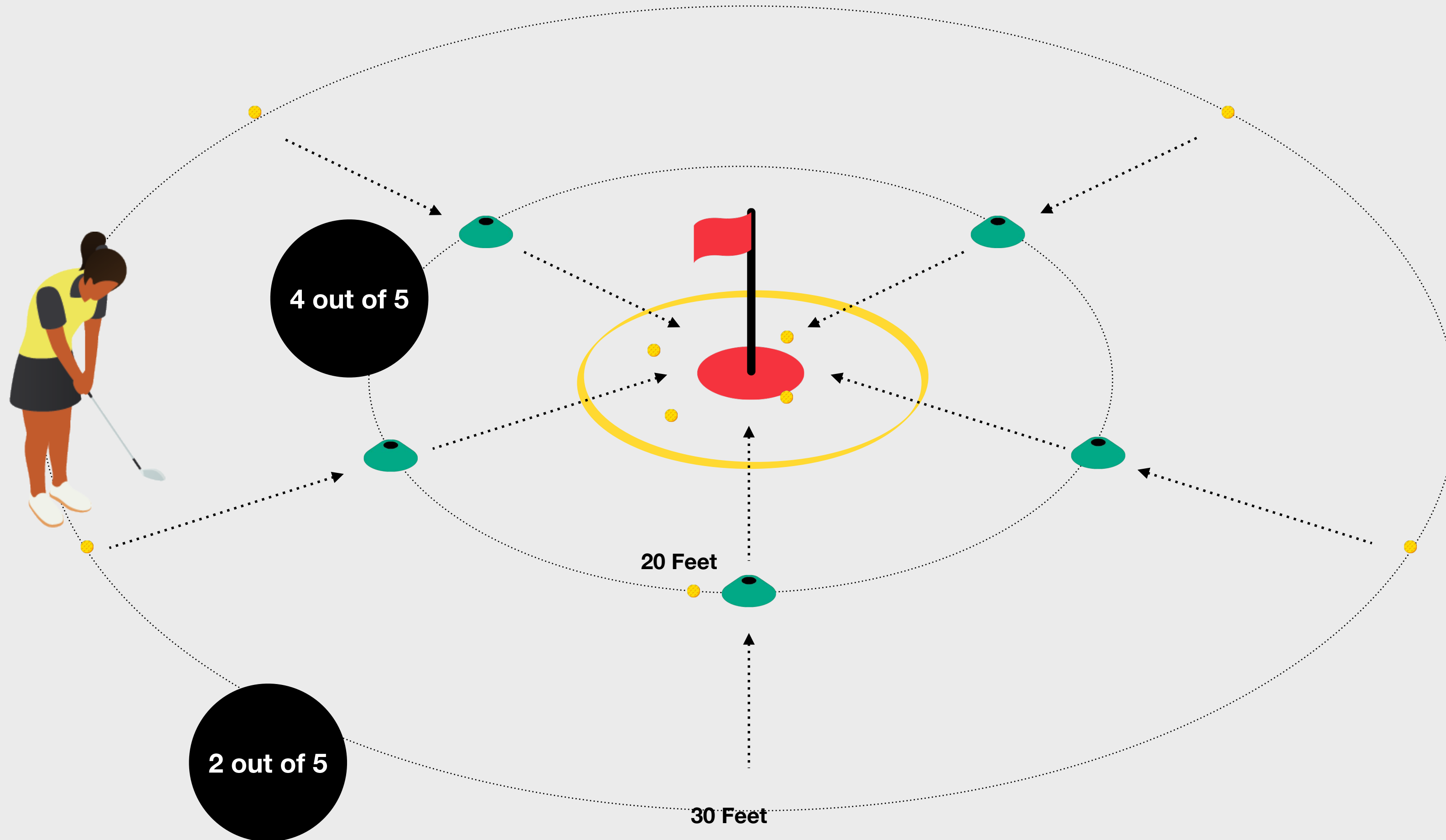
## What should the Learner do next?

- 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

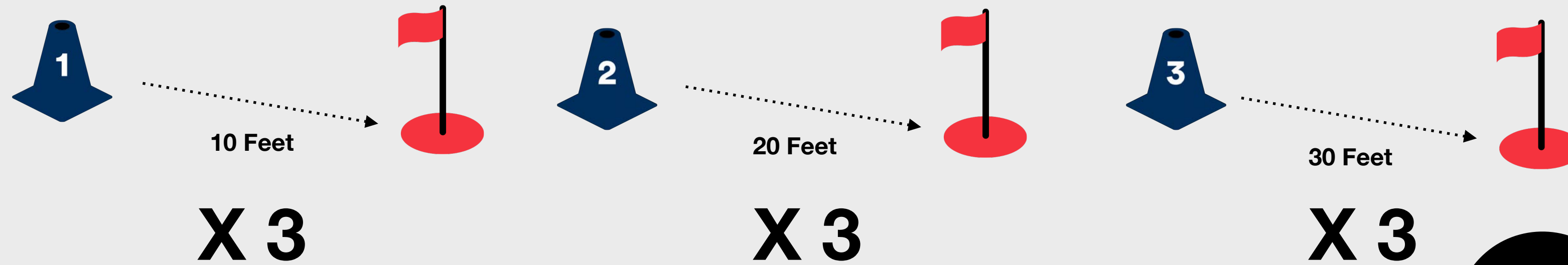




# Scoring Challenge

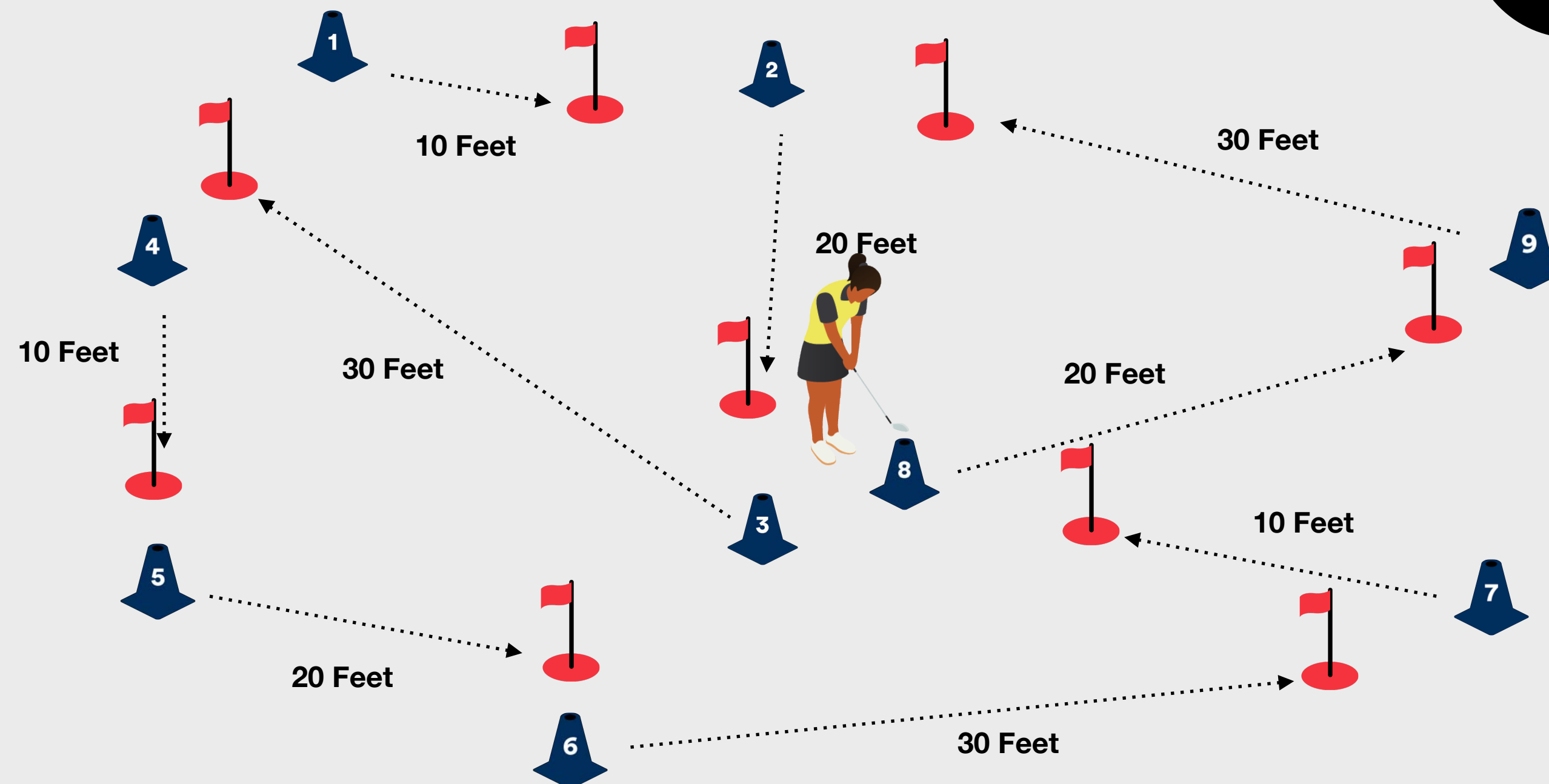


Option 1



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

