

Practice Your Swing

Hybrids and Fairway Woods

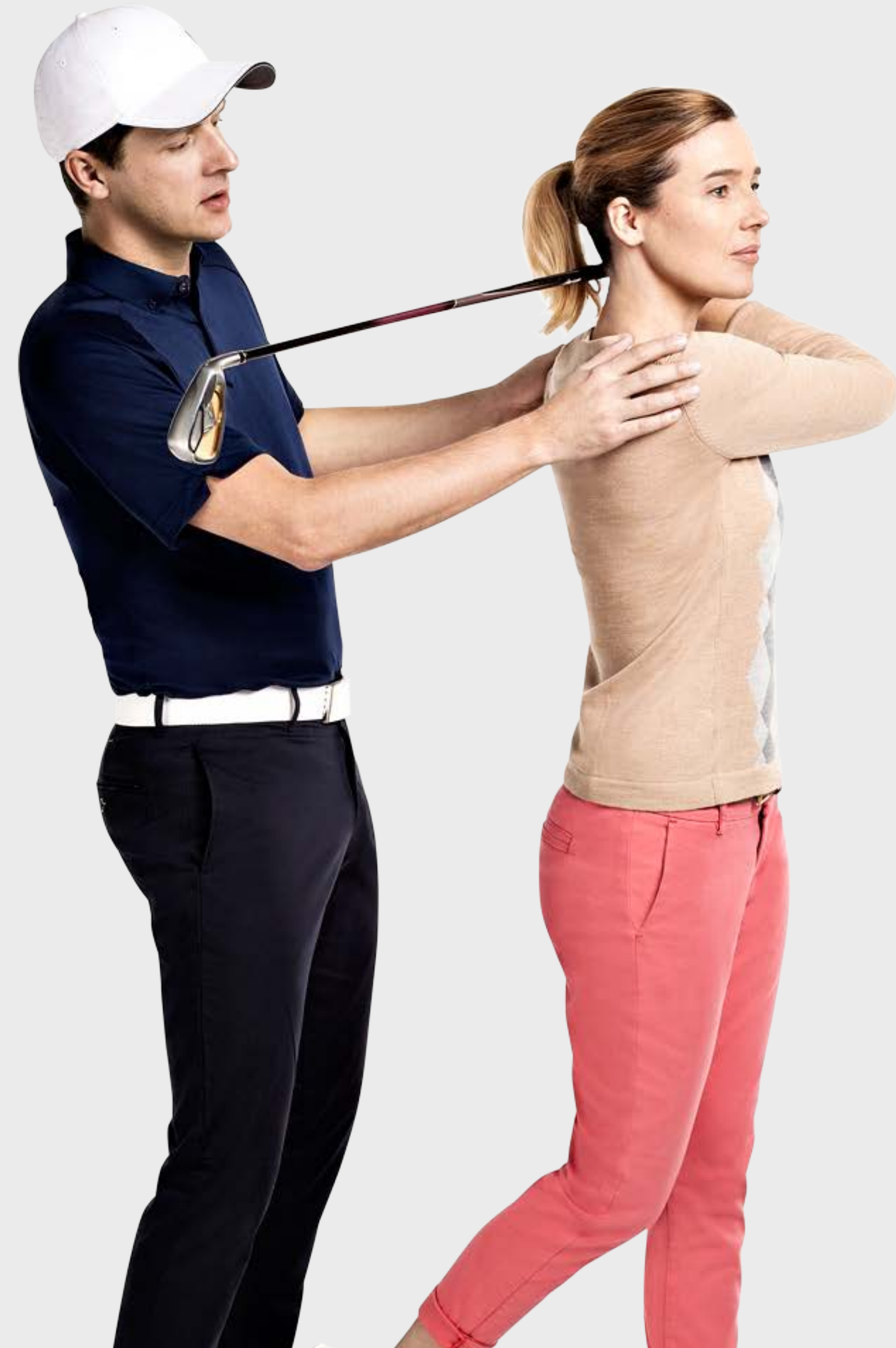
Monday, January 17th - Sunday, January 23rd



GAMEON
GOLF DEVELOPMENT

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Class Timetable

Class Timetable

Session Length: 60mins

Time	Focus	Class Content
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
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
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
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

Mastering the Game Focus:
On the Green
Long Putts, Short Putts & Scoring

Whole Golfer Focus
Basic Pre Shot Routine

Learning the Game Focus:
Etiquette on the Putting Green - Line of the putt

Challenge:
Short Putts challenge
Long Putts challenge
Scoring Challenge

Games / Drills / Resources
Basic Pre- Shot Putting Routine

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:

Swing
Hybrids and Fairway Woods

Whole Golfer:

Becoming a Competent
Golfer

Learning the Game:

Handicap Index
Basic Rules in a Hazard

Challenge:

Iron Challenge
Fairway Woods Challenge
Driver Challenge

Time	Focus	Class Content	Games / Drills / Resource
10 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> Objectives - Opportunity for learners to practice their swing Practice station: Tee Clipper Game station: Fairway Finder Whole Golfer Focus: Becoming a Competent Golfer 	
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning 	Tee Clipper Fairway Finder
5 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 to the Learning the Game focus 	<ul style="list-style-type: none"> Handicap Index Basic Rules in a Hazard
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning 	Tee Clipper Fairway Finder
10 Mins	<i>myGame</i> Tracking and Recap	<ul style="list-style-type: none"> 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 Learning the game online resource Whole golfer online resource

Practice Your Swing Class Layout and Setup



Station 6:
Secondary Skill
Pitching

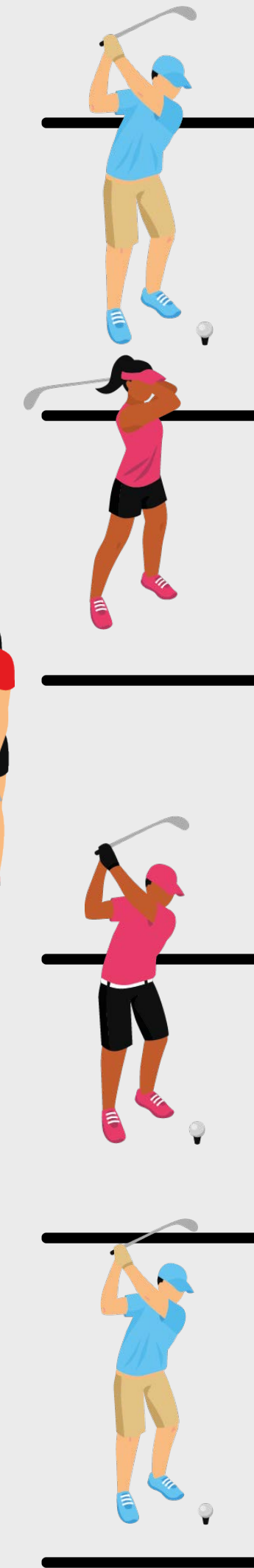
Station 1:
Challenge Station
Irons

Station 2:
Challenge Station
Hybrids/Fairway Woods

Station 3:
Challenge Station
Driver

Station 4:
Practice Station
Tee Clipper

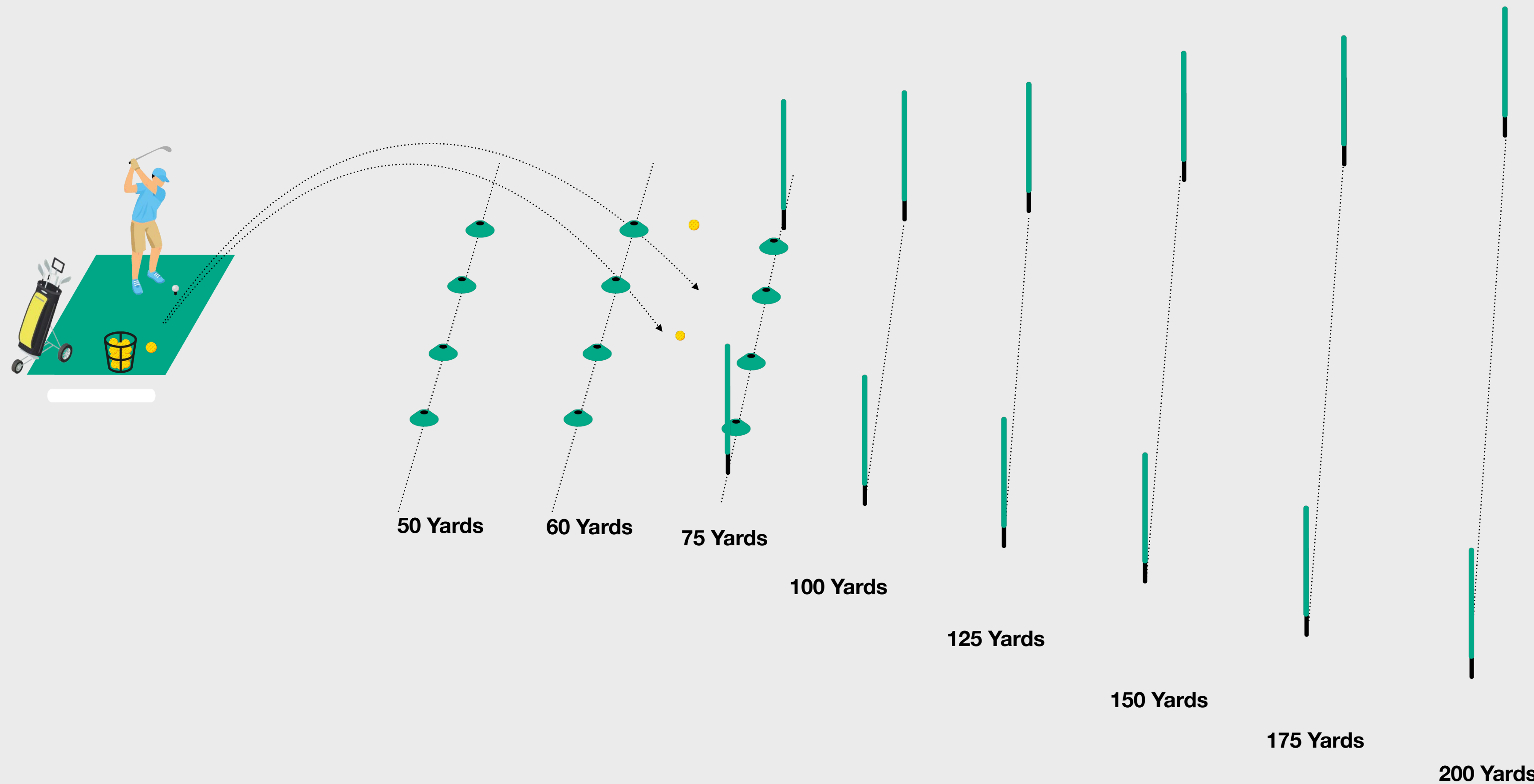
Station 5:
Game Station
Fairway Finder


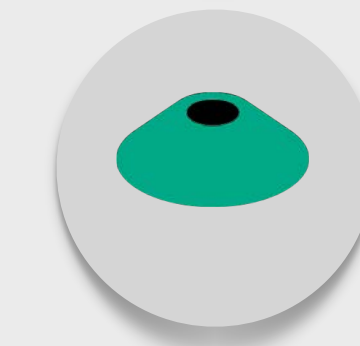


Swing Challenges Layout and Set Up

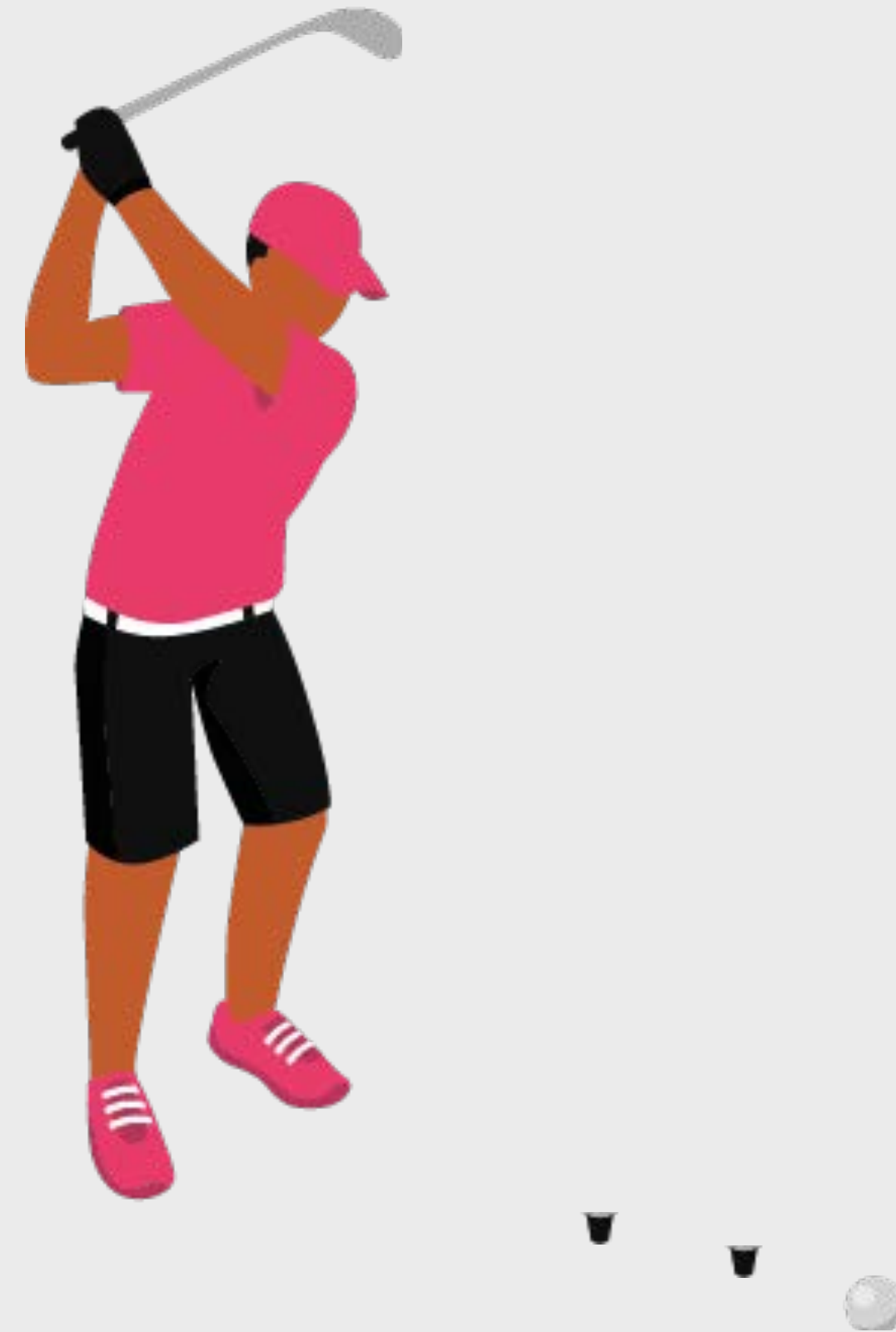
The graphic below provides an example of how each of the challenges connect together when laid out on your driving range:

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



-  12 x Alignment Sticks and Foam Noodles
-  Colored Cones

Tee Clipper



Equipment Needed

- Tees
- Hybrid and Fairway Woods
- Golf Balls

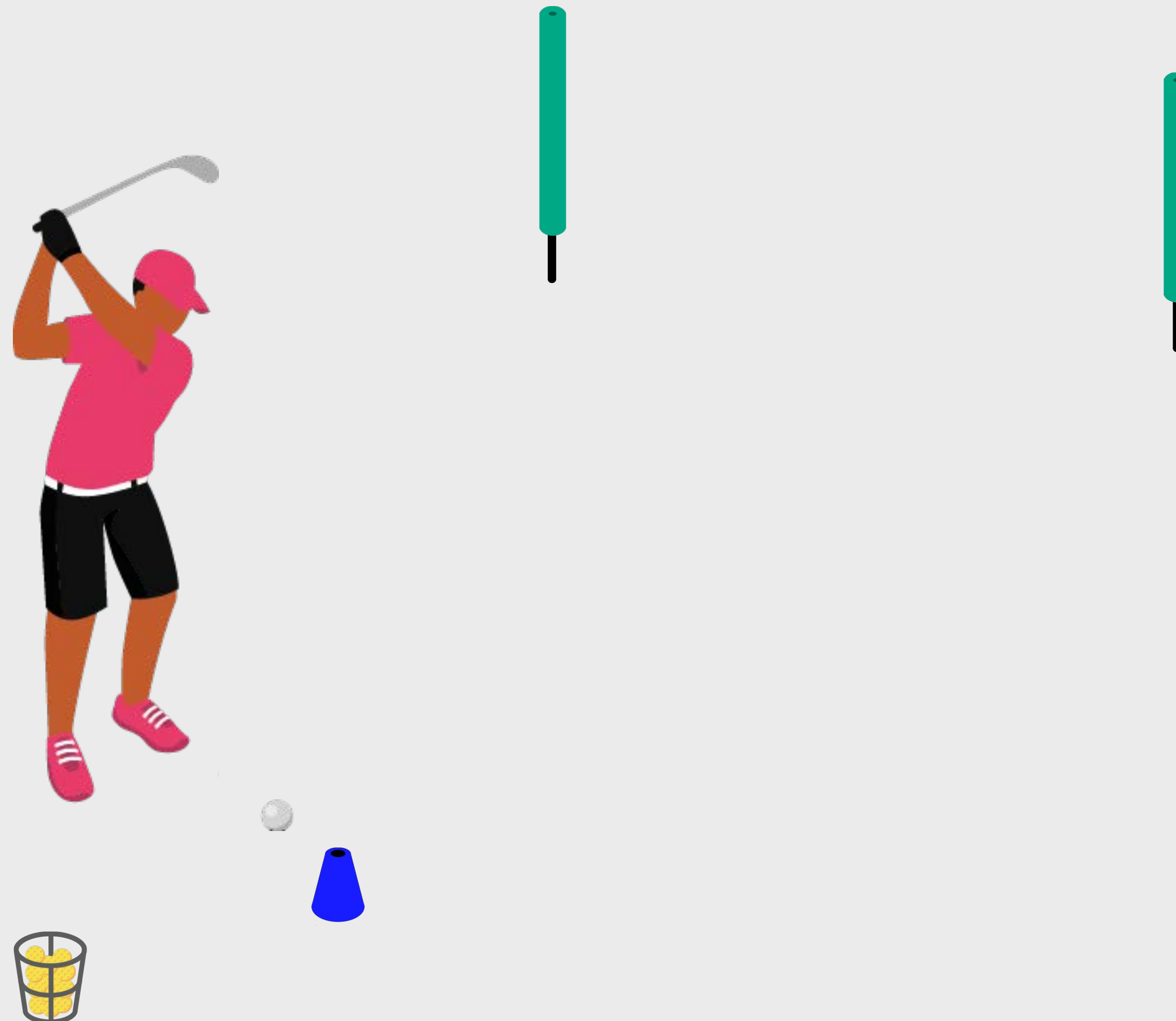
How to Practice

- Place two tees in the ground, with only the very top visible to the learner
- The learner should attempt to strike the tees out of the ground on their practice swings before attempting to strike the ball with the same action
- Each practice swing should brush the ground where the ball would be and on the real swing the club should brush the ground underneath the ball

Technical Link

- This activity will help the learner to understand how the loft of the club will help to strike the ball into the air, and they don't have to 'help' or 'lift' the ball to get it flighted properly
- This activity will help the learner to become confident using longer clubs without a tee

Fairway Finder



Equipment Needed

- Alignment sticks and noodles to create the target gates
- A single cone to represent the starting position

How to Play

- The aim of the game is to see how many consecutive shots the learner can land on the fairway
- The learner should attempt all shots from the ground using either a hybrid or fairway wood
- If a learner misses this is the end of their turn and they have to try to beat their personal best score when it is their turn again

Progression Ideas

- If this is too difficult, let the learners use a short tee as they are practicing
- Vary the size of the gap between the posts
- Add a distance element that the learners have to reach in order to hit the fairway

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. 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

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:

Becoming a competent golfer

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

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.

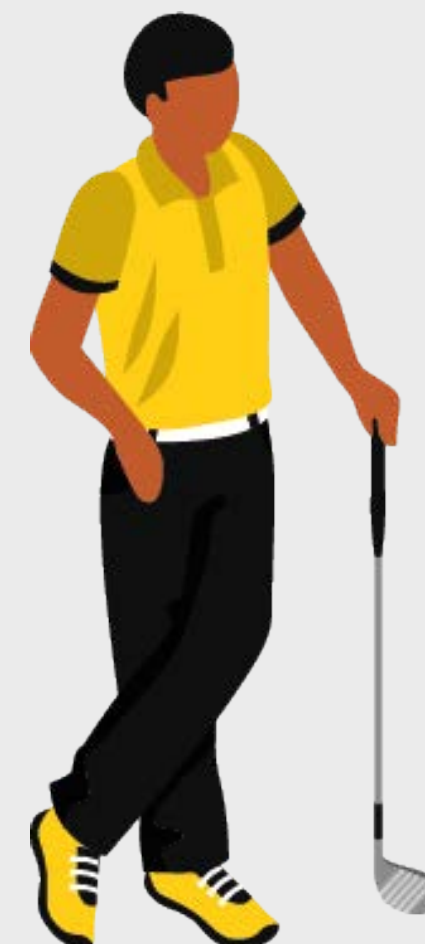
Encourage learners to watch others at the club and the best in the game so they can become aware that even the best players make mistakes, hit poor shots and that this is part of the challenge of the game.



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 pitching, providing learners an opportunity to practice what was learnt in their pitching class.



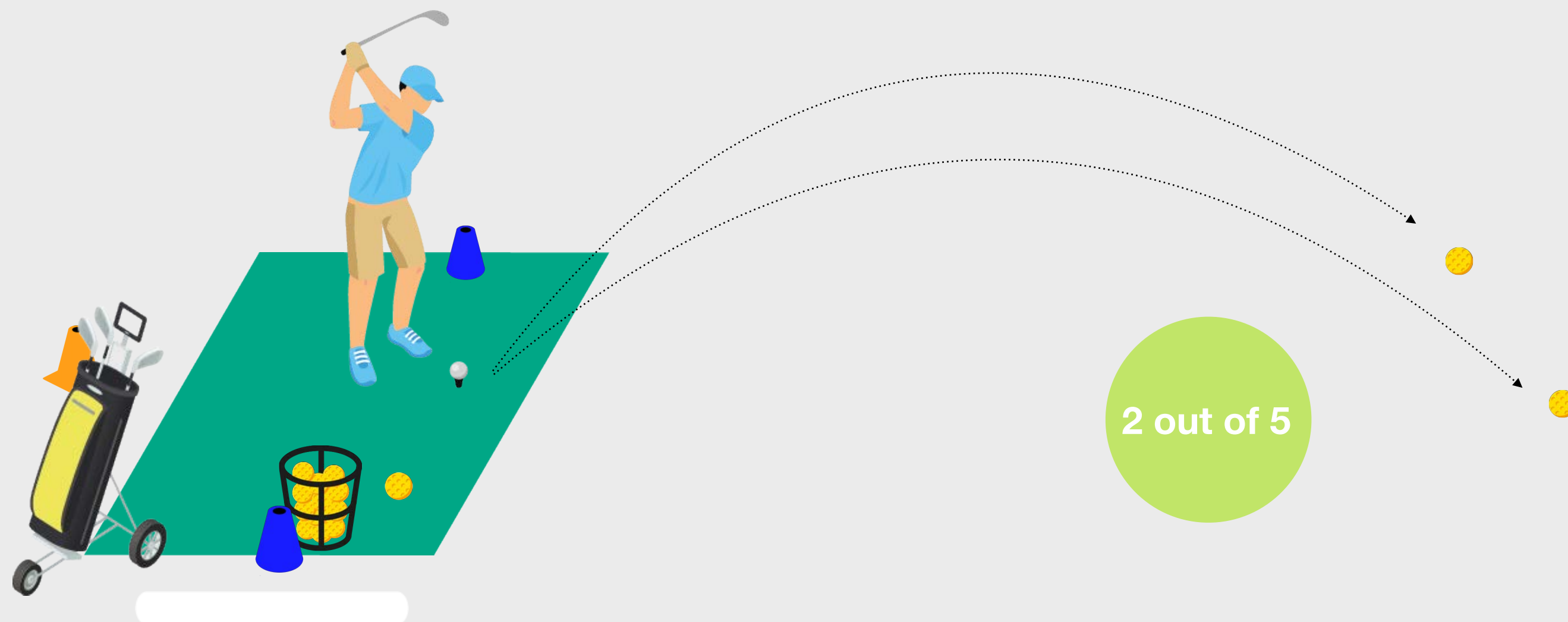
Skill Challenges



Level 1



Iron 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.

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

Irons



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.

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

Fairway Woods



Driver Challenge



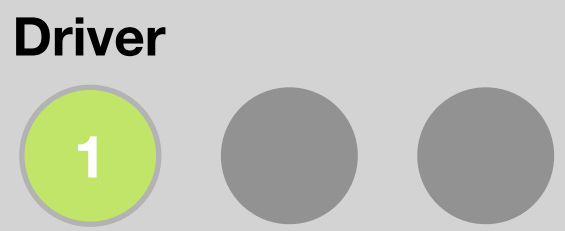
The Challenge

To complete the Level 1 Challenge the learner needs to demonstrate the ability to hit 2 out 5 shots in the air.

To complete the challenge, the learner doesn't need to demonstrate control over direction or distance.

What should the Learner do next?

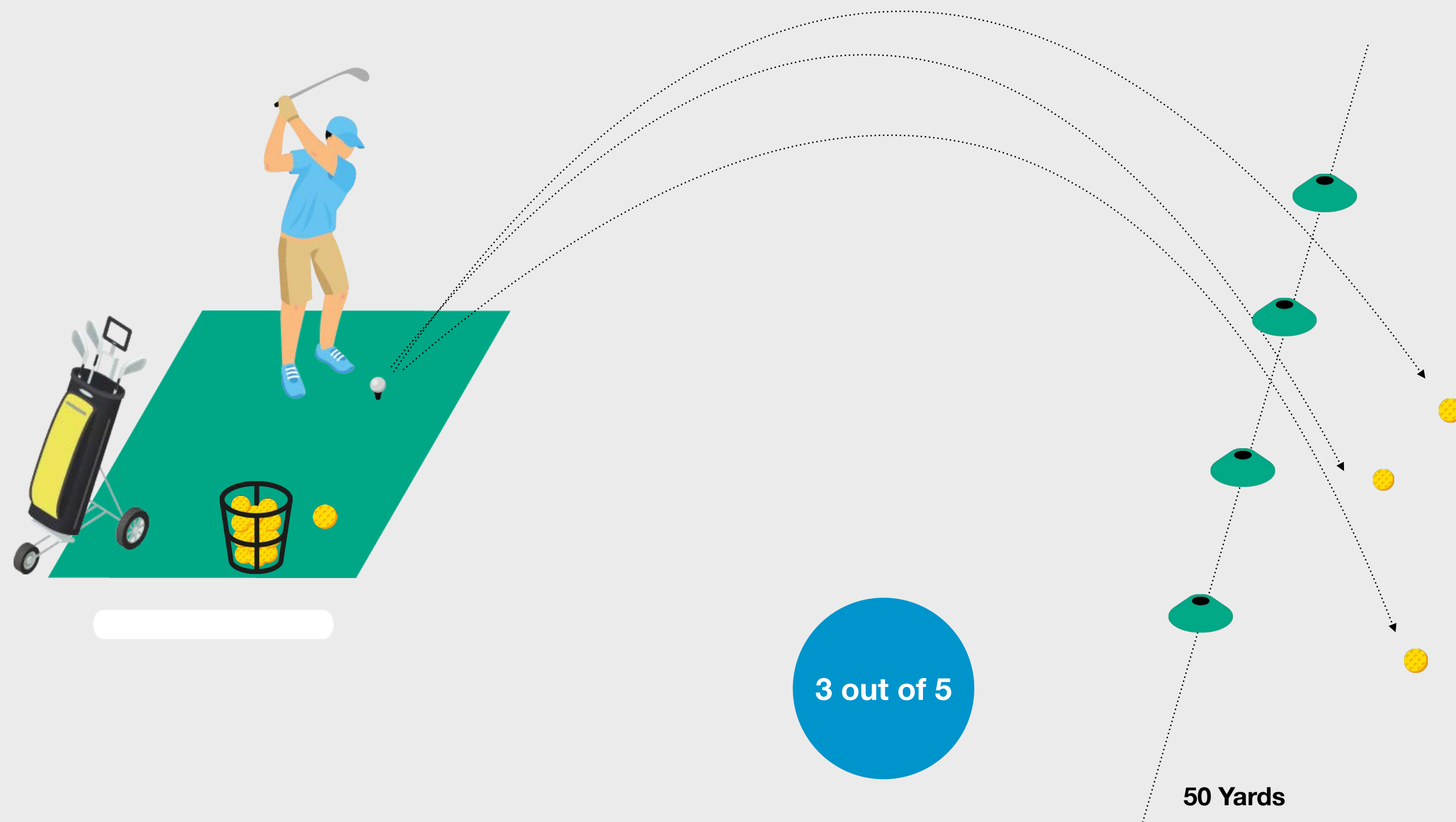
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the challenge section



Level 2



Iron 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 50 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

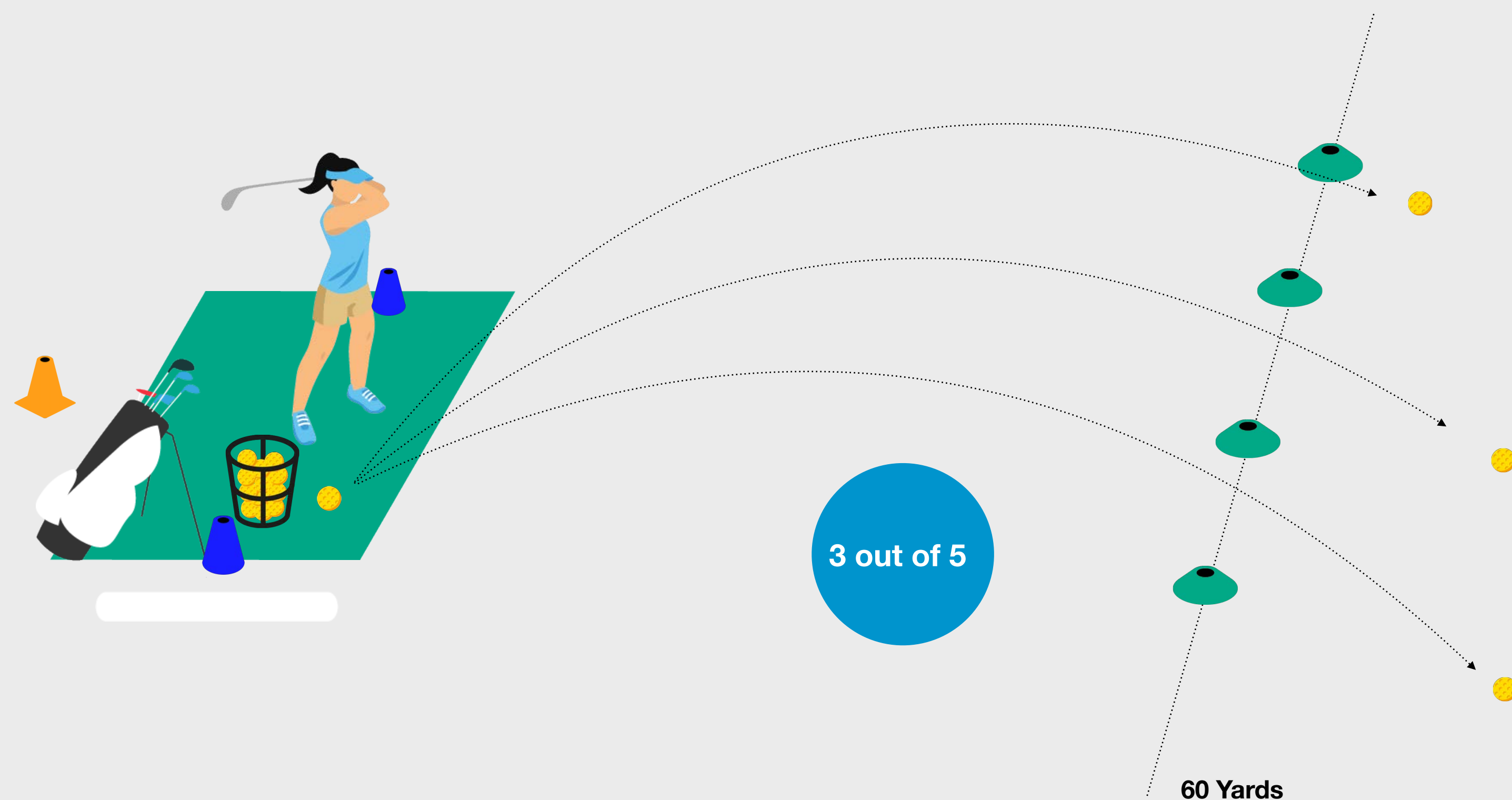
What should the Learner do next?

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

Irons



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.

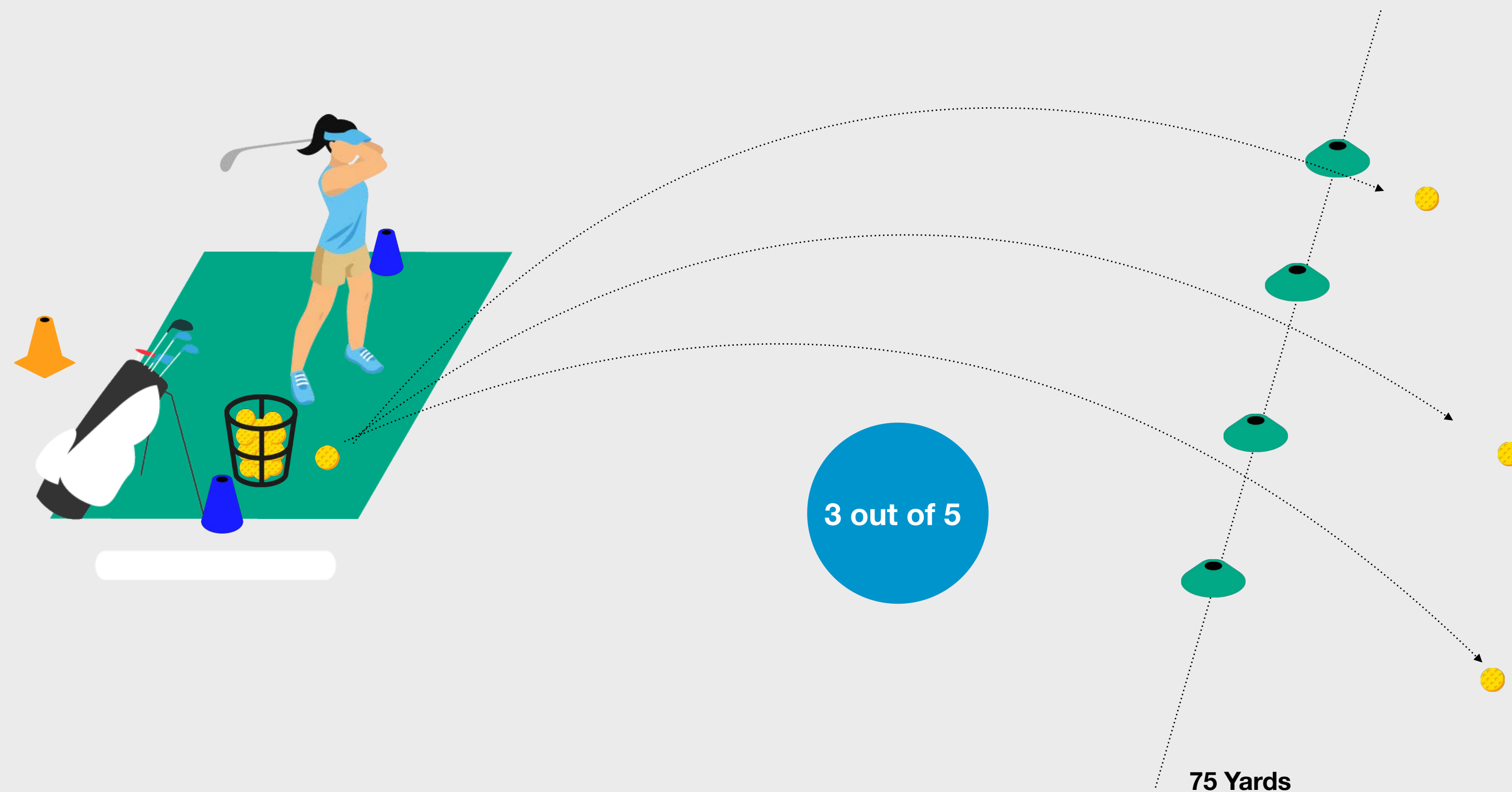
What should the Learner do next?

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

Fairway Woods



Driver 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 75 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction.

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

Driver

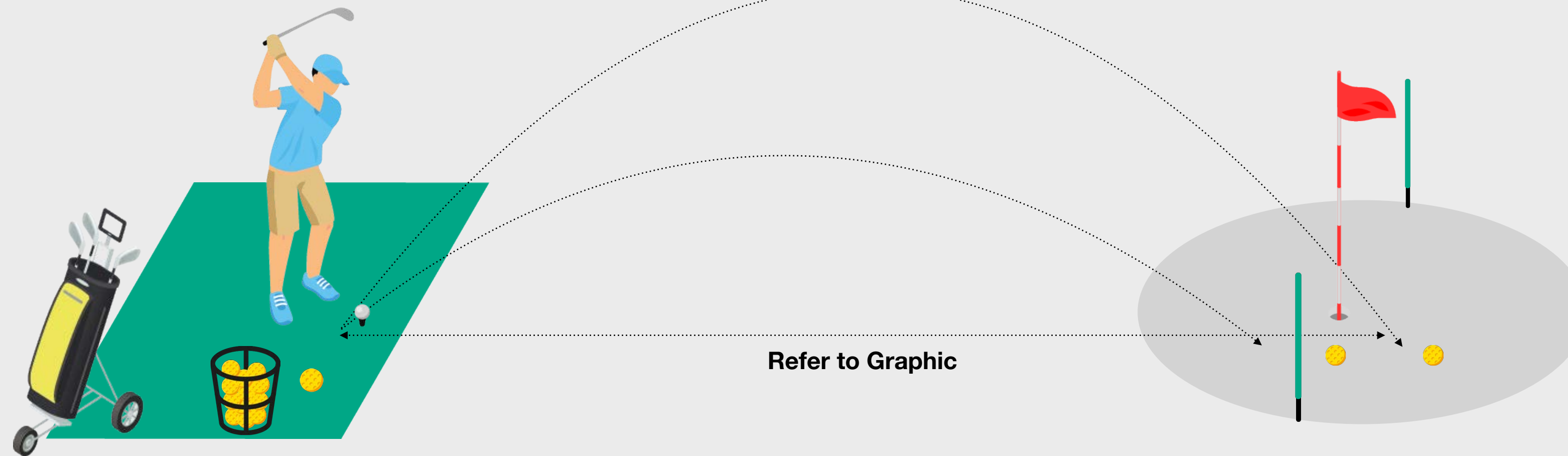


Level 3



Level 3 Challenges - Student Iron Challenge

	Yardages	Target Green
Iron Distances <i>(Where the ball comes to rest)</i>	75	15 yards wide
	100	20 yards wide
	125	25 yards wide
	150	30 yards wide



The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to come to rest on the target green at the learners approximate 7-iron total distance (Minimum of 75 yards).

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

Irons

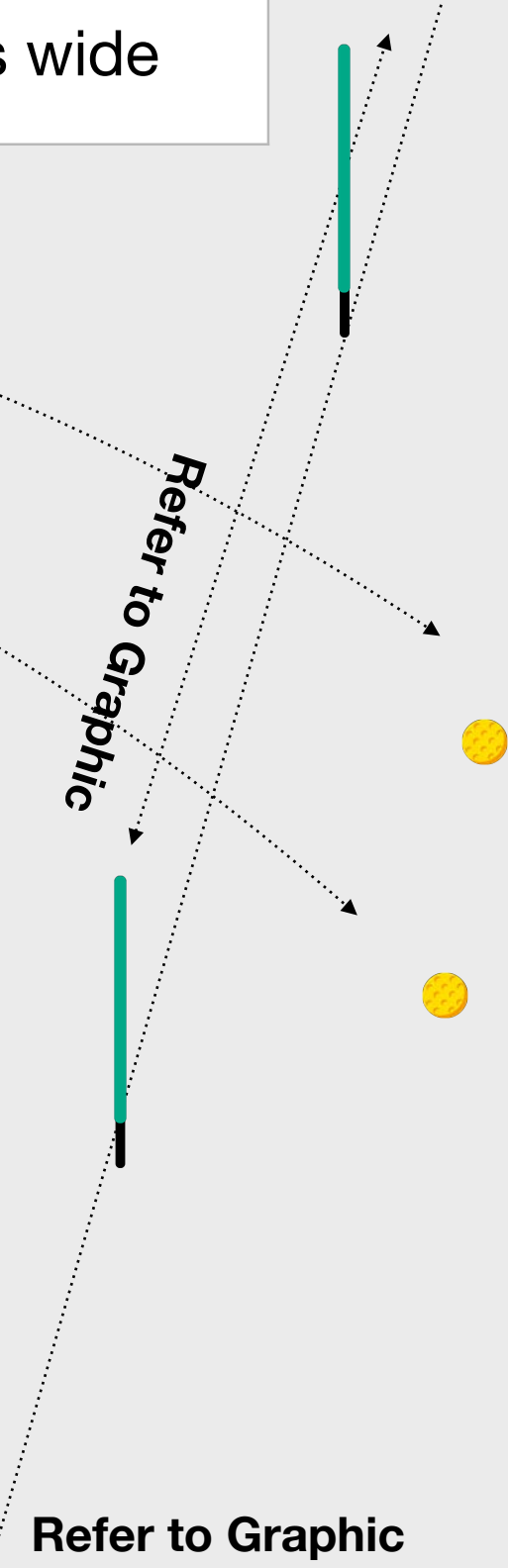


Hybrid/Fairway Wood Challenge

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



2 out of 5



The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 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)

What should the Learner do next?

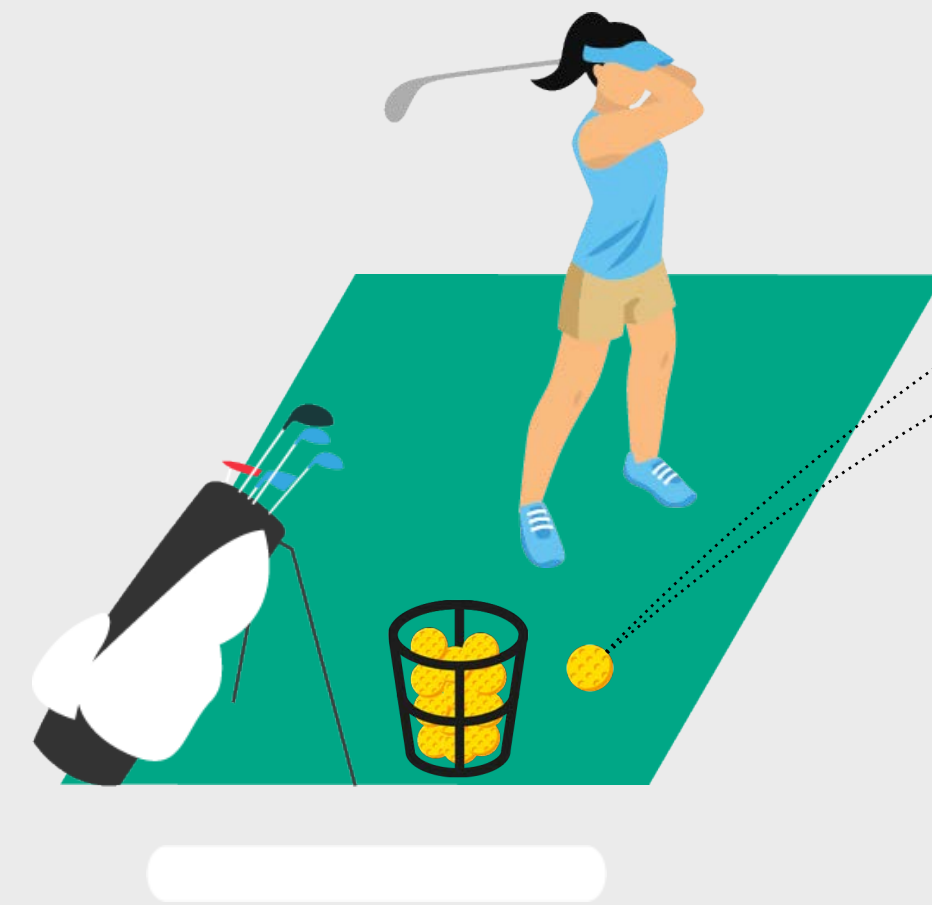
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the Challenge Section

Fairway Woods

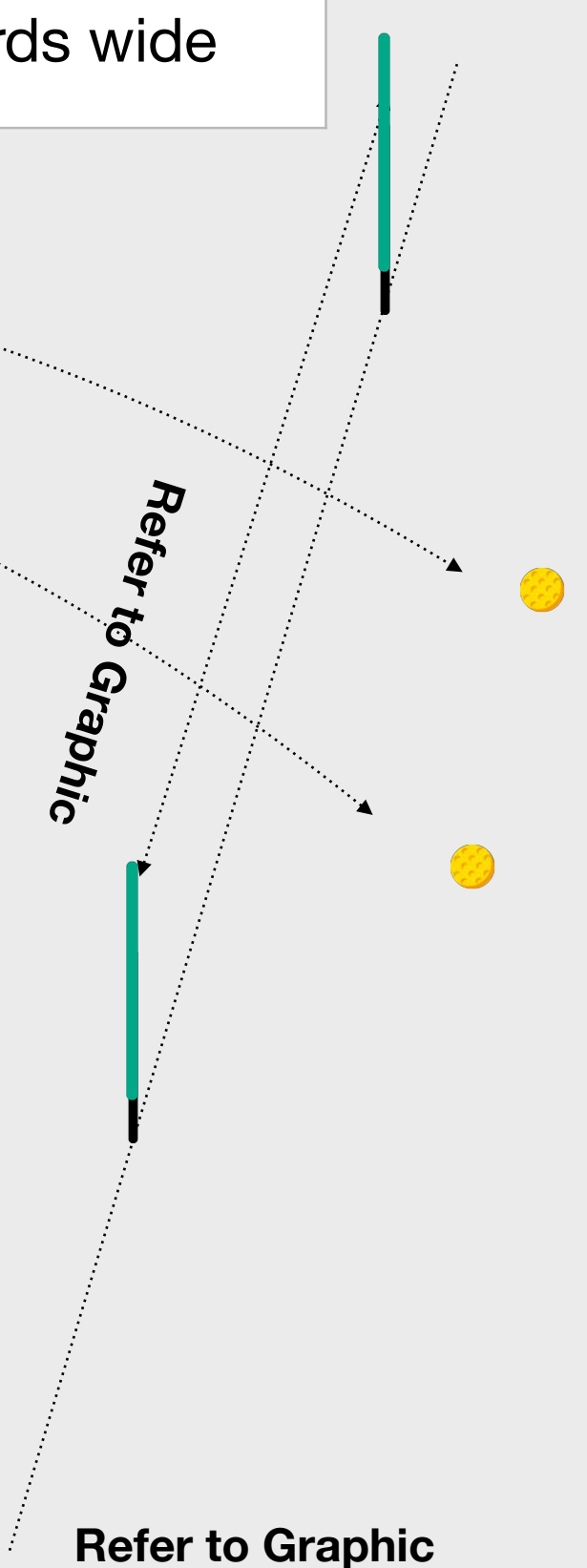


Driver Challenge

	Yardages	Target Gate
Driver Distances <i>(Where the ball comes to rest)</i>	125	25 yards wide
	150	30 yards wide
	175	35 yards wide
	200	40 yards wide



2 out of 5



The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to travel through and come to rest between the target gate at the learners approximate driver total distance (Minimum of 125 yards)

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

Driver

