

Practice Your Swing - Irons

Monday, February 7th - Sunday, February 13th



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
Irons
Whole Golfer:

Injury Prevention

Learning the Game:
Rules and Etiquette
Practice Area
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: Game station: Whole Golfer Focus: Injury Prevention | |
| 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"> Rules and etiquette in the practice area |
| 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
Chipping

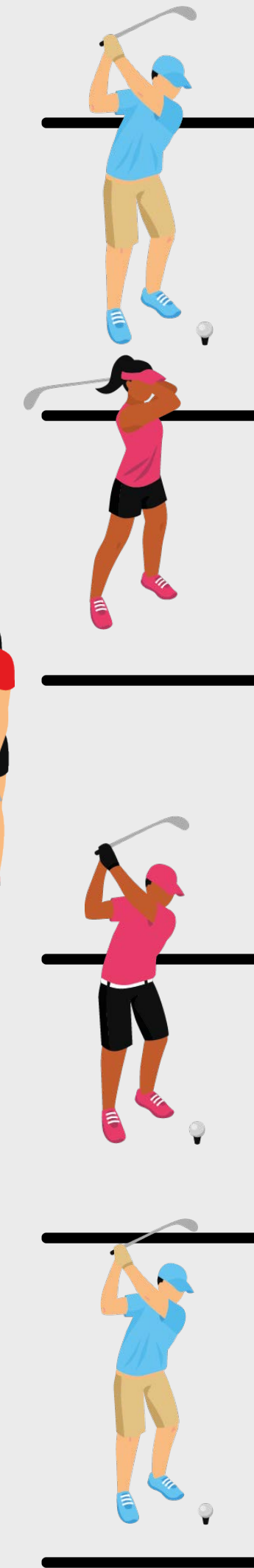
Station 1:
Challenge Station
Irons

Station 2:
Challenge Station
Hybrids/Fairway Woods

Station 3:
Challenge Station
Driver

Station 4:
Practice Station
Ball Position

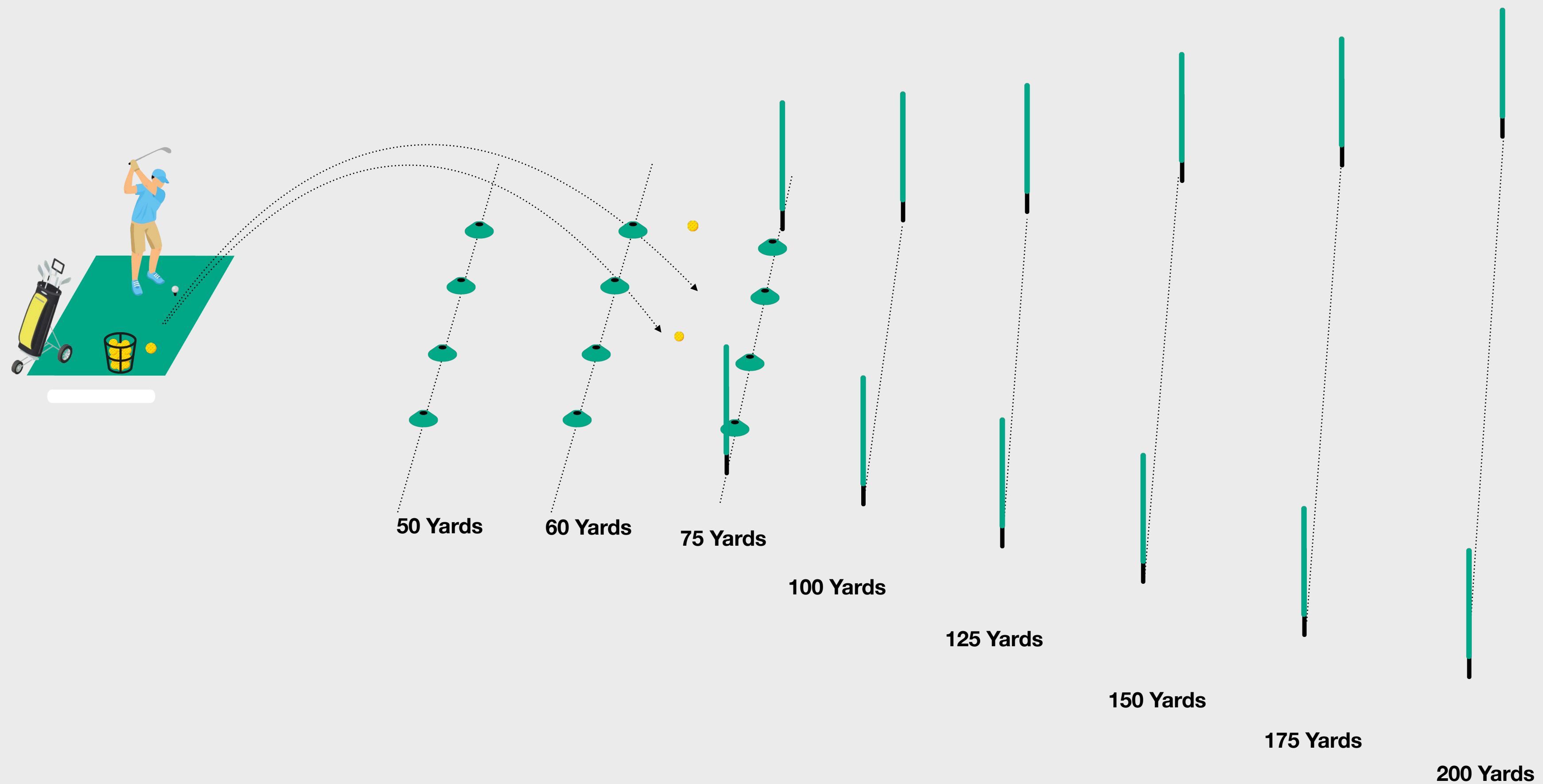
Station 5:
Game Station
Slalom Challenge



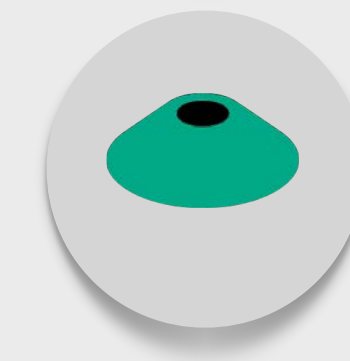
Swing Challenges Layout and Set Up

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

Ball Position



Equipment Needed

- Alignment Stick
- Hybrid, 7 Iron and wedge
- Golf Balls

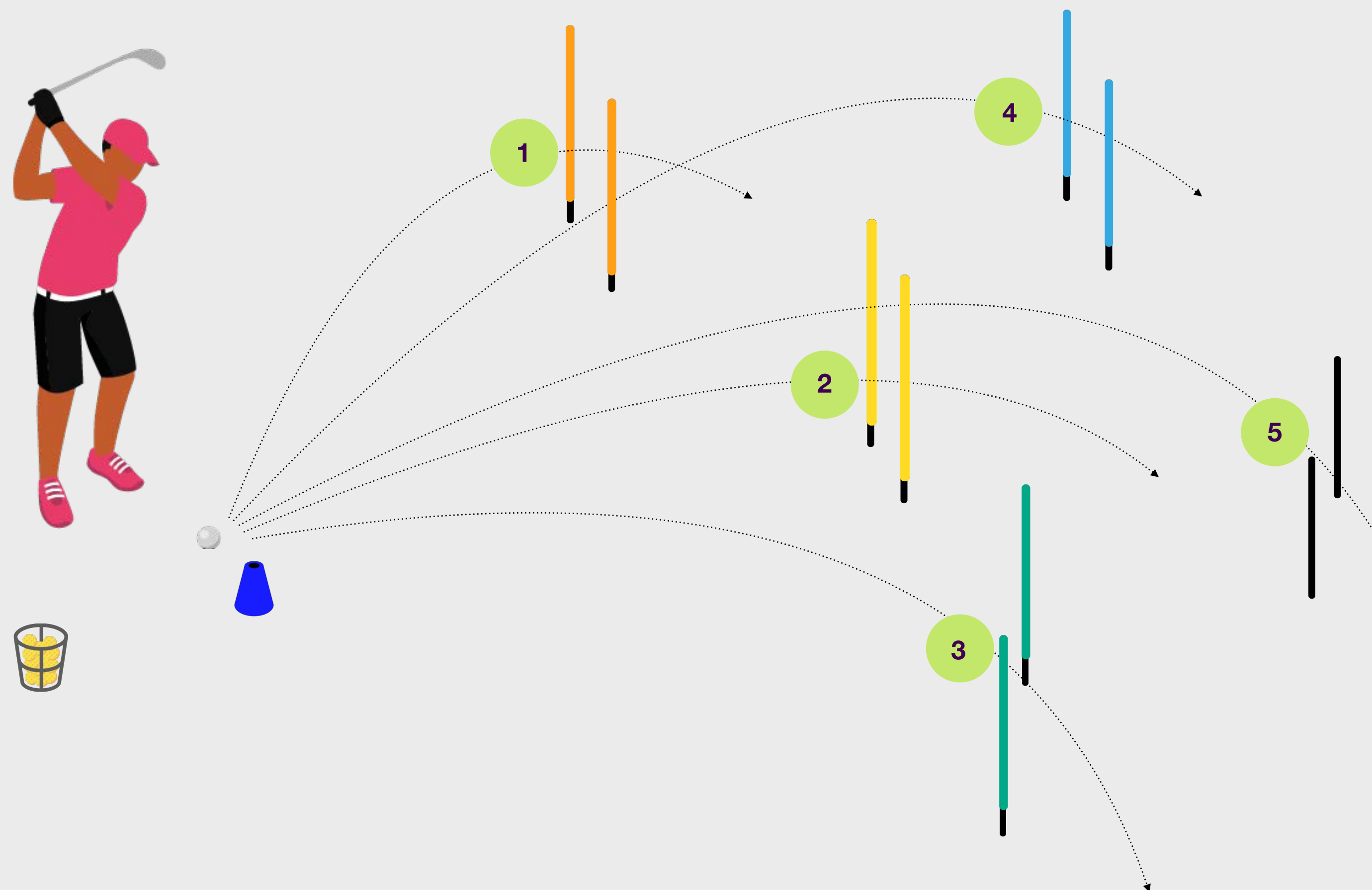
How to Practice

- Learners should understand that the ball position changes slightly depending on which clubs they use
- Use the alignment stick to mark the centre of the learner's stance
- The learner should experiment with a centered ball position for a wedge, an inch further forward for a 7 iron and an inch further forward still for the hybrid
- Make sure you highlight how important striking the ground in the appropriate place will ensure good contact, just having an improved ball position does not guarantee good contact

Technical Link

- Understanding this means learners will practice appropriately and strike the ball more consistently

Slalom Challenge



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 hit the ball through each of the gates in order
- The learner should attempt gate 1 first and move onto the next gate once successful
- The game should be completed in a certain number of shots or before it is time to move to the next station

Progression Ideas

- Vary the size of the gates
- Add a rule that if the learner misses a gate they move to the previous gate

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:

Rules and Etiquette - Practice Area

Make sure learners understand the rules that apply to practicing at the practice area at your club. This may include not chipping towards another person in case of a missed contact, knowing the rules on the driving range, and use of the putting green.



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:

Injury Prevention

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

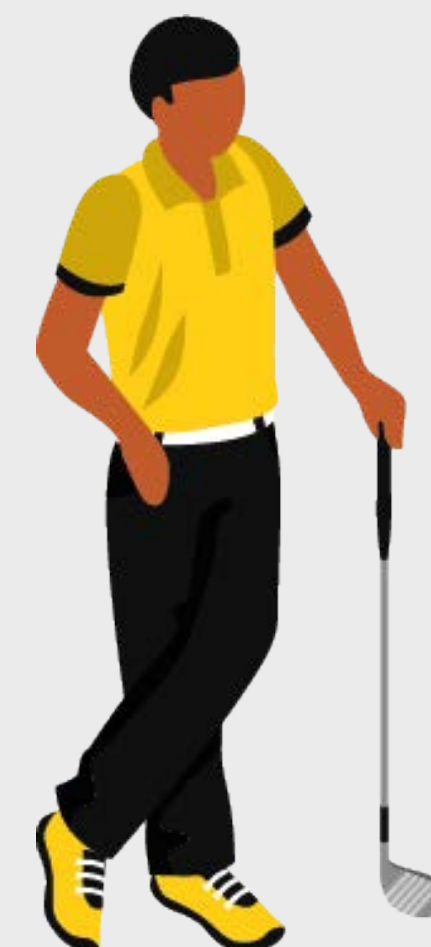
Provide some strengthening exercises that might help learners to prevent injuries, if you have an expert at the facility it would be beneficial to work together to make sure your learners know where to go to improve their strength and flexibility.



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.



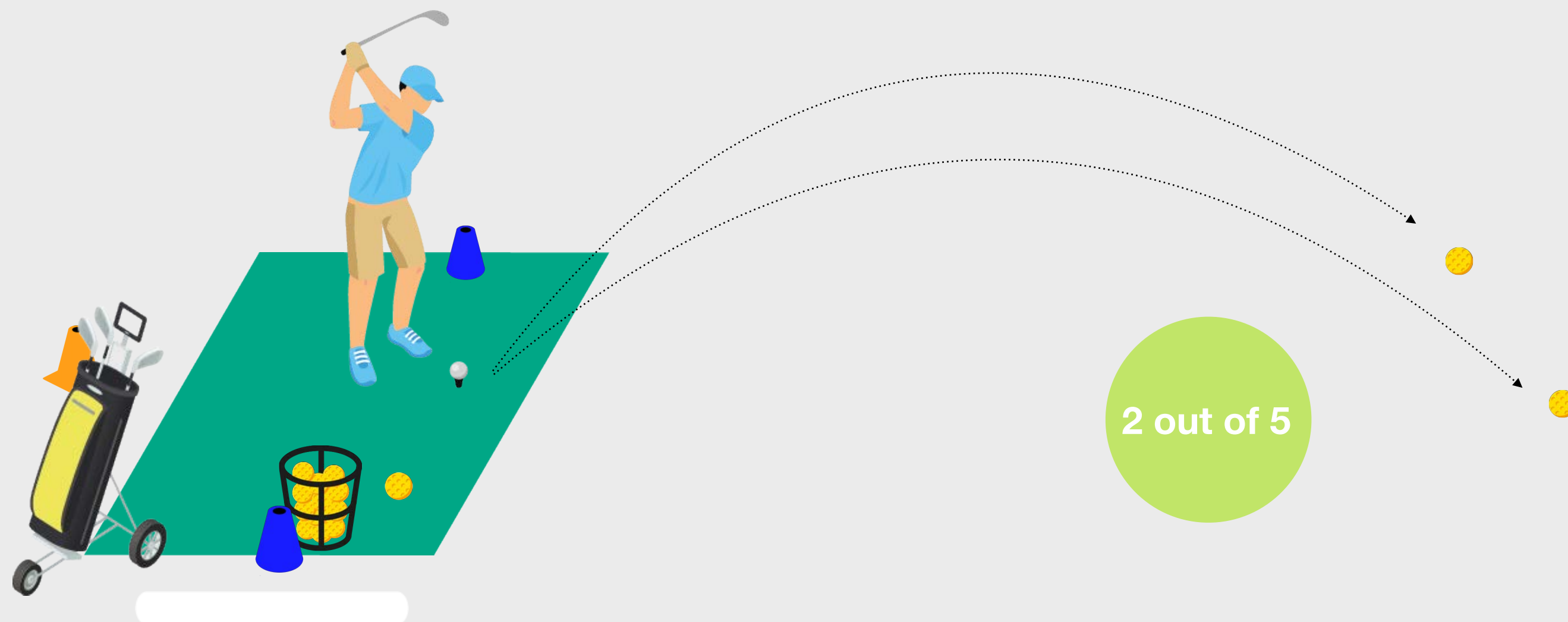
Skill Challenges



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 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

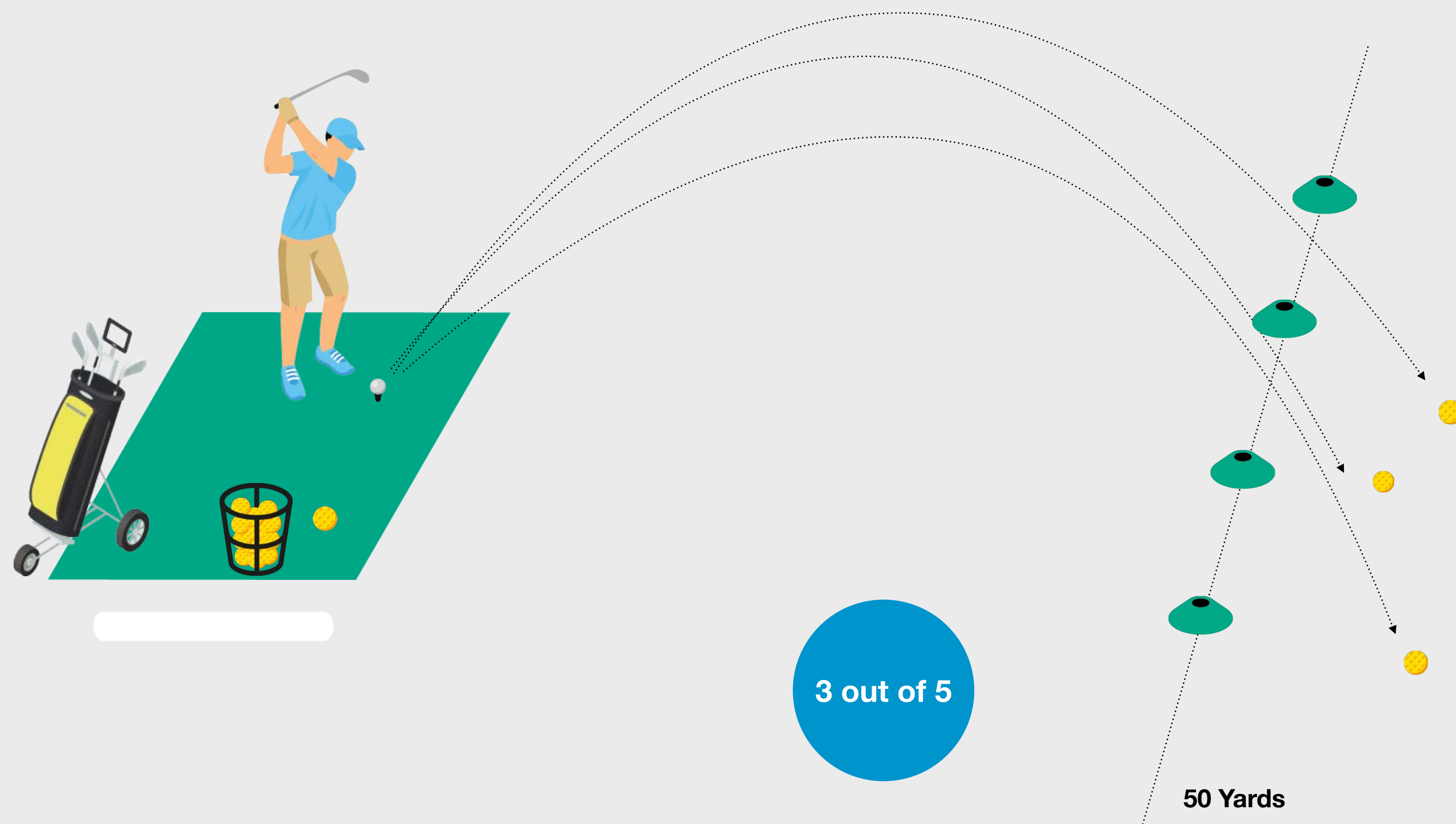
Driver



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.

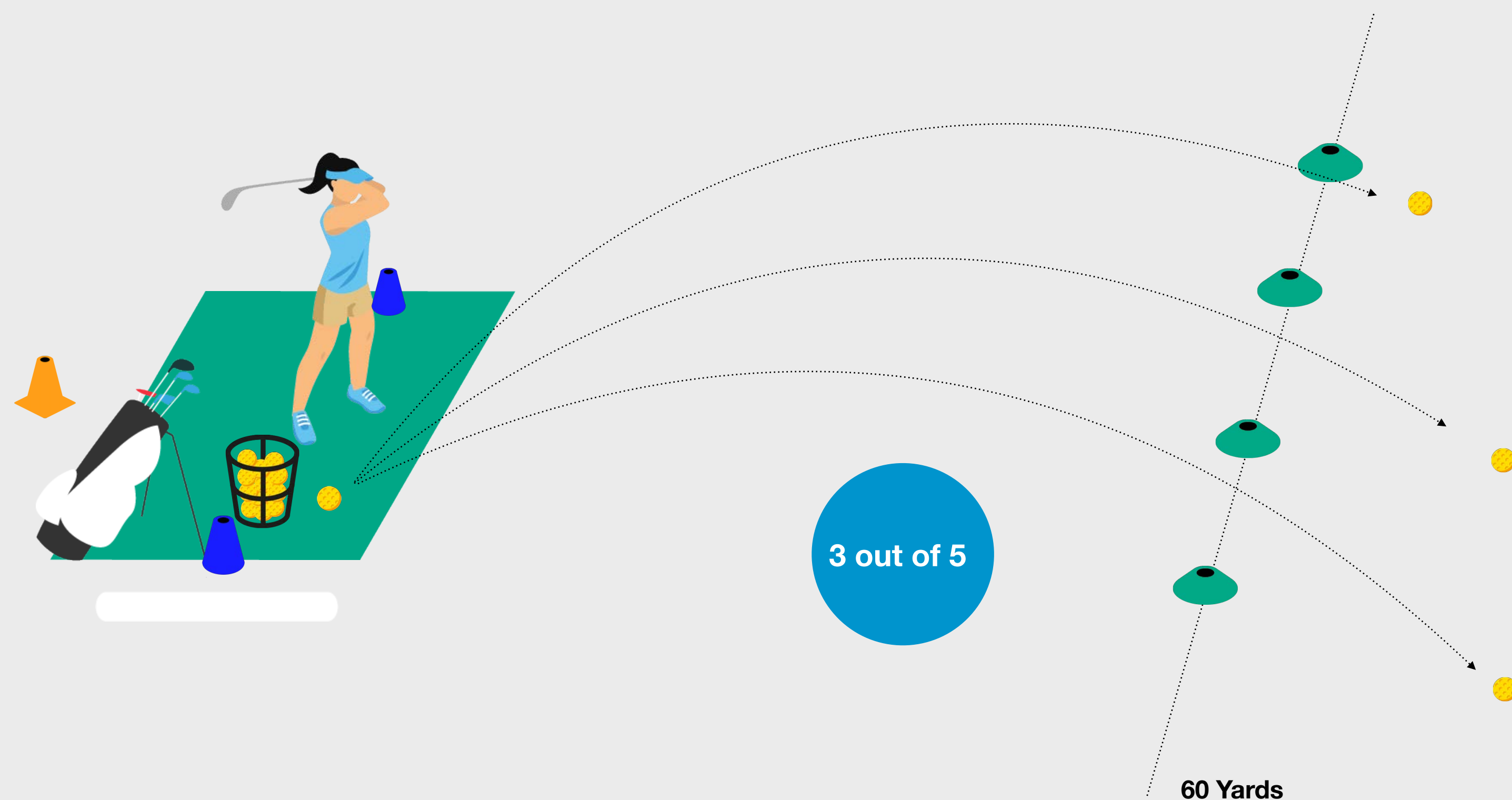
What should the Learner do next?

- 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.

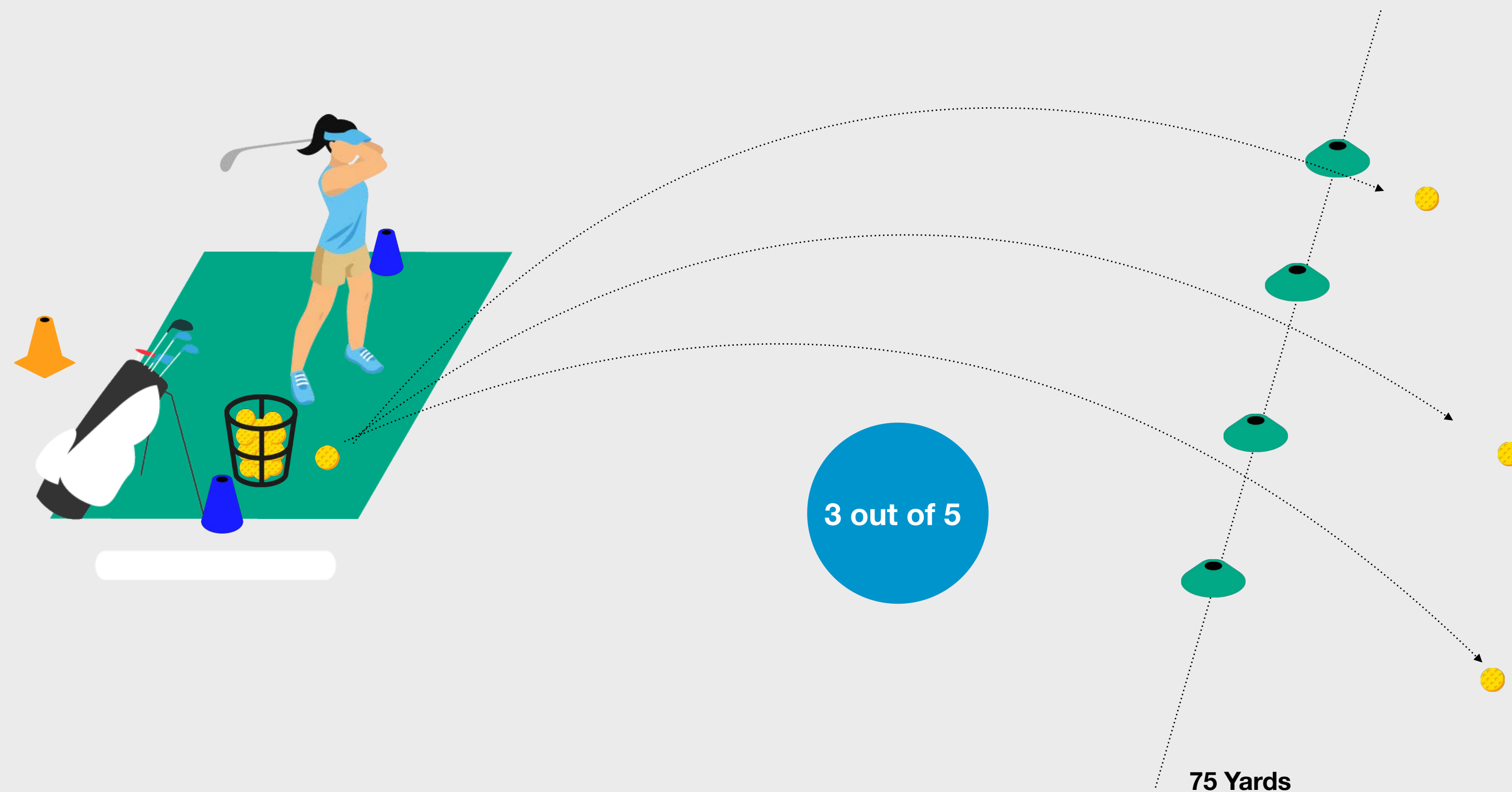
What should the Learner do next?

- 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

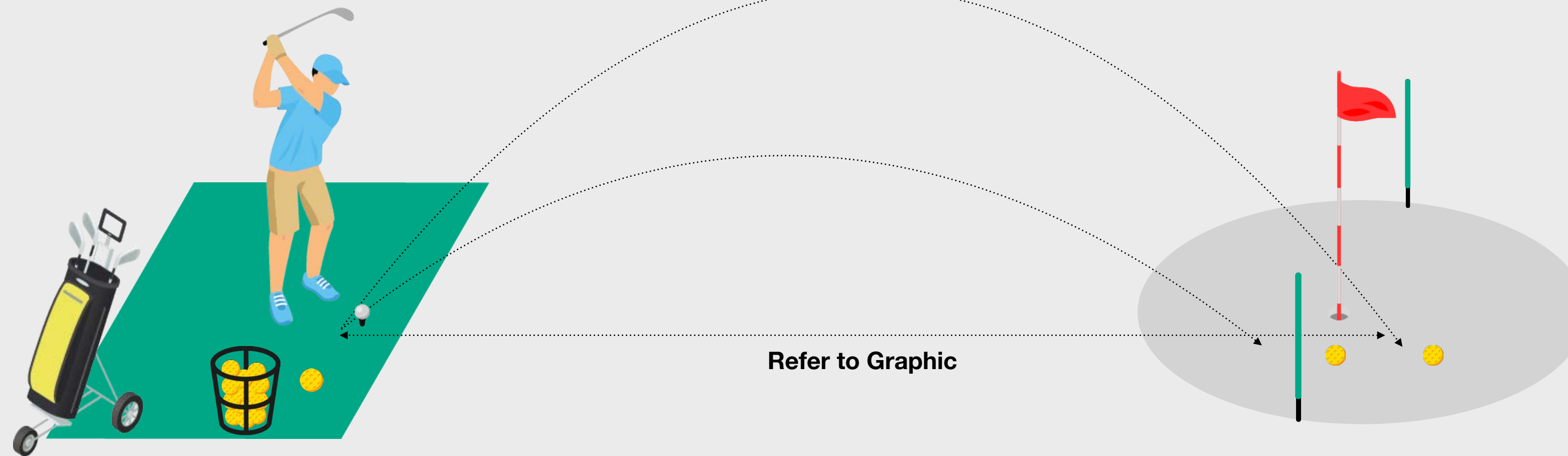


Level 3



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 |



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 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?

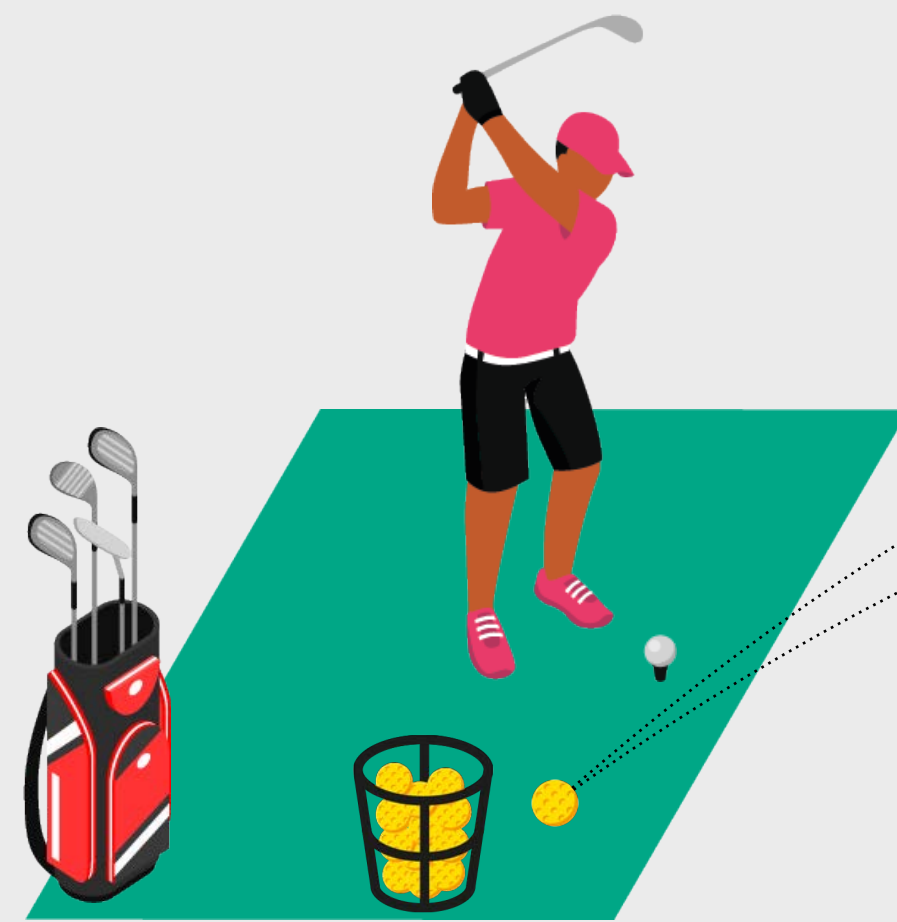
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the challenge section

Irons

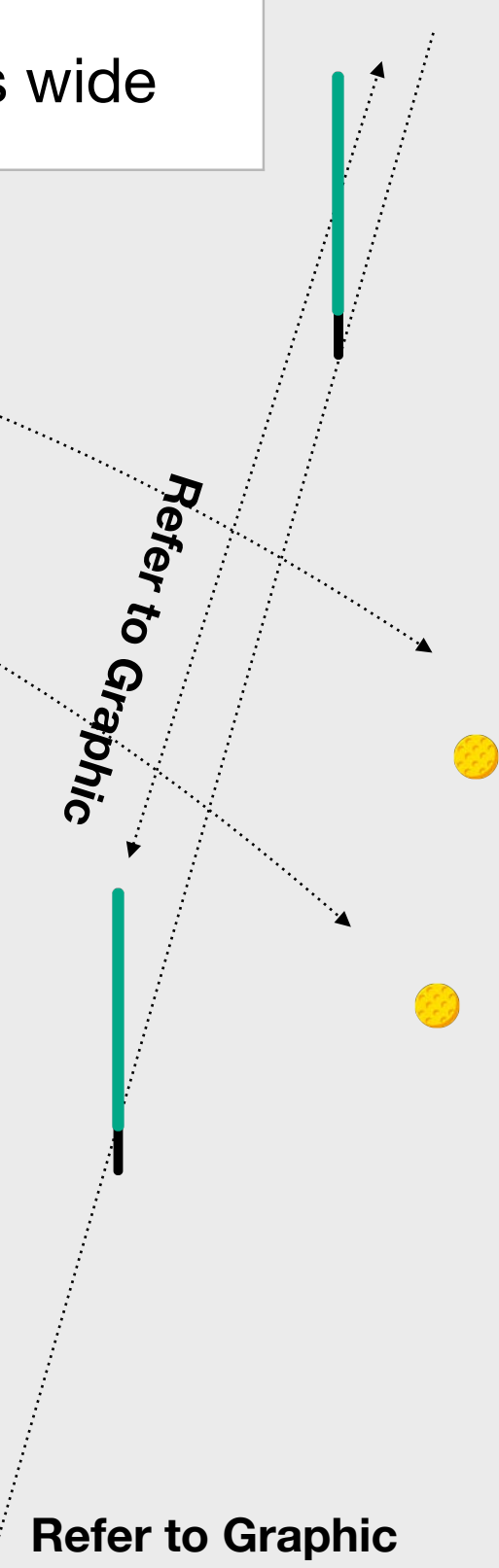


Hybrid/Fairway Wood Challenge

| | 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?

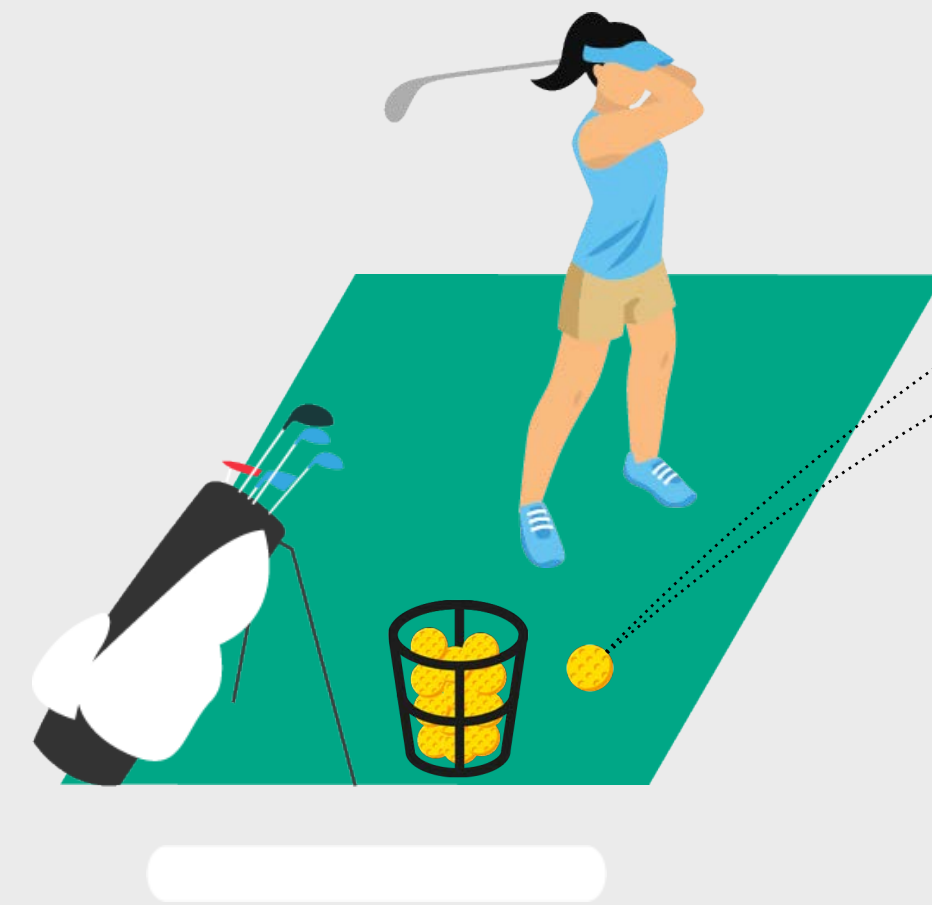
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the Challenge Section

Fairway Woods

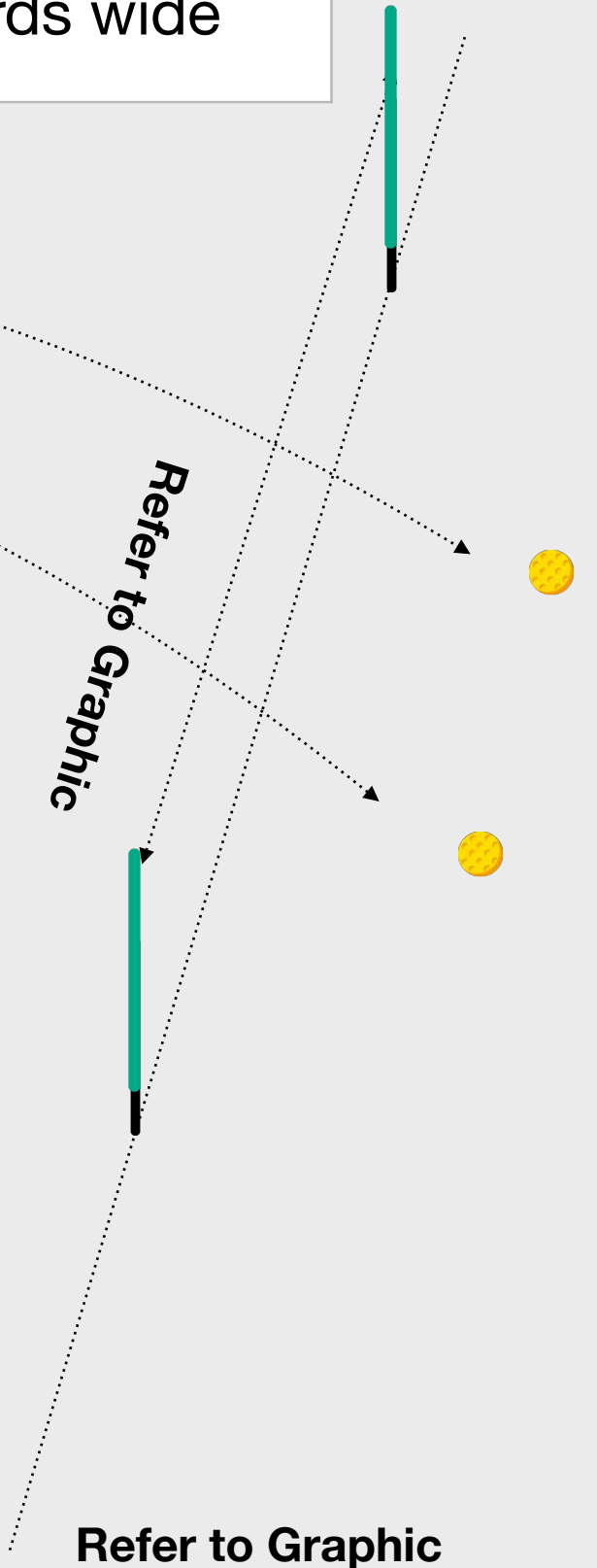


Driver Challenge

| | 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

