

Swing - Adding Speed

Monday, March 21st - Sunday, March 27th



GAMEON

GOLF DEVELOPMENT

Contents

- 3** Class Timetable
- 5** Class Objectives
- 9** Class Layout and Setup
- 11** Practice Stations and Game Cards
- 17** Secondary Skill
- 18** Skills Challenges



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 chall
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> GLF. Locker /Game App

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GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:8

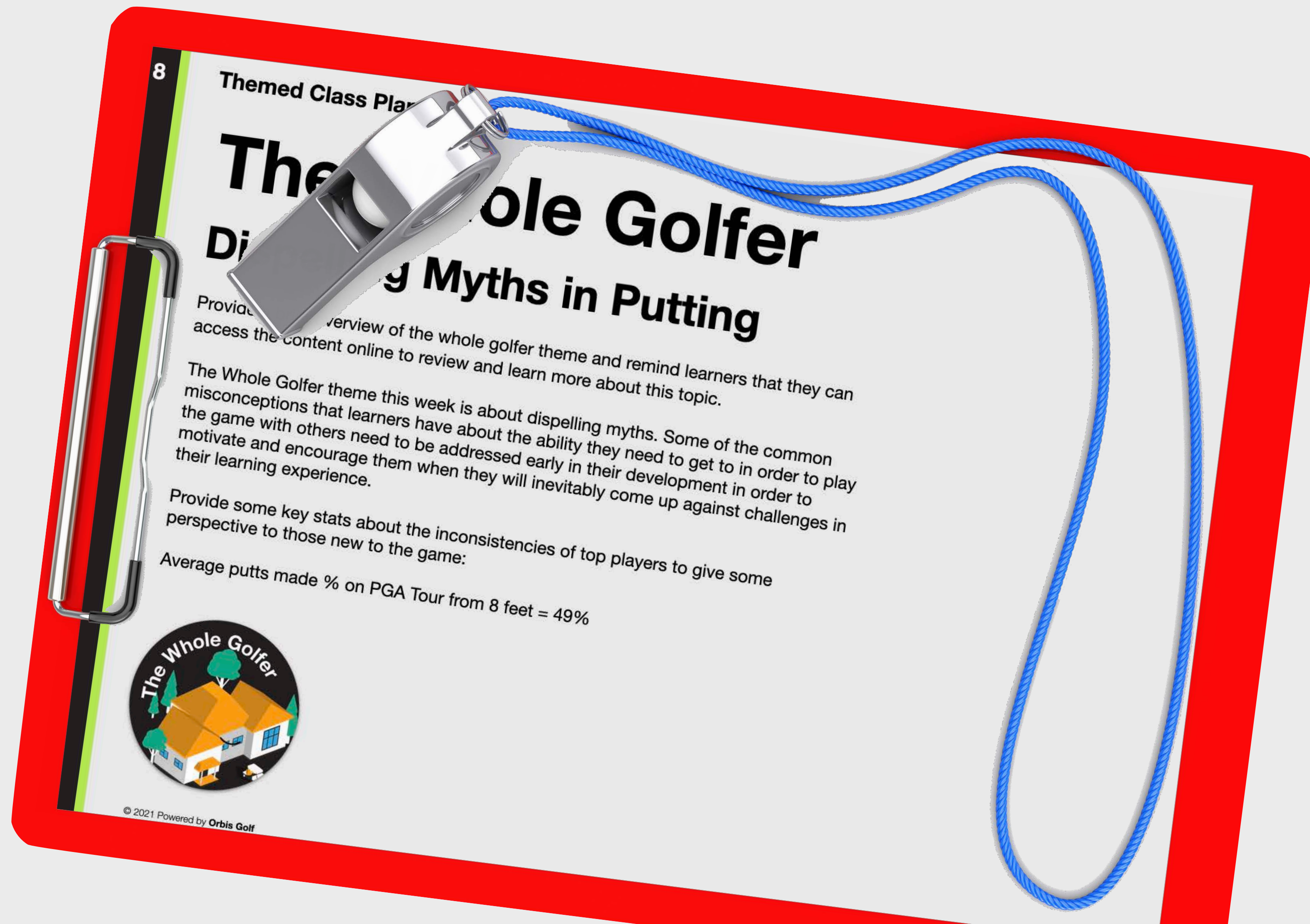
Mastering the Game:
Swing
Adding Speed

Online Whole Golfer Resource
End of a round

Learning the Game Focus:
Playing and Scoring
Par 3,4 and 5

Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	Set up the games and practice stations Be ready to welcome participants 5 minutes before the session starts	
5 mins	Introduction	Objectives - Introduce clubhead speed and launch with a driver Introduce 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"> • Par 3, 4 and 5 • Birdie, Par and Bogey
40 Mins	Mastering the Game	Learners play the games individually, in pairs or groups Opportunity to provide private coaching	<ul style="list-style-type: none"> • Practice stations • Game cards • Secondary skill station
10 mins	Challenges and Recap	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"> • Driver challenge
5 Mins	myGame Tracking	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 myGame App
15 Mins Post	Relationship Building	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

Increasing Speed

The technical guidance we are prescribing is to be delivered as you see fit, use your experience and be sure to link your technical advice to how this will help learners to improve the key skills of:

1. Increasing clubhead speed with the Driver

Suggested technical guidance might include, rotational speed, use of levers,
Measuring swing speed is a great way to provide feedback and encouragement to learners

2. Improving launch and carry distance

Suggested technical guidance might include improved spine tilt at set up or increased tee height to encourage a higher launch

Measuring launch angle is a great way to provide feedback and encouragement to learners



Keep your technical instruction on ball position and strike to less than 5 minutes, in order to allow maximum time for play and practice and for you to reinforce the key skills with individual tuition.

Learning the Game

Par 3, 4 and 5

Introduce learners to the different pars they will find on the course and what they mean. Be sure to reference the course play events where they will be playing holes with pars relative to their current ability.

Birdie, Par and Bogey

Introduce these key golfing terms and explain what they mean to you learners. Use this language moving forward so that your learners get used to the terminology they will hear when playing the game.



The Whole Golfer

Greetings - How to start and end a round of golf

Introduce learners to the etiquette of shaking hands at the end of a round of golf. The well wishing at the start of a round and thanking your playing partners for the game at the end of a round is all part of what makes the game of golf.

When your learners start to play with more and more people they will be expected to know these things, so introducing them to this now is a great way to make sure they feel comfortable when playing with other people.



Class Layout and Setup



Station 6:
Secondary Skill
Pitching



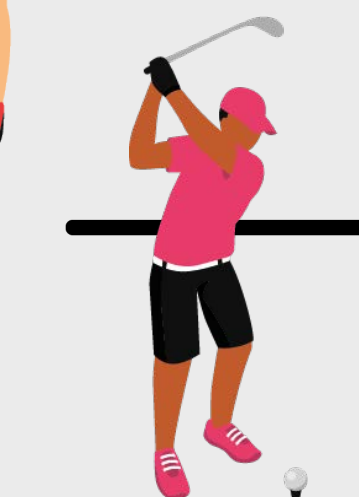
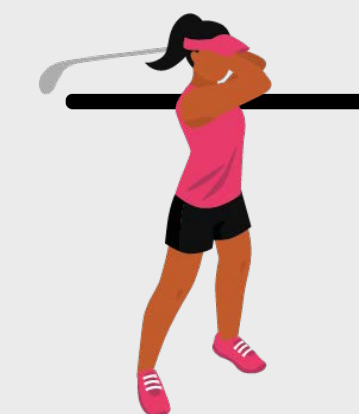
Station 1:
Practice Station
Swing Speed

Station 2:
Practice Station
Launch Angle

Station 3:
Practice Station
Stepping Drill

Station 4:
Game Station
Carry Distance Challenge

Station 5:
Challenge Station
Driver Challenge



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 themed class focus.

Equipment Needed

- 12 cones
- Golf balls

How to Practice

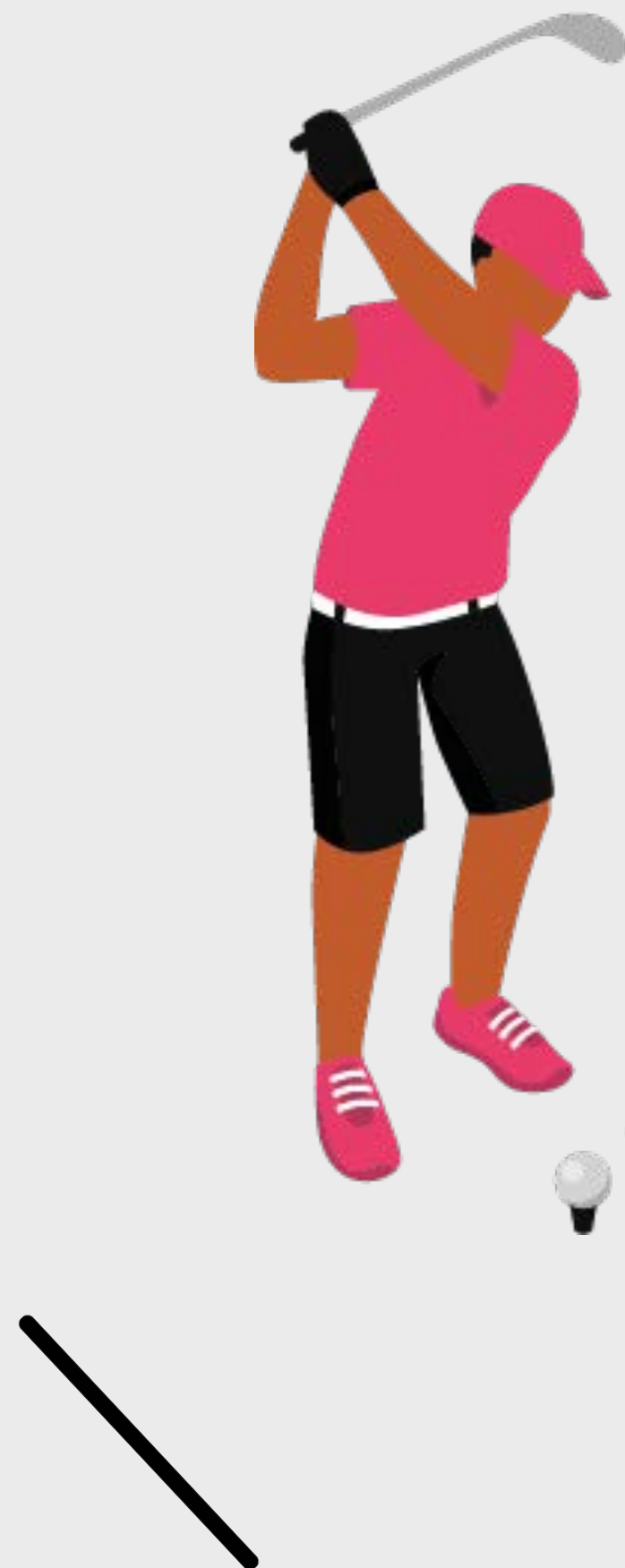
- Set this activity up with 3 different sized boxes (10, 20 yards and 30 yards) from the learner.
- The learner should practice chipping the ball at these distances using the same club, by varying the speed of the swing.
- Encourage them to start by controlling the length of the stroke, similarly to how they learnt to control the length of the stroke using a putter, 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. e.g. a 7 iron would be best to lower lofted club.

Technical Learning Objectives

- This activity will help the learner to understand the importance of a shot based on the speed of the stroke.
- This activity will help the learner to gain confidence around the green by becoming consistent with one particular type of club.

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Swing Speed



Equipment Needed

- Alignment Stick
- Driver
- Golf Balls

How to Practice

- Learners should understand that the faster they swing the club, the more potential they have to hit the ball further
- Learners should swing the alignment stick as fast as possible, as it is lighter than a normal golf club they will be able to do this effectively
- The learner should then attempt to maintain that speed when swinging the driver
- Make sure learners complete these fast swings without a ball and without too much thought for technique
- When you reintroduce the ball the learner should try to make solid contact and do this at 80% of full speed

Technical Link

- By improving the maximum speed at which they swing the club without a ball learners will be able to swing the club faster with a ball and increase their distances

Launch Angle



Equipment Needed

- Alignment Stick
- Driver
- Golf balls

How to Practice

- Introduce the best way to create an optimal launch angle for the driver, include ball position, tee height and intention to hit the ball as the club is travelling up
- One posture tip could be to tilt the spine angle away from the target, to encourage the launch angle required to maximise distance
- If you have a launch monitor available measure the learner's launch angle so they understand how they launch the ball and what they need to do differently to increase their carry distance

Technical Link

- This activity will help the learner to increase their carry distance with the driver

Stepping Drill



Equipment Needed

- 7 Iron or Driver

How to Practice

- The learner should practice by swinging up to the top of their swing and as the club is reaching the top of the swing, step forward and swing the club
- Once the learner achieves the coordination required to step and swing they can attempt the challenge with a ball and see if they can make contact
- Encourage learners to start with small, slower swings with this challenge and work up to fuller swings once confident in the movement

Technical Link

- This activity will help the learner to build an awareness of using movement to generate speed

Carry Distance Challenge



Equipment Needed

- Cones
- Golf balls

How to Play

- Set up a number of targets on the driving range, at different distances to enable learners to know how far they are hitting the ball
- The learners should take it in turns to hit each ball slightly further than their last shot
- The learners should start with a small swing and see how many shots in a row they can increase the distance they carry the ball

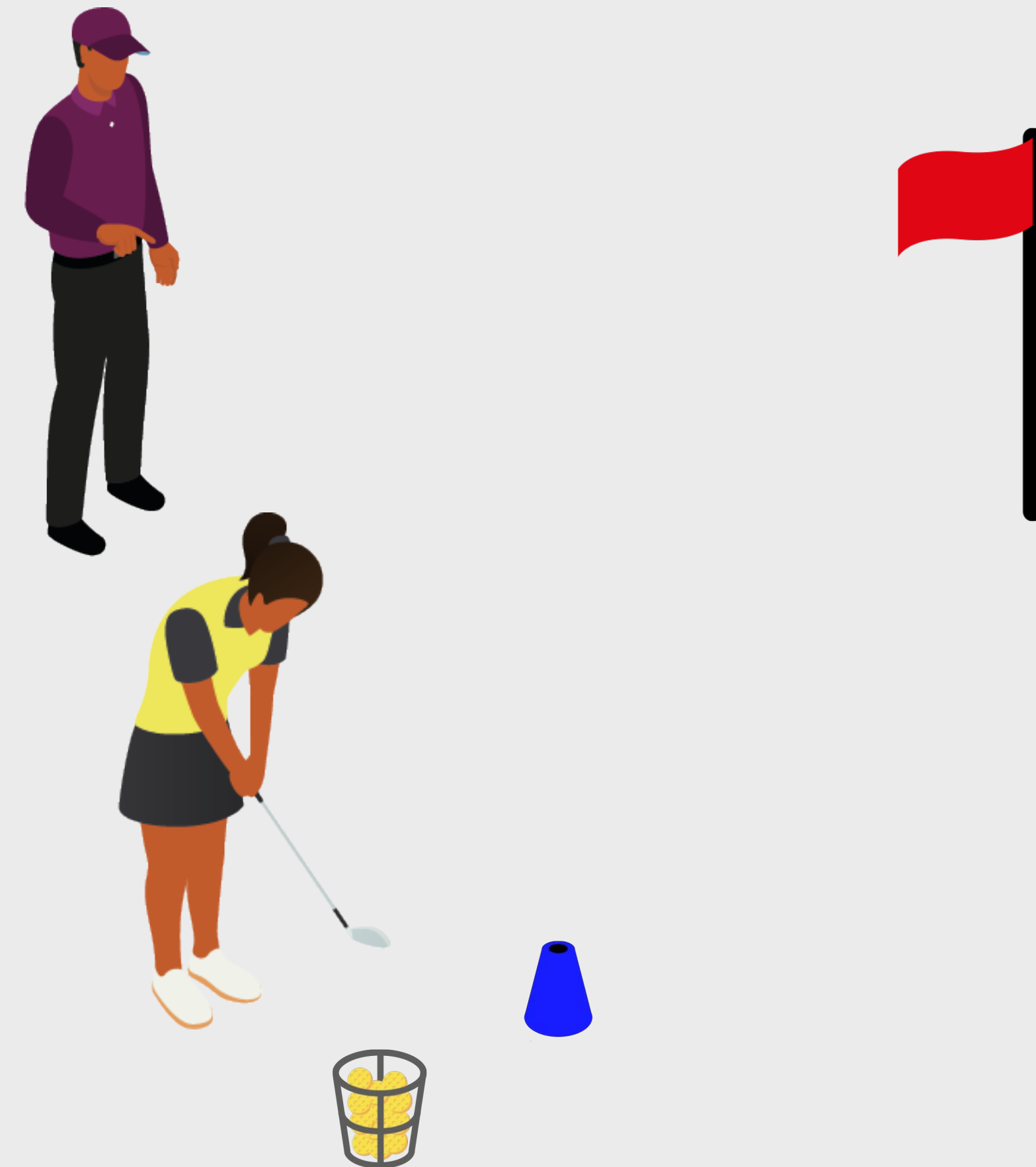
Progression Ideas

- Ask learners to work together on this challenge
- Dictate the shortest distance that learners have to hit to start the challenge (e.g. 50 yards)

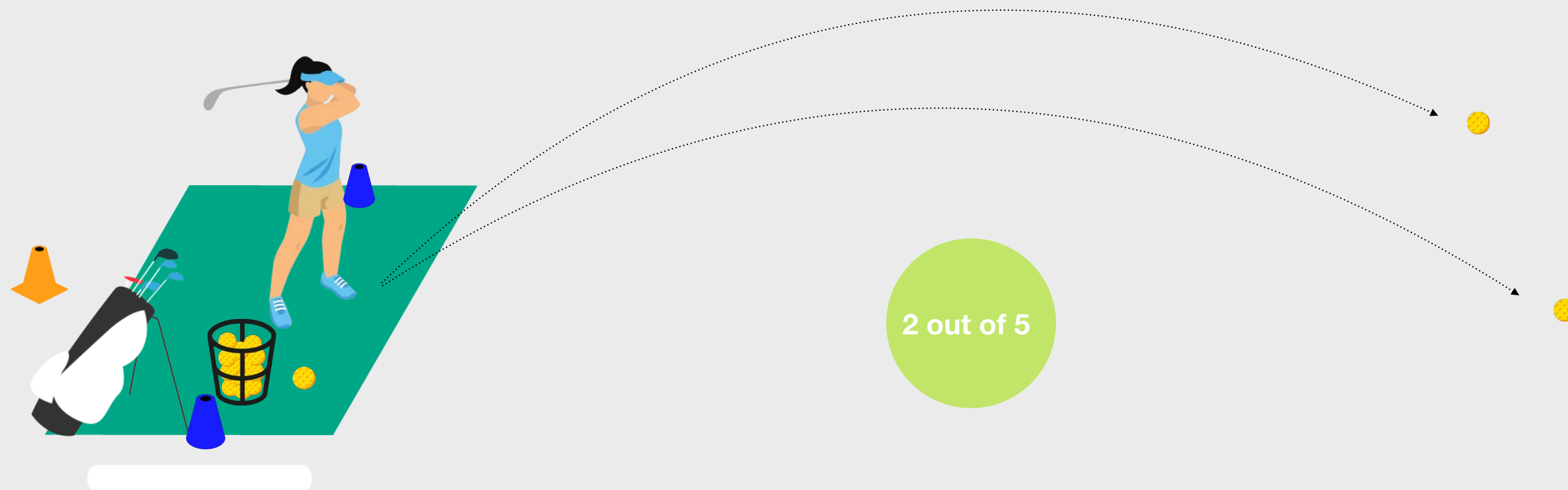
Secondary Skill

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 their skills around the green.



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.

Equipment you Need

The equipment you will need for this challenge:

- Golf Balls

What should the Learner do next?

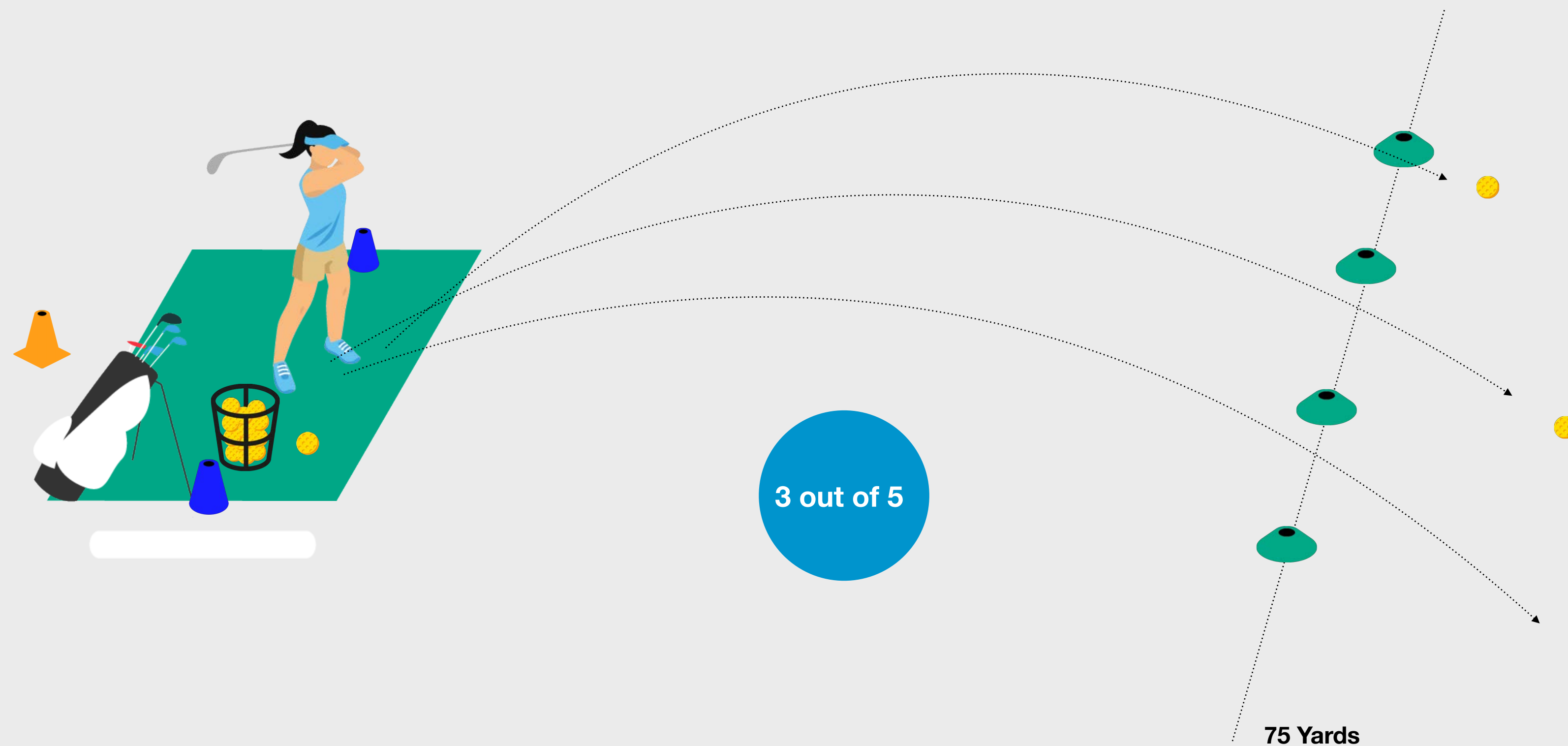
After attempting the challenge, the learner should:

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

Driver



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.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the carry line
- 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

Driver



Driver Challenge

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



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)

Equipment you Need

The equipment you will need for this challenge:

- Alignment Sticks to mark the target gates
- Foam noodles to make the gate more visible
- 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

Driver



2 out of 5

Refer to Graphic

Refer to Graphic