

Practice On the Green

Monday, March 7th - Sunday, March 13th

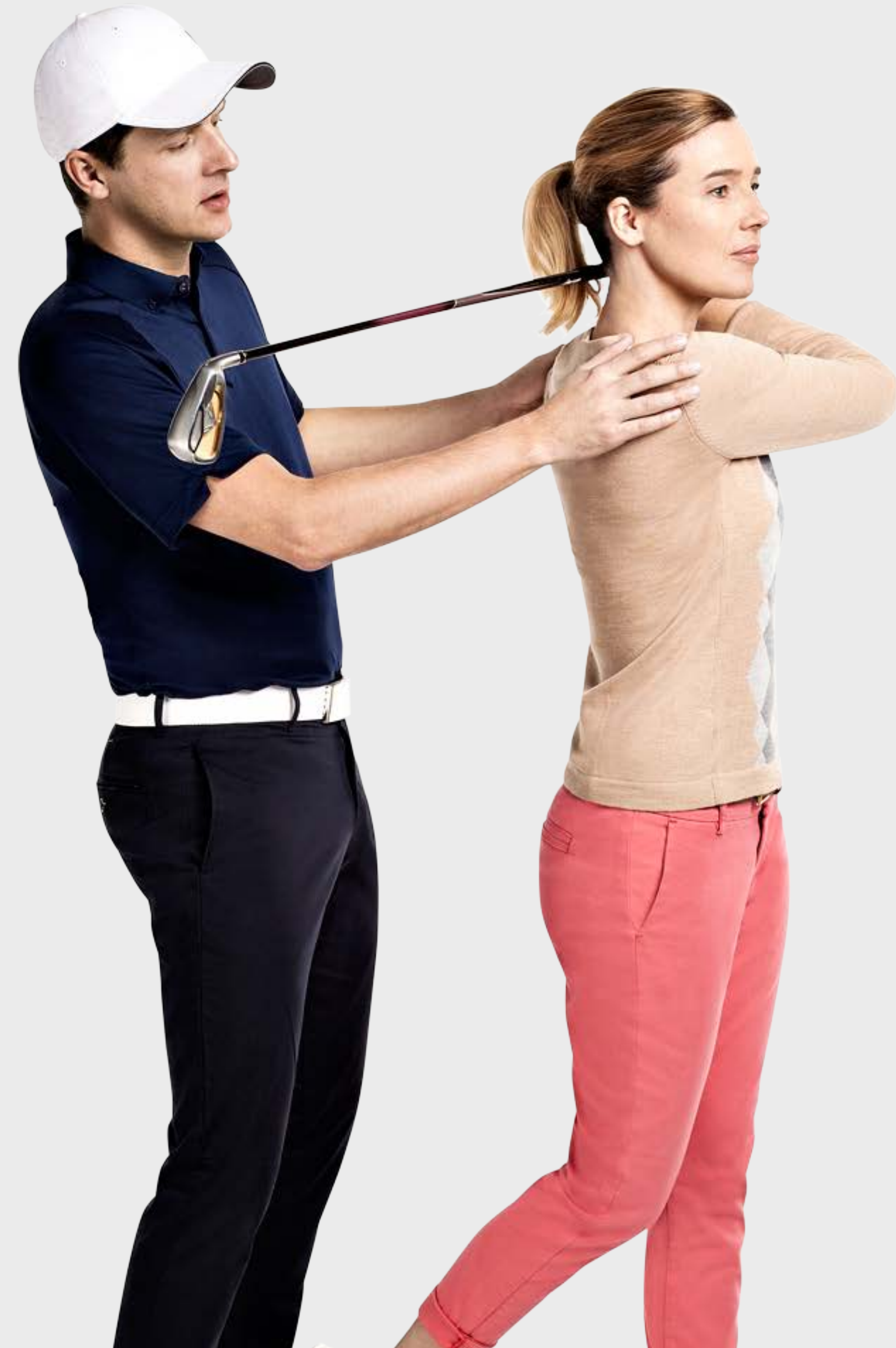


GAMEON

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 Direct the learners to the online resource for the Whole Golfer and Learning the Game for the myGame area of GLFLocker

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Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game:
On the Green - Long Putts

Whole Golfer:
Enjoy error full practice

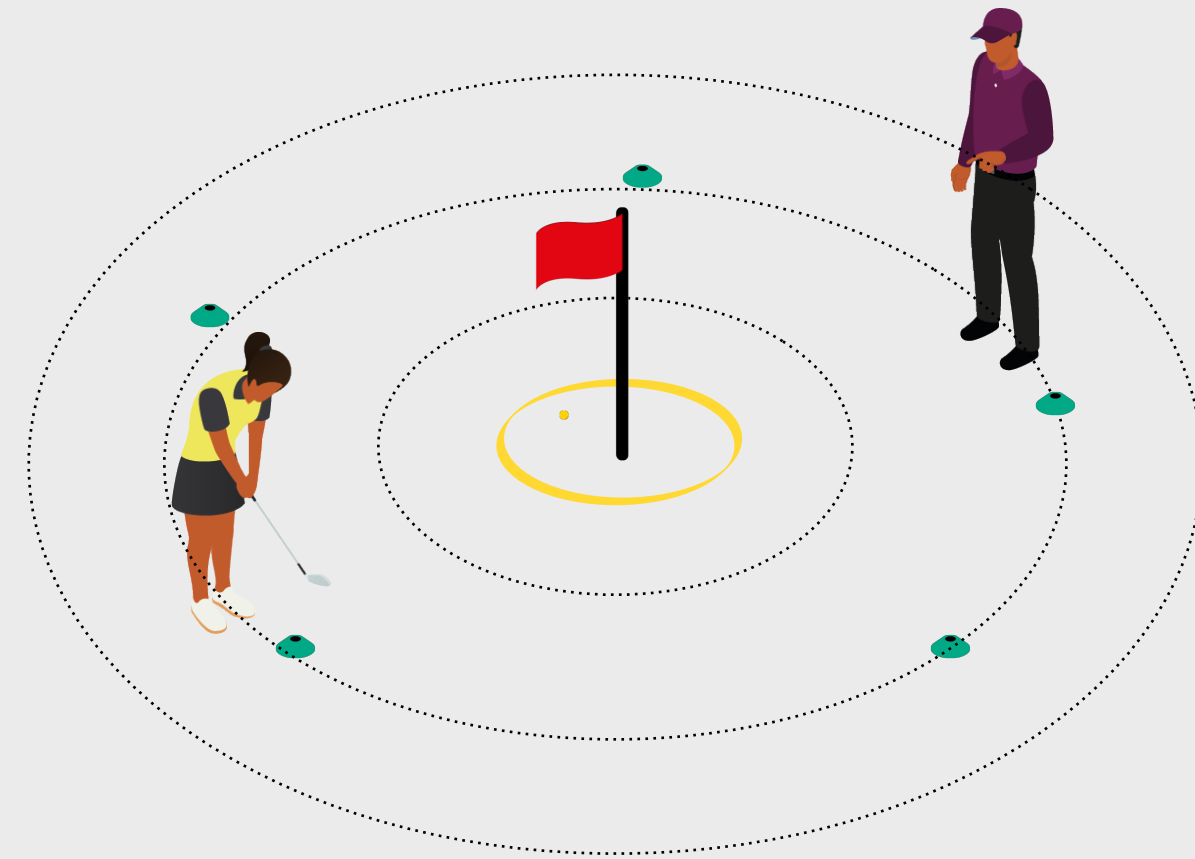
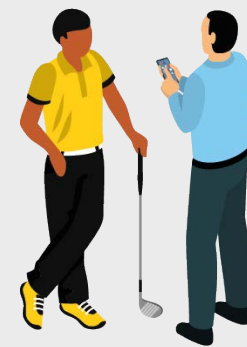
Learning the Game:
Rules and Etiquette
Ball marker

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: Swing Length Ladder Game Station: Closest to the Line Whole Golfer Focus: Enjoy error full practice	
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 Closest to the Line
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"> Rules and etiquette - ball marker and rules on the green
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 Closest to the Line
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

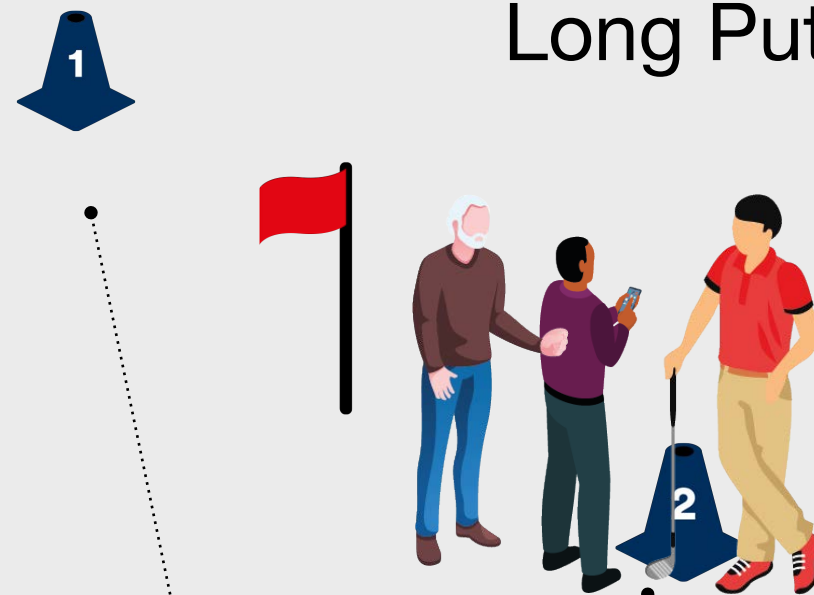
Station 1:
Short Putts Challenge



Station 6:
Secondary Skill
Swing



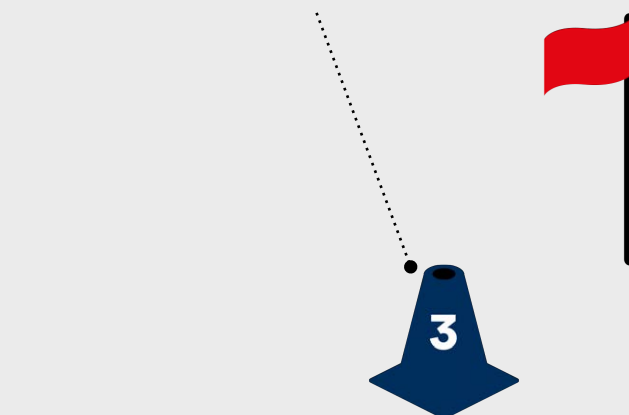
Station 2:
Long Putts Challenge



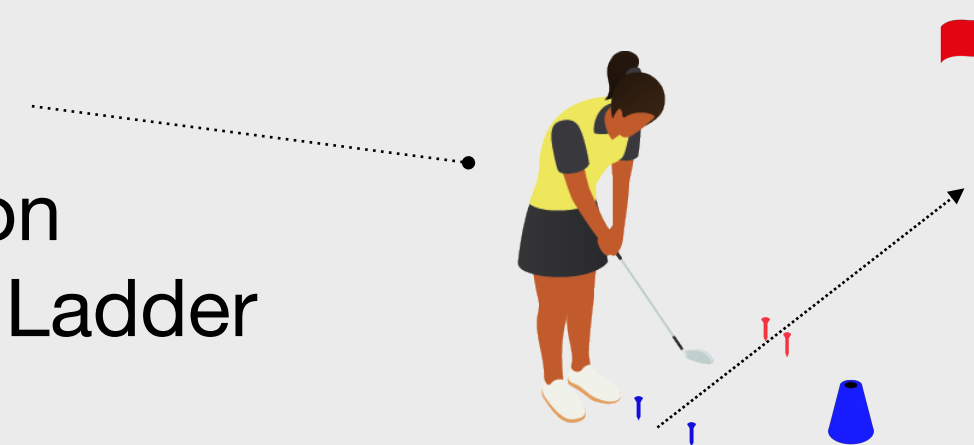
Station 5:
Game Station
Closest to the Line



Station 3:
Scoring Challenge

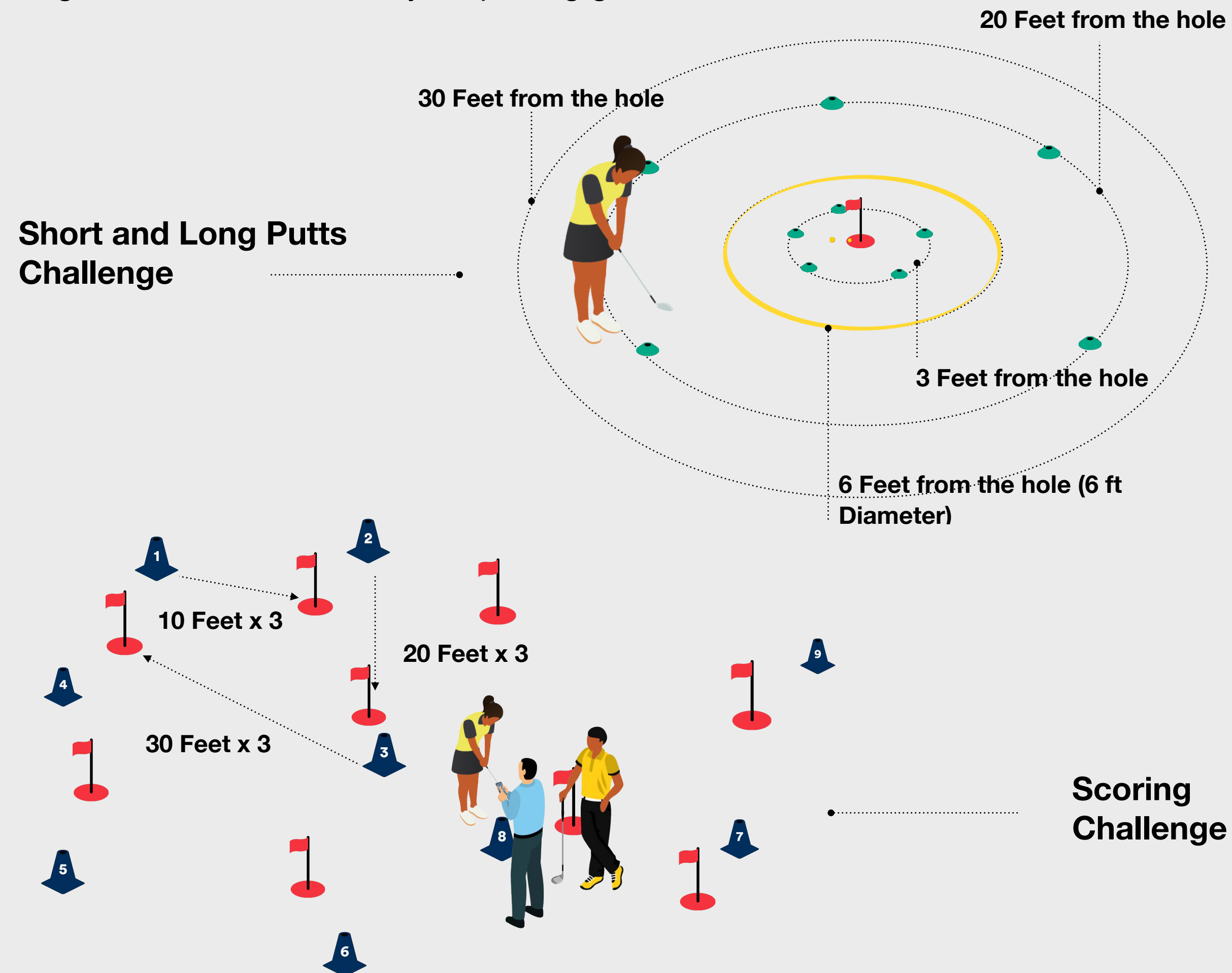


Station 4:
Practice Station
Swing Length Ladder



On the Green Challenges Layout and Set Up

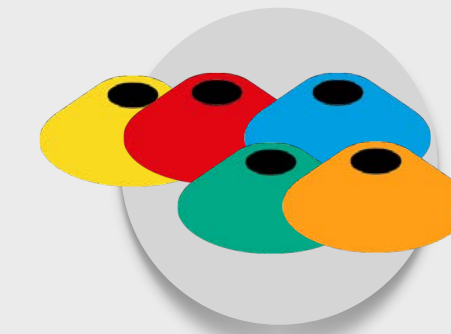
The graphic below provides an example of how each of the challenges connect together when laid out on your putting green:



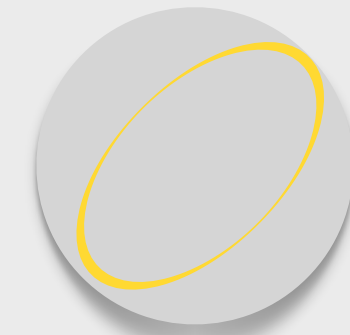
Please find below a list of the equipment you require for these challenges:



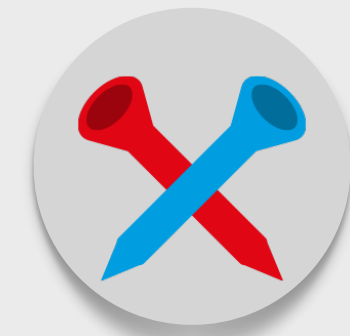
Numbered Putting Cones



Mixed Colored Cones

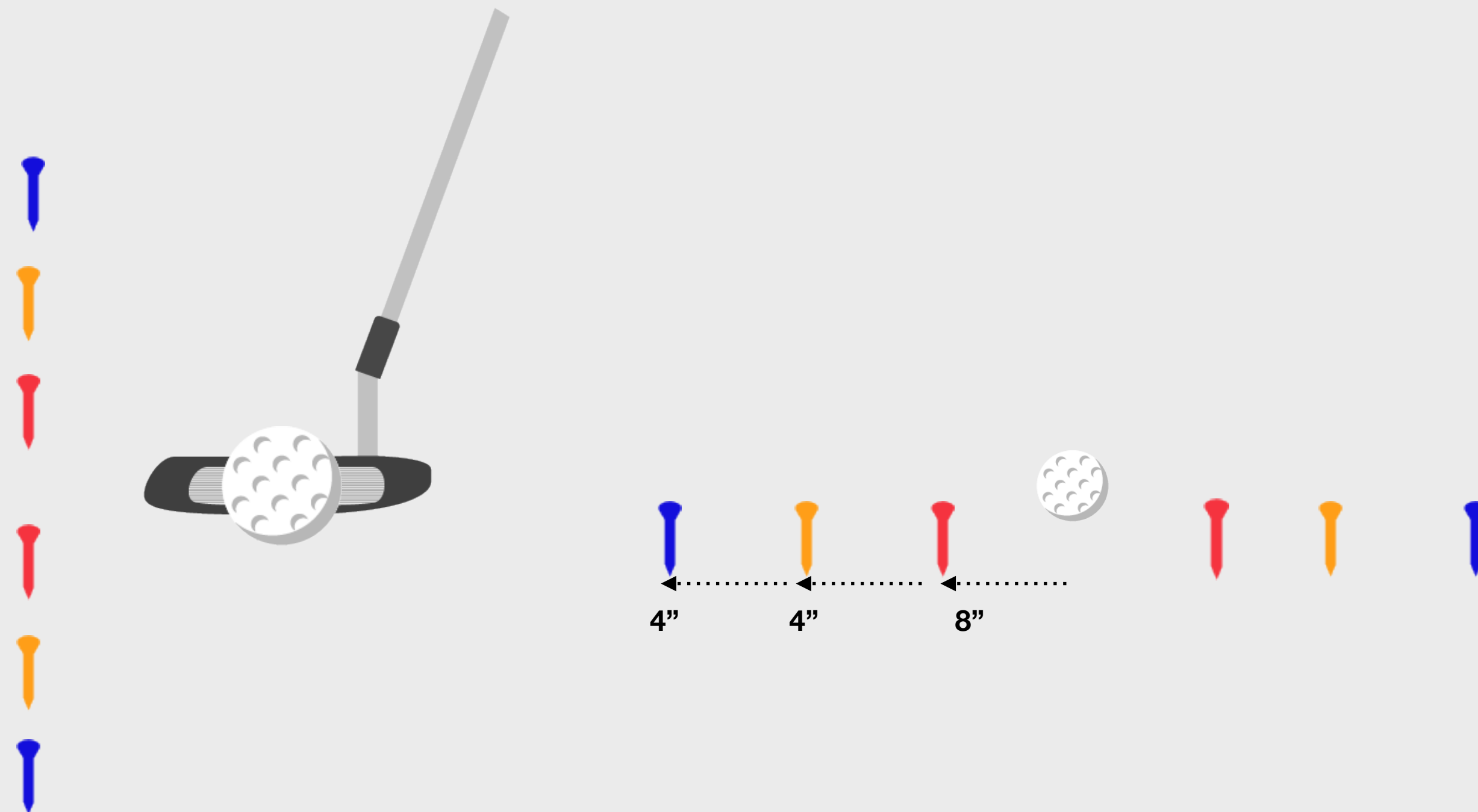


6 ft diameter hoop



Tee Pegs

Swing Length Ladder



Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

How to Practice

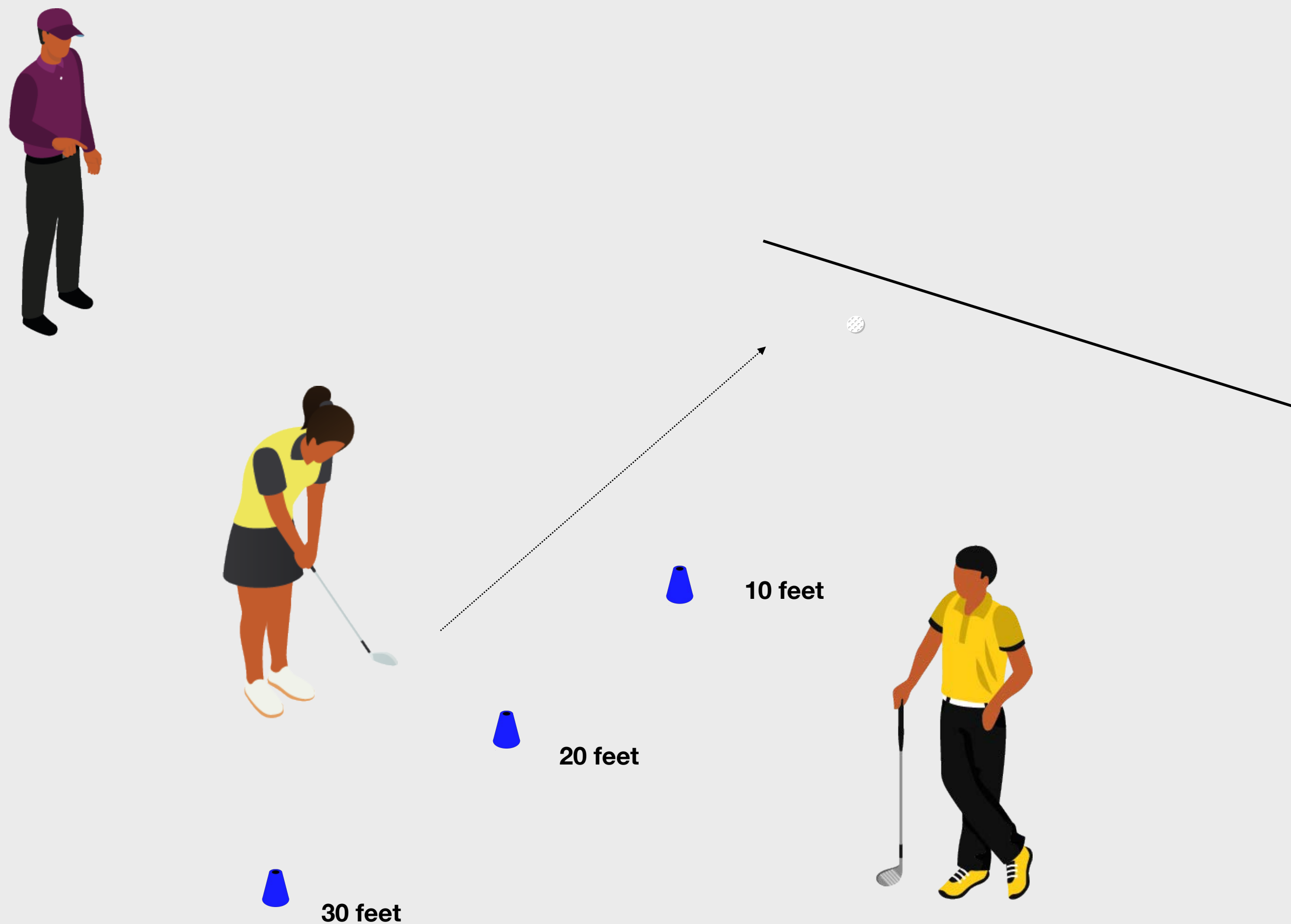
- Get the learner to practice swinging the putter from and to the first tee pegs either side of the ball (red)
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the the one count and the end of the through stroke with the two count
- Get them to hit a few putts 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



Closest to the Line Challenge



Equipment Needed

- String and Tee Pegs
- Putter
- Golf Ball

How to Play

- Learners take it in turns to choose which distance to start from
- The aim is to putt their ball closer to the line than their playing partner
- Whoever putts the ball closest wins a point, the person who gets to 10 points first wins the game

Progression Ideas

- Change the distances between the cones and the line
- Add a sloped surface to the game
- Introduce a rule that the ball has to go past the line to count

Learning the Game

This is different content compared to the content covered in the Themed Class this week.

Add to the content delivered in the themed class and provide further information on the following areas:

Using a Ball Marker

Introduce the concept of using a ball marker, highlight the rules of golf, whereby a player receives a penalty stroke for putting their ball and hitting another players' ball whilst on the putting green.

Encourage learners to use a ball marker within the games and challenges of the class so they get used to the process for when they play on the course!



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:

Enjoy Error Full Practice

The Whole Golfer theme this week is to recommend that it is beneficial to learn how to enjoy error full practice. This means understanding that for each attempt that the learners make that doesn't go to plan is helping them to learn how to deliver the skill effectively.

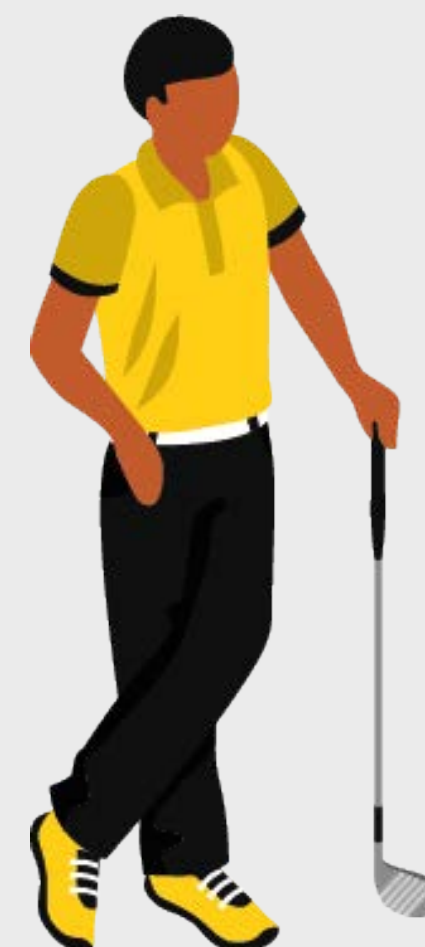
The purpose of learning how to play shots from awkward lies is due to the fact that all golfers hit the ball into awkward positions. It is a fundamental part of the game, and to start off with an understanding that this is part of the challenge will benefit your learners greatly.



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.



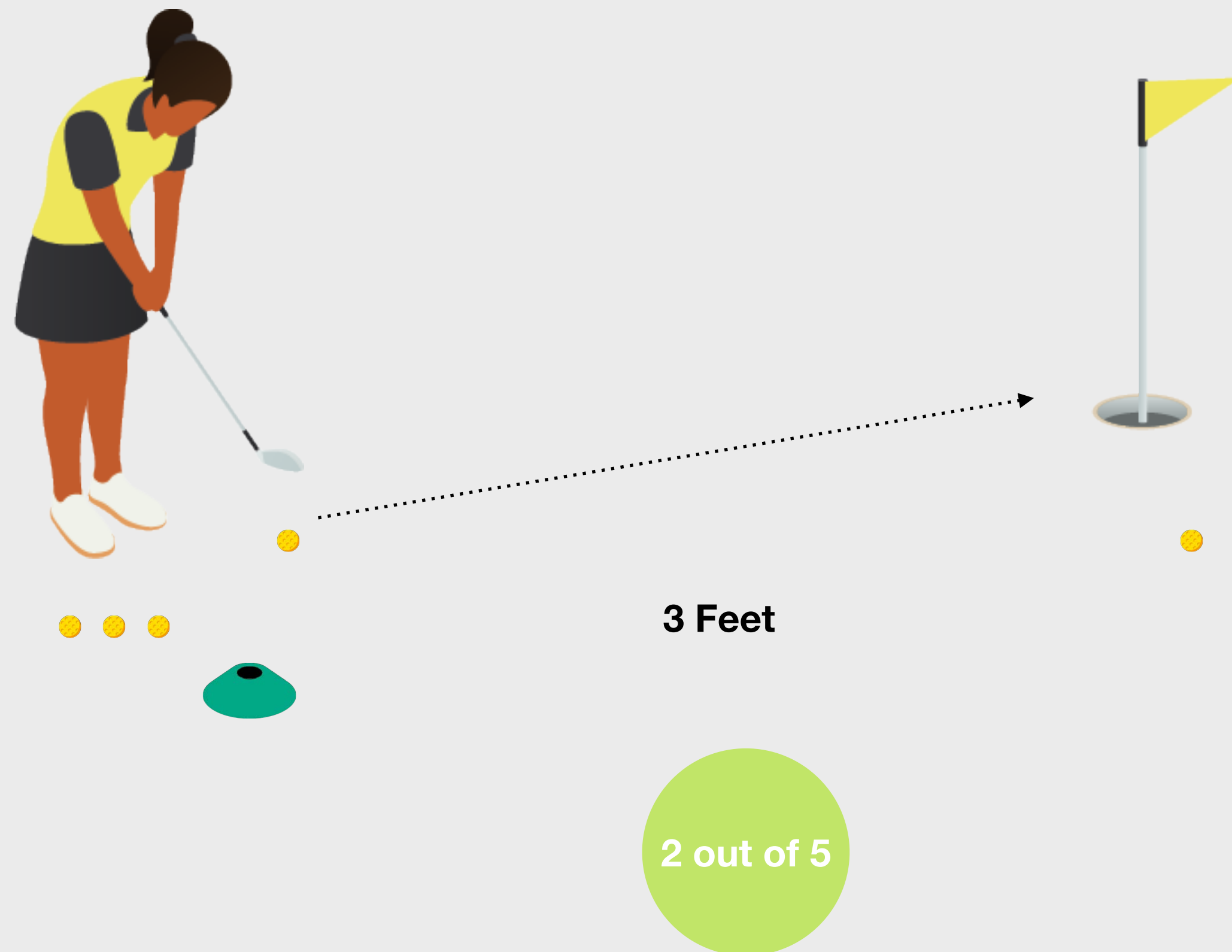
Skill Challenges



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?

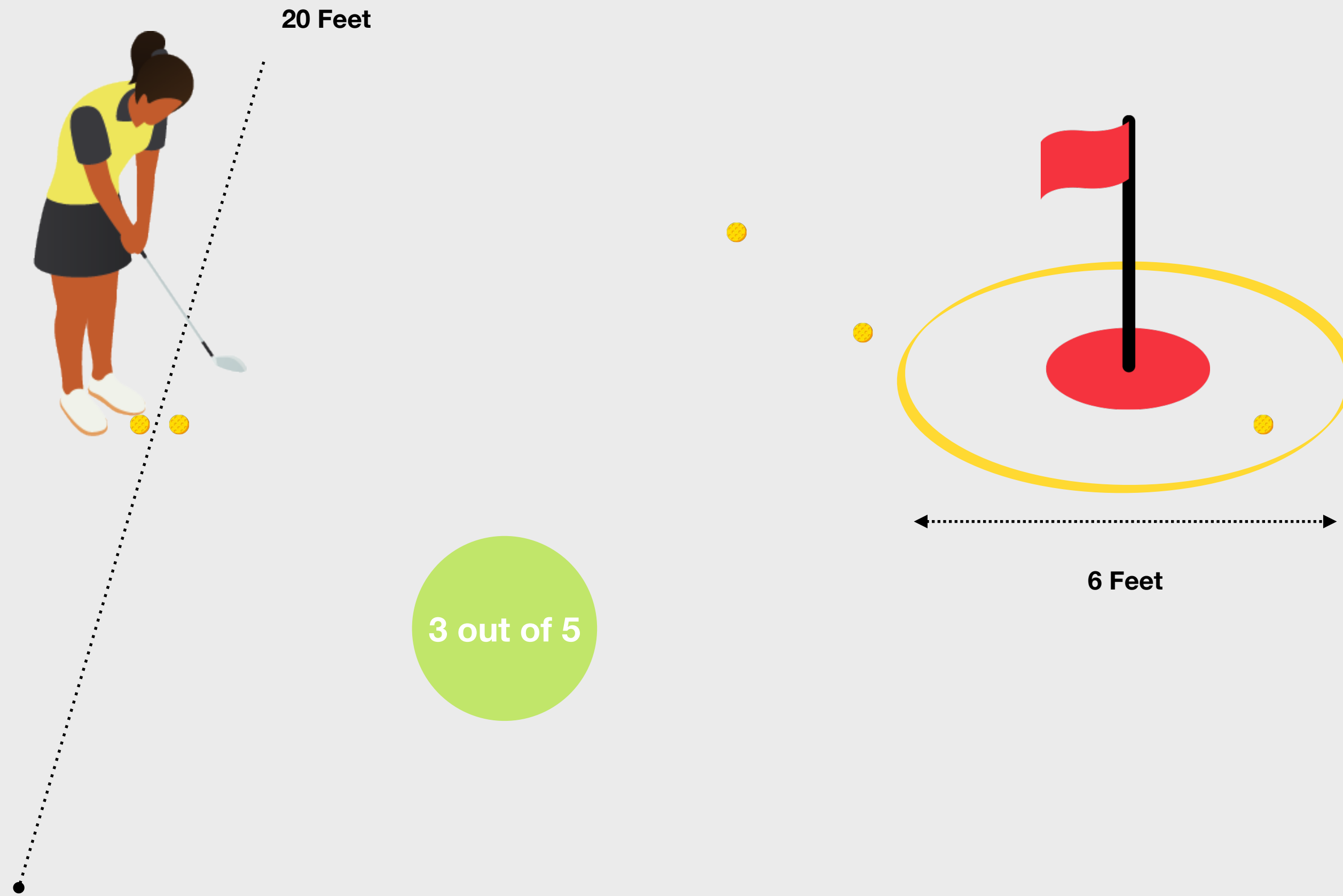
After attempting the challenge, the learner should:

- 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:

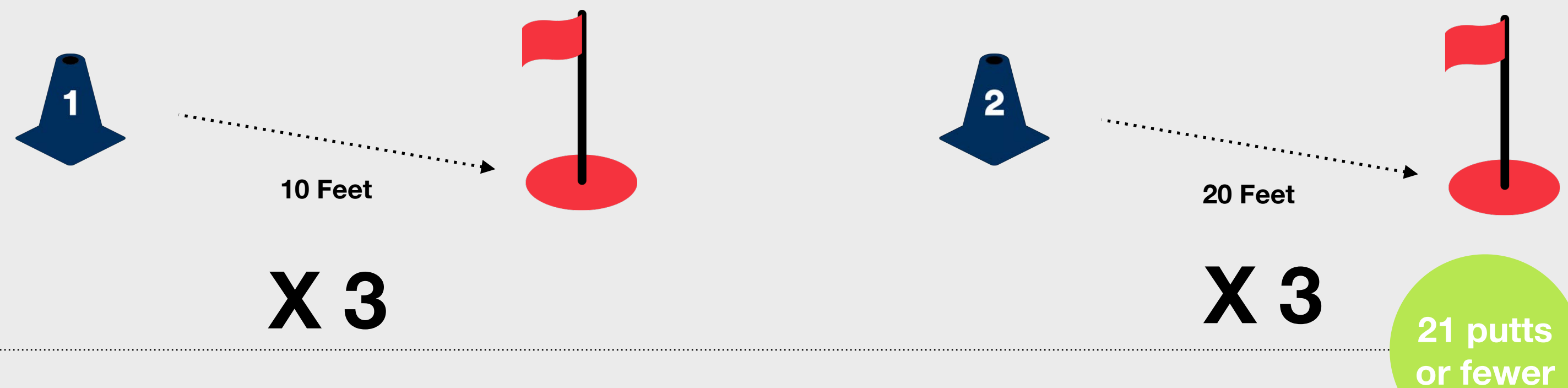
- Log their score on the GLF.Locker App
- If they complete the challenge, mark it as complete in the Challenge Section

Long Putts

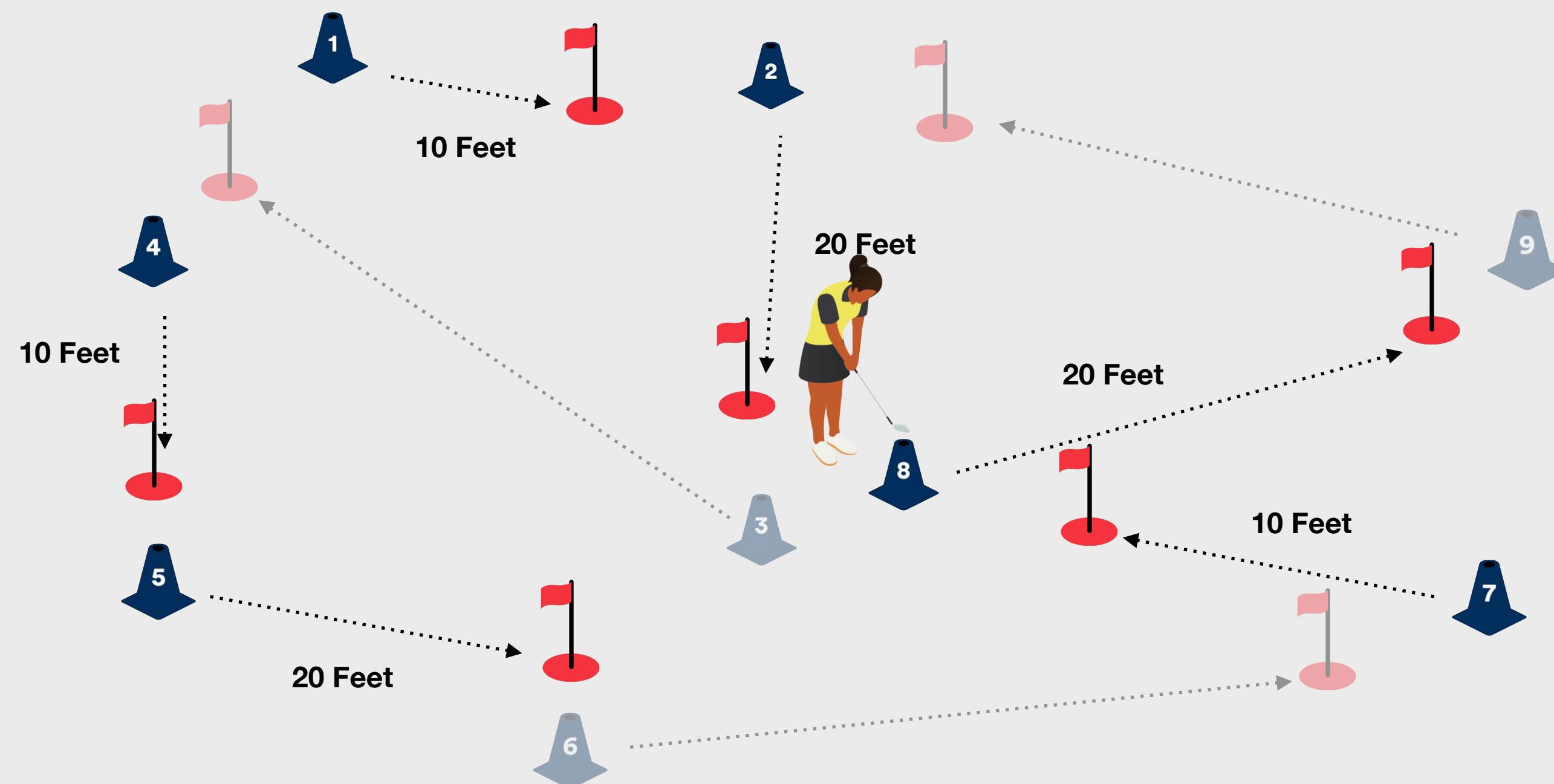


Scoring Challenge

Option 1



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

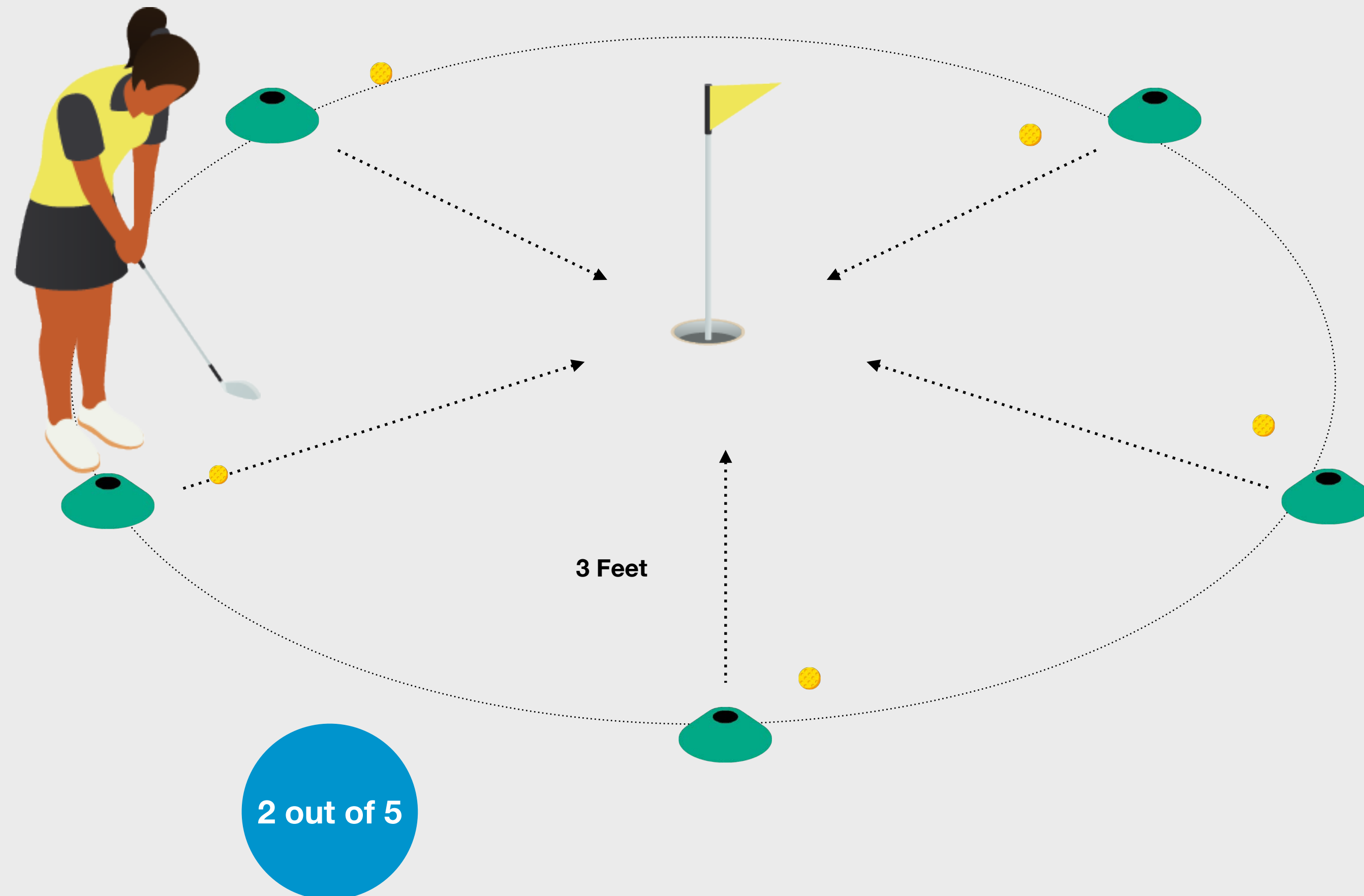
Scoring



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.

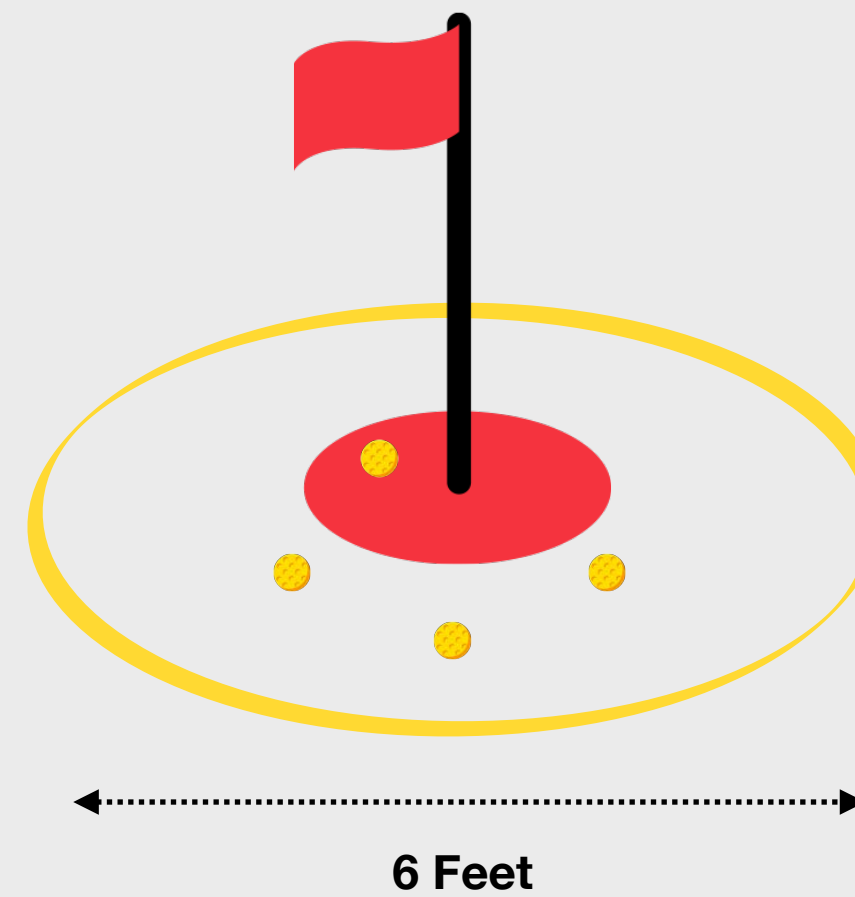
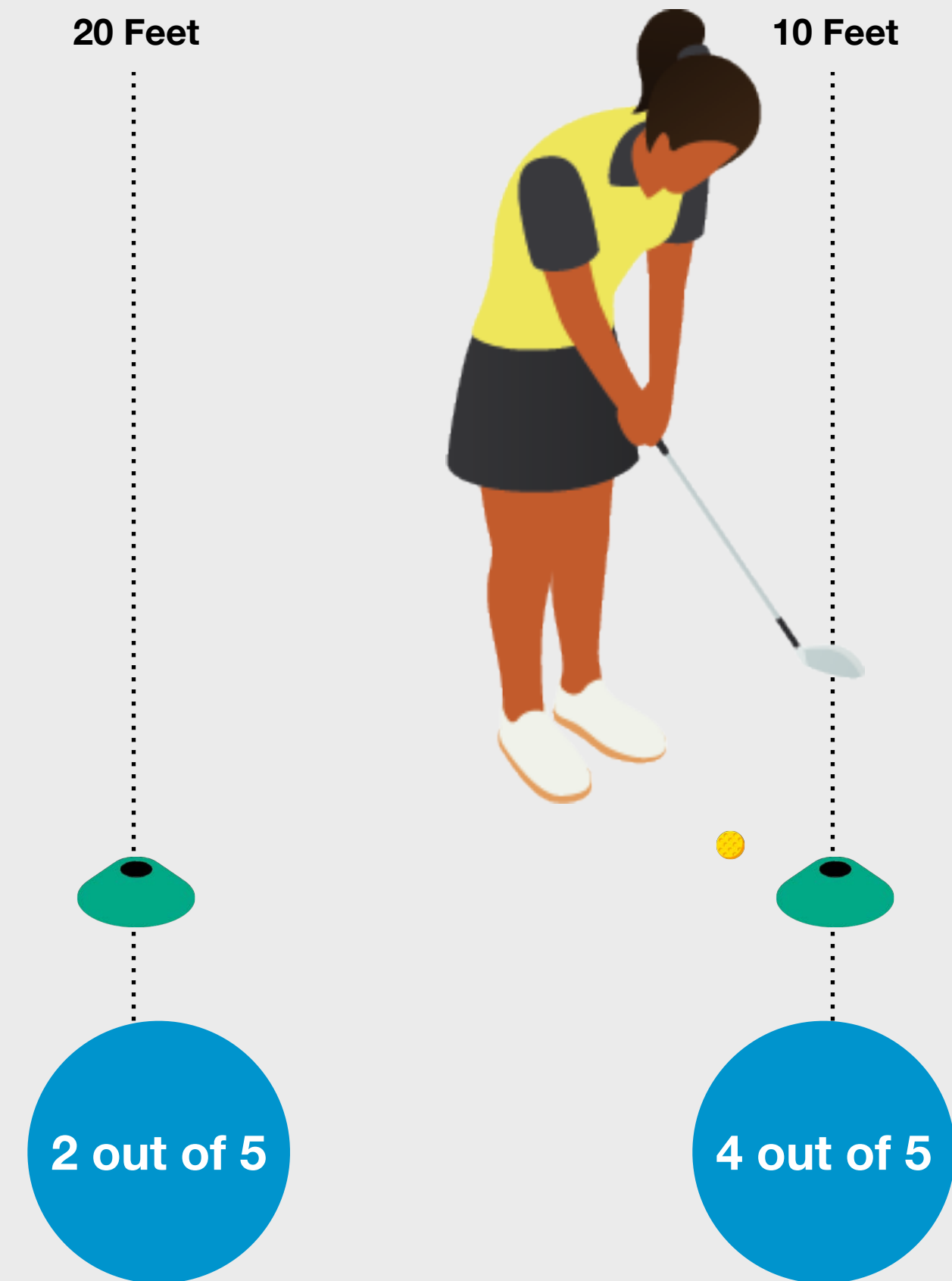
What should the Learner do next?

- 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

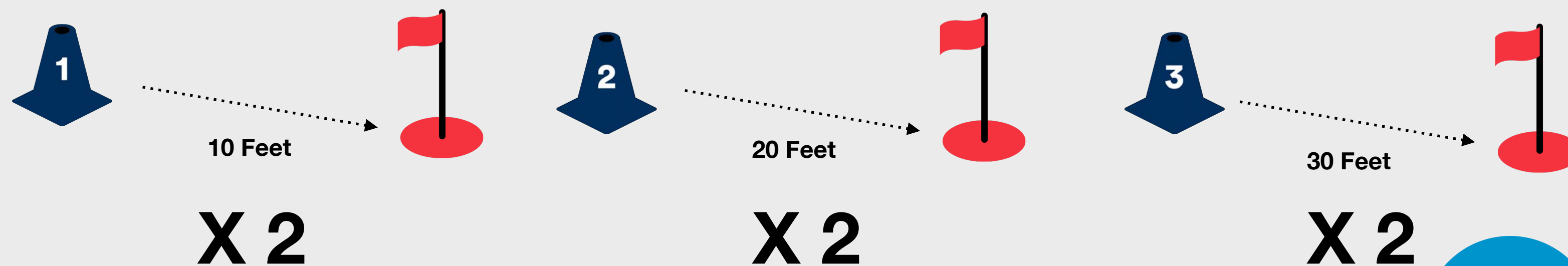
Long Putts



Scoring Challenge

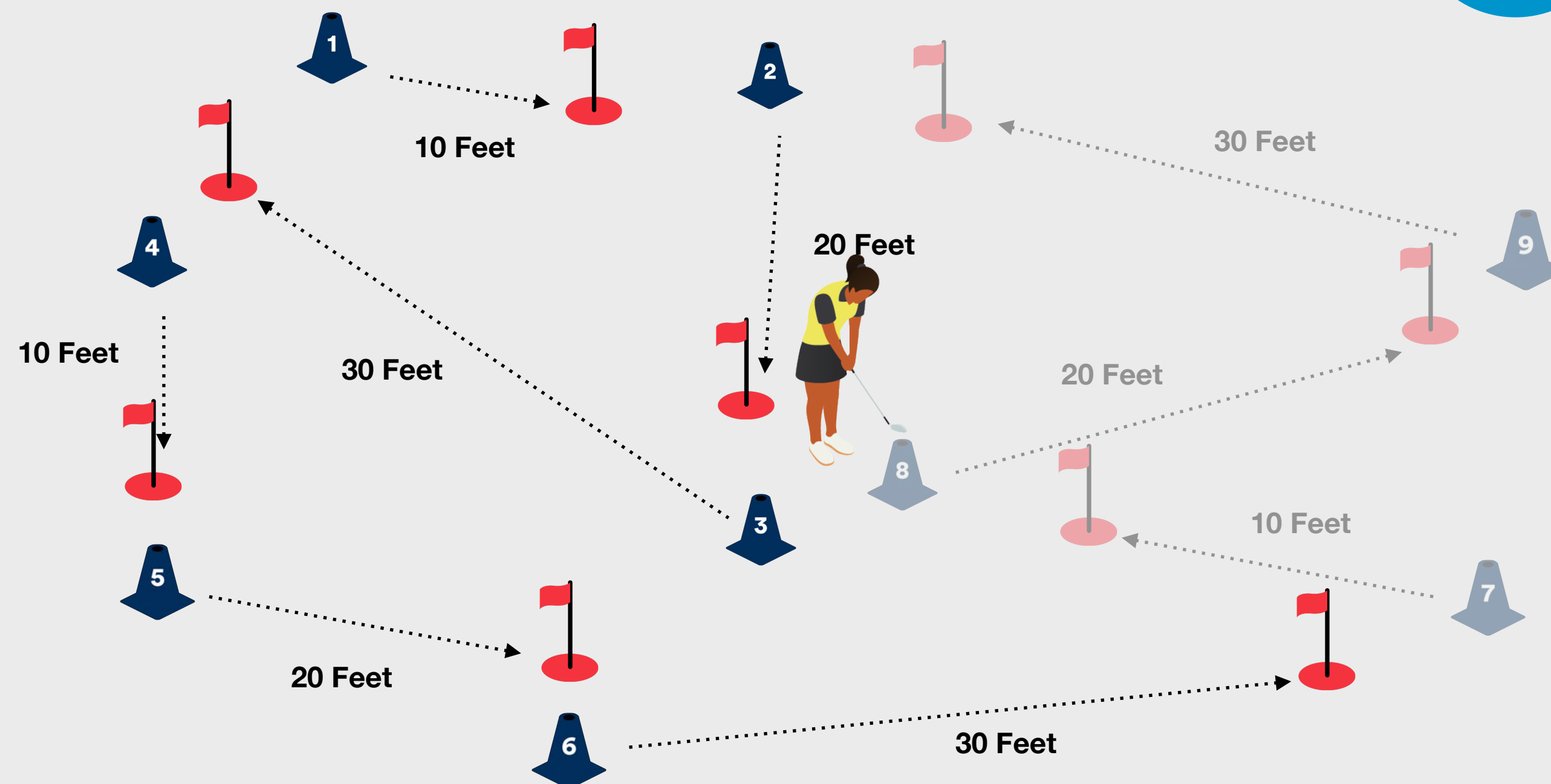


Option 1



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

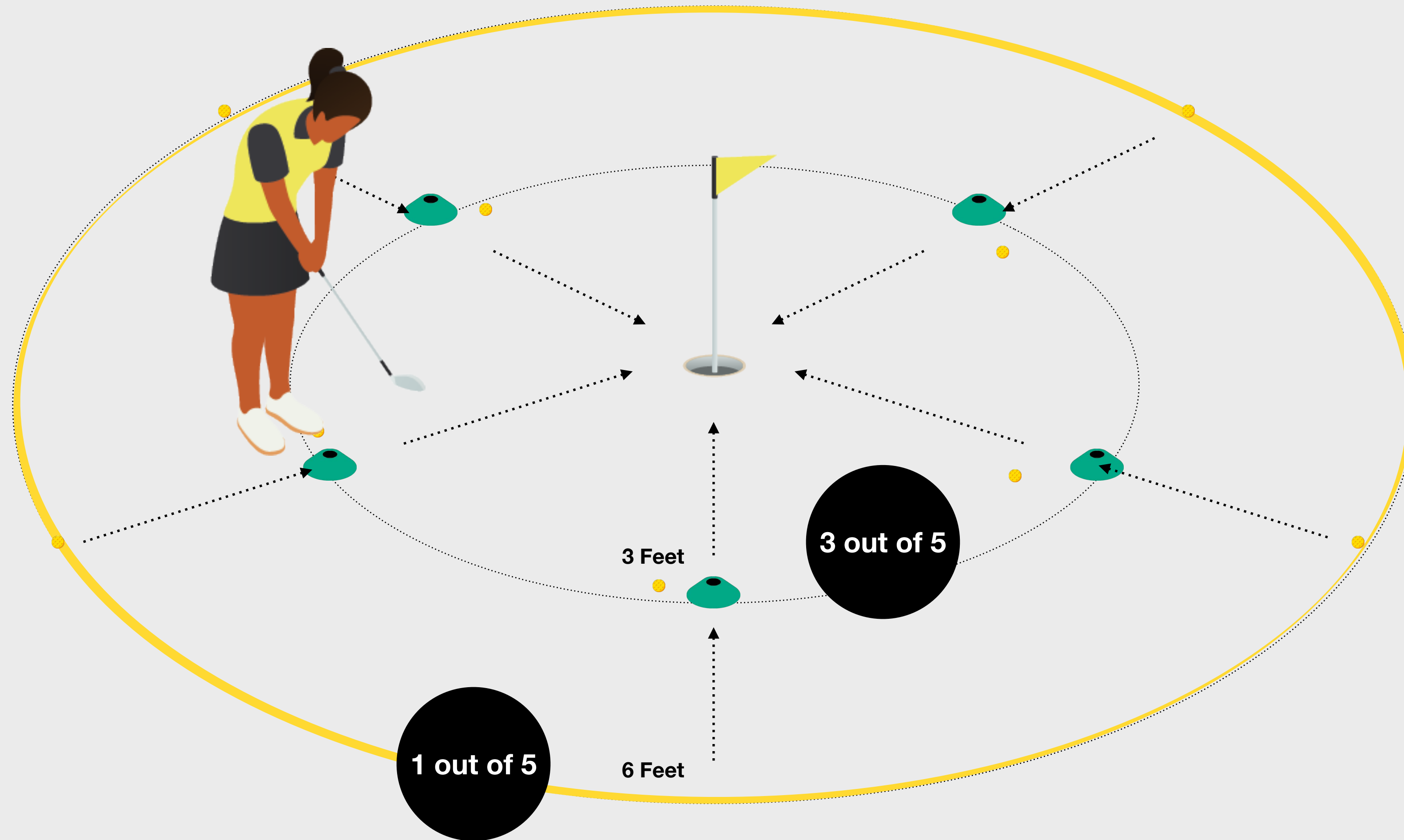
Scoring



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.

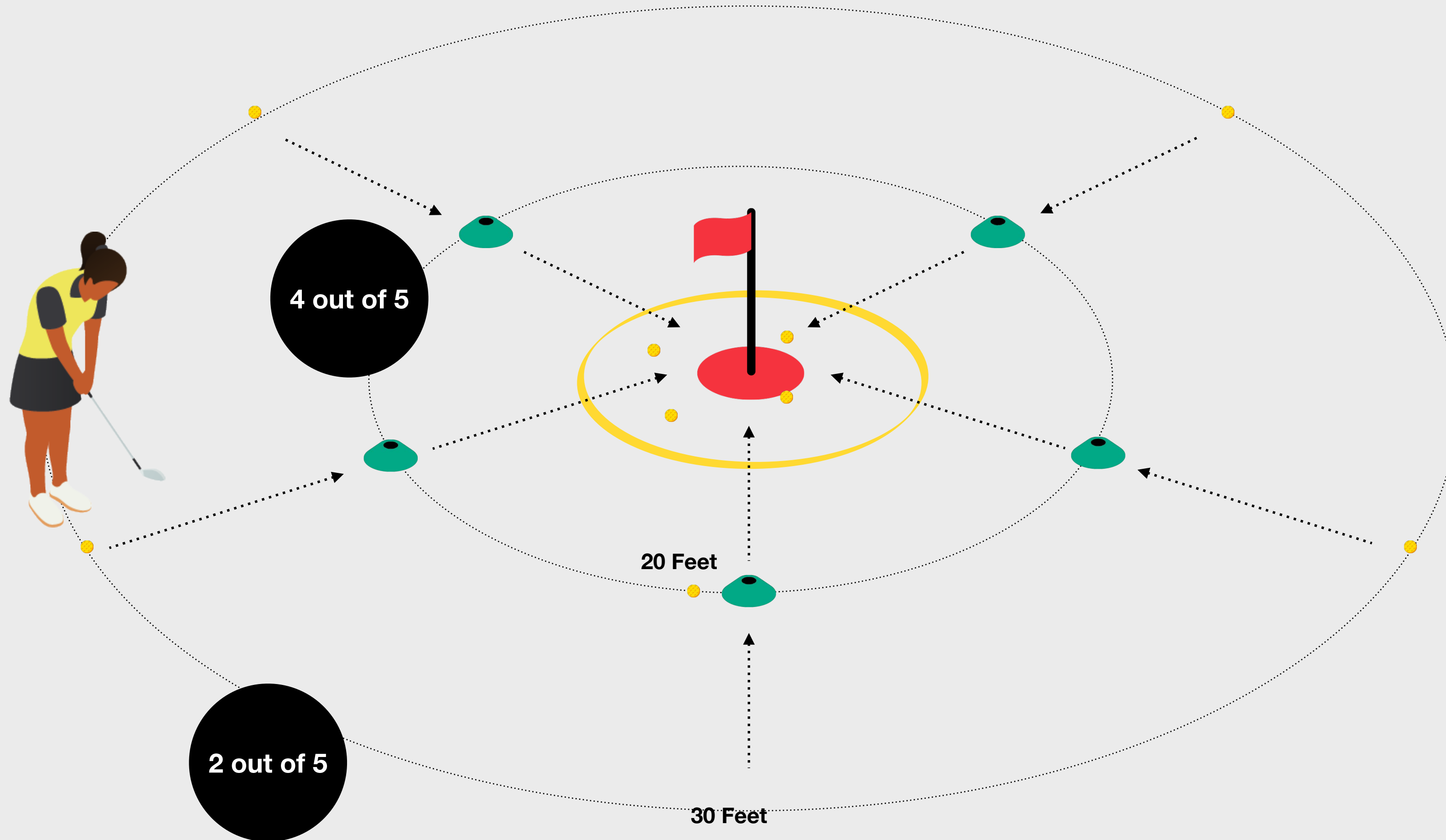
What should the Learner do next?

- 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

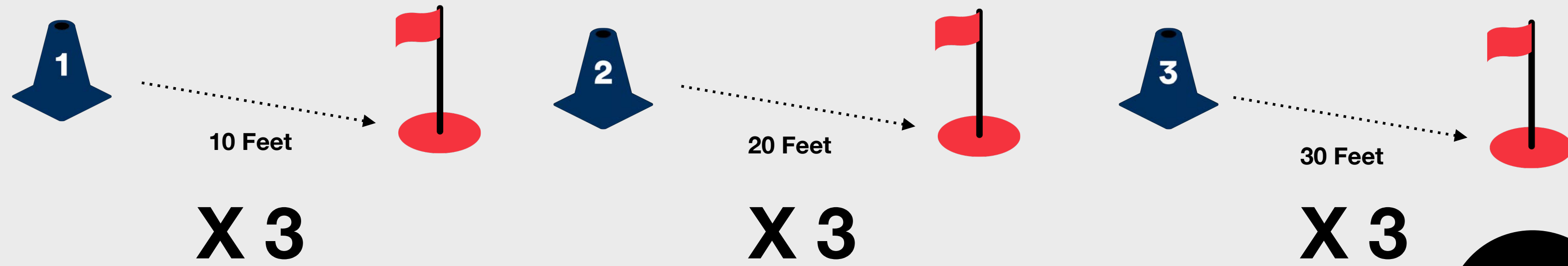
Long Putts



Scoring Challenge

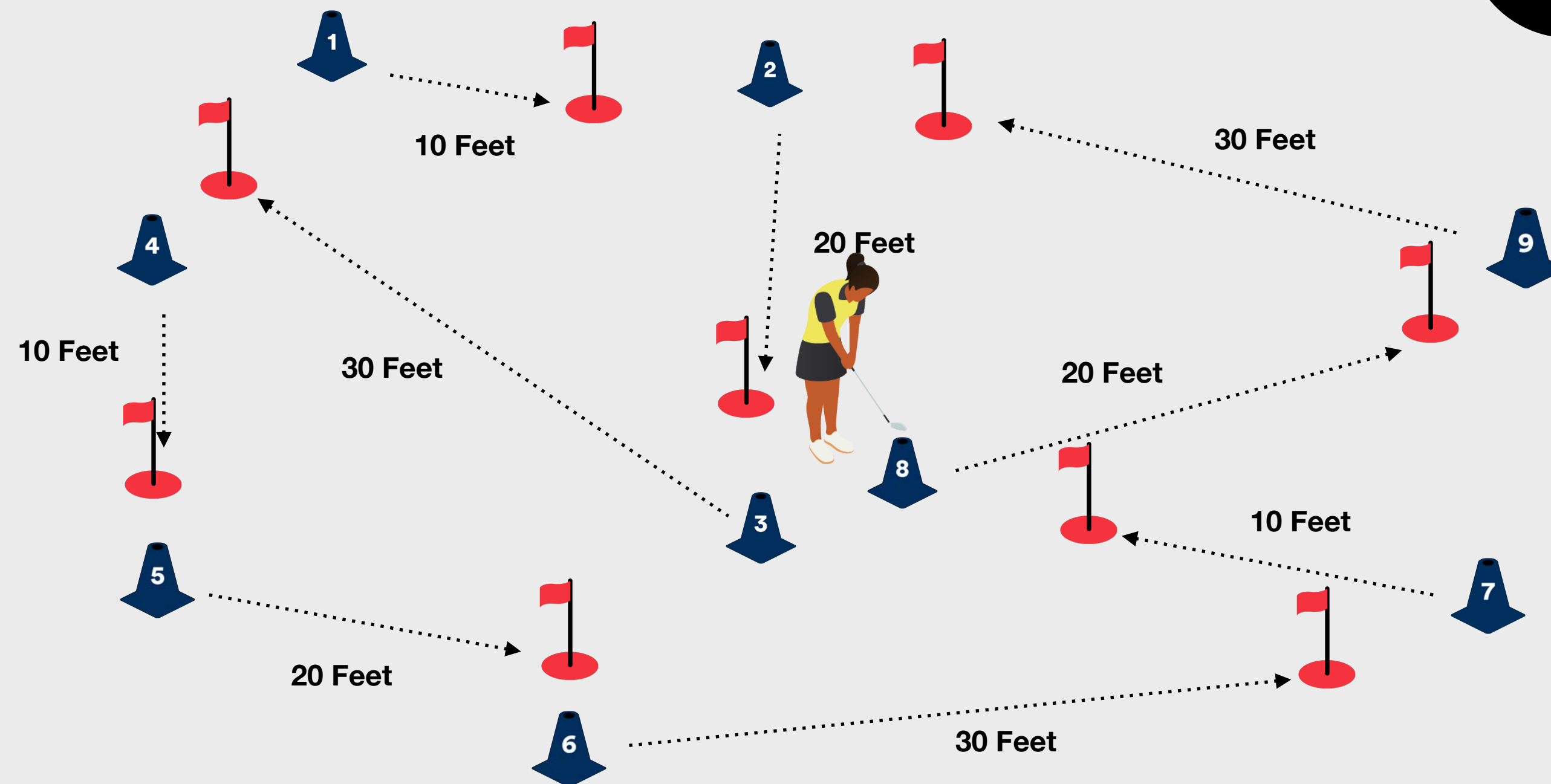


Option 1



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

