

Swing - Uneven Lies

Monday, April 4th - Sunday, April 10th



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

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Class Timetable

Session Length:
60mins

Group Size:
1:8

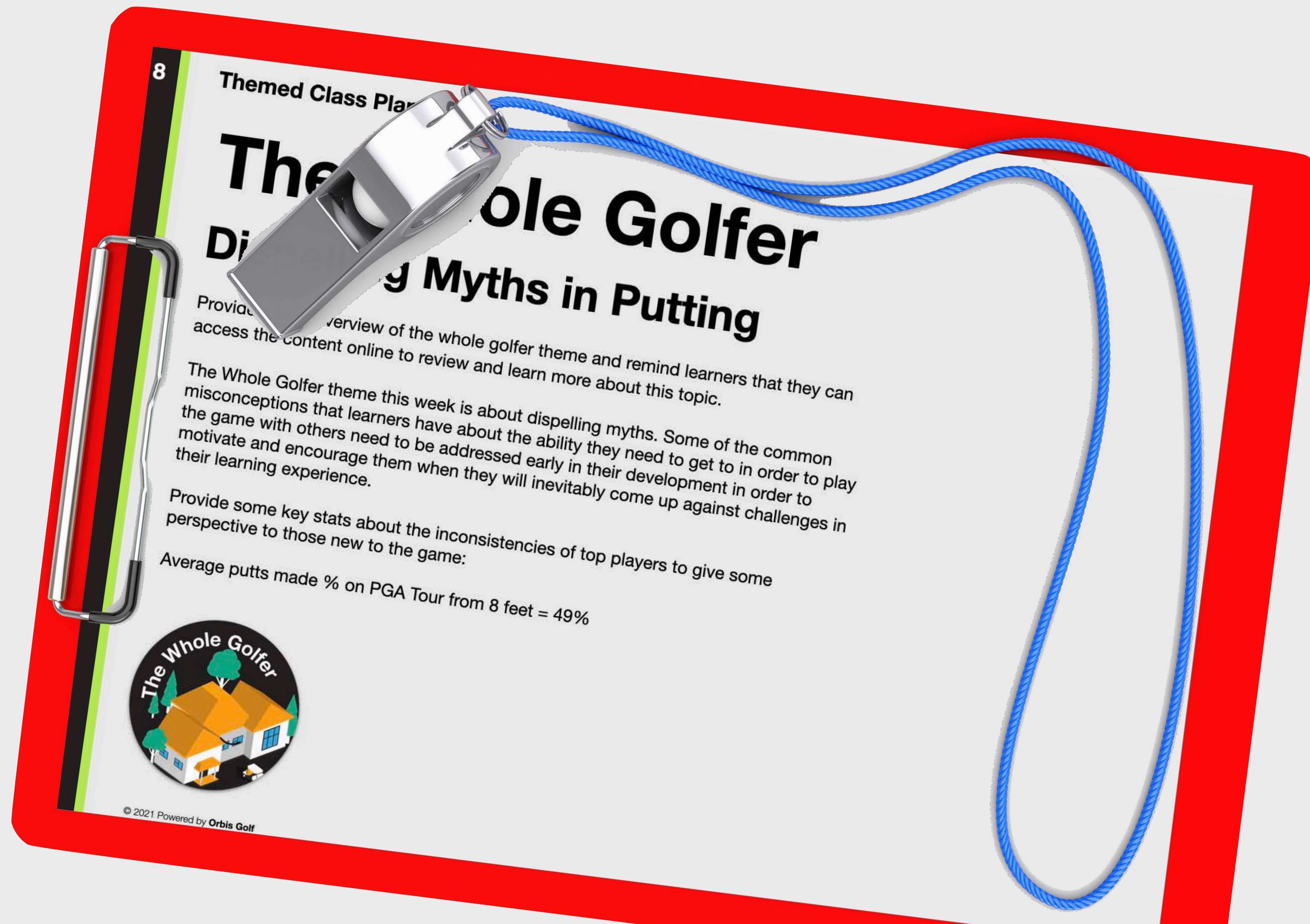
Mastering the Game:
Swing
Uneven Lies

Online Whole Golfer Resource
Body
Hydration & Increase Stamina

Learning the Game Focus:
Playing and Scoring
Practice Swings - How Many?

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 - Playing from different slopes and lengths of grass 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"> Practice Swings Hydration
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"> Iron Play
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

Swing - Awkward Lies

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. Playing from different slopes

Suggested technical guidance might include hitting from four different slopes. Uphill, downhill, ball below feet and ball above feet. Things to consider are ball position, spine angle and swing shape.

2. Playing from different lengths of grass

Suggested technical guidance might include how hitting from different grass lengths will affect the contact on the ball. Things to consider are ball position, attack angle and swing direction.



Learning the Game

Playing and scoring

Introduce the learners to the importance of practice swings. How many practice swings are appropriate?

Help the learners to develop a pre-shot routine which includes practice swings. Things to consider are what is the purpose of the practice swing? What is the learner trying to achieve from it.

Recommend a maximum of two or three practice swings so that learners are able to maintain pace of play when out on the course.



The Whole Golfer

Hydration... Why is it important?

Introduce learners to the importance of staying hydrated during a round of golf.

What are the side effects of dehydration and how can that effect performance?

What are other contributing factors to stamina levels throughout a round of golf?

Symptoms of dehydration that can effect your golf include; headache, dizziness or lightheadedness and low blood pressure.



Class Layout and Setup

The graphic opposite provides an example image of how we suggest you manage your group on the range or practice hole so that the uneven lies activity can be delivered in a safe, fun and engaging manner:

- Choose a place on the practice facility where you can discuss and demonstrate each uneven lie.
- Allow learners the opportunity to practice the different shots if you are able to do this safely on the practice facility.
- Encourage your learners to play regularly so they can practice these shots and play them competently out on the course.



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 different 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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Uphill Lie



Equipment Needed

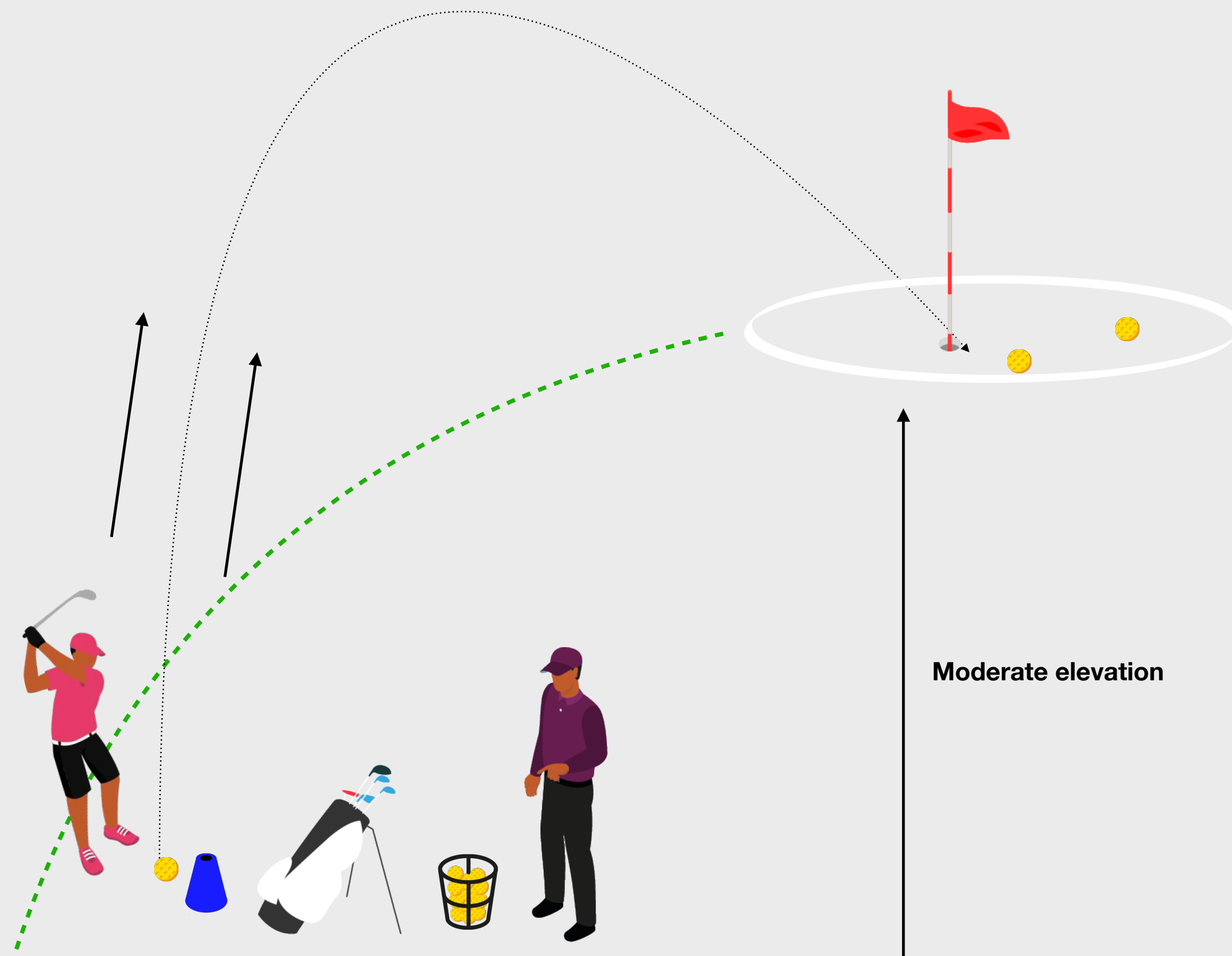
- Uphill shot on course or on range
- Irons
- Golf Balls

How to Practice

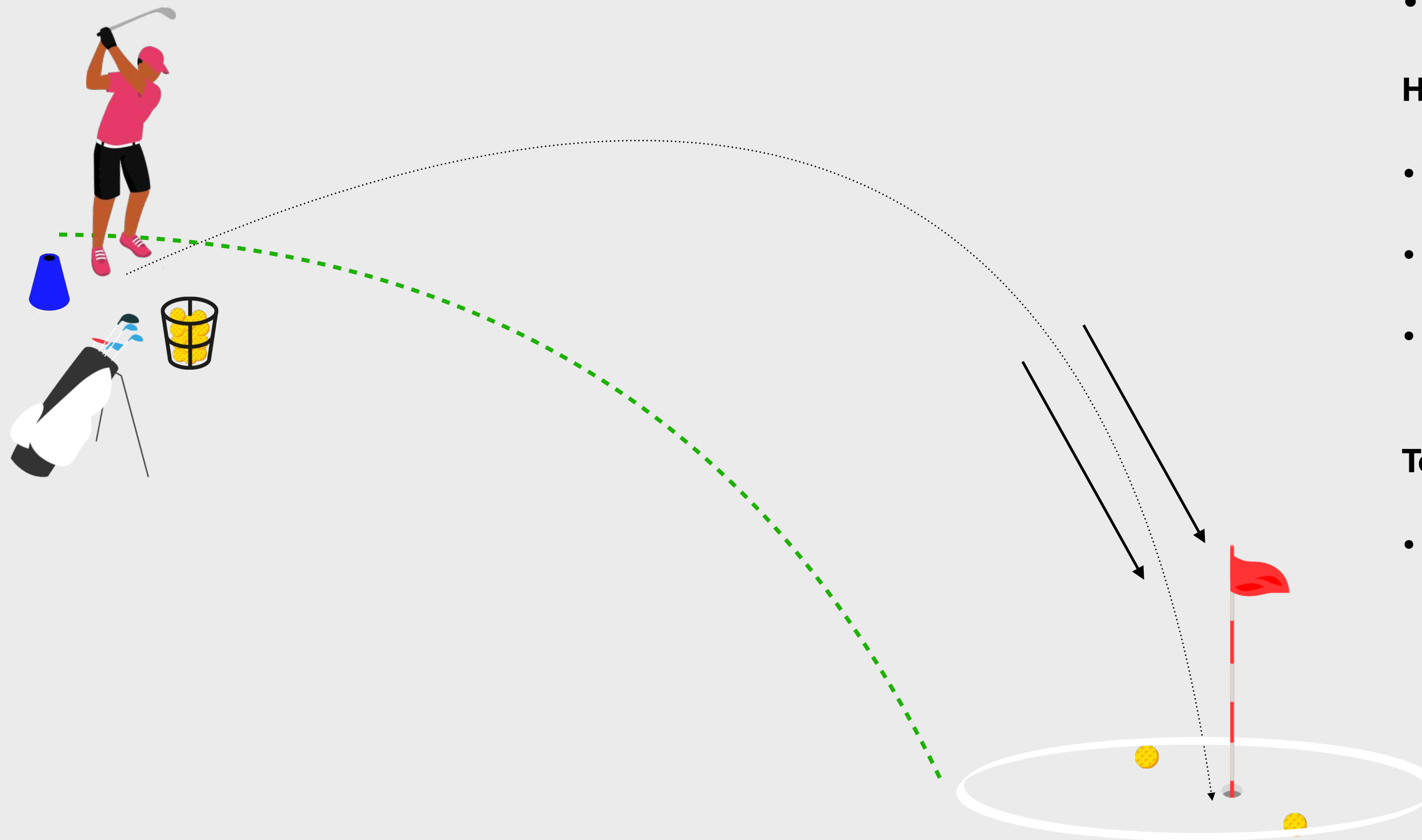
- Learners should understand how an uphill lie will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how an uphill lie will shorten the shot because of the additional height
- Explain to the learner how to adjust their technique and also to change club to allow for the change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the learner how these changes will affect their result



Downhill Lie



Equipment Needed

- Downhill shot on course or on range
- Irons
- Golf Balls

How to Practice

- Learners should understand how a downhill lie will effect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how a downhill line will add length to the shot because of the angle of the terrain
- Explain to the learner how to adjust their technique and also to change club to allow for the change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the learner how these changes will affect their result.

Ball Below Feet



Equipment Needed

- Side slope shot on course or on range with ball below the learners feet
- Irons
- Golf Balls

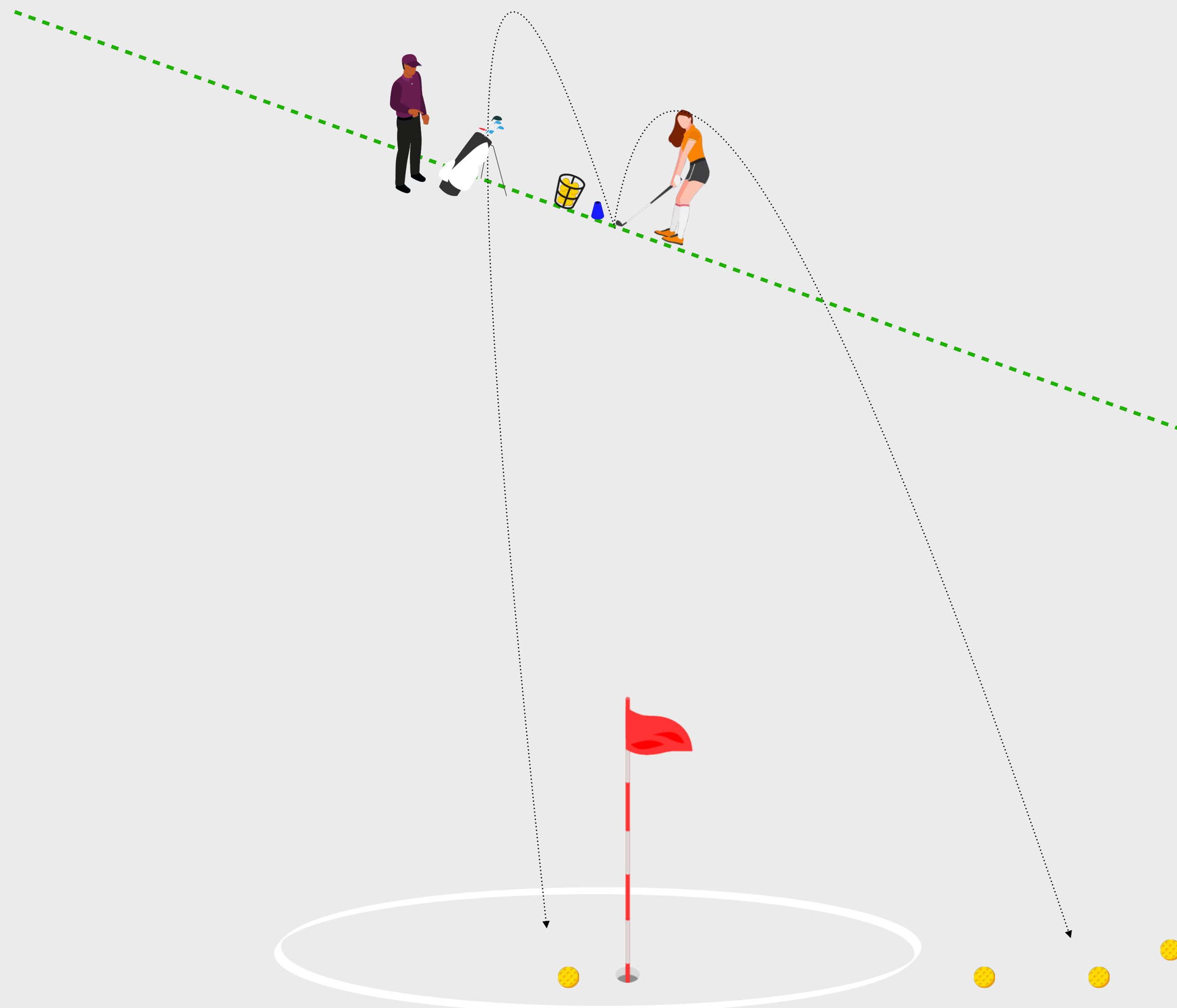
How to Practice

- Learners should understand how a shot with ball below their feet will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how having the ball below your feet will make the ball go to the right for a right handed golfer
- Explain to the learner how to adjust their technique and also to change club to allow for the potential change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the learner how these changes will affect their result

Ball Above Feet



Equipment Needed

- Side slope shot on course or on range with ball above the learners feet
- Irons
- Golf Balls

How to Practice

- Learners should understand how a shot with ball above their feet will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how having the ball above their feet will make the ball go to the left for a right handed golfer
- Explain to the learner how to adjust their technique and also to change club to allow for the potential change in distance

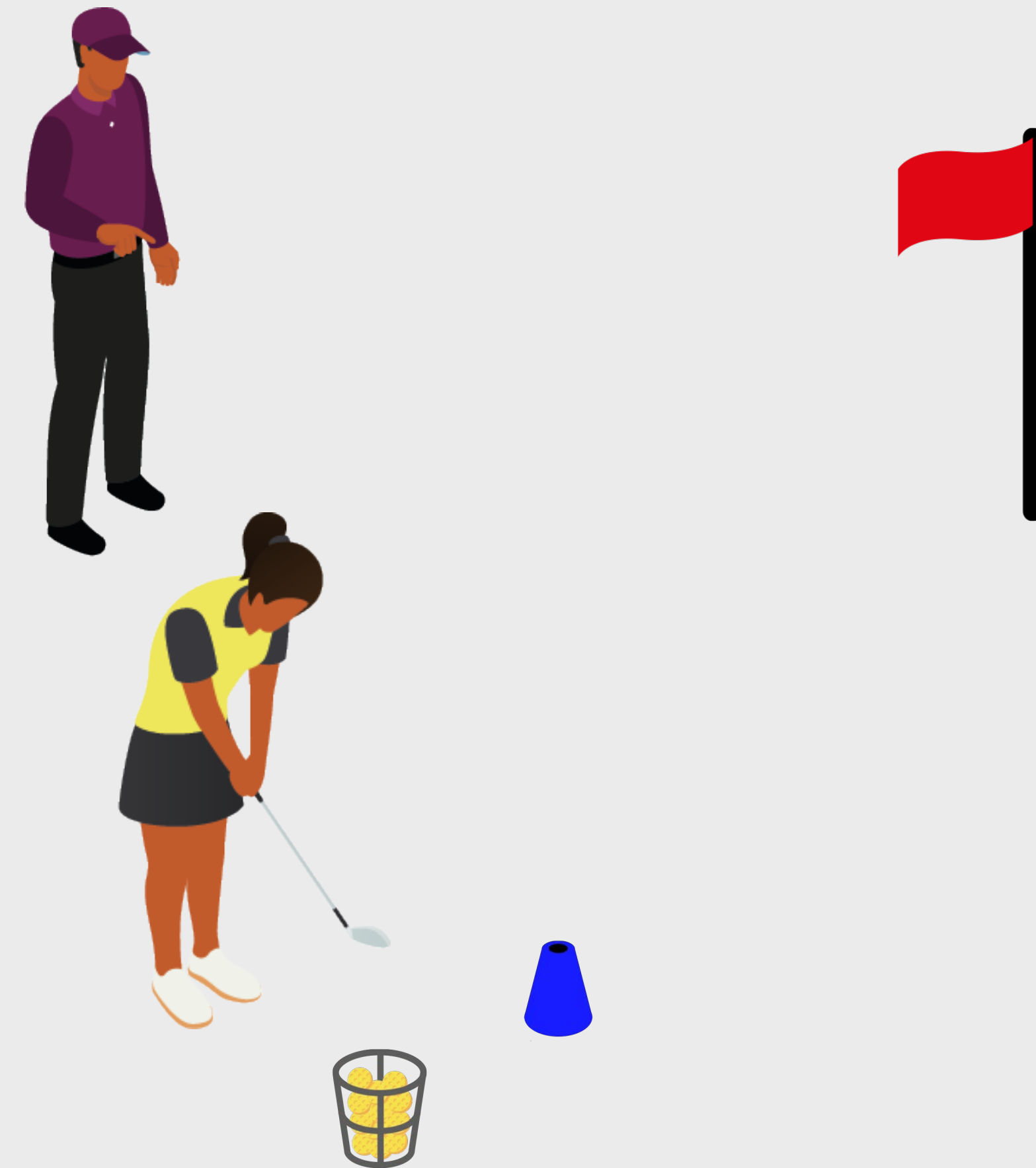
Technical Link

- By making adjustments to the setup and club selection explain to the learner how these changes will affect their result

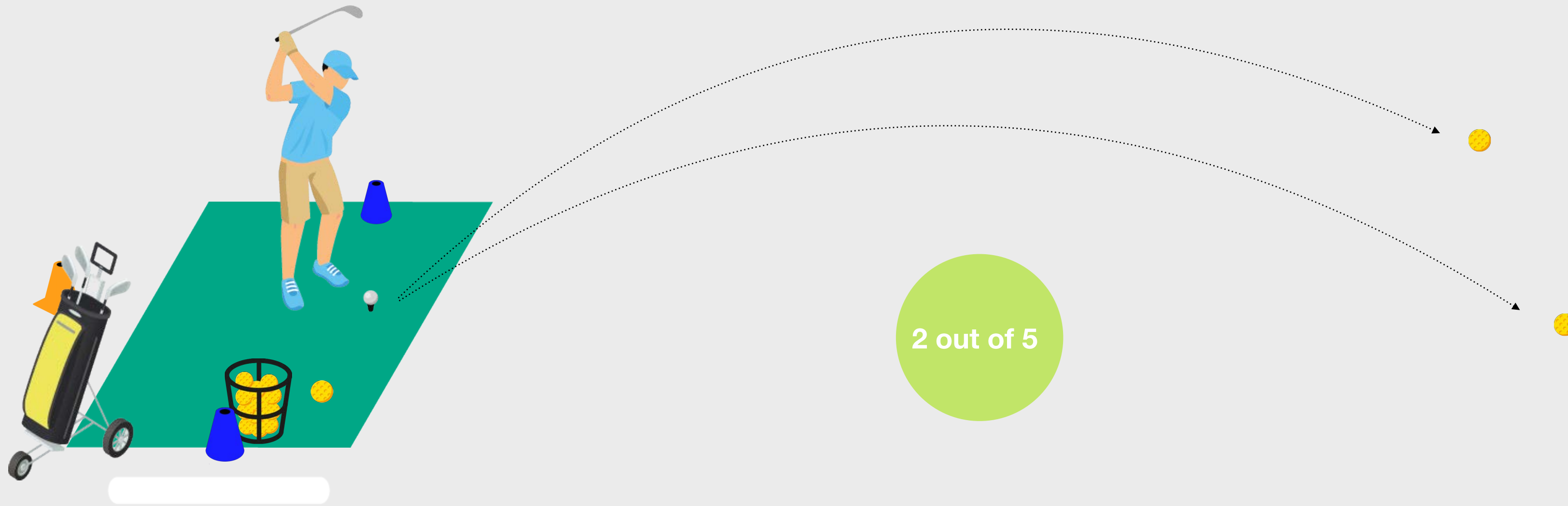
Secondary Skill

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 **bunker play**, providing learners an opportunity to practice their skills in the bunker.



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.

Equipment you Need

The equipment you will need for this challenge:

- Golf Balls

What should the Learner do next?

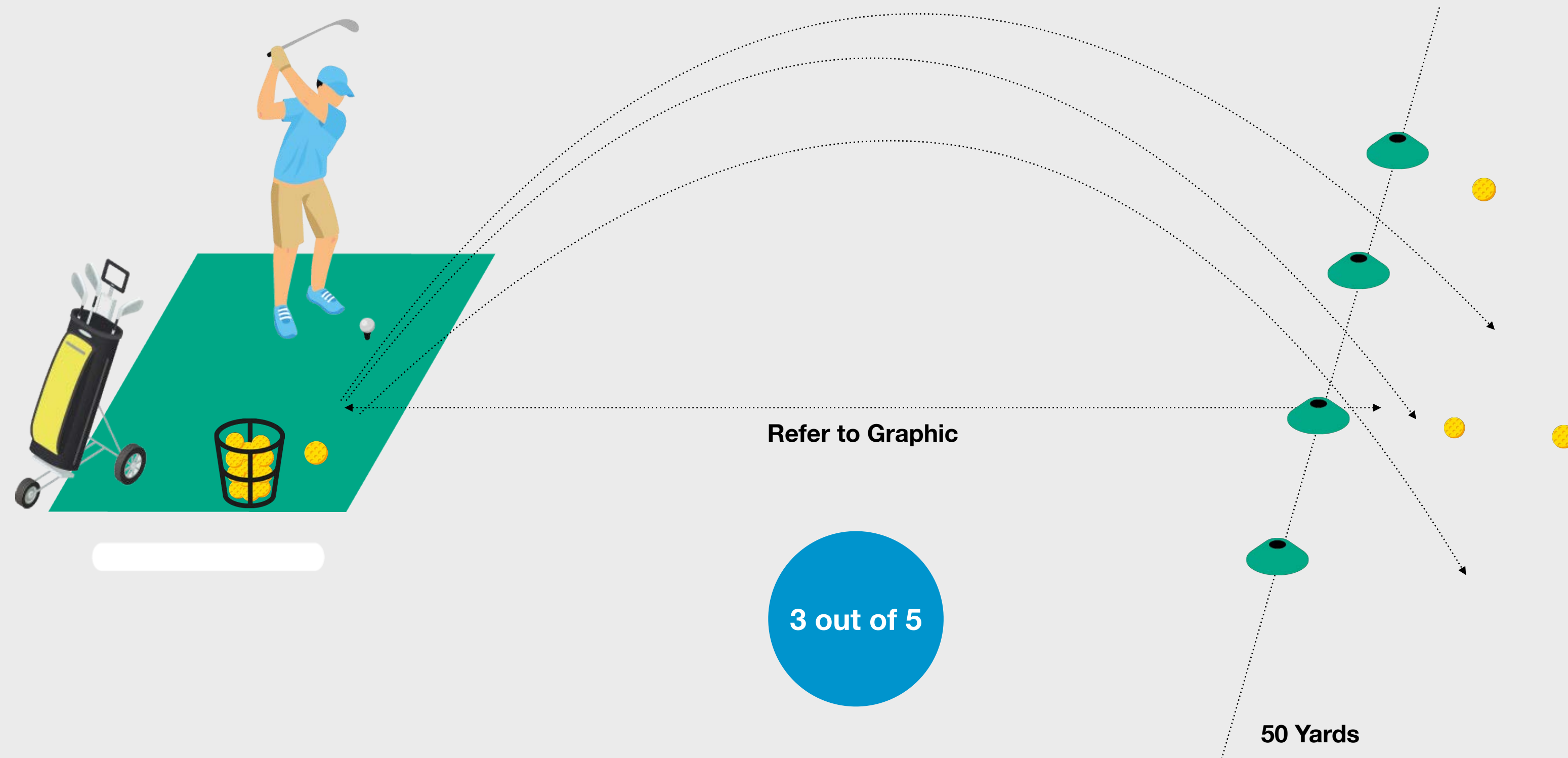
After attempting the challenge, the learner should:

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

Irons



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.

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:

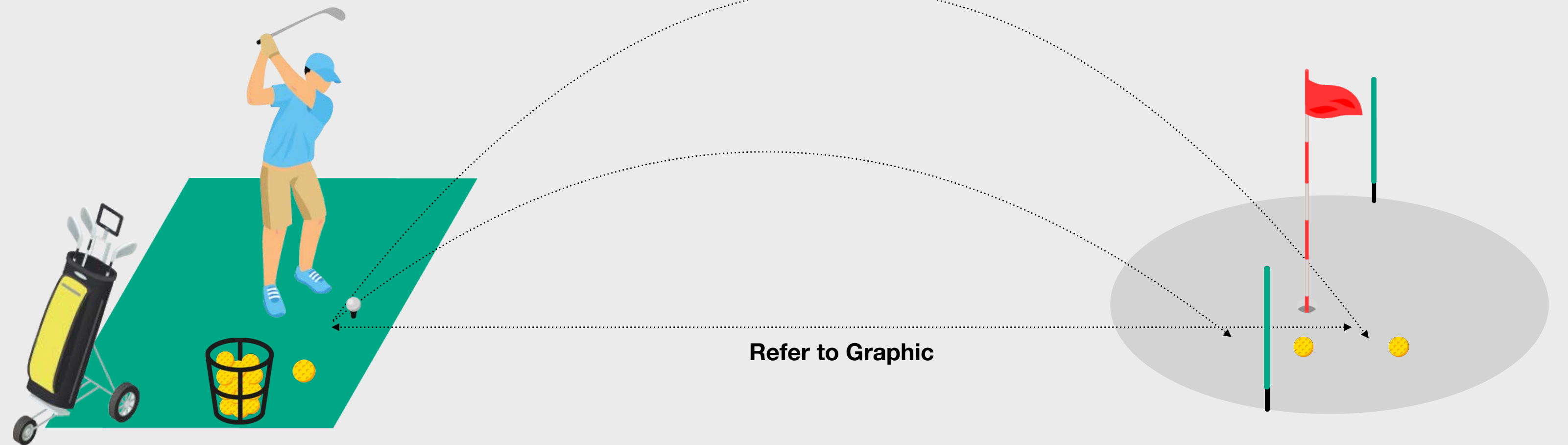
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the Challenge Section

Irons



Iron Challenge

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



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).

Equipment You Need

- The equipment you will need for this challenge:
- Alignment Sticks to mark the target gates for the green width
 - Foam noodles to make the gate more visible
 - Colored cones to mark the green perimeter
 - 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

Irons

