

Practice Around the Green

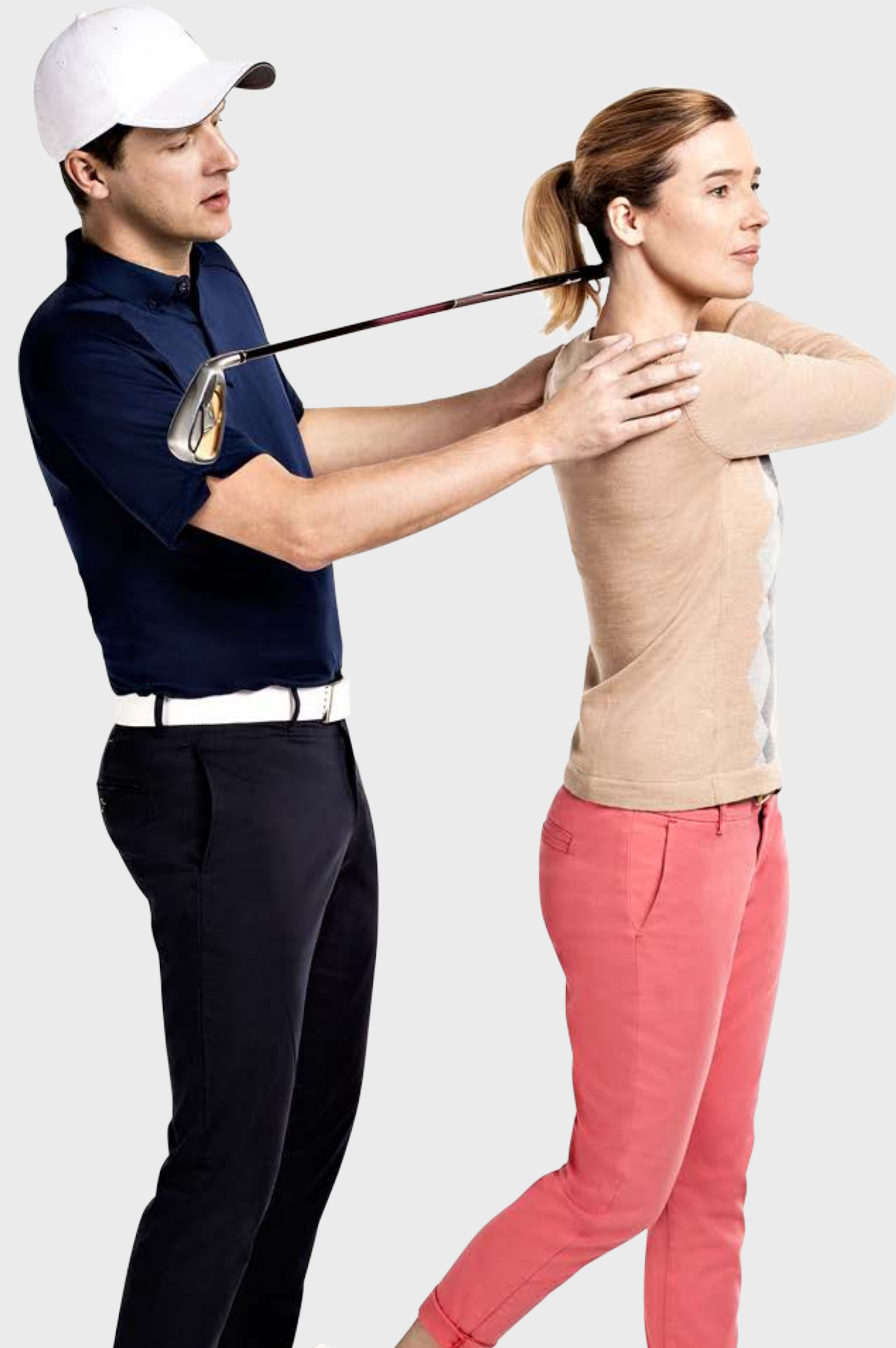
Monday, April 4th - Sunday, April 10th



GAMEON
GOLF DEVELOPMENT

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Class Timetable

Class Timetable

Session Length: 60mins

Time	Focus	Class Content	Games / Drills / Resources
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 	Basic Pre- Shot Putting Routine
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 	

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Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game:
Around the Green
Chipping

Whole Golfer Focus
Hydration and increasing
stamina

Learning the Game Focus:
Practice Swings
How many?

Challenge:
Chipping Challenge
Pitching Challenge
Bunker Play 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 around the green Practice station: Control Distance Game station: Single, Double, Triple Whole Golfer Focus: Hydration and increasing stamina 	
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 	Control Distance Single, Double, Triple
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 	<ul style="list-style-type: none"> Practice Swings
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 	Control Distance Single, Double, Triple
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 Whole Golfer online resource Learning the Game online resource

Practice Around the Green Class Layout and Setup

Station 1:
Skills Challenge
Chipping



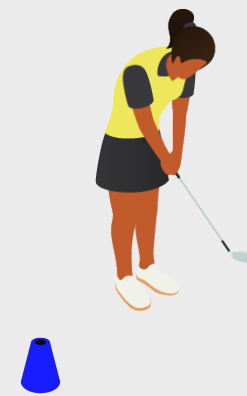
Station 2:
Skills Challenge
Pitching



Station 3:
Skills Challenge
Bunker Play



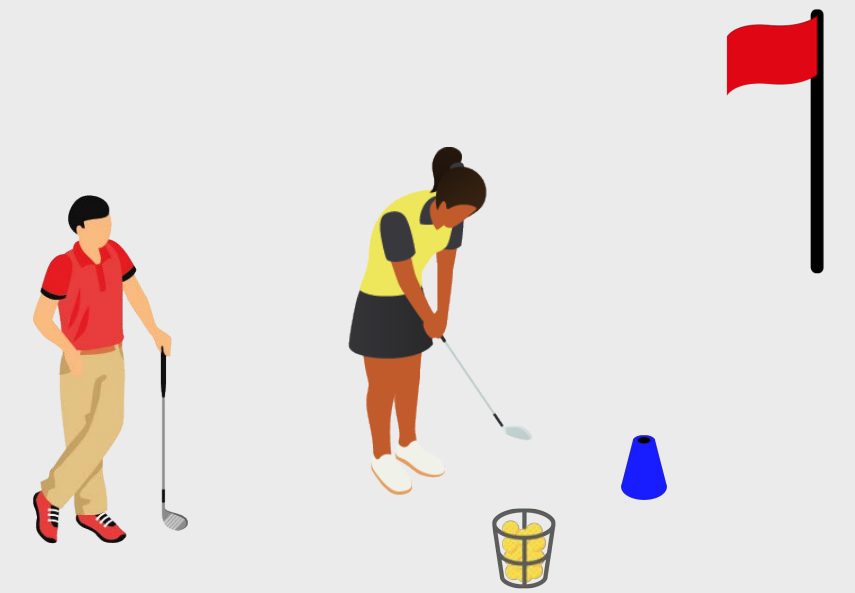
Station 4:
Practice Station
Control Distance



Station 5:
Game Station
Single, Double, Triple

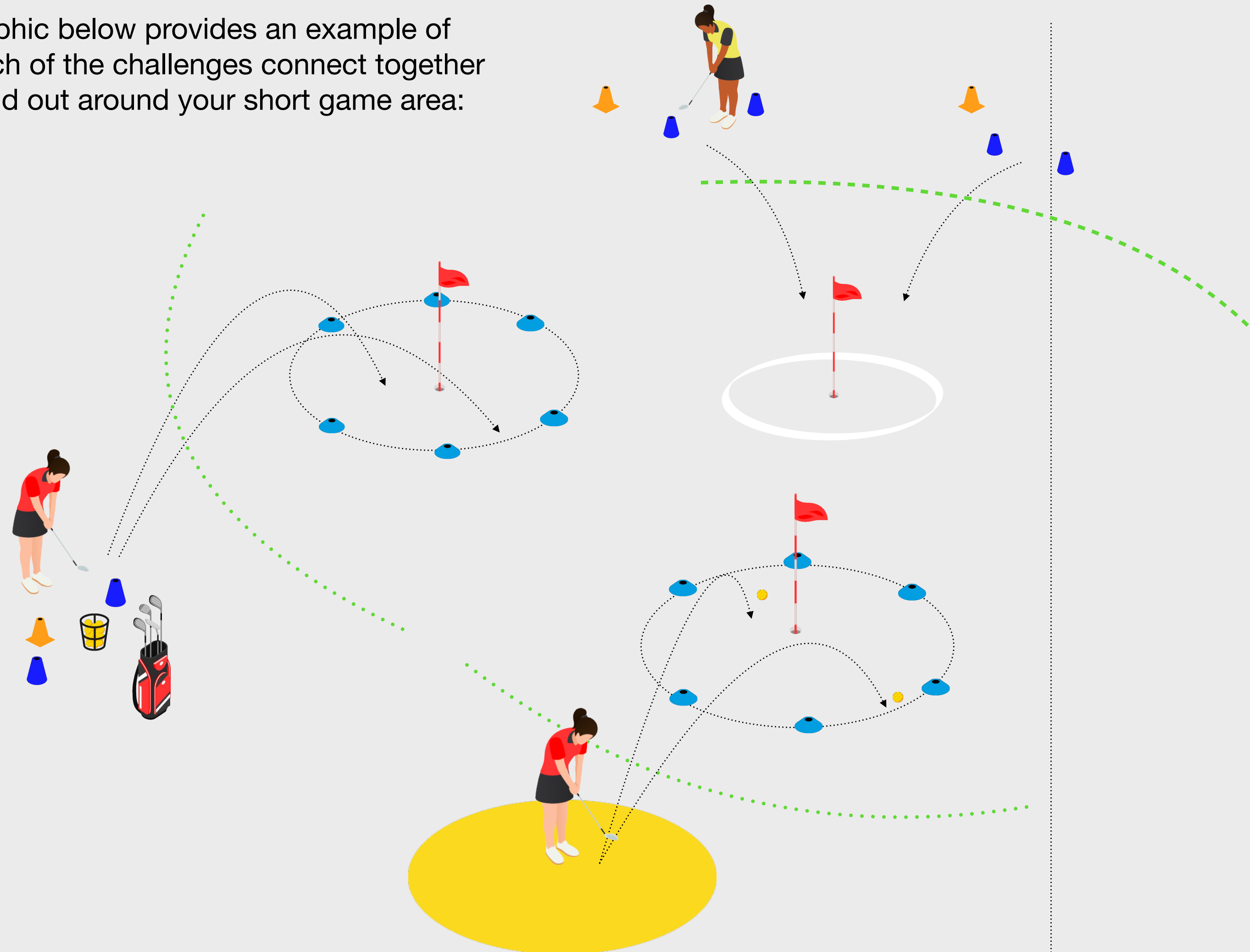


Station 6:
Secondary Skill
Putting



Around the Green Challenges

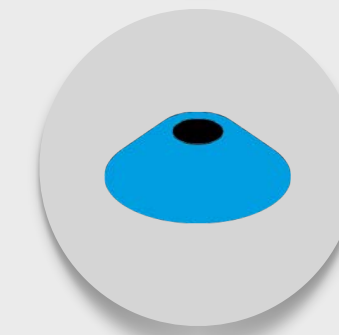
The graphic below provides an example of how each of the challenges connect together when laid out around your short game area:



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



Cones to mark the starting position



Colored Cones to mark the 10 yard Target Circles

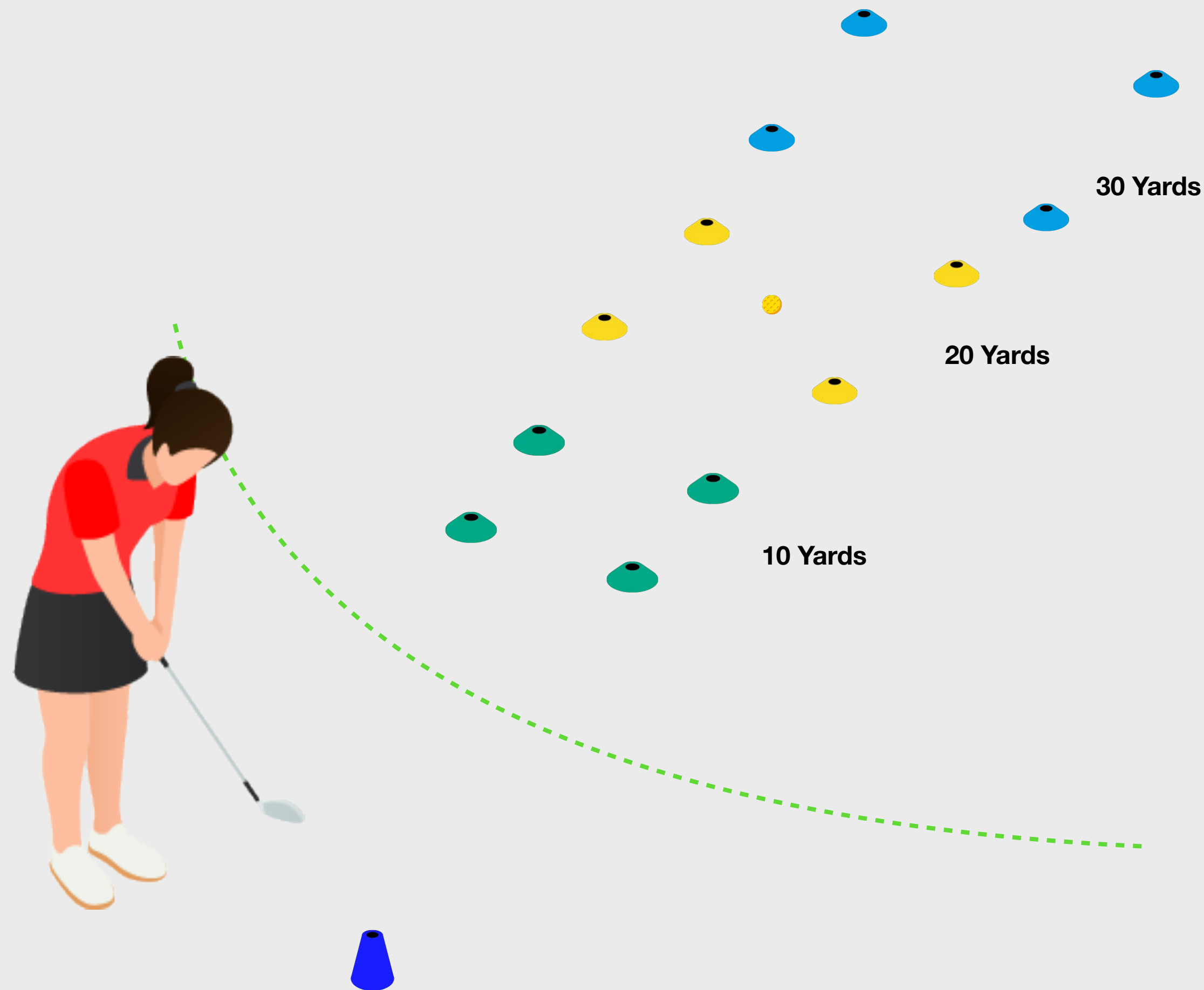


10 ft diameter hoop



Safety Cones

Control Distance



Equipment Needed

- 12 cones
- Golf balls

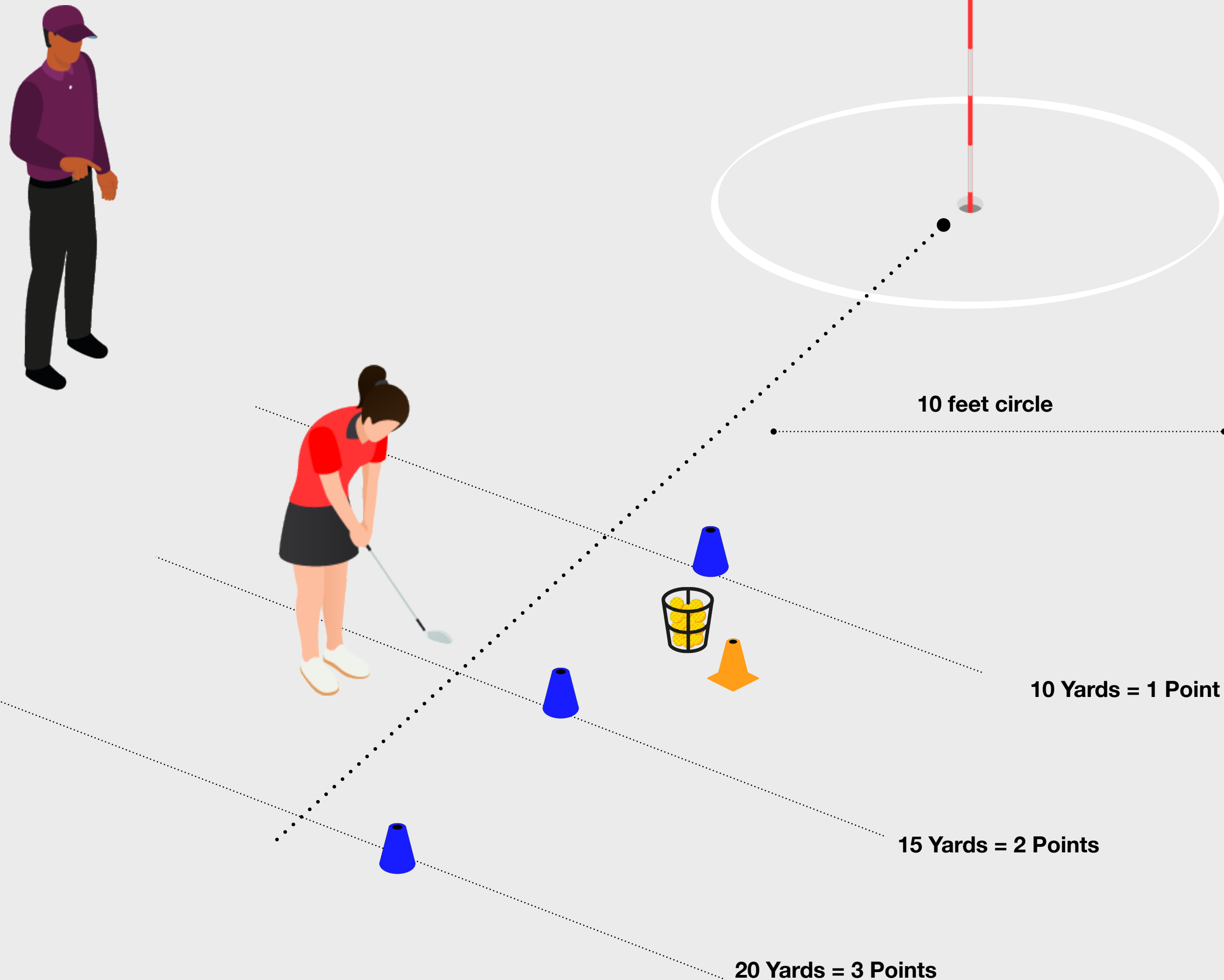
How to Practice

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

Technical Link

- This activity will help the learner to understand how to control the distance of a shot based on the length and speed of the stroke
- This activity will help the learner to gain some consistency around the green by becoming more confident using one particular type of club

Single, Double, Triple



Equipment Needed

- 10 foot circle

How to Play

- Nominate a player to play first. Each learner has 5 shots per round
- The first player chooses which distance to start from
- If the player is successful in chipping the ball into the circle they receive the relevant number of points
- The player that wins is the one that has scored the most points after both players have hit 5 shots

Progression Ideas

- Vary the distances to chip from
- Add in another target circle for more points
- Add in a rule that if the player misses the circle or the green they lose a point

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:

How many practice swings should we take?

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

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:

Hydration and increasing stamina

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?

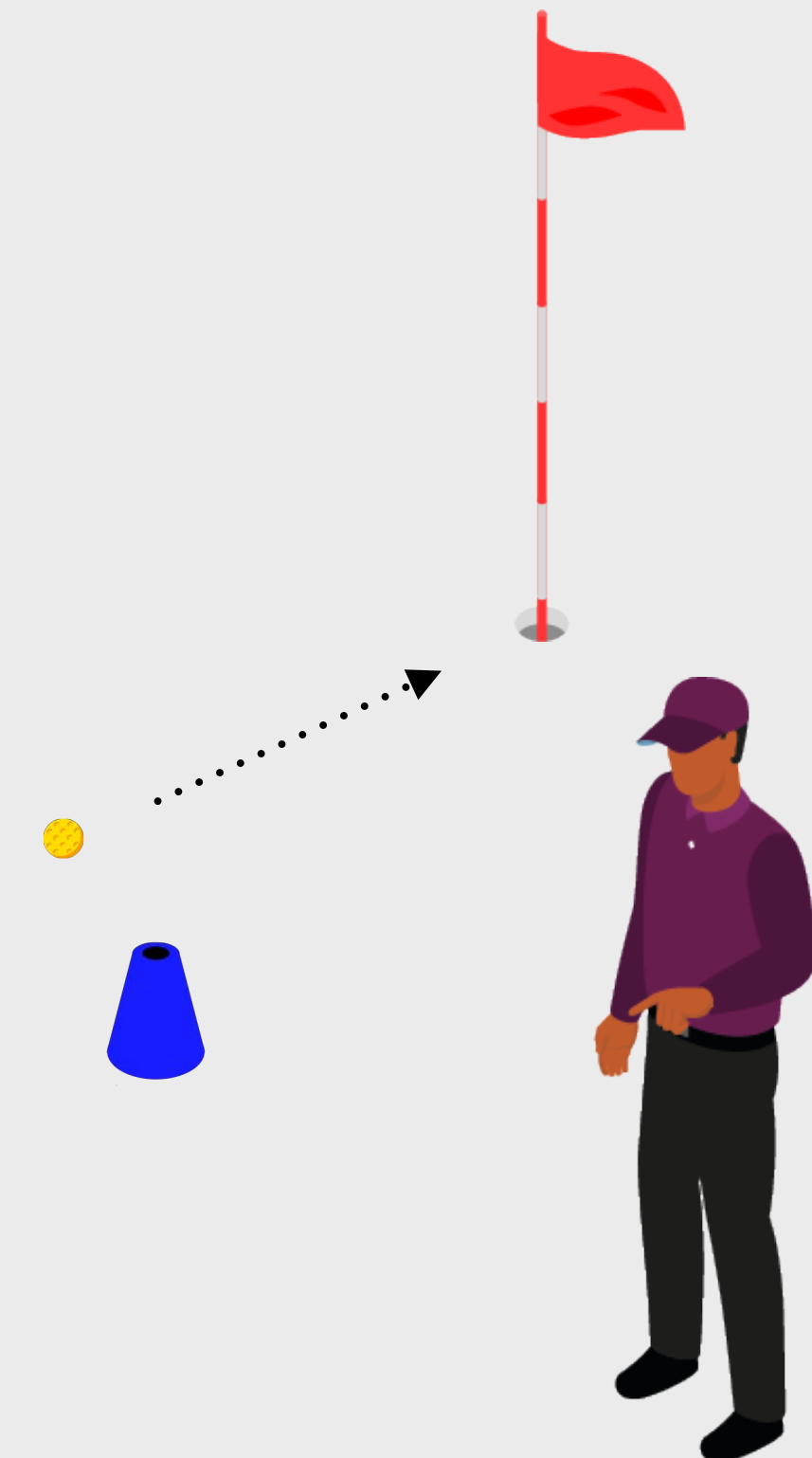
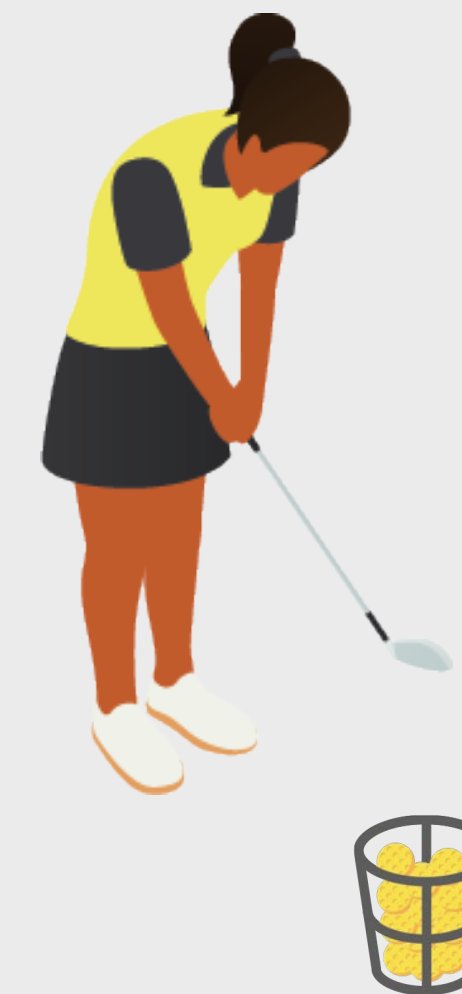
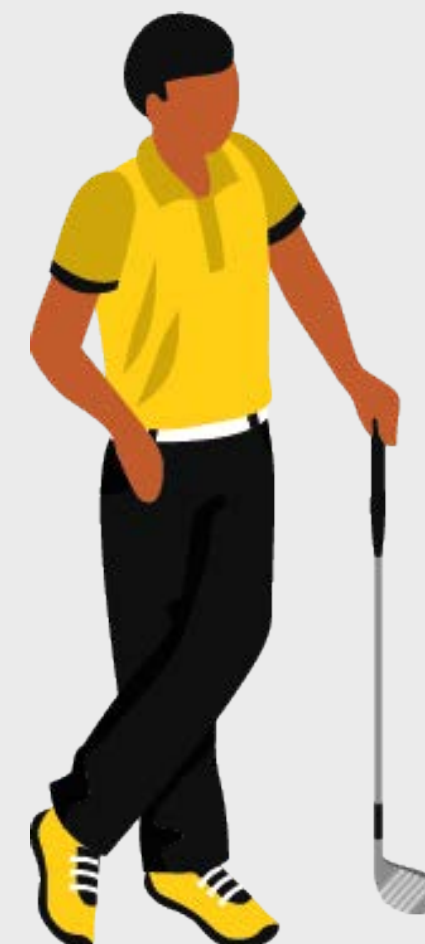
Symptoms of dehydration that can effect your golf include; headache, dizziness or lightheadedness and low blood pressure.



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 **putting**, providing learners an opportunity to practice what was learnt in their putting classes, and the learning the game content this week



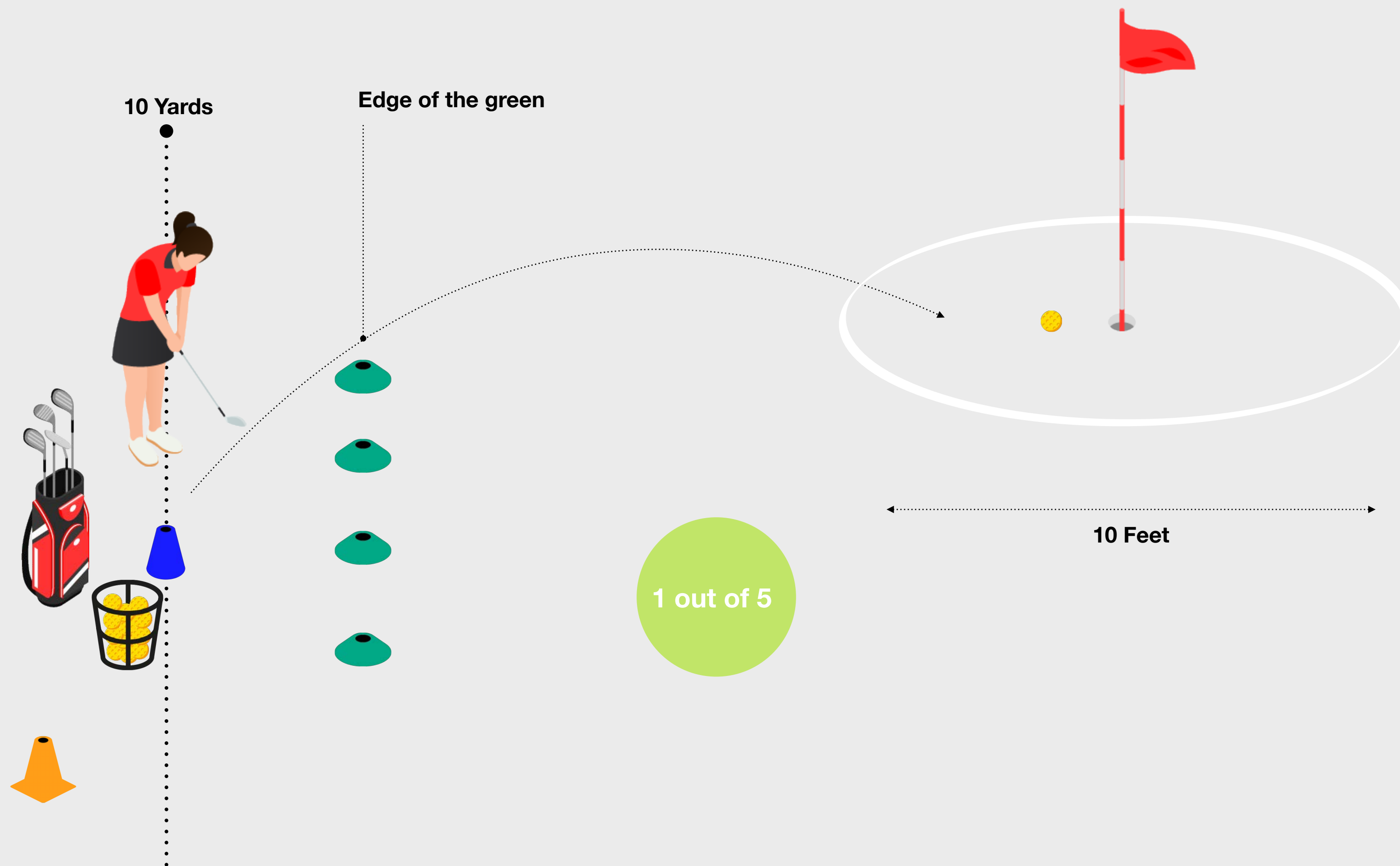
Skill Challenges



Level 1



Chipping Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to chip 1 out of 5 shots to finish within a 10-foot diameter target circle from a distance of 10 yards from the hole.

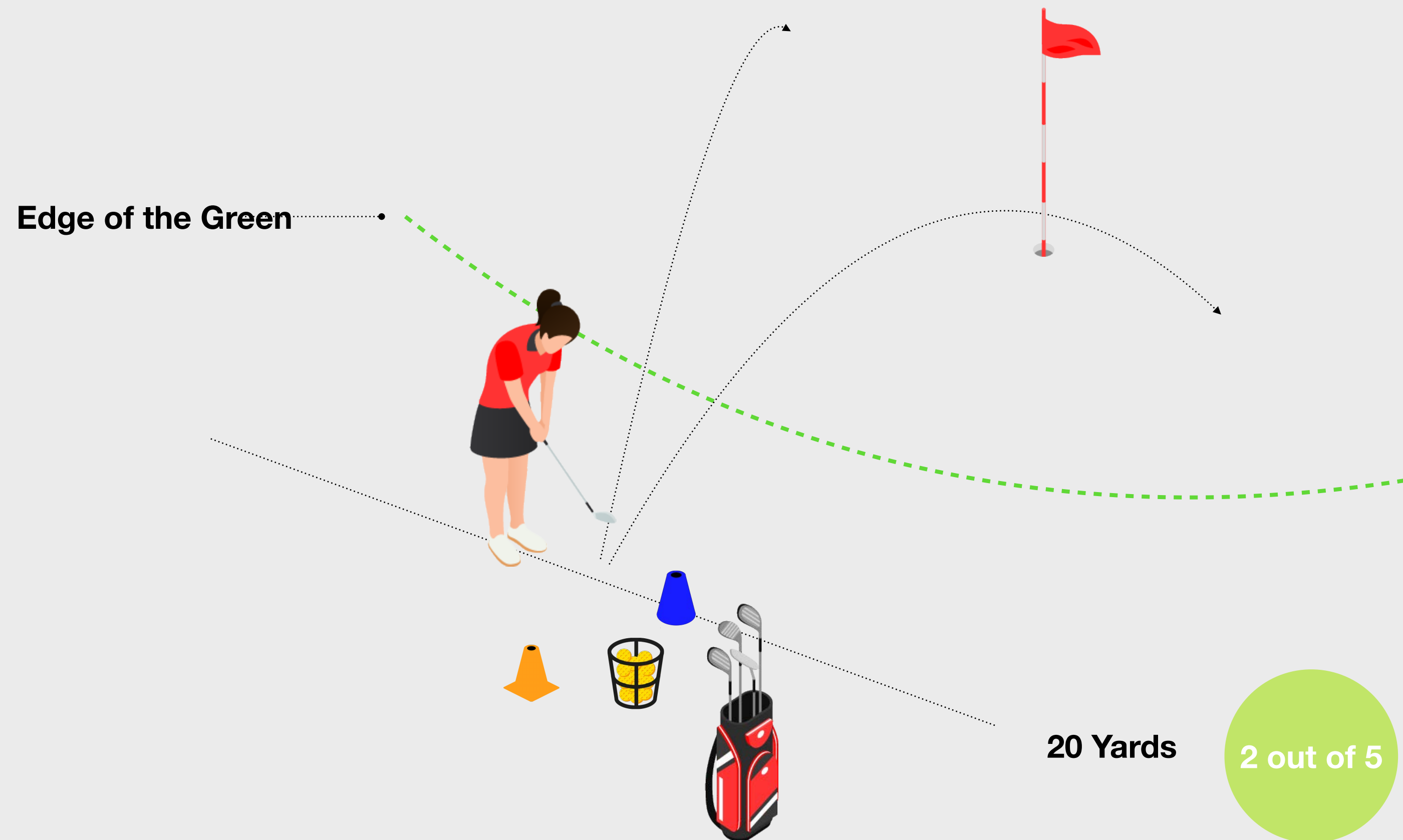
What should the Learner do next?

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

Chipping



Pitching Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to 2 out of 5 shots finish anywhere on the green from a starting position 20 yards from the hole. The learner should start from a minimum distance of 10 yards from the edge of the green.

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

Pitching



Bunker Play Challenge



The Challenge

To complete the Level 1 Challenge the Learner needs to hit 1 out of 5 shots to finish anywhere out of the bunker.

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

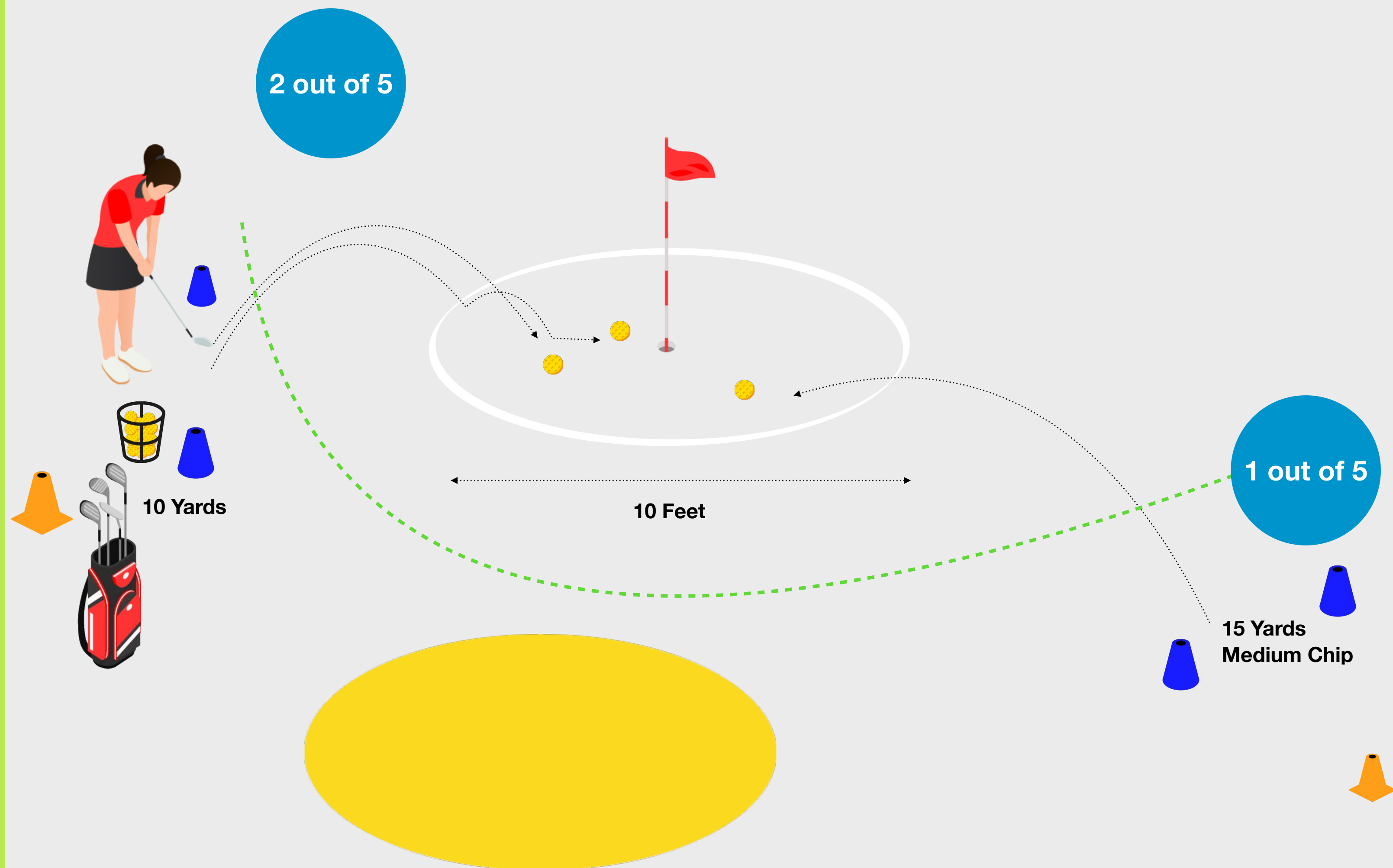
Bunker Play



Level 2



Chipping Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to chip 2 out of 5 shots from 10 yards and 1 out of 5 shots from 15 yards to finish within a 10-foot diameter target circle.

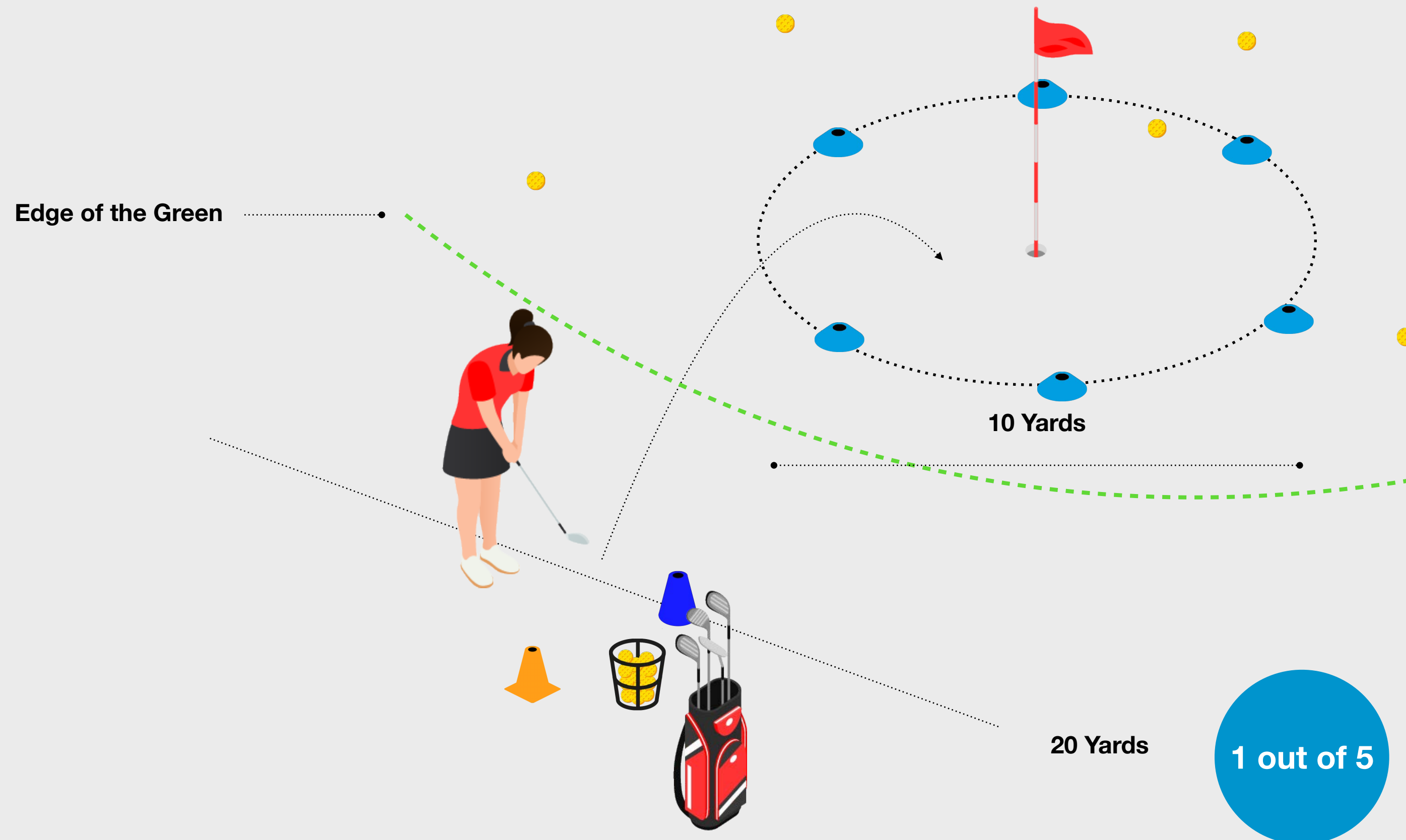
What should the Learner do next?

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

Chipping



Pitching Challenge



The Challenge

To complete the Level 2 Challenge the learner needs to hit 1 out of 5 shots from 20 yards within a 10-yard circle.

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

Pitching



Bunker Play Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to hit 2 out of 5 shots to finish anywhere on the green.

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

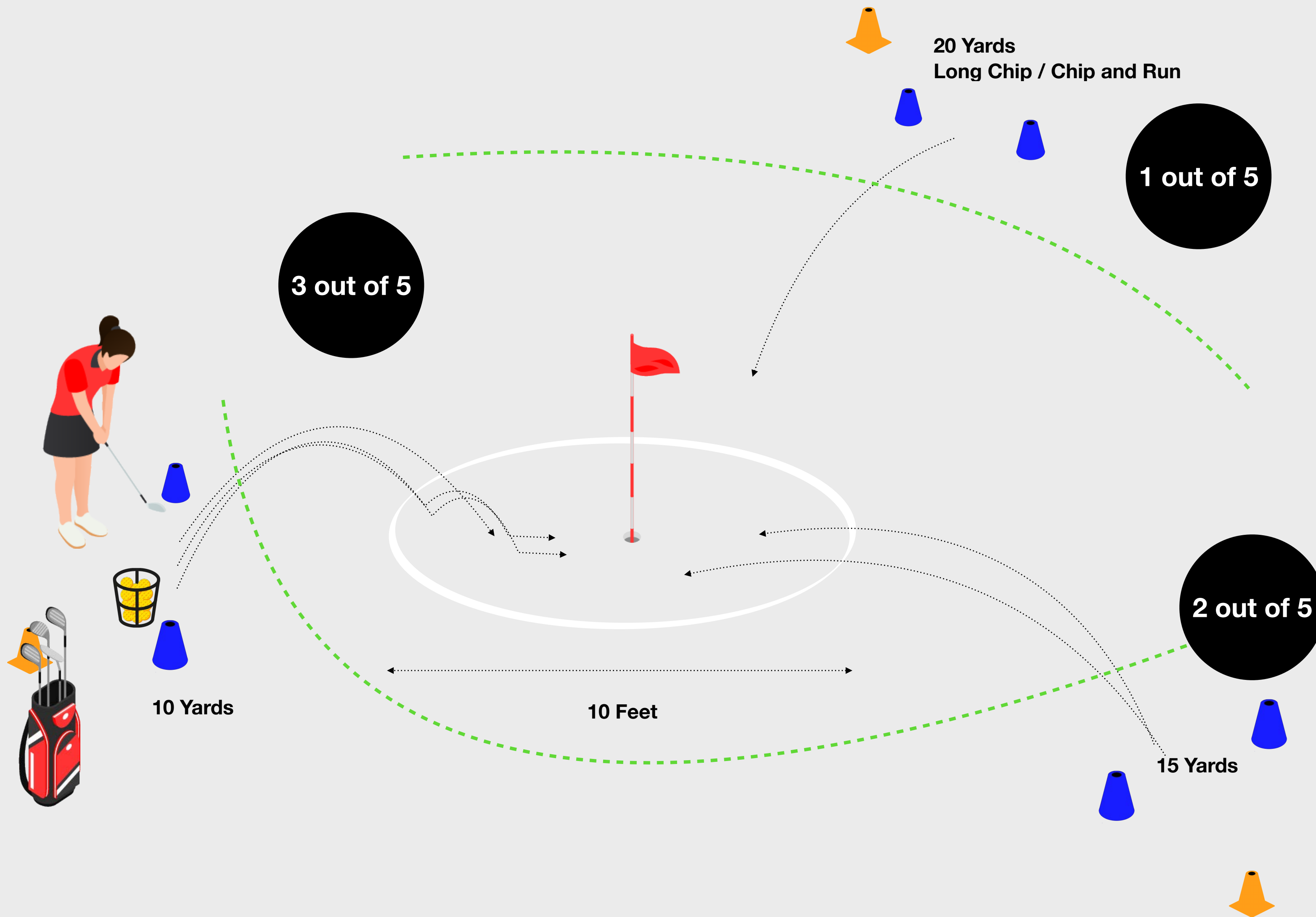
Bunker Play



Level 3



Chipping Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to chip 4 out of 5 shots from 10 yards, 2 out of 5 shots from 15 yards and 1 out of 5 shots to finish within a 10-foot diameter target circle.

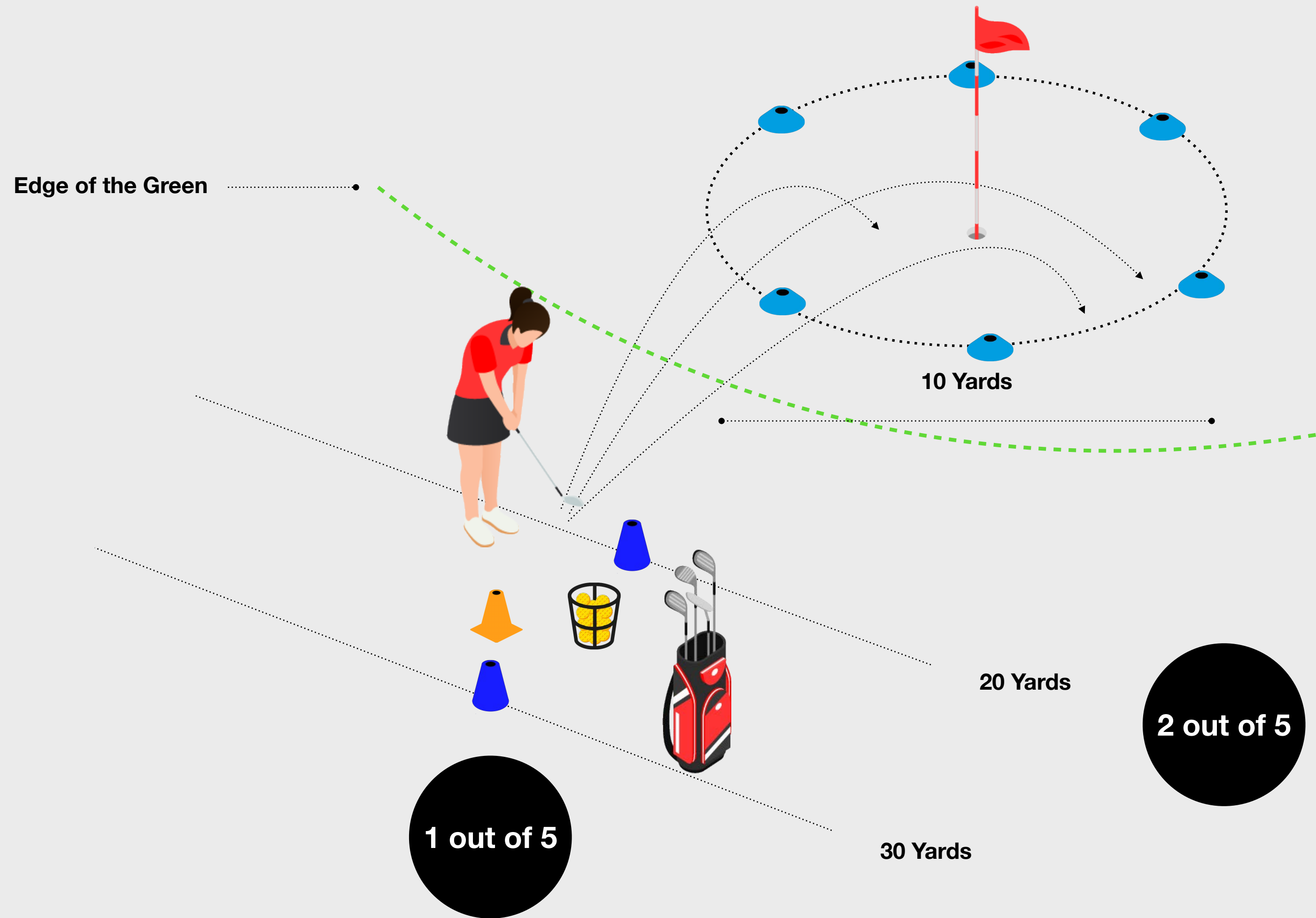
What should the Learner do next?

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

Chipping



Pitching Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to hit 3 out of 5 shots from 20 yards and 1 out of 5 shots to within a 10-yard circle.

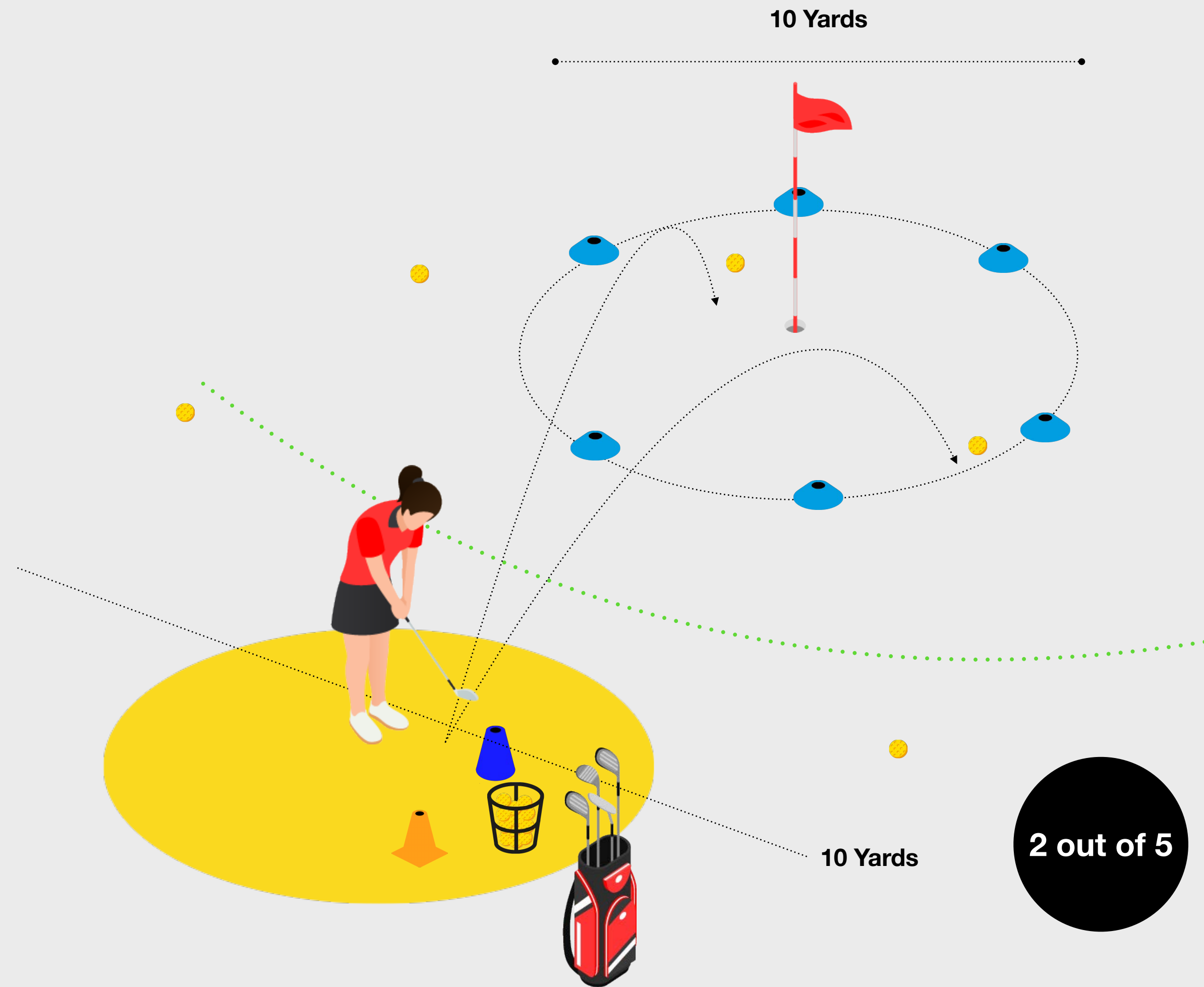
What should the Learner do next?

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

Pitching



Bunker Play Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to hit 1 out 5 shots to come to rest within a 10-yard diameter target circle and all shots must finish out of the bunker

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

Bunker Play

