

# Practice On the Green

Monday, April 18th - Sunday, April 24th

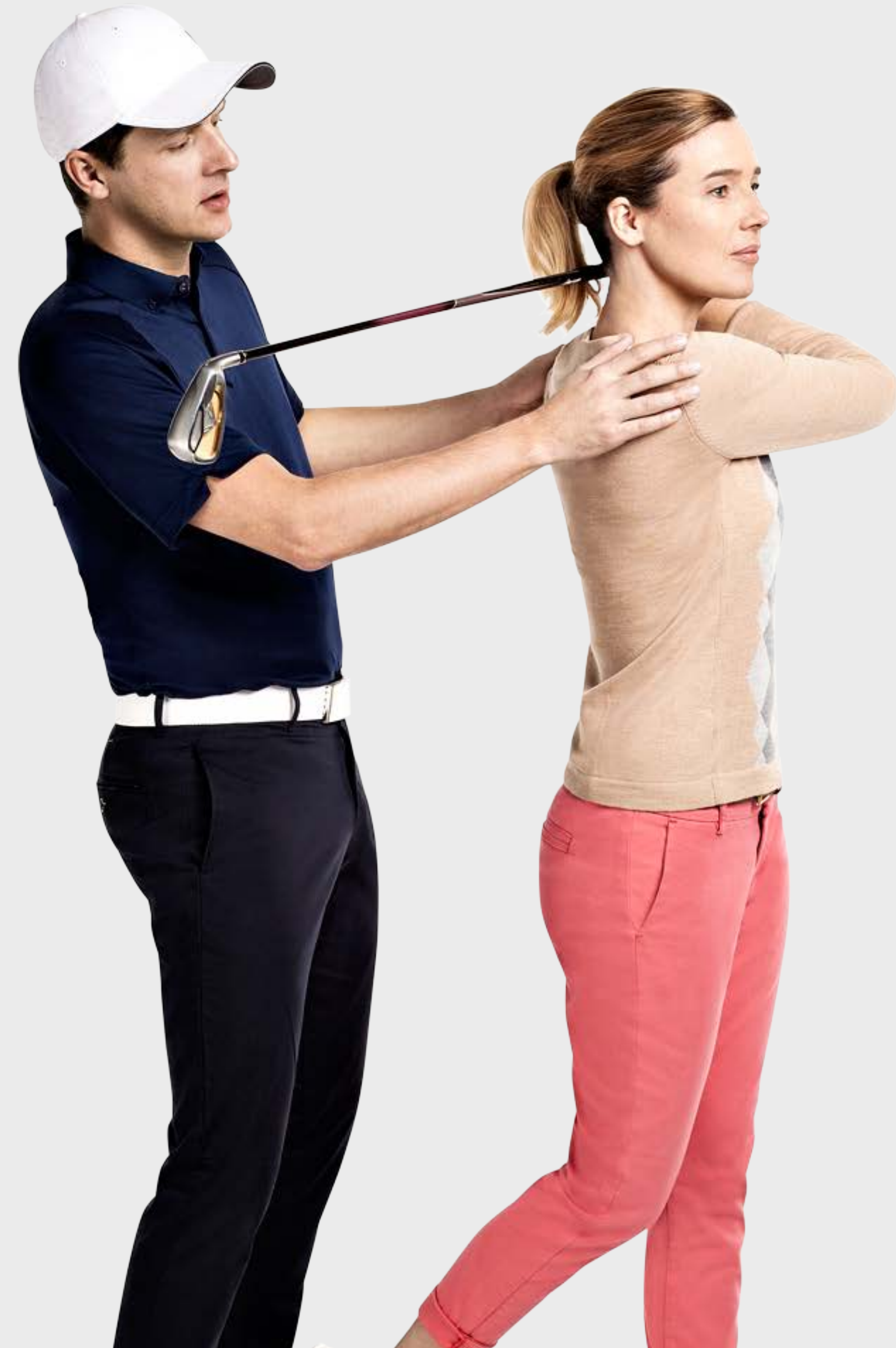


# GAMEON

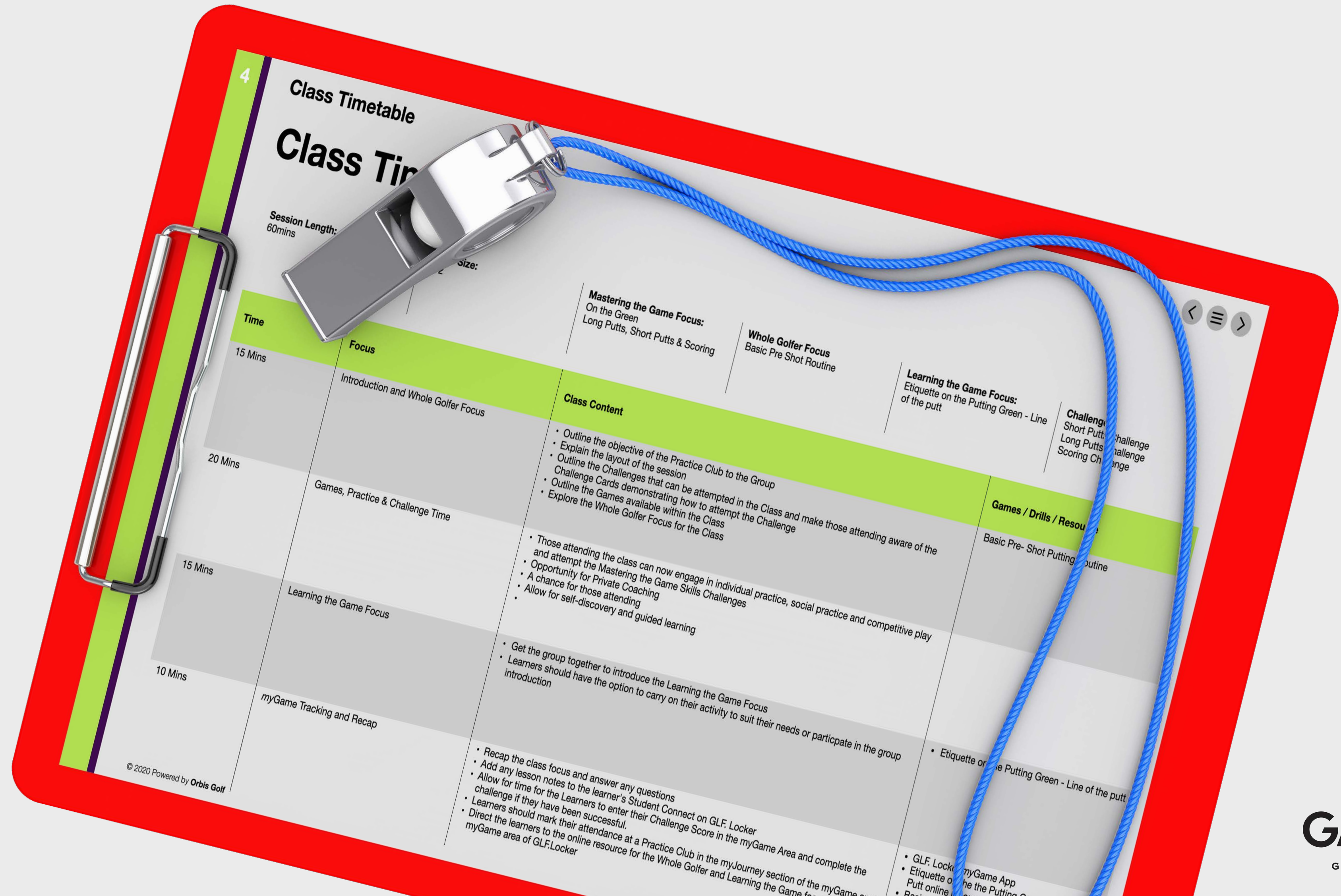
GOLF DEVELOPMENT

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- 7 Game Cards
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- 10 Whole Golfer Focus
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# Class Timetable



# Class Timetable

**Session Length:**  
60mins

**Group Size:**  
1:12

**Mastering the Game:**  
On the Green - Short Putts

**Whole Golfer:**  
Nutrition on the Course

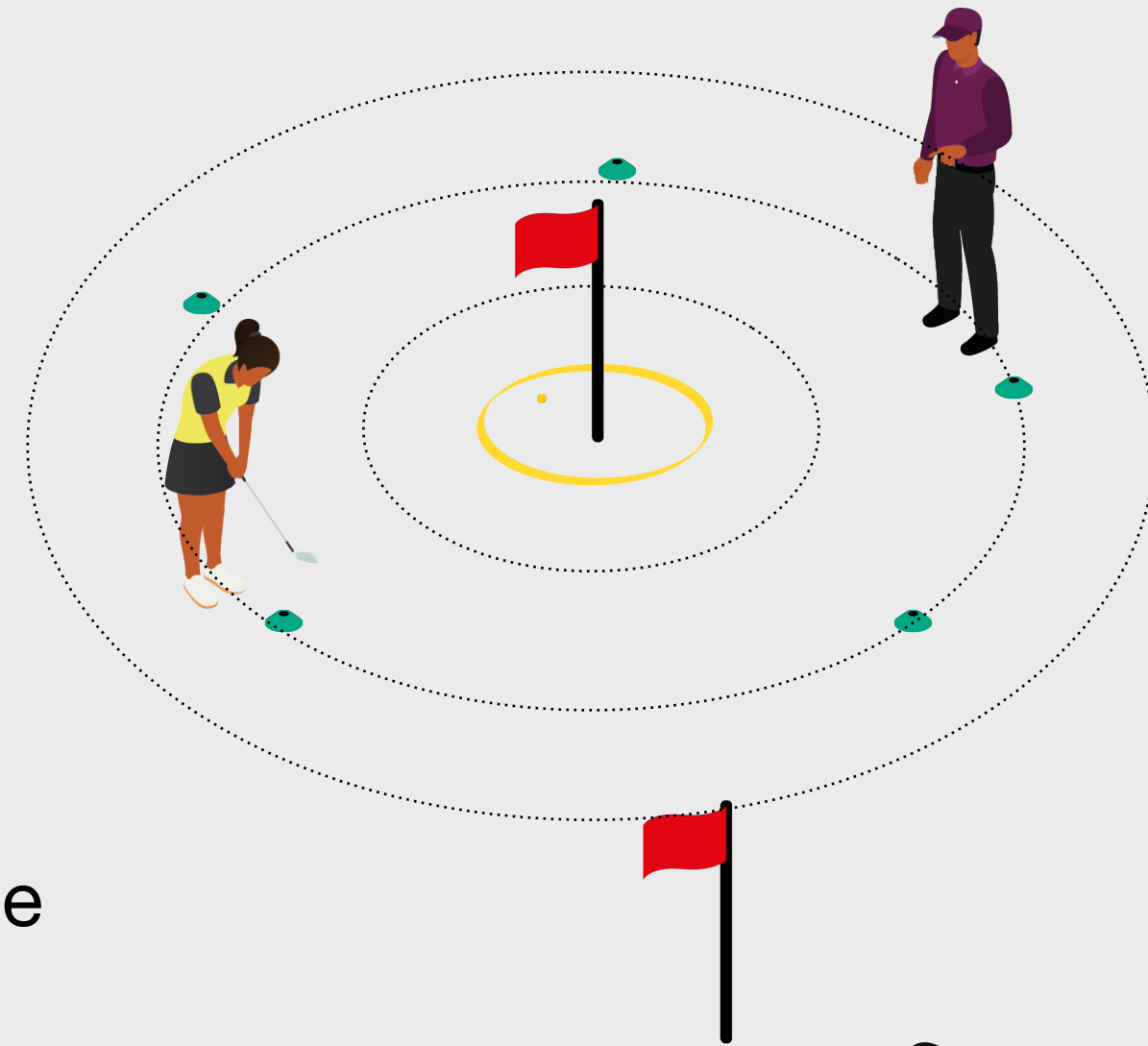
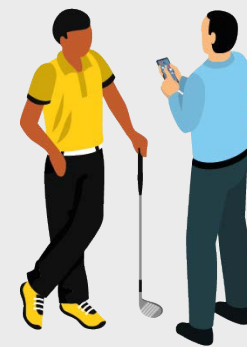
**Learning the Game:**  
Different Formats

**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: Game Station: Whole Golfer Focus: Nutrition on the Course	
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 Long Putts Ladder
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"> <li>Playing and Scoring - Different Formats</li> </ul>
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 Long Putts Ladder
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"> <li>GLF. Locker <i>myGame</i> App</li> <li>Whole golfer online resource</li> <li>Learning the game online resource</li> </ul>

# Practice on the Green Class Layout and Setup

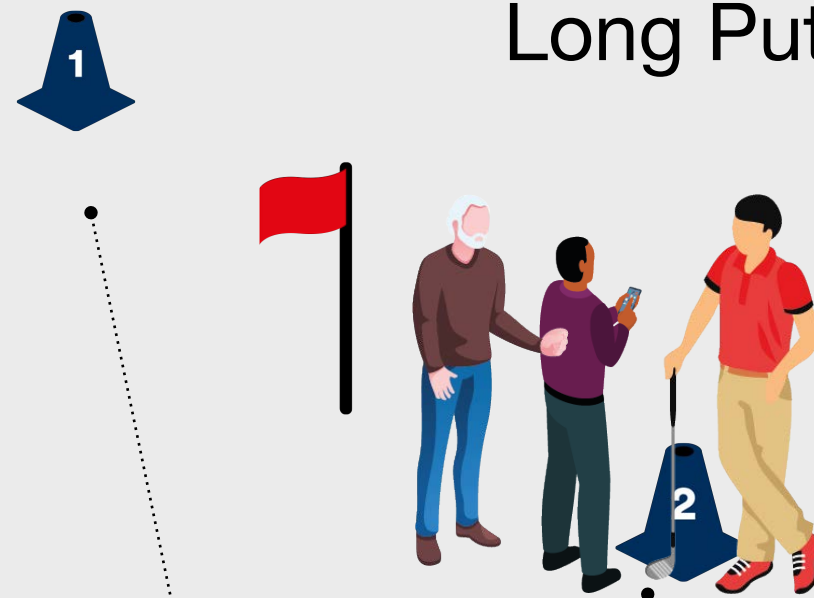
**Station 1:**  
Short Putts Challenge



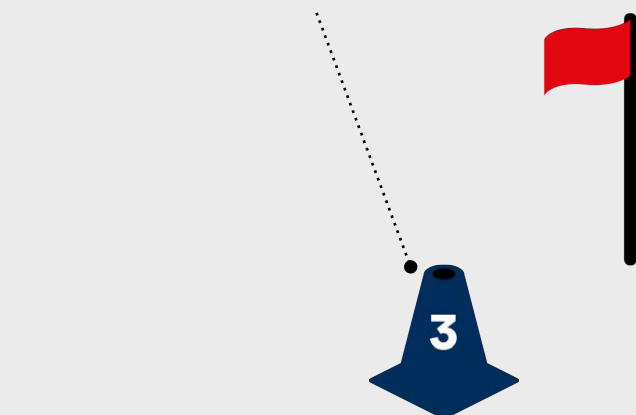
**Station 6:**  
Secondary Skill  
Swing



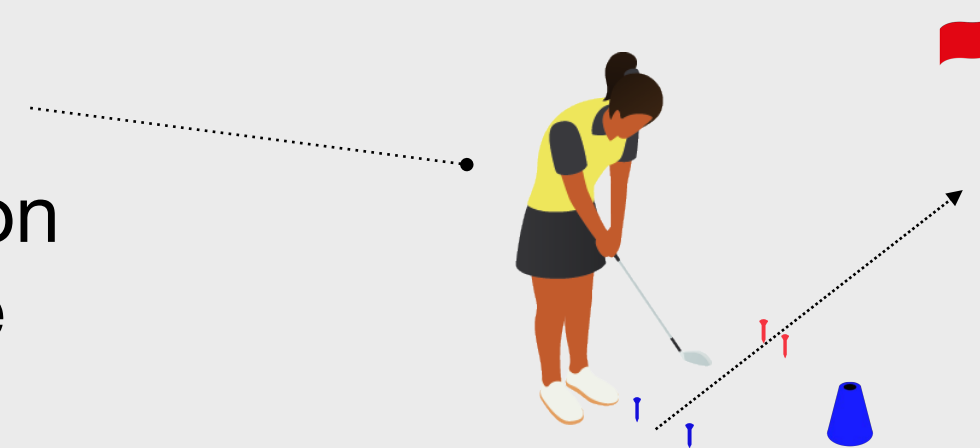
**Station 2:**  
Long Putts Challenge



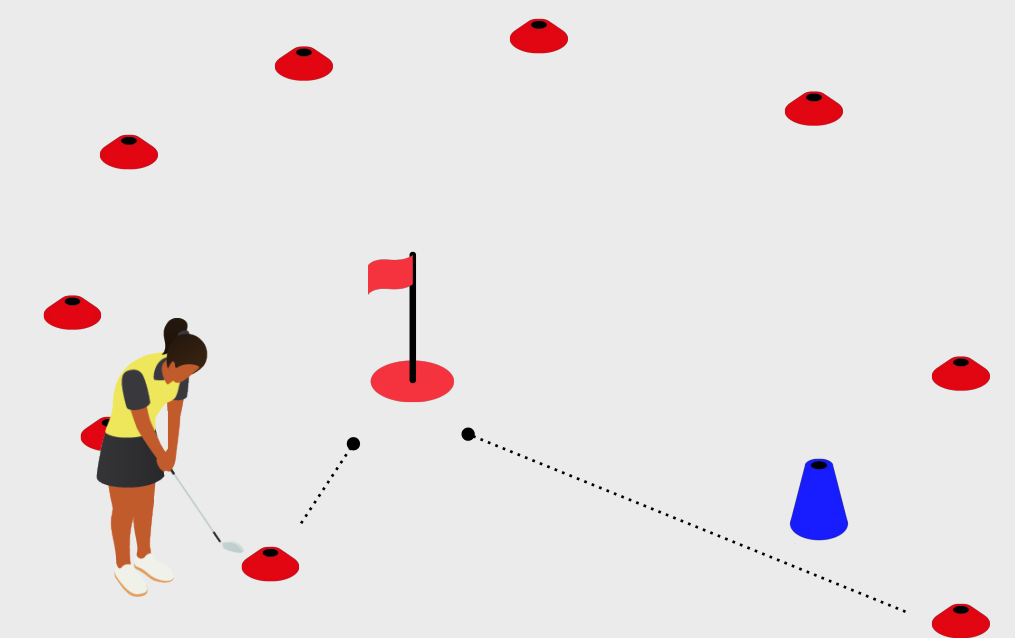
**Station 3:**  
Scoring Challenge



**Station 4:**  
Practice Station  
Centred Strike

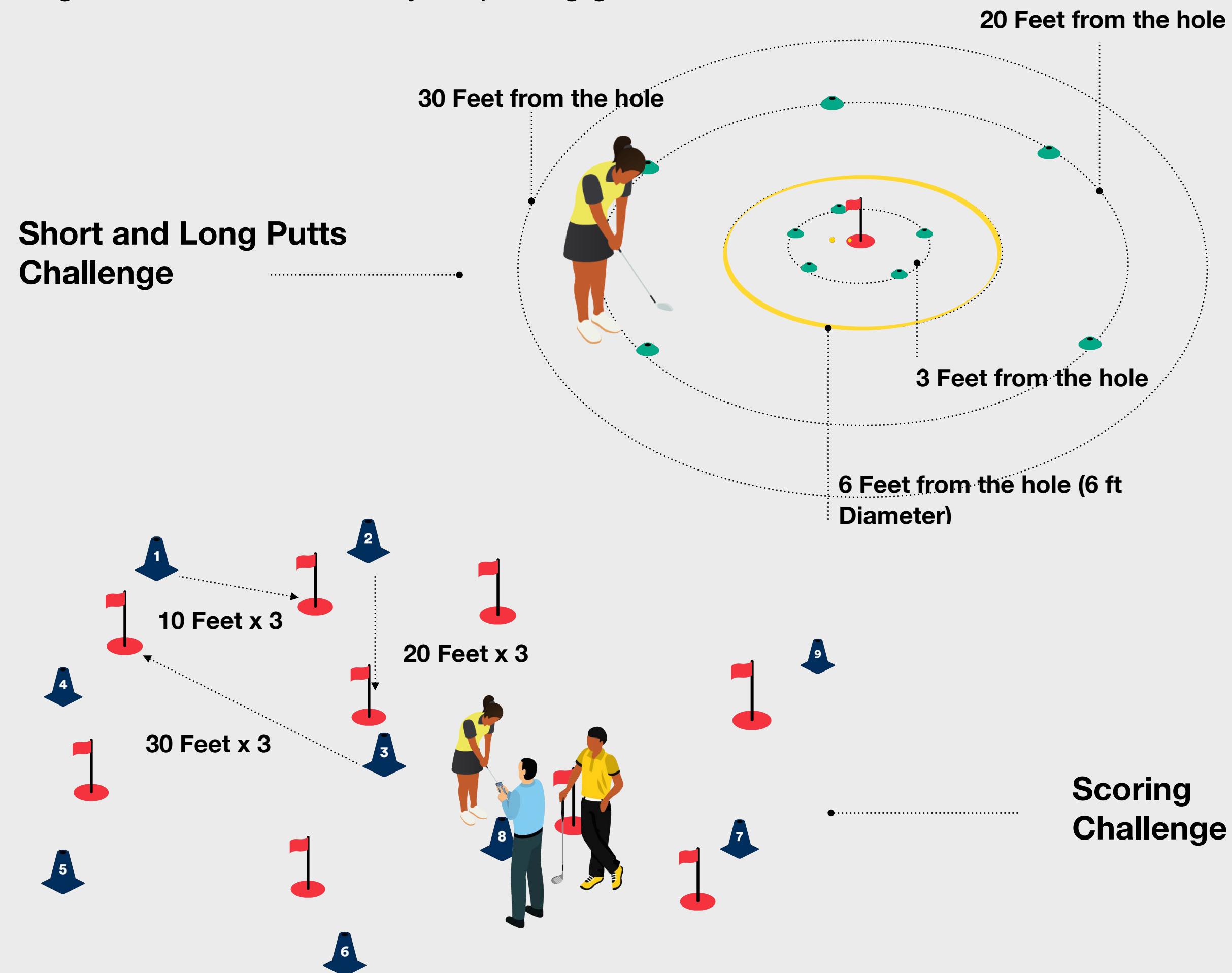


**Station 5:**  
Game Station  
Spiral Challenge



# On the Green Challenges Layout and Set Up

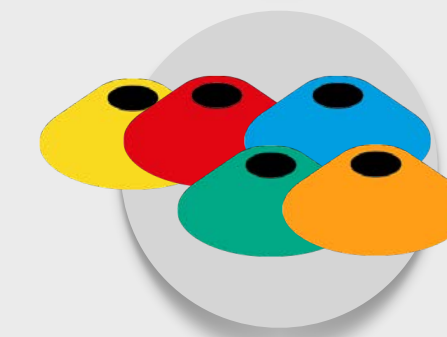
The graphic below provides an example of how each of the challenges connect together when laid out on your putting green:



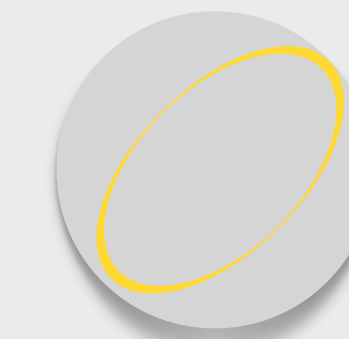
Please find below a list of the equipment you require for these challenges:



**Numbered Putting Cones**



**Mixed Colored Cones**

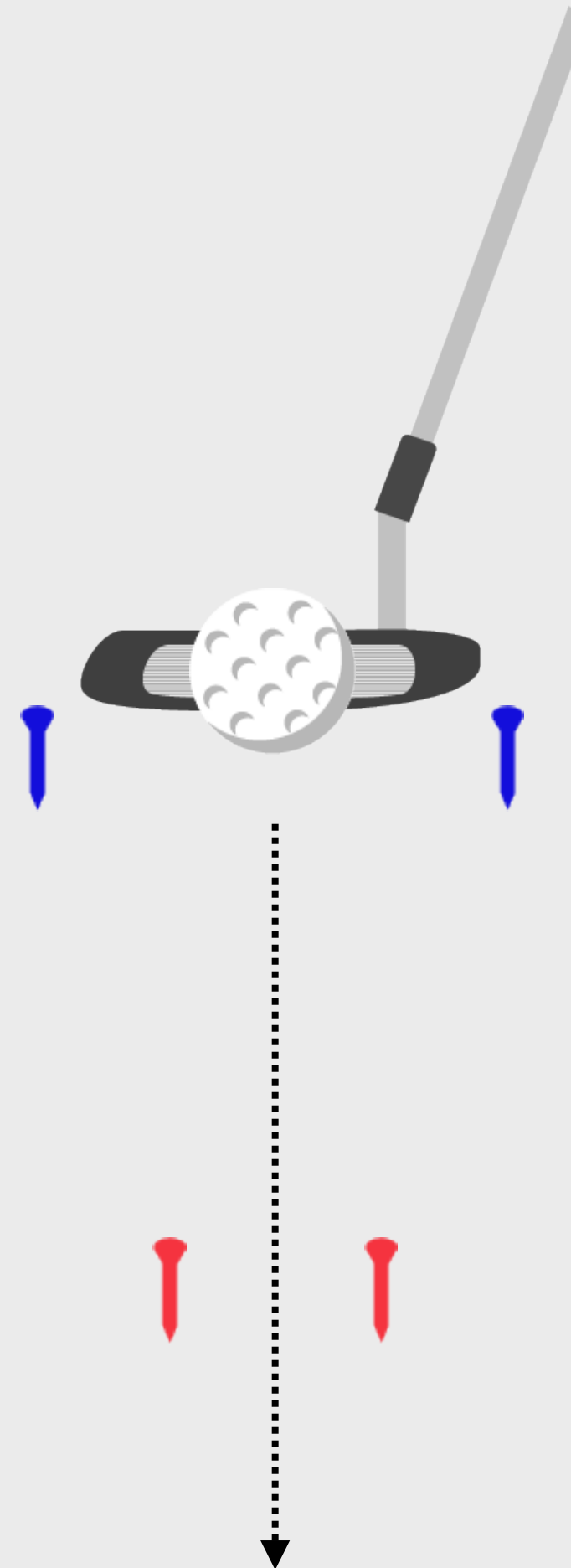
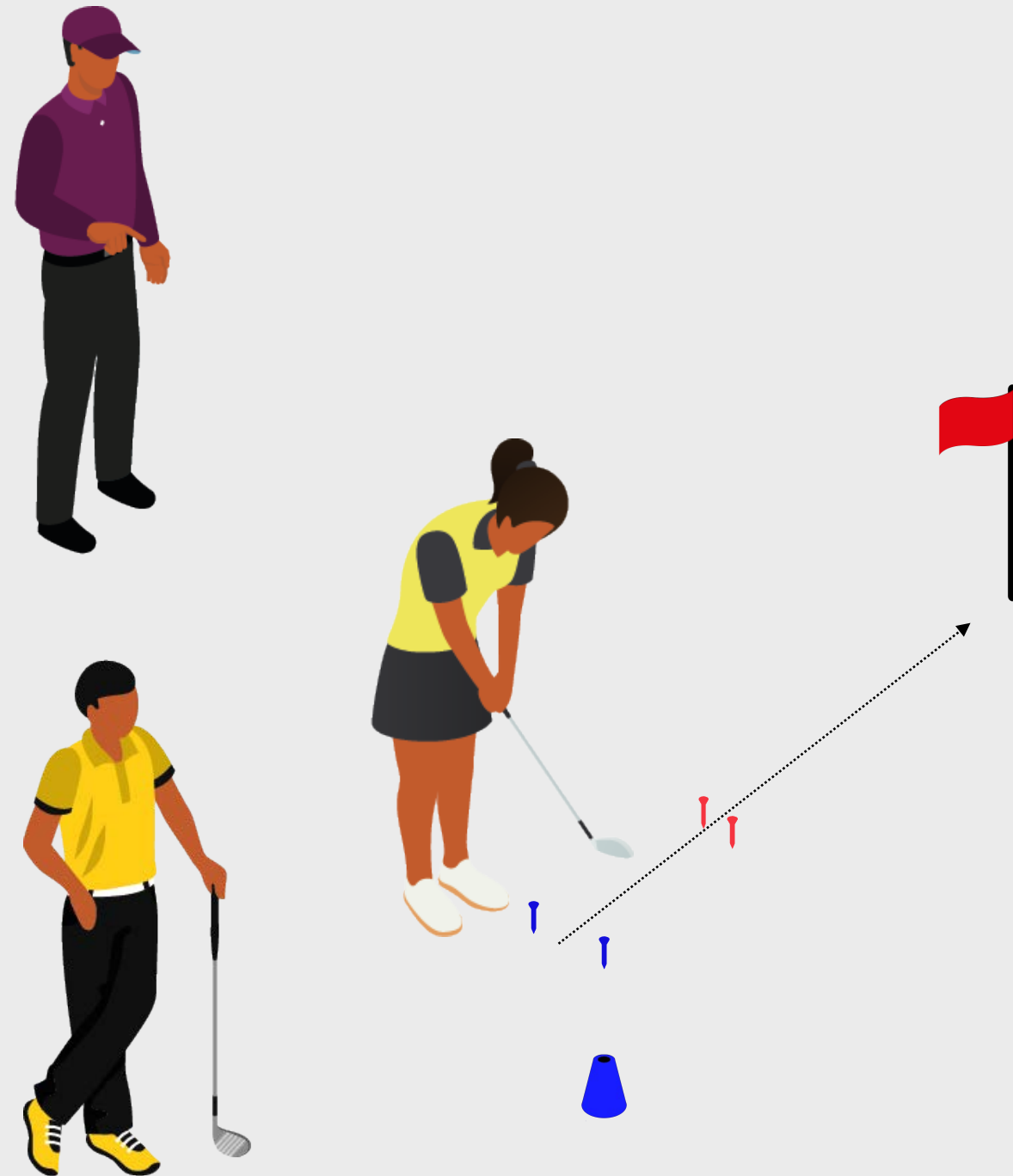


**6 ft diameter hoop**



**Tee Pegs**

# Centered Strike



## Equipment Needed

- 4 tee pegs to mark the gates for the putter and ball
- A single cone to represent the starting position

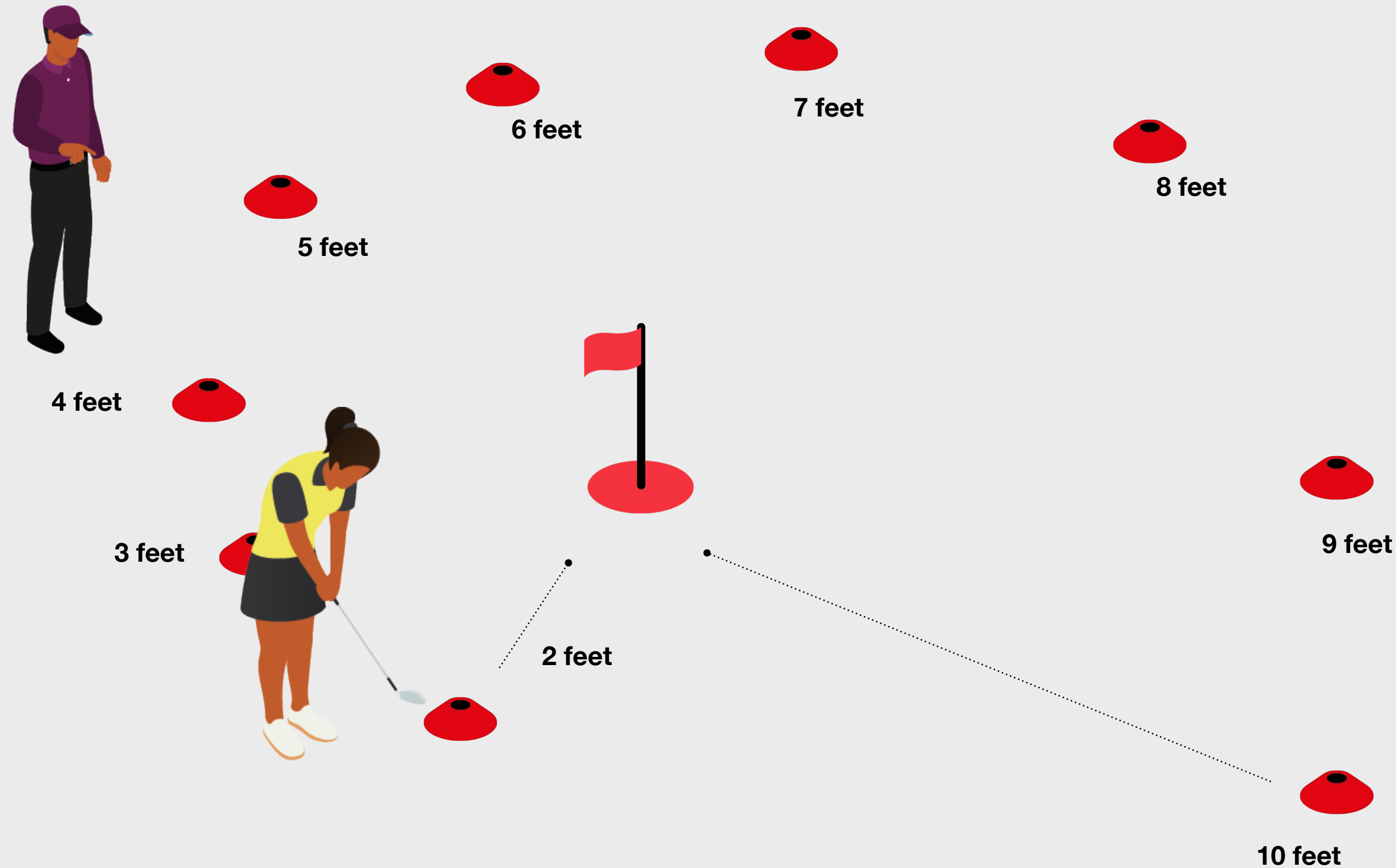
## How to Practice

- A learner starts by attempting to putt their ball without hitting the blue tees with their putter
- Once the learner is confident doing this they should also try to putt the ball through the red tees too

## Technical Link

- Improves control of the putter throughout the stroke, and ensures a centred strike at impact
- Builds awareness of path, and club face aim at impact

# Spiral Challenge



## Equipment Needed

- 9 Tee Pegs or Cones
- Putter
- Golf Ball

## How to Play

- Learners should start from the closest cone or tee peg to the hole
- If the learner misses they stay where they are, if they hole the putt they move onto the next cone
- The aim is to hole all the putts from each distance, to complete the spiral
- The game can be attempted individually or in pairs

## Progression Ideas

- Change the distances between the cones and the hole
- Add a sloped surface to the game
- Introduce a rule that after a certain number of attempts the learner should move back a step or go back to the start



# 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:

## Strategy and Management

Help the learner to develop a strategy for how to play a golf hole. Identify potential hazards and risks and develop strategies to mitigate this. Allow the learner to manage a golf hole and play to their strengths.

Allow the group to experience some different scoring formats. Introduce matchplay, strokeplay, stableford.

Highlight the importance of understanding their own game and which areas of the game they need to improve in order to improve their score.



# 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:

## Don't Run Out of Steam

Outline to the learners the importance of nutrition in golf and particularly when playing a round on the golf course.

Discuss that some rounds of golf can burn as many as 2,000 calories. If they haven't consumed enough calories, golfers become tired and are far more likely to make bad decisions and mistakes.

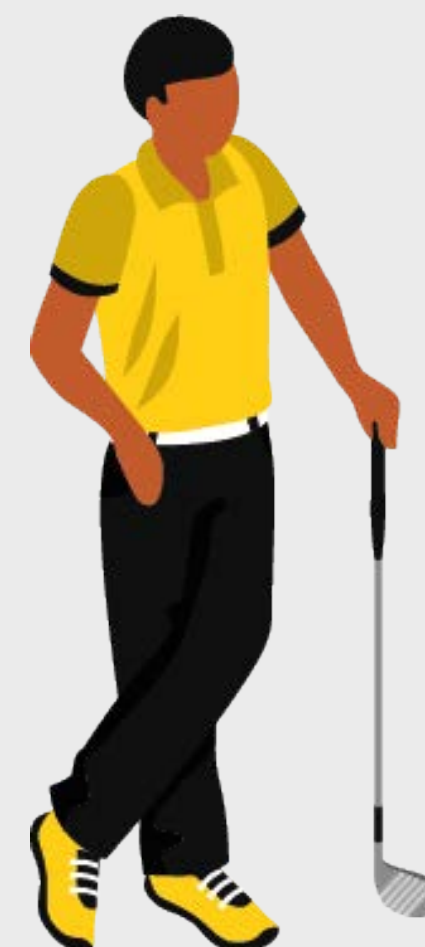
Identify some good food and snacks that learners can eat whilst out playing golf.



# 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.



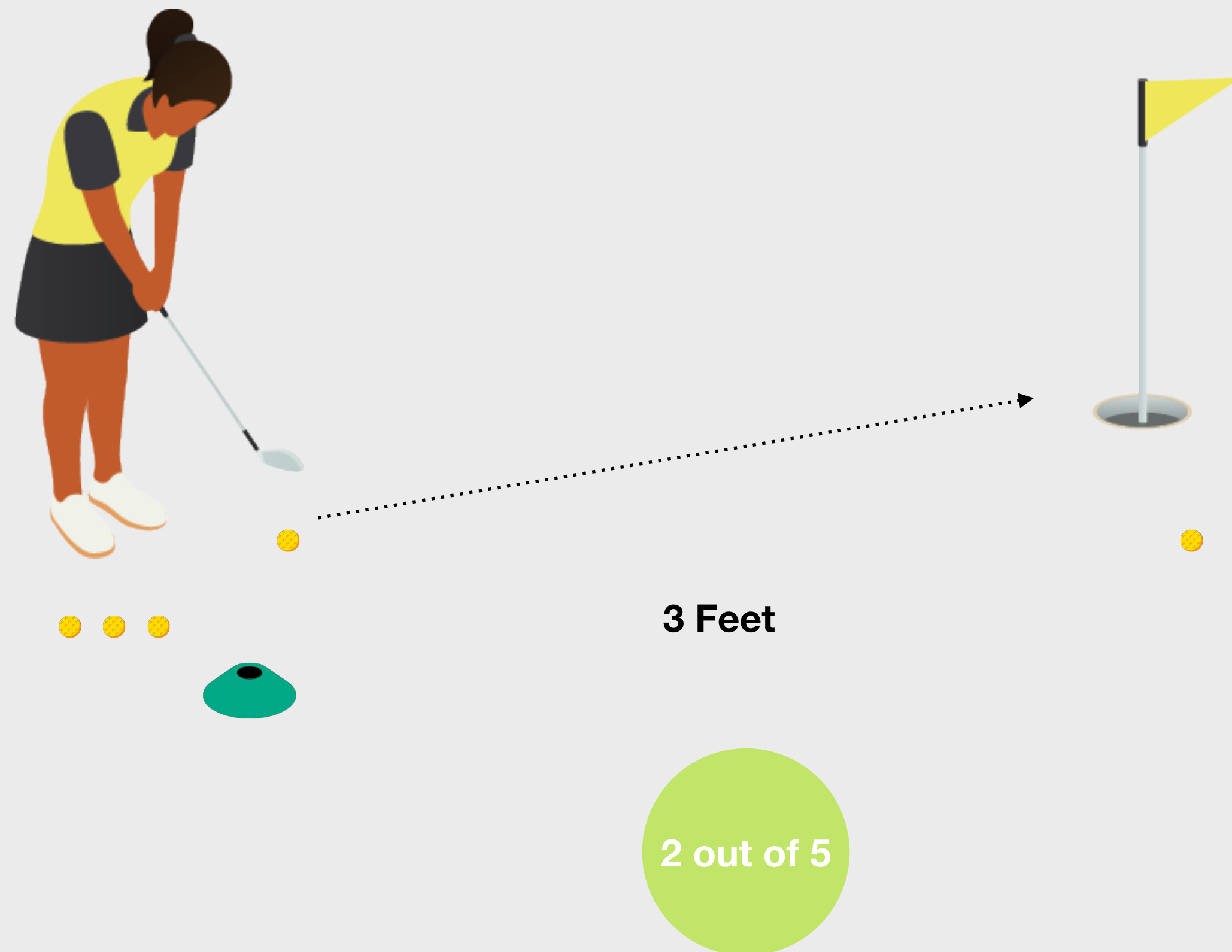
# Skill Challenges



# 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?

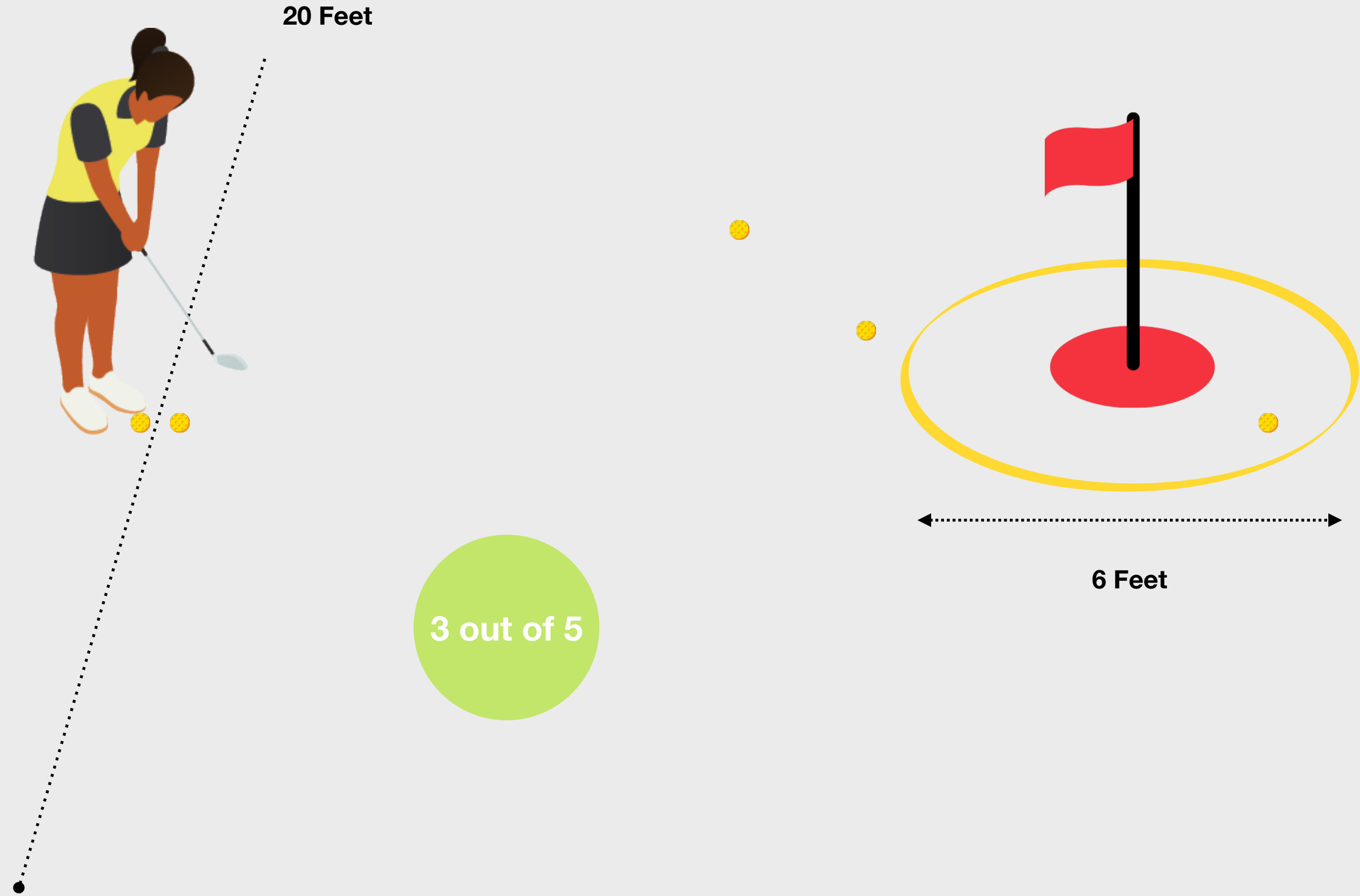
After attempting the challenge, the learner should:

- 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

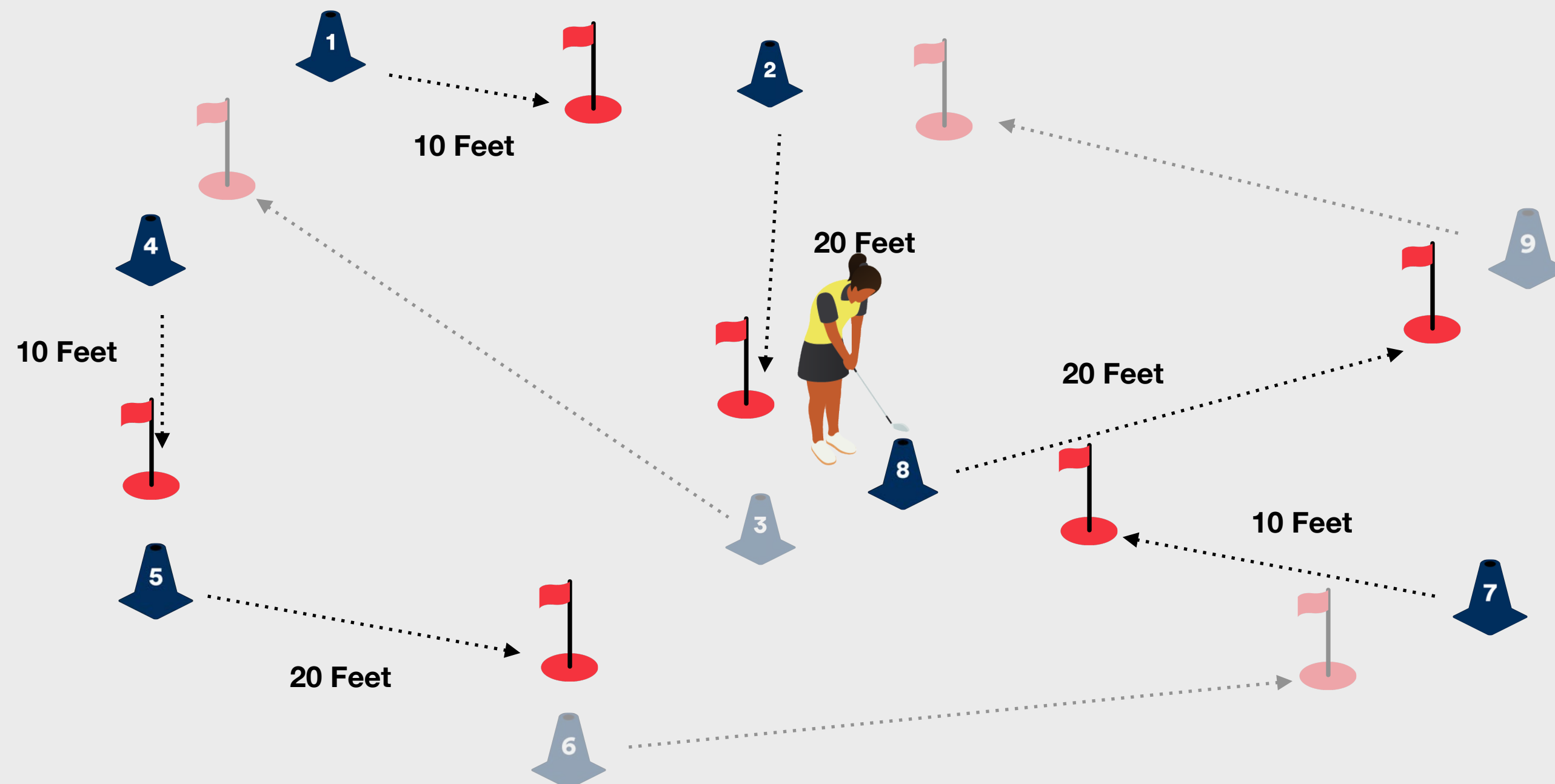


## Option 1



21 putts or fewer

## 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

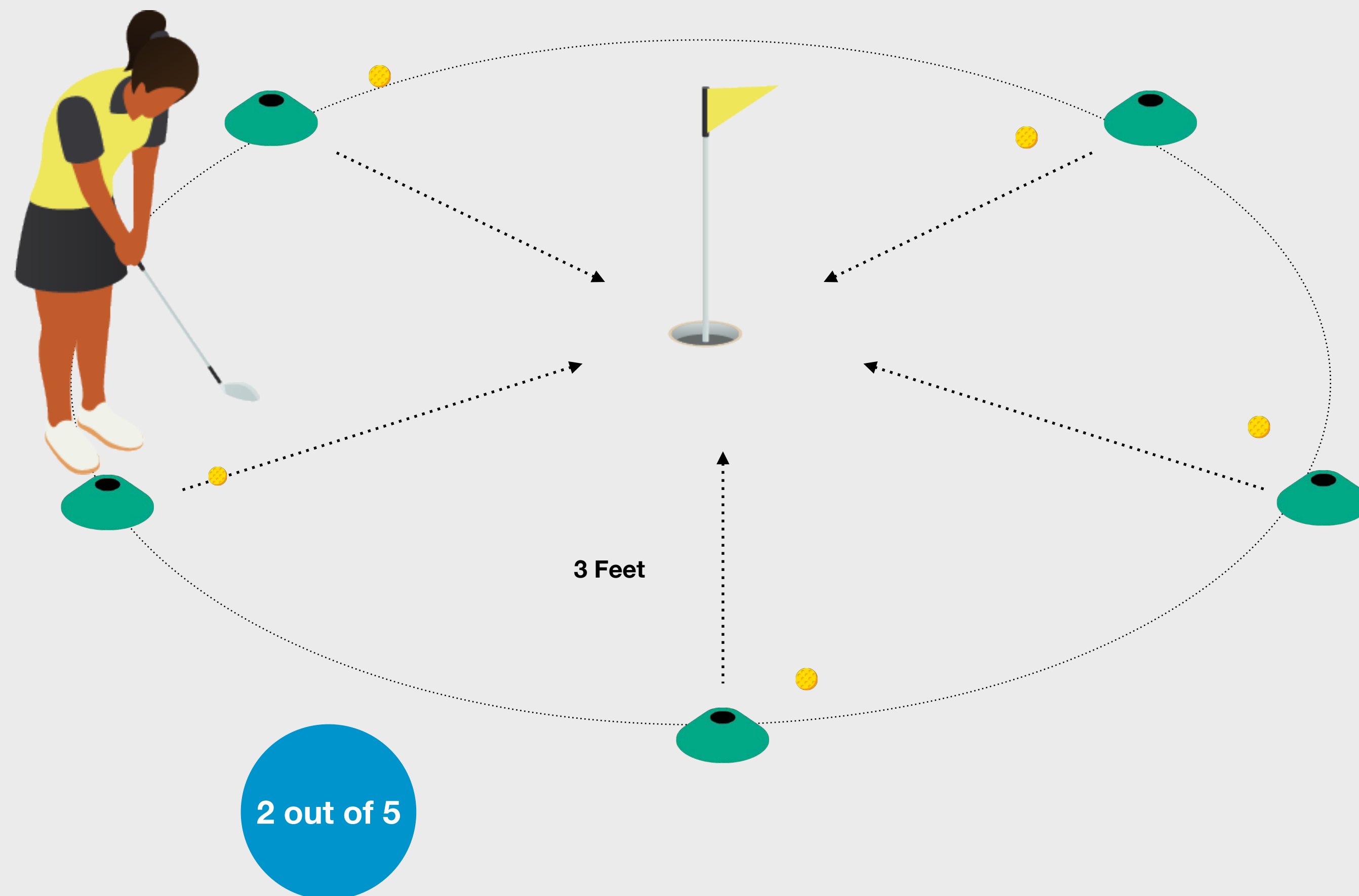




# Level 2



# 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.

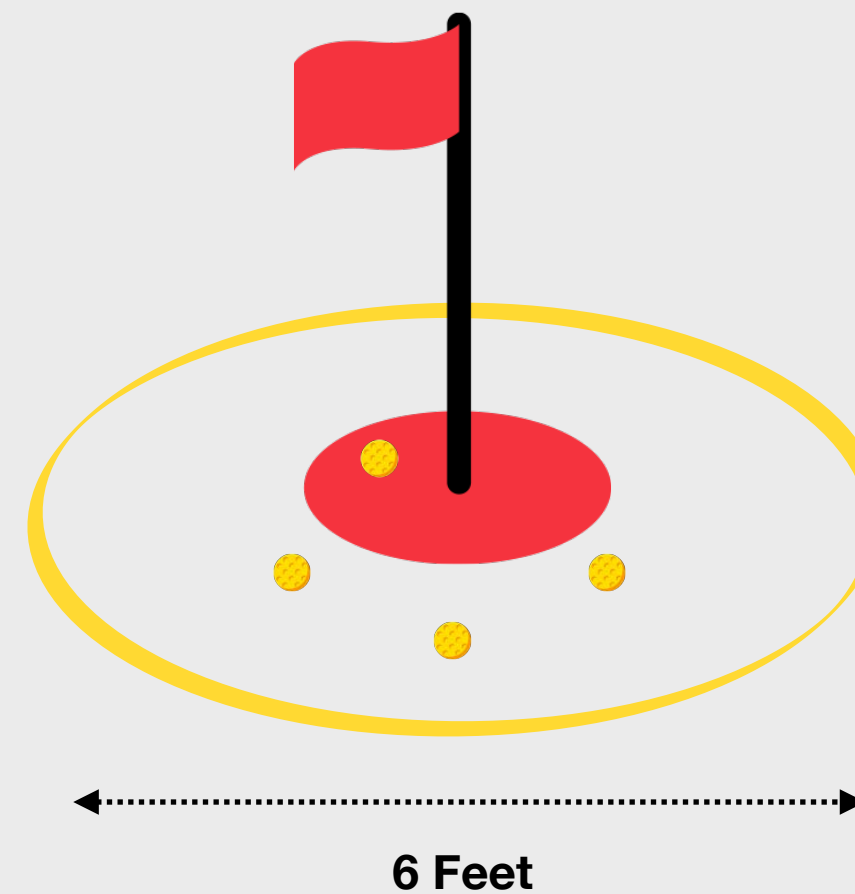
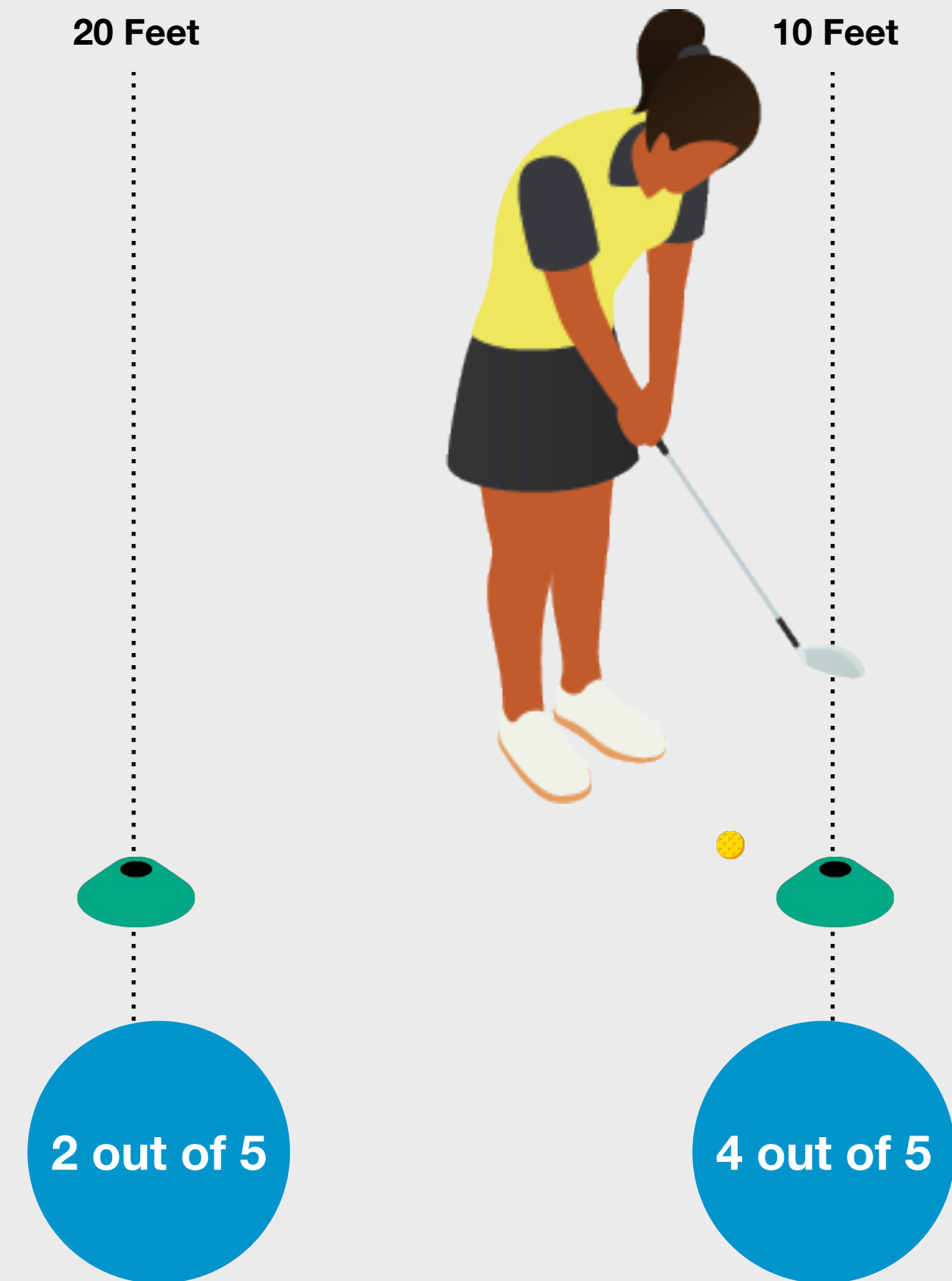
## What should the Learner do next?

- 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

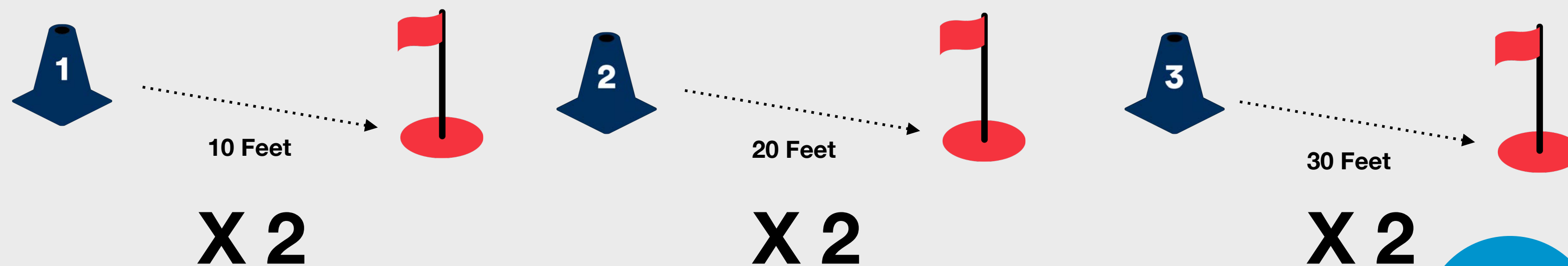
Long Putts



# Scoring Challenge

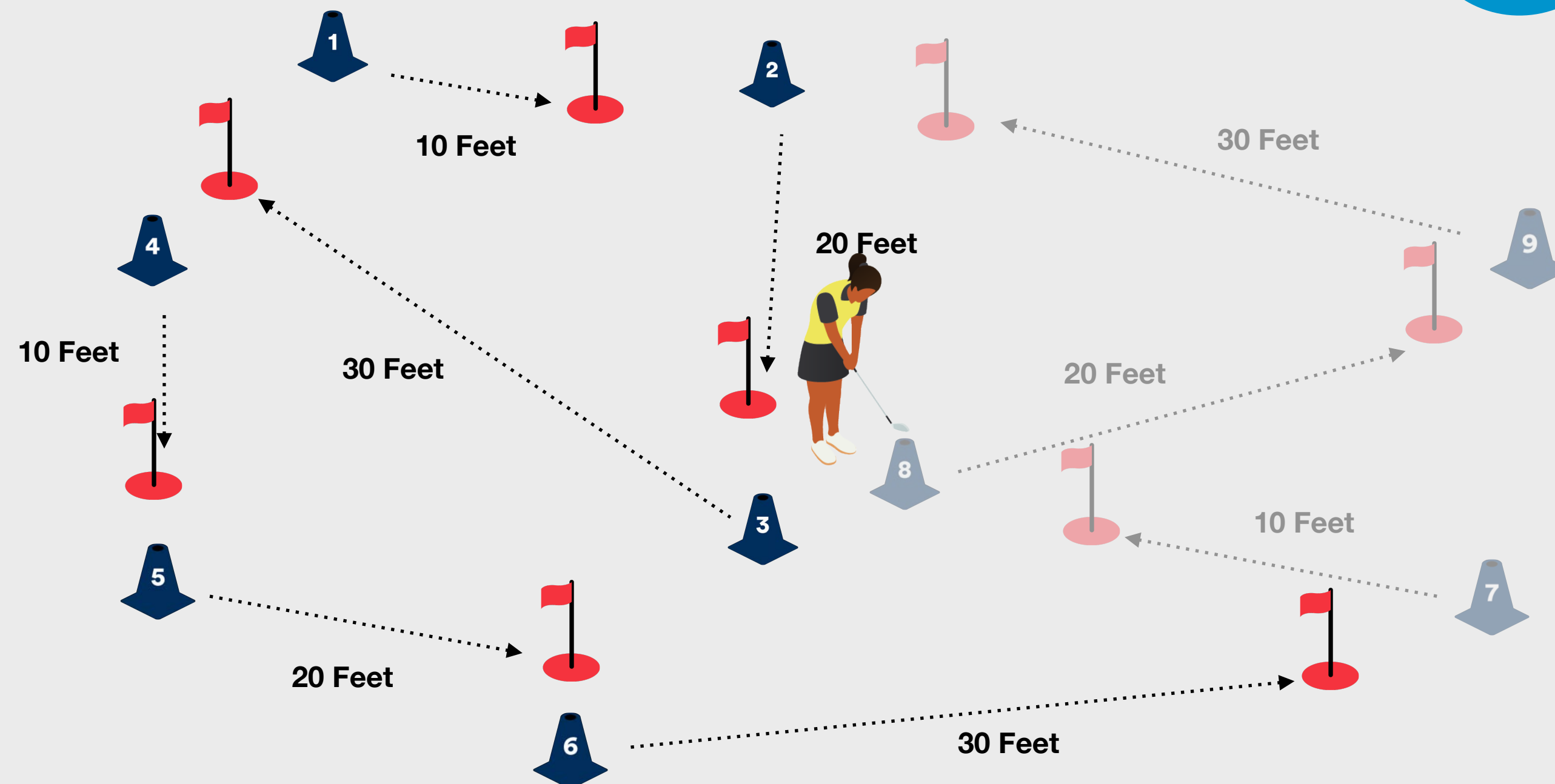


Option 1



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

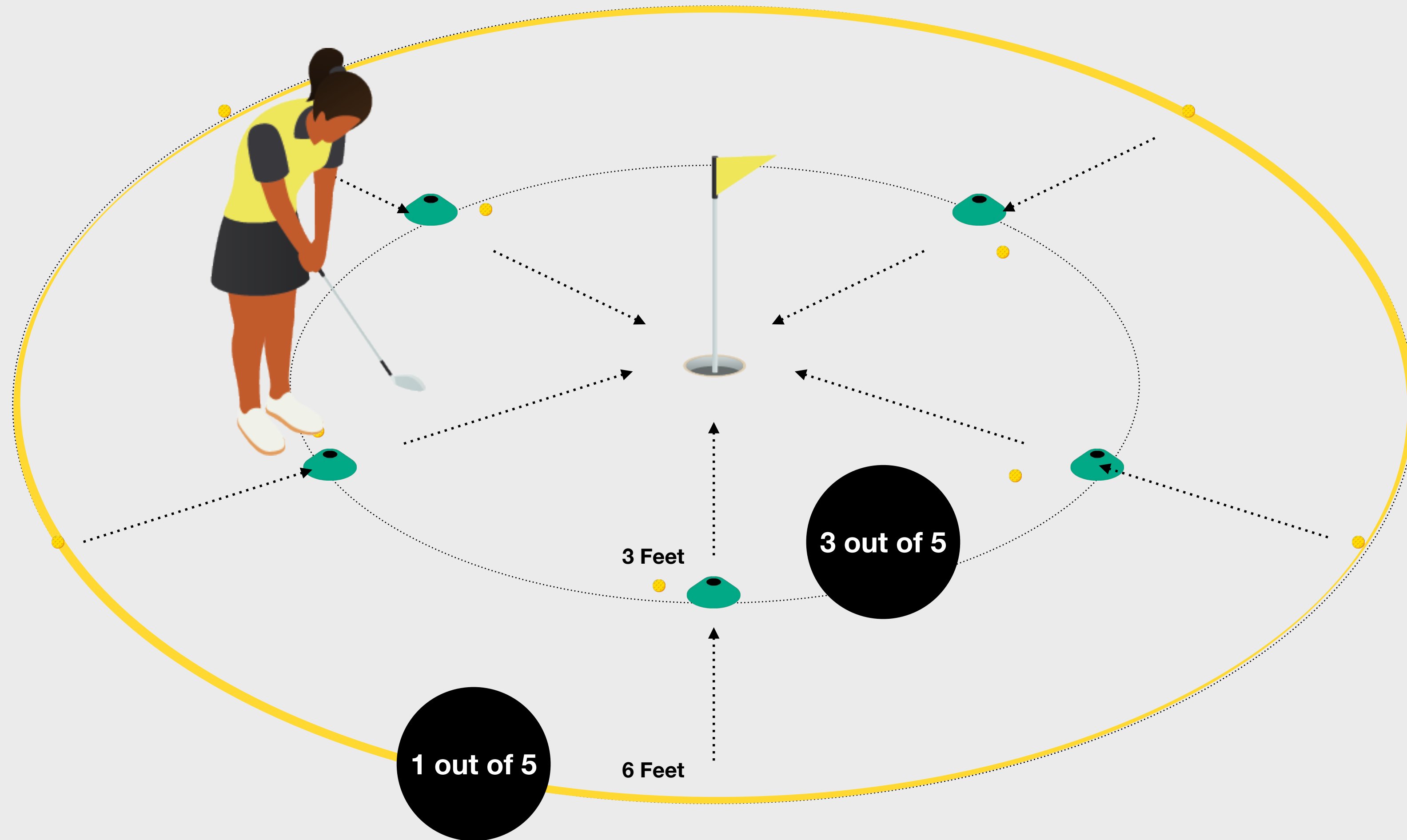
### Scoring



# 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.

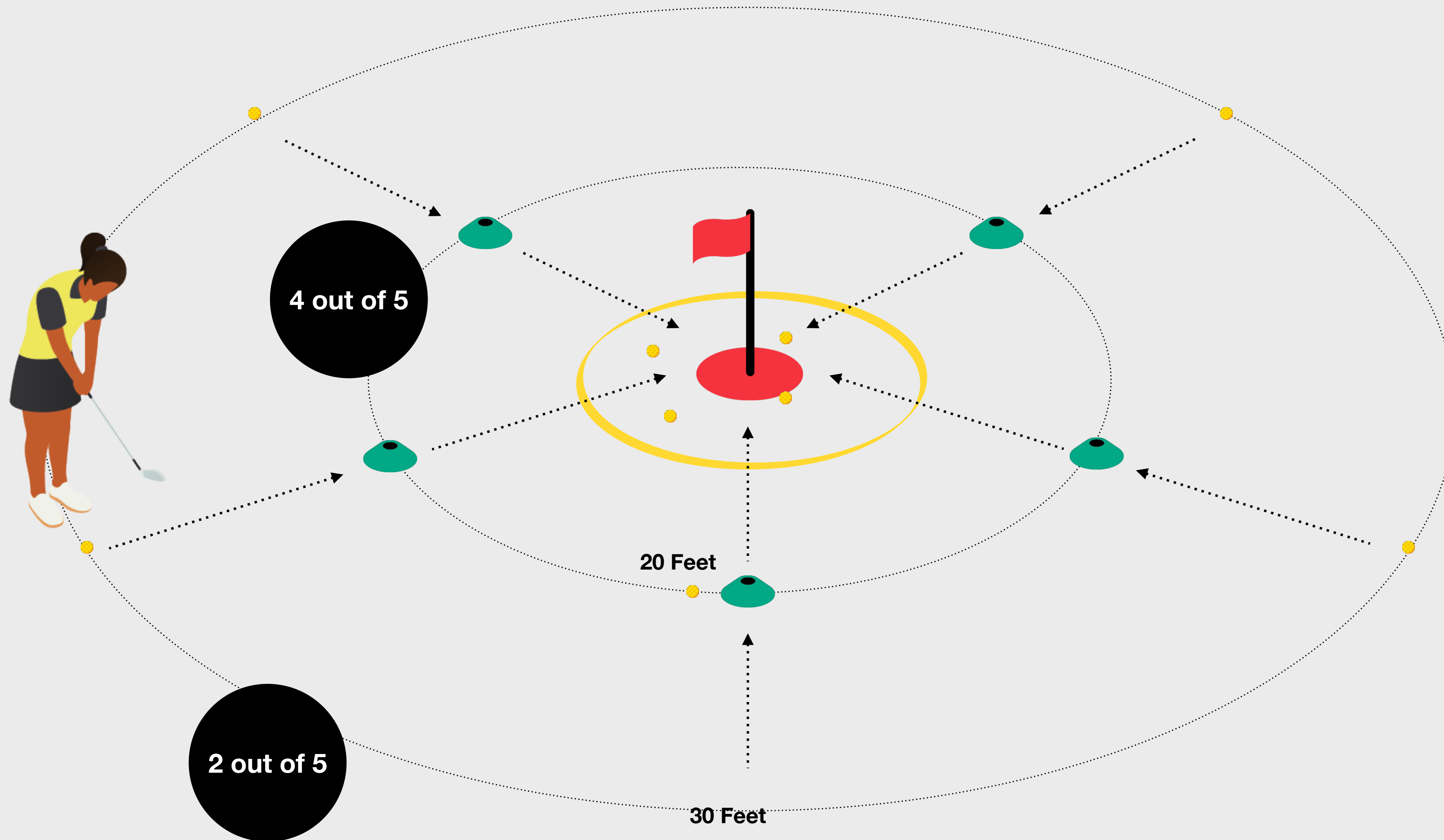
## What should the Learner do next?

- 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

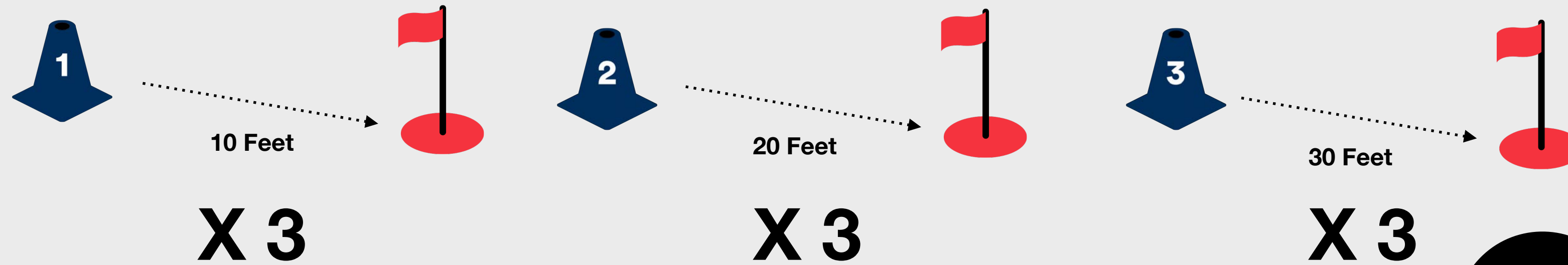
Long Putts



# Scoring Challenge

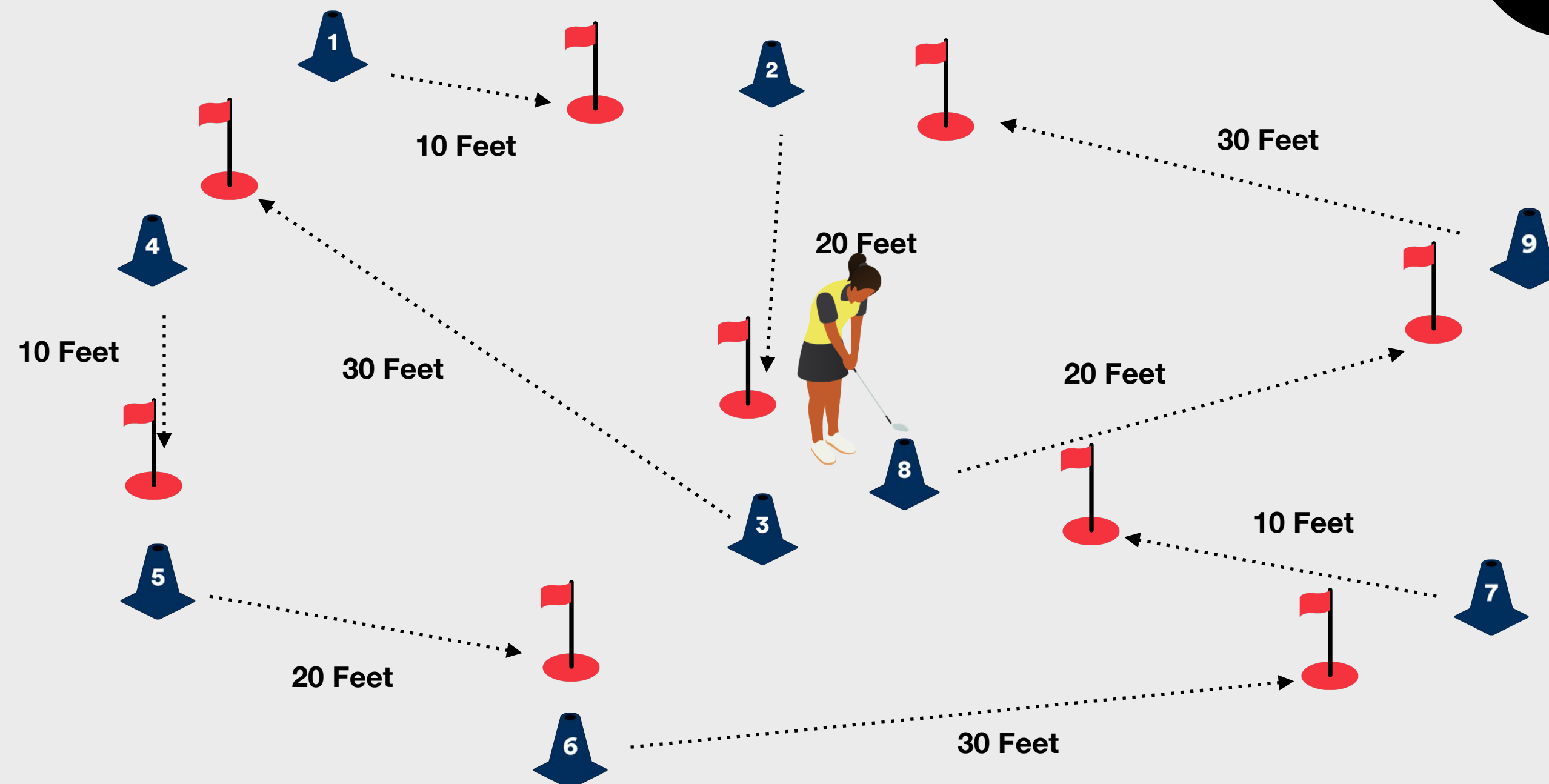


Option 1



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

