

# Practice Your Swing - Irons

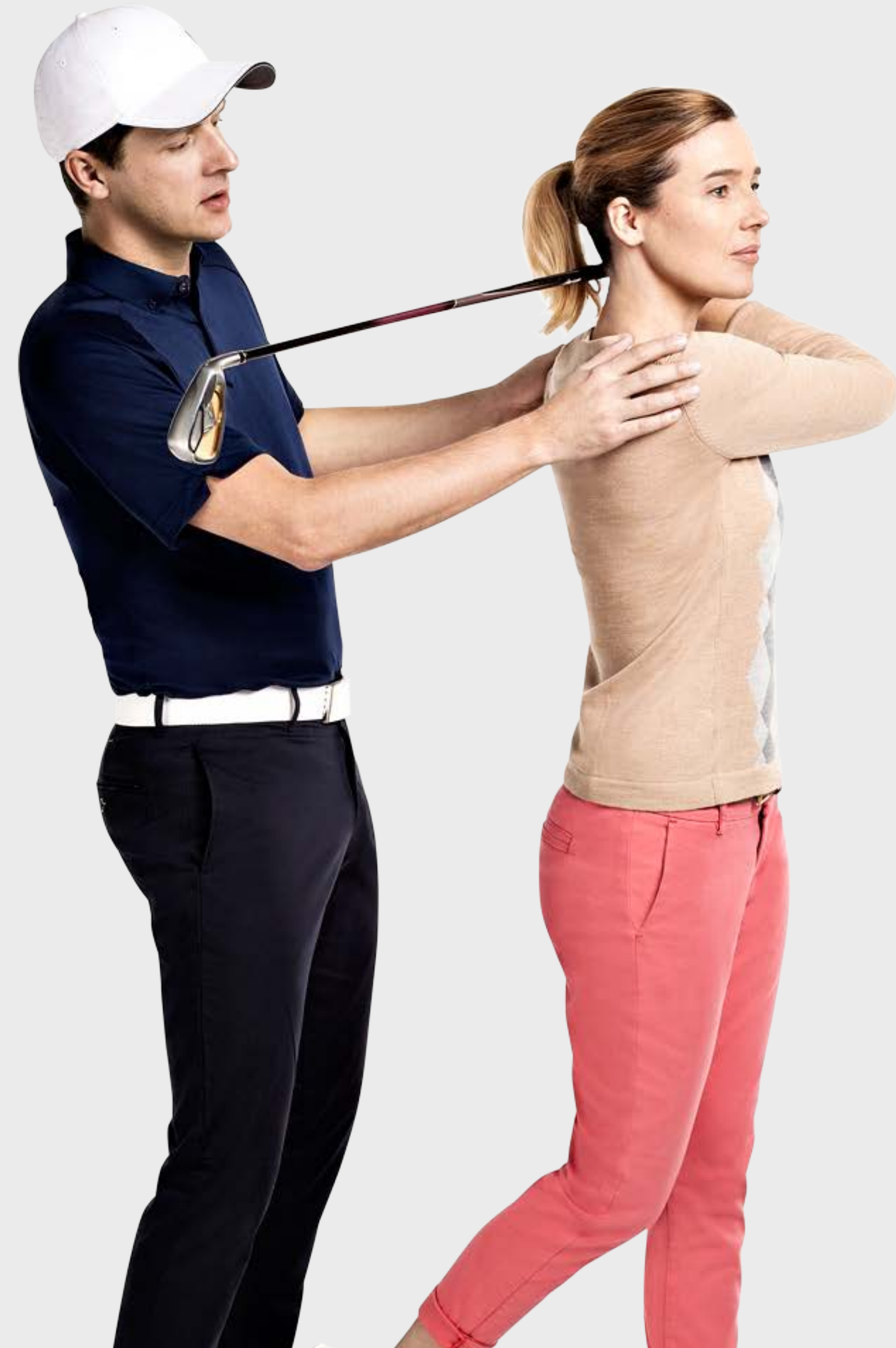
Monday, April 11th - Sunday, April 17th



**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"> <li>Outline the objective of the Practice Club to the Group</li> <li>Explain the layout of the session</li> <li>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</li> <li>Outline the Games available within the Class</li> <li>Explore the Whole Golfer Focus for the Class</li> </ul>                         | Basic Pre- Shot Putting Routine |
| 20 Mins | Games, Practice & Challenge Time    | <ul style="list-style-type: none"> <li>Those attending the class can now engage in individual practice, social practice and competitive play and attempt the Mastering the Game Skills Challenges</li> <li>Opportunity for Private Coaching</li> <li>A chance for those attending</li> <li>Allow for self-discovery and guided learning</li> </ul>   |                                 |
| 15 Mins | Learning the Game Focus             | <ul style="list-style-type: none"> <li>Get the group together to introduce the Learning the Game Focus</li> <li>Learners should have the option to carry on their activity to suit their needs or participate in the group introduction</li> </ul>   |                                 |
| 10 Mins | myGame Tracking and Recap           | <ul style="list-style-type: none"> <li>Recap the class focus and answer any questions</li> <li>Add any lesson notes to the learner's Student Connect on GLF Locker</li> <li>Allow for time for the Learners to enter their Challenge Score in the myGame Area and complete the challenge if they have been successful.</li> <li>Learners should mark their attendance at a Practice Club in the myJourney section of the myGame area of GLFLocker</li> </ul> |                                 |

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# Class Timetable

**Session Length:**

60mins

**Group Size:**

1:12

**Mastering the Game:**
Swing  
Irons
**Whole Golfer:**
Growth mindset - you  
don't need to know it all  
straight away
**Learning the Game:**
Raking a bunker and rules in  
a hazard
**Challenge:**
Iron Challenge  
Fairway Woods Challenge  
Driver Challenge

| Time    | Focus                               | Class Content  | Games / Drills / Resource  |
|---------|-------------------------------------|--|--|
| 10 Mins | Introduction and Whole Golfer Focus | <ul style="list-style-type: none"> <li>Objectives - Opportunity for learners to practice their swing</li> <li>Practice station: Face Contact</li> <li>Game station: Army Golf</li> <li>Whole Golfer Focus: Growth Mindset</li> </ul>   |  |
| 20 Mins | Games, Practice and Challenge Time  | <ul style="list-style-type: none"> <li>Play the games individually, in pairs or in groups</li> <li>Opportunity for private coaching</li> <li>Develop social connections and allow for self-discovery and guided learning</li> </ul>  | Face Contact<br>Army Golf  |
| 5 Mins  | Learning the Game Focus             | <ul style="list-style-type: none"> <li>Get the group together to introduce the Learning the Game focus</li> <li>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</li> </ul>  | <ul style="list-style-type: none"> <li>Raking a bunker and rules in a hazard</li> </ul>  |
| 15 Mins | Games, Practice and Challenge Time  | <ul style="list-style-type: none"> <li>Play the games individually, in pairs or in groups</li> <li>Opportunity for private coaching</li> <li>Develop social connections and allow for self-discovery and guided learning</li> </ul>  | Face Contact<br>Army Golf  |
| 10 Mins | <i>myGame</i> Tracking and Recap    | <ul style="list-style-type: none"> <li>Recap and add any lesson notes to the learner's Student Connect on GLF. Locker</li> <li>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.</li> <li>Learners should mark their attendance at a Practice Club in the <i>myJourney</i> section of the <i>myGame</i> area.</li> </ul> | <ul style="list-style-type: none"> <li>GLF. Locker <i>myGame</i> App</li> <li>Learning the game online resource</li> <li>Whole golfer online resource</li> </ul> |

# Practice Your Swing Class Layout and Setup



**Station 6:**  
Secondary Skill  
Chipping

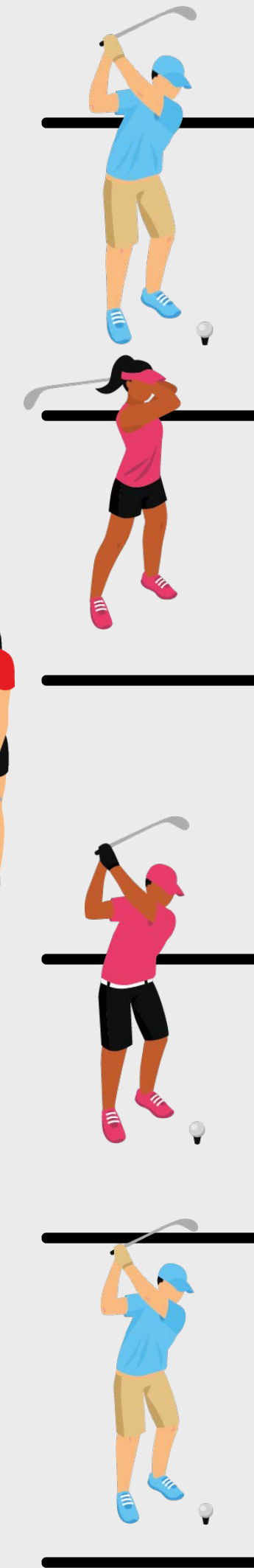
**Station 1:**  
Challenge Station  
Irons

**Station 2:**  
Challenge Station  
Hybrids/Fairway Woods

**Station 3:**  
Challenge Station  
Driver

**Station 4:**  
Practice Station  
Face Contact

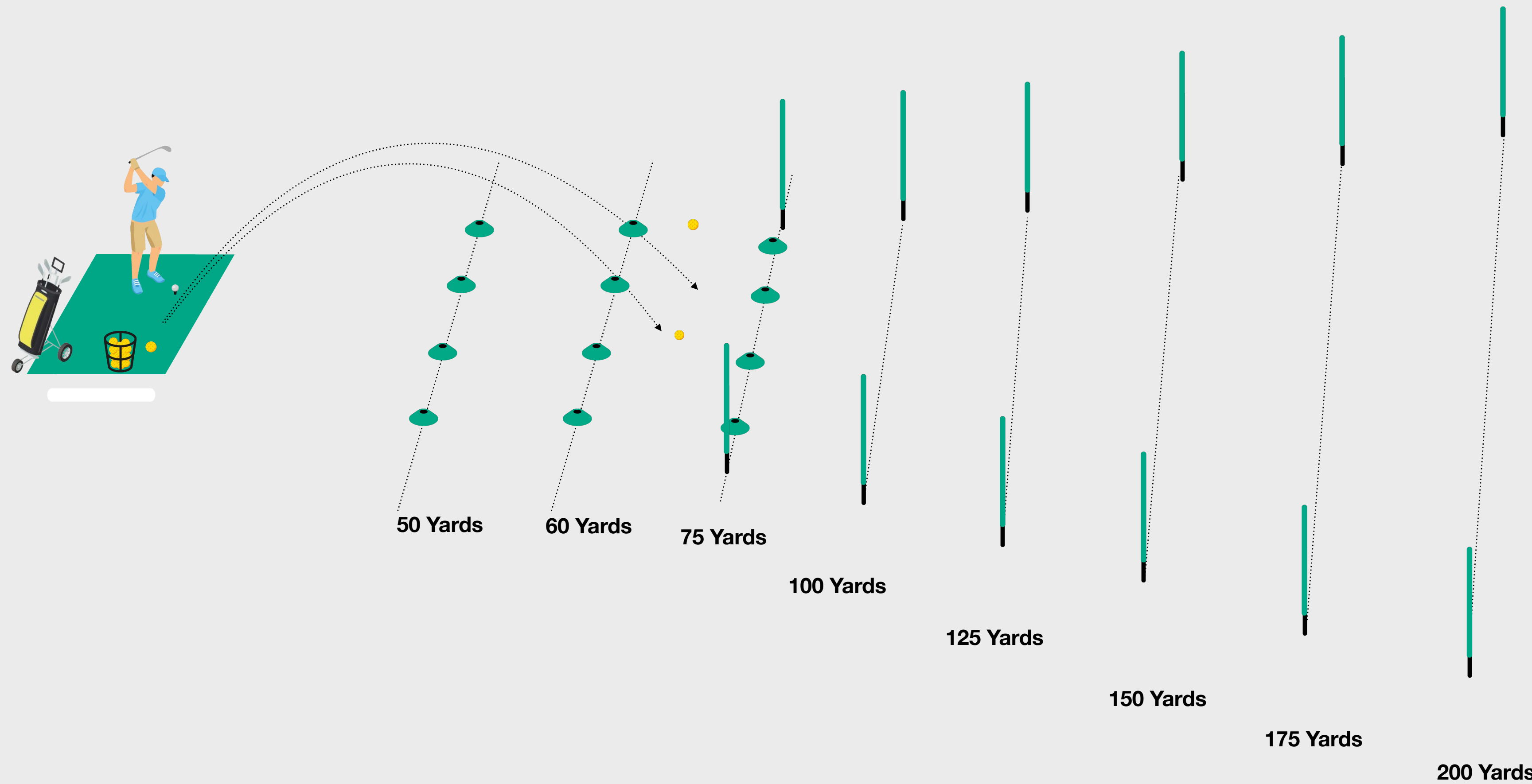
**Station 5:**  
Game Station  
Army Golf

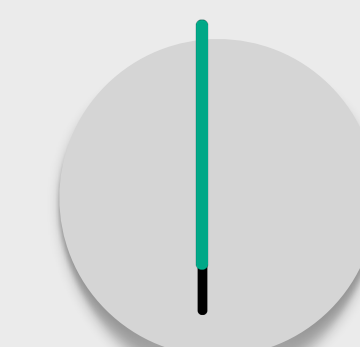
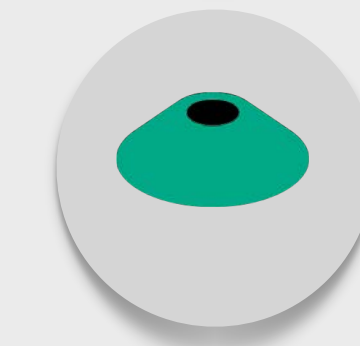


# Swing Challenges Layout and Set Up

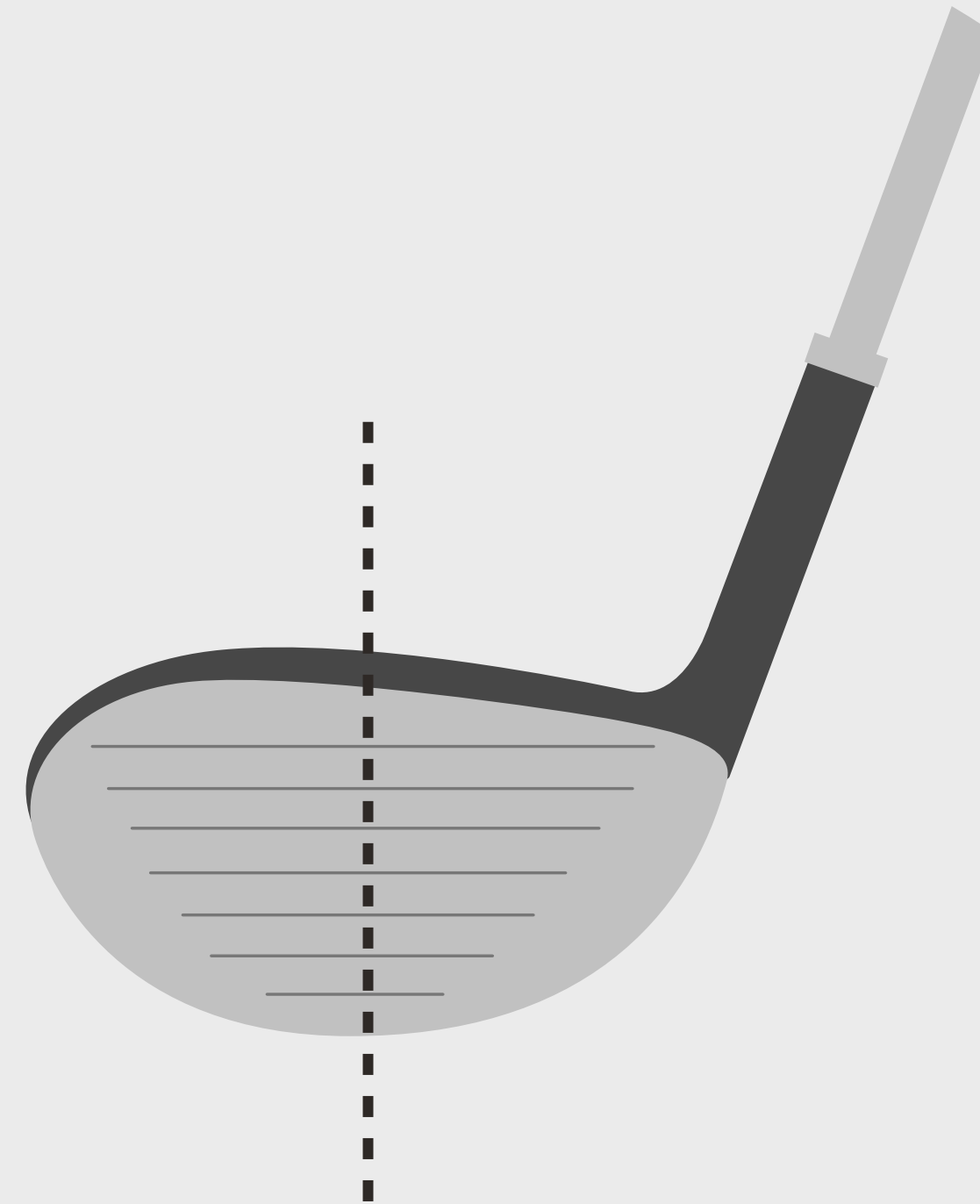
The graphic below provides an example of how each of the challenges connect together when laid out on your driving range:

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



-  12 x Alignment Sticks and Foam Noodles
-  Colored Cones

# Face Contact



## Equipment Needed

- Impact Tape

## How to Play

- A learner starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The learner should try to deliberately strike the ball using the toe of the club and the heel of the club to build awareness of what it feels like when the ball is struck using different parts of the club face

## Progression Ideas

- Challenge the learner to strike a particular part of the club face deliberately
- Draw on the face tape to indicate a smaller target that the learner has to try to hit

# Army Golf



## Equipment Needed

- Alignment sticks and noodles to create the target gates
- A single cone to represent the starting position

## How to Play

- The aim of the game is to see how many consecutive shots the learner can hit through the correct gap
- The learners should alternate their aim between the gap on the left and the gap on the right
- If a learner misses this is the end of their turn and they have to try to beat their personal best score when it is their turn again

## Progression Ideas

- Vary the size of the gap between the posts
- Vary the distance between the starting point and the posts



# 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:

## Raking the Bunker

Explain to the learner about the importance of raking a bunker. Outline to the learner about penalty shots in a hazard, specifically explain the rules in relation to bunkers.



# 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:

## **Growth mindset - you don't need to know it all straight away!**

Outline to the learner about the complex nature of golf. Explain how golf is a sport requiring multiple skill sets and are developed over a long time period.

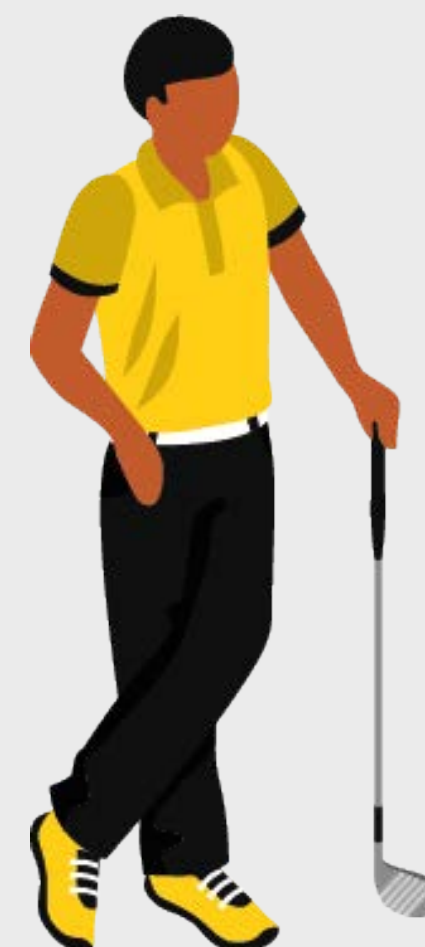
Explain how this program will introduce different elements at the appropriate time, and that the learners will improve, as so long as they continue to practice.



# 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 **chipping**, providing learners an opportunity to practice what was learnt in the around the green class.



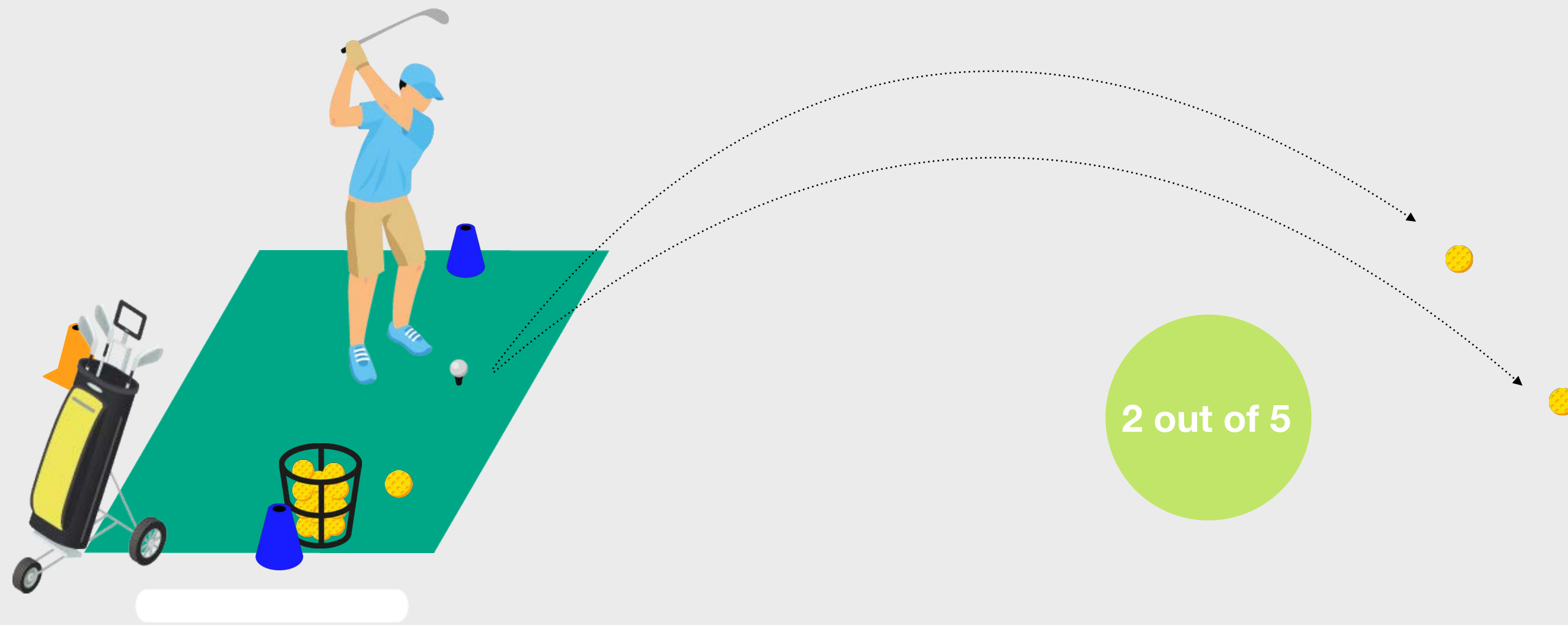
# Skill Challenges



# Level 1



# 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.

## 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

Irons



# Hybrid/Fairway Wood 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.

## 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

## Fairway Woods



# Driver Challenge



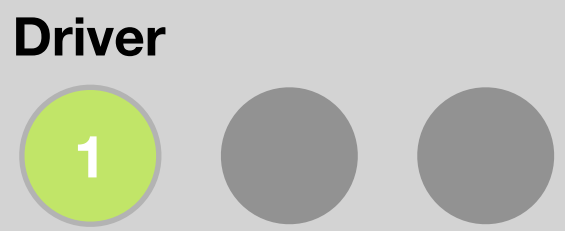
## The Challenge

To complete the Level 1 Challenge the learner needs to demonstrate the ability to hit 2 out 5 shots in the air.

To complete the challenge, the learner doesn't need to demonstrate control over direction or distance.

## 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

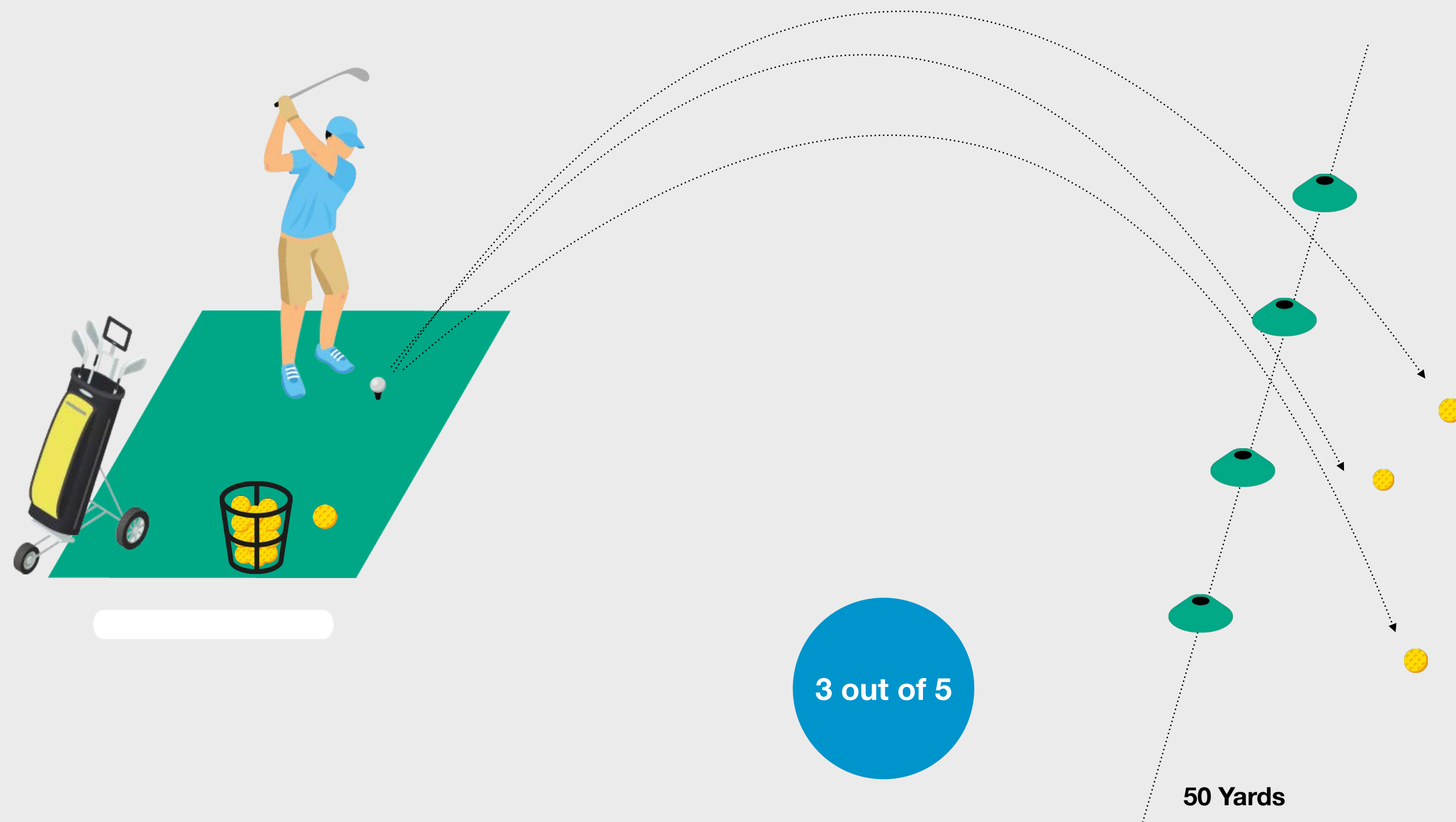




# Level 2



# 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.

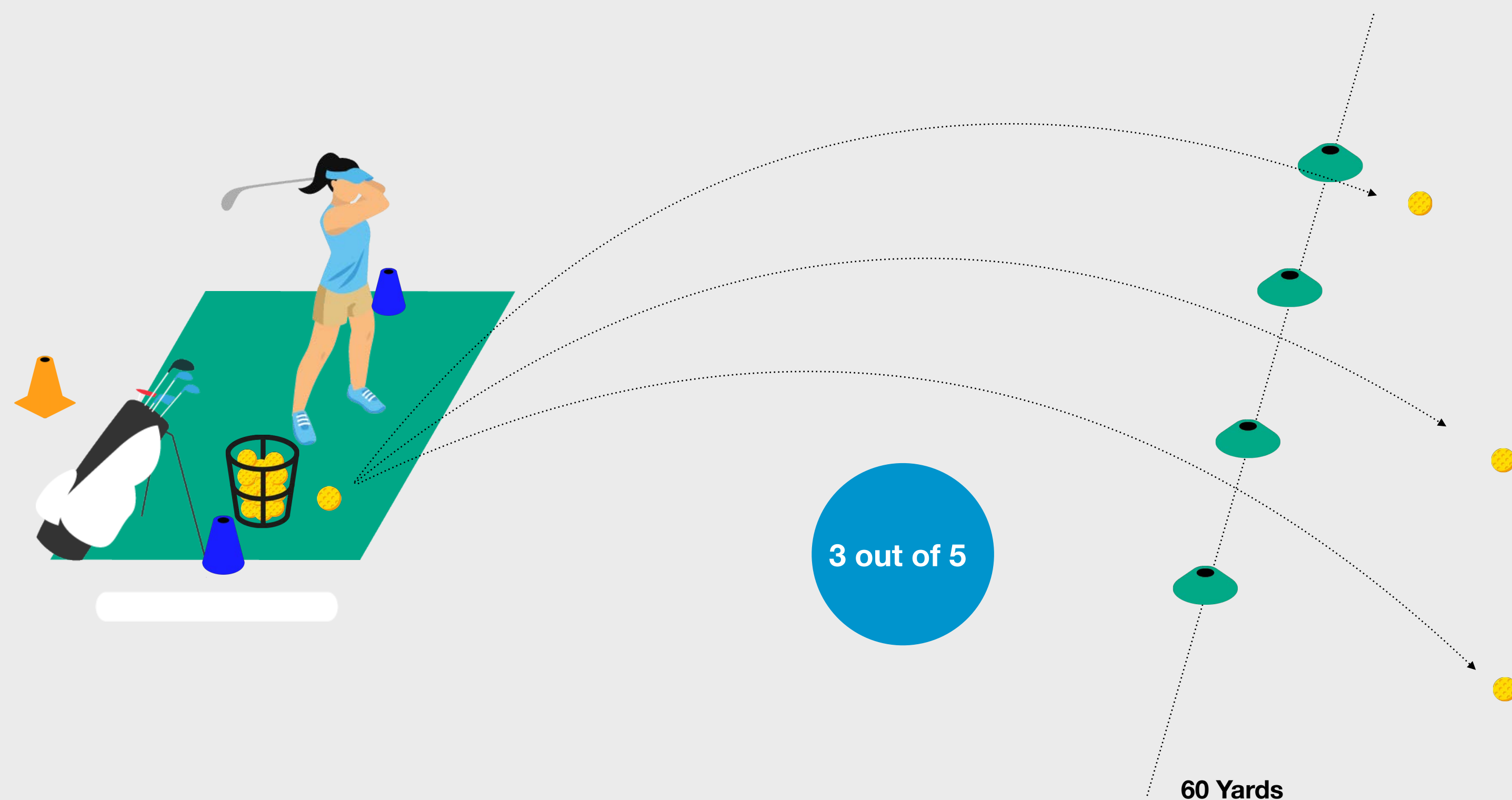
## What should the Learner do next?

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

Irons



# Hybrid/Fairway Wood 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 60 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

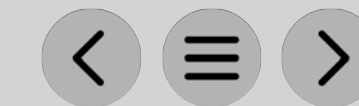
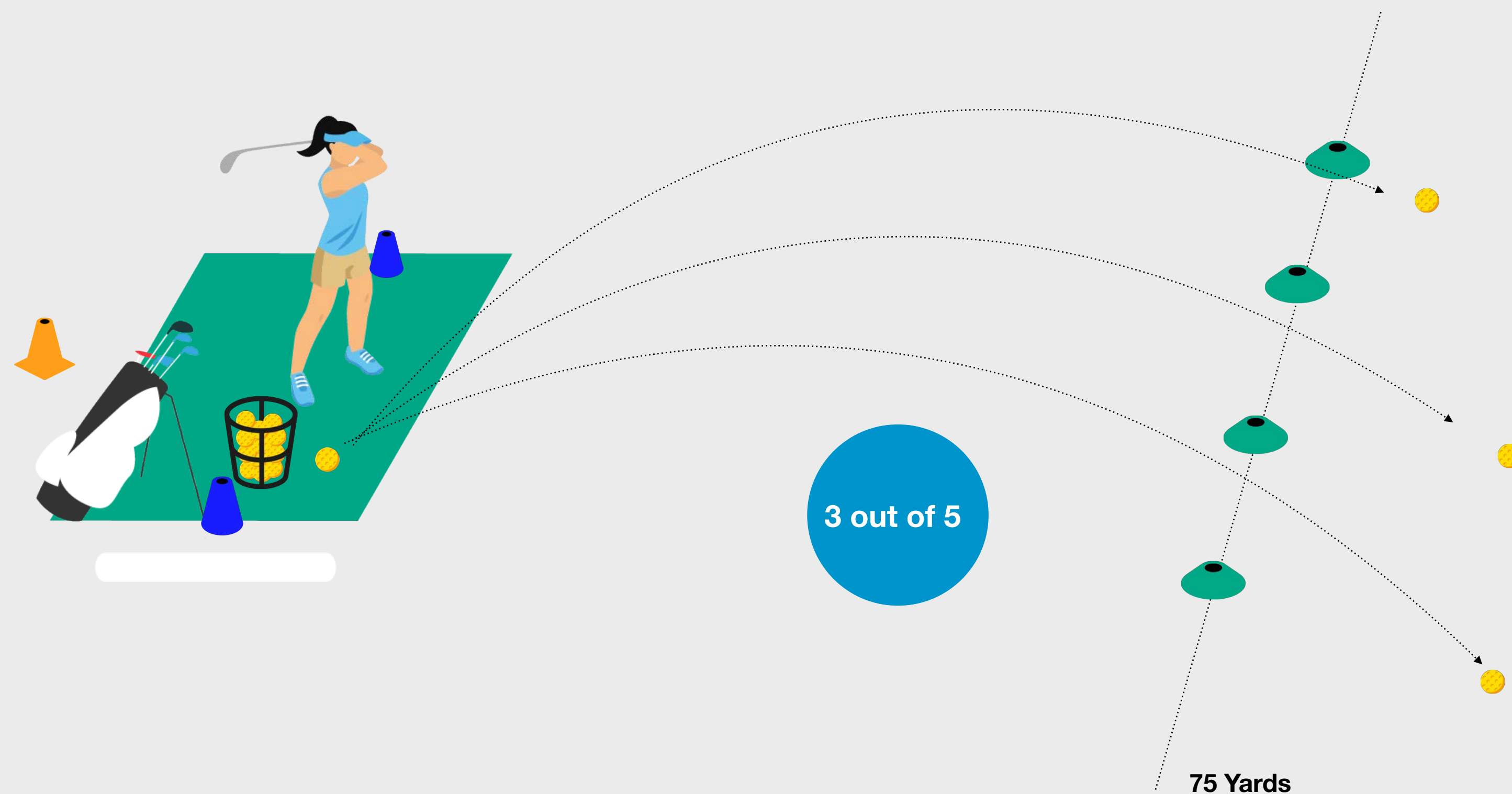
## What should the Learner do next?

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

Fairway Woods



# 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.

## 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

Driver

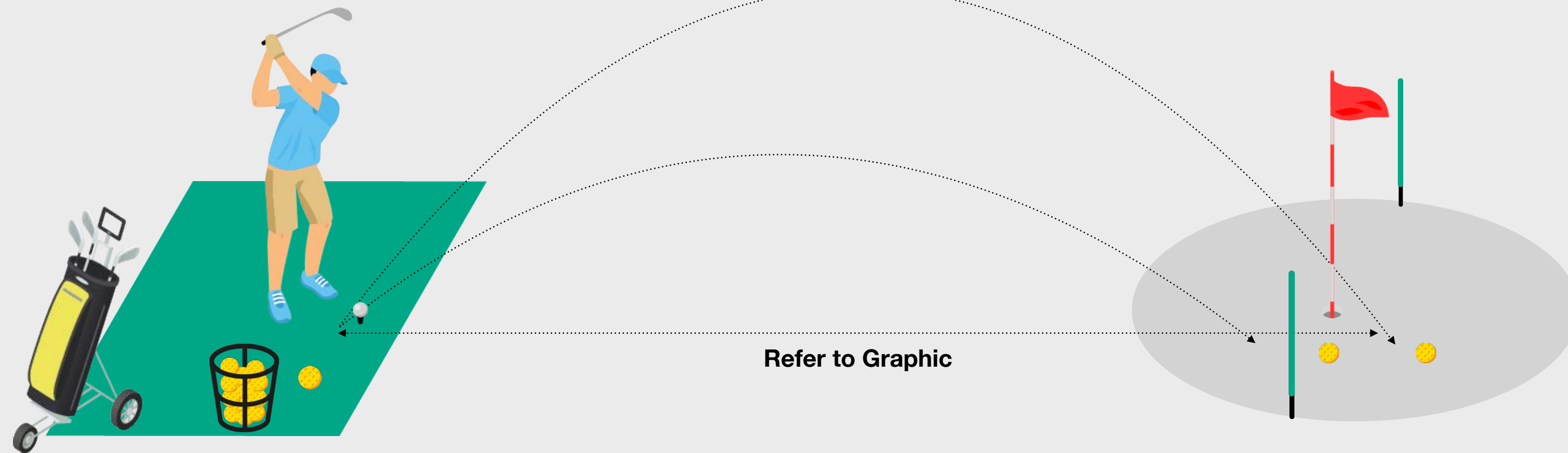


# Level 3



# Level 3 Challenges - Student Iron Challenge

|  | Yardages | Target Green  |
|--|----------|---------------|
| <b>Iron Distances</b><br><i>(Where the ball comes to rest)</i> | 75       | 15 yards wide |
|  | 100      | 20 yards wide |
|  | 125      | 25 yards wide |
|  | 150      | 30 yards wide |



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).

## 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

Irons

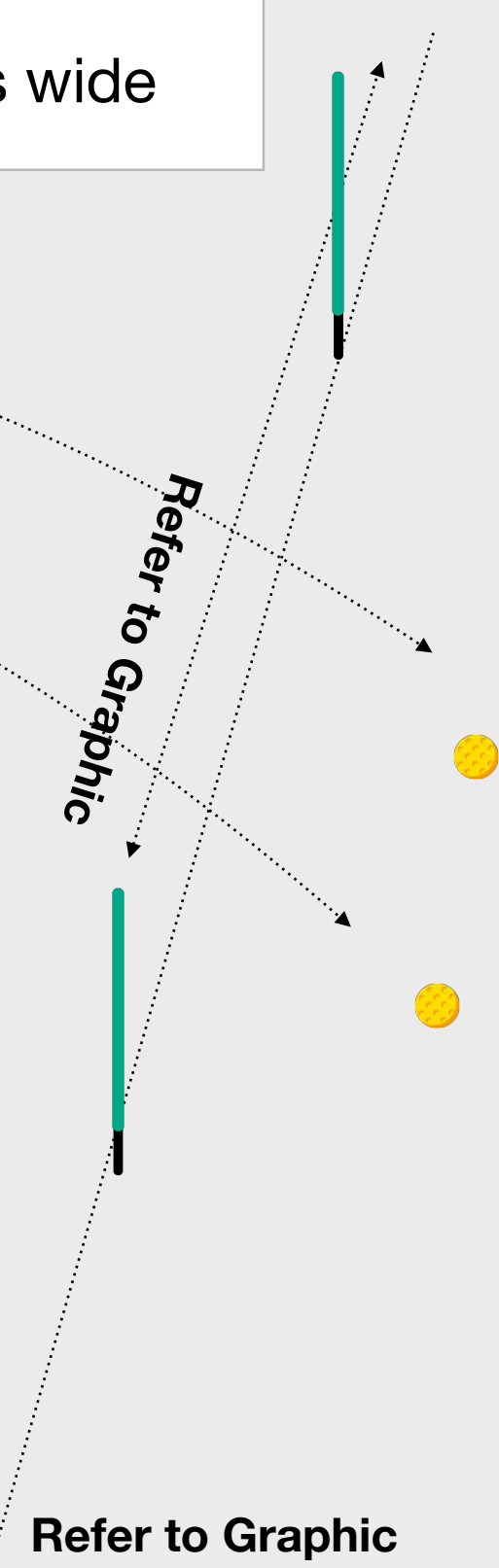


# Hybrid/Fairway Wood Challenge

|   | Yardages | Target Gate   |
|---|----------|---------------|
| <b>Hybrid/Fairway Wood Distances</b><br><i>(Where the ball comes to rest)</i> | 100      | 20 yards wide |
|   | 125      | 25 yards wide |
|   | 150      | 30 yards wide |
|   | 175      | 35 yards wide |



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 travel through and come to rest between the target gate at the learners approximate fairway wood total distance (minimum of 100 Yards)

## What should the Learner do next?

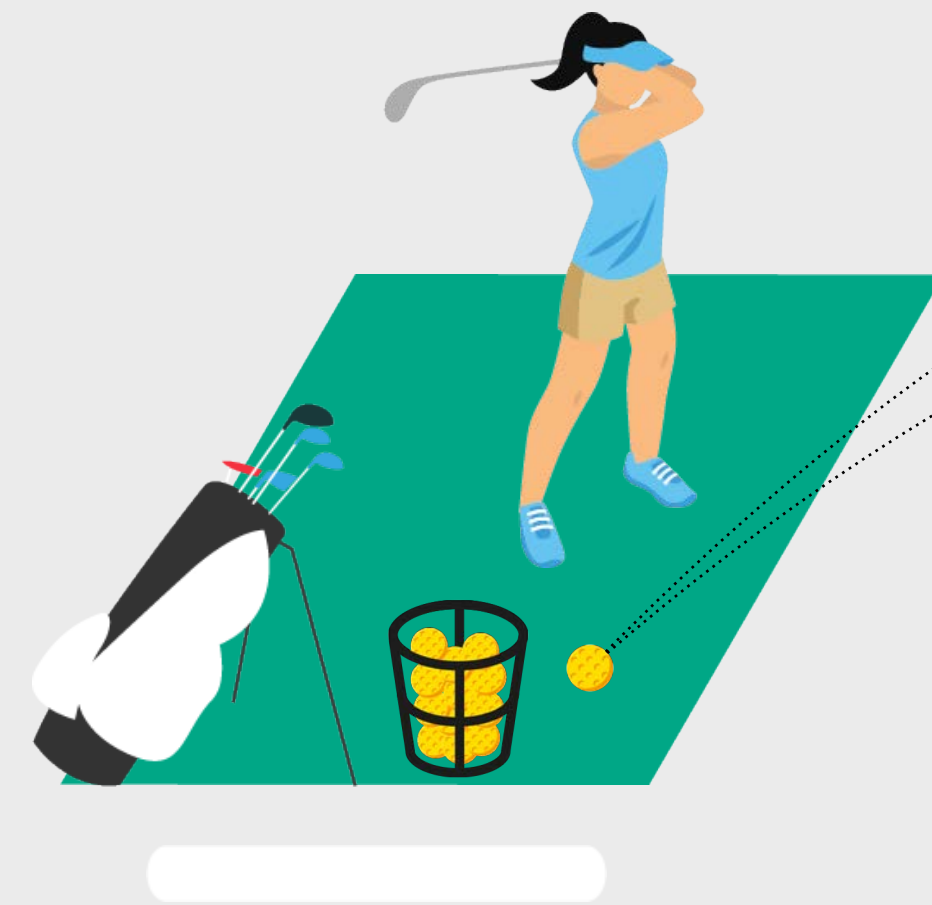
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the Challenge Section

Fairway Woods

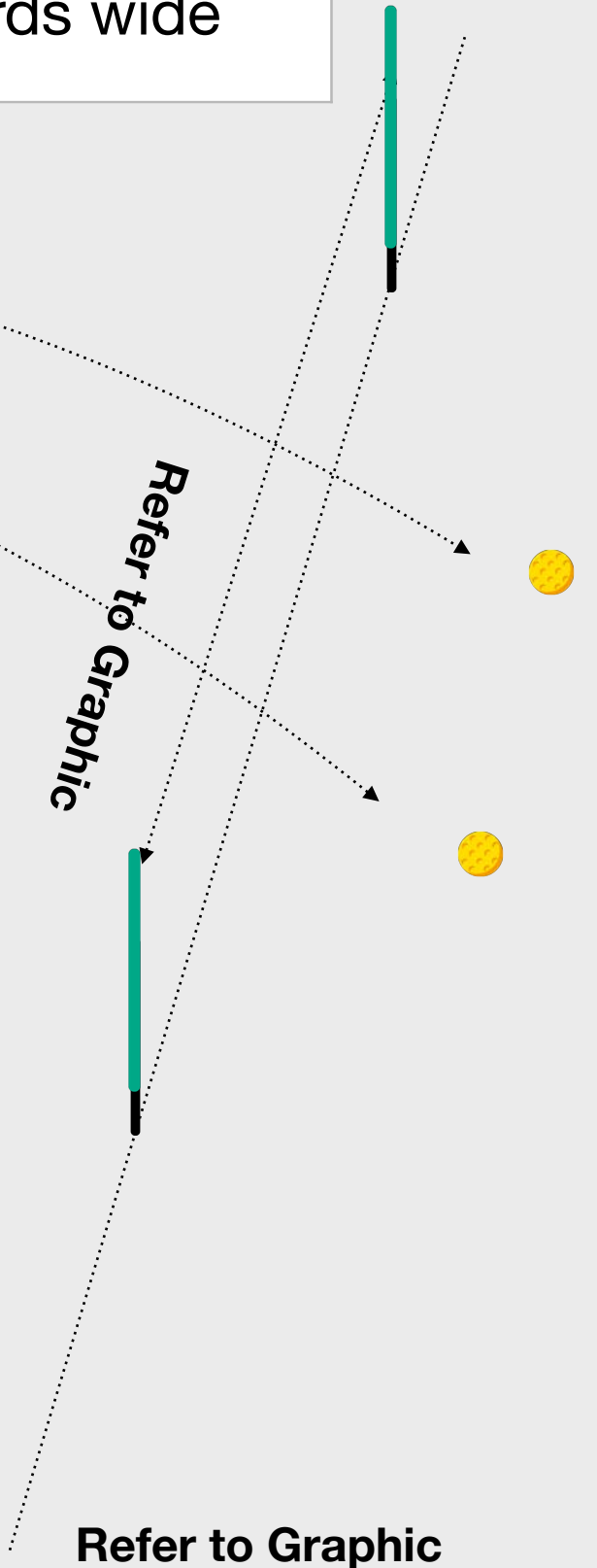


# Driver Challenge

|  | Yardages | Target Gate   |
|--|----------|---------------|
| <b>Driver Distances</b><br><i>(Where the ball comes to rest)</i> | 125      | 25 yards wide |
|  | 150      | 30 yards wide |
|  | 175      | 35 yards wide |
|  | 200      | 40 yards wide |



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 travel through and come to rest between the target gate at the learners approximate driver total distance (Minimum of 125 yards)

## 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

Driver

