

# On the Course - Personal Best

Monday, May 16th - Sunday, May 22nd



**GAMEON**  
GOLF DEVELOPMENT

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# 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	<ul style="list-style-type: none"> <li>Set up the games and practice stations</li> <li>Be ready to welcome participants 5 minutes before the session starts</li> </ul>	
5 mins	<ul style="list-style-type: none"> <li>Outline the objective of the class</li> <li>Get the group together to introduce the Learning the Game and Whole Golfer focus</li> <li>Introduce the Technical Guidance for the class</li> <li>Explain how to play the games</li> <li>Explain how to attempt the practice station activities</li> </ul>	<ul style="list-style-type: none"> <li>The aim of the game</li> <li>Overview of equipment</li> </ul>
40 Mins	<ul style="list-style-type: none"> <li>Learners break out to play the games individually, in pairs or groups</li> <li>A chance to build relationships amongst the group and between the coach/students</li> <li>Opportunity for private coaching</li> <li>Opportunity for social interaction amongst the group</li> </ul>	<ul style="list-style-type: none"> <li>Practice stations</li> <li>Game cards</li> <li>Secondary skill stations</li> </ul>
10 mins	<ul style="list-style-type: none"> <li>Outline the relevant challenges students need to complete for this skill</li> <li>Recap Mastering the Game and Learning the Game Focus from the session</li> </ul>	<ul style="list-style-type: none"> <li>Iron play challenge</li> </ul>
5 Mins	<ul style="list-style-type: none"> <li>Add any lesson notes to the learner's Student Connect on GLF Locker</li> <li>Learners should mark their attendance at the Themed Class in the myJourney section of the myGame area.</li> <li>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</li> </ul>	<ul style="list-style-type: none"> <li>GLF Locker / Game App</li> </ul>
15 Mins Post	<ul style="list-style-type: none"> <li>Take time after the class has finished to actively connect new learners</li> <li>Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help</li> </ul>	

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**GAMEON**  
GOLF DEVELOPMENT

# Class Timetable

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
On the Course  
Personal bests

**Online Whole Golfer Resource**  
Social - Reacting to poor shots

**Learning the Game Focus:**  
Playing and scoring  
Course management theory

Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> <li>Set up the games and practice stations</li> <li>Be ready to welcome participants 5 minutes before the session starts</li> </ul>	
5 mins	Introduction	<ul style="list-style-type: none"> <li>Objectives - Introduce the group to concept of course management theory</li> <li>Introduce the Learning the Game and Whole Golfer focus</li> </ul>	
50 Mins	Mastering the Game	<ul style="list-style-type: none"> <li>Find some areas on the course where the group can see some good and bad examples of course management</li> <li>Highlight how those that practice these situations will lower their scores through making better decisions</li> </ul>	
5 Mins	Recap and <i>myGame</i> Tracking	<ul style="list-style-type: none"> <li>Add any lesson notes to the learner's Student Connect on GLF. Locker</li> <li>Learners should mark their attendance at the Themed Class in the myJourney section of the myGame area.</li> <li>Direct the learners to the online resources in the myGame area of GLF.Locker</li> </ul>	<ul style="list-style-type: none"> <li>GLF. Locker <i>myGame</i> App</li> </ul>
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> <li>Take time after the class has finished to actively connect new learners</li> <li>Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help</li> </ul>	

# Class Objectives



# Technical Guidance

## Personal best scores

Explain to the learners the importance of keeping an accurate record of their scoring and performance and the important role that plays in their goal-setting in the short medium and longer term.

Ask the learners...

What is next for them?

Which parts of the game have developed strongly?

Which parts of the game still require some work?

What is their best score on a par 3, 4 or 5?

What are your goals for the next month, six months and 12 months?



# Learning the Game

## Playing and Scoring

## Course Management Introduction

Describe to the learner the benefits of having a strategy before and during the round of golf. Outline how this course management strategy should be based around their strengths and weaknesses.

It is important for the players to play within themselves and choose the correct shots at the right moments. Describe the relationship between having a good course management theory and recovering from bad shots or holes.



# The Whole Golfer

## Reacting to bad shots

Outline to the learner the inevitability of hitting bad shots.

It is an intrinsic part of golf and it's something that the learners must accept and instead of fighting it, develop a strategy to recover from these bad shots.

Describe the crucial link between course management theory and reacting positively to bad shots. Develop a strategy such as the five pace rule, when after a bad shot you are allowed to dwell on the shot for five paces and then move on and stick to the course management strategy.





# Course Play Layout and Setup

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

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

