

Swing - The Driver

Monday, May 23rd - Sunday, May 29th



GAMEON
GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:8

Mastering the Game:
Swing
The Driver

Online Whole Golfer Resource
Your swing will be unique

Learning the Game Focus:
The Tee and Fairway
Golfing Attire

Time	Focus	Class Content	Games / Drills / Resource
5 mins	Introduction	Objectives - Introduce the Swing 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"> • The Tee and Fairway • Golfing Attire
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"> • Driver challenge
5 Mins	myGame Tracking	<ul style="list-style-type: none"> • Update notes and challenges in the GLF. Locker App 	

Technical Guidance - Alignment and Posture

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. Strike**
- 2. Direction**
- 3. Distance**

Keep your technical instruction on alignment and posture to less than 5 minutes, in order to allow maximum time for play and practice and for you to reinforce the key skills with individual tuition.





1. The Tee and Fairway

Provide an overview of the different areas of the Tee and the Fairway

2. Golfing Attire

We are very aware that those new to the game may not have all of the necessary golfing attire. Rather than enforce rules on new participants you should educate as to what is appropriate for the golf course and clubhouse.

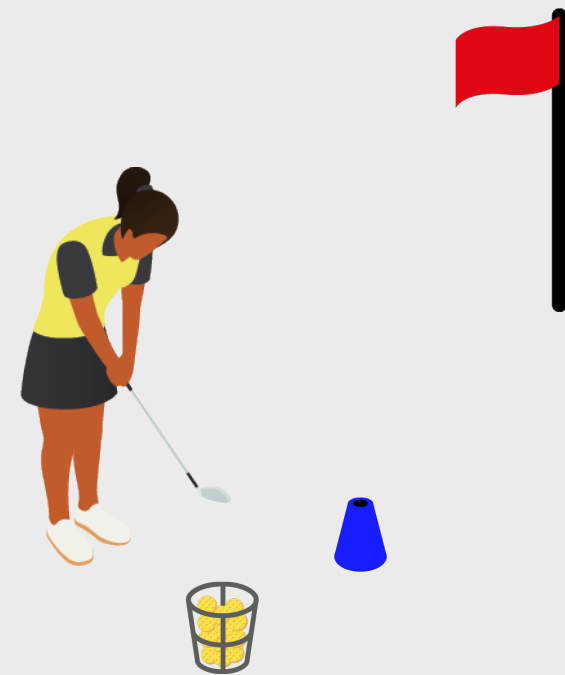


Your Swing will be Unique

Make sure participants understand that it is ok if their swing doesn't look the same as someone else's, highlight that due to differing builds and physical restrictions no two swings will be identical.

Give the participants confidence that as they learn they will develop their own style and that you will help them to become competent golfers.

Class Layout and Setup



Station 6:
Secondary Skill
Chipping

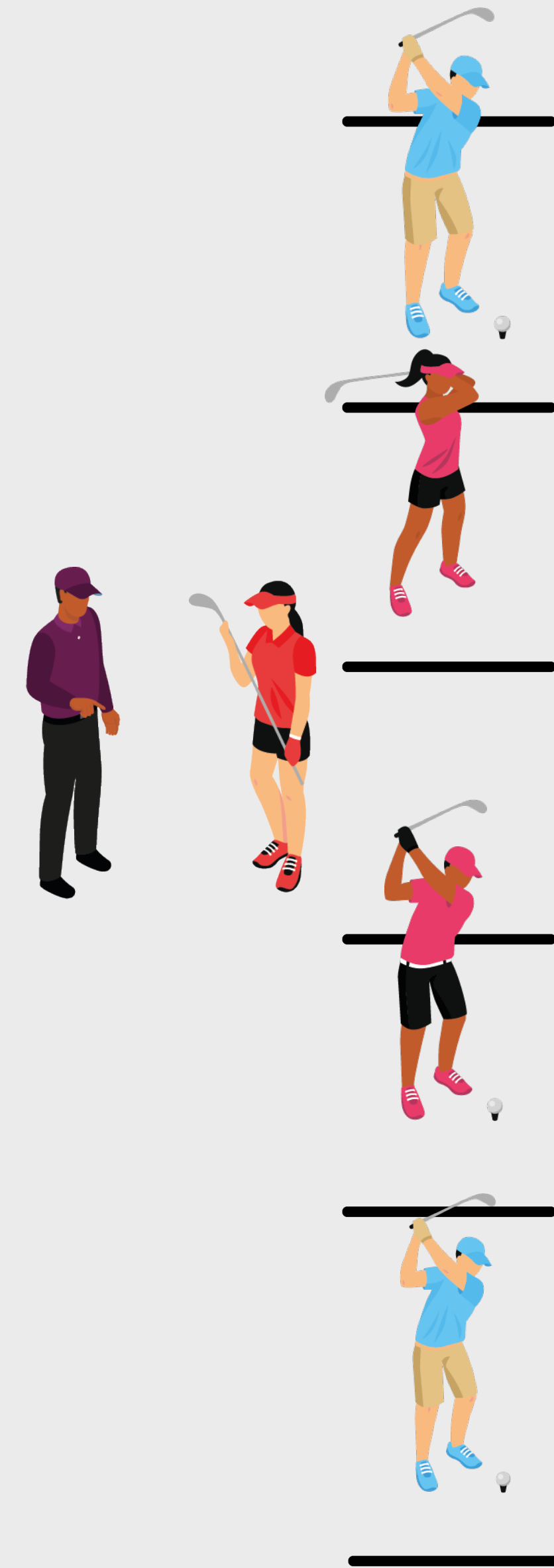
Station 1:
Practice Station
Alignment Check

Station 2:
Practice Station
Perfect Posture

Station 3:
Practice Station
Speed Swinger

Station 4:
Game Station
Face Contact

Station 5:
Challenge Station
Driver Challenge



Alignment Check



Equipment Needed

- Tees
- Driver
- Golf Balls

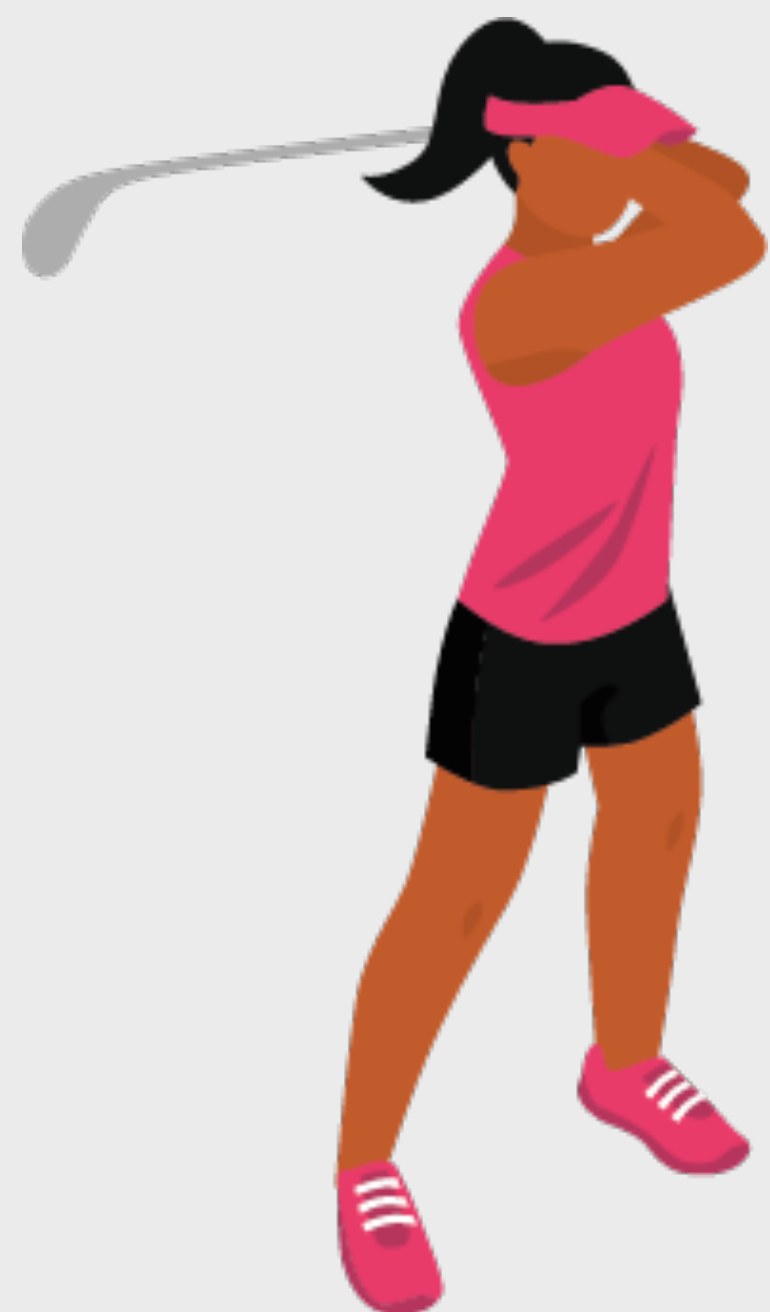
How to Practice

- Learners should work in pairs to check each other's alignment
- The learner should use the alignment stick to make sure they are aligned roughly parallel to their intended target
- The learner should experiment with what it feels like to align a long way right and left of target, to build a real sense of what aiming on target feels like

Technical Link

- This activity will help the learner to understand how their perception relates to what is actually happening as they take aim
- This activity will help learners to work together and gain a deeper understanding of how alignment helps to prepare for a good golf shot

Perfect Posture



Equipment Needed

- 7 iron and Driver
- Golf Balls

How to Practice

- Demonstrate the differences between the posture for a 7 iron and a Driver
- Highlight how an athletic posture will help the learners to generate more speed and prevent injury
- Make learners aware that practicing for prolonged periods of time may result in a overuse injuries, advise short, regular practice sessions

Technical Link

- This activity will help the learner to stike the ball more consistently and with more speed

Speed Swinger



Equipment Needed

- Driver

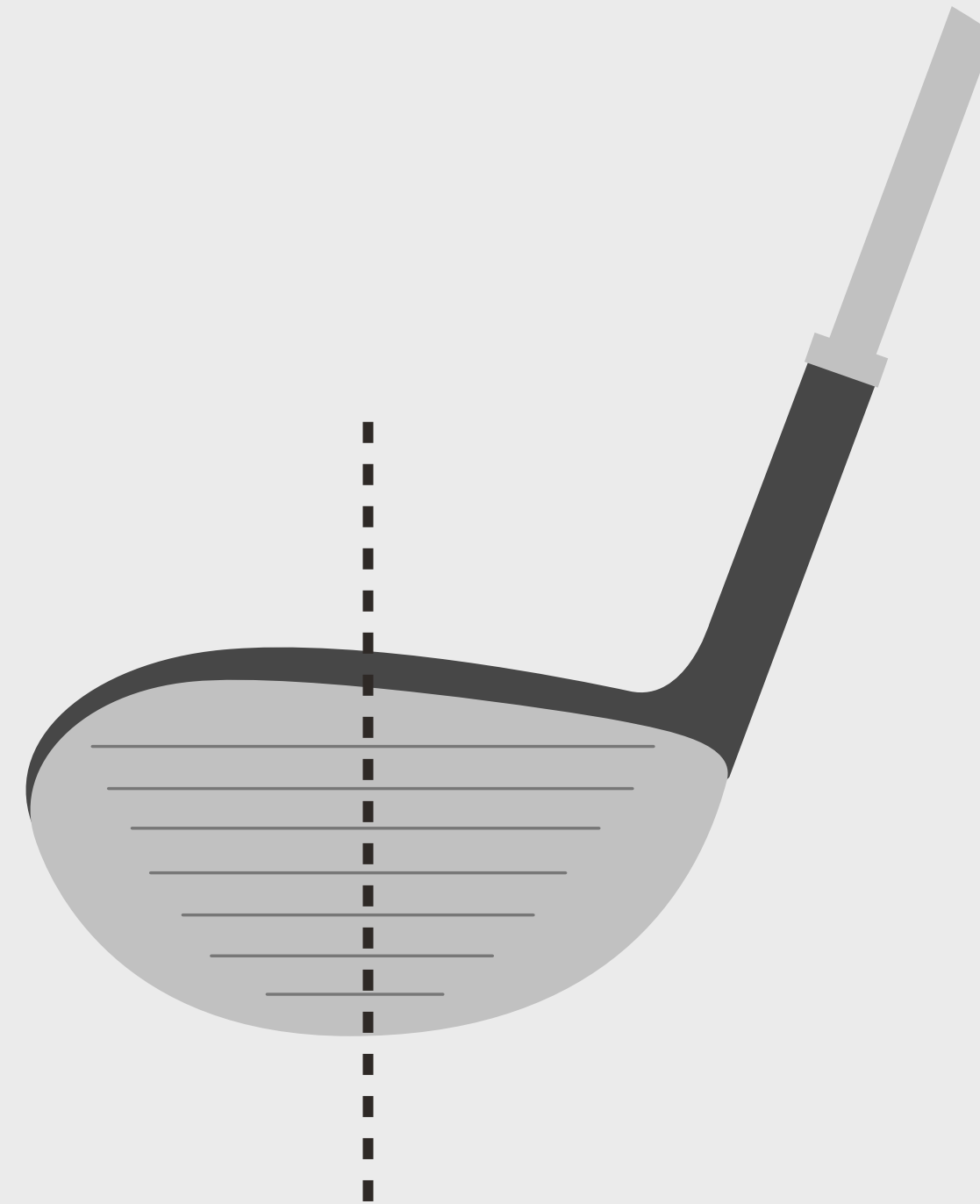
How to Practice

- The learner should practice swinging at speed in order to maximise the potential distance they can hit the ball
- If the learner is able to generate more speed they will increase their potential for distance
- The focus here is just on generating speed, learners should not worry about making perfect contact

Technical Link

- This activity will help the learner to understand the importance of generating speed to hit the ball further

Face Contact



Equipment Needed

- Impact Tape
- Driver

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

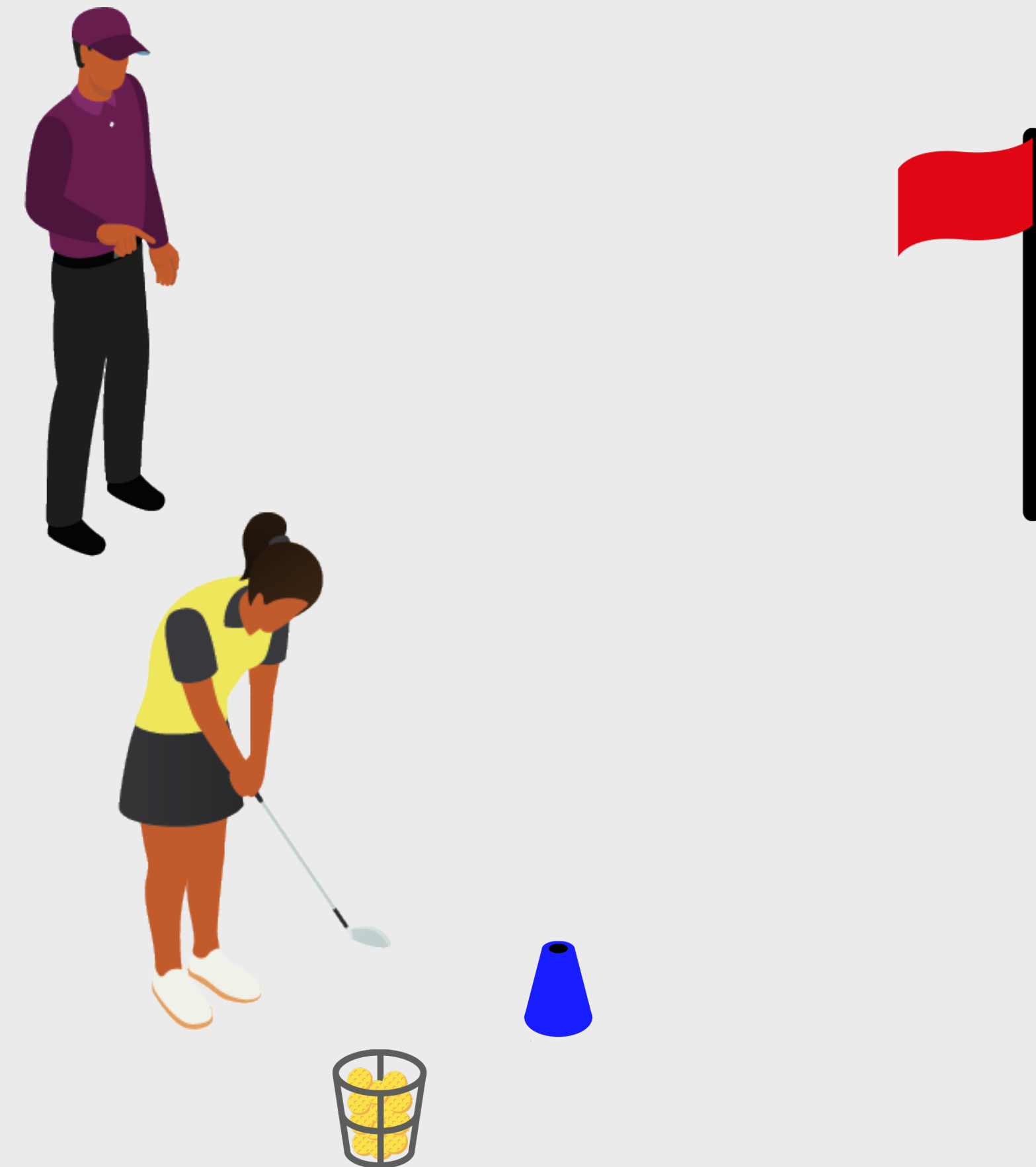
Progression Ideas

- 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

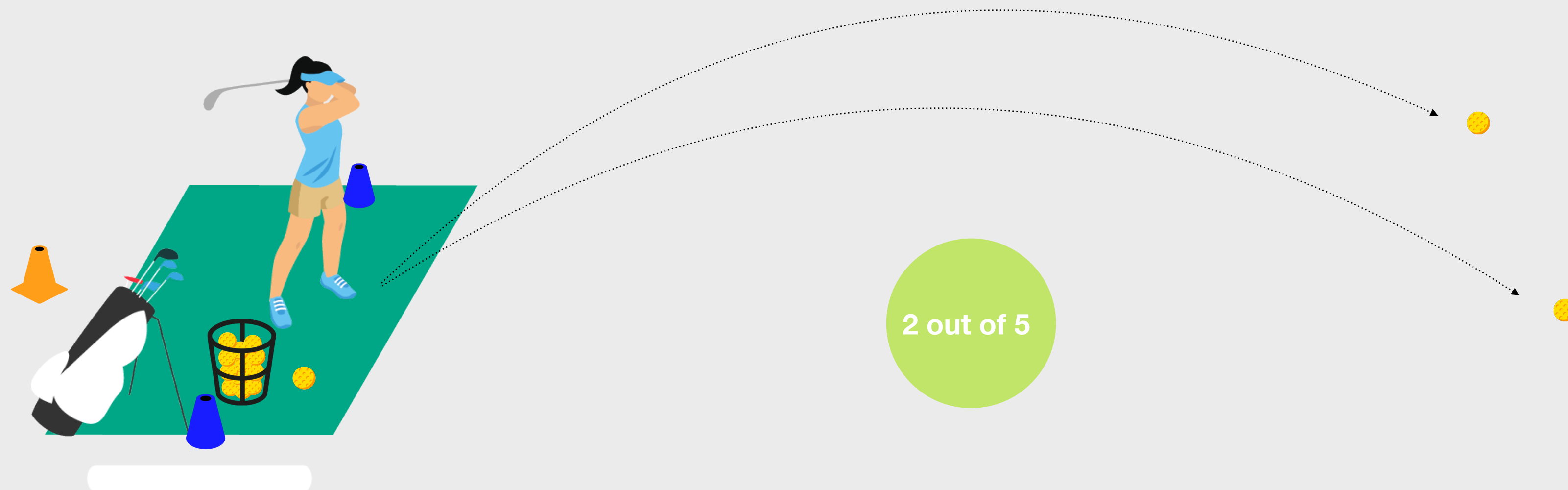
Secondary Skill

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 their skills around the green.



Driver 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?

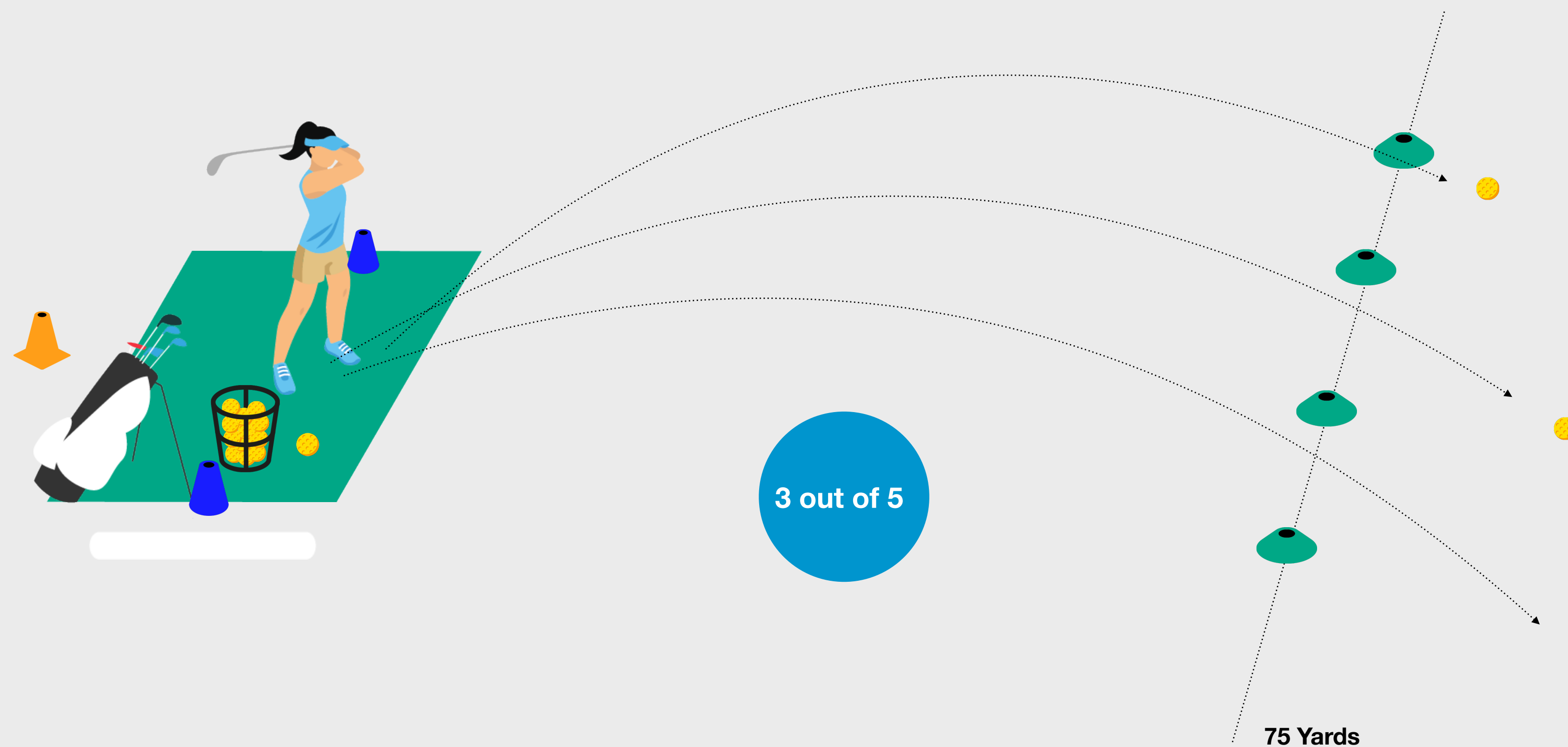
After attempting the challenge, the learner should:

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

Driver



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.

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

Driver



Level 3 Challenges - Coach

Driver Challenge

	Yardages	Target Gate
Driver Distances <i>(Where the ball comes to rest)</i>	125	25 yard wide target gate
	150	30 yard wide target gate
	175	35 yard wide target gate
	200	40 yard wide target gate



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)

Equipment you Need

The equipment you will need for this challenge:

- Alignment Sticks to mark the target gates
- Foam noodles to make the gate more visible
- 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

Driver



2 out of 5

Refer to Graphic

Refer to Graphic