

Practice Around the Green

Monday, May 16th - Sunday, May 22nd



GAMEON
GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game:
Around the Green
Bunker Play

Whole Golfer Focus:
Reacting to Poor Shots

Learning the Game Focus:
Rules and Etiquette
Course Management

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: Entry Point Game station: Single, Double, Triple Whole Golfer Focus: Reacting to Poor Shots 	
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Allow for self-discovery and guided learning 	Entry Point 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 	<ul style="list-style-type: none"> Course Management
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Allow for self-discovery and guided learning 	Entry Point Single, Double, Triple
10 Mins	<i>myGame</i> Tracking and Recap	<ul style="list-style-type: none"> Learners should 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

Practice Around the Green Class Layout and Setup

Station 1:
Skills Challenge
Chipping



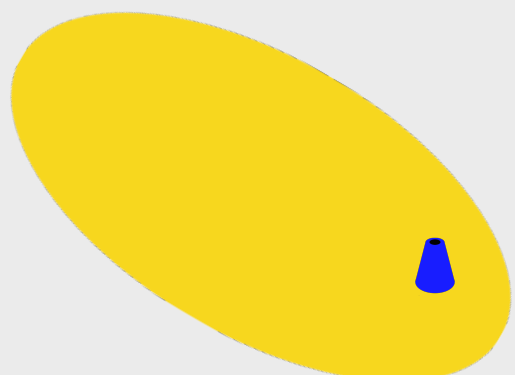
Station 2:
Skills Challenge
Pitching



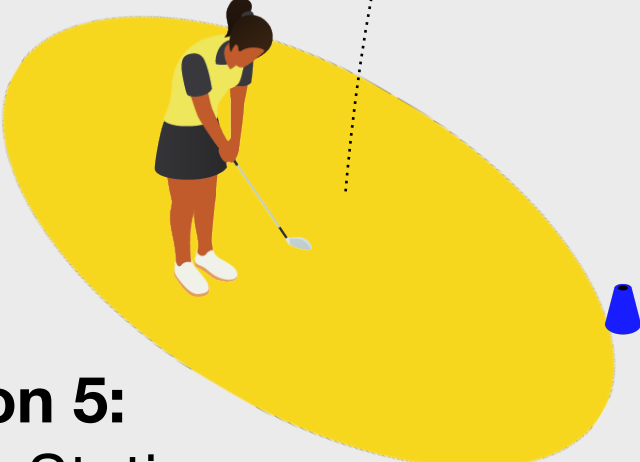
Station 3:
Skills Challenge
Bunker Play



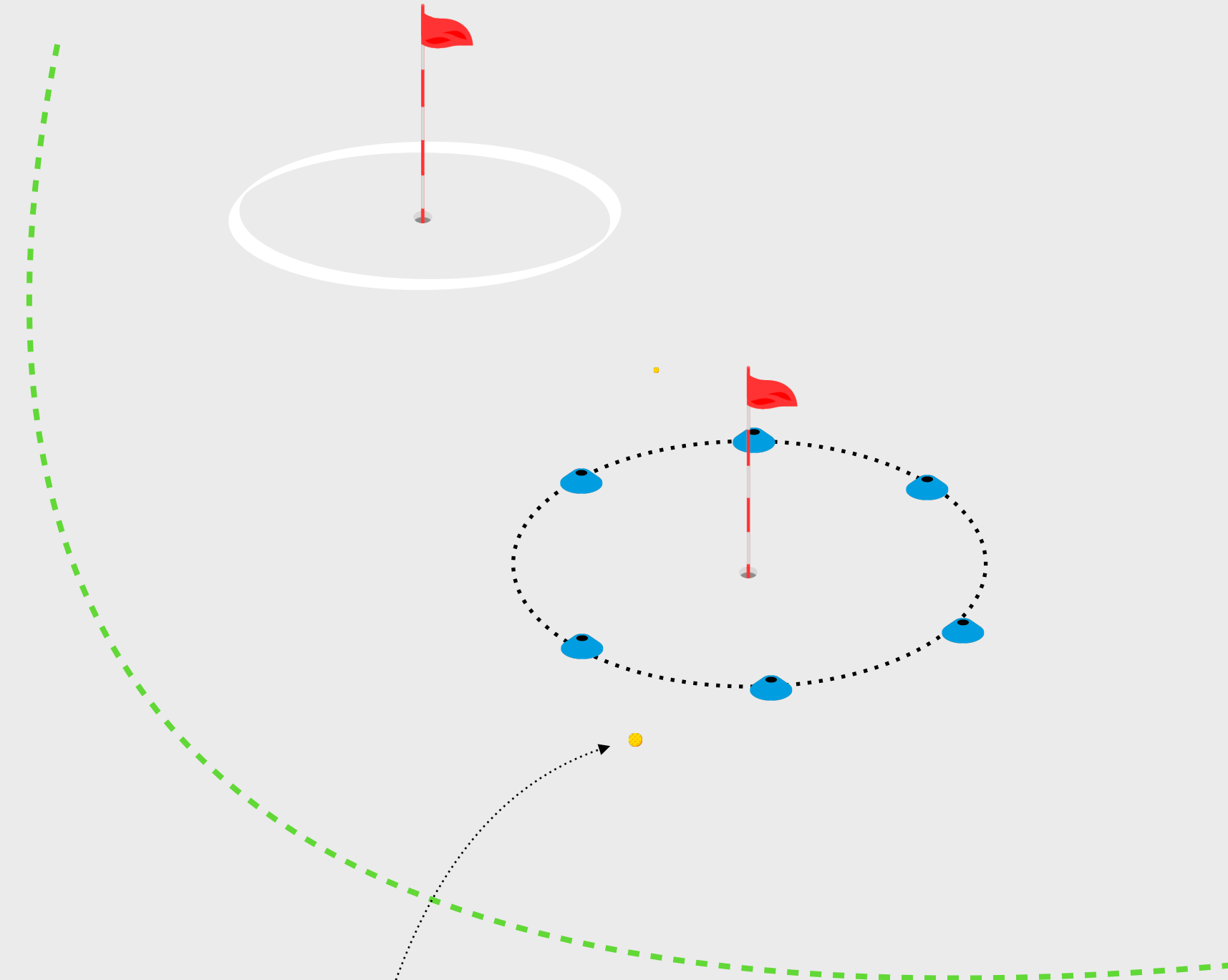
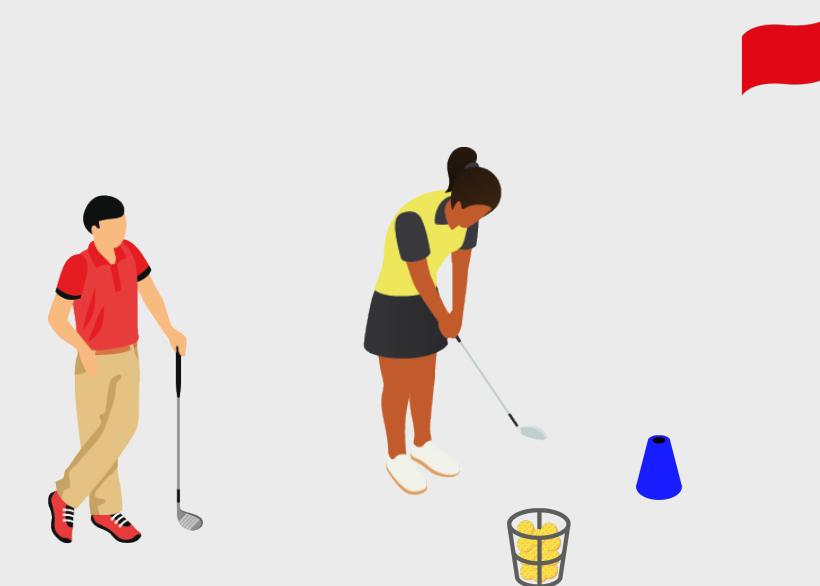
Station 4:
Practice Station
Entry Point



Station 5:
Game Station
Single Double Triple



Station 6:
Secondary Skill
Putting



Entry Point



Equipment Needed

- Sand Wedge
- Golf balls

How to Practice

- The learner should draw a line in the sand, and then attempt to strike the line in order to practice getting the entry point consistent
- The learner should hit two or three practice swings, hitting the line each time, and then place a ball just an inch ahead of the line and repeat their swing in order to hit the ball out of the sand

Technical Link

- This activity will help learners build an awareness of where their club is entering the sand

Single, Double, Triple



Equipment Needed

- Sand Wedge
- Cones
- Golf balls

How to Play

- Players take it in turns to hit their shots, they can have either 1, 2 or 3 attempts each turn
- The learner receives 1 point if they hit the ball out of the bunker, 2 points if they hit the ball onto the green and 3 points if they hit the ball inside the 10 yard circle of cones
- If the learner chose to have just 1 attempt they get to triple the points scored, if they chose 2 attempts they double the points scored for that round
- The winner is the learner that scores the most points each round

Progression Ideas

- Increase the difficulty of the challenge by asking learners to choose how many attempts their opponent needs to take each round



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.



Reacting to Poor Shots

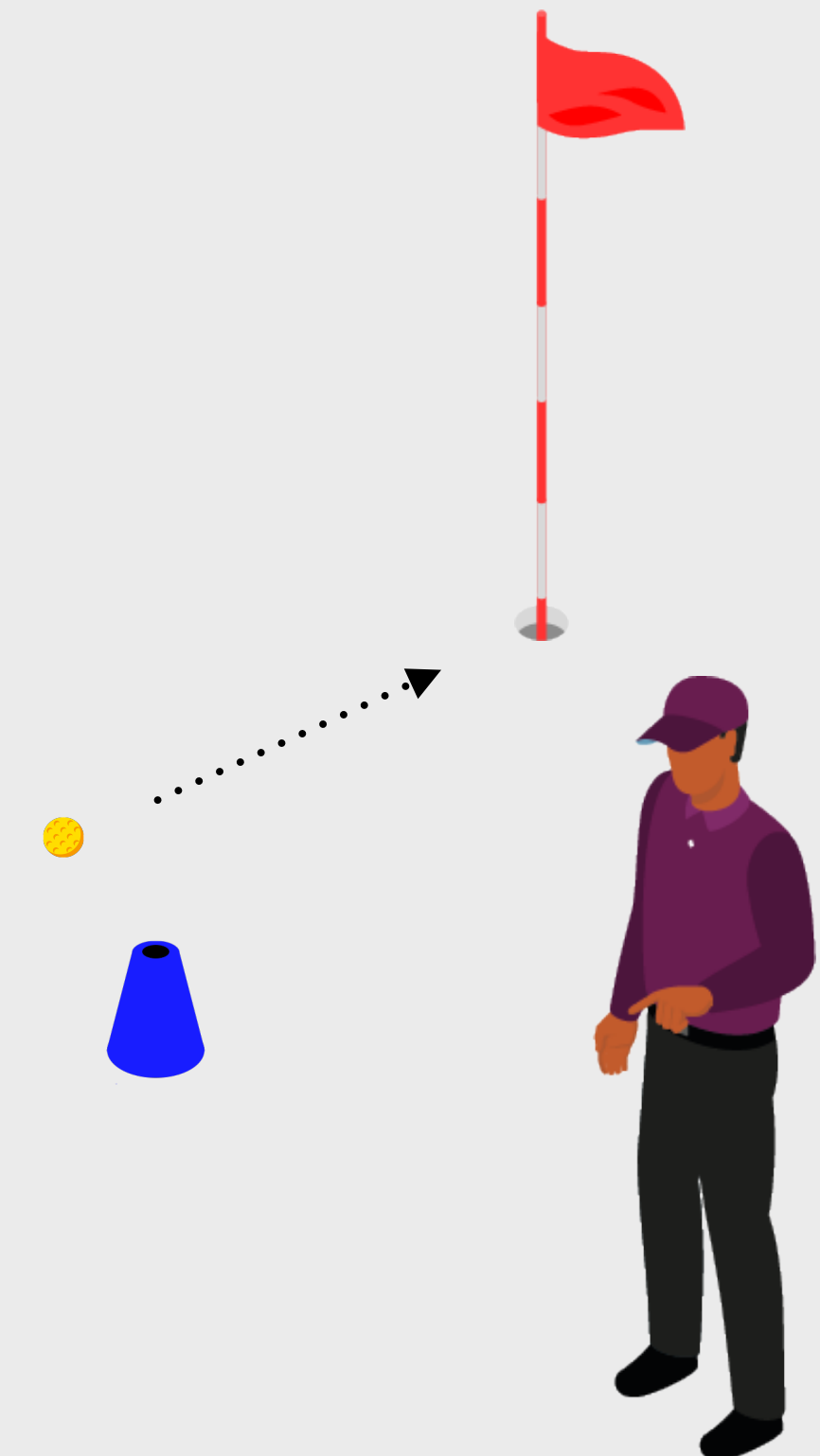
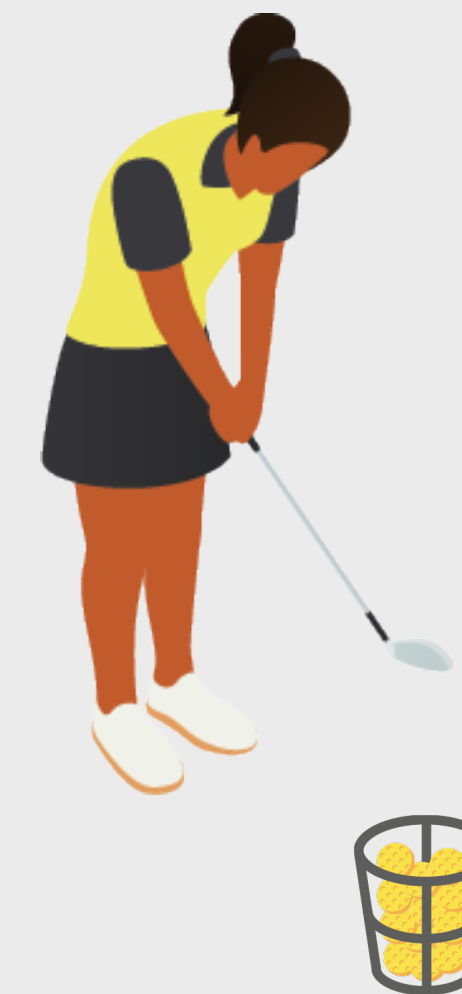
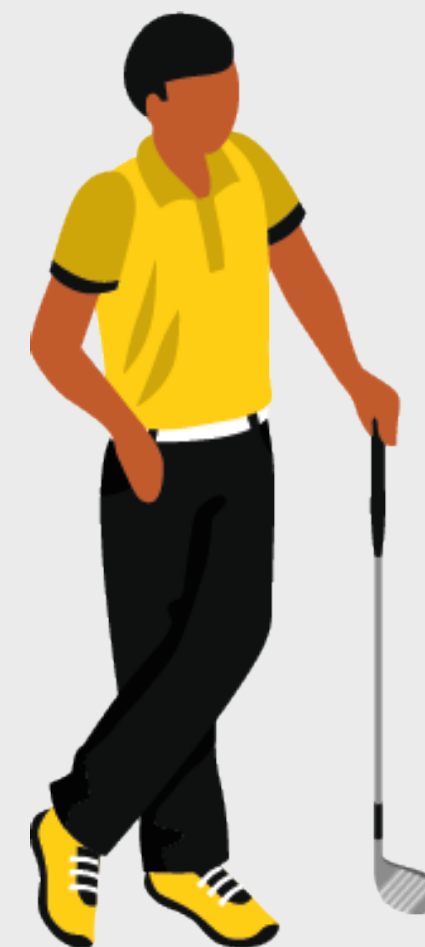
Outline to the learner the inevitability of hitting bad shots. It is an intrinsic part of golf and it's something that the learners must accept and instead of fighting it, develop a strategy to recover from these bad shots.

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.

Secondary Skill

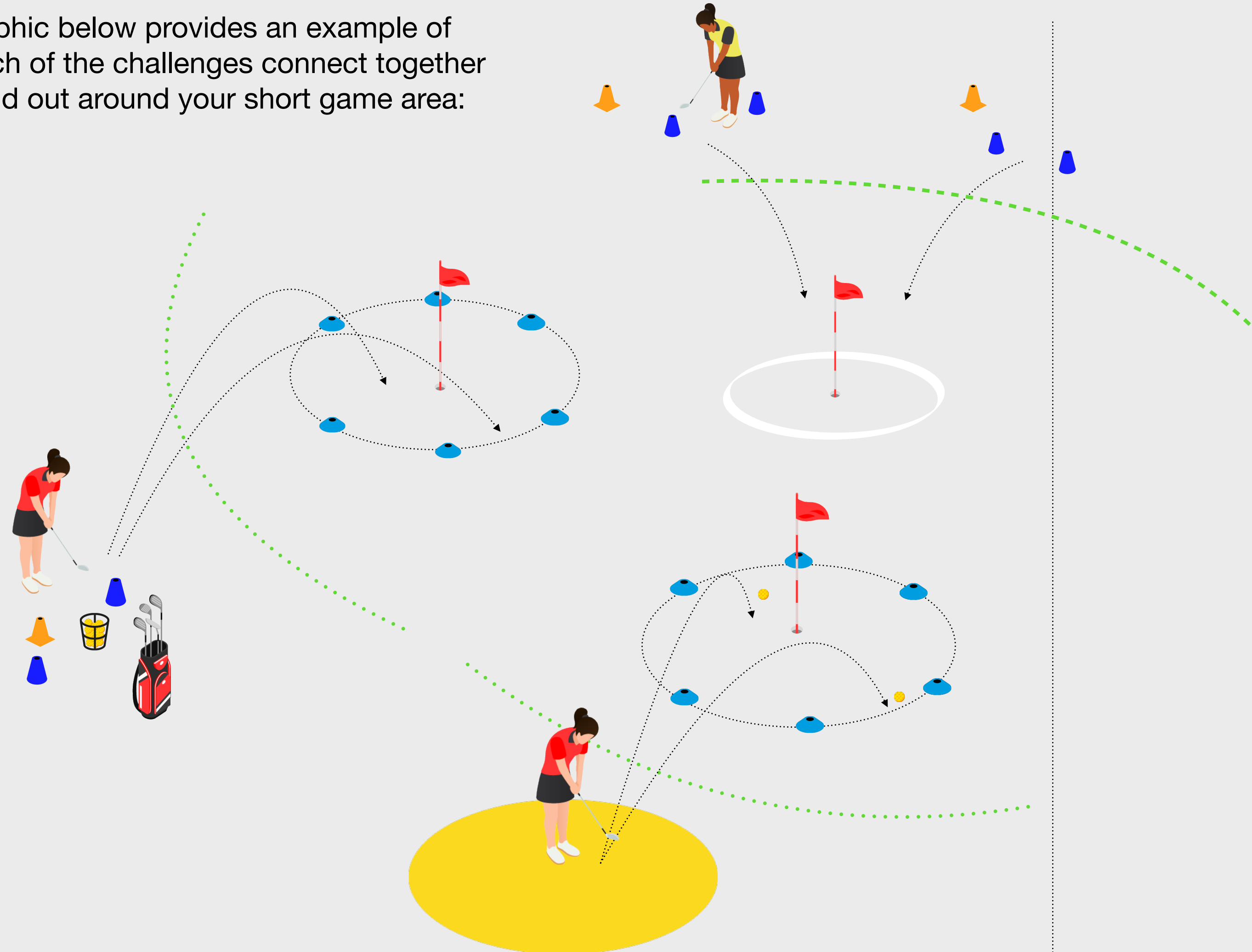
To allow for variety of practice during the session, and to enable those that may have missed a class to catch up on practicing some of the other skills we recommend having one of the stations set up as a secondary skill.

This week's secondary skill is **putting**, providing learners an opportunity to practice what has been taught in their putting classes.



Around the Green Challenges

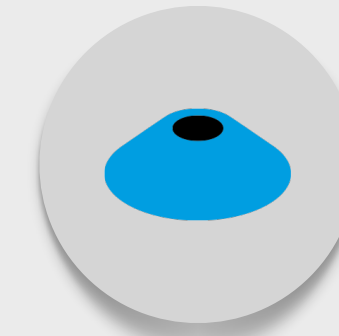
The graphic below provides an example of how each of the challenges connect together when laid out around your short game area:



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



Around the Green Challenges

Chipping

- 1 / 5 shots from 10 yards to within a 10 foot circle
- 2 / 5 shots from 10 yards
1 / 5 shots from 15 yards to within a 10 foot circle
- 3 / 5 shots from 10 yards
2 / 5 shots from 15 yards
1 / 5 shots from 20 yards to within a 10 foot circle

Pitching

- 2 / 5 shots from 20 yards to finish anywhere on the green
- 1 / 5 shots from 20 yards to within a 10 yard circle
- 3 / 5 shots from 20 yards
1 / 5 shots from 30 yards to within a 10 yard circle

Bunker Play

- 1 / 5 shots from 10 yards to anywhere out of the bunker
- 2 / 5 shots from 10 yards to finish anywhere on the green
- 1 / 5 shots from 10 yards to within a 10 yard circle, all shots must finish out of the bunker