

# Practice On the Green

Monday, May 9th - Sunday, May 15th



# GAMEON

GOLF DEVELOPMENT

# Class Timetable

**Session Length:**  
60mins

**Group Size:**  
1:12

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

**Whole Golfer:**  
Nutrition Post Round

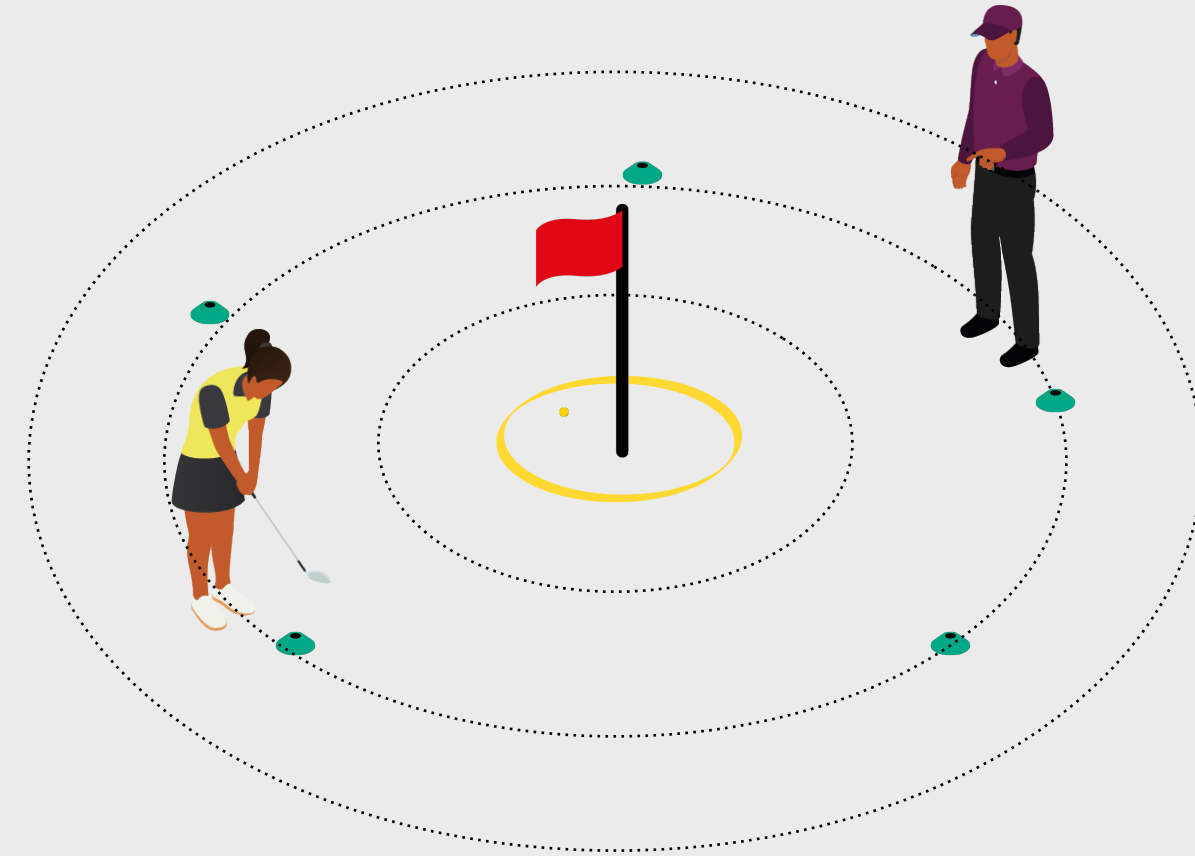
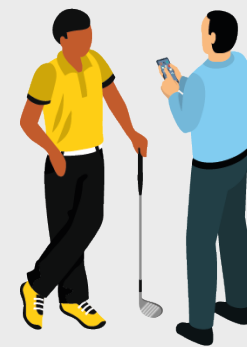
**Learning the Game:**  
Rules and Etiquette  
Lost Ball and OoB

**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: Swing Length Ladder Game Station: Closest to the Line Whole Golfer Focus: Nutrition Post Round	
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Allow for self-discovery and guided learning</li> </ul>	Swing Length Ladder Closest to the Line
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> </ul>	<ul style="list-style-type: none"> <li>Rules and Etiquette - Lost Ball and Out of Bounds</li> </ul>
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Allow for self-discovery and guided learning</li> </ul>	Swing Length Ladder Closest to the Line
10 Mins	<i>myGame</i> Tracking and Recap	<ul style="list-style-type: none"> <li>Learners should 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> </ul>

# Practice on the Green Class Layout and Setup

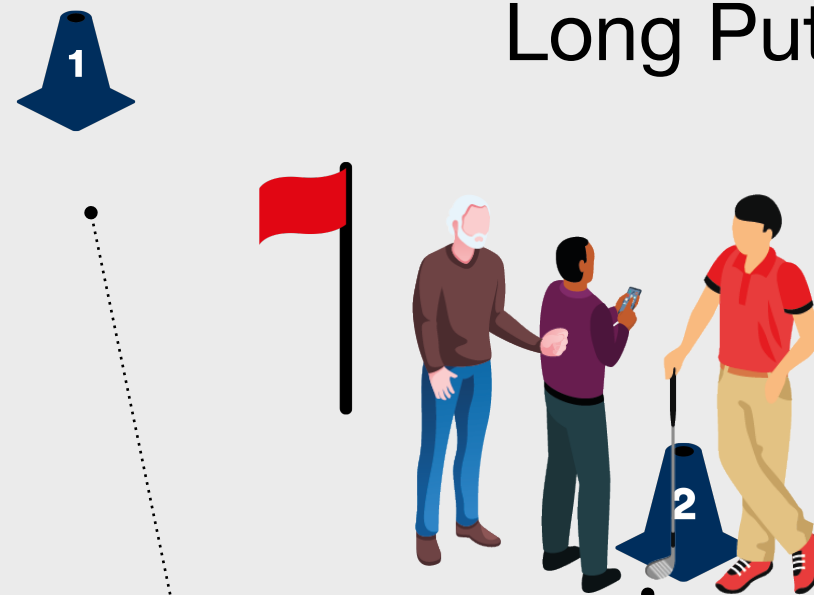
**Station 1:**  
Short Putts Challenge



**Station 6:**  
Secondary Skill  
Swing



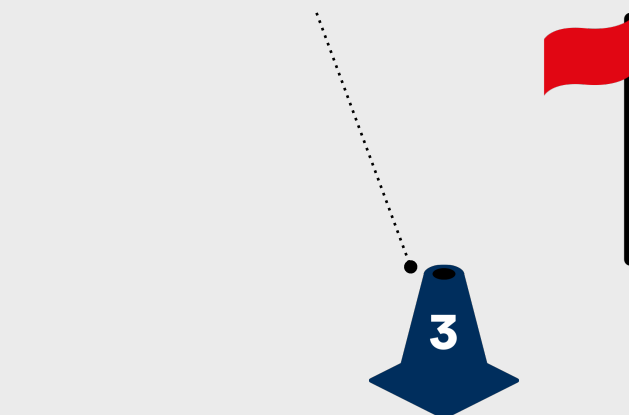
**Station 2:**  
Long Putts Challenge



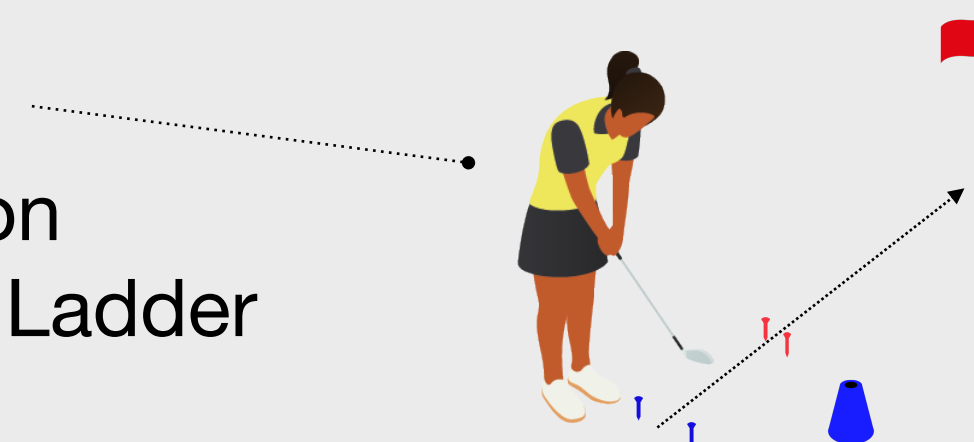
**Station 5:**  
Game Station  
Closest to the Line



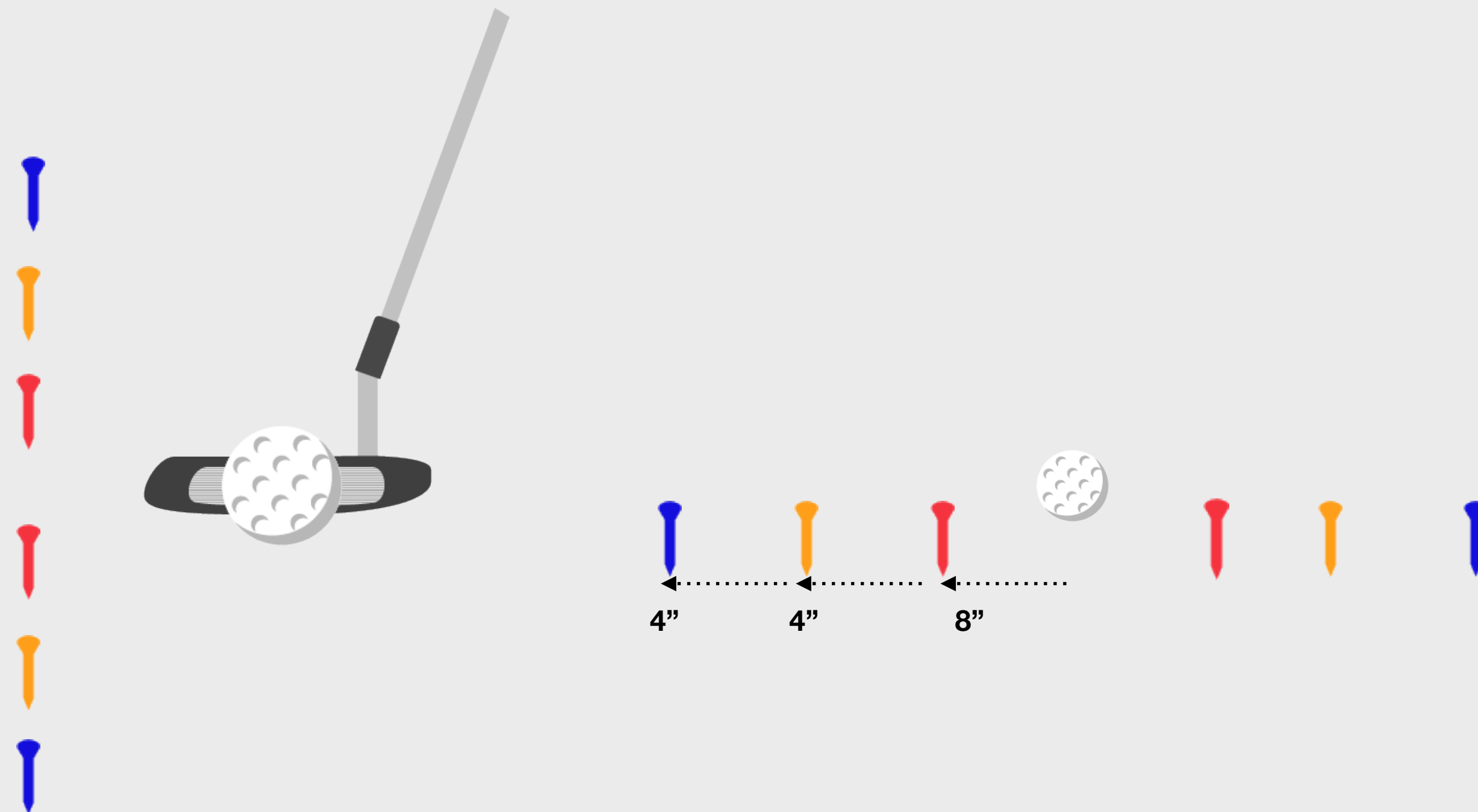
**Station 3:**  
Scoring Challenge



**Station 4:**  
Practice Station  
Swing Length Ladder



# Swing Length Ladder



## Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

## How to Practice

- Get the learner to practice swinging the putter from and to the first tee pegs either side of the ball (red)
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the the one count and the end of the through stroke with the two count
- Get them to hit a few putts and see how far the ball travels
- Next, get the learner to swinging the putter from and to the second tee pegs either side of the ball (red). Again they should reproduce the count of 1, 2.
- Get them to hit a few putts and see how the ball travels further
- Finally, replicate for the final set of tee pegs.

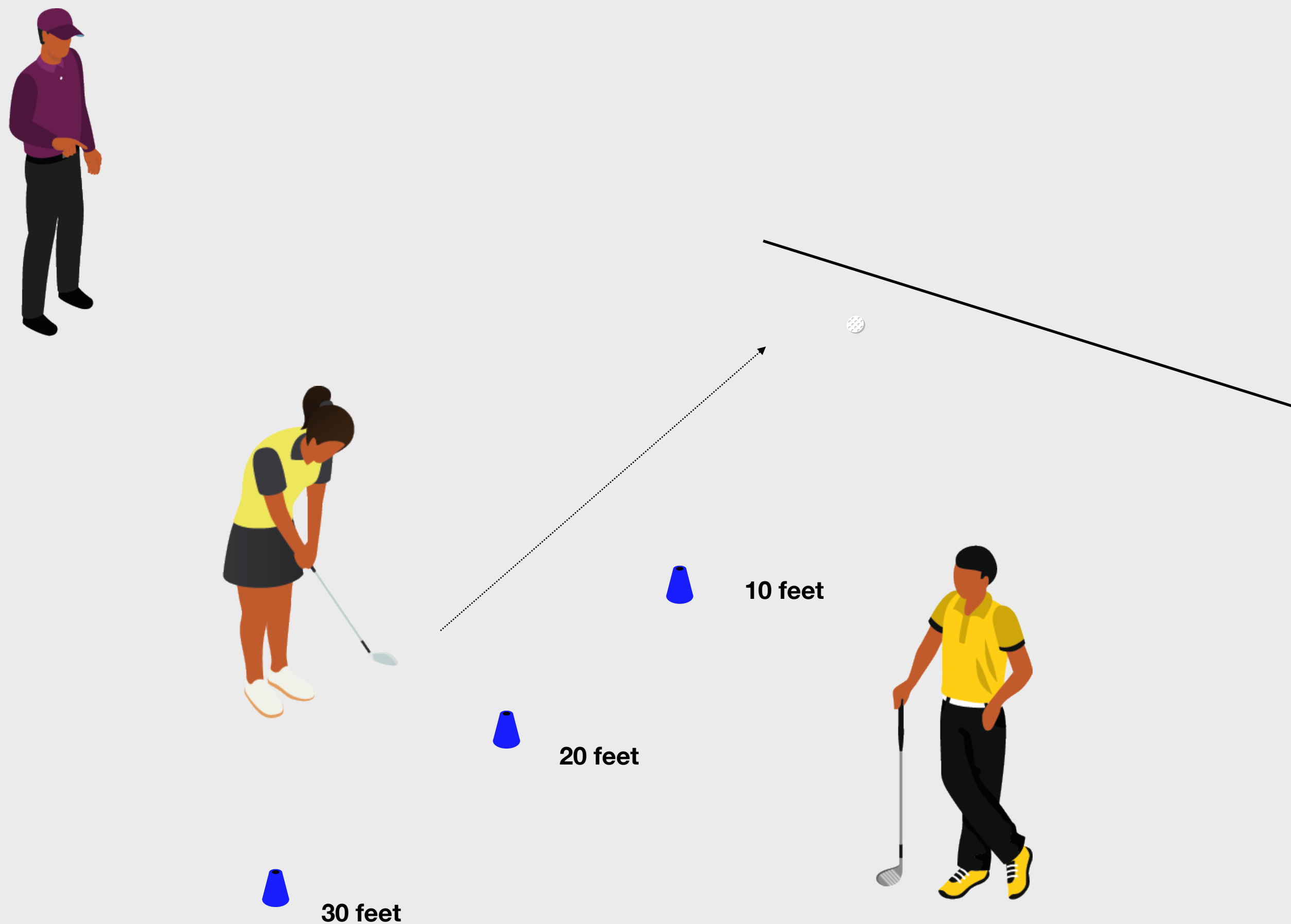
## Technical Link

- This activity will help the learner to understand the concept of Swing Length, Rhythm and Tempo
- It will help the learner to understand that as swing length changes, the distance the ball travels changes
- It will help them to understand how length of swing transfers to distance





# Closest to the Line Challenge



## Equipment Needed

- String and Tee Pegs
- Putter
- Golf Ball

## How to Play

- Learners take it in turns to choose which distance to start from
- The aim is to putt their ball closer to the line than their playing partner
- Whoever putts the ball closest wins a point, the person who gets to 10 points first wins the game

## Progression Ideas

- Change the distances between the cones and the line
- Add a sloped surface to the game
- Introduce a rule that the ball has to go past the line to count



## Lost Ball and Out of Bounds

Explain to the learners about what happens if they have lost their ball and about the boundaries of the golf course. Things to consider;

- What to do when the ball leaves the property?
- How long can they look for their ball?
- Do they need to play another ball?
- Which formats require which action?



## What should I eat after my round?

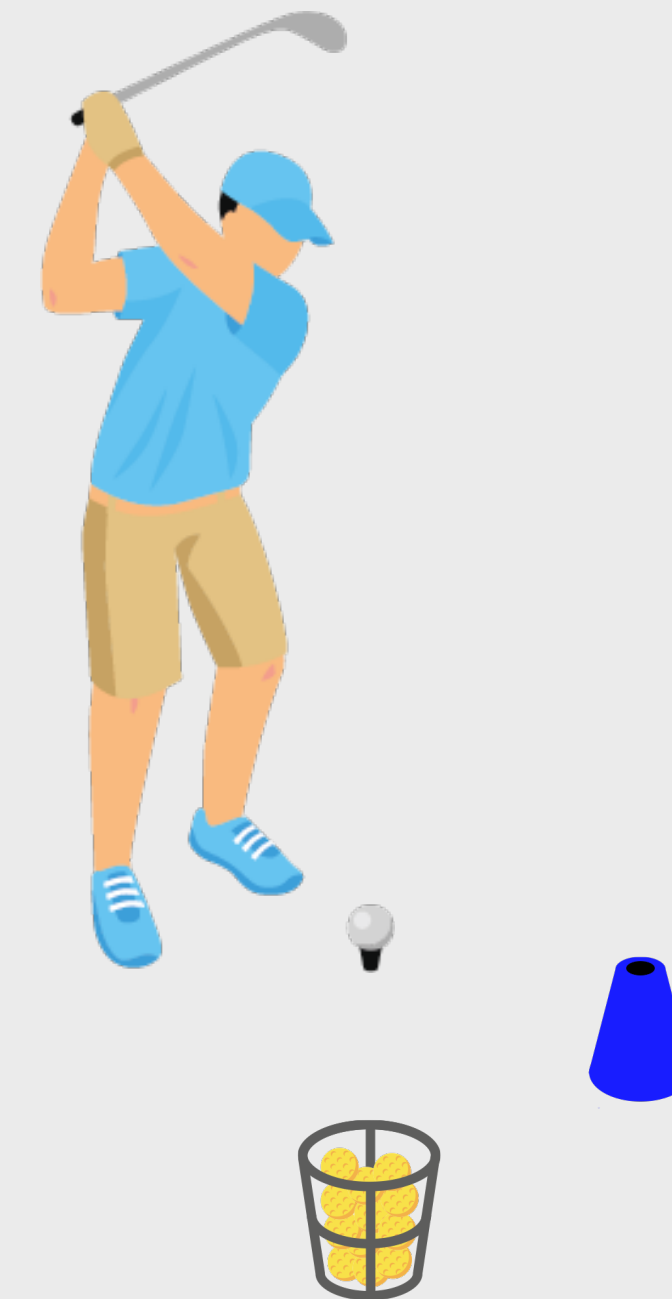
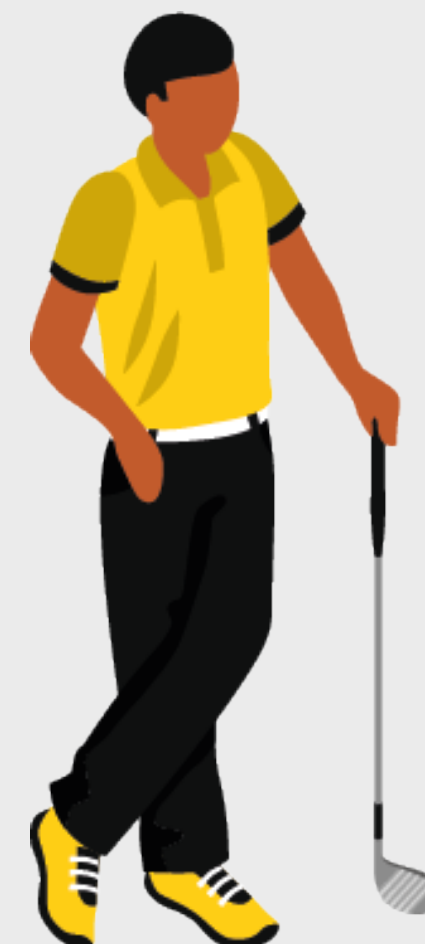
Outline to the learner about what to eat and drink after the round of golf. Consider things that may boost recovery from fatigue and from muscle exertions. Things to consider;

- Quality proteins
- Healthy fat
- Low-glycemic complex carbohydrates
- Portions of starchy carbohydrates to help restore energy levels
- Drink plenty of water

# Secondary Skill

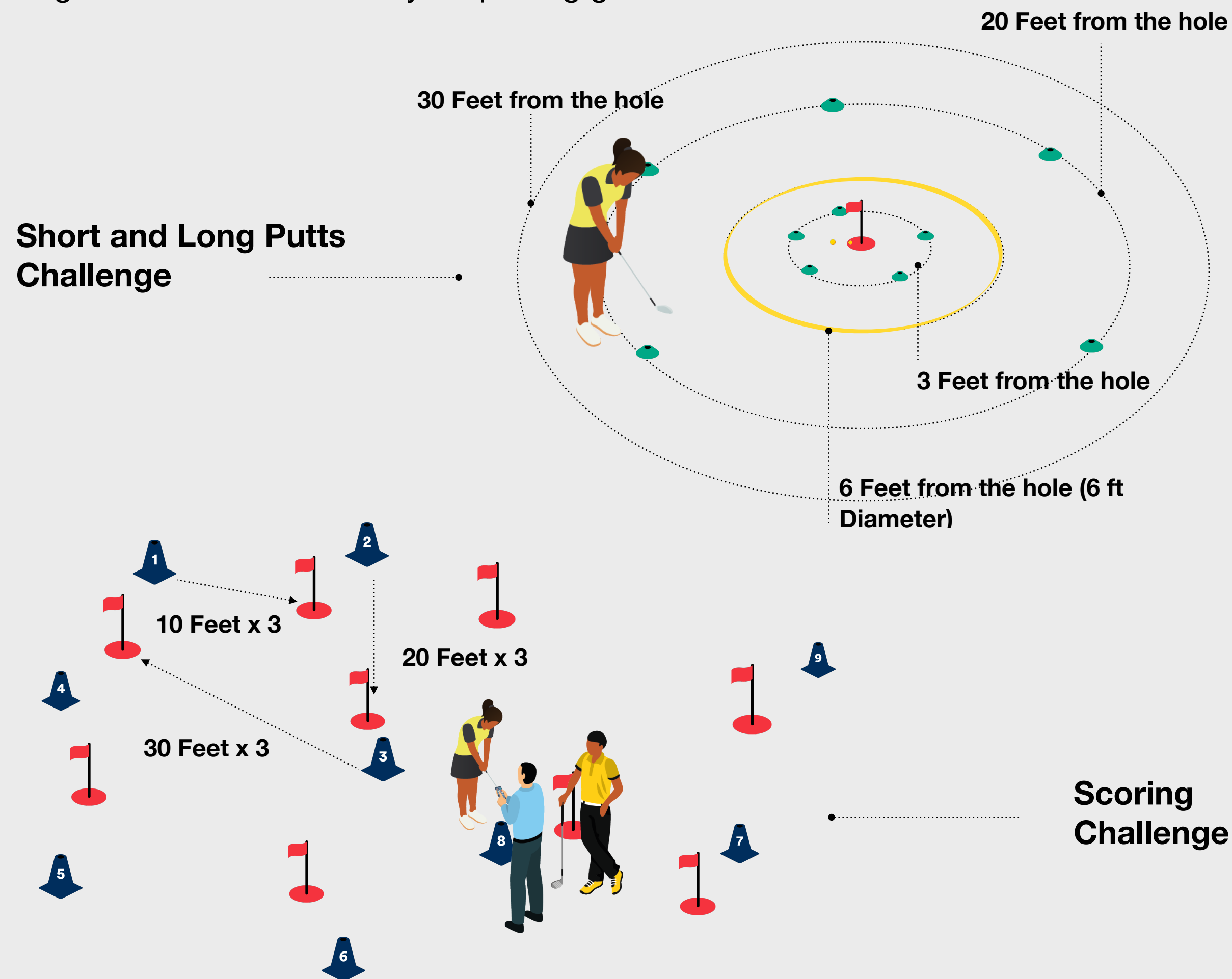
To allow for variety of practice during the session, and to enable those that may have missed a class to catch up on practicing some of the other skills we recommend having one of the stations set up as a secondary skill.

This week's secondary skill is **swing**, providing learners an opportunity to practice what was learnt in their swing classes.



# On the Green Challenges Layout and Set Up

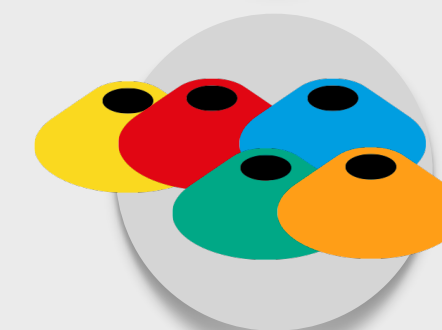
The graphic below provides an example of how each of the challenges connect together when laid out on your putting green:



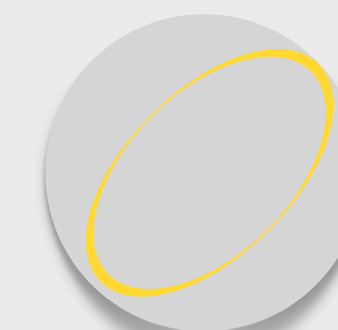
Please find below a list of the equipment you require for these challenges:



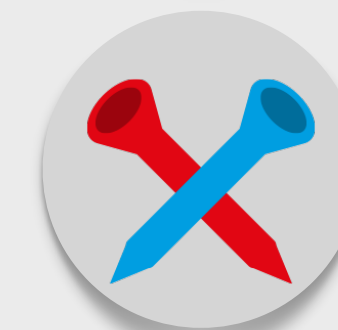
**Numbered Putting Cones**



**Mixed Colored Cones**



**6 ft diameter hoop**



**Tee Pegs**





# On the Green Challenges

## Short Putts

- 1 2 / 5 putts from 3 feet
  - 2 2 / 5 putts from 3 feet\*
  - 3 3 / 5 putts from 3 feet\*  
1 / 5 putts from 6 feet\*
- \*Starting from 5 different positions around the hole

## Long Putts

- 1 3 / 5 putts from 20 feet to within a 6 foot circle
  - 2 4 / 5 putts from 20 feet  
2 / 5 putts from 30 feet to within a 6 foot circle
  - 3 4 / 5 putts from 20 feet\*  
2 / 5 putts from 30 feet\* to within a 6 foot circle
- \*Starting from 5 different positions around the hole

## Scoring

- 1 21 putts or fewer over 6 holes  
3 x 10 foot putts  
3 x 20 foot putts
- 2 18 putts or fewer over 6 holes  
2 x 10 foot putts  
2 x 20 foot putts  
2 x 30 foot putts
- 3 21 putts or fewer over 9 holes  
3 x 10 foot putts  
3 x 20 foot putts  
3 x 30 foot putts