

# Practice On the Green

Monday, May 9th - Sunday, May 15th

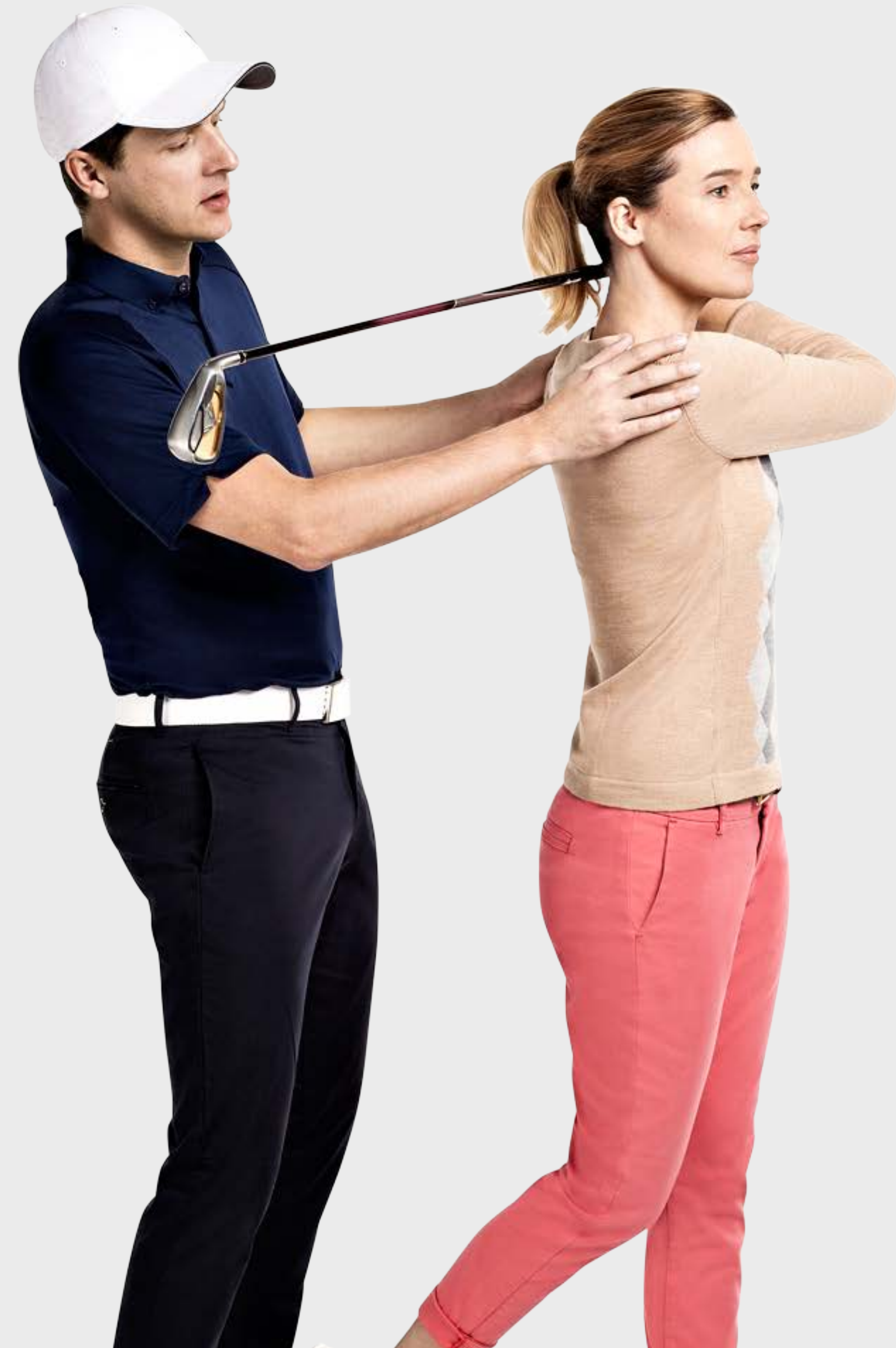


# GAMEON

GOLF DEVELOPMENT

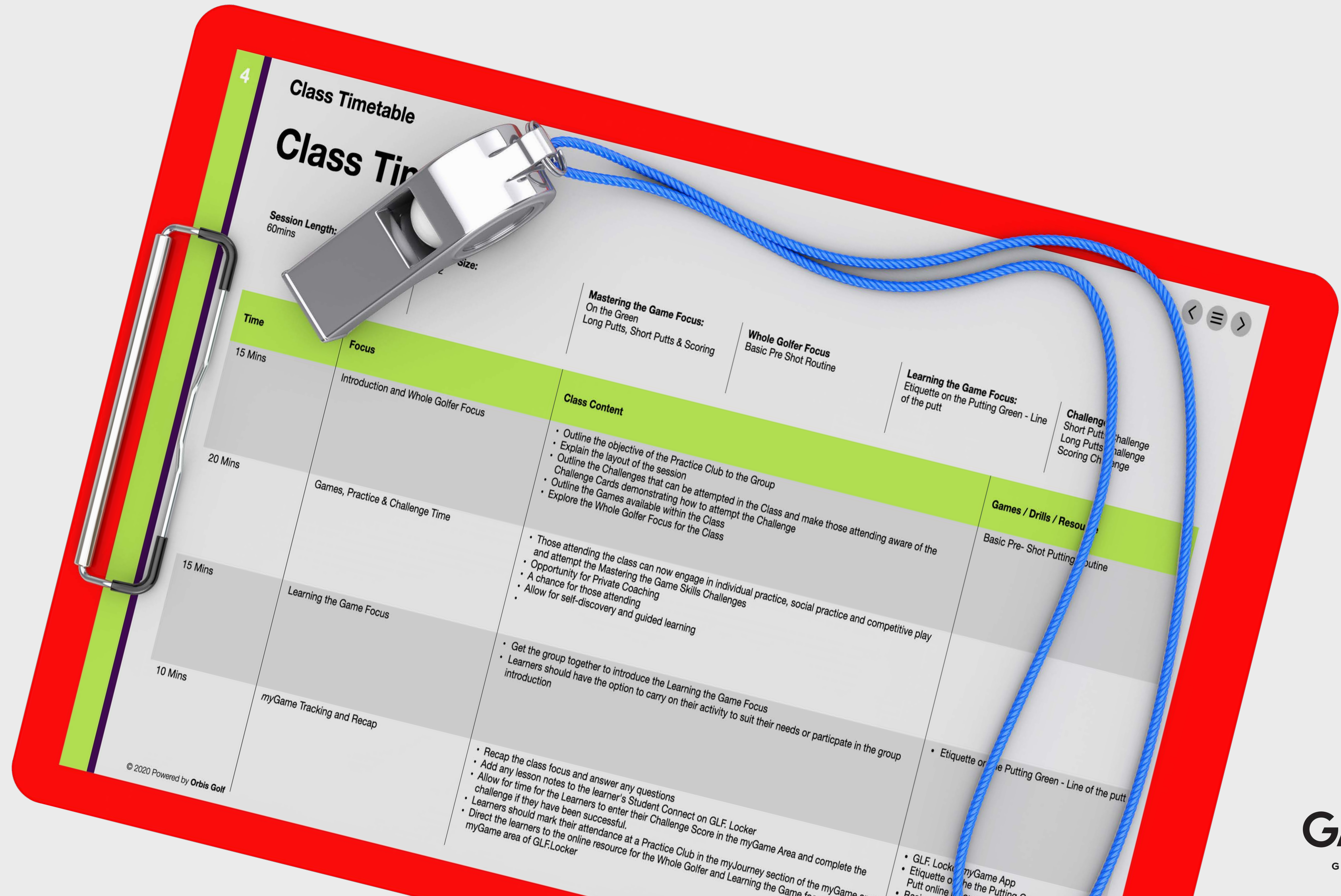
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# Class Timetable





# Class Timetable

**Session Length:**  
60mins

**Group Size:**  
1:12

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

**Whole Golfer:**  
Nutrition Post Round

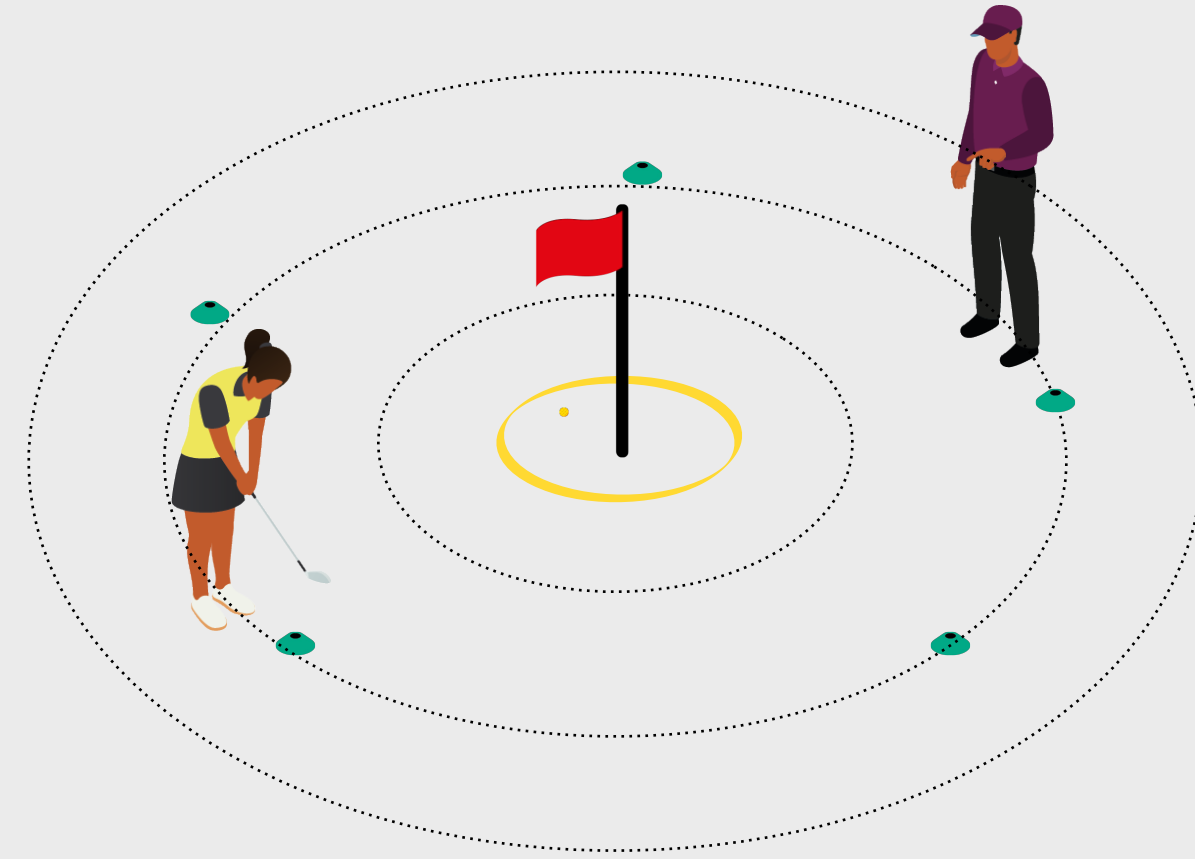
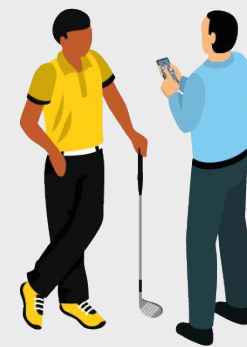
**Learning the Game:**  
Rules and Etiquette  
Lost Ball and OoB

**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	Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning	Swing Length Ladder Closest to the Line
5 Mins	Learning the Game Focus	Get the group together to introduce the Learning the Game Focus 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	<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	Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning	Swing Length Ladder Closest to the Line
10 Mins	<i>myGame</i> Tracking and Recap	Recap and add any lesson notes to the learner's Student Connect on GLF. Locker 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 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"> <li>GLF. Locker <i>myGame</i> App</li> <li>Whole golfer online resource</li> <li>Learning the game online resource</li> </ul>

# Practice on the Green Class Layout and Setup

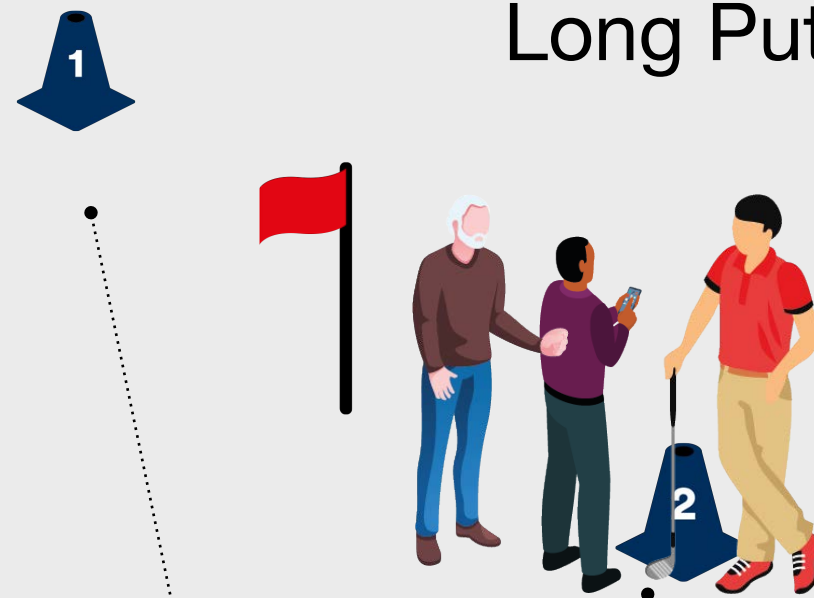
**Station 1:**  
Short Putts Challenge



**Station 6:**  
Secondary Skill  
Swing



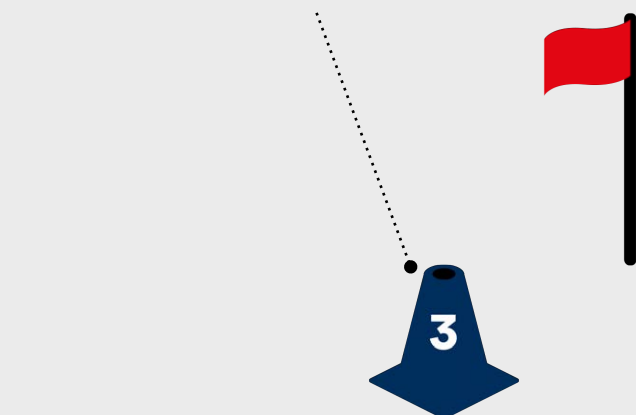
**Station 2:**  
Long Putts Challenge



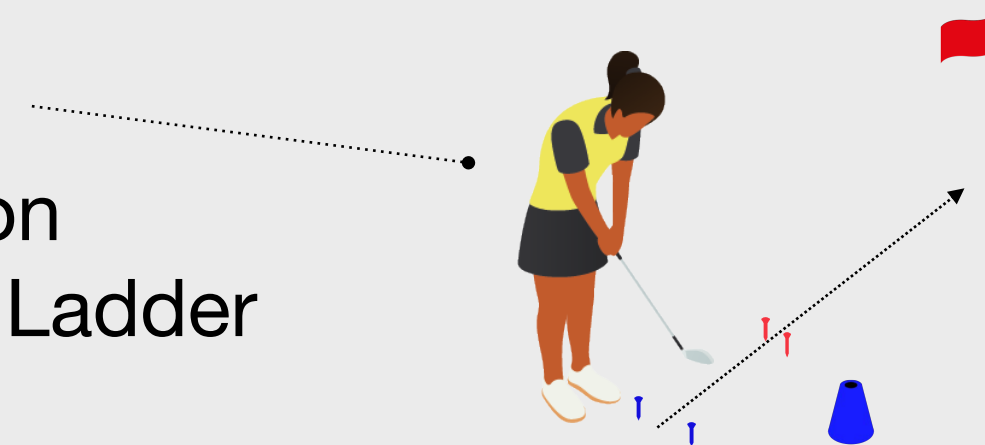
**Station 5:**  
Game Station  
Closest to the Line



**Station 3:**  
Scoring Challenge

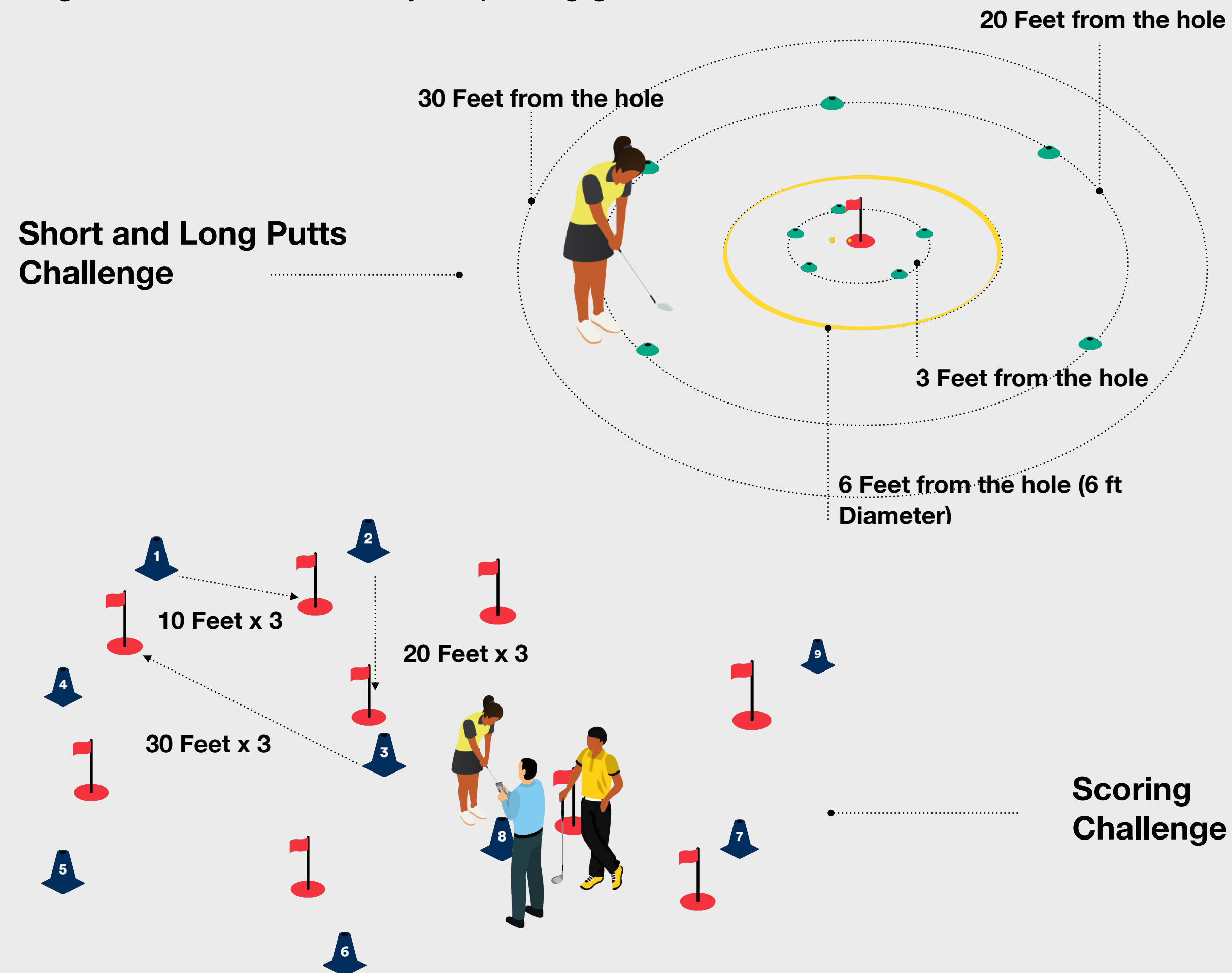


**Station 4:**  
Practice Station  
Swing Length Ladder



# On the Green Challenges Layout and Set Up

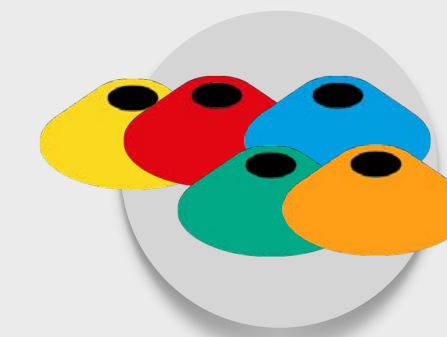
The graphic below provides an example of how each of the challenges connect together when laid out on your putting green:



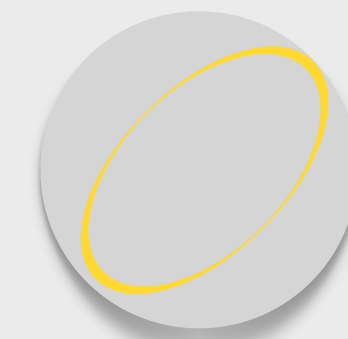
Please find below a list of the equipment you require for these challenges:



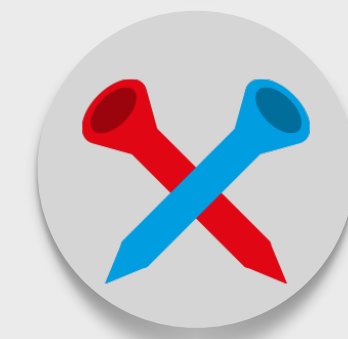
**Numbered Putting Cones**



**Mixed Colored Cones**

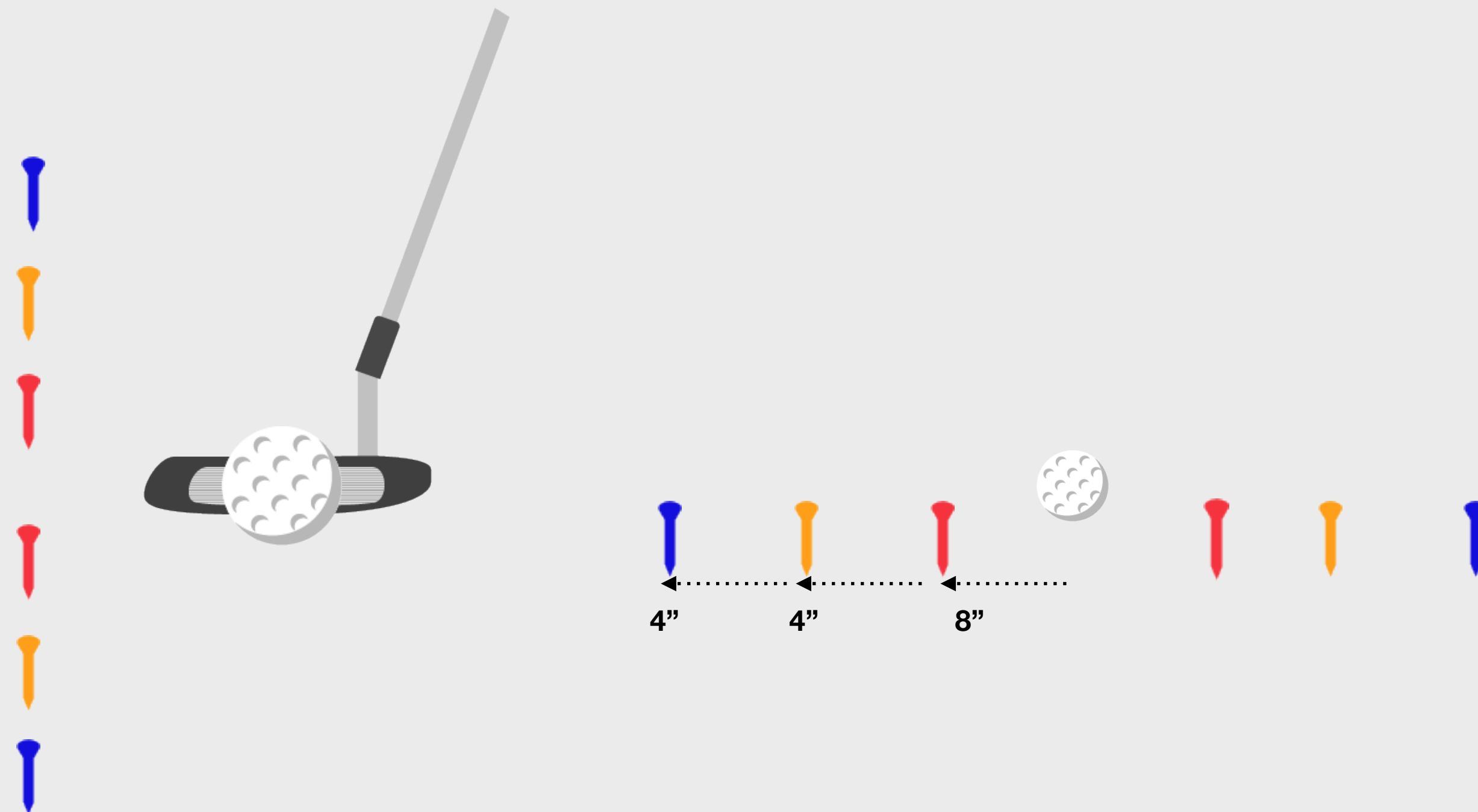


**6 ft diameter hoop**



**Tee Pegs**

# 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.

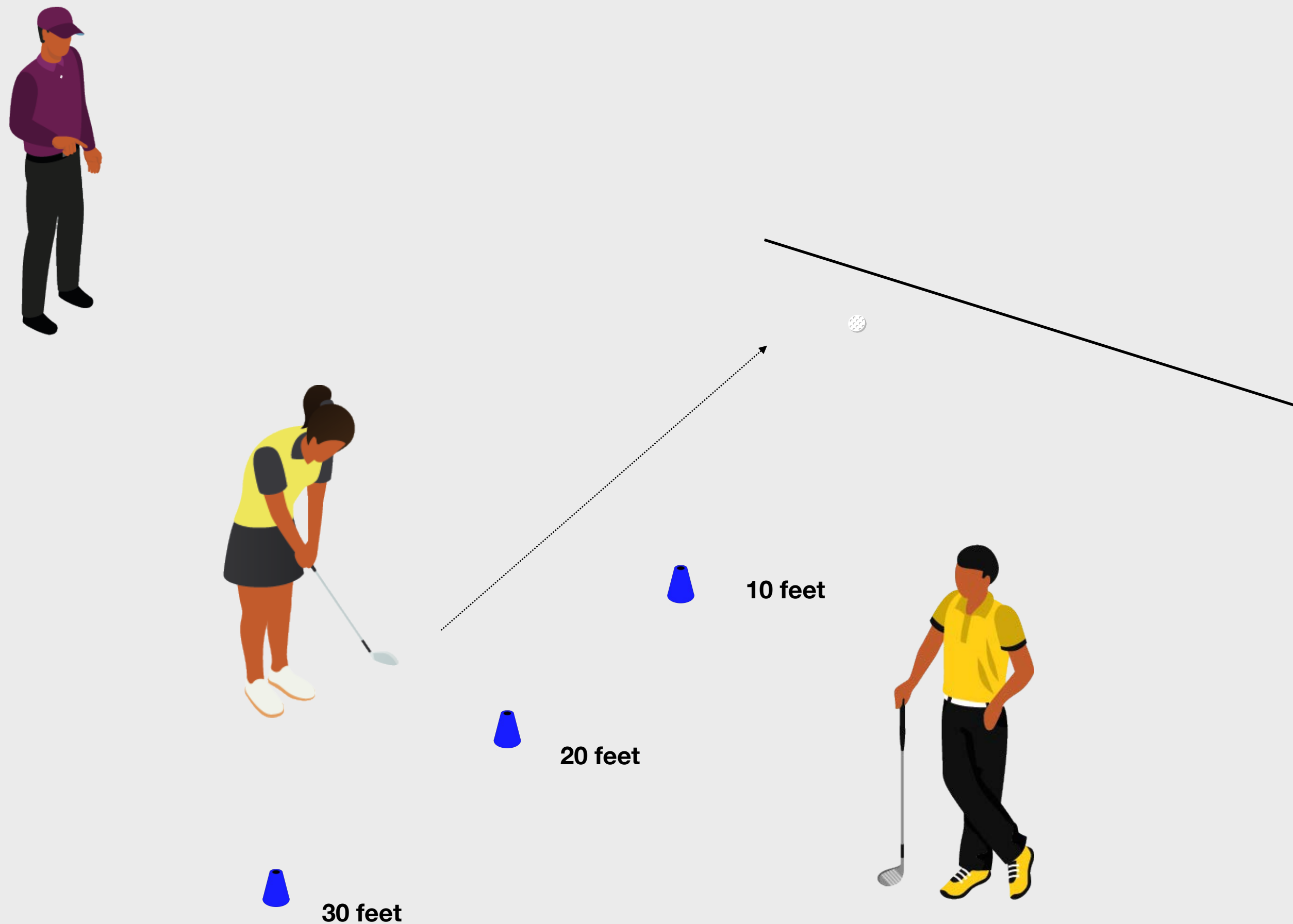
## Technical Link

- 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



# Learning the Game

This is different content compared to the content covered in the Themed Class this week.

Add to the content delivered in the themed class and provide further information on the following areas:

## 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?



# 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:

## 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;

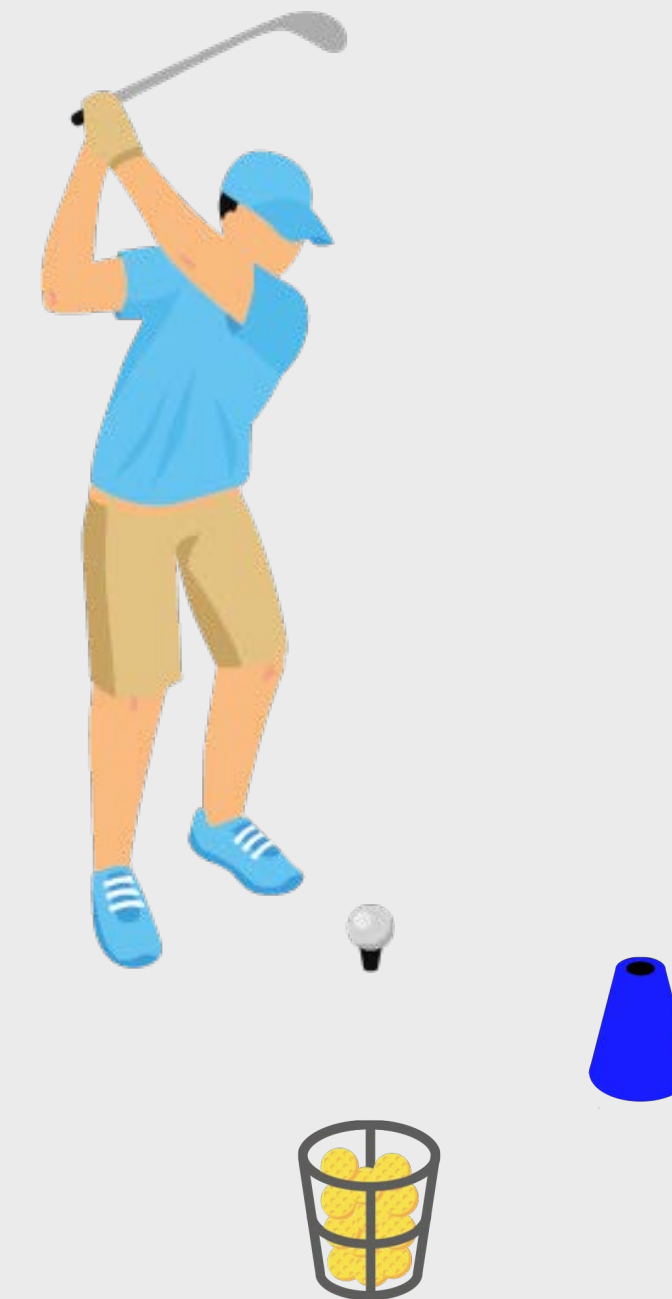
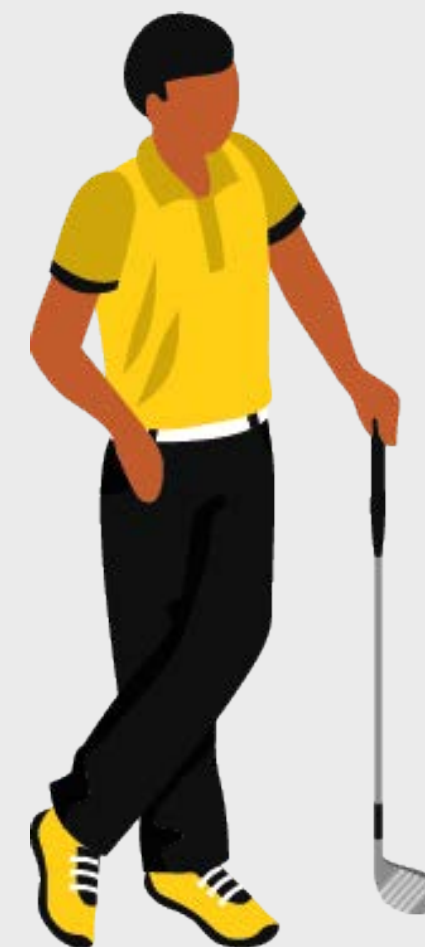
- Quality proteins
- Healthy fat
- Low-glycemic complex carbohydrates
- Portions of starchy carbohydrates to help restore energy levels
- Drink plenty of water



# 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.





# Skill Challenges

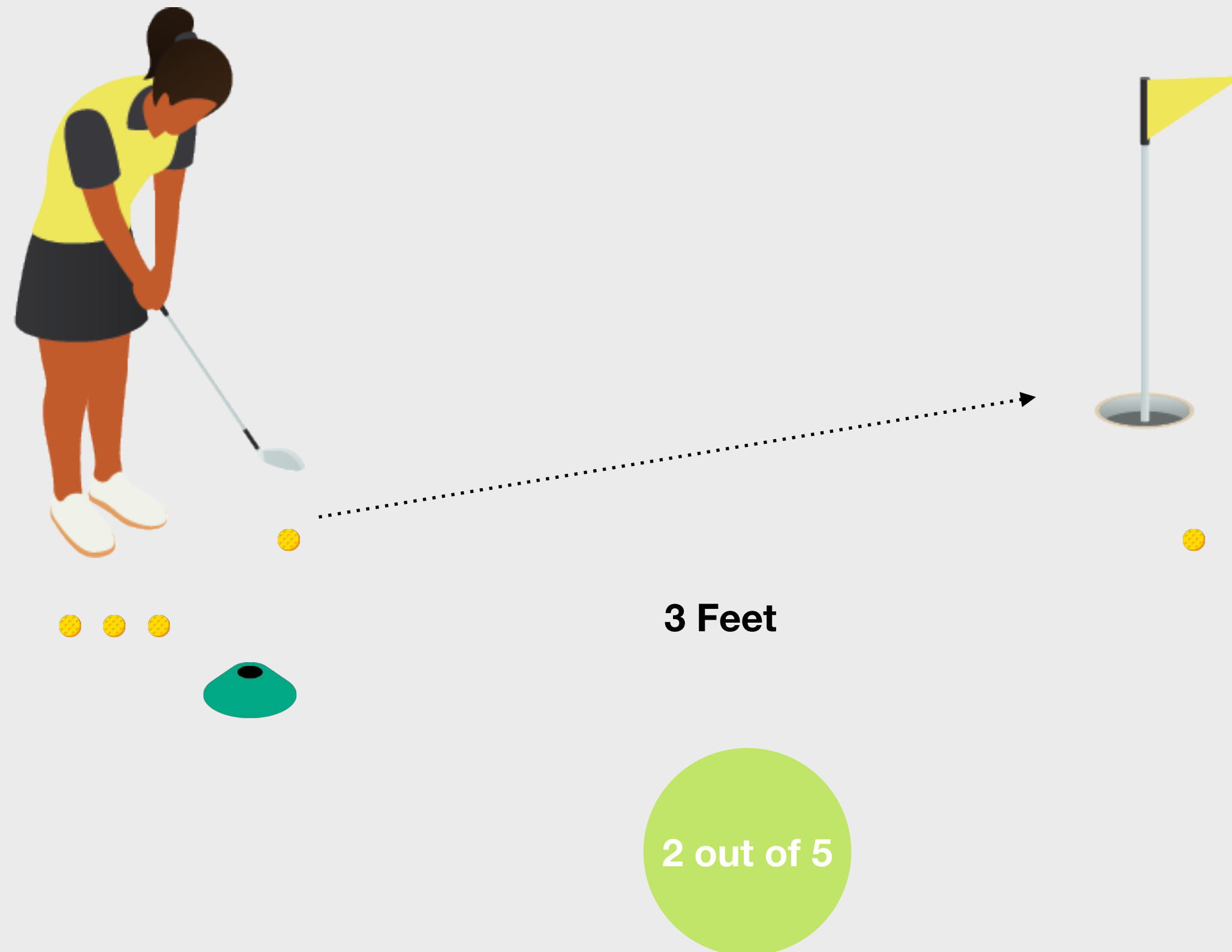




# Level 1



# Short Putts Challenge



## The Challenge

To complete the Level 1 Challenge the learner needs to putt 2/ 5 balls in the hole from 3 feet on a flat green surface from one position around the hole.

## What should the Learner do next?

After attempting the challenge, the learner should:

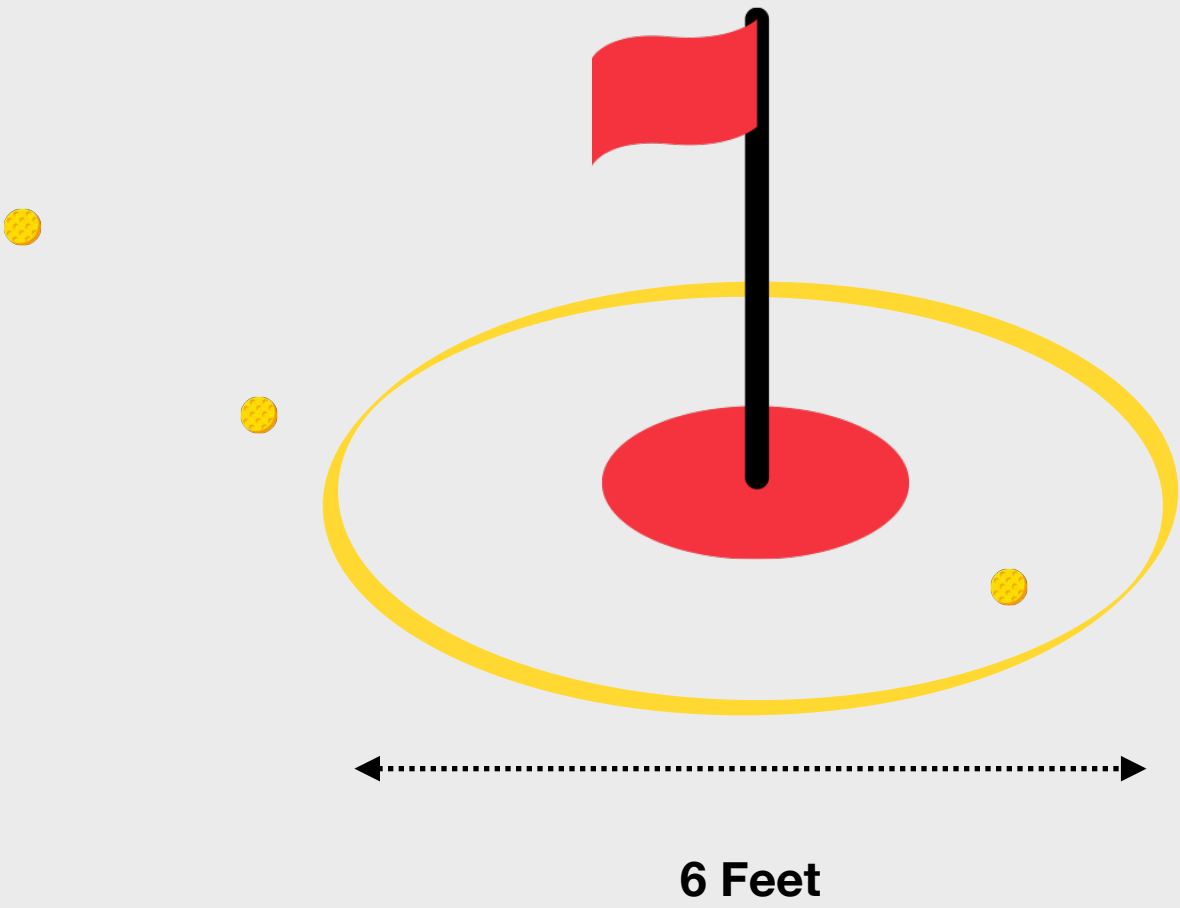
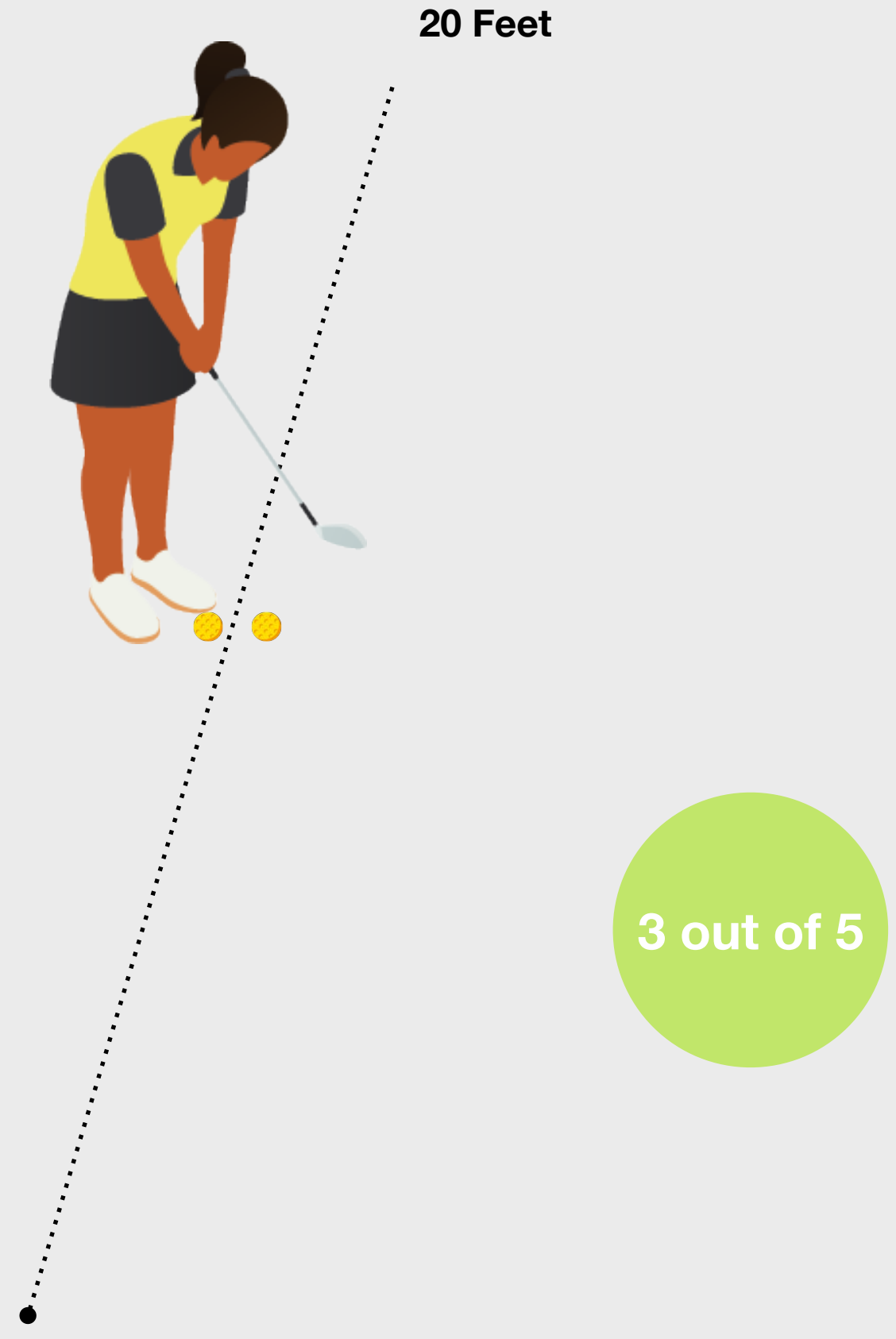
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the Challenge Section

### Short Putts





# Long Putts Challenge



## The Challenge

To complete the Level 1 Challenge within the Long Putts skill element, the Learner has 5 attempts to putt 3 balls to within a 6 foot diameter circle around the hole from a single position 20 feet from the hole.

## What should the Learner do next?

- After attempting the challenge, the learner should:
- Log their score on the GLF.Locker App
  - If they complete the challenge, mark it as complete in the Challenge Section

Long Putts

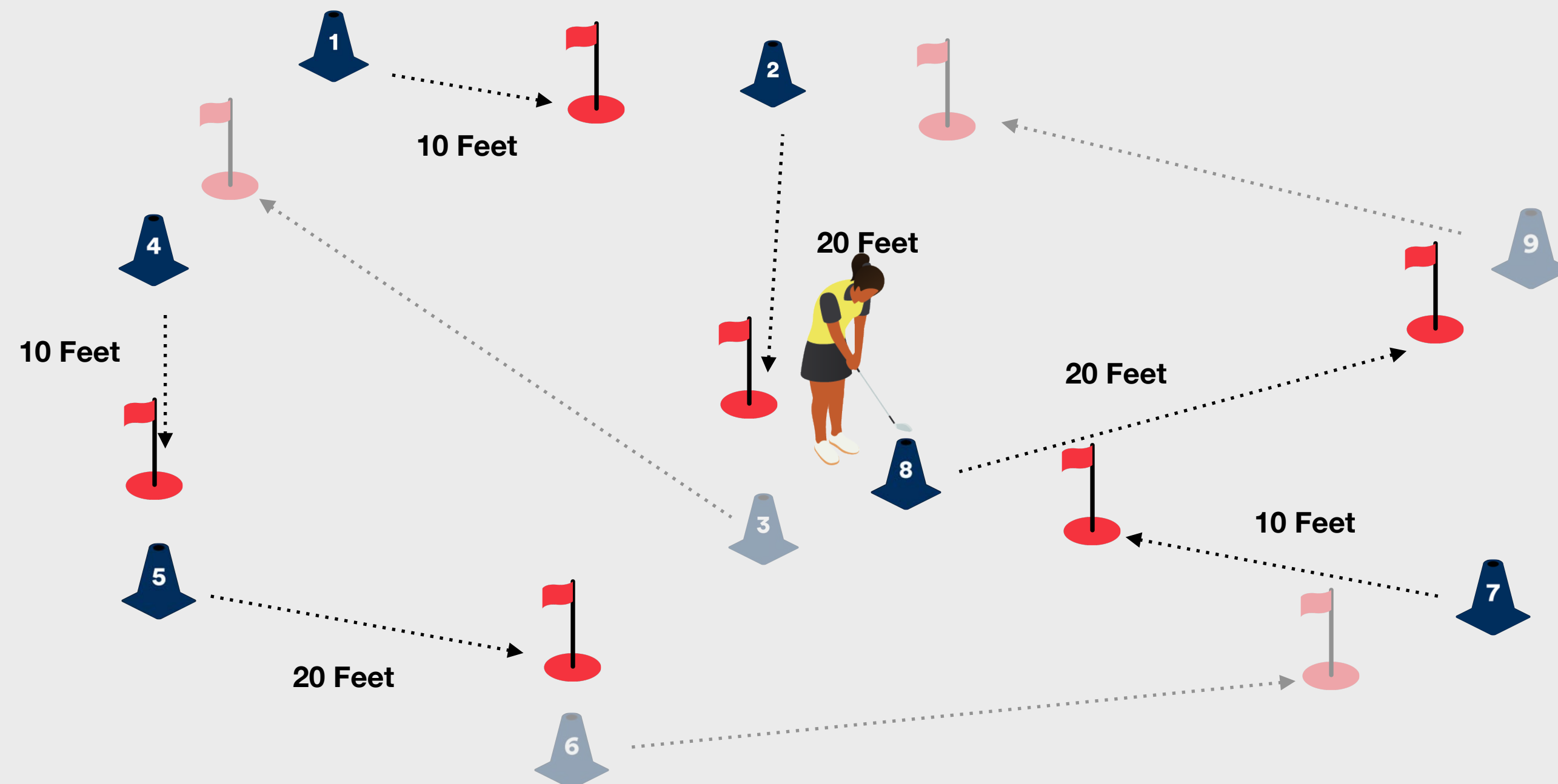
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# Scoring Challenge

## Option 1



## Option 2



## The Challenge

To complete the Level 1 Challenge within the Scoring skill element, the learner needs to score 21 putts or fewer over 6 holes on the putting green starting 10 feet away on 3 holes and 20 feet away on 3 holes.

## What should the Learner do next?

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

## Scoring

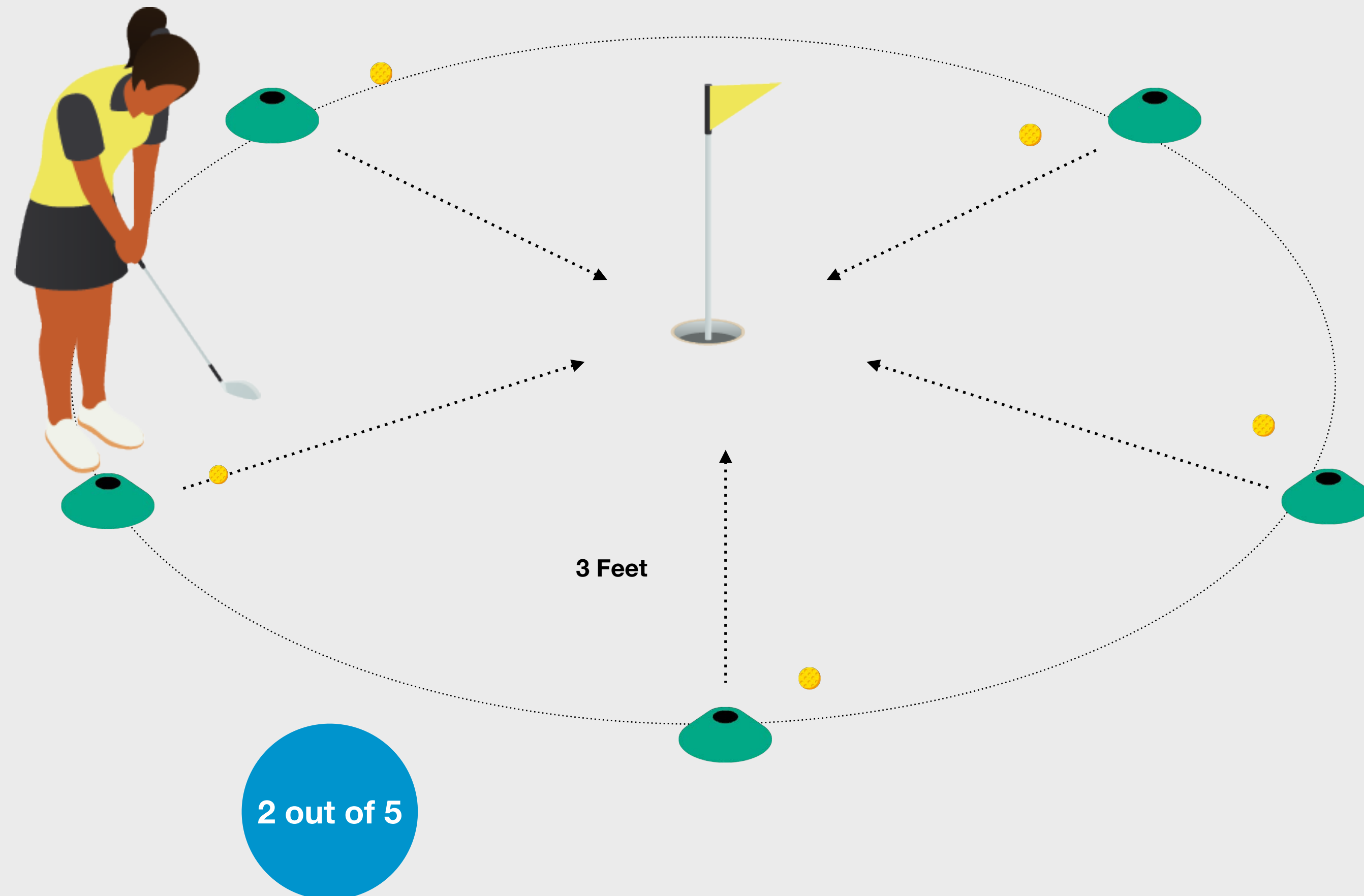


# Level 2





# Short Putts Challenge



## The Challenge

To complete the Level 2 Challenge the learner needs to hole 2 out of 5 putts from a distance of 3 feet from 5 different positions around the hole.

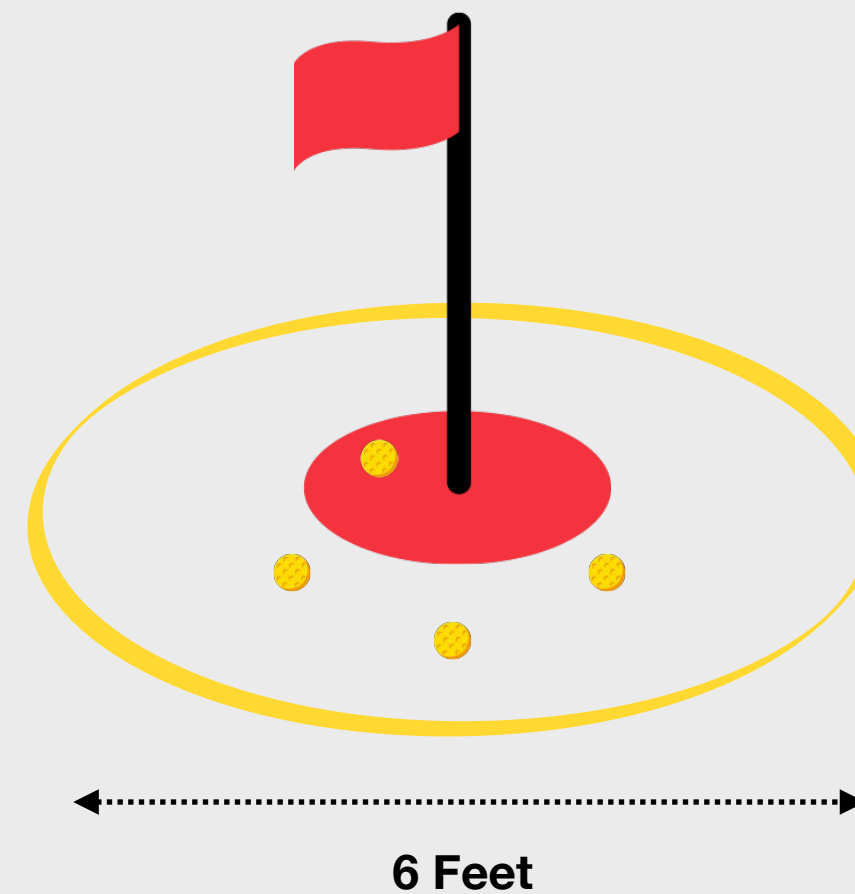
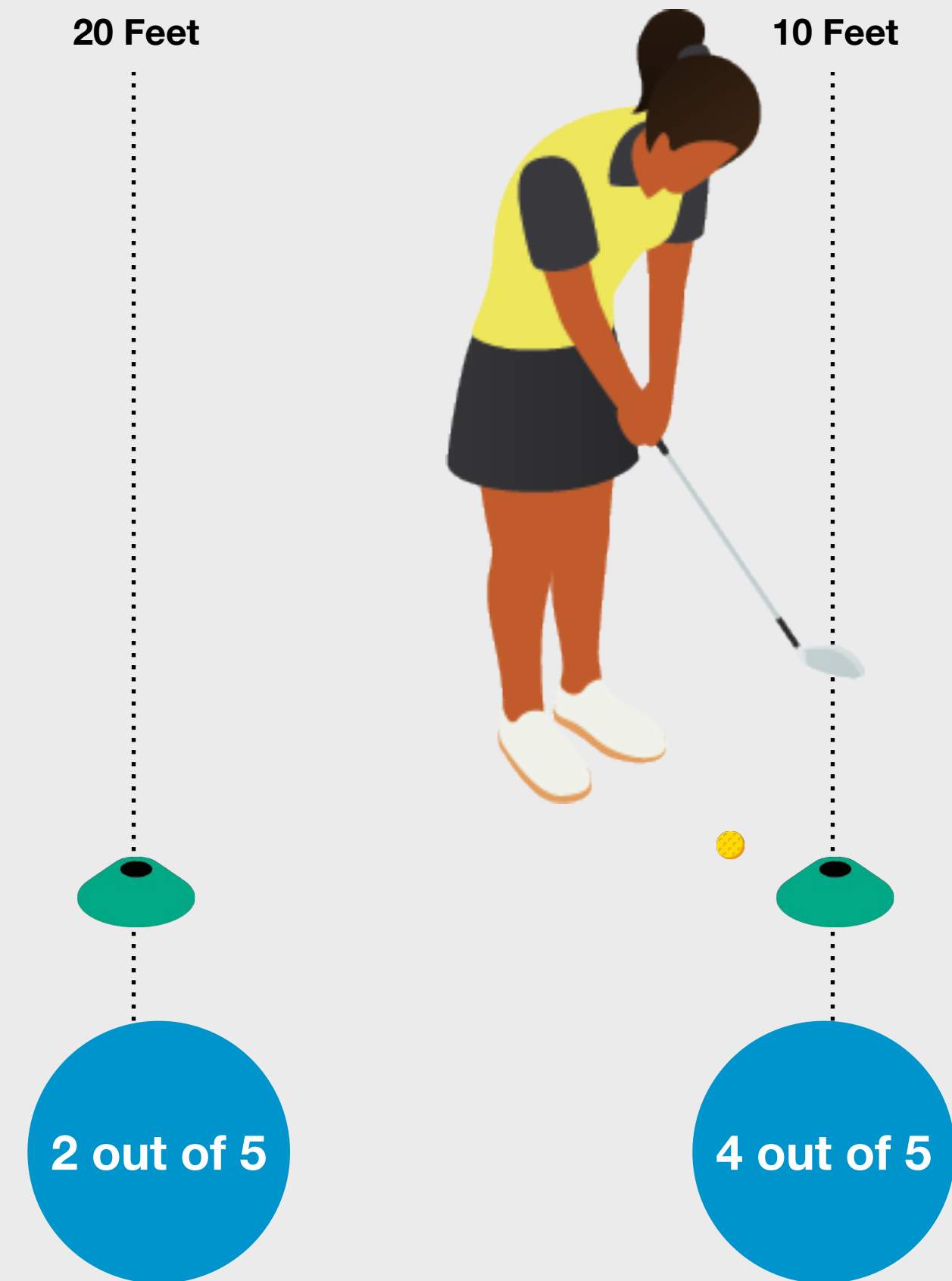
## What should the Learner do next?

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

Short Putts



# Long Putts Challenge



## The Challenge

To complete the Level 2 Challenge within the Long Putts skill element, the Learner has 5 attempts to putt 4 ball to within a 6 foot diameter circle around the hole from a 10 feet from the hole and 2 balls from a distance of 20 feet from the hole.

## What should the Learner do next?

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

Long Putts

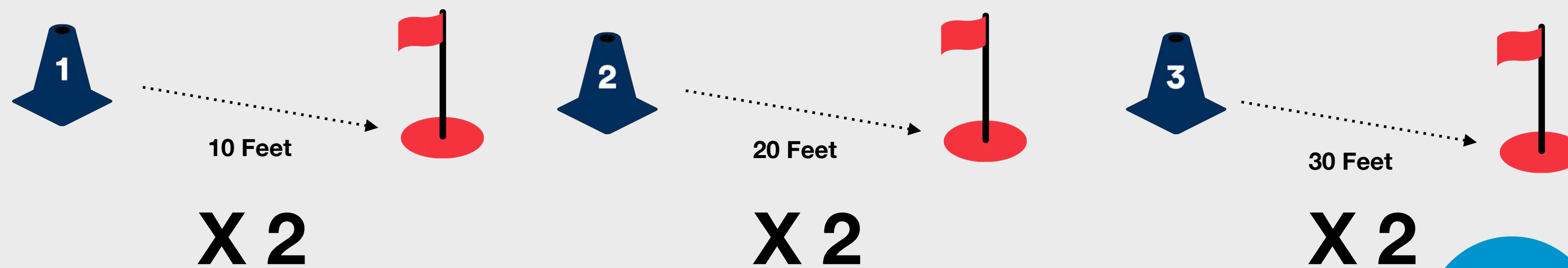




# Scoring Challenge

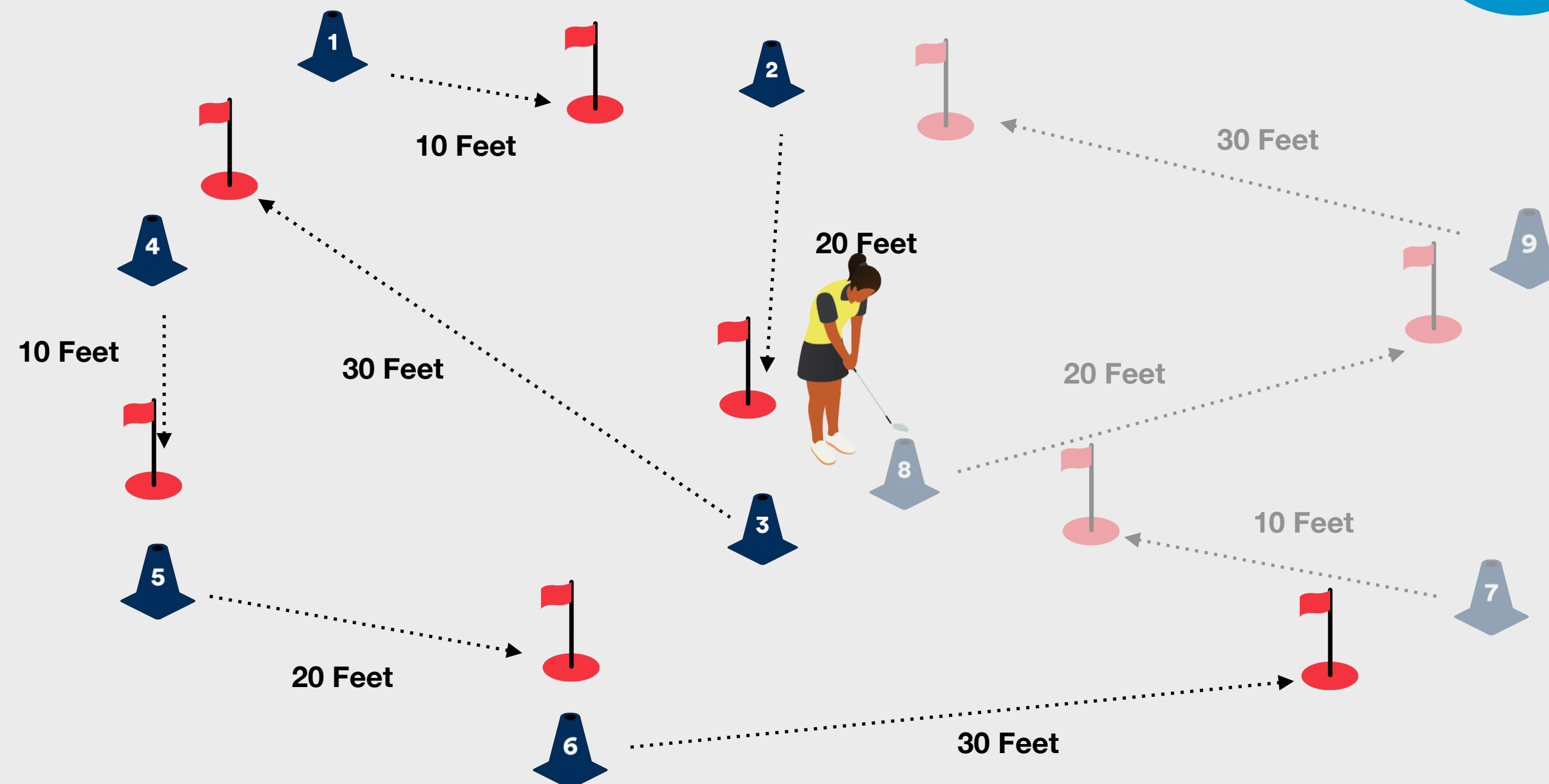


Option 1



18 putts or fewer

Option 2



## The Challenge

To complete the Level 2 Challenge within the Scoring skill element, the learner needs to score 18 putts or fewer over 6 holes on the putting green starting 10 feet away on 2 holes, 20 feet away on 2 holes and 30 feet away on 2 holes.

## What should the Learner do next?

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

### Scoring

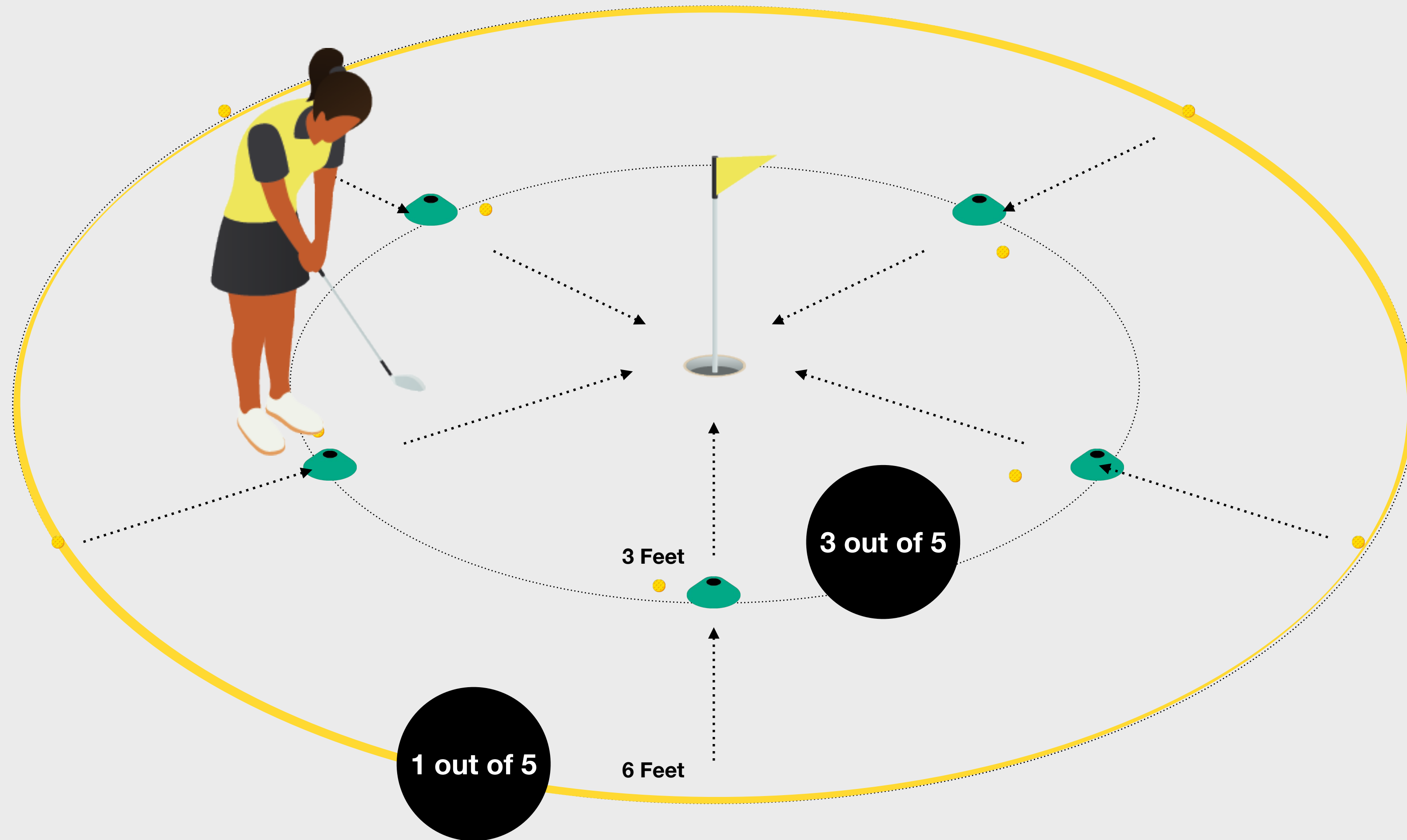


# Level 3





# Short Putts Challenge



## The Challenge

To complete the Level 3 Challenge the learner needs to hole 3 out of 5 putts from a distance of 3 feet and 1 out of 5 putts from 6 feet from 5 different positions around the hole.

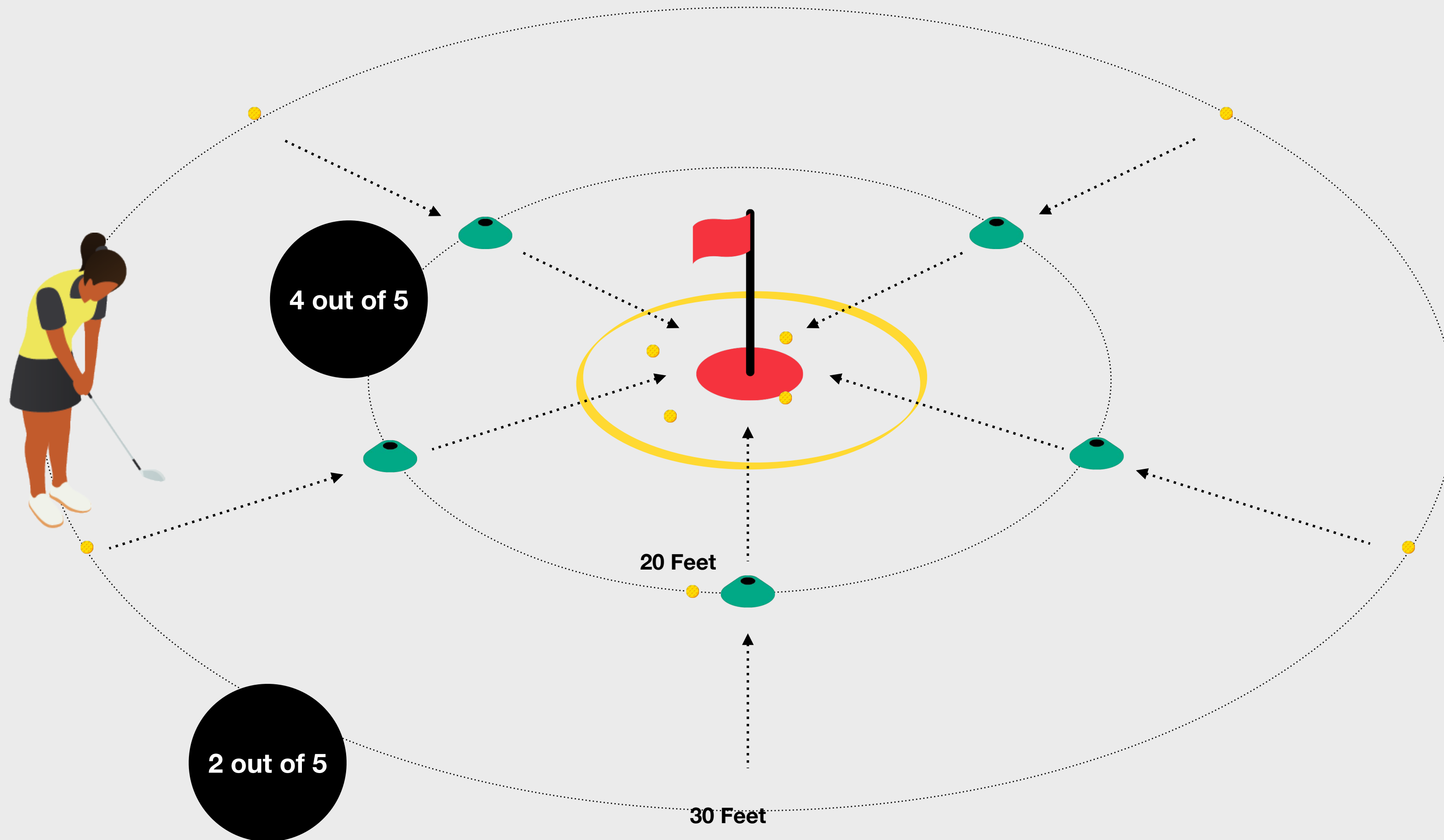
## What should the Learner do next?

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

Short Putts



# Long Putts Challenge



## The Challenge

To complete the Level 3 Challenge within the Long Putts skill element, the learner needs to putt 4 balls from a distance of 20 feet and 2 balls from a distance of 30 feet to within a 6 foot diameter circle around the hole. One putt should be attempted for each position around the hole.

## What should the Learner do next?

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

Long Putts

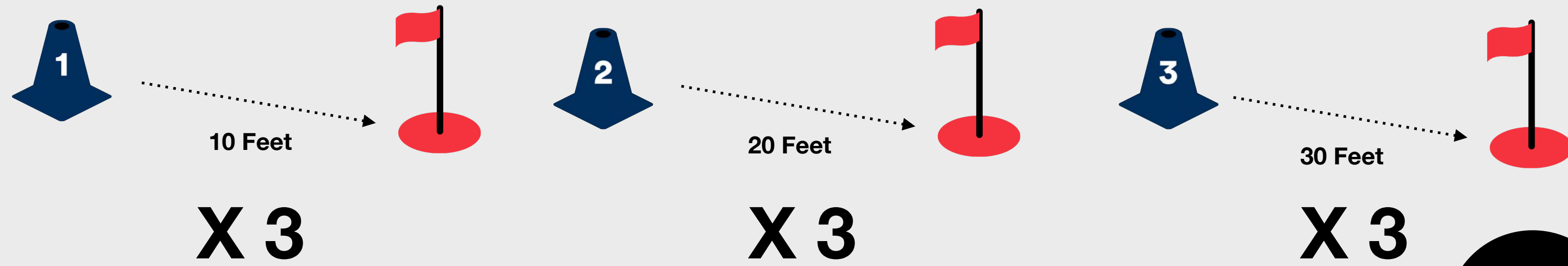




# Scoring Challenge

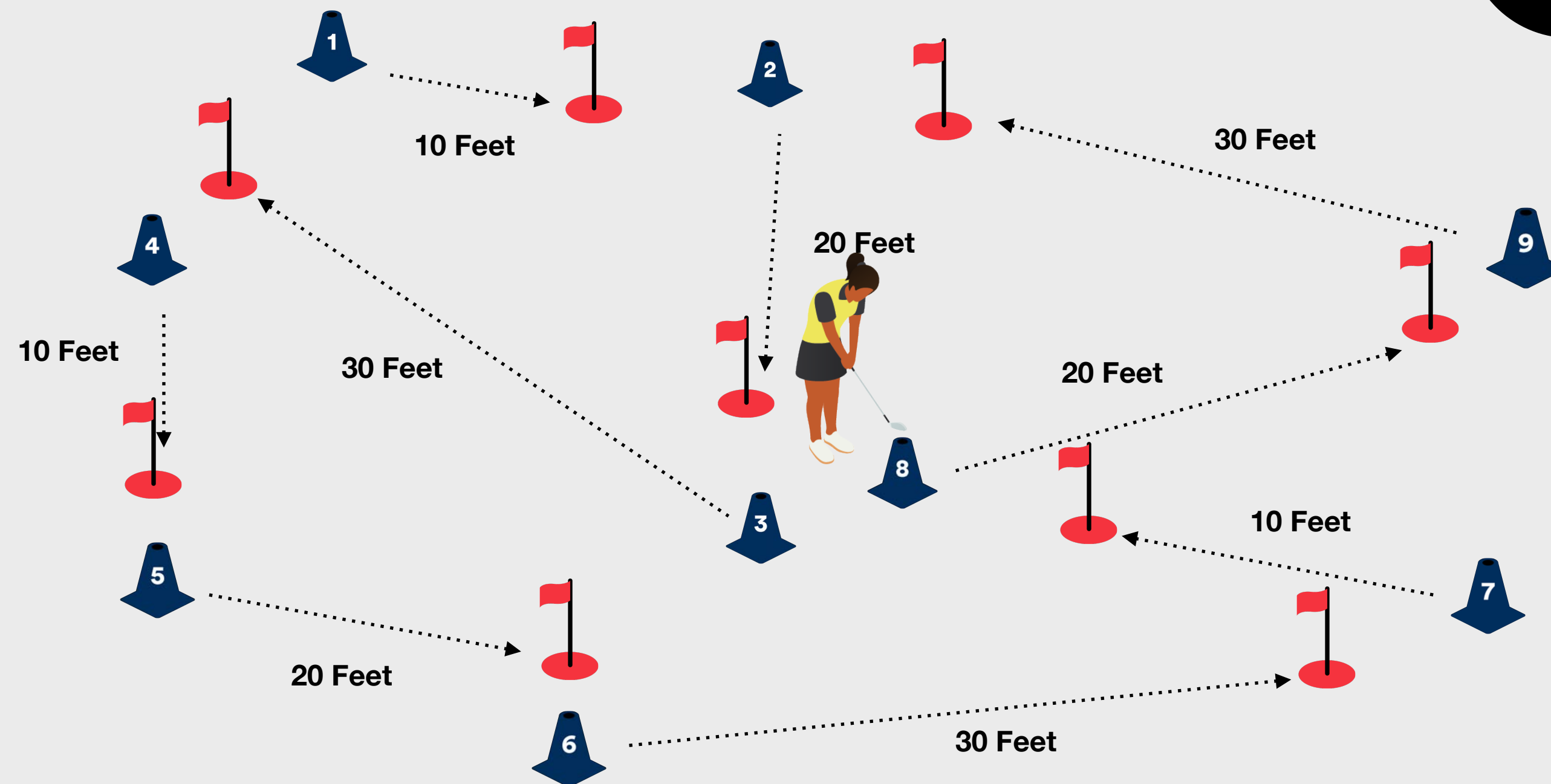


Option 1



21 putts or fewer

Option 2



## The Challenge

To complete the Level 3 Challenge within the Scoring skill element, the learner needs to score 18 putts or fewer for 9 holes on the putting green, playing 3 holes at a starting distance of 10 feet, 3 holes at a starting distance of 20 feet and 3 holes from a starting distance of 30 feet from the hole.

## What should the Learner do next?

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

Scoring

