

Around the Green

Improving Contact

Monday, June 27th - Sunday, July 3rd



GAMEON
GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:8

Mastering the Game:
Around the Green
Improving Contact

Online Whole Golfer Resource:
Injury Prevention

Learning the Game:
Rules and Etiquette
Short Game Practice

| Time | Focus | Class Content | Games / Drills / Resource |
|---------|----------------------|--|--|
| 5 mins | Introduction | <ul style="list-style-type: none"> Objectives - Introduce shots around the green Introduce the 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"> Rules and Etiquette Short Game Practice |
| 40 Mins | Mastering the Game | <ul style="list-style-type: none"> Learners break out to play the games individually, in pairs or groups A chance to build relationships amongst the group Opportunity for private coaching | <ul style="list-style-type: none"> Practice stations Game cards Secondary skill station |
| 10 mins | Challenges and Recap | <ul style="list-style-type: none"> 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"> Chipping challenge |
| 5 Mins | myGame Tracking | <ul style="list-style-type: none"> Update notes and challenges in the GLF. Connect App | <ul style="list-style-type: none"> GLF. Connect App myGame+ |

Technical Guidance

Sternum and Ball Position

The technical guidance we are prescribing is to be delivered as you see fit, use your experience to deliver this information appropriately:

Low point control

Now that learners understand that getting a consistent strike is easier by controlling the low point of the swing we can work with them to help deliver this more consistently.

Experimenting with the relationship between sternum position at impact and ball position can help a learner to strike the ball more consistently.





Rules and Etiquette - Short Game Practice

Make sure learners understand the rules that apply to practicing at the short game area at your club. This may include not chipping towards another person in case of a missed contact, knowing where you are allowed to chip or if there is a putting only practice area.

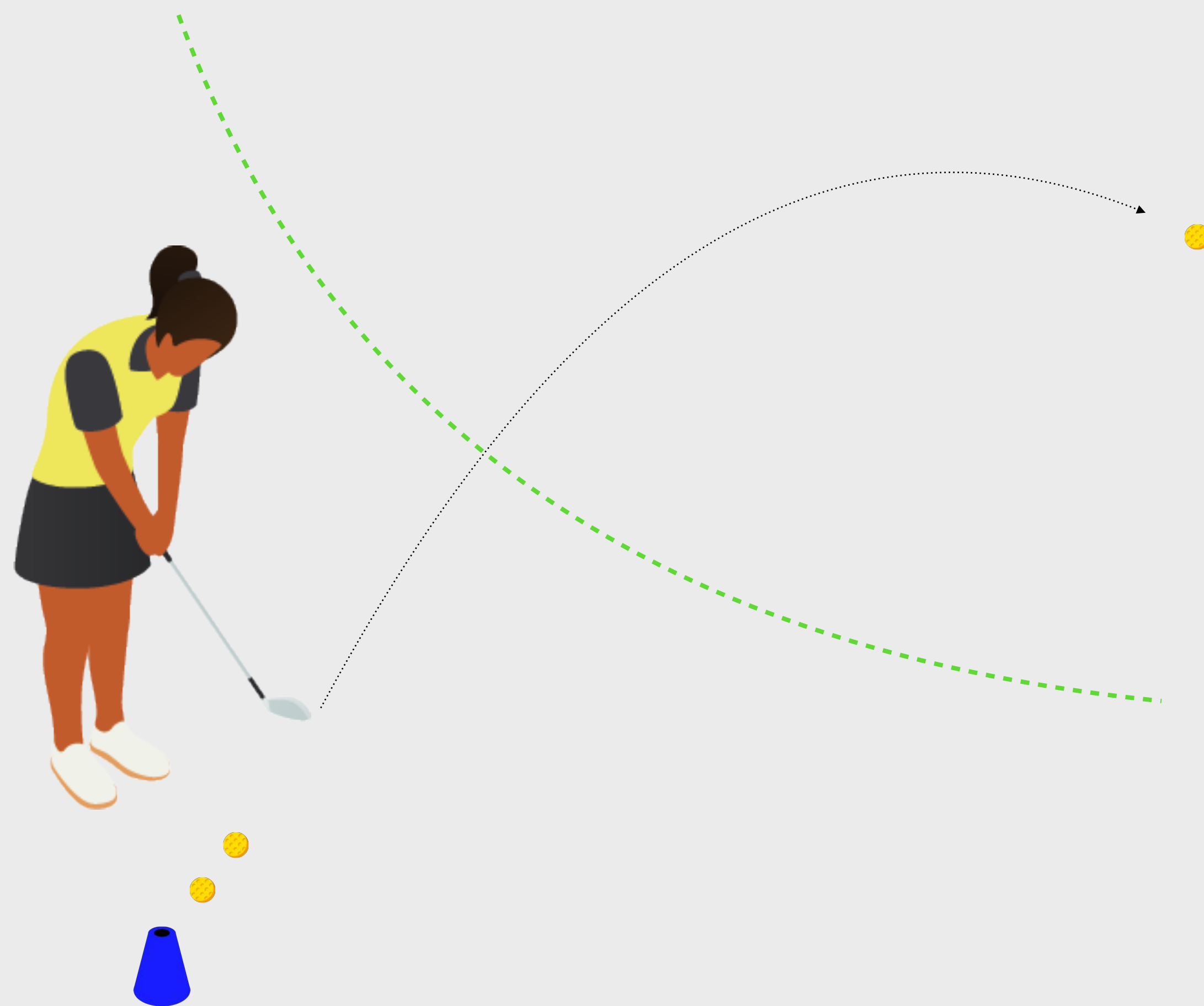


Injury Prevention

Highlight to learners that it's important to practice a technique that helps to prevent injury.

Provide some strengthening exercises that might help learners to prevent injuries, if you have an expert at the facility it would be beneficial to work together to make sure your learners know where to go to improve their strength and flexibility.

Ball Position



Equipment Needed

- Pitching Wedge or Sand Wedge
- 3 Golf balls

How to Practice

- The learner should attempt to hit the same chip shot three times, but use a different ball position each time
- The learner should play one ball from the center of their stance, one an inch or two forward of center and one an inch or two behind

Technical Link

- This activity will help learners build an awareness of the different ball positions and the impact on strike, flight and roll

Sternum



Equipment Needed

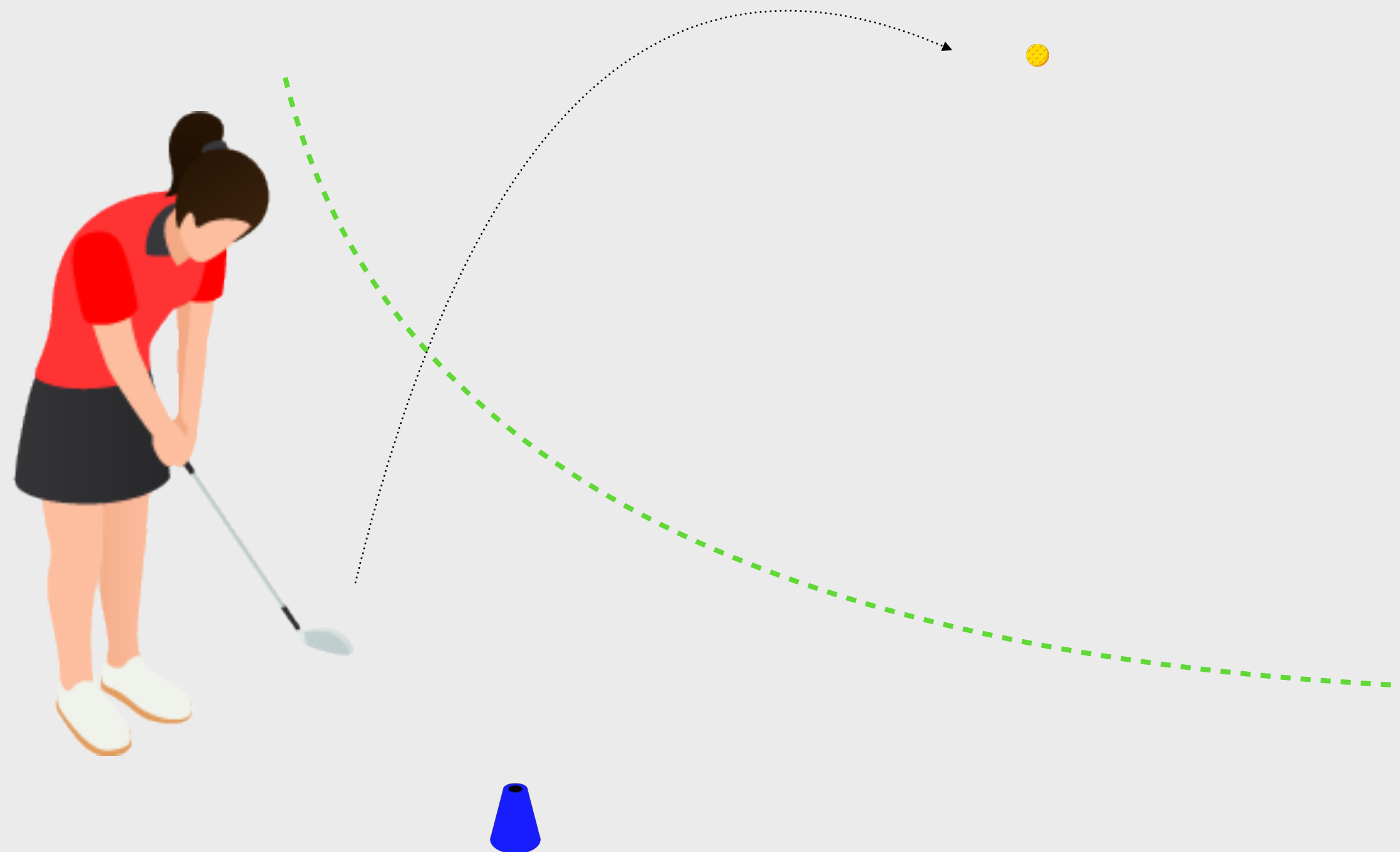
- Alignment Stick
- Golf balls

How to Practice

- Learners should use an alignment stick or their golf club to discover whether their sternum is positioned at address
- Hold the club or alignment stick at one end, place it against the sternum and let it hang down naturally
- It will then be obvious whether the learner is set up with their sternum before, level with, or in front of the ball

Technical Link

- This activity will help the learner to understand their position at set up and how, when the sternum is positioned behind the ball, they will be more likely to strike the ground first



Landing Zones



Equipment Needed

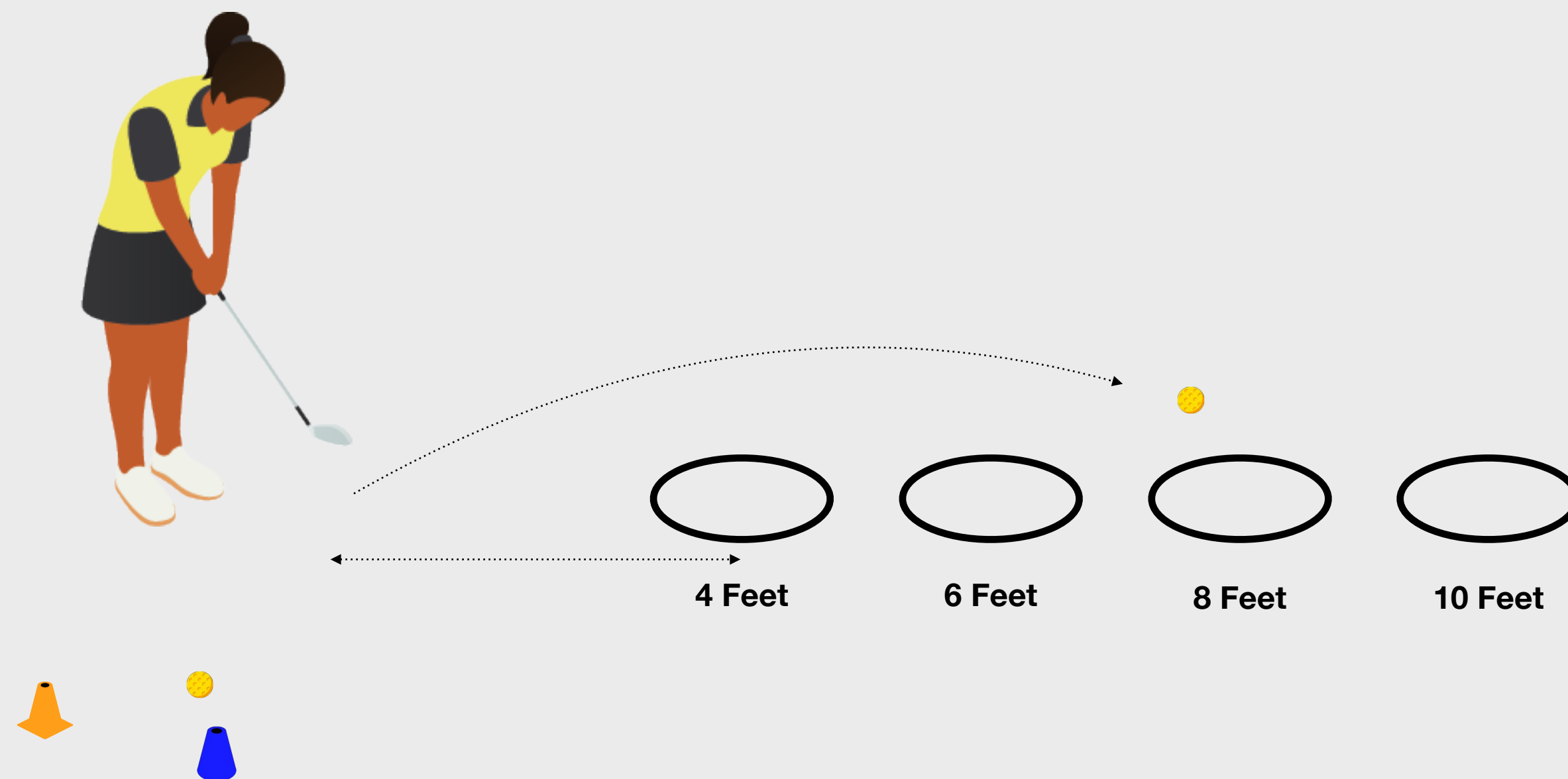
- Hoops
- Golf balls

How to Play

- Place the hoops on the ground from 4 to 10 feet
- The aim is to chip the ball to land in the first hoop, and then each consecutive hoop thereafter
- The learner counts how many shots it takes to chip the ball to land in each hoop

Progression Ideas

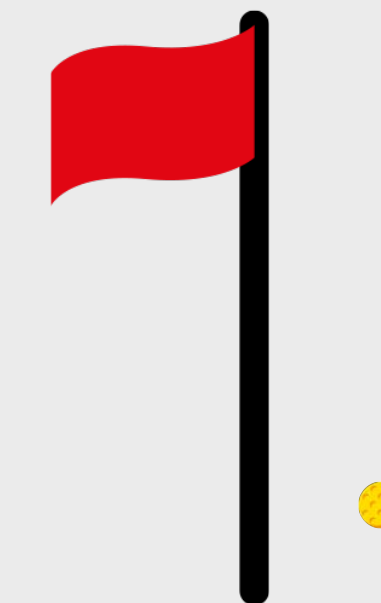
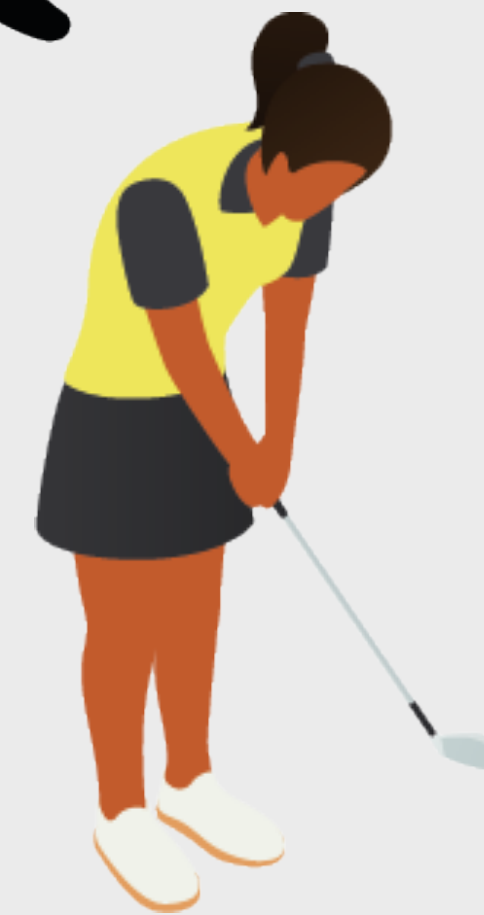
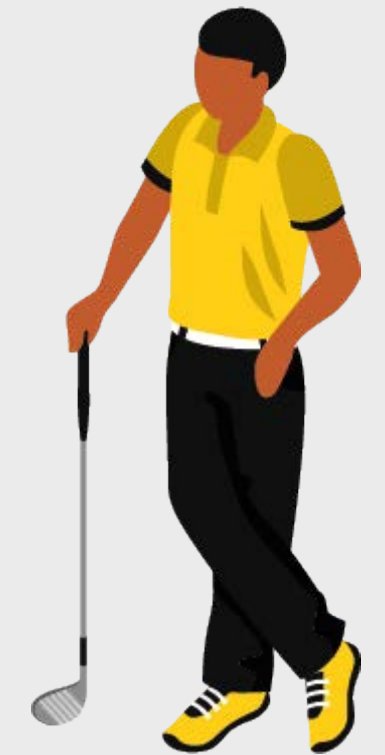
- Provide a limit on the number of attempts to complete the challenge
- Extend the challenge by adding more hoops, or asking learners to land the ball in each hoop consecutively to the furthest hoop, and then back to the closest hoop again



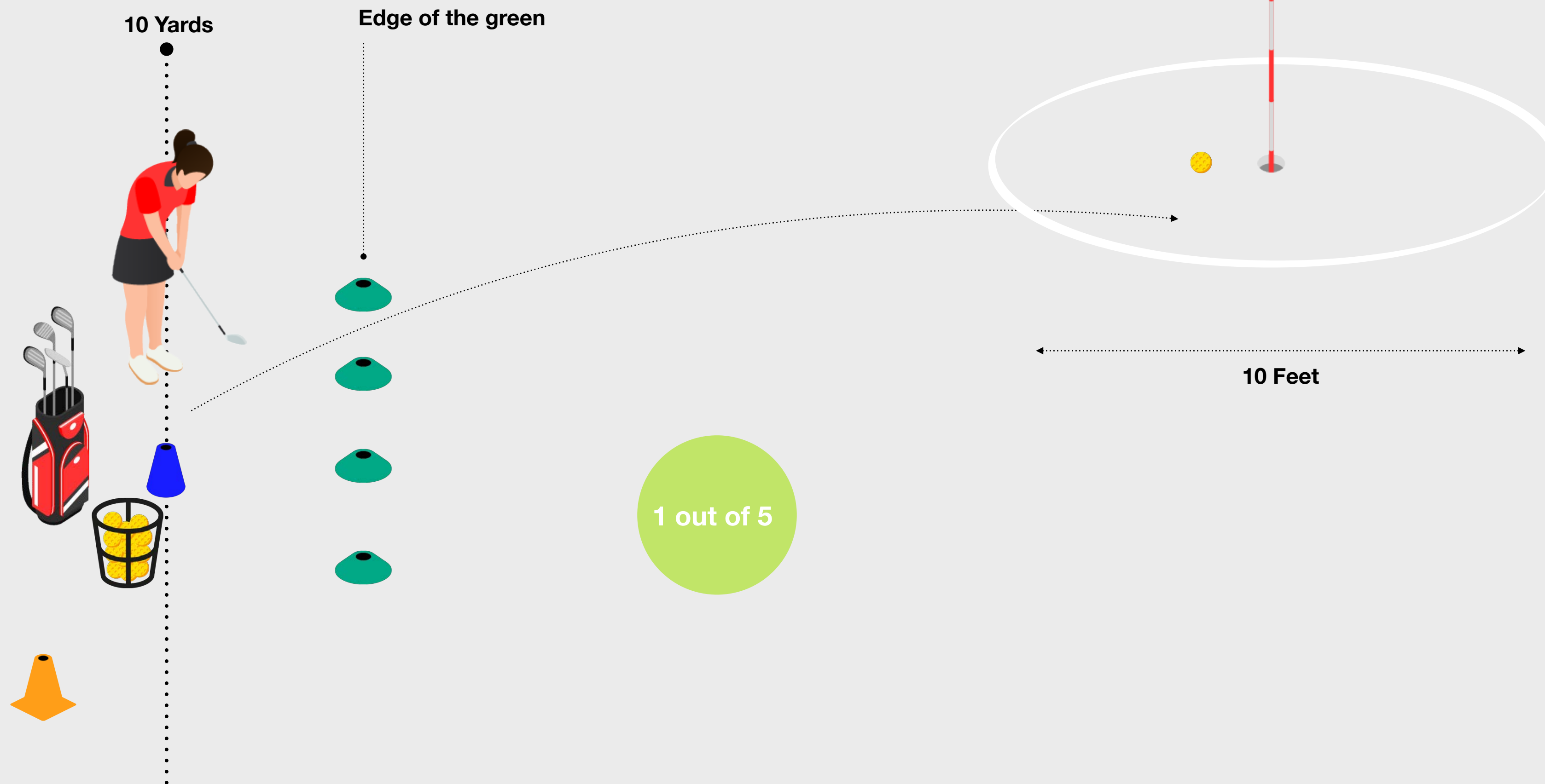
Secondary Skill

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 their swing and specifically irons.



Chipping Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to chip 1/ 5 shots to finish within a 10-foot diameter target circle from a distance of 10 yards from the hole.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting position
- 10-ft target circle from your equipment bag
- Golf Balls

What should the Learner do next?

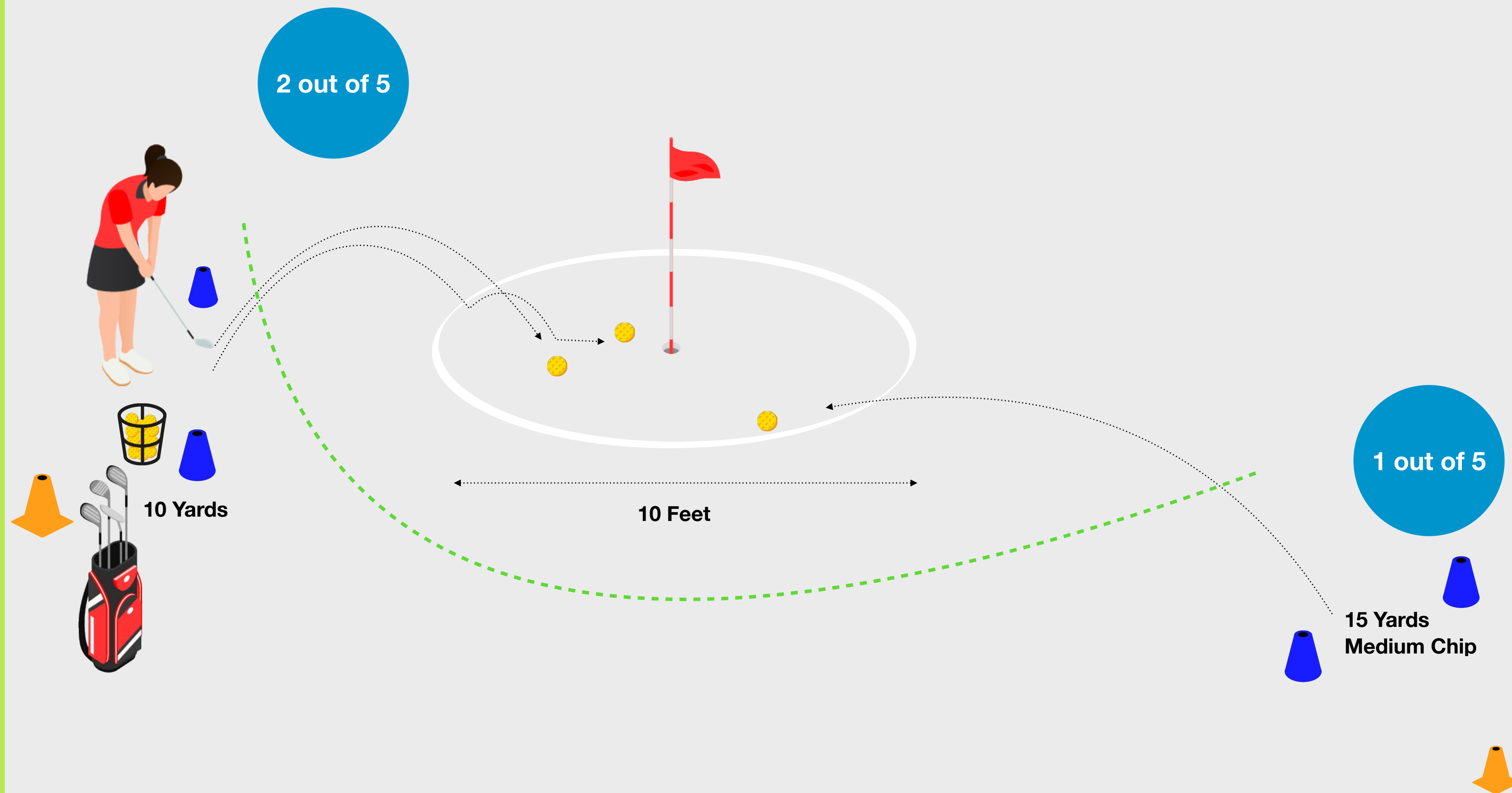
After attempting the challenge, the learner should:

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

Chipping



Chipping Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to chip 2 out of 5 shots from 10 yards and 1 out of 5 shots from 15 yards to finish within a 10-foot diameter target circle.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting positions
- 10-ft target circle from your equipment bag
- Golf Balls

What should the Learner do next?

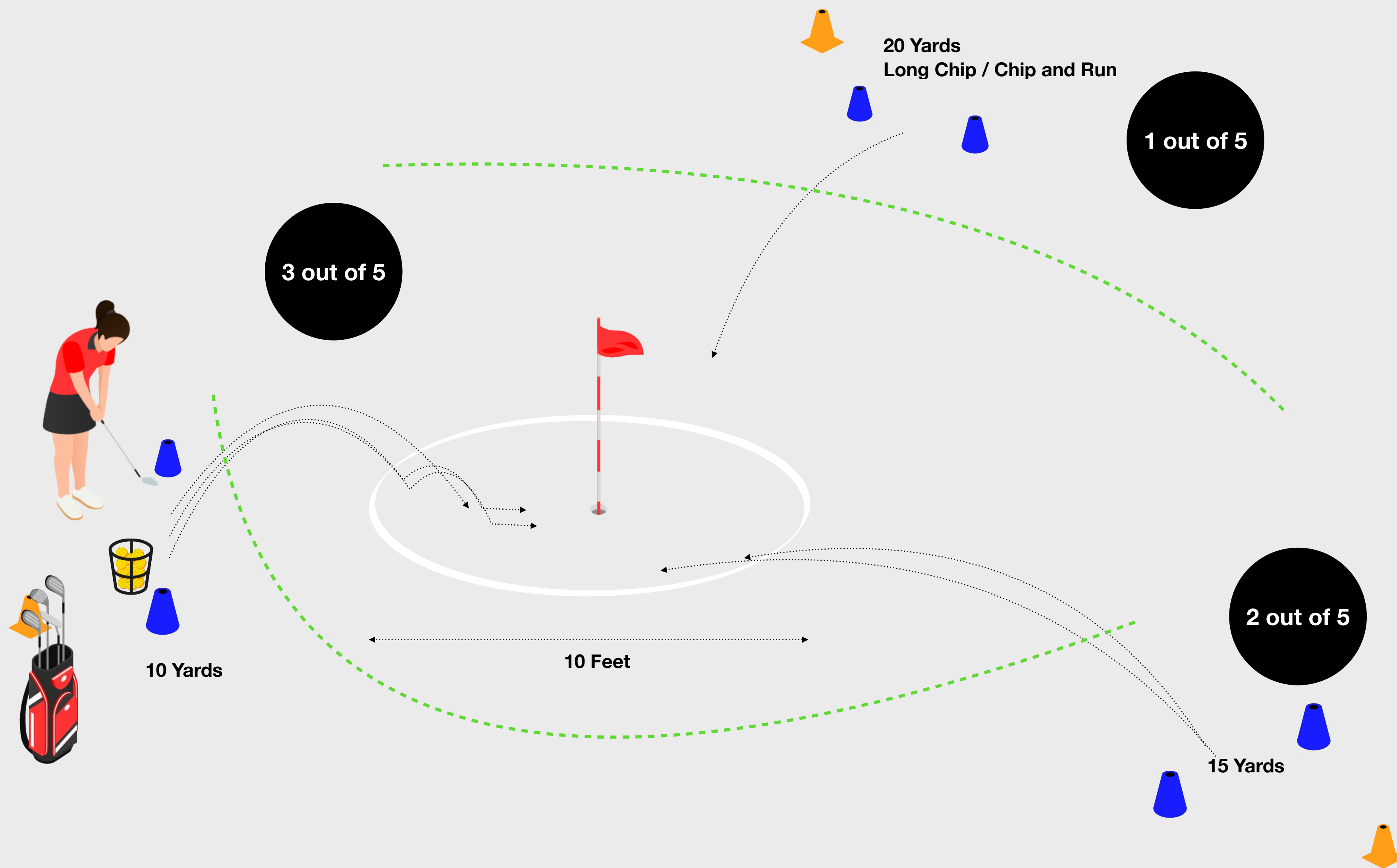
After attempting the challenge, the learner should:

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

Chipping



Chipping Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to chip 4 out of 5 shots from 10 yards, 2 out of 5 shots from 15 yards and 1 out of 5 shots to finish within a 10-foot diameter target circle.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting positions
- 10-ft target circle from your equipment bag
- 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

Chipping

