

Practice Around the Green

Monday, June 27th - Sunday, July 3rd



GAMEON
GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game:
Around the Green
Pitching

Whole Golfer Focus:
Pre Shot Routine

Learning the Game Focus:
Short Game Warm Up

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: Clock Control Game station: Closest to the Pin Whole Golfer Focus: Pre Shot Routine 	
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Allow for self-discovery and guided learning 	Clock Control Closest to the Pin
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"> Short Game Warm Up
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Allow for self-discovery and guided learning 	Clock Control Closest to the Pin
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. Connect <i>myGame</i> App

Clock Control



How to Practice

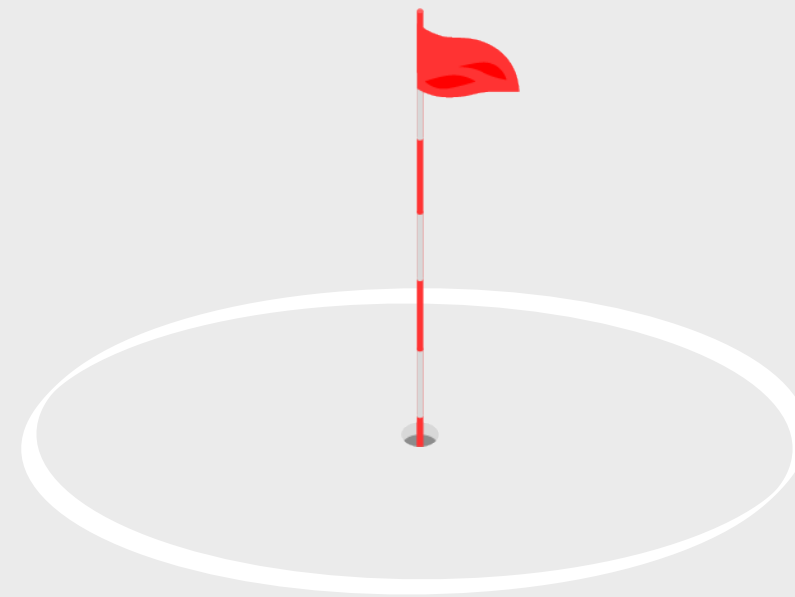
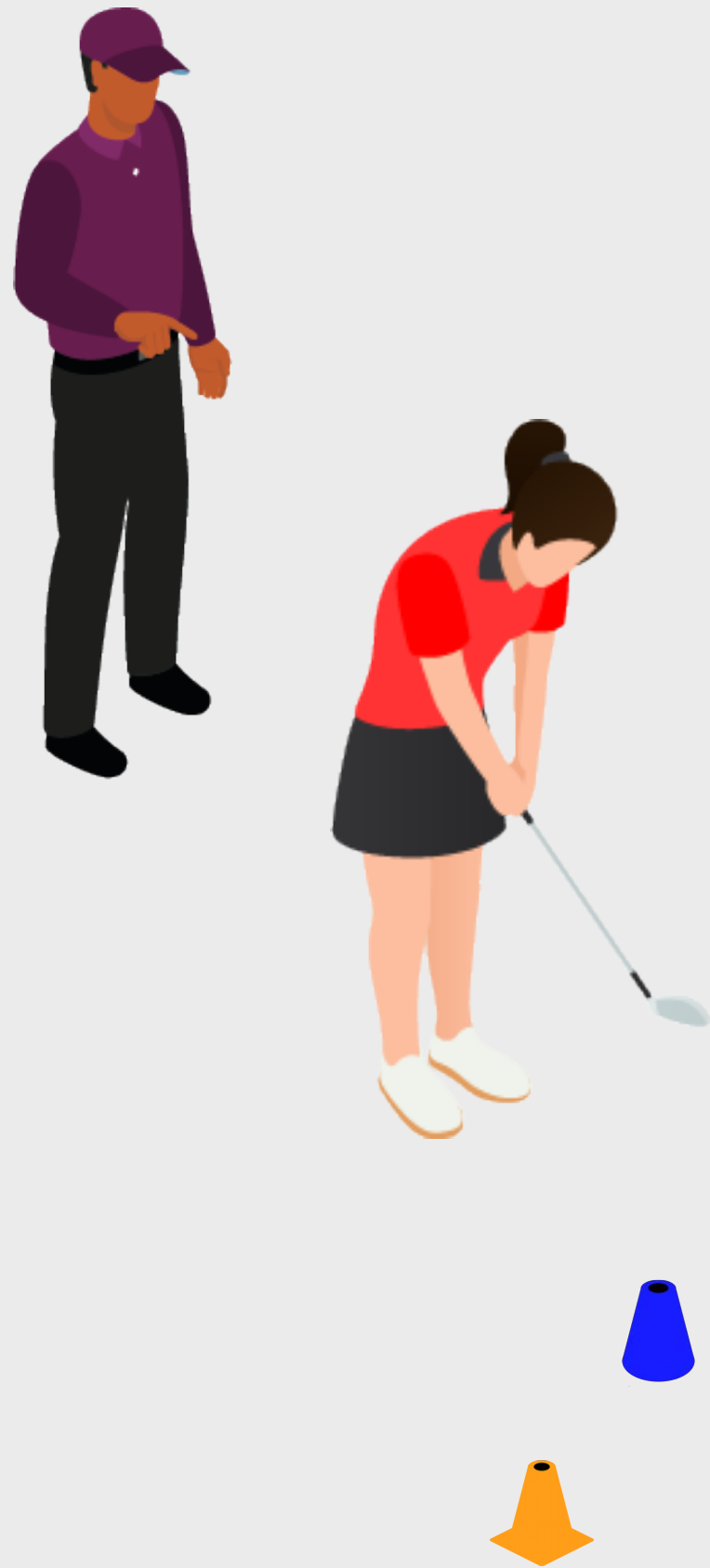
- Learners practice by swinging the club back different distances and seeing how this affects the distance the ball travels
- The learners should think about the club head travelling back to 7, 8, 9 and 10 o'clock to give some context to how far back they are swinging the club
- Do not worry about playing to a specific target, the aim should be to achieve good contact and see how far the ball travels when this happens

Technical Link

- This activity will help the learner to understand the distance the ball travels relative to the speed of the club head and length of swing



Closest to the Pin



Equipment Needed

- 10 golf balls

How to Play

- Nominate a player to play first. Each learner has 5 shots per round
- The first player attempts to pitch their ball as close to the flag as possible
- Then the second player hits their first shot and attempts to get it closer than the first
- The aim is to get as many balls close to the pin as possible, compared to your playing partner
- Each ball that is closer to the pin scores a point

Progression Ideas

- Vary the distance from the starting position to the flag
- Drop the ball each time to simulate a real, on course situation



Short Game Warm Up

Your learners have been introduced to what to do before a round, now we add some more detail to the short game warm up.

Learners quite often neglect the short game when warming up before a round, you should encourage them to practice two or three key shots, to build confidence before heading out onto the course.



Pre shot routine

Introduce learners to the importance of a pre shot routine. Getting into the correct frame of mind for the shot knowing that they are giving themselves the best chance to achieve a good outcome.

The pre shot routine shouldn't be over complicated for a learner, and should include just one or two practice swings. Suggested content would include; thinking about the shot, choosing the appropriate club, rehearsing the shot, aiming and executing the shot.

Secondary Skill

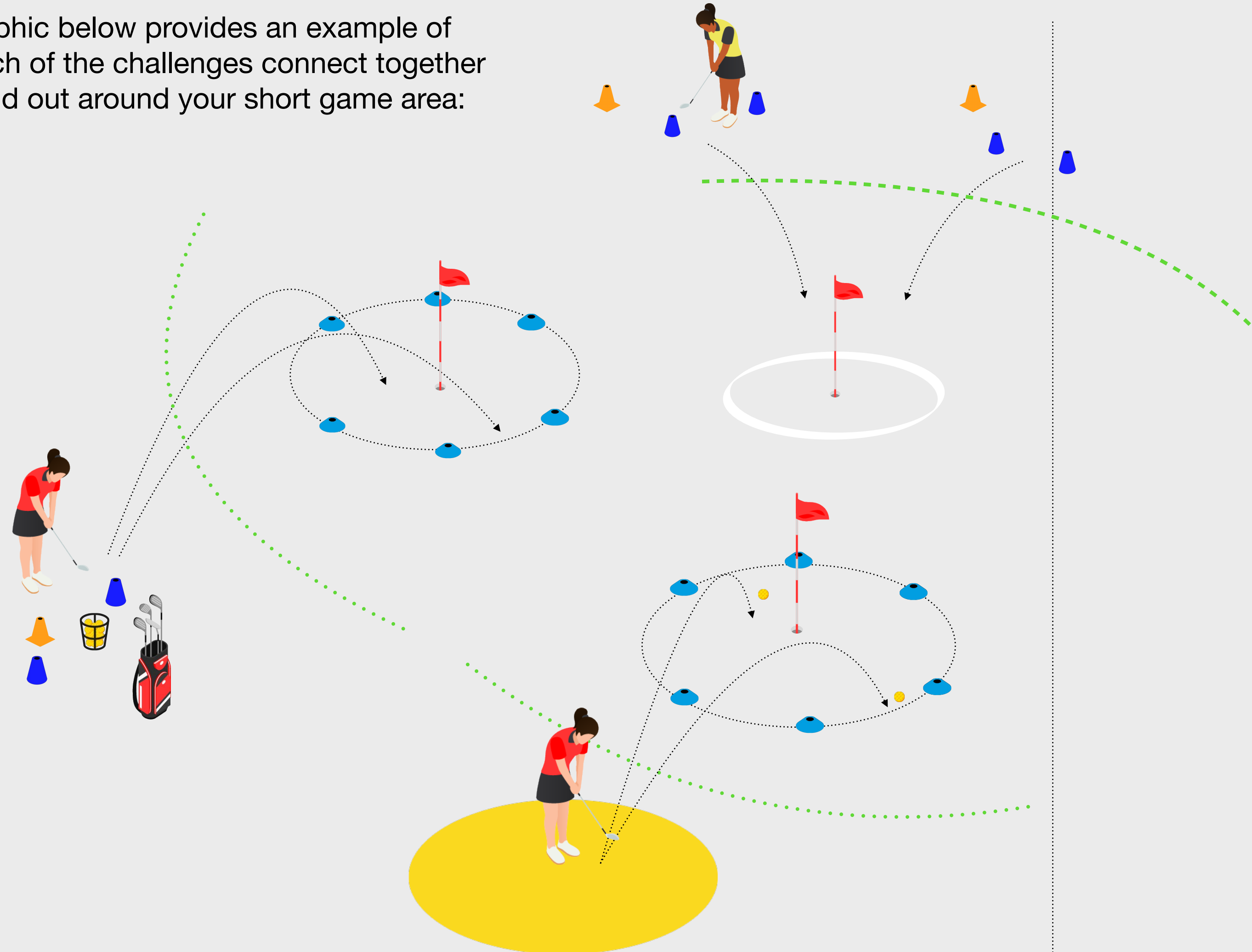
To allow for variety of practice during the session, and to enable those that may have missed a class to catch up on practicing some of the other skills we recommend having one of the stations set up as a secondary skill.

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

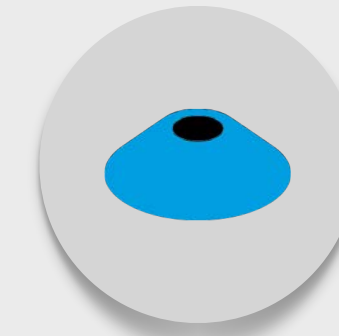
The graphic below provides an example of how each of the challenges connect together when laid out around your short game area:



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