

# Practice Your Swing - Driving

Monday, July 4th - Sunday, July 10th

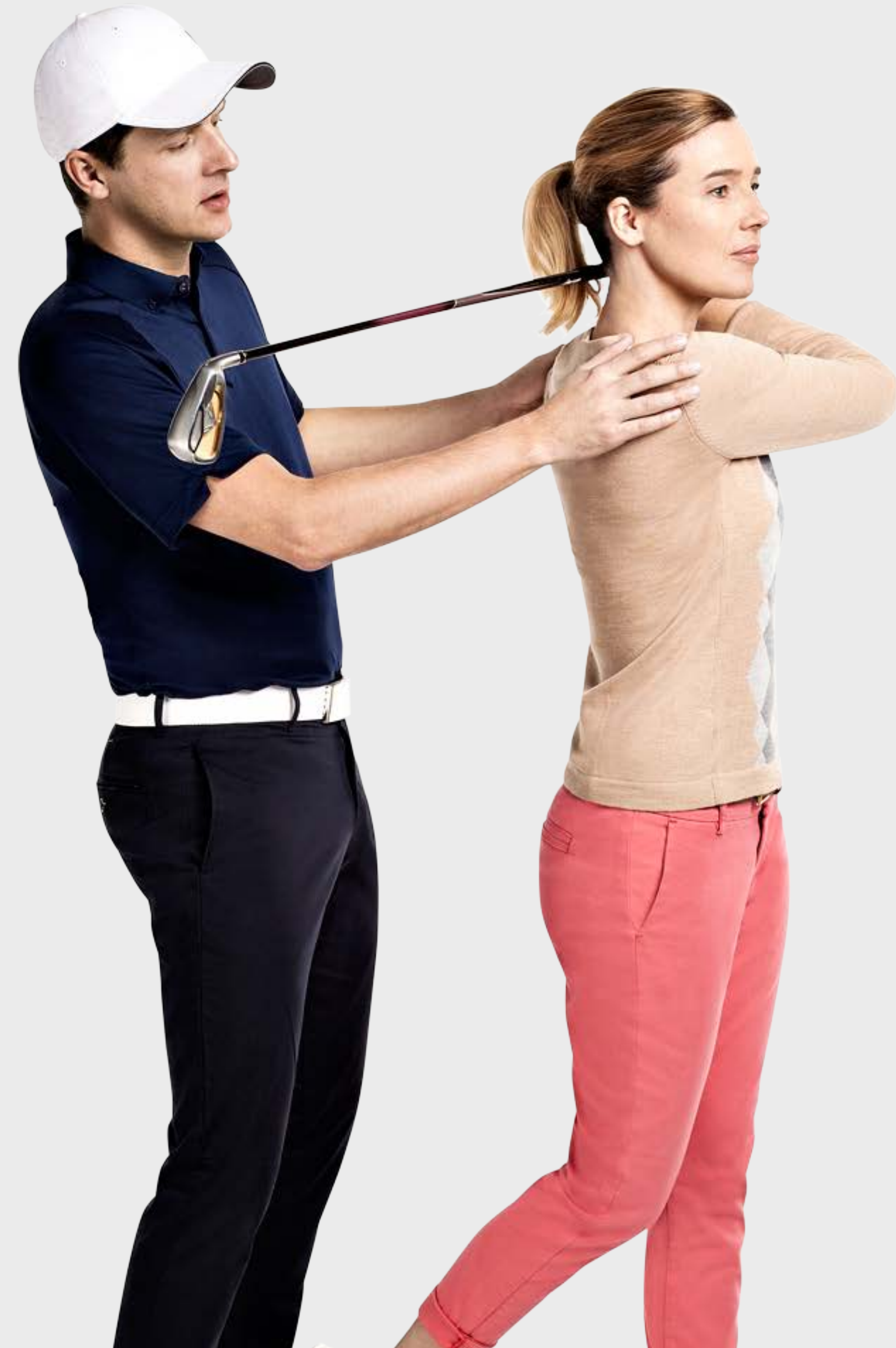


# GAMEON

GOLF DEVELOPMENT

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# Class Timetable

**Class Timetable**

Session Length: 60mins

Time	Focus	Class Content
15 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> <li>Outline the objective of the Practice Club to the Group</li> <li>Explain the layout of the session</li> <li>Outline the Challenges that can be attempted in the Class and make those attending aware of the Challenge Cards demonstrating how to attempt the Challenge</li> <li>Outline the Games available within the Class</li> <li>Explore the Whole Golfer Focus for the Class</li> </ul>
20 Mins	Games, Practice & Challenge Time	<ul style="list-style-type: none"> <li>Those attending the class can now engage in individual practice, social practice and competitive play and attempt the Mastering the Game Skills Challenges</li> <li>Opportunity for Private Coaching</li> <li>A chance for those attending</li> <li>Allow for self-discovery and guided learning</li> </ul>
15 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Get the group together to introduce the Learning the Game Focus</li> <li>Learners should have the option to carry on their activity to suit their needs or participate in the group introduction</li> </ul>
10 Mins	myGame Tracking and Recap	<ul style="list-style-type: none"> <li>Recap the class focus and answer any questions</li> <li>Add any lesson notes to the learner's Student Connect on GLF Locker</li> <li>Allow for time for the Learners to enter their Challenge Score in the myGame Area and complete the challenge if they have been successful.</li> <li>Learners should mark their attendance at a Practice Club in the myJourney section of the myGame area of GLFLocker</li> <li>Direct the learners to the online resource for the Whole Golfer and Learning the Game Focus</li> </ul>

**Mastering the Game Focus:**  
On the Green  
Long Putts, Short Putts & Scoring

**Whole Golfer Focus**  
Basic Pre Shot Routine

**Learning the Game Focus:**  
Etiquette on the Putting Green - Line of the putt

**Challenge:**  
Short Putts challenge  
Long Putts challenge  
Scoring Challenge

**Games / Drills / Resources**  
Basic Pre- Shot Putting Routine

**Etiquette on the Putting Green - Line of the putt**

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# Class Timetable

**Session Length:**

60mins

**Group Size:**

1:12

**Mastering the Game:**Swing  
Driving**Whole Golfer:**

In Swing Thoughts

**Learning the Game:**Rules and Etiquette  
Where to leave your golf bag near the green**Challenge:**Iron Challenge  
Fairway Woods Challenge  
Driver Challenge

Time	Focus	Class Content	Games / Drills / Resource
10 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> <li>Objectives - Opportunity for learners to practice their swing</li> <li>Practice station: Speed Swinger</li> <li>Game station: Face Contact</li> <li>Whole Golfer Focus: Where to leave your golf bag near the green</li> </ul>	
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Play the games individually, in pairs or in groups</li> <li>Opportunity for private coaching</li> <li>Develop social connections and allow for self-discovery and guided learning</li> </ul>	Speed Swinger Face Contact
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> <li>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</li> </ul>	<ul style="list-style-type: none"> <li>Rules and etiquette</li> </ul>
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Play the games individually, in pairs or in groups</li> <li>Opportunity for private coaching</li> <li>Develop social connections and allow for self-discovery and guided learning</li> </ul>	Speed Swinger Face Contact
10 Mins	<i>myGame</i> Tracking and Recap	<ul style="list-style-type: none"> <li>Recap and add any lesson notes to the learner's Student Connect on GLF. Connect</li> <li>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.</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. Connect <i>myGame</i> App</li> <li>Learning the game online resource</li> <li>Whole golfer online resource</li> </ul>

# Practice Your Swing Class Layout and Setup



**Station 6:**  
Secondary Skill  
Bunker Play

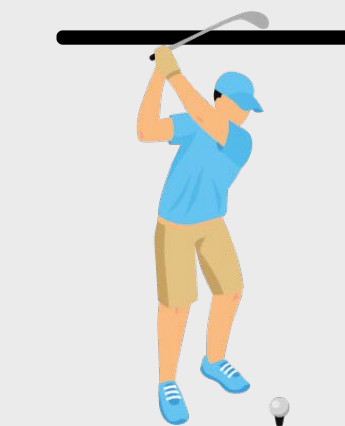
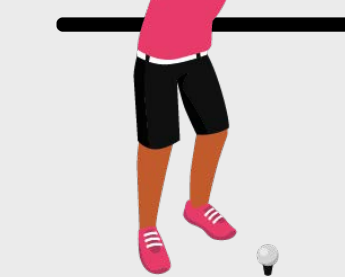
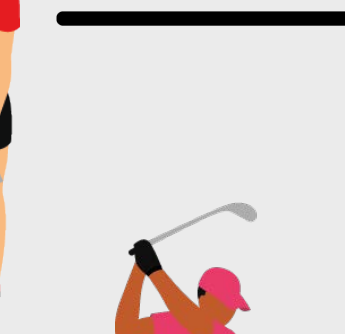
**Station 1:**  
Challenge Station  
Irons

**Station 2:**  
Challenge Station  
Hybrids/Fairway Woods

**Station 3:**  
Challenge Station  
Driver

**Station 4:**  
Practice Station  
Speed Swinger

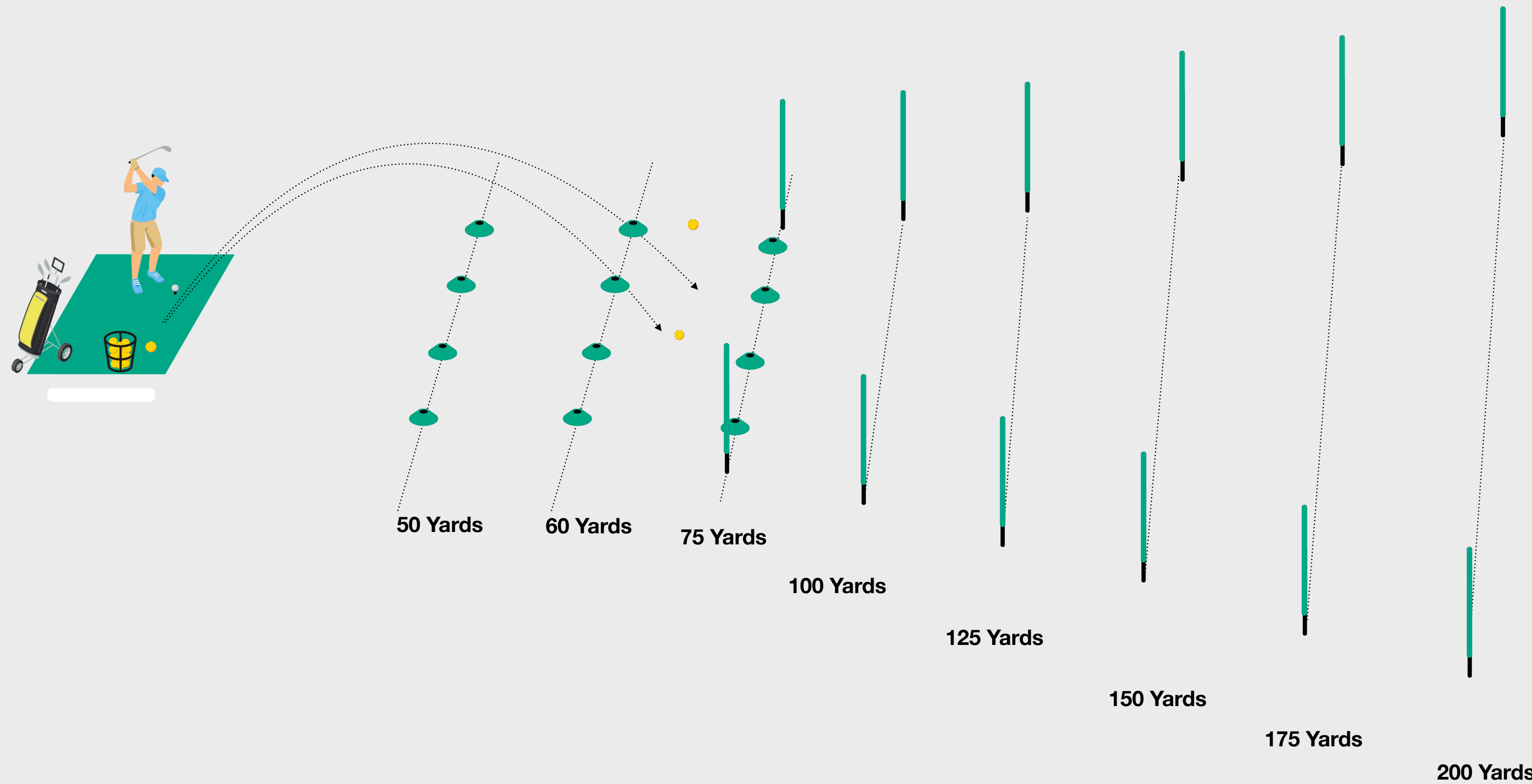
**Station 5:**  
Game Station  
Face Contact

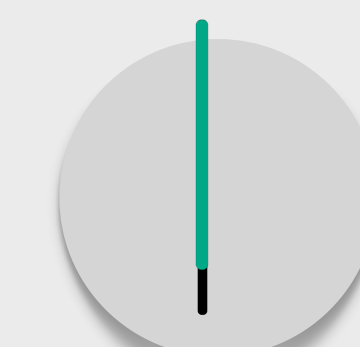
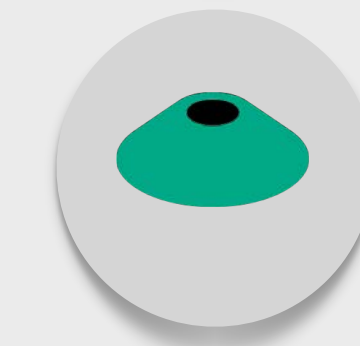


# Swing Challenges Layout and Set Up

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

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



-  12 x Alignment Sticks and Foam Noodles
-  Colored Cones

# Speed Swinger



## Equipment Needed

- Driver

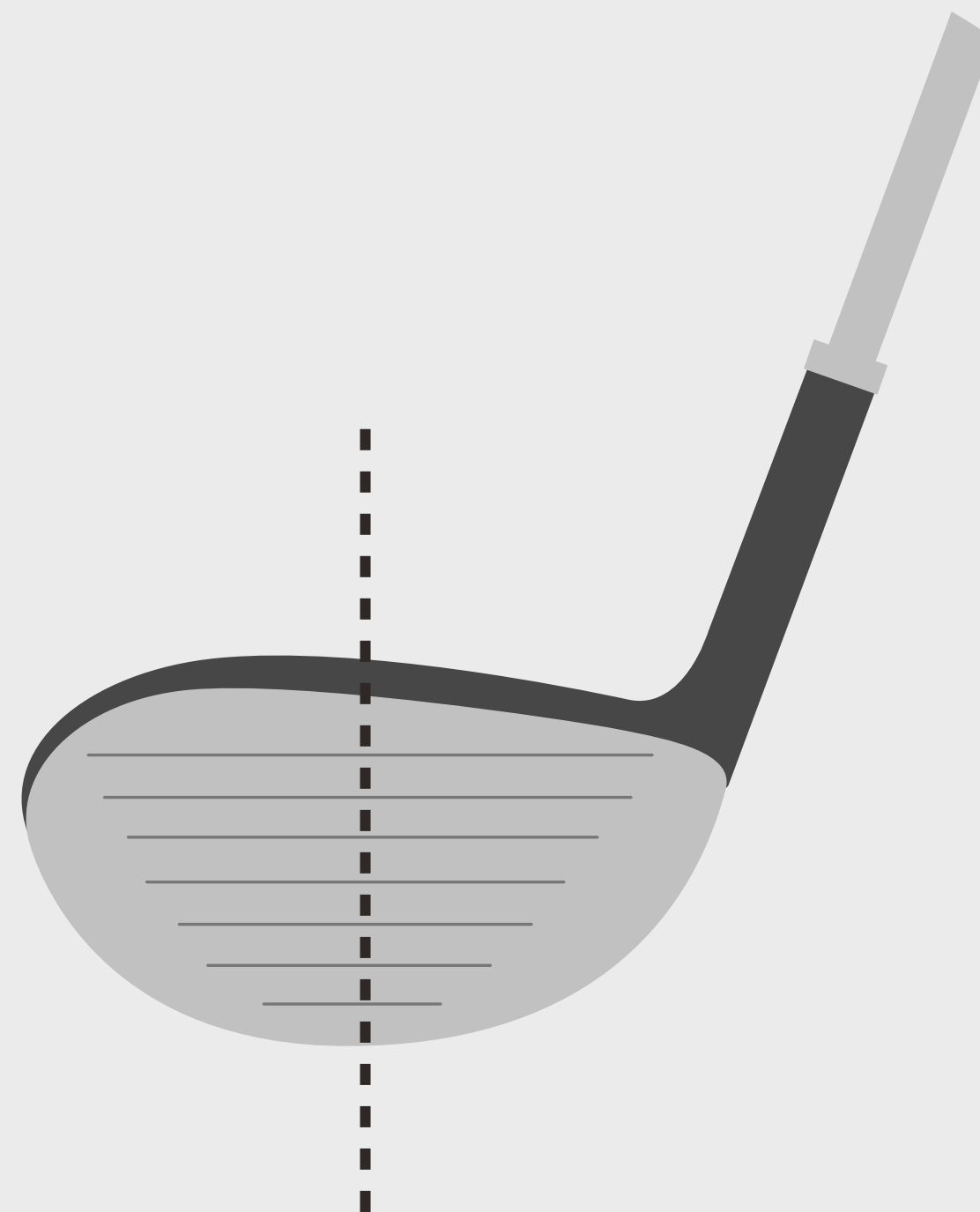
## How to Practice

- The learner should practice swinging at speed in order to maximise the potential distance they can hit the ball
- If the learner is able to generate more speed they will increase their potential for distance
- The focus here is just on generating speed, learners should not worry about making perfect contact

## Technical Link

- This activity will help the learner to understand the importance of generating speed to hit the ball further

# Face Contact Challenge



## Equipment Needed

- Impact Tape
- Driver

## How to Play

- A learner starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The learner should try to deliberately strike the ball using the toe of the club and the heel of the club to build awareness of what it feels like when the ball is struck using different parts of the club face

## Progression Ideas

- Challenge the learner to strike a particular part of the club face deliberately
- Draw on the face tape to indicate a smaller target that the learner has to try to hit



# Learning the Game

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:

## Rules and Etiquette - Where to leave your bag

Make sure learners understand where to leave their bag as they approach the green, so that once the hole is completed they can collect their bag and move the next hole without holding up the group behind them.

This logic applies for carrying a bag, or driving a cart, and is a habit that the learners should adopt early on to improve the experience for everyone on the course.



# The 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:

## In Swing Thoughts

Highlight to learners that as they are starting out they will have many thoughts running through their heads. Tips they have heard from you, other learners, and more experienced golfers.

Provide some reassurance to learners that they are not expected to remember all the tips provided to them, in fact it is more preferable to think about just one or two things whilst practicing and playing until they become automatic.

Learners should understand why a poor shot has happened, but not have to think of a new thought each swing in order to fix it!



# 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 bunker play, providing learners an opportunity to practice what was learnt in their around the green class this week.



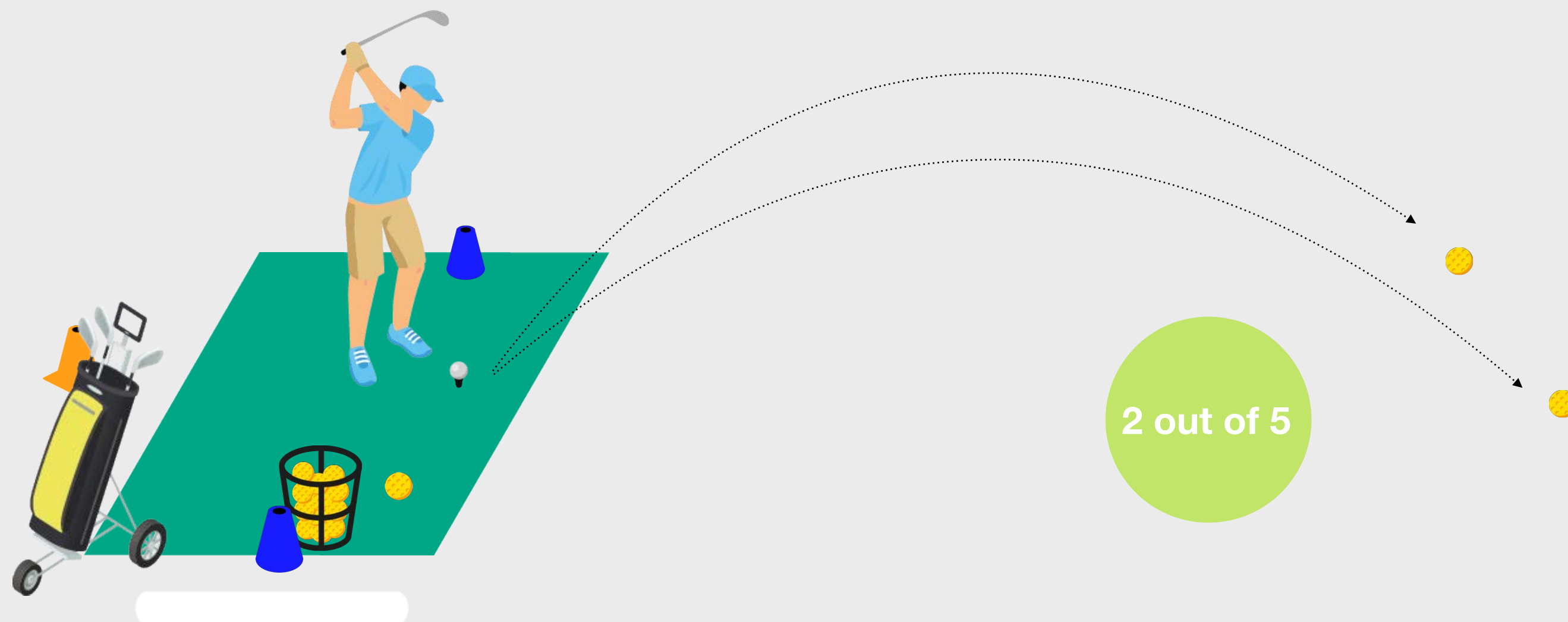
# Skill Challenges



# Level 1



# Iron Challenge



## The Challenge

To complete the Level 1 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots in the air.

To complete the challenge, the learner doesn't need to demonstrate control over direction or distance.

## 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

Irons



# Hybrid/Fairway Wood Challenge



## The Challenge

To complete the Level 1 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots in the air.

To complete the challenge, the learner doesn't need to demonstrate control over direction or distance.

## 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

## Fairway Woods



# Driver Challenge



## The Challenge

To complete the Level 1 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots in the air.

To complete the challenge, the learner doesn't need to demonstrate control over direction or distance.

## 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

Driver

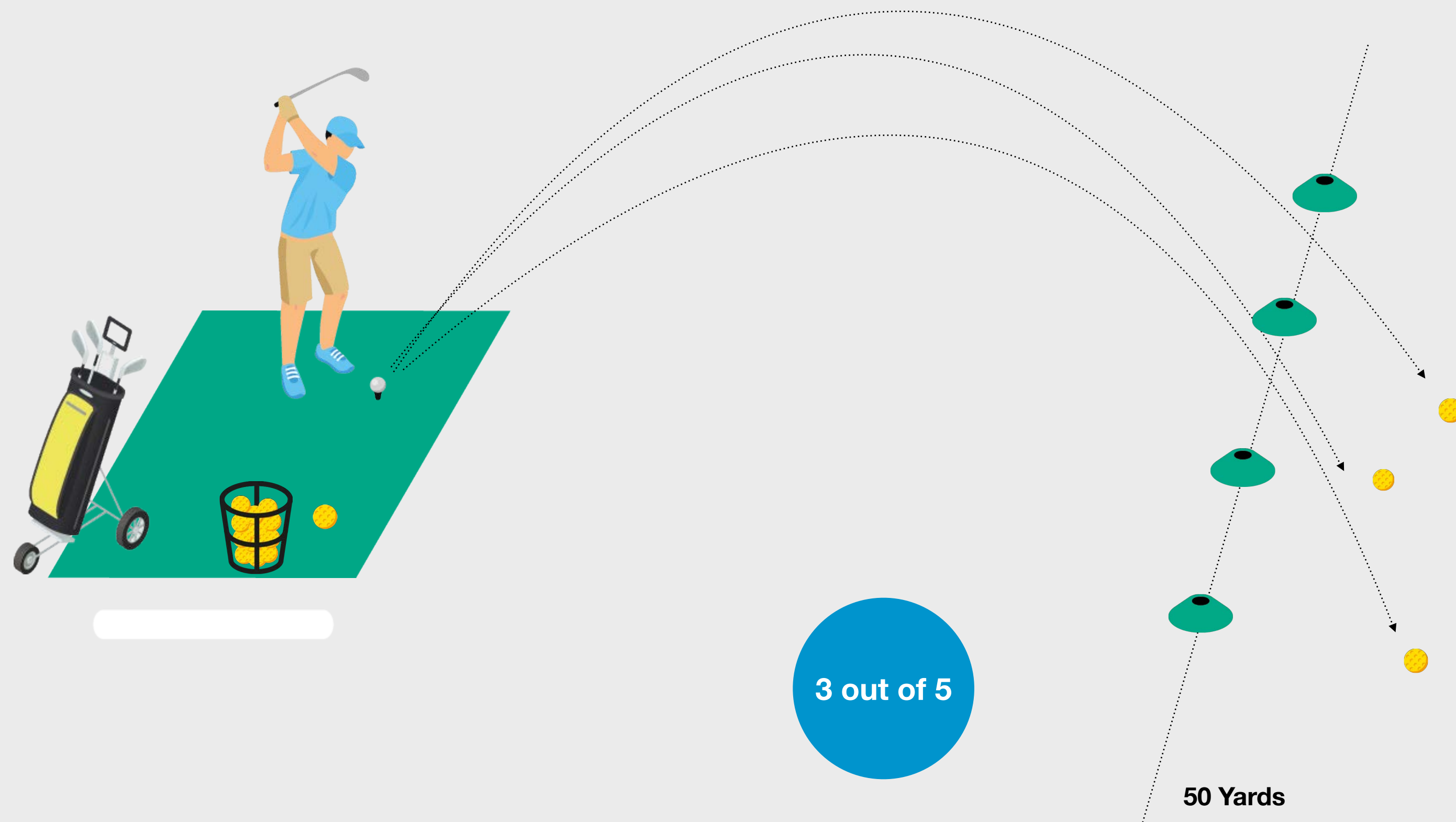




# Level 2



# Iron Challenge



## The Challenge

To complete the Level 2 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots in the air and a minimum carry distance of 50 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

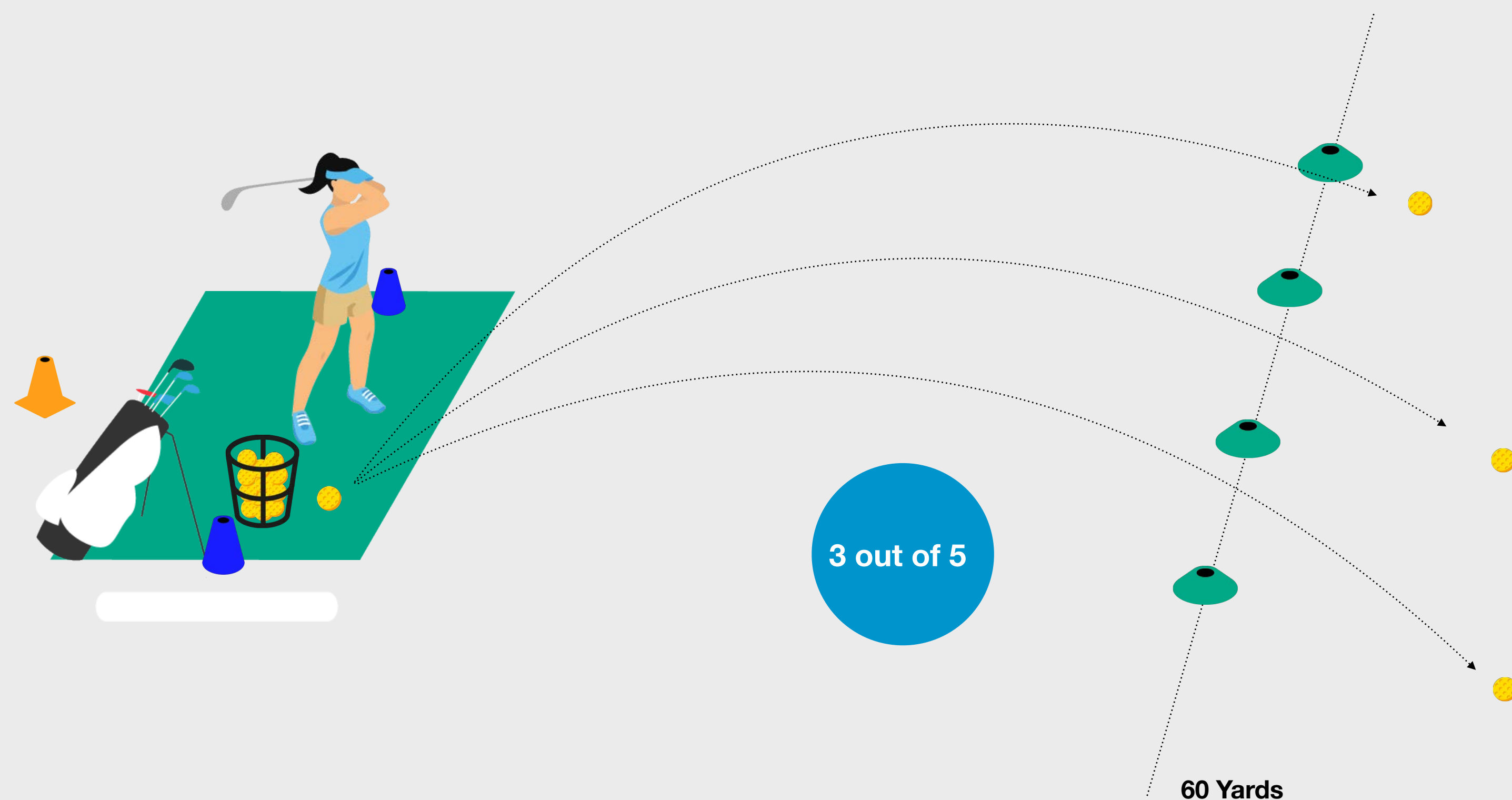
## What should the Learner do next?

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

Irons



# Hybrid/Fairway Wood Challenge



## The Challenge

To complete the Level 2 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots in the air and a minimum carry distance of 60 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

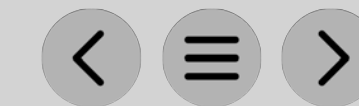
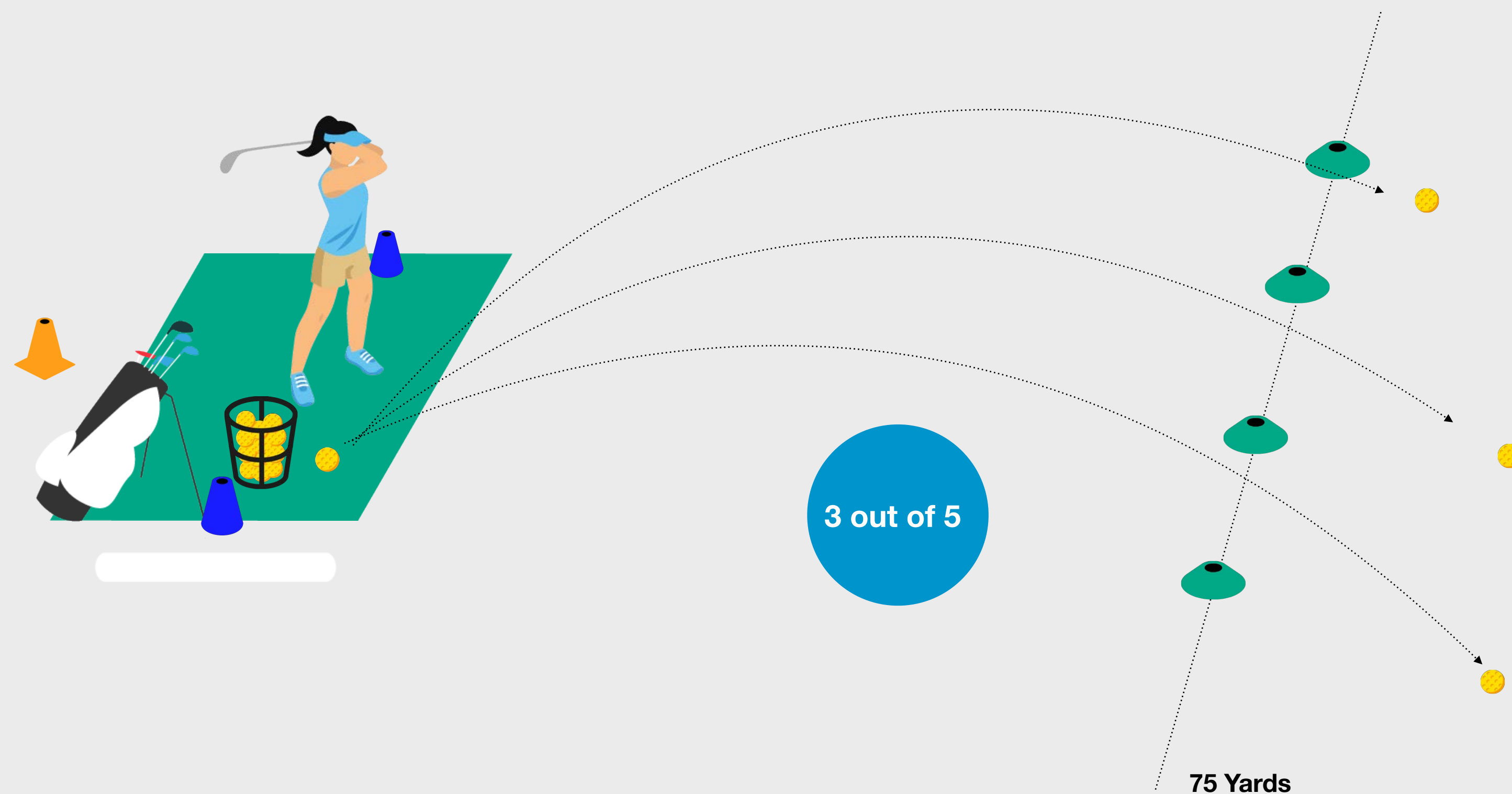
## What should the Learner do next?

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

Fairway Woods



# Driver Challenge



## The Challenge

To complete the Level 2 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots in the air and a minimum carry distance of 75 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction.

## 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

Driver

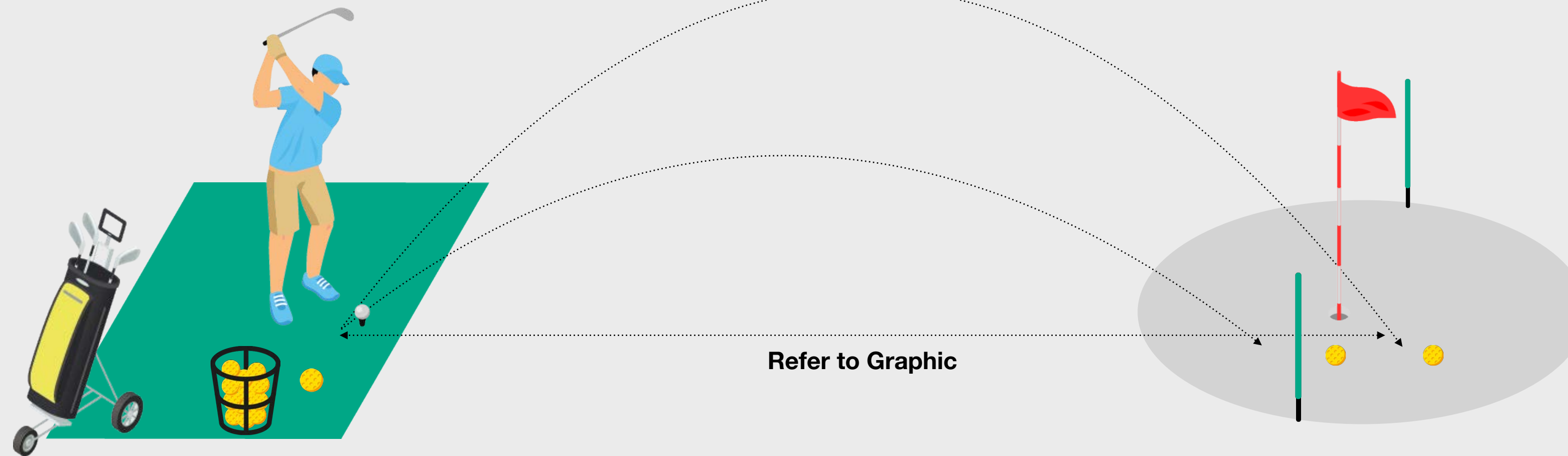


# Level 3



# Level 3 Challenges - Student Iron Challenge

	Yardages	Target Green
<b>Iron Distances</b> <i>(Where the ball comes to rest)</i>	75	15 yards wide
	100	20 yards wide
	125	25 yards wide
	150	30 yards wide



2 out of 5



## The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to come to rest on the target green at the learners approximate 7-iron total distance (Minimum of 75 yards).

## What should the Learner do next?

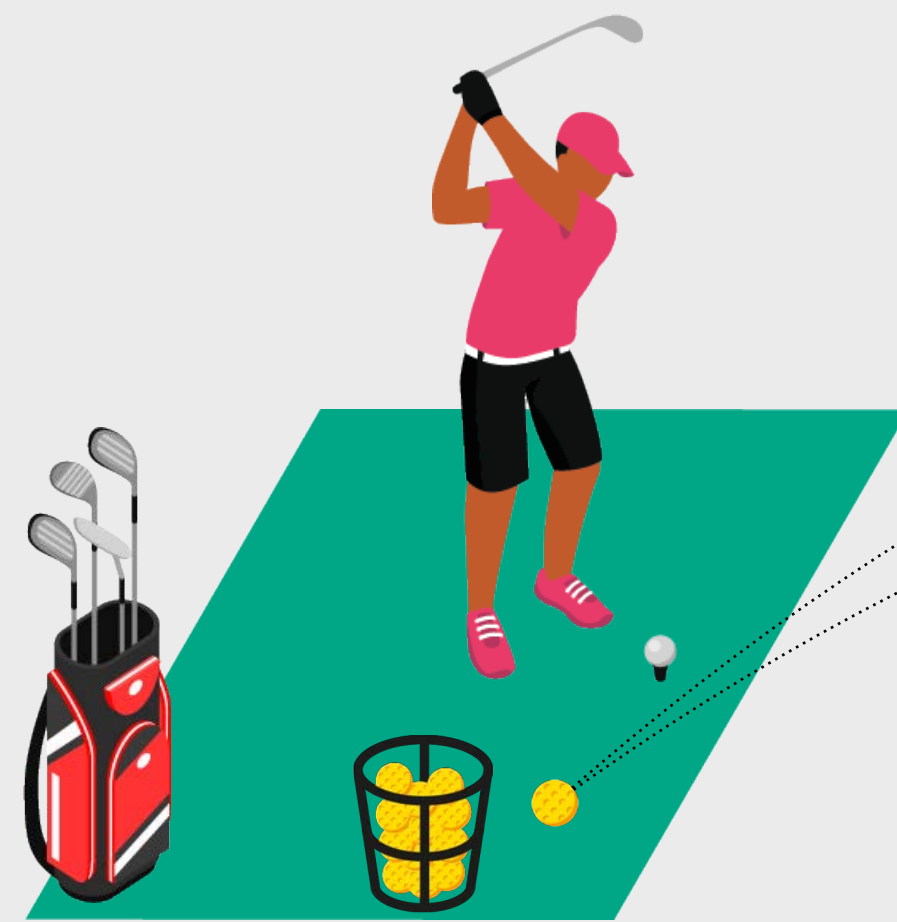
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the challenge section

Irons

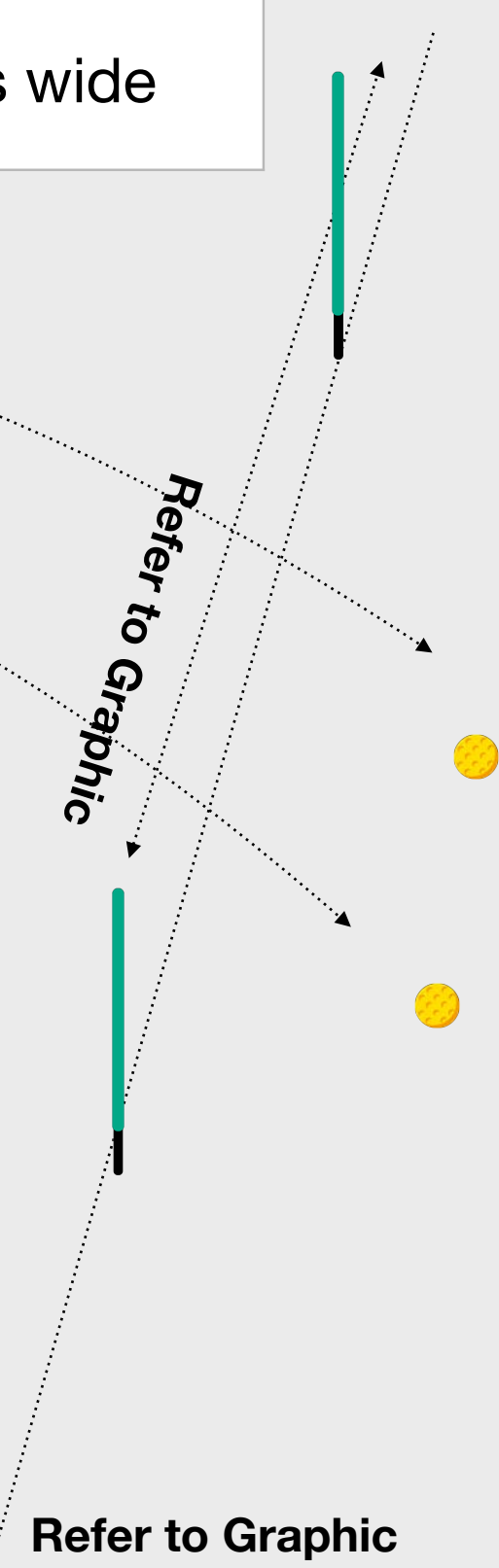


# Hybrid/Fairway Wood Challenge

	Yardages	Target Gate
<b>Hybrid/Fairway Wood Distances</b> <i>(Where the ball comes to rest)</i>	100	20 yards wide
	125	25 yards wide
	150	30 yards wide
	175	35 yards wide



2 out of 5



## The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to travel through and come to rest between the target gate at the learners approximate fairway wood total distance (minimum of 100 Yards)

## What should the Learner do next?

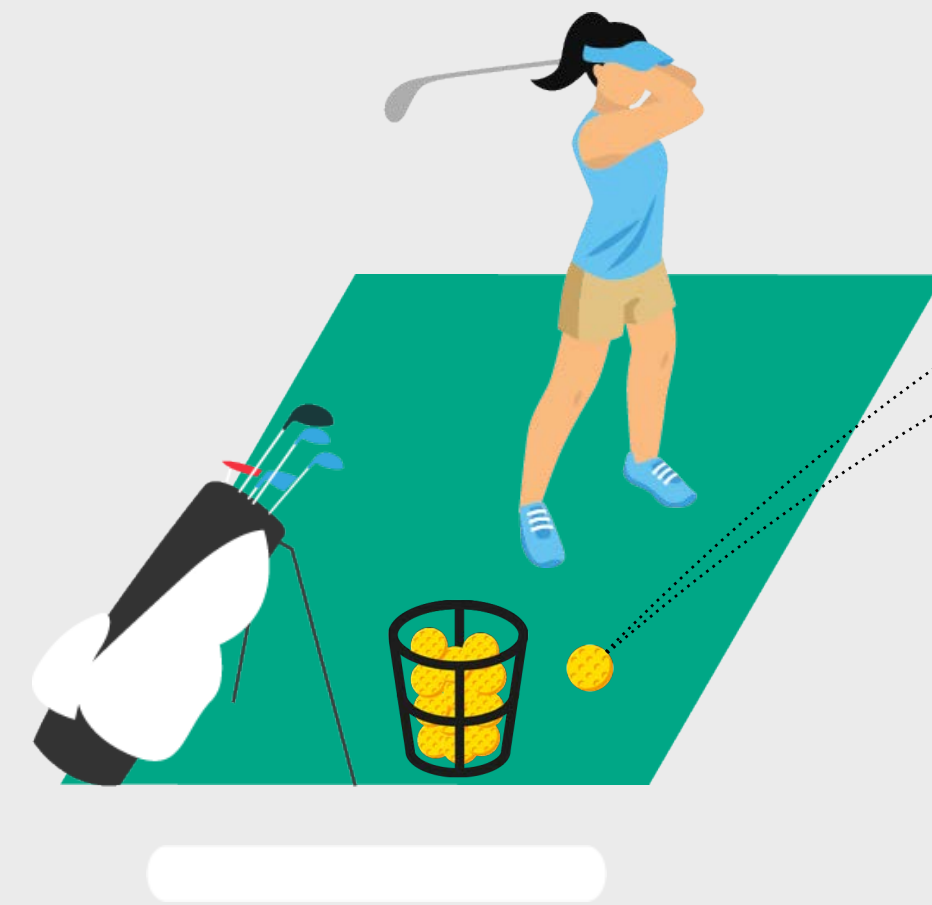
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the Challenge Section

Fairway Woods

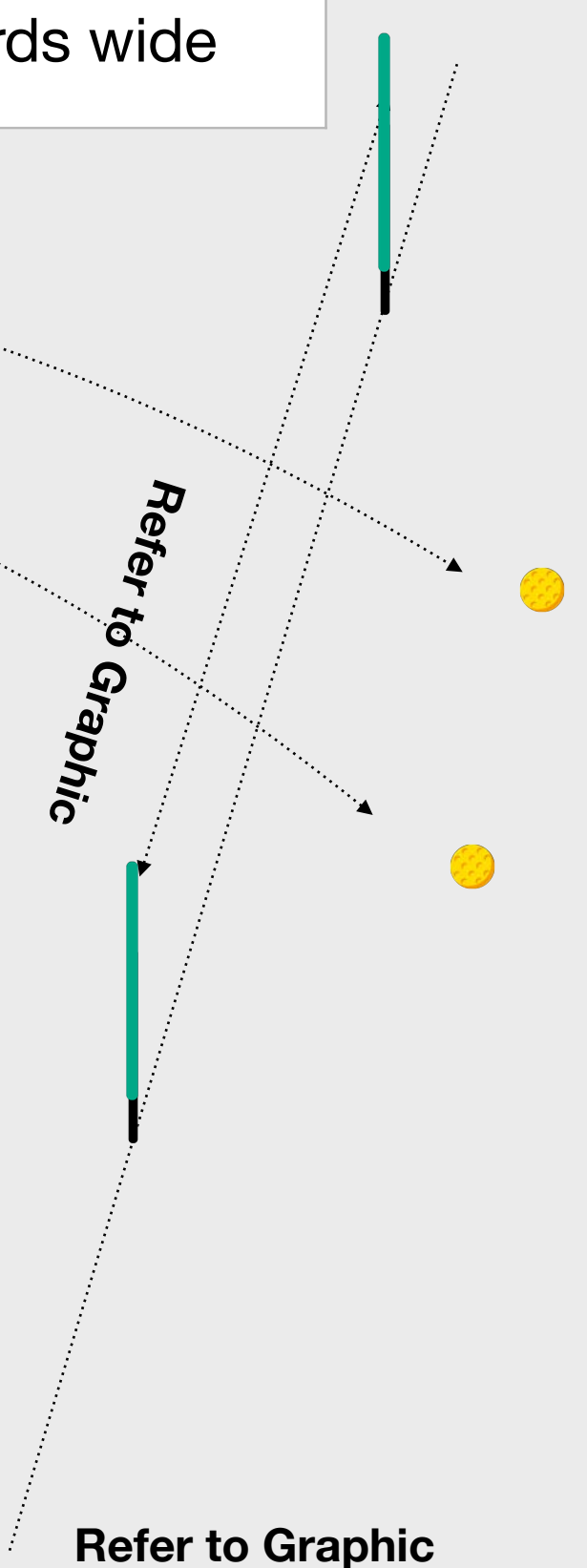


# Driver Challenge

	Yardages	Target Gate
<b>Driver Distances</b> <i>(Where the ball comes to rest)</i>	125	25 yards wide
	150	30 yards wide
	175	35 yards wide
	200	40 yards wide



2 out of 5



## The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to travel through and come to rest between the target gate at the learners approximate driver total distance (Minimum of 125 yards)

## 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

Driver

