Themed Class Plans - LITE

On the Course - Personal Best Monday, October 3rd - Sunday, October 9th





GOLF DEVELOPMENT

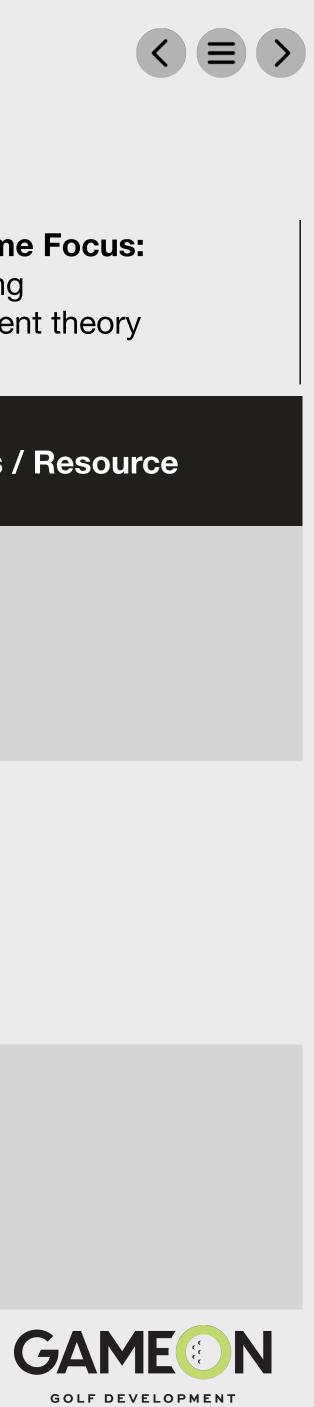


Themed Class Plans

Class Timetable

Session Length 60mins	Group Size: 1:8	Mastering the Game Focus: On the Course Personal bests	Online Whole Golfer Resource Social - Reacting to poor shots	Learning the Game Focus: Playing and scoring Course management theory
Time	Focus	Class Content		Games / Drills / Resource
5 mins	Introduction	 Objectives - Introduce the group to concept of course management theory Introduce the Learning the Game and Whole Golfer focus 		
50 Mins	Mastering the Game	 Find some areas on the course where the group can see some good and bad examples of course management Highlight how those that practice these situations will lower their scores through making better decisions 		ad
5 Mins	Recap and <i>my</i> Game Tracking	Update notes and challenges in the GLF. Connect App		

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Technical Guidance Personal best scores

Explain to the learners the importance of keeping an accurate record of their scoring and performance and the important role that plays in their goal-setting in the short medium and longer term.

Ask the learners...

What is next for them? Which parts of the game have developed strongly? Which parts of the game still require some work? What is their best score on a par 3, 4 or 5? What are your goals for the next month, six months and 12 months?











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Course Management Introduction

Describe to the learner the benefits of having a strategy before and during the round of golf. Outline how this course management strategy should be based around their strengths and weaknesses.

It is important for the players to play within themselves and choose the correct shots at the right moments. Describe the relationship between having a good course management theory and recovering from bad shots or holes.



Reacting to bad shots

Outline to the learner the inevitability of hitting bad shots.

It is an intrinsic part of golf and it's something that the learners must accept and instead of fighting it, develop a strategy to recover from these bad shots.

Describe the crucial link between course management theory and reacting positively to bad shots. Develop a strategy such as the five pace rule, when after a bad shot you are allowed to dwell on the shot for five paces and then move on and stick to the course management strategy.









Course Play Layout and Setup

The graphic opposite provides an example image of how we suggest you manage your group on the course so that the course play activity can be delivered in a safe, fun and engaging manner:

- Choose a place on the hole where you can discuss and demonstrate course management theory
- Allow learners the opportunity to practice the different shots if you are able to do this safely on the course
- Encourage your learners to play regularly so they can practice these shots and play them competently out on the course

