

On the Green - Long Putts

Monday, August 1st - Sunday, August 7th



GAMEON

GOLF DEVELOPMENT

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Class Timetable

Class Timetable

Session Length: 60mins

Mastering the Game Focus:
Swing
Introduction to Swing

Online Whole Golfer Resource:
Fit for Golf

Learning the Game Focus:
Aim of the Game
Equipment Requirements

Time	Activity	Class Content	Games / Drills / Resources
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations Be ready to welcome participants 5 minutes before the session starts 	
5 mins	Introduction	<ul style="list-style-type: none"> Outline the objective of the class Get the group together to introduce the Learning the Game and Whole Golfer focus Introduce the Technical Guidance for the class Explain how to play the games Explain how to attempt the practice station activities 	
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 and between the coach/students Opportunity for private coaching Opportunity for social interaction amongst the group 	<ul style="list-style-type: none"> The aim of the game Overview of equipment
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"> Practice stations Game cards Secondary skill
5 Mins	myGame Tracking	<ul style="list-style-type: none"> Add any lesson notes to the learner's Student Connect on GLF.Locker Learners should mark their attendance at the Themed Class in the myJourney section of the myGame area. Direct the learners to the online resources for the Whole Golfer, Learning the Game and Mastering the Game focus in the myGame area of GLF.Locker 	<ul style="list-style-type: none"> Iron play challenge
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> Take time after the class has finished to actively connect new learners Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help 	<ul style="list-style-type: none"> GLF.Locker / Game App

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Class Timetable

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green
Long Putts

Online Whole Golfer Resource
What is a Handicap Index?

Learning the Game:
Preparing to Play
Putting Warm Up

Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations Be ready to welcome participants 5 minutes before the session starts 	
5 mins	Introduction	<ul style="list-style-type: none"> Objectives - Introduce techniques that can help to improve long putts Get the group together to introduce the Learning the Game and Whole Golfer focus Introduce the Technical Guidance for the class Explain how to play the games and attempt the practice station activities 	<ul style="list-style-type: none"> Severity of slopes
40 Mins	Mastering the Game	<ul style="list-style-type: none"> Learners play the games individually, in pairs or groups 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"> Long putts challenge
5 Mins	myGame Tracking	<ul style="list-style-type: none"> Add any lesson notes to the learner's Student Connect on GLF. Connect Learners should mark their attendance at the Themed Class in the myJourney section of the myGame area. Direct the learners to the online resources for the Whole Golfer, Learning the Game and Mastering the Game focus in the myGame area of GLF.Connect 	<ul style="list-style-type: none"> GLF. Connect myGame App
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> Take time after the class has finished to actively connect new learners Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help 	

Class Objectives



Technical Guidance

Long Putts

The technical guidance we are prescribing is to be delivered as you see fit, use your experience and be sure to link your technical advice to how this will help learners to improve the key skills of:

Developing control over putts of different distances

- How to adapt the length and speed of the stroke if the putt is 10 feet, 20 feet or 30 feet
- Experiment with the overall rhythm of the stroke to help improve consistency of putt length

Keep your technical instruction to less than 5 minutes, in order to allow maximum time for play and practice and for you to reinforce the key skills with individual tuition.



Learning the Game

Putting Warm Up

Introduce a putting warm-up to the group whereby they can learn the speed of the greens on a given day, improve their green reading and be confident in holing short putts.

Here is a basic routine you can use or adapt your own to provide learners:

1. Hit 5 putts the length of the putting green to get a feel for how fast the ball is rolling
2. Hit 5 putts of different distances, between 10 feet and 30 feet in length
3. Hit 5 putts of different distances, across different slopes, from 10 feet to 30 feet in length
4. Place 5 balls around the hole at 6 feet and attempt to hole all of them
5. Place 5 balls around the hole at 3 feet and attempt to hole all of them



The Whole Golfer

What is a Handicap Index?

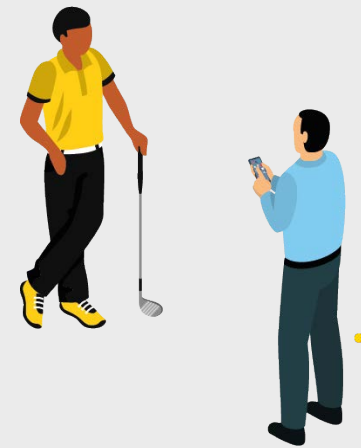
Explain to your learners what a handicap index is, and how by the end of the programme they will be at a standard to achieve a handicap index that will allow them to play and enjoy their golf at different courses around the world.

“A Handicap Index provides every golfer, regardless of age, gender or skill level, with a universal measure of playing ability under the World Handicap System™.”

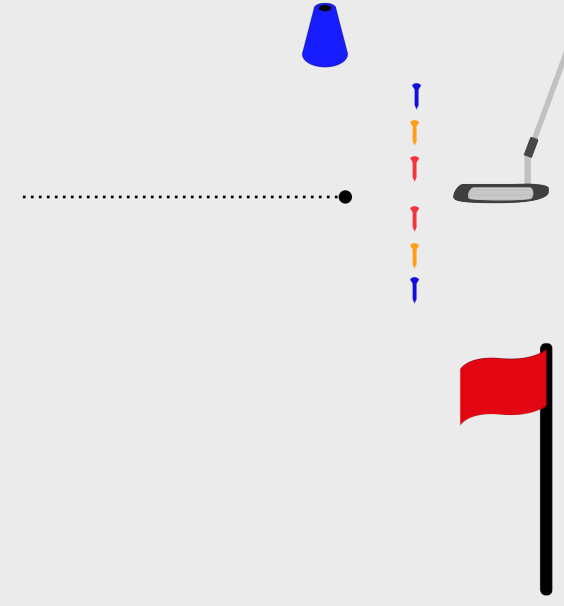


Class Layout and Setup

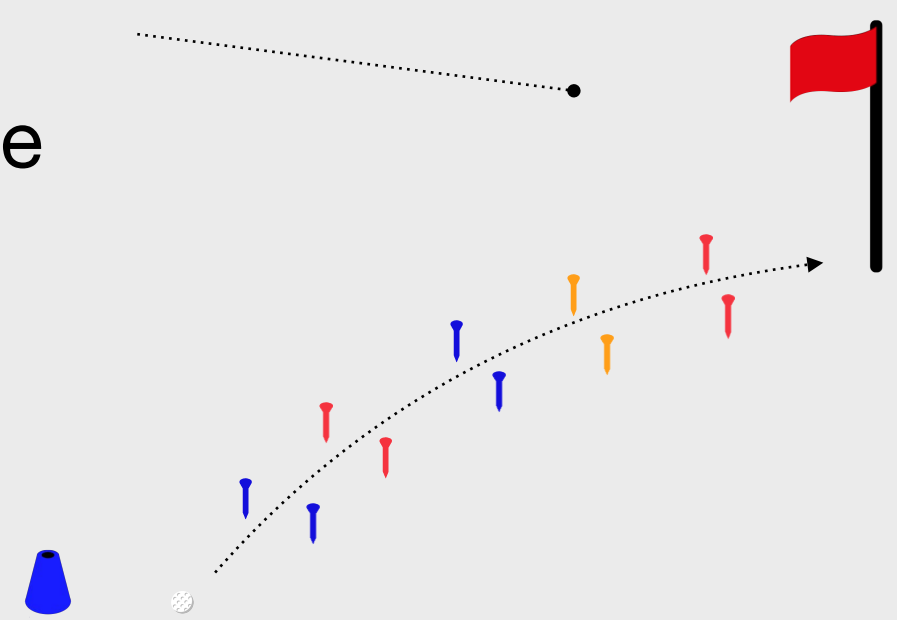
Station 1:
Practice Station
10, 20 and 30 Feet



Station 2:
Practice Station
Swing Length Ladder



Station 3:
Practice Station
Waterfall Challenge



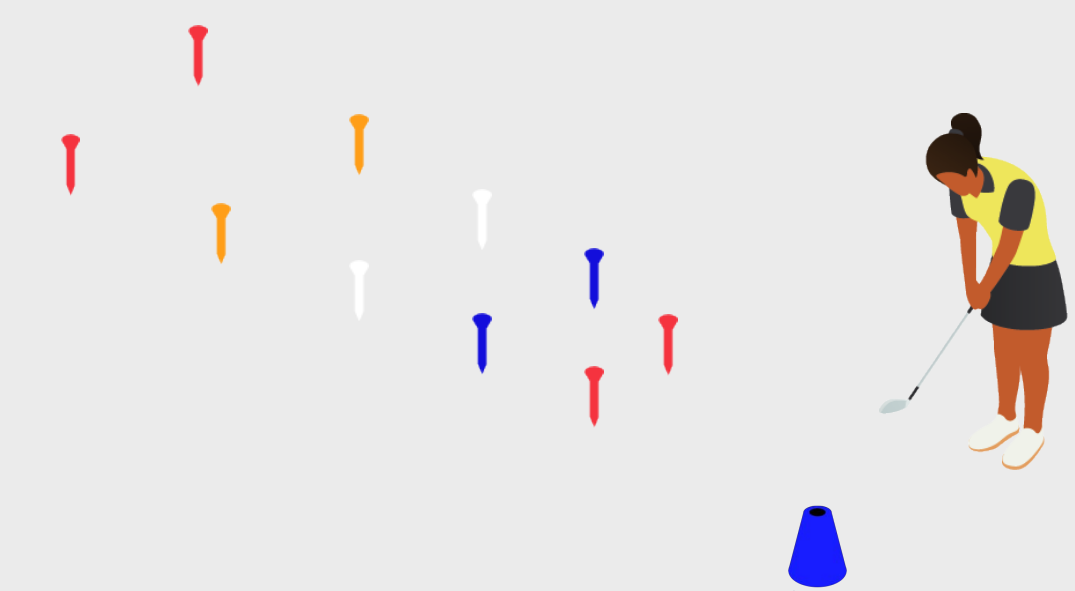
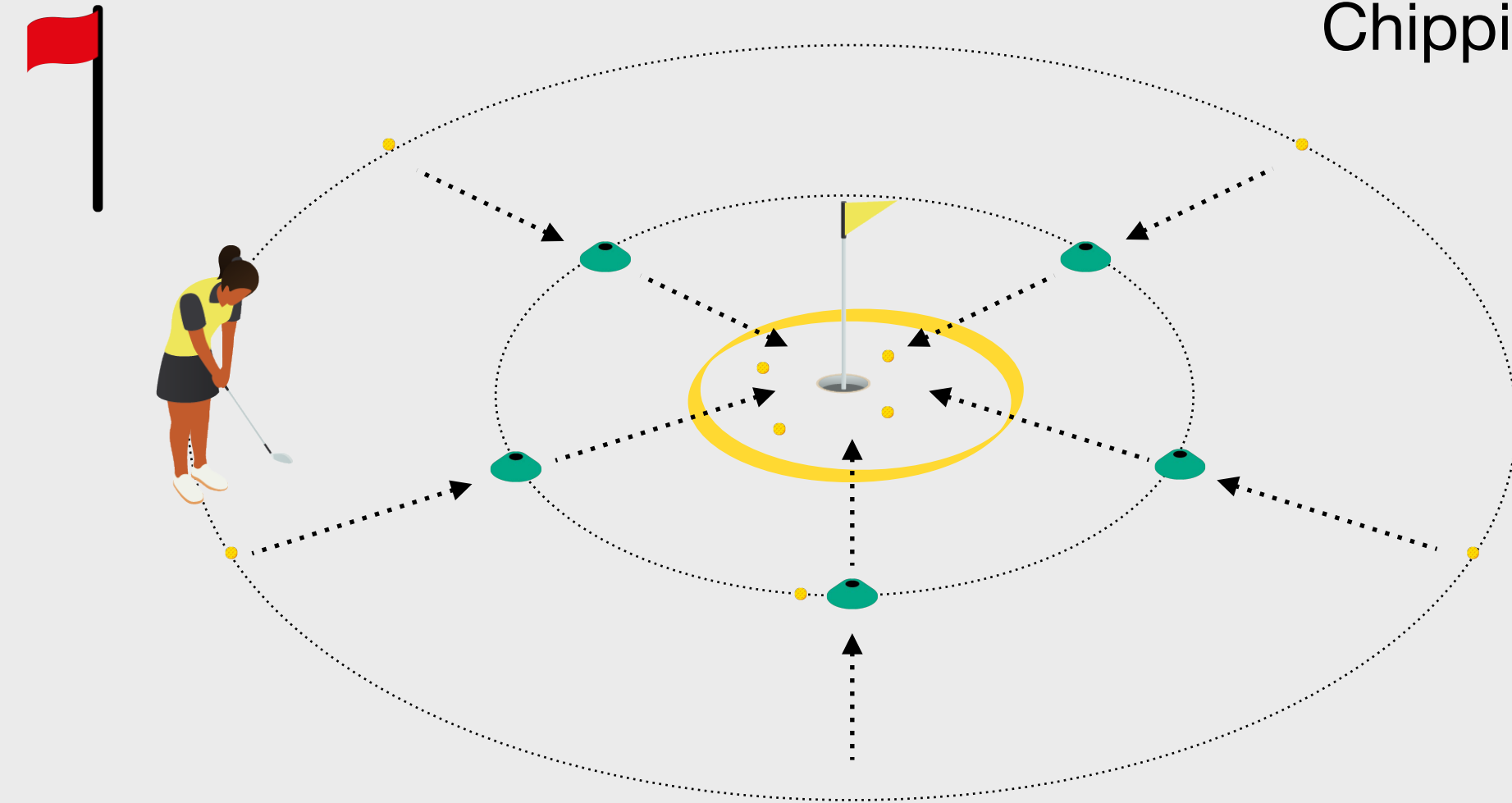
Station 4:
Game Station
Long Putts Ladder



Station 6:
Secondary Skill
Chipping



Station 5:
Challenge Station
Long Putts



Practice Stations and Game Cards



Themed Class Plans

Control Distance

30 Yards

20 Yards

10 Yards

About
The Practice Station Activity has been built to provide an engaging practice element to your class and serve as a themed class focus.

Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set this activity up in 3 different sized boxes (10, 20 yards and 30 yards) from the learner.
- The learner should practice chipping the ball at different distances using the same club, by varying the speed of the swing.
- Encourage them to start by controlling the length of the stroke, similarly to how they learnt to control the ball further, and then gradually increase the length of the stroke and speed of the stroke to ball further.
- This practice is learnt using the same club as a lower lofted club. e.g. a 7 iron would be best to

Technical Learning Objectives

- This activity will help the learner to understand the distance of a shot based on the speed of the stroke.
- This activity will help the learner to gain consistency and confidence in chipping one particular type of club around the green.

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10, 20 and 30 Feet



Equipment Needed

- Putter
- Cones
- 6 feet diameter hoop
- Golf ball

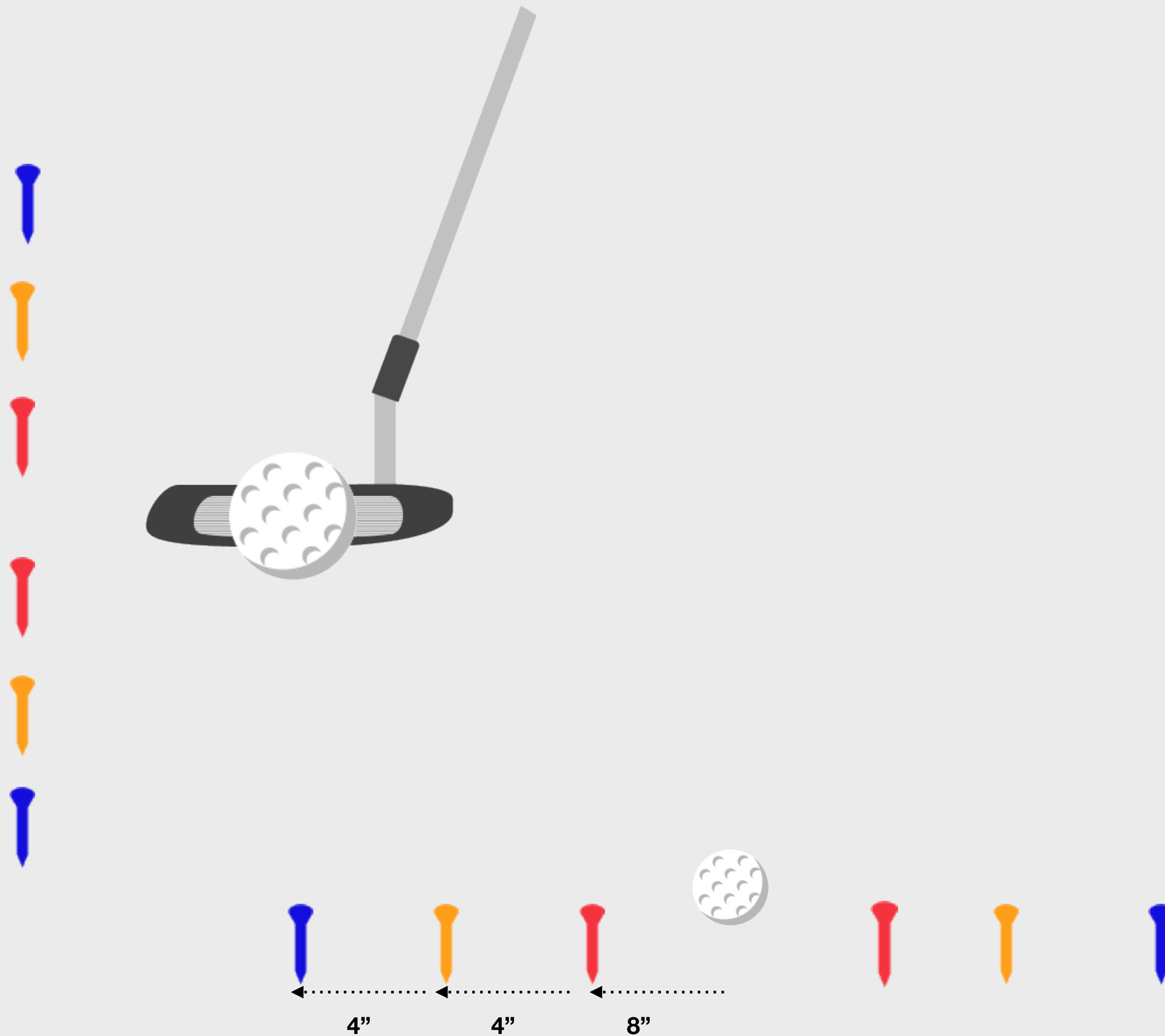
How to Practice

- Learners should attempt to putt the ball into the 6 feet circle from each distance
- Allow learners to practice from each distance whilst providing technical guidance to improve their distance control
- Once the learner has gained some confidence, allow them to play a competitive game in order to challenge their skills
- The challenge is to putt a ball from 10, 20 and 30 feet into the 6 foot circle, without missing

Technical Link

- This activity will help the learner to improve their long putting skills and appreciate the challenge of having to do this under pressure

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 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

Waterfall Challenge



Equipment Needed

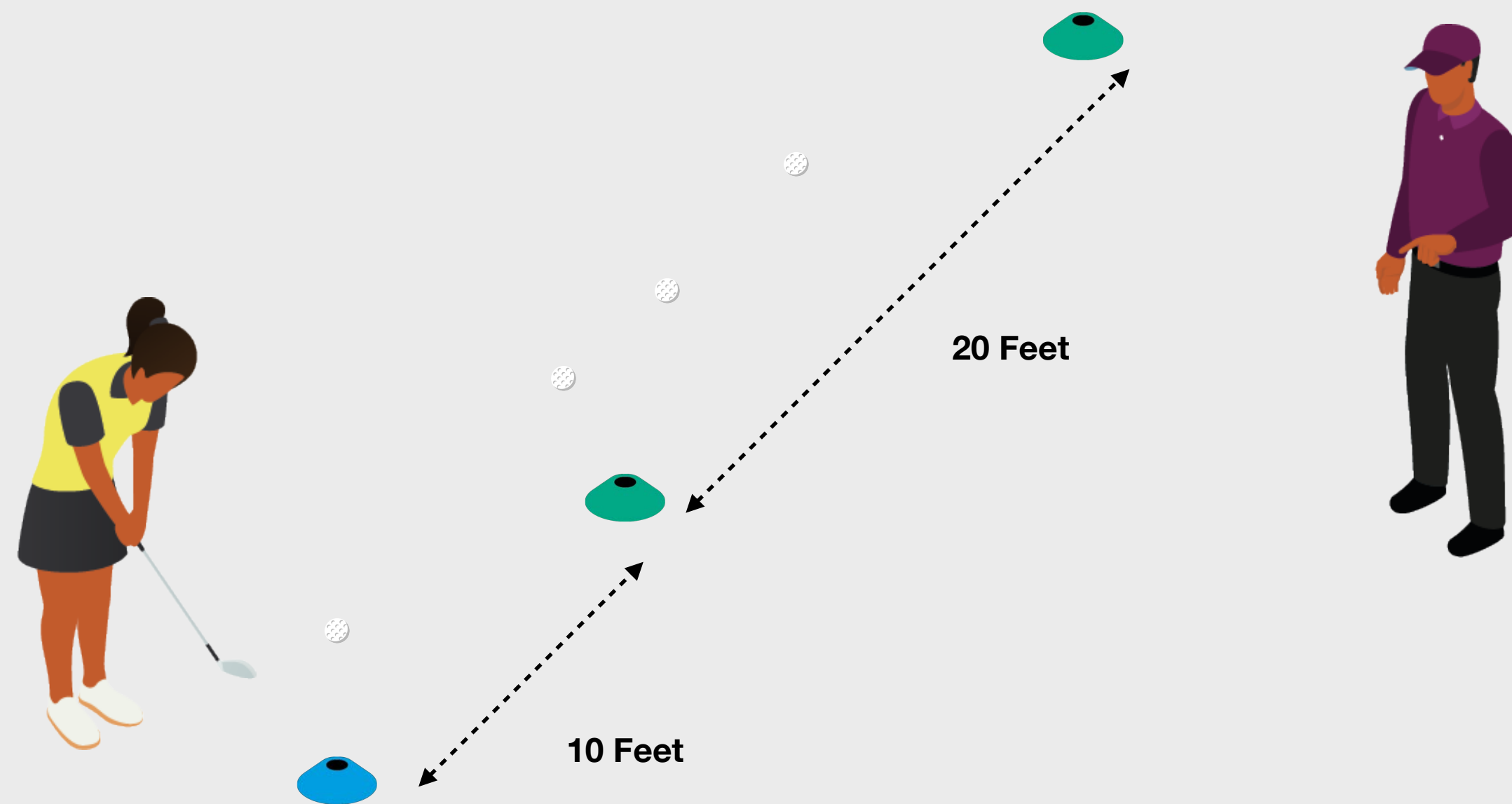
- Cones
- Putter
- Golf balls

How to Practice

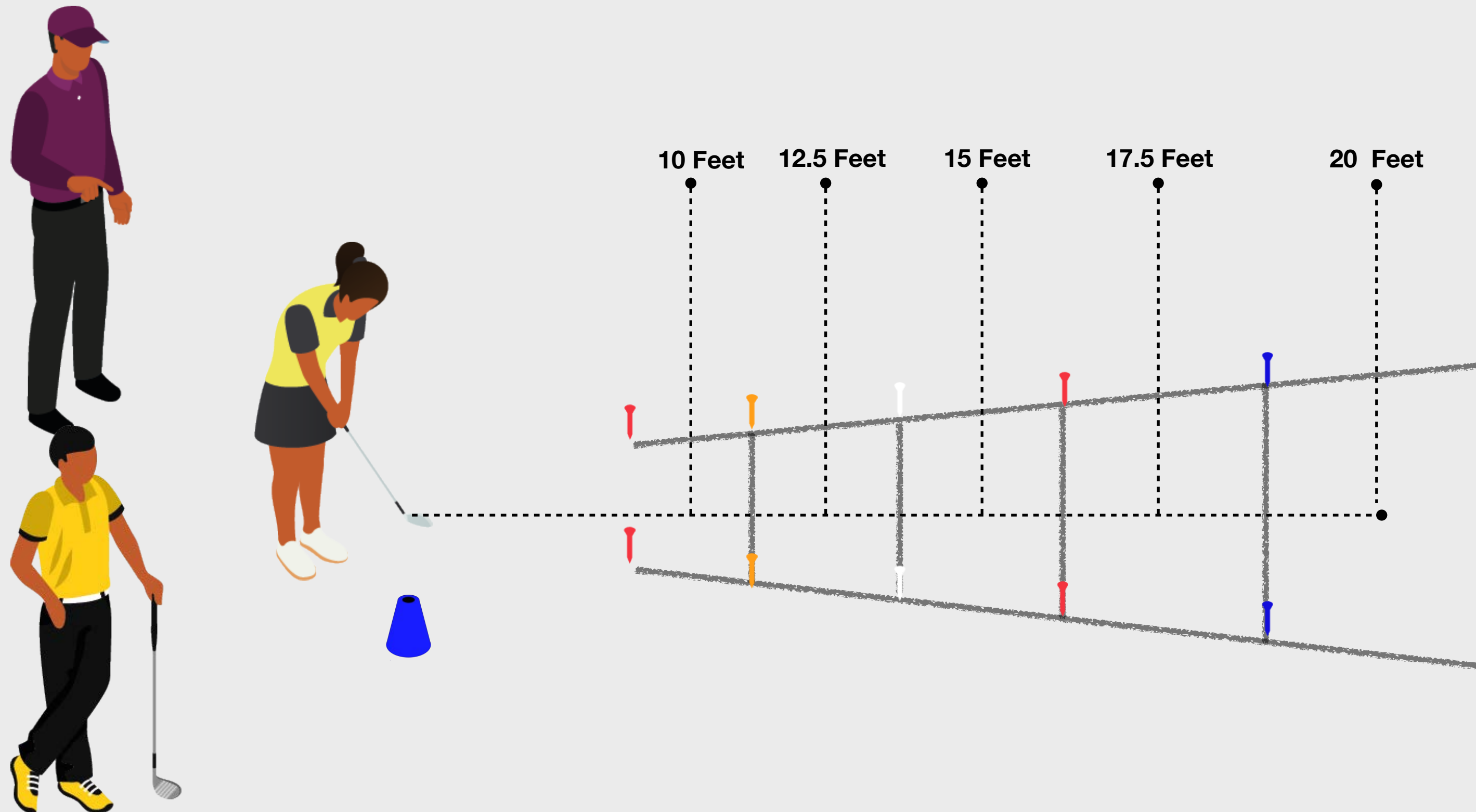
- Set this activity up with the cones 10 feet and 30 feet away
- The aim of the game is to get as many balls between the cones as possible
- The learner always starts from the blue cone and should attempt to putt their first ball just past the first cone, 10 feet away
- If successful the learner then attempts to putt their second ball just past their first ball but not too far as this would reduce the space they have to aim for their next ball
- The learner continues until either they fail to get their ball past their previous attempt, or they putt it past the furthest cone

Technical Link

- This activity will help the learner to improve their distance control, as it requires a small, incremental difference in each putt



Long Putts Ladder



Equipment Needed

- String for the target boxes
- 12 tee pegs cones to mark the edge of the boxes
- A single cone to represent the starting position

How to Play

- A learner starts by attempting to putt their ball into the first and smallest box on the ladder
- If they are successful, they return to the starting position and attempt their next go to the second box
- If unsuccessful they repeat their attempt to the first box
- The learners attempt to complete all steps on the ladder to complete the game
- This game can be played individually, in pairs or groups

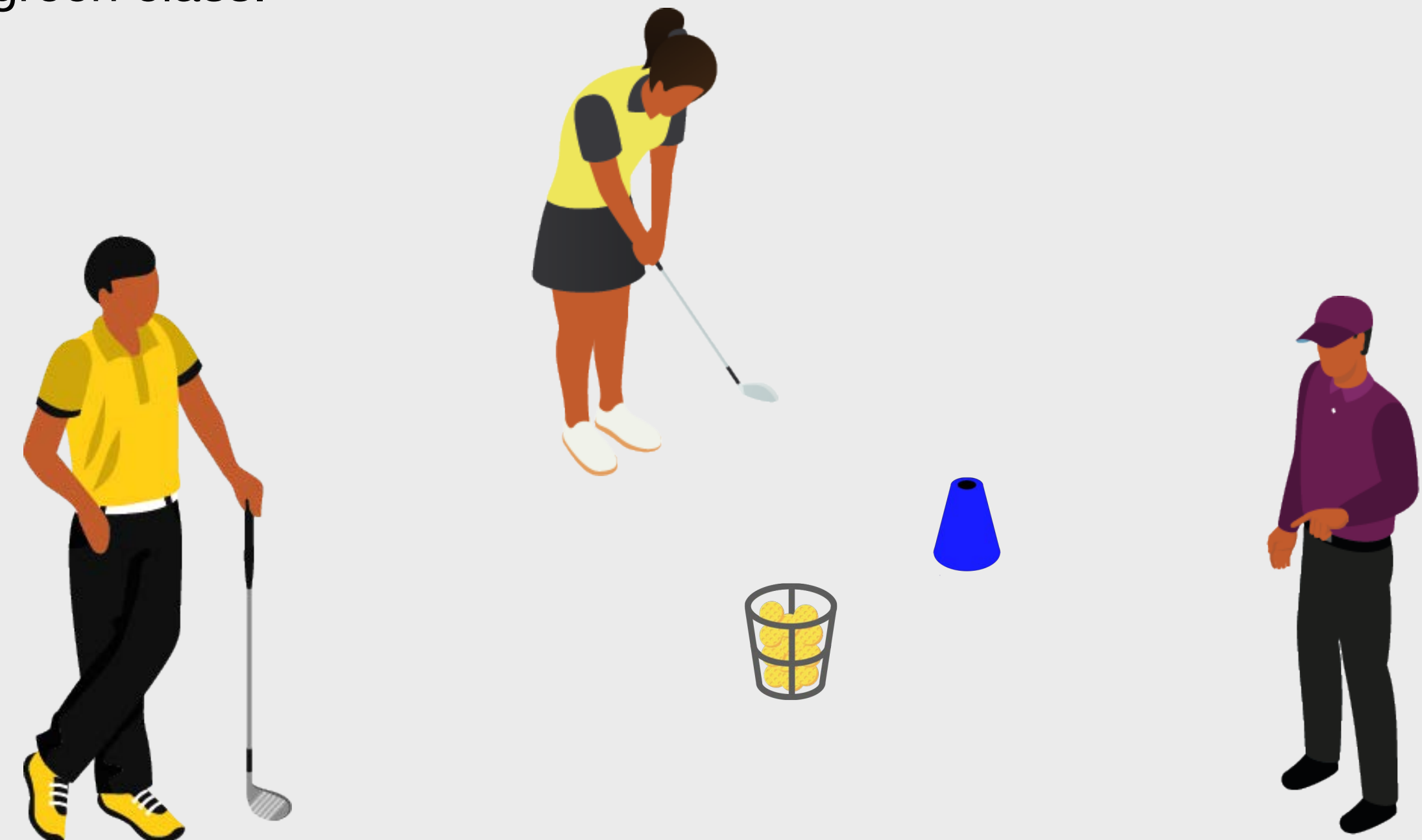
Progression Ideas

- Vary the size of the boxes
- Vary the distance between the starting point around and the boxes
- Increase the number of shots that must go into the boxes before the box is completed
- Attempt the boxes in reverse
- Add a consequence to the game by limiting the number of attempts before moving back a box.

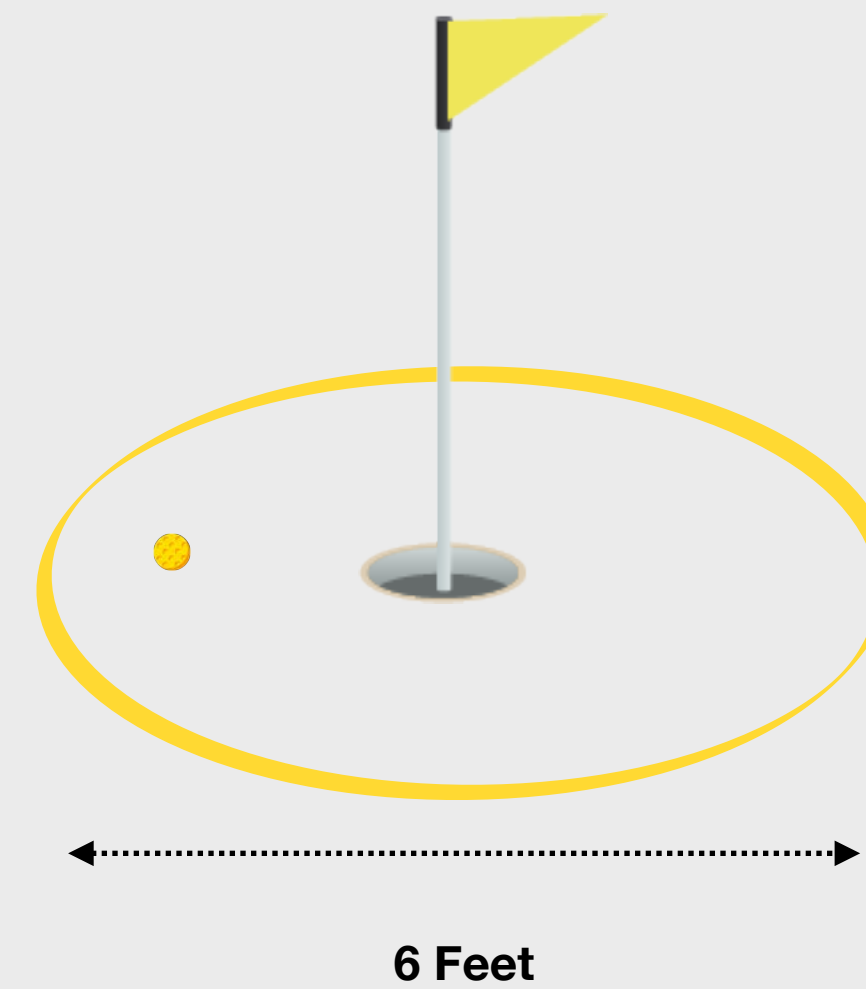
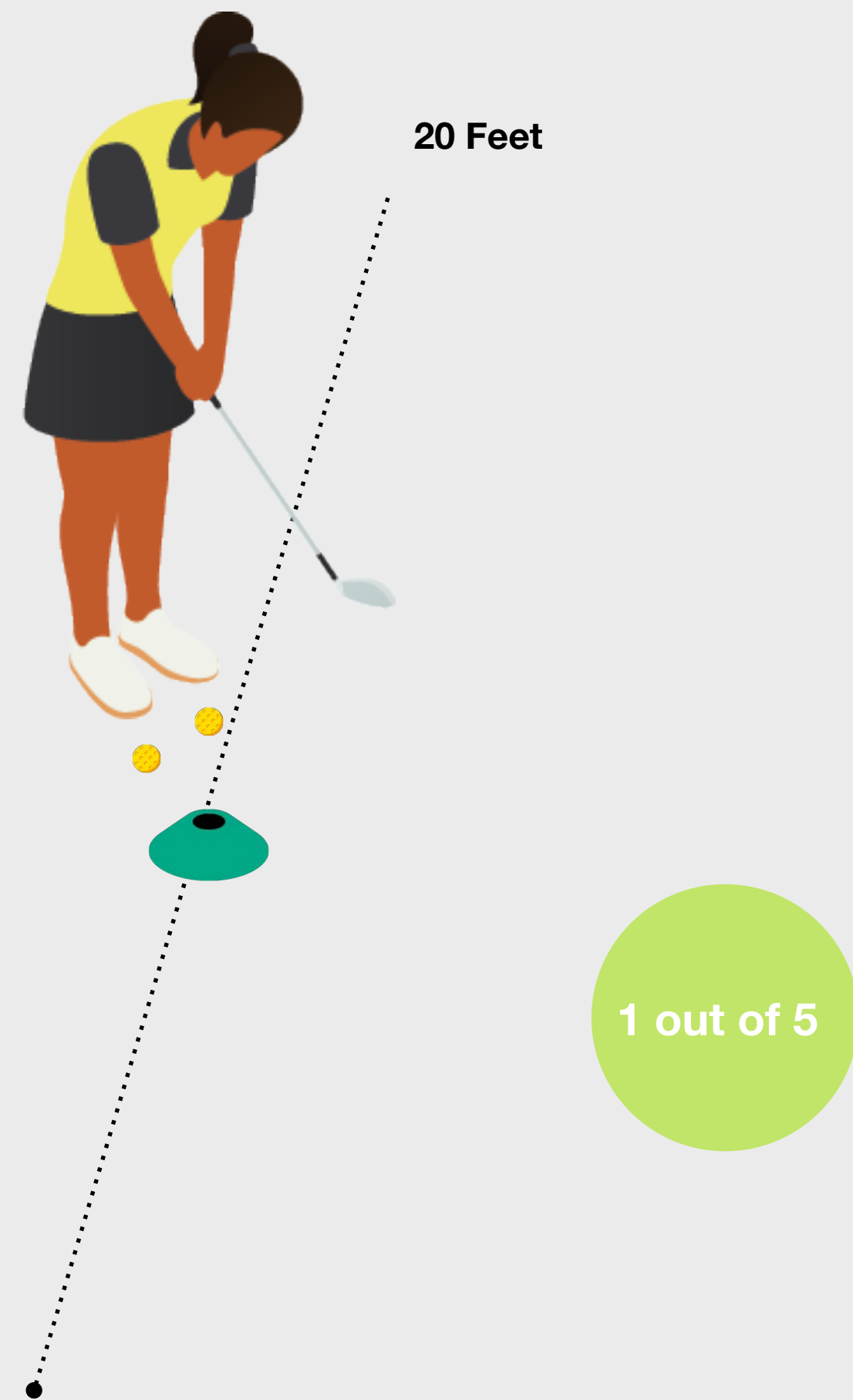
Secondary Skill

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 **chipping**, providing learners an opportunity to practice what was learnt in the around the green class.



Long Putts Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to putt 1/ 5 balls to finish within a 6-foot diameter target circle 20 feet from one side of the hole.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting position
- Golf Balls
- 6-foot target circle from your equipment bag

What should the Learner do next?

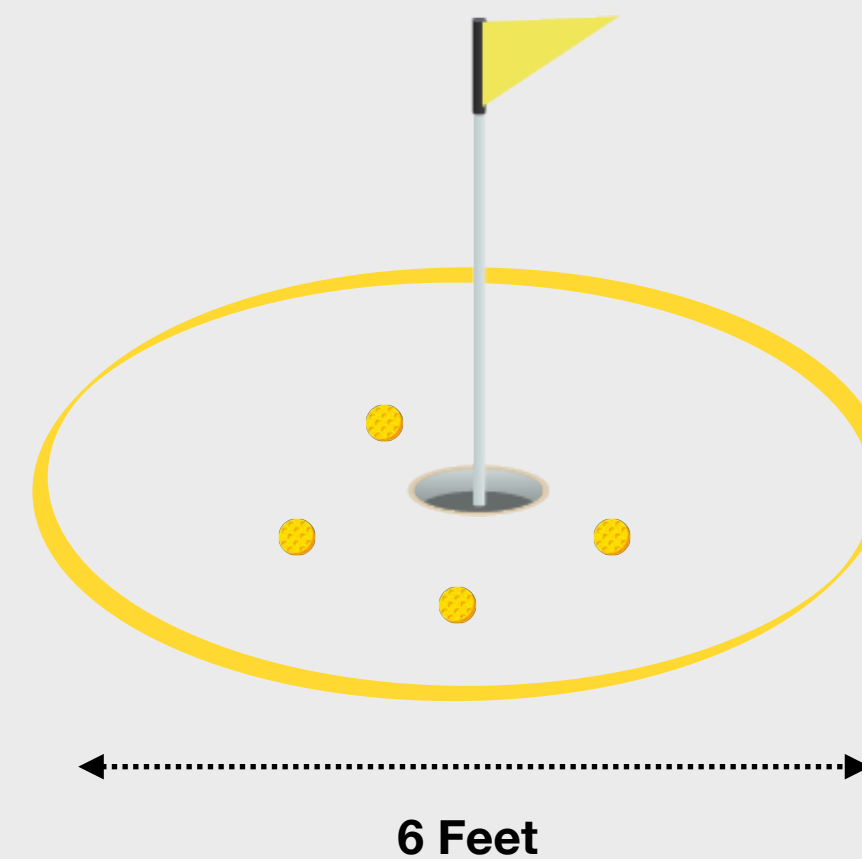
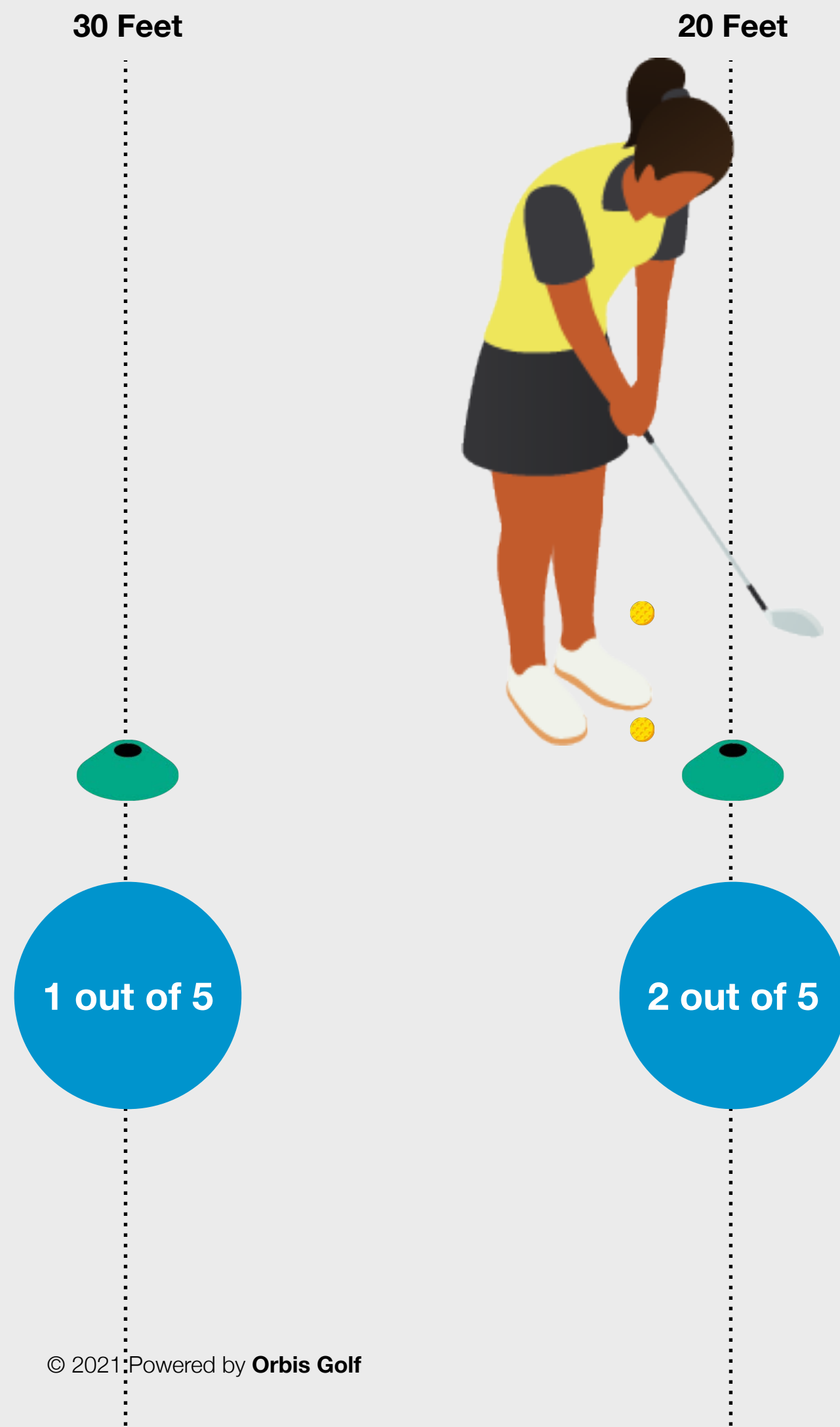
After attempting the challenge, the learner should:

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

Long Putts



Long Putts Challenge



The Challenge

To complete the Level 2 Challenge the learner needs to putt 2 out of 5 putts from 20 feet and 1 out of 5 from 30 feet inside a 6-foot diameter target circle from one side of the hole.

Equipment you Need

The equipment you will need for this challenge:

- Colored cones to mark the two starting positions
- 6-foot 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.Connect App
- If they complete the challenge, mark it as complete in the Challenge Section

Long Putts



Long Putts Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to putt 3 out of 5 putts from 20 feet and 1 out of 5 from 30 feet within a 6-foot diameter circle from 5 positions around the hole.

Equipment you Need

The equipment you will need for this challenge:

- Colored cones to mark the starting positions around the hole
- 6-foot 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.Connect App
- If they complete the challenge, mark it as complete in the Challenge Section

Long Putts

