Swing - Adding Speed
Monday, August 8th - Sunday, August 14th

GAMEON
GOLF DEVELOPMENT

Class Timetable

Session Length: 60mins	**Group Size:** 1:8	**Mastering the Game:** Swing Adding Speed	**Online Whole Golfer Resource** End of a round	**Learning the Game Focus:** Playing and Scoring Par 3,4 and 5

Time	Focus	Class Content		Games / Drills / Resource
5 mins	Introduction	• Objectives - Introduce techniques that can help to improve short putts • 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		• Par 3, 4 and 5 • Birdie, Par and Bogey
40 Mins	Mastering the Game	• Learners play the games individually, in pairs or groups • Opportunity for private coaching		• Practice stations • Game cards • Secondary skill station
10 mins	Challenges and Recap	• Outline the relevant challenges students need to complete for this skill • Recap Mastering the Game and Learning the Game Focus from the session		• Driver challenge
5 Mins	*my*Game Tracking	• Update notes and challenges in the GLF. Connect App		• GLF. Connect *my*Game App

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Technical Guidance
Increasing Speed

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:

1. Increasing clubhead speed with the Driver

Suggested technical guidance might include, rotational speed, use of levers,
Measuring swing speed is a great way to provide feedback and encouragement to learners

2. Improving launch and carry distance

Suggested technical guidance might include improved spine tilt at set up or increased tee height to encourage a higher launch
Measuring launch angle is a great way to provide feedback and encouragement to learners

Keep your technical instruction on ball position and strike 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.

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Par 3, 4 and 5

Introduce learners to the different pars they will find on the course and what they mean. Be sure to reference the course play events where they will be playing holes with pars relative to their current ability.

Birdie, Par and Bogey

Introduce these key golfing terms and explain what they mean to you learners. Use this language moving forward so that your learners get used to the terminology they will hear when playing the game.

Greetings - How to start and end a round of golf

Introduce learners to the etiquette of shaking hands at the end of a round of golf. The well wishing at the start of a round and thanking your playing partners for the game at the end of a round is all part of what makes the game of golf.

When your learners start to play with more and more people they will be expected to know these things, so introducing them to this now is a great way to make sure they feel comfortable when playing with other people.

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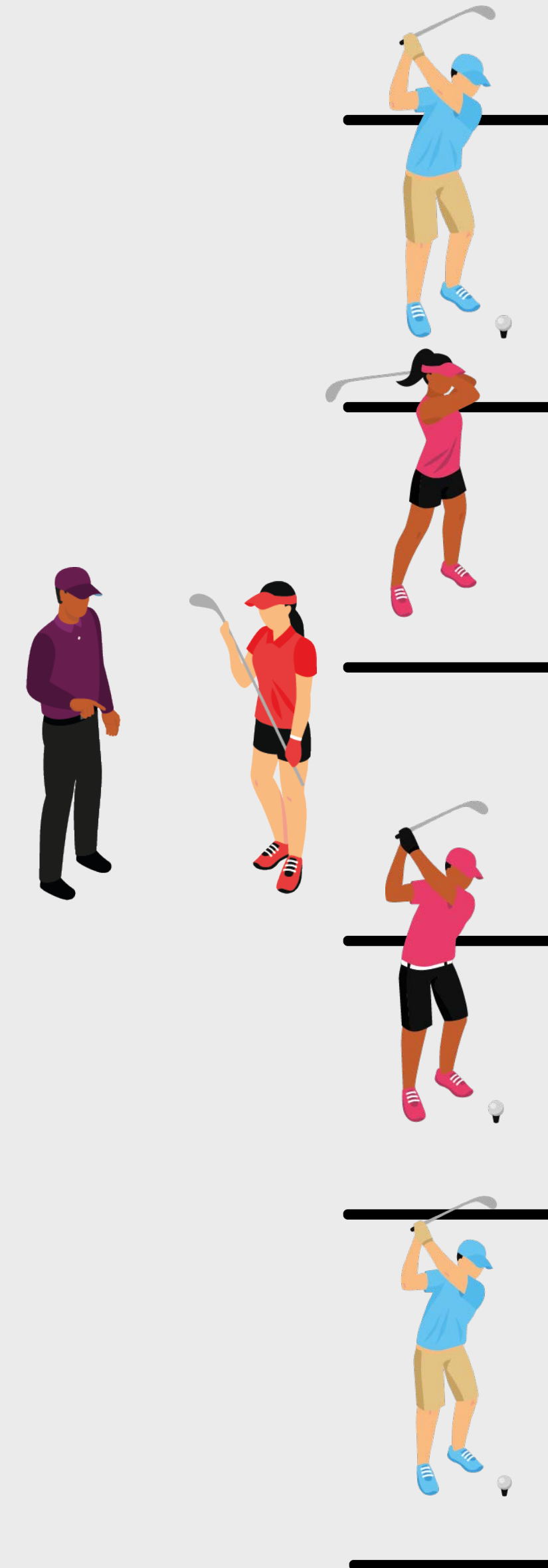GOLF DEVELOPMENT

Class Layout and Setup

Station 1:
Practice Station
Swing Speed

Station 2:
Practice Station
Launch Angle

Station 3:
Practice Station
Stepping Drill

Station 4:
Game Station
Carry Distance Challenge

Station 6:
Secondary Skill
Pitching

Station 5:
Challenge Station
Driver Challenge

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Swing Speed
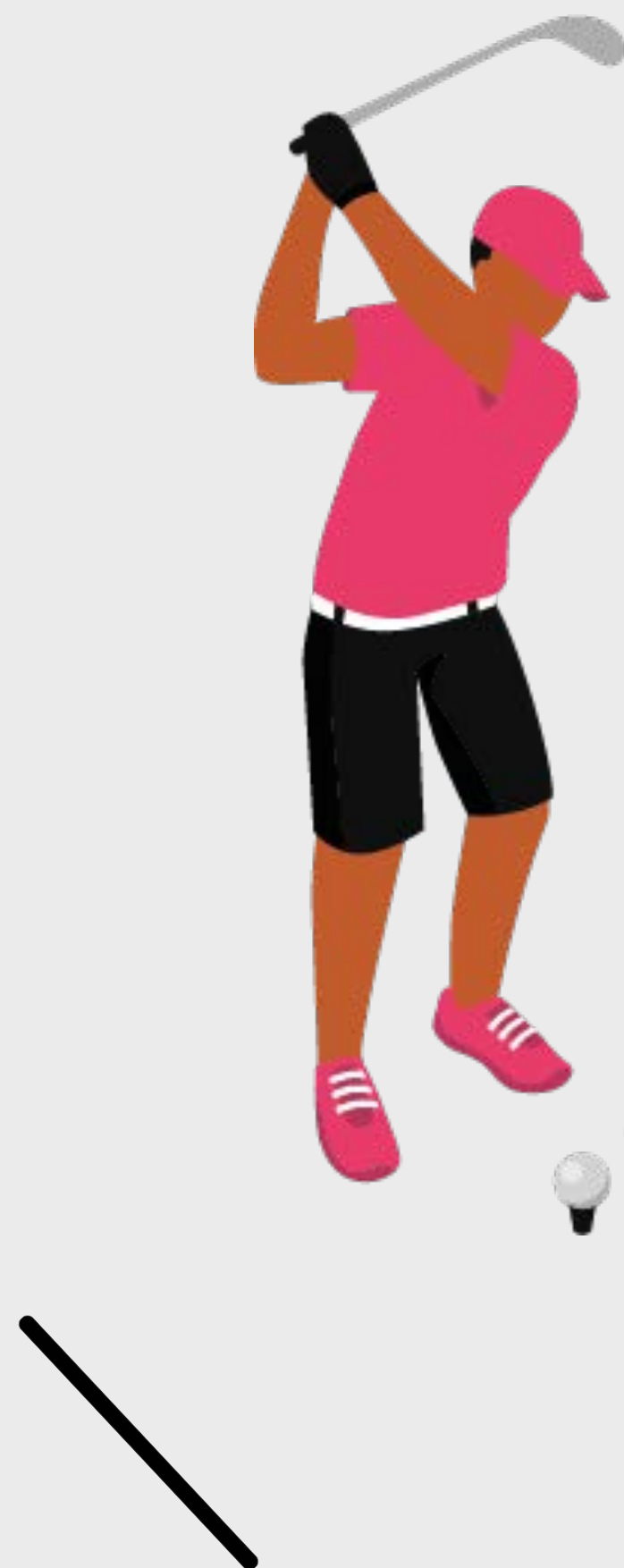
Equipment Needed

- Alignment Stick
- Driver
- Golf Balls

How to Practice

- Learners should understand that the faster they swing the club, the more potential they have to hit the ball further
- Learners should swing the alignment stick as fast as possible, as it is lighter than a normal golf club they will be able to do this effectively
- The learner should then attempt to maintain that speed when swinging the driver
- Make sure learners complete these fast swings without a ball and without too much thought for technique
- When you reintroduce the ball the learner should try to make solid contact and do this at 80% of full speed

Technical Link

- By improving the maximum speed at which they swing the club without a ball learners will be able to swing the club faster with a ball and increase their distances

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Launch Angle

Equipment Needed

- Alignment Stick
- Driver
- Golf balls

How to Practice

- Introduce the best way to create an optimal launch angle for the driver, include ball position, tee height and intention to hit the ball as the club is travelling up
- One posture tip could be to tilt the spine angle away from the target, to encourage the launch angle required to maximise distance
- If you have a launch monitor available measure the learner's launch angle so they understand how they launch the ball and what they need to do differently to increase their carry distance

Technical Link

- This activity will help the learner to increase their carry distance with the driver

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Stepping Drill
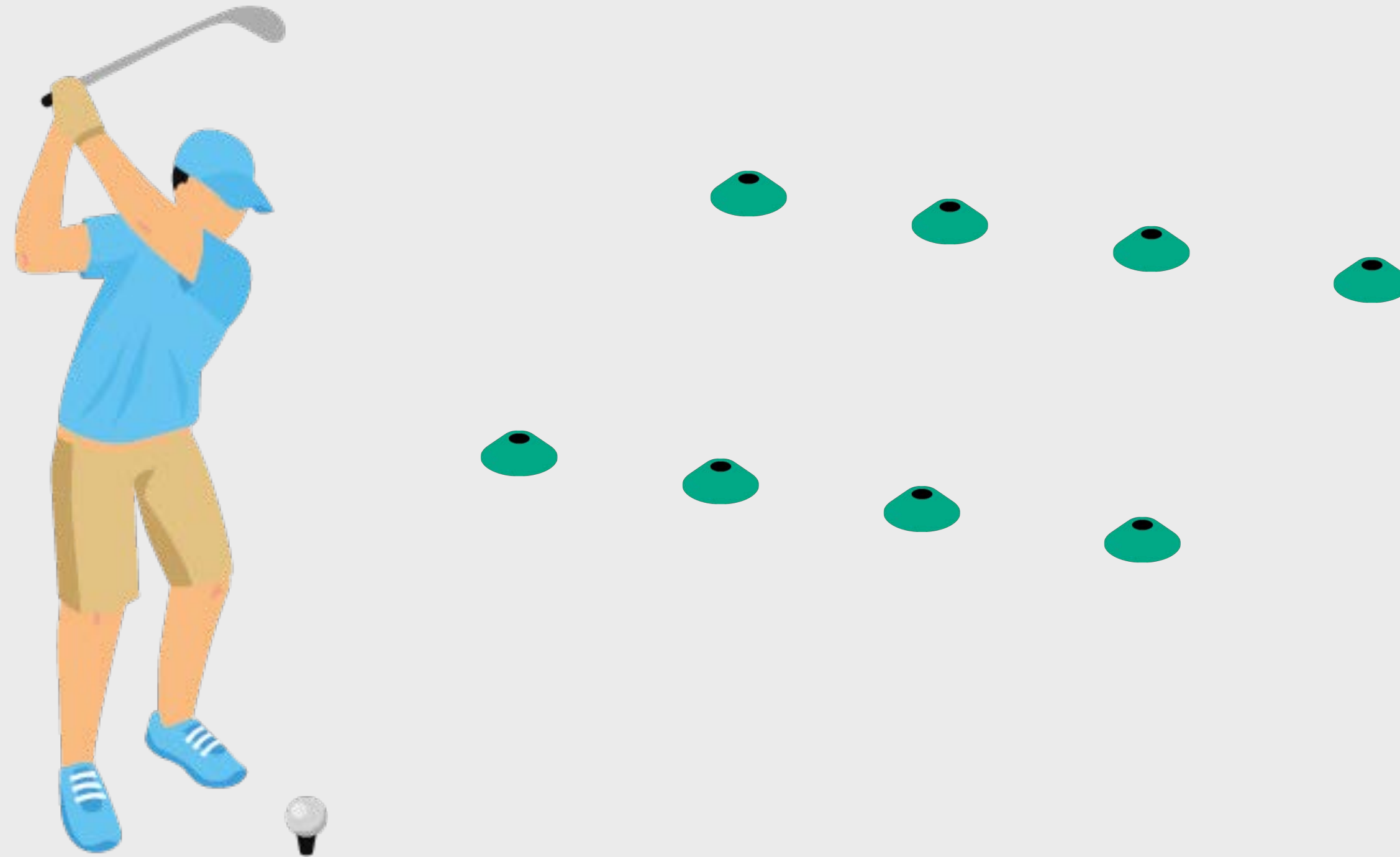

Equipment Needed

- 7 Iron or Driver

How to Practice

- The learner should practice by swinging up to the top of their swing and as the club is reaching the top of the swing, step forward and swing the club

- Once the learner achieves the coordination required to step and swing they can attempt the challenge with a ball and see if they can make contact

- Encourage learners to start with small, slower swings with this challenge and work up to fuller swings once confident in the movement

Technical Link

- This activity will help the learner to build an awareness of using movement to generate speed

Carry Distance Challenge

Equipment Needed

- Cones
- Golf balls

How to Play

- Set up a number of targets on the driving range, at different distances to enable learners to know how far they are hitting the ball
- The learners should take it in turns to hit each ball slightly further than their last shot
- The learners should start with a small swing and see how many shots in a row they can increase the distance they carry the ball

Progression Ideas

- Ask learners to work together on this challenge
- Dictate the shortest distance that learners have to hit to start the challenge (e.g. 50 yards)

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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 **pitching**, providing learners an opportunity to practice their skills around the green.

Mastering the Game

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Driver Challenge

Swing
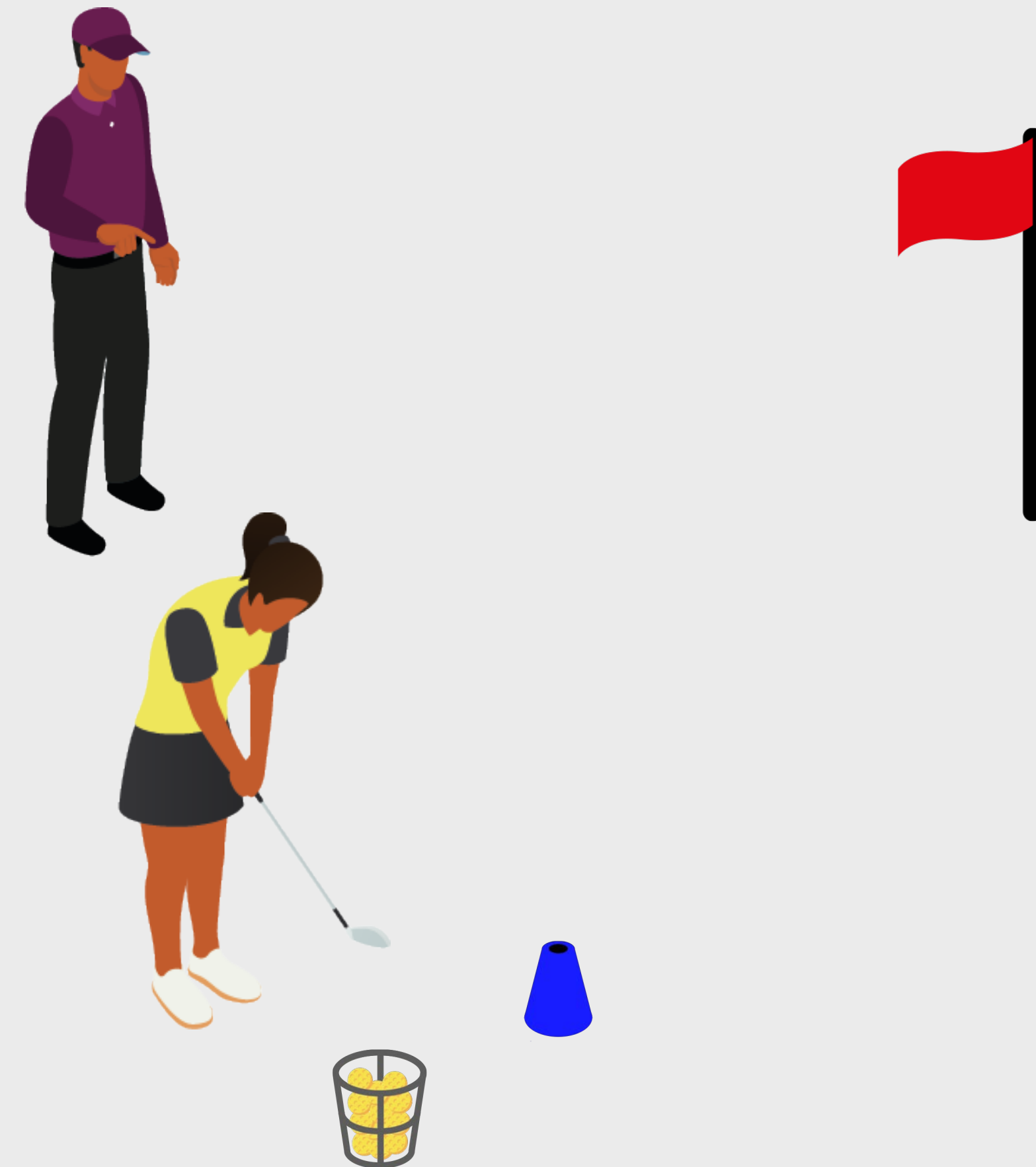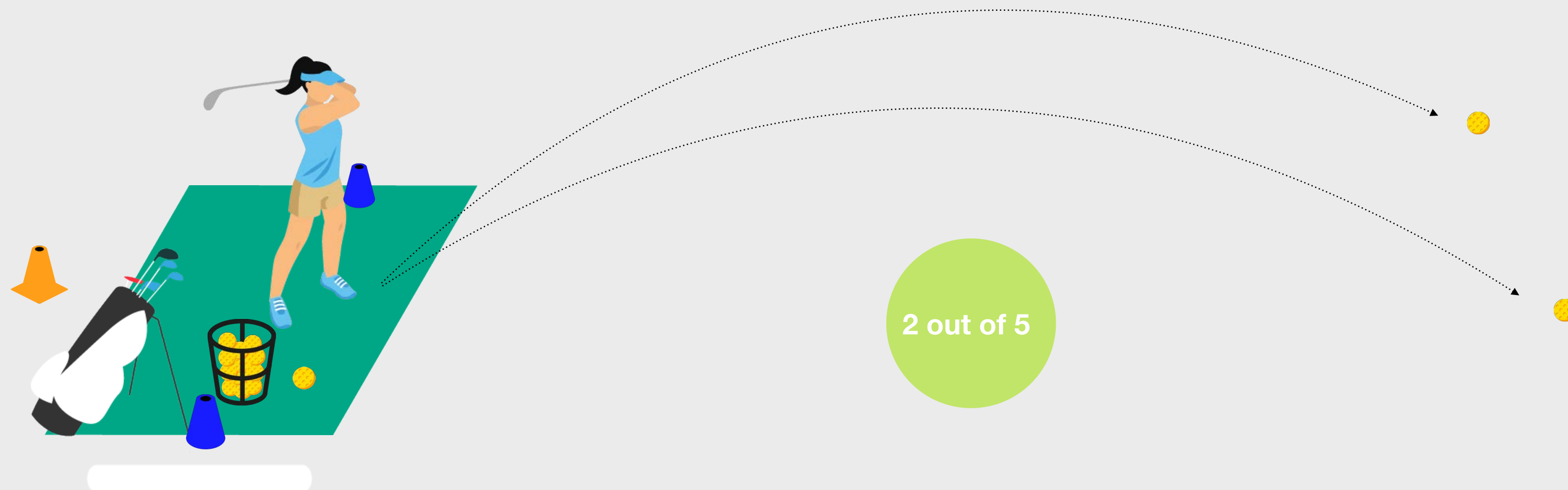
The Challenge

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

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

Equipment you Need

The equipment you will need for this challenge:
• Golf Balls
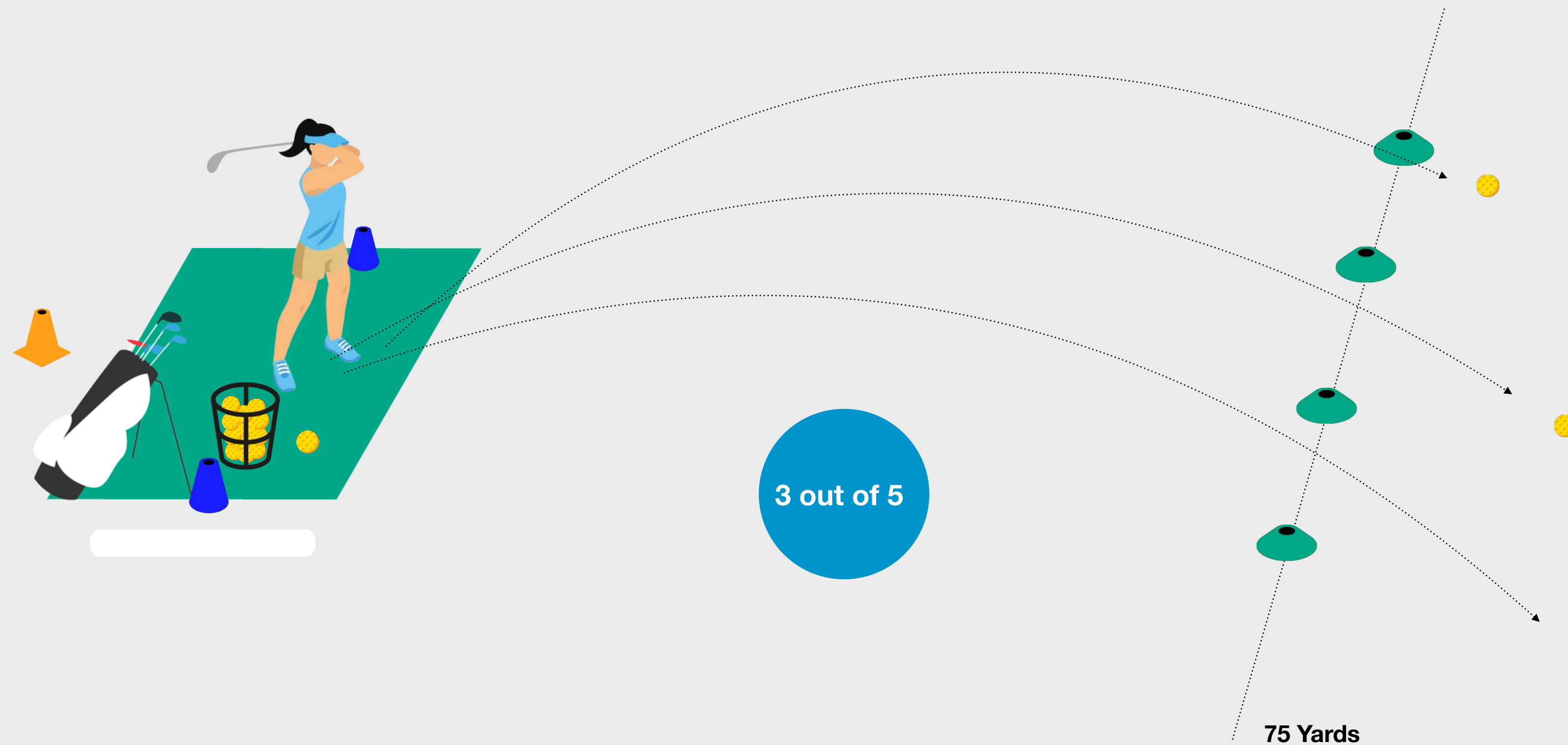
What should the Learner do next?

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

2 out of 5

Driver

1

Green Level 1

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Driver Challenge

Blue Level 2

3 out of 5

75 Yards

The Challenge

To complete the Level 2 Challenge the learner needs to demonstrate the ability to hit 3 out 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.

Equipment you Need

The equipment you will need for this challenge:
• Cones to mark the carry line
• 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

Driver

2

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Driver Challenge

	Yardages	Target Gate
Driver Distances *(Where the ball comes to rest)*	**125**	25 yard wide target gate
	150	30 yard wide target gate
	175	35 yard wide target gate
	200	40 yard wide target gate

2 out of 5

Refer to Graphic

Refer to Graphic

Swing

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)

Equipment you Need

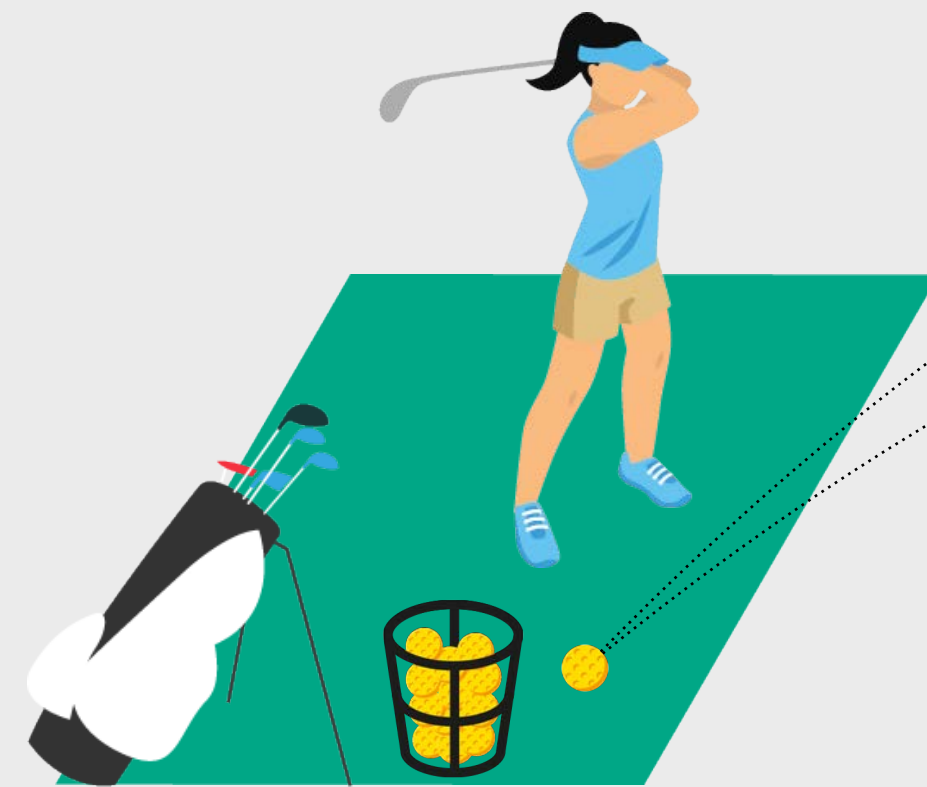The equipment you will need for this challenge:
- Alignment Sticks to mark the target gates
- Foam noodles to make the gate more visible
- Golf Balls

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

Driver

3

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