

# Swing - Developing Consistency

Monday, September 19th - Sunday, September 25th



**GAMEON**  
GOLF DEVELOPMENT

# Class Timetable

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game:**  
Swing  
Developing Consistency

**Online Whole Golfer Resource:**  
Knowing Your Challenge Point

**Learning the Game Focus:**  
Rules and Etiquette

Time	Focus	Class Content	Games / Drills / Resource
5 mins	Introduction	Objectives - developing consistency, a stocks shot Introduce Learning the Game and Whole Golfer focus Outline the Technical Guidance for the class Explain how to play the games and attempt the practice station activities	<ul style="list-style-type: none"> <li>• Know your Challenge Point</li> <li>• Play the Ball as it Lies</li> </ul>
40 Mins	Mastering the Game	Learners play the games individually, in pairs or groups Opportunity to provide private coaching	<ul style="list-style-type: none"> <li>• Target Picker</li> </ul>
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	<ul style="list-style-type: none"> <li>• Hybrids/Fairway Woods</li> </ul>
5 Mins	myGame Tracking	<ul style="list-style-type: none"> <li>• Update notes and challenges in the GLF. Locker App</li> </ul>	

# Technical Guidance

## Developing Consistency

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:

### A Stock Shot

When playing and improving it is important on the golf course to develop a 'stock shot'.

Explain to the learners the importance of the 'stock shot' and explain how having a shot to go to when you may be struggling or under pressure is very important for development.

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.





## Play the ball as it lies

The Learning the Game theme this week is about understanding that in the rules of golf the ball must be played as it lies, and that air shots still count as a stroke!

Be sure to reinforce that whilst they are learning the adapted rules we have provided them with will be enough to help them as they learn, but as they play with more golfers at the club they need to be aware of the rules of golf.



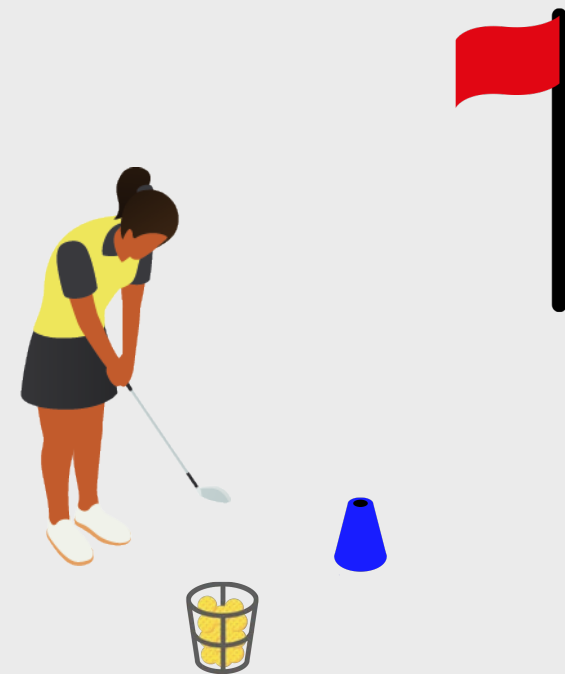
## Knowing Your Challenge Point

It is important for the learners to understand what level they are at and what type of challenges and successes they should expect.

Understanding how difficult the challenge or the hole length needs to be so that it is an appropriate challenge for their ability is a very important part of starting and developing in golf.



# Class Layout and Setup



**Station 6:**  
Secondary Skill  
Pitching

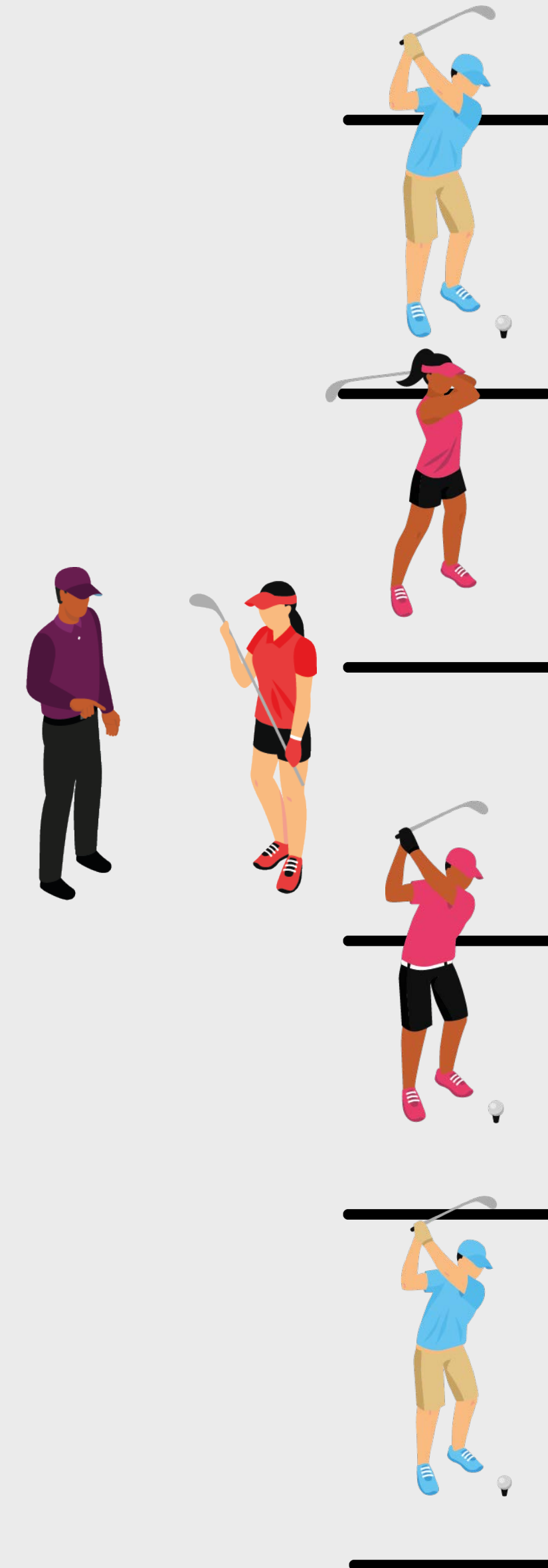
**Station 1:**  
Practice Station  
1, 2, 3... 1, 2, 3

**Station 2:**  
Practice Station  
Fairway Finder

**Station 3:**  
Practice Station  
Change Set Up

**Station 4:**  
Game Station  
Target Picker

**Station 5:**  
Challenge Station



# 1, 2, 3... 1, 2, 3



## Equipment Needed

- Driving range
- Fairway wood
- Golf balls

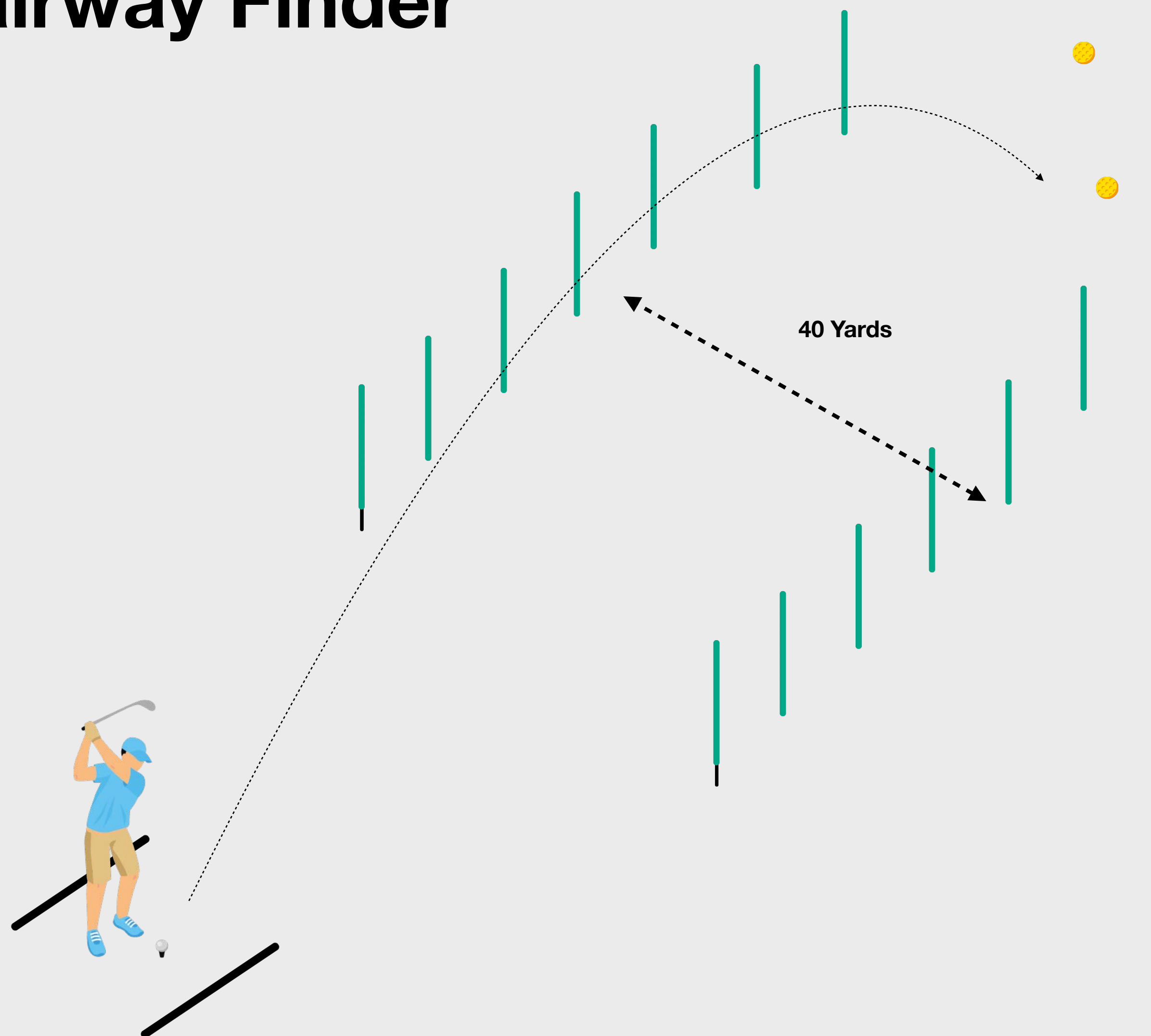
## How to Practice

- Learners should understand the importance of rhythm and tempo in their golf swing
- Demonstrate the importance of maintaining a consistent swing speed
- This consistent swing speed and rhythm will develop consistency of strike and ultimately more consistent shots

## Technical Link

- Allow the learners to quicken and slow their swing speed and rhythm and see the changes in consistency of strike and shot

# Fairway Finder



## Equipment Needed

- Driving range
- Alignment sticks, cones or other targets
- Golf balls

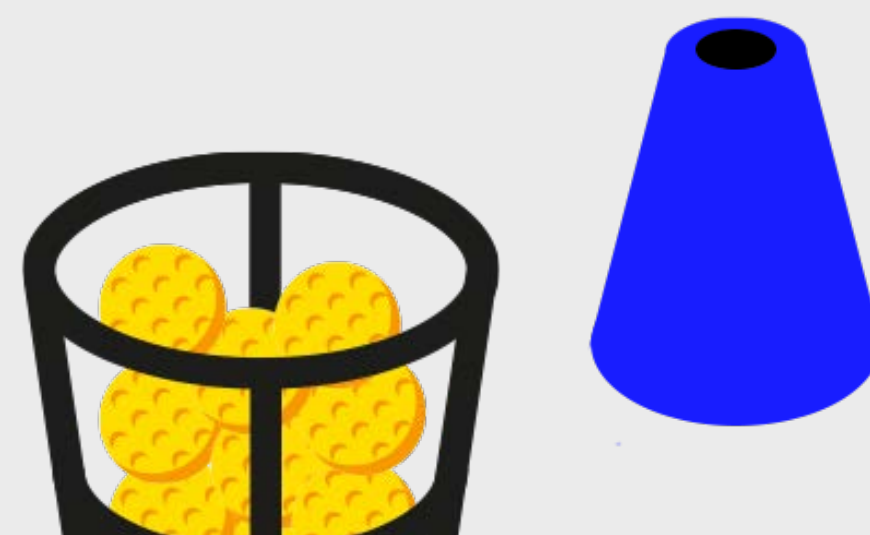
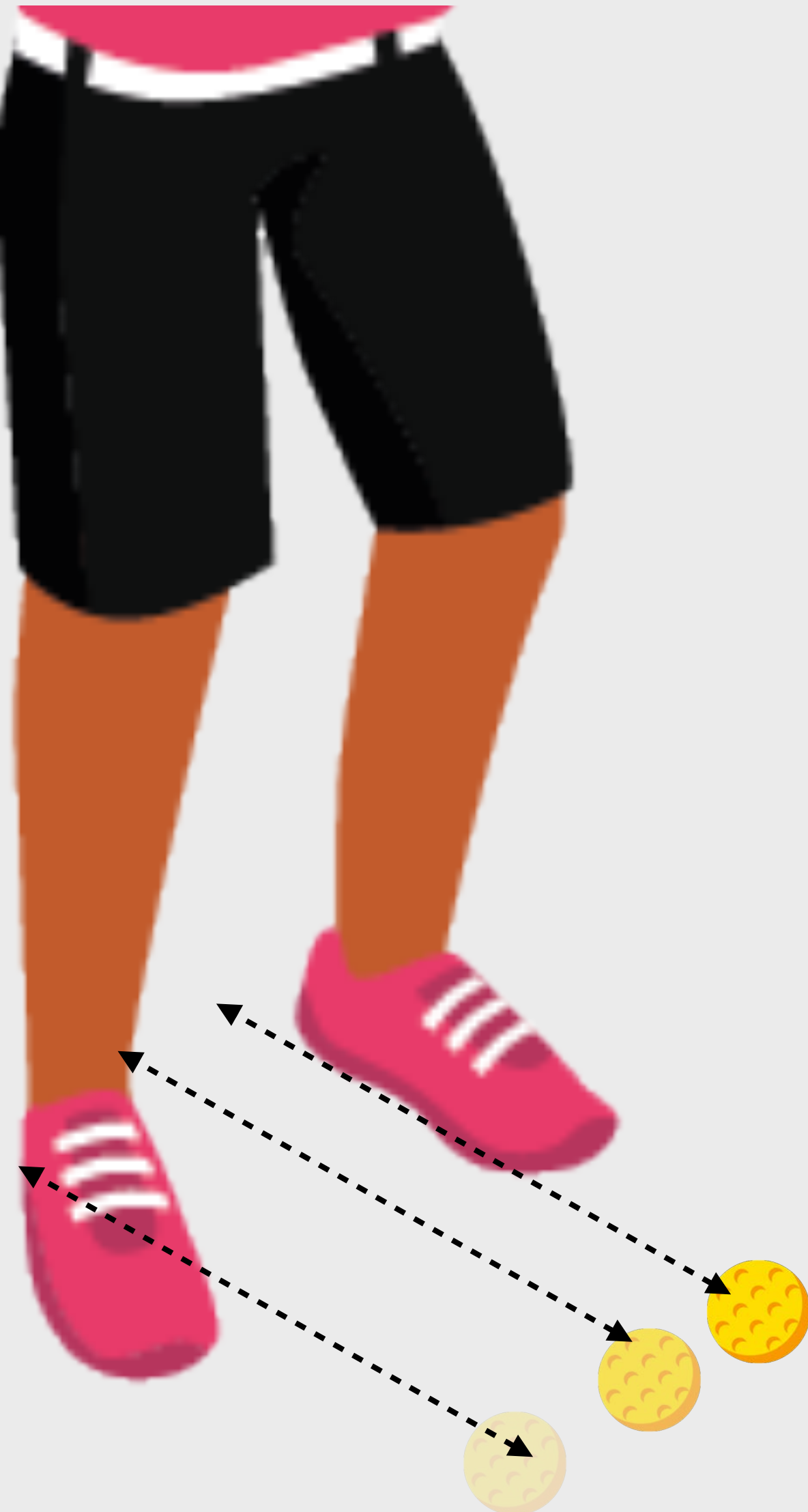
## How to Practice

- Set up a fairway on the driving range using existing targets or use cones or alignment sticks
- Ask learners to hit golf balls and try and hit the fairway using their stock shot. This can be a fairway wood
- Ask the learners to hit 10 shot and see how many out of 10 they can hit the fairway

## Technical Link

- By having a visual target on the driving range it focuses the learners minds onto what is required for a stock shot
- It shows them what an average fairway width of roughly 40 yards looks like

# Change Set Up



## Equipment Needed

- Driving range
- Golf balls
- Cones

## How to Practice

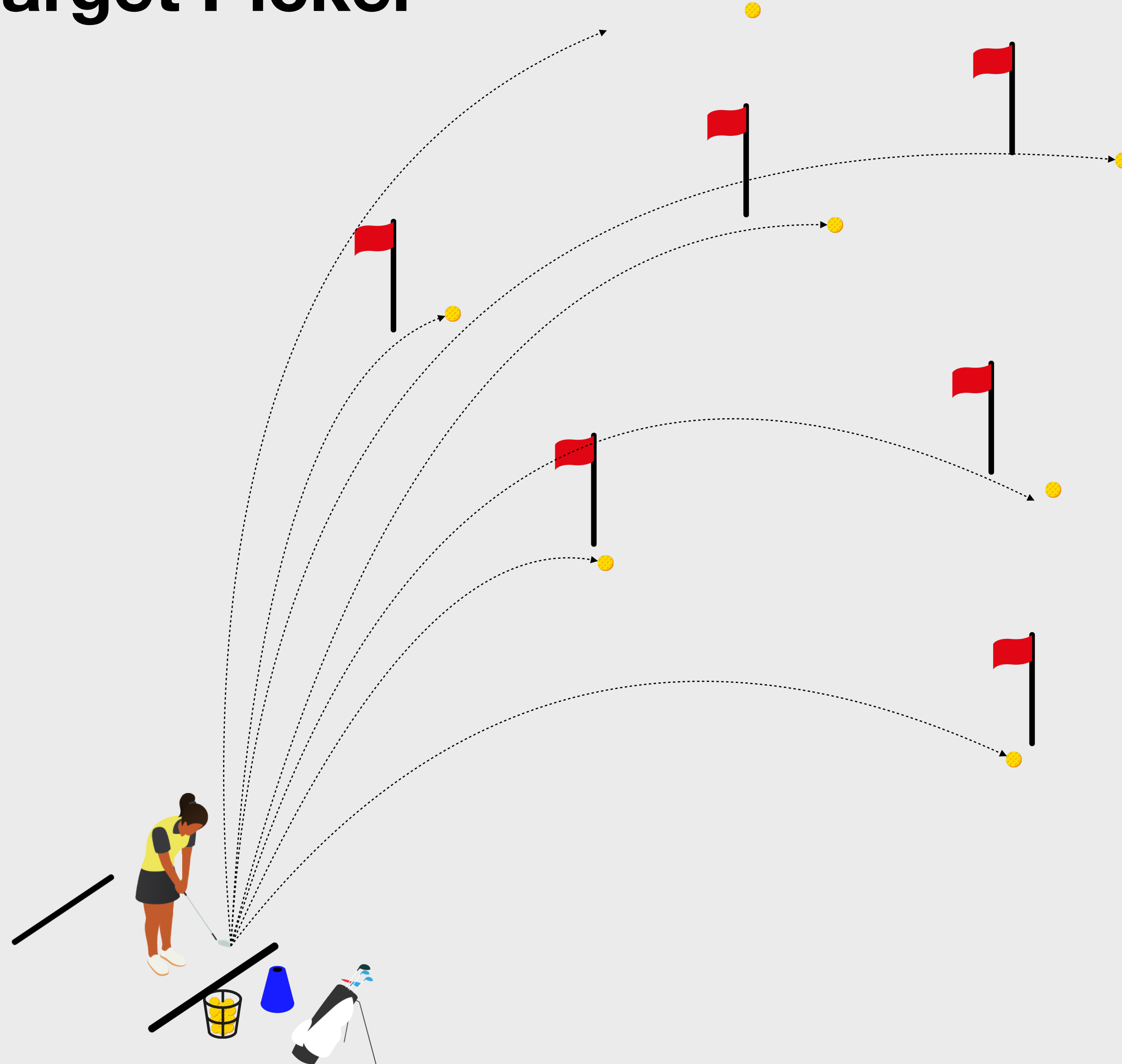
- Learners should understand how changing their setup will affect the consistency and type of shot they hit
- Ask the learners to adjust their ball position forwards and back in their stance and see the difference that makes
- Adjusting their alignment will also affect the consistency and quality of their stock shot

## Technical Link

- Allowing the learning to change and adjust their setup will help them understand the importance of a correct set up and the difference it makes



# Target Picker



## Equipment Needed

- Driving range
- Golf balls
- Cones
- Driving range targets

## How to Practice

- Learners should alter their target with their stock shot so they are constantly adjusting their alignment and set up
- Pick up to 5 different targets and allow the learners to hit one shot to each target
- Encourage the learners to go through their pre-shot routine and try to imagine they are playing on the course and hitting the fairway

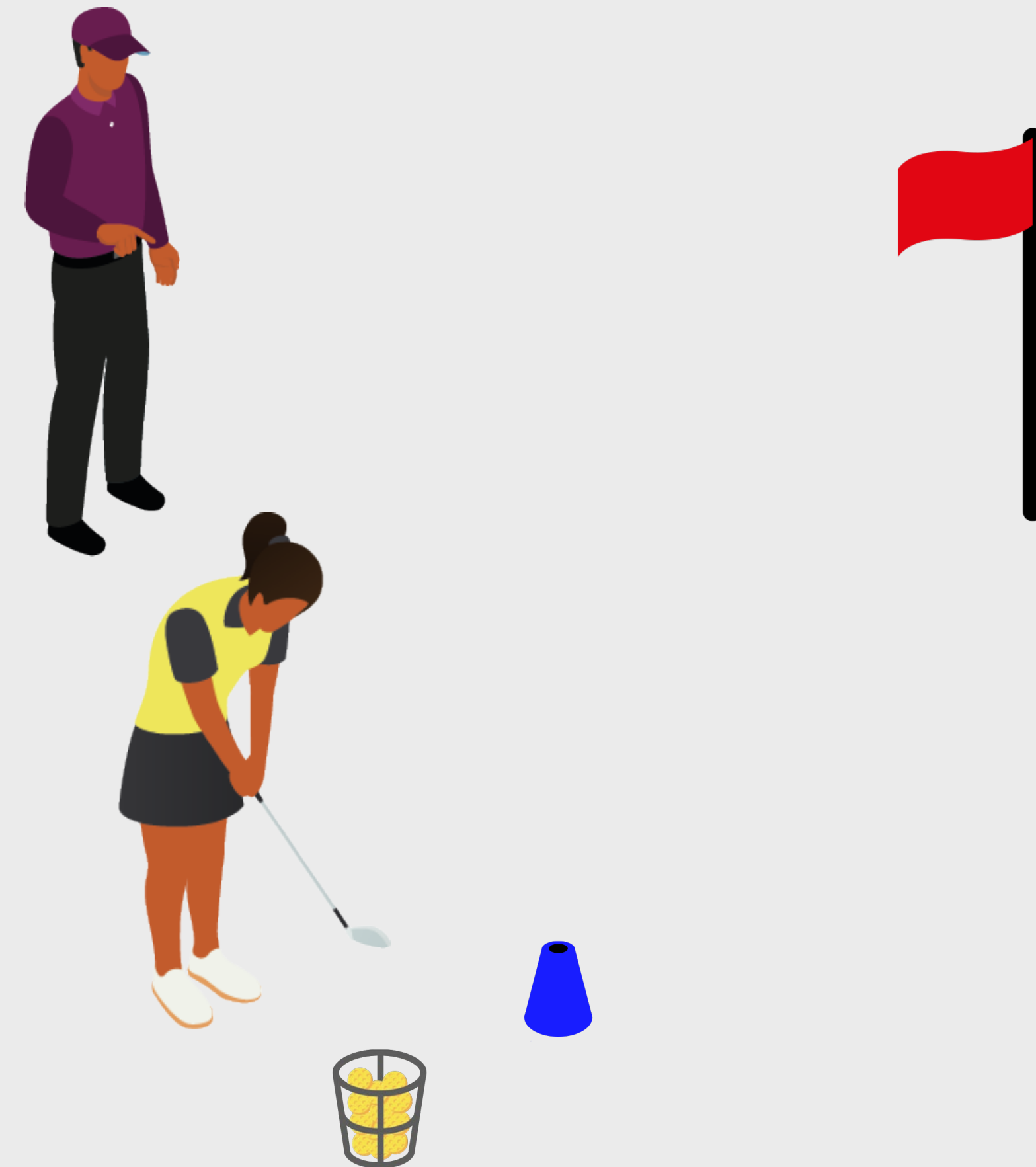
## Technical Link

- By changing the target it keeps the practice fresh for the learner and allows them to make the required adjustments to hit their stock shot on their imaginary fairway

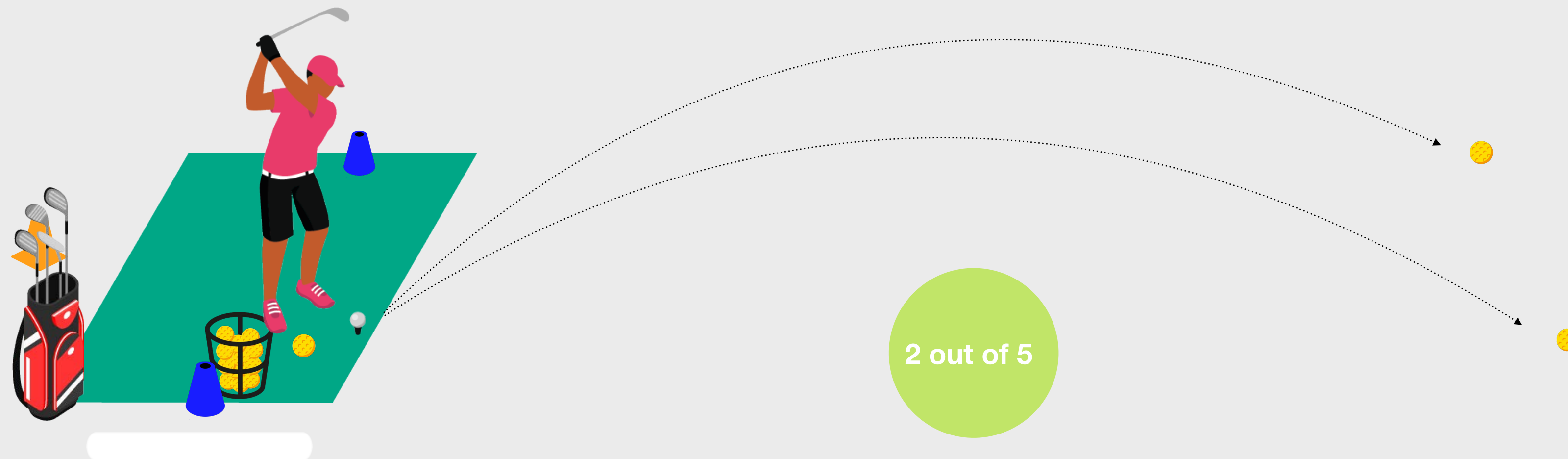
# Secondary Skill

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 in the bunker.



# 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.

## Equipment you Need

The equipment you will need for this challenge:

- Golf Balls

## What should the Learner do next?

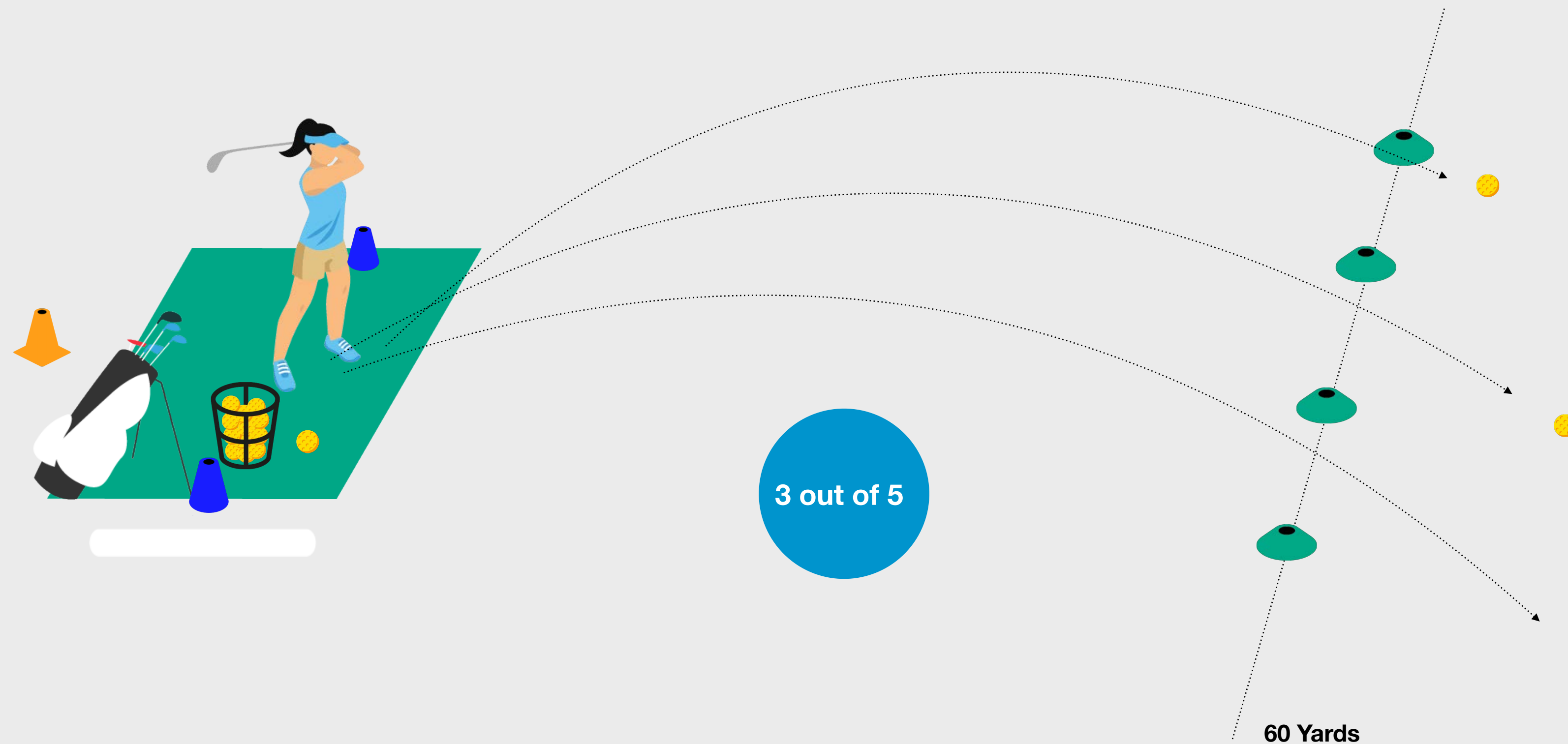
After attempting the challenge, the learner should:

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

## Fairway Woods



# 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.

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

## Fairway Woods





# Hybrid/Fairway Wood Challenge

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



## The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 3 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)

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

## Fairway Woods



2 out of 5

