

Swing - Developing Consistency

Monday, September 19th - Sunday, September 25th



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	Class Content	Games / Drills / Resources
15 Mins Prior	Setup and Welcome	
5 mins	Introduction	
40 Mins	Mastering the Game	<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"> Practice stations Game cards Secondary skill : on
5 Mins	myGame Tracking	<ul style="list-style-type: none"> Iron play challenge
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> GLF Locker /Game App

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Class Timetable

Session Length:
60mins

Group Size:
1:8

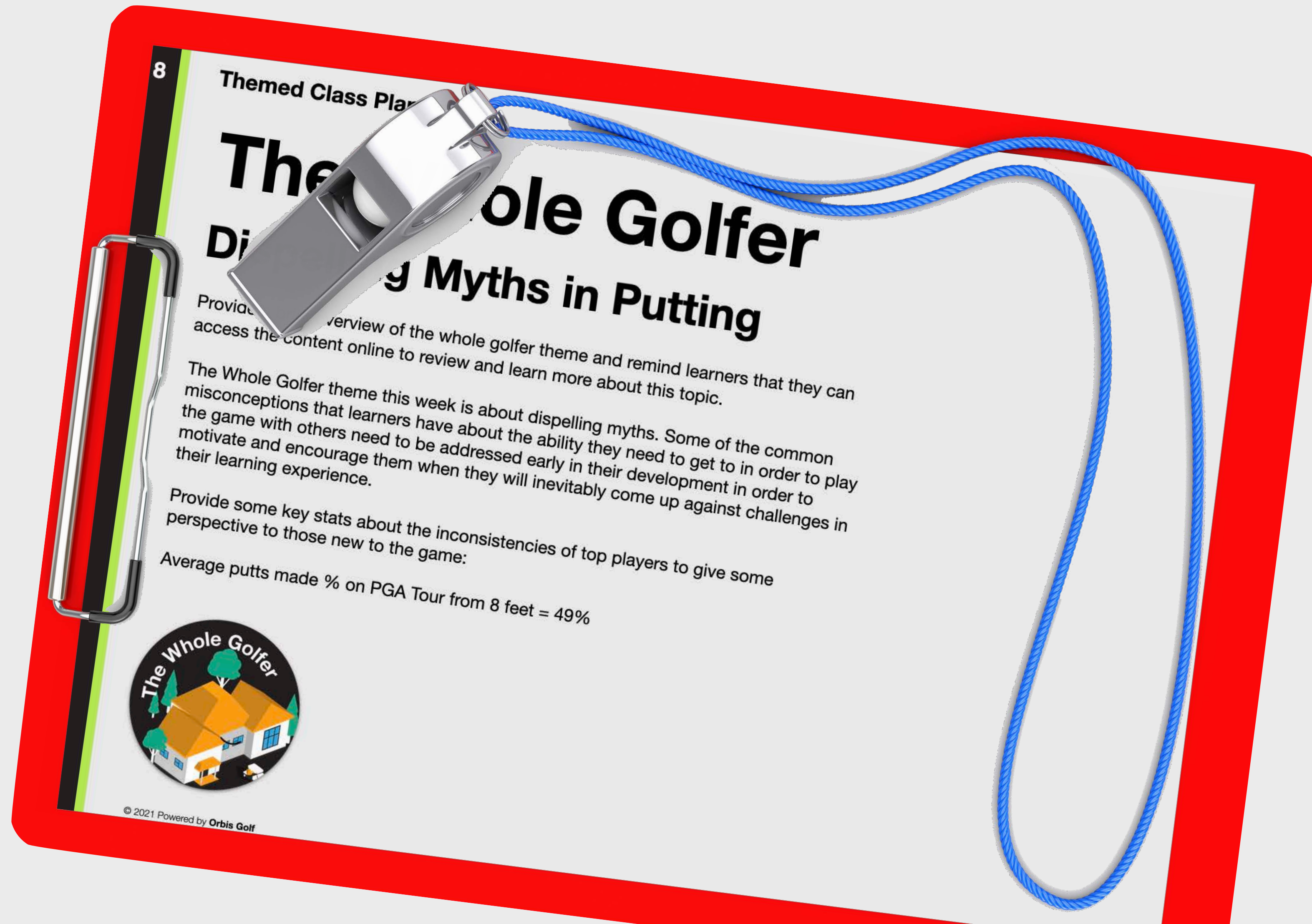
Mastering the Game:
Swing
Developing Consistency

Online Whole Golfer Resource:
Knowing Your Challenge Point

Learning the Game Focus:
Rules and Etiquette

Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	Set up the games and practice stations Be ready to welcome participants 5 minutes before the session starts	
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"> • Know your Challenge Point • Play the Ball as it Lies
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"> • Target Picker
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"> • Hybrids/Fairway Woods
5 Mins	myGame Tracking	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"> • GLF. Locker myGame App
15 Mins Post	Relationship Building	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

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.



Learning the Game

Play the ball as it lies

Provide a brief overview of the learning the game theme and remind learners that they can access the content online to review and learn more about this topic.

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.



The Whole Golfer

Knowing Your Challenge Point

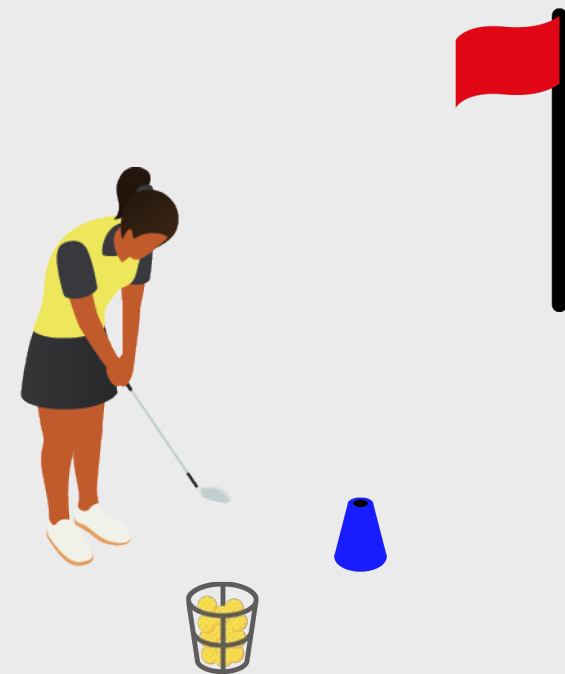
It is important for the learners to understand what level they are at and what type of challenges and successes they should expect.

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



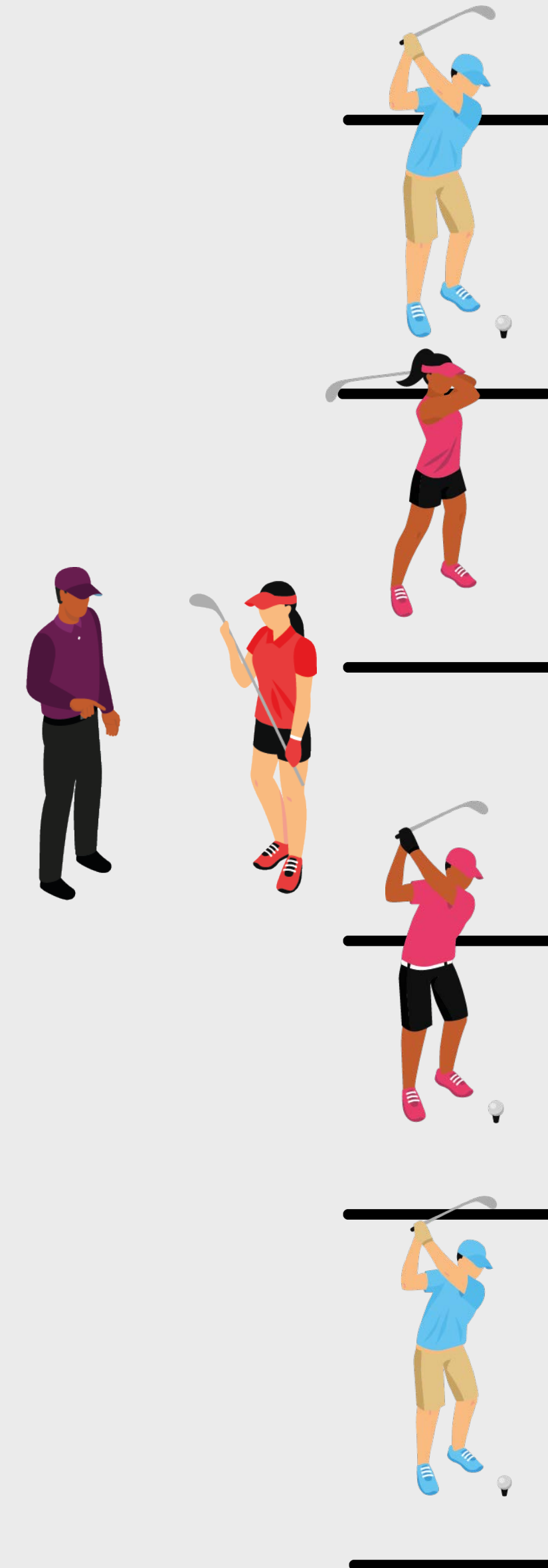
Station 1:
Practice Station
1, 2, 3... 1, 2, 3

Station 2:
Practice Station
Fairway Finder

Station 3:
Practice Station
Change Set Up

Station 4:
Game Station
Target Picker

Station 5:
Challenge Station



Practice Stations and Game Cards



Themed Class Plans

Control Distance

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

Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set this activity up with 3 different sized boxes (10, 20 yards and 30 yards) from the learner.
- The learner should practice chipping the ball at these 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 length of the stroke using a putter, 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. e.g. a 7 iron would be best to lower lofted club.

Technical Learning Objectives

- This activity will help the learner to understand how to control the distance of a shot based on the speed of the stroke.
- This activity will help the learner to gain confidence in their ability to hit the green by becoming consistent with one particular type of club.

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



Equipment Needed

- Driving range
- Fairway wood
- Golf balls

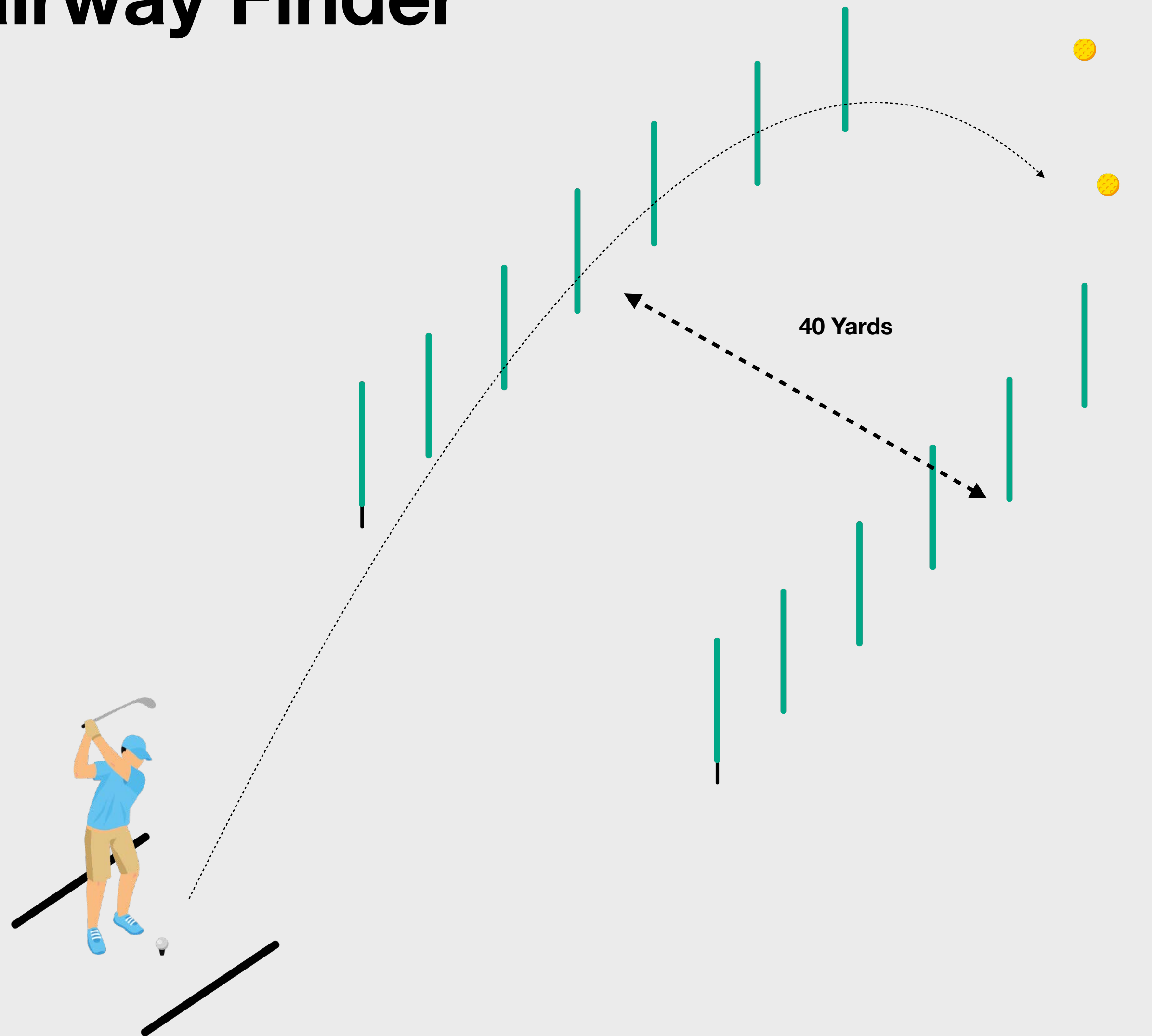
How to Practice

- 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

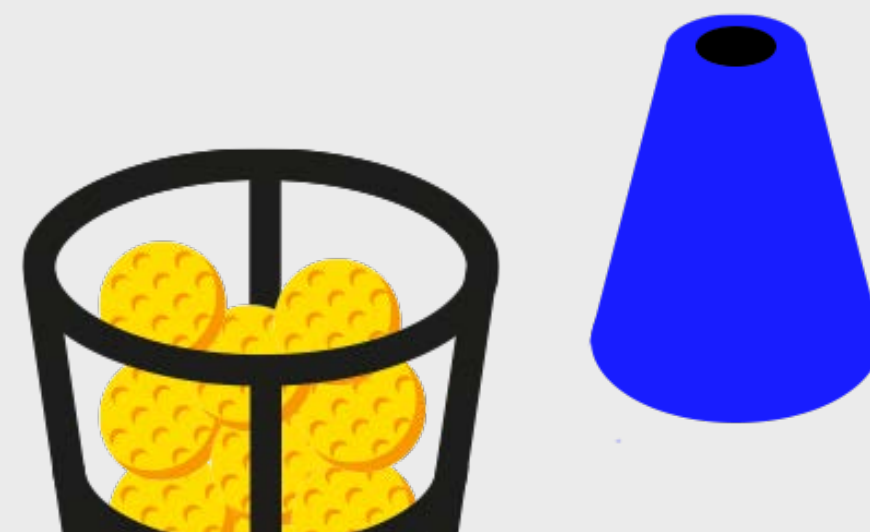
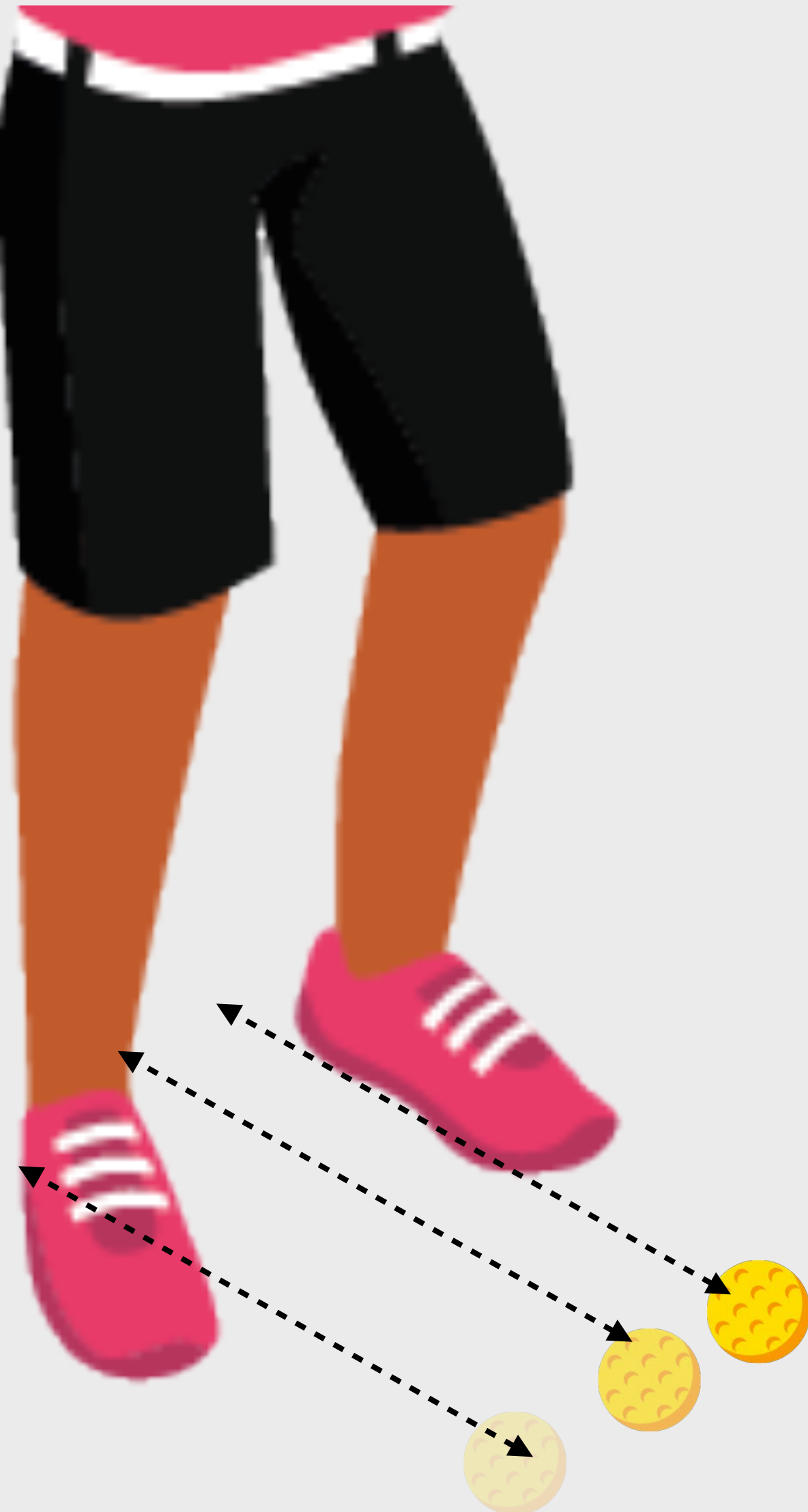
How to Practice

- 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

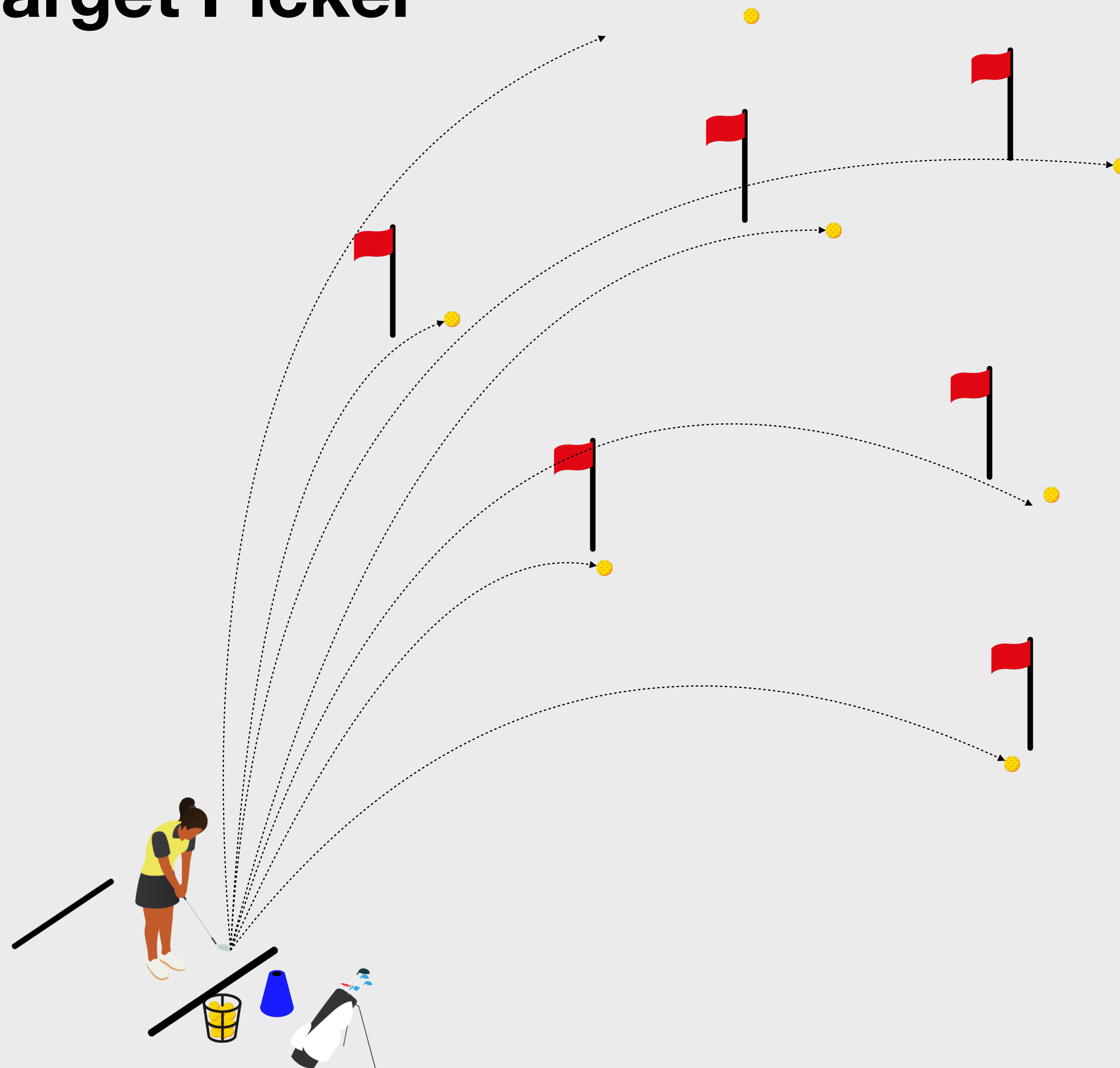
How to Practice

- 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

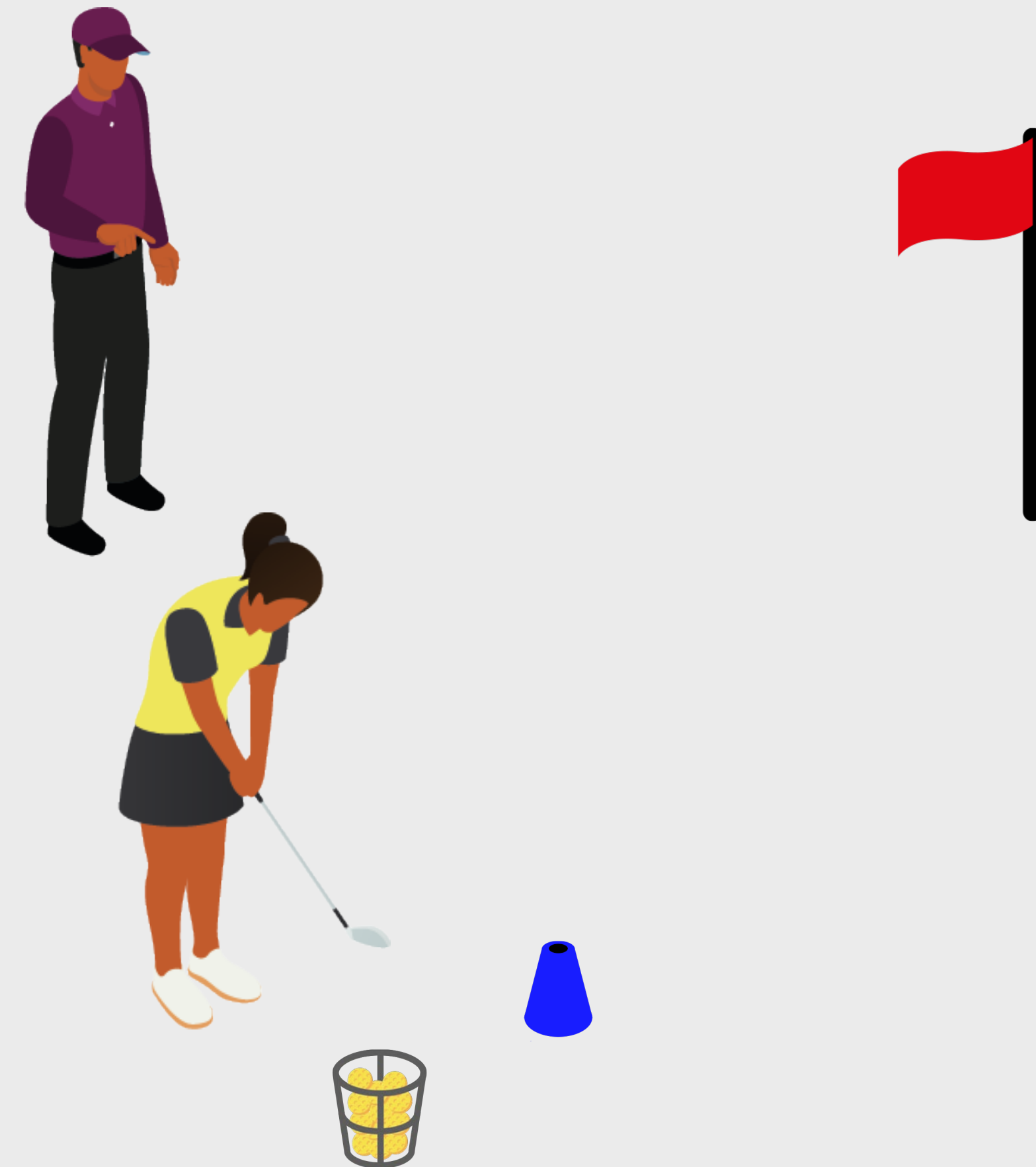
Technical Link

- 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

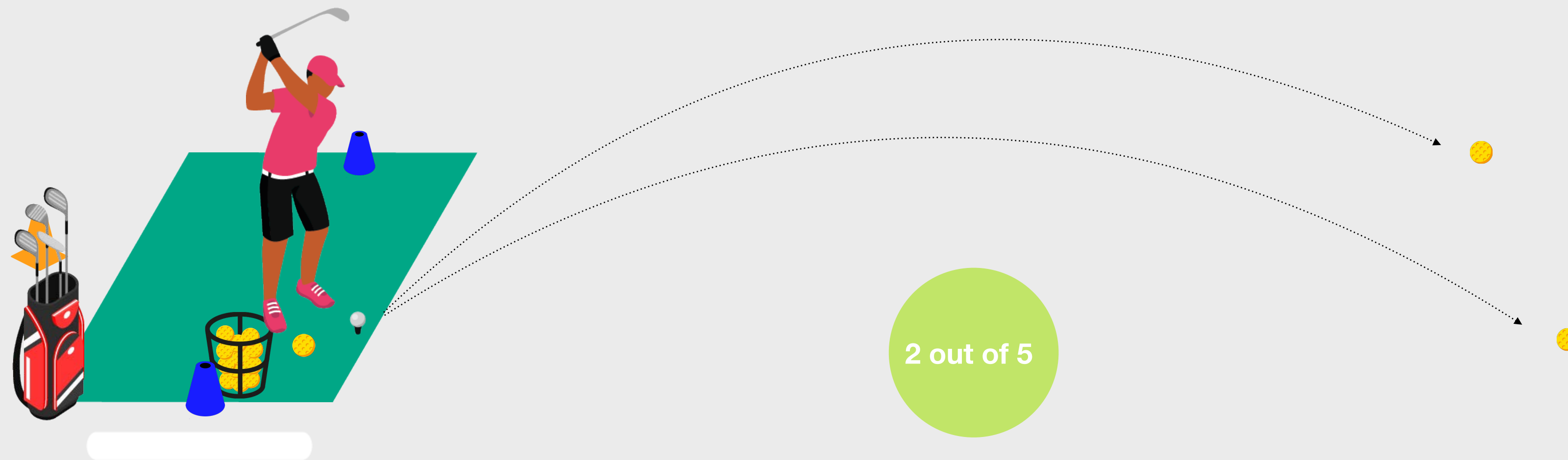
Secondary Skill

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?

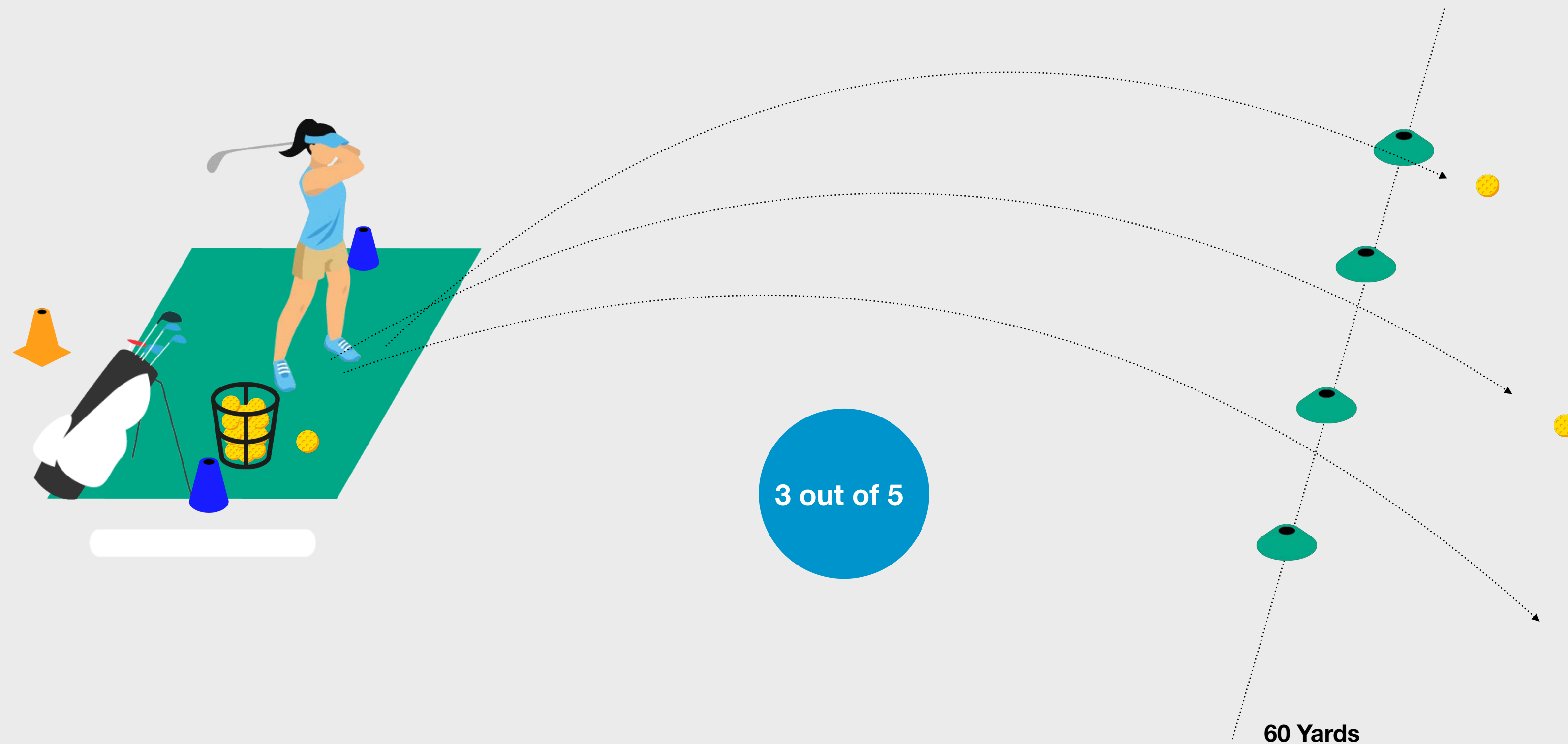
After attempting the challenge, the learner should:

- 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

