

Around the Green Club Selection

Monday, September 26th - Sunday, October 2nd



GAMEON
GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:8

Mastering the Game:
Around the Green - Club
Selection

Online Whole Golfer Resource:
Nutrition Post Round

Learning the Game:
Rules and Etiquette
Lost Ball and Out of Bounds

Time	Focus	Class Content	Games / Drills / Resource
5 mins	Introduction	<ul style="list-style-type: none"> Objectives - Introduce shots around the green Introduce the 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"> Lost Ball Out of Bounds
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 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"> Bunker play Bullseye
5 Mins	myGame Tracking	<ul style="list-style-type: none"> Update notes and challenges in the GLF. Locker App 	

Technical Guidance

The technical guidance we are prescribing is to be delivered as you see fit, use your experience to deliver this information appropriately:

Proximity to the hole

Guidance for this session is to allow the learners to consider the proximity they are from the hole before selecting their shot.

Learners must analyse the distance they are from the hole, the distance they are from the start of the putting surface and any hazards and lie considerations that may affect the shot.





Lost Ball and Out of Bounds

Explain to the learners about what happens if they have lost their ball and about the boundaries of the golf course. Things to consider;

- What to do when the ball leaves the property?
- How long can they look for their ball?
- Do they need to play another ball?
- Which formats require which action?



What should I eat after my round?

Outline to the learner about what to eat and drink after the round of golf. Consider things that may boost recovery from fatigue and from muscle exertions. Things to consider;

- Quality proteins
- Healthy fat
- Low-glycemic complex carbohydrates
- Portions of starchy carbohydrates to help restore energy levels
- Drink a lot of water

Class Layout and Setup

Station 1:
Practice Station
High or low?



Station 2:
Practice Station
High or low...
bunker!



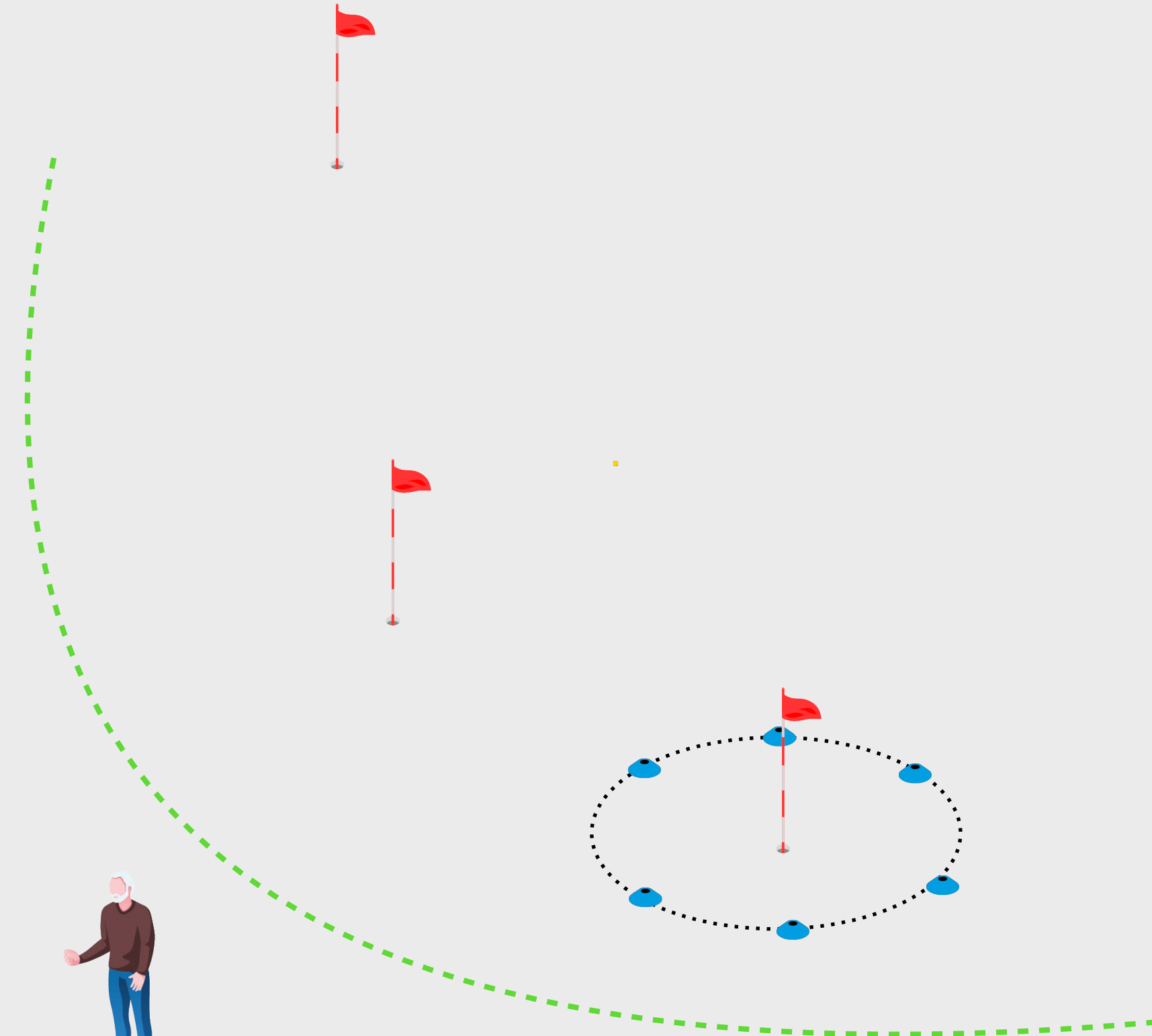
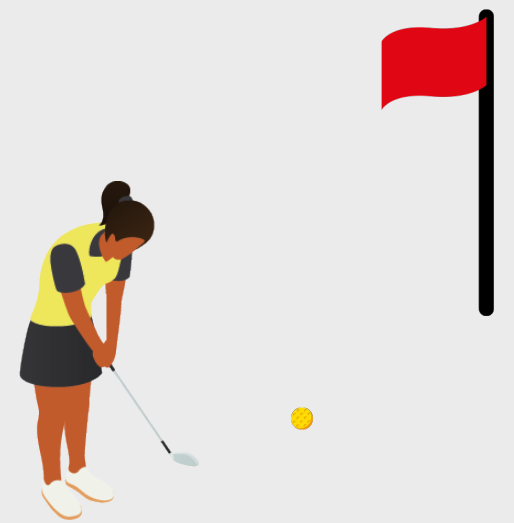
Station 3:
Games Station
Bullseye



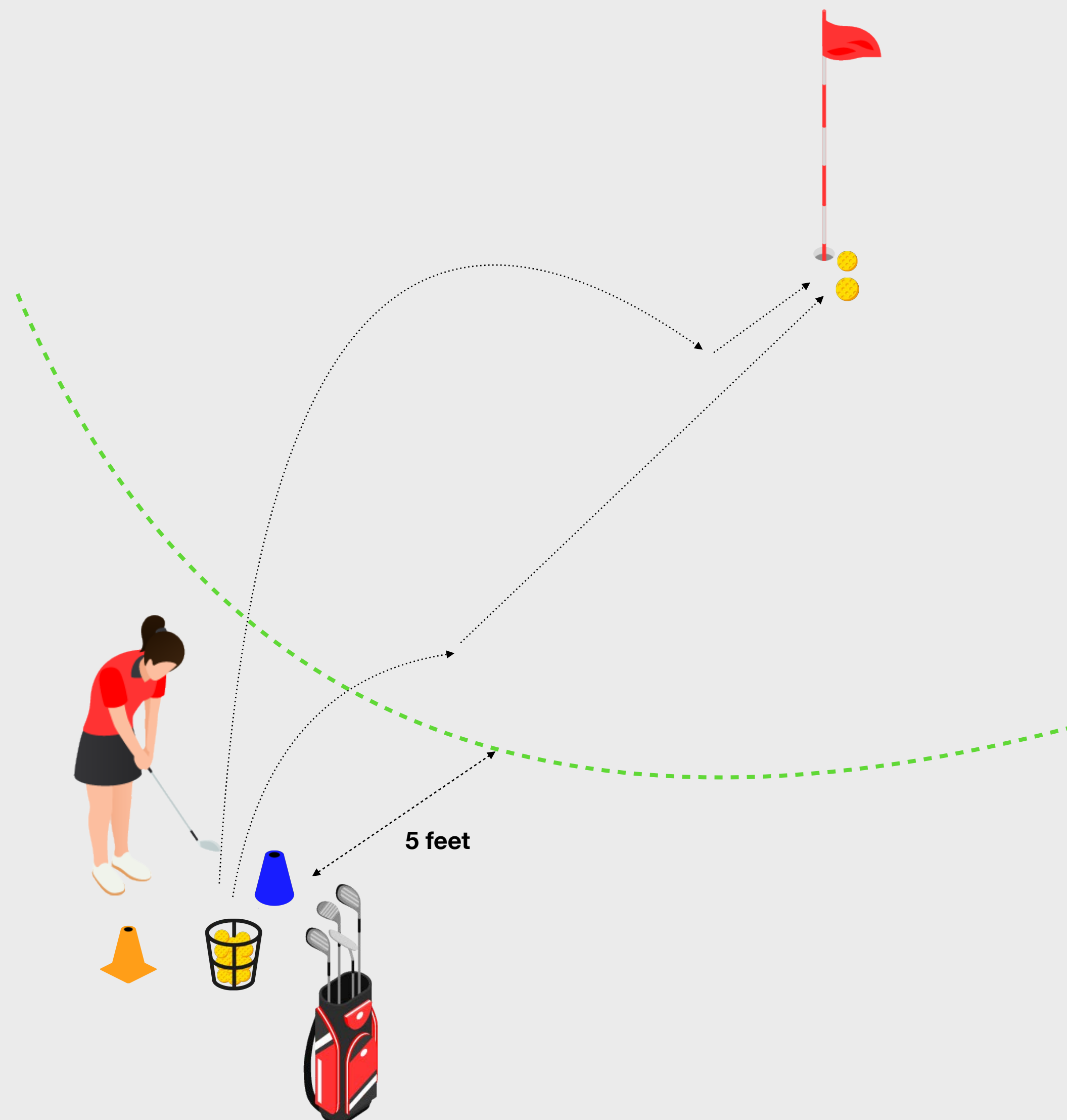
Station 4:
Challenge Station



Station 5:
Secondary Skill



High or low?



Equipment Needed

- Cones for safety
- 8 Irons and Sand Wedge
- Golf balls

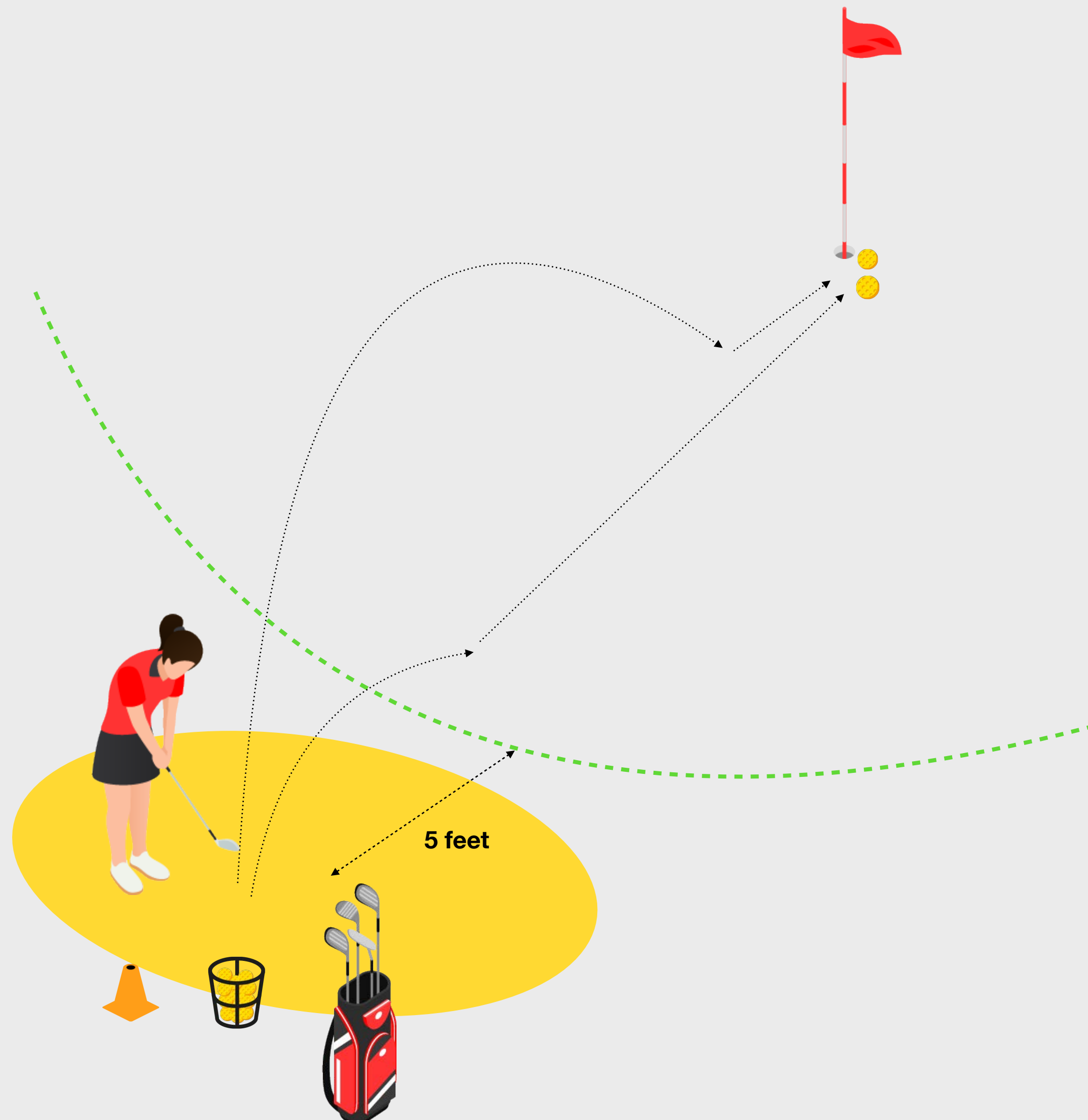
How to Practice

- Position the learner on the edge of the chipping green.
- Pick a shot 5 ft from the edge of the green with lots of green to work with.
- Demonstrate to the learner two different ways to play the shot.
- Shot one will be with a SW with a longer swing with the ball spending 80% of its time in the air 20% of its time rolling.
- Shot two will be played with an 8 iron with a shorter swing with the ball spending 20% of its time in the air 80% of its time rolling.

Technical Link

- Outline to the learners the benefits of both shots and specifically where each shot should be used.
- Explain to the learner the potential risks and percentage likelihood of success with each shot

High or low... Bunker!



Equipment Needed

- Bunker
- PW and SW
- Golf balls

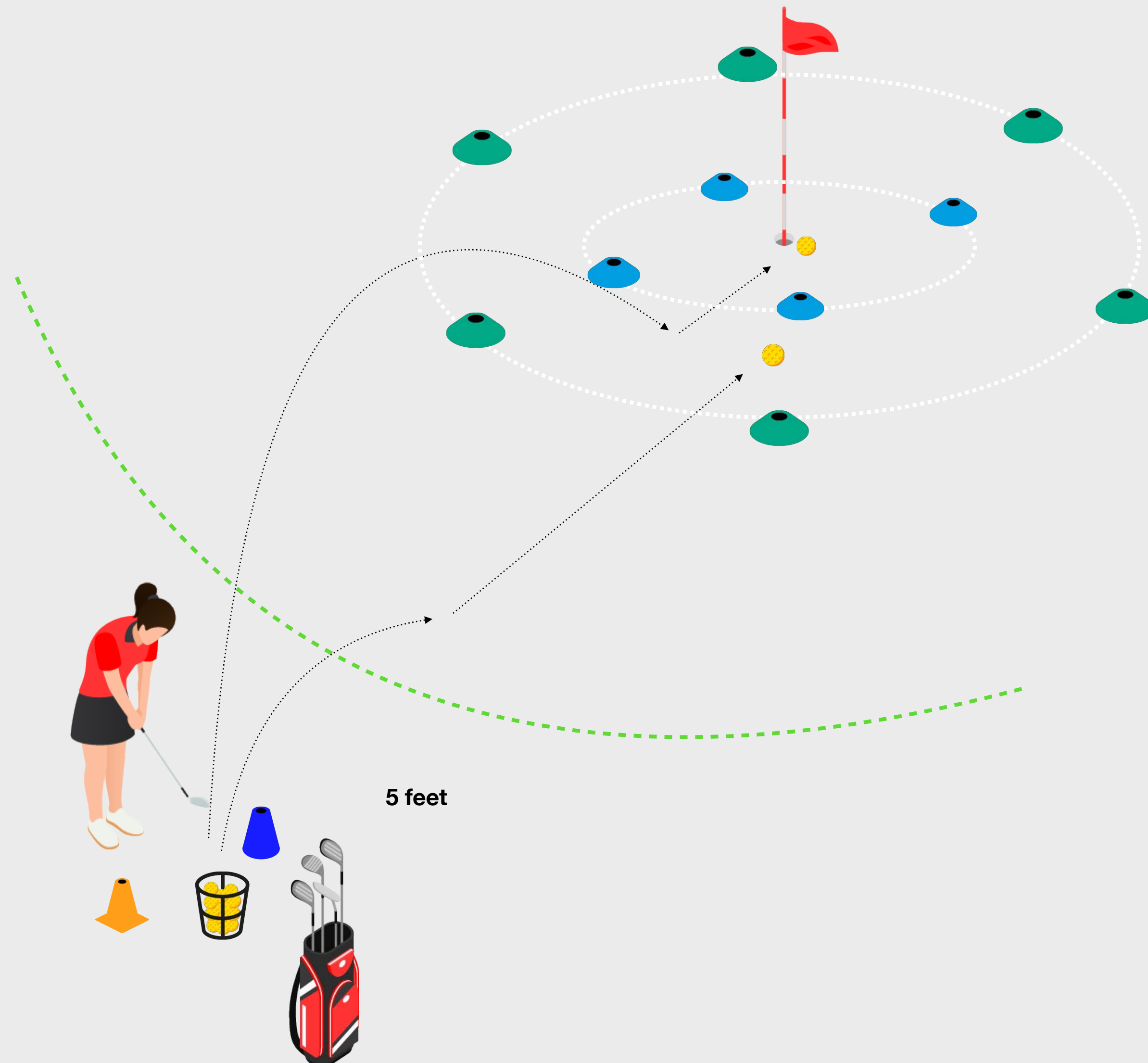
How to Practice

- Position the learner in a bunker on the edge of the chipping green
- Pick a shot on the edge of the green with lots of green to work with
- Demonstrate to the learner two different ways to play the bunker shot
- Shot 1 will be with a PW. Demonstrate how the ball will leave the bunker at a slightly lower trajectory with increased roll
- Shot 2 will be played with a SW. Show how the increased loft on the SW allows the ball to leave the bunker with increased trajectory and have less roll more spin

Technical Link

- Outline to the learners the benefits of both shots and specifically where each shot should be used.
- Explain to the learner the potential risks and percentage likelihood of success with each shot

Bullseye



Equipment Needed

- Chip shot at the edge of a chipping green
- Golf balls
- Cones for safety
- Cone to create 2 circles (5ft & 10ft)

How to play the game

- Challenge the learner to hit 10 shots from the edge of the green. 5 shots should be hit with a 8 iron and 5 shots to be hit with a SW
- If the learner gets the ball in the inner circle they score 10 points
- If the learner gets the ball in the outer circle they score 5 points

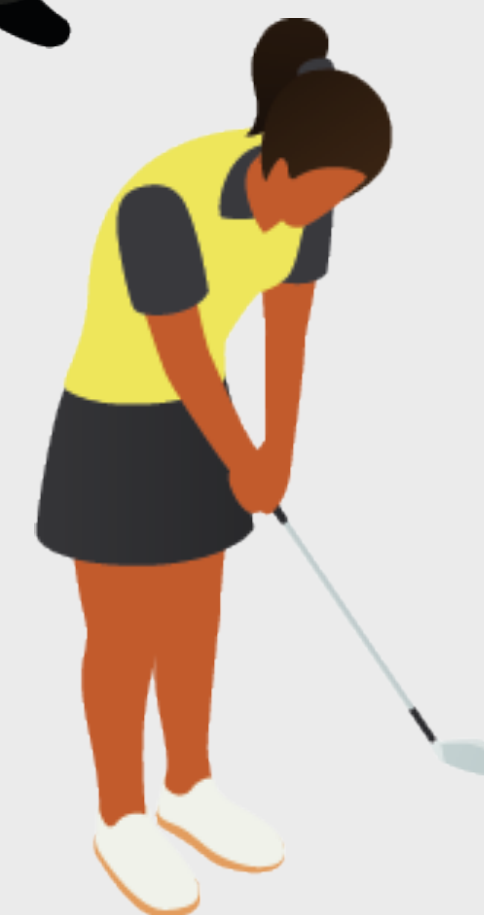
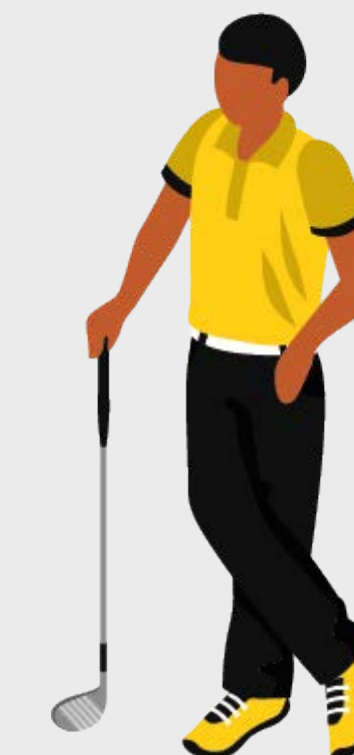
Technical Link

- Explain to the learner how changing the club effects the result
- Ask the learner which shot is the most effective and score the most points over 10 shots

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 swing, providing learners an opportunity to practice their swing and specifically irons.



Bunker Play Challenge



The Challenge

To complete the Level 1 Challenge the Learner needs to hit 1/ 5 shots to finish anywhere out of the bunker.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting position
- 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

Bunker Play



Bunker Play Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to hit 2 out of 5 shots to finish anywhere on the green.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting positions
- Golf Balls

What should the Learner do next?

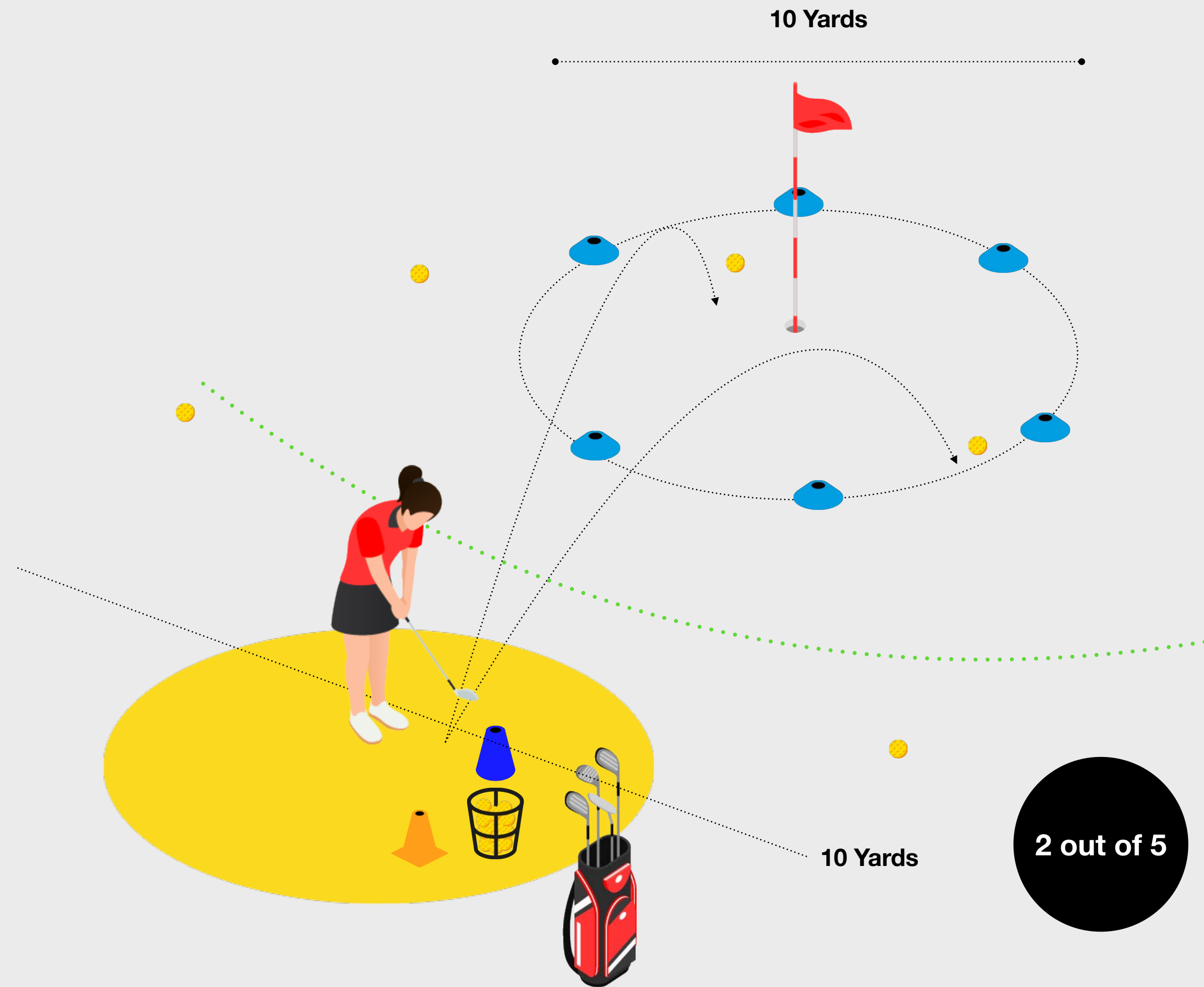
After attempting the challenge, the learner should:

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

Bunker Play



Bunker Play Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to hit 1 out of 5 shots to come to rest within a 10-yard diameter target circle and all shots must finish out of the bunker

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting positions
- Cones to mark the perimeter of the 10-yard target circle
- 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

Bunker Play

