

Practice Your Swing

Hybrids and Fairway Woods

Monday, September 26th - Sunday, October 2nd



GAMEON
GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game:
Swing
Fairway Woods

Whole Golfer:
Greetings - Start and
End of a Round

Learning the Game:
Playing and Scoring
Par 3,4 and 5
Birdie, Par, Bogey

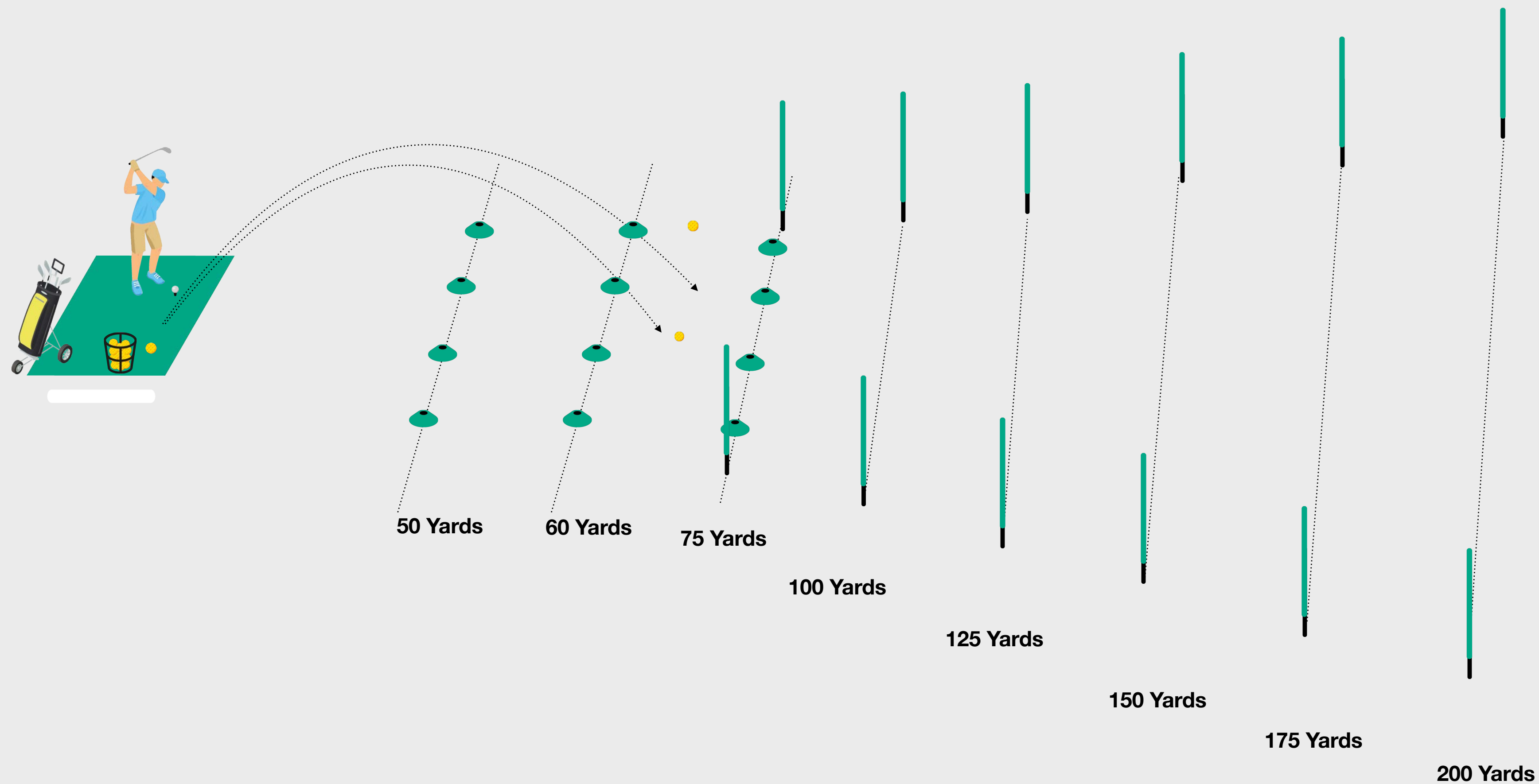
Challenge:
Iron Challenge
Fairway Woods Challenge
Driver Challenge

Time	Focus	Class Content	Games / Drills / Resource
10 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> Objectives - Opportunity for learners to practice their swing Practice station: Game station: Whole Golfer Focus: Greetings - Start and End of a Round 	
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Allow for self-discovery and guided learning 	Swing Plane Army Golf
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Get the group together to introduce the Learning the Game Focus 	<ul style="list-style-type: none"> Par 3, 4 and 5 Birdie, Par, Bogey
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Allow for self-discovery and guided learning 	Swing Plane Army Golf
10 Mins	<i>myGame</i> Tracking and Recap	<ul style="list-style-type: none"> Learners should enter their Challenge Score in the <i>myGame</i> Area and complete the challenge if they have been successful Learners should mark their attendance at a Practice Club in the <i>myJourney</i> section of the <i>myGame</i> area 	<ul style="list-style-type: none"> GLF. Connect <i>myGame</i> App Learning the game online resource Whole golfer online resource

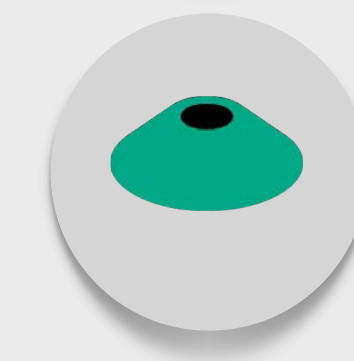
Swing Challenges Layout and Set Up

The graphic below provides an example of how each of the challenges connect together when laid out on your driving range:

Please find below a list of the equipment you require for these challenges:

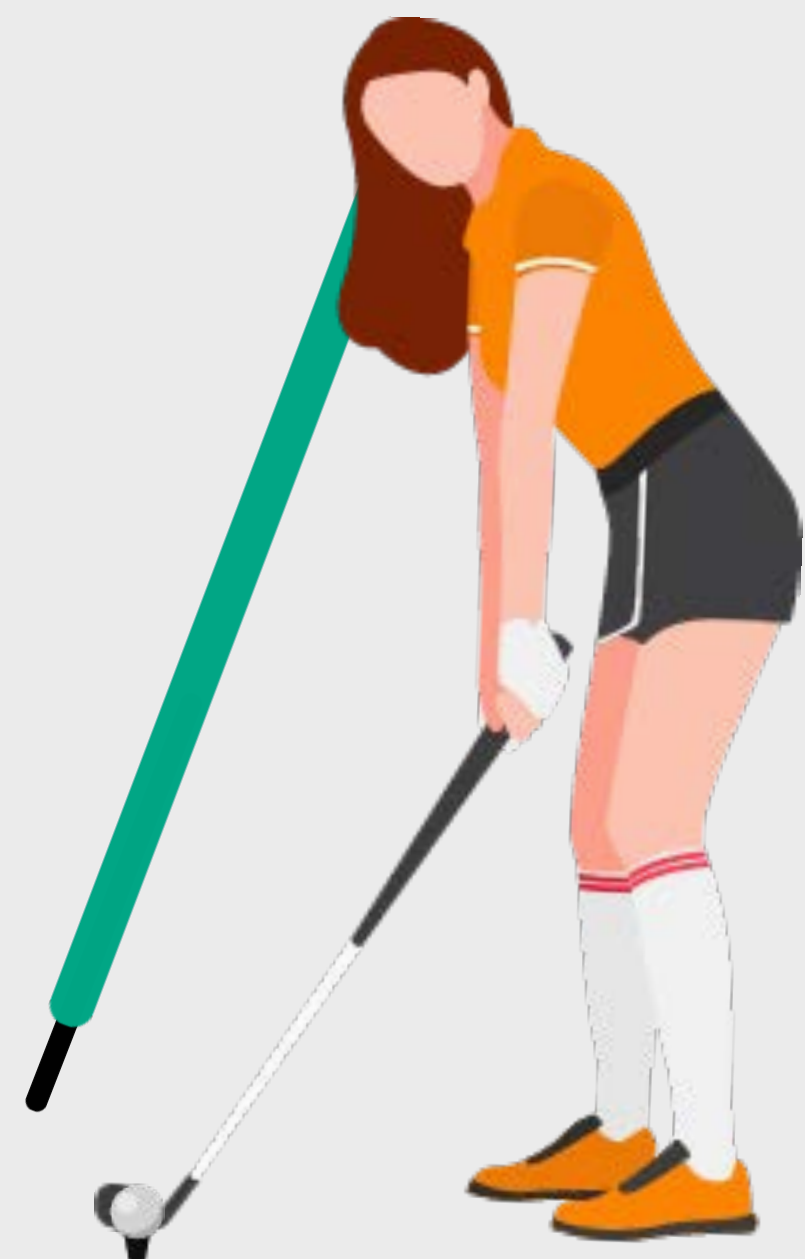


12 x Alignment Sticks and Foam Noodles



Colored Cones

Swing Plane



Equipment Needed

- Alignment Stick
- Foam Noodle
- 7 iron and hybrid
- Golf balls

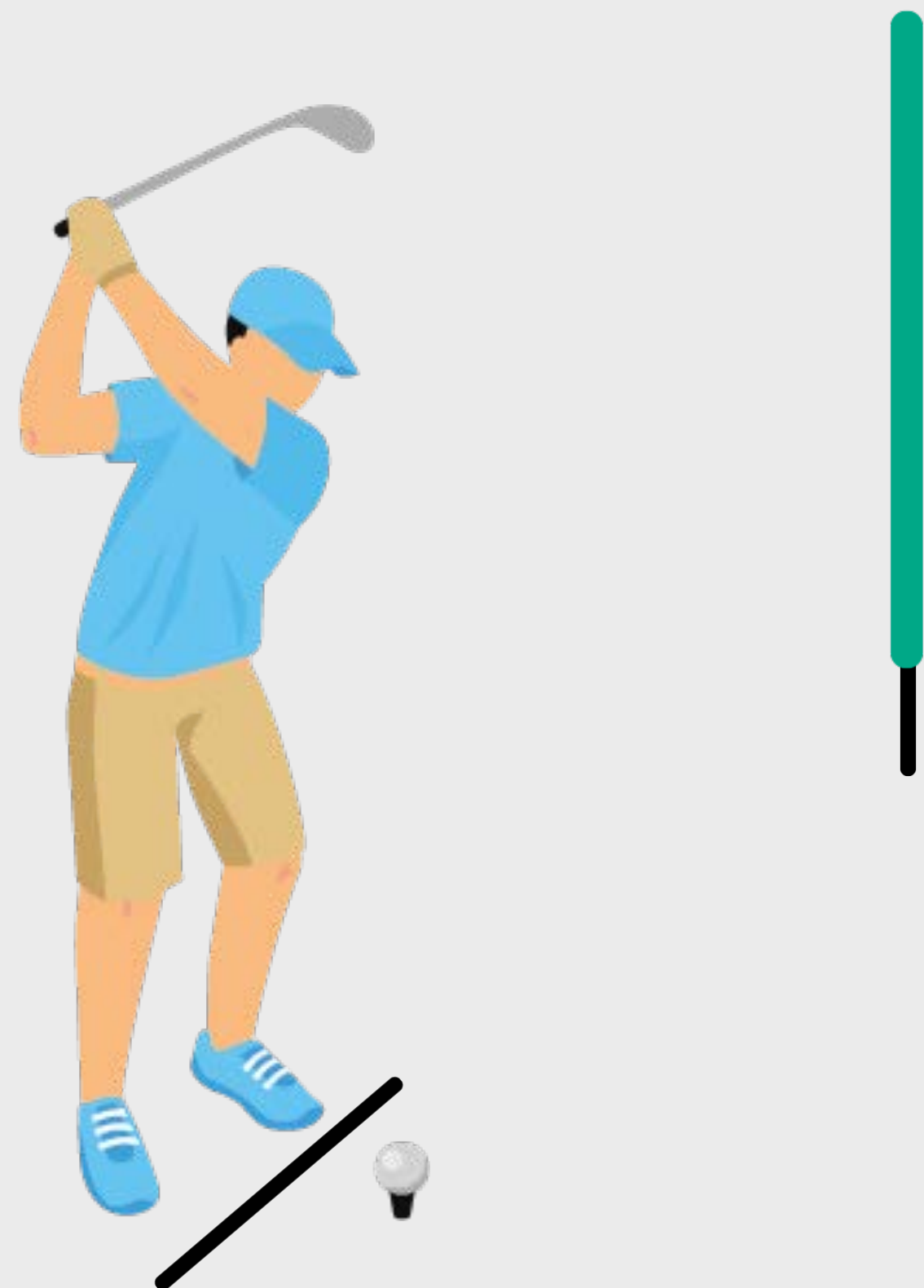
How to Practice

- Following on from previous weeks, learning about posture in the golf swing, the learners will benefit from learning about shoulder plane
- The learner should use the alignment stick by placing it across their shoulders, getting into posture and rotating so that the point of the alignment stick points roughly towards the ball
- Another alignment stick and noodle can be placed at an angle along the ball to target line so that when the learner is swinging they can practice with the visual and physical guide in place

Technical Link

- This activity will help the learner to strike the ball more consistently and improve their swing path

Army Golf Challenge



Equipment Needed

- Alignment Stick
- Foam Noodle

How to Play

- The learner addresses the ball in the same way each time, aided by the alignment stick which points directly at the foam noodle
- The learner should then attempt to hit the ball alternately left of the noodle, and then right of the noodle by changing the direction of the swing and the path of the club head
- The learner should try to build an awareness of how they control the club by swinging it in different directions

Progression Ideas

- Challenge the learner to deliberately hit the ball left, then right then dead straight to hit the noodle
- If the learner struggles with one direction more than the other encourage them to practice that one more



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

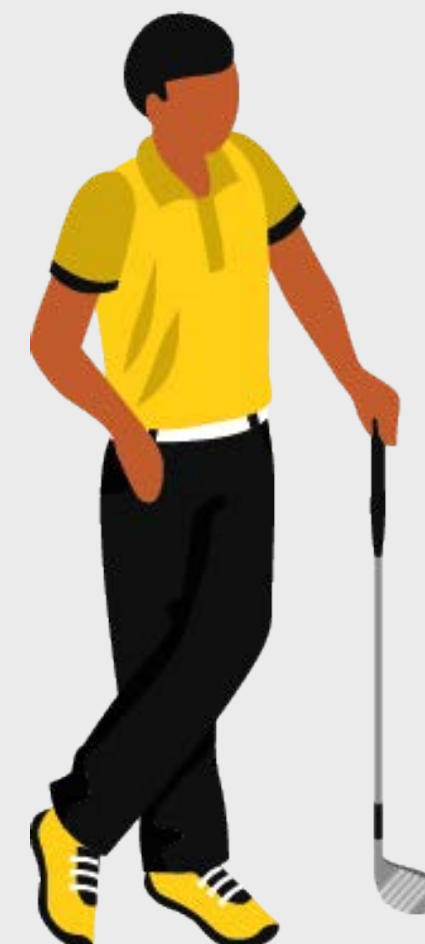
Introduce learners to the etiquette of shaking hands at the end of a round of golf. The well wishing at the start of a round and thanking your playing partners for the game at the end of a round is all part of what makes the game of golf.

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.

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.

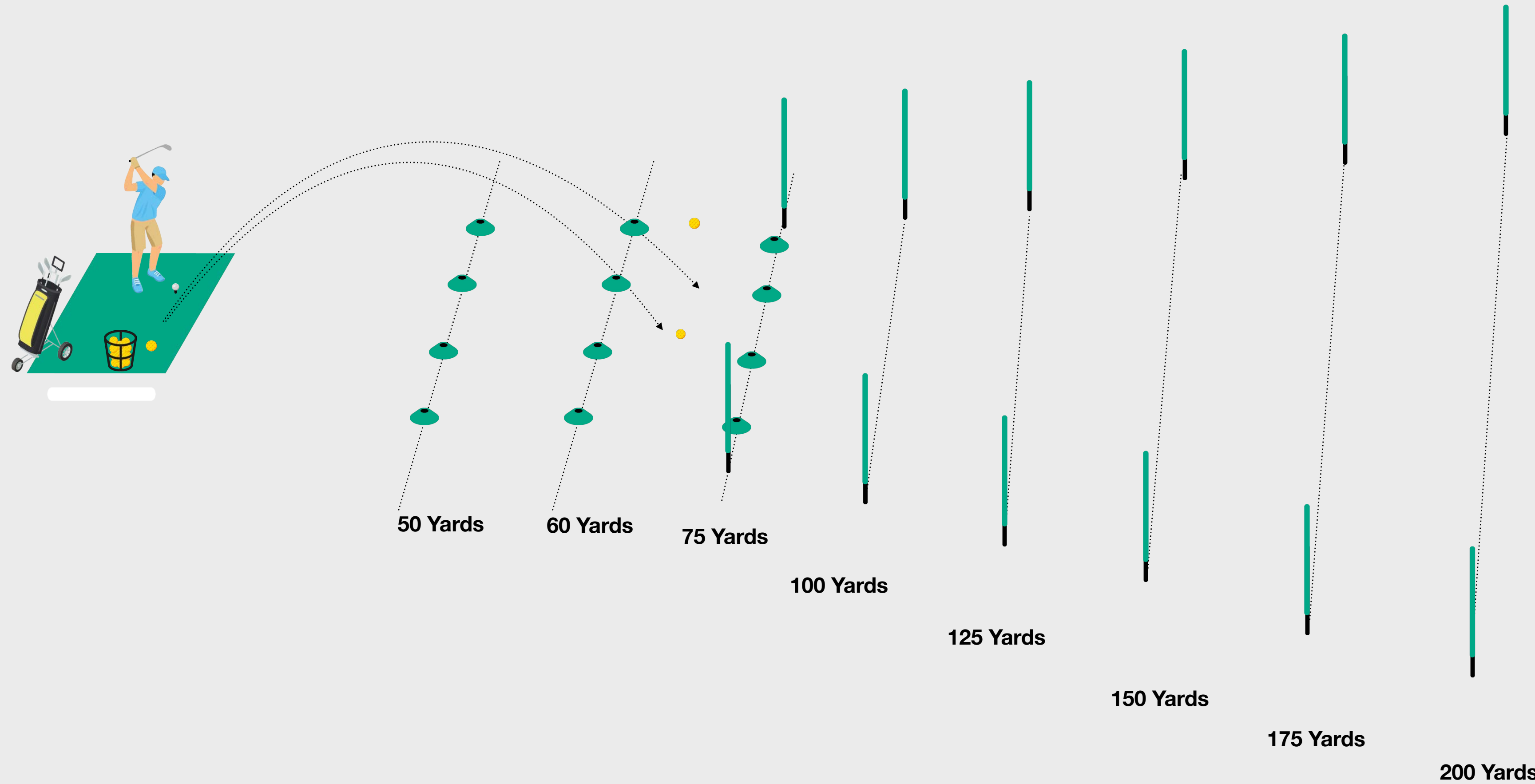
This week's secondary skill is pitching, providing learners an opportunity to practice what was learnt in their pitching class.



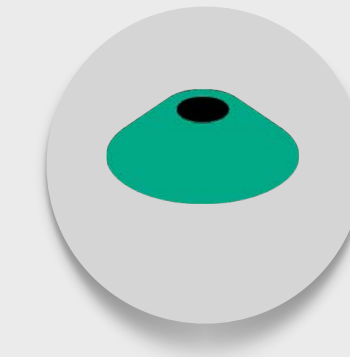
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Colored Cones

Swing Challenges

Irons

- 1 2 / 5 shots in the air
- 2 3 / 5 shots in the air a minimum of 50 yards
- 3 2 / 5 shots onto the green at the relevant distance

	Yardages	Target Green
Iron Distances <i>(Where the ball comes to rest)</i>	75	15 yards wide
	100	20 yards wide
	125	25 yards wide
	150	30 yards wide

Hybrids / Fairway Woods

- 1 2 / 5 shots in the air
- 2 3 / 5 shots in the air a minimum of 60 yards
- 3 2 / 5 shots through the relevant target gate

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

Driver

- 1 2 / 5 shots in the air
- 2 3 / 5 shots in the air a minimum of 60 yards
- 3 2 / 5 shots through the relevant target gate

	Yardages	Target Gate
Driver Distances <i>(Where the ball comes to rest)</i>	125	25 yards wide
	150	30 yards wide
	175	35 yards wide
	200	40 yards wide

