

# Practice Your Swing - Driving

Monday, September 5th - Sunday, September 11th



# GAMEON

GOLF DEVELOPMENT

# Class Timetable

**Session Length:**  
60mins

**Group Size:**  
1:12

**Mastering the Game:**  
Swing  
Driving

**Whole Golfer:**  
In Swing Thoughts

**Learning the Game:**  
Rules and Etiquette  
Where to leave your golf bag near the green

**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"> <li>Objectives - Opportunity for learners to practice their swing</li> <li>Practice station: Speed Swinger</li> <li>Game station: Face Contact</li> <li>Whole Golfer Focus: Where to leave your golf bag near the green</li> </ul>	
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Allow for self-discovery and guided learning</li> </ul>	Speed Swinger Face Contact
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Get the group together to introduce the Learning the Game Focus</li> </ul>	<ul style="list-style-type: none"> <li>Rules and etiquette</li> </ul>
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Allow for self-discovery and guided learning</li> </ul>	Speed Swinger Face Contact
10 Mins	<i>myGame</i> Tracking and Recap	<ul style="list-style-type: none"> <li>Learners should enter their Challenge Score in the <i>myGame</i> Area and complete the challenge if they have been successful</li> <li>Learners should mark their attendance at a Practice Club in the <i>myJourney</i> section of the <i>myGame</i> area</li> </ul>	<ul style="list-style-type: none"> <li>GLF. Connect <i>myGame</i> App</li> <li>Learning the game online resource</li> <li>Whole golfer online resource</li> </ul>

# Speed Swinger



## Equipment Needed

- Driver

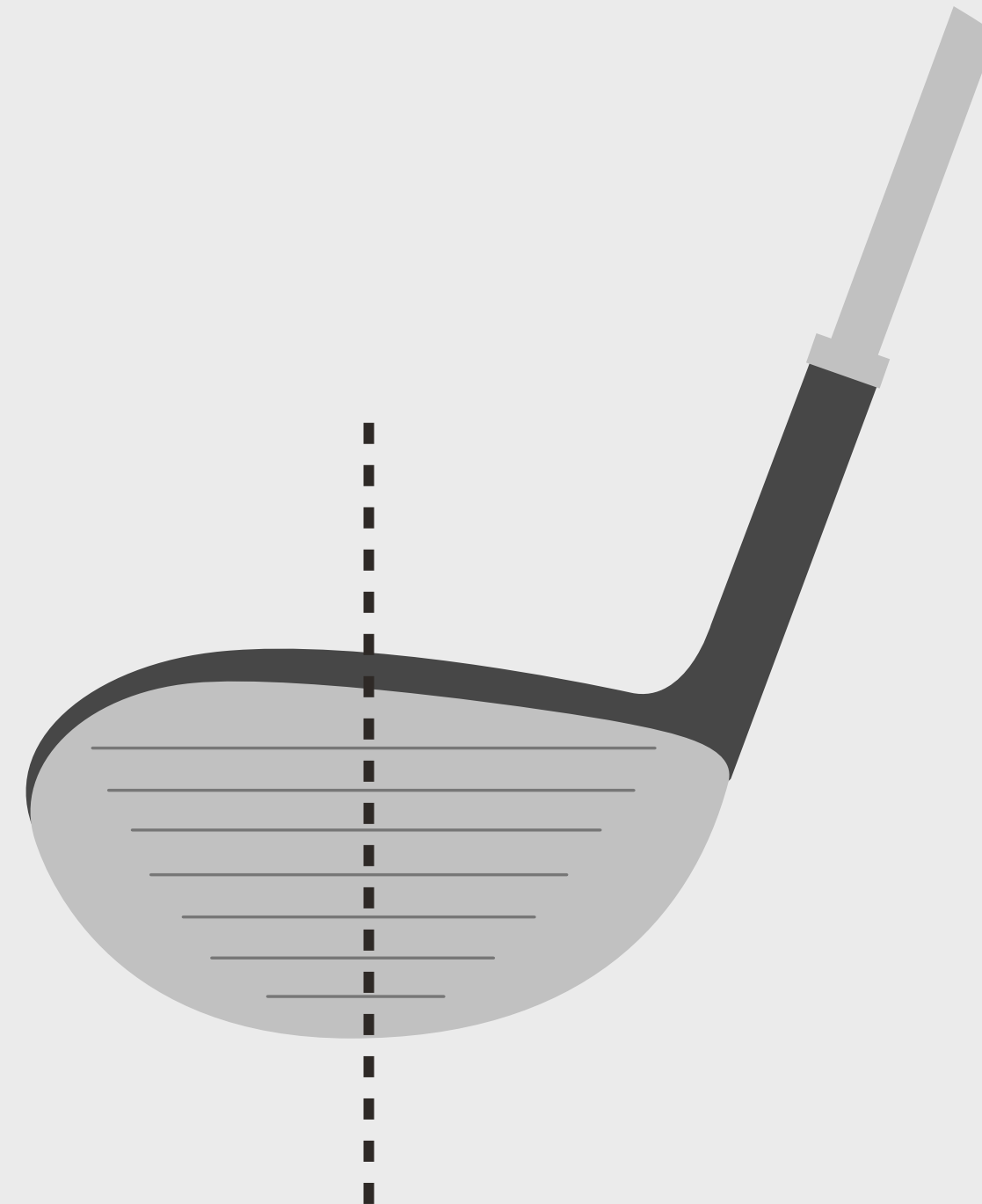
## How to Practice

- The learner should practice swinging at speed in order to maximise the potential distance they can hit the ball
- If the learner is able to generate more speed they will increase their potential for distance
- The focus here is just on generating speed, learners should not worry about making perfect contact

## Technical Link

- This activity will help the learner to understand the importance of generating speed to hit the ball further

# Face Contact Challenge



## Equipment Needed

- Impact Tape
- Driver

## How to Play

- A learner starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The learner should try to deliberately strike the ball using the toe of the club and the heel of the club to build awareness of what it feels like when the ball is struck using different parts of the club face

## Progression Ideas

- Challenge the learner to strike a particular part of the club face deliberately
- Draw on the face tape to indicate a smaller target that the learner has to try to hit



## Rules and Etiquette - Where to leave your bag

Make sure learners understand where to leave their bag as they approach the green, so that once the hole is completed they can collect their bag and move the next hole without holding up the group behind them.

This logic applies for carrying a bag, or driving a cart, and is a habit that the learners should adopt early on to improve the experience for everyone on the course.



## In Swing Thoughts

Highlight to learners that as they are starting out they will have many thoughts running through their heads. Tips they have heard from you, other learners, and more experienced golfers.

Provide some reassurance to learners that they are not expected to remember all the tips provided to them, in fact it is more preferable to think about just one or two things whilst practicing and playing until they become automatic.

Learners should understand why a poor shot has happened, but not have to think of a new thought each swing in order to fix it!

# 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.

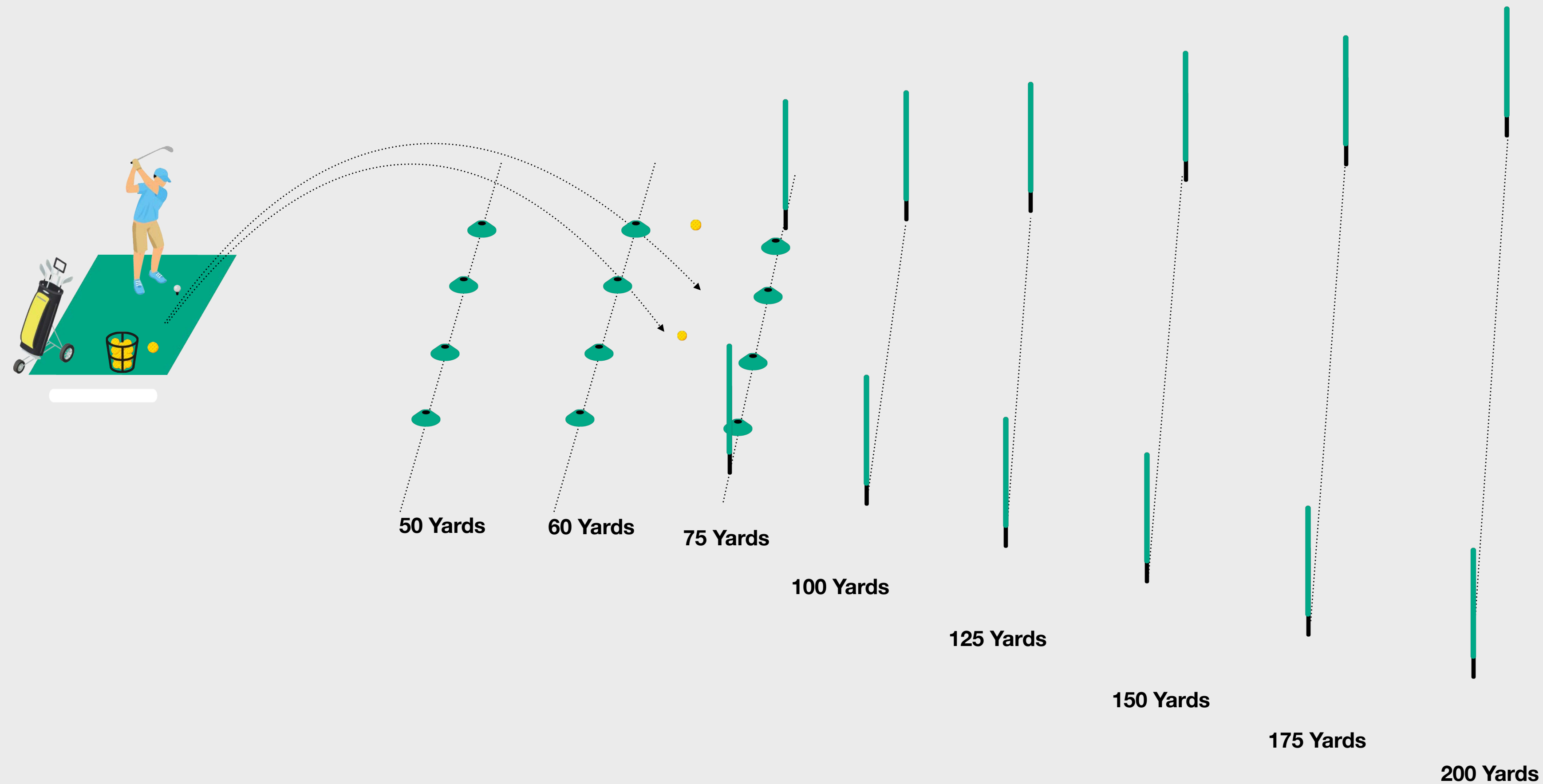
This week's secondary skill is bunker play, providing learners an opportunity to practice what was learnt in their around the green class this week.



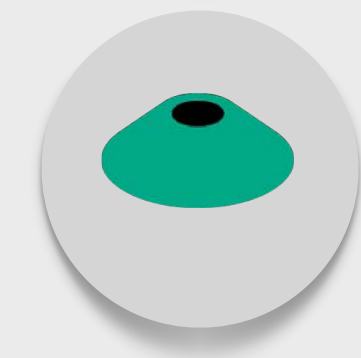
# Swing Challenges Layout and Set Up

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 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
<b>Iron Distances</b> <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
<b>Hybrid/ Fairway Wood Distances</b> <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
<b>Driver Distances</b> <i>(Where the ball comes to rest)</i>	125	25 yards wide
	150	30 yards wide
	175	35 yards wide
	200	40 yards wide

