

# Practice Your Swing

## Hybrids and Fairway Woods

Monday, October 10th - Sunday, October 16th

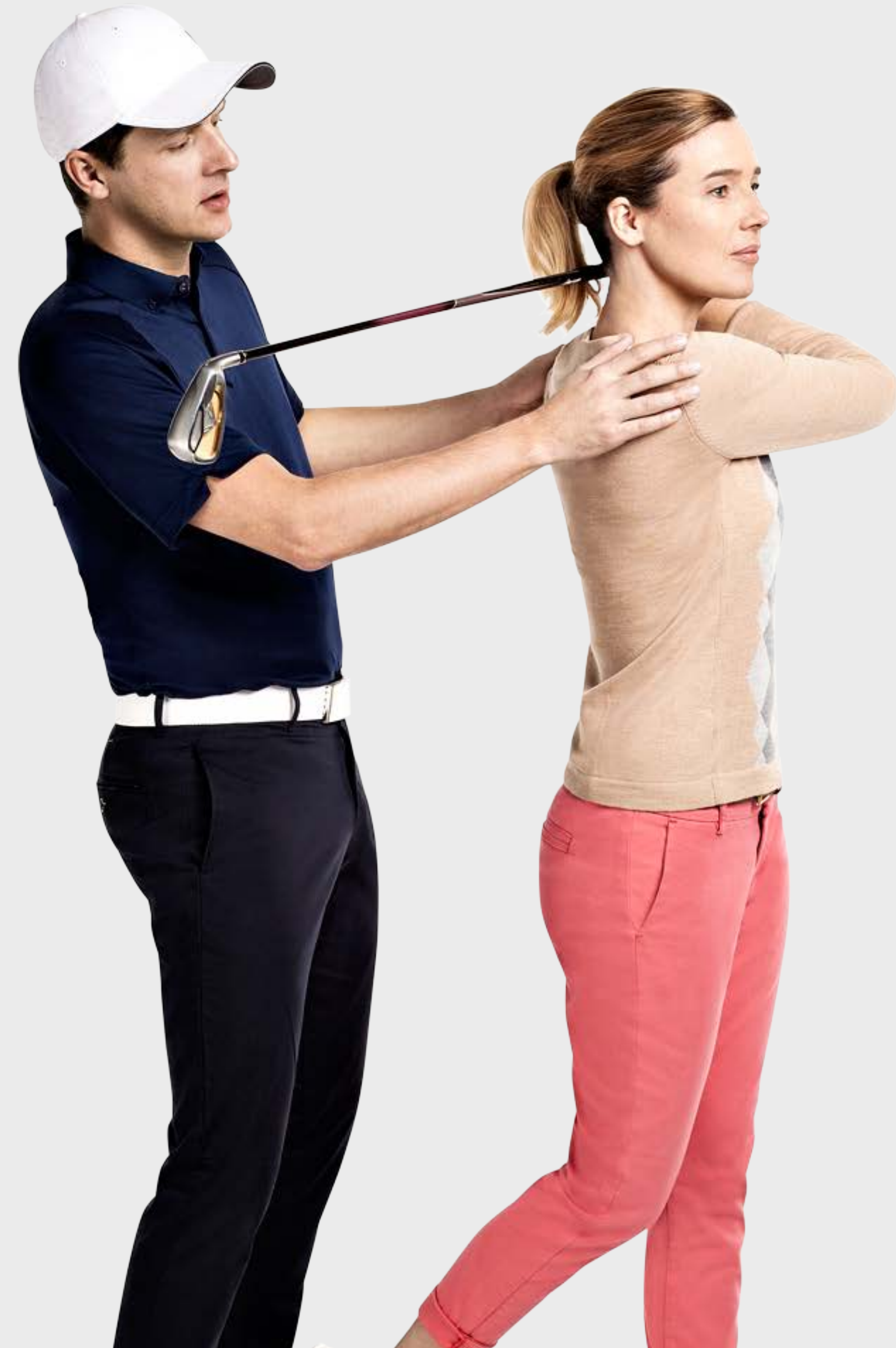


# GAMEON

GOLF DEVELOPMENT

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# Class Timetable

**Class Timetable**

Session Length: 60mins

Time	Focus	Class Content
15 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> <li>Outline the objective of the Practice Club to the Group</li> <li>Explain the layout of the session</li> <li>Outline the Challenges that can be attempted in the Class and make those attending aware of the Challenge Cards demonstrating how to attempt the Challenge</li> <li>Outline the Games available within the Class</li> <li>Explore the Whole Golfer Focus for the Class</li> </ul>
20 Mins	Games, Practice & Challenge Time	<ul style="list-style-type: none"> <li>Those attending the class can now engage in individual practice, social practice and competitive play and attempt the Mastering the Game Skills Challenges</li> <li>Opportunity for Private Coaching</li> <li>A chance for those attending</li> <li>Allow for self-discovery and guided learning</li> </ul>
15 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Get the group together to introduce the Learning the Game Focus</li> <li>Learners should have the option to carry on their activity to suit their needs or participate in the group introduction</li> </ul>
10 Mins	myGame Tracking and Recap	<ul style="list-style-type: none"> <li>Recap the class focus and answer any questions</li> <li>Add any lesson notes to the learner's Student Connect on GLF Locker</li> <li>Allow for time for the Learners to enter their Challenge Score in the myGame Area and complete the challenge if they have been successful.</li> <li>Learners should mark their attendance at a Practice Club in the myJourney section of the myGame area of GLFLocker</li> </ul>

**Mastering the Game Focus:**  
On the Green  
Long Putts, Short Putts & Scoring

**Whole Golfer Focus**  
Basic Pre Shot Routine

**Learning the Game Focus:**  
Etiquette on the Putting Green - Line of the putt

**Challenge:**  
Short Putts challenge  
Long Putts challenge  
Scoring Challenge

**Games / Drills / Resources:**  
Basic Pre- Shot Putting Routine

**Etiquette on the Putting Green - Line of the putt**

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# 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"> <li>Objectives - Opportunity for learners to practice their swing</li> <li>Practice station:</li> <li>Game station:</li> <li>Whole Golfer Focus: Greetings - Start and End of a Round</li> </ul>	
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Play the games individually, in pairs or in groups</li> <li>Opportunity for private coaching</li> <li>Develop social connections and allow for self-discovery and guided learning</li> </ul>	Swing Plane Army Golf
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> <li>Learners should have the option to carry on their activity to suit their needs or participate in the group introduction to the Learning the Game focus</li> </ul>	<ul style="list-style-type: none"> <li>Par 3, 4 and 5</li> <li>Birdie, Par, Bogey</li> </ul>
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Play the games individually, in pairs or in groups</li> <li>Opportunity for private coaching</li> <li>Develop social connections and allow for self-discovery and guided learning</li> </ul>	Swing Plane Army Golf
10 Mins	<i>myGame</i> Tracking and Recap	<ul style="list-style-type: none"> <li>Recap and add any lesson notes to the learner's Student Connect on GLF. Connect</li> <li>Allow for time for the learners to 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>

# Practice Your Swing Class Layout and Setup



**Station 6:**  
Secondary Skill  
Pitching

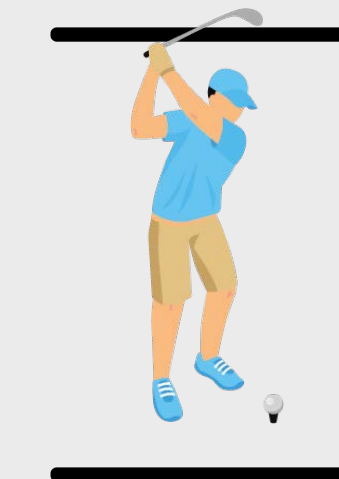
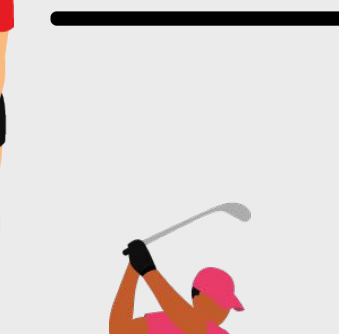
**Station 1:**  
Challenge Station  
Irons

**Station 2:**  
Challenge Station  
Hybrids/Fairway Woods

**Station 3:**  
Challenge Station  
Driver

**Station 4:**  
Practice Station  
Swing Plane

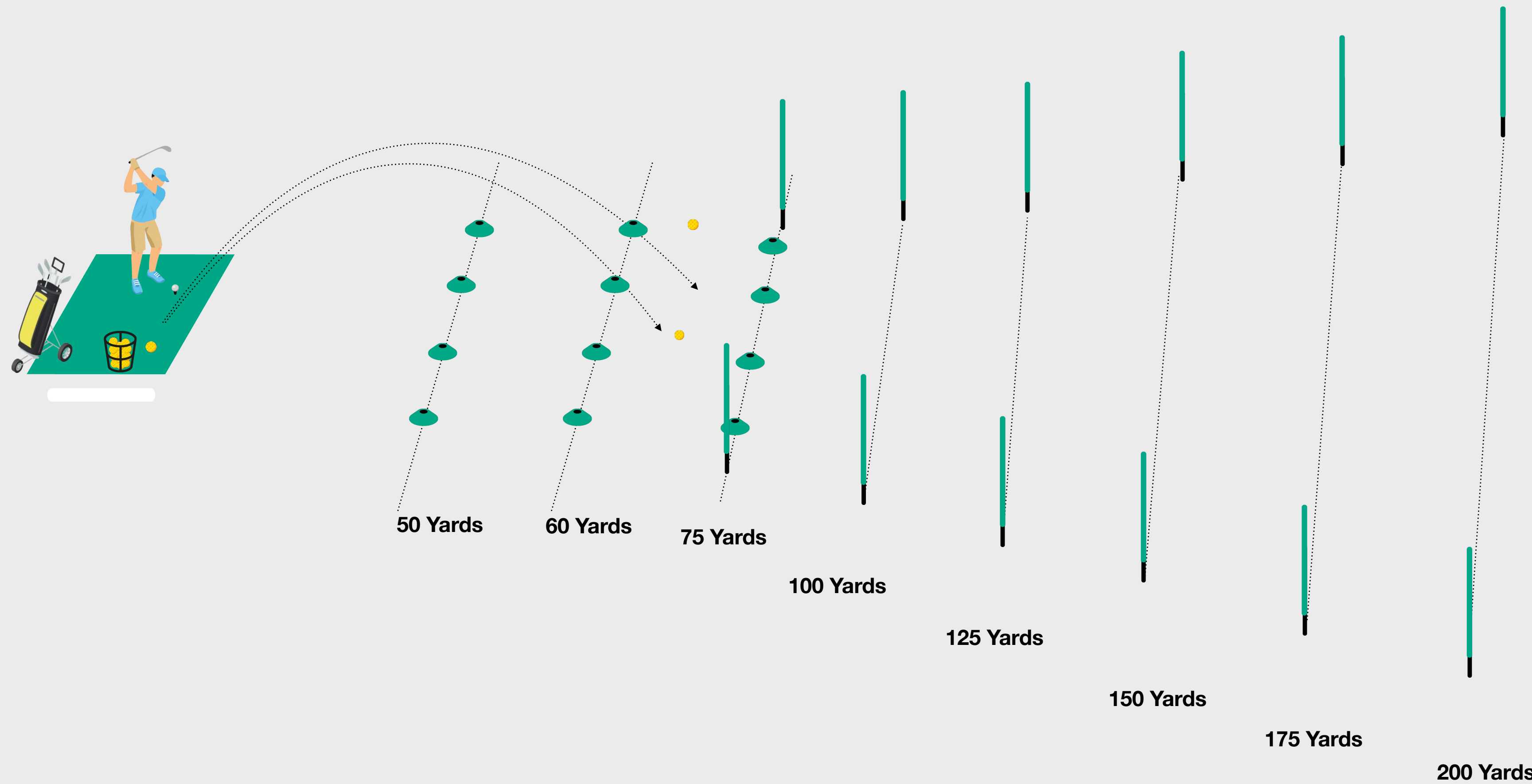
**Station 5:**  
Game Station  
Army Golf Challenge



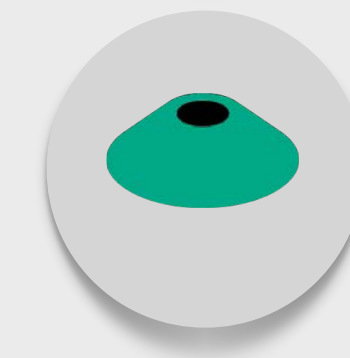
# Swing Challenges Layout and Set Up

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:

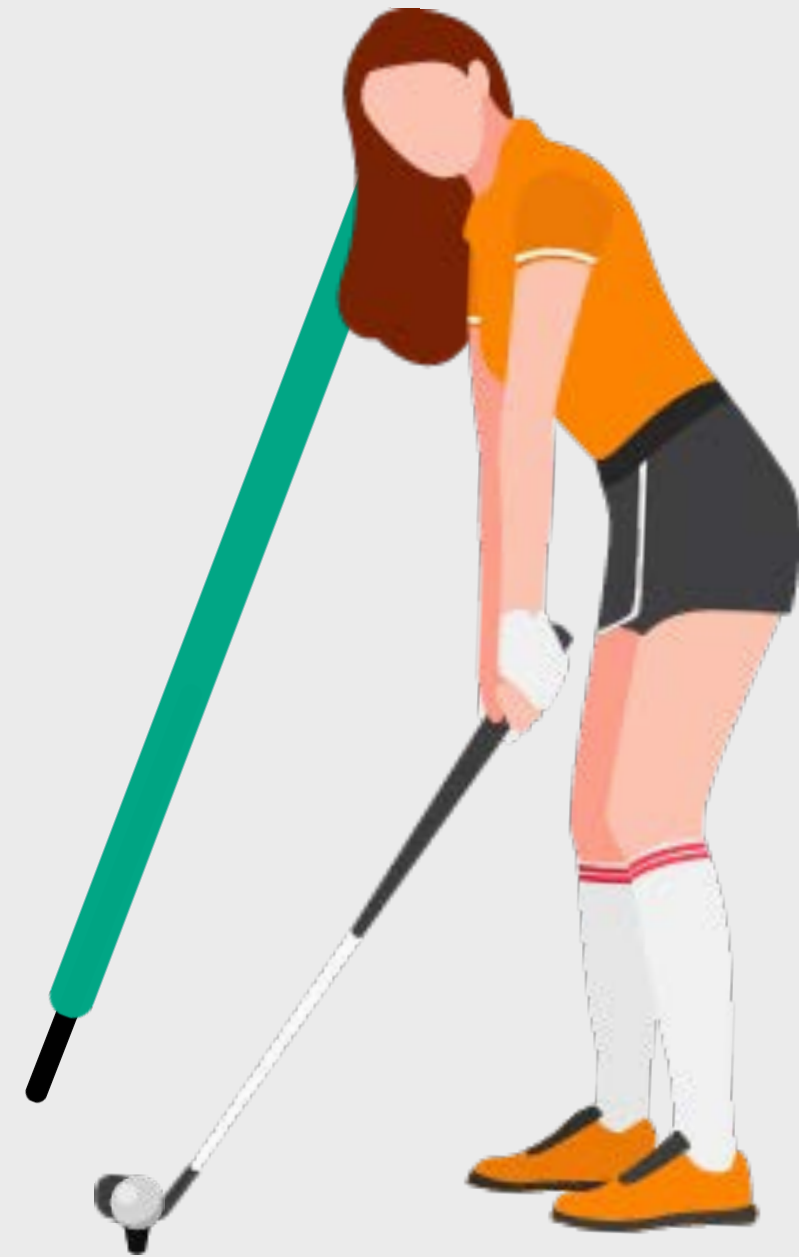


12 x Alignment Sticks and Foam Noodles



Colored Cones

# Swing Plane



## Equipment Needed

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

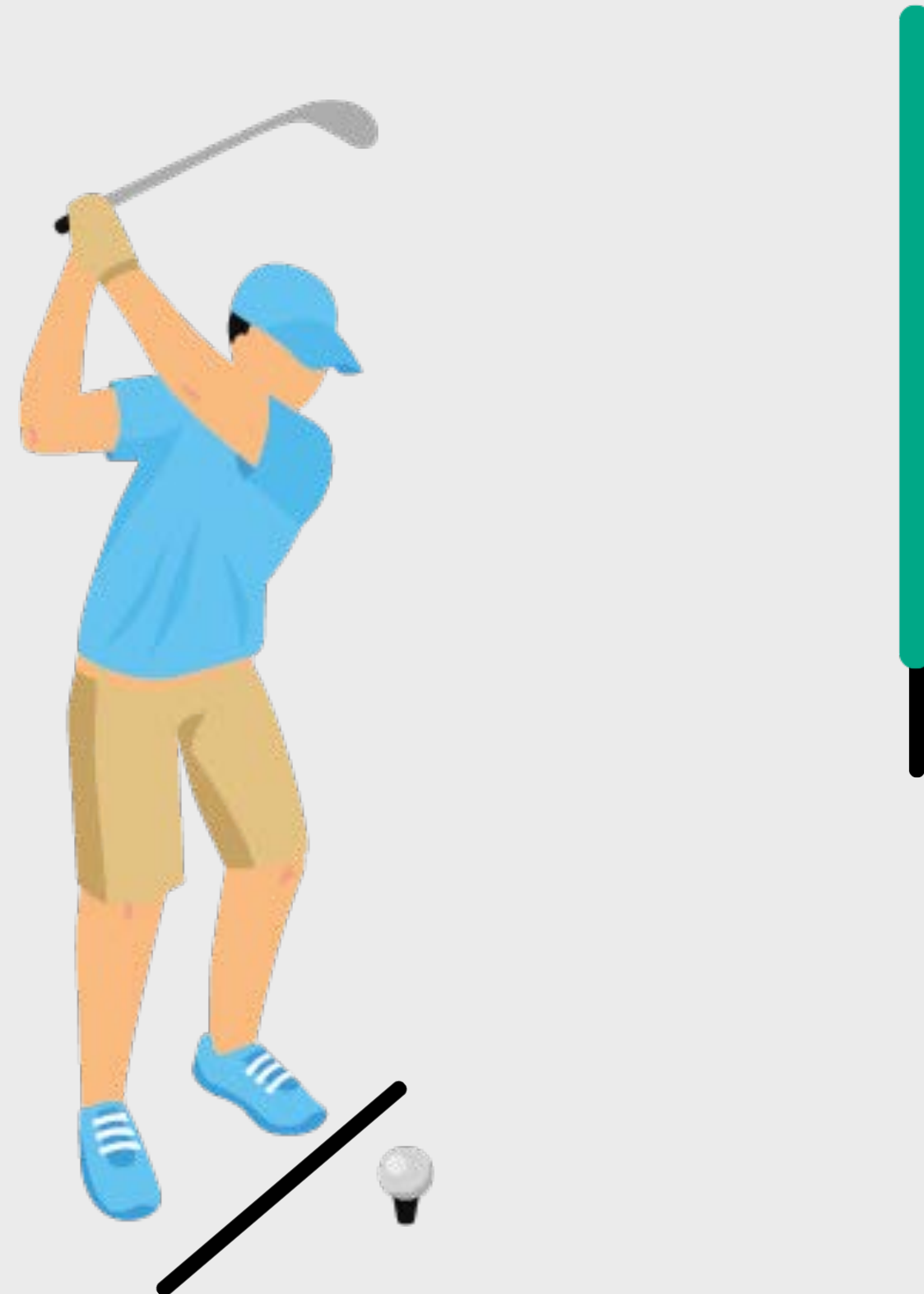
## How to Practice

- 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



# Learning the Game

This is an elaboration of the content covered in the Themed Class this week. Be clear that you are covering this so that anyone who missed the themed class is able to receive the content. Add to the content delivered in the themed class and provide further information on the following areas:

## 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.



# The Whole Golfer

This is an elaboration of the content covered in the Themed Class this week. Be clear that you are covering this so that anyone who missed the themed class is able to receive the content.

Add to the content delivered in the themed class and provide further information on the following areas:

## 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.

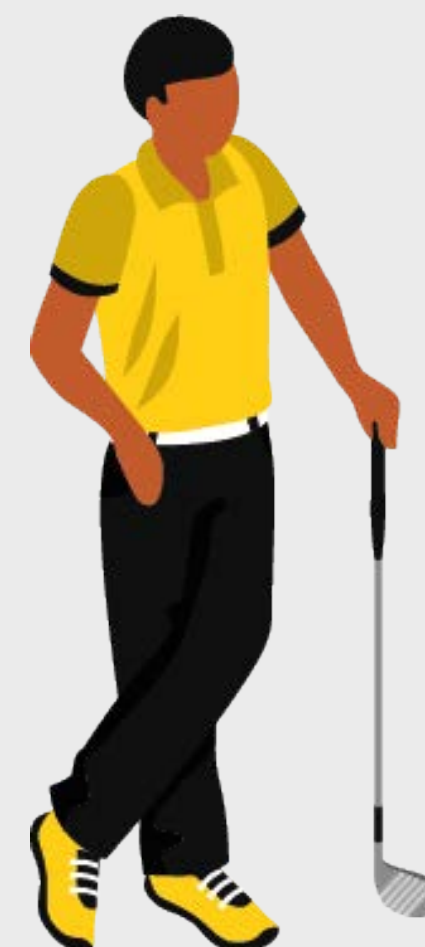
When your learners start to play with more and more people they will be expected to know these things, so introducing them to this now is a great way to make sure they feel comfortable when playing with other people.



# 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.



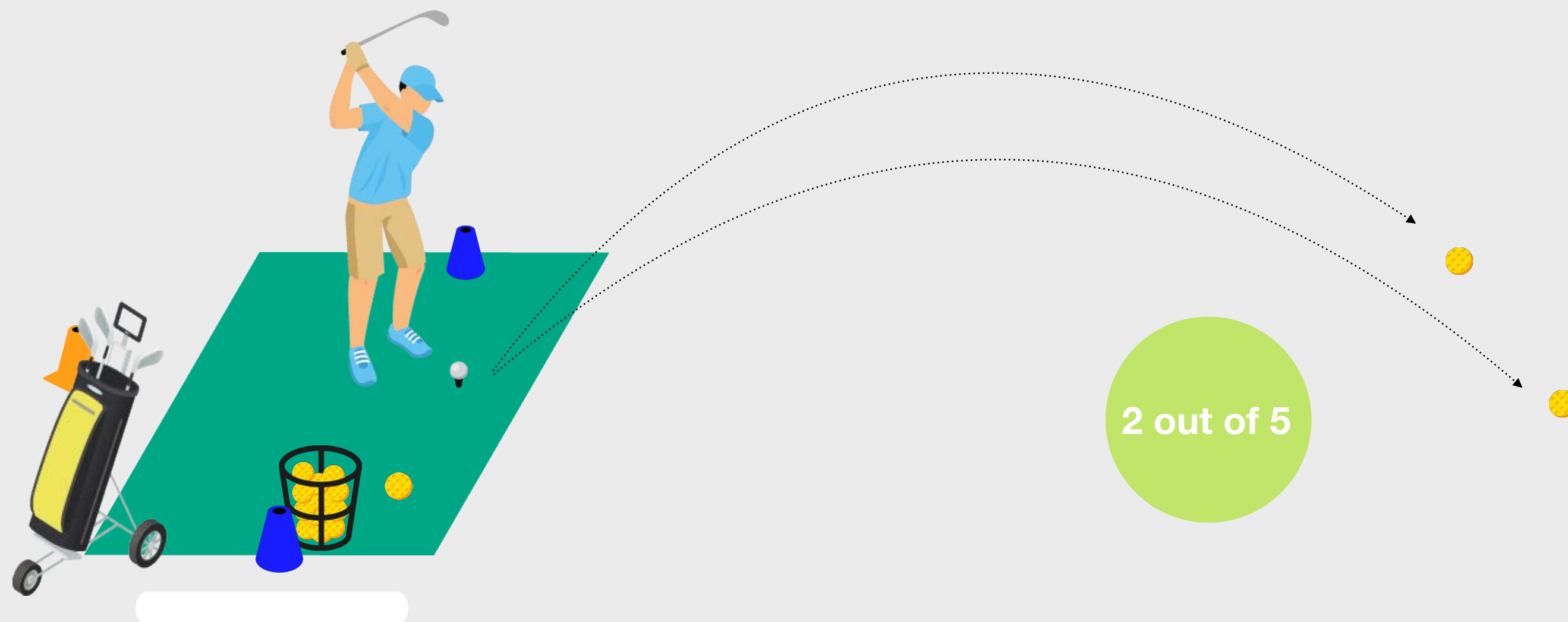
# Skill Challenges



# Level 1



# Iron 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.

## What should the Learner do next?

- Log in to the GLF.Connect App
- If they complete the challenge, mark it as complete in the challenge section

Irons



# 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.

## What should the Learner do next?

- Log in to the GLF.Connect App
- If they complete the challenge, mark it as complete in the challenge section

## Fairway Woods



# Driver Challenge



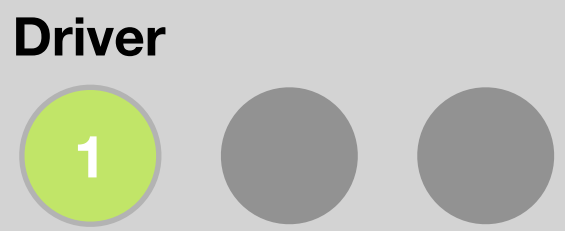
## The Challenge

To complete the Level 1 Challenge the learner needs to demonstrate the ability to hit 2 out 5 shots in the air.

To complete the challenge, the learner doesn't need to demonstrate control over direction or distance.

## What should the Learner do next?

- Log in to the GLF.Connect App
- If they complete the challenge, mark it as complete in the challenge section

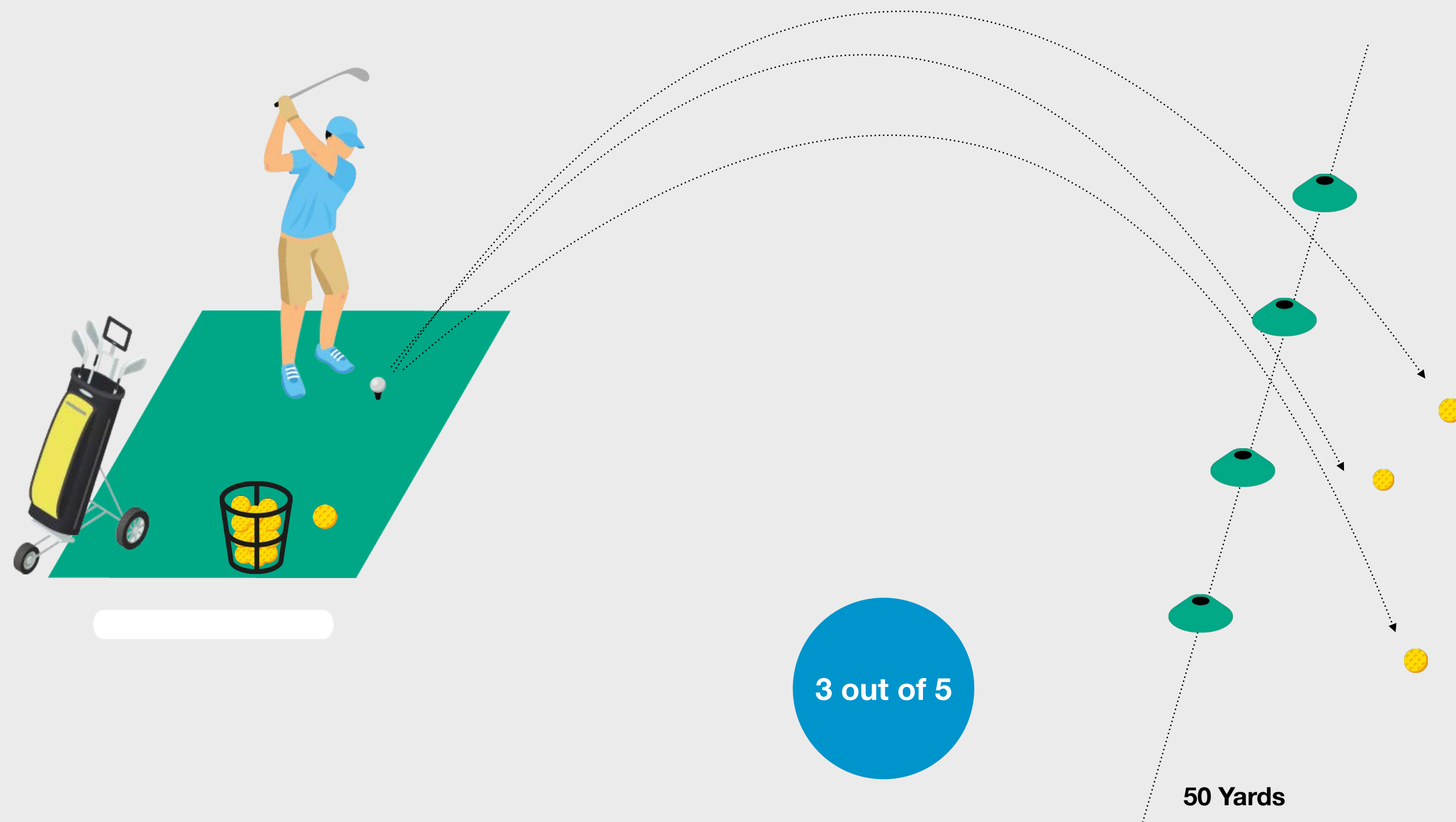




# Level 2



# Iron Challenge



3 out of 5

50 Yards



## 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 50 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

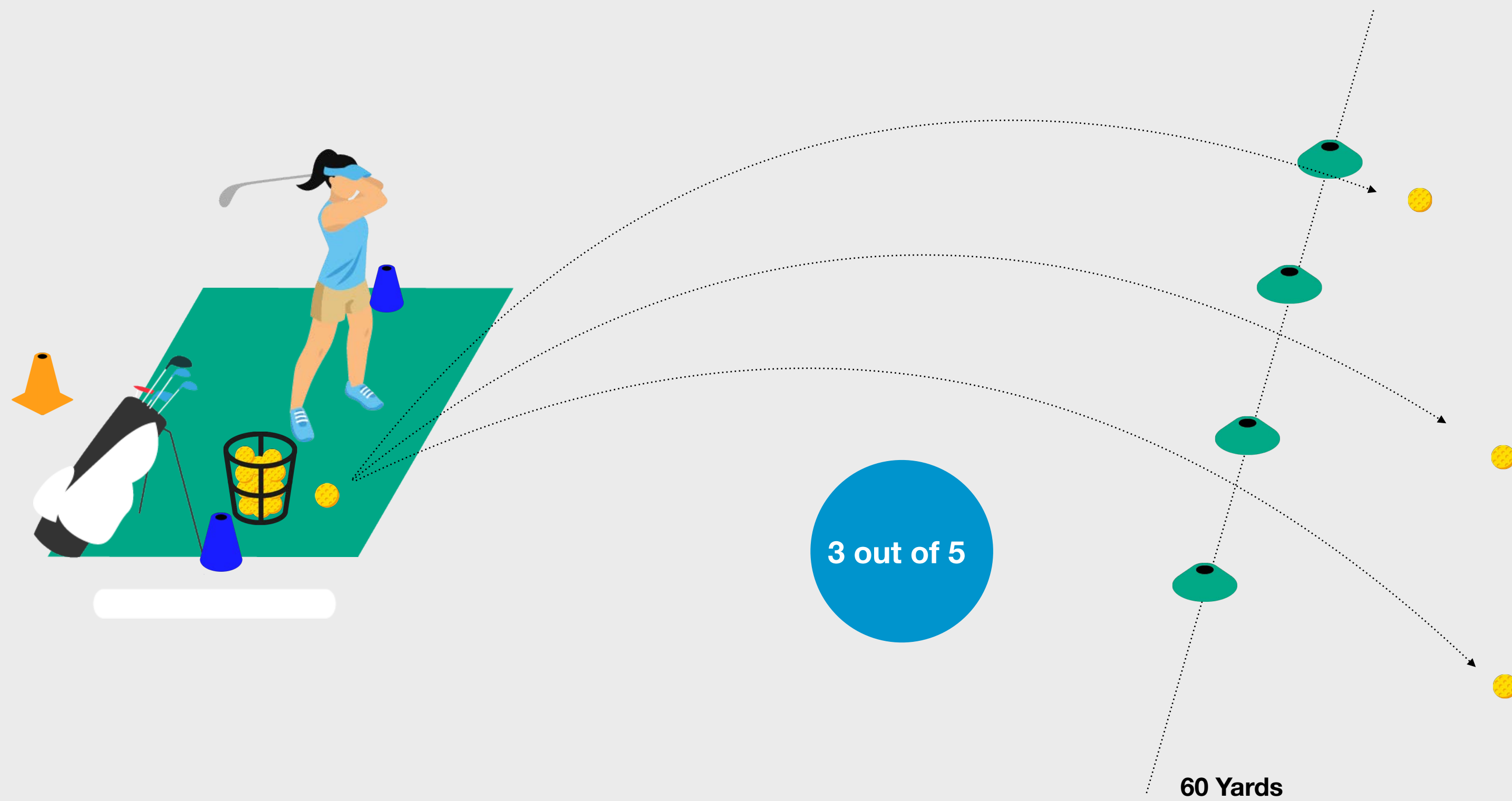
## What should the Learner do next?

- Log in to the GLF.Connect App
- If they complete the challenge, mark it as complete in the challenge section

Irons



# 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.

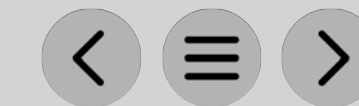
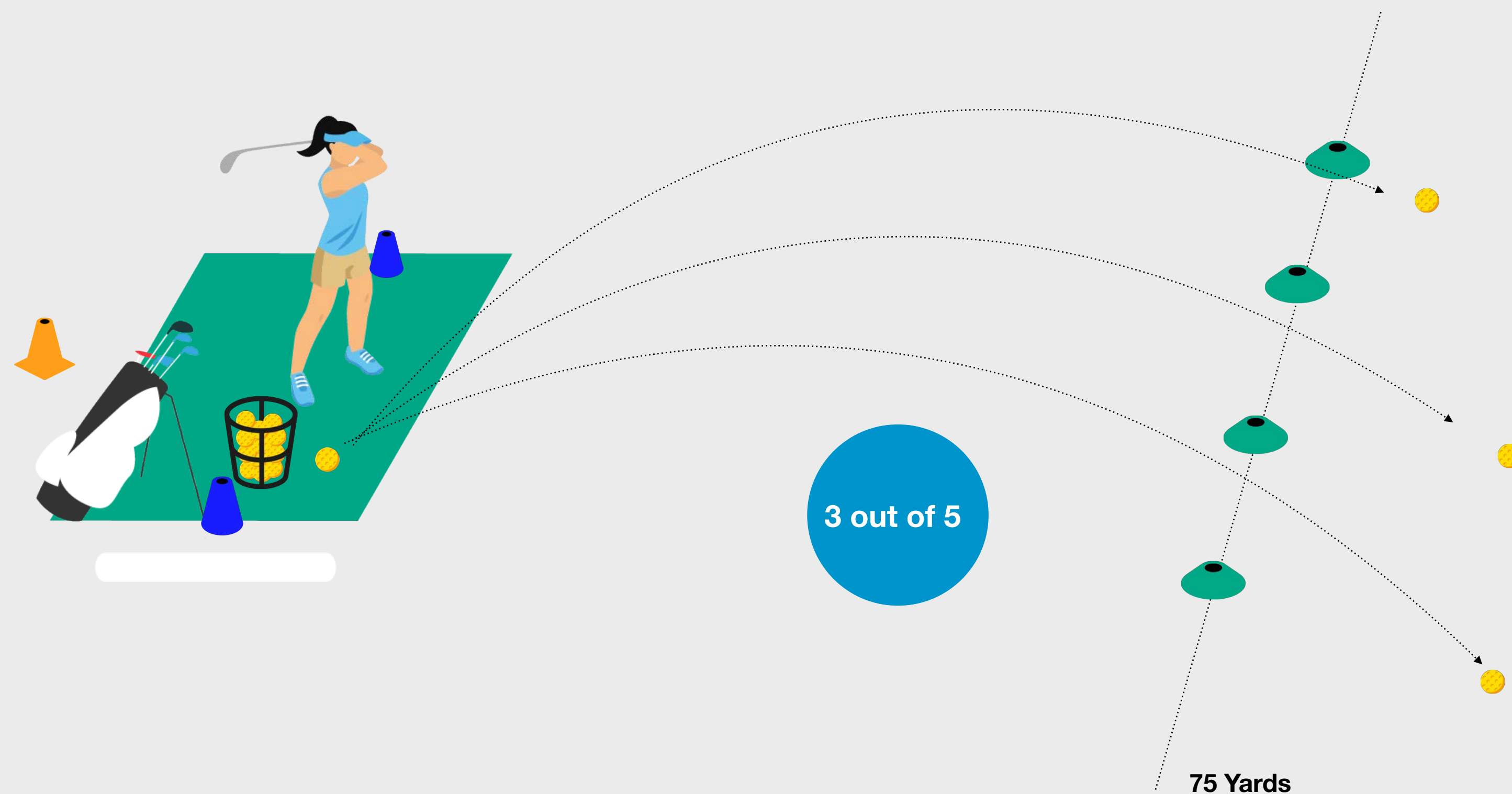
## What should the Learner do next?

- Log in to the GLF.Connect App
- If they complete the challenge, mark it as complete in the challenge section

Fairway Woods



# Driver 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 75 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction.

## What should the Learner do next?

- Log in to the GLF.Connect App
- If they complete the challenge, mark it as complete in the challenge section

Driver

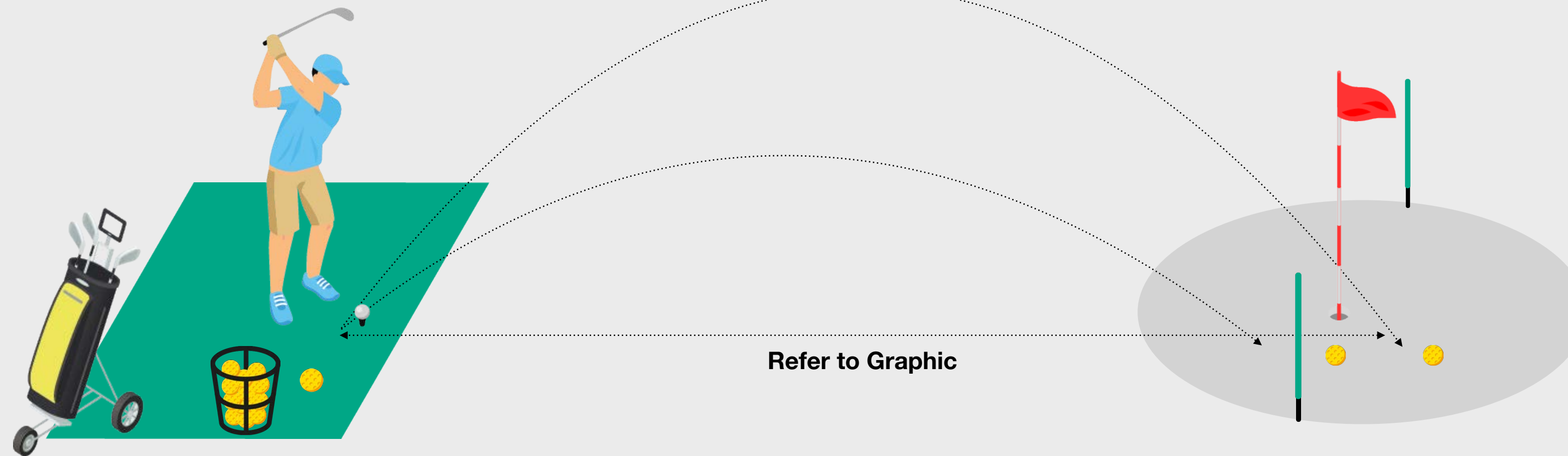


# Level 3



# Level 3 Challenges - Student Iron Challenge

	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



2 out of 5



## The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to come to rest on the target green at the learners approximate 7-iron total distance (Minimum of 75 yards).

## What should the Learner do next?

- Log in to the GLF.Connect App
- If they complete the challenge, mark it as complete in the challenge section

Irons

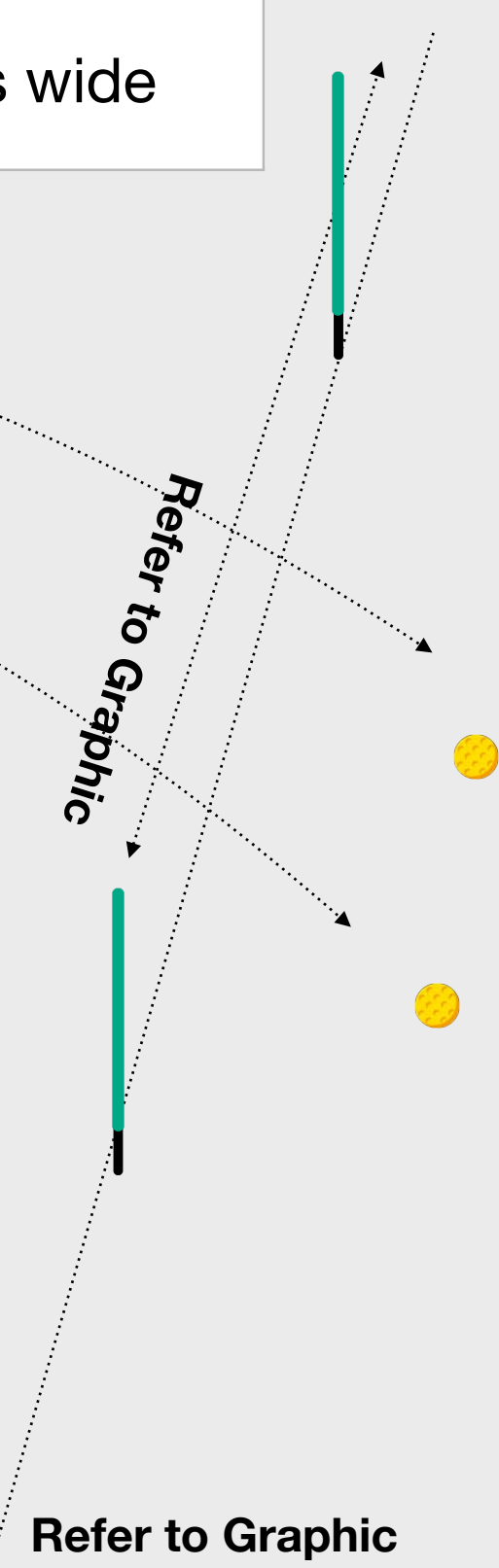


# Hybrid/Fairway Wood Challenge

	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



2 out of 5



## The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 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)

## What should the Learner do next?

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

Fairway Woods

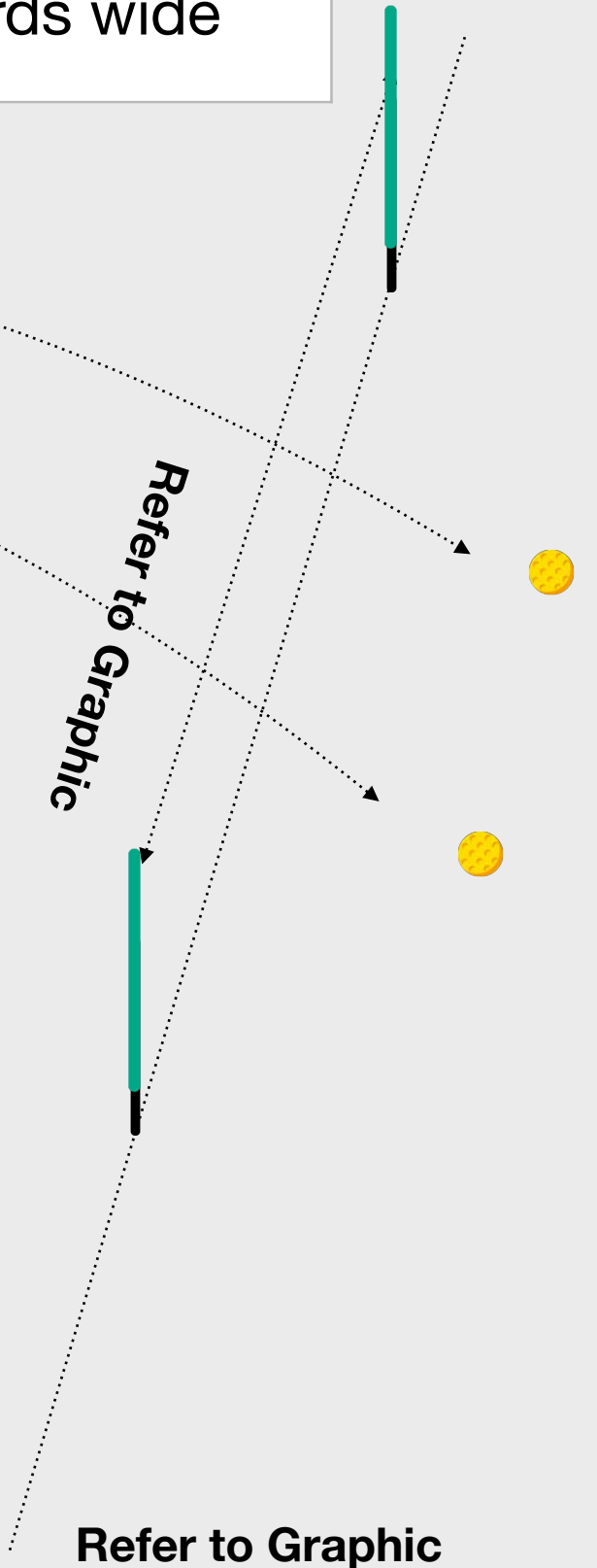


# Driver Challenge

	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



2 out of 5



## The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to travel through and come to rest between the target gate at the learners approximate driver total distance (Minimum of 125 yards)

## What should the Learner do next?

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

Driver

