

# Practice Your Swing

## Hybrids and Fairway Woods

Monday, October 31st - Sunday, November 6th



**GAMEON**  
GOLF DEVELOPMENT

# Class Timetable

**Session Length:**  
60mins

**Group Size:**  
1:12

**Mastering the Game:**  
Swing  
Hybrids and Fairway Woods

**Whole Golfer:**  
Becoming a Competent  
Golfer

**Learning the Game:**  
Handicap Index  
Basic Rules in a Hazard

**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: Tee Clipper</li> <li>Game station: Fairway Finder</li> <li>Whole Golfer Focus: Becoming a Competent Golfer</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> </ul>	Tee Clipper Fairway Finder
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>Handicap Index</li> <li>Basic Rules in a Hazard</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> </ul>	Tee Clipper Fairway Finder
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>Learners should mark their attendance at a Practice Club in the myJourney section of the myGame 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

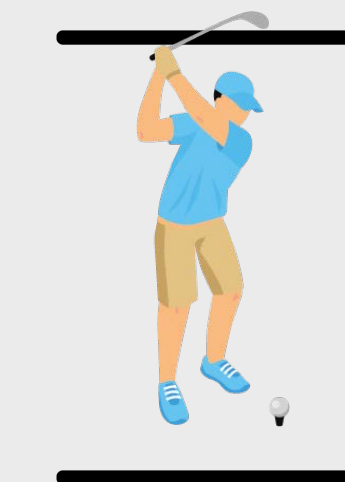
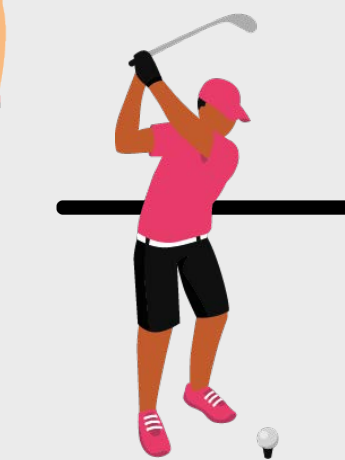
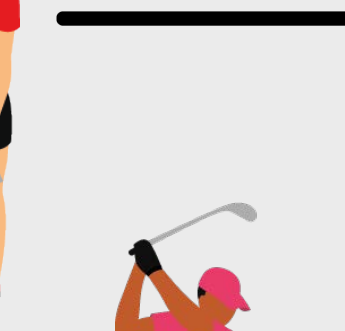
**Station 1:**  
Challenge Station  
Irons

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

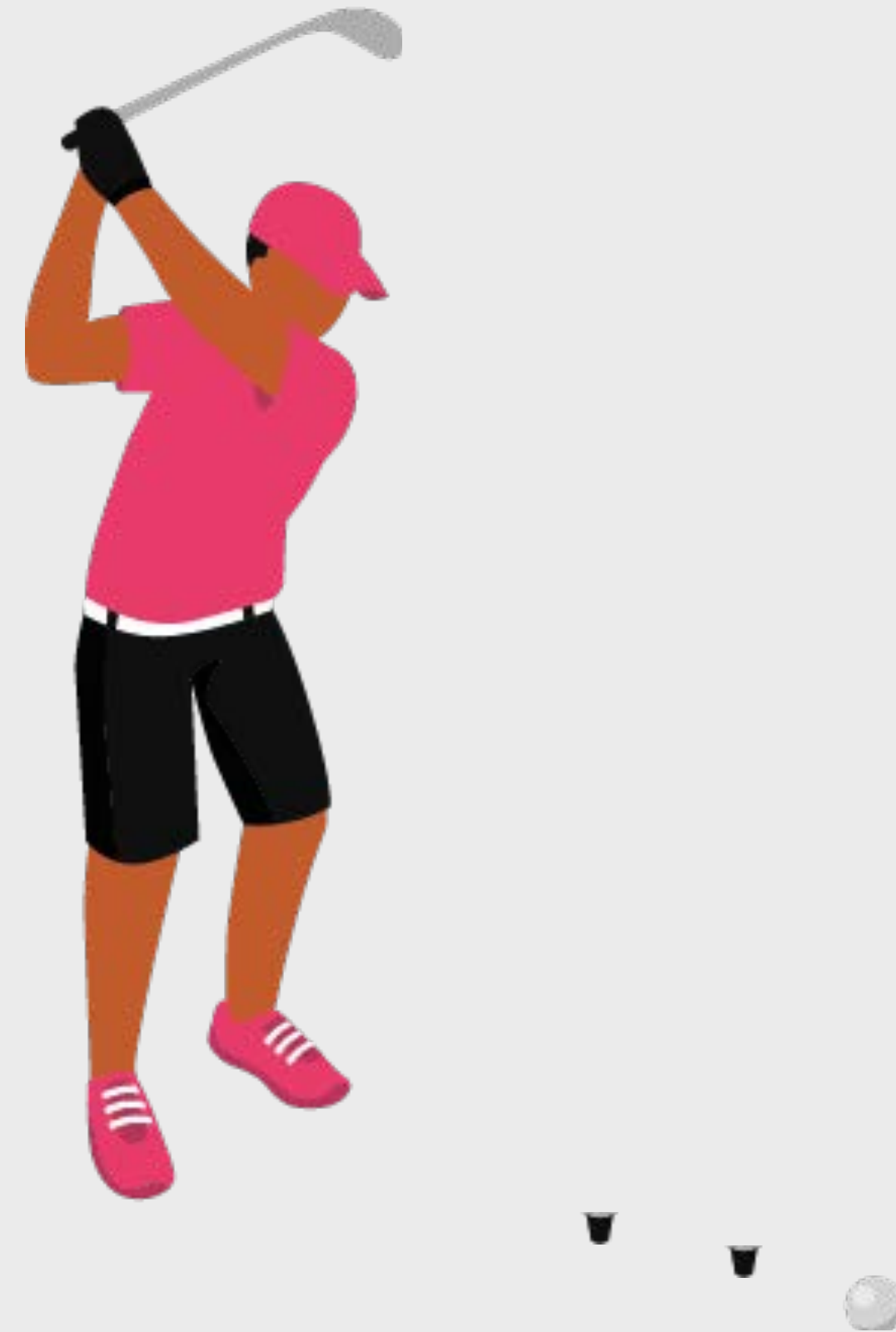
**Station 3:**  
Challenge Station  
Driver

**Station 4:**  
Practice Station  
Tee Clipper

**Station 5:**  
Game Station  
Fairway Finder



# Tee Clipper



## Equipment Needed

- Tees
- Hybrid and Fairway Woods
- Golf Balls

## How to Practice

- Place two tees in the ground, with only the very top visible to the learner
- The learner should attempt to strike the tees out of the ground on their practice swings before attempting to strike the ball with the same action
- Each practice swing should brush the ground where the ball would be and on the real swing the club should brush the ground underneath the ball

## Technical Link

- This activity will help the learner to understand how the loft of the club will help to strike the ball into the air, and they don't have to 'help' or 'lift' the ball to get it flighted properly
- This activity will help the learner to become confident using longer clubs without a tee



# Fairway Finder



## Equipment Needed

- Alignment sticks and noodles to create the target gates
- A single cone to represent the starting position

## How to Play

- The aim of the game is to see how many consecutive shots the learner can land on the fairway
- The learner should attempt all shots from the ground using either a hybrid or fairway wood
- If a learner misses this is the end of their turn and they have to try to beat their personal best score when it is their turn again

## Progression Ideas

- If this is too difficult, let the learners use a short tee as they are practicing
- Vary the size of the gap between the posts
- Add a distance element that the learners have to reach in order to hit the fairway



# 1. What is a handicap index?

Make sure learners understand the concept of a handicap index and how to attain one once they have completed the learner program.

# 2. Introduce some of the basic rules in a hazard

- I. Are you allowed to play from a hazard?
- II. What rules apply if you choose to attempt the play the shot?
- III. What rules apply if you choose to take a drop from the hazard?

## Becoming a competent golfer

Manage learner's expectations on how long it takes to get to a competent level on the course.

Highlight that the focus should be on the individual learner's journey and not to compare themselves to each other. Confidence and a level of competency will come with practice and regular tuition.

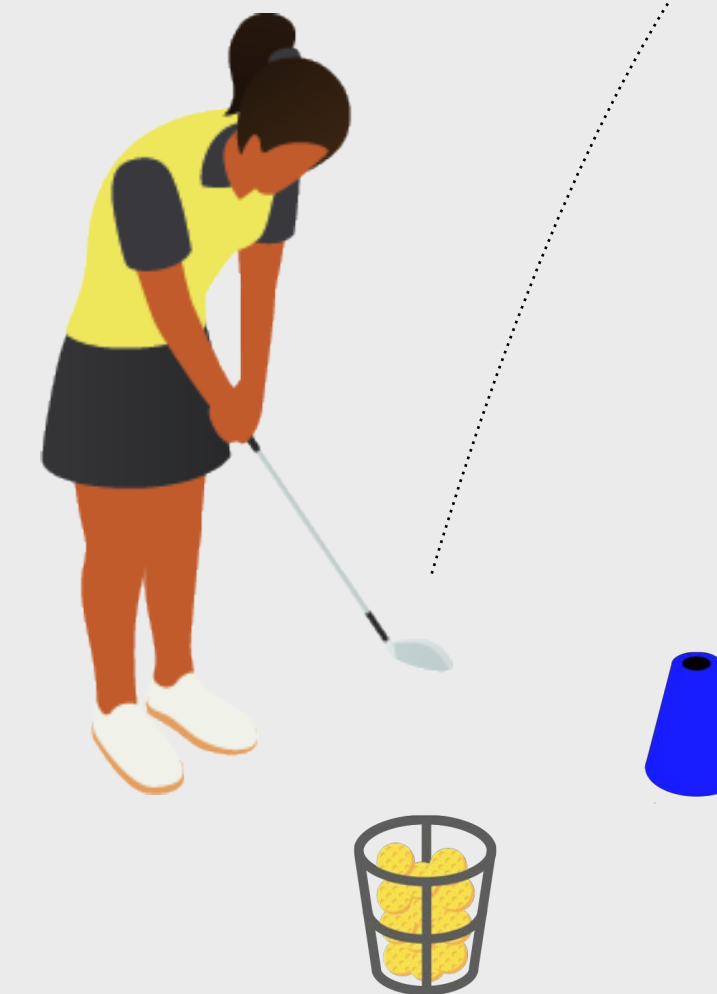
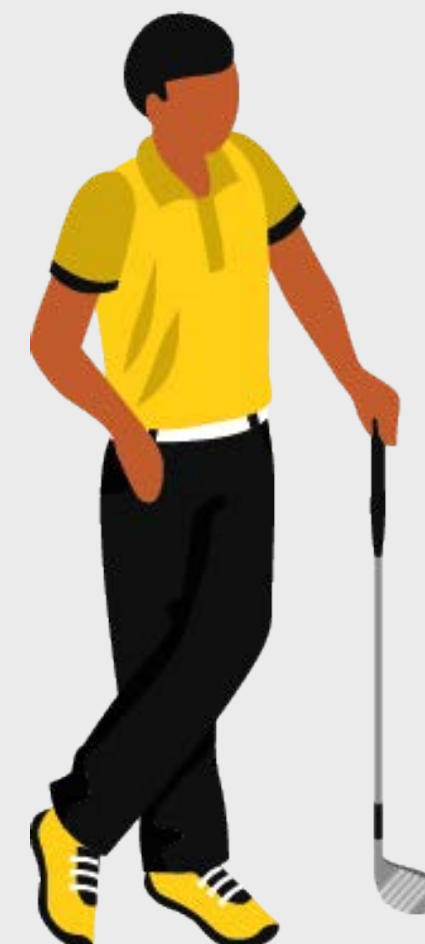
Encourage learners to watch others at the club and the best in the game so they can become aware that even the best players make mistakes, hit poor shots and that this is part of the challenge of the game.



# 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.

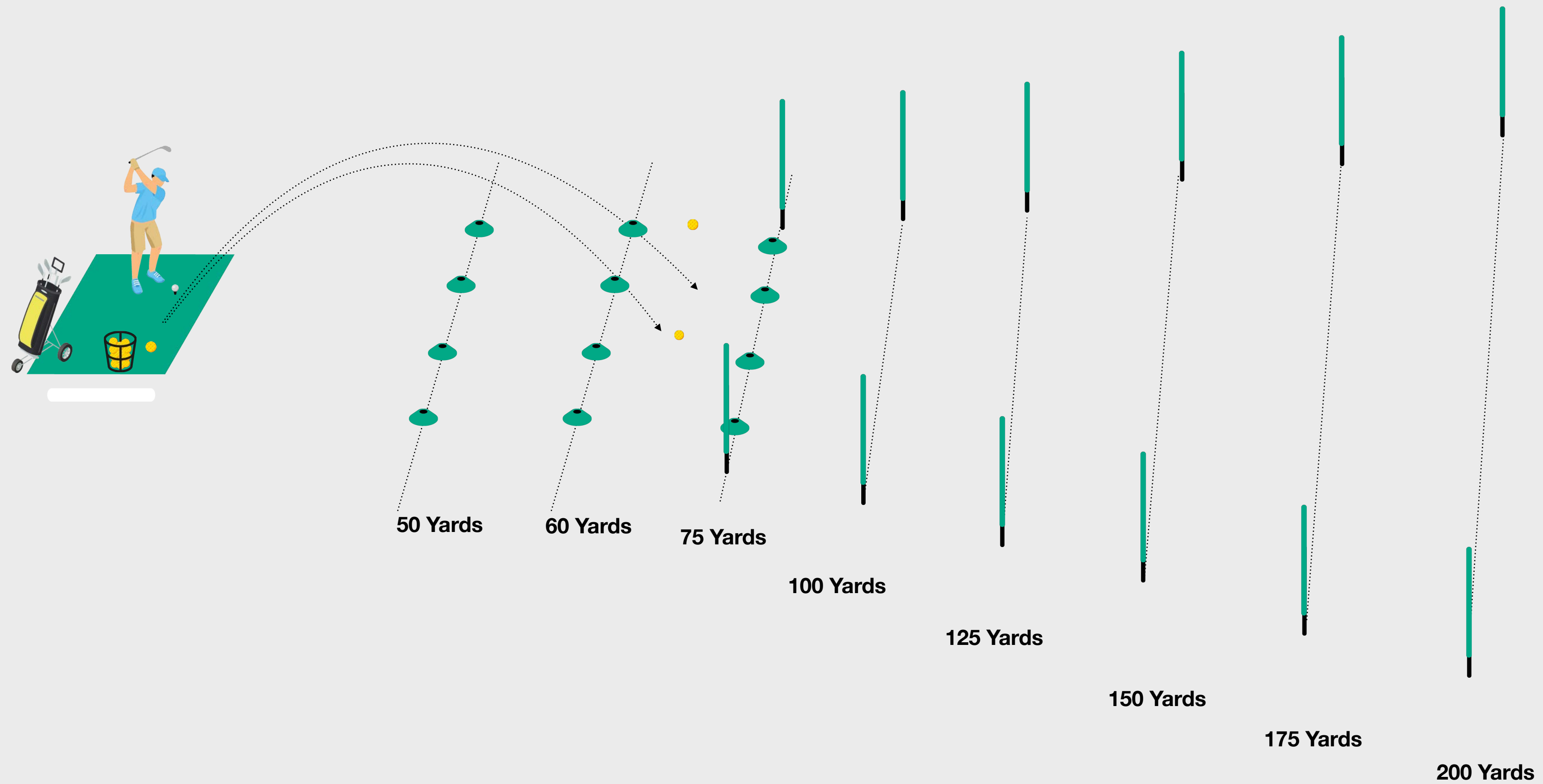
This week's secondary skill is pitching, providing learners an opportunity to practice what was learnt in their pitching class.



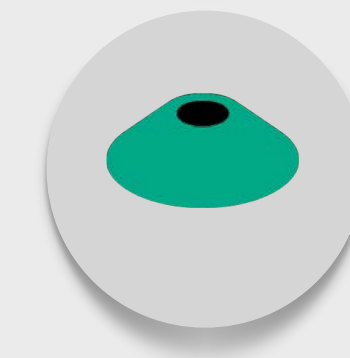
# Swing Challenges Layout and Set Up

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

