Practice Your Swing
Hybrids and Fairway Woods
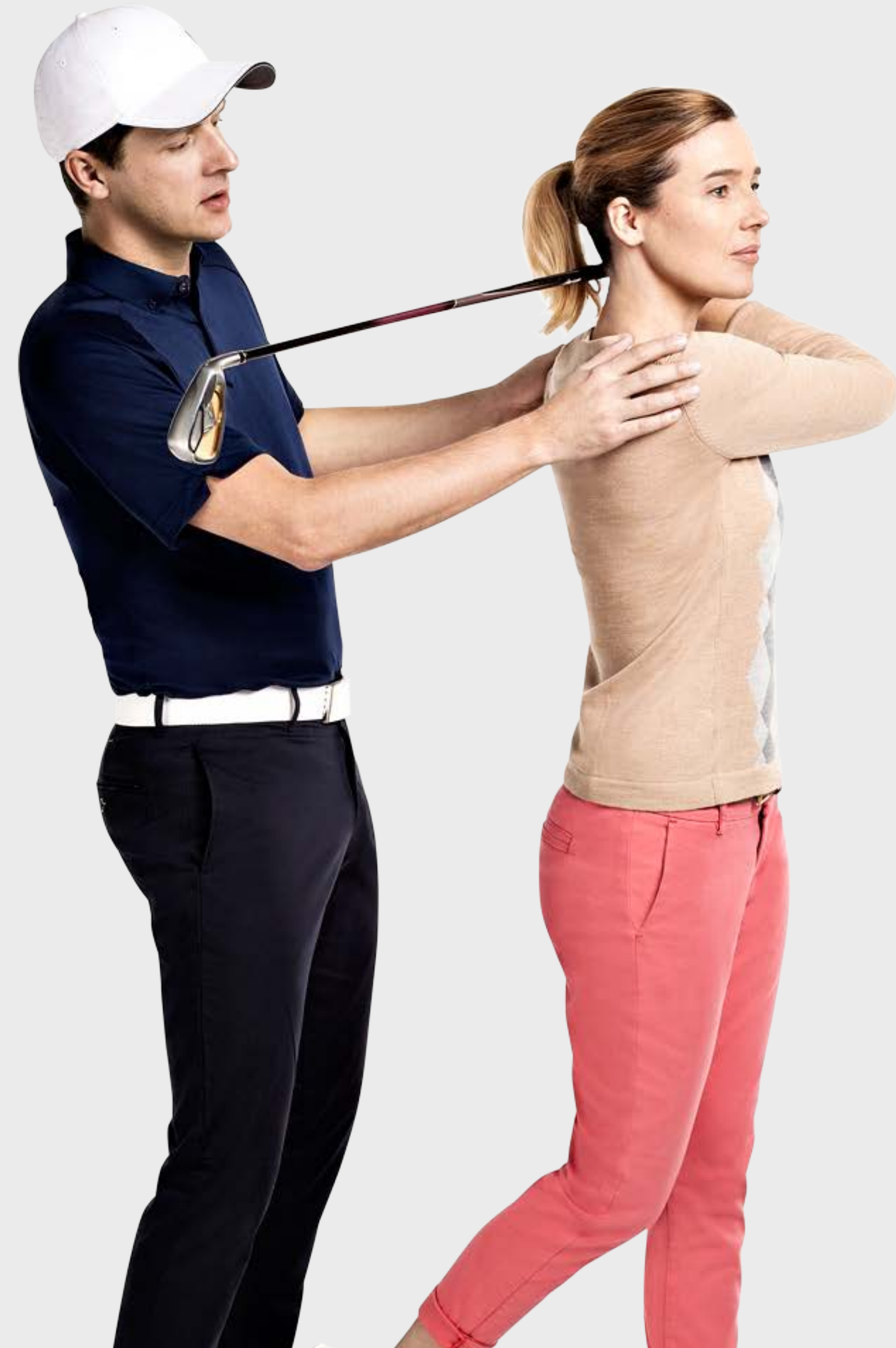
Monday, October 31st - Sunday, November 6th

Swing

GAMEON

GOLF DEVELOPMENT

Contents

Swing

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Class Timetable

Class Timetable

Session Length:	Group Size:	Mastering the Game:	Whole Golfer:	Learning the Game:	Challenge:
60mins	1:12	Swing Hybrids and Fairway Woods	Becoming a Competent Golfer	Handicap Index Basic Rules in a Hazard	Iron Challenge Fairway Woods Challenge Driver Challenge

Time	Focus	Class Content	Games / Drills / Resource
10 Mins	Introduction and Whole Golfer Focus	• Objectives - Opportunity for learners to practice their swing • Practice station: Tee Clipper • Game station: Fairway Finder • Whole Golfer Focus: Becoming a Competent Golfer	
20 Mins	Games, Practice and Challenge Time	• Play the games individually, in pairs or in groups • Opportunity for private coaching • Develop social connections and allow for self-discovery and guided learning	Tee Clipper Fairway Finder
5 Mins	Learning the Game Focus	• Get the group together to introduce the Learning the Game focus • 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	• Handicap Index • Basic Rules in a Hazard
15 Mins	Games, Practice and Challenge Time	• Play the games individually, in pairs or in groups • Opportunity for private coaching • Develop social connections and allow for self-discovery and guided learning	Tee Clipper Fairway Finder
10 Mins	*my*Game Tracking and Recap	• Recap and add any lesson notes to the learner's Student Connect on GLF. Locker • Allow for time for the learners to enter their Challenge Score in the myGame Area and complete the challenge if they have been successful. • Learners should mark their attendance at a Practice Club in the myJourney section of the myGame area.	• GLF. Locker *my*Game App • Learning the game online resource • Whole golfer online resource

Practice Your Swing Class Layout and Setup

Station 1:
Challenge Station
Irons

Station 2:
Challenge Station
Hybrids/Fairway Woods

Station 3:
Challenge Station
Driver

Station 4:
Practice Station
Tee Clipper

Station 6:
Secondary Skill
Pitching

Station 5:
Game Station
Fairway Finder

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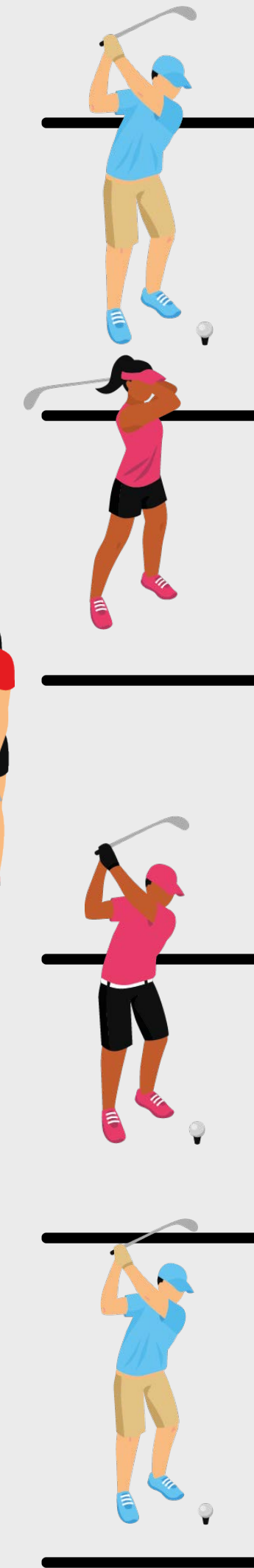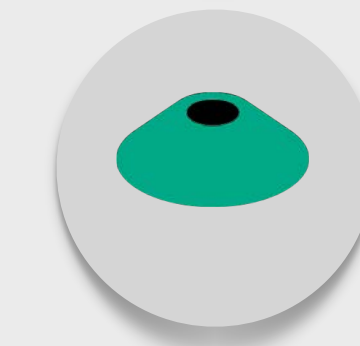
Swing Challenges Layout and Set Up

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:

50 Yards

60 Yards

75 Yards

100 Yards

125 Yards

150 Yards

175 Yards

200 Yards
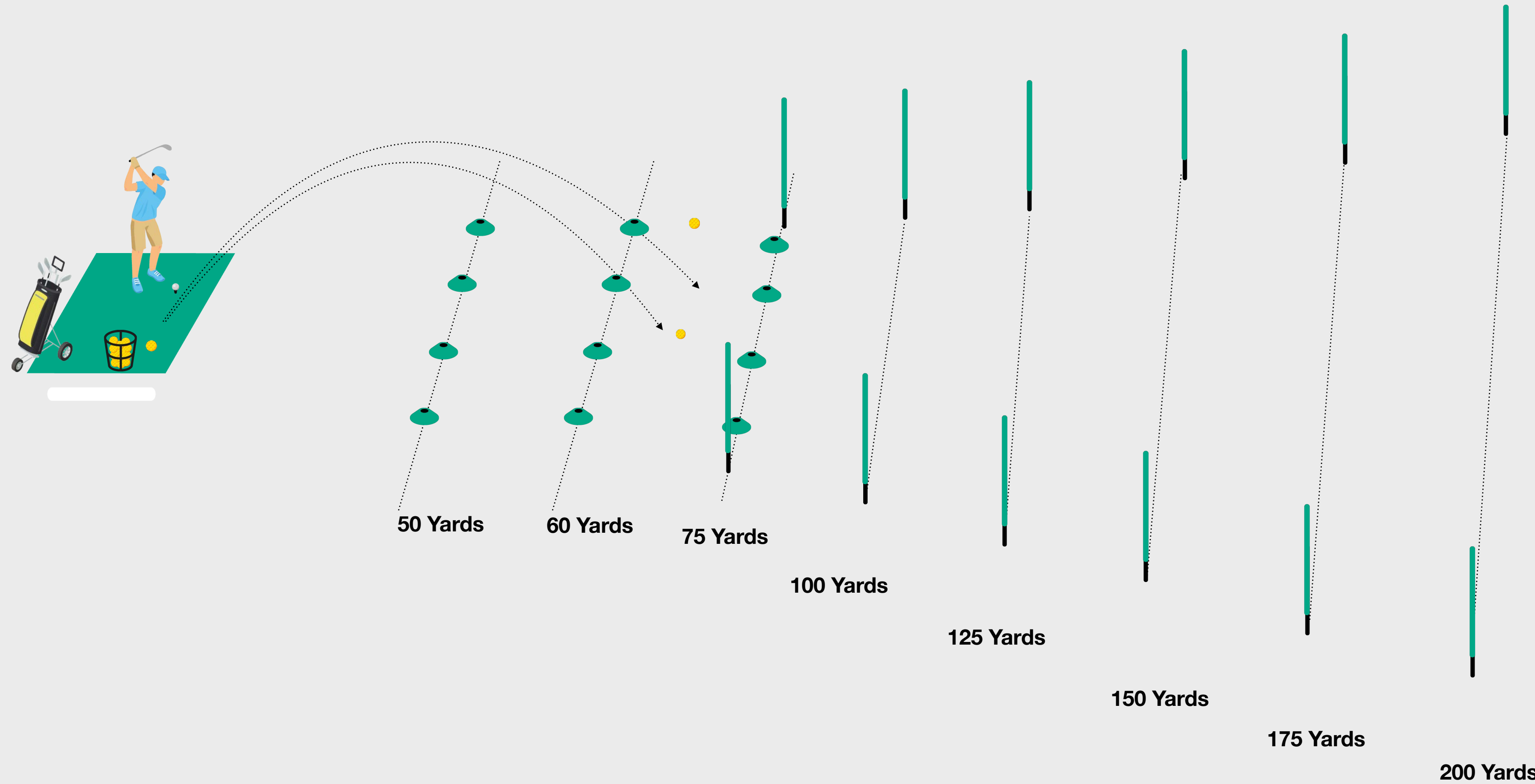
12 x Alignment Sticks and Foam Noodles

Colored Cones

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Tee Clipper
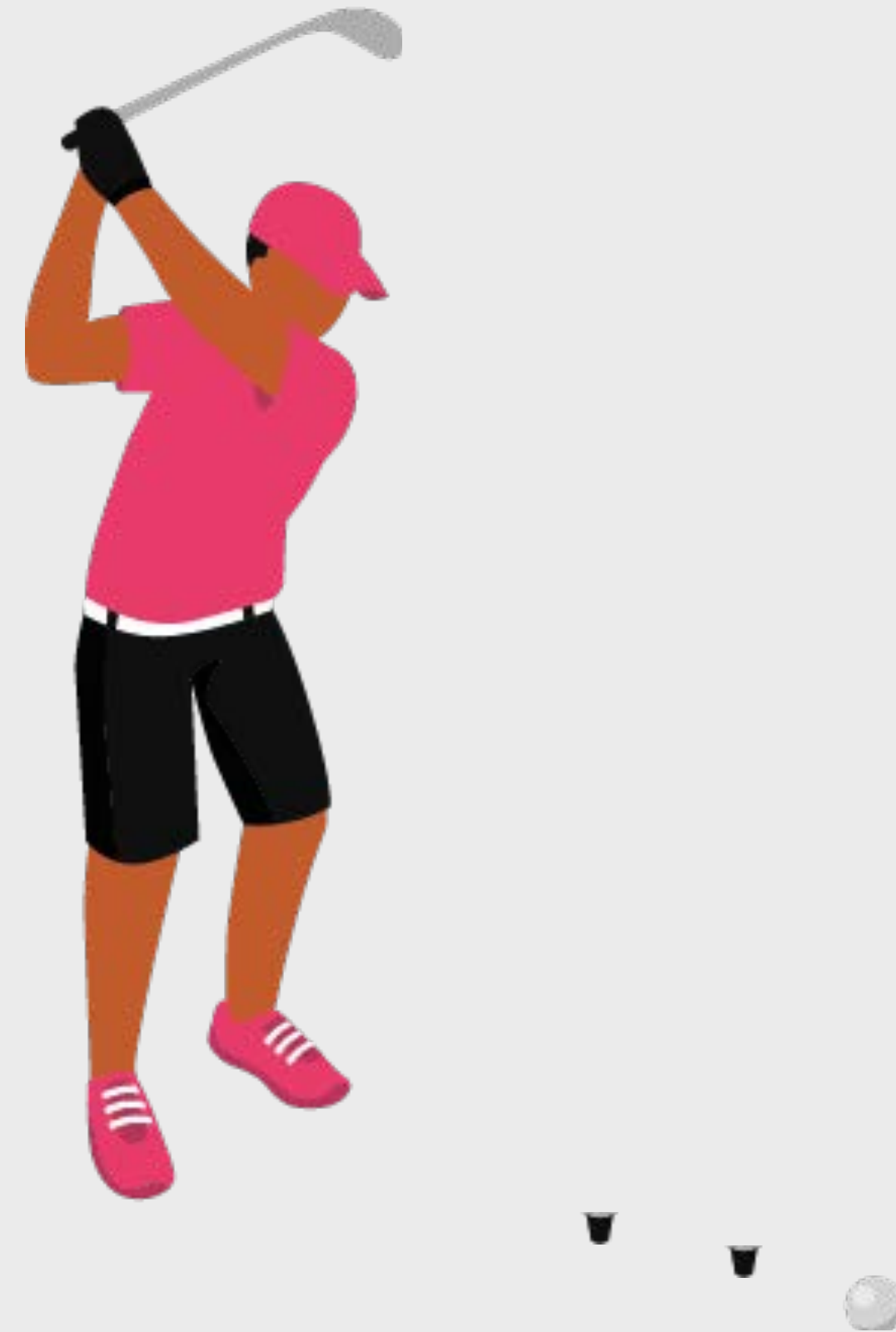
Equipment Needed

- 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

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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

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:

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?

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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:

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.

Mastering the Game

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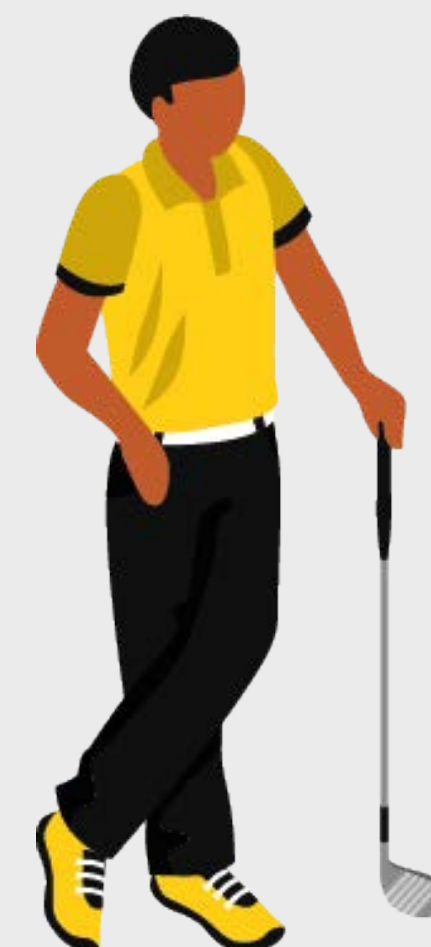
Skill Challenges

Level 1

Green Level 1

Mastering the Game

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Iron Challenge

2 out 5

Swing

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.Locker App
- If they complete the challenge, mark it as complete in the challenge section

Irons

1

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Hybrid/Fairway Wood Challenge

2 out of 5

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.Locker App
- If they complete the challenge, mark it as complete in the challenge section
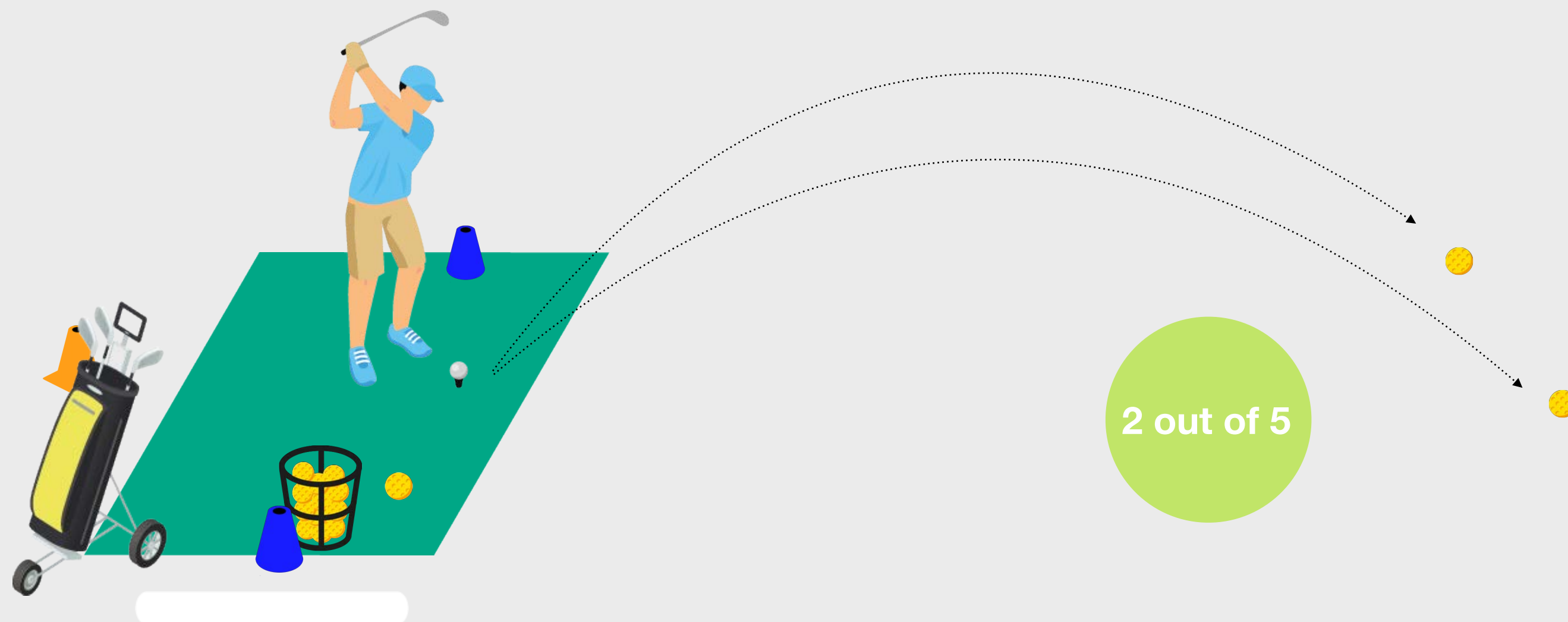
Fairway Woods

1

GAME ON
GOLF DEVELOPMENT

Driver Challenge

2 out of 5

Swing

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.Locker App
- If they complete the challenge, mark it as complete in the challenge section

Driver

1

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Level 2

Mastering the Game

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Iron Challenge

Blue Level 2

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 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.Locker App
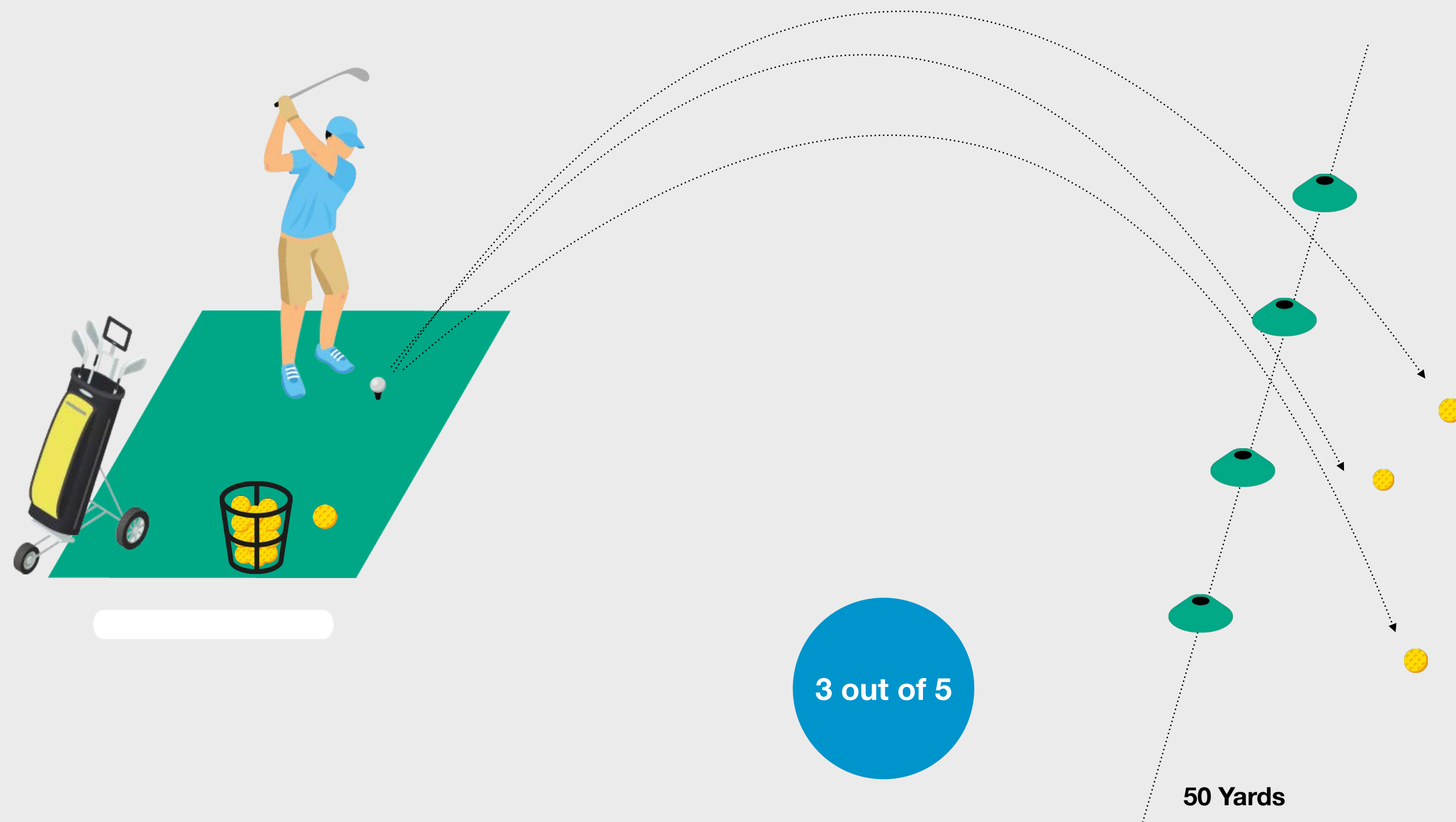• If they complete the challenge, mark it as complete in the challenge section

Irons

2

Swing

GAME ON
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Hybrid/Fairway Wood Challenge

3 out of 5

60 Yards

Blue Level 2

Swing

The Challenge

To complete the Level 2 Challenge the learner needs to demonstrate the ability to hit 3 out 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.
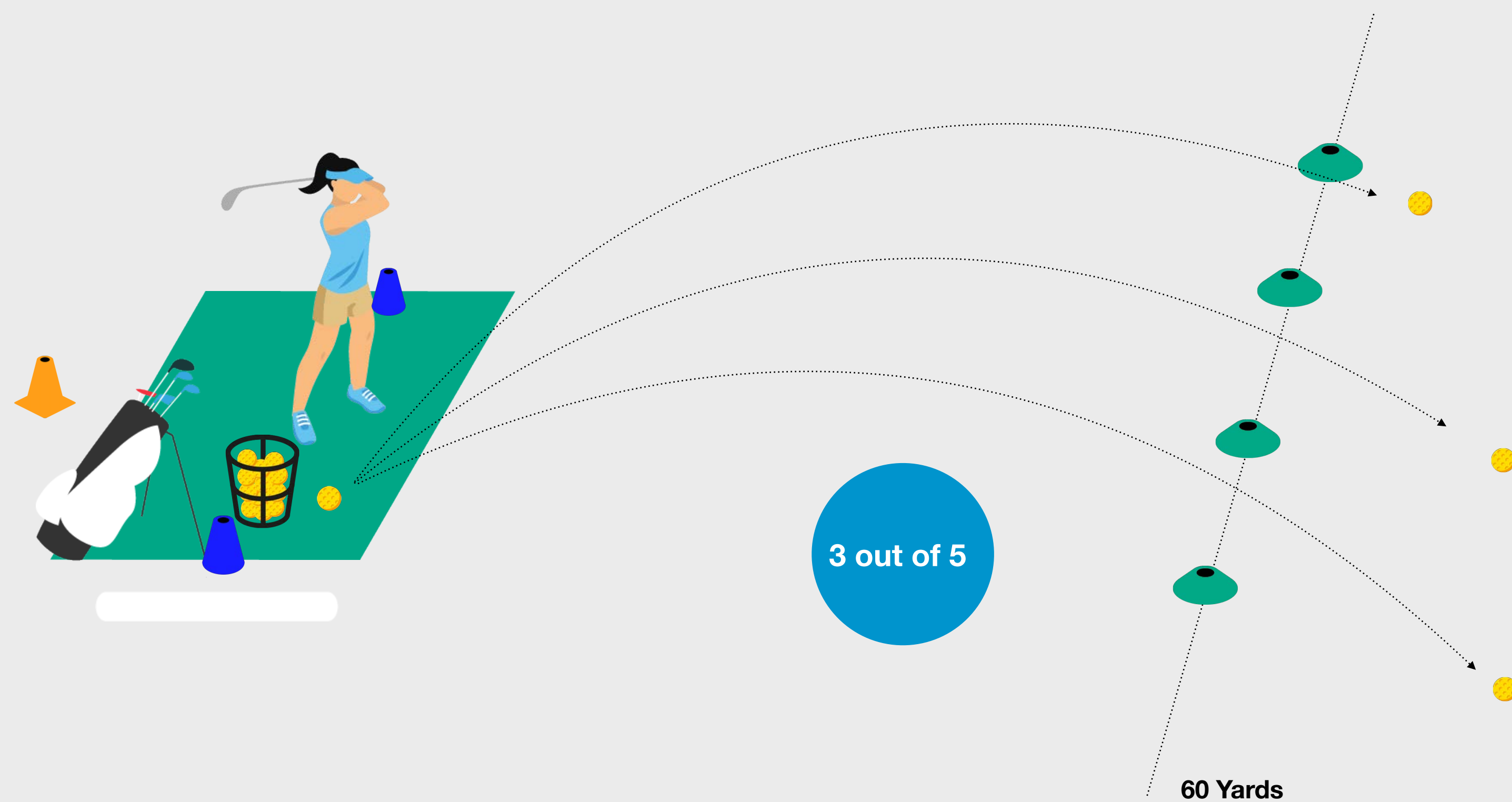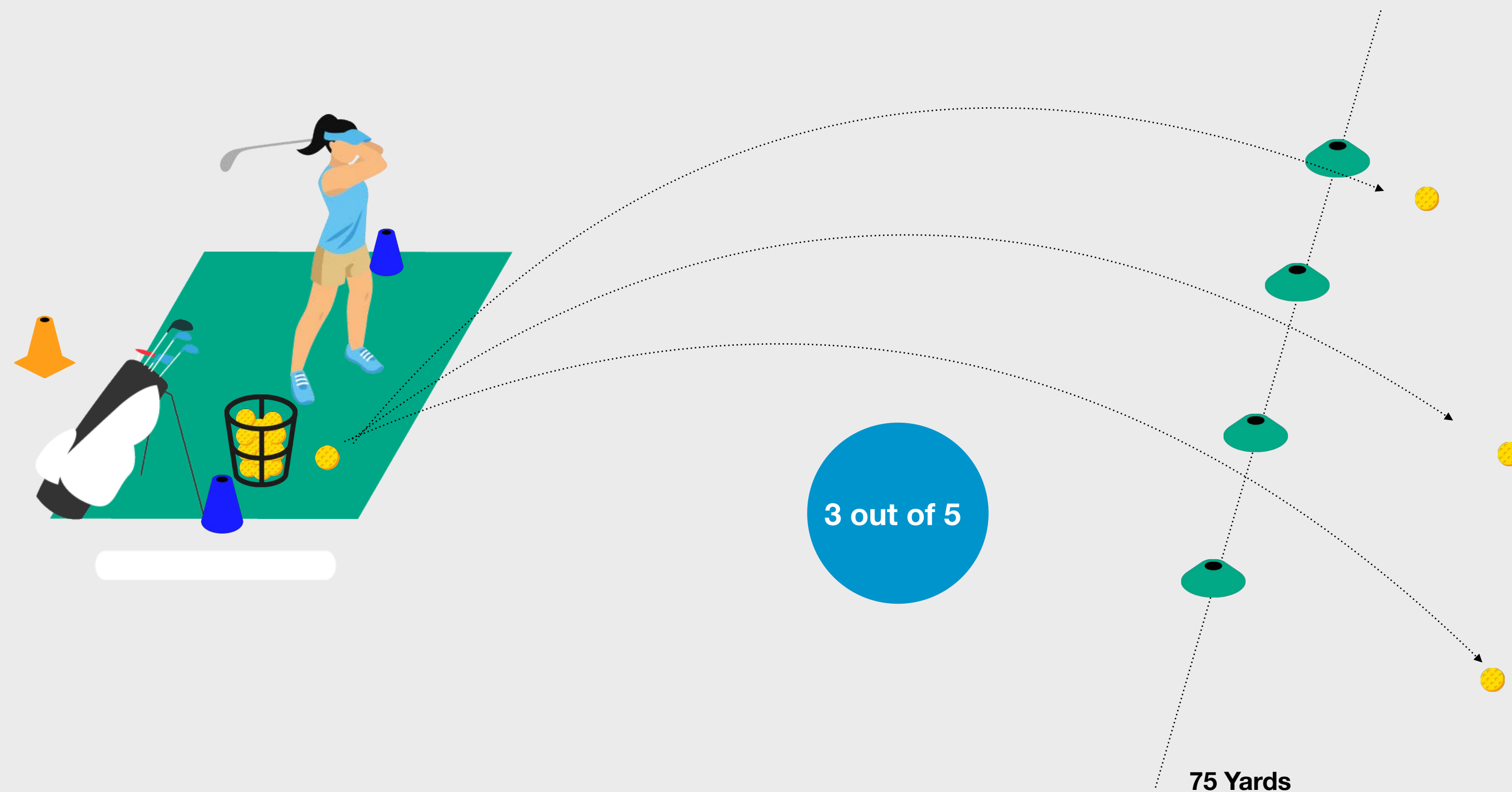
What should the Learner do next?

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

Fairway Woods

2

GAMEON
GOLF DEVELOPMENT

Driver Challenge

3 out of 5

75 Yards

The Challenge

To complete the Level 2 Challenge the learner needs to demonstrate the ability to hit 3 out 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.Locker App
- If they complete the challenge, mark it as complete in the challenge section

Driver

2

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Level 3

Mastering the Game

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Iron Challenge

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

Refer to Graphic

Refer to Graphic

2 out of 5

Swing

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.Locker App
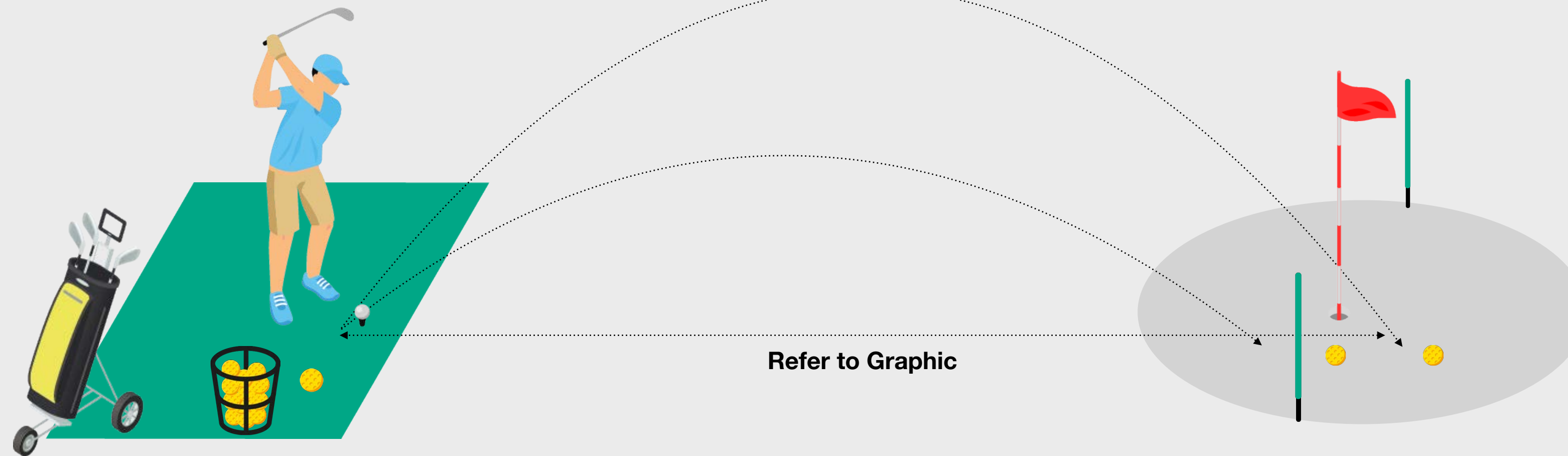- If they complete the challenge, mark it as complete in the challenge section

Irons

3

Black Level 3

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Hybrid/Fairway Wood Challenge

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

2 out of 5

Refer to Graphic

Refer to Graphic

Swing

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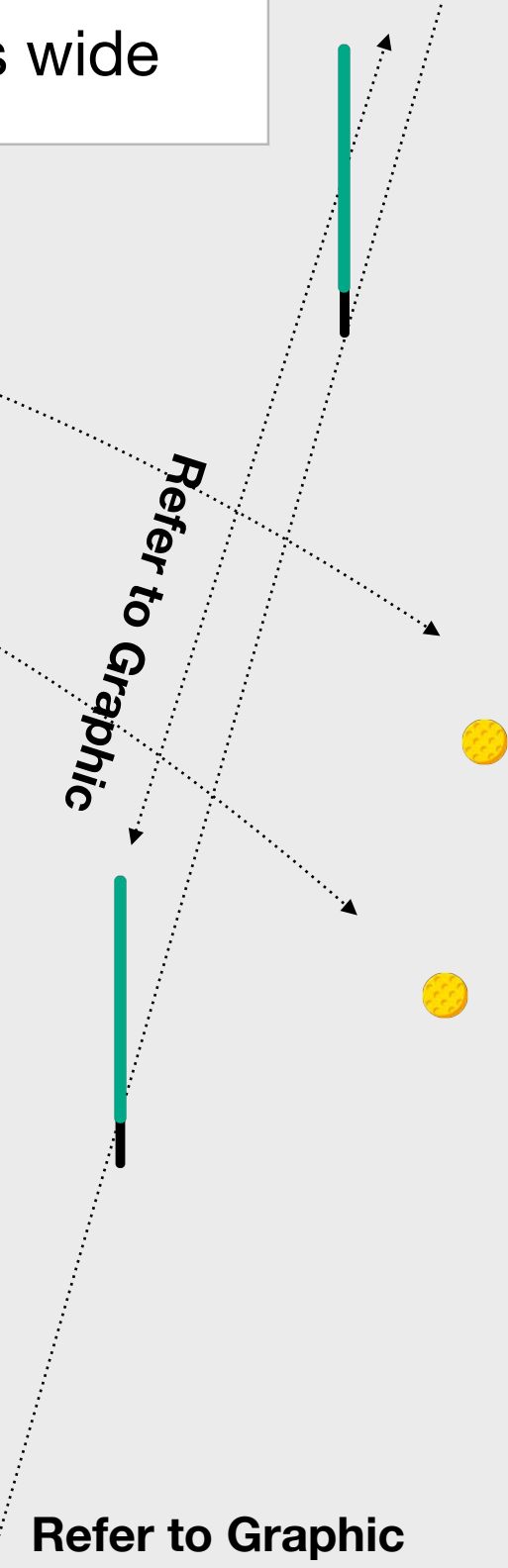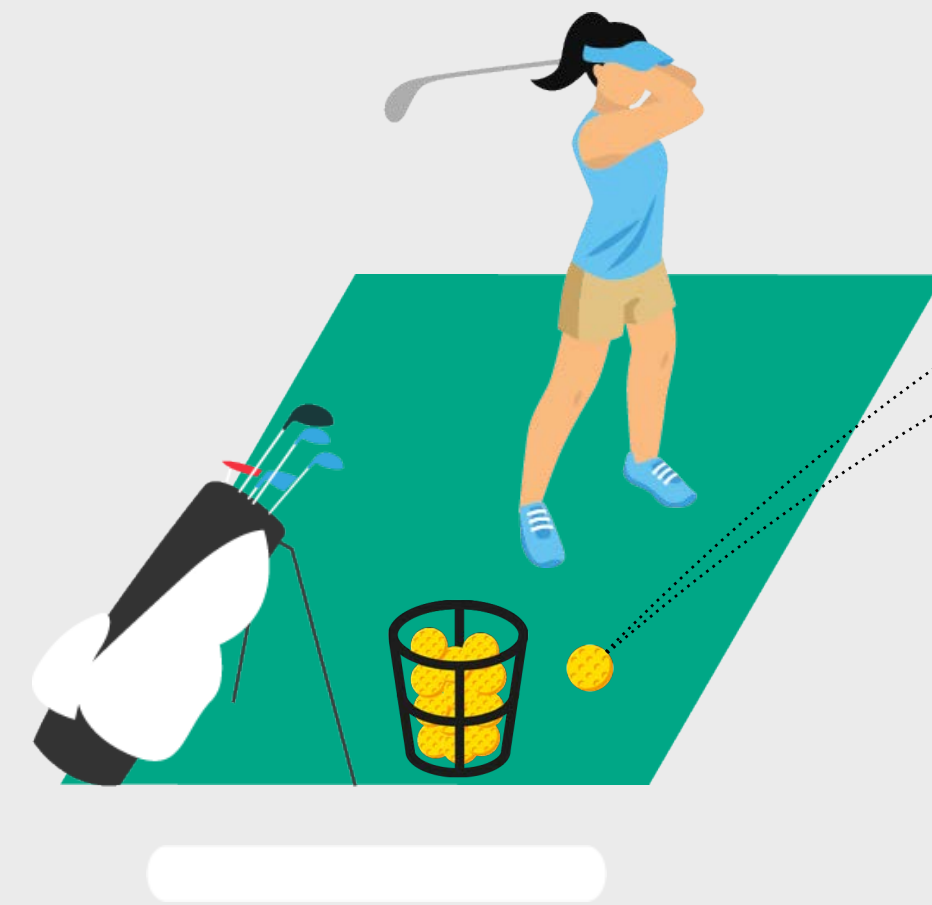- If they complete the challenge, mark it as complete in the Challenge Section

Fairway Woods

3

GAME ON
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Black Level 3

Driver Challenge

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

2 out of 5

Refer to Graphic

Refer to Graphic

Swing

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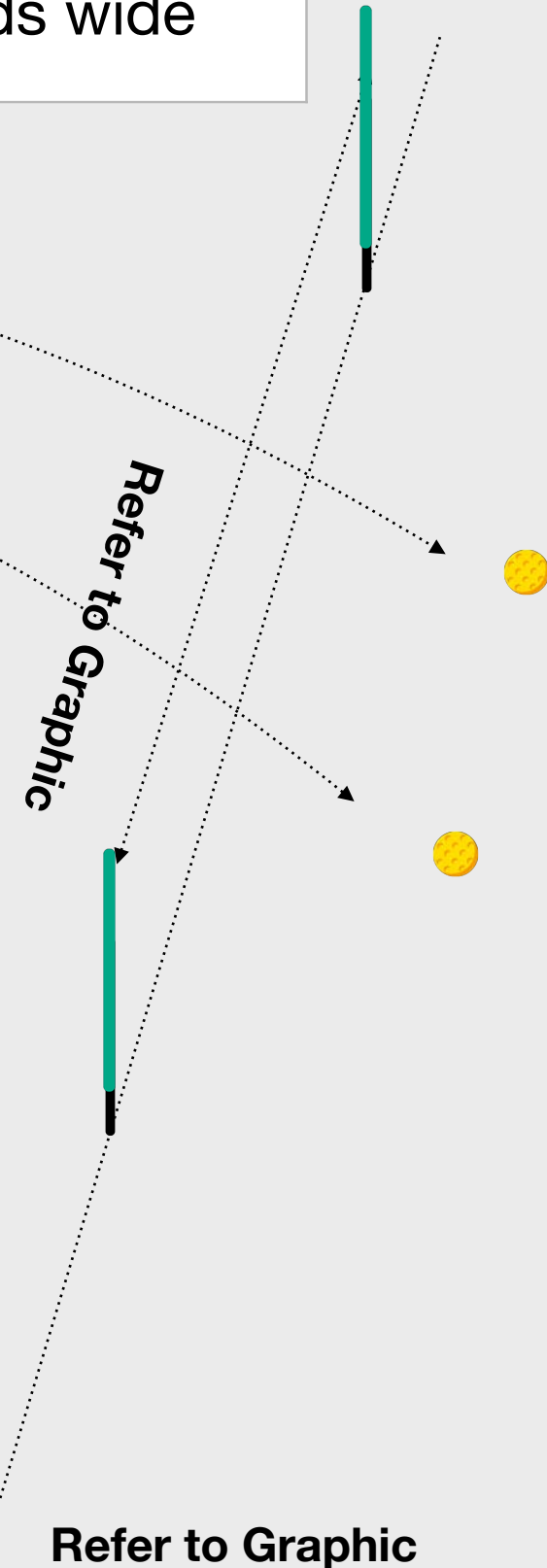- If they complete the challenge, mark it as complete in the Challenge Section

Driver

3

Black Level 3

GAMEON
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