

# Swing - Irons

Monday, November 28th - Sunday, December 4th



**GAMEON**  
GOLF DEVELOPMENT

# Class Timetable

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game:**  
Swing  
Irons

**Online Whole Golfer Resource**  
Mind - Pre shot routine

**Learning the Game Focus:**  
Preparing to Play  
Driving Range Warm Up

Time	Focus	Class Content	Games / Drills / Resource
5 mins	Introduction	Objectives - Introduce ball position and posture with different irons Introduce Learning the Game and Whole Golfer focus Outline the Technical Guidance for the class Explain how to play the games and attempt the practice station activities	<ul style="list-style-type: none"> <li>Driving range warm up</li> </ul>
40 Mins	Mastering the Game	<ul style="list-style-type: none"> <li>Learners break out to play the games individually, in pairs or groups</li> <li>A chance to build relationships amongst the group</li> <li>Opportunity for private coaching</li> </ul>	<ul style="list-style-type: none"> <li>Practice stations</li> <li>Game cards</li> <li>Secondary skill station</li> </ul>
10 mins	Challenges and Recap	<ul style="list-style-type: none"> <li>Outline the relevant challenges students need to complete for this skill</li> <li>Recap Mastering the Game and Learning the Game Focus from the session</li> </ul>	<ul style="list-style-type: none"> <li>Iron challenge</li> </ul>
5 Mins	myGame Tracking	<ul style="list-style-type: none"> <li>Update notes and challenges in the GLF. Connect App</li> </ul>	<ul style="list-style-type: none"> <li>GLF. Connect myGame App</li> </ul>

# Technical Guidance - Ball Position and Strike

The technical guidance we are prescribing is to be delivered as you see fit, use your experience and be sure to link your technical advice to how this will help learners to improve the key skills of:

- 1. Ball position for different clubs**
- 2. Improved posture for more consistent strike**

Keep your technical instruction on ball position and strike to less than 5 minutes, in order to allow maximum time for play and practice and for you to reinforce the key skills with individual tuition.





## Driving Range Warm Up

Your learners have been introduced to what to do before a round, now we add some more detail to the driving range warm up.

Learners quite often just reach for the driver when warming up before a round, you should encourage them to practice with each club, just two or three shots with each in order to be fully prepared for the upcoming round. Start with the shortest club and work up to the longest.

A good tip would be to finish the driving range warm up with a couple of shots using the club they will be using for their opening tee shot.



## Pre shot routine

Introduce learners to the importance of a pre shot routine. Getting into the correct frame of mind for the shot, knowing that they are giving themselves the best chance to achieve a good outcome.

The pre shot routine shouldn't be over complicated for a learner, and should include just one or two practice swings. Suggested content would include; thinking about the shot, choosing the appropriate club, rehearsing the shot, aiming and executing the shot.

# Ball Position



## Equipment Needed

- Alignment Stick
- Hybrid, 7 Iron and wedge
- Golf Balls

## How to Practice

- Learners should understand that the ball position changes slightly depending on which clubs they use
- Use the alignment stick to mark the centre of the learner's stance
- The learner should experiment with a centered ball position for a wedge, an inch further forward for a 7 iron and an inch further forward still for the hybrid
- Make sure you highlight how important striking the ground in the appropriate place will ensure good contact, just having an improved ball position does not guarantee good contact

## Technical Link

- Understanding this means learners will practice appropriately and strike the ball more consistently

# Perfect Posture



## Equipment Needed

- Alignment Stick
- 7 iron, hybrid and wedge
- Golf balls

## How to Practice

- Reinforcing posture with some key drills will help the learner to improve their consistency of strike
- One posture tip could be to give a learner is to place an alignment stick from their belt buckle, up in front of their nose and practice tilting forwards whilst maintaining this straight line
- Another posture drill is for the learner to place an alignment stick horizontally across their hips, and to lean over the stick in order to create the correct feelings of tilting forwards, rather than stretching to reach the ball

## Technical Link

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

# Swing Direction



## Equipment Needed

- 7 Iron

## How to Practice

- The learner should practice whilst using alignment sticks to help them learn how to control the direction the club travels
- By moving the alignment sticks to aim left of target and then right of target the learner will begin to control the direction of the swing
- Encourage learners to start with small swings with this challenge and work up to fuller swings once confident in controlling swing direction

## Technical Link

- This activity will help the learner to build an awareness of swing direction and how to improve their overall technique

# G.O.L.F.



## Equipment Needed

- Cones
- Alignment Sticks and Foam Noodles

## How to Play

- Set up a number of targets on the driving range, at an appropriate distance for your learners to aim at
- The learners should take it in turns to choose and aim for a particular target, if they manage to hit their intended target they achieve a “G”
- The game continues until a learner has completed the word “GOLF”

## Progression Ideas

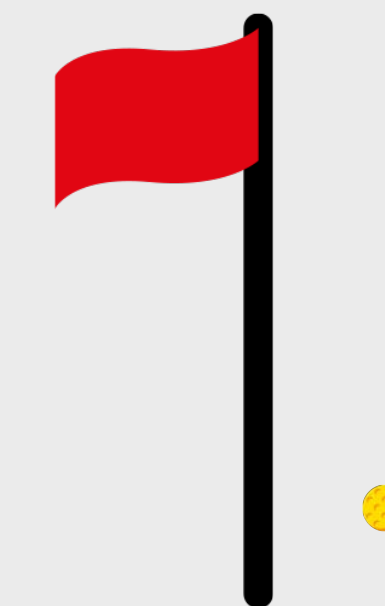
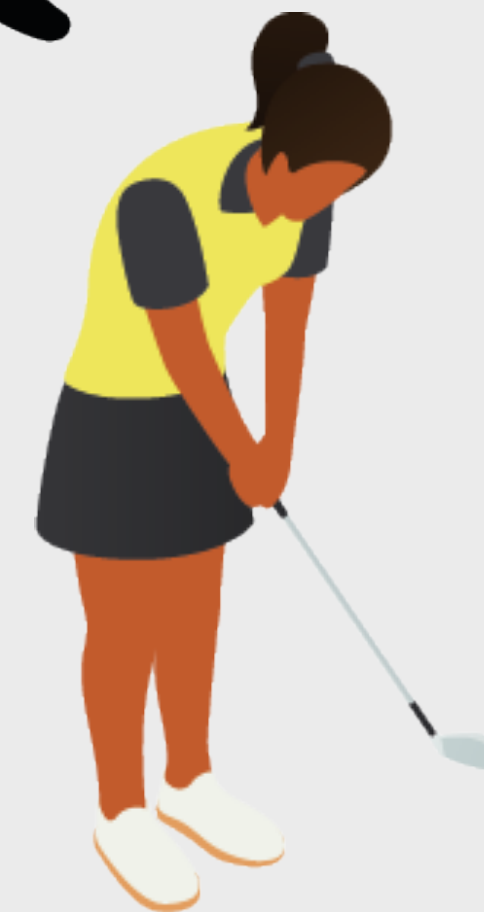
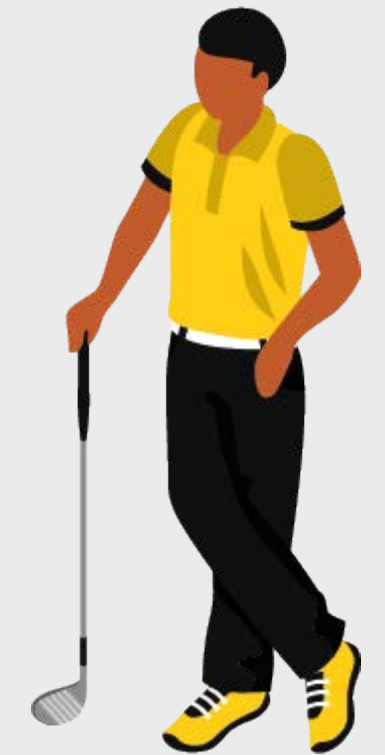
- Dictate which targets the learners have to aim for, if it is too easy, make the targets more challenging
- Increase the length of the word to extend the game
- Challenge the learners to work together to achieve the game, whereby both must hit the target before the letter is achieved



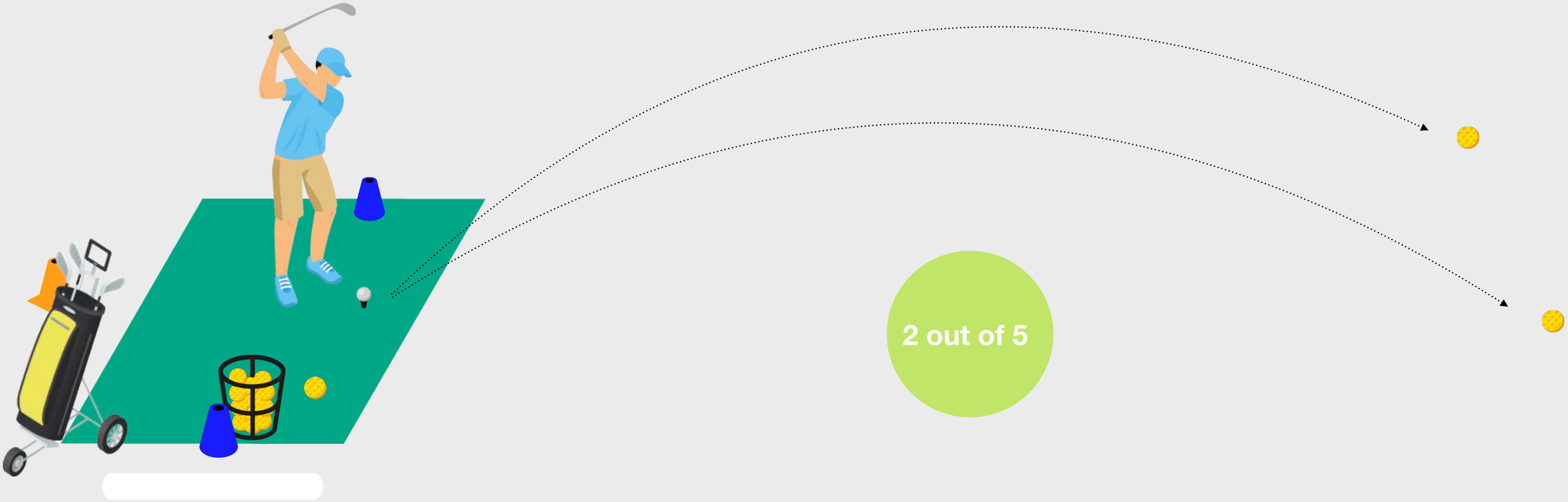
# Secondary Skill

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 putting, providing learners an opportunity to practice their swing and specifically irons.



# 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.

### Equipment you Need

The equipment you will need for this challenge:

- Golf Balls

### What should the Learner do next?

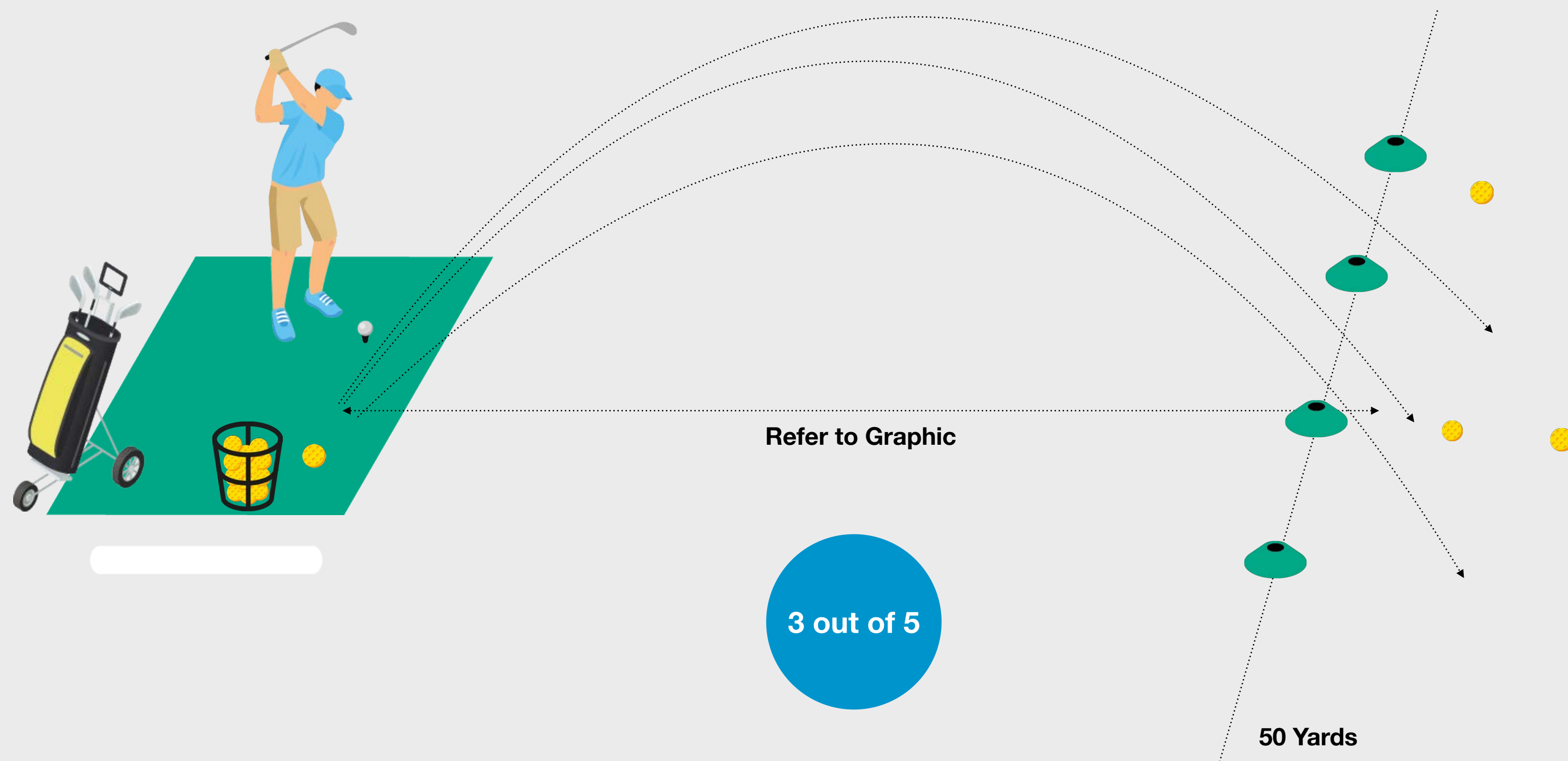
After attempting the challenge, the learner should:

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

### Irons



# Iron 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 50 yards.

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

## Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the carry line
- Golf Balls

## What should the Learner do next?

After attempting the challenge, the learner should:

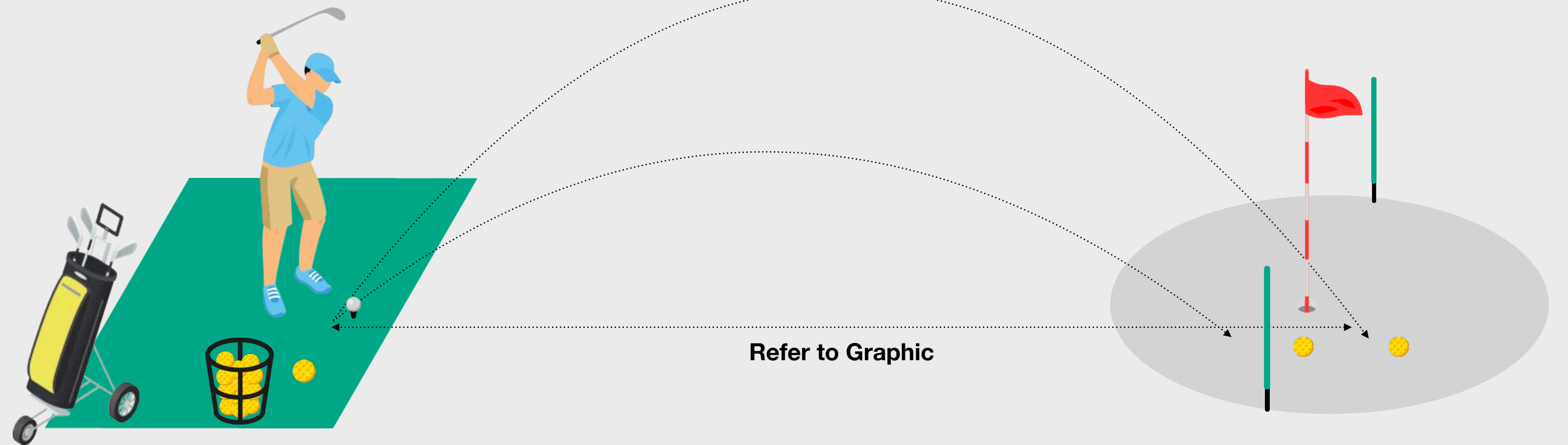
- Log in to the GLF.Connect App
- If they complete the challenge, mark it as complete in the Challenge Section

## Irons



# Iron Challenge

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



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).

## Equipment You Need

The equipment you will need for this challenge:

- Alignment Sticks to mark the target gates for the green width
- Foam noodles to make the gate more visible
- Colored cones to mark the green perimeter
- Golf Balls

## What should the Learner do next?

After attempting the challenge, the learner should:

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

## Irons

