

Swing - Hybrids and Fairway Woods

Monday, November 7th - Sunday, November 13th



GAMEON

GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:8

Mastering the Game:
Swing
Hybrids and Fairway Woods

Online Whole Golfer Resource
Body - Pre Round Warm Up

Learning the Game Focus:
Preparing to Play
Why is a warm-up important?

Time	Focus	Class Content	Games / Drills / Resource
5 mins	Introduction	Objectives - Introduce hybrids and fairway woods 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"> Why is a warm-up important?
40 Mins	Mastering the Game	Learners play the games individually, in pairs or groups Opportunity to provide private coaching	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station
10 mins	Challenges and Recap	Outline the relevant challenges students need to complete for this skill Recap Mastering the Game and Learning the Game Focus from the session	<ul style="list-style-type: none"> Hybrid/Fairway Wood challenge
5 Mins	myGame Tracking	Add any lesson notes to the learner's Student Connect on GLF. Locker Learners should mark their attendance at the Themed Class in the myJourney section of the myGame area Direct the learners to the online resources for the Whole Golfer, Learning the Game and Mastering the Game focus in the myGame area of GLF.Locker	<ul style="list-style-type: none"> GLF. Locker myGame App

Technical Guidance - Rotation and Shoulder Plan

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. Path

2. Clubface Aim

Keep your technical instruction on rotation and shoulder plane 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.





A Pre Round Warm Up

Highlight to your learners what should be included in a pre-round warm up and outline how long they should allow for this warm up to take.

Learners need to understand that their tee time is when they are starting their round, and therefore they should arrive at the club at least 45 minutes - 1 hour prior to warm up.

Your recommended warm up should include use of the range, chipping area and putting green.

Pre round warm up

Make sure participants understand how a warm up helps the learner to physically prepare for the round.

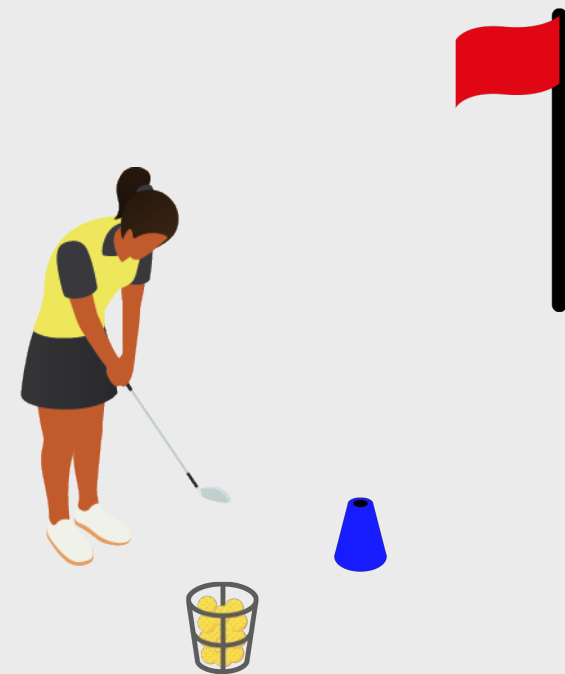
Provide more detail on the muscles and joints used during the warm-up which will help the learners to prevent injury and perform at their best.

If learners would like more information, make sure you can recommend them to an expert at the club who can help them.



Class Layout and Setup

Station 6:
Secondary Skill
Putting



Station 1:
Practice Station
Rotation



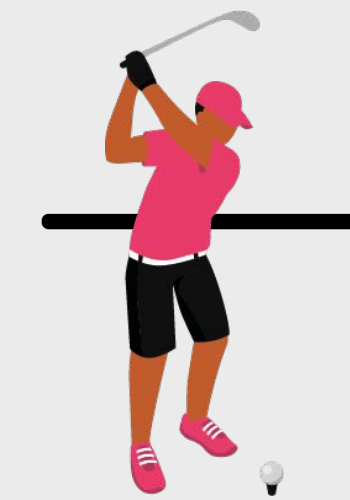
Station 2:
Practice Station
Shoulder Plane



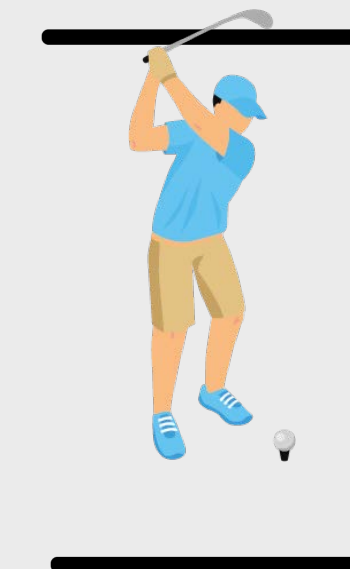
Station 3:
Practice Station
Clubface Aim



Station 4:
Game Station
Army Golf



Station 5:
Challenge Station
Hybrid/Fairway Wood Challenge



Rotation



Equipment Needed

- Hoop
- Alignment Stick
- Hybrid / Fairway Woods
- Golf Balls

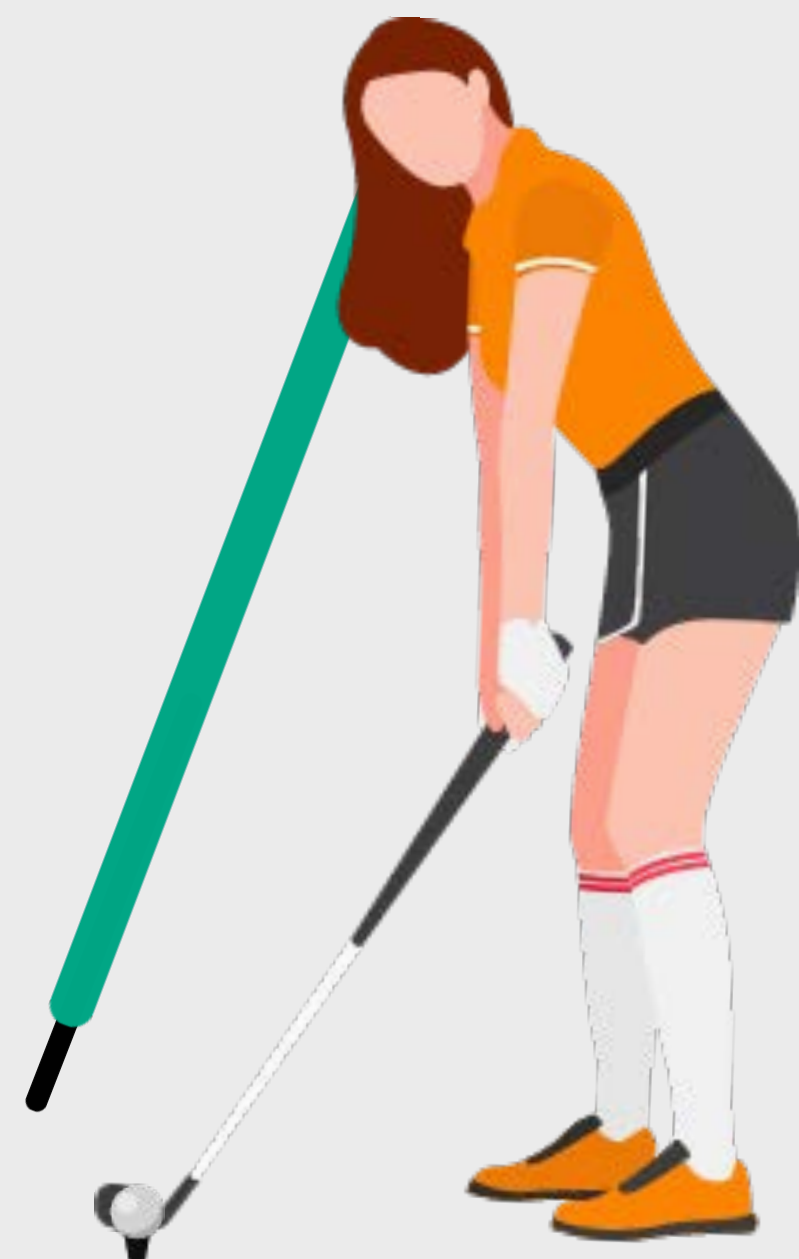
How to Practice

- Learners should understand that the golf club swings on a circle around the golfer, and only touches the ball to target line on the few inches through impact, and that this is referred to as the path of the club head
- Use the alignment stick to demonstrate the ball to target line, and the hoop to represent the club head's movement around the golfer
- The learner should experiment with what it feels like to swing the club straight back and through along the target line, and then to swing the club round on an arc and how much more effective it is this way

Technical Link

- Understanding this means learners will practice the rotation that is required to make a powerful, controlled golf swing

Shoulder Plane



Equipment Needed

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

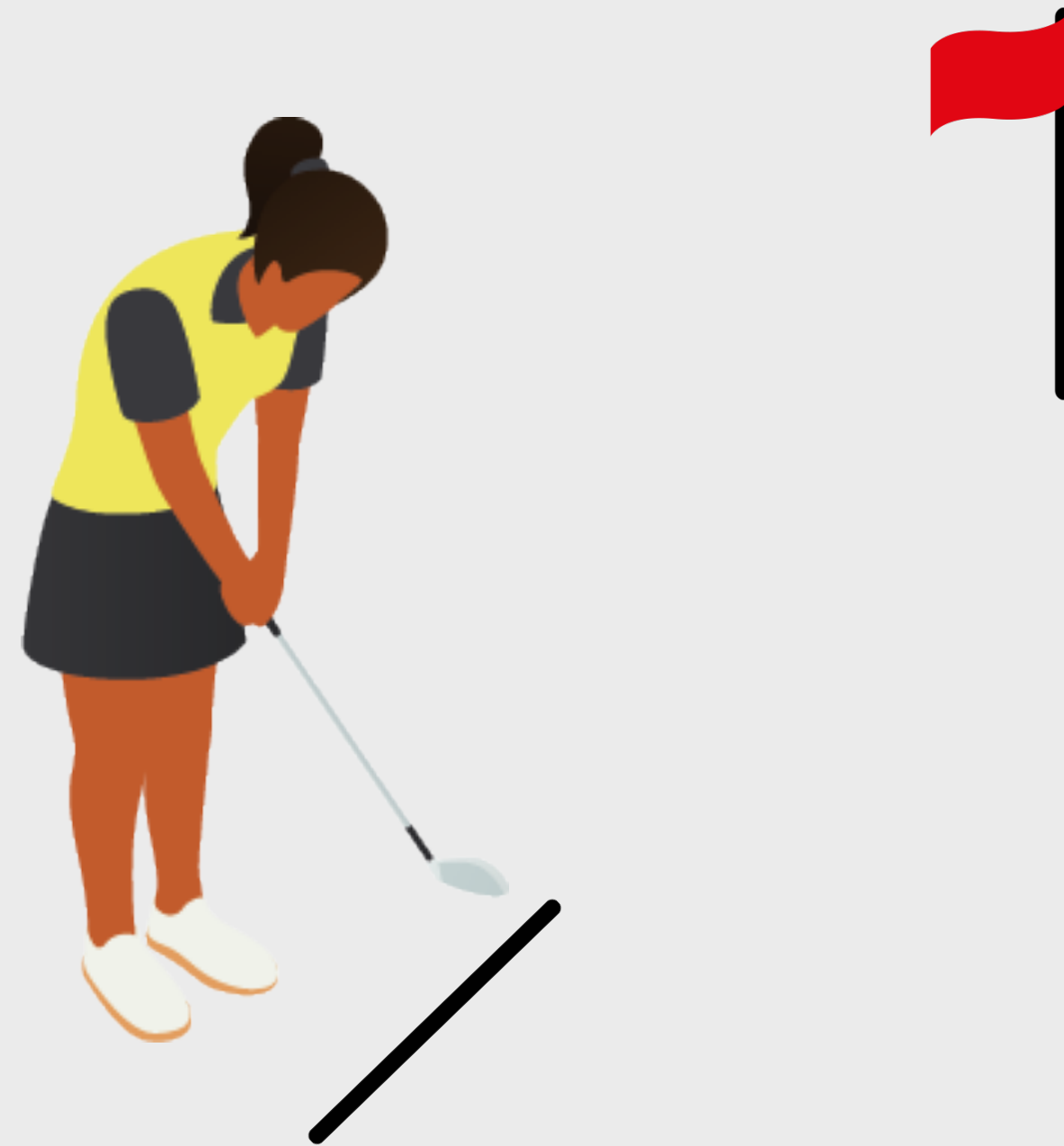
How to Practice

- 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

Clubface Aim



Equipment Needed

- Hybrid or Fairway Wood

How to Practice

- The learner should practice whilst using an alignment stick to aid them in making sure their club face aim is perfectly square before they start the swing
- If the ball starts left or right of target the learner then knows either they have miss-hit the shot, or they have done something which has caused the club face to aim right or left at impact

Technical Link

- This activity will help the learner to build an awareness of what a square set-up looks like to them

Army Golf



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

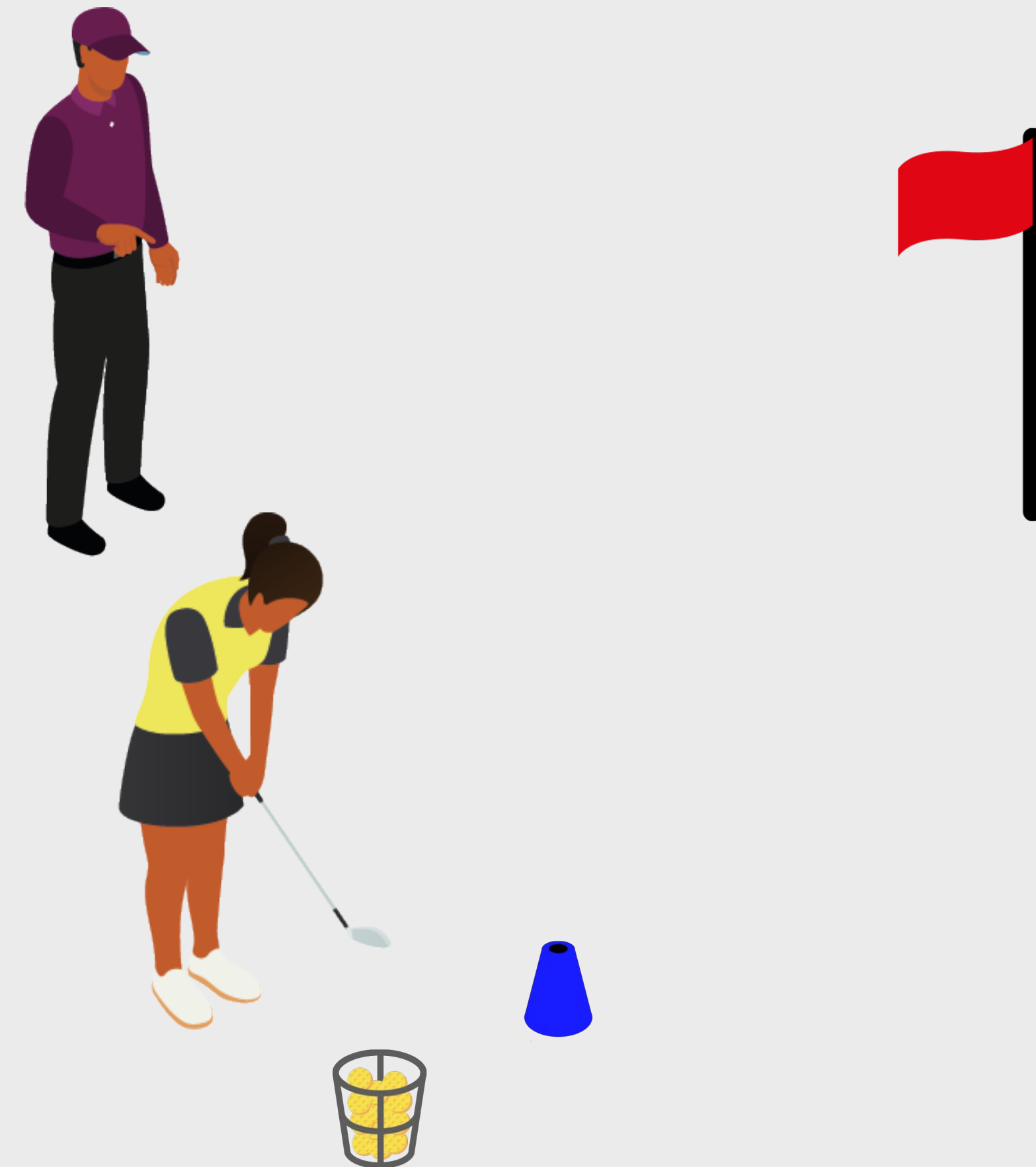
Progression Ideas

- 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

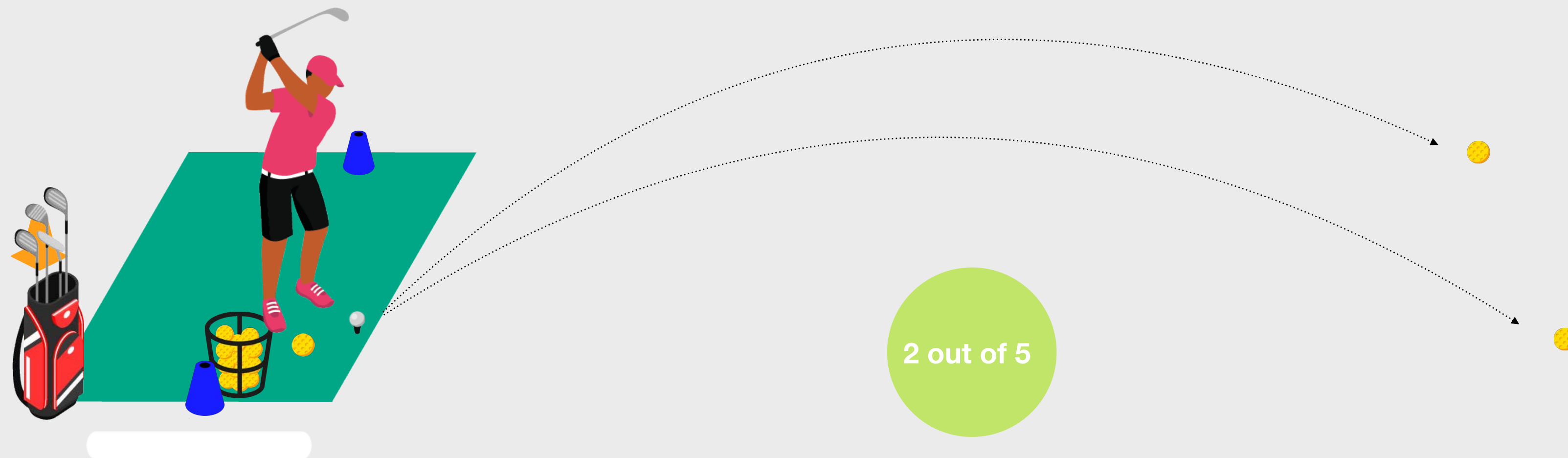
Secondary Skill

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 skills on the green.



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.

Equipment you Need

The equipment you will need for this challenge:

- Golf Balls

What should the Learner do next?

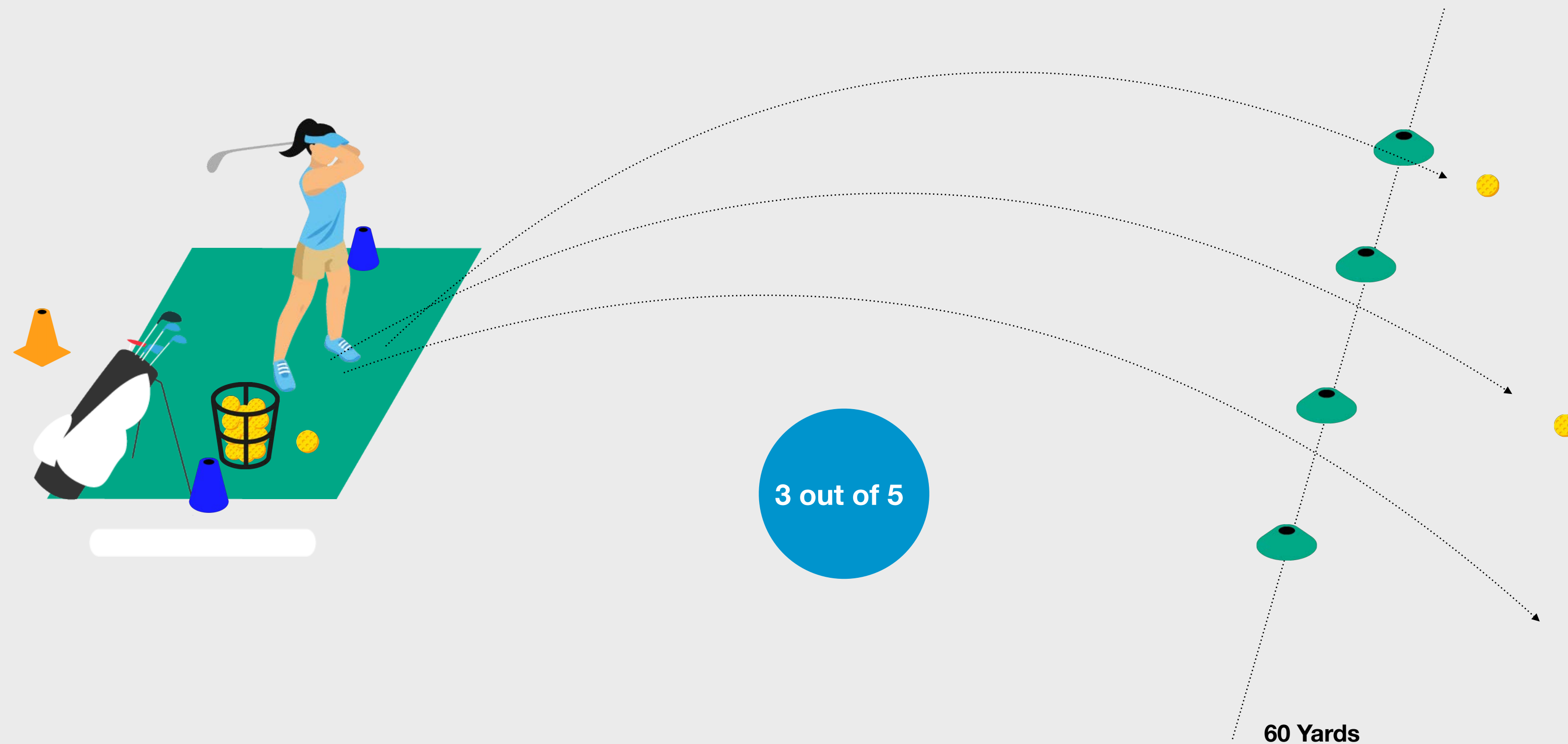
After attempting the challenge, the learner should:

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

Fairway Woods



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.

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

Fairway Woods



Hybrid/Fairway Wood Challenge

	Yardages	Target Gate
Hybrid/Fairway Wood Distances <i>(Where the ball comes to rest)</i>	100	20 yard wide target gate
	125	25 yard wide target gate
	150	30 yard wide target gate
	175	35 yard wide target gate



The Challenge

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

Equipment You Need

The equipment you will need for this challenge:

- Alignment Sticks to mark the target gates
- Foam noodles to make the gate more visible
- Golf Balls

What should the Learner do next?

After attempting the challenge, the learner should:

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

Fairway Woods



2 out of 5

