

Around the Green

Controlling Distance - Pitching

Monday, January 16th - Sunday, January 22nd



GAMEON
GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:8

Mastering the Game:
Around the Green - Controlling
Distance - Pitching and Bunker

Online Whole Golfer Resource:
Growth mindset - you don't need to
know it all straight away

Learning the Game:
Rules and Etiquette
Raking a bunker and rules in a hazard

Time	Focus	Class Content	Games / Drills / Resource
5 mins	Introduction	<ul style="list-style-type: none"> Objectives - Introduce techniques that can help to improve short putts Introduce the Learning the Game and Whole Golfer focus Introduce the Technical Guidance for the class Explain how to play the games and attempt the practice station activities 	<ul style="list-style-type: none"> Handicap Index Rules in a hazard
40 Mins	Mastering the Game	<ul style="list-style-type: none"> Learners play the games individually, in pairs or groups Opportunity for private coaching 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station
10 mins	Challenges and Recap	<ul style="list-style-type: none"> 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"> Pitching challenge Bunker challenge
5 Mins	myGame Tracking	<ul style="list-style-type: none"> Update notes and challenges in the GLF. Connect App 	<ul style="list-style-type: none"> GLF. Connect myGame App

Technical Guidance

The technical guidance we are prescribing is to be delivered as you see fit, use your experience to deliver this information appropriately:

1. Depth perception

When considering a pitch or bunker shot encourage learners to gain a better understanding of the depth of the shot. This can be by simply walking halfway between the shot and the flag or just analysing this on the approach to the golf ball.

2. Loft and spin

Increased loft will generate additional spin and a shorter roll on the golf ball. When considering guidance for the learners allow them to experiment with different clubs and set up to generate different spin and roll





Raking the bunker

Explain to the learner about the importance of raking a bunker. Outline to the learner about penalty shots in a hazard, specifically explain the rules in relation to bunkers.



Growth mindset - you don't need to know it all straight away!

Outline to the learner about the complex nature of golf. Explain how golf is a sport requiring multiple skill sets and are developed over a long time period.

Explain how this program will introduce different elements at the appropriate time, and that the learners will improve, as so long as they continue to practice.

Class Layout and Setup

Station 1:
Practice Station
Up and Over



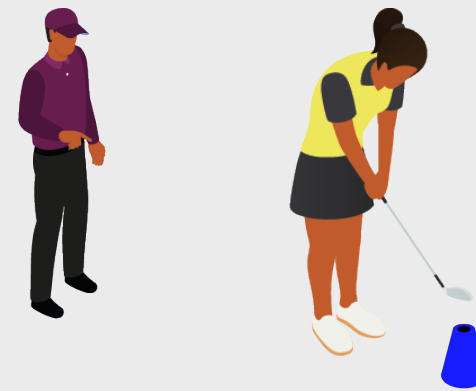
Station 2:
Practice Station
Making a Splash



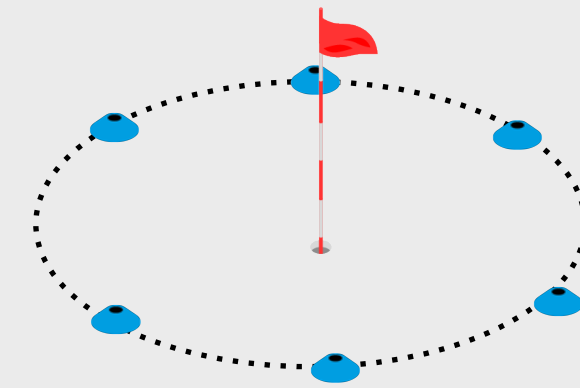
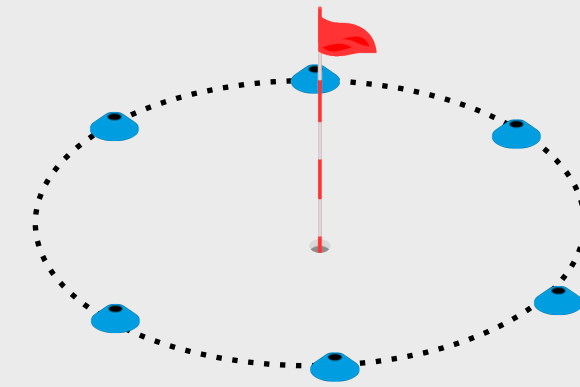
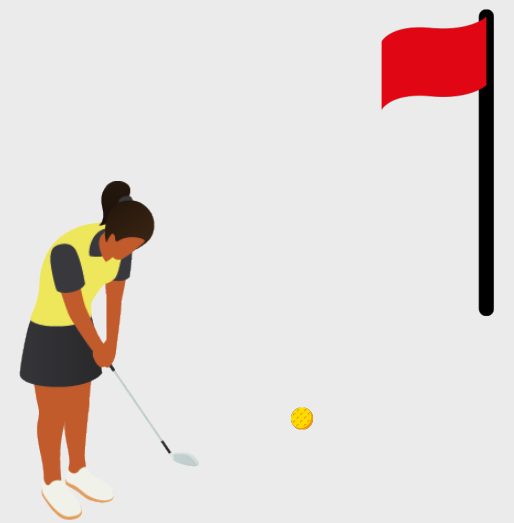
Station 3:
Practice Station
How's your Lie?



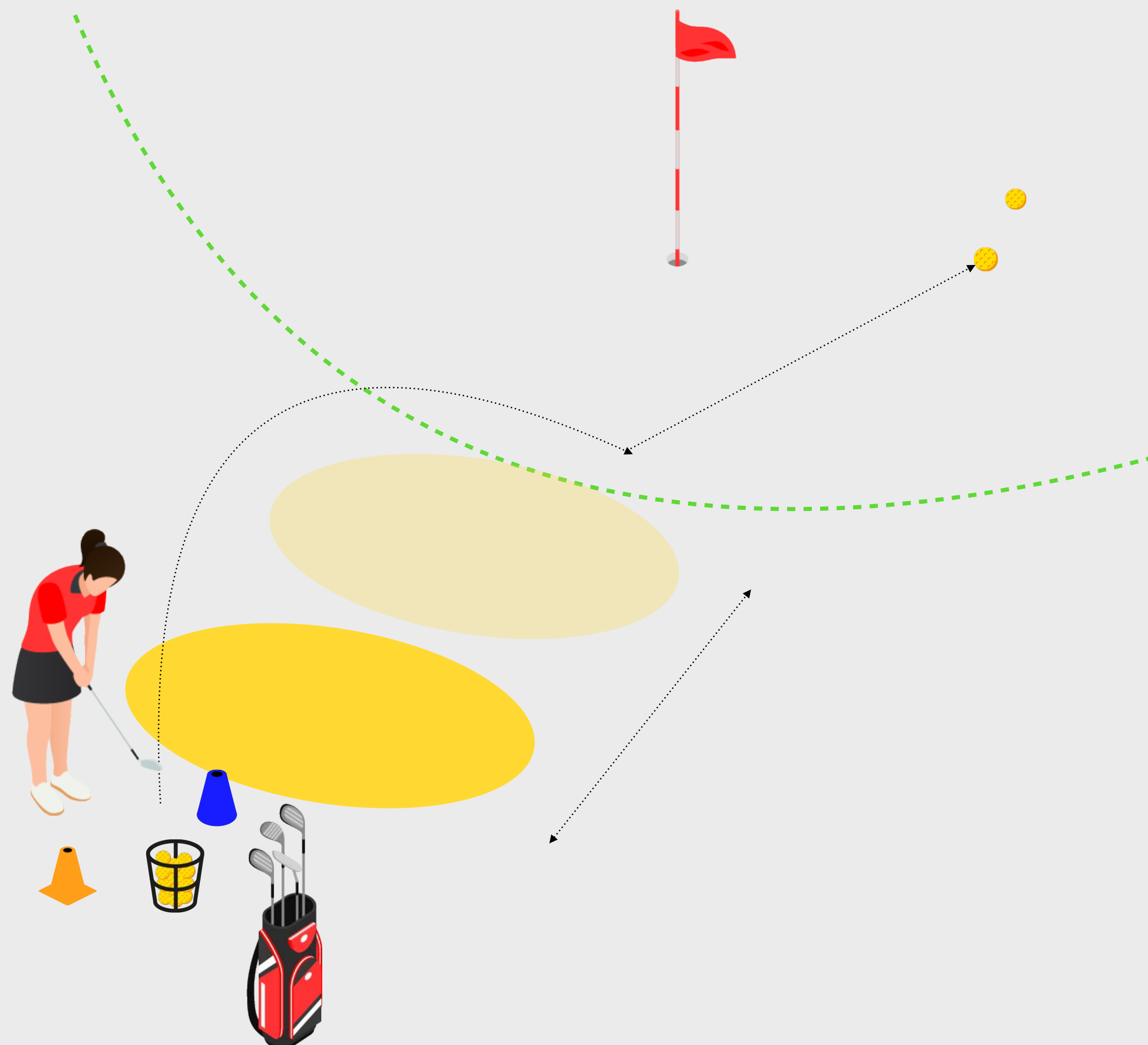
Station 4:
Challenge Station



Station 5:
Secondary Skill



Up and Over



Equipment Needed

- Cones for safety
- Pitching Wedge or Sand Wedge
- Golf balls

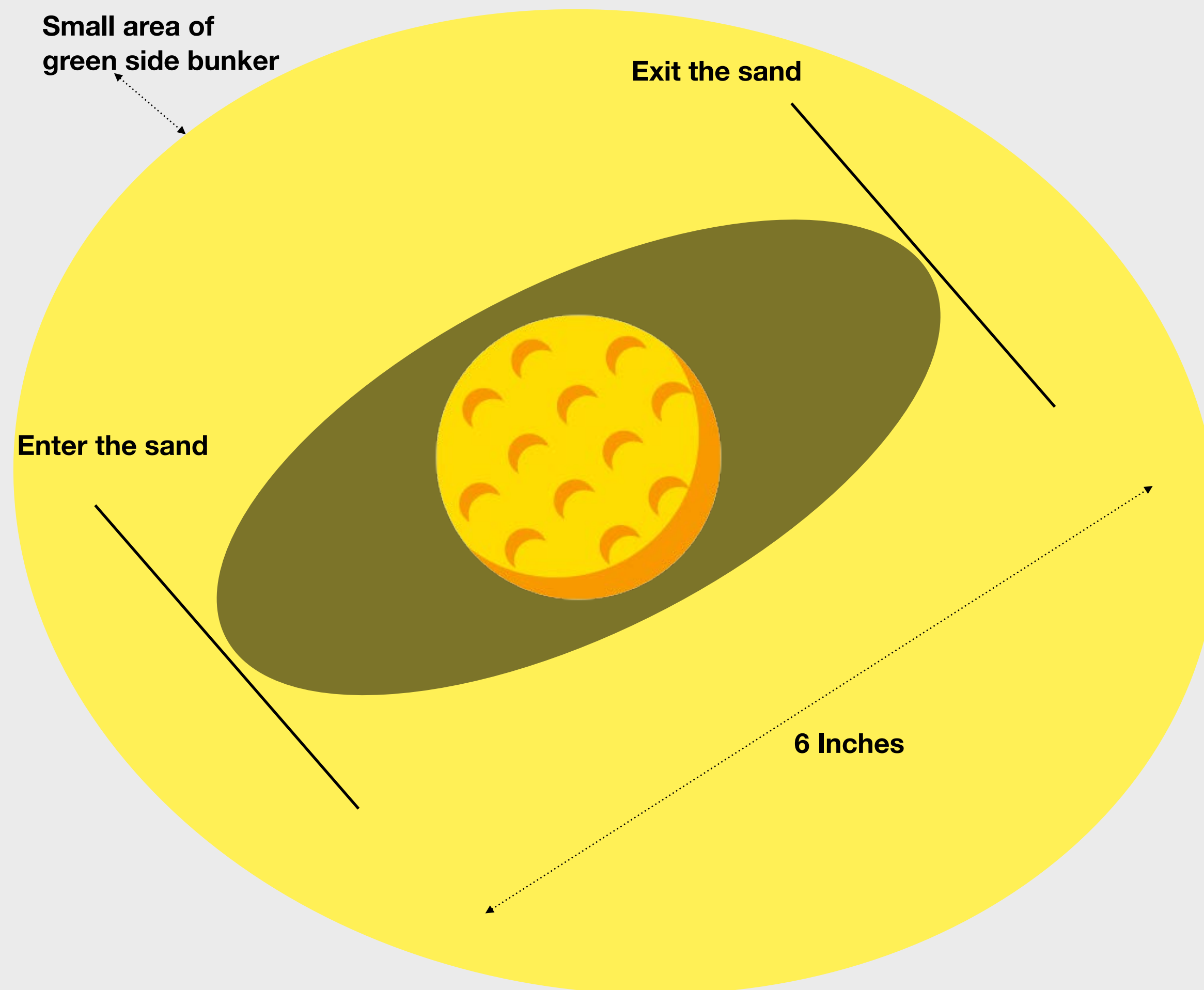
How to Practice

- Position the learner in front of a hazard. For example a bunker or a small water hazard. Allow the learner to experiment with different clubs
- Encourage the learner to walk up to the flag and look back at the shot. This will give them an understanding of the depth of shot and how much green they have to work with
- Move the learner into another position where they have less green to work with and get them to adjust the club selection.

Technical Link

- This activity will demonstrate to the learner how a change of loft will affect the roll and spin on the golf ball
- This activity will also demonstrate the importance of walking around the shot to better understand the depth and space the learner has to play with

Making a Splash



Equipment Needed

- Bunker
- Sand Wedge
- Golf balls

How to Practice

- In the bunker get the learner to mark out the circle around the golf ball approximately 6 inches across
- When the learner is hitting the shot, encourage them to hit the sand on the first mark and leave the sand on the second mark
- This will encourage the learner to splash the sand under the golf ball and have the desired contact

Technical Link

- This activity will encourage the learner to splash the sand under the golf ball and have the desired contact
- Encourage the learner to try PW to get a lower flight, less spin and more roll

How's your lie?



Equipment Needed

- Varying grass length
- Green side medium to deep rough, fairway and green fringe
- Golf balls
- Cones for safety

How to Practice

- Position several balls around a green and drop them randomly in different lies
- Allow the learner to move around the green experiencing the effect the different lies have on the golf shot
- Encourage the learner to try different clubs and see what effect that has on the shot

Technical Link

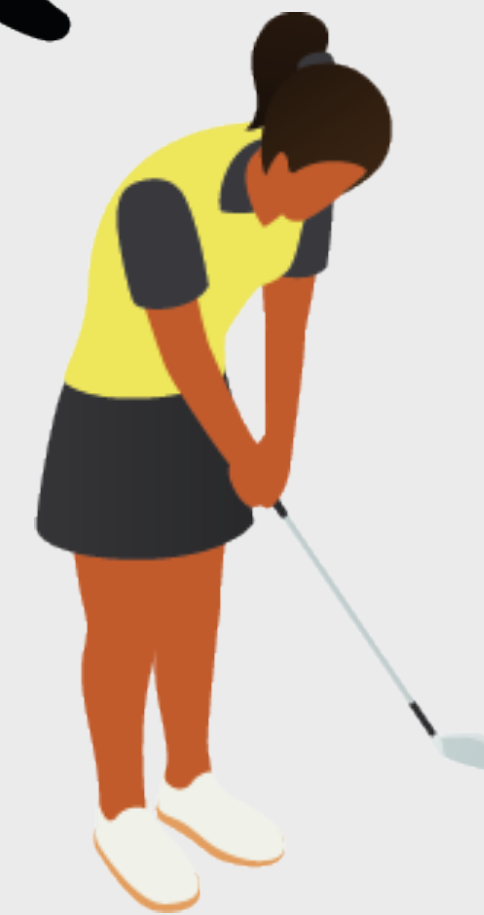
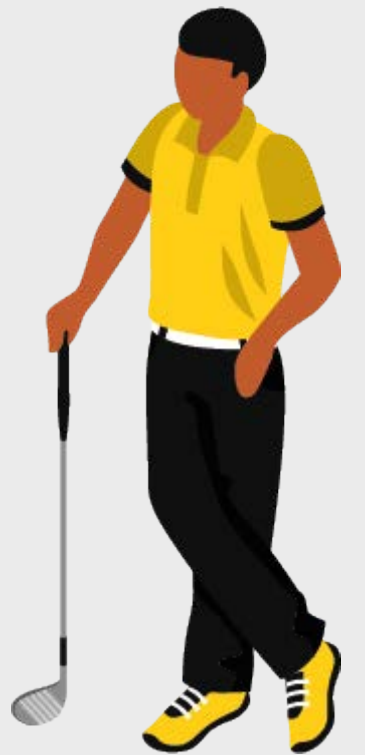
- Explain to the learner how changing the attack angle of the downswing can improve contact in longer grass
- Demonstrate this on fairway and fringe grass and see the effect that a change in attack angle can have on contact and overall shot



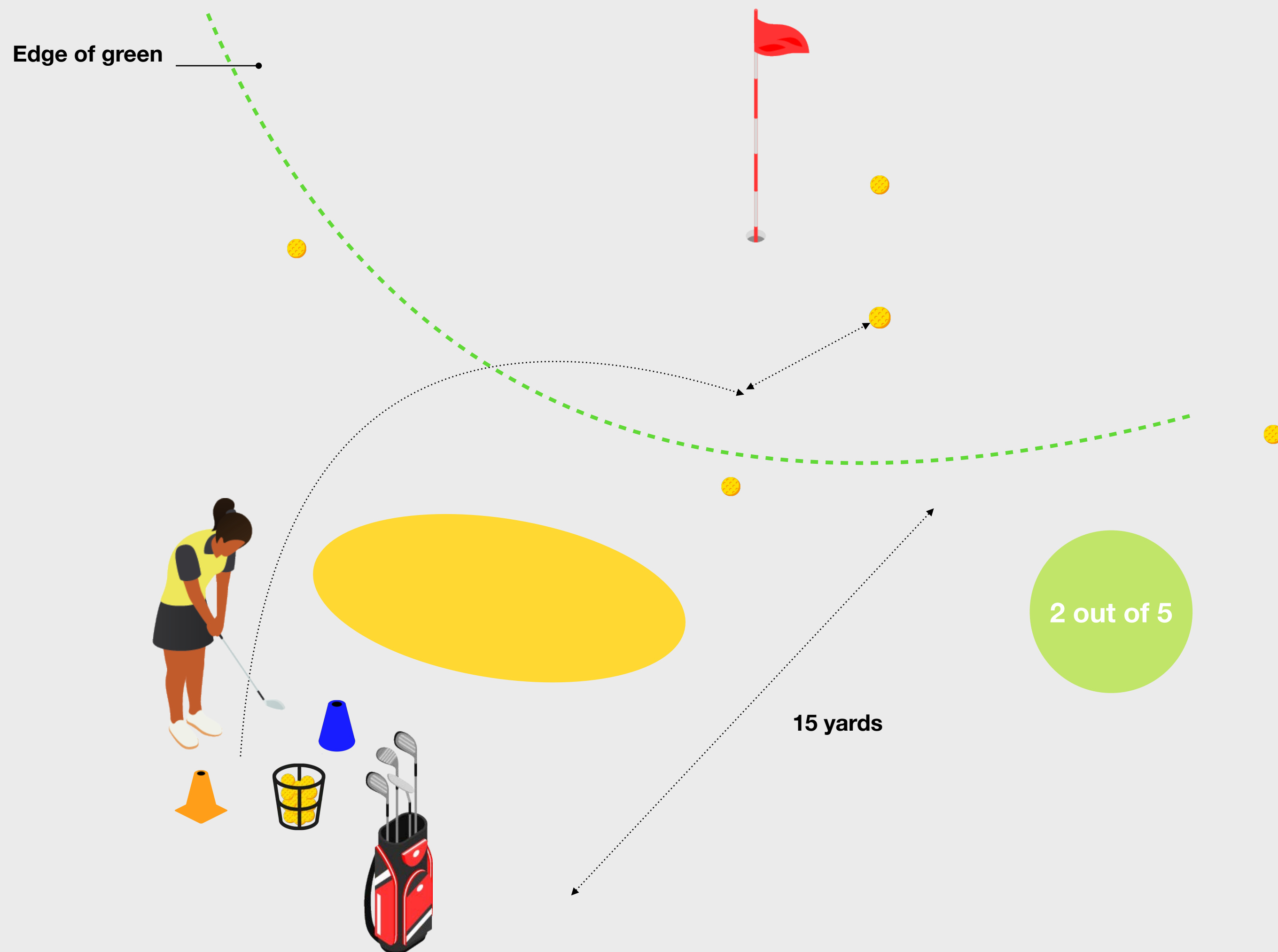
Secondary Skill

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 putting and specifically short putts.



Pitching Challenge



The Challenge

To complete the Level 1 Challenge the learner needs 2 out of 5 shots to finish anywhere in the green from a starting position 15 yards from the hole.

The learner will ideally hit over a hazard.

Equipment you Need

The equipment you will need for this challenge:

- Cone to mark the starting position
- Hazard i.e. bunker or stream
- 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

Pitching



Pitching Challenge



The Challenge

To complete the Level 2 Challenge the learner needs 3 out of 5 shots to finish anywhere in the circle from a starting position 25 yards from the hole.

The learner will ideally hit over a hazard.

Equipment you Need

The equipment you will need for this challenge:

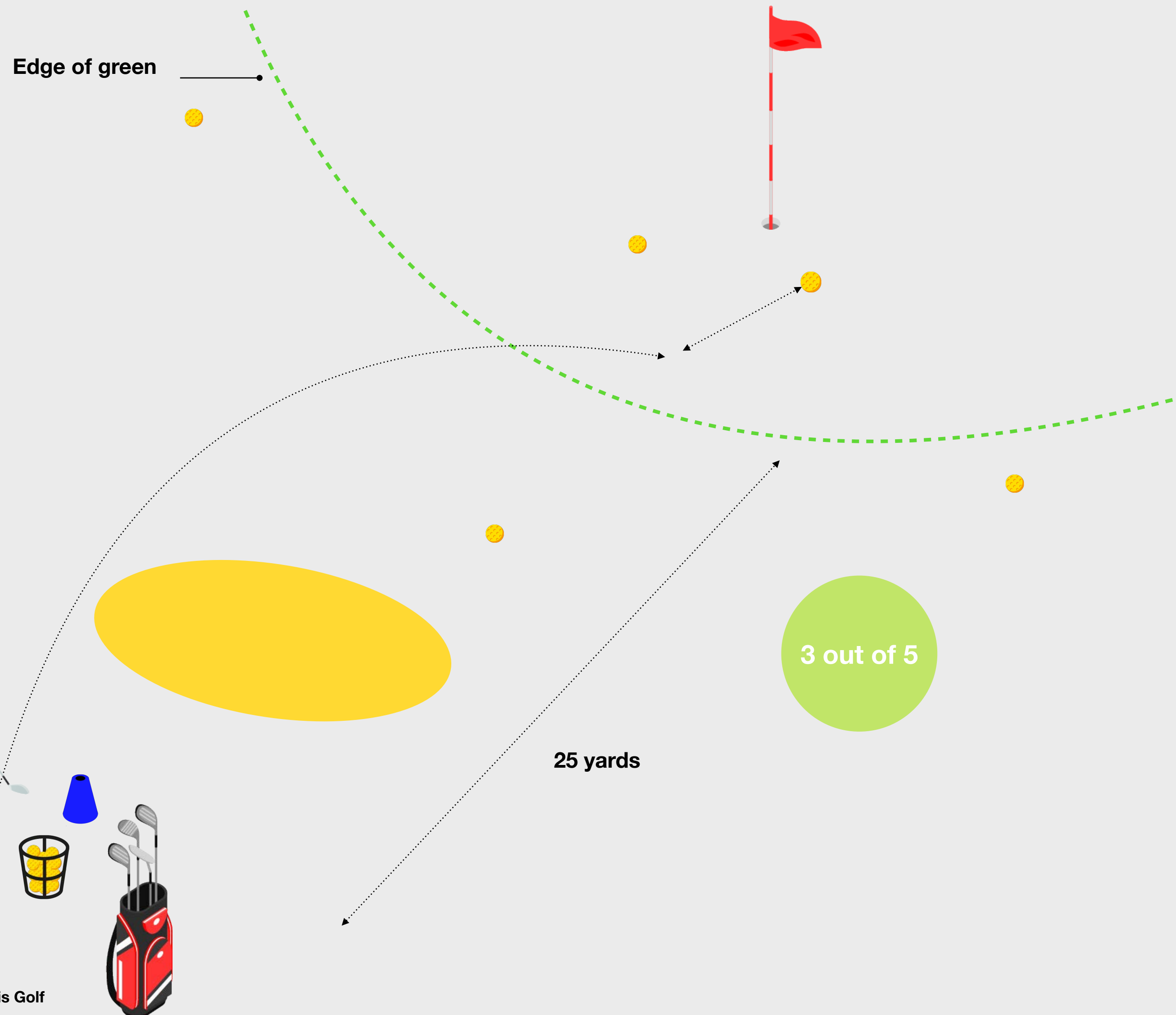
- Cone to mark the starting position
- Hazard i.e. bunker or stream
- Golf Balls

What should the Learner do next?

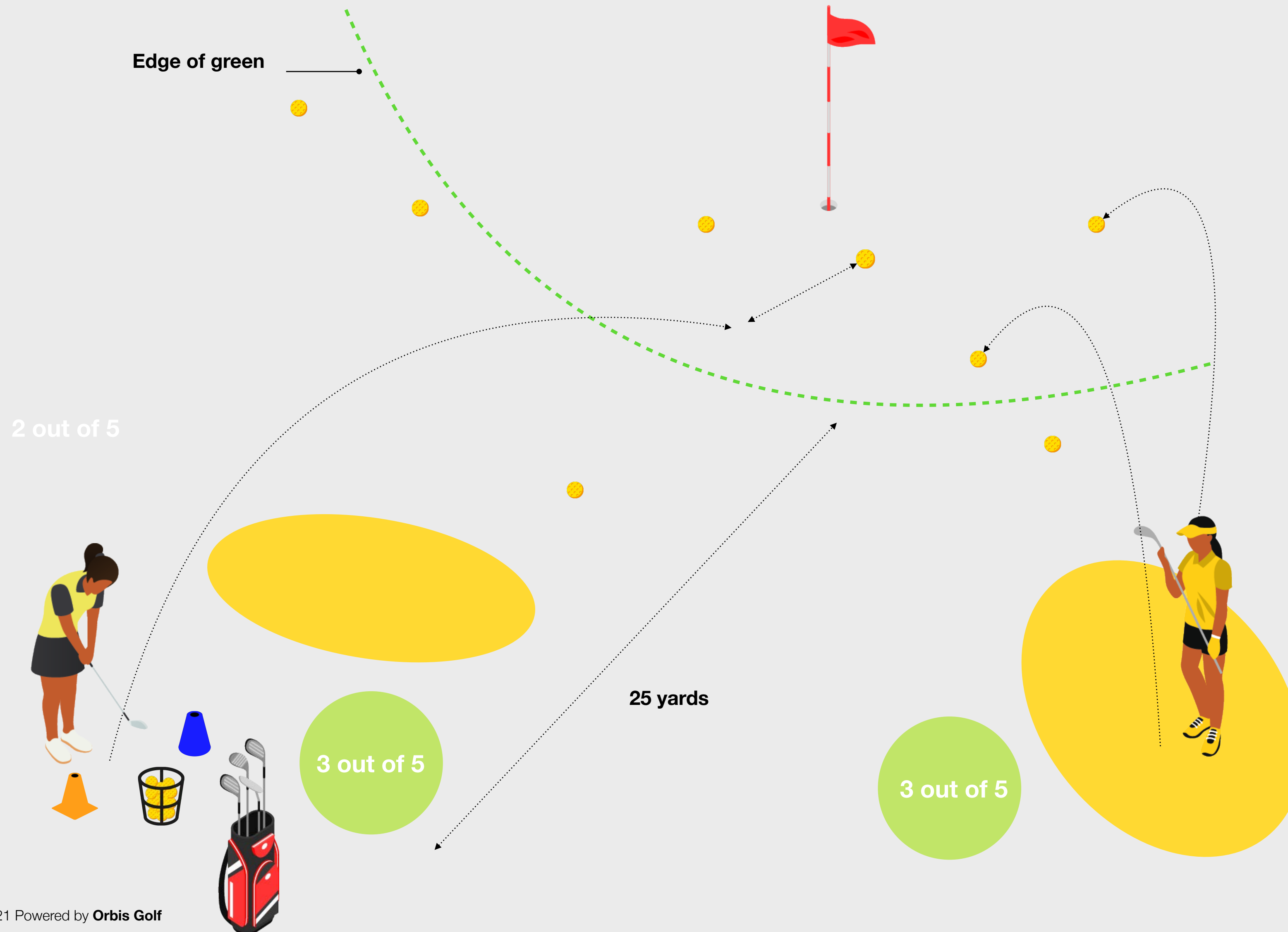
After attempting the challenge, the learner should:

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

Pitching



Pitching and Bunker Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to pitch 3 out of 5 shots from 25 yards onto the green and 3 out of 5 shots from a bunkers onto the green.

Equipment you Need

- The equipment you will need for this challenge:
- Cones to mark the starting positions
 - Green side bunker
 - 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

Pitching and Bunker

