

Around the Green

Controlling Distance - Chipping

Monday, January 2nd - Sunday, January 8th



Class Timetable

Session Length:
60mins

Group Size:
1:8

Mastering the Game:
Around the Green
Trajectory, flight and roll

Online Whole Golfer Resource:
Respectful of others when playing

Learning the Game:
Rules and etiquette
Using a pitch mark repairer

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"> Using pitch mark repairer
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"> Chipping 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. Control trajectory

When considering trajectory of the chip shot, ball position will affect the trajectory as well as the club selection. To generate a lower trajectory move the ball position back in the stance or change club to a less lofted iron. The reverse will increase trajectory.

2. Controlling roll

Explain to learners how the higher or lower trajectory will increase or decrease the roll of the ball when it lands. Considering a landing spot therefore becomes very important when choosing which trajectory chip shot that is required.





What is a pitch mark?

Make sure learners understand what a pitch mark is and the importance of repairing it in order to preserve the quality of the putting surface and how it will be considerate to other golfers. Explain about how to use the pitchfork repairer.



Becoming a respectful golfer...

Explain to the learner the importance of reciprocal respect when on the golf course.

When it is your playing partner's turn to hit a shot It is courteous to be quiet, so that they can concentrate on their shot. Golf is a very sociable sport but there are times when quiet is required and traditionally

Class Layout and Setup

Station 1:
Practice Station
Land and Roll



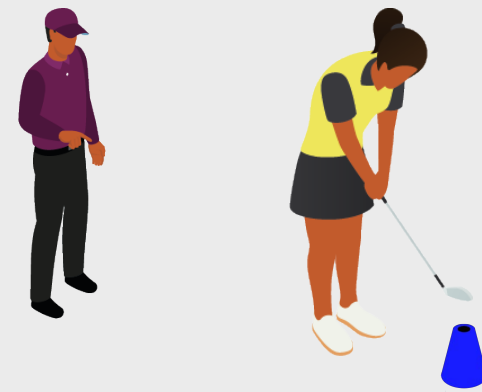
Station 2:
Practice Station
Landing Circle



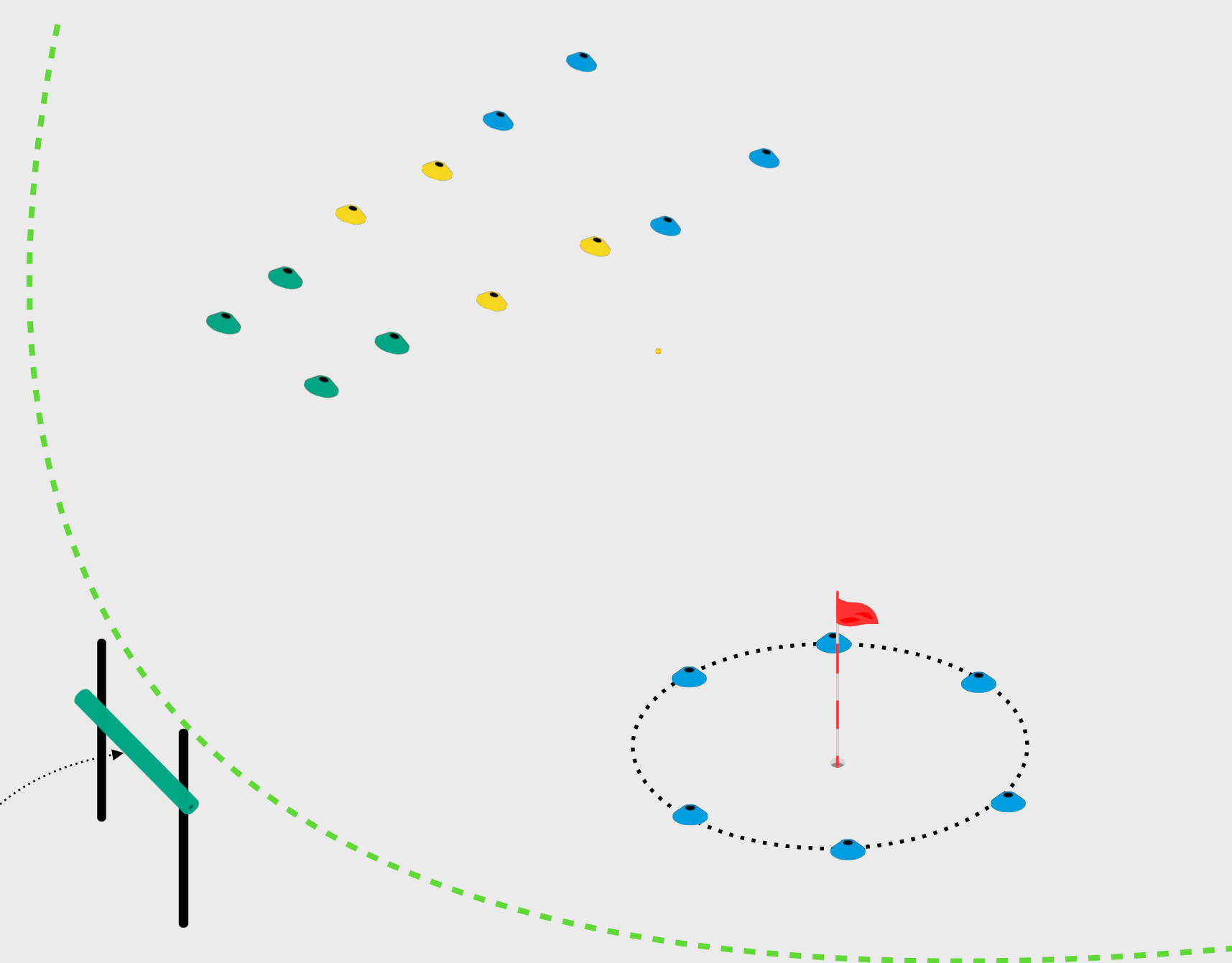
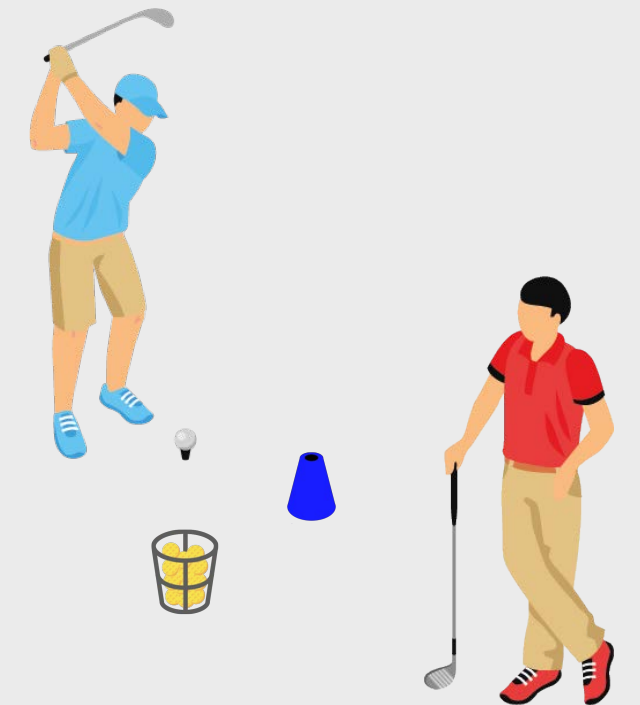
Station 3:
Game Station
Hurdles



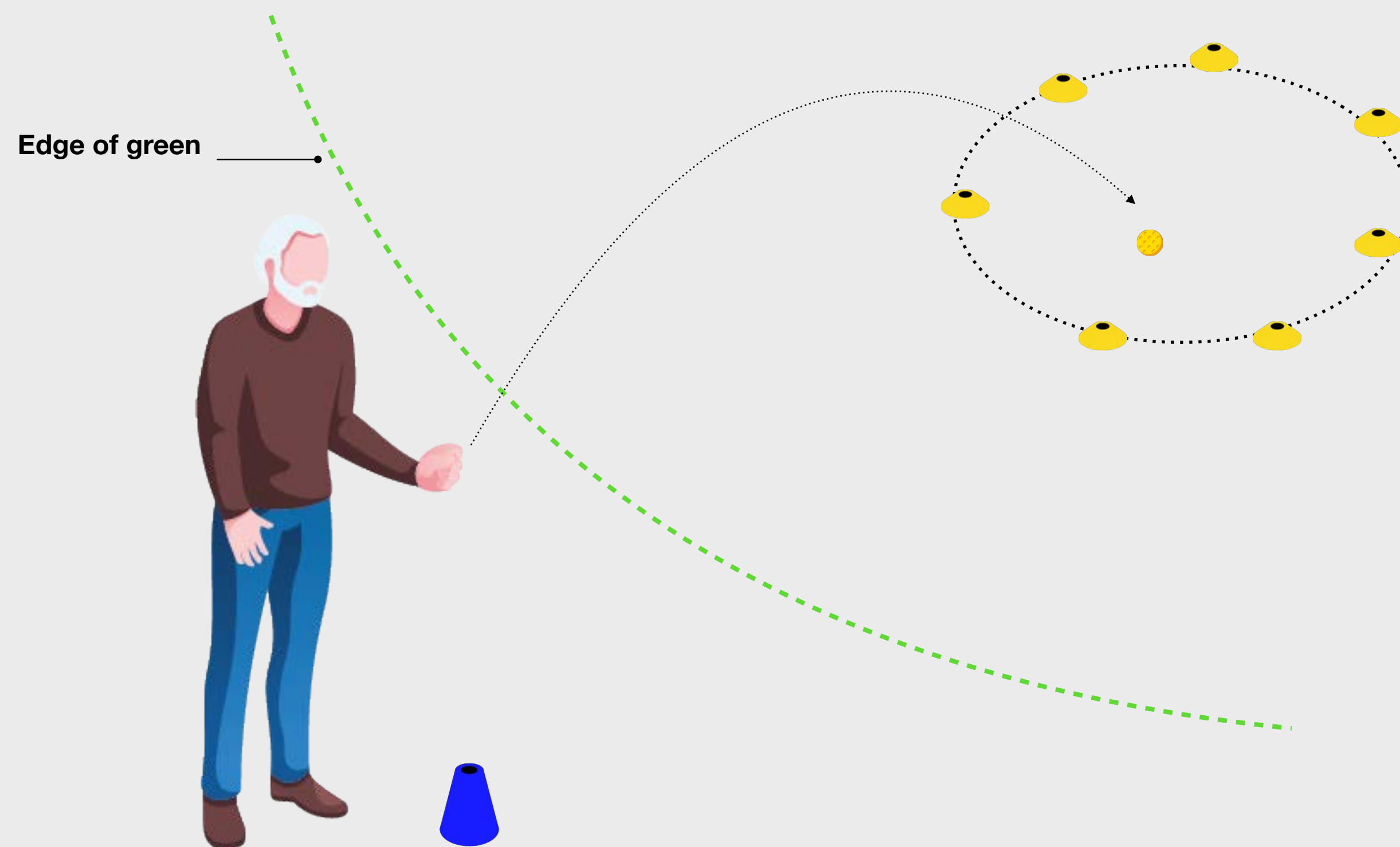
Station 4:
Challenge Station



Station 5:
Secondary Skill



Land and Roll



Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

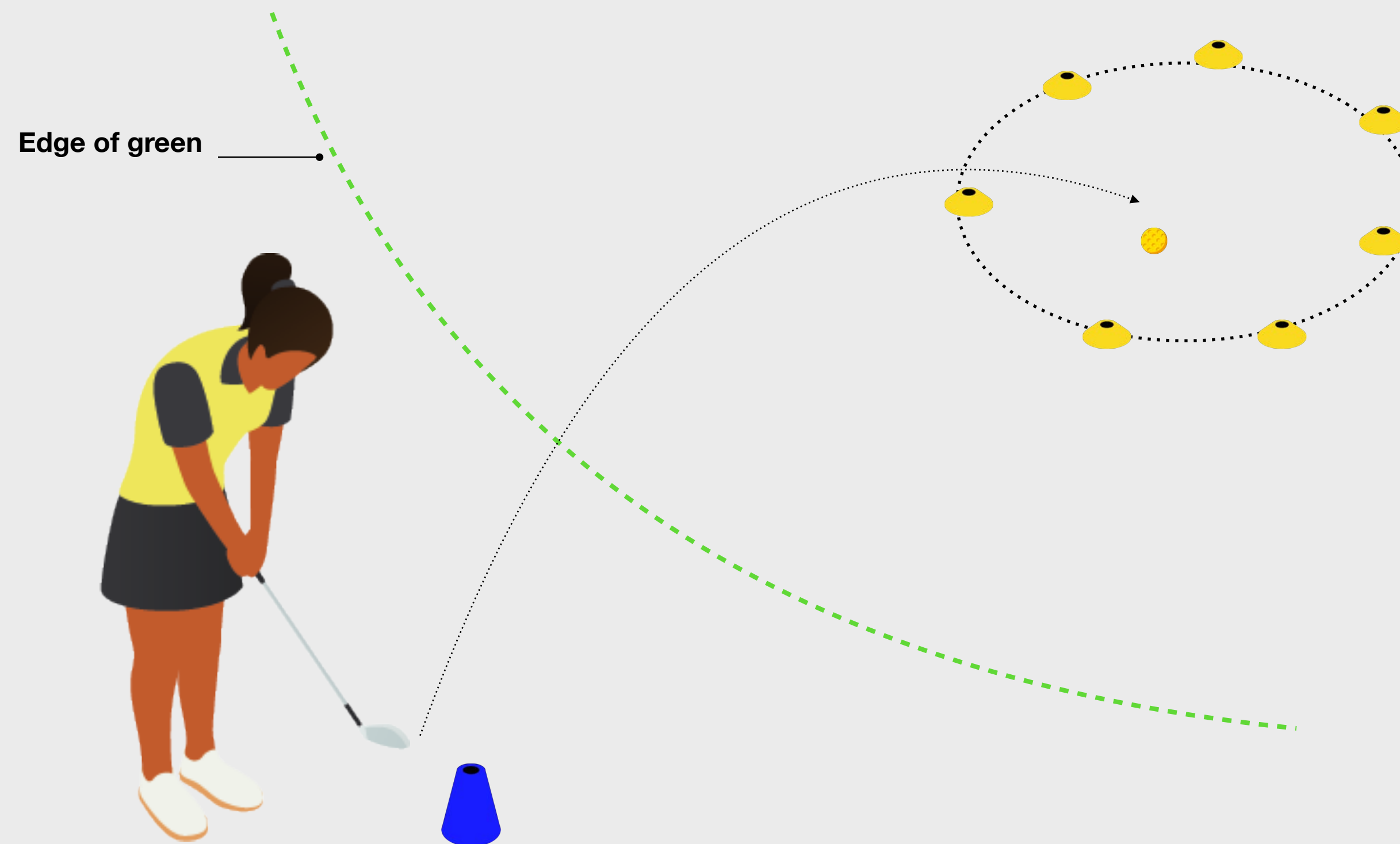
How to Practice

- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in
- Learner should stand sideways on and using right or left hand throw the ball into the air trying to land the ball in the circle
- Maintain the same speed of arm action and try and develop some consistent landing. To see how the trajectory affects the amount of roll throw the ball higher or lower
- Once the learner has achieved the ideal flight and roll by throwing the ball they should try to replicate the flight using a golf club

Technical Link

- This activity is designed to help the learner to understand about length of arm action versus where the ball lands
- It is used to mimic the action of chipping and controlling the trajectory of the flight and where the ball lands
- It will also show the learner that varying trajectory will increase or decrease the roll

Landing Circle



Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

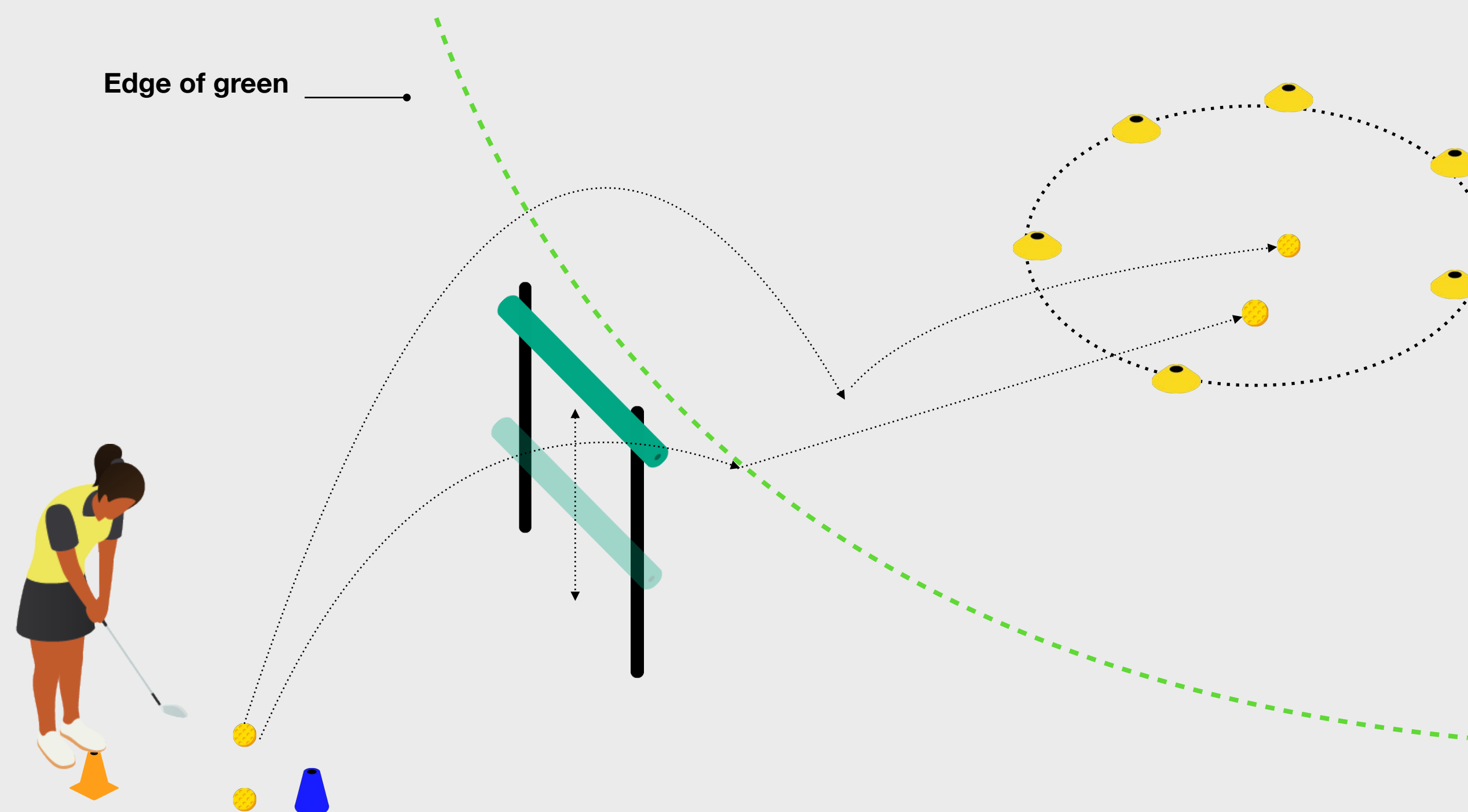
How to Practice

- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in.
- Using the correct set up, swing in a pendulum action and chip the ball and try and land in the circle.
- Adjust the length of back swing and follow through to adjust the distance the ball flies through the air.

Technical Link

- This activity will help the learner to get a feel for which length swing produces which length of shot.
- Encourage the learner to visualise the ball lifting into the air and landing in the circle.
- This activity is designed to focus the learner on where the ball is landing as opposed to where it will finish. If the correct landing spot is chosen the result will take care of itself.

Hurdles



Equipment Needed

- Alignment sticks and a noodle to create the hurdles
- Golf balls
- 7 Cones to create target

How to Play

- Place the hurdles 5 feet ahead of the learner
- Aim is to chip the ball over the crossbar and land in the appropriate place for the ball roll into the circle
- The learner receives 10 attempts to chip the ball over the hurdle with 2 different clubs over 2 different hurdle heights
- 5 shots with a 8 iron with 30% through the air and 70% rolling
- 5 shots with a SW with 70% through the air and 30% rolling

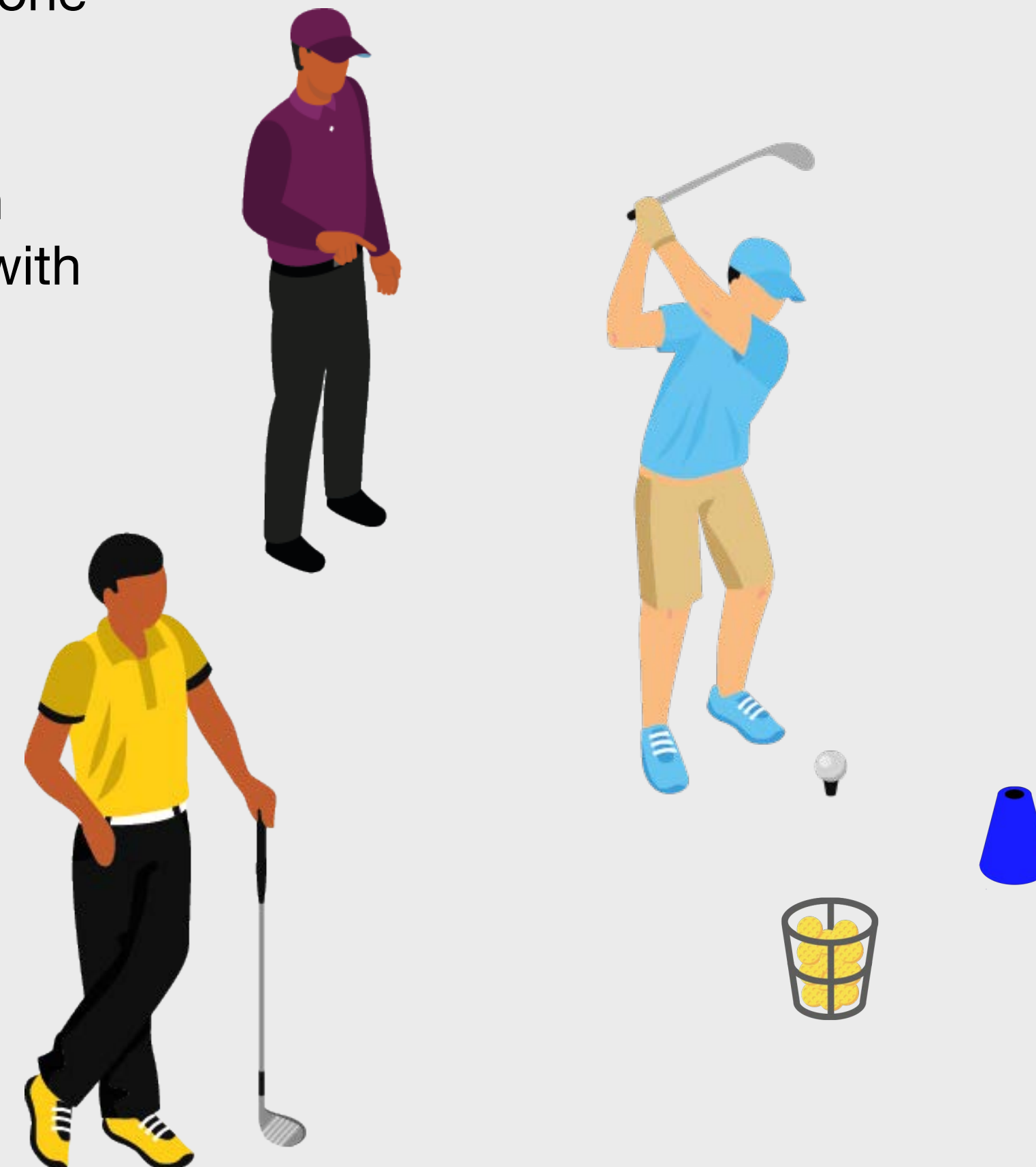
Progression Ideas

- Vary the height of the noodle
- Vary the position of the target circle

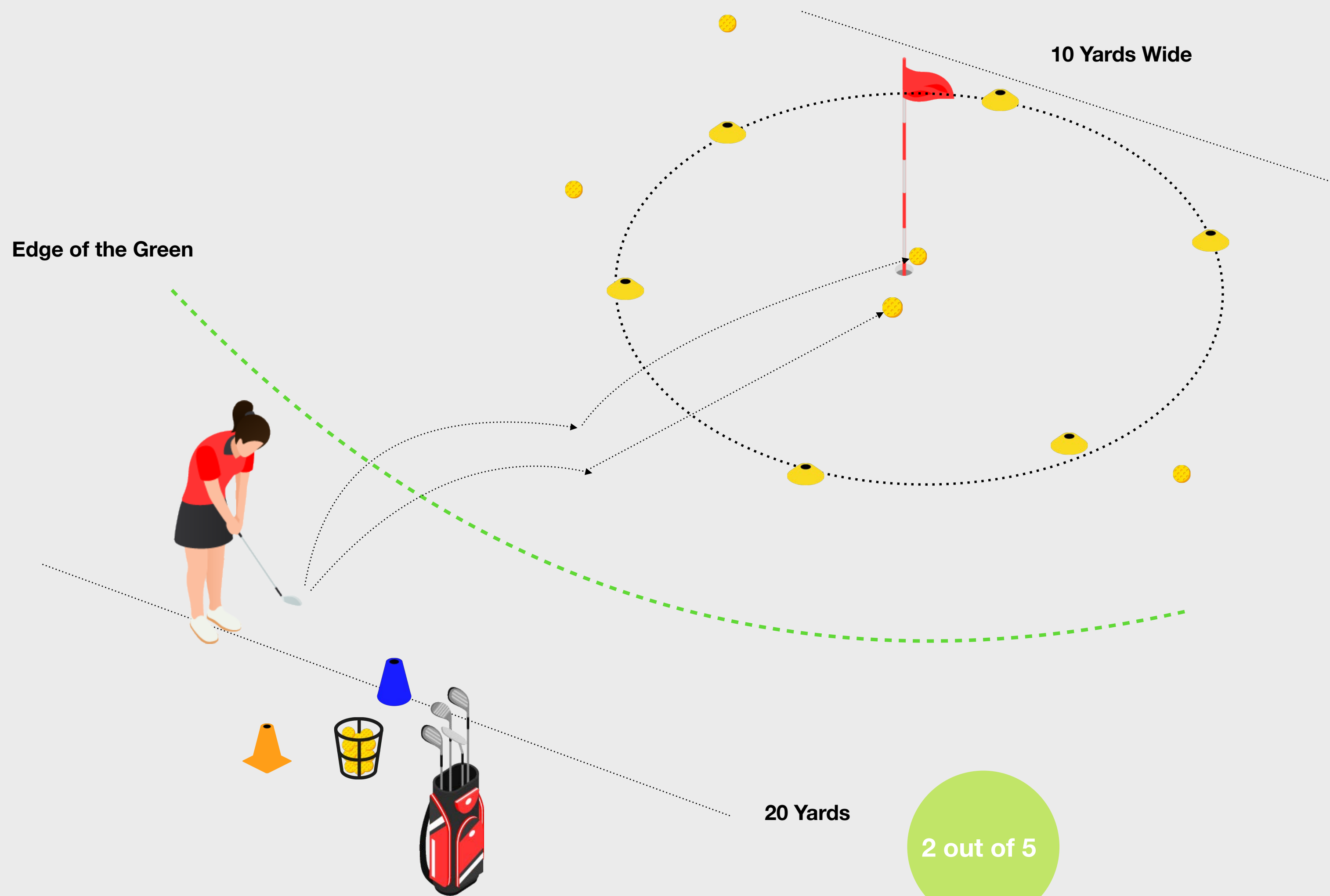
Secondary Skill

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 swing, providing learners an opportunity to practice their swing and specifically shots with the driver.



Chipping Challenge



The Challenge

To complete the Level 1 Challenge the learner needs 2 out of 5 shots to finish anywhere in the circle from a starting position 20 yards from the hole.

The circle should be 10 yards wide.

Equipment you Need

The equipment you will need for this challenge:

- Cone to mark the starting position.
- Cone to mark the target circle.
- Golf Balls.

What should the Learner do next?

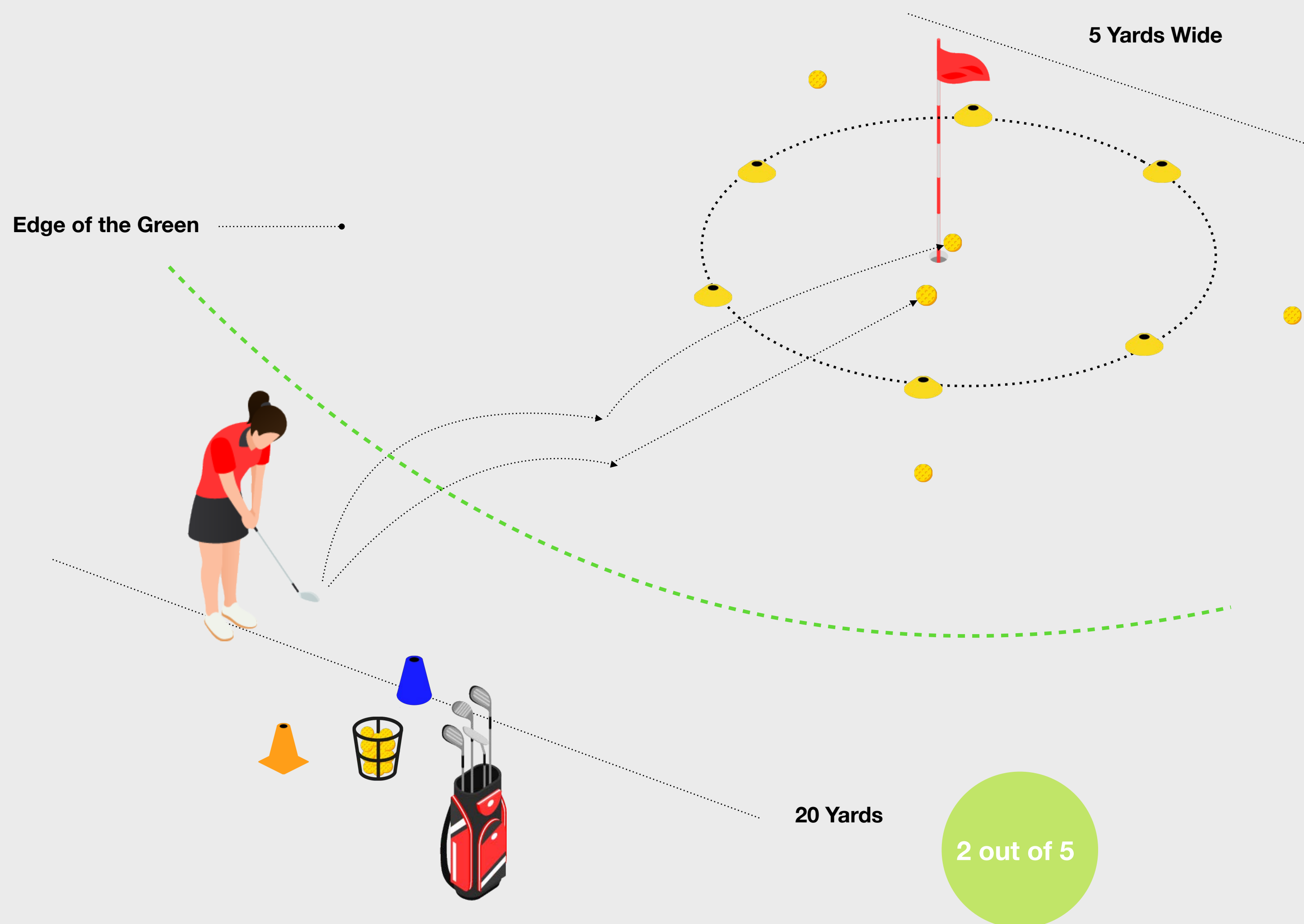
After attempting the challenge, the learner should:

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

Chipping



Chipping Challenge



The Challenge

To complete the Level 1 Challenge the learner needs 2 out of 5 shots to finish anywhere in the circle from a starting position 20 yards from the hole.

The circle should be 5 yards wide.

Equipment you Need

The equipment you will need for this challenge:

- Cone to mark the starting position
- Cone to mark the target circle
- Golf Balls

What should the Learner do next?

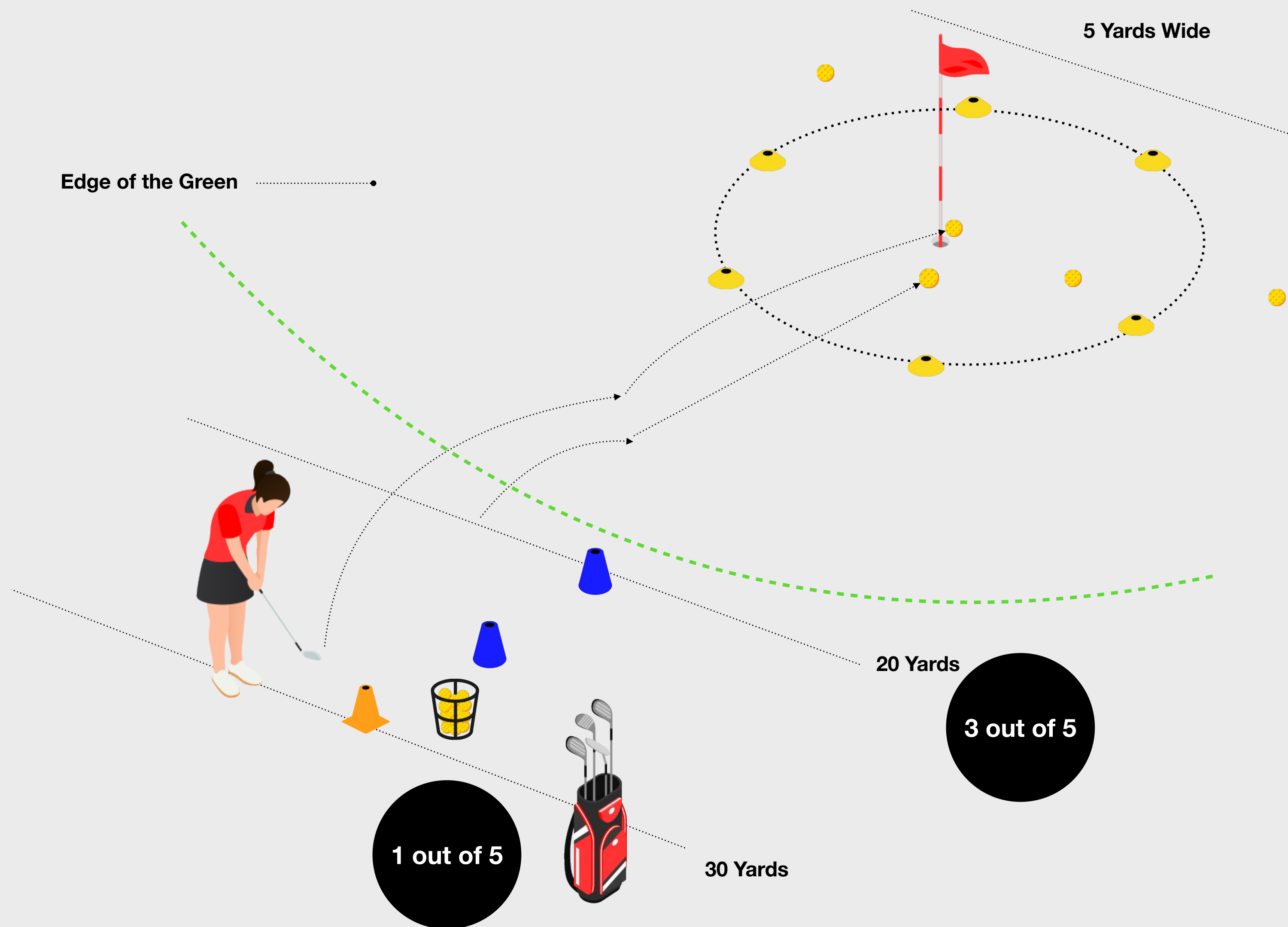
After attempting the challenge, the learner should:

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

Chipping



Chipping Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to hit 3 out of 5 shots from 20 yards and 1 out of 5 shots from 30 yards to within a 5-yard circle.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the starting positions
- Cones to mark the perimeter of the 5-yard target circle
- 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

Chipping

