

Practice Your Swing - Irons

Monday, January 2nd - Sunday, January 8th



GAMEON
GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game:
Swing
Irons

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

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

Challenge:
Iron Challenge
Fairway Woods Challenge
Driver Challenge

Time	Focus	Class Content	Games / Drills / Resource
10 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> Objectives - Opportunity for learners to practice their swing Practice station: Face Contact Game station: Army Golf Whole Golfer Focus: Growth Mindset 	
20 Mins	Games, Practice and Challenge Time	Play the games individually, in pairs or in groups	Face Contact Army Golf
5 Mins	Learning the Game Focus	Get the group together to introduce the Learning the Game Focus	<ul style="list-style-type: none"> Raking a bunker and rules in a hazard
15 Mins	Games, Practice and Challenge Time	Play the games individually, in pairs or in groups	Face Contact Army Golf
10 Mins	<i>myGame</i> Tracking and Recap	<p>Recap and add any lesson notes to the learner's Student Connect on GLF. Connect</p> <p>Learners should mark their attendance at a Practice Club in the myJourney section of the myGame area</p>	<ul style="list-style-type: none"> GLF. Connect <i>myGame</i> App Learning the game online resource Whole golfer online resource

Practice Your Swing Class Layout and Setup



Station 6:
Secondary Skill
Chipping

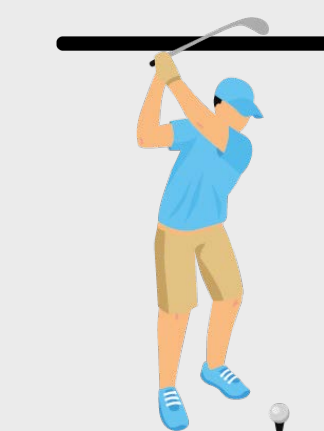
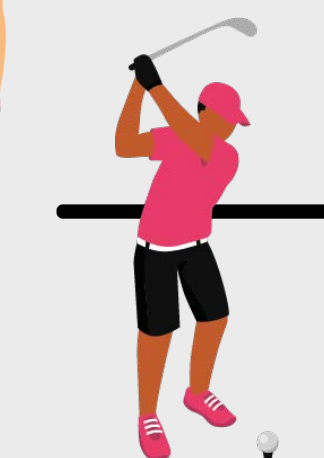
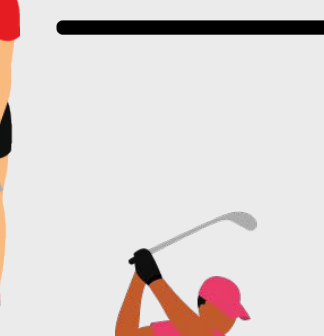
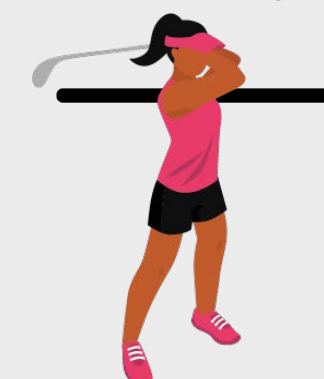
Station 1:
Challenge Station
Irons

Station 2:
Challenge Station
Hybrids/Fairway Woods

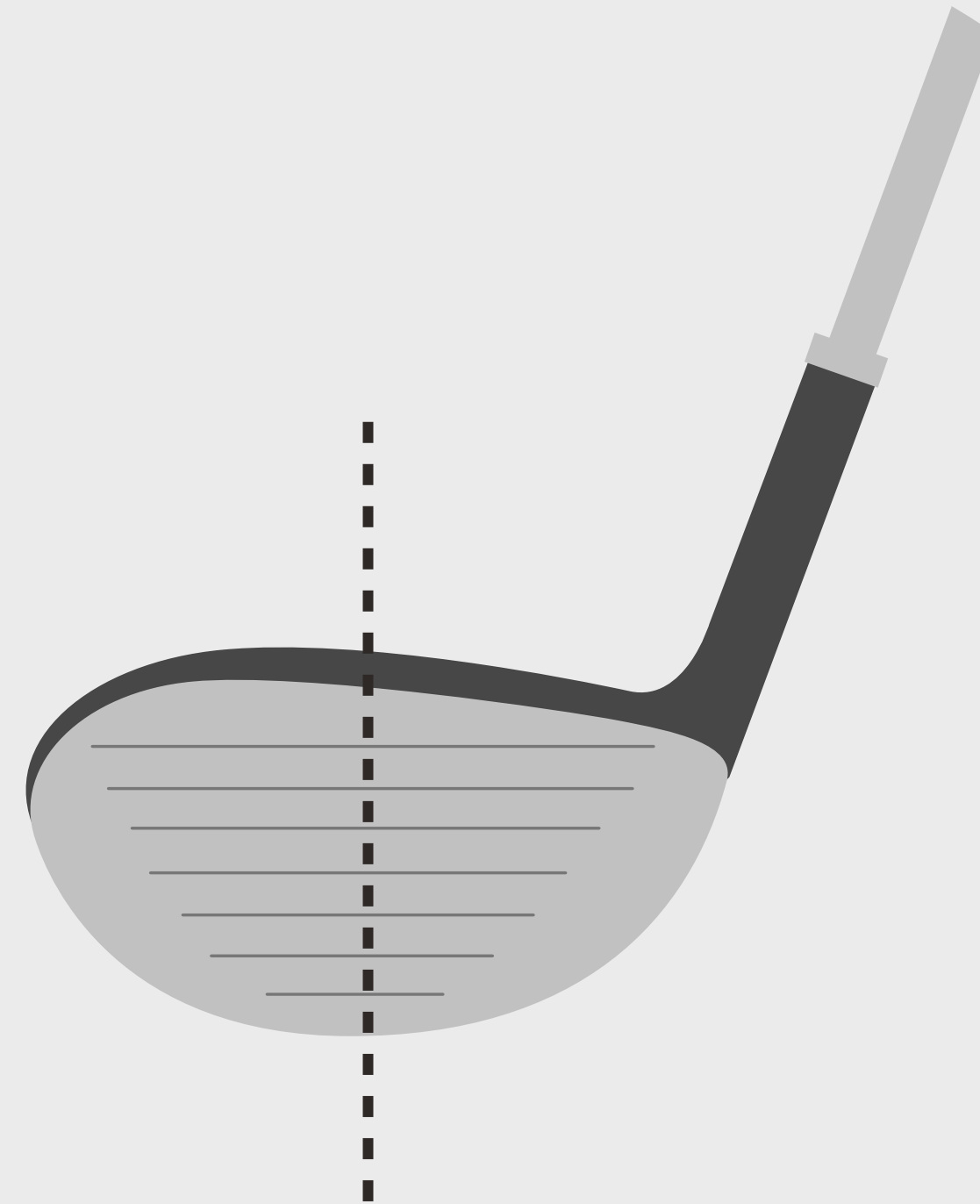
Station 3:
Challenge Station
Driver

Station 4:
Practice Station
Face Contact

Station 5:
Game Station
Army Golf



Face Contact



Equipment Needed

- Impact Tape

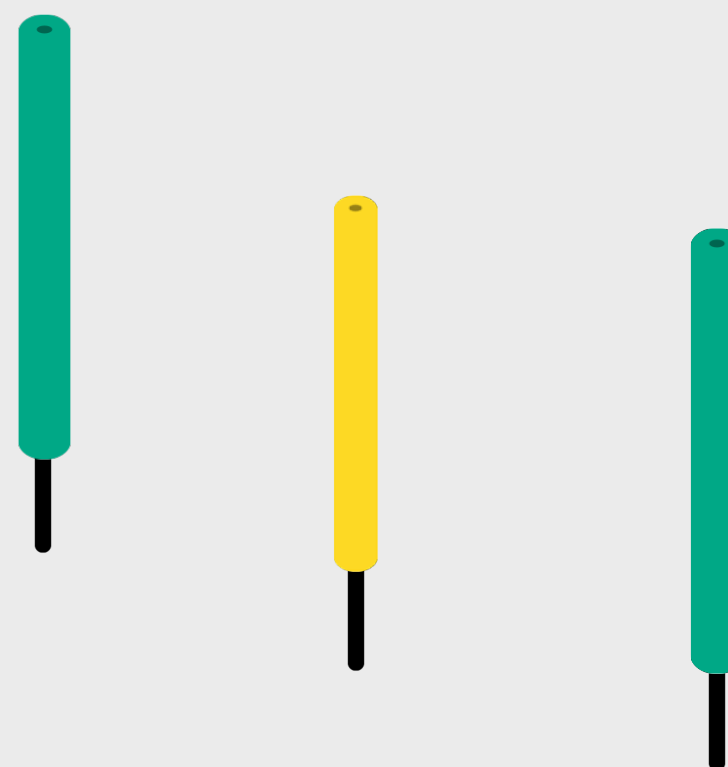
How to Play

- A learner starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The learner should try to deliberately strike the ball using the toe of the club and the heel of the club to build awareness of what it feels like when the ball is struck using different parts of the club face

Progression Ideas

- Challenge the learner to strike a particular part of the club face deliberately
- Draw on the face tape to indicate a smaller target that the learner has to try to hit

Army Golf



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 hit through the correct gap
- The learners should alternate their aim between the gap on the left and the gap on the right
- 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

- Vary the size of the gap between the posts
- Vary the distance between the starting point and the posts

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:

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.



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:

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.

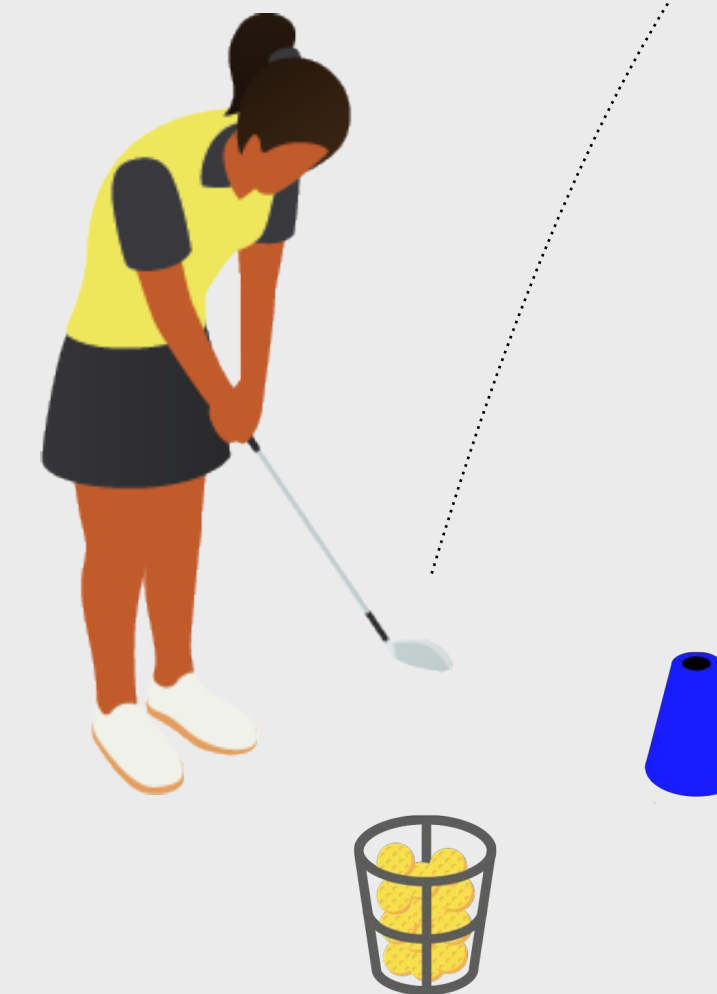
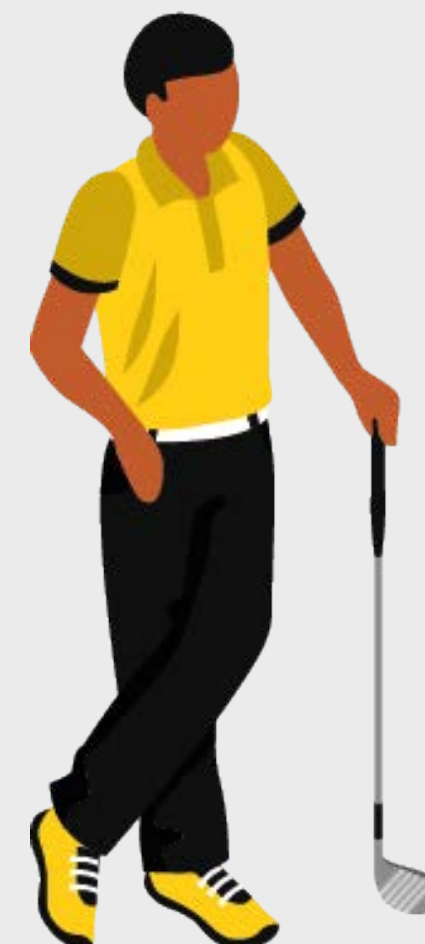
Explain how this program will introduce different elements at the appropriate time, and that the learners will improve, as so long as they continue to practice.



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.

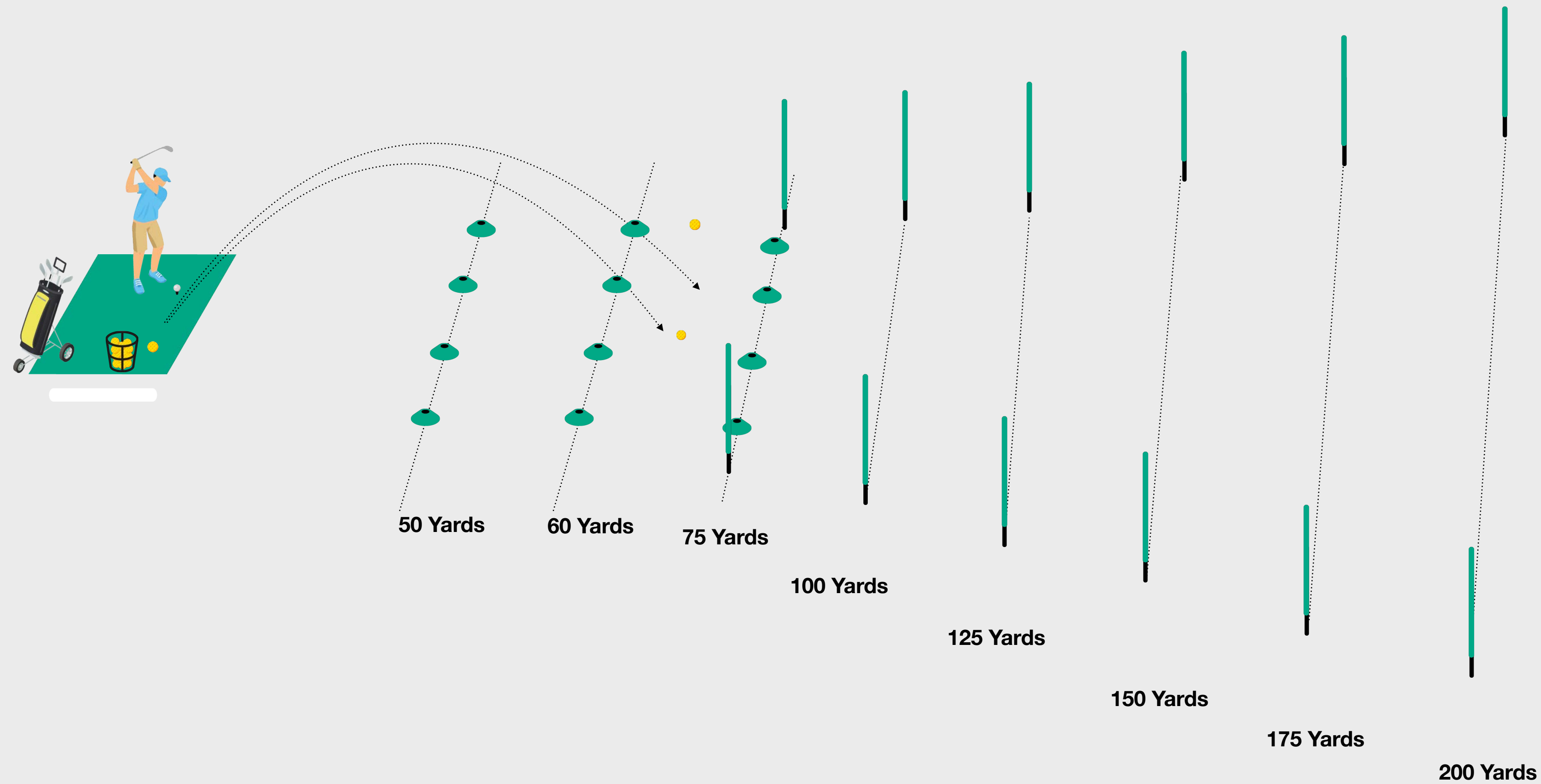
This week's secondary skill is **chipping**, providing learners an opportunity to practice what was learnt in the around the green class.



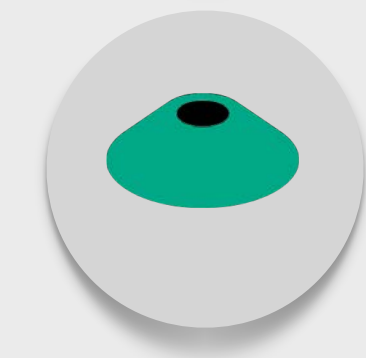
Swing Challenges Layout and Set Up

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:



12 x Alignment Sticks and Foam Noodles



Colored Cones

Swing Challenges

Irons

- 1 2 / 5 shots in the air
- 2 3 / 5 shots in the air a minimum of 50 yards
- 3 2 / 5 shots onto the green at the relevant distance

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

Hybrids / Fairway Woods

- 1 2 / 5 shots in the air
- 2 3 / 5 shots in the air a minimum of 60 yards
- 3 2 / 5 shots through the relevant target gate

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

Driver

- 1 2 / 5 shots in the air
- 2 3 / 5 shots in the air a minimum of 60 yards
- 3 2 / 5 shots through the relevant target gate

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

