

Practice Your Swing - Driving

Monday, January 23rd - Sunday, January 29th

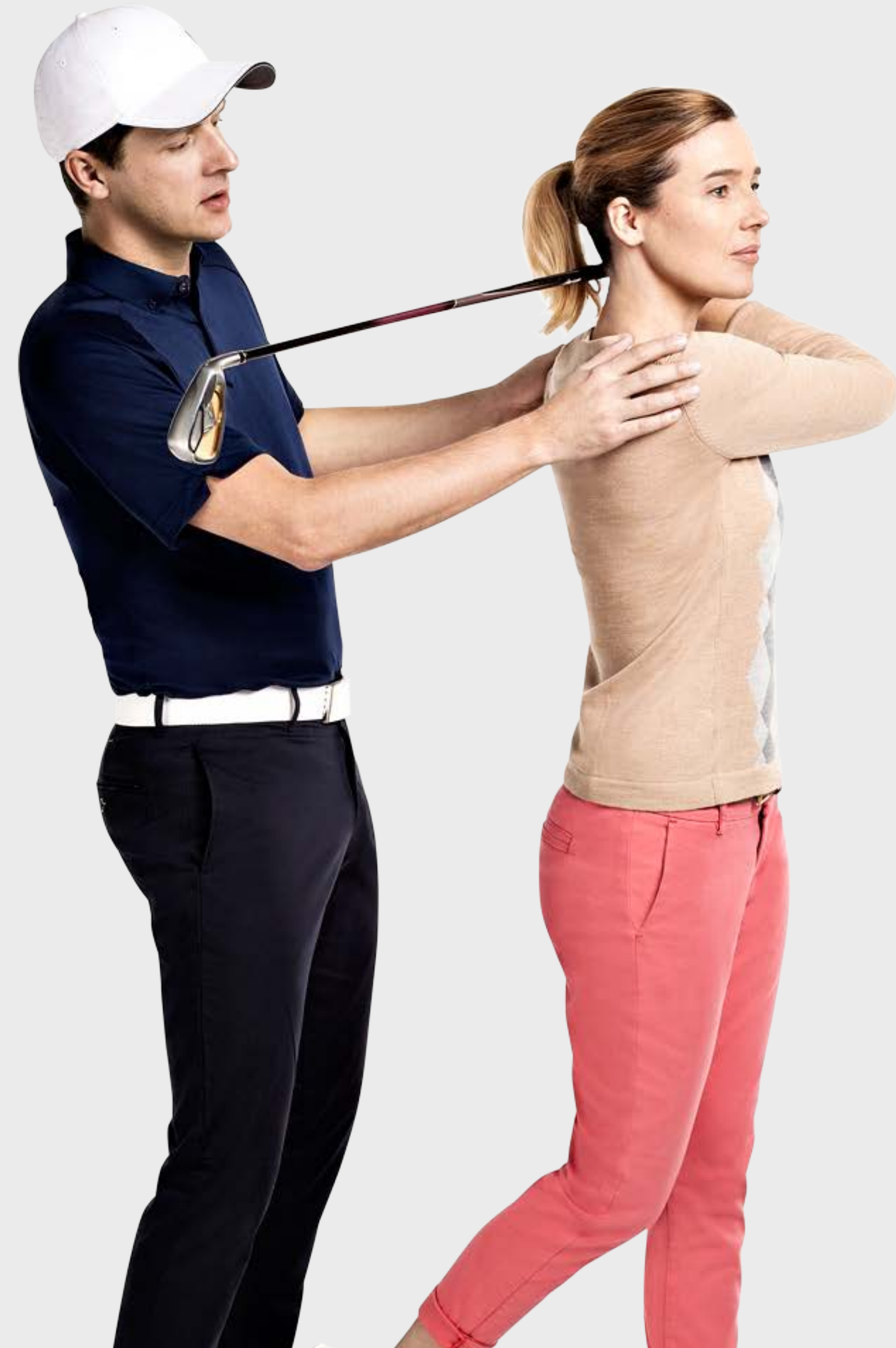


GAMEON

GOLF DEVELOPMENT

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Class Timetable

Class Timetable

Session Length: 60mins

Time	Focus	Class Content	Games / Drills / Resources
15 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> Outline the objective of the Practice Club to the Group Explain the layout of the session Outline the Challenges that can be attempted in the Class and make those attending aware of the Challenge Cards demonstrating how to attempt the Challenge Outline the Games available within the Class Explore the Whole Golfer Focus for the Class 	<ul style="list-style-type: none"> Basic Pre- Shot Putting Routine
20 Mins	Games, Practice & Challenge Time	<ul style="list-style-type: none"> Those attending the class can now engage in individual practice, social practice and competitive play Opportunity for Private Coaching A chance for those attending Allow for self-discovery and guided learning 	<ul style="list-style-type: none"> Basic Pre- Shot Putting Routine
15 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Get the group together to introduce the Learning the Game Focus Learners should have the option to carry on their activity to suit their needs or participate in the group 	<ul style="list-style-type: none"> Etiquette on the Putting Green - Line of the putt
10 Mins	myGame Tracking and Recap	<ul style="list-style-type: none"> Recap the class focus and answer any questions Add any lesson notes to the learner's Student Connect on GLF Locker Allow for time for the Learners to enter their Challenge Score in the myGame Area and complete the challenge if they have been successful. Learners should mark their attendance at a Practice Club in the myJourney section of the myGame area of GLFLocker Direct the learners to the online resource for the Whole Golfer and Learning the Game Focus 	<ul style="list-style-type: none"> Etiquette on the Putting Green - Line of the putt

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Class Timetable

Session Length:

60mins

Group Size:

1:12

Mastering the Game:Swing
Driving**Whole Golfer:**

In Swing Thoughts

Learning the Game:Rules and Etiquette
Where to leave your golf bag near the green**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: Speed Swinger Game station: Face Contact Whole Golfer Focus: Where to leave your golf bag near the green 	
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning 	Speed Swinger Face Contact
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Get the group together to introduce the Learning the Game focus Learners should have the option to carry on their activity to suit their needs or participate in the group introduction to the Learning the Game focus 	<ul style="list-style-type: none"> Rules and etiquette
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning 	Speed Swinger Face Contact
10 Mins	<i>myGame</i> Tracking and Recap	<ul style="list-style-type: none"> Recap and add any lesson notes to the learner's Student Connect on GLF. Connect Allow for time for the learners to enter their Challenge Score in the <i>myGame</i> Area and complete the challenge if they have been successful. Learners should mark their attendance at a Practice Club in the <i>myJourney</i> section of the <i>myGame</i> area. 	<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
Bunker Play

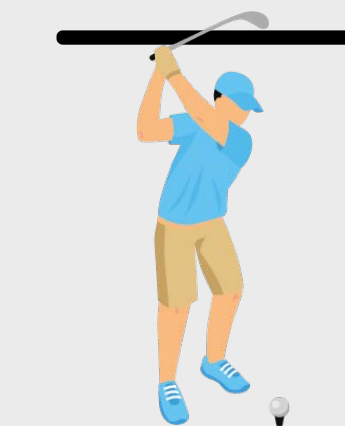
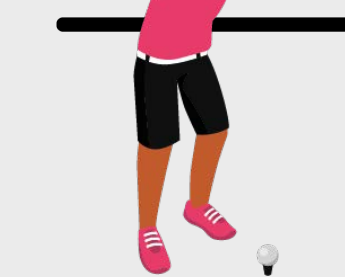
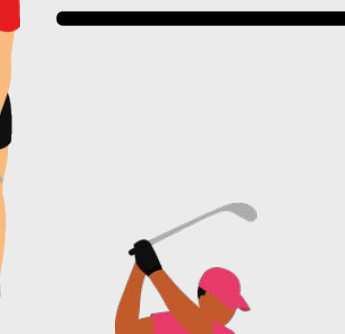
Station 1:
Challenge Station
Irons

Station 2:
Challenge Station
Hybrids/Fairway Woods

Station 3:
Challenge Station
Driver

Station 4:
Practice Station
Speed Swinger

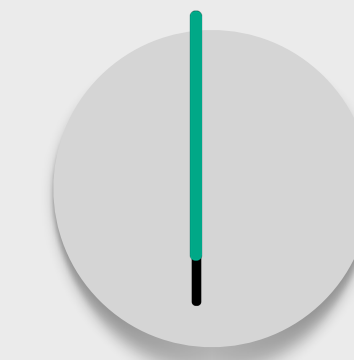
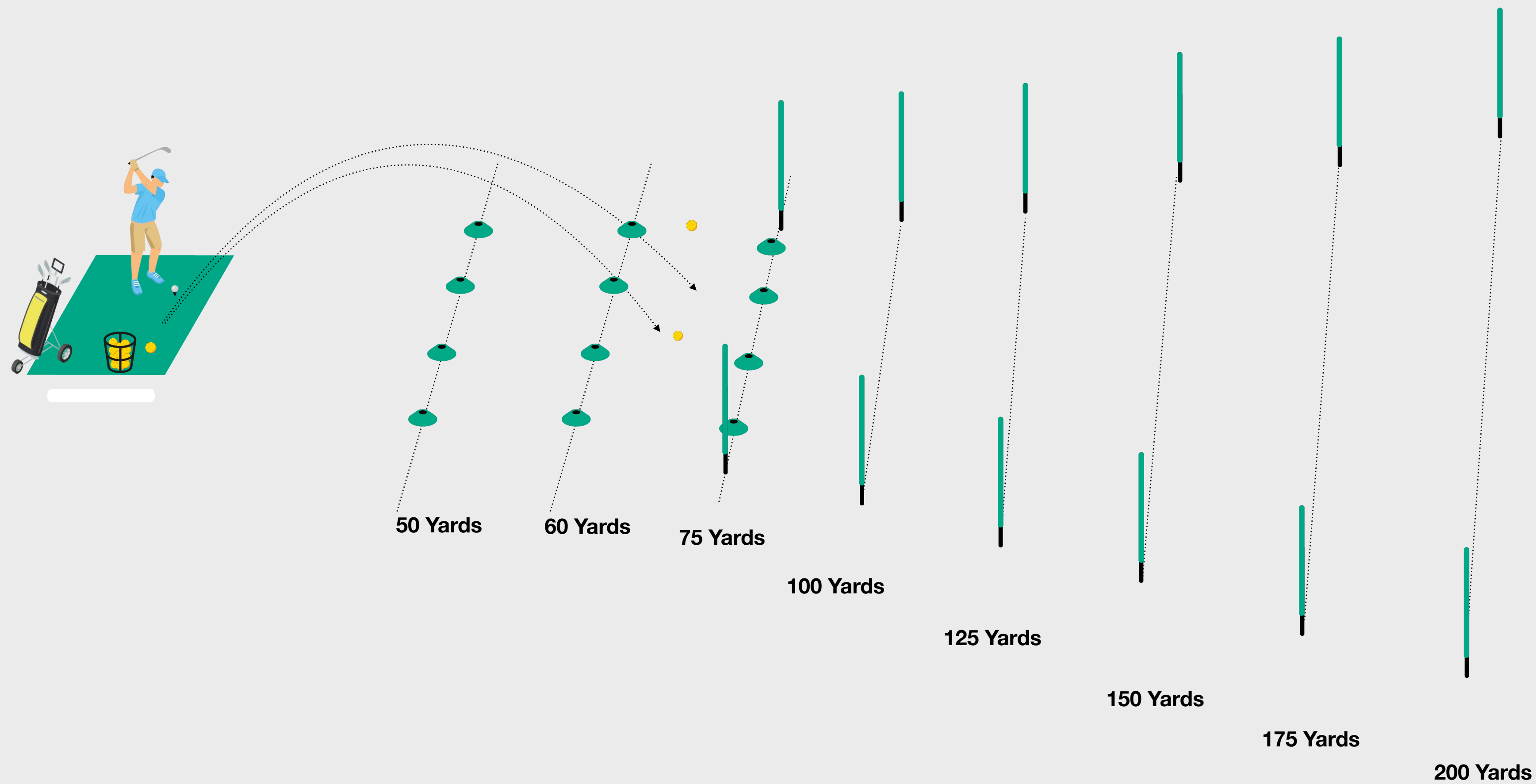
Station 5:
Game Station
Face Contact



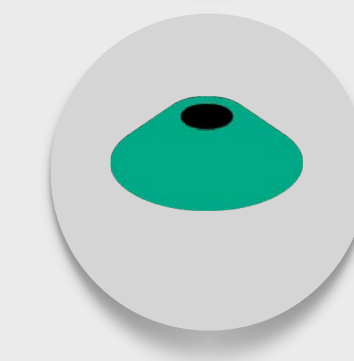
Swing Challenges Layout and Set Up

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

Speed Swinger



Equipment Needed

- Driver

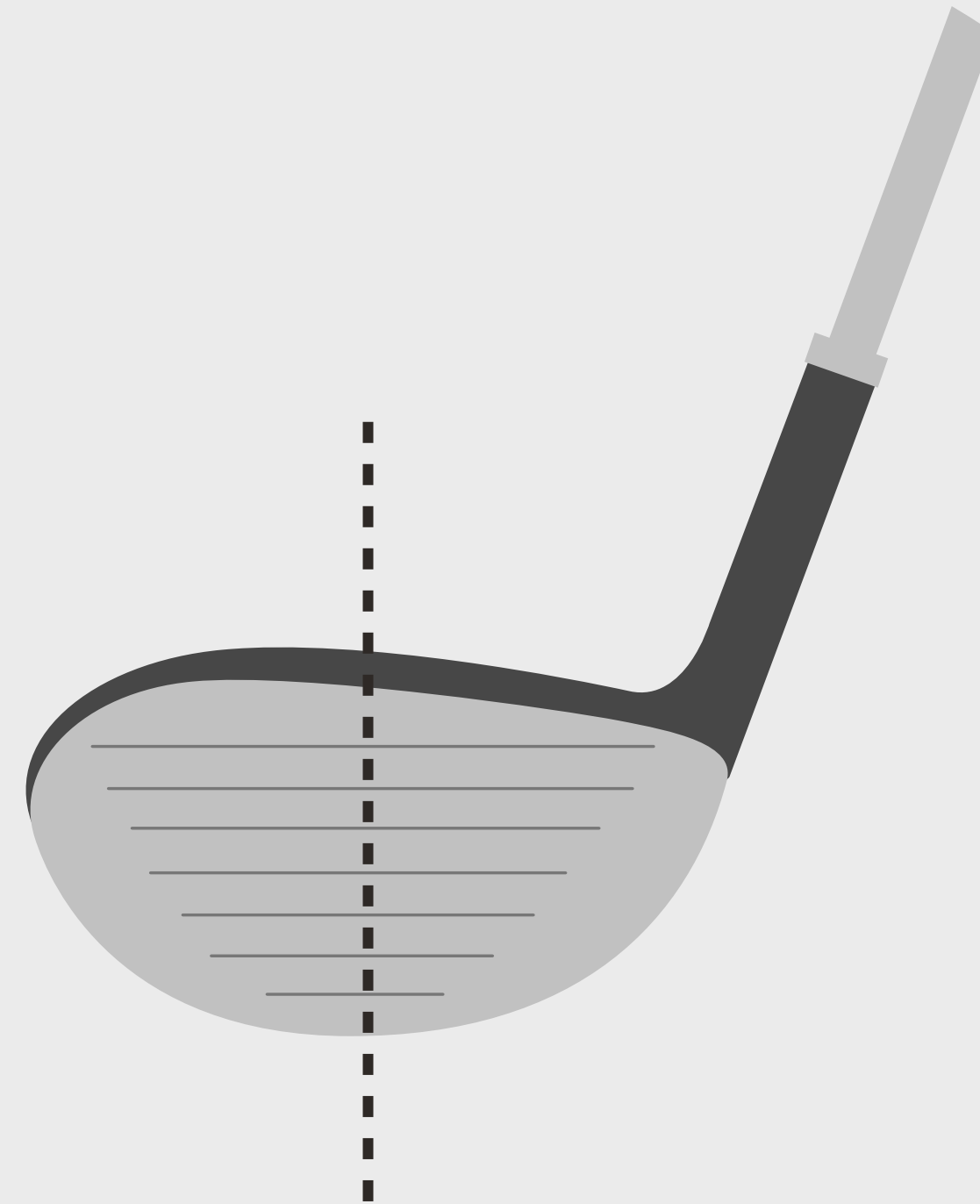
How to Practice

- The learner should practice swinging at speed in order to maximise the potential distance they can hit the ball
- If the learner is able to generate more speed they will increase their potential for distance
- The focus here is just on generating speed, learners should not worry about making perfect contact

Technical Link

- This activity will help the learner to understand the importance of generating speed to hit the ball further

Face Contact Challenge



Equipment Needed

- Impact Tape
- Driver

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

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:

Rules and Etiquette - Where to leave your bag

Make sure learners understand where to leave their bag as they approach the green, so that once the hole is completed they can collect their bag and move the next hole without holding up the group behind them.

This logic applies for carrying a bag, or driving a cart, and is a habit that the learners should adopt early on to improve the experience for everyone on the course.



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:

In Swing Thoughts

Highlight to learners that as they are starting out they will have many thoughts running through their heads. Tips they have heard from you, other learners, and more experienced golfers.

Provide some reassurance to learners that they are not expected to remember all the tips provided to them, in fact it is more preferable to think about just one or two things whilst practicing and playing until they become automatic.

Learners should understand why a poor shot has happened, but not have to think of a new thought each swing in order to fix it!



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 bunker play, providing learners an opportunity to practice what was learnt in their around the green class this week.



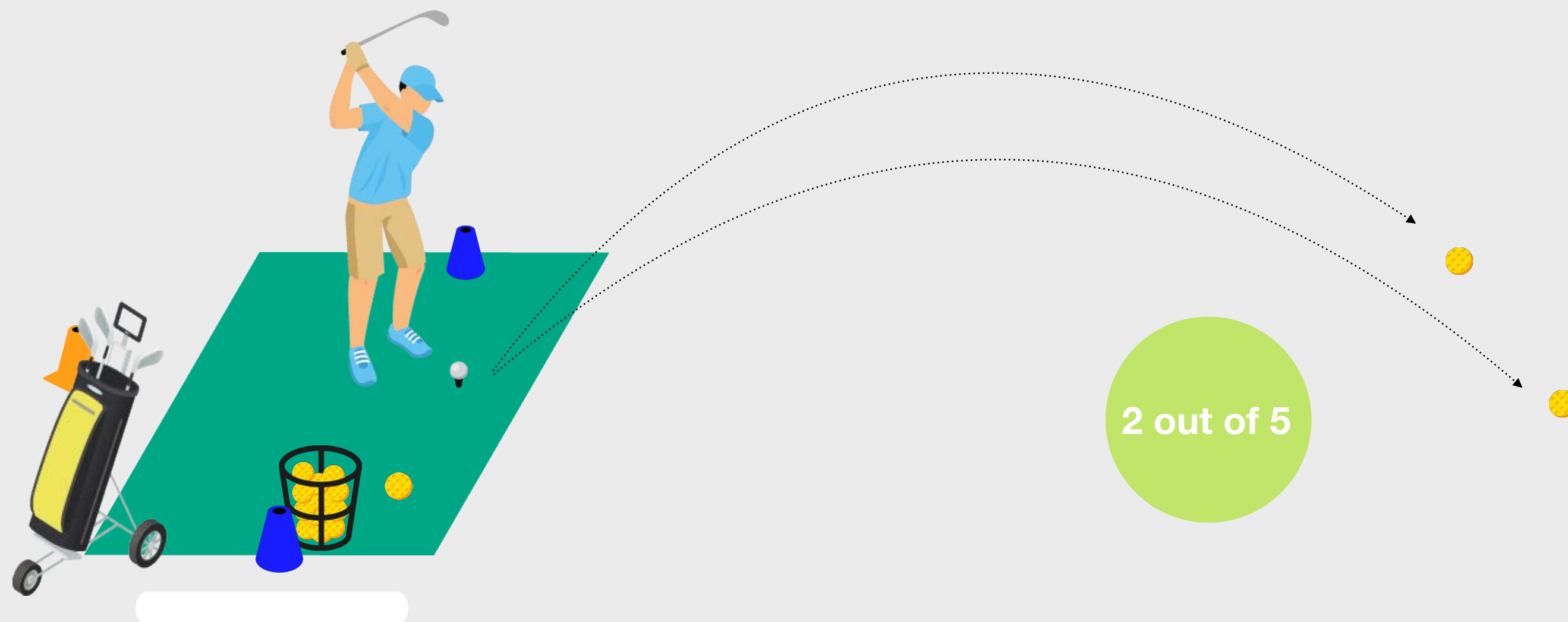
Skill Challenges



Level 1



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.

What should the Learner do next?

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

Irons



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.

What should the Learner do next?

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

Fairway Woods



Driver 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.

What should the Learner do next?

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

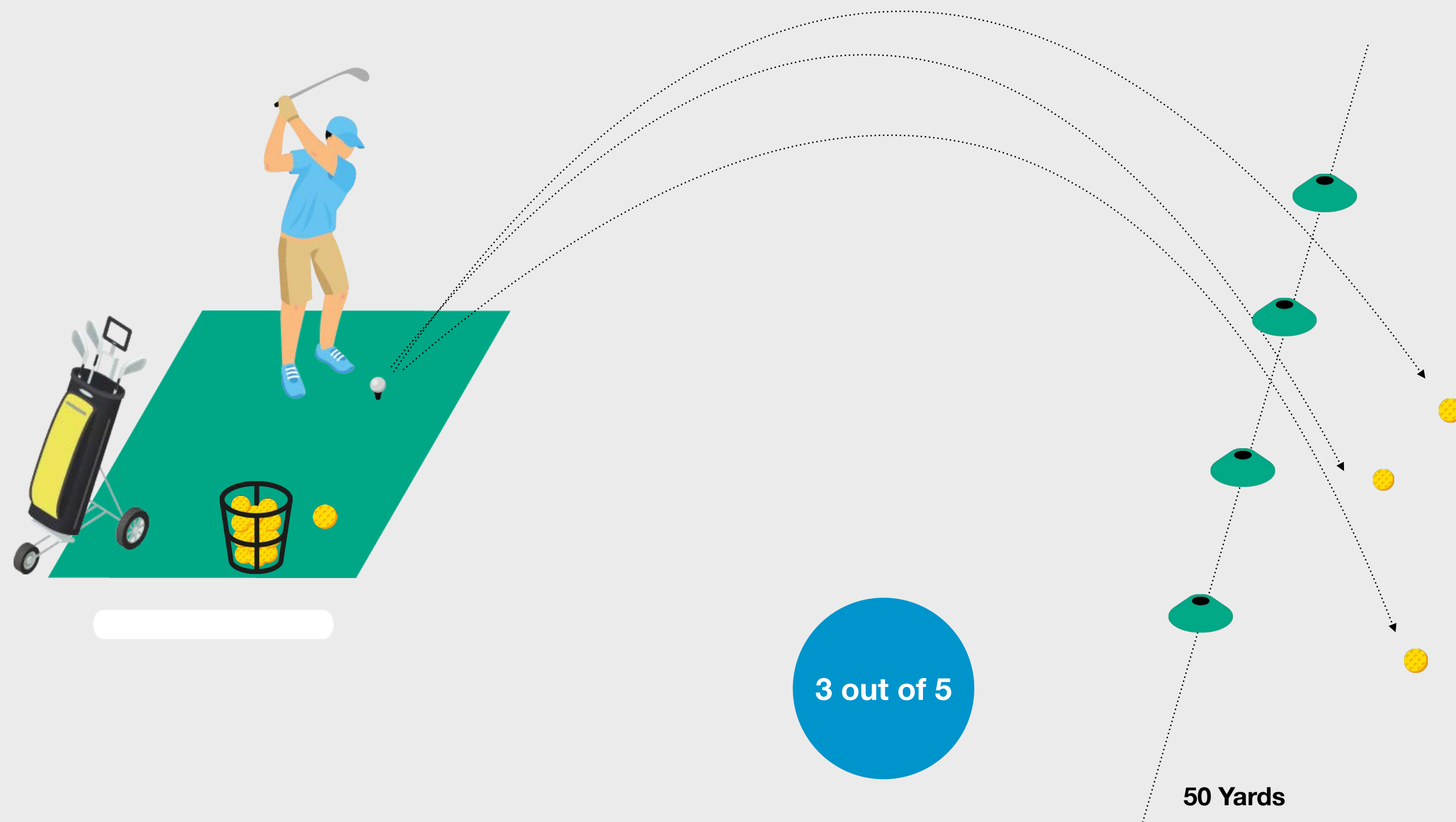
Driver



Level 2



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.

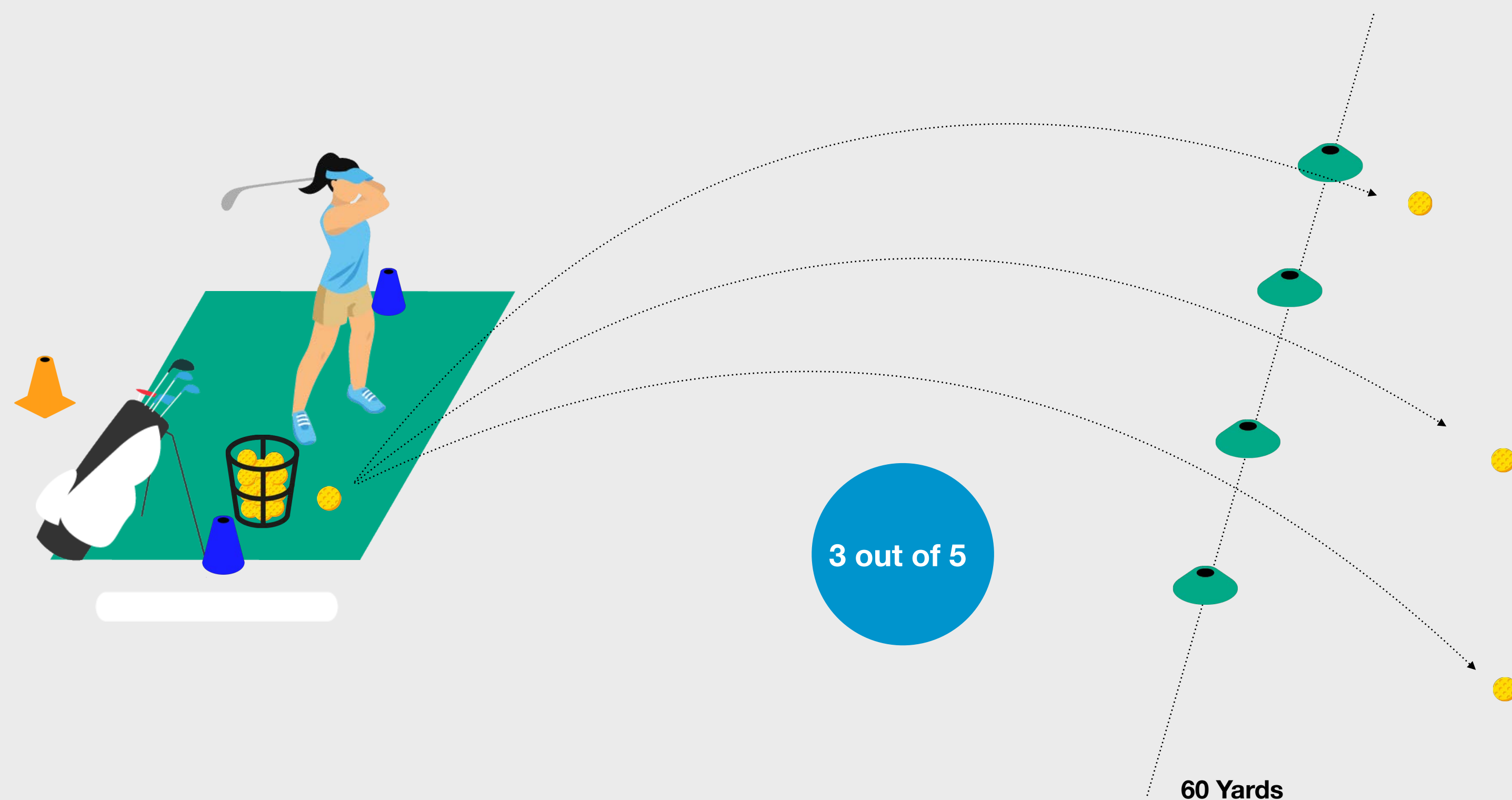
What should the Learner do next?

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

Irons



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.

What should the Learner do next?

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

Fairway Woods



Driver Challenge



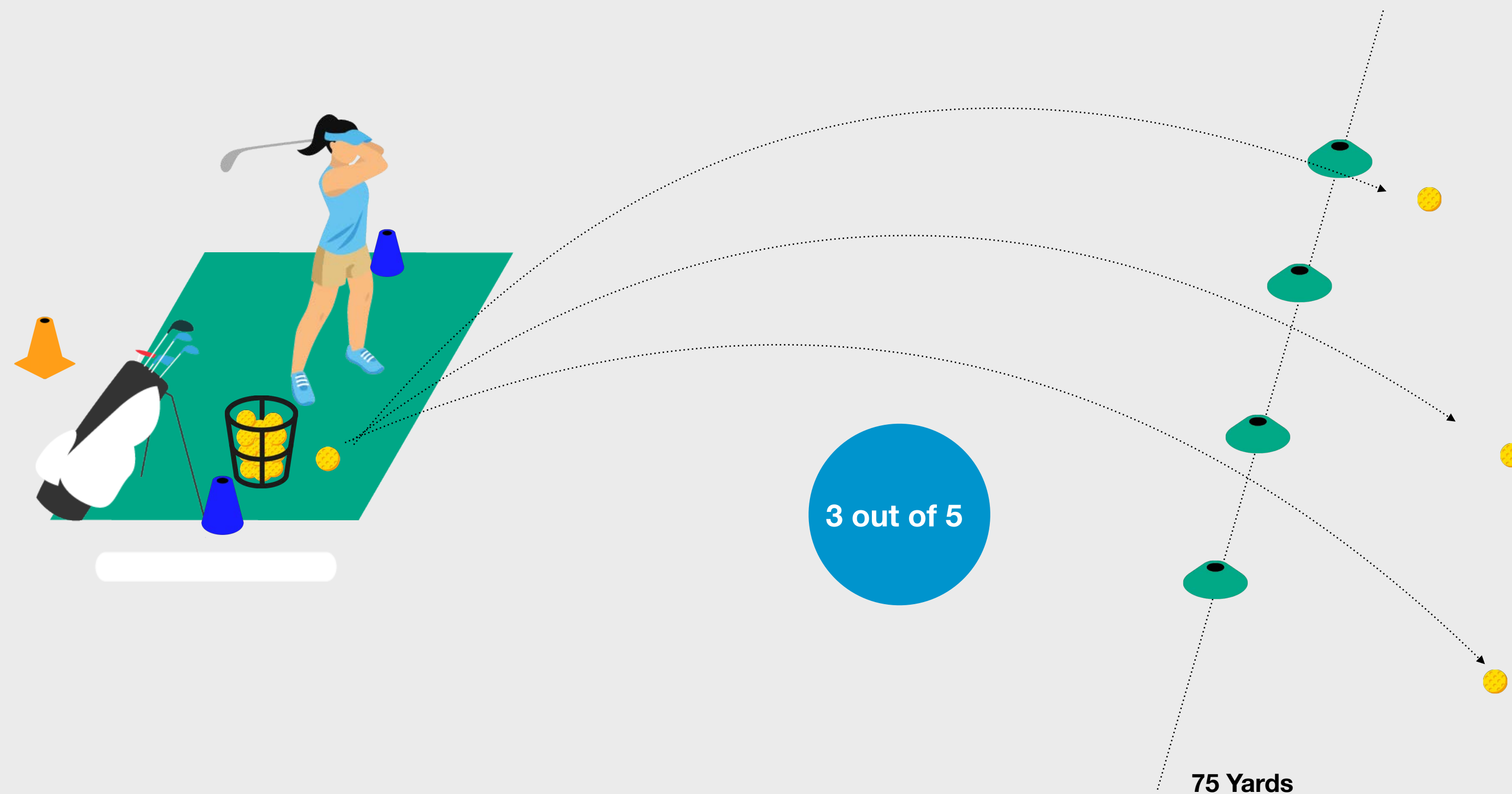
The Challenge

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 75 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction.

What should the Learner do next?

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



Driver

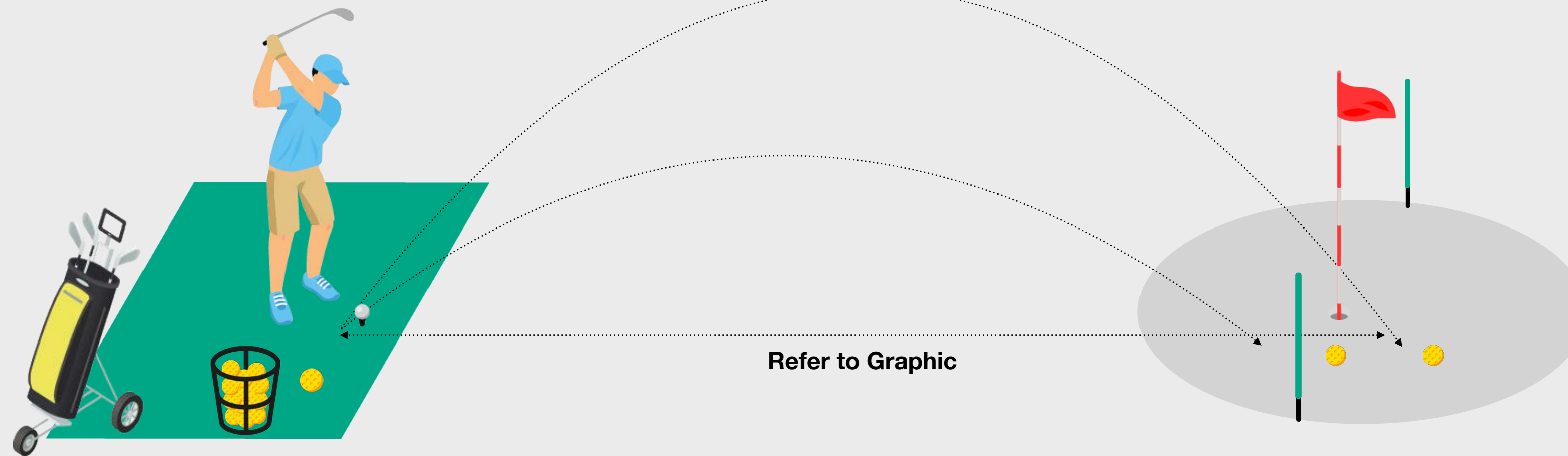


Level 3



Level 3 Challenges - Student Iron Challenge

	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



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).

What should the Learner do next?

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

Irons



Hybrid/Fairway Wood Challenge

	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



The Challenge

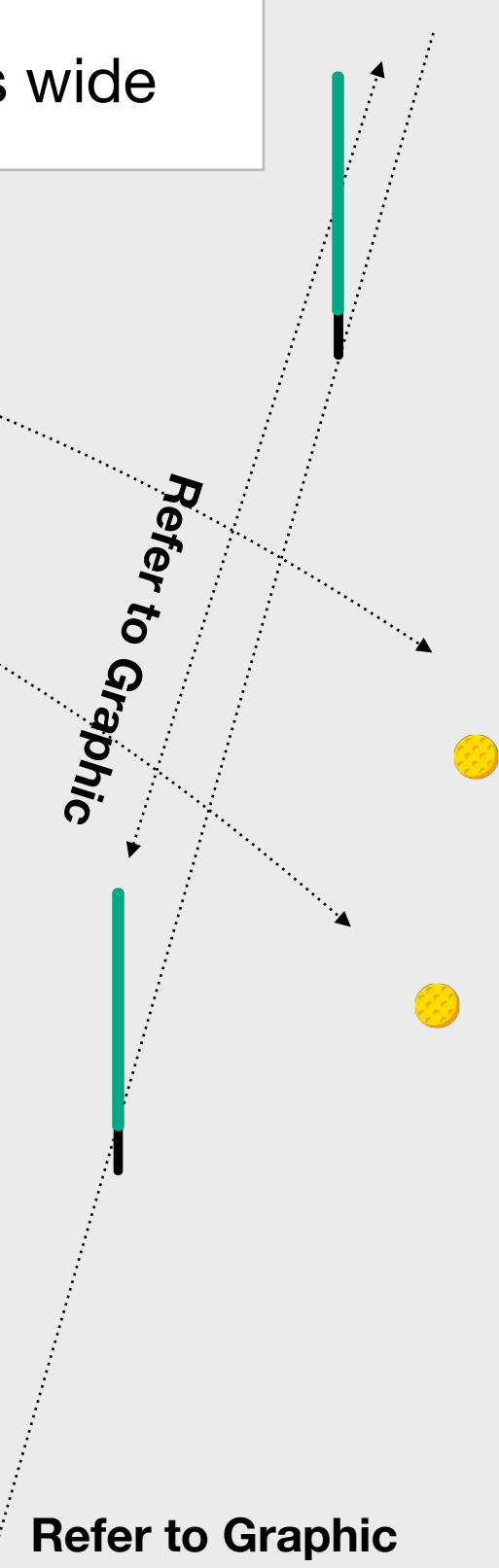
To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to travel through and come to rest between the target gate at the learners approximate fairway wood total distance (minimum of 100 Yards)

What should the Learner do next?

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



2 out of 5

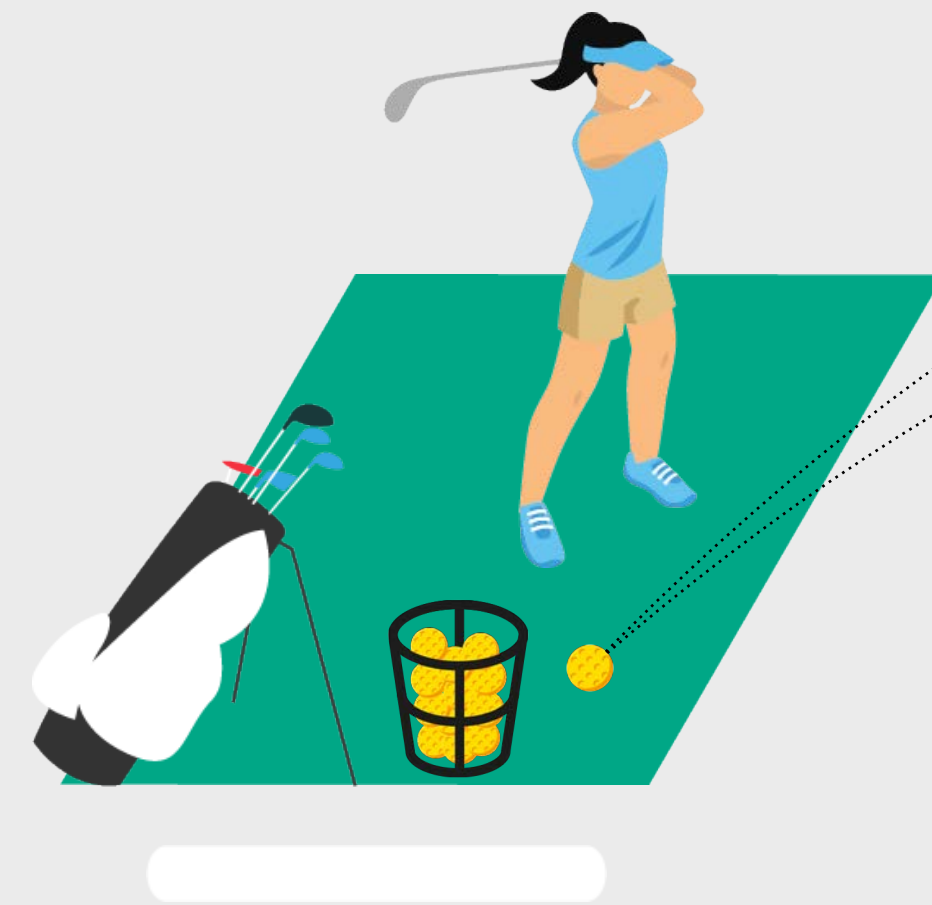


Fairway Woods

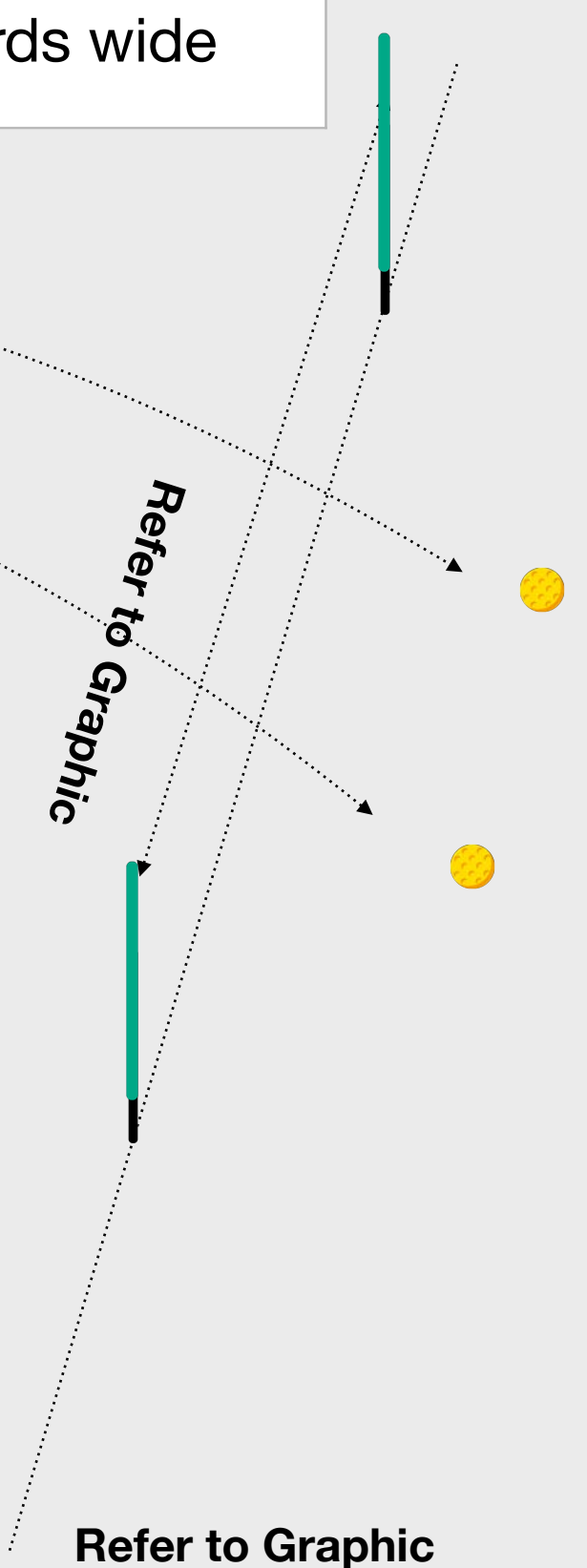


Driver Challenge

	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



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 travel through and come to rest between the target gate at the learners approximate driver total distance (Minimum of 125 yards)

What should the Learner do next?

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

Driver

