

Practice On the Green

Monday, January 30th - Sunday, February 5th



GAMEON

GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game:
On the Green - Long Putts

Whole Golfer:
Enjoy error full practice

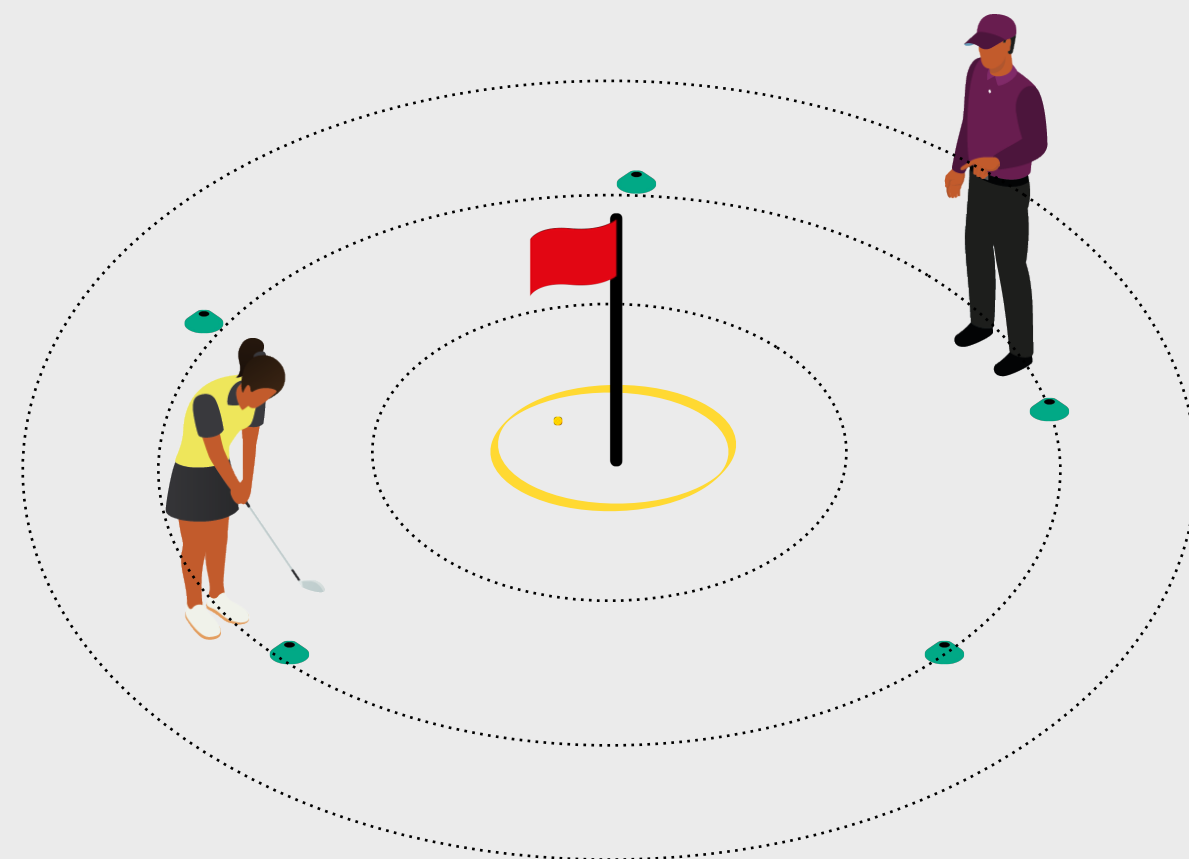
Learning the Game:
Rules and Etiquette
Ball marker

Challenge:
Short Putts Challenge
Long Putts Challenge
Scoring Challenge

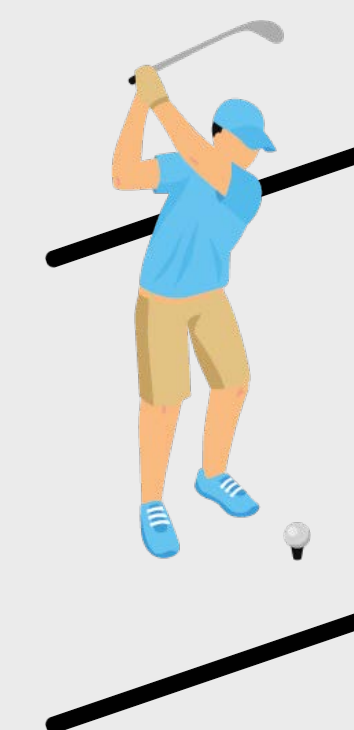
Time	Focus	Class Content	Games / Drills / Resource
10 Mins	Introduction and Whole Golfer Focus	Objectives - Opportunity for learners to practice their putting Practice Station: Swing Length Ladder Game Station: Closest to the Line Whole Golfer Focus: Enjoy error full practice	
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Allow for self-discovery and guided learning 	Swing Length Ladder Closest to the Line
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Get the group together to introduce the Learning the Game Focus 	<ul style="list-style-type: none"> Rules and etiquette - ball marker and rules on the green
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Allow for self-discovery and guided learning 	Swing Length Ladder Closest to the Line
10 Mins	<i>myGame</i> Tracking and Recap	<ul style="list-style-type: none"> Learners should 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 Whole golfer online resource Learning the game online resource

Practice on the Green Class Layout and Setup

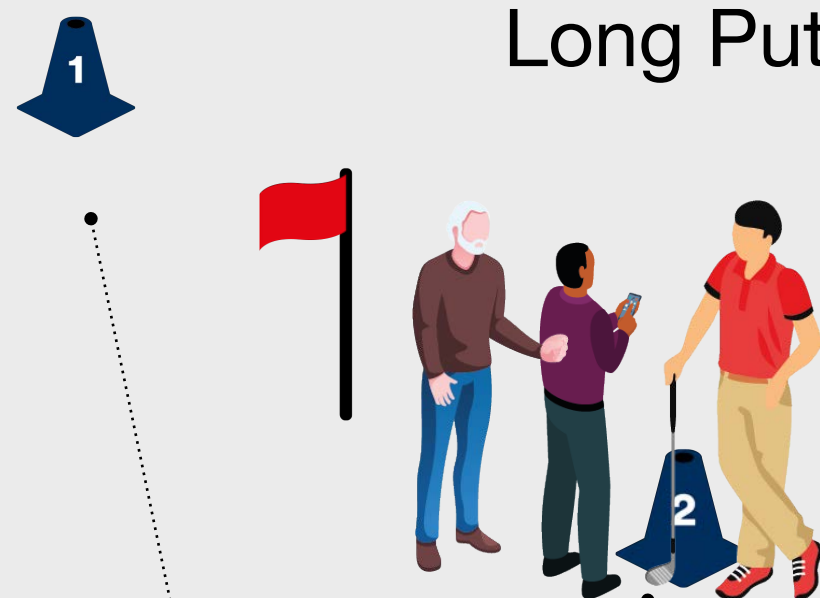
Station 1:
Short Putts Challenge



Station 6:
Secondary Skill
Swing



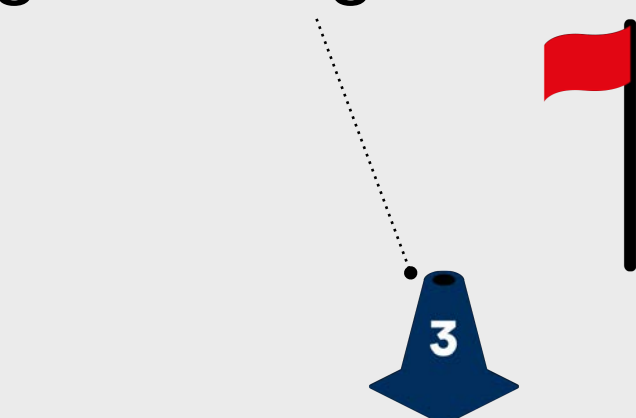
Station 2:
Long Putts Challenge



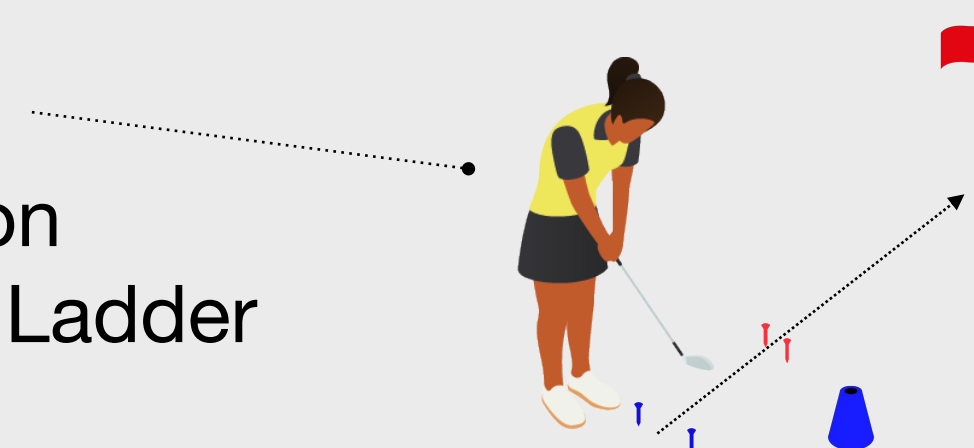
Station 5:
Game Station
Closest to the Line



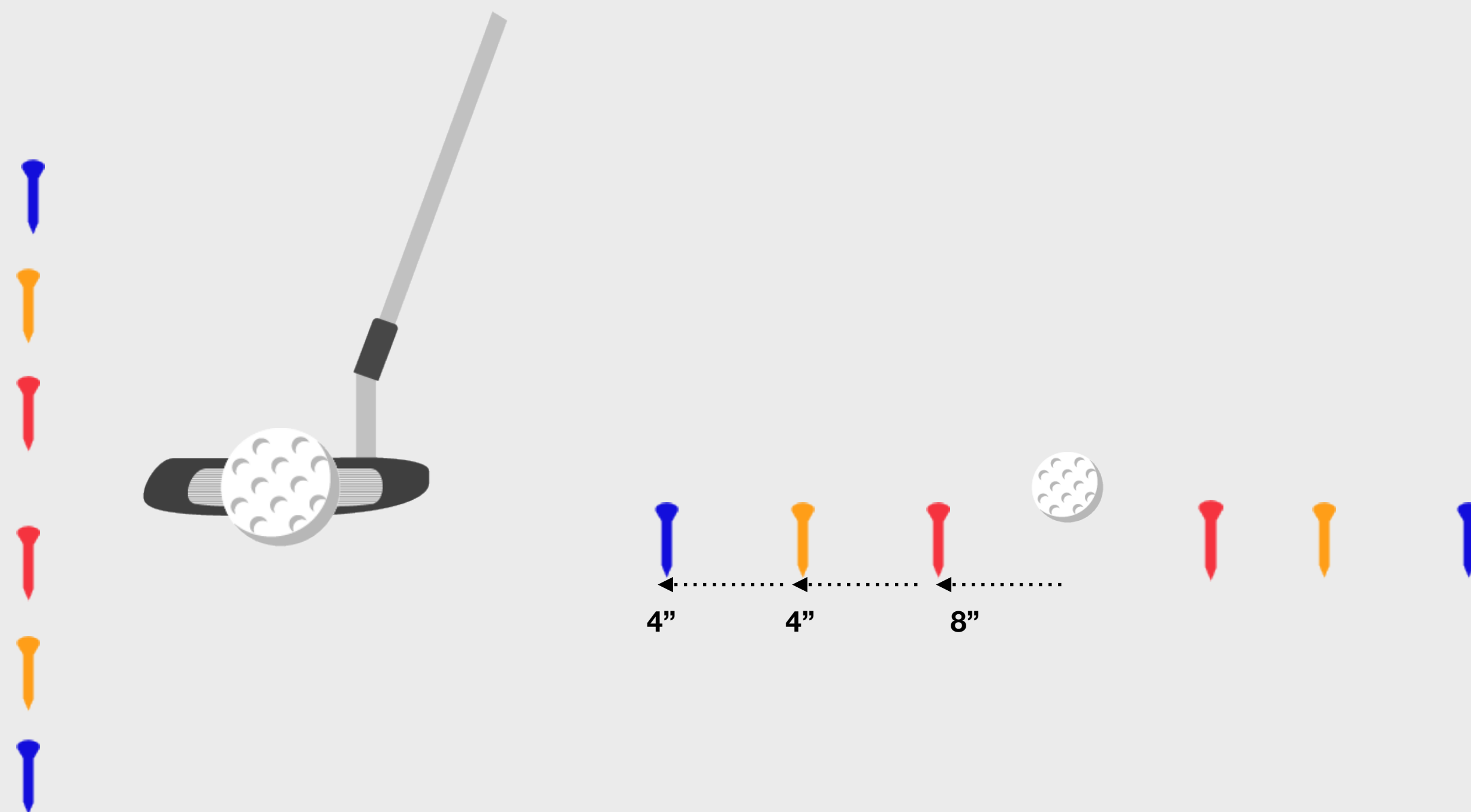
Station 3:
Scoring Challenge



Station 4:
Practice Station
Swing Length Ladder



Swing Length Ladder



Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

How to Practice

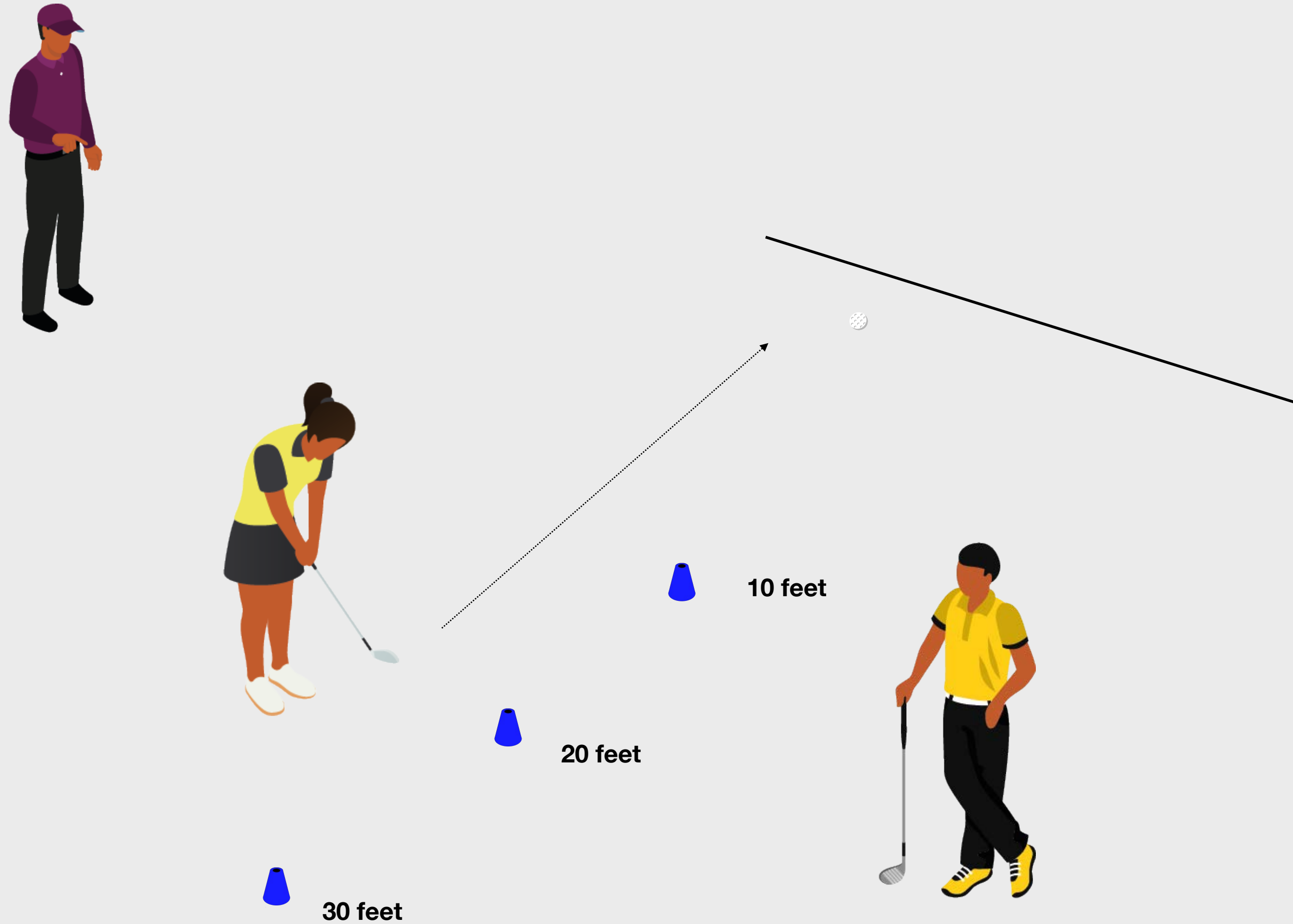
- Get the learner to practice swinging the putter from and to the first tee pegs either side of the ball (red)
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the the one count and the end of the through stroke with the two count
- Get them to hit a few putts and see how far the ball travels
- Next, get the learner to swinging the putter from and to the second tee pegs either side of the ball (red). Again they should reproduce the count of 1, 2.
- Get them to hit a few putts and see how the ball travels further
- Finally, replicate for the final set of tee pegs.

Technical Link

- This activity will help the learner to understand the concept of Swing Length, Rhythm and Tempo
- It will help the learner to understand that as swing length changes, the distance the ball travels changes
- It will help them to understand how length of swing transfers to distance



Closest to the Line Challenge



Equipment Needed

- String and Tee Pegs
- Putter
- Golf Ball

How to Play

- Learners take it in turns to choose which distance to start from
- The aim is to putt their ball closer to the line than their playing partner
- Whoever putts the ball closest wins a point, the person who gets to 10 points first wins the game

Progression Ideas

- Change the distances between the cones and the line
- Add a sloped surface to the game
- Introduce a rule that the ball has to go past the line to count



Using a Ball Marker

Introduce the concept of using a ball marker, highlight the rules of golf, whereby a player receives a penalty stroke for putting their ball and hitting another players' ball whilst on the putting green.

Encourage learners to use a ball marker within the games and challenges of the class so they get used to the process for when they play on the course!

Enjoy Error Full Practice

The Whole Golfer theme this week is to recommend that it is beneficial to learn how to enjoy error full practice. This means understanding that for each attempt that the learners make that doesn't go to plan is helping them to learn how to deliver the skill effectively.

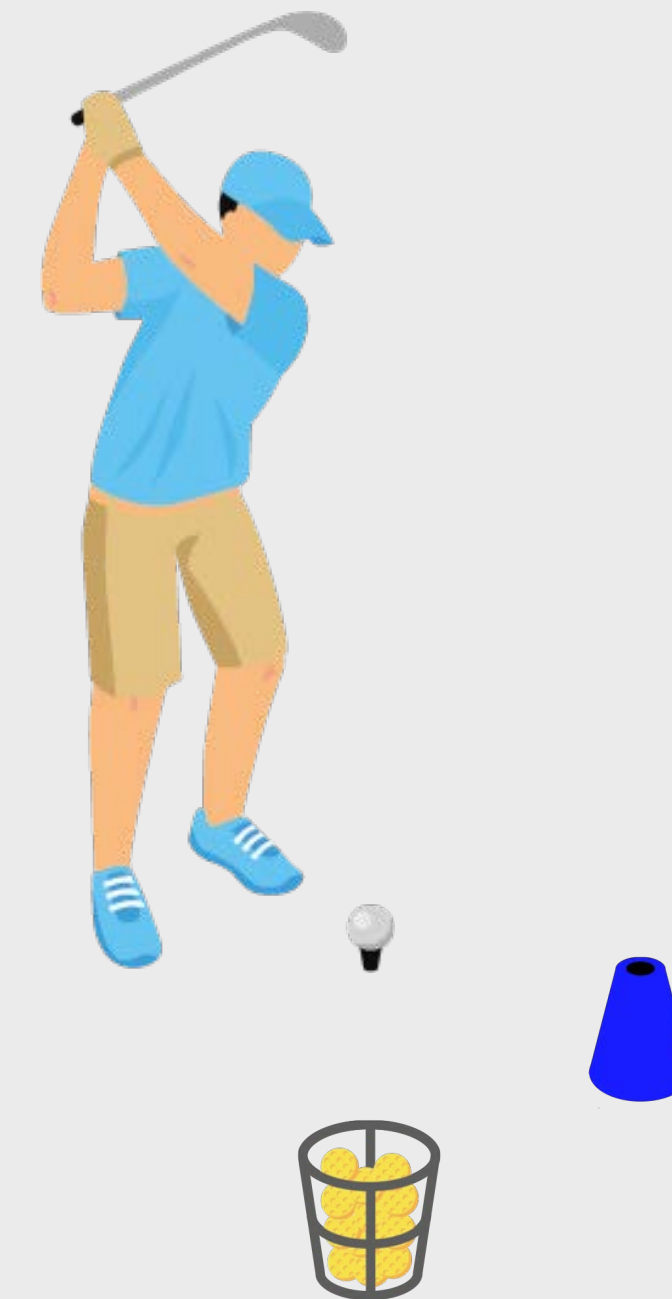
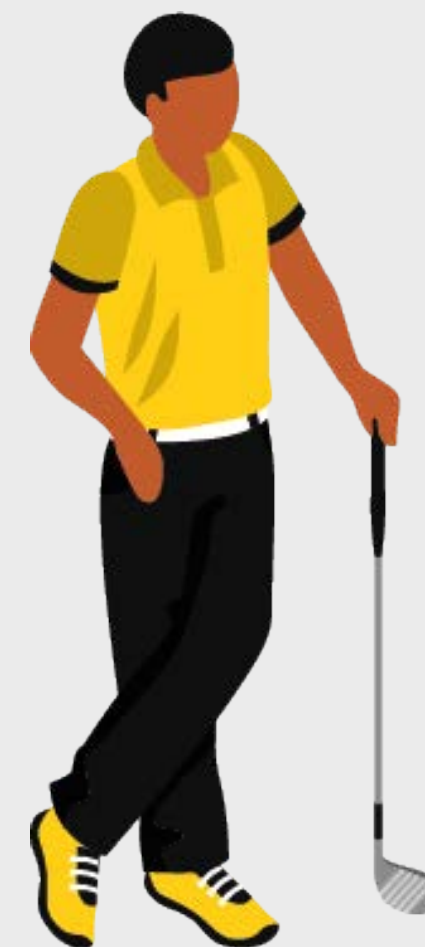
The purpose of learning how to play shots from awkward lies is due to the fact that all golfers hit the ball into awkward positions. It is a fundamental part of the game, and to start off with an understanding that this is part of the challenge will benefit your learners greatly.



Secondary Skill

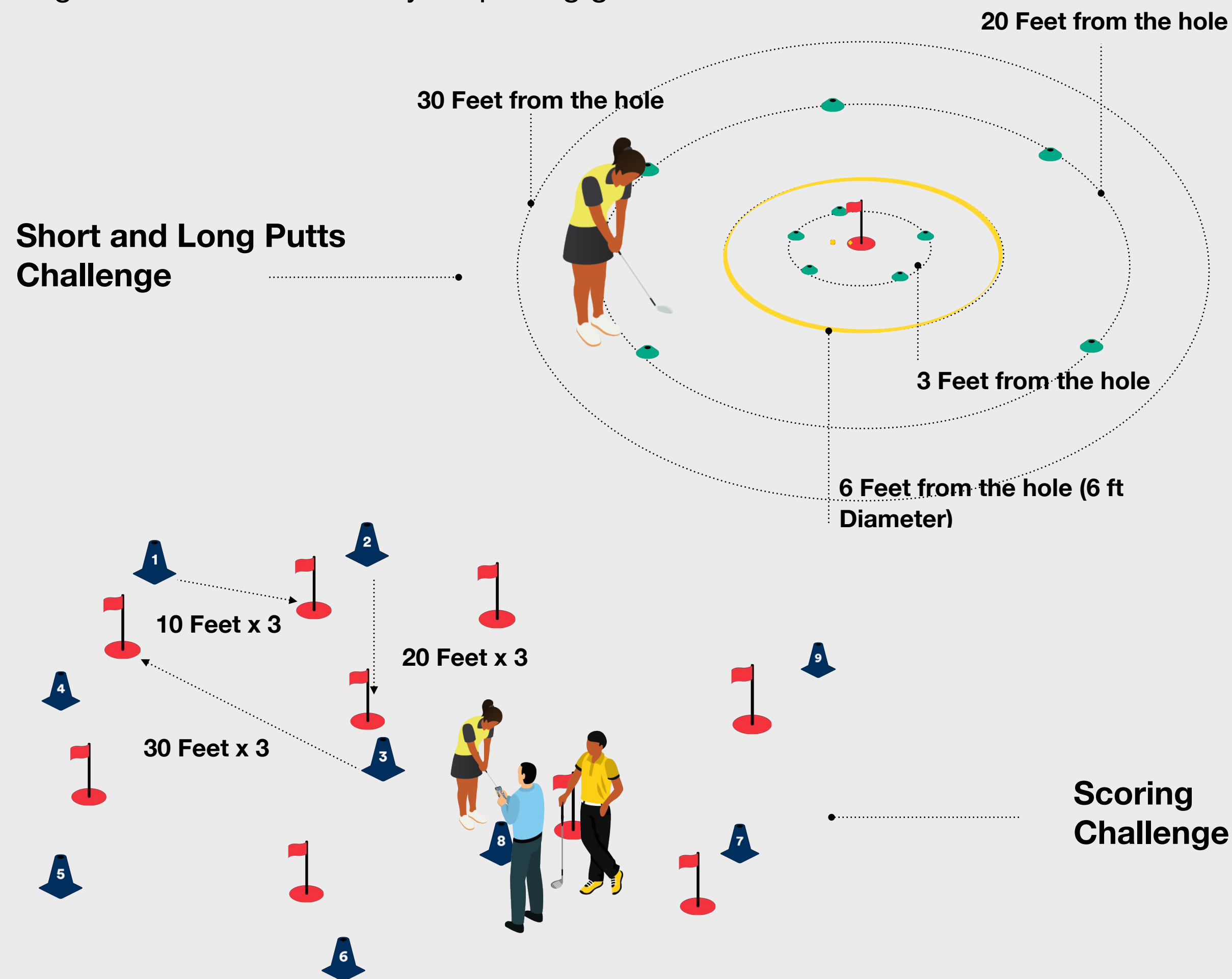
To allow for variety of practice during the session, and to enable those that may have missed a class to catch up on practicing some of the other skills we recommend having one of the stations set up as a secondary skill.

This week's secondary skill is **swing**, providing learners an opportunity to practice what was learnt in their swing classes.



On the Green Challenges Layout and Set Up

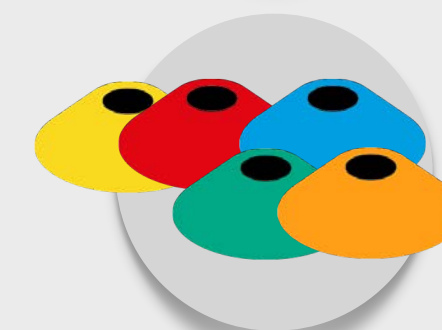
The graphic below provides an example of how each of the challenges connect together when laid out on your putting green:



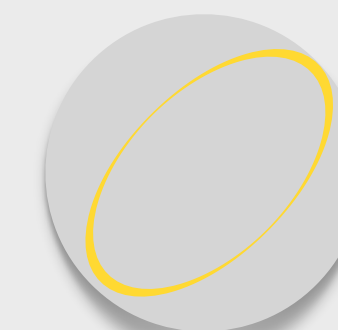
Please find below a list of the equipment you require for these challenges:



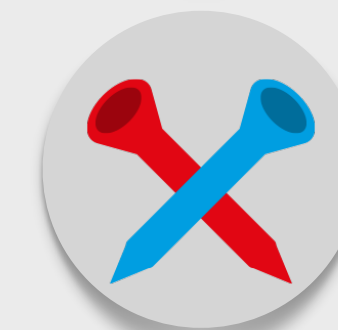
Numbered Putting Cones



Mixed Colored Cones



6 ft diameter hoop



Tee Pegs



On the Green Challenges

Short Putts

- 1 2 / 5 putts from 3 feet
 - 2 2 / 5 putts from 3 feet*
 - 3 3 / 5 putts from 3 feet*
1 / 5 putts from 6 feet*
- *Starting from 5 different positions around the hole

Long Putts

- 1 3 / 5 putts from 20 feet to within a 6 foot circle
 - 2 4 / 5 putts from 20 feet
2 / 5 putts from 30 feet to within a 6 foot circle
 - 3 4 / 5 putts from 20 feet*
2 / 5 putts from 30 feet* to within a 6 foot circle
- *Starting from 5 different positions around the hole

Scoring

- 1 21 putts or fewer over 6 holes
3 x 10 foot putts
3 x 20 foot putts
- 2 18 putts or fewer over 6 holes
2 x 10 foot putts
2 x 20 foot putts
2 x 30 foot putts
- 3 21 putts or fewer over 9 holes
3 x 10 foot putts
3 x 20 foot putts
3 x 30 foot putts