

Practice On the Green

Monday, January 9th - Sunday, January 15th



GAMEON

GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game:
On the Green - Short Putts

Whole Golfer:
Nutrition on the Course

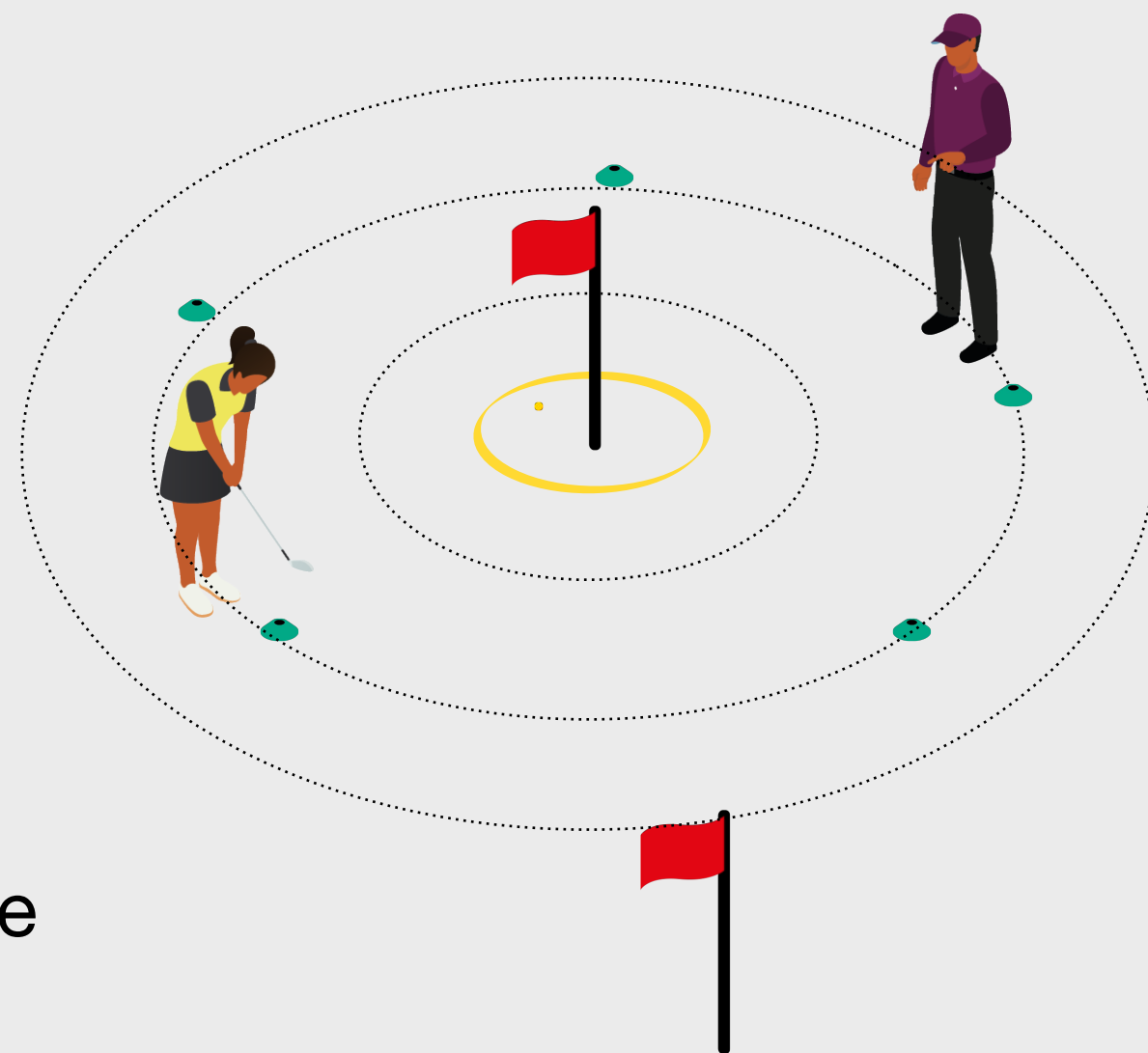
Learning the Game:
Different Formats

Challenge:
Short Putts Challenge
Long Putts Challenge
Scoring Challenge

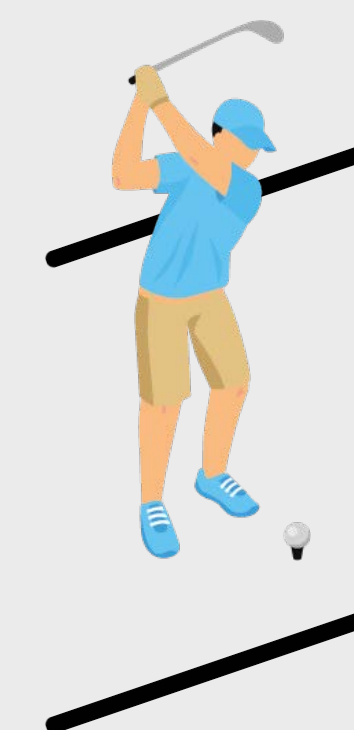
Time	Focus	Class Content	Games / Drills / Resource
10 Mins	Introduction and Whole Golfer Focus	Objectives - Opportunity for learners to practice their putting Practice Station: Game Station: Whole Golfer Focus: Nutrition on the Course	
20 Mins	Games, Practice and Challenge Time	Play the games individually, in pairs or in groups	Swing Length Ladder Long Putts Ladder
5 Mins	Learning the Game Focus	Get the group together to introduce the Learning the Game Focus	<ul style="list-style-type: none"> Playing and Scoring - Different Formats
15 Mins	Games, Practice and Challenge Time	Play the games individually, in pairs or in groups	Swing Length Ladder Long Putts Ladder
10 Mins	<i>myGame</i> Tracking and Recap	Recap and add any lesson notes to the learner's Student Connect on GLF. Connect Learners should mark their attendance at a Practice Club in the myJourney section of the myGame 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

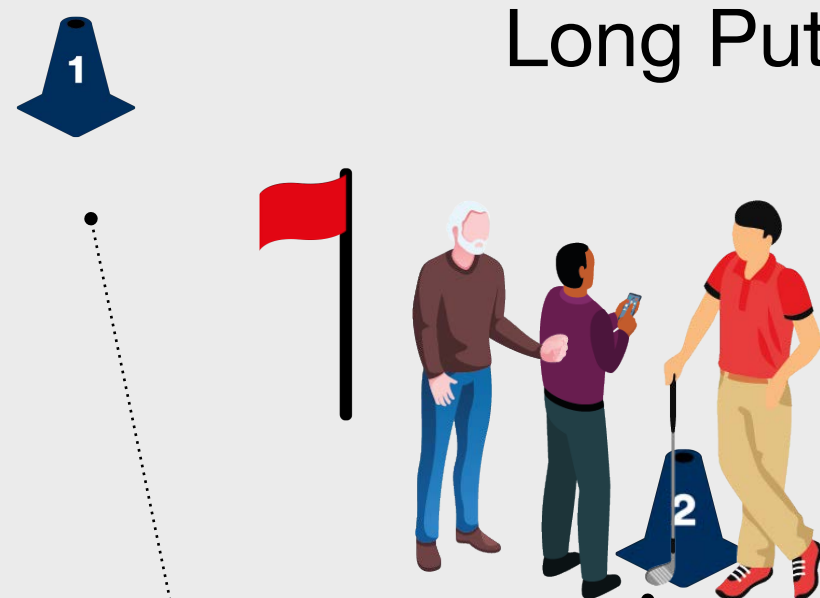
Station 1:
Short Putts Challenge



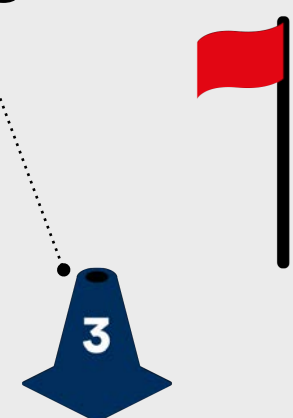
Station 6:
Secondary Skill
Swing



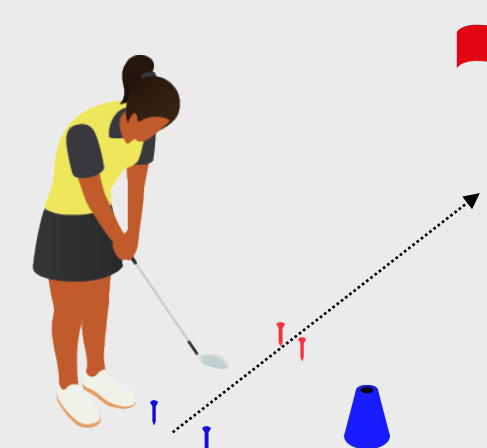
Station 2:
Long Putts Challenge



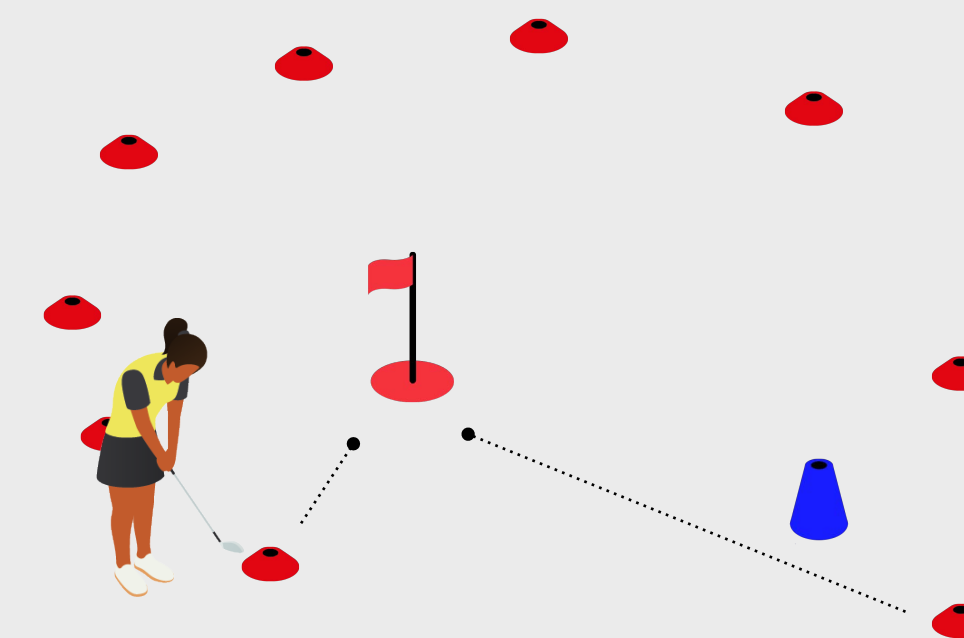
Station 3:
Scoring Challenge



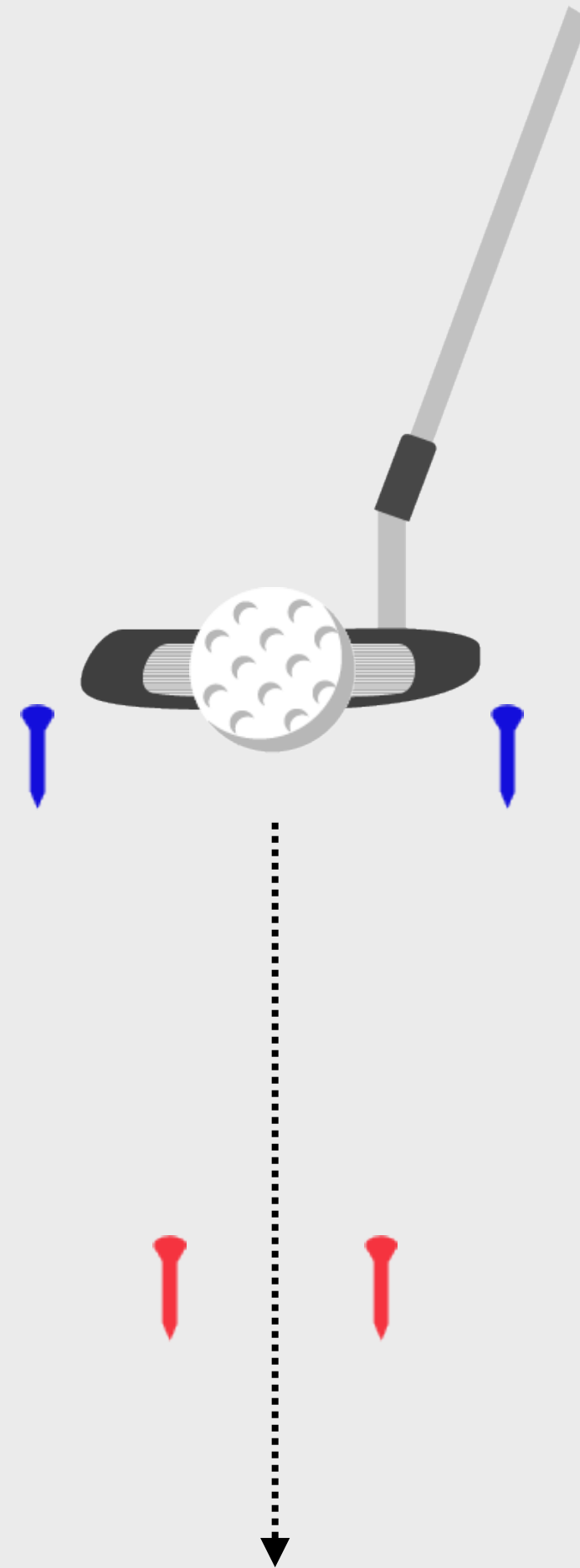
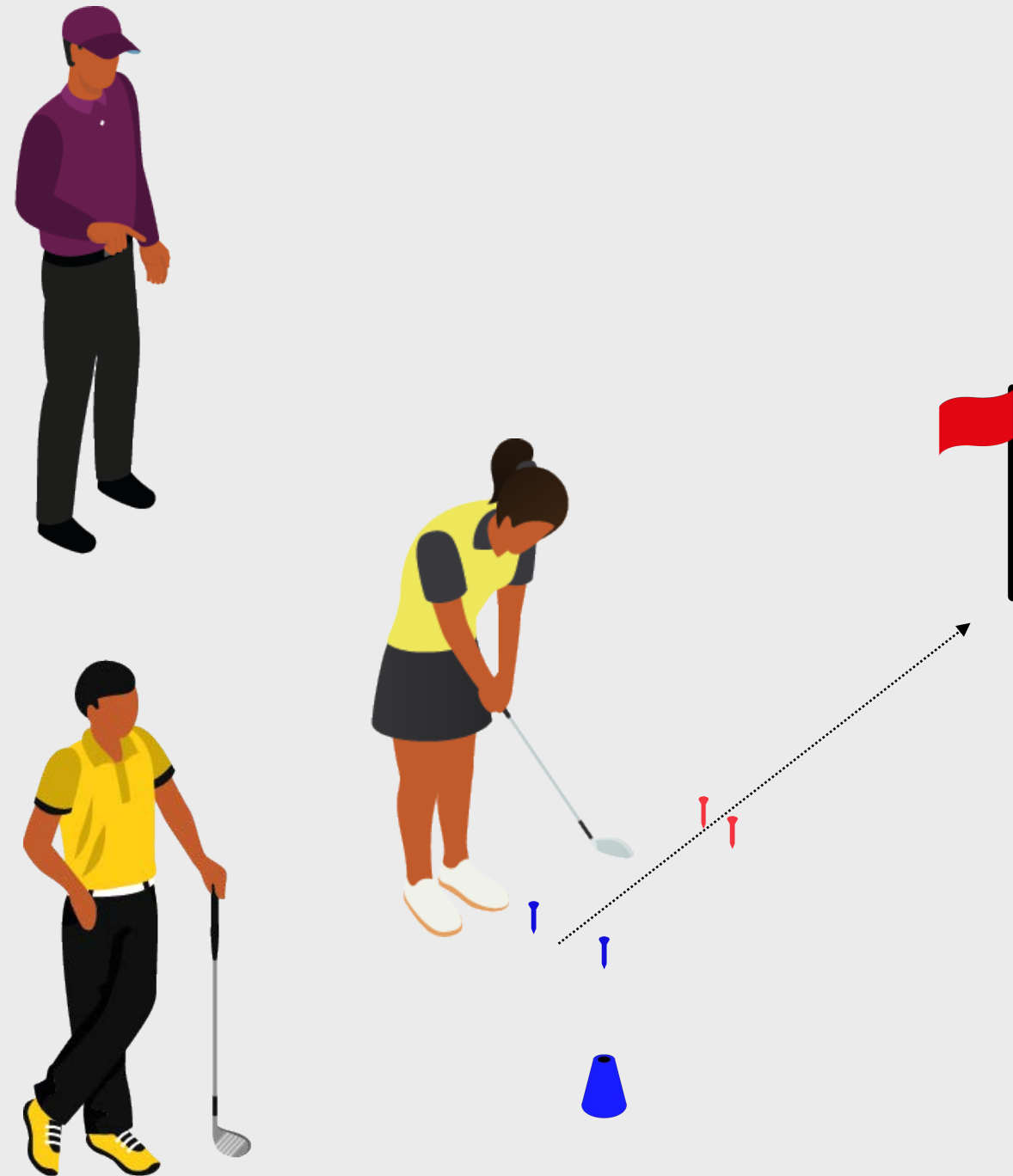
Station 4:
Practice Station
Centred Strike



Station 5:
Game Station
Spiral Challenge



Centered Strike



Equipment Needed

- 4 tee pegs to mark the gates for the putter and ball
- A single cone to represent the starting position

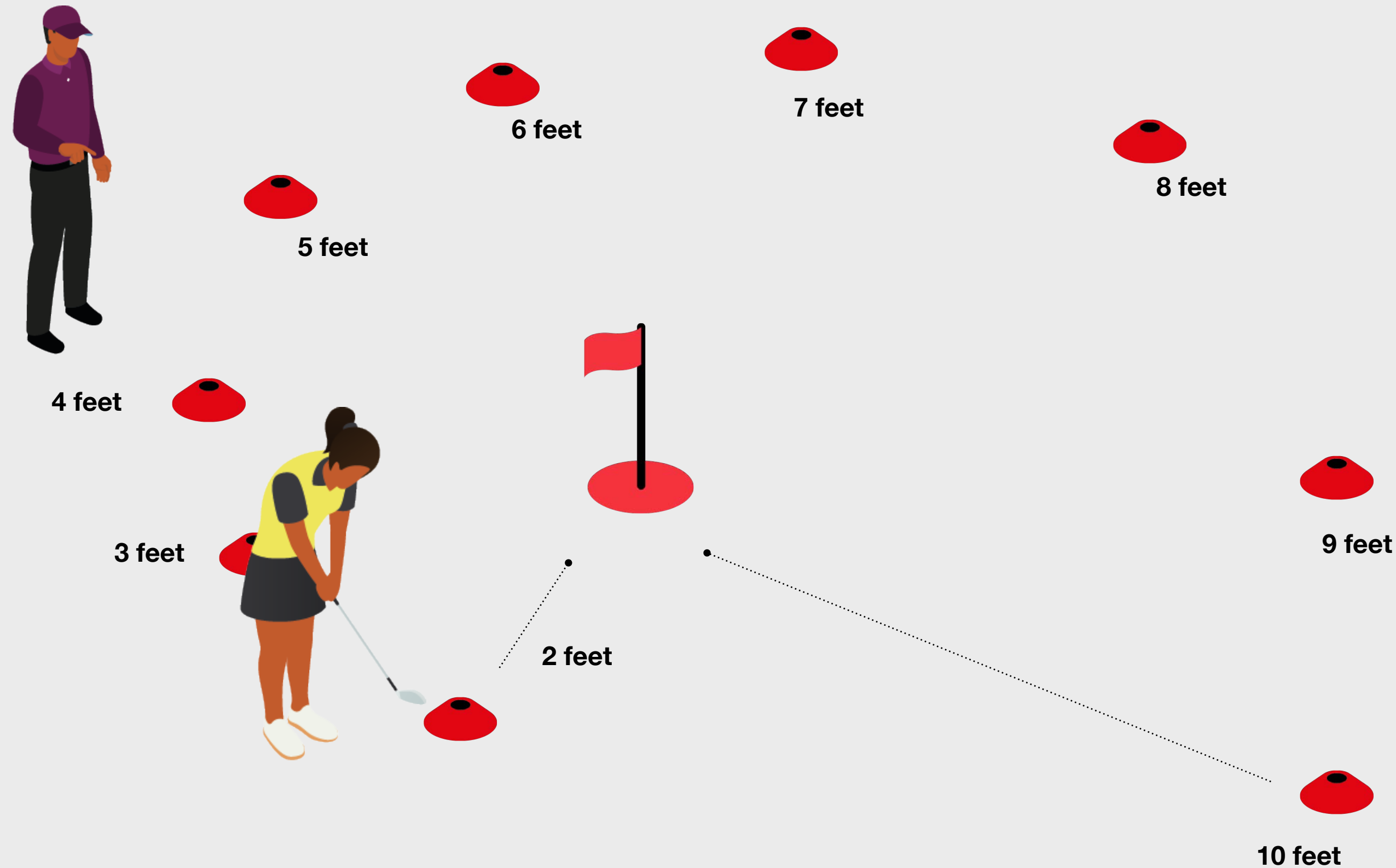
How to Practice

- A learner starts by attempting to putt their ball without hitting the blue tees with their putter
- Once the learner is confident doing this they should also try to putt the ball through the red tees too

Technical Link

- Improves control of the putter throughout the stroke, and ensures a centred strike at impact
- Builds awareness of path, and club face aim at impact

Spiral Challenge



Equipment Needed

- 9 Tee Pegs or Cones
- Putter
- Golf Ball

How to Play

- Learners should start from the closest cone or tee peg to the hole
- If the learner misses they stay where they are, if they hole the putt they move onto the next cone
- The aim is to hole all the putts from each distance, to complete the spiral
- The game can be attempted individually or in pairs

Progression Ideas

- Change the distances between the cones and the hole
- Add a sloped surface to the game
- Introduce a rule that after a certain number of attempts the learner should move back a step or go back to the start



Playing and scoring

Introduce the learners to the importance of practice swings. How many practice swings are appropriate?

Help the learners to develop a pre-shot routine which includes practice swings. Things to consider are what is the purpose of the practice swing? What is the learner trying to achieve from it.

Recommend a maximum of two or three practice swings so that learners are able to maintain pace of play when out on the course.

Hydration... Why is it important?

Introduce learners to the importance of staying hydrated during a round of golf.

- What are the side effects of dehydration and how can that effect performance?
- What are other contributing factors to stamina levels throughout a round of golf?

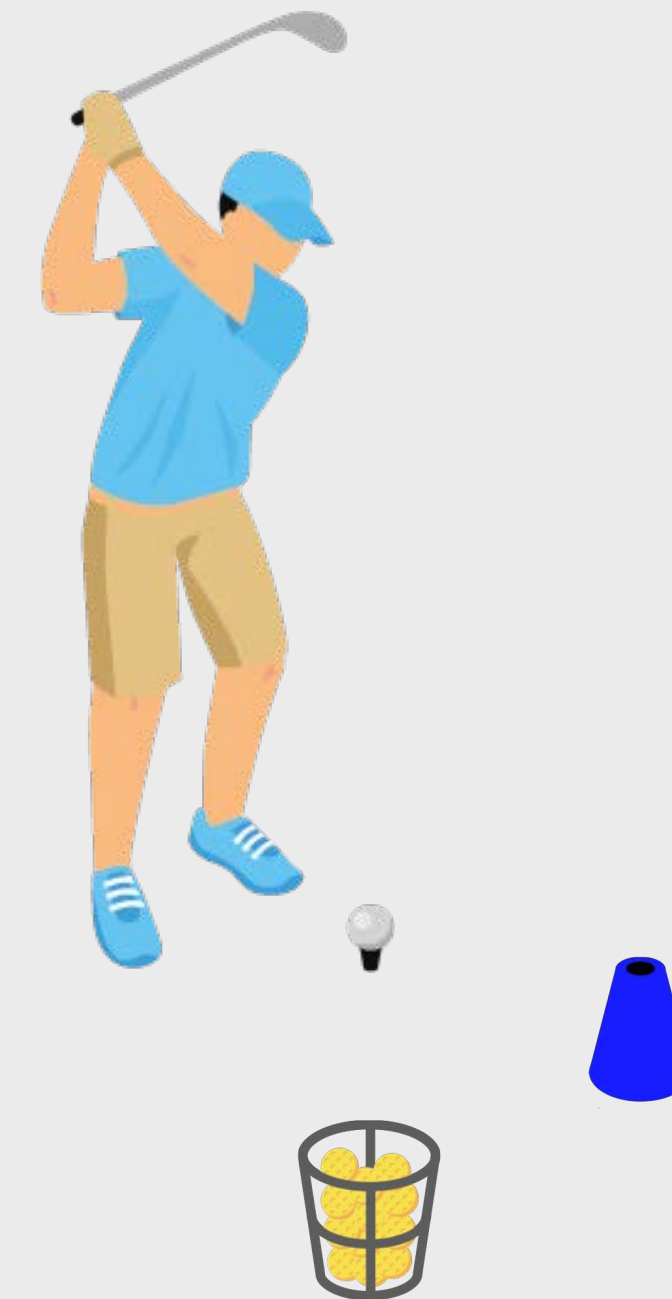
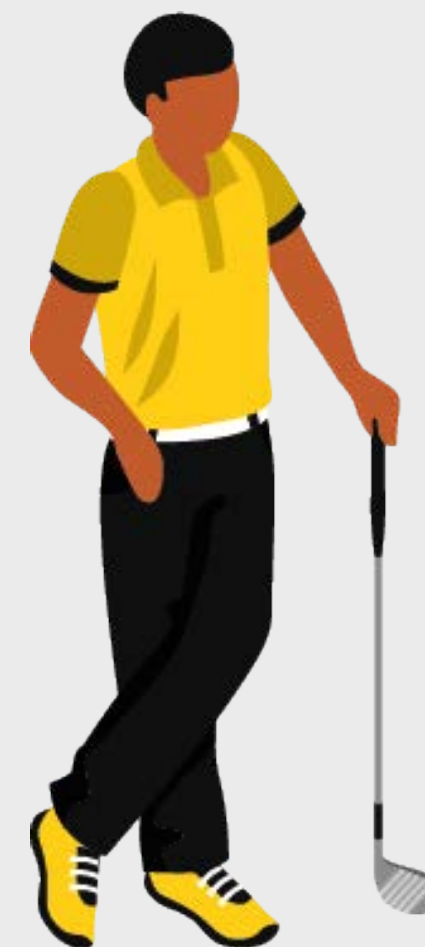
Symptoms of dehydration that can effect your golf include; headache, dizziness or lightheadedness and low blood pressure.



Secondary Skill

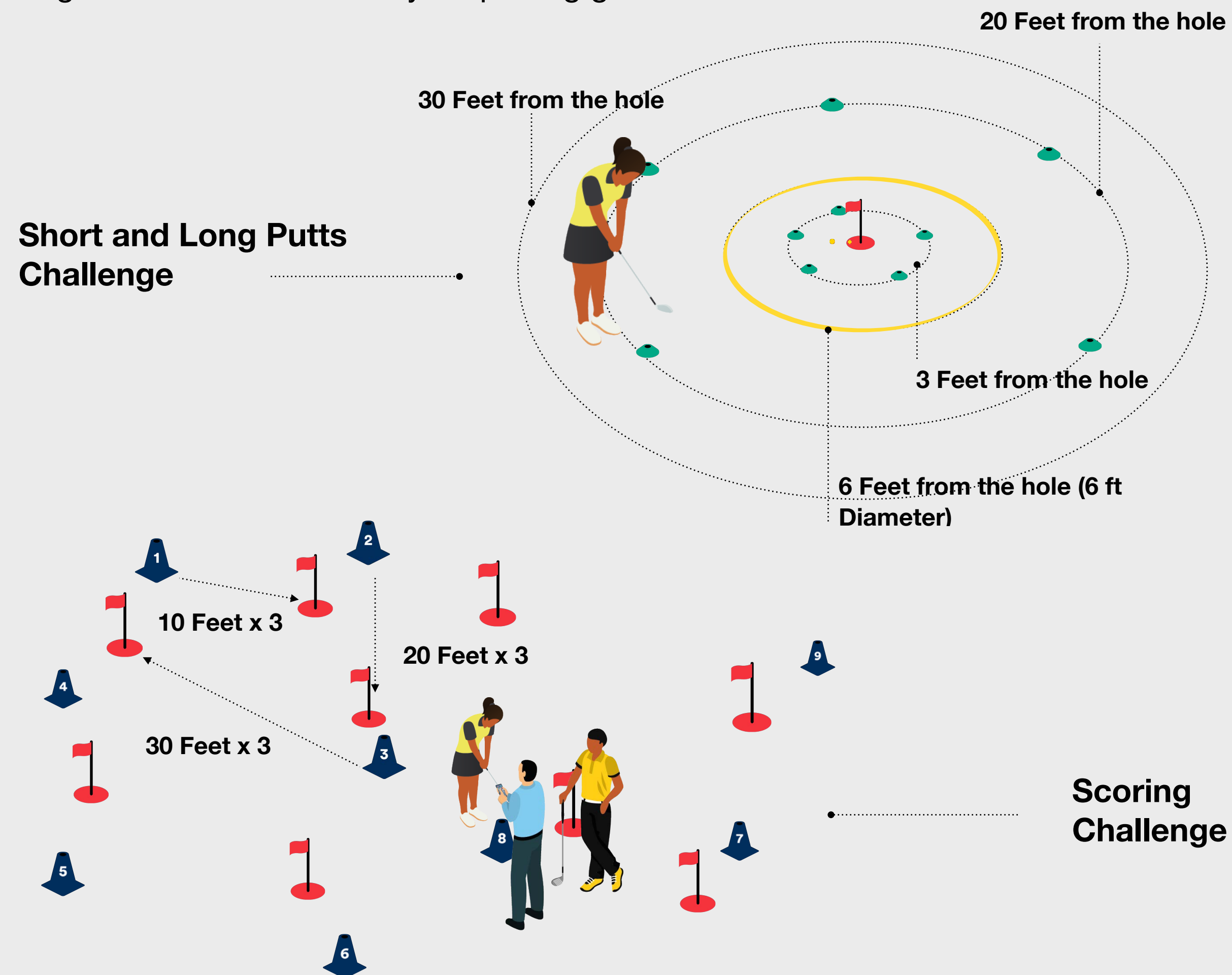
To allow for variety of practice during the session, and to enable those that may have missed a class to catch up on practicing some of the other skills we recommend having one of the stations set up as a secondary skill.

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

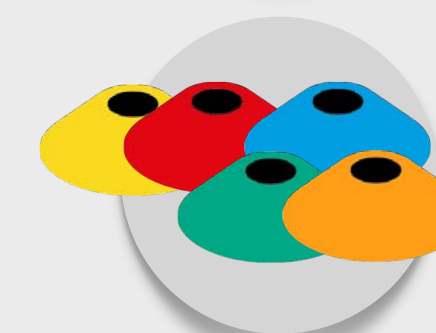
The graphic below provides an example of how each of the challenges connect together when laid out on your putting green:



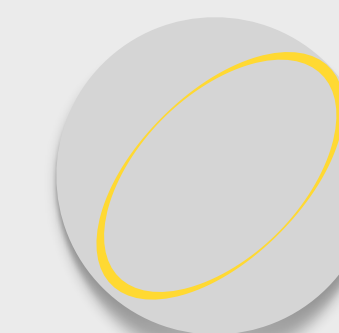
Please find below a list of the equipment you require for these challenges:



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