

Practice On the Green

Monday, January 9th - Sunday, January 15th

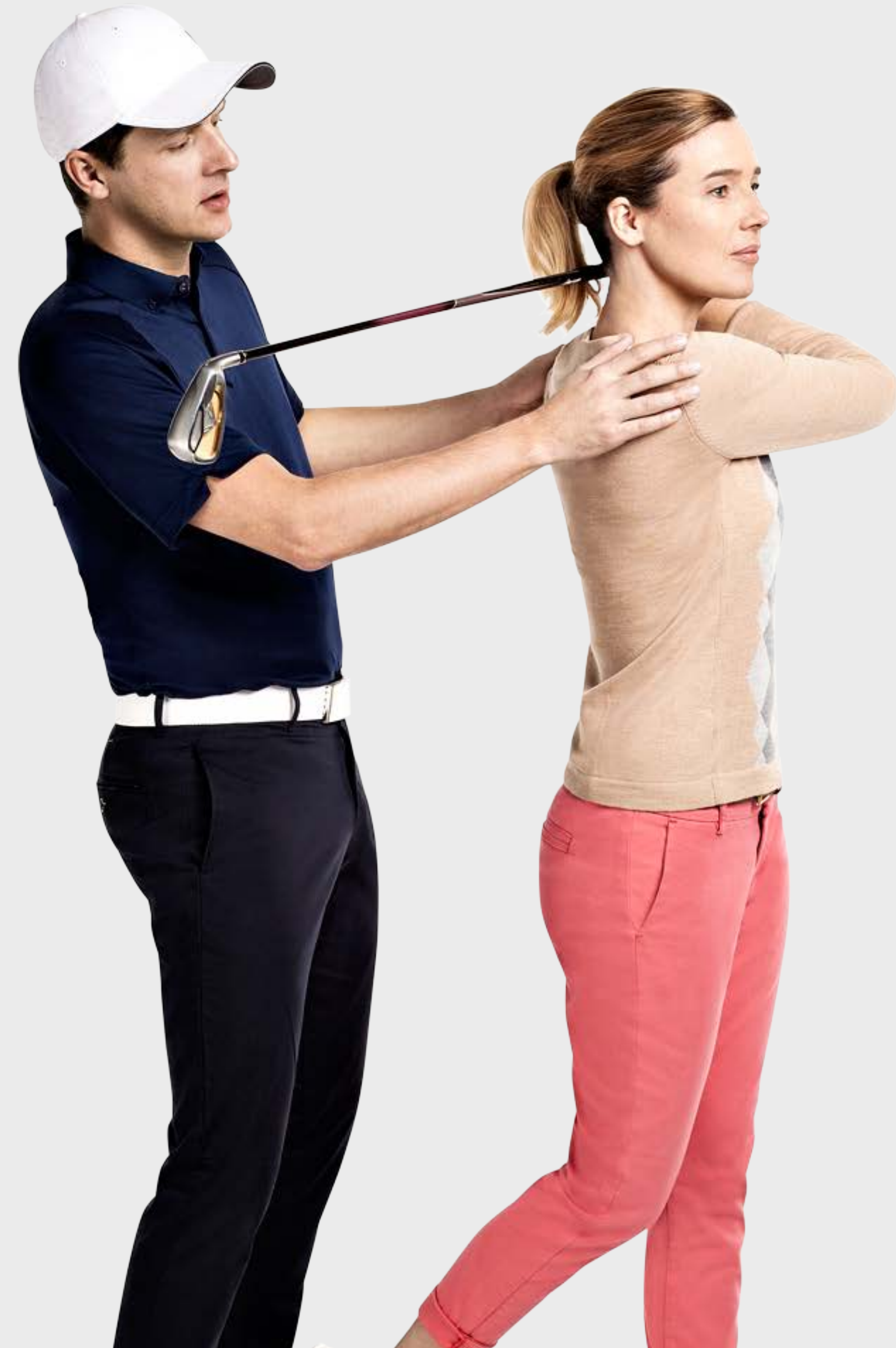


GAMEON

GOLF DEVELOPMENT

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- 10 Whole Golfer Focus
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Class Timetable

Class Timetable

Session Length: 60mins

Time	Focus	Class Content
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
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 and attempt the Mastering the Game Skills Challenges Opportunity for Private Coaching A chance for those attending Allow for self-discovery and guided learning
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 introduction
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

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Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game:
On the Green - Short Putts

Whole Golfer:
Nutrition on the Course

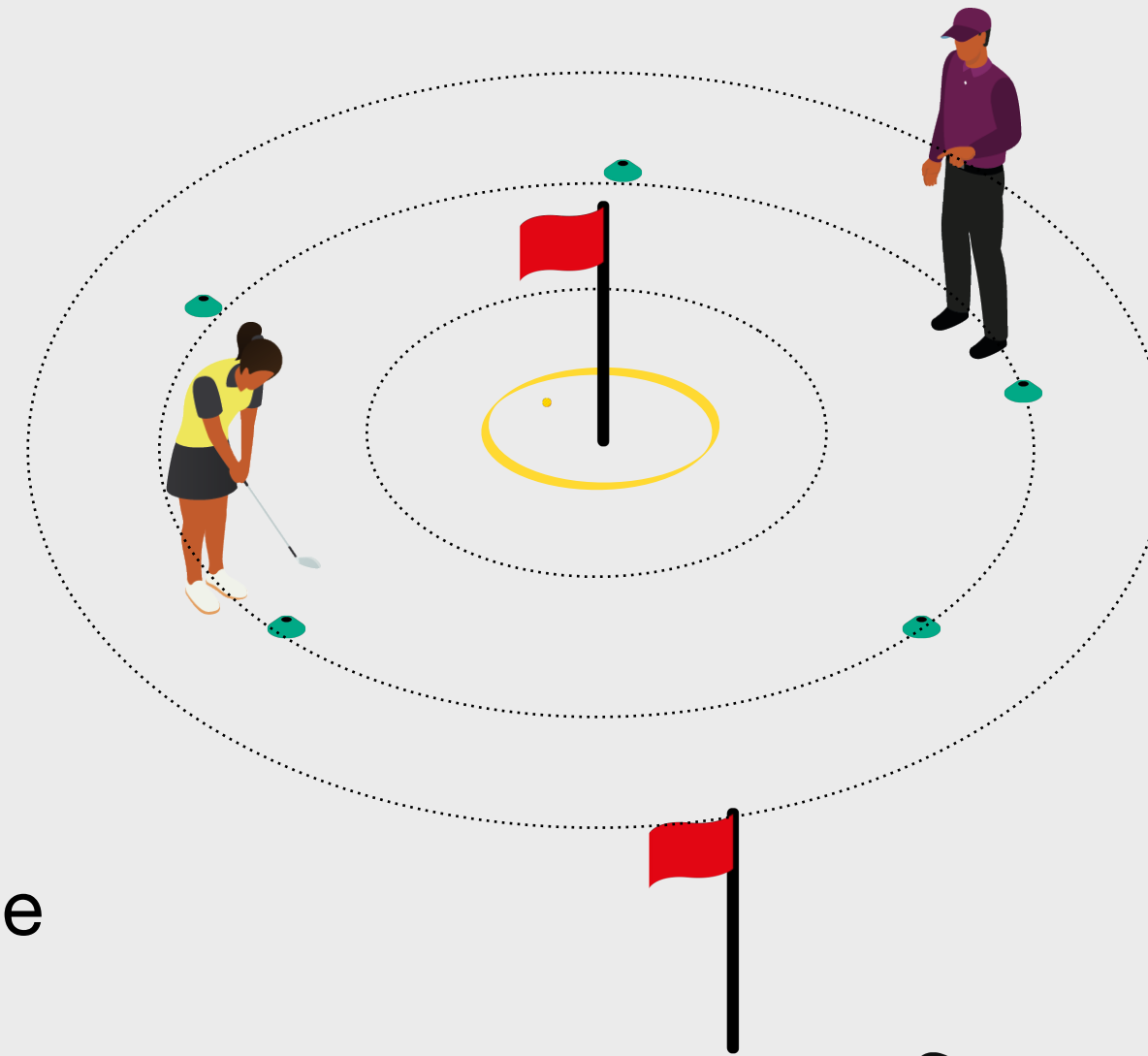
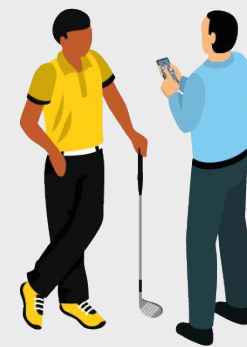
Learning the Game:
Different Formats

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 Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning	Swing Length Ladder Long Putts Ladder
5 Mins	Learning the Game Focus	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"> Playing and Scoring - Different Formats
15 Mins	Games, Practice and Challenge Time	Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning	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 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 Whole golfer online resource Learning the game online resource

Practice on the Green Class Layout and Setup

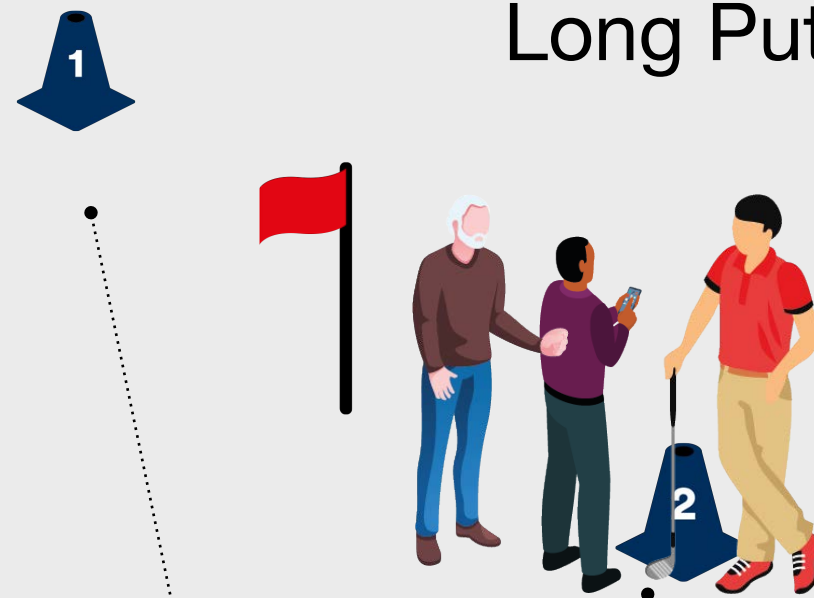
Station 1:
Short Putts Challenge



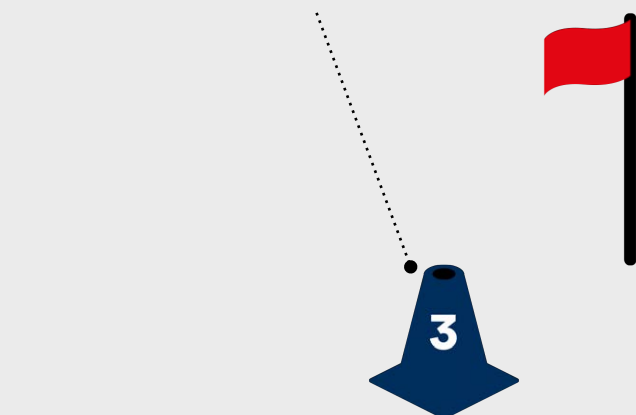
Station 6:
Secondary Skill
Swing



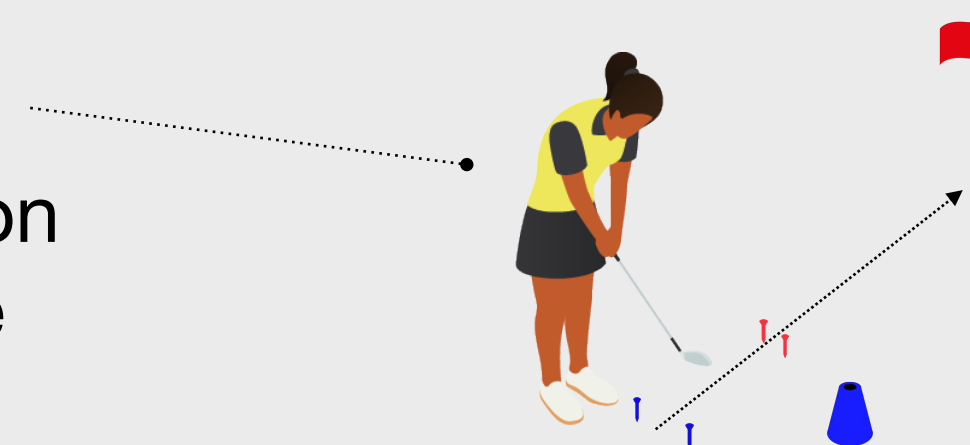
Station 2:
Long Putts Challenge



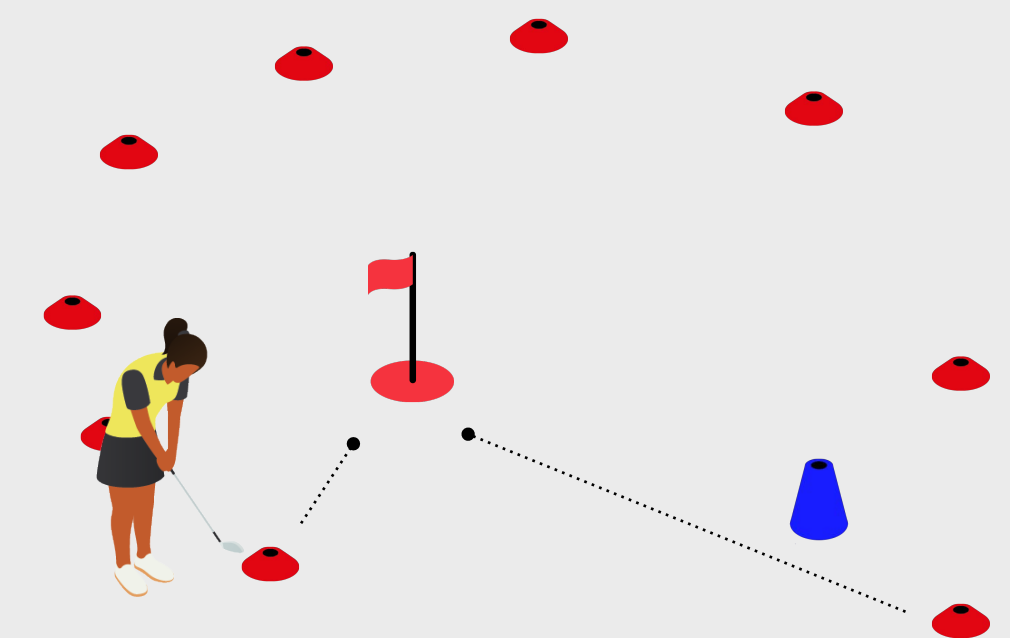
Station 3:
Scoring Challenge



Station 4:
Practice Station
Centred Strike

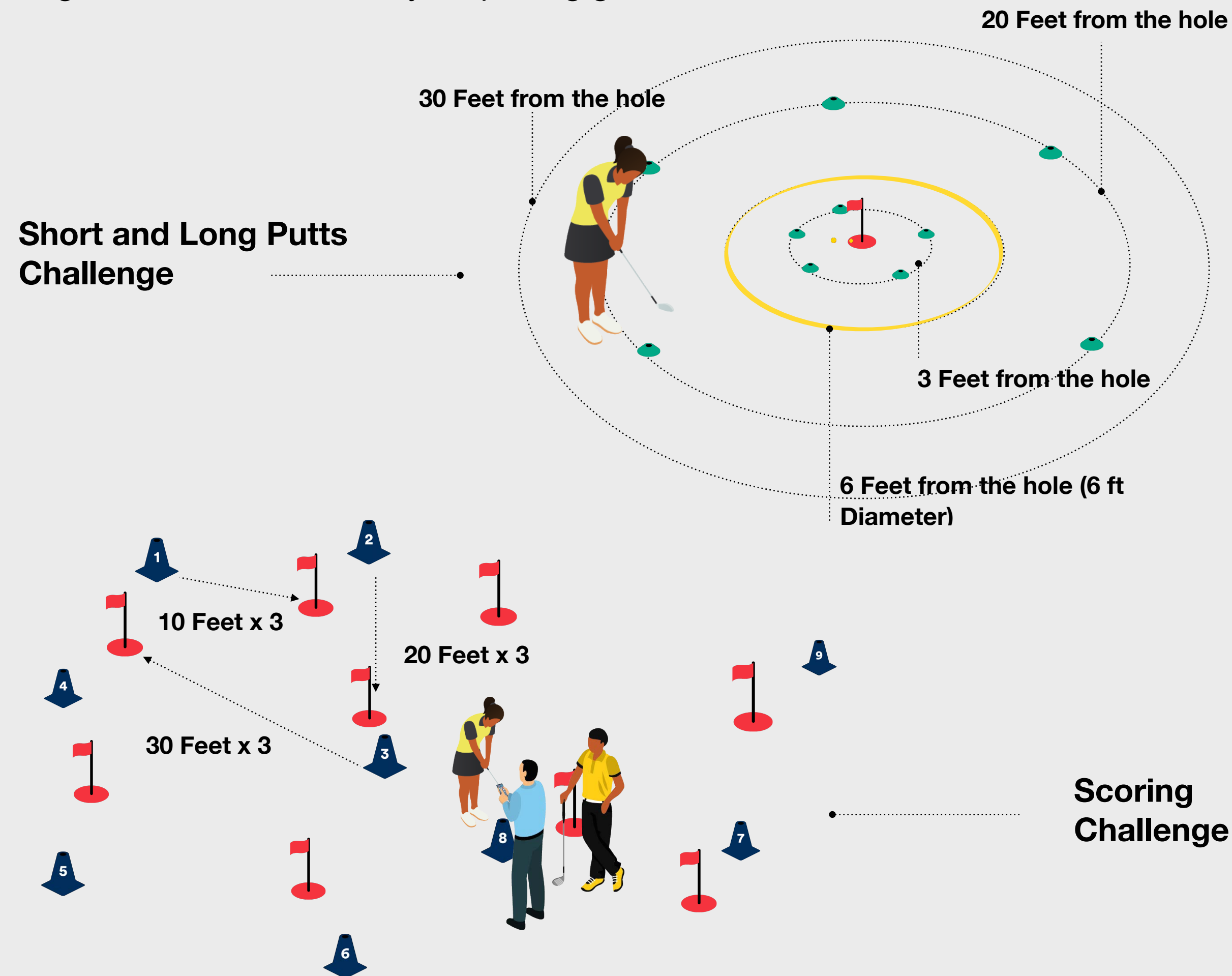


Station 5:
Game Station
Spiral Challenge



On the Green Challenges Layout and Set Up

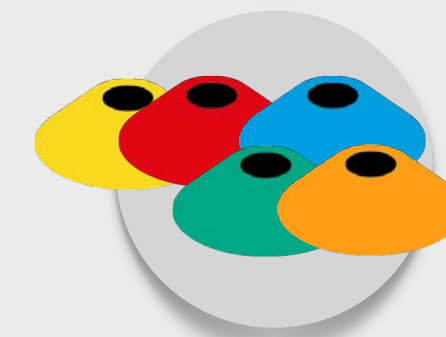
The graphic below provides an example of how each of the challenges connect together when laid out on your putting green:



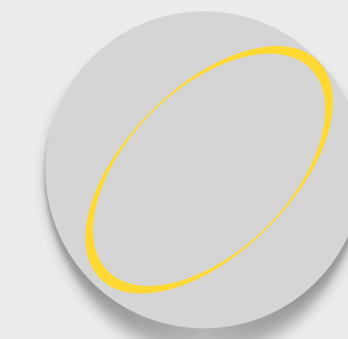
Please find below a list of the equipment you require for these challenges:



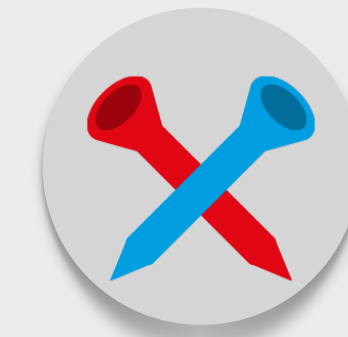
Numbered Putting Cones



Mixed Colored Cones

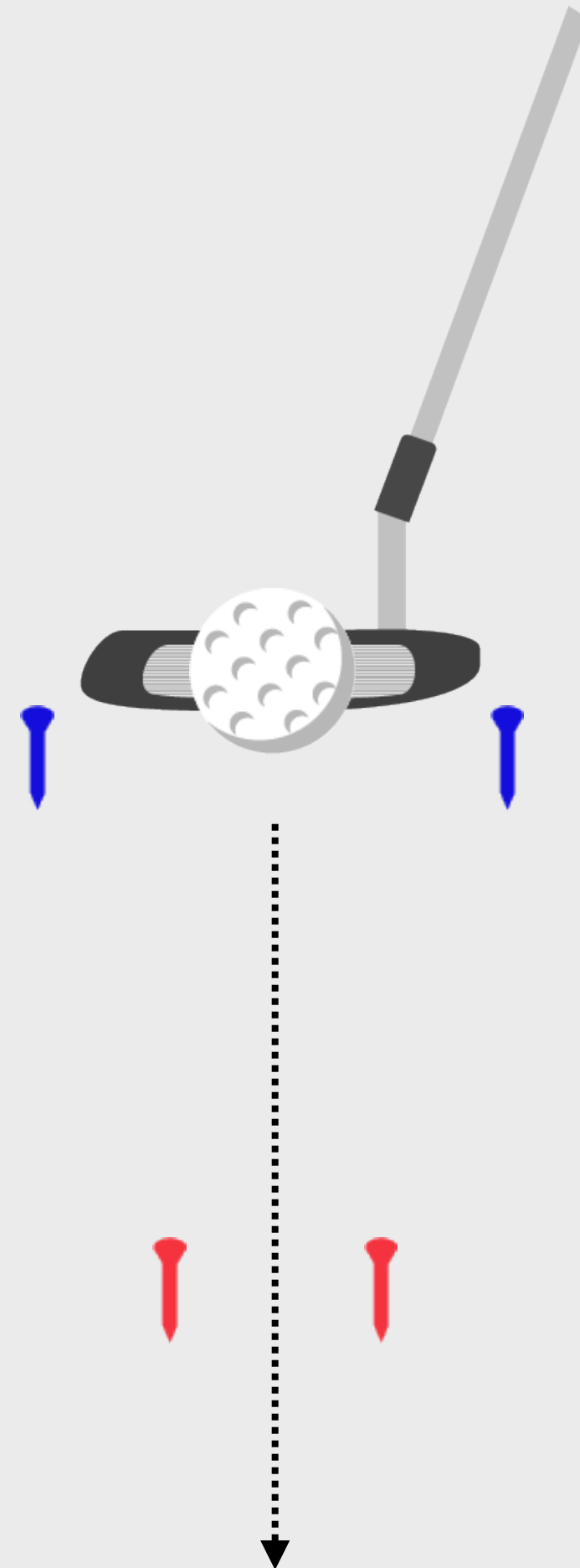
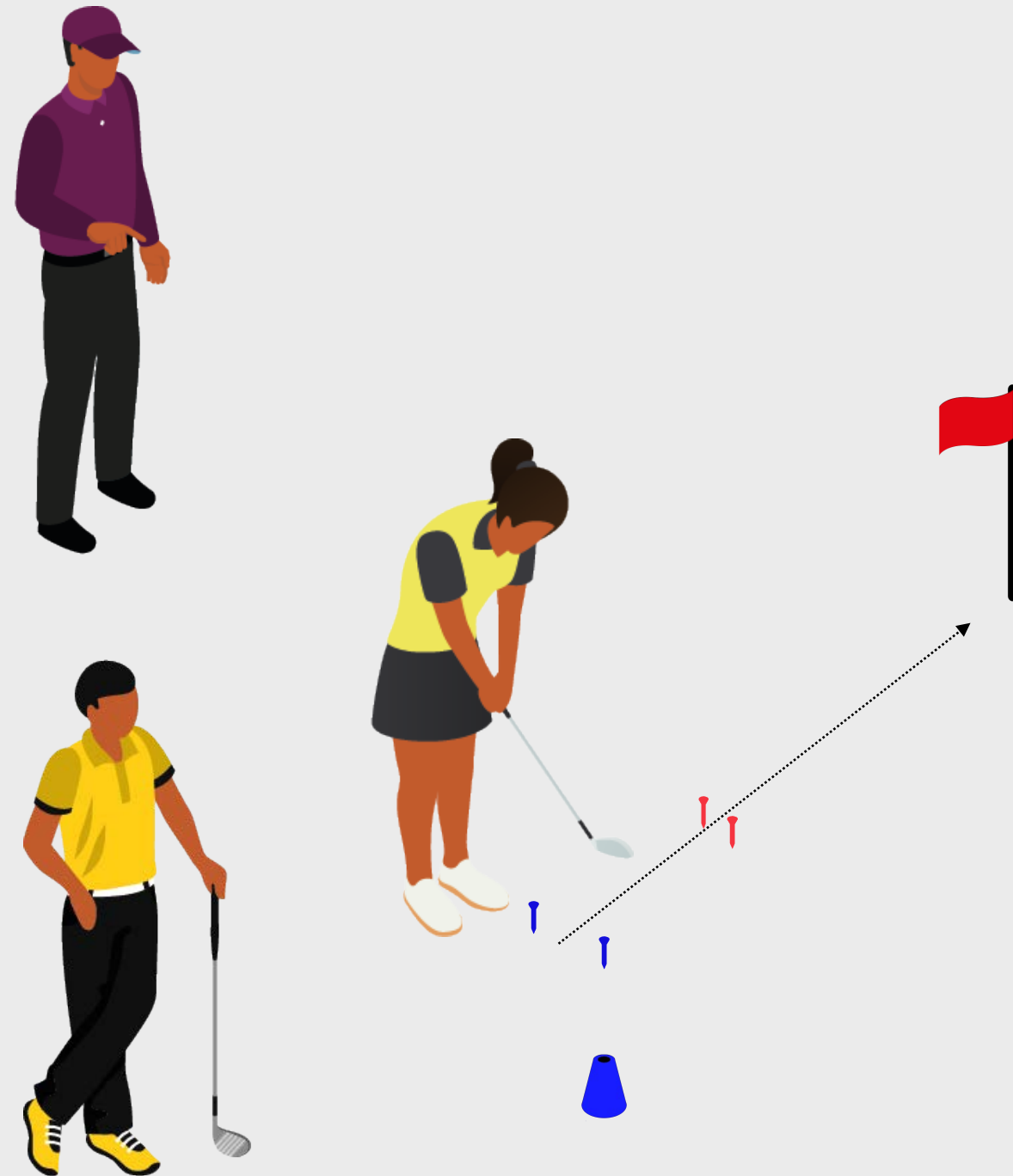


6 ft diameter hoop



Tee Pegs

Centered Strike



Equipment Needed

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

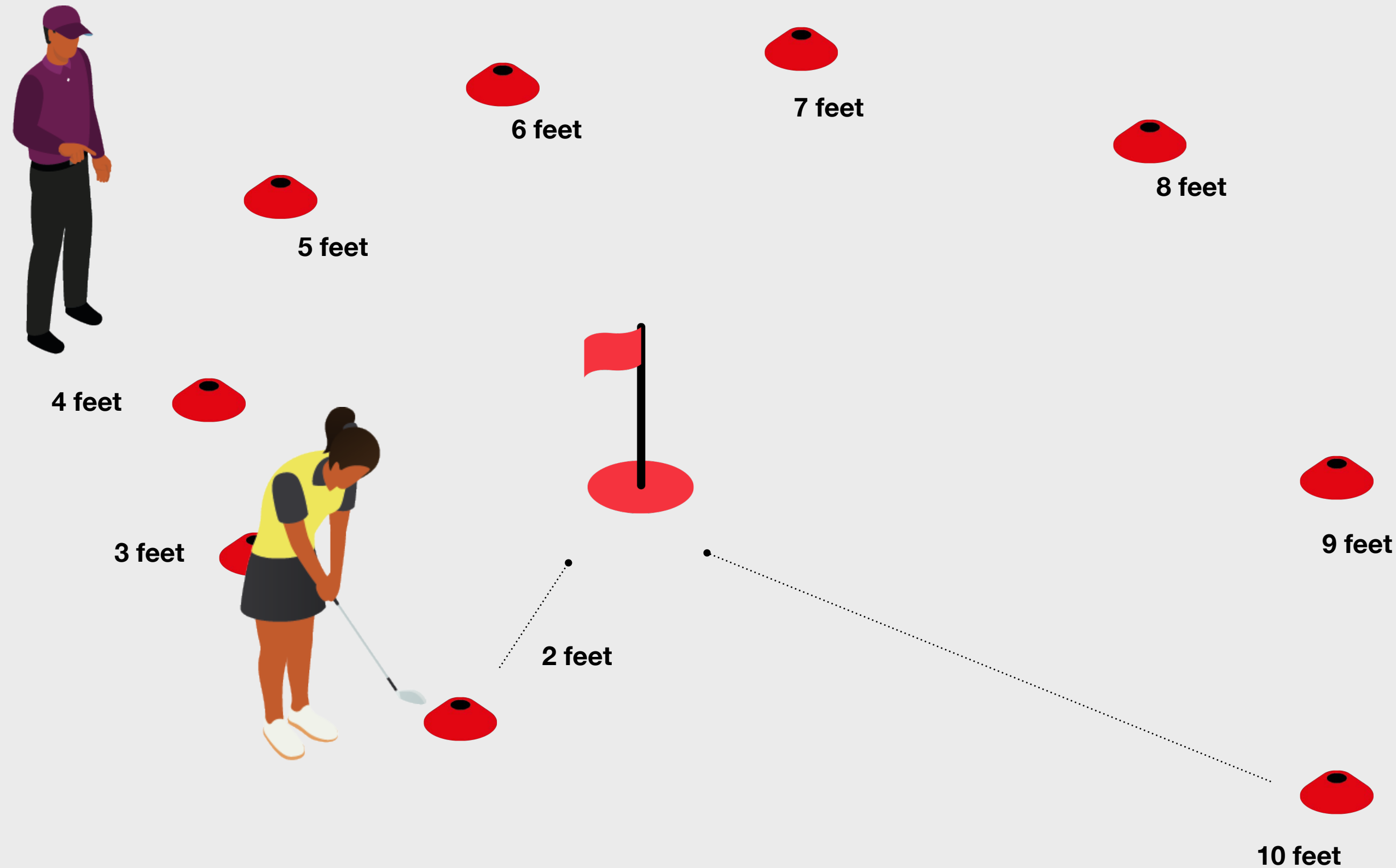
How to Practice

- 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

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:

Strategy and Management

Help the learner to develop a strategy for how to play a golf hole. Identify potential hazards and risks and develop strategies to mitigate this. Allow the learner to manage a golf hole and play to their strengths.

Allow the group to experience some different scoring formats. Introduce matchplay, strokeplay, stableford.

Highlight the importance of understanding their own game and which areas of the game they need to improve in order to improve their score.



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:

Don't Run Out of Steam

Outline to the learners the importance of nutrition in golf and particularly when playing a round on the golf course.

Discuss that some rounds of golf can burn as many as 2,000 calories. If they haven't consumed enough calories, golfers become tired and are far more likely to make bad decisions and mistakes.

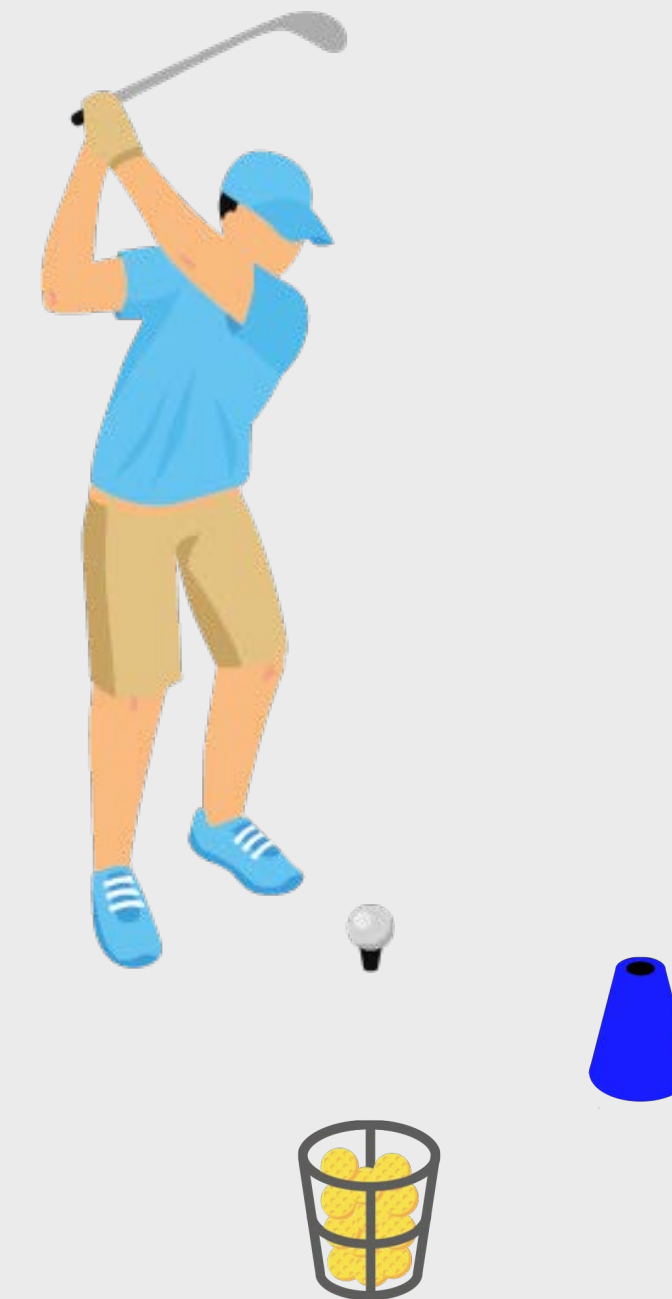
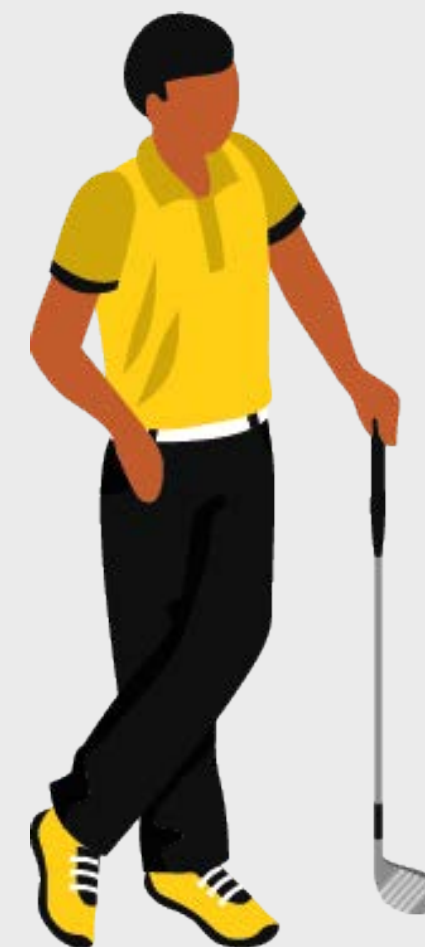
Identify some good food and snacks that learners can eat whilst out playing golf.



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.



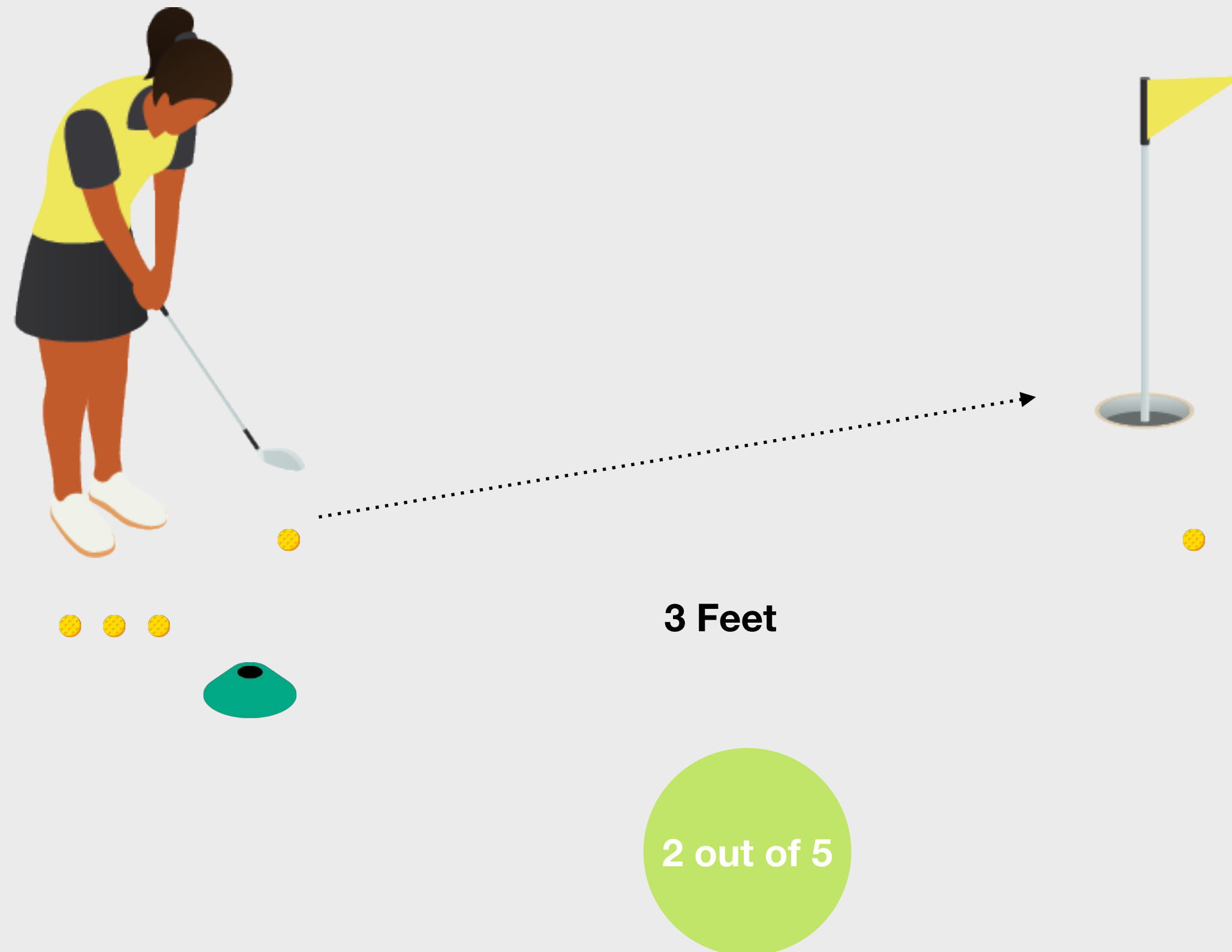
Skill Challenges



Level 1



Short Putts Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to putt 2/ 5 balls in the hole from 3 feet on a flat green surface from one position around the hole.

What should the Learner do next?

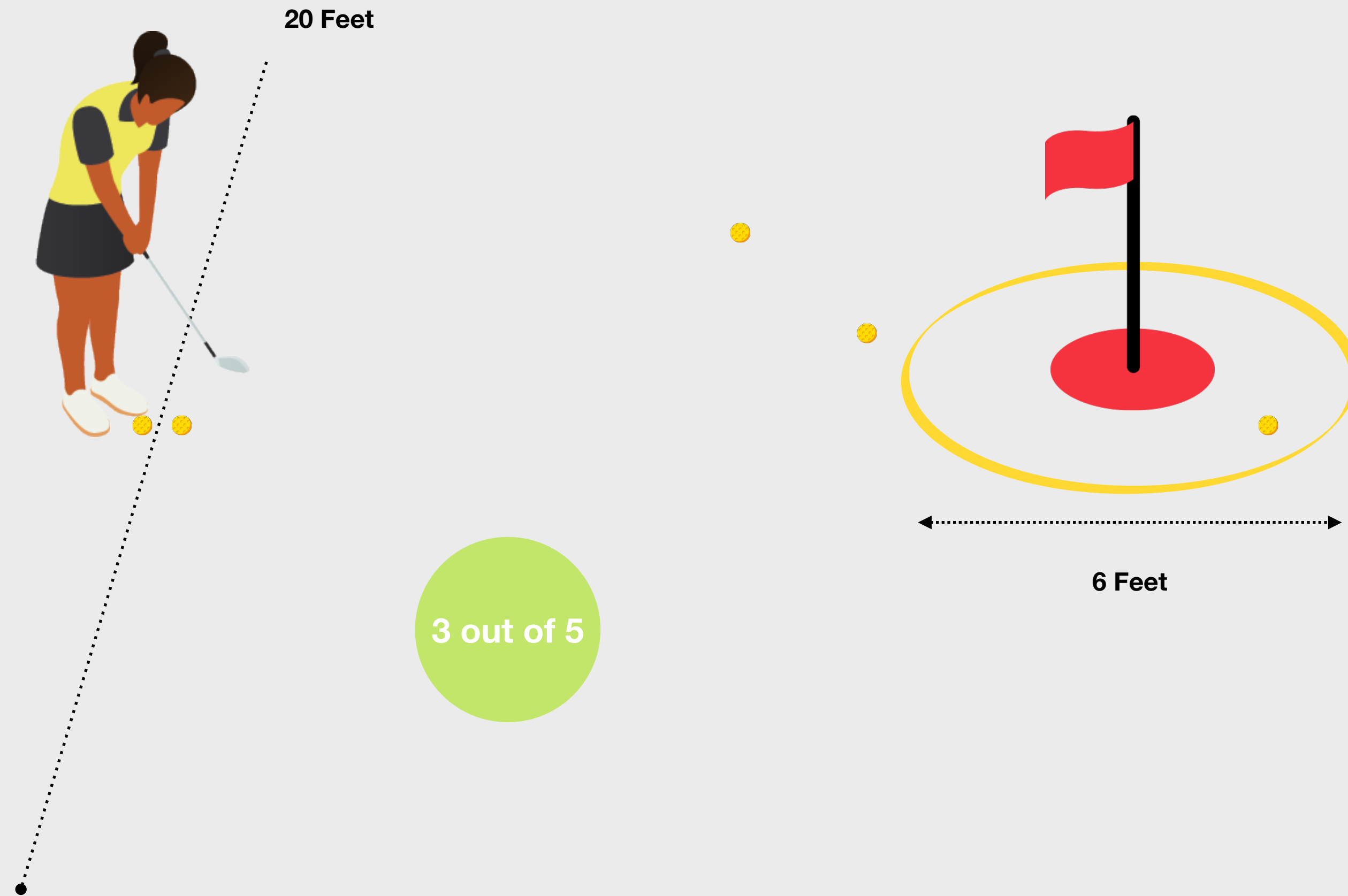
After attempting the challenge, the learner should:

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

Short Putts



Long Putts Challenge



The Challenge

To complete the Level 1 Challenge within the Long Putts skill element, the Learner has 5 attempts to putt 3 balls to within a 6 foot diameter circle around the hole from a single position 20 feet from the hole.

What should the Learner do next?

After attempting the challenge, the learner should:

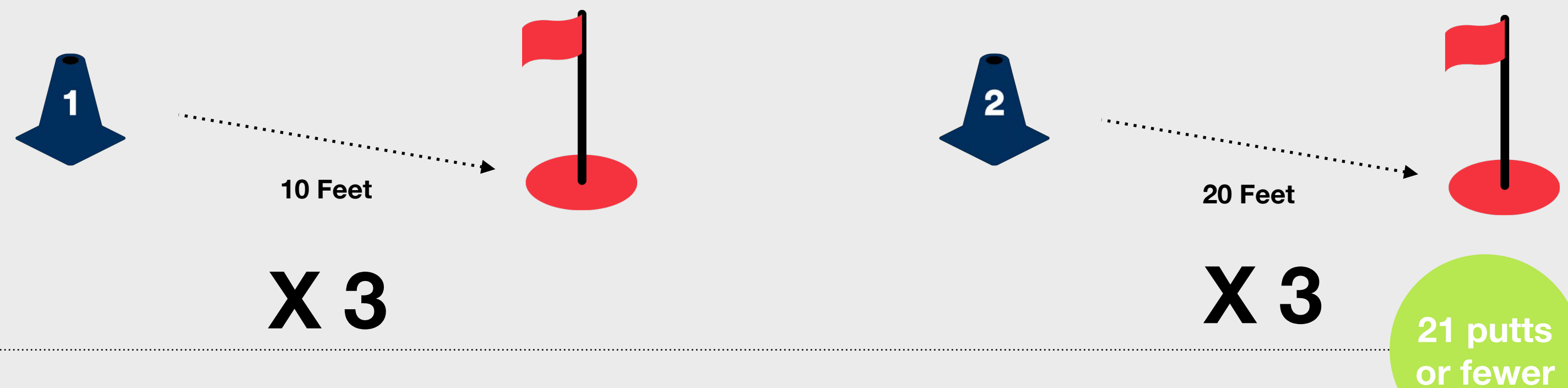
- Log their score on the GLF.Connect App
- If they complete the challenge, mark it as complete in the Challenge Section

Long Putts

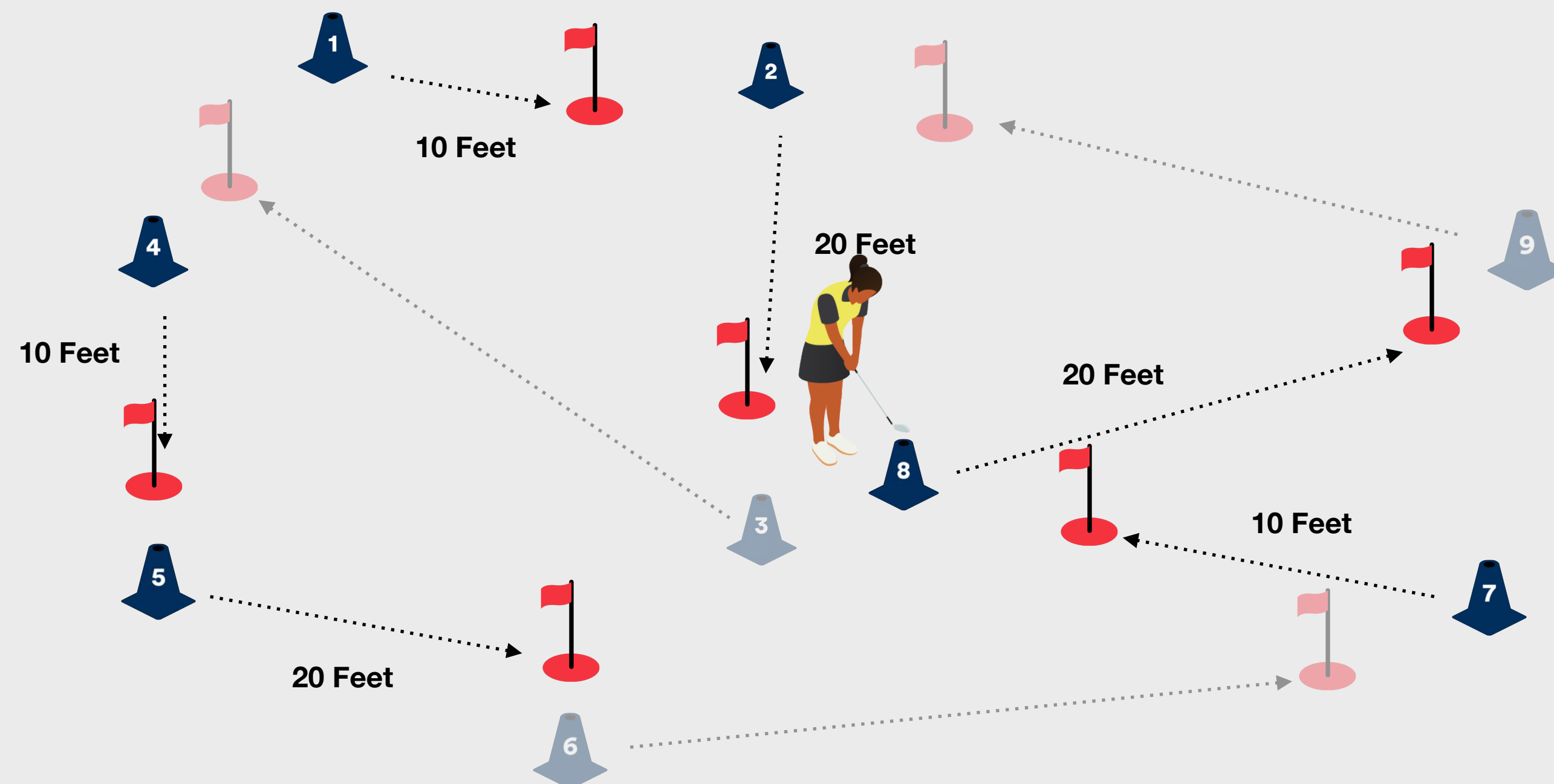


Scoring Challenge

Option 1



Option 2



The Challenge

To complete the Level 1 Challenge within the Scoring skill element, the learner needs to score 21 putts or fewer over 6 holes on the putting green starting 10 feet away on 3 holes and 20 feet away on 3 holes.

What should the Learner do next?

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

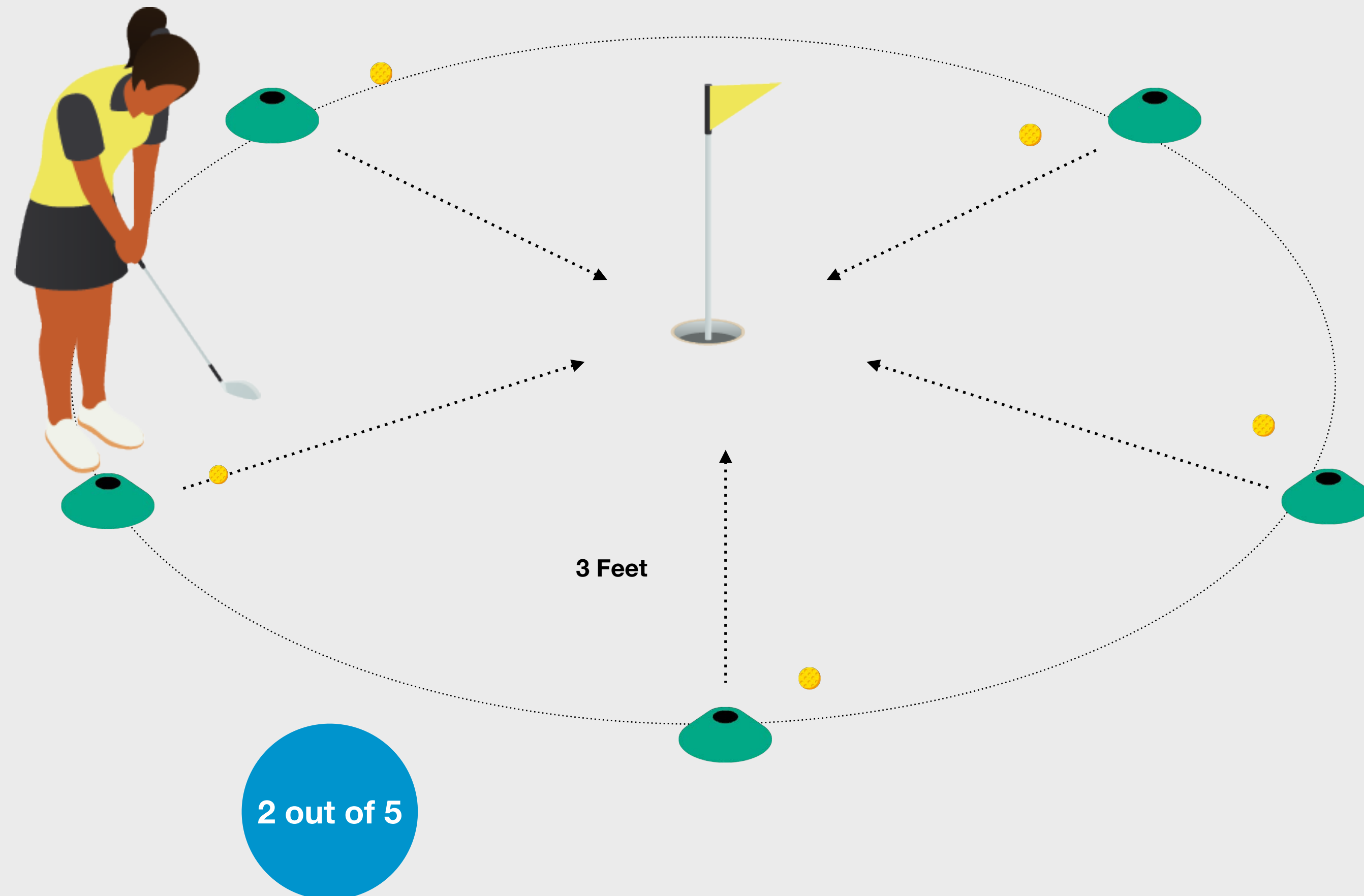
Scoring



Level 2



Short Putts Challenge



The Challenge

To complete the Level 2 Challenge the learner needs to hole 2 out of 5 putts from a distance of 3 feet from 5 different positions around the hole.

What should the Learner do next?

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

Short Putts



Long Putts Challenge



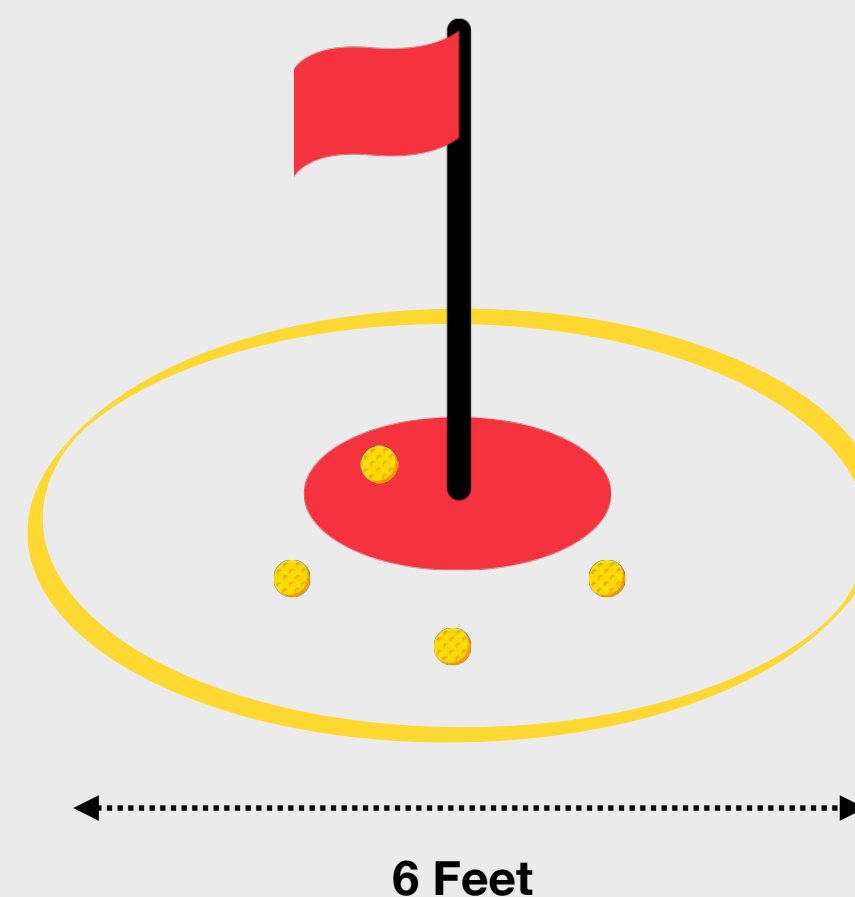
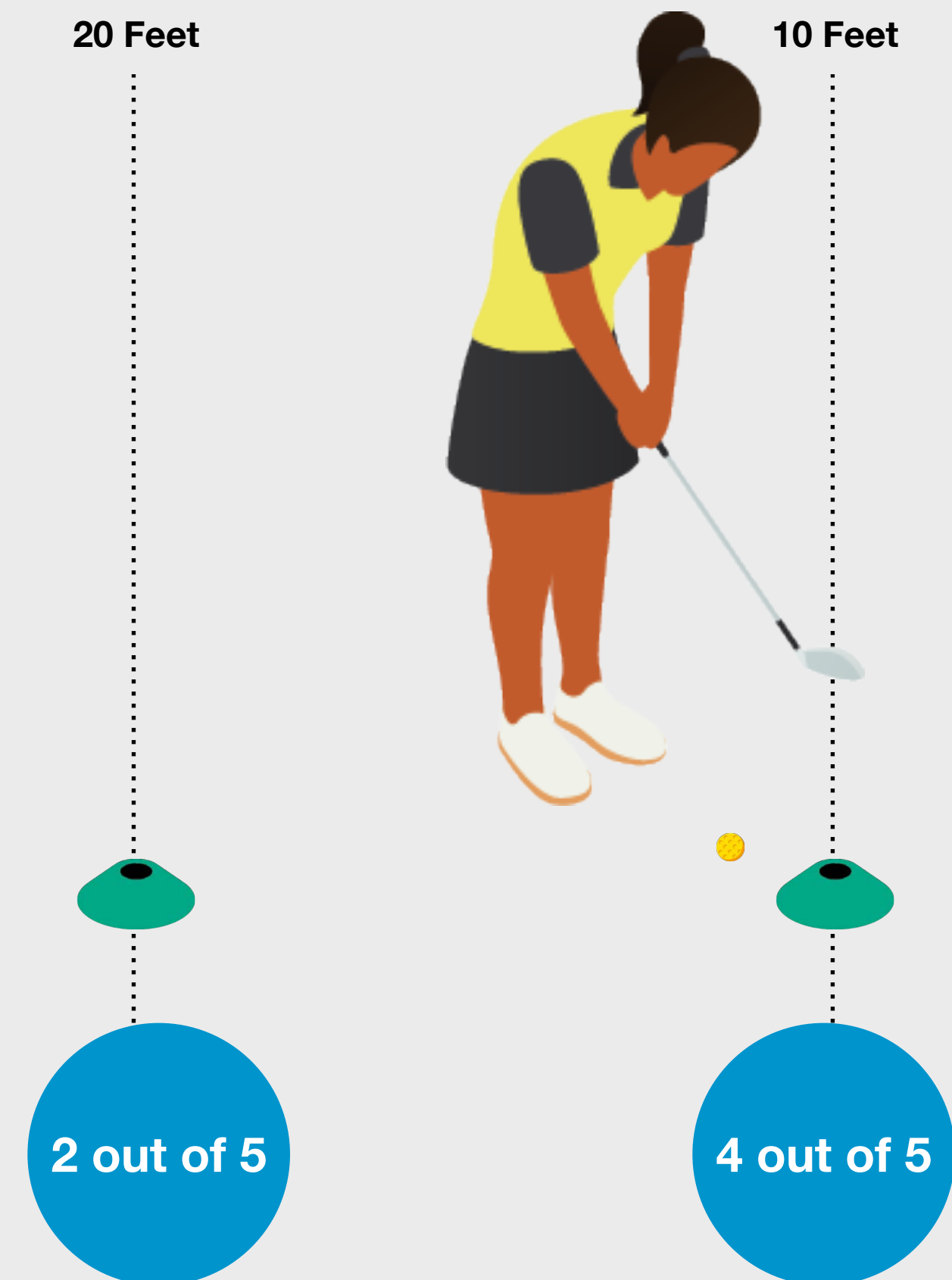
The Challenge

To complete the Level 2 Challenge within the Long Putts skill element, the Learner has 5 attempts to putt 4 ball to within a 6 foot diameter circle around the hole from a 10 feet from the hole and 2 balls from a distance of 20 feet from the hole.

What should the Learner do next?

- Log their score on the GLF.Connect App
- If they complete the challenge, mark it

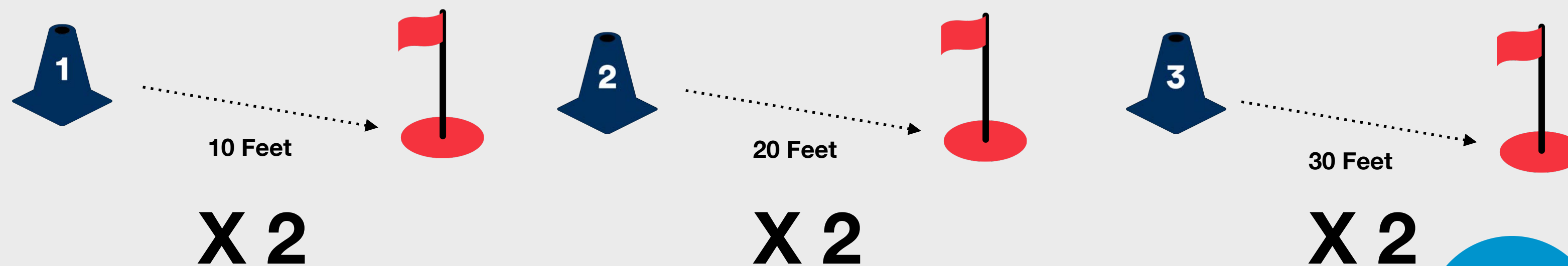
Long Putts



Scoring Challenge

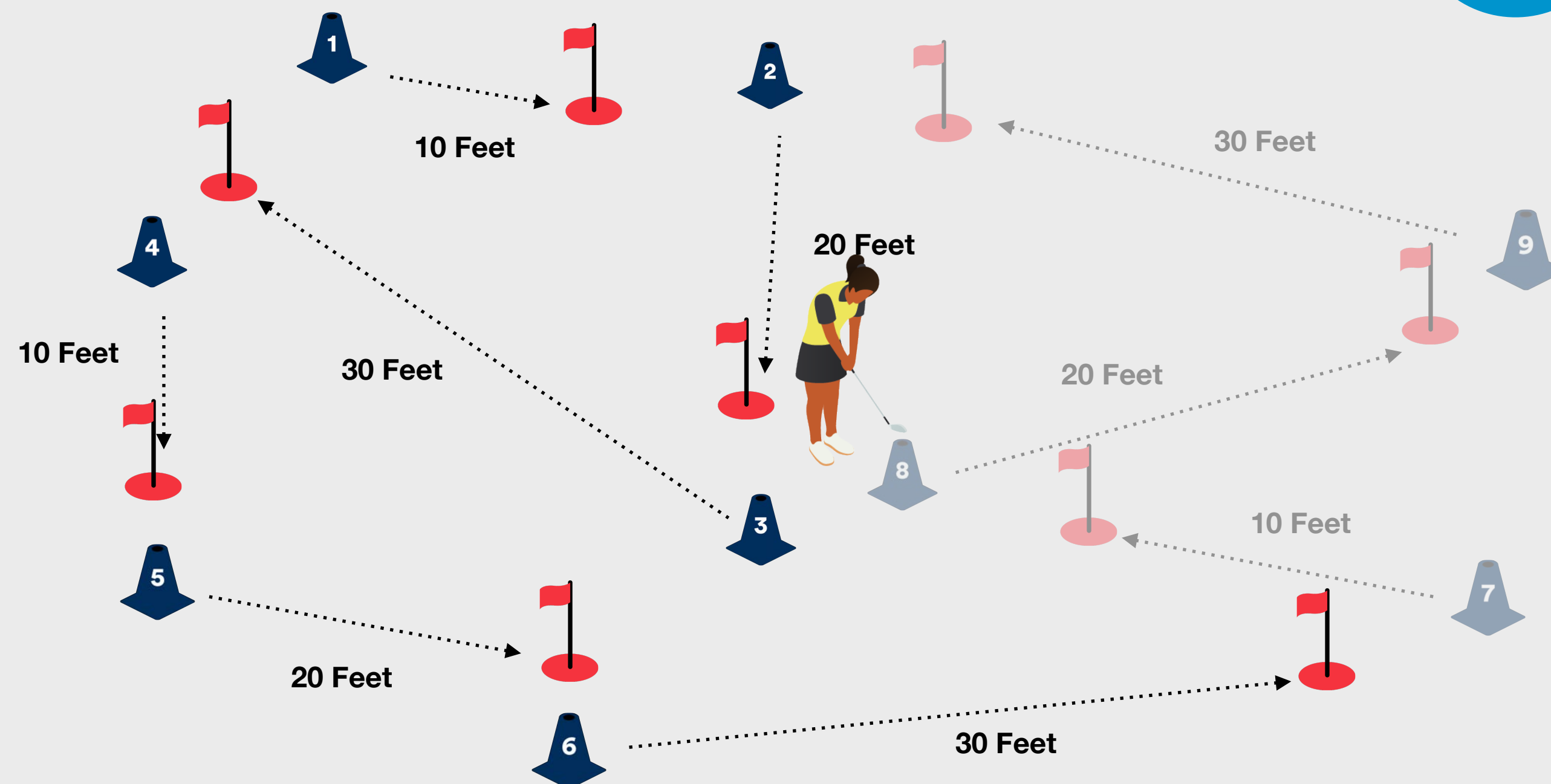


Option 1



18 putts or fewer

Option 2



The Challenge

To complete the Level 2 Challenge within the Scoring skill element, the learner needs to score 18 putts or fewer over 6 holes on the putting green starting 10 feet away on 2 holes, 20 feet away on 2 holes and 30 feet away on 2 holes.

What should the Learner do next?

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

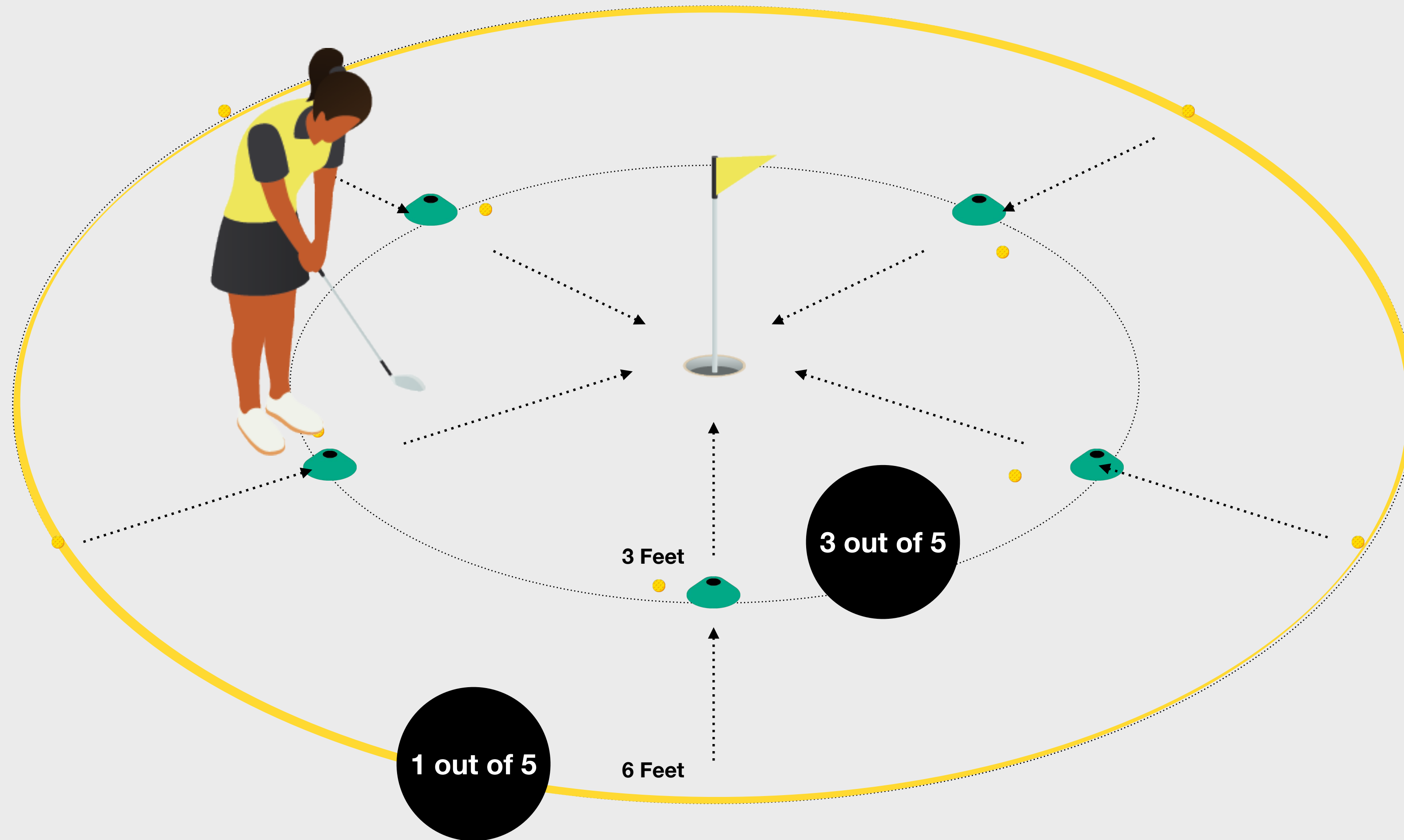
Scoring



Level 3



Short Putts Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to hole 3 out of 5 putts from a distance of 3 feet and 1 out of 5 putts from 6 feet from 5 different positions around the hole.

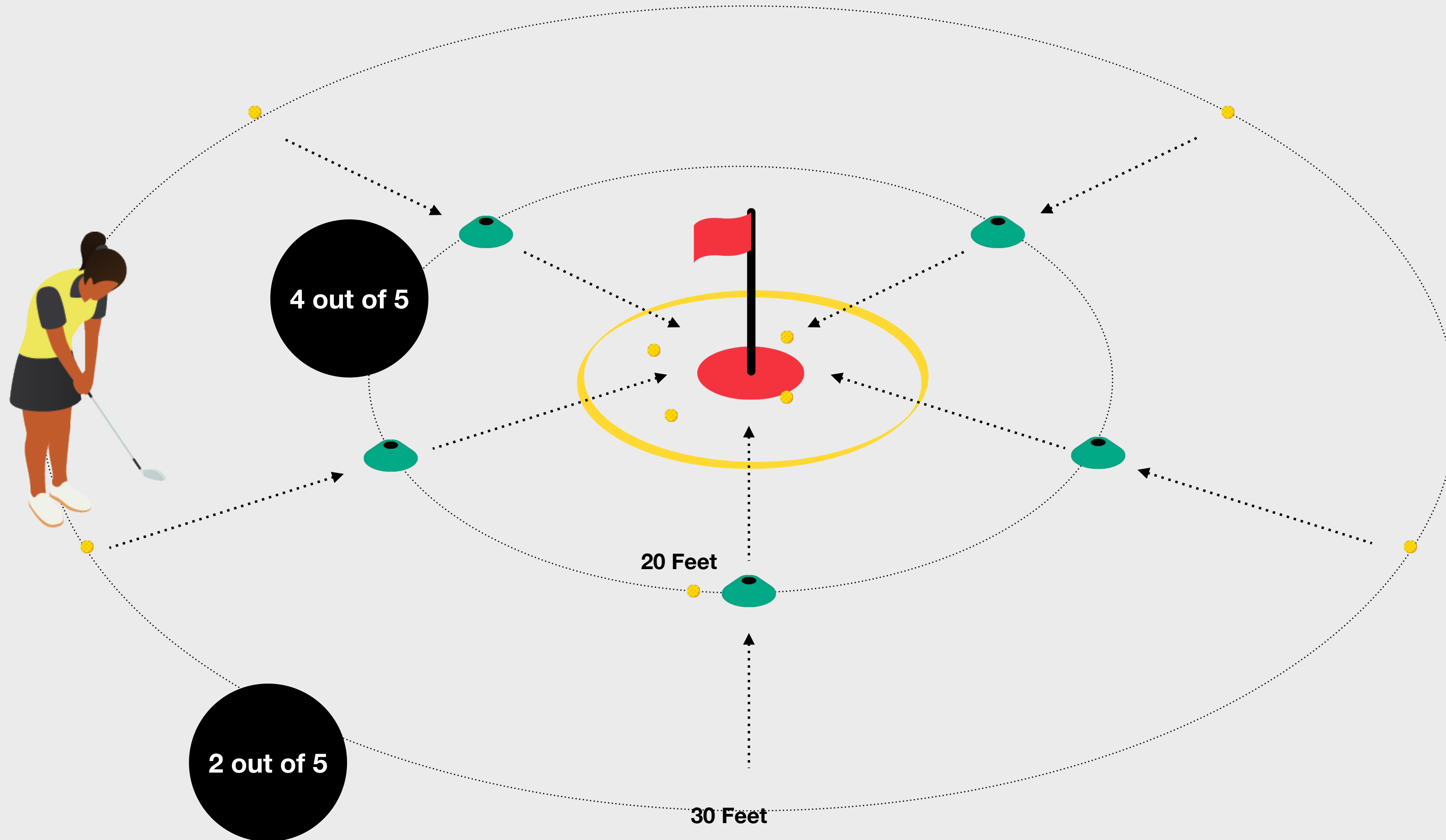
What should the Learner do next?

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

Short Putts



Long Putts Challenge



The Challenge

To complete the Level 3 Challenge within the Long Putts skill element, the learner needs to putt 4 balls from a distance of 20 feet and 2 balls from a distance of 30 feet to within a 6 foot diameter circle around the hole. One putt should be attempted for each position around the hole.

What should the Learner do next?

- Log their score on the GLF.Connect App
- If they complete the challenge, mark it

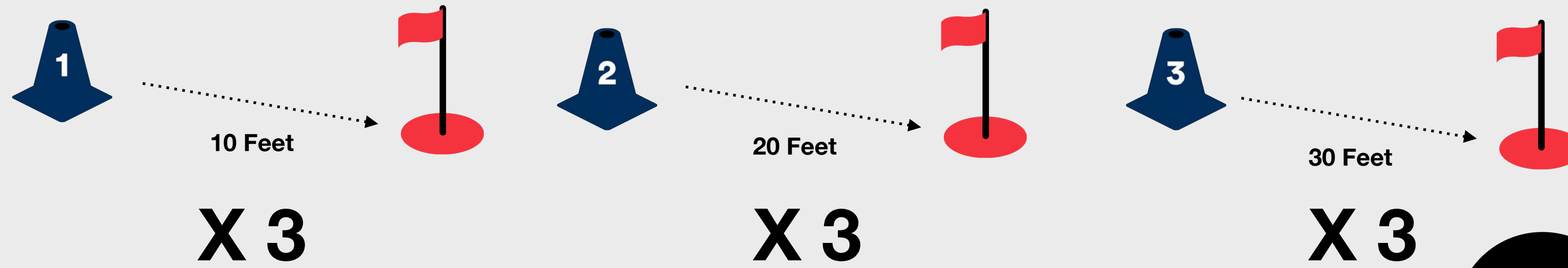
Long Putts



Scoring Challenge

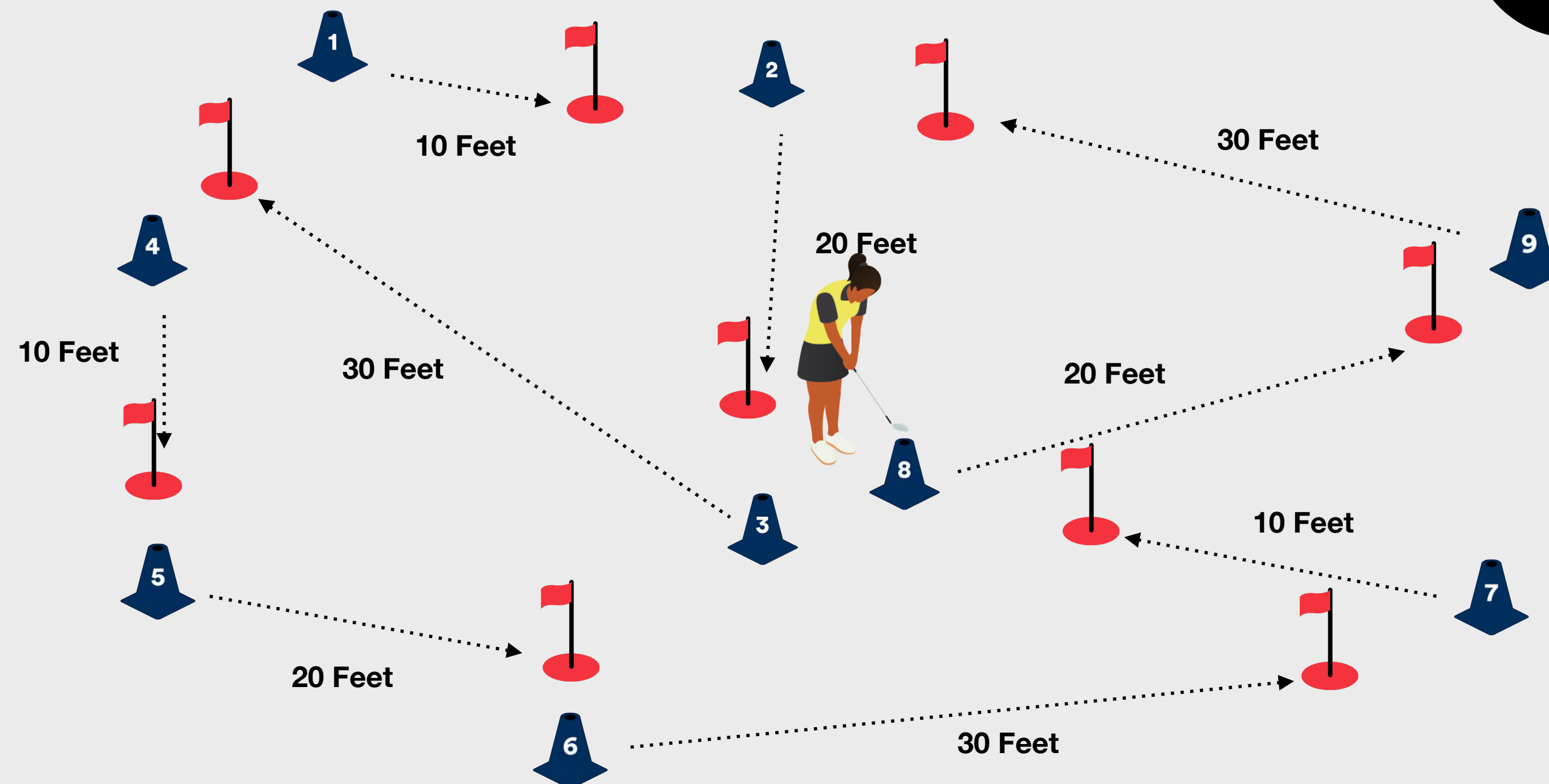


Option 1



21 putts or fewer

Option 2



The Challenge

To complete the Level 3 Challenge within the Scoring skill element, the learner needs to score 18 putts or fewer for 9 holes on the putting green, playing 3 holes at a starting distance of 10 feet, 3 holes at a starting distance of 20 feet and 3 holes from a starting distance of 30 feet from the hole.

What should the Learner do next?

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

Scoring

