

Swing - Uneven Lies

Monday, January 9th - Sunday, January 15th



GAMEON
GOLF DEVELOPMENT

Class Timetable

Session Length:
60mins

Group Size:
1:8

Mastering the Game:
Swing
Uneven Lies

Online Whole Golfer Resource
Body
Hydration and Increase Stamina

Learning the Game Focus:
Playing and Scoring
Practice Swings - How Many?

Time	Focus	Class Content	Games / Drills / Resource
5 mins	Introduction	<ul style="list-style-type: none"> Objectives - Introduce techniques that can help to improve short putts Introduce the Learning the Game and Whole Golfer focus Introduce the Technical Guidance for the class Explain how to play the games and attempt the practice station activities 	<ul style="list-style-type: none"> Practice Swings Hydration
40 Mins	Mastering the Game	<ul style="list-style-type: none"> Learners play the games individually, in pairs or groups Opportunity for private coaching 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station
10 mins	Challenges and Recap	<ul style="list-style-type: none"> Outline the relevant challenges students need to complete for this skill Recap Mastering the Game and Learning the Game Focus from the session 	<ul style="list-style-type: none"> Iron Play
5 Mins	myGame Tracking	<ul style="list-style-type: none"> Update notes and challenges in the GLF. Connect App 	<ul style="list-style-type: none"> GLF. Connect myGame App

Technical Guidance

Swing - Awkward Lies

The technical guidance we are prescribing is to be delivered as you see fit, use your experience and be sure to link your technical advice to how this will help learners to improve the key skills of:

1. Playing from different slopes

Suggested technical guidance might include hitting from four different slopes. Uphill, downhill, ball below feet and ball above feet. Things to consider are ball position, spine angle and swing shape.

2. Playing from different lengths of grass

Suggested technical guidance might include how hitting from different grass lengths will affect the contact on the ball. Things to consider are ball position, attack angle and swing direction.





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.



Class Layout and Setup

The graphic opposite provides an example image of how we suggest you manage your group on the range or practice hole so that the uneven lies activity can be delivered in a safe, fun and engaging manner:

- Choose a place on the practice facility where you can discuss and demonstrate each uneven lie.
- Allow learners the opportunity to practice the different shots if you are able to do this safely on the practice facility.
- Encourage your learners to play regularly so they can practice these shots and play them competently out on the course.



Uphill Lie



Equipment Needed

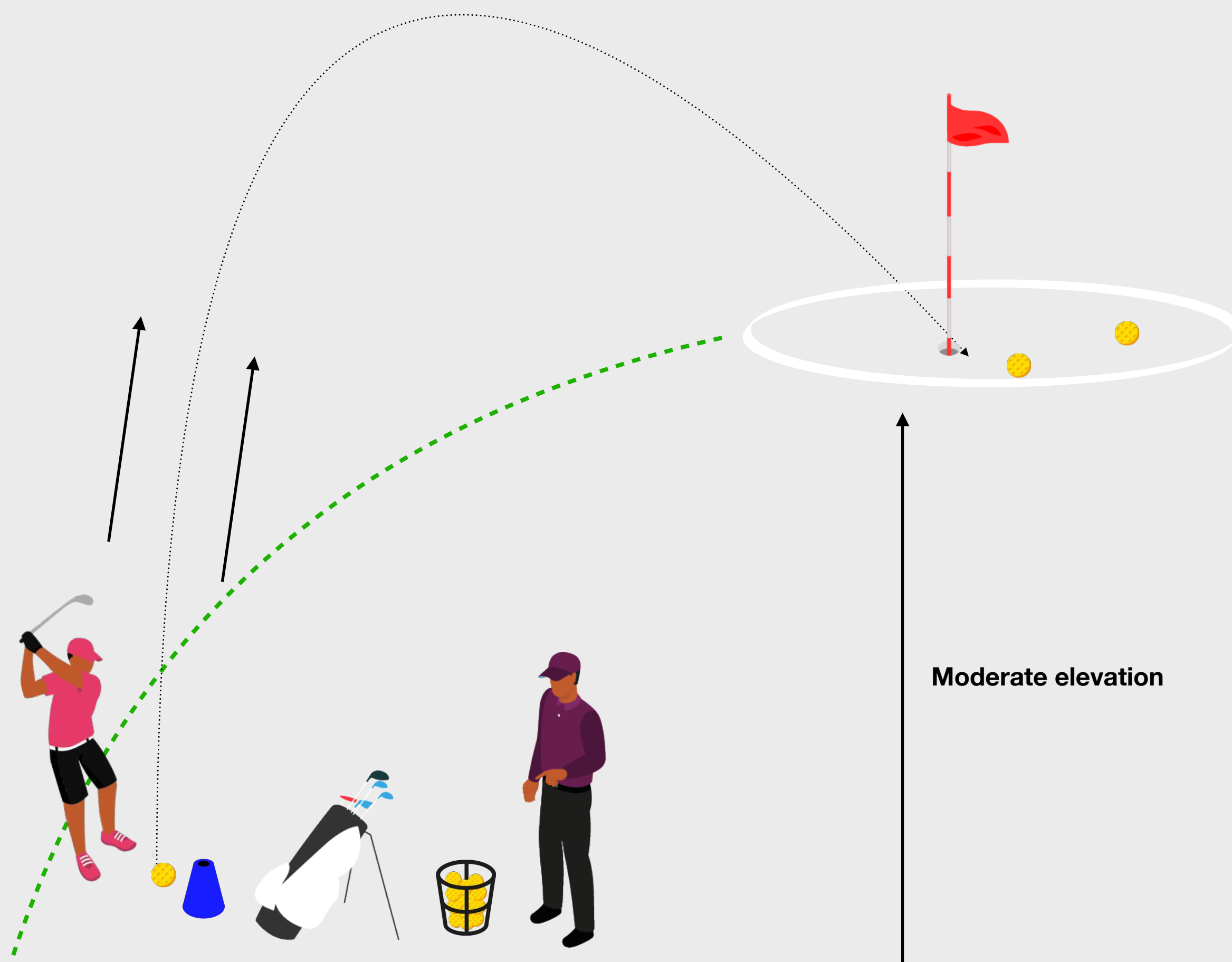
- Uphill shot on course or on range
- Irons
- Golf Balls

How to Practice

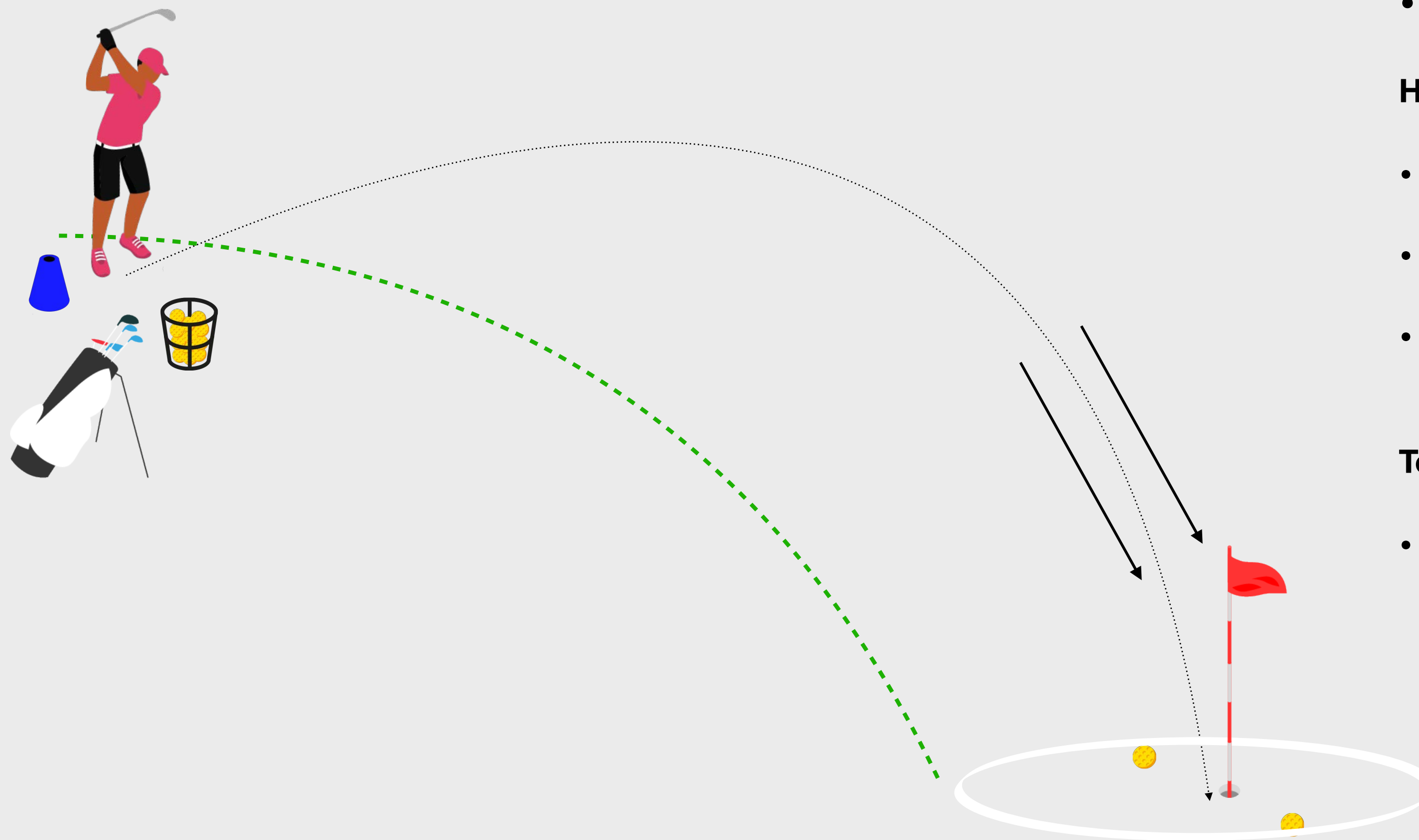
- Learners should understand how an uphill lie will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how an uphill lie will shorten the shot because of the additional height
- Explain to the learner how to adjust their technique and also to change club to allow for the change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the learner how these changes will affect their result



Downhill Lie



Equipment Needed

- Downhill shot on course or on range
- Irons
- Golf Balls

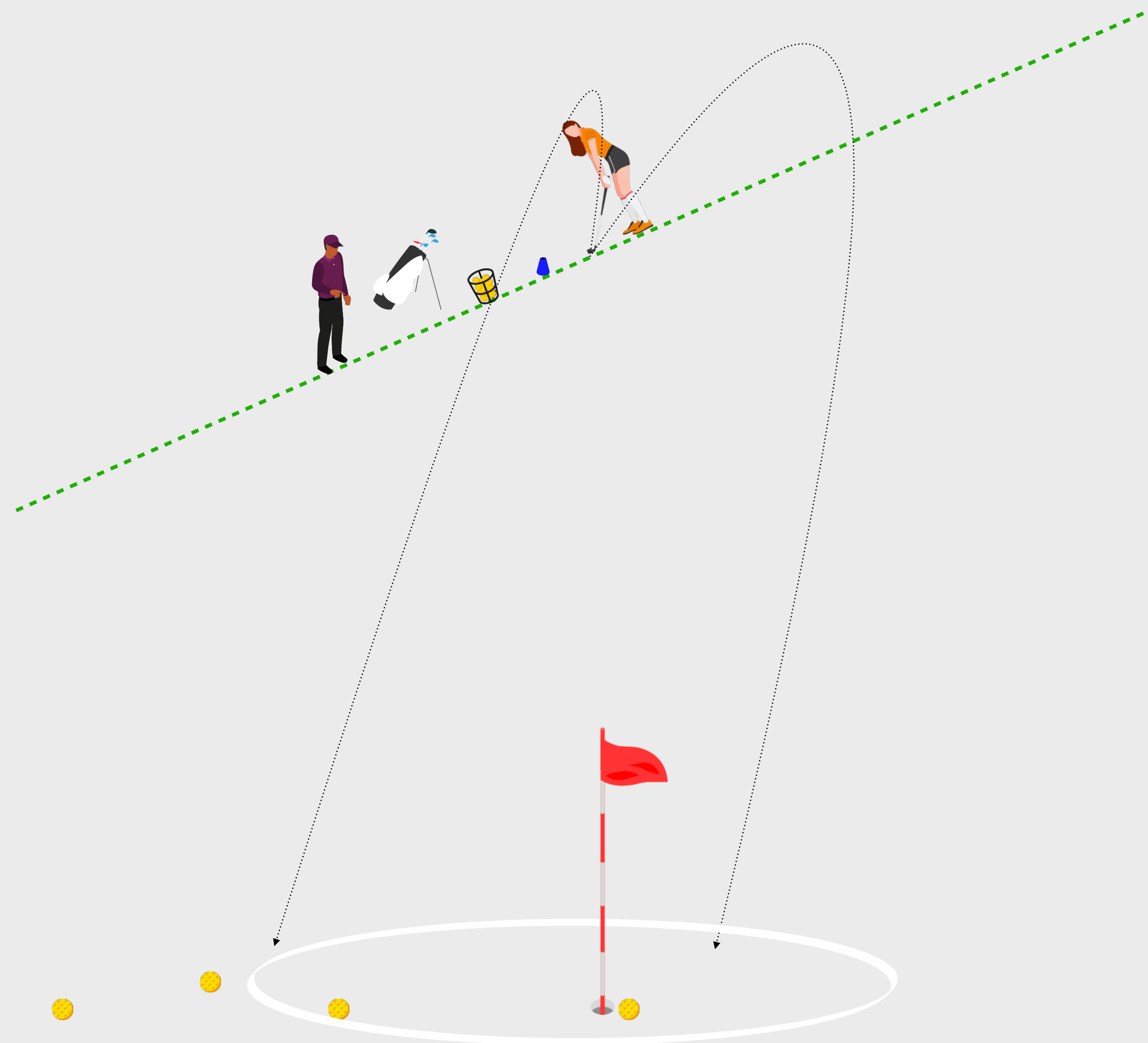
How to Practice

- Learners should understand how a downhill lie will effect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how a downhill line will add length to the shot because of the angle of the terrain
- Explain to the learner how to adjust their technique and also to change club to allow for the change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the learner how these changes will affect their result.

Ball Below Feet



Equipment Needed

- Side slope shot on course or on range with ball below the learners feet
- Irons
- Golf Balls

How to Practice

- Learners should understand how a shot with ball below their feet will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how having the ball below your feet will make the ball go to the right for a right handed golfer
- Explain to the learner how to adjust their technique and also to change club to allow for the potential change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the learner how these changes will affect their result

Ball Above Feet



Equipment Needed

- Side slope shot on course or on range with ball above the learners feet
- Irons
- Golf Balls

How to Practice

- Learners should understand how a shot with ball above their feet will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how having the ball above their feet will make the ball go to the left for a right handed golfer
- Explain to the learner how to adjust their technique and also to change club to allow for the potential change in distance

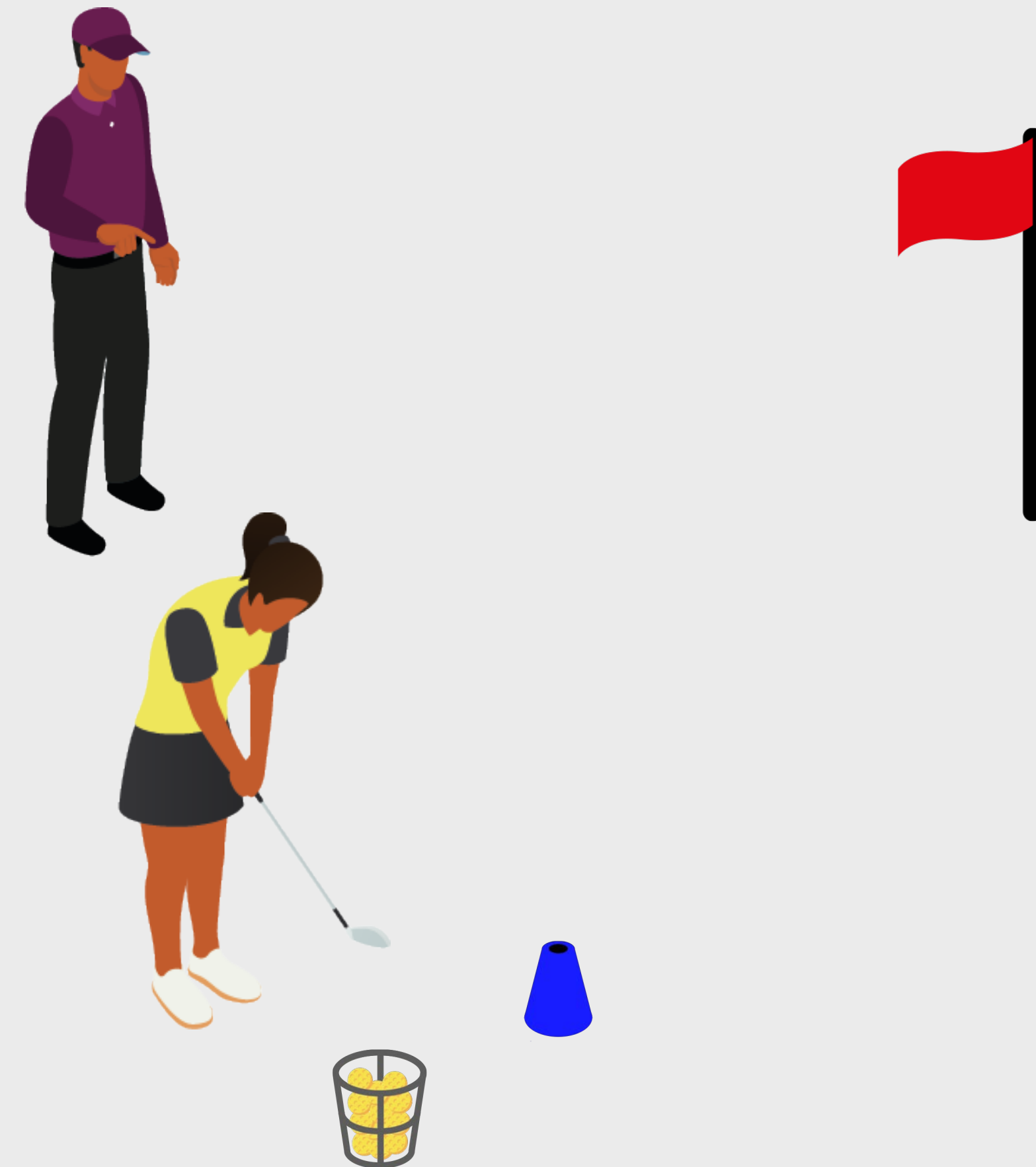
Technical Link

- By making adjustments to the setup and club selection explain to the learner how these changes will affect their result

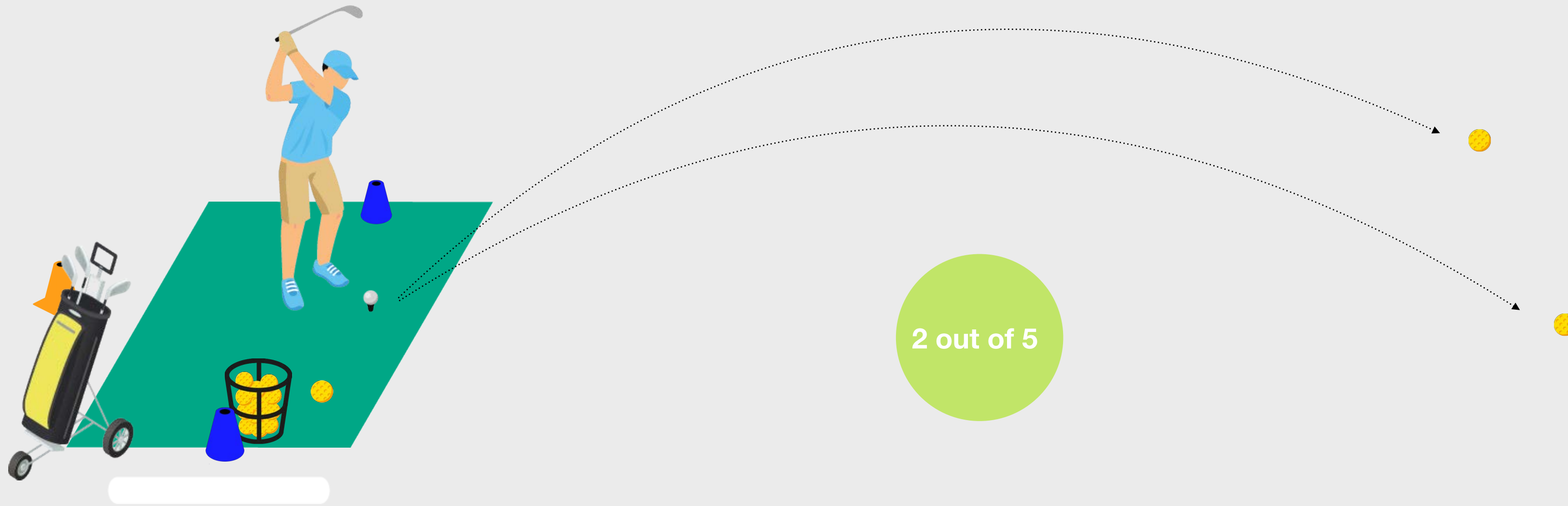
Secondary Skill

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 their skills in the bunker.



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.

Equipment you Need

The equipment you will need for this challenge:

- Golf Balls

What should the Learner do next?

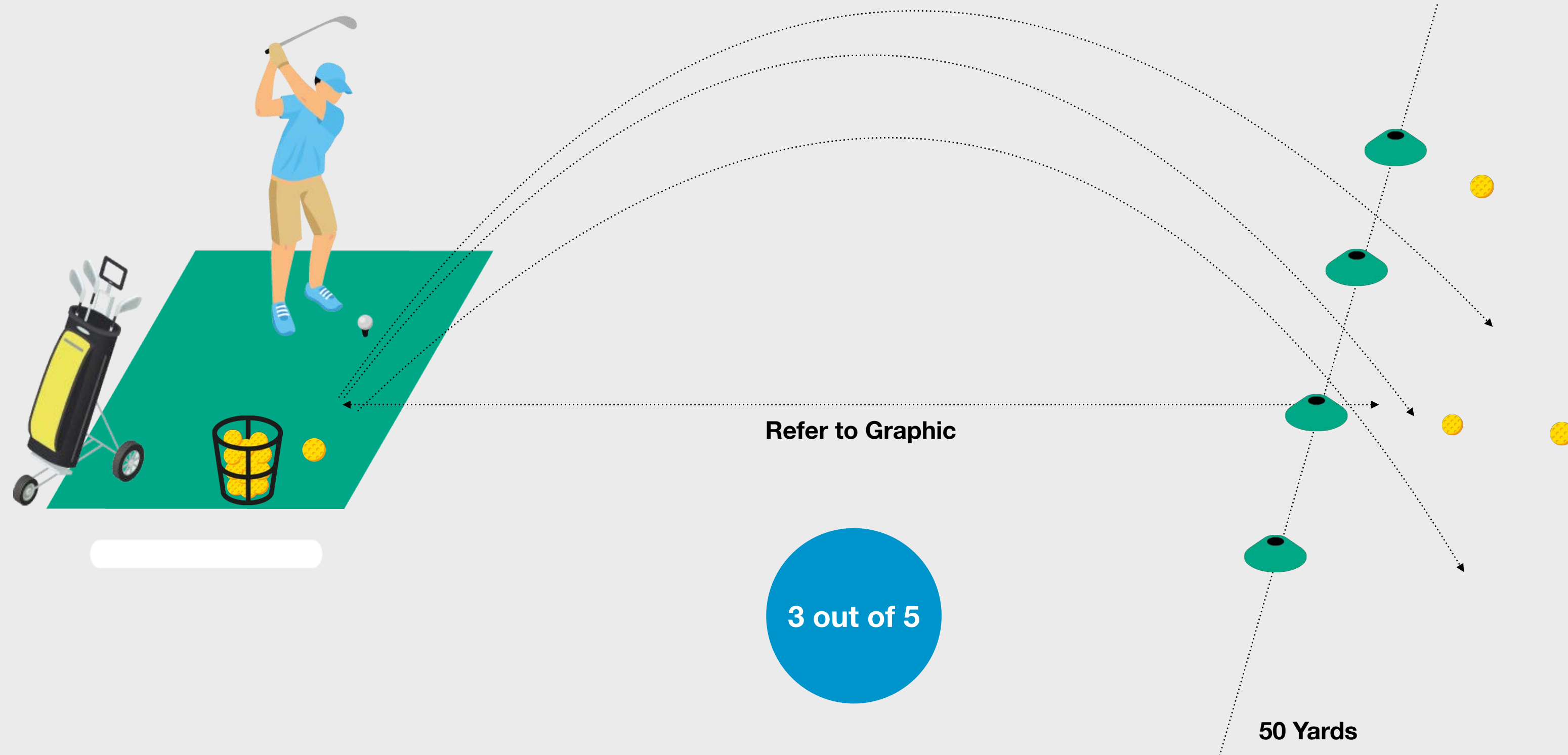
After attempting the challenge, the learner should:

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

Irons



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.

Equipment you Need

The equipment you will need for this challenge:

- Cones to mark the carry line
- Golf Balls

What should the Learner do next?

After attempting the challenge, the learner should:

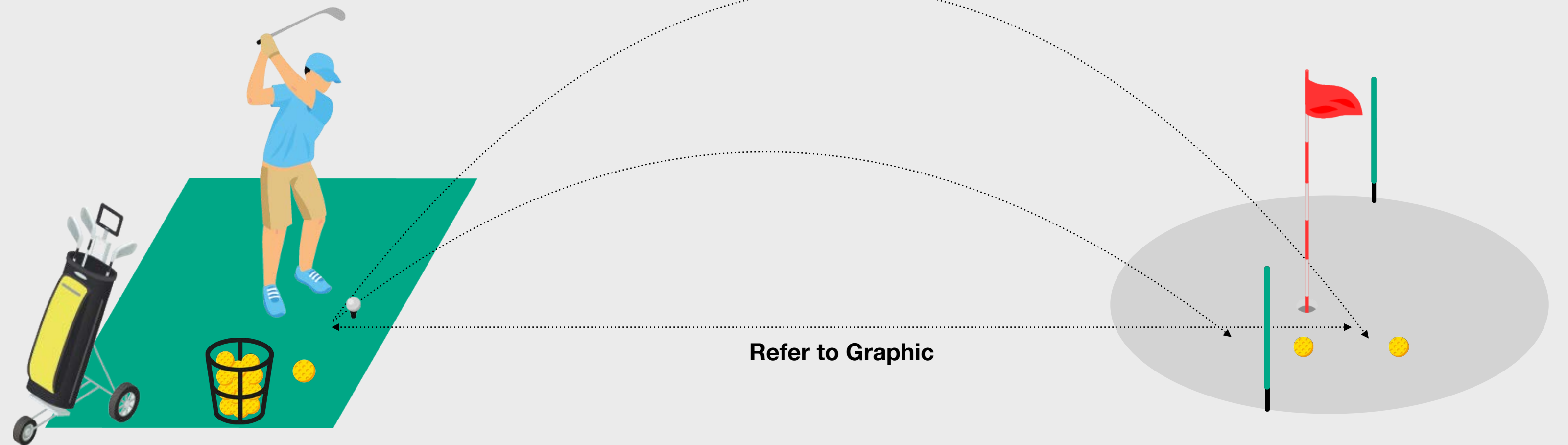
- Log in to the GLF.Connect App
- If they complete the challenge, mark it as complete in the Challenge Section

Irons



Iron Challenge

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



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).

Equipment You Need

The equipment you will need for this challenge:

- Alignment Sticks to mark the target gates for the green width
- Foam noodles to make the gate more visible
- Colored cones to mark the green perimeter
- Golf Balls

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

Irons

