

Around the Green - Step 2

Contact and Distance in Chipping



GAMEON

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Class Timetable

Class Timetable

Session Length: 60mins

Mastering the Game Focus:
Swing
Introduction to Swing

Online Whole Golfer Resource
Fit for Golf

Learning the Game Focus:
Aim of the Game
Equipment Requirements

Time	Class Content	Games / Drills / Resources
15 Mins Prior	Setup and Welcome	
5 mins	Introduction	
40 Mins	Mastering the Game	<ul style="list-style-type: none"> The aim of the game Overview of equipment
10 mins	Challenges and Recap	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill
5 Mins	myGame Tracking	<ul style="list-style-type: none"> Iron play challenge
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> GLF Locker / Game App

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Class Timetable - Contact and Distance in Chipping

Session Length: 90mins	Group Size: 1:8	Mastering the Game Focus: Around the Green Contact and Distance in Chipping	Whole Golfer Focus: Body Injury Prevention	Learning the Game Topic: Rules & Etiquette	Learning the Game Focus Rules and Etiquette Around the Green	Mastering the Game Challenge: Chipping Challenge
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Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations of your preference and the challenges for the specific class. Be ready to welcome participants 5 minutes before the session starts 	<ul style="list-style-type: none"> Class Layout and Setup
10 mins	Introduction	<ul style="list-style-type: none"> Outline the technical focus for the class Introduce the Learning the Game or Whole Golfer focus Explain how to play the games and attempt the practice station activities Explain how to attempt the Mastering the Game Challenges if applicable 	<ul style="list-style-type: none"> Rules and Etiquette Around the Green Injury Prevention
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<ul style="list-style-type: none"> Learners play the games individually, in pairs or in groups Opportunity to provide private coaching to learners Learners may attempt the Mastering the Game challenges independently or socially 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station Mastering the Game Challenges
5 Mins	Learning the Game and Whole Folder Focus	<ul style="list-style-type: none"> Get the group together to introduce the Learning the Game or Whole Golfer focus Opportunity to engage in group discussion and questions 	
30 Mins	Mastering the Game Independent and Social Practice Challenges and Recap	<ul style="list-style-type: none"> Learners play the games individually, in pairs or in groups Opportunity to provide private coaching to learners Learners may attempt the Mastering the Game challenges independently or socially 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station Mastering the Game Challenges
10 Mins	MyGame+ Tracking on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the learner's Student Connect area Learners should be encouraged to mark their attendance at the Themed Class in the Journey to Club and Course Ready section of the MyGame+ area Encourage the learners to mark the challenge as complete for the Step they have attempted if they are successful within the Mastering the Game program wheel on the MyGame+ area 	<ul style="list-style-type: none"> MyGame+ on GLF. Connect App
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> Take time after the class has finished to actively connect new learners and build relationships. Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help 	<ul style="list-style-type: none"> GLF. Connect App

Class Objectives

8 Themed Class Plan

The Whole Golfer

Dispelling Myths in Putting

Provide an overview of the whole golfer theme and remind learners that they can access the content online to review and learn more about this topic.

The Whole Golfer theme this week is about dispelling myths. Some of the common misconceptions that learners have about the ability they need to get to in order to play the game with others need to be addressed early in their development in order to motivate and encourage them when they will inevitably come up against challenges in their learning experience.

Provide some key stats about the inconsistencies of top players to give some perspective to those new to the game:

Average putts made % on PGA Tour from 8 feet = 49%



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Technical Guidance

The technical guidance we are prescribing is to be delivered as you see fit, you should use your experience, preferences and be sure to link your technical advice to how this will help learners to improve the key skills of **Strike** at this stage. Some of technical content you may want to explore in this session may include:

- **Develop Setup with the Any Club** - Reiterate some of the basic setup concepts and introduce further fundamentals which may include:
 - Position of pressure through the feet at setup and how weight is distributed
 - Position of the sternum relative to the golf ball
 - Position of the shaft and handle at setup to encourage appropriate club head delivery
- **Further Develop the Chipping motion** - Reiterate some of the basic setup concepts and introduce further fundamentals which may include:
 - Discuss how pressure through the feet and weight is distributed during the chipping motion
 - Discuss how the position of the sternum is maintained during the chipping motion
- **Explore the concept of Landing Zones and Influence of Different Club Types:**
 - Build on the content from Step 1, by exploring how the initial landing zone of the ball will be influenced by the club selection
 - Explore how the different irons will influence how the ball lands and rolls on the green
 - Explore how choosing the most appropriate iron to the task will benefit the learners



Keep your technical instruction to less than 5 minutes, in order to allow maximum time for play and practice and for you to reinforce the key skills with individual tuition. Encourage practice using different clubs, different situations and exploring skills through discover and games based learning.

Learning the Game

During your class we recommend that you explore the Learning the Game focus which links directly to the stage of the program the learners are attending. These are most important knowledge and skills for their development. It is up to you to deliver this content in the class in the most appropriate way to suit your needs and the needs to the learners. You can explore these concepts at the start, during and halfway through the class. You do not need to cover it all but this offer ideas for elements we recommend you explore:

- **Rules & Etiquette Around the Green**
 - **Leaving a Bag or Trolley** - Discuss on the approach to the green where is the appropriate place to leave equipment used on the course
 - **Use of a Pitch Fork** - Give learners an overview of the pitchfork and how this can be used on the green. Explore pitch marks on the green and why it is important to make sure they are repaired
 - **Order of Play** - Discuss with the learners how the order of play is managed around the green and how this links to speed of play as well as safety
 - **Short Game Practice** - Make sure learners understand the rules that apply to practicing at the short game area at your club. This may include not chipping towards another person in case of a missed contact, knowing where you are allowed to chip or if there is a putting only practice area
 - **Sprinkler Heads** - Introduce the learners to sprinkler heads around the green and some basic rules relating to this feature



The Whole Golfer

During your class we recommend that you explore the Whole Golfer focus which links directly to the stage of the program the learners are attending. This will help to build their confidence to play the game. It is up to you to deliver this content in the class in the most appropriate way to suit your needs and the needs to the learners. You can explore these concepts at the start, during and halfway through the class. You do not need to cover it all but this offer ideas for elements we recommend you explore:

- **Injury Prevention**
 - Highlight to learners that it's important to practice a technique that helps to prevent injury
 - Provide some strengthening exercises that might help learners to prevent injuries, if you have an expert at the facility it would be beneficial to work together to make sure your learners know where to go to improve their strength and flexibility

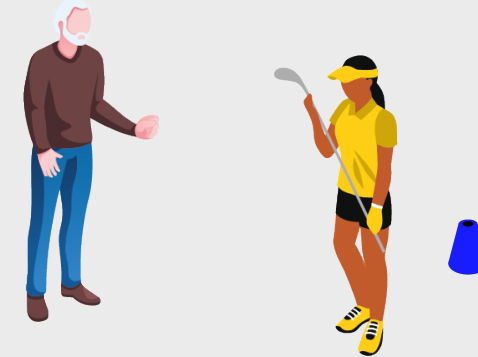


Class Layout and Setup

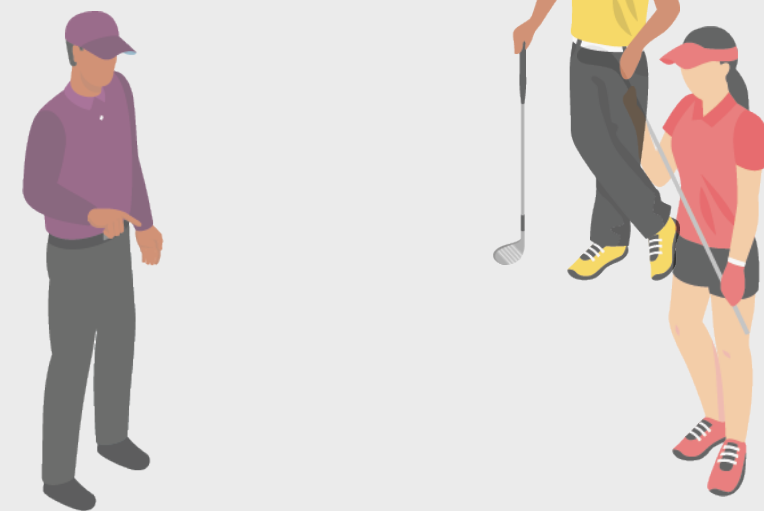
Station 1:
Practice Station
Ball Position



Station 2:
Practice Station
Sternum



Station 3:
Game Station
Landing Zone and
Landing Circles

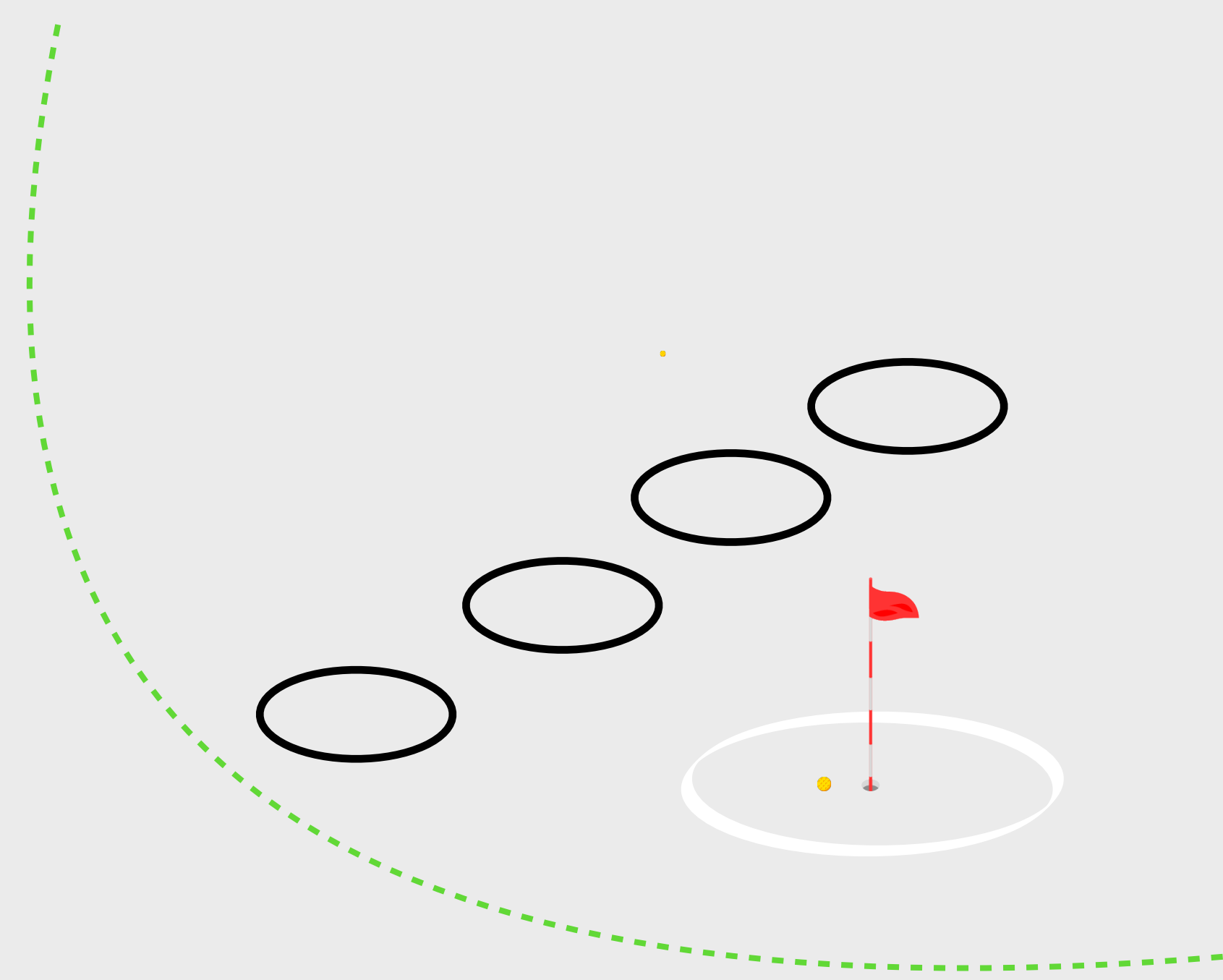


Group Discussion:
Stand, during and end of
class

Station 4:
Challenge Station



Station 5:
Secondary Skill



Practice Stations and Game Cards



Themed Class Plans
Control Distance

About
The Practice Station Activity has been built to provide an engaging practice element to your class around the themed class focus.

Equipment Needs

- 12 cones
- Golf balls

How to Practice

- Set this activity up in 3 different sized boxes (10, 20 yards and 30 yards) from the learner.
- The learner should practice chipping the ball at different distances using the same club, by varying the speed of the swing.
- Encourage them to start by controlling the length of the stroke, similarly to how they learnt to control the ball further; and then gradually increase the length of the stroke and speed of the stroke to ball further.
- This practice is learnt using the same club as a lower lofted club. e.g. a 7 iron would be best to use.

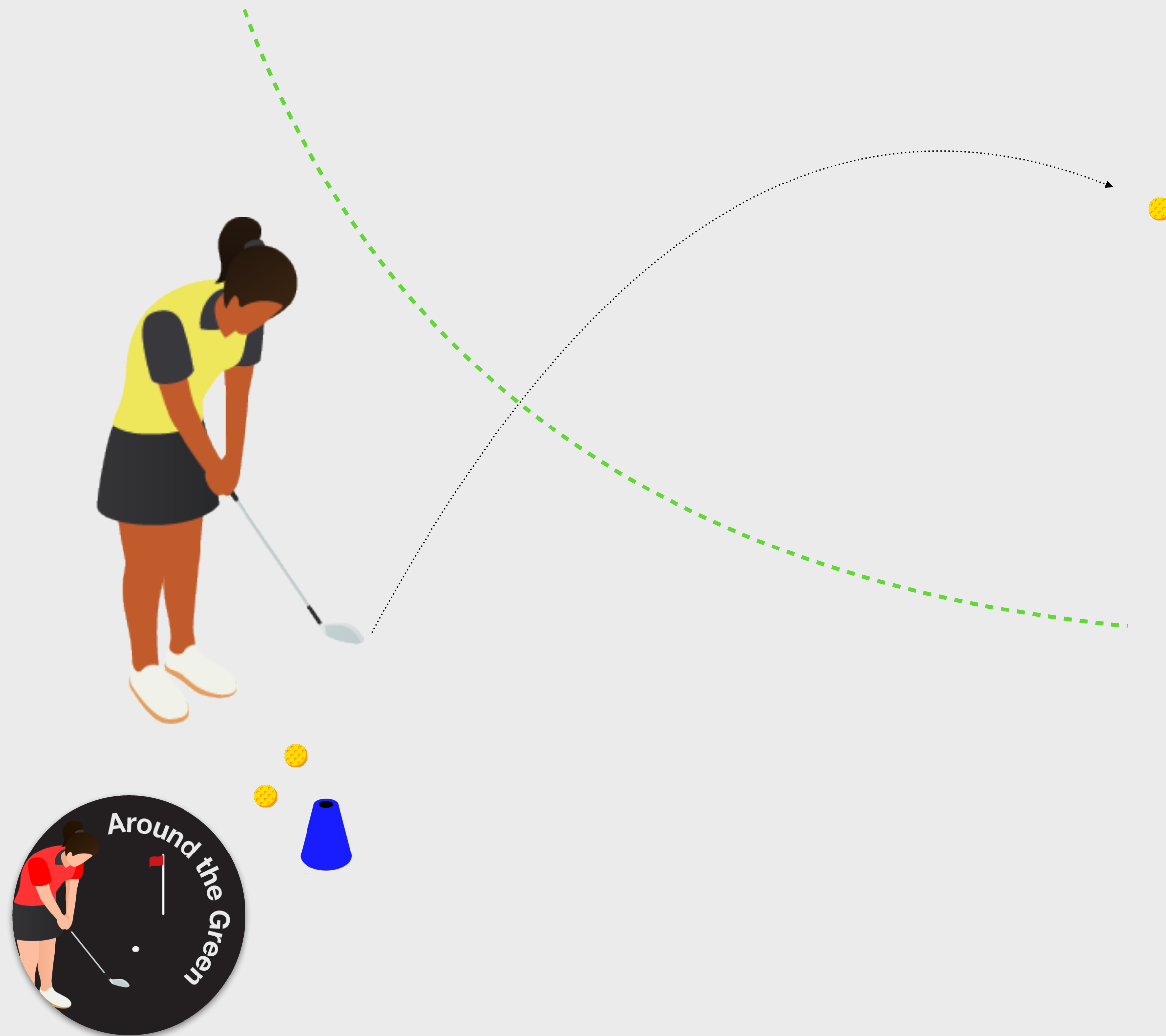
Technical Learning Objectives

- This activity will help the learner to understand the distance of a shot based on the speed of the stroke.
- This activity will help the learner to gain consistency around the green by becoming confident in using one particular type of club.

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Ball Position



Equipment Needed

- Pitching Wedge or Sand Wedge
- 3 Golf balls

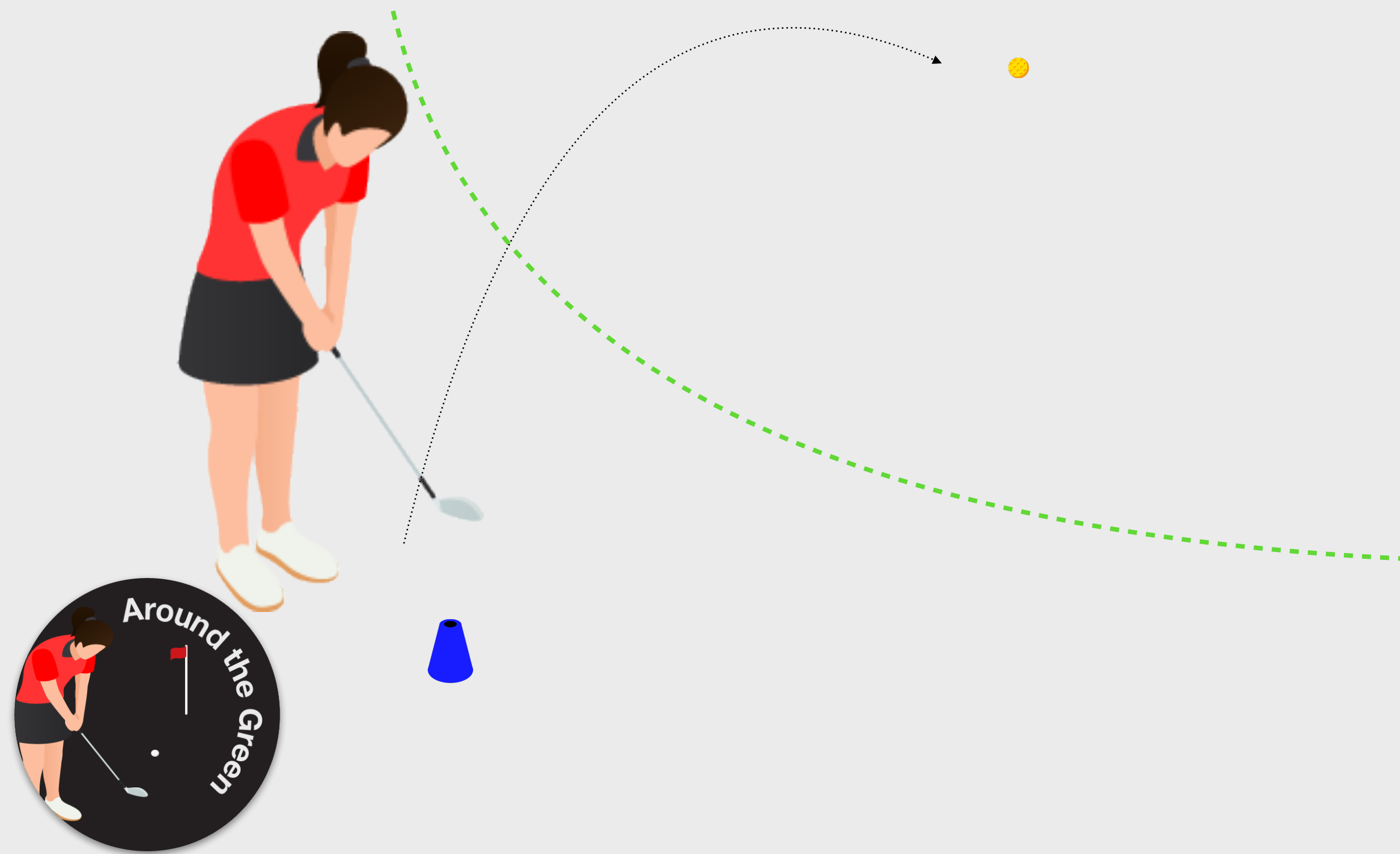
How to Practice

- The learner should attempt to hit the same chip shot three times, but use a different ball position each time
- The learner should play one ball from the center of their stance, one an inch or two forward of center and one an inch or two behind

Technical Link

- This activity will help learners build an awareness of the different ball positions and the impact on strike, flight and roll

Sternum



Equipment Needed

- Alignment Stick
- Golf balls

How to Practice

- Learners should use an alignment stick or their golf club to discover whether their sternum is positioned at address
- Hold the club or alignment stick at one end, place it against the sternum and let it hang down naturally
- It will then be obvious whether the learner is set up with their sternum before, level with, or in front of the ball

Technical Link

- This activity will help the learner to understand their position at set up and how, when the sternum is positioned behind the ball, they will be more likely to strike the ground first

Landing Zones

Equipment Needed

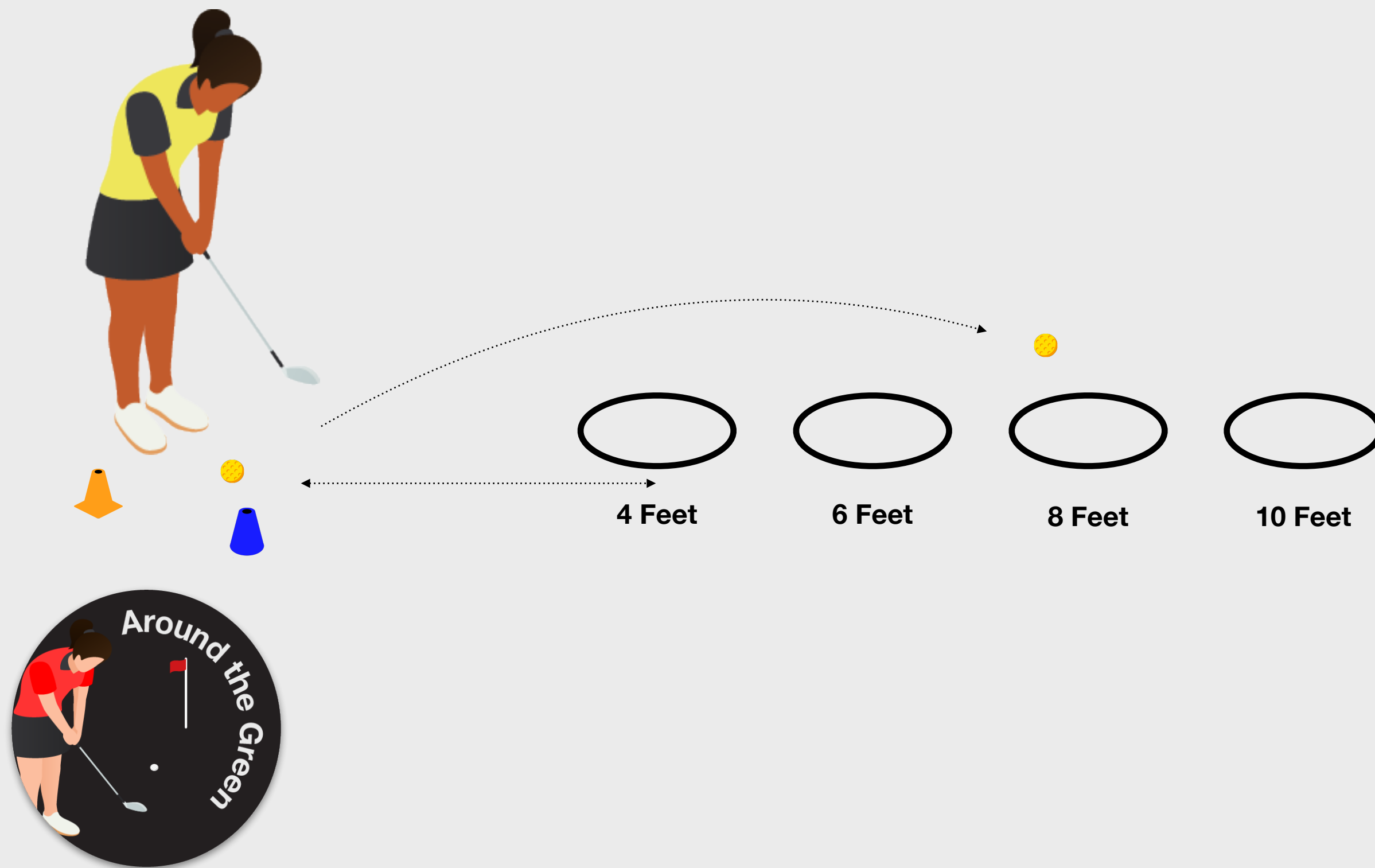
- Hoops
- Golf balls

How to Play

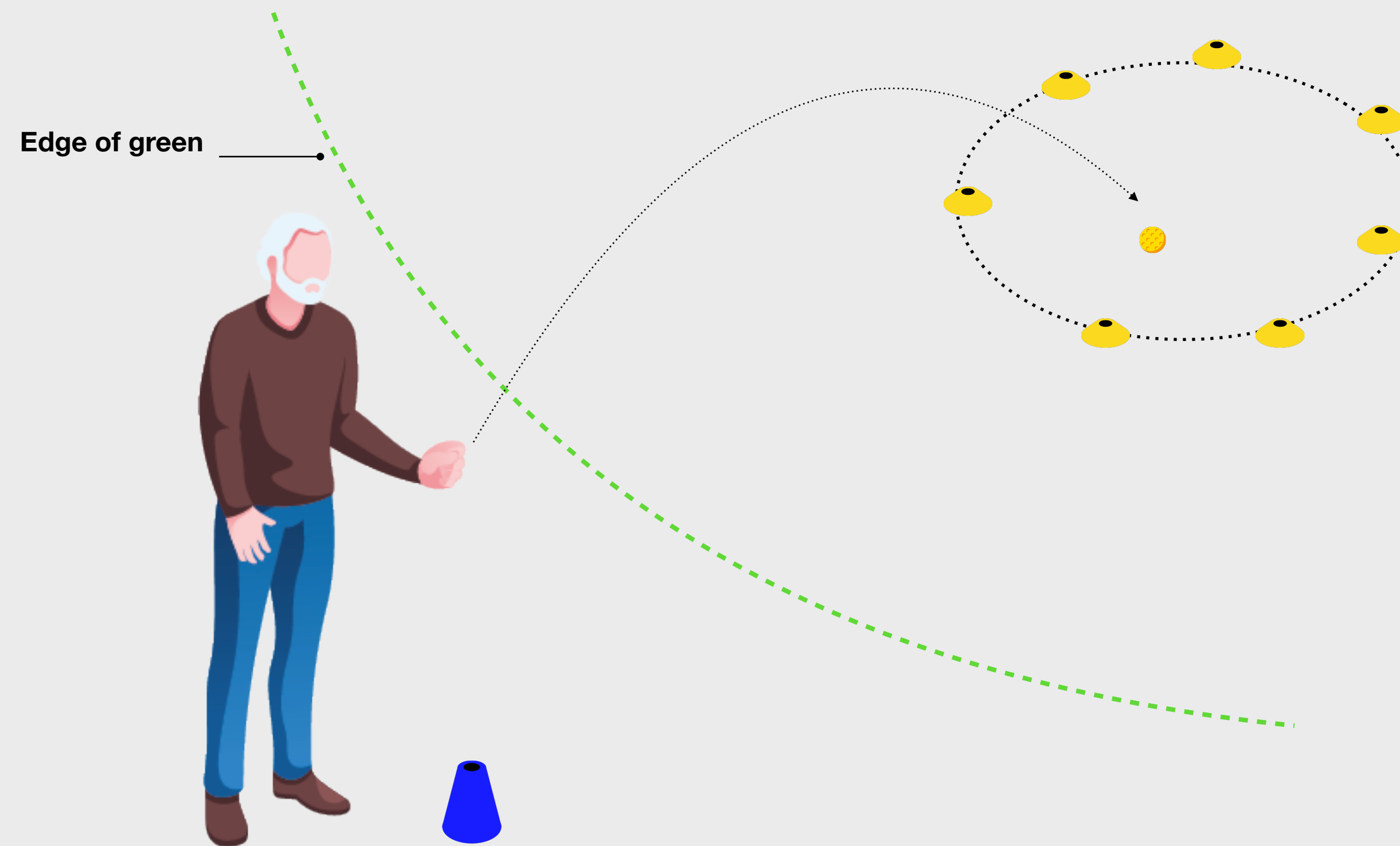
- Place the hoops on the ground from 4 to 10 feet
- The aim is to chip the ball to land in the first hoop, and then each consecutive hoop thereafter
- The learner counts how many shots it takes to chip the ball to land in each hoop

Progression Ideas

- Provide a limit on the number of attempts to complete the challenge
- Extend the challenge by adding more hoops, or asking learners to land the ball in each hoop consecutively to the furthest hoop, and then back to the closest hoop again



Land and Roll



Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

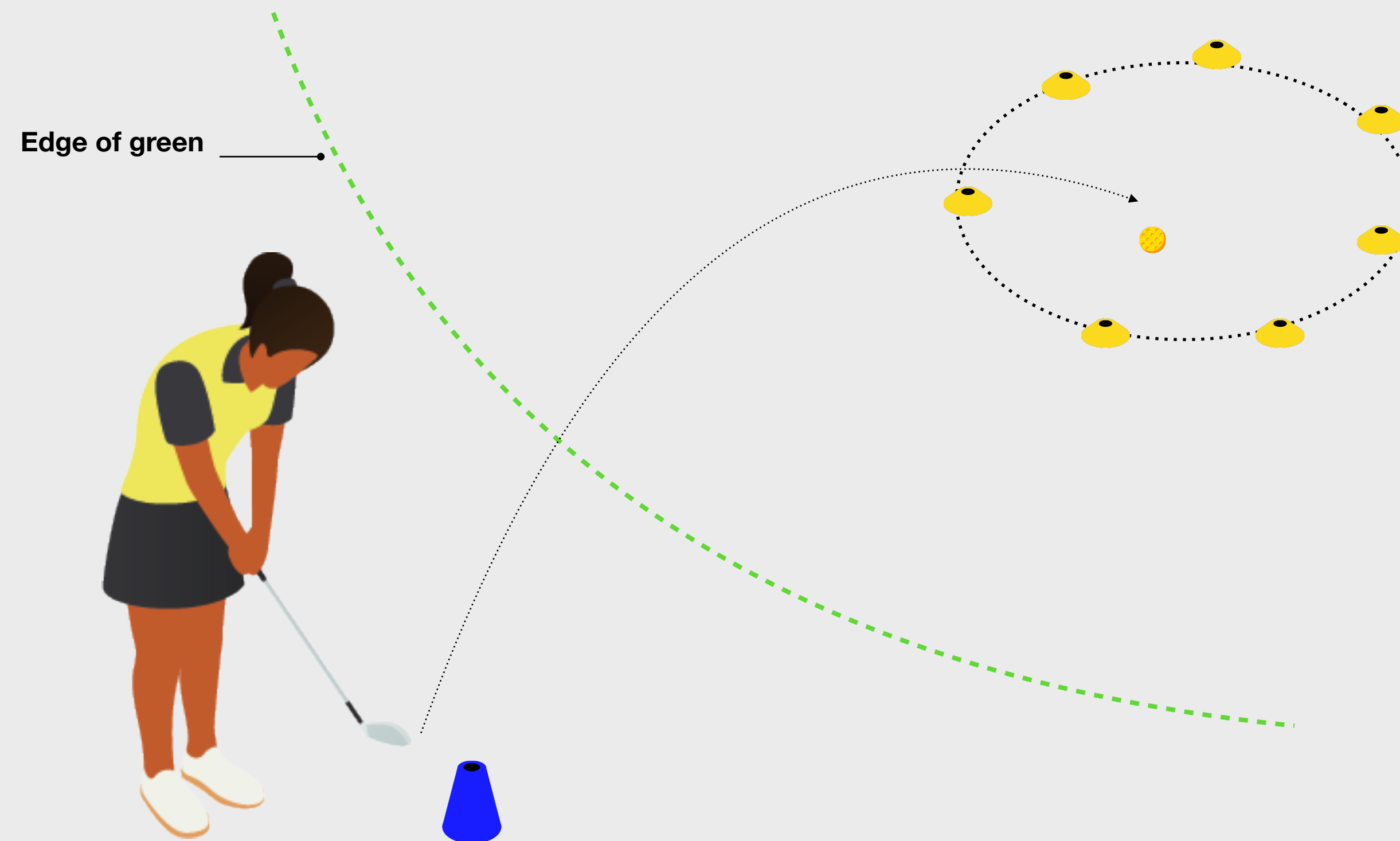
How to Practice

- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in
- Learner should stand sideways on and using right or left hand throw the ball into the air trying to land the ball in the circle
- Maintain the same speed of arm action and try and develop some consistent landing. To see how the trajectory affects the amount of roll throw the ball higher or lower
- Once the learner has achieved the ideal flight and roll by throwing the ball they should try to replicate the flight using a golf club

Technical Link

- This activity is designed to help the learner to understand about length of arm action versus where the ball lands
- It is used to mimic the action of chipping and controlling the trajectory of the flight and where the ball lands
- It will also show the learner that varying trajectory will increase or decrease the roll
-

Landing Circle



Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

How to Practice

- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in.
- Using the correct set up, swing in a pendulum action and chip the ball and try and land in the circle.
- Adjust the length of back swing and follow through to adjust the distance the ball flies through the air.

Technical Link

- This activity will help the learner to get a feel for which length swing produces which length of shot.
- Encourage the learner to visualise the ball lifting into the air and landing in the circle.
- This activity is designed to focus the learner on where the ball is landing as opposed to where it will finish. If the correct landing spot is chosen the result will take care of itself.

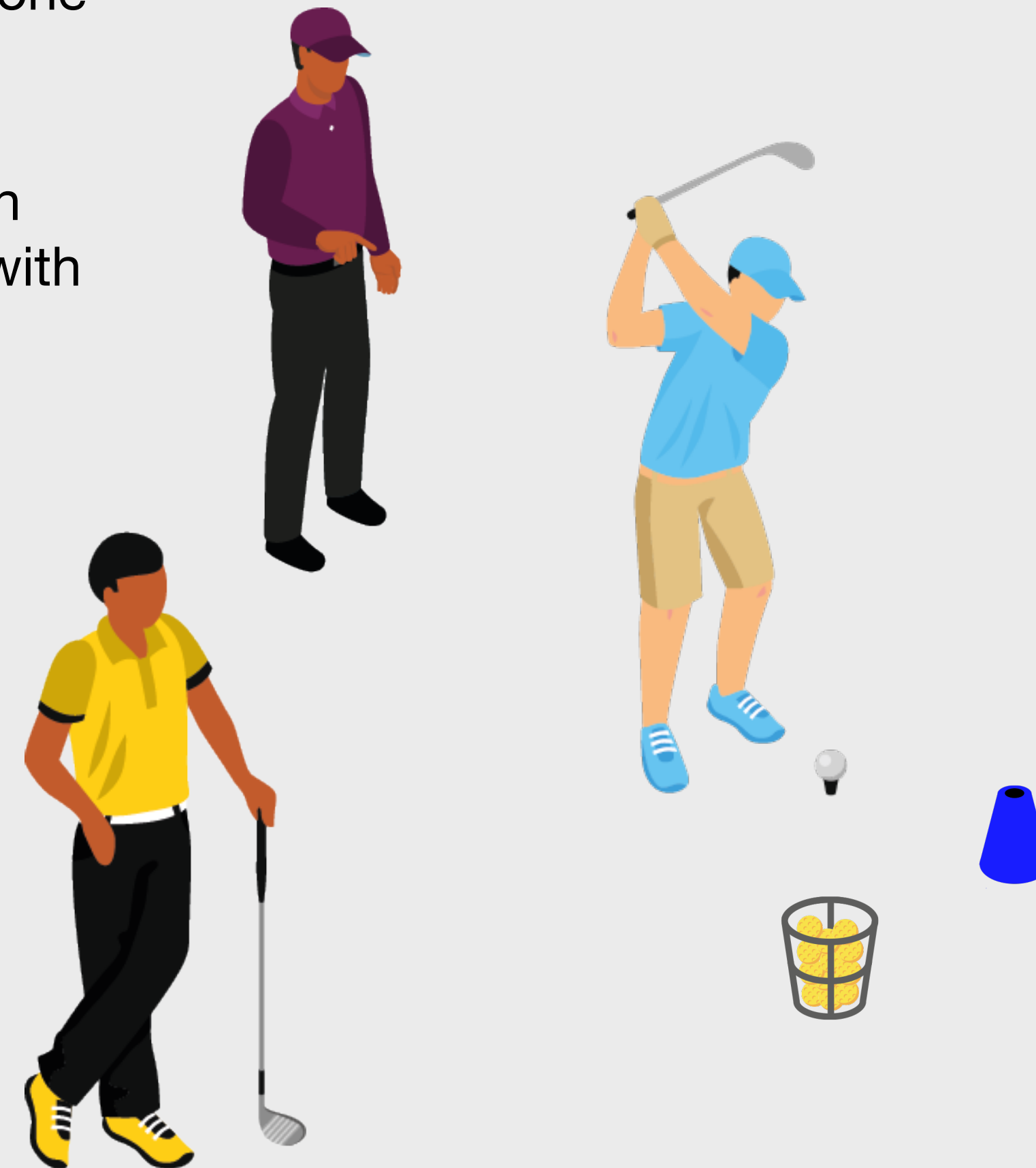
Secondary Skill



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 their swing and specifically shots with the driver.



Ball Position



Equipment Needed

- Alignment Stick
- Hybrid, 7 Iron and wedge
- Golf Balls

How to Practice

- Learners should understand that the ball position changes slightly depending on which clubs they use
- Use the alignment stick to mark the centre of the learner's stance
- The learner should experiment with a centered ball position for a wedge, an inch further forward for a 7 iron and an inch further forward still for the hybrid
- Make sure you highlight how important striking the ground in the appropriate place will ensure good contact, just having an improved ball position does not guarantee good contact

Technical Link

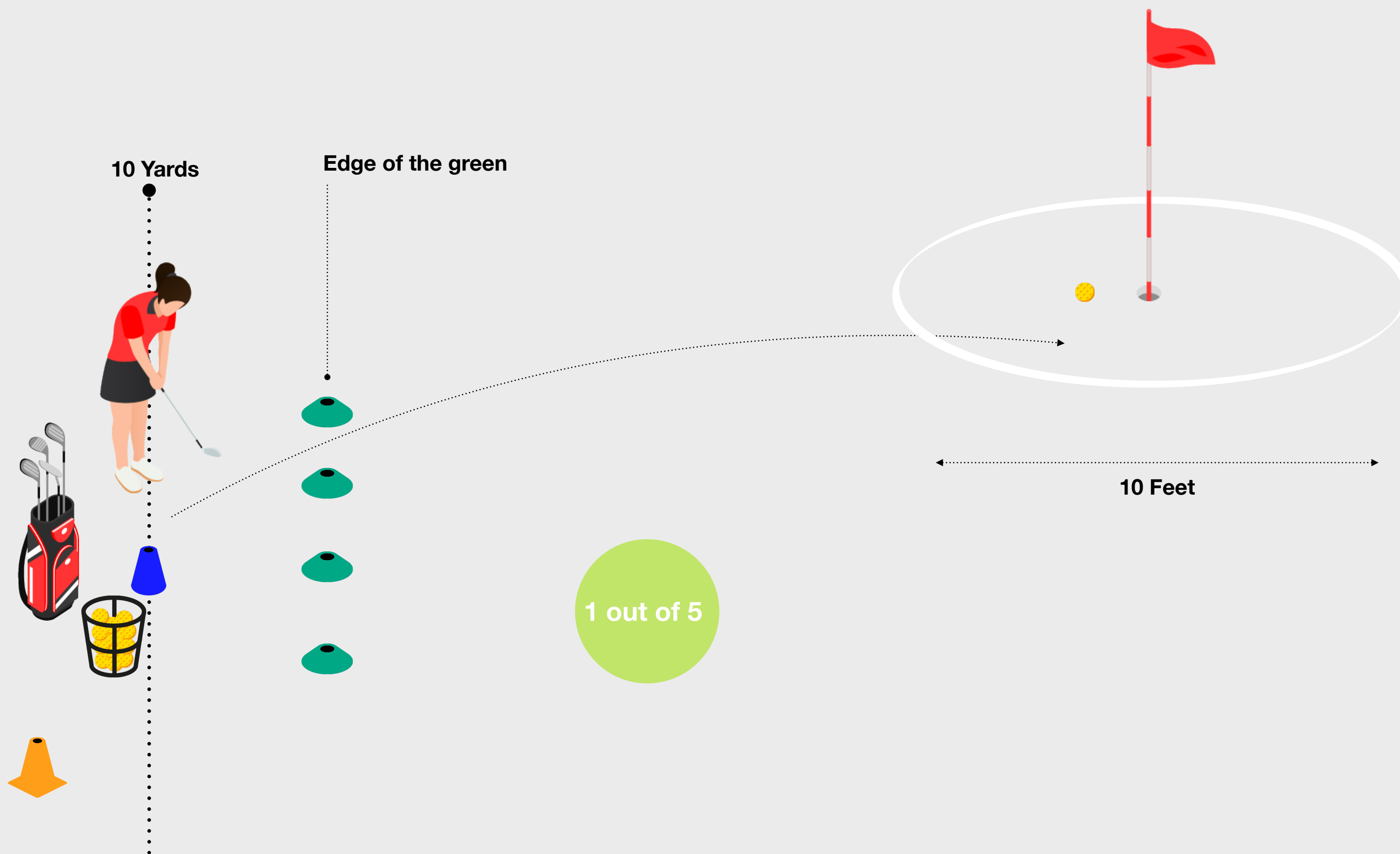
- Understanding this means learners will practice appropriately and strike the ball more consistently



Mastering the Game Challenges



Chipping Challenge



The Challenge

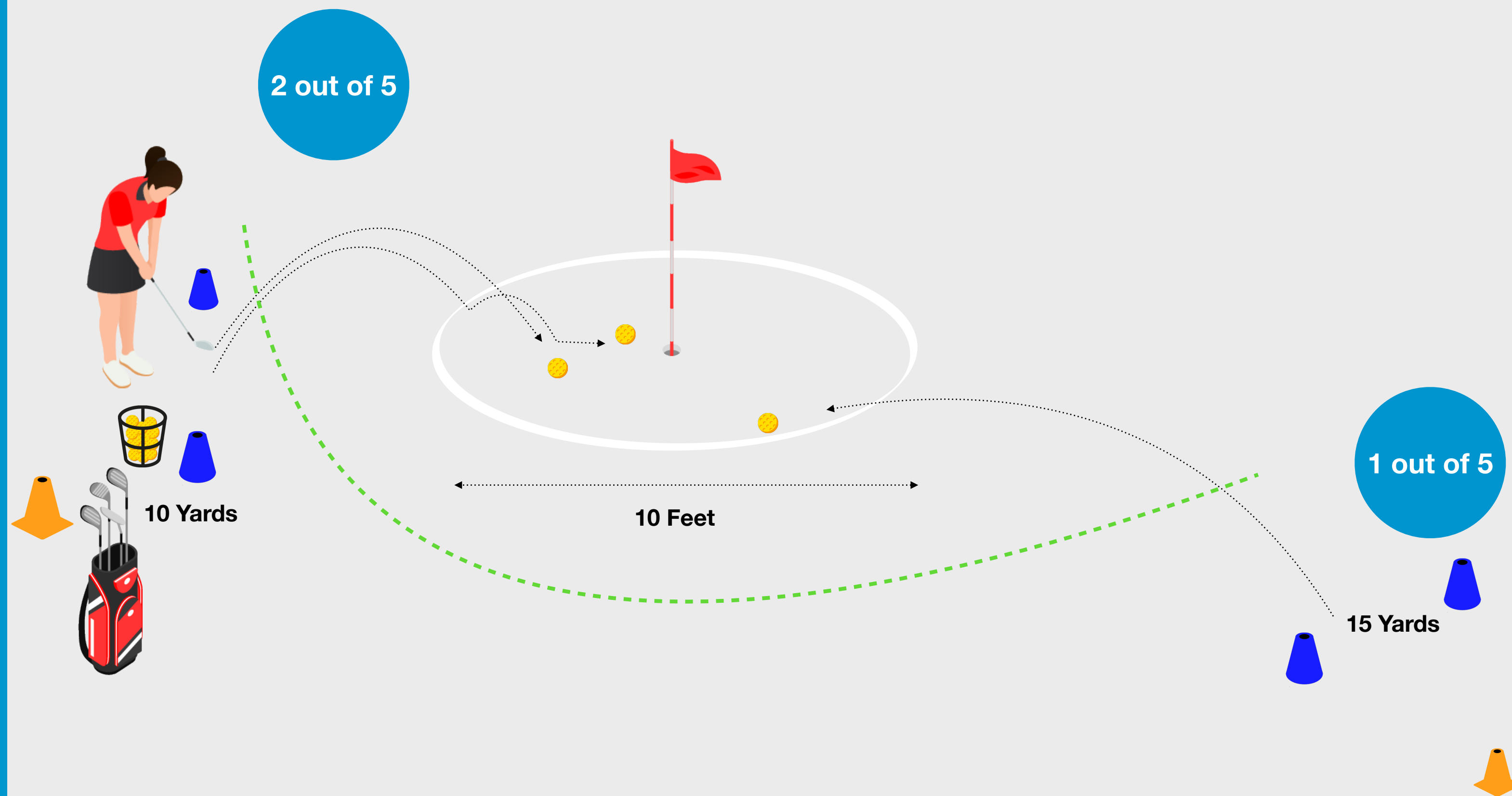
To complete the Step 1 Challenge the learner needs to chip 1/ 5 shots to finish within a 10-foot diameter target circle from a distance of 10 yards from the hole.

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

Chipping Challenge



The Challenge

To complete the Step 2 Challenge the learner needs to chip 2 out of 5 shots from 10 yards and 1 out of 5 shots from 15 yards to finish within a 10-foot diameter target circle.

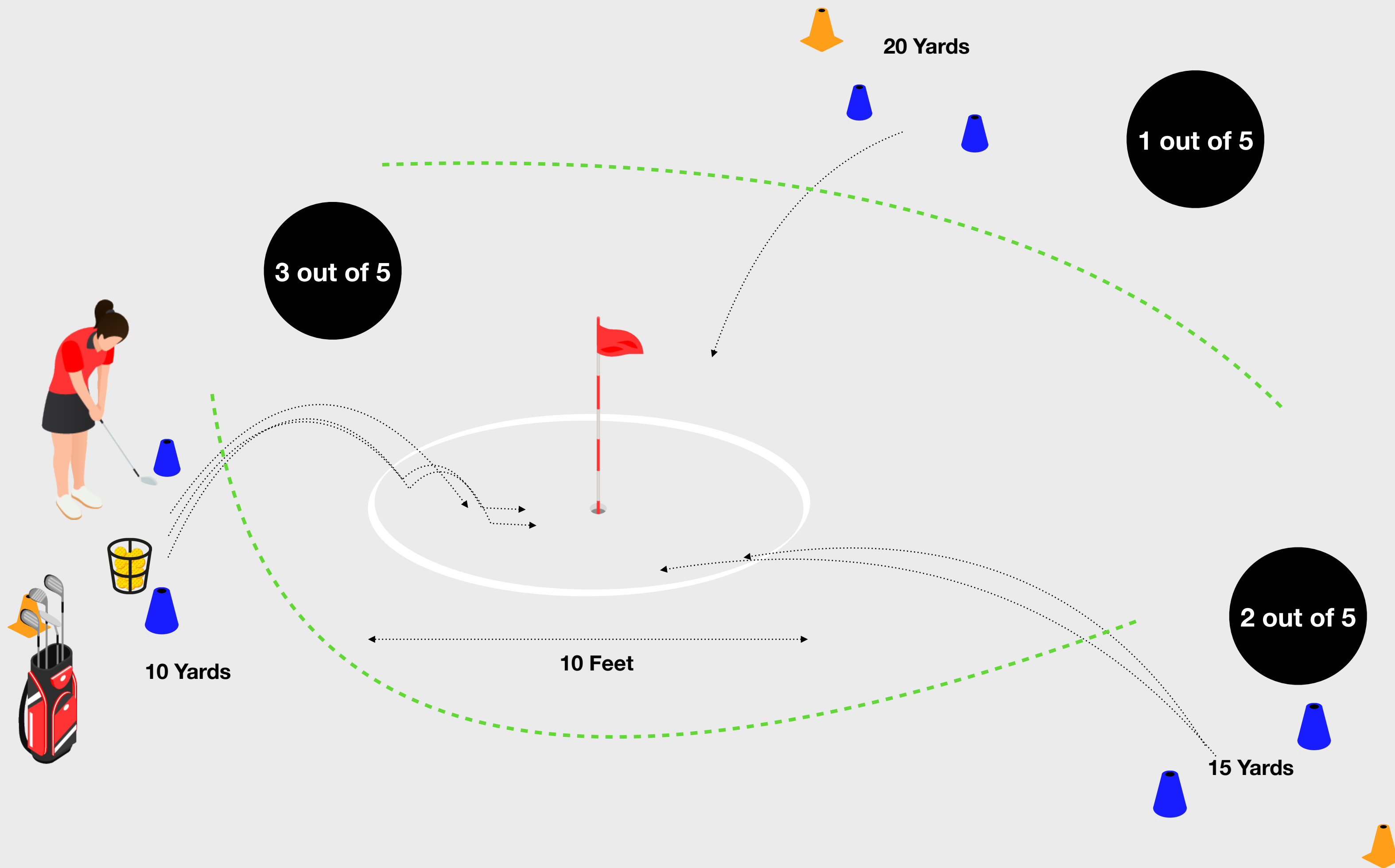
What should the Learner do next?

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



Chipping Challenge



The Challenge

To complete the Step 3 Challenge the learner needs to chip 3 out of 5 shots from 10 yards, 2 out of 5 shots from 15 yards and 1 out of 5 shots to finish within a 10-foot diameter target circle.

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