

Around the Green - Step 2

Contact and Distance in Chipping



GAMEON

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

| 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 |



- **Technical Guidance**

- Develop setup with the any club
- Further develop the chipping motion
- Explore the concept of landing zones and influence of different club types:

- **Rules & Etiquette Around the Green:**

- Explore some of the most important rules and etiquette around the green which may include:
 - Leaving a bag or trolley
 - Use of a pitchfork
 - Order of play
 - Short game practice
 - Sprinkler heads



- **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

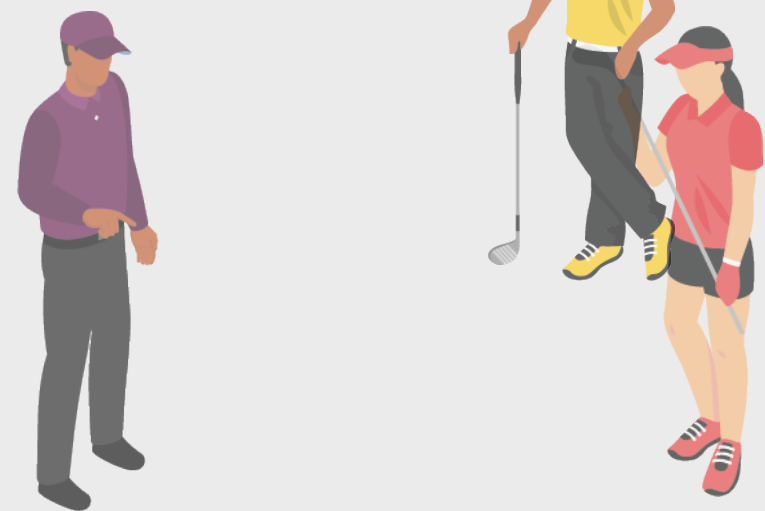
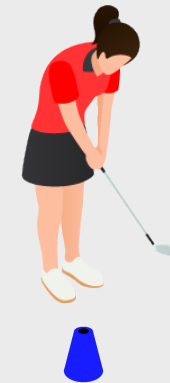
Station 1:
Practice Station
Ball Position



Station 2:
Practice Station
Sternum



Station 3:
Game Station
Landing Zone and
Landing Circles

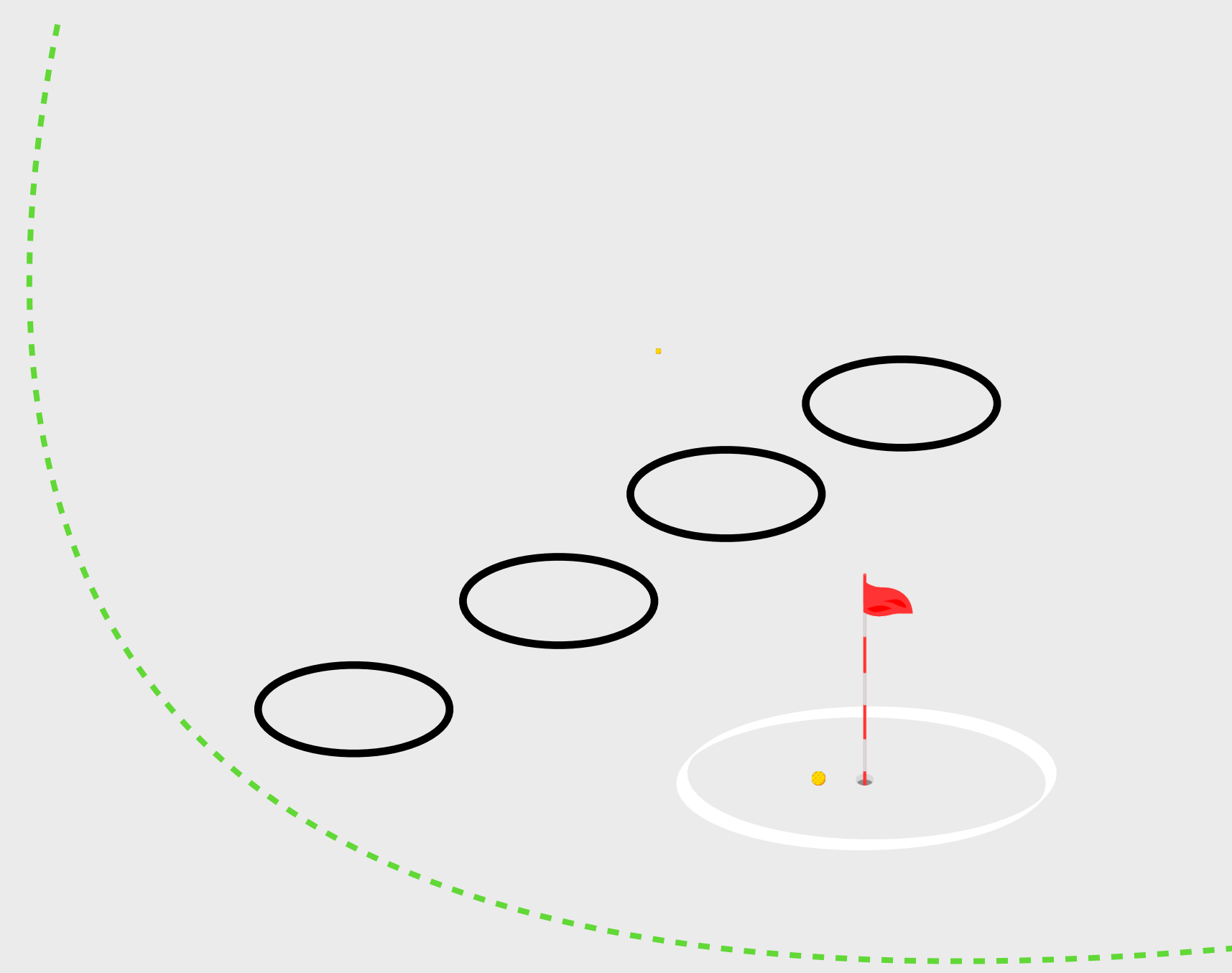


Group Discussion:
Stand, during and end of
class

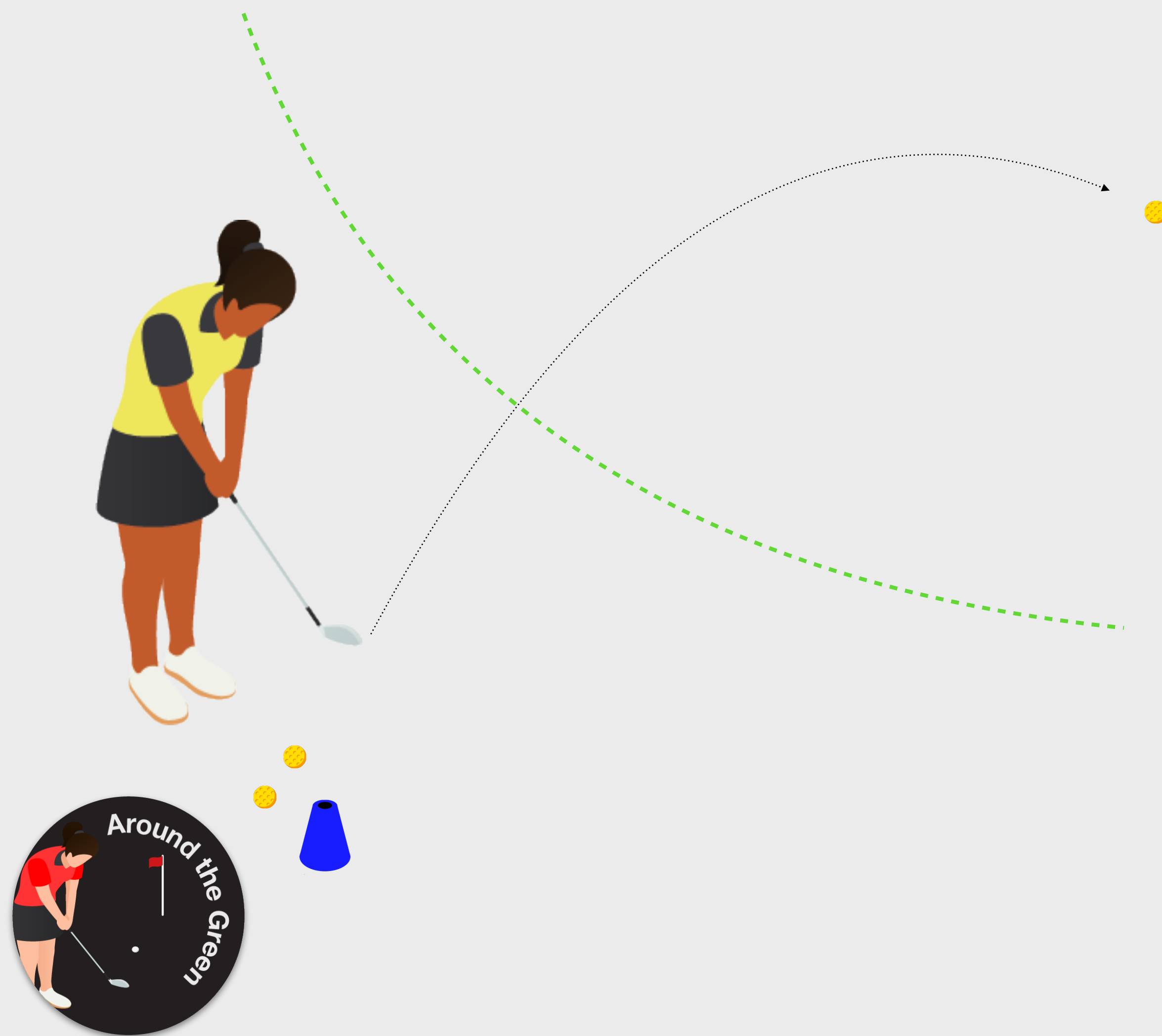
Station 4:
Challenge Station



Station 5:
Secondary Skill



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

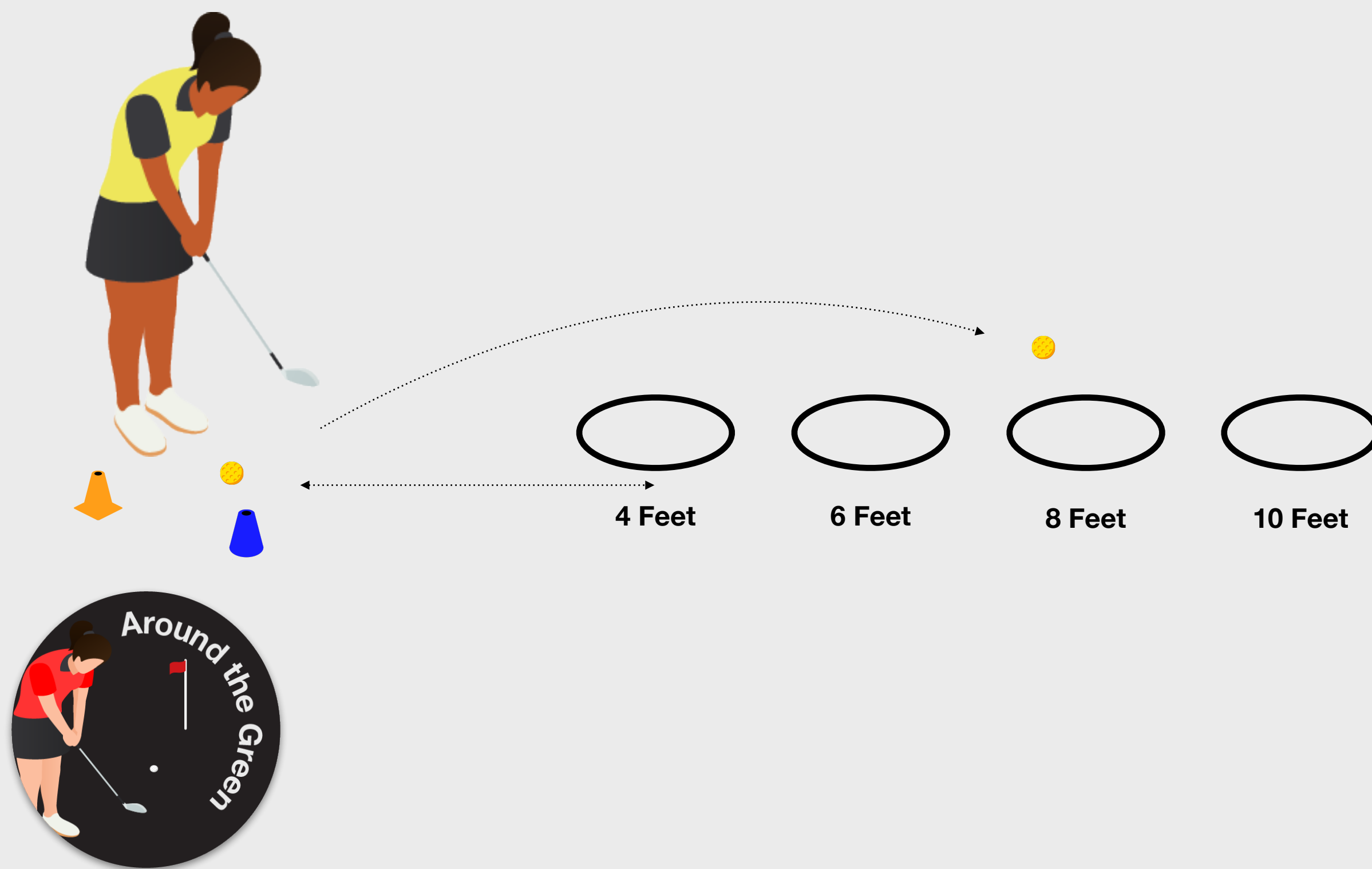
- Hoops
- Golf balls

How to Play

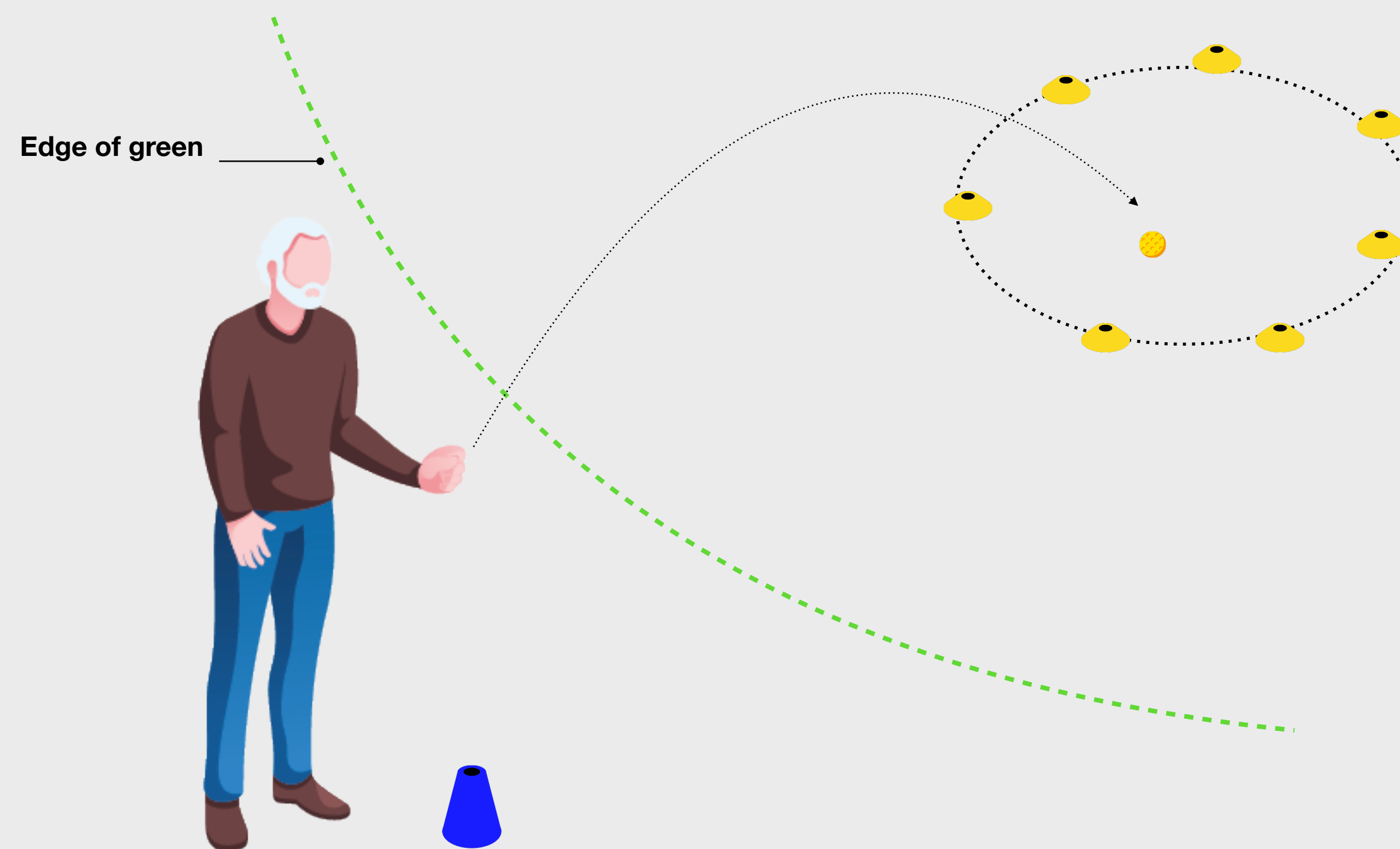
- Place the hoops on the ground from 4 to 10 feet
- The aim is to chip the ball to land in the first hoop, and then each consecutive hoop thereafter
- The learner counts how many shots it takes to chip the ball to land in each hoop

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

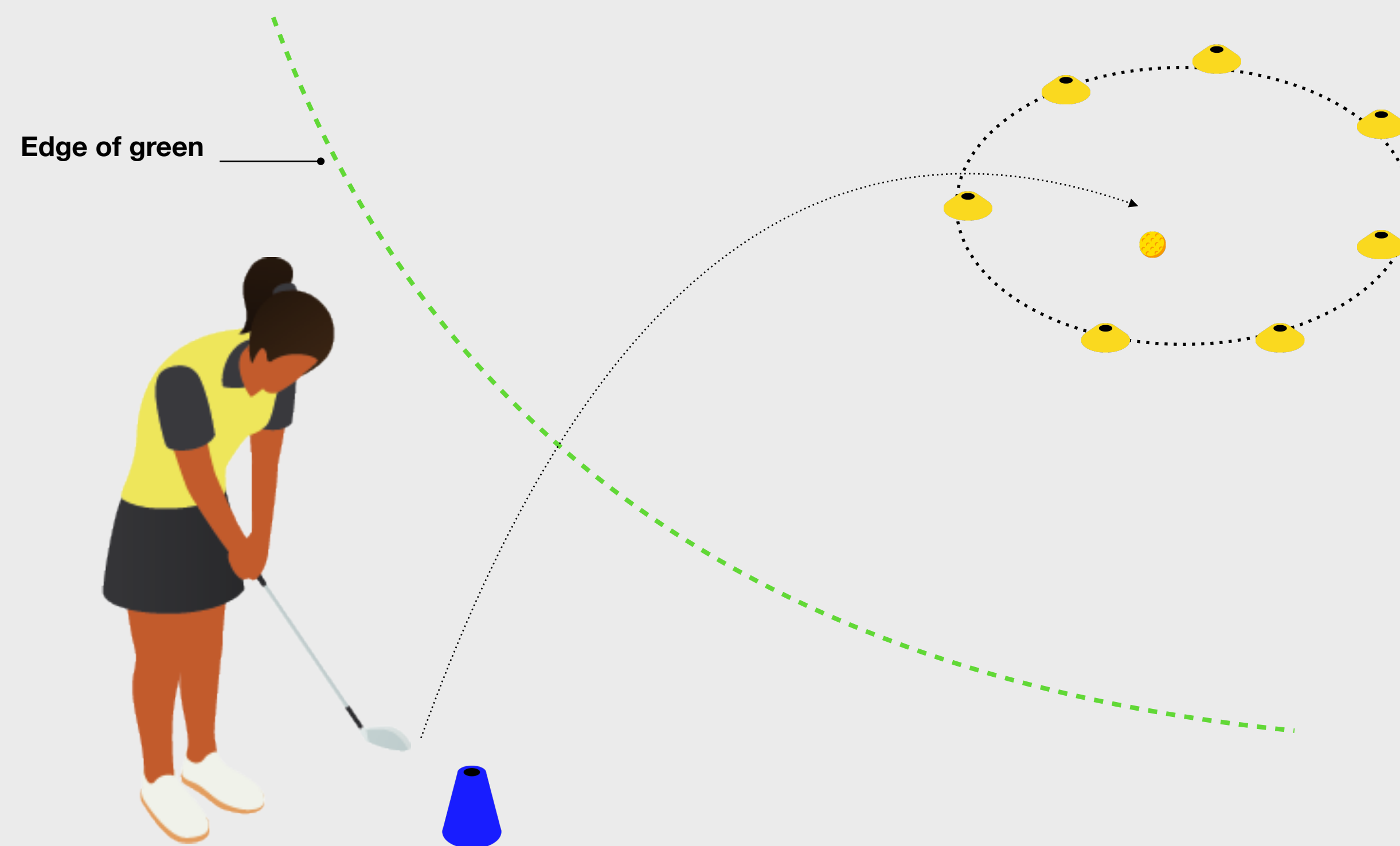
How to Practice

- 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

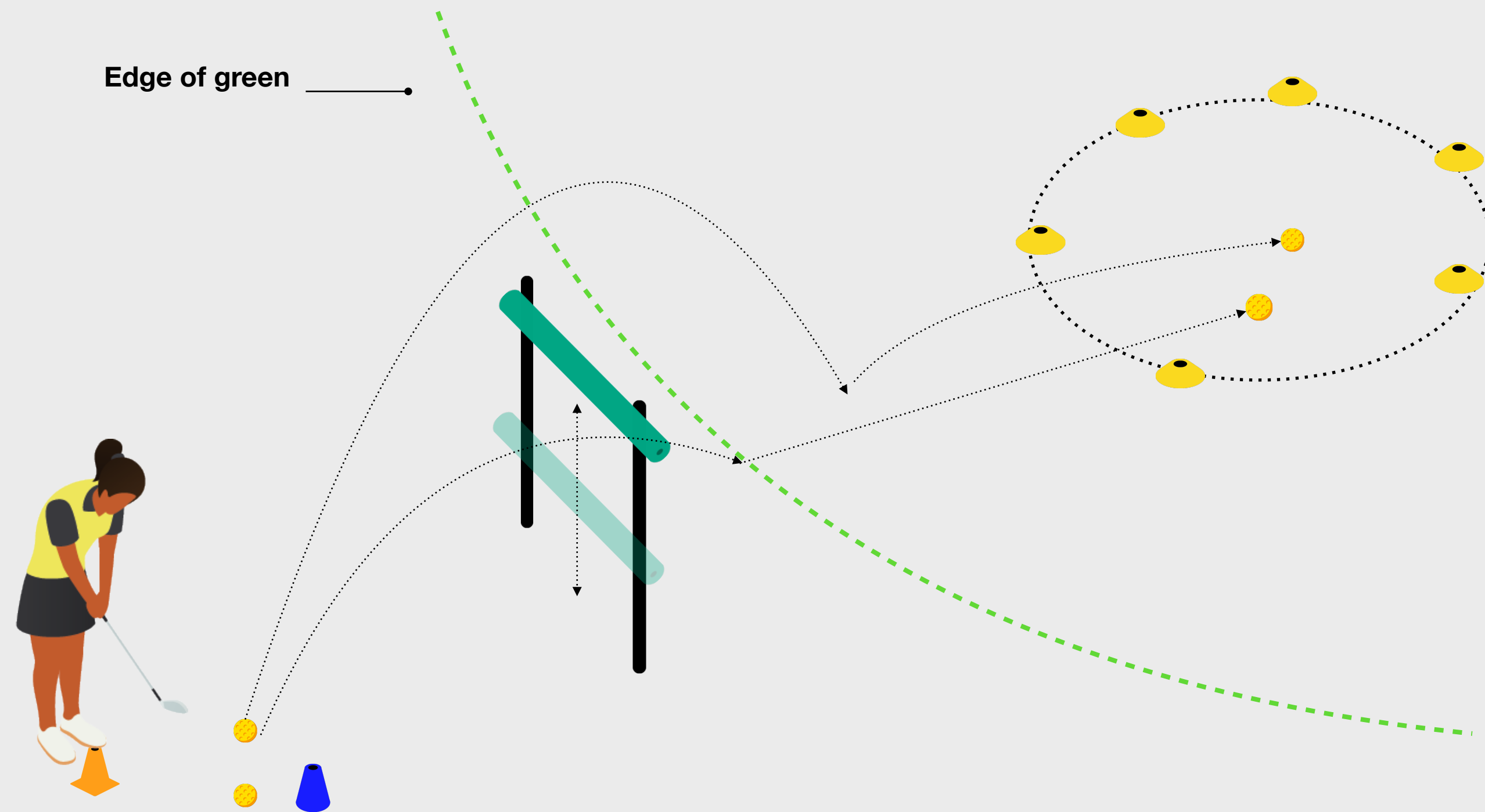
How to Practice

- 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.

Hurdles



Equipment Needed

- Alignment sticks and a noodle to create the hurdles
- Golf balls
- 7 Cones to create target

How to Play

- Place the hurdles 5 feet ahead of the learner
- Aim is to chip the ball over the crossbar and land in the appropriate place for the ball roll into the circle
- The learner receives 10 attempts to chip the ball over the hurdle with 2 different clubs over 2 different hurdle heights
- 5 shots with a 8 iron with 30% through the air and 70% rolling
- 5 shots with a SW with 70% through the air and 30% rolling

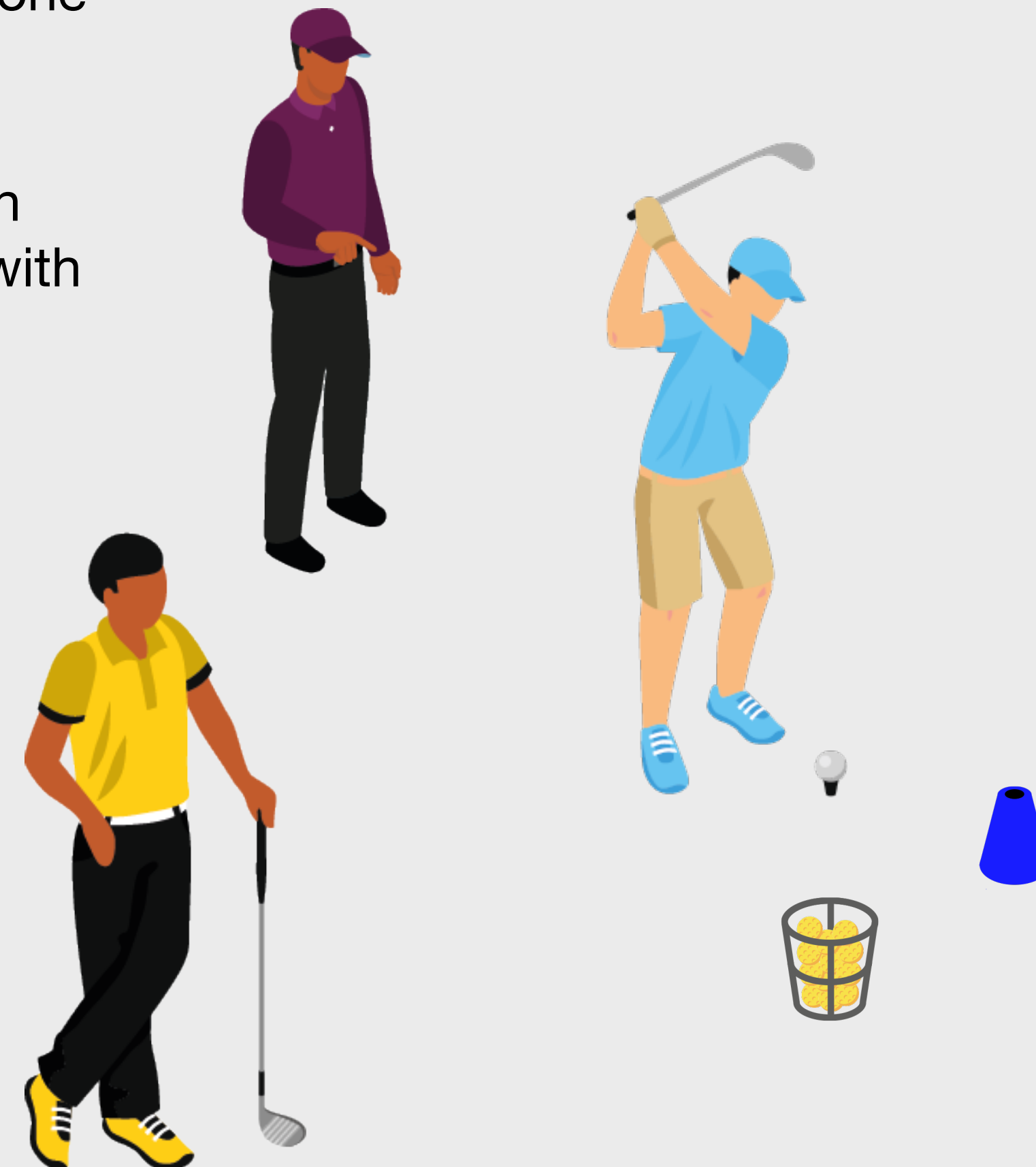
Progression Ideas

- Vary the height of the noodle
- Vary the position of the target circle

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



Chipping Challenge

| | Level | Challenges | | |
|----------|-------|-------------------------------------|-------------------------------------|-------------------------------------|
| Chipping | 1 | 10 yards 1/5 into 10 foot circle | | |
| | 2 | 10 yards 2/5 into 10 foot circle | 15 yards 1/5 into 10 foot circle | |
| | 3 | 10 yards 3/5 into 10 foot circle | 15 yards 2/5 into 10 foot circle | 20 yards 1/5 into 10 foot circle |



The Challenge

To complete the Step 1, 2 and 3 Challenges the learner needs to complete various chipping challenges. Refer to the table for scoring for each Step.

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

