

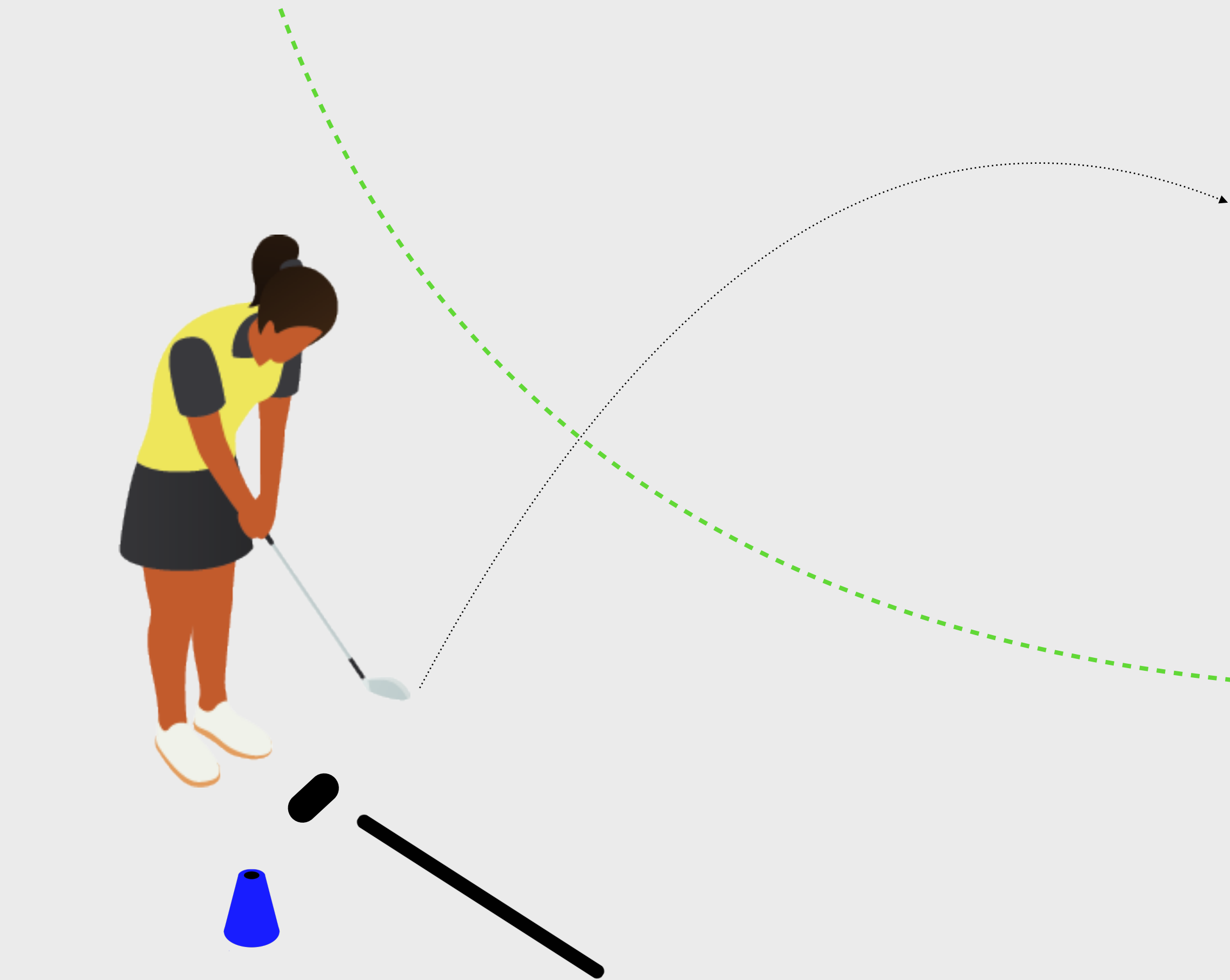
# Around the Green

## Games and Practice Stations



GAMEON

# Strike Point



## Equipment Needed

- 1 Alignment sticks
- Pitching Wedge or Sand Wedge
- Golf ball

## How to Practice

- The alignment stick should be placed opposite the center of the learner's stance to provide some feedback as to where they brush the ground when taking their pitch shot
- The learner should take a couple of practice swings, adjusting their stroke if they do not brush the ground opposite where the alignment stick is placed
- Once they have completed a couple of practice swings, place a ball in the same place and ask them to repeat the action in order to get a good strike
- Do not worry about aiming at a target, encourage them to practice getting as many good contacts in a row as possible and notice how the ball flies and how far it rolls when they do make good contact

## Technical Link

- This activity will help the learner to understand how to get a good contact and how to adjust if they are not being successful straight away
- This activity will help the learner to understand the flight of a good pitch shot when struck well



# Control Distance

## Equipment Needed

- 12 cones
- Golf balls

## How to Practice

- Set this activity up with 3 different sized boxes at 10 yards, 20 yards and 30 yards from the learner
- The learner should practice pitching the ball different distances using the same club, by varying the length and speed of the swing
- The aim is to get the ball to land in the relevant box that they are aiming for

## Technical Link

- This activity will help the learner to understand how to control the distance of a shot based on the length and speed of the stroke
- This activity will help the learner to gain some consistency around the green by becoming more confident using a longer wing for short shots



# Crossbar Challenge

## Equipment Needed

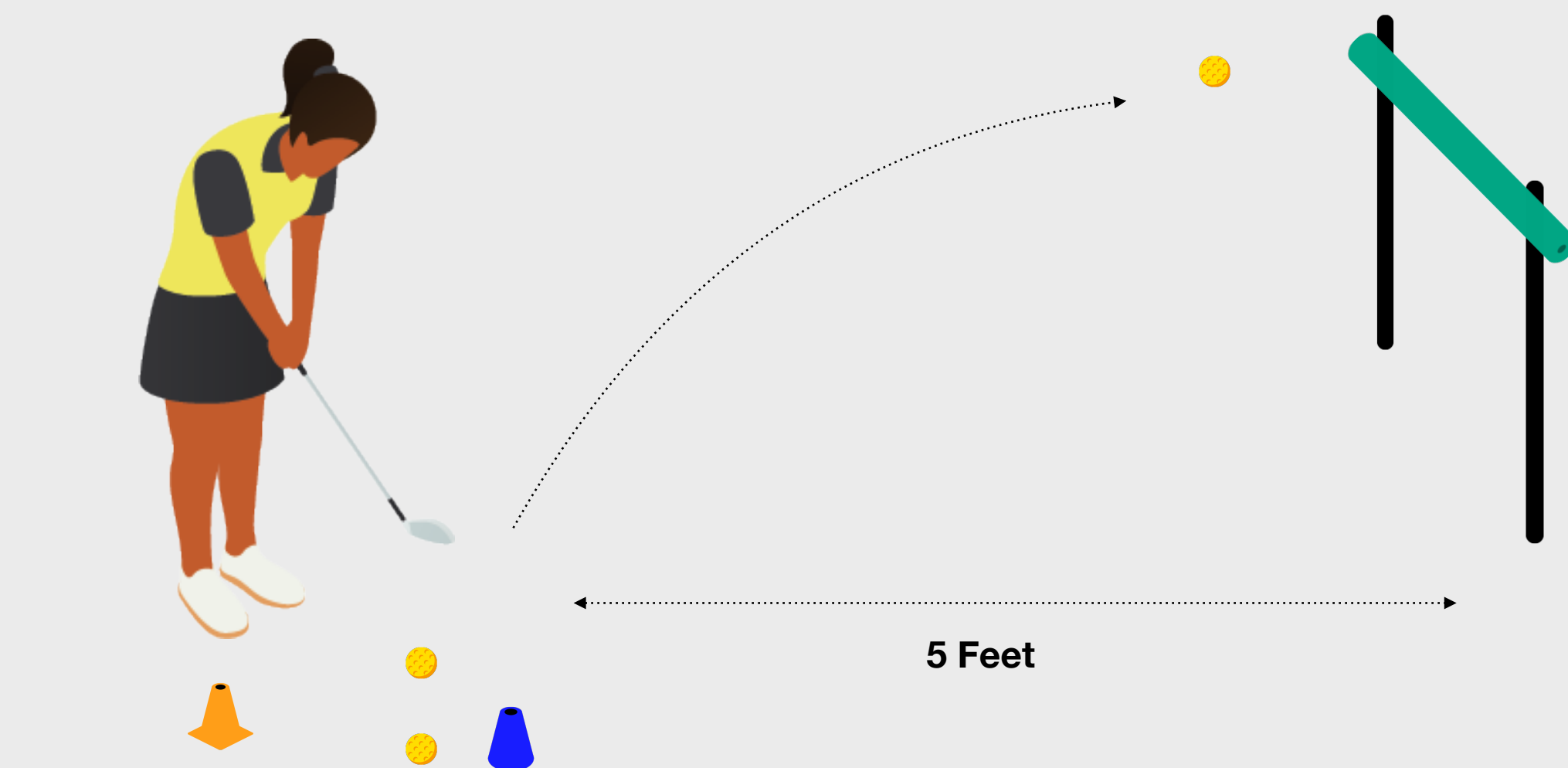
- Alignment sticks and a noodle to create the crossbar
- Golf balls

## How to Play

- Place the crossbar just five feet ahead of the learner
- The aim is to pitch the ball over the crossbar from this close proximity
- The learner receives 5 attempts to pitch the ball over the noodle
- If unsuccessful they can move a foot further away, if they are successful they can move a foot closer, and they then attempt the challenge again

## Progression Ideas

- Vary the height of the noodle
- Vary the distance from the starting position and the crossbar



# Ball Position

## Equipment Needed

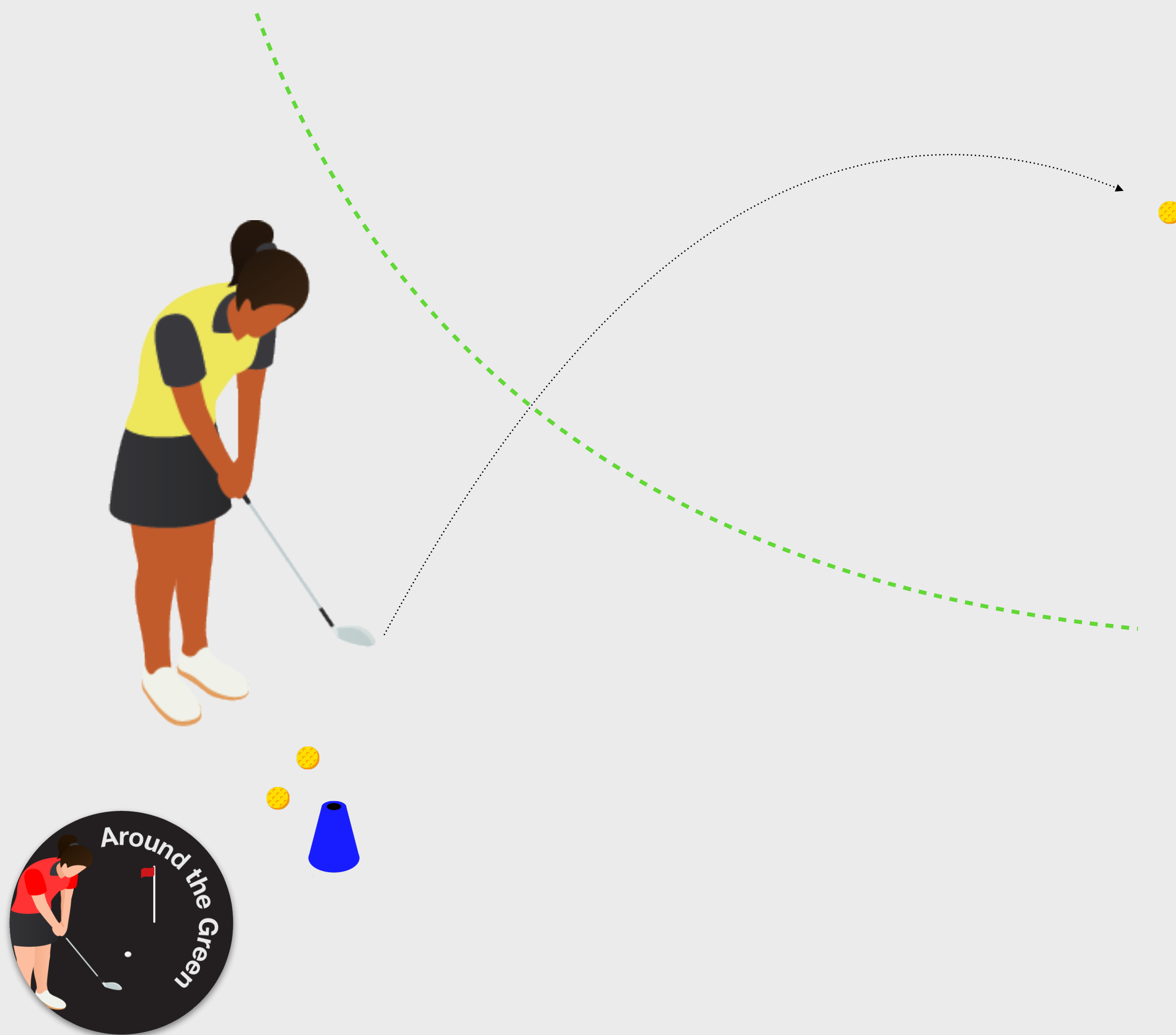
- Pitching Wedge or Sand Wedge
- 3 Golf balls

## 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

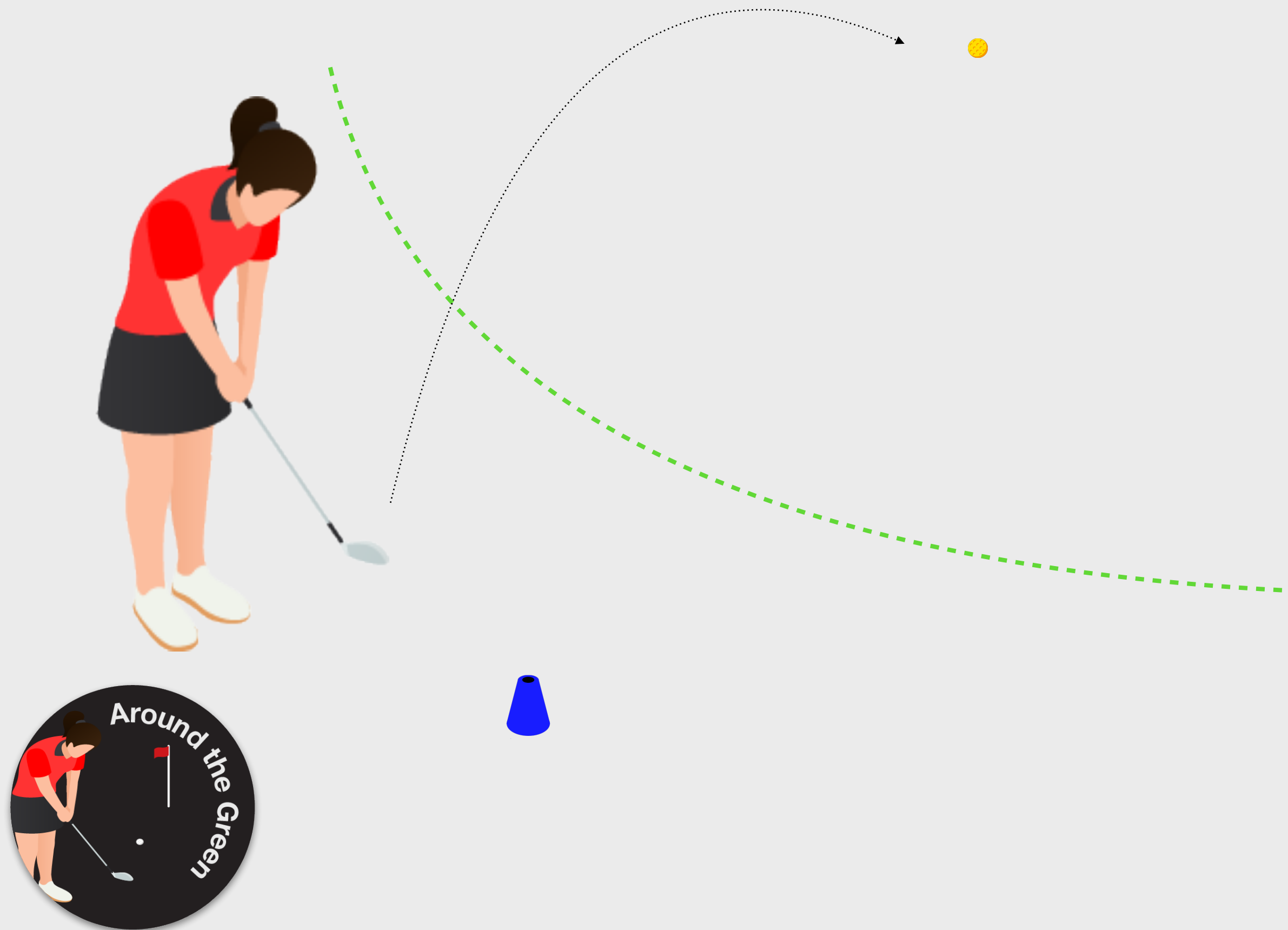
- Alignment Stick
- Golf balls

## 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

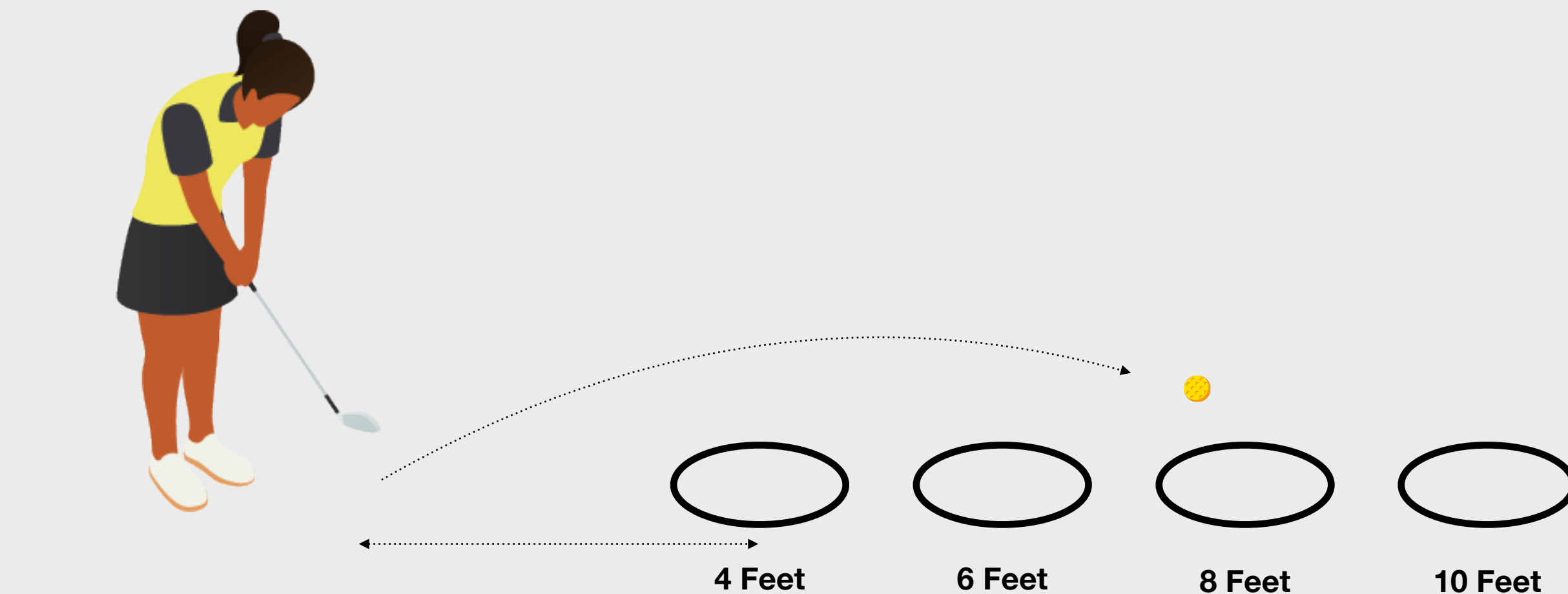
- Hoops
- Golf balls

## 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



# Entry Point

## Equipment Needed

- Sand Wedge
- Golf balls

## How to Practice

- The learner should draw a line in the sand, and then attempt to strike the line in order to practice getting the entry point consistent
- The learner should hit two or three practice swings, hitting the line each time, and then place a ball just an inch ahead of the line and repeat their swing in order to hit the ball out of the sand

## Technical Link

- This activity will help learners build an awareness of where their club is entering the sand





# Depth of Sand

## Equipment Needed

- Sand Wedge
- Golf balls

## How to Practice

- Learners should deliberately hit shallow and deep divots to enable them to start to build an awareness of how this effects the flight of the ball
- Once a learner has hit a shallow divot, followed by a deep divot they should be able to decide which is more effective at hitting the ball out of the bunker

## Technical Link

- This activity will help the learner to understand depth of divot and the effect on ball flight



# Single, Double, Triple

## Equipment Needed

- Sand Wedge
- Cones
- Golf balls

## How to Play

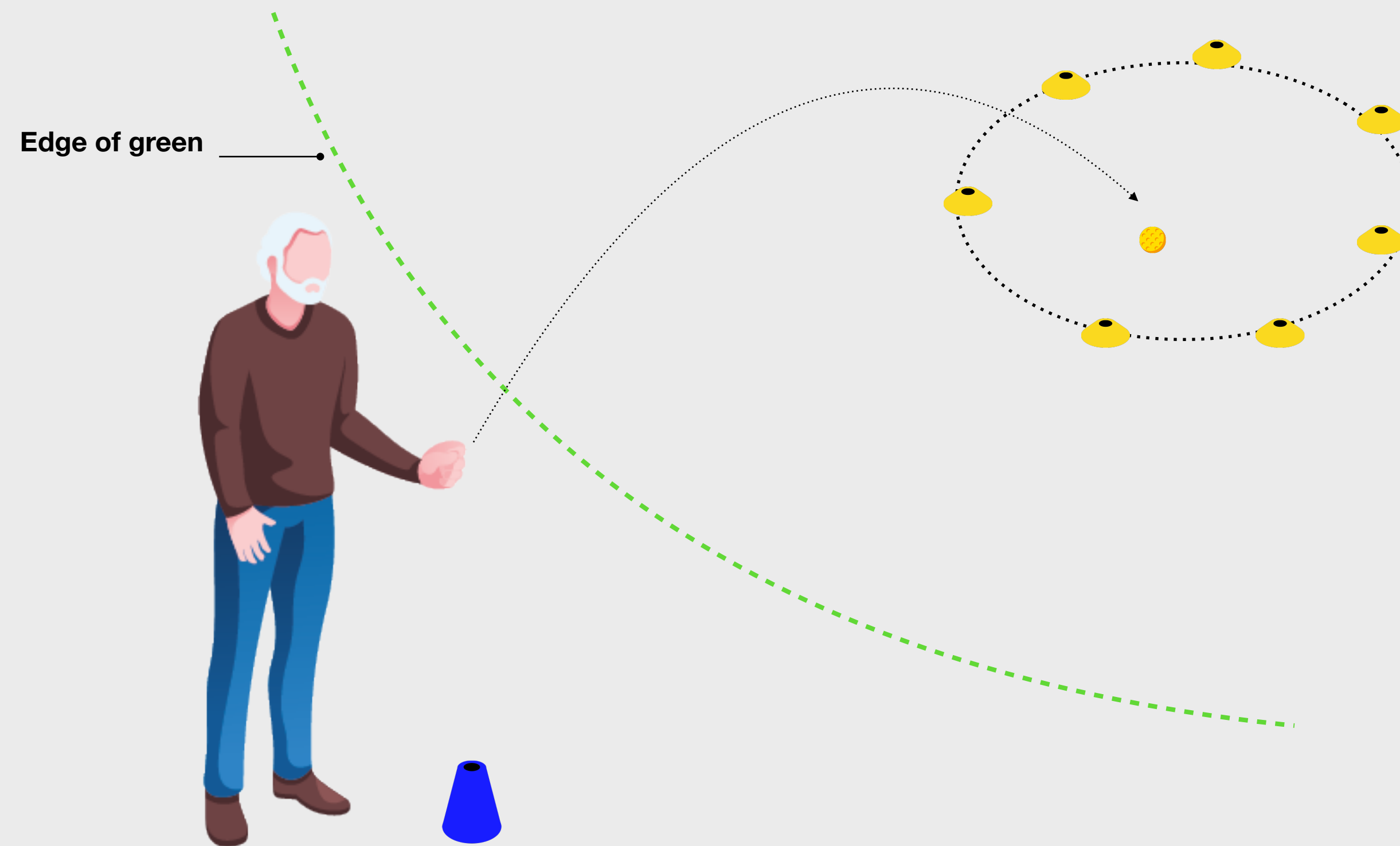
- Players take it in turns to hit their shots, they can have either 1, 2 or 3 attempts each turn
- The learner receives 1 point if they hit the ball out of the bunker, 2 points if they hit the ball onto the green and 3 points if they hit the ball inside the 10 yard circle of cones
- If the learner chose to have just 1 attempt they get to triple the points scored, if they chose 2 attempts they double the points scored for that round
- The winner is the learner that scores the most points each round

## Progression Ideas

- Increase the difficulty of the challenge by asking learners to choose how many attempts their opponent needs to take each round



# 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



# Hurdles

## Equipment Needed

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

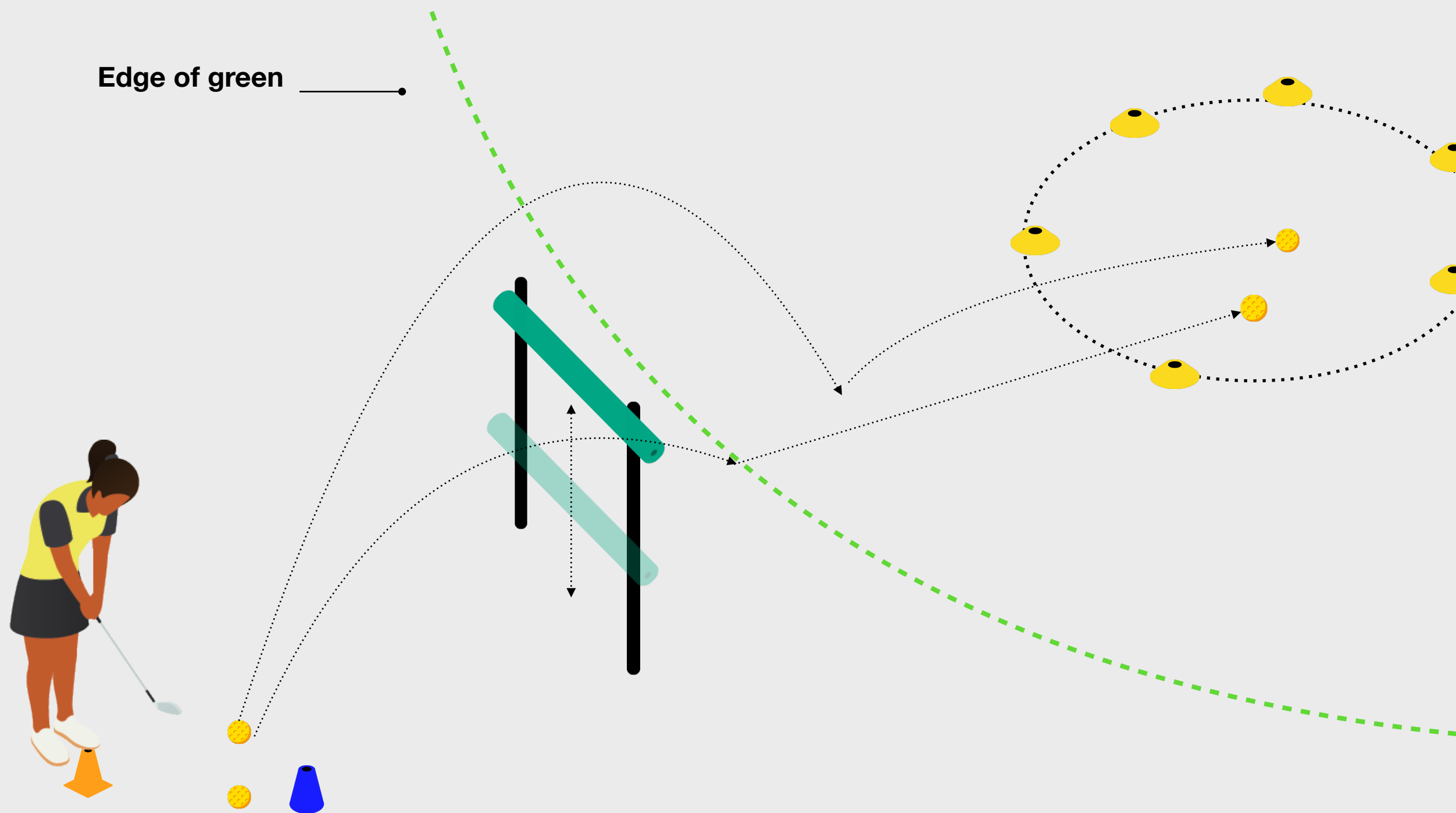
## How to Play

- 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

Edge of green



# Up and Over

## Equipment Needed

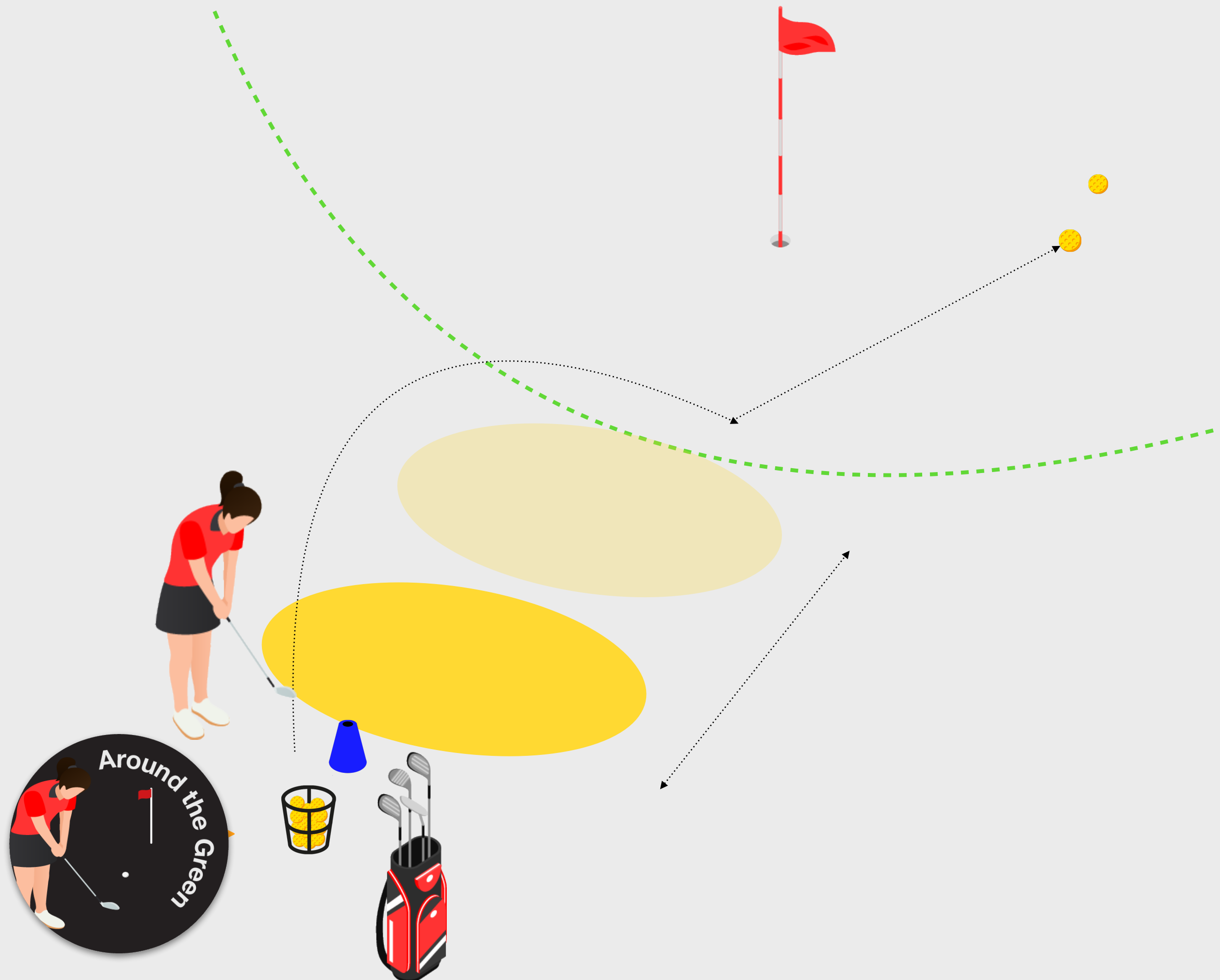
- Cones for safety
- Pitching Wedge or Sand Wedge
- Golf balls

## How to Practice

- Position the learner in front of a hazard. For example a bunker or a small water hazard. Allow the learner to experiment with different clubs
- Encourage the learner to walk up to the flag and look back at the shot. This will give them an understanding of the depth of shot and how much green they have to work with
- Move the learner into another position where they have less green to work with and get them to adjust the club selection.

## Technical Link

- This activity will demonstrate to the learner how a change of loft will affect the roll and spin on the golf ball
- This activity will also demonstrate the importance of walking around the shot to better understand the depth and space the learner has to play with



# Making a Splash

## Equipment Needed

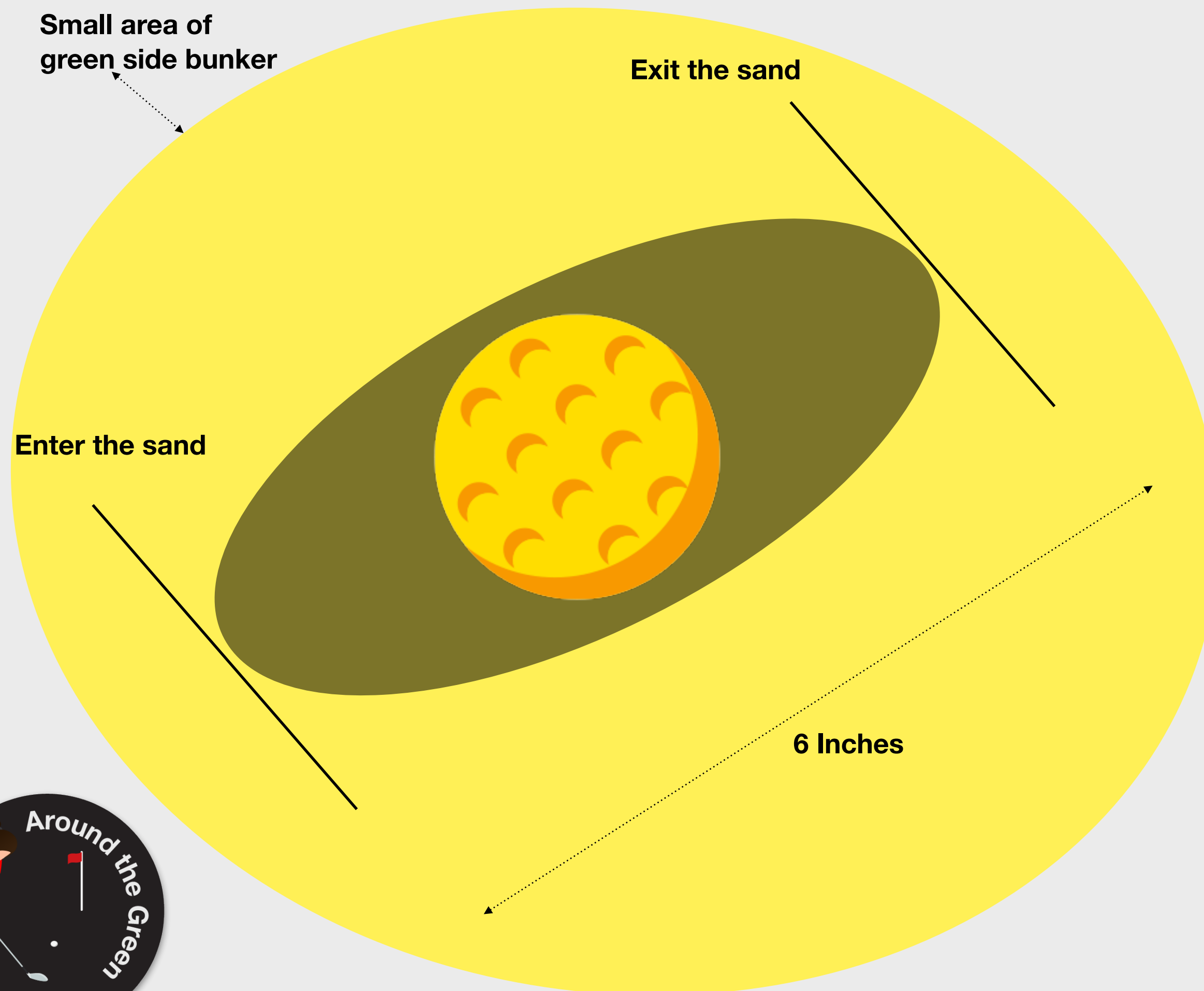
- Bunker
- Sand Wedge
- Golf balls

## How to Practice

- In the bunker get the learner to mark out the circle around the golf ball approximately 6 inches across
- When the learner is hitting the shot, encourage them to hit the sand on the first mark and leave the sand on the second mark
- This will encourage the learner to splash the sand under the golf ball and have the desired contact

## Technical Link

- This activity will encourage the learner to splash the sand under the golf ball and have the desired contact
- Encourage the learner to try PW to get a lower flight, less spin and more roll



# How's your lie?

## Equipment Needed

- Varying grass length
- Green side medium to deep rough, fairway and green fringe
- Golf balls
- Cones for safety

## How to Practice

- Position several balls around a green and drop them randomly in different lies
- Allow the learner to move around the green experiencing the effect the different lies have on the golf shot
- Encourage the learner to try different clubs and see what effect that has on the shot

## Technical Link

- Explain to the learner how changing the attack angle of the downswing can improve contact in longer grass
- Demonstrate this on fairway and fringe grass and see the effect that a change in attack angle can have on contact and overall shot



# High or low?

## Equipment Needed

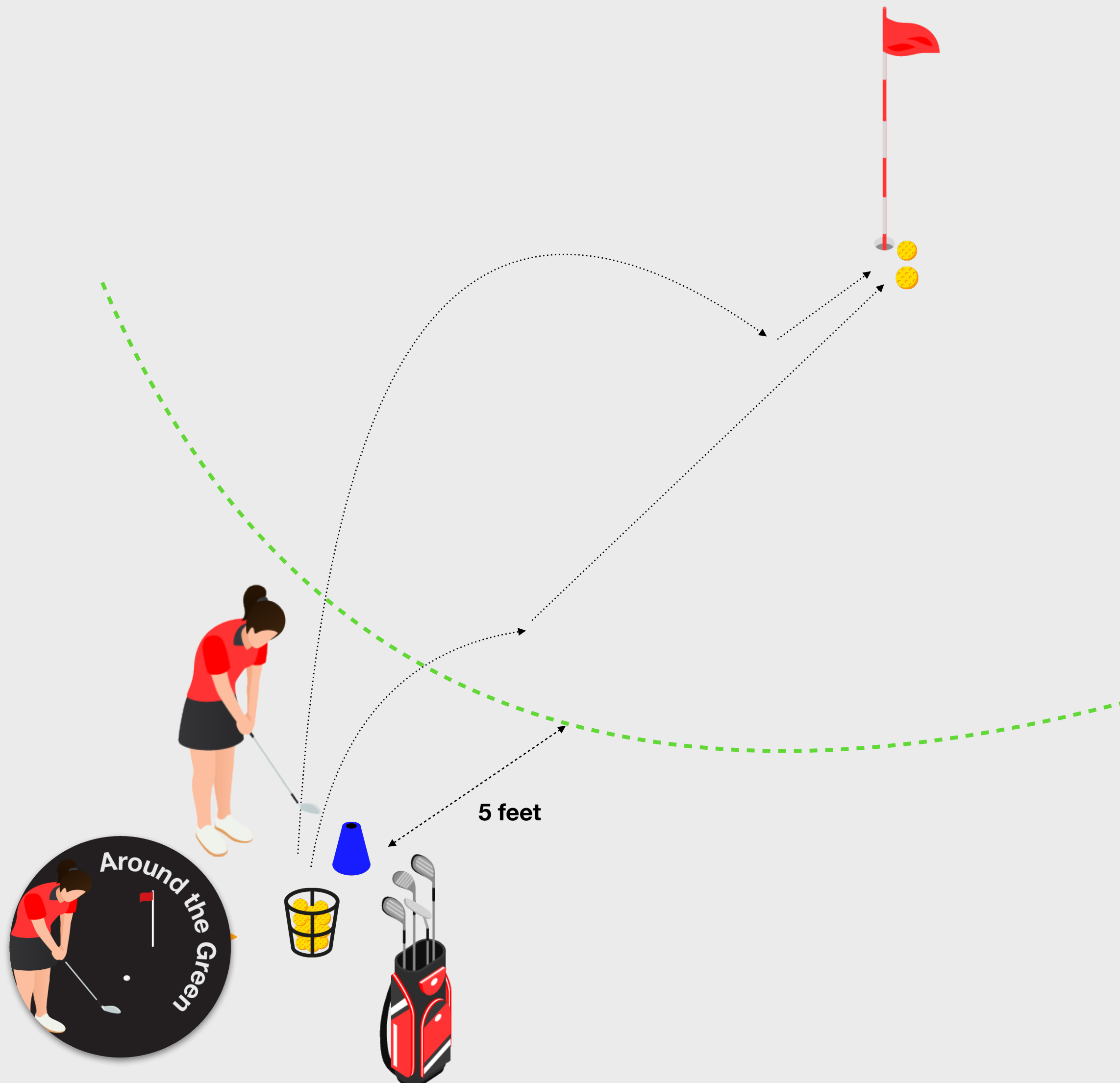
- Cones for safety
- 8 Irons and Sand Wedge
- Golf balls

## How to Practice

- Position the learner on the edge of the chipping green.
- Pick a shot 5 ft from the edge of the green with lots of green to work with.
- Demonstrate to the learner two different ways to play the shot.
- Shot one will be with a SW with a longer swing with the ball spending 80% of its time in the air 20% of its time rolling.
- Shot two will be played with an 8 iron with a shorter swing with the ball spending 20% of its time in the air 80% of its time rolling.

## Technical Link

- Outline to the learners the benefits of both shots and specifically where each shot should be used.
- Explain to the learner the potential risks and percentage likelihood of success with each shot





# High or low... Bunker!

## Equipment Needed

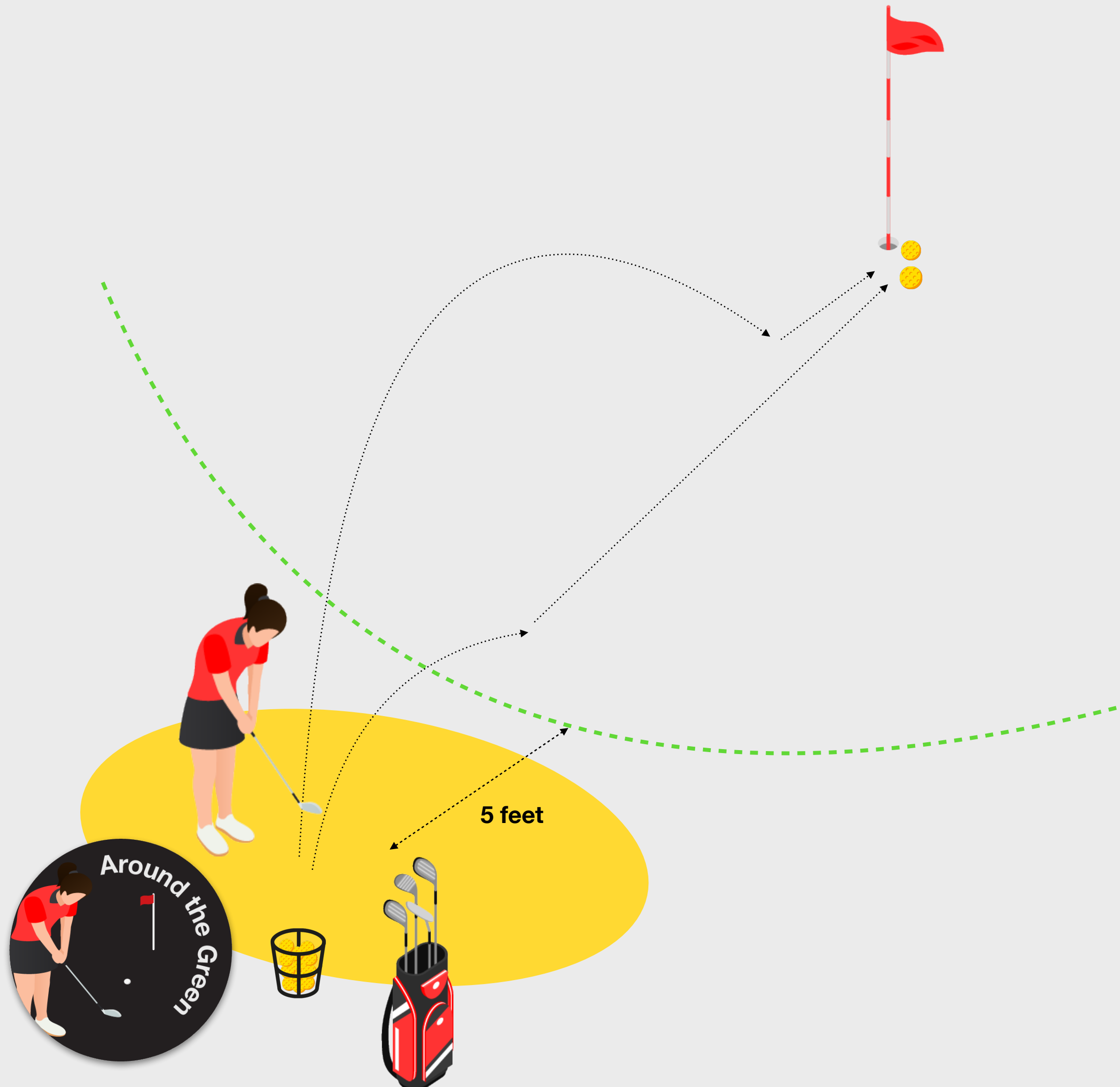
- Bunker
- PW and SW
- Golf balls

## How to Practice

- Position the learner in a bunker on the edge of the chipping green
- Pick a shot on the edge of the green with lots of green to work with
- Demonstrate to the learner two different ways to play the bunker shot
- Shot 1 will be with a PW. Demonstrate how the ball will leave the bunker at a slightly lower trajectory with increased roll
- Shot 2 will be played with a SW. Show how the increased loft on the SW allows the ball to leave the bunker with increased trajectory and have less roll more spin

## Technical Link

- Outline to the learners the benefits of both shots and specifically where each shot should be used.
- Explain to the learner the potential risks and percentage likelihood of success with each shot



# Bullseye

## Equipment Needed

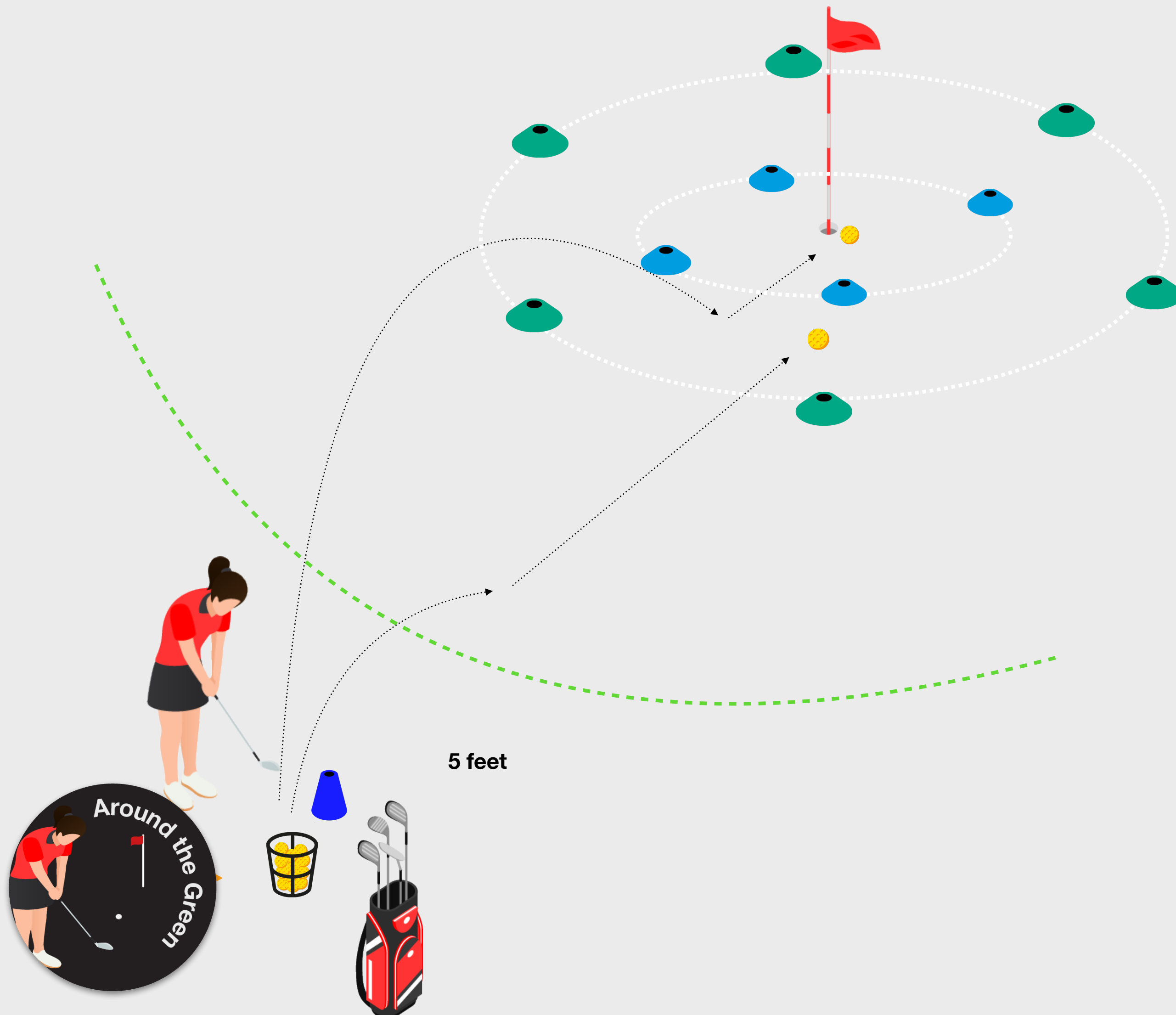
- Chip shot at the edge of a chipping green
- Golf balls
- Cones for safety
- Cone to create 2 circles (5ft & 10ft)

## How to play the game

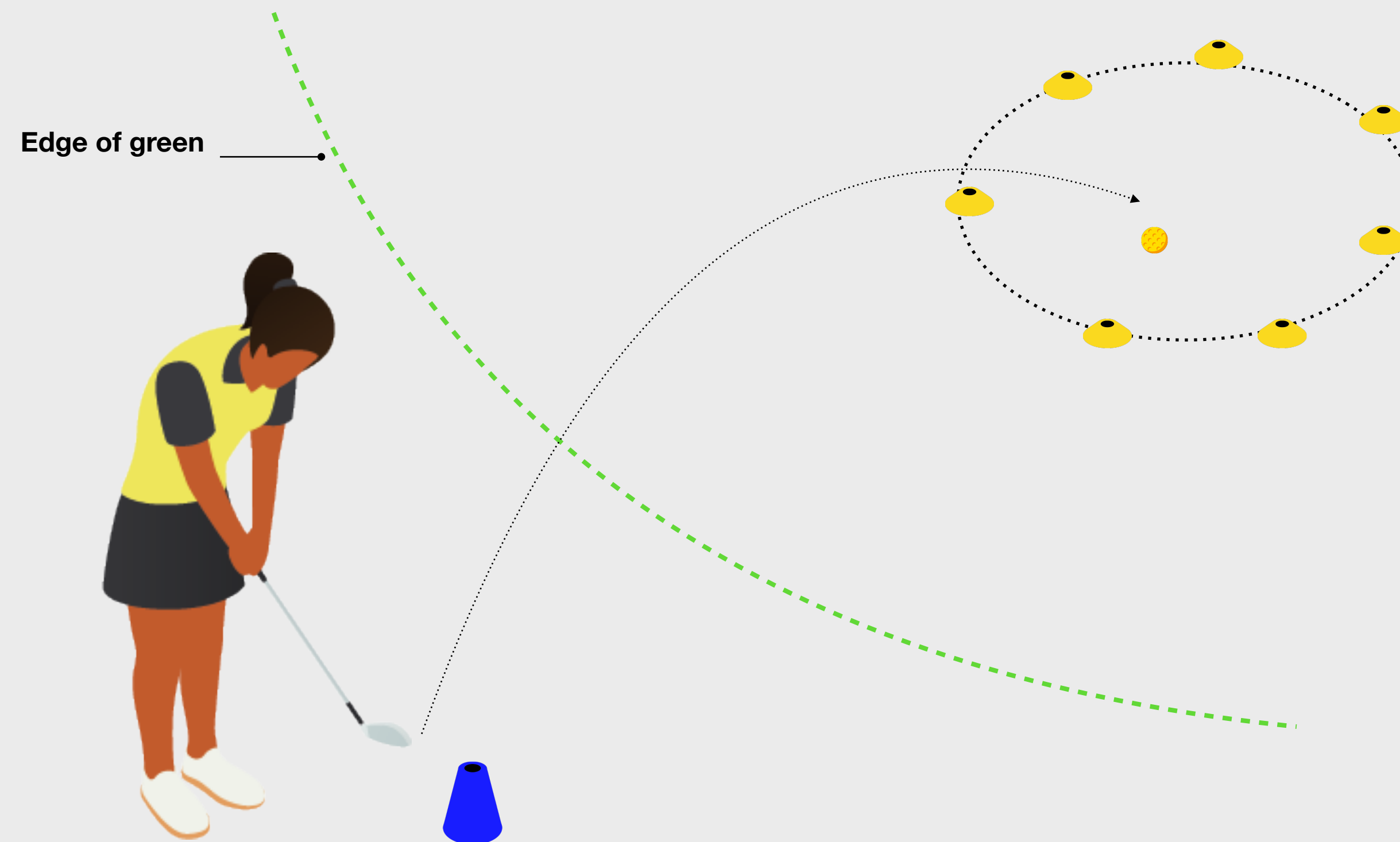
- Challenge the learner to hit 10 shots from the edge of the green. 5 shots should be hit with a 8 iron and 5 shots to be hit with a SW
- If the learner gets the ball in the inner circle they score 10 points
- If the learner gets the ball in the outer circle they score 5 points

## Technical Link

- Explain to the learner how changing the club effects the result
- Ask the learner which shot is the most effective and score the most points over 10 shots



# 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.

