

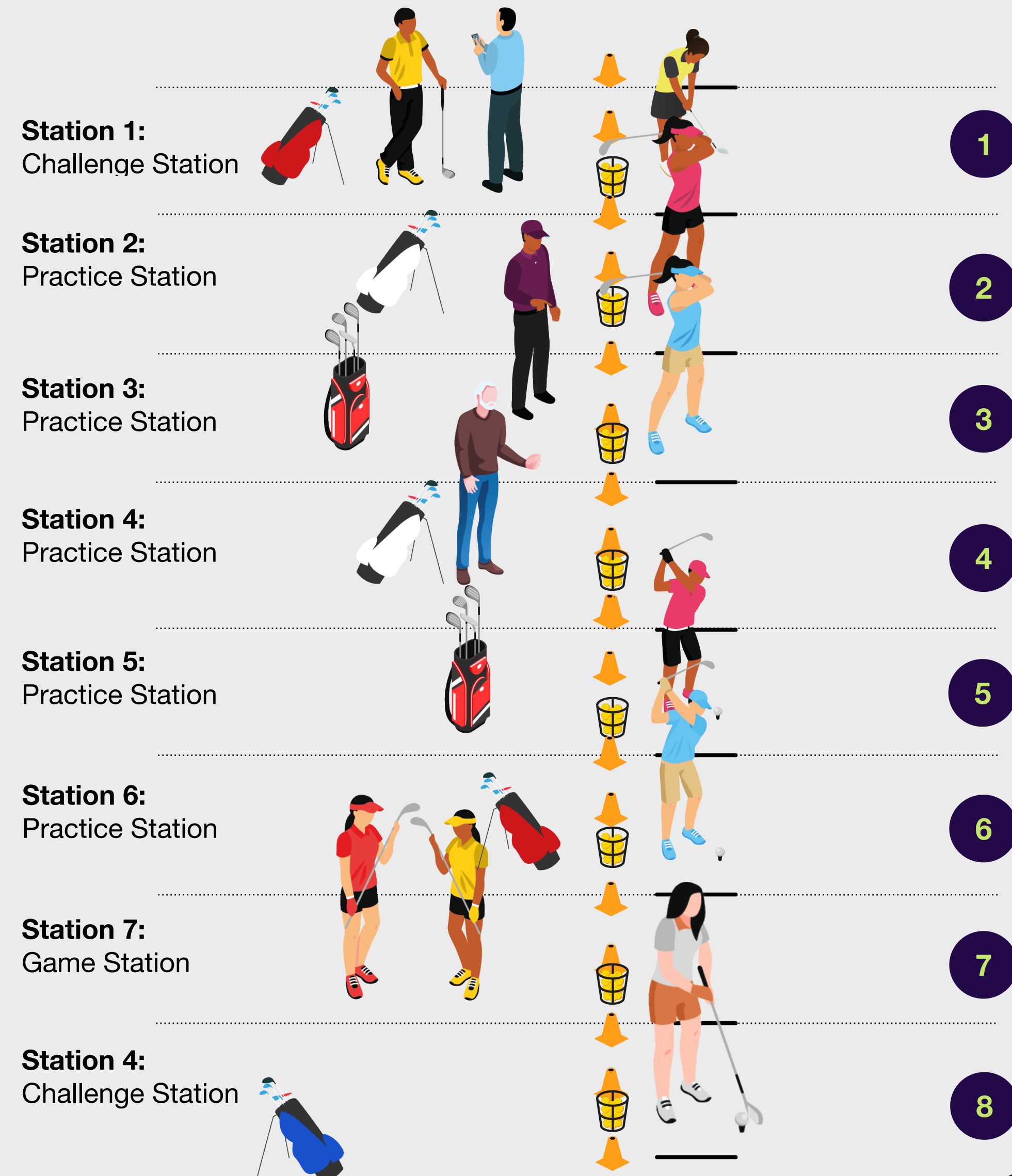
# Swing Challenges Setup



# Practice your Swing Class Layout & Setup

The graphic opposite provides an example image of how we suggest you layout your Practice Club so each of the Learners attending your class can practice effectively, attempt the challenges within the session and receive adequate access to private coaching from you. It also setup to encourage social interaction between those attending. Crucially, this is all done in a safe environment:

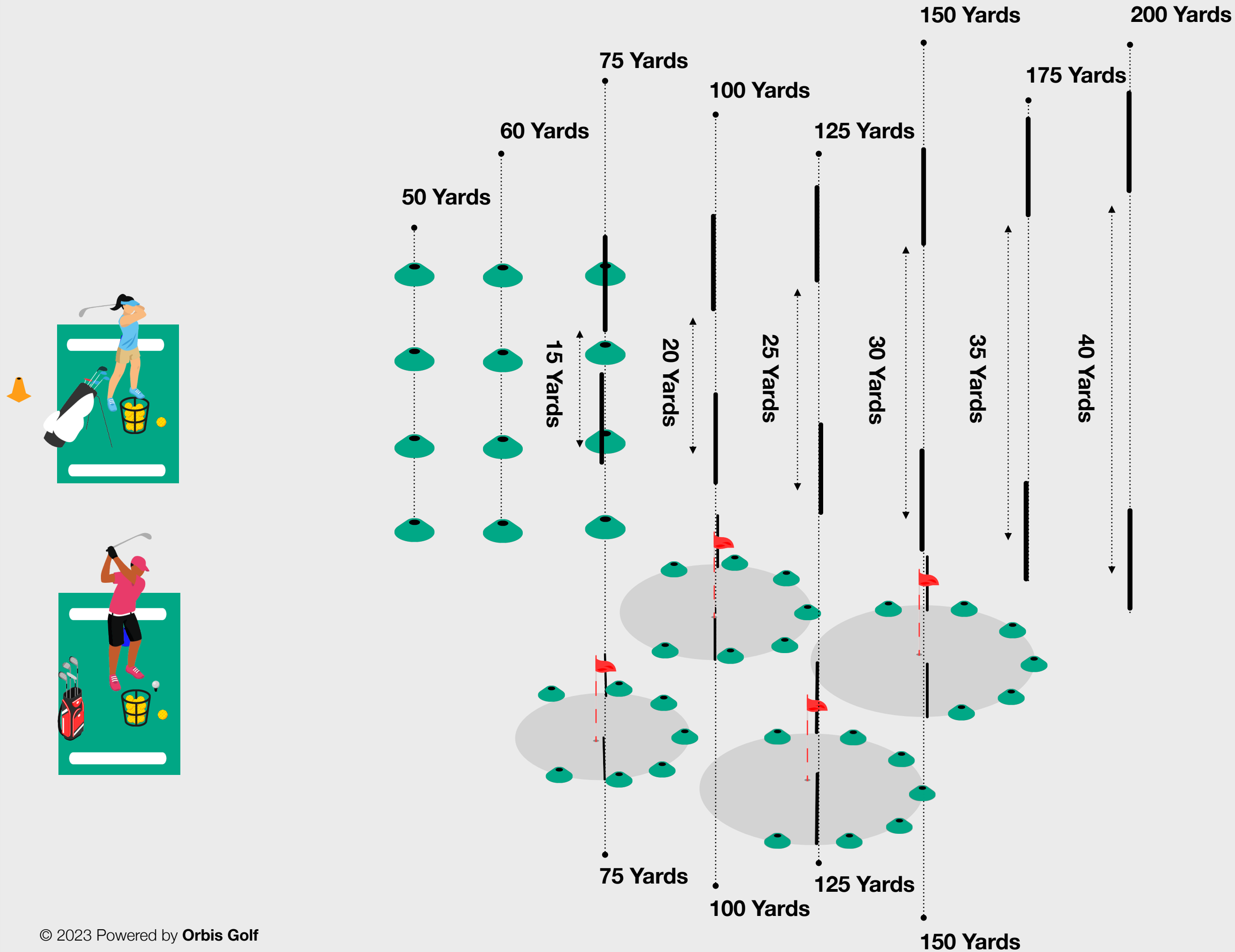
- Station 1 is the **Fairway Wood/ Hybrid & Driver Challenge Station**. This is where the Learner can attempt the Skills Challenges. Add a competitive and social element to your practice by getting your Learners to attempt these in pairs.
- Station 2 - 6 are the **Practice Stations** with a single hitting bay. This is the station where your Learners can engage in independent practice, social practice with another learner and gain private coaching from you.
- Station 7 is **Game Station**. At this stations the learner can attempt a engaging and competitive game or guided discover activity in pairs or small groups.
- Station 8 is the **Iron Challenge Station**. This is where the Learner can attempt the Skills Challenge. Add a competitive and social element to your practice by getting your Learners to attempt these in pairs.
- The Practice Clubs are an informal experience, and it is up to the Learner how they navigate the Class. Learners will have their individual needs and preferences. It is up to you to guide them around the stations but also ensure they are practicing in a comfortable environment.
- During the session, allow for the learners to connect socially. This is one of core principles of the program that it encourages social connections to be strengthened. Try not to inhibit this during your Practice Club.
- Even though you are teaching adults, safety should still be your top priority when running your class, please remember to;
  - Add your orange safety cones behind each station to identify to theLearners where they are required to walk and stand
  - Dividers should be used to identify the hitting stations
  - Baskets should be placed to the side of the golfers and behind the hitting area
  - Learners should never go in front of the hitting stations to collect a golf ball or golf club
  - Learners should always exit the hitting stations from the rear by crossing the orange safety cones




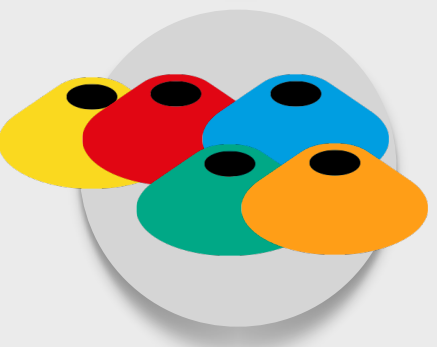



# Swing Challenges

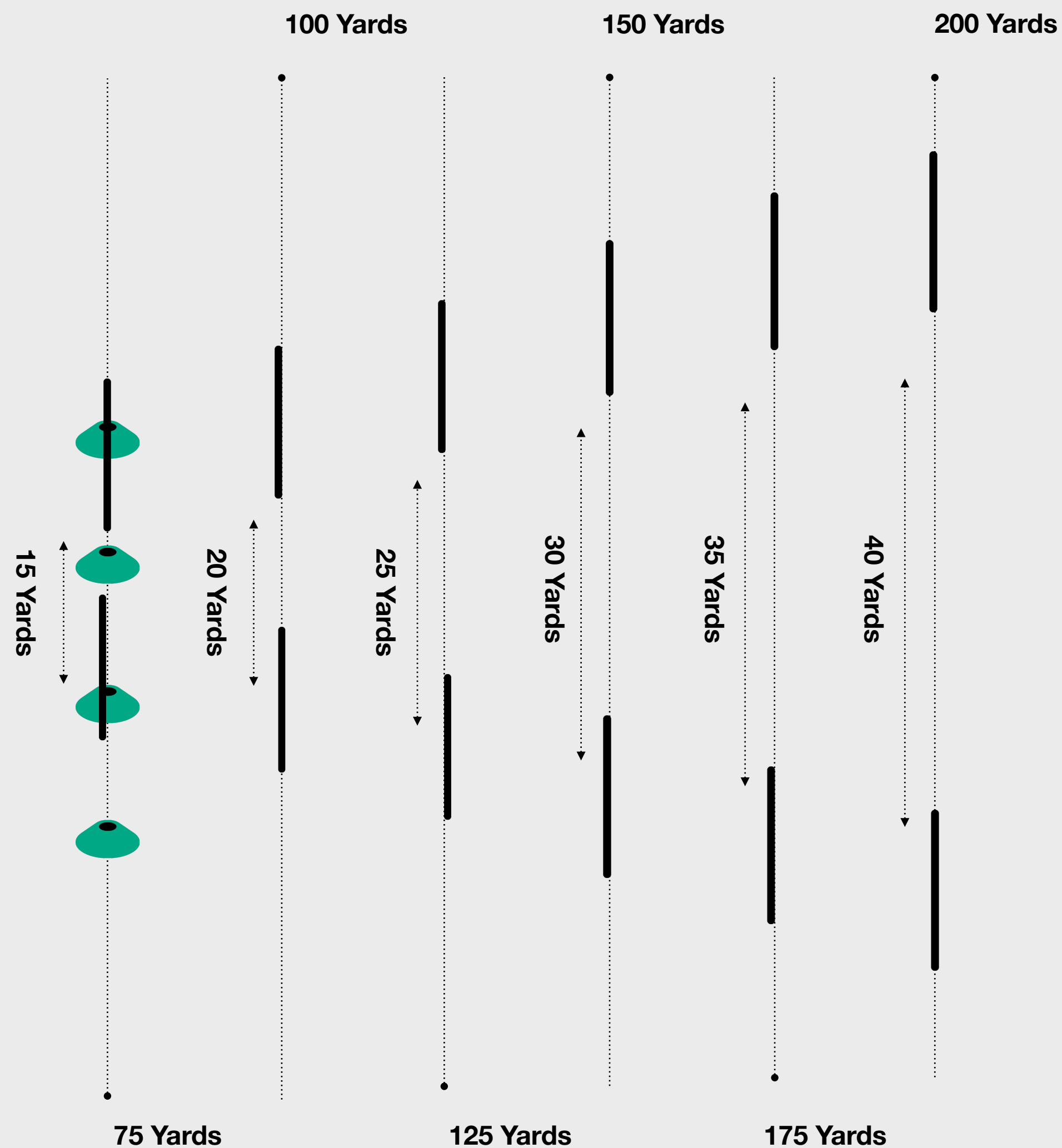
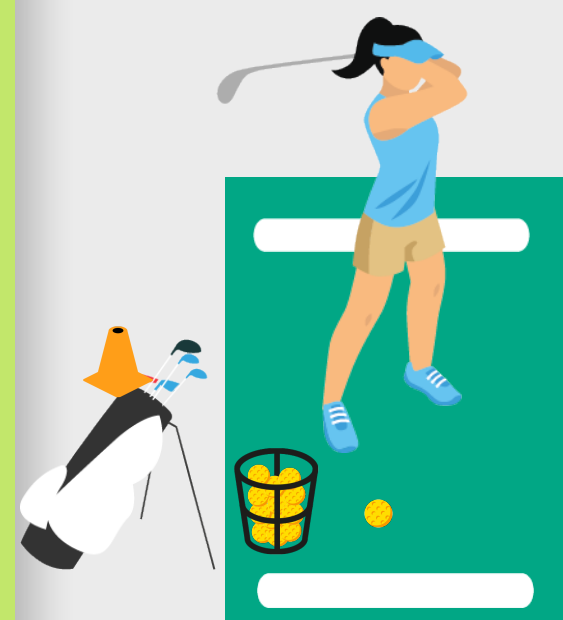
The graphic below provides an example of how each of the challenges connect together when laid out on your outfield during your Practice Club:



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

-  **SAFETY**  
Safety Cones
-  Mixed Colored Cones
-  20 Alignment Sticks
-  6 Foam Noodles (Optional)

# Driver Challenge Setup



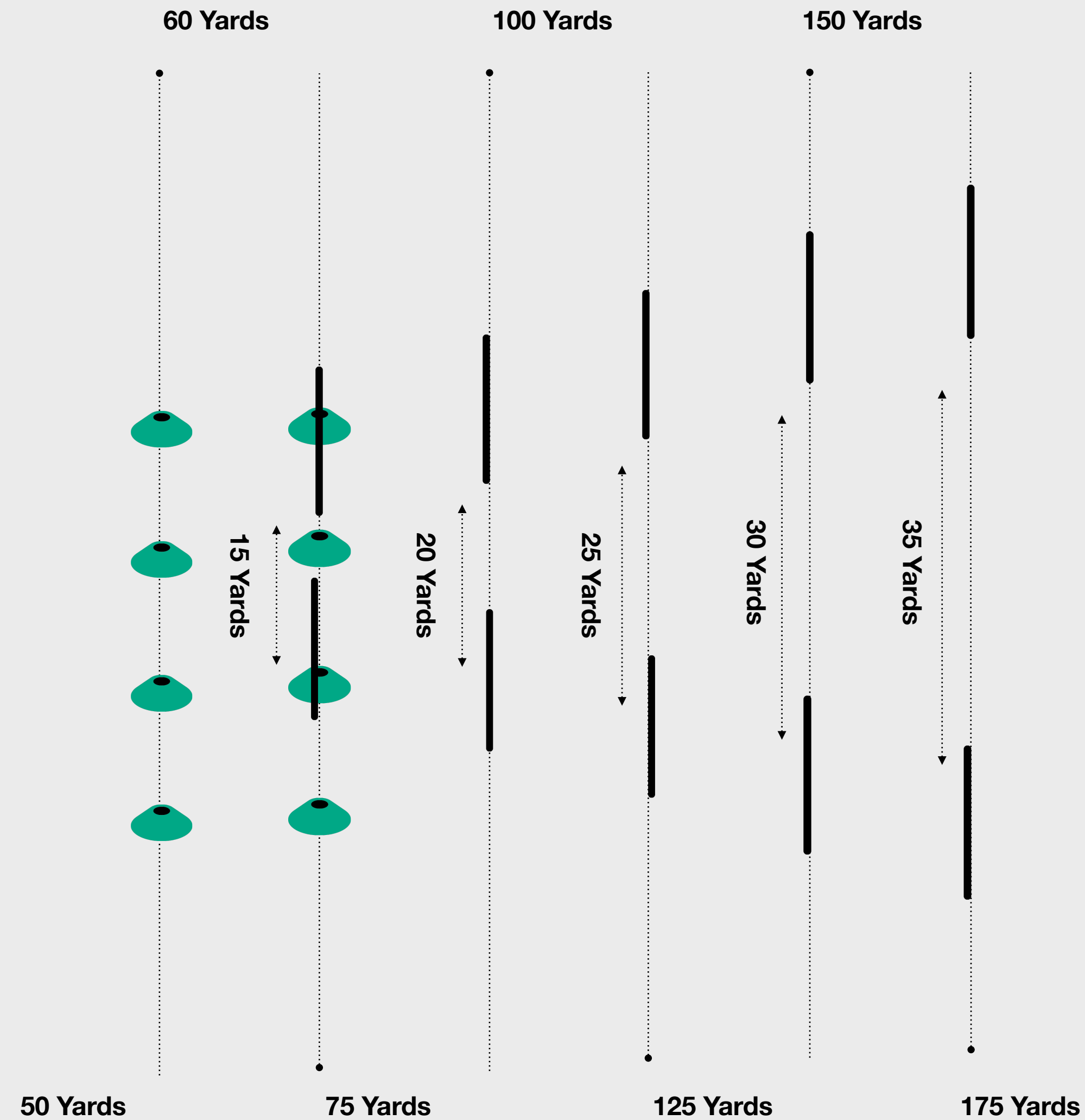
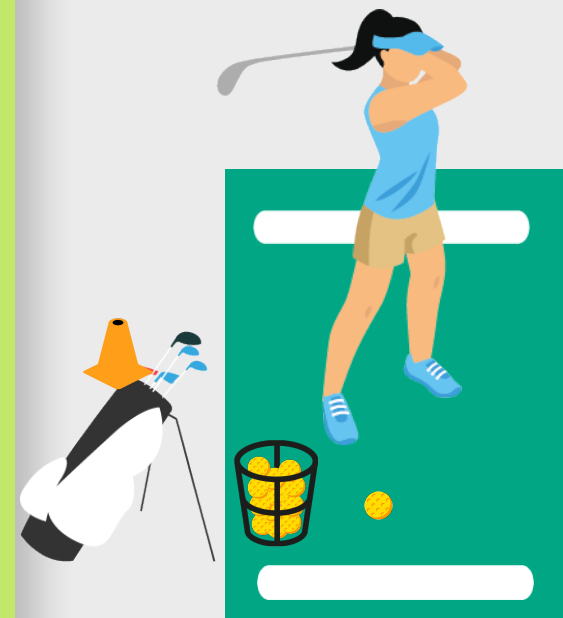
## Equipment Needed

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Colored cones to mark out the carry lines
- Alignment Sticks with foam noodles to mark the target gates

## Setting out the Challenge

- Use the cones to mark out the carry distance lines for at 50 yards, 60 yards and 75 yards
- Alignment sticks with foam noodles should be used to measure the gates at 75, 100, 125, 150 and 200 yards
- Set out all the markers to enable every learner to attempt their challenges in the Practice Club.

# Fairway Woods/ Hybrid Challenge Setup



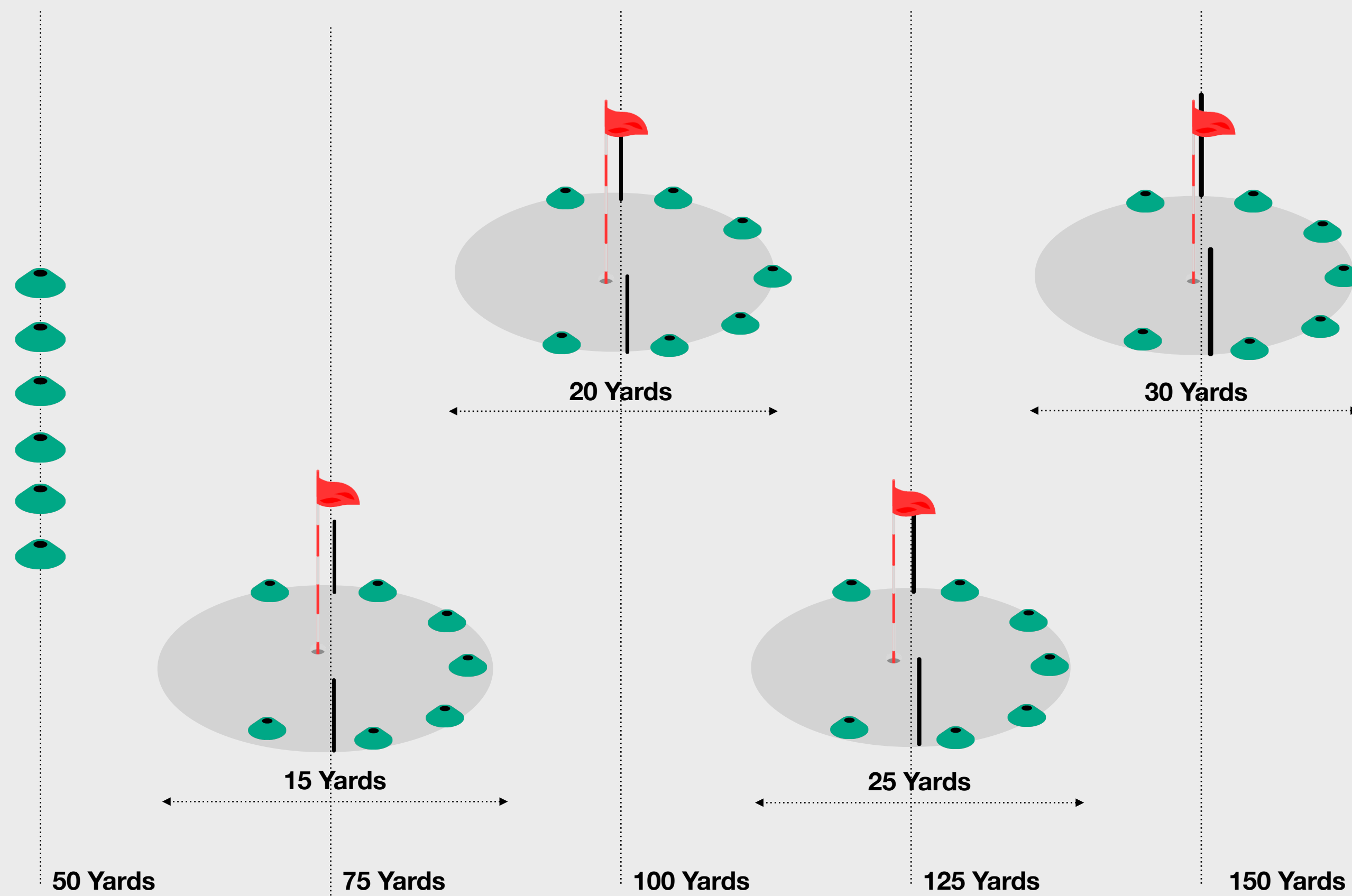
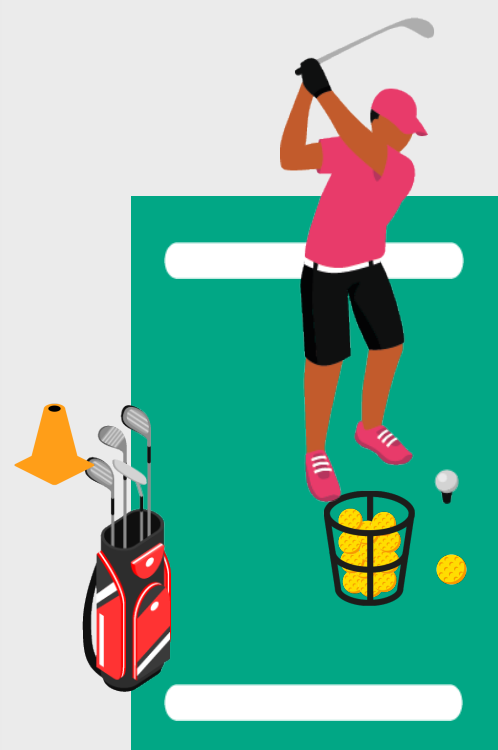
## Equipment Needed

- Orange safety cones for a safety line
- Marker cones or bay dividers to represent the tee markers at the challenge station
- Colored cones to mark out the carry lines at 60 and 75 yards.
- Alignment Sticks with a foam noodle (optional) on top to mark out the target gates

## Setting out the Challenge

- Use cones to mark out the carry distance lines at 60 and 75 yards.
- Alignment sticks with foam noodles should be used to measure the gates for the target gates at 75, 100, 125, 150 and 175 yards.
- Set out all the markers to enable every learner to attempt their challenges in the Practice Club.

# Iron Challenge Setup



## Equipment Needed

- Orange safety cones for a safety line
- Colored cones or bay dividers to mark out the necessary hitting stations
- Colored Cones to mark the target zones if foam noodles aren't available
- Alignment Sticks to mark the target widths
- Flag (if available)
- Foam Noodles

## Setting out the Challenge

- Foam Noodles placed onto the alignment sticks should be used to mark the perimeter of the target zones either side of the flag
- Alignment sticks should be used to mark the target when a flag isn't possible
- Green Cones should be used to mark the target lines at 50 yards
- Set out all the markers to enable every learner to attempt their challenges in the class
- Cones may be used to mark the target zones



**Thank you.**

**GAMEON**