

Swing

Games and Practice Stations



GAMEON

Alignment Check

Equipment Needed

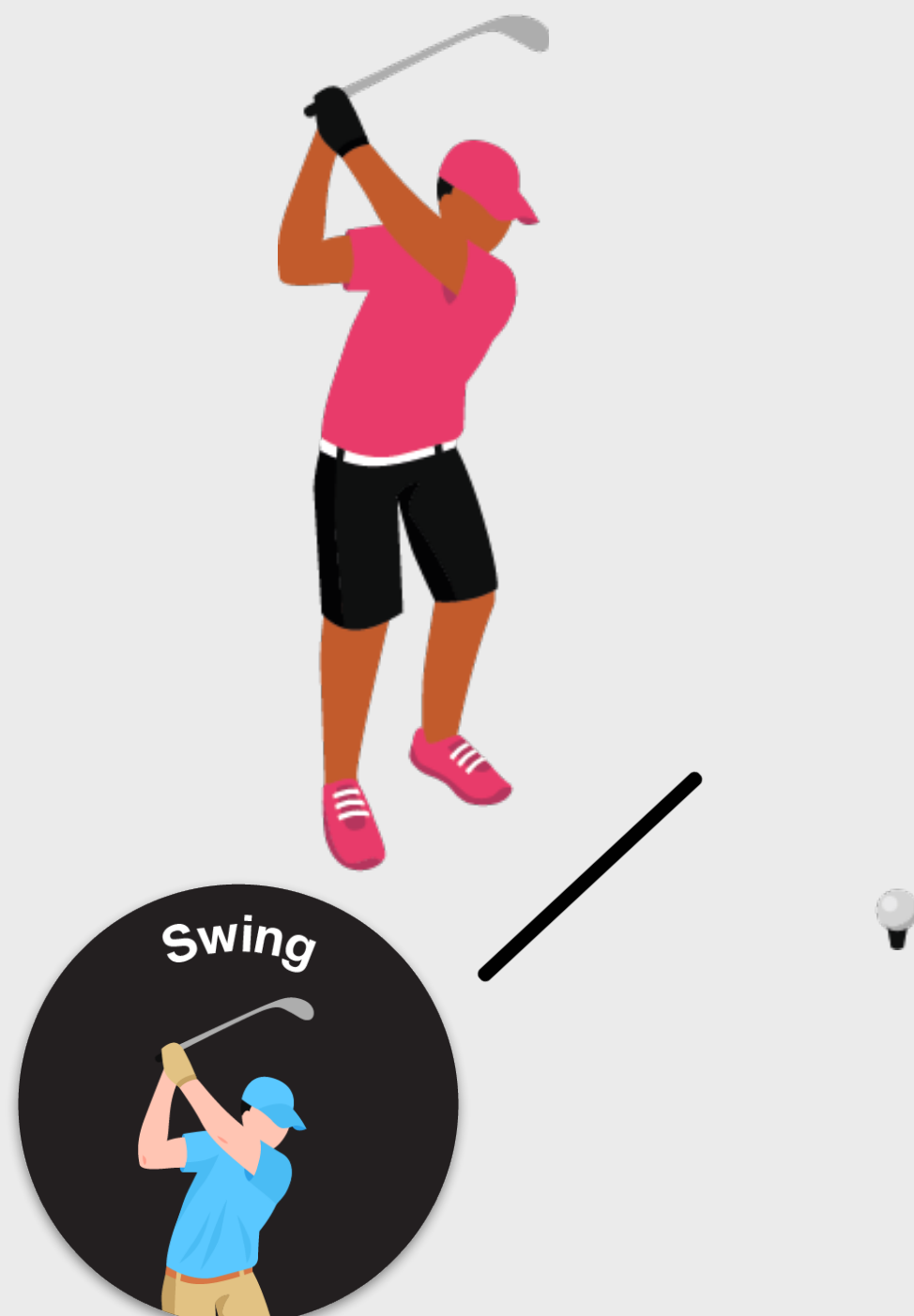
- Tees
- Driver
- Golf Balls

How to Practice

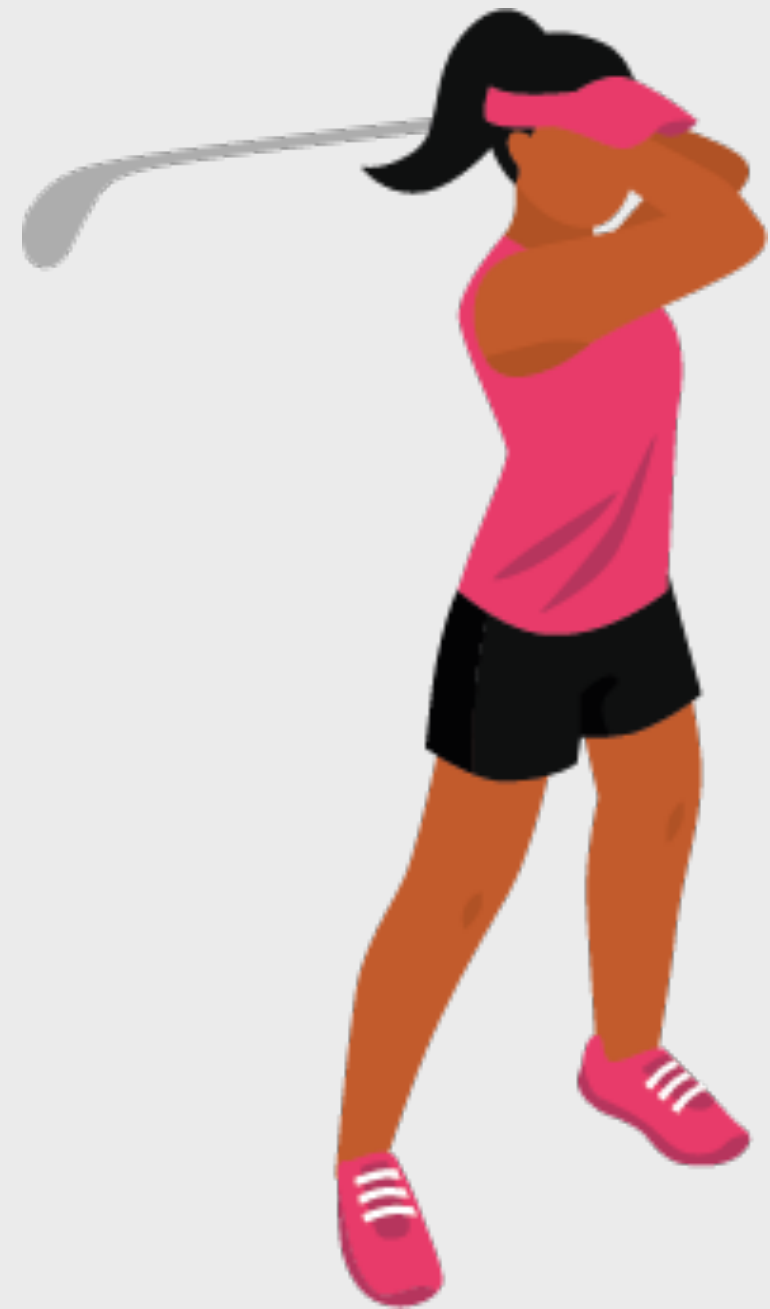
- Learners should work in pairs to check each other's alignment
- The learner should use the alignment stick to make sure they are aligned roughly parallel to their intended target
- The learner should experiment with what it feels like to align a long way right and left of target, to build a real sense of what aiming on target feels like

Technical Link

- This activity will help the learner to understand how their perception relates to what is actually happening as they take aim
- This activity will help learners to work together and gain a deeper understanding of how alignment helps to prepare for a good golf shot



Perfect Posture



Equipment Needed

- 7 iron and Driver
- Golf Balls

How to Practice

- Demonstrate the differences between the posture for a 7 iron and a Driver
- Highlight how an athletic posture will help the learners to generate more speed and prevent injury
- Make learners aware that practicing for prolonged periods of time may result in a overuse injuries, advise short, regular practice sessions

Technical Link

- This activity will help the learner to stike the ball more consistently and with more speed



Speed Swinger



Equipment Needed

- Driver

How to Practice

- The learner should practice swinging at speed in order to maximise the potential distance they can hit the ball
- If the learner is able to generate more speed they will increase their potential for distance
- The focus here is just on generating speed, learners should not worry about making perfect contact

Technical Link

- This activity will help the learner to understand the importance of generating speed to hit the ball further



Face Contact



Equipment Needed

- Impact Tape
- Driver

How to Play

- A learner starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The learner should try to deliberately strike the ball using the toe of the club and the heel of the club to build awareness of what it feels like when the ball is struck using different parts of the club face

Progression Ideas

- Challenge the learner to strike a particular part of the club face deliberately
- Draw on the face tape to indicate a smaller target that the learner has to try to hit



Rotation



Equipment Needed

- Hoop
- Alignment Stick
- Hybrid / Fairway Woods
- Golf Balls

How to Practice

- Learners should understand that the golf club swings on a circle around the golfer, and only touches the ball to target line on the few inches through impact, and that this is referred to as the path of the club head
- Use the alignment stick to demonstrate the ball to target line, and the hoop to represent the club head's movement around the golfer
- The learner should experiment with what it feels like to swing the club straight back and through along the target line, and then to swing the club round on an arc and how much more effective it is this way

Technical Link

- Understanding this means learners will practice the rotation that is required to make a powerful, controlled golf swing



Shoulder Plane



Equipment Needed

- Alignment Stick
- Foam Noodle
- 7 iron and hybrid
- Golf balls

How to Practice

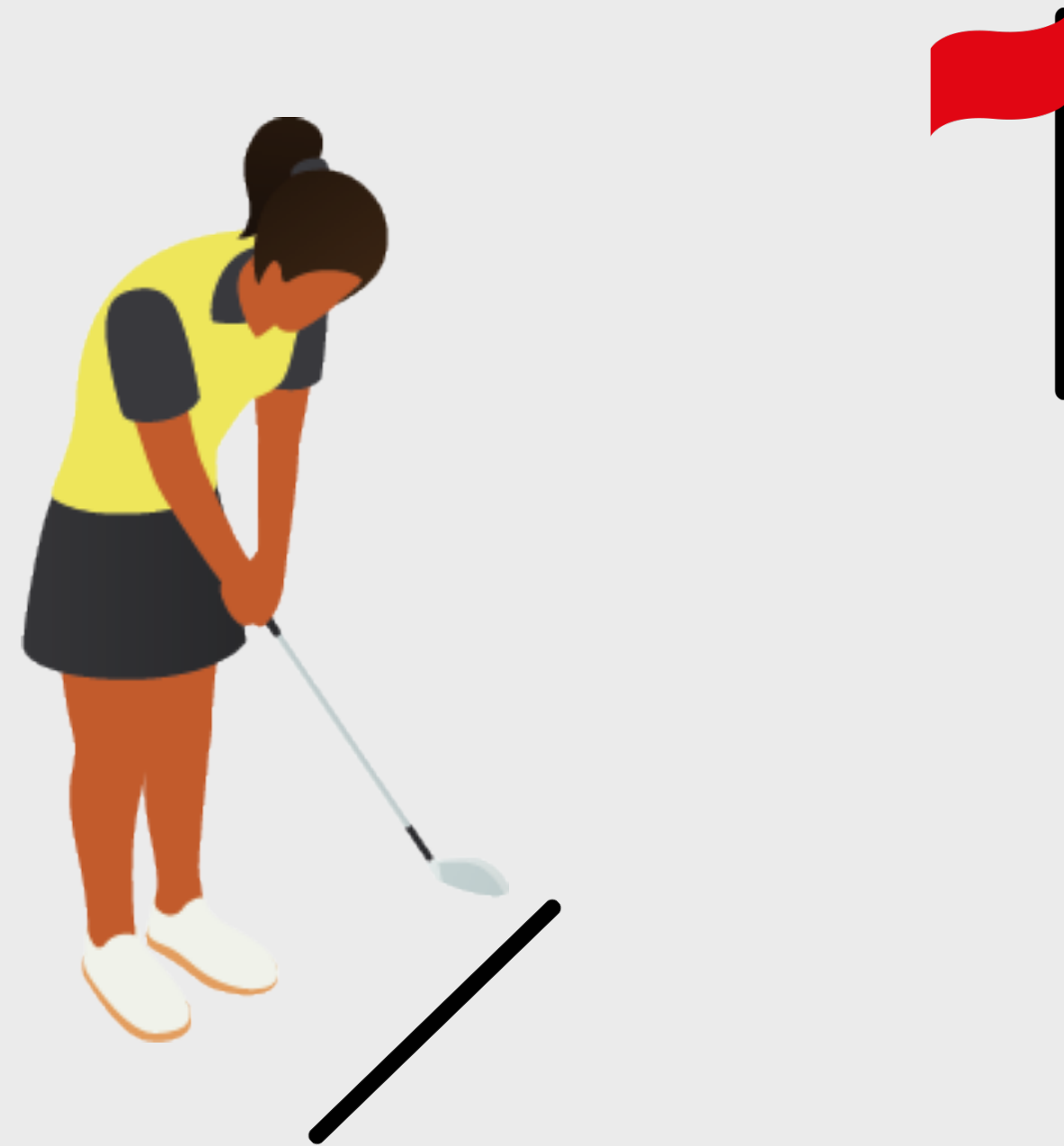
- Following on from previous weeks, learning about posture in the golf swing, the learners will benefit from learning about shoulder plane
- The learner should use the alignment stick by placing it across their shoulders, getting into posture and rotating so that the point of the alignment stick points roughly towards the ball
- Another alignment stick and noodle can be placed at an angle along the ball to target line so that when the learner is swinging they can practice with the visual and physical guide in place

Technical Link

- This activity will help the learner to strike the ball more consistently and improve their swing path



Clubface Aim



Equipment Needed

- Hybrid or Fairway Wood

How to Practice

- The learner should practice whilst using an alignment stick to aid them in making sure their club face aim is perfectly square before they start the swing
- If the ball starts left or right of target the learner then knows either they have miss-hit the shot, or they have done something which has caused the club face to aim right or left at impact

Technical Link

- This activity will help the learner to build an awareness of what a square set-up looks like to them



Army Golf



Equipment Needed

- Alignment Stick
- Foam Noodle

How to Play

- The learner addresses the ball in the same way each time, aided by the alignment stick which points directly at the foam noodle
- The learner should then attempt to hit the ball alternately left of the noodle, and then right of the noodle by changing the direction of the swing and the path of the club head
- The learner should try to build an awareness of how they control the club by swinging it in different directions

Progression Ideas

- Challenge the learner to deliberately hit the ball left, then right then dead straight to hit the noodle
- If the learner struggles with one direction more than the other encourage them to practice that one more



Ball Position



Equipment Needed

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

How to Practice

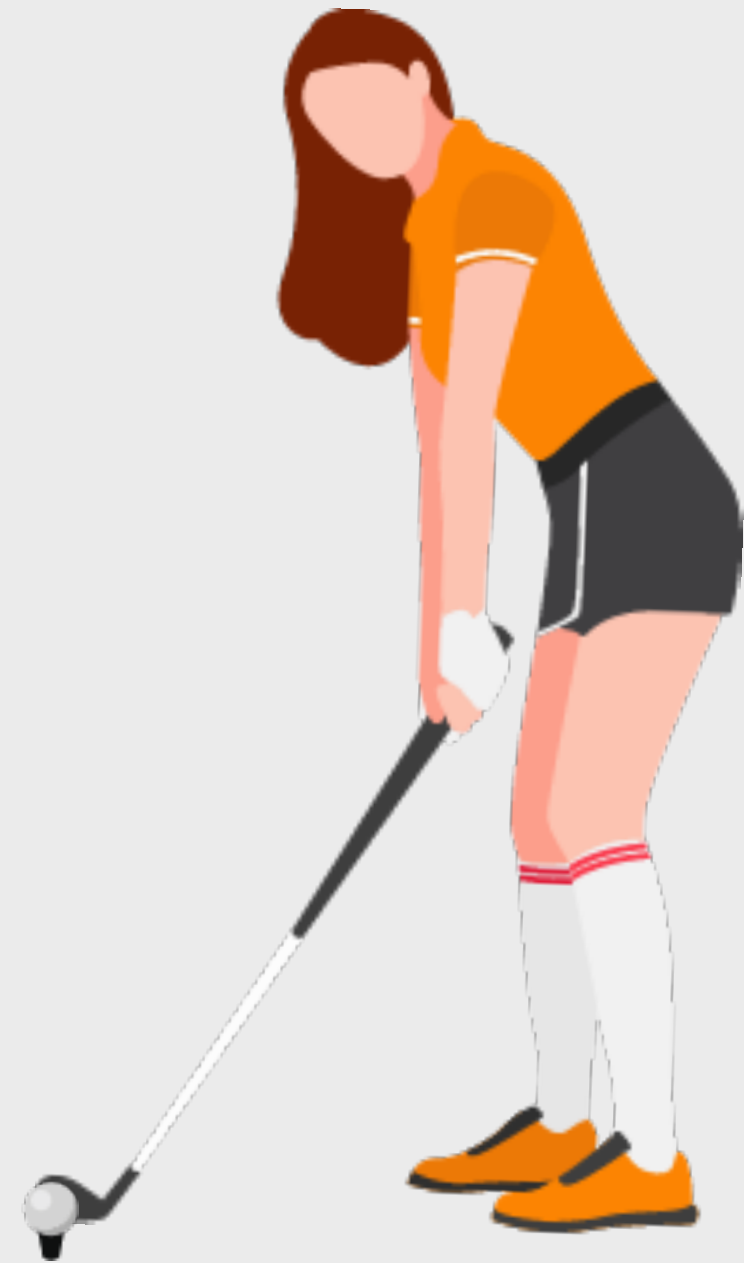
- Learners should understand that the ball position changes slightly depending on which clubs they use
- Use the alignment stick to mark the centre of the learner's stance
- The learner should experiment with a centered ball position for a wedge, an inch further forward for a 7 iron and an inch further 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



Perfect Posture



Equipment Needed

- Alignment Stick
- 7 iron, hybrid and wedge
- Golf balls

How to Practice

- Reinforcing posture with some key drills will help the learner to improve their consistency of strike
- One posture tip could be to give a learner is to place an alignment stick from their belt buckle, up in front of their nose and practice tilting forwards whilst maintaining this straight line
- Another posture drill is for the learner to place an alignment stick horizontally across their hips, and to lean over the stick in order to create the correct feelings of tilting forwards, rather than stretching to reach the ball

Technical Link

- This activity will help the learner to improve their posture and strike the ball more consistently



Swing Direction

Equipment Needed

- 7 Iron

How to Practice

- The learner should practice whilst using alignment sticks to help them learn how to control the direction the club travels
- By moving the alignment sticks to aim left of target and then right of target the learner will begin to control the direction of the swing
- Encourage learners to start with small swings with this challenge and work up to fuller swings once confident in controlling swing direction

Technical Link

- This activity will help the learner to build an awareness of swing direction and how to improve their overall technique



G.O.L.F.

Equipment Needed

- Cones
- Alignment Sticks and Foam Noodles

How to Play

- Set up a number of targets on the driving range, at an appropriate distance for your learners to aim at
- The learners should take it in turns to choose and aim for a particular target, if they manage to hit their intended target they achieve a “G”
- The game continues until a learner has completed the word “GOLF”

Progression Ideas

- Dictate which targets the learners have to aim for, if it is too easy, make the targets more challenging
- Increase the length of the word to extend the game
- Challenge the learners to work together to achieve the game, whereby both must hit the target before the letter is achieved



Swing Speed



Equipment Needed

- Alignment Stick
- Driver
- Golf Balls

How to Practice

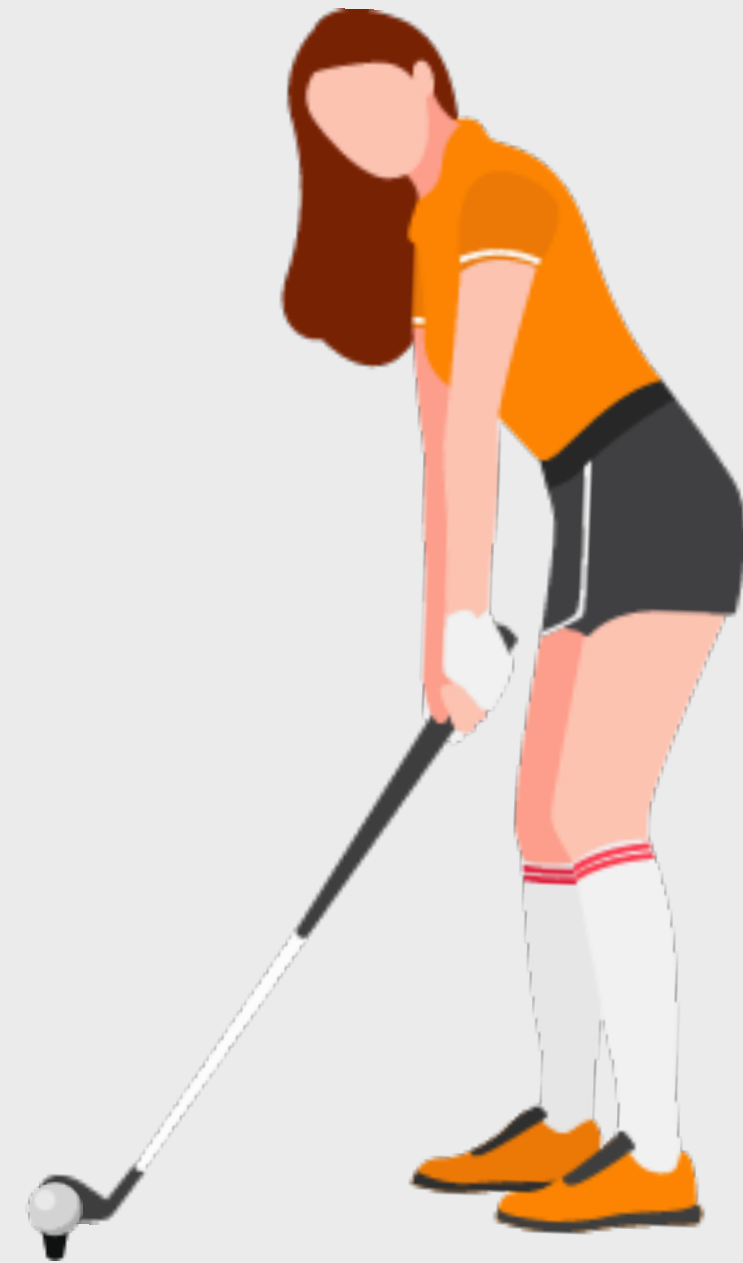
- Learners should understand that the faster they swing the club, the more potential they have to hit the ball further
- Learners should swing the alignment stick as fast as possible, as it is lighter than a normal golf club they will be able to do this effectively
- The learner should then attempt to maintain that speed when swinging the driver
- Make sure learners complete these fast swings without a ball and without too much thought for technique
- When you reintroduce the ball the learner should try to make solid contact and do this at 80% of full speed

Technical Link

- By improving the maximum speed at which they swing the club without a ball learners will be able to swing the club faster with a ball and increase their distances



Launch Angle



Equipment Needed

- Alignment Stick
- Driver
- Golf balls

How to Practice

- Introduce the best way to create an optimal launch angle for the driver, include ball position, tee height and intention to hit the ball as the club is travelling up
- One posture tip could be to tilt the spine angle away from the target, to encourage the launch angle required to maximise distance
- If you have a launch monitor available measure the learner's launch angle so they understand how they launch the ball and what they need to do differently to increase their carry distance

Technical Link

- This activity will help the learner to increase their carry distance with the driver



Stepping Drill



Equipment Needed

- 7 Iron or Driver

How to Practice

- The learner should practice by swinging up to the top of their swing and as the club is reaching the top of the swing, step forward and swing the club
- Once the learner achieves the coordination required to step and swing they can attempt the challenge with a ball and see if they can make contact
- Encourage learners to start with small, slower swings with this challenge and work up to fuller swings once confident in the movement

Technical Link

- This activity will help the learner to build an awareness of using movement to generate speed



Carry Distance Challenge

Equipment Needed

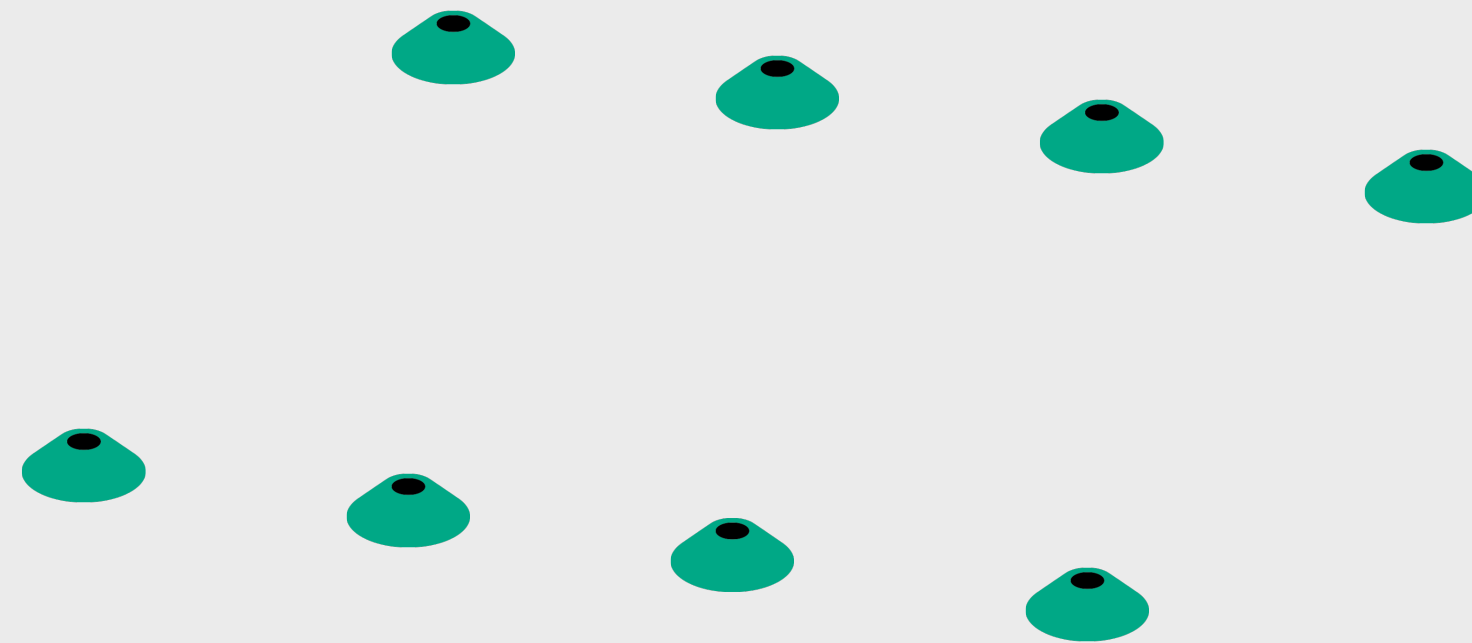
- Cones
- Golf balls

How to Play

- Set up a number of targets on the driving range, at different distances to enable learners to know how far they are hitting the ball
- The learners should take it in turns to hit each ball slightly further than their last shot
- The learners should start with a small swing and see how many shots in a row they can increase the distance they carry the ball

Progression Ideas

- Ask learners to work together on this challenge
- Dictate the shortest distance that learners have to hit to start the challenge (e.g. 50 yards)



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

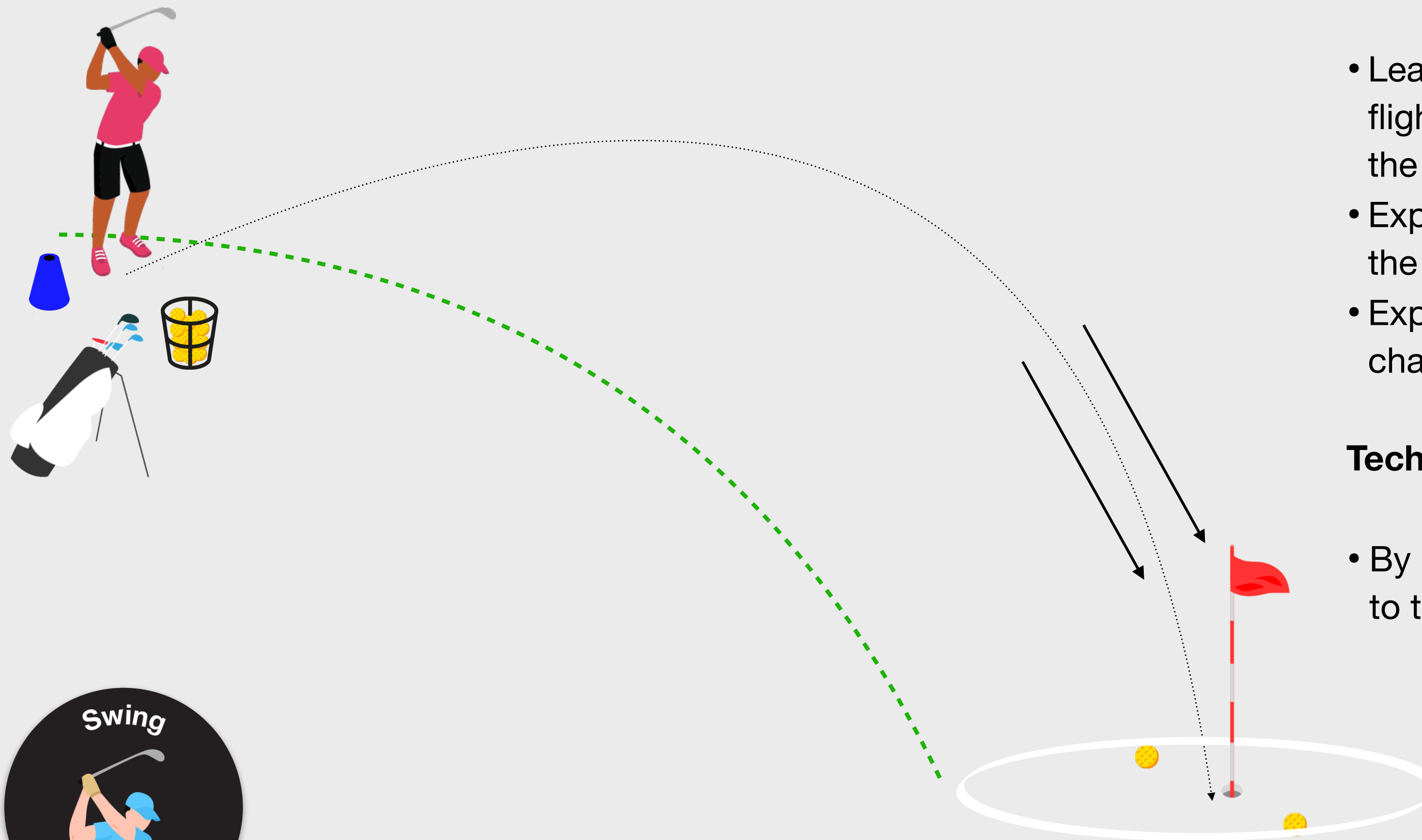
- Downhill shot on course or on range
- Irons
- Golf Balls

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

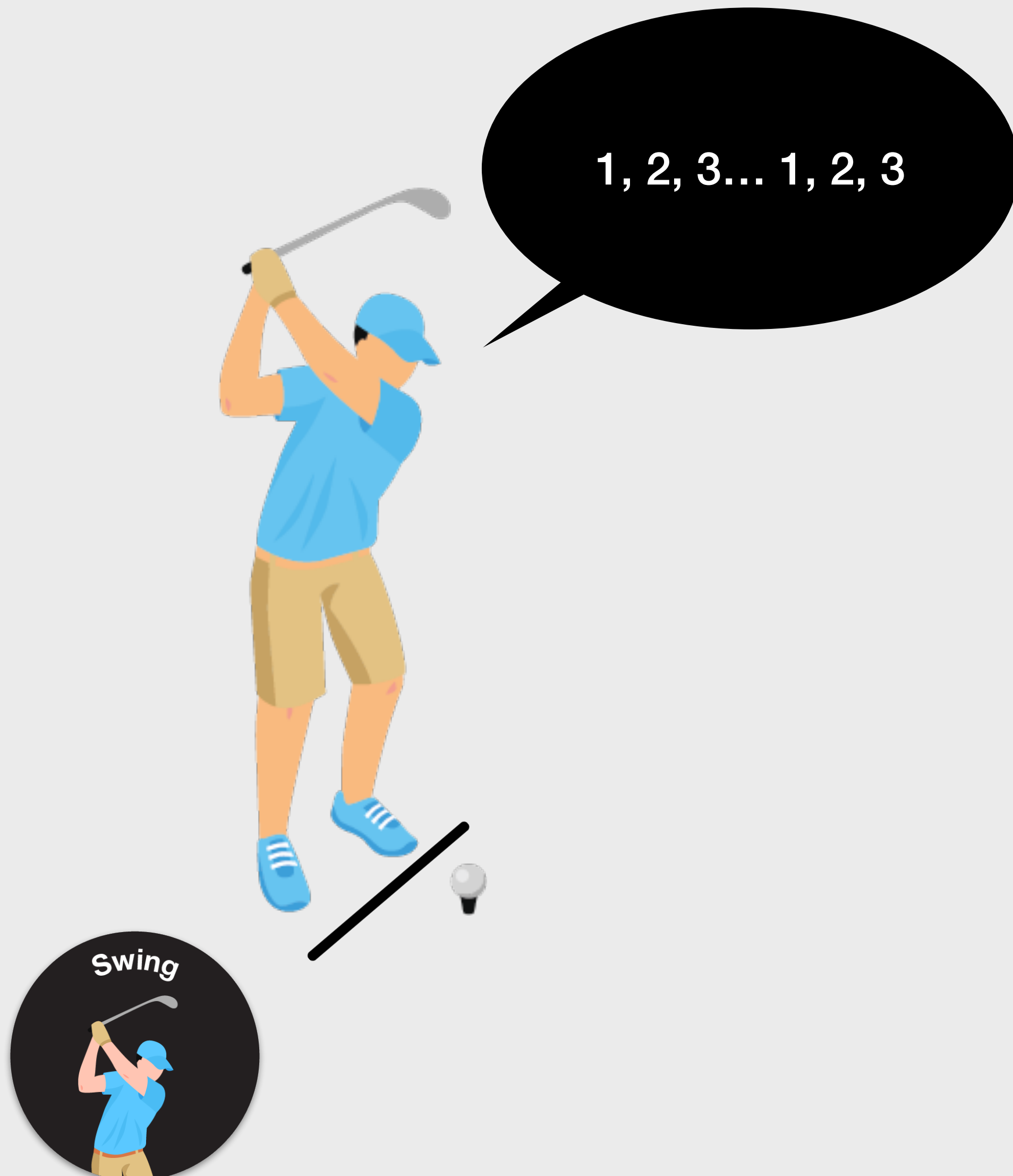
- Learners should understand how a shot with ball above their feet will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how having the ball above their feet will make the ball go to the left for a right handed golfer
- Explain to the learner how to adjust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



1, 2, 3... 1, 2, 3



Equipment Needed

- Driving range
- Fairway wood
- Golf balls

How to Practice

- Learners should understand the importance of rhythm and tempo in their golf swing
- Demonstrate the importance of maintaining a consistent swing speed
- This consistent swing speed and rhythm will develop consistency of strike and ultimately more consistent shots

Technical Link

- Allow the learners to quicken and slow their swing speed and rhythm and see the changes in consistency of strike and shot

Fairway Finder

Equipment Needed

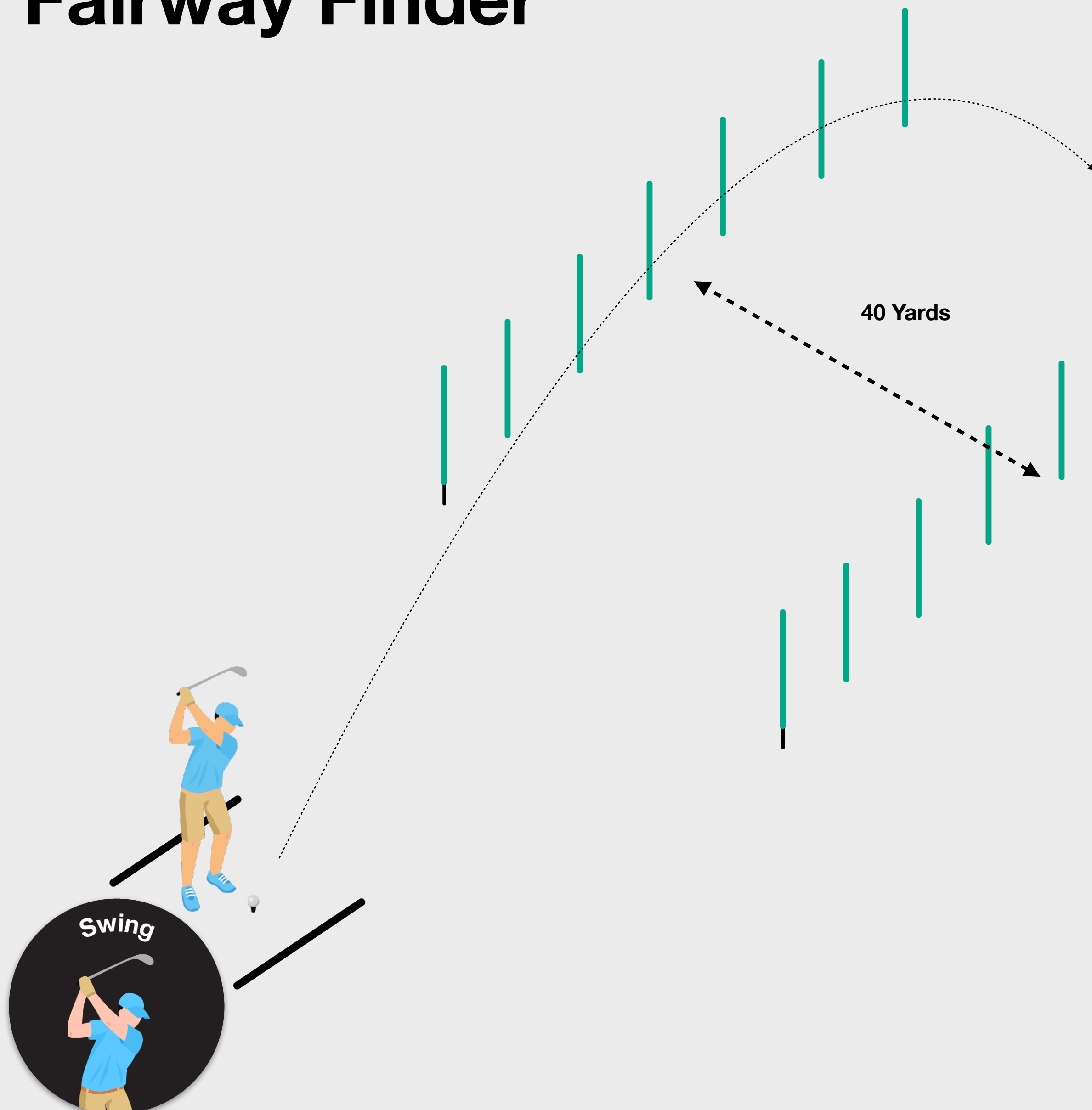
- Driving range
- Alignment sticks, cones or other targets
- Golf balls

How to Practice

- Set up a fairway on the driving range using existing targets or use cones or alignment sticks
- Ask learners to hit golf balls and try and hit the fairway using their stock shot. This can be a fairway wood
- Ask the learners to hit 10 shot and see how many out of 10 they can hit the fairway

Technical Link

- By having a visual target on the driving range it focuses the learners minds onto what is required for a stock shot
- It shows them what an average fairway width of roughly 40 yards looks like



Change Set Up

Equipment Needed

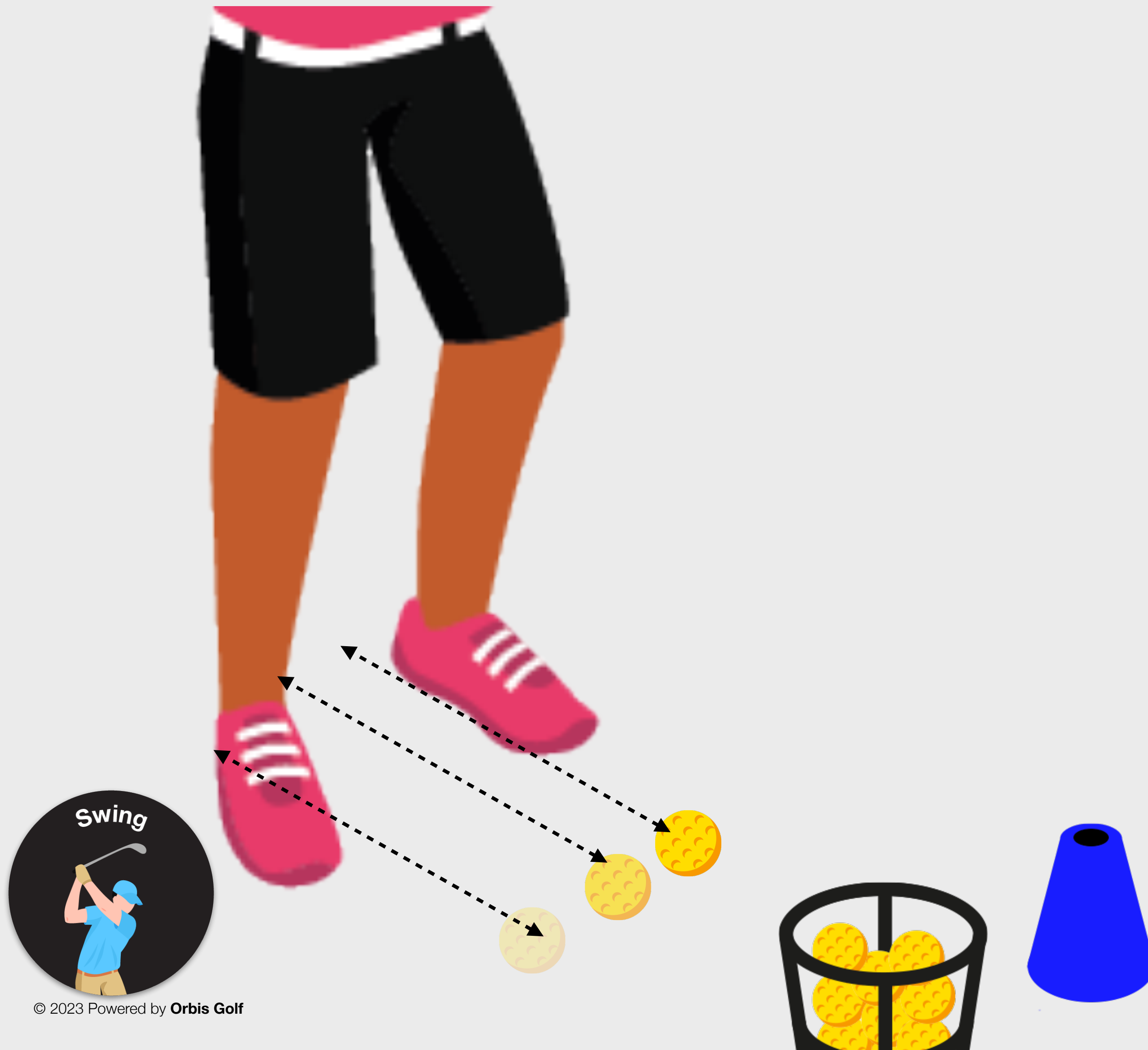
- Driving range
- Golf balls
- Cones

How to Practice

- Learners should understand how changing their setup will affect the consistency and type of shot they hit
- Ask the learners to adjust their ball position forwards and back in their stance and see the difference that makes
- Adjusting their alignment will also affect the consistency and quality of their stock shot

Technical Link

- Allowing the learning to change and adjust their setup will help them understand the importance of a correct set up and the difference it makes



Target Picker

Equipment Needed

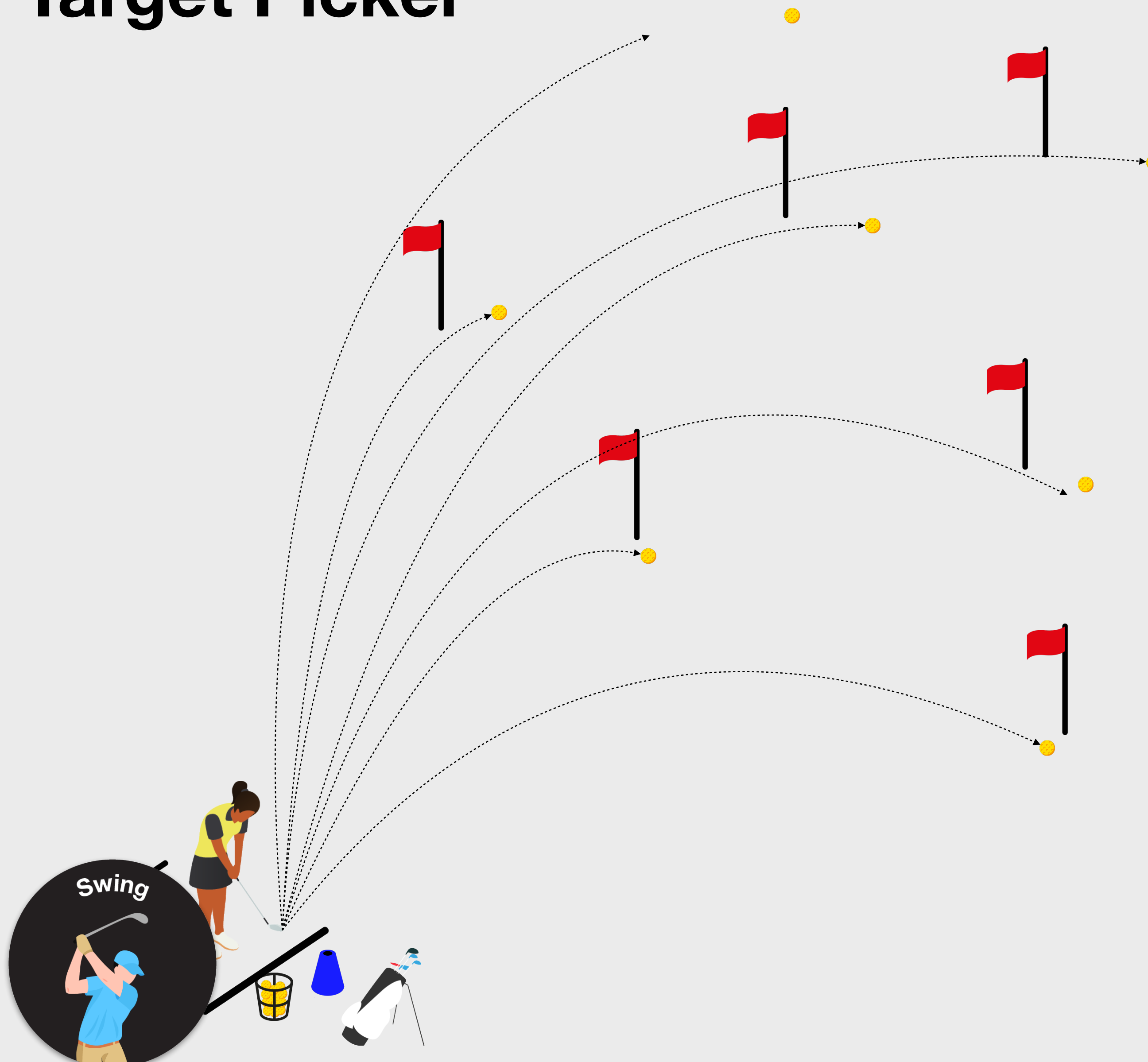
- Driving range
- Golf balls
- Cones
- Driving range targets

How to Practice

- Learners should alter their target with their stock shot so they are constantly adjusting their alignment and set up
- Pick up to 5 different targets and allow the learners to hit one shot to each target
- Encourage the learners to go through their pre-shot routine and try to imagine they are playing on the course and hitting the fairway

Technical Link

- By changing the target it keeps the practice fresh for the learner and allows them to make the required adjustments to hit their stock shot on their imaginary fairway



Alignment Check

Equipment Needed

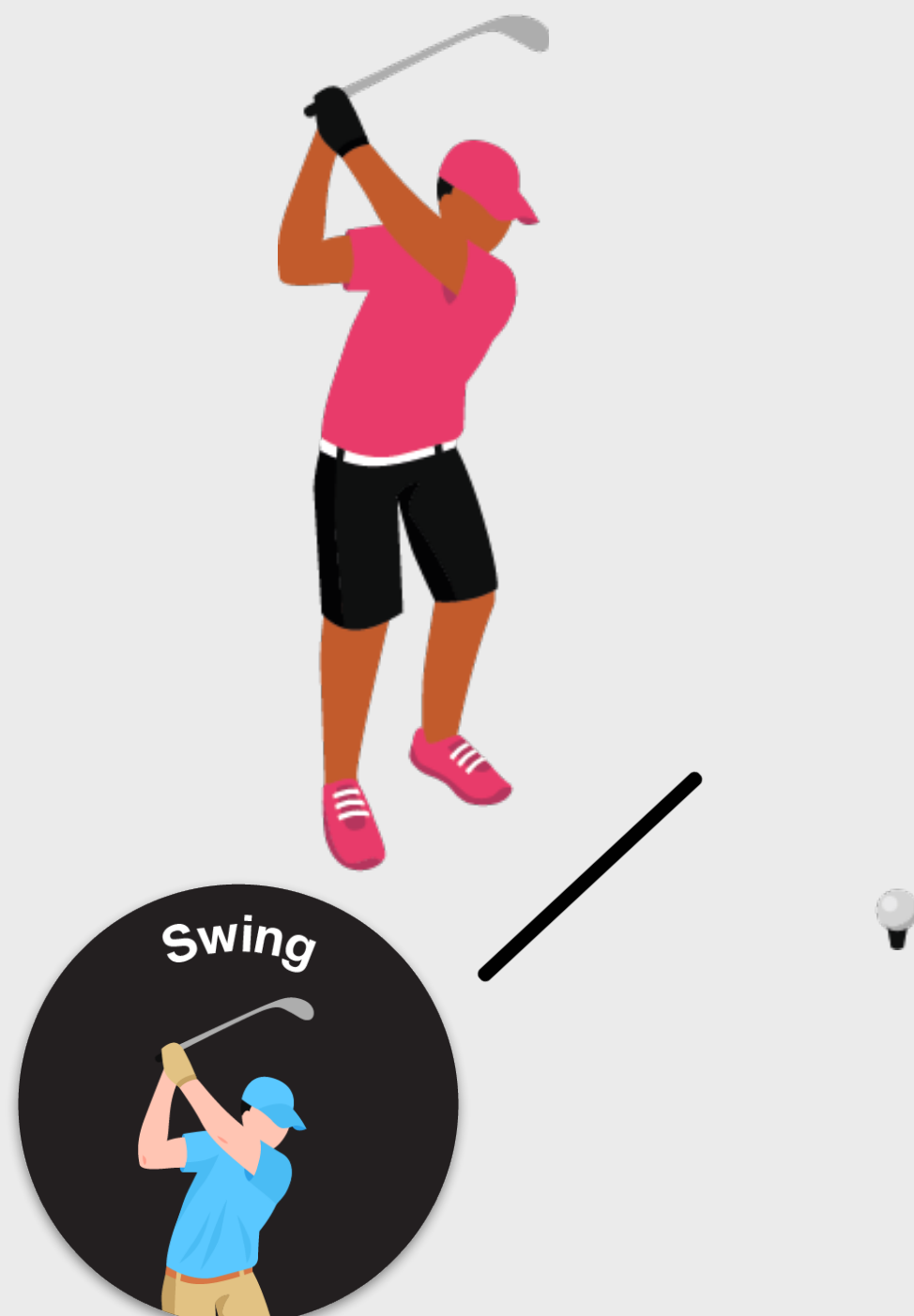
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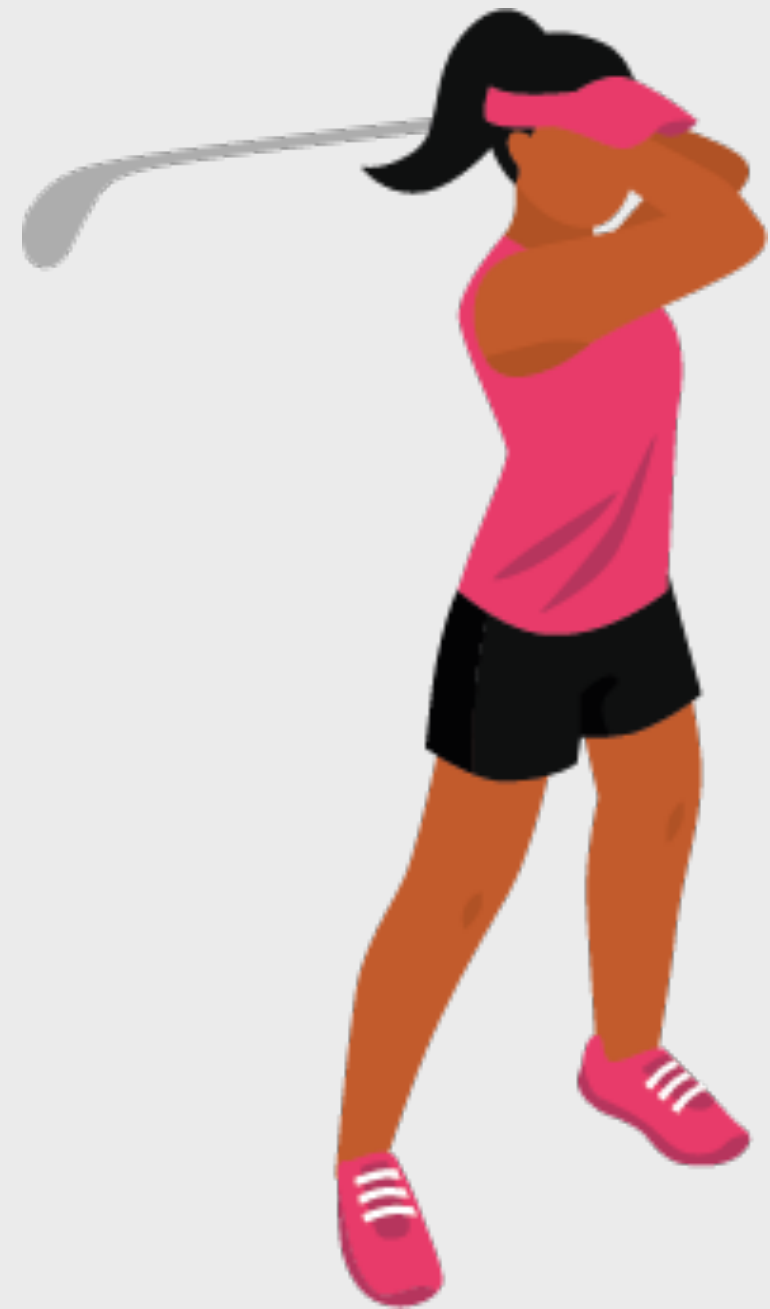
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Speed Swinger



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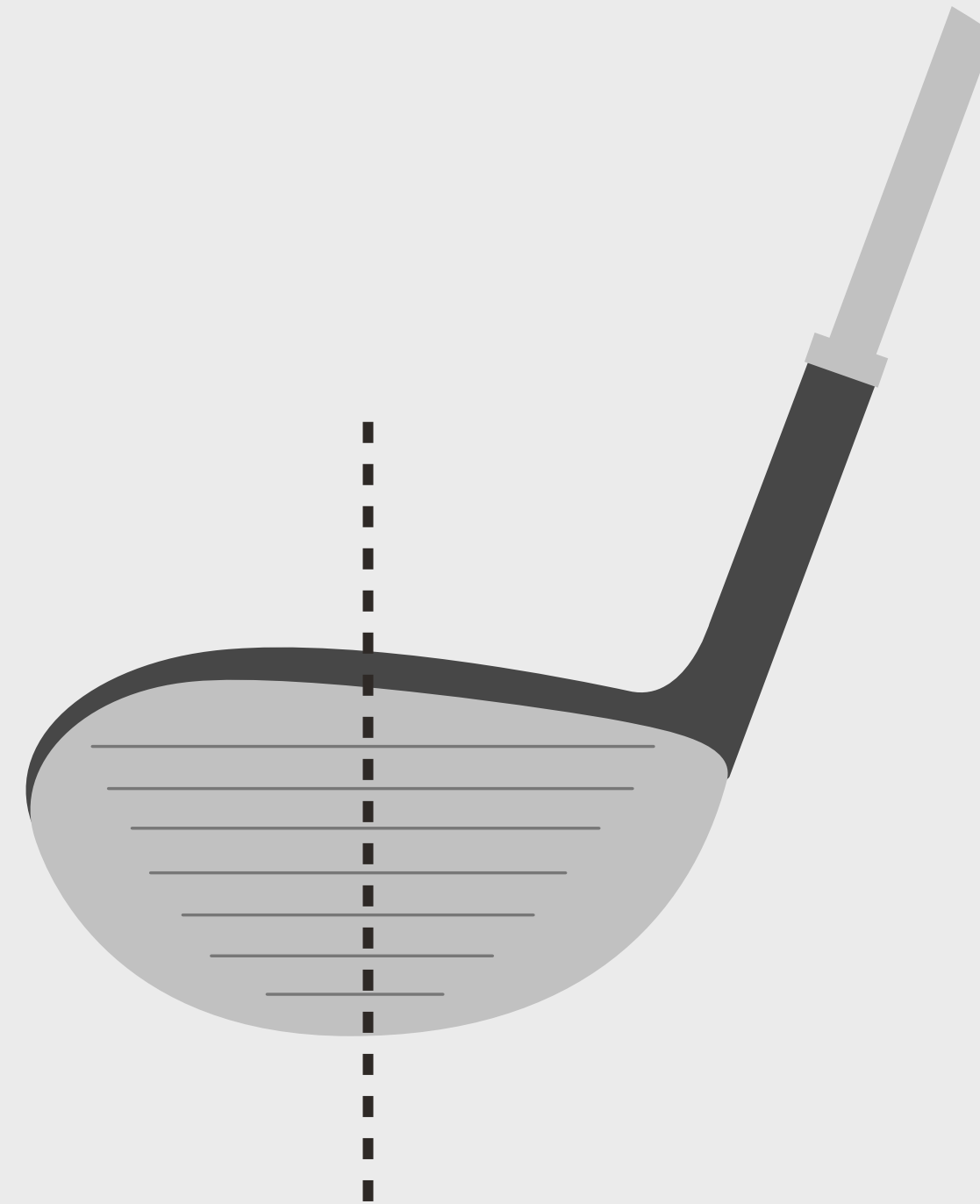
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