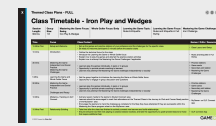


# Swing - Step 2

## Iron Play and Wedges



GAMEON



# Class Timetable - Iron Play and Wedges

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



- **Technical Guidance**

- Develop setup with irons & wedges
- Develop swing concepts
- Explore concepts for direction, strike and distance



- **Rules and Etiquette in Full Swing**

- Explore some of the most important rules and etiquette when playing full swing shots, some ideas for topics you may want to explore includes:
  - Making and Repairing Divots
  - Practice Swings
  - Where to Stand
  - Behaviour During a Swing



- **Dispelling Myths in Full Swing**

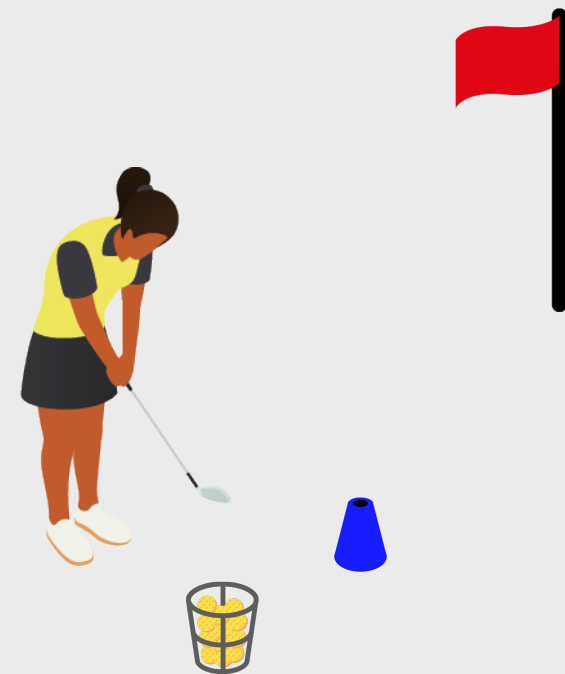
- Discuss with your learners how professional golfers do not hit every shot from the fairway onto the green and close to the hole. Make sure they understand this or their expectations will be too high

# Class Layout and Setup

**Group Discussion:**  
Start, during and end  
of class



**Station 6:**  
Secondary Skill  
Putting



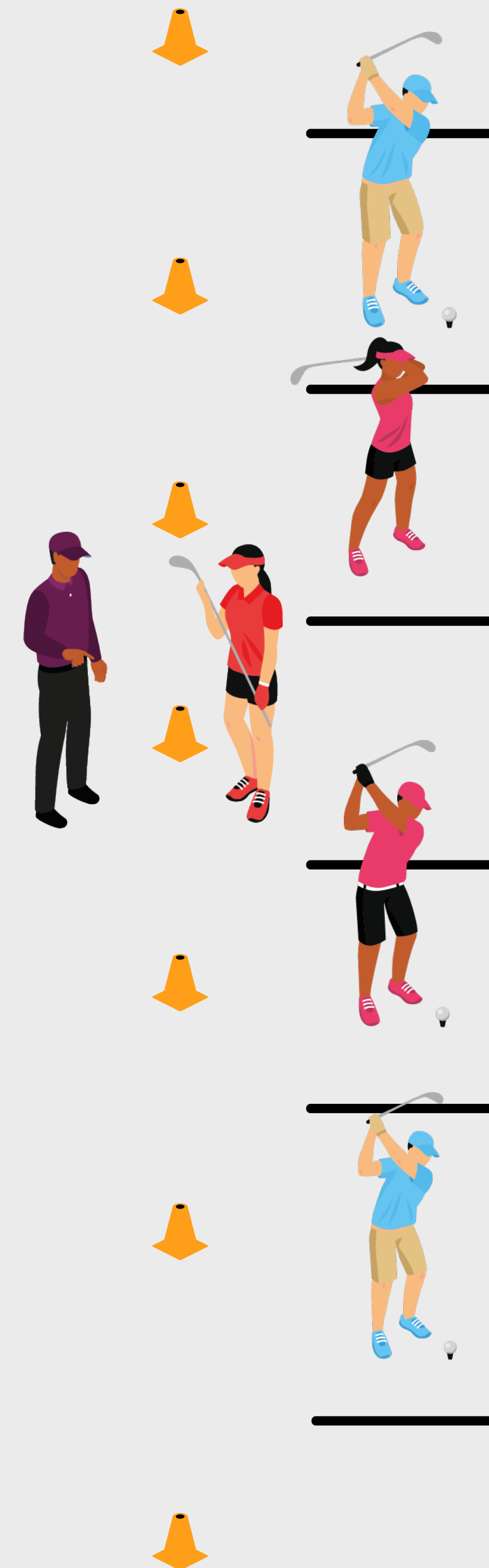
**Station 1:**  
Practice Station  
Ball Position

**Station 2:**  
Practice Station  
Perfect Posture

**Station 3:**  
Practice Station  
Swing Direction

**Station 4:**  
Game Station  
G.O.L.F.

**Station 5:**  
Challenge Station  
Iron Challenge



# Ball Position



## Equipment Needed

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

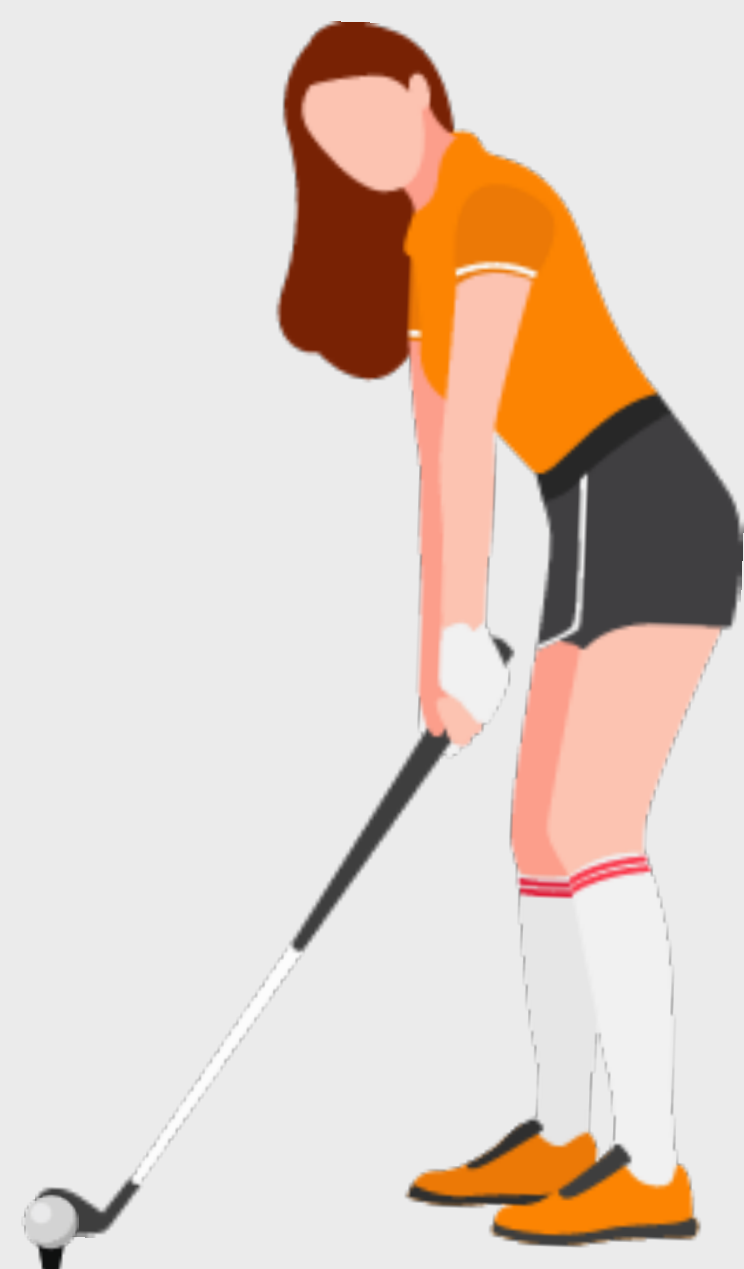
## How to Practice

- 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

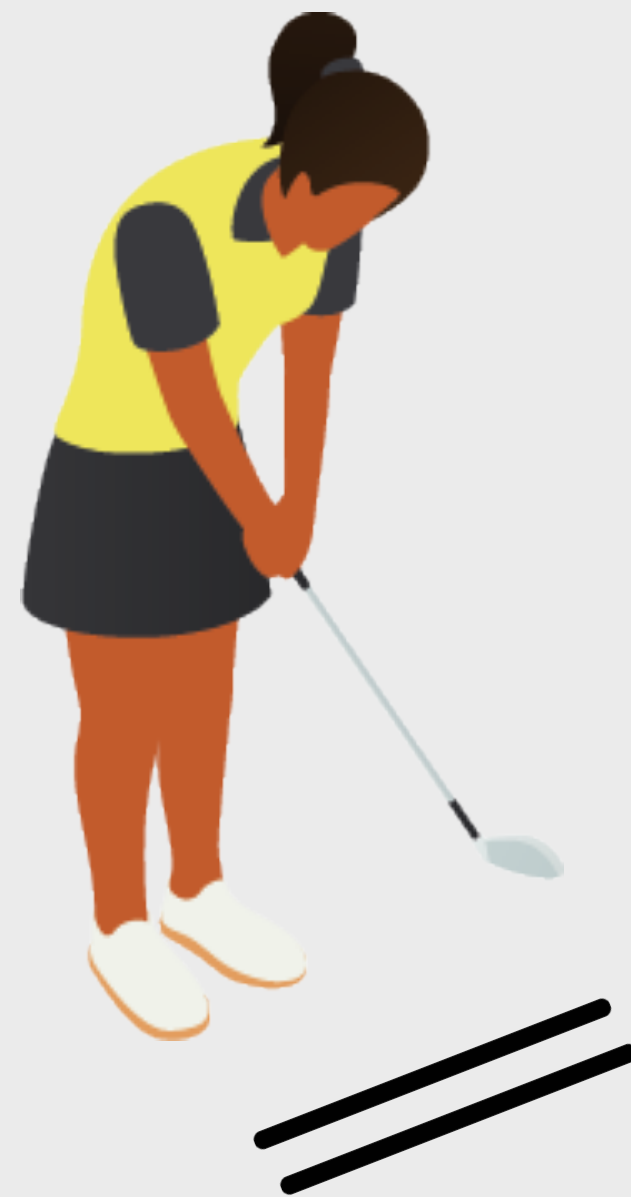
## How to Practice

- 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

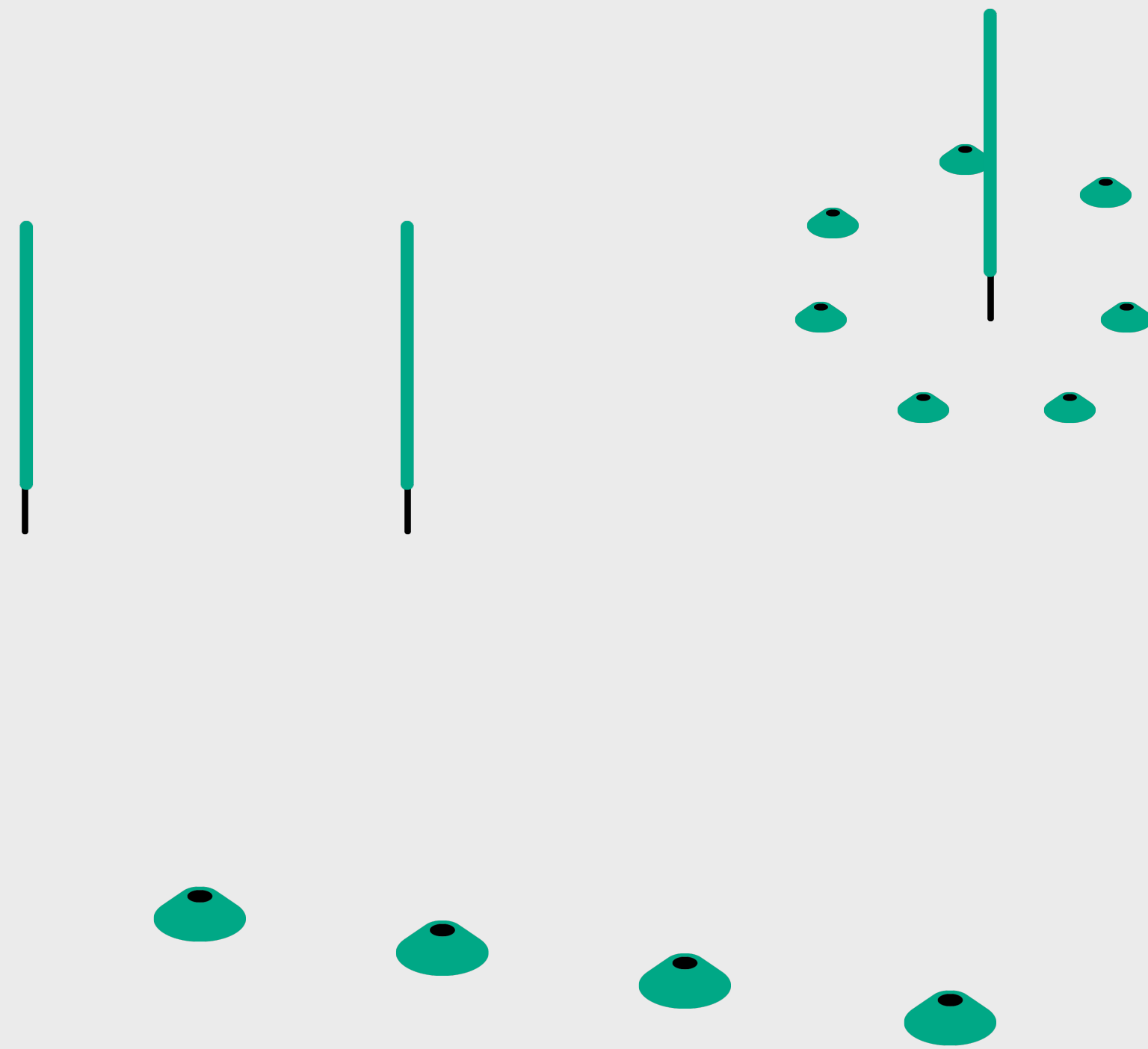
## How to Practice

- 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

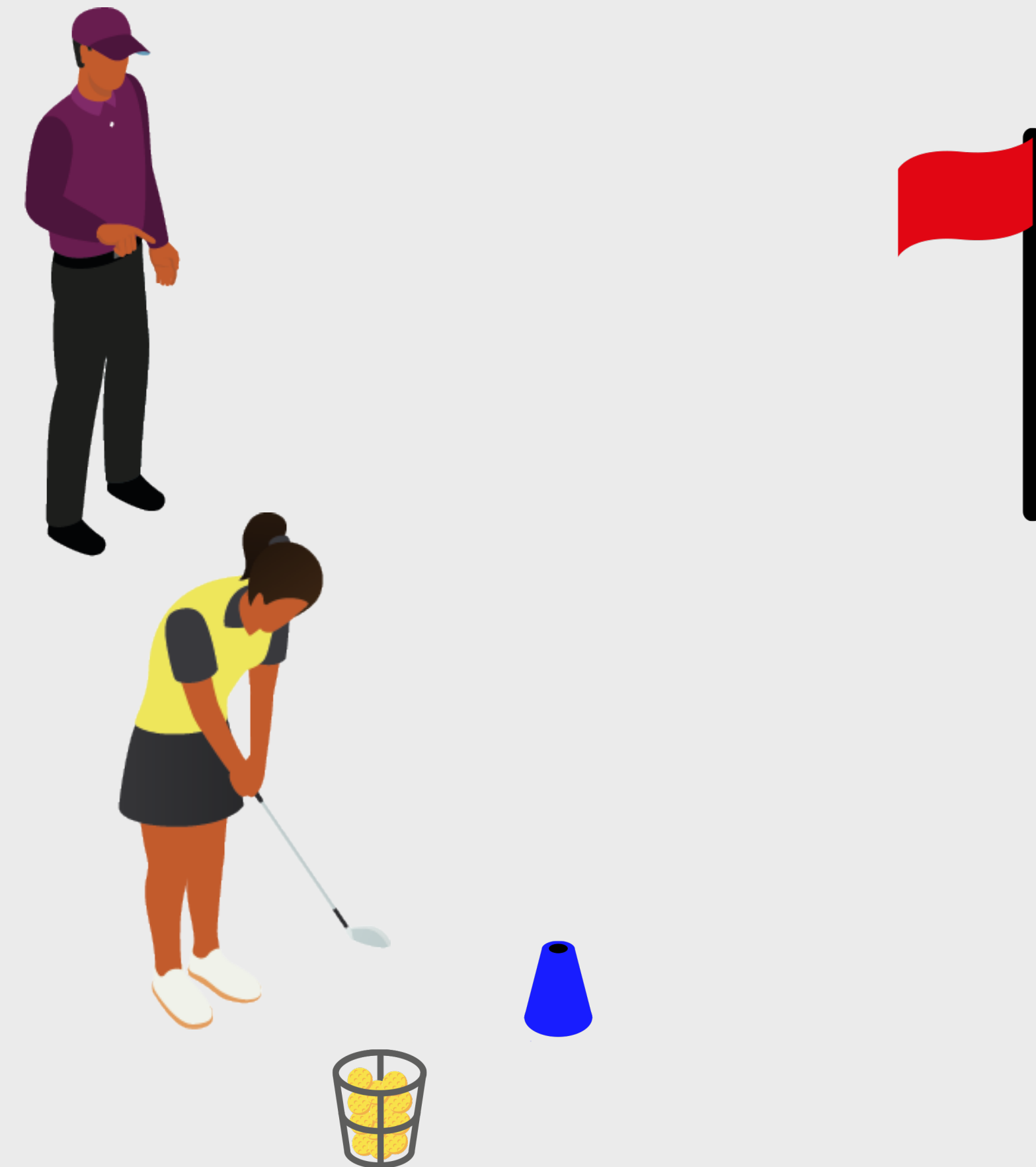
- Dictate which targets the learners have to aim for, if it is too easy, make the targets more challenging
- Increase the length of the word to extend the game
- Challenge the learners to work together to achieve the game, whereby both must hit the target before the letter is achieved



# 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 **Putting**, providing learners an opportunity to practice their skills on the green.



# Understanding Slopes



## Equipment Needed

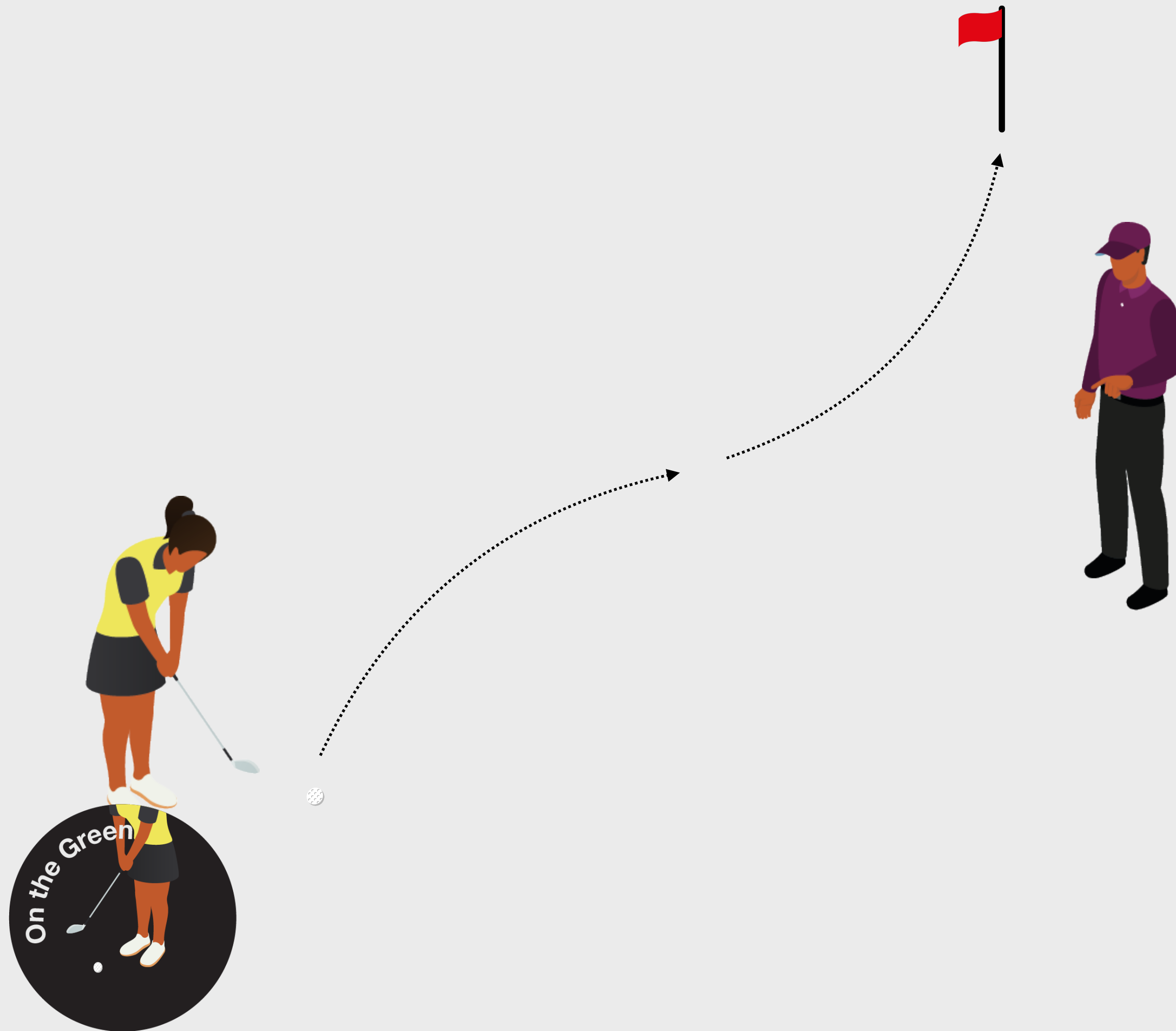
- Putter
- Golf Ball

## How to Practice

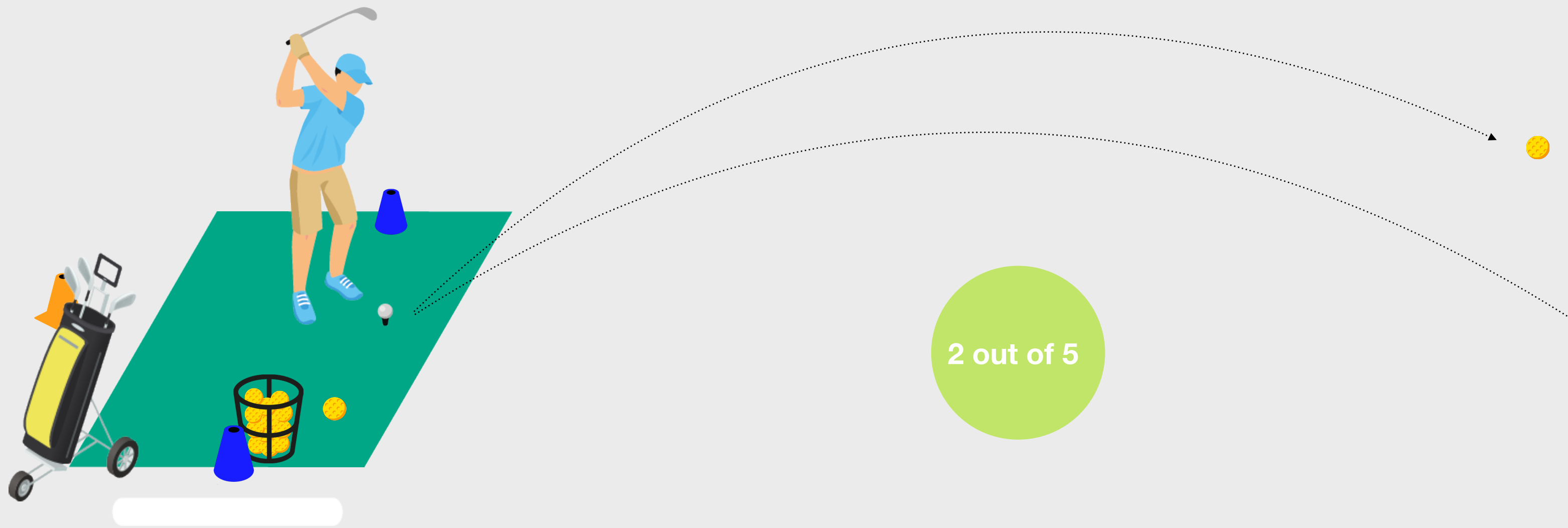
- Help learners to choose a putt with multiple break
- Before taking their putt they should split the putt into sections and be able to tell you or their partner the break of each section of the putt
- The learner should be able to more easily determine the starting line of the putt once they have worked out the different slopes that are having an impact on the line of the putt
- Encourage working in pairs so that learners can openly discuss and help each other learn how to accurately read the slope on the green

## Technical Link

- This activity will help the learner to understand how to read a green that has multiple break



# Iron Challenge



## The Challenge

To complete the Step 1 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots in the air.

To complete the challenge, the learner doesn't need to demonstrate control over direction or distance.

## 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



# Iron Challenge



## The Challenge

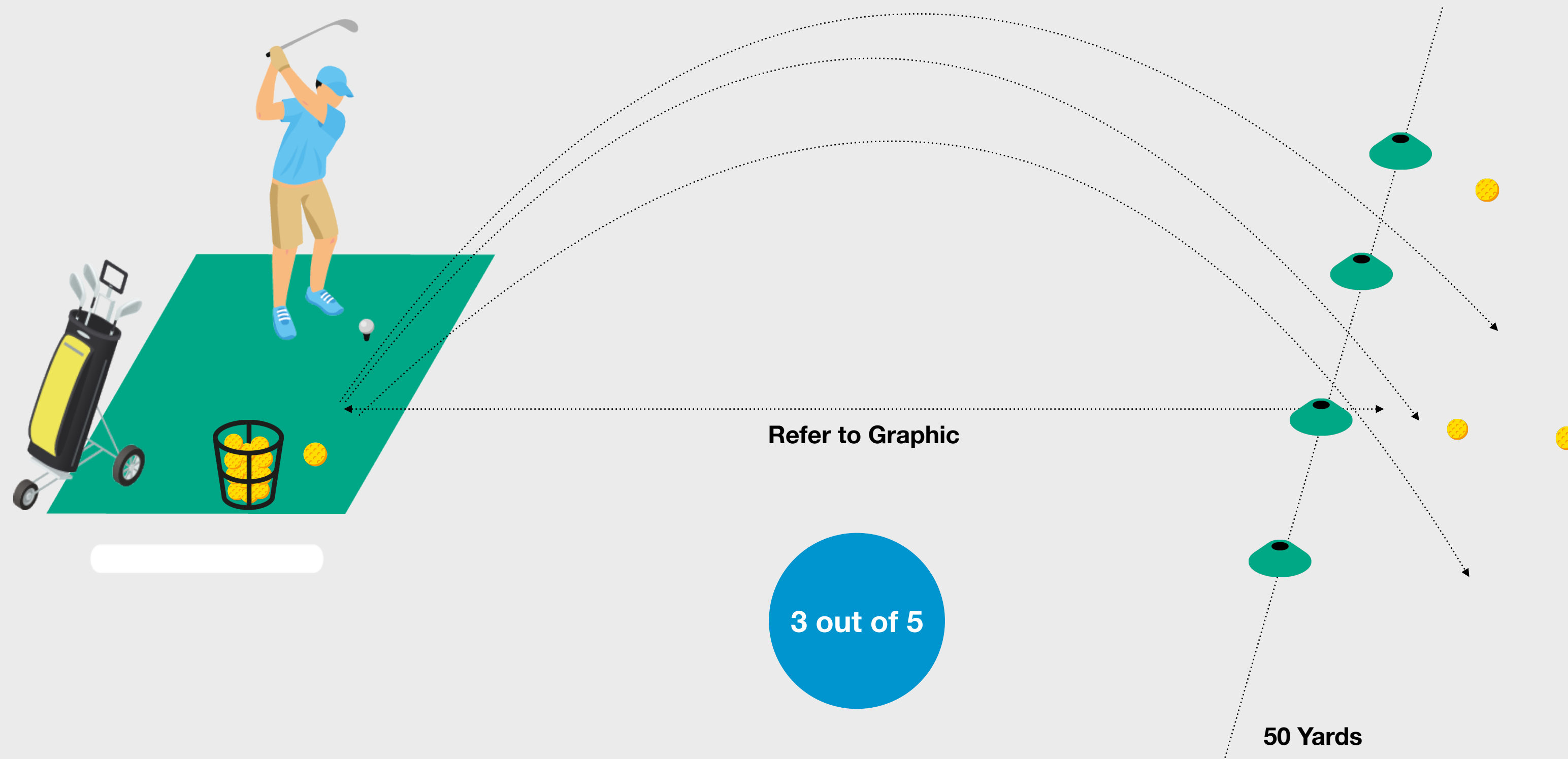
To complete the Step 2 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots in the air and a minimum carry distance of 50 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

## What should the Learner do next?

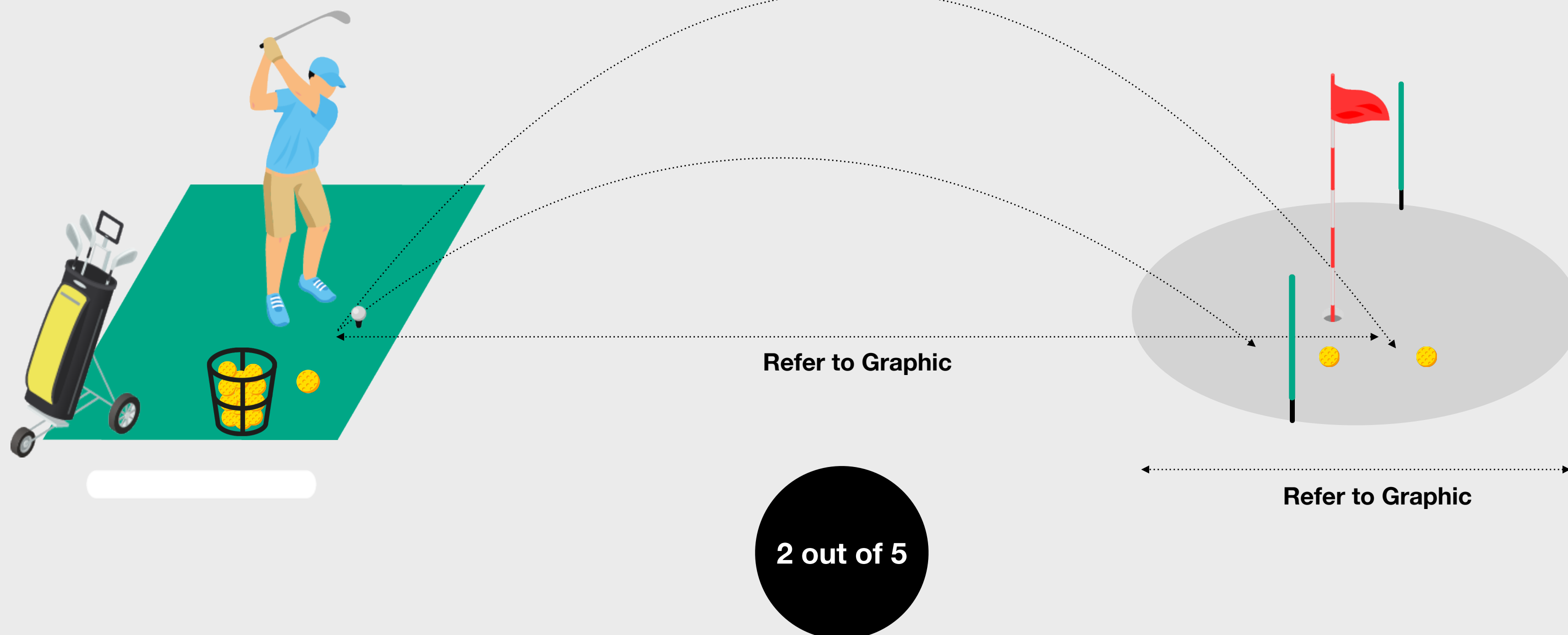
After attempting the challenge, the learner should:

- Log in to the GLF. Connect App
- If they complete the challenge, mark it as complete in the Challenge Section



# Iron Challenge

	Yardages	Target Gate
Iron Distances <i>(Where the ball comes to rest)</i>	75	15 yard wide target green
	100	20 yard wide target green
	125	25 yard wide target green
	150	30 yard wide target green



## The Challenge

To complete the Step 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to come to rest on the target green at the learners approximate 7-iron total distance (Minimum of 75 yards).

## 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

Irons

