

Around the Green

Bunker Play and Pitching

Introduction



GAMEON

Class Timetable - Pitching and Bunker Introduction

Session Length: 90mins	Group Size: 1:8	Mastering the Game Focus: Around the Green Pitching and Bunker Introduction	Whole Golfer Focus: Body In Swing Thoughts	Learning the Game Topic: Rules & Etiquette Orientation	Learning the Game Focus Rules and Etiquette Around the Green Orientation of the Course	Mastering the Game Challenge: Bunker Play Challenge Pitching Challenge
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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 and the challenges for the specific class depending on the facilities available 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 Bunker Play or Pitching Introduce the Learning the Game or Whole Golfer focus Explain how to play the games and attempt the practice station activities within Bunker Play or Pitching activities Explain how to attempt the Mastering the Game Challenge if applicable 	
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
5 Mins	Learning the Game and Whole Folder Focus	<ul style="list-style-type: none"> Outline the technical focus for Bunker Play or Pitching Introduce the Learning the Game or Whole Golfer focus Explain how to play the games and attempt the practice station activities within Bunker Play or Pitching activities Explain how to attempt the Mastering the Game Challenge if applicable 	
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	<i>myGame+</i> Tracking	<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 suitable club
- Introduce the swing motion
- Explore the concept of strike (Bunkers)
- Explore the concept of landing zones (Pitching)

• Rules & Etiquette Around the Green:

- Explore some of the most important rules and etiquette around the green specifically related to bunkers which may include:
 - Using The Rake
 - Entering and Exiting the Bunker
 - Loose Impediments in the Bunker
 - Impacting the Lie of the Ball
 - Number of Shots

• Orientation of the Course

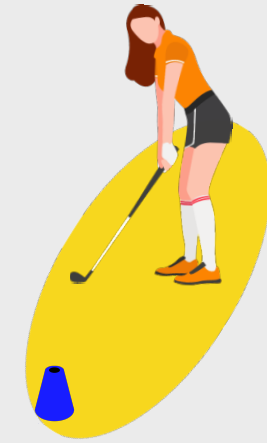
- Explore with the learners some key information relating to bunkers in golf course design and their role within the game. This may include:
 - Bunkers are a Hazard
 - Bunker Types & Design

• In Swing Thoughts

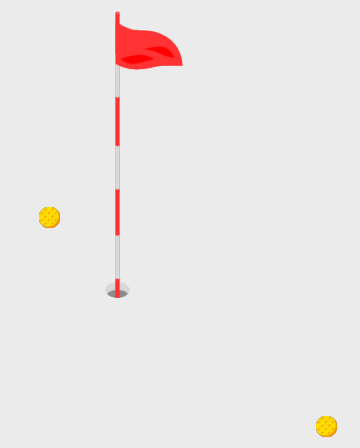
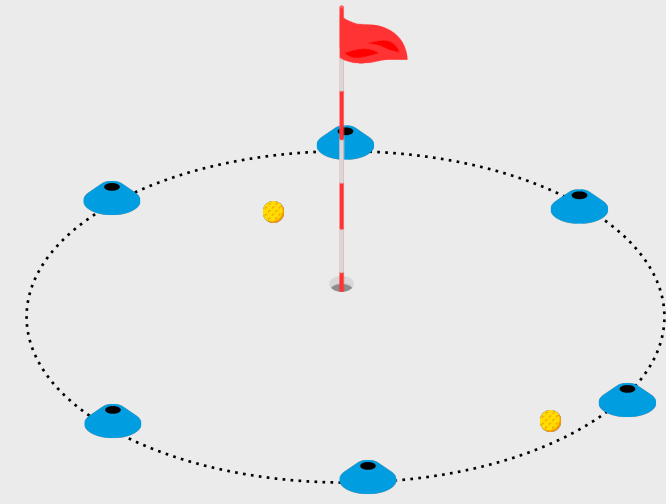
- Highlight to learners that as they are starting out they will have many thoughts running through their heads.
- Provide some reassurance to learners that they are not expected to remember all the tips provided to them
- Learners should understand why a poor shot has happened, but not have to think of a new thought each swing in order to fix it!

Class Layout and Setup

Station 1:
Practice Station
Entry point



Station 2:
Practice Station
Depth of Sand

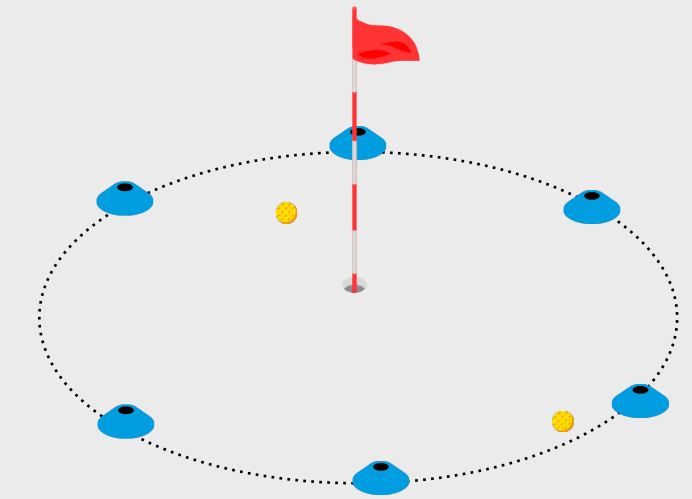
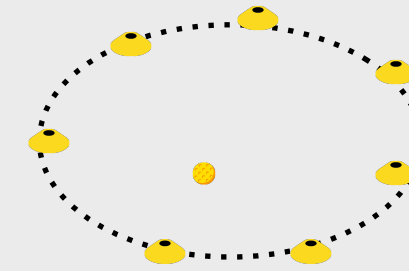
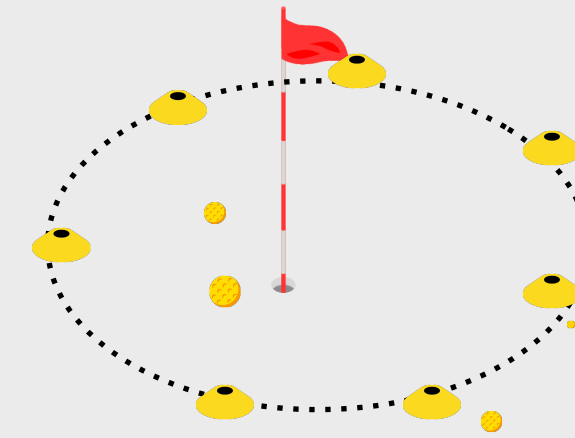


Station 3:
Game Station
Single, Double, Triple

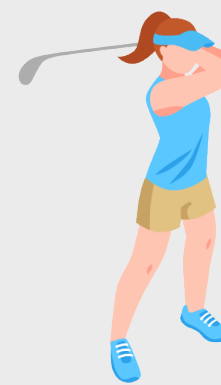
Station 4:
Bunker Challenge Station



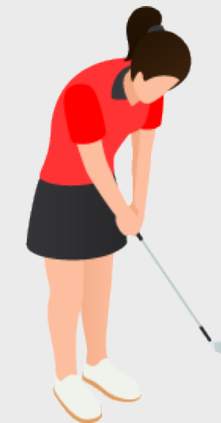
Group Discussion:
Start, during and at the end of the class



Station 5:
Draw the L Shape



Station 5:
Landing Circle Station



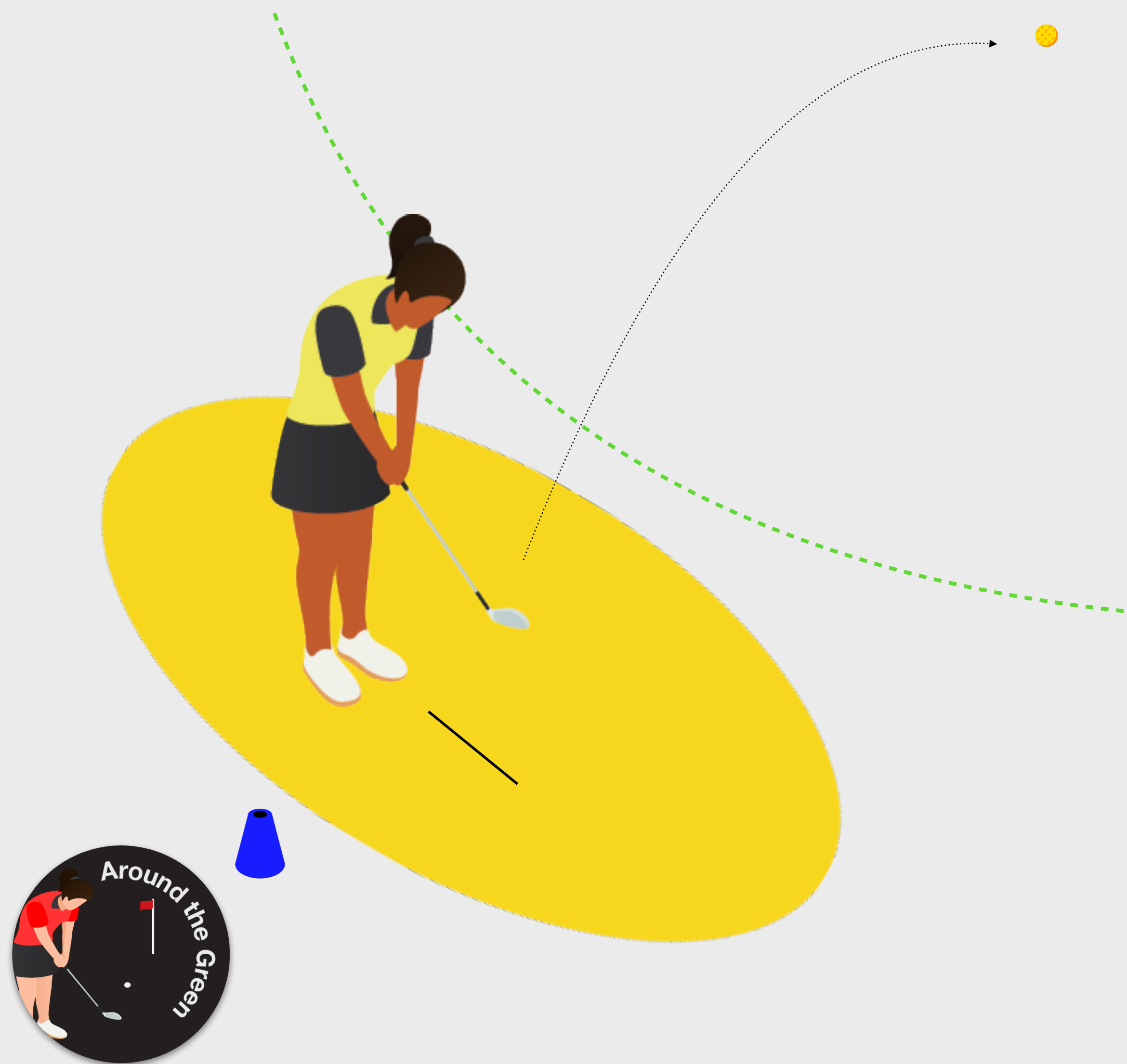
Station 5:
Lift the Heel



Station 4:
Pitching Challenge Station



Entry Point



Equipment Needed

- Sand Wedge, Lob Wedge or Pitching 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

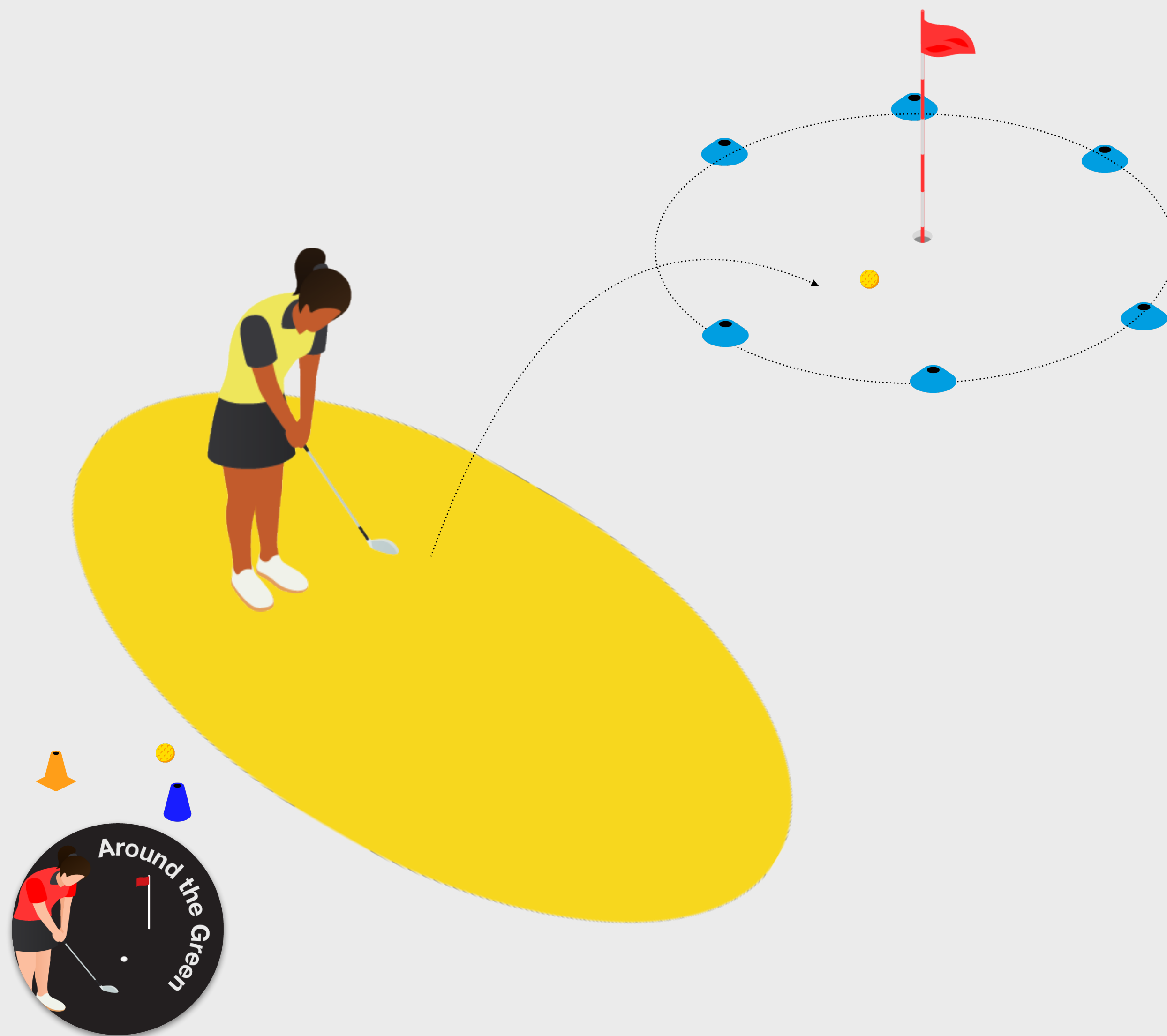
- Learners should deliberately hit shallow and deep divots to enable them to start to build an awareness of how this effects the flight of the ball
- Once a learner has hit a shallow divot, followed by a deep divot they should be able to decide which is more effective at hitting the ball out of the bunker

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

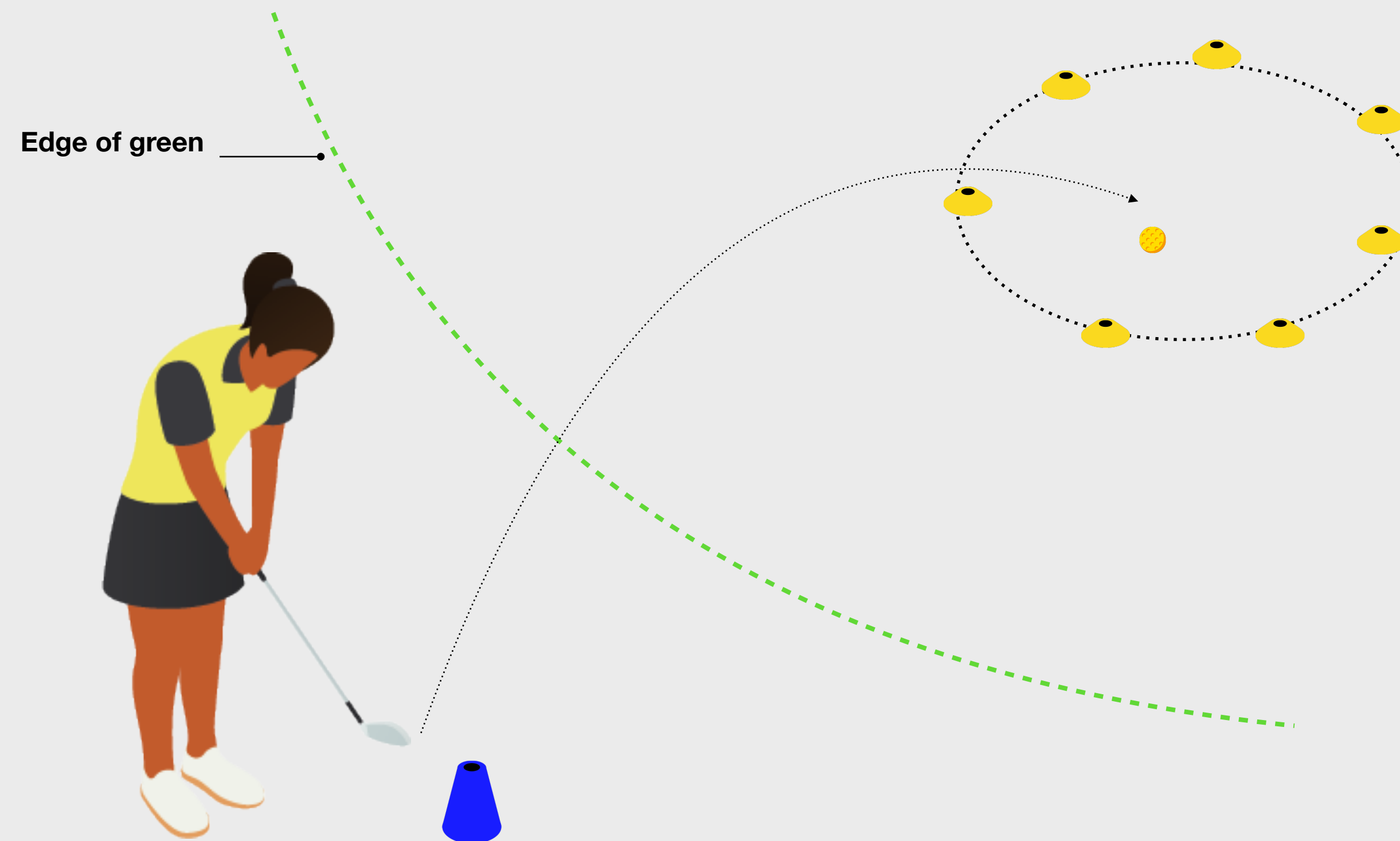
How to Play

- 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

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.

Draw the L Shape



Equipment Needed

- No Equipment Required

How to Practice

- Depending on the equipment you have available, this station should help the learner explore the shape of the swing when pitching
- They may do this with a partner and mirror the shape of the swing
- A mirror on the ground may also be suitable or an electronic device
- The learner should practice making L Shape swings and then repeat with the golf ball

Technical Link

- This activity will help the learner to understand how a pitch shot begins to differ from a chip shot in regards to the body, arm and club motion
- This activity will be the building block to begin to understand how the motion produces flight and distance

Lift the Heel



Equipment Needed

- Golf Ball

How to Practice

- Help the learner to set into a suitable address position
- Depending on the length of the shot and width of stance, get the learner to place a golf ball under their trail heel
- The learner should take an address position and avoid putting excessive force onto the golf ball with the trail foot
- The learner should practice making a swing and avoiding adding pressures to the golf ball
- The learner should produce a follow through and either maintain or reduce the pressure on the golf ball

Technical Link

- This activity will help the learner to understand how pressure should be distributed through the feet at setup
- It will help the learner to understand how pressure moves during the backswing, impact and through swing
- It will help the learner to the understand the fundamentals of a effective follow through

Bunker Play Challenge

	Level	Challenges
Bunker	2	1 out of 5 shots to finish anywhere on the green Contact must be made with the remaining shots
	3	2 / 5 shots anywhere on the green 4 out of the 5 shots must finish out of the bunker



The Challenge

To complete the Step 2 and 3 Challenges the learner needs to complete a variation of the bunker play challenge. Refer to the table for the challenge for each Step.

What should the Learner do next?

After attempting the challenge, the learner should:

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



Pitching Challenge

	Level	Challenges
Bunker	2	1/ 5 shots from 20 yards Finish within 30-foot diameter circle from a minimum of 10 yards from the edge of the green
	3	2/ 5 from 20 yards 1/ 5 from 30 yards Finish within a 30-foot diameter circle and the remaining shots must finish on the green.



The Challenge

To complete the Step 2 and 3 Challenges the learner needs to complete a variation of the bunker play challenge. Refer to the table for the challenge 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

