

Around the Green - Step 2

Bunker Play and Pitching

Introduction



GAMEON

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Class Timetable

Class Timetable

Session Length: 60mins

Mastering the Game Focus:
Swing
Introduction to Swing

Online Whole Golfer Resource
Fit for Golf

Learning the Game Focus:
Aim of the Game
Equipment Requir

Time	Class Content	Games / Drills / Resources
15 Mins Prior	Setup and Welcome	
5 mins	Introduction	
40 Mins	Mastering the Game	<ul style="list-style-type: none"> The aim of the game Overview of equipment
10 mins	Challenges and Recap	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill : on
5 Mins	myGame Tracking	<ul style="list-style-type: none"> Iron play chall
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> GLF. Locker /Game App

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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

Class Objectives



Technical Guidance - Bunker Play Introduction

The technical guidance we are prescribing is to be delivered as you see fit, you should use your experience, preferences and be sure to link your technical advice to how this will help learners to improve the key skills of **Strike** within the bunker at this stage. Some of technical content you may want to explore in this session may include:

- **Develop Setup with the Suitable Club** - Introduce some simple set up tips which may include:
 - Width of the stance to achieve stability, securing feet into the sand and foot position
 - Position of the golf ball based on your preferences to achieve optimum strike with the sand
 - Position of weight and pressure through the feet
- **Introduce the Swing Motion** - Introduce some of the basic swing concepts in the bunker which may include:
 - Explore the importance of maintaining weight and pressure on the lead leg
 - Explore the importance of a full follow through with the right heel up, belt buckle facing the target and the right heel up
- **Explore the Concept of Strike**
 - Introduce to the learners how the club interacts with the sand and the ball in order to create the appropriate strike
 - Explore the appropriate depth of sand and distance behind the ball that learners should strike the sand
 - Explore the impact of club face position and how this influence the interaction between the club, sand and flight of the ball



Keep your technical instruction to less than 5 minutes, in order to allow maximum time for play and practice and for you to reinforce the key skills with individual tuition. Encourage practice using different clubs, different situations and exploring skills through discover and games based learning.

Technical Guidance - Pitching Introduction

The technical guidance we are prescribing is to be delivered as you see fit, you should use your experience, preferences and be sure to link your technical advice to how this will help learners to improve the key skills of **Strike** when pitching at this stage. Some of technical content you may want to explore in this session may include:

- **Develop Setup with a Suitable Club-** Introduce some simple set up tips which may include:
 - Width of the stance building on the fundamentals from chipping.
 - Position of the golf ball in relation to the feet and sternum building on the fundamentals from chipping.
 - Position of weight and pressure through the feet building on the fundamentals from chipping.
- **Introduce the Swing Motion** - Introduce some of the basic swing concepts which may include:
 - Explore how the pitching motion will differ from the chipping motion which may include introducing use of the wrists and body motion to adapt to the length of swing required.
 - Explore the importance of maintaining weight and pressure on the lead leg.
 - Explore the importance of the body motion in the follow through.
- **Explore the concept of Strike & Landing Zones**
 - Explore when a pitch shot is played which should include the length of shot, the distance between the learner and the green and the landing spot on the green.



Keep your technical instruction to less than 5 minutes, in order to allow maximum time for play and practice and for you to reinforce the key skills with individual tuition. Encourage practice using different clubs, different situations and exploring skills through discover and games based learning.

Learning the Game

During your class we recommend that you explore the Learning the Game focus which links directly to the stage of the program the learners are attending. These are most important knowledge and skills for their development. It is up to you to deliver this content in the class in the most appropriate way to suit your needs and the needs to the learners. You can explore these concepts at the start, during and halfway through the class. You do not need to cover it all but this offer ideas for elements we recommend you explore:

- **Rules & Etiquette Around the Green**

- **The Rake** - Discuss the role of the rake and how this is vital for maintaining the condition of the course and good etiquette when playing with others. Explore good etiquette for leaving the rake in a suitable position and demonstrate how to use the rake properly.
- **Entering and Exiting the Bunker** - Give learners an overview how to enter/exit the bunker safely and appropriately.
- **Loose Impediments in the Bunker** - Discuss with the learners how they may find loose impediments in the bunkers such as stones and how they should handle this situation when playing.
- **Impacting the Lie of the Ball** - Introduce to the learners how it is against the rules to improve the lie in the bunker and how they should learn to hover the club in the sand.
- **Number of Shots** - Reiterate to learners that bunker play is a difficult skill in golf and that is it acceptable when playing socially to throw the ball out of the bunker and a maximum of three shots is recommend.

- **Orientation of the Course**



- **Bunkers are a Hazard** - Discuss with your learners how bunkers are designed to be a hazard in the game of golf
- **Bunker Types & Design** - Discuss with your learners how the design of bunkers will vary from golf course to golf course. You can show some visuals on your course or examples of bunkers on links golf courses vs inland parkland courses

The Whole Golfer

During your class we recommend that you explore the Whole Golfer focus which links directly to the stage of the program the learners are attending. This will help to build their confidence to play the game. It is up to you to deliver this content in the class in the most appropriate way to suit your needs and the needs to the learners. You can explore these concepts at the start, during and halfway through the class. You do not need to cover it all but this offer ideas for elements we recommend you explore:

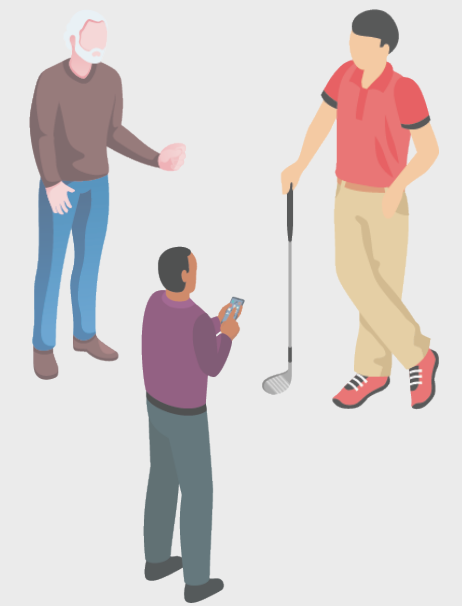
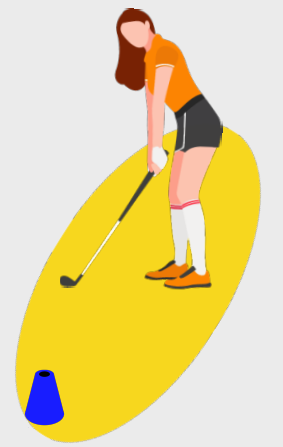
- **In Swing Thoughts**

- Highlight to learners that as they are starting out they will have many thoughts running through their heads. Tips they have heard from you, other learners, and more experienced golfers.
- Provide some reassurance to learners that they are not expected to remember all the tips provided to them, in fact it is more preferable to think about just one or two things whilst practicing and playing until they become automatic.
- 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!
- Reiterate to learners that it is the experience of playing that matters and there is no consequence or judgement when playing. It is acceptable to adapt the rules and playing formats to suit their needs.

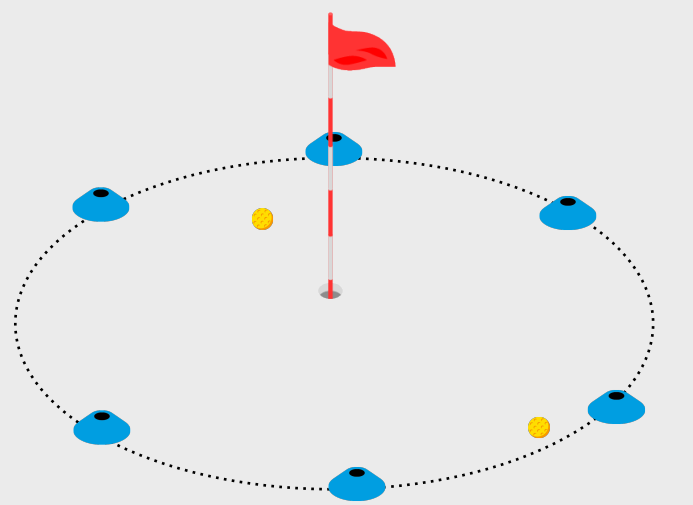
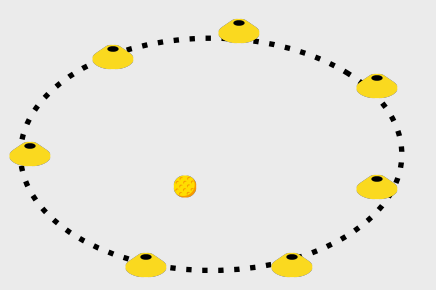
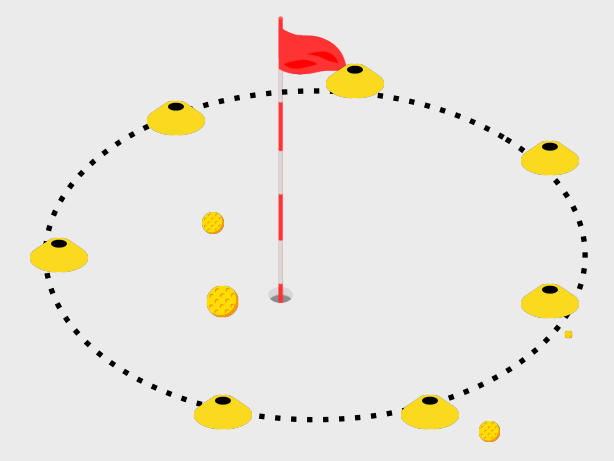


Class Layout and Setup

Station 1:
Practice Station
Entry point



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

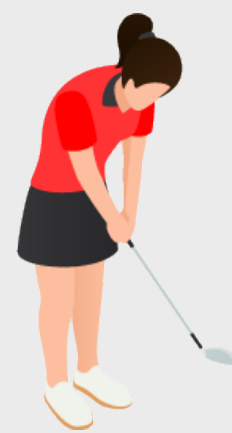


Station 2:
Practice Station
Depth of Sand

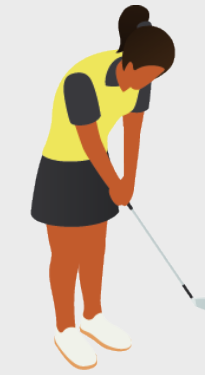


Station 4:
Bunker Challenge Station

Station 5:
Draw the L Shape



Station 5:
Landing Circle Station



Station 5:
Lift the Heel



Station 4:
Pitching Challenge Station



Practice Stations and Game Cards



Themed Class Plans
Control Distance

30 Yards
20 Yards
10 Yards

About
The Practice Station Activity has been built to provide an engaging practice element to your class around the themed class focus.

Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set this activity up in 3 different sized boxes (10, 20 yards and 30 yards) from the learner.
- The learner should practice chipping the ball at different distances using the same club, by varying the speed of the swing.
- Encourage them to start by controlling the length of the stroke, similarly to how they learnt to control the ball further; and then gradually increase the length of the stroke and speed of the stroke to ball further.
- This practice is learnt using the same club as a lower lofted club. e.g. a 7 iron would be best to use.

Technical Learning Objectives

- This activity will help the learner to understand the distance of a shot based on the speed of the stroke.
- This activity will help the learner to gain consistency in chipping around the green by becoming confident in using one particular type of club.

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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

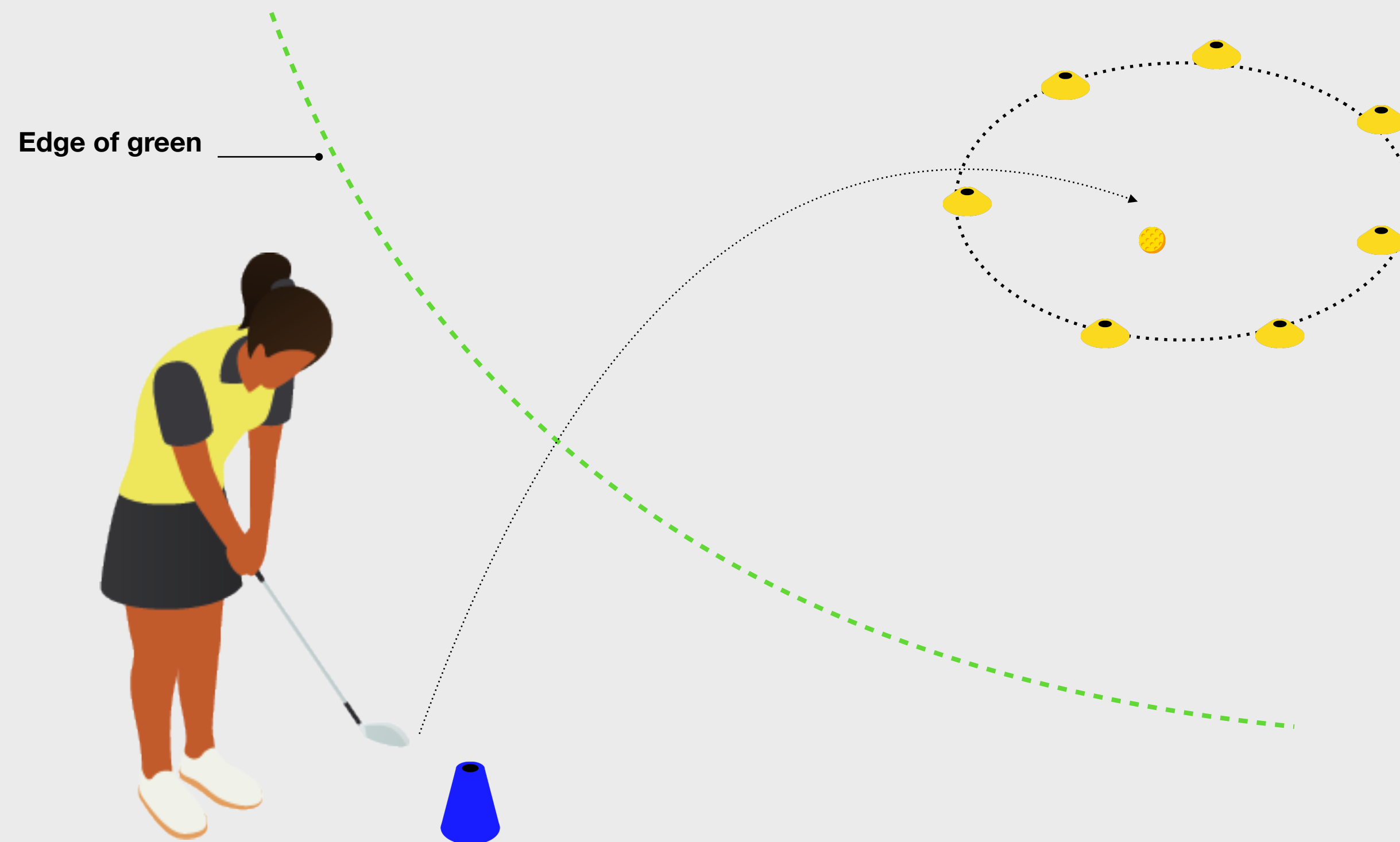
How to Play

- 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

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

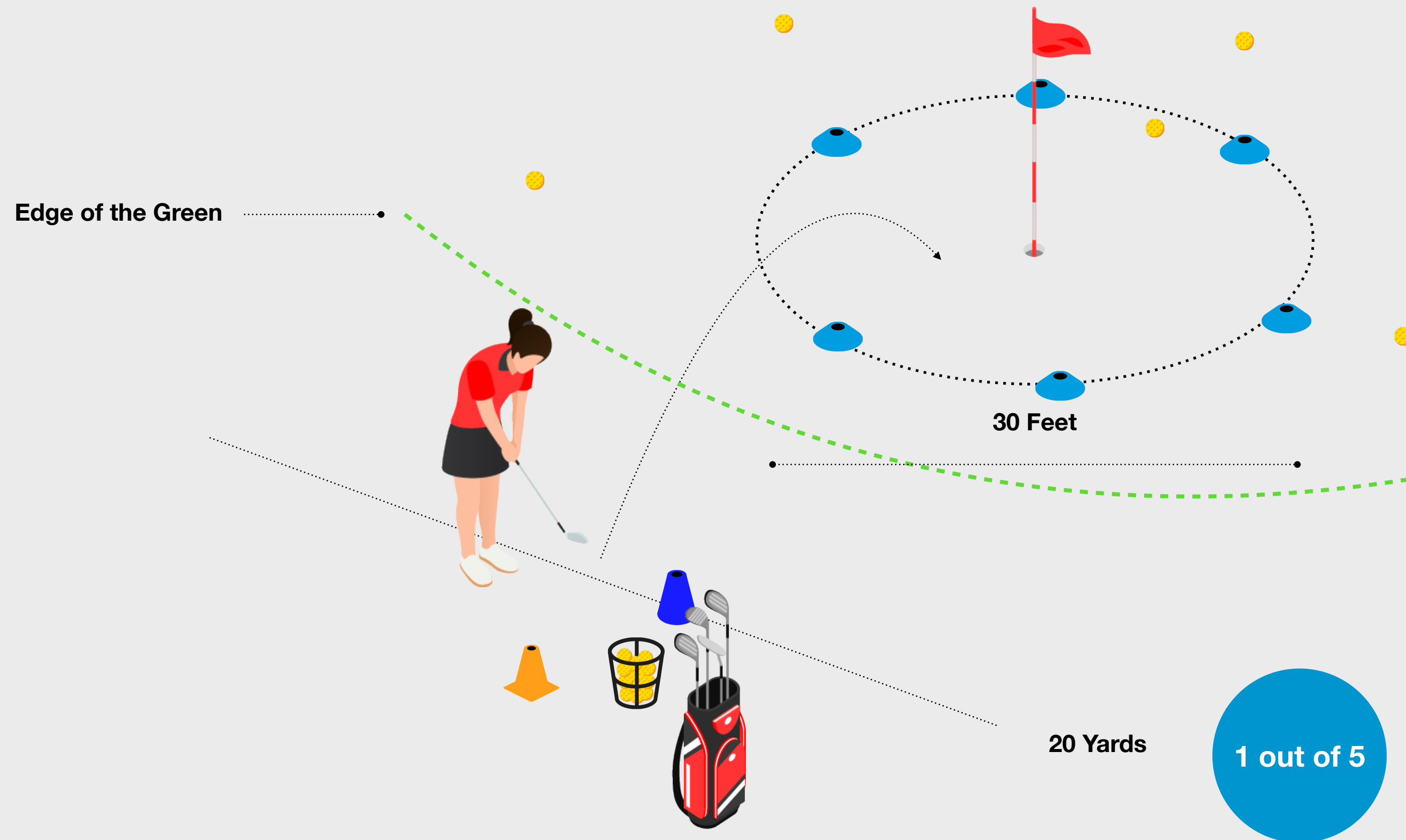
- This activity will help the learner to understand how pressure should be distributed through the feet at setup
- It will help the learner to understand how pressure moves during the backswing, impact and through swing
- It will help the learner to the understand the fundamentals of a effective follow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



Mastering the Game Challenges



Pitching Challenge



The Challenge

To complete the Step 2 Challenge the learner needs to hit 1/ 5 shots from 20 yards within a 30-foot diameter circle from a minimum of 10 yards from the edge of the green.

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

Bunker Play Challenge



The Challenge

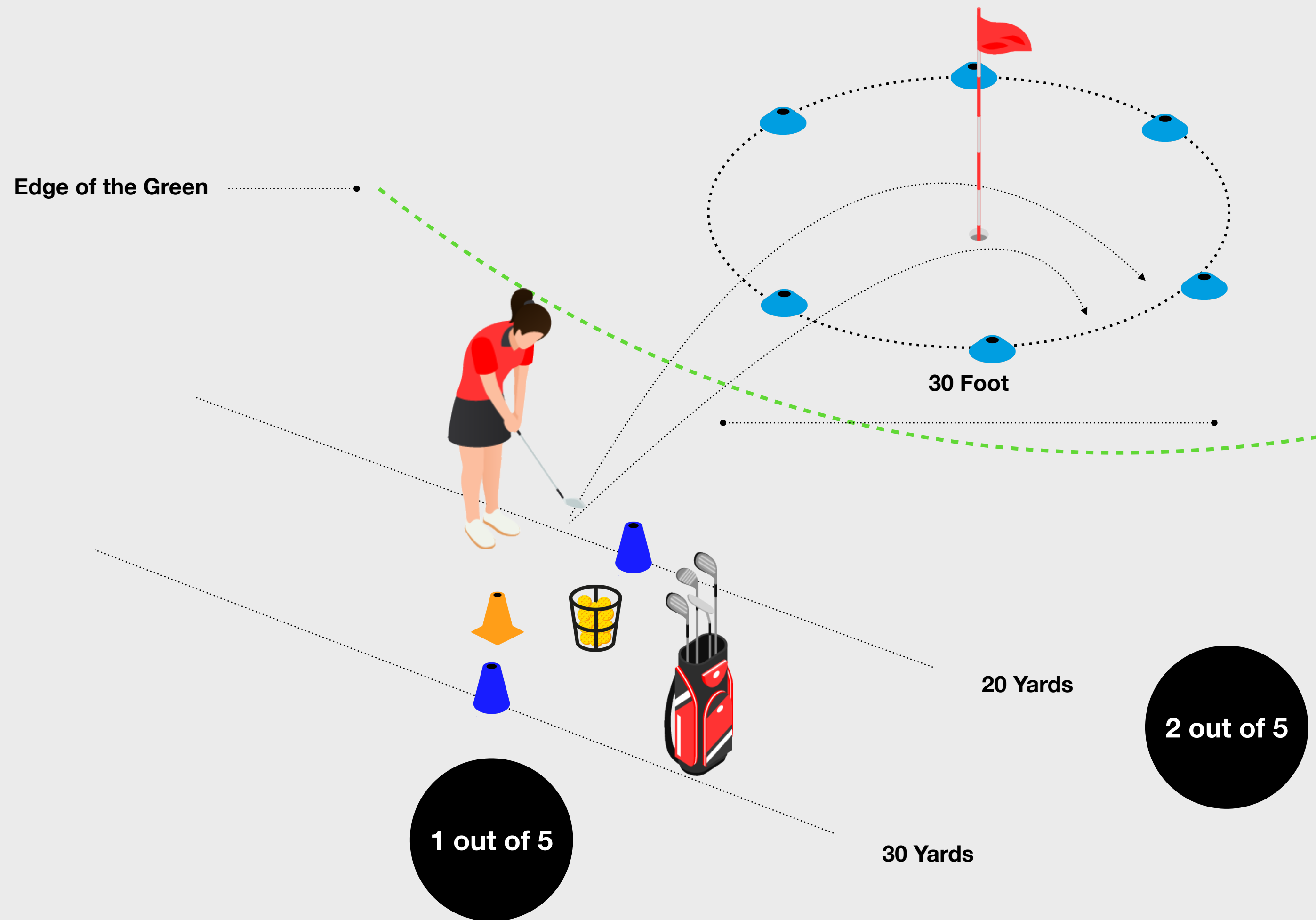
To complete the Step 2 Challenge the learner needs to hit 1 out of 5 shots to finish anywhere on the green but the learner must demonstrate control. Contact must be made with the remaining shots.

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

Pitching Challenge



The Challenge

To complete the Step 3 Challenge the learner needs to hit 2/ 5 from 20 yards and 1/ 5 from 30 yards within a 30-foot diameter circle and the remaining shots must finish on the green.

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



Bunker Play Challenge



The Challenge

To complete the Step 3 Challenge the learner needs to hit 2 / 5 shots anywhere on the green but must demonstrate control. 4 out of the 5 shots must finish out of the bunker.

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

