

On and Around the Green - Step 3

Getting Up and Down



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 Requirements

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 challenge
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> GLF Locker /Game App

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GOLF DEVELOPMENT

Class Timetable - Getting Up and Down

Session Length: 90mins	Group Size: 1:8	Mastering the Game Focus: Around and on the Green Getting up and Down	Whole Golfer Focus: Mind How Long Will it Take to Get Good	Learning the Game Topic: Orientation of the Game	Learning the Game Focus Golf Terminology	Mastering the Game Challenge: Scoring 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 of your preference and the challenges for the specific class. 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 the class Introduce the Learning the Game or Whole Golfer focus Explain how to play the games and attempt the practice station activities Explain how to attempt the Mastering the Game Challenges if applicable 	<ul style="list-style-type: none"> Warming Up to Play How Long Will it Take to Get Good
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<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"> Get the group together to introduce the Learning the Game or Whole Golfer focus Opportunity to engage in group discussion and questions 	
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	MyGame+ Tracking on GLF. Connect	<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

8 Themed Class Plan

The Whole Golfer

Dispelling Myths in Putting

Provide an overview of the whole golfer theme and remind learners that they can access the content online to review and learn more about this topic.

The Whole Golfer theme this week is about dispelling myths. Some of the common misconceptions that learners have about the ability they need to get to in order to play the game with others need to be addressed early in their development in order to motivate and encourage them when they will inevitably come up against challenges in their learning experience.

Provide some key stats about the inconsistencies of top players to give some perspective to those new to the game:

Average putts made % on PGA Tour from 8 feet = 49%

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Technical Guidance

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 **getting up and down** whilst introducing **trajectory, roll and holing out**. Some of technical content you may want to explore in this session may include:

- **Controlling Trajectories** - Introduce to the learners to altering the trajectory of a chip shot
 - Outline to the learners when considering trajectory of the chip shot, ball position will affect the trajectory as well as the club selection.
 - Explain that to generate a lower trajectory move the ball position back in the stance or change club to a less lofted iron. The reverse will increase trajectory.
- **Controlling Roll** - Explore via demonstration the variable roll on different chip shots
 - Explain to learners how the higher or lower trajectory will increase or decrease the roll of the ball when it lands. Considering a landing spot therefore becomes very important when choosing which trajectory chip shot that is required.
- **Holing Out** - Introduce to the learners methods of better holing out
 - Explore via demonstration some methods and techniques to improve holding out from short and medium parts
 - Outline to the learners the importance of holing out when trying to improve up and down stats around 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:

- **Golf Terminology** - In this class explore some of the most common golf terms that your learners will hear out on the golf course and in the media. This may include:
 - **Up and Downs**
 - **Gimme's**
 - **Flyer**
 - **Lip out**
 - **Nineteenth (19th) hole**
 - **Thin & Heavy**
 - **“Sit,” “Get Up”, “Get Down” and “Check”**



The Whole Golfer

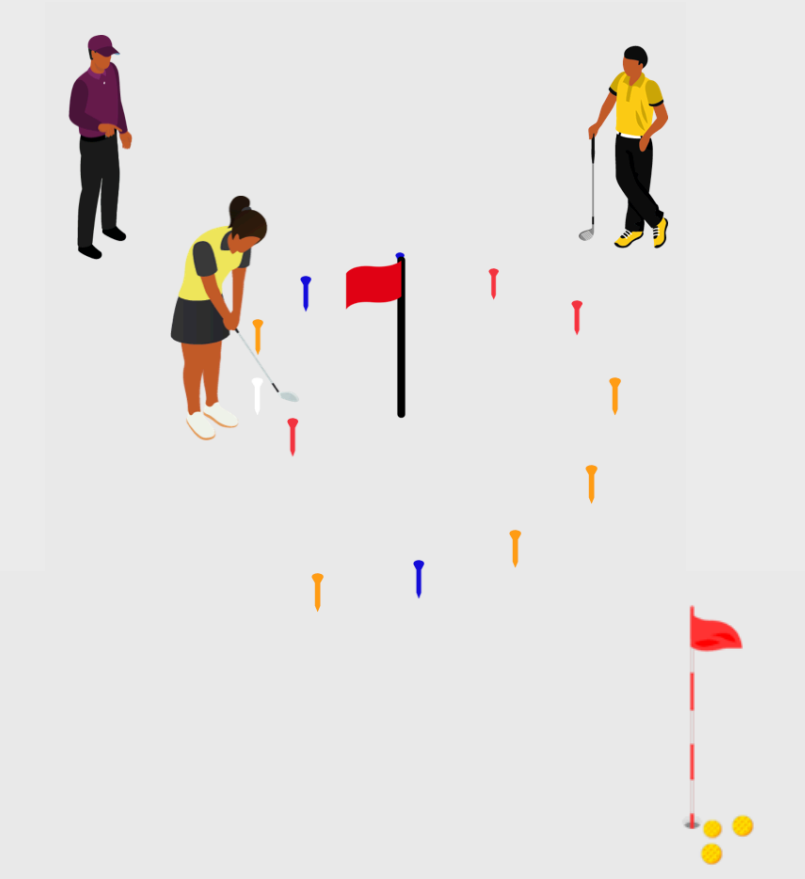
During your class we recommend that you explore the Whole Golfer focus which links directly to the stage of the program the learners are attending. This will help to build their confidence to play the game. It is up to you to deliver this content in the class in the most appropriate way to suit your 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:

- **How Long Will it Take to get Good**
 - Highlight to learners a timeline for improvement in their Golf. Explain that this will vary hugely depending on the person and the amount of time they can dedicate to practising and playing.
 - Provide some reassurance that Golf is a difficult game and takes a long time to master.
 - However, point out that Golf is a game that can be played until old-age and is a game for life, so there is plenty of time for improvement.

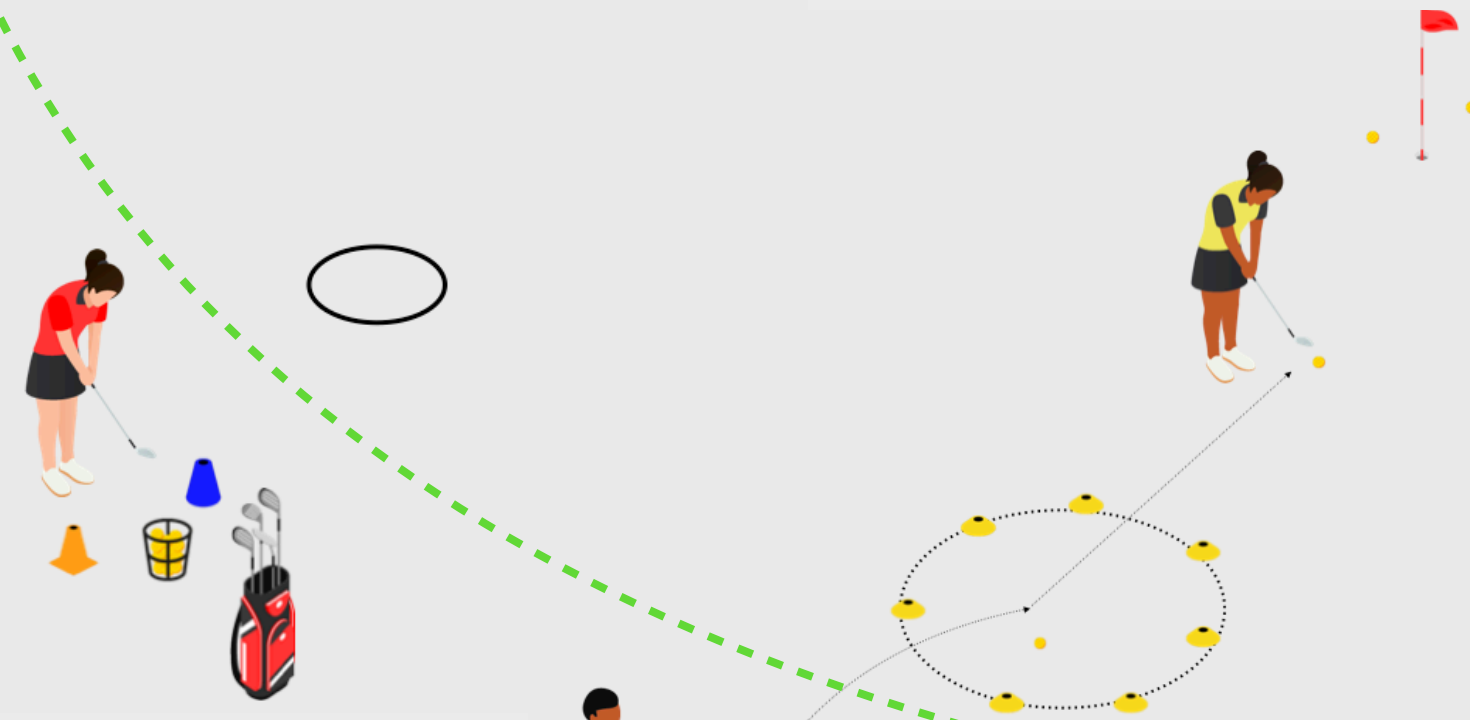


Class Layout and Setup

Station 1:
Practice Station
Spiral



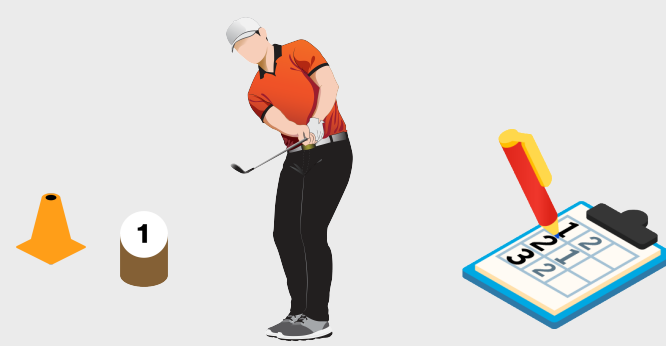
Station 2:
Practice Station
High Medium or Low



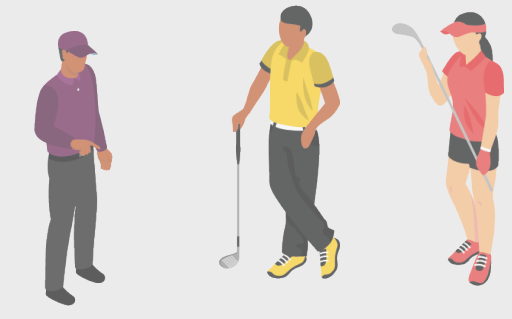
Station 3:
Games Station
Up and Down it



Station 7:
Par 18



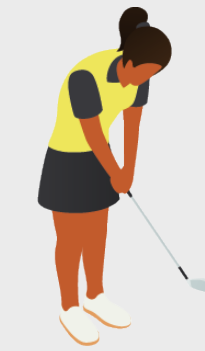
Group Discussion:
Stand, during and end of
class



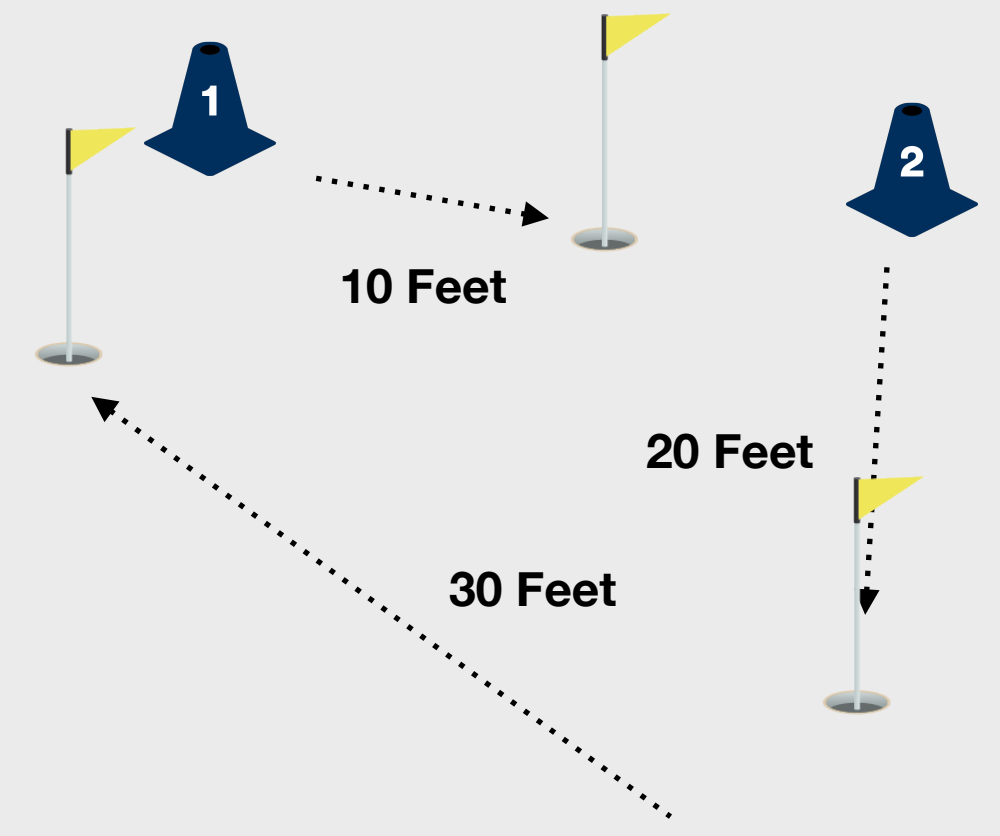
Station 4:
Games Station
Ladder and Down



Station 6:
Secondary Skill
Swing



Station 5:
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 and focus on 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.

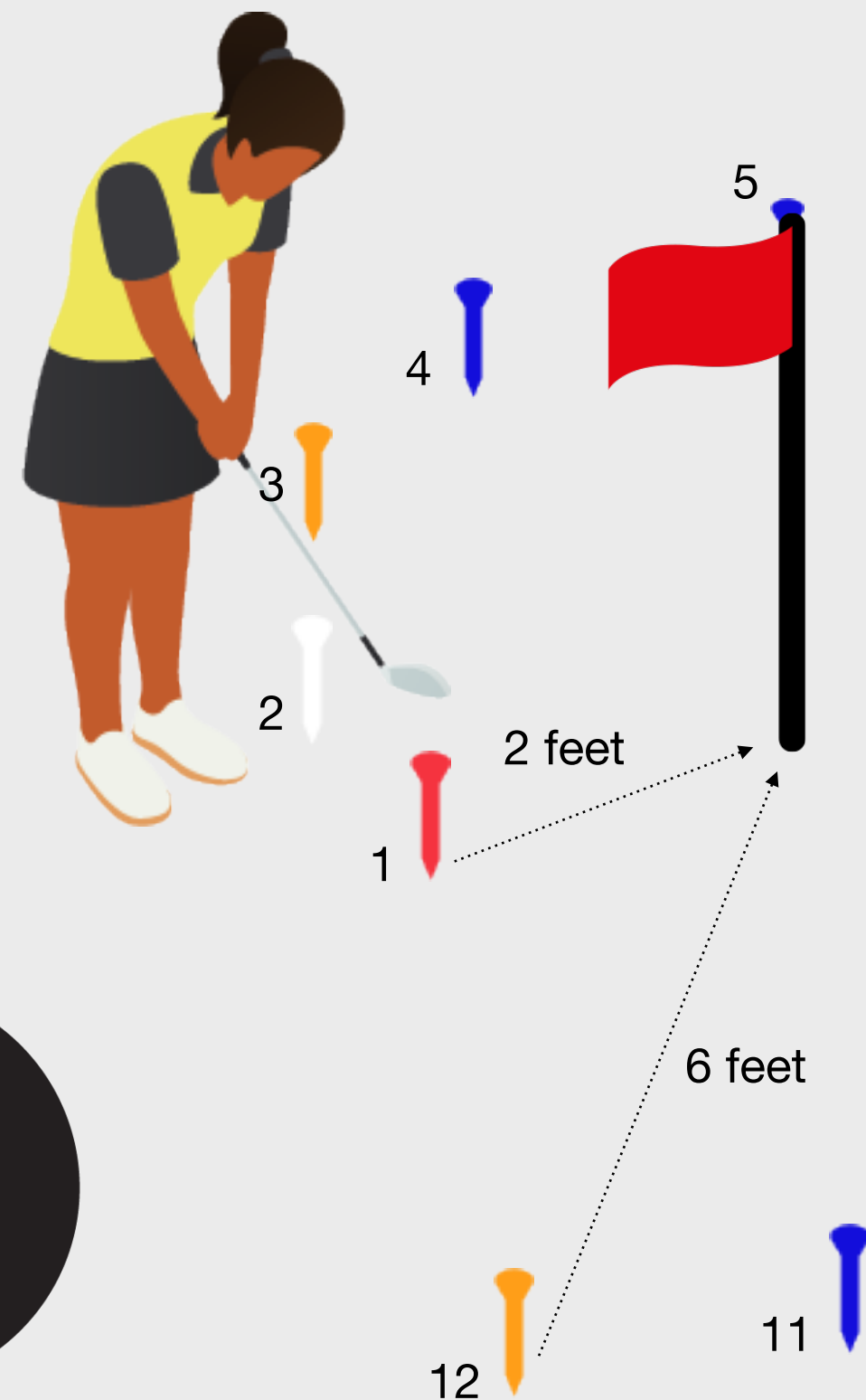
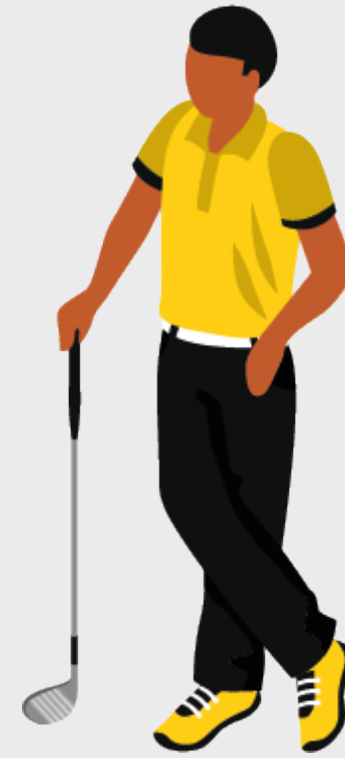
Technical Learning Objectives

- 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 and confidence in chipping around the green by becoming proficient in using one particular type of club.

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Spiral



Equipment Needed

- Tee pegs to mark the 12 points on a clock ranging from 2 to 10 feet from the hole on a sloped part of the green

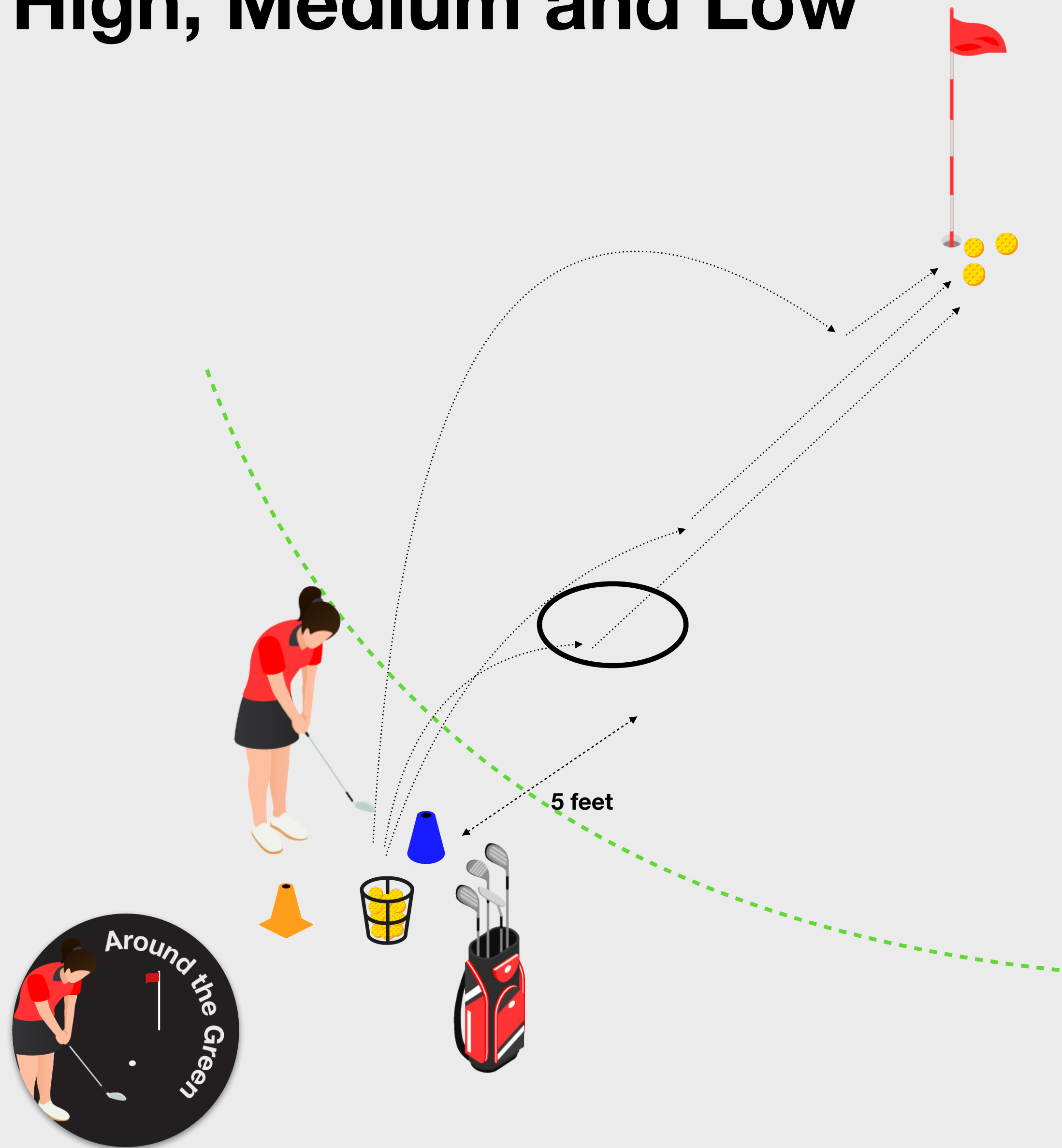
How to Practice

- A learner attempts one putt from the shortest peg putt
- The learner then progresses around the spiral as the putts get gradually longer through the 12 rounds
- If the learner misses they go back to the start
- The purpose is to note how the slope changes around the hole and therefore the learner needs to adapt where they are aiming
- We suggest framing this as an opportunity to learn the slope on a green, although it can be played competitively, seeing how many putts each learner can hole

Technical Link

- The practice challenge will show the learner to maintain a consistent technique as the putt length and slope changes
- The practice station also enables the learner to play under pressure in order to maintain their progress around the spiral

High, Medium and Low



Equipment Needed

- Cones for safety
- 8 Irons and Sand Wedge
- Golf balls
- Hoops

How to Practice

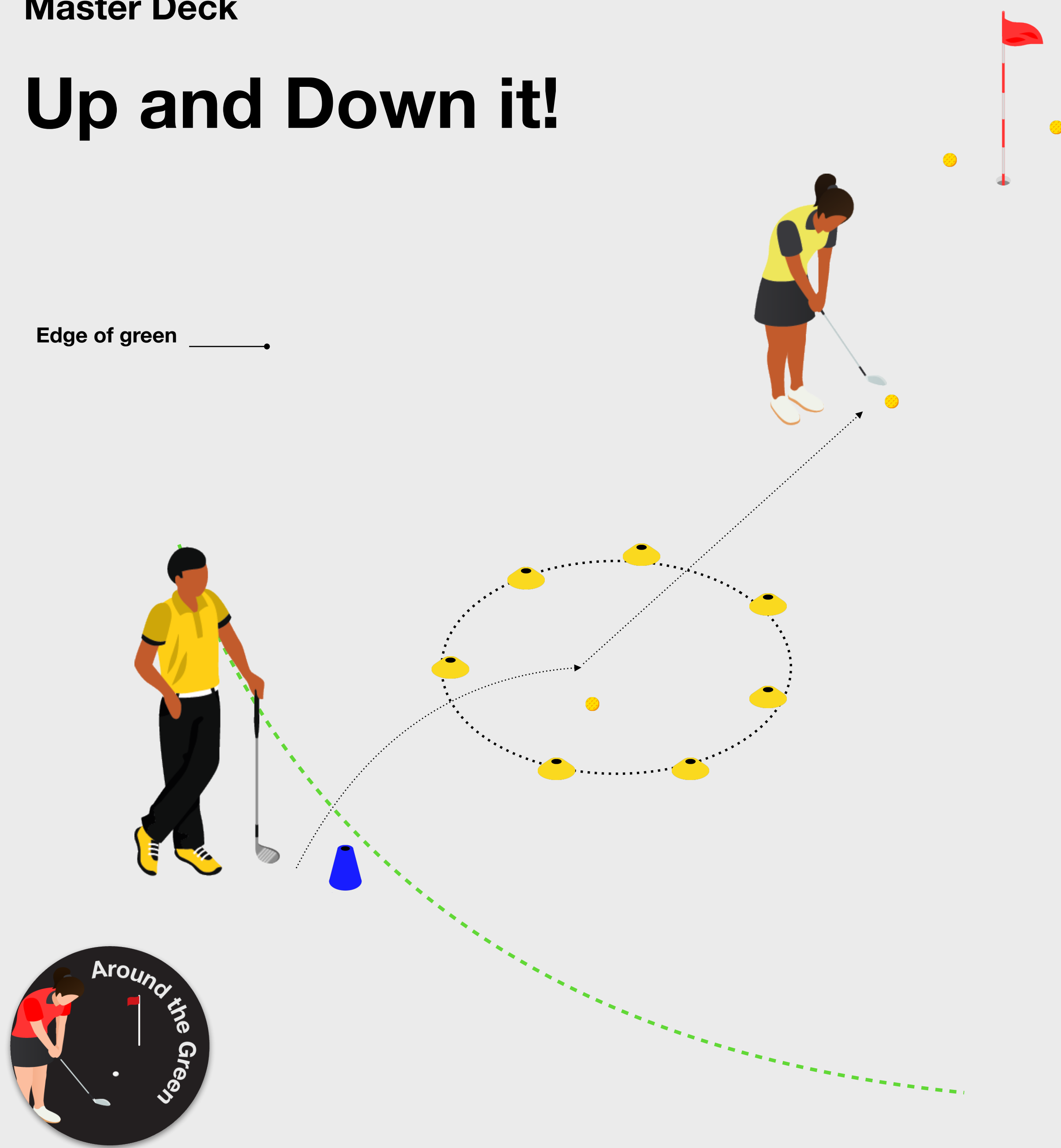
- Position the learner on the edge of the chipping green.
- Pick a shot 5 yards from the edge of the green with lots of green to work with.
- Demonstrate to the learner three different ways to play the shot.
- Shot one will be with a SW with a longer swing with the ball spending 80% of its time in the air 20% of its time rolling.
- Shot two will be played with an 9 iron with a shorter swing with the ball spending 40% of its time in the air 60% of its time rolling.
- Shot three will be played with an 7 iron with a shorter swing with the ball spending 10% of its time in the air 90% of its time rolling.
- Use a hoop on the green to represent a visual of where the balls intended landing zone is for each shot.

Technical Link

- Outline to the learners the benefits of the three shots and specifically where each shot should be used.
- Explain to the learner the potential risks and percentage likelihood of success with each shot.
- Help the learner to decide if they are comfortable using a single club around the green or various clubs.

Up and Down it!

Edge of green _____



Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

How to Play

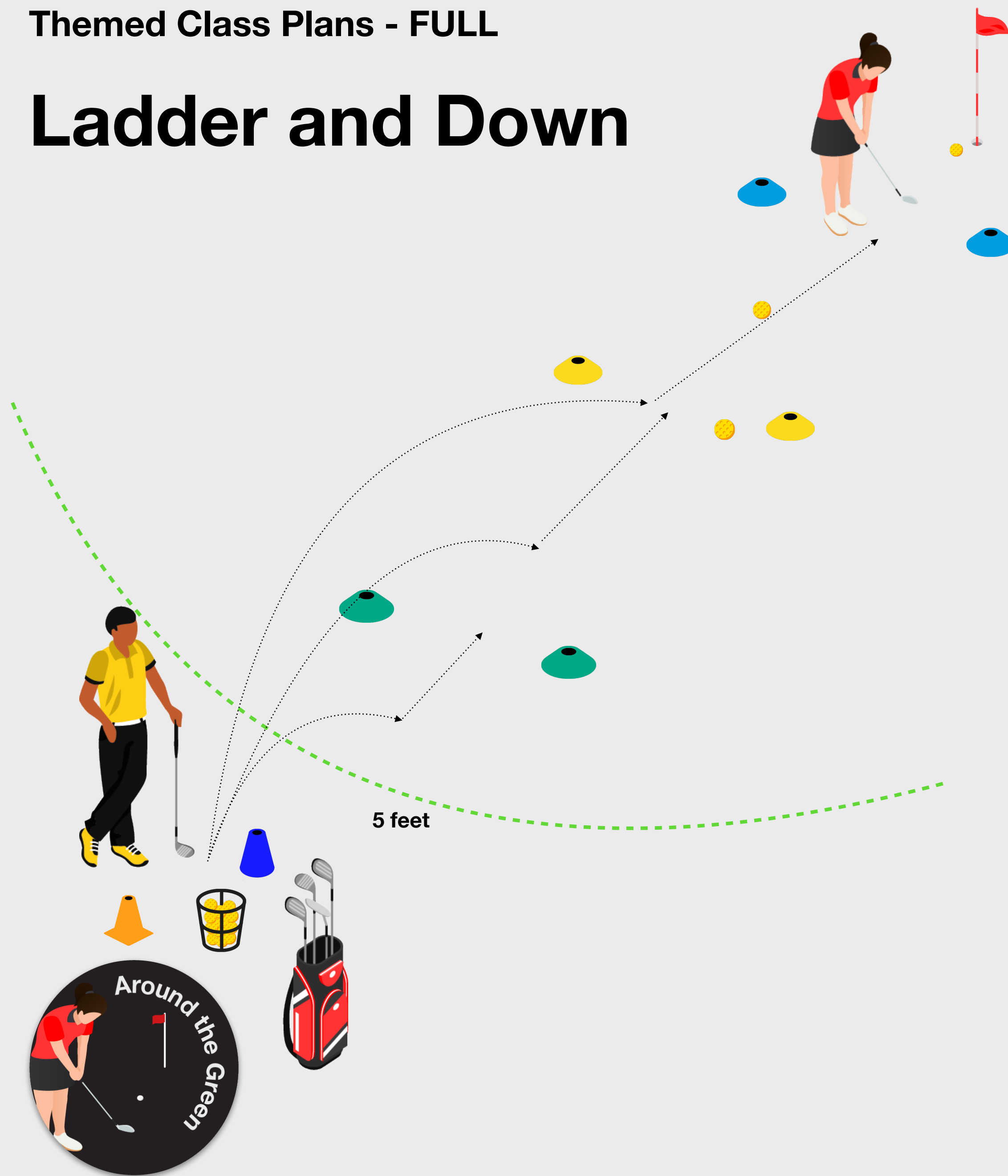
- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in.
- Using the correct set up, swing in a pendulum action and chip the ball and try and land in the circle.
- Either playing in pairs or individually the learner or partner will then try to put the ball into the hole
- To qualify as a winning attempt, the chip shot must land in the target circle
- The aim is to get the ball into the hole in two shots from the start cone
- Player or team who gets the ball in the hole in the least amount of shots wins the challenge

Progression Ideas

- To make the game easier or harder move the target circle closer or further away or make it bigger or smaller



Ladder and Down



Equipment Needed

- Chip shot at the edge of a chipping green
- Golf balls
- Cones for safety
- Cones to make a ladder including 3 different goal to the ladder within increasing size

How to Play

- Challenge the learner individually or with a partner, to get the chip shot to finish in between the three coloured goals
- The student or partner will then pot out from in between the colour goal and record the score
- The green goal is a par 4, the yellow goal is a par 3 and the blue goal is a par 2
- The winning individual or pair will be the team with the lowest score across the three goals

Progression Ideas

- Increase or reduce the number of goals and the distance and proximity from the tee and the flag
- Reduce or widen the width of the goals to make the challenge easier or harder

Par 18



Equipment Needed

- Golf ball for each play
- Scorecard
- Pencil
- Cones for safety
- Putter
- 7 iron, 9 Iron and SW

How to Play

- Get the learners to choose a starting point for 'Hole 1' around the green no more than 10 yards from the edge of the green surface
- The learner should drop their ball rather than placing but this should be tailored to each learner
- Each player hits their shot and then proceeds to putt out the ball
- The score should be recorded on the scorecard
- Learners should find a new starting positions for Hole 2 and continue to play up to 9 holes

Progression Ideas

- Choose a variation of lies and situations around the green
- Nominate 3 'Easy', 3 'Medium' and 3 'Hard' shots around the green

Secondary Skill



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 **Swing**, providing learners an opportunity to practice their swing and specifically irons.



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



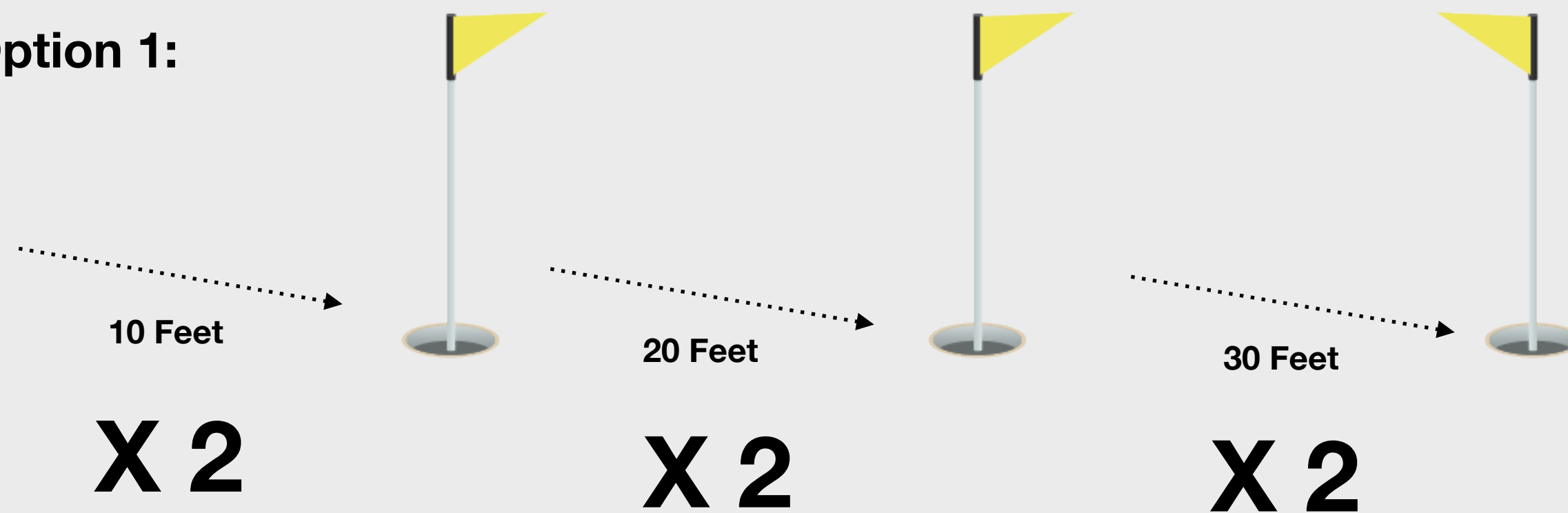
Mastering the Game Challenges



Scoring Challenge

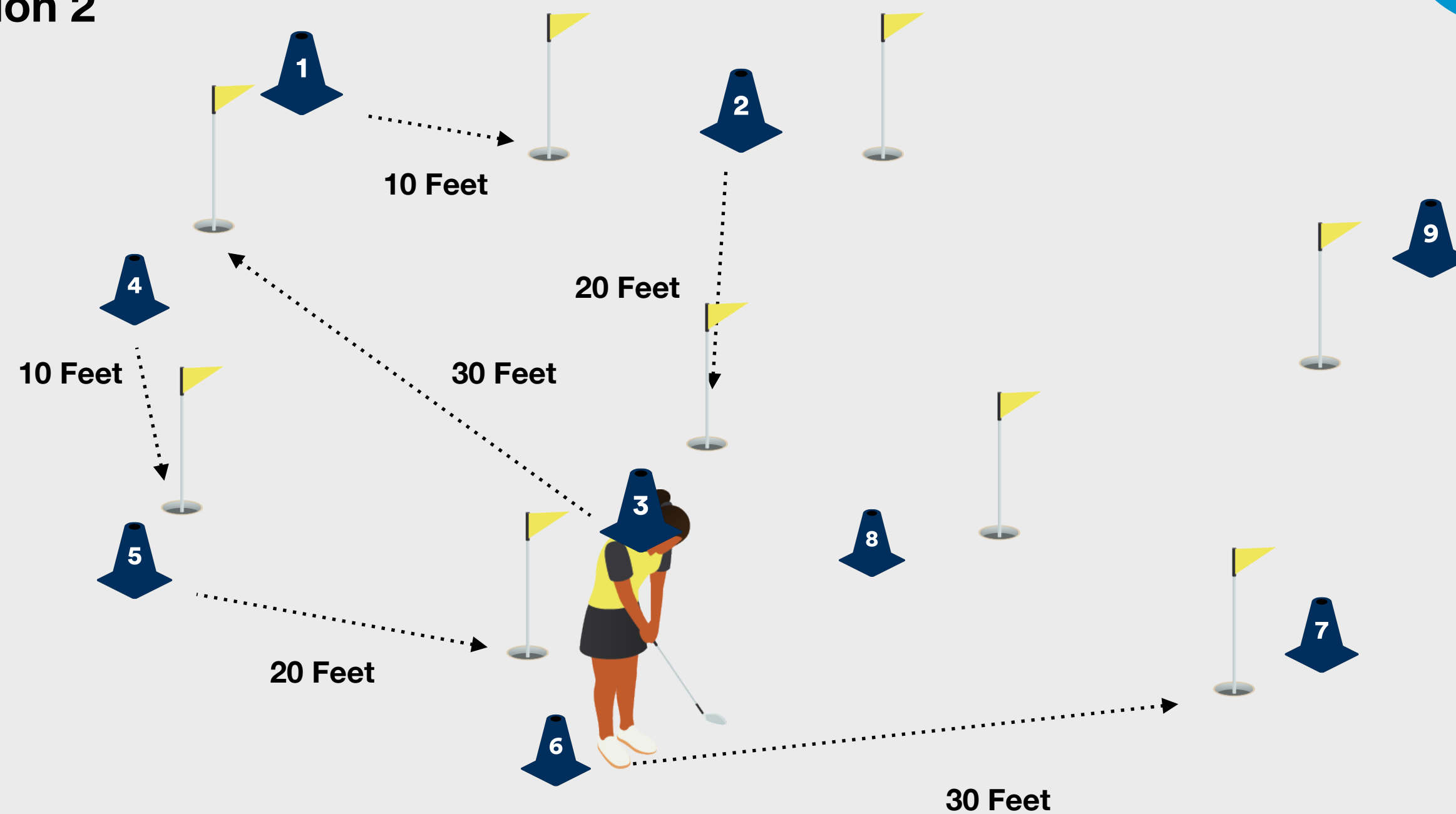


Option 1:



21 putts or fewer

Option 2



The Challenge

To complete the Step 2 Challenge the learner needs score 21 putts or less over 6 holes. 2 putts should be attempted from a starting position 10 feet, 2 putts from 20 feet and 2 putts from 30 feet from the hole.

What should the Learner do next?

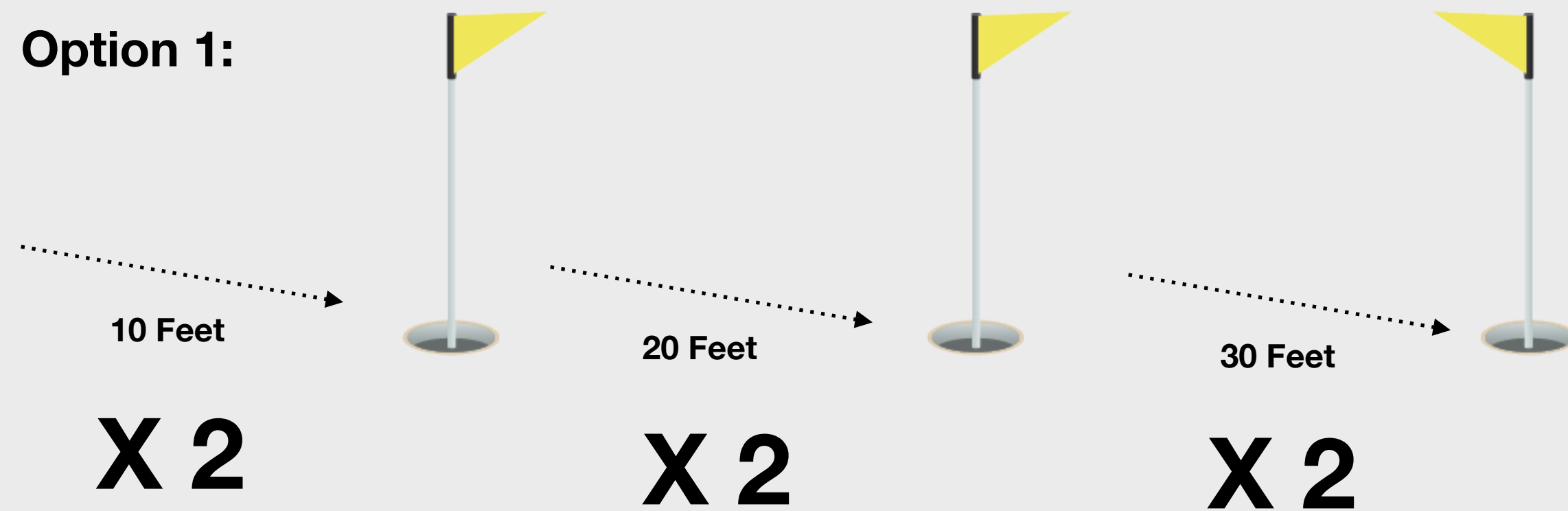
- Log in to the GLF.Locker App
- If they complete the challenge, mark it as complete in the challenge section



Scoring Challenge

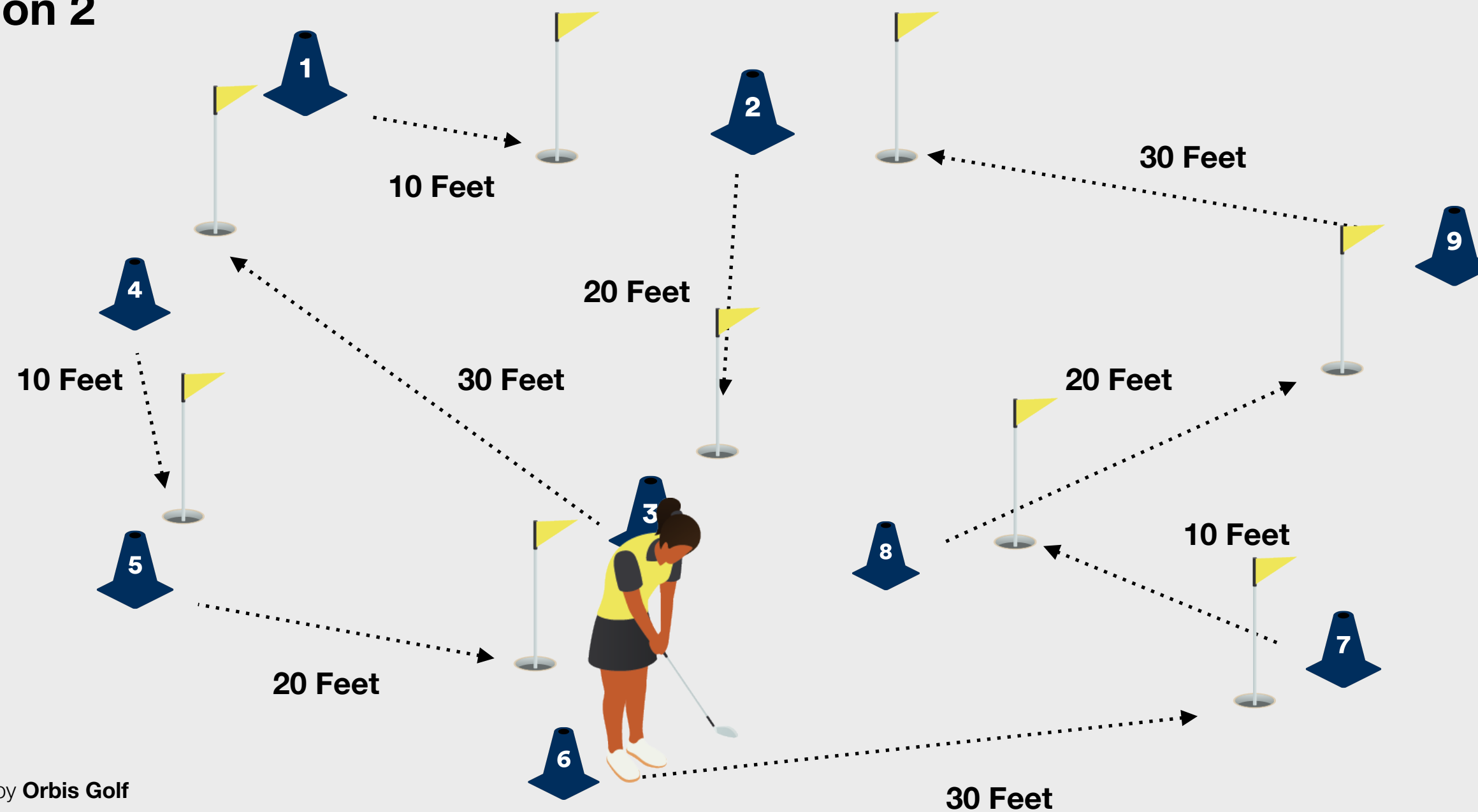


Option 1:



24 putts or fewer

Option 2



The Challenge

To complete the Step 3 Challenge the learner needs score 24 putts or less over 9 holes. 3 putts should be attempted from a starting position 10 feet, 3 putts from 20 feet and 3 putts from 30 feet from the hole.

What should the Learner do next?

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