

Around the Green - Step 3

Club Selection and Awkward Lies



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 stations
5 Mins	myGame Tracking	<ul style="list-style-type: none"> Iron play challenges
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> GLF Locker / Game App

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GOLF DEVELOPMENT

Class Timetable - Club Selection and Awkward Lies

Session Length: 90mins	Group Size: 1:8	Mastering the Game Focus: Around the Green Club Selection and Awkward Lies in Chipping	Whole Golfer Focus: Mind Dispelling Myths Around the Green	Learning the Game Topic: Preparing to Play	Learning the Game Focus Warming Up to Play	Mastering the Game Challenge: Chipping 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 Dispelling Myths Around the Green
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



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 **strike** at this stage whilst introducing **awkward lies** and **club selection**. Some of technical content you may want to explore in this session may include:

- **Assessing the Situation in a Pre Shot Routine** - Introduce to the learners some pre shot fundamentals which may include:
 - Learners should assess the lie of the ball including identifying their ball, checking for mud and assessing the difficulty of the lie
 - Learners should assess the position of the flag, hazards surrounding the green and the proportion of the rough and green surface
 - Stress the importance of selecting the club after assessing the lie and situation
- **Explore Landing Zones and Roll with 3 Different Clubs** - Explore via demonstration how changing the club will impact the landing spot and subsequent roll of the golf ball. You may want to explore the following:
 - Demonstrate a shot with a high lofted club, high lofted iron (9 iron) and a mid iron such as a 7 iron. Show learners how the ball reacts on landing varies and the amount of roll changes
 - Discuss with the learners how this can be used in the situations they may find around the green so they can choose the most effective shot for their game
- **Explore Awkward Lies Around the Green** - Introduce some of the awkward lies that learners may encounter on the course, and provide guidance as to how to overcome these. Use your experience to decide which situations to cover, here are a few suggestions:
 - Ball above feet and ball below feet
 - Playing from long grass
 - Chipping out under trees
 - Restricted backswing



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:

- **Chipping Warm Up**
 - Discuss with the learner how important it is to prioritise chipping warm up before play. Explore why this would be beneficial to the learner in regards to building awareness of the green, around the green conditions and gaining confidence for the course
 - Explore the appropriate amount of time that learners should spending warming up on a chipping green before they play so they can play their time appropriately
 - Explore any rules or guidelines at your facility relating to practicing around the green skills
 - Explore the around the facilities that learners can use at the club to warm up before they play and how this may differ at different facilities
 - Explore some basic warm up games and activities that learners can use in their chipping warm up



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:

- **Dispelling Myths in Chipping**

- Professional Golfers do not chip every chip shot close to the flag and neither will your learners. Make sure they understand this or their expectations will be too high
- Outline that often the way this skill is conveyed in the media can give a false impression to your learners. TV coverage will often show shots around the green going close to the flag or into the hole
- Include some stats to provide some more realistic expectations for example:
 - The average PGA Tour player will not get up and down from the fringe 10% of the time
 - The average PGA Tour player will on average chip the ball from the fringe to 3.5 feet
 - The average PGA Tour player will on average chip the ball from a distance of 10-20 yards from the flag to a proximity of 6 feet

Manage learners expectations on how much practice they should be doing, little and often is much more preferable to a long range session. Highlight the structure of the practice club sessions and encourage practice with friends between lessons too.



Class Layout and Setup

Station 1:
Practice Station
High, Medium or
Low



Station 2:
Find the Lie



Station 3:
Games Station
Bullseye



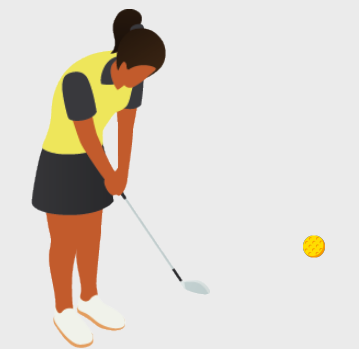
Station 4:
Practice Station
Up the Ladder



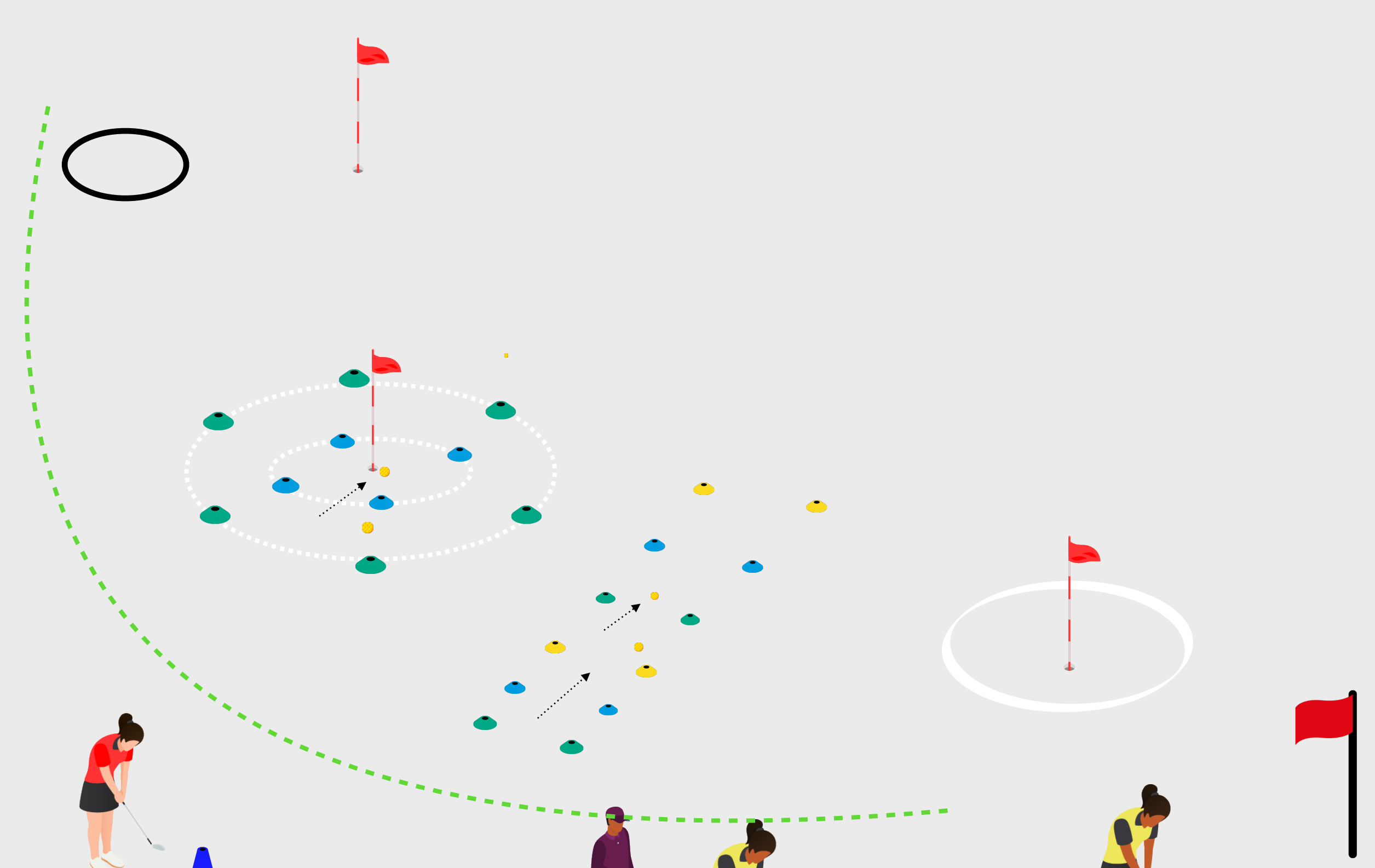
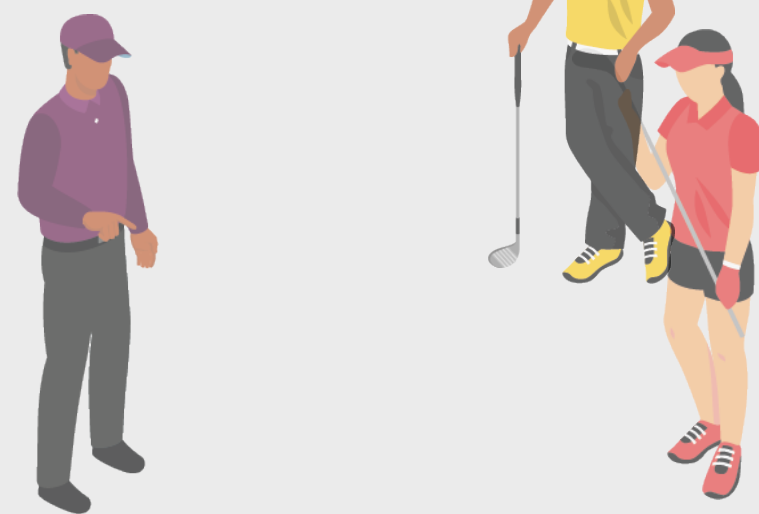
Station 5:
Challenge Station



Station 6:
Secondary Skill



Group Discussion:
Stand, during and end of
class



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 aligns with 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.

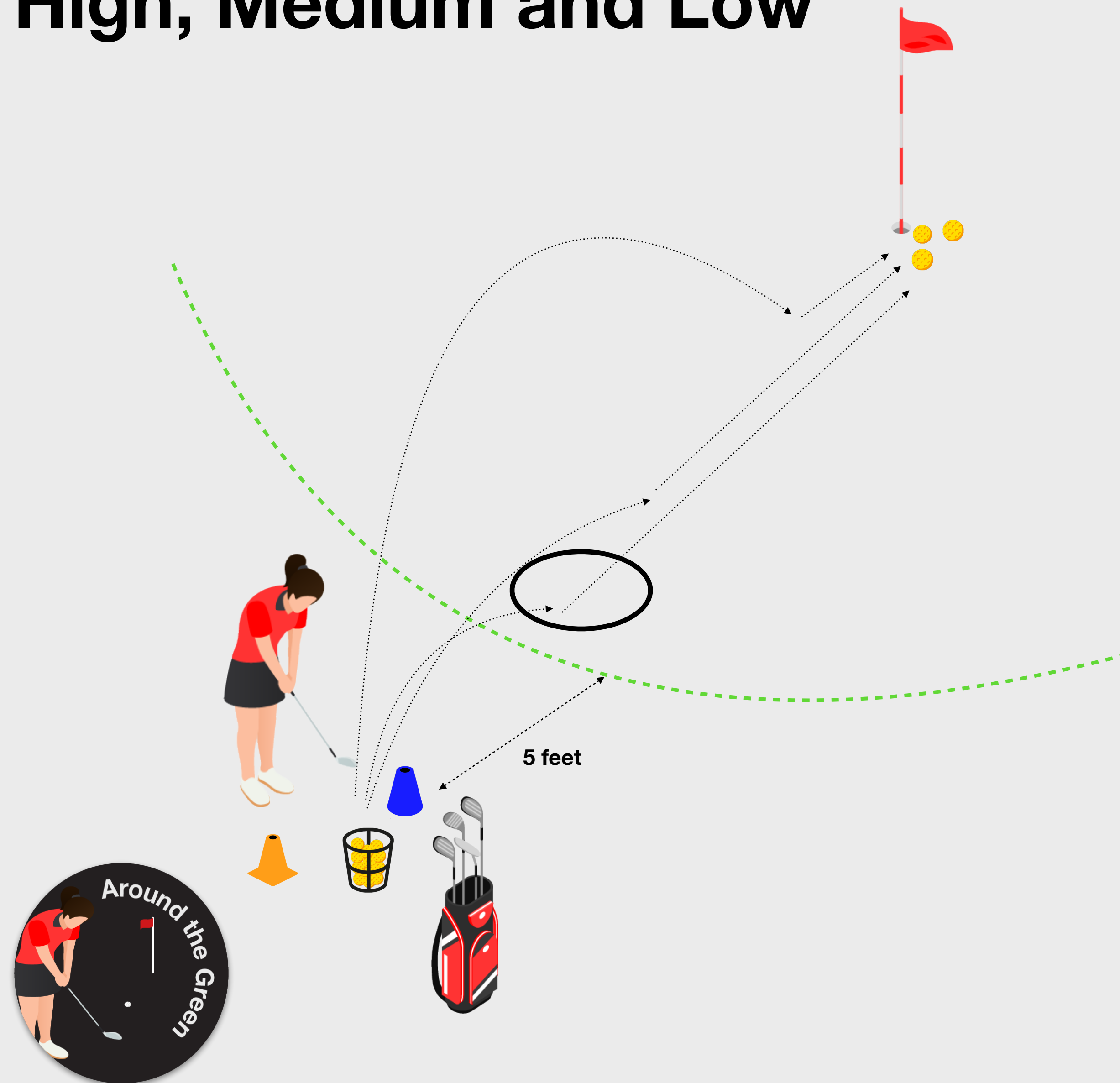
Technical Learning Objectives

- 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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High, Medium and Low



Equipment Needed

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

How to Practice

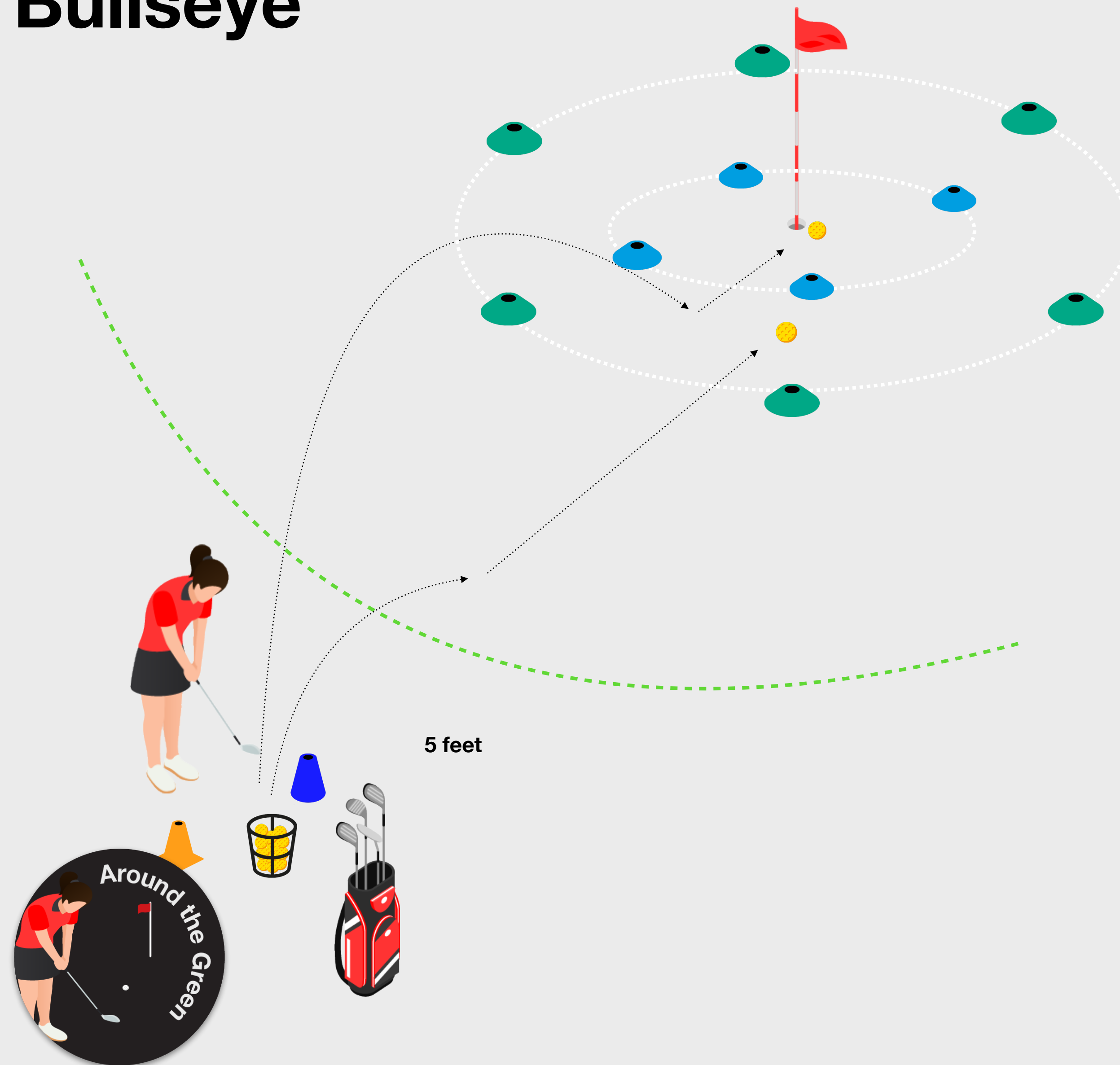
- Position the learner on the edge of the chipping green.
- Pick a shot 5 yards from the edge of the green with lots of green to work with.
- Demonstrate to the learner three different ways to play the shot.
- Shot one will be with a SW with a longer swing with the ball spending 80% of its time in the 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.



Bullseye



Equipment Needed

- Chip shot at the edge of a chipping green
- Golf balls
- Cones for safety
- Cone to create 2 circles (5ft and 10ft)

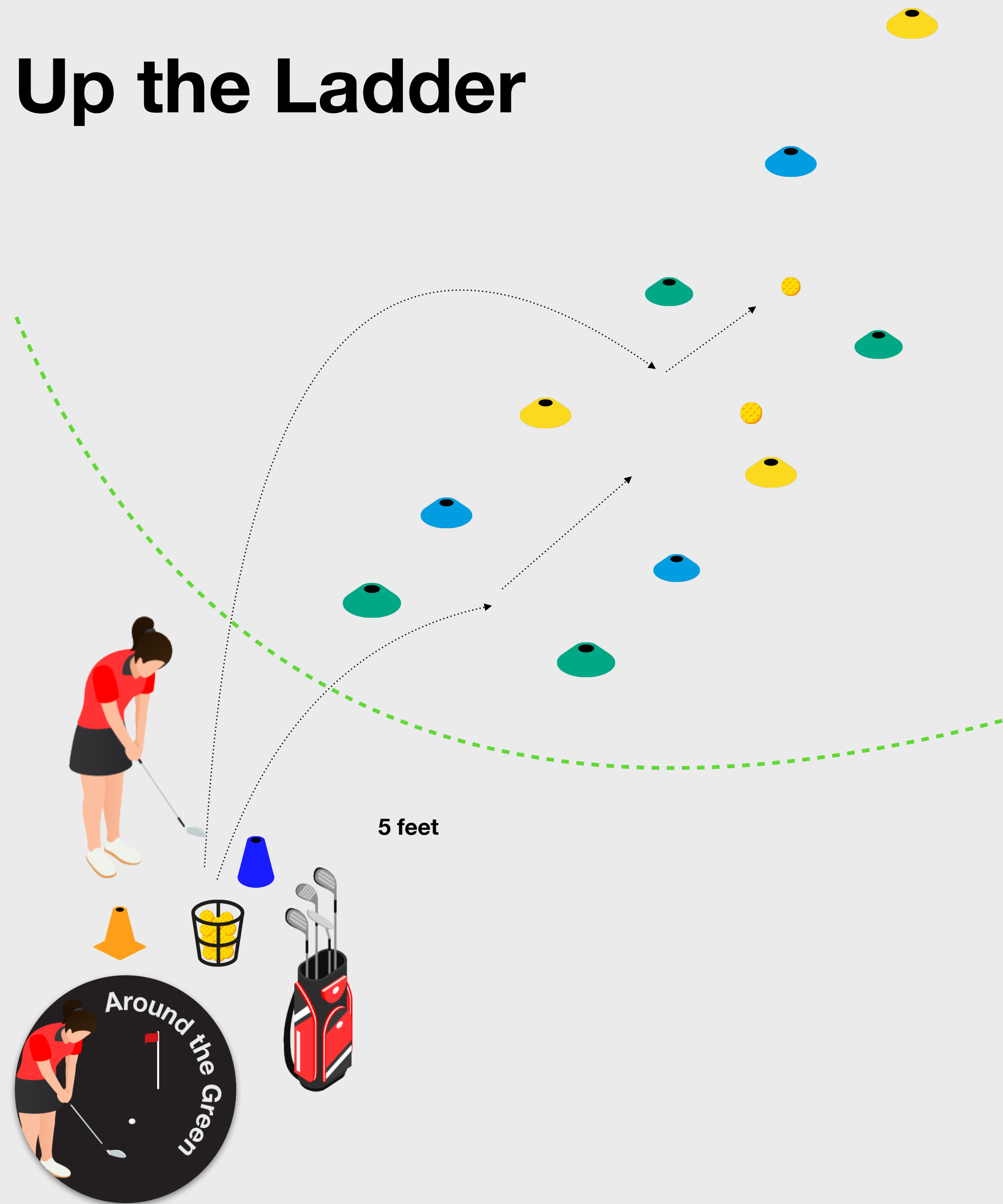
How to play the game

- Challenge the learner to hit 15 shots from the edge of the green. 5 shots should be hit with a 7 iron, 5 shots with a 9 iron and 5 shots to be hit with a SW
- If the learner gets the ball in the inner circle they score 10 points
- If the learner gets the ball in the outer circle they score 5 points
- Get the learner to play with a partner to add some competition to the class
- Get the learner to play the game using a single club of their preferred choice and compare success

Technical Link

- Explain to the learner how changing the club effects the result
- Ask the learner which shot is the most effective and score the most points over 15 shots
- Help the learner to decide if they are comfortable using a single club around the green or various clubs.

Up the Ladder



Equipment Needed

- Chip shot at the edge of a chipping green
- Golf balls
- Cones for safety
- Cones to make a ladder including 5 different steps to the ladder within increasing size

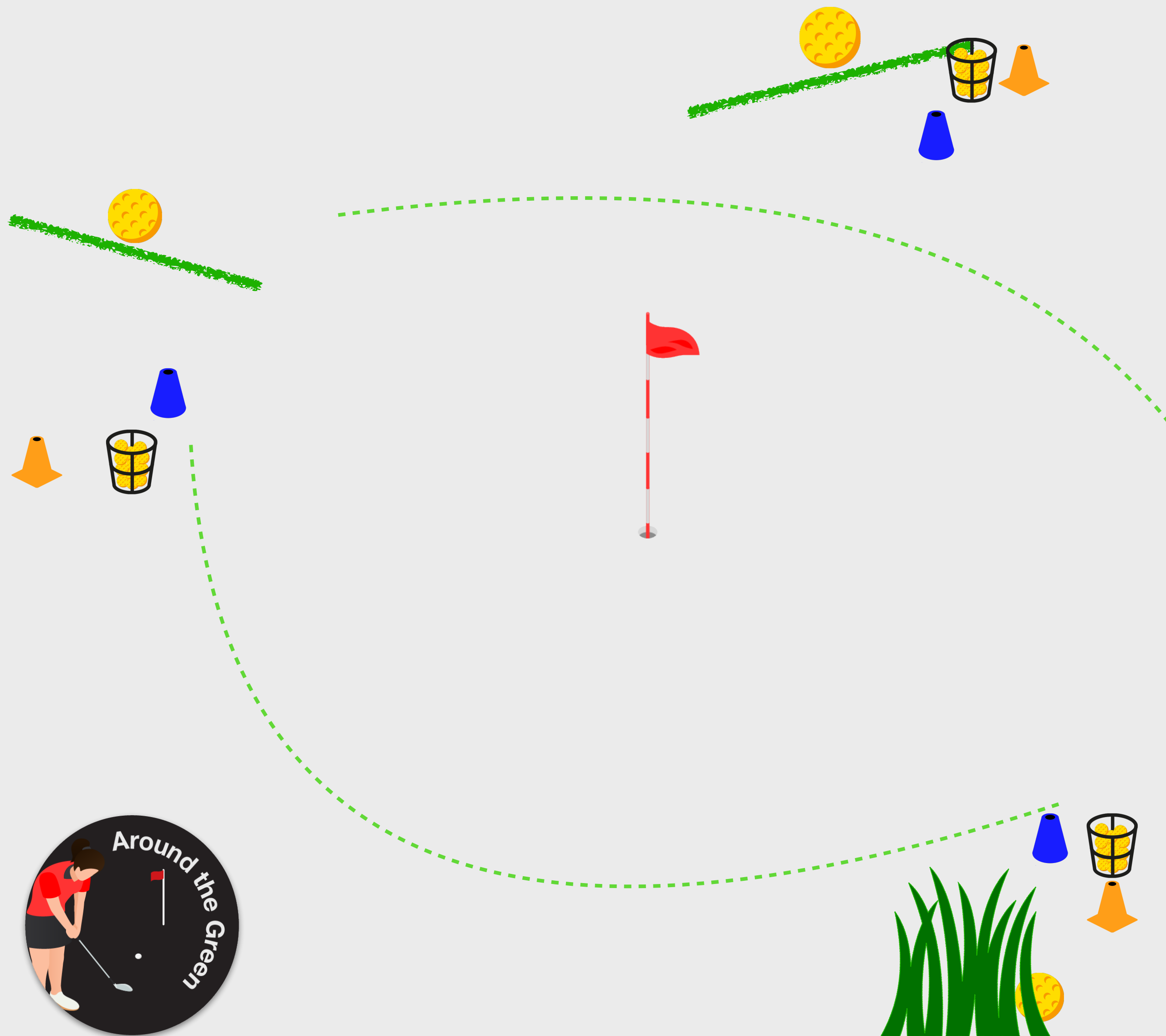
How to play the game

- Challenge the learner to work their way up the ladder by using a single club initially of their choice
- See if they can land the ball in each step of the landing getting them understanding how swing length changes to produce a change in distance
- Get them to observe the flight of the ball, the way the ball reacts on the green and the amount of roll
- Challenge the learner to attempt the ladder using different clubs
- Challenge the learner to select the appropriate club to land the ball into a step of the ladder but finish in a different step i.e “What club would you use to land the ball in step 1 but finish the ball in step 5?”

Technical Link

- Explain to the learner how changing swing length impacts distance the ball will travel and control
- Explain to the learner how changing the club effects the resulting flight and roll of the ball
- Ask the learner which type or shots and club is most effective for the task

Find the Lie



Equipment Needed

- Chip shot at the edge of a chipping green
- Golf balls
- Cones for safety
- 7 Irons, 9 Iron and Sand Wedge

How to play the game

- The learner should move around the green attempting to find a number of awkward lies which may include:
 - Ball above feet and ball below feet
 - Playing from long grass
 - Chipping out under trees
 - Restricted backswing
- The learner should explore how their setup and technique may need to adapt to the lie
- The learner should consider the most appropriate club for the situation
- The learner should understand how the lie effects the flights of the ball, the way it reacts on the green and the amount of roll

Technical Link

- Explain to the learner how changing the club effects the result based on the different situations
- Ask the learner to consider which club may be the most suitable for each situation to gain the most control



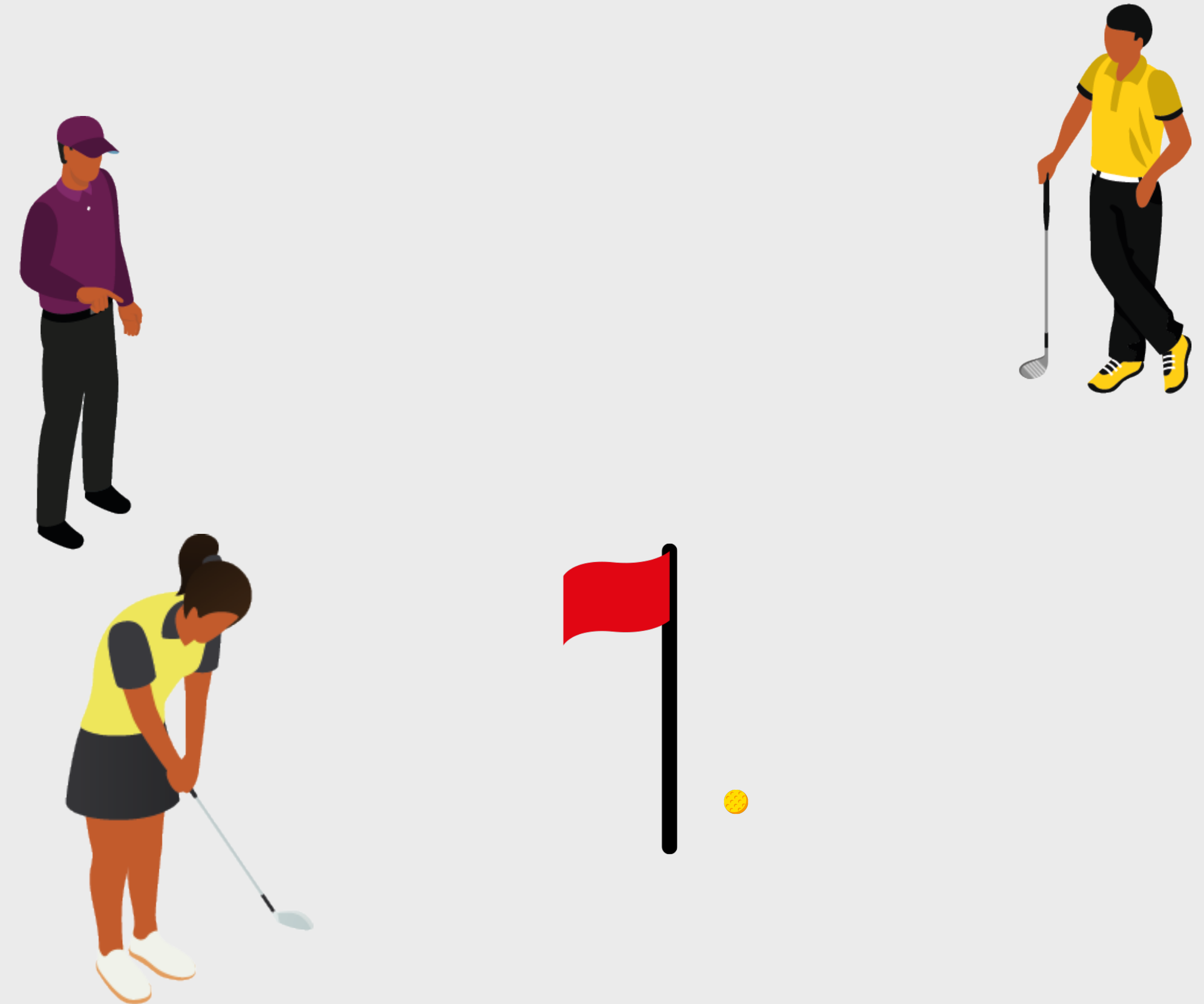
Secondary Skill



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

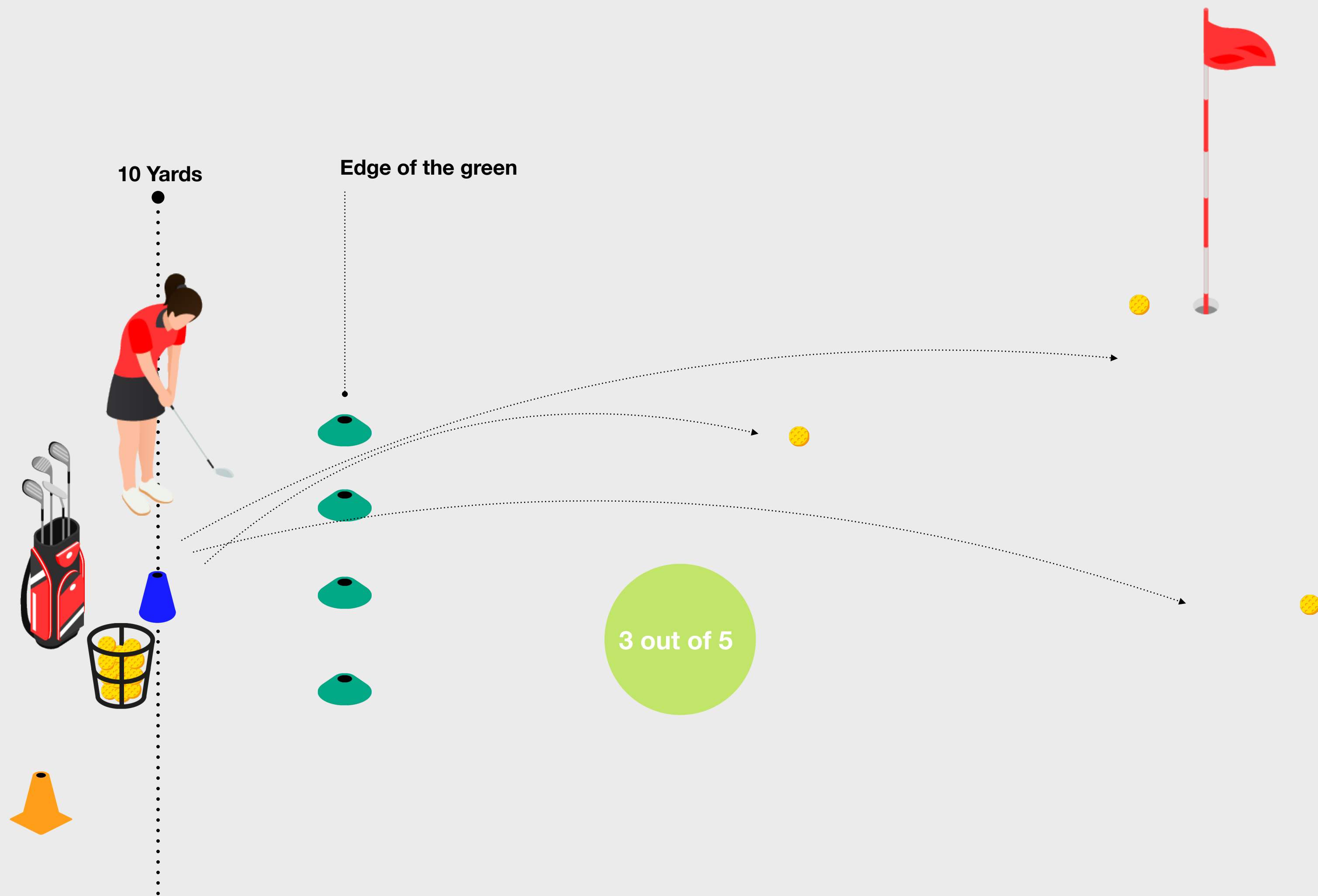
- Understanding this means learners will practice appropriately and strike the ball more consistently



Mastering the Game Challenges



Chipping Challenge



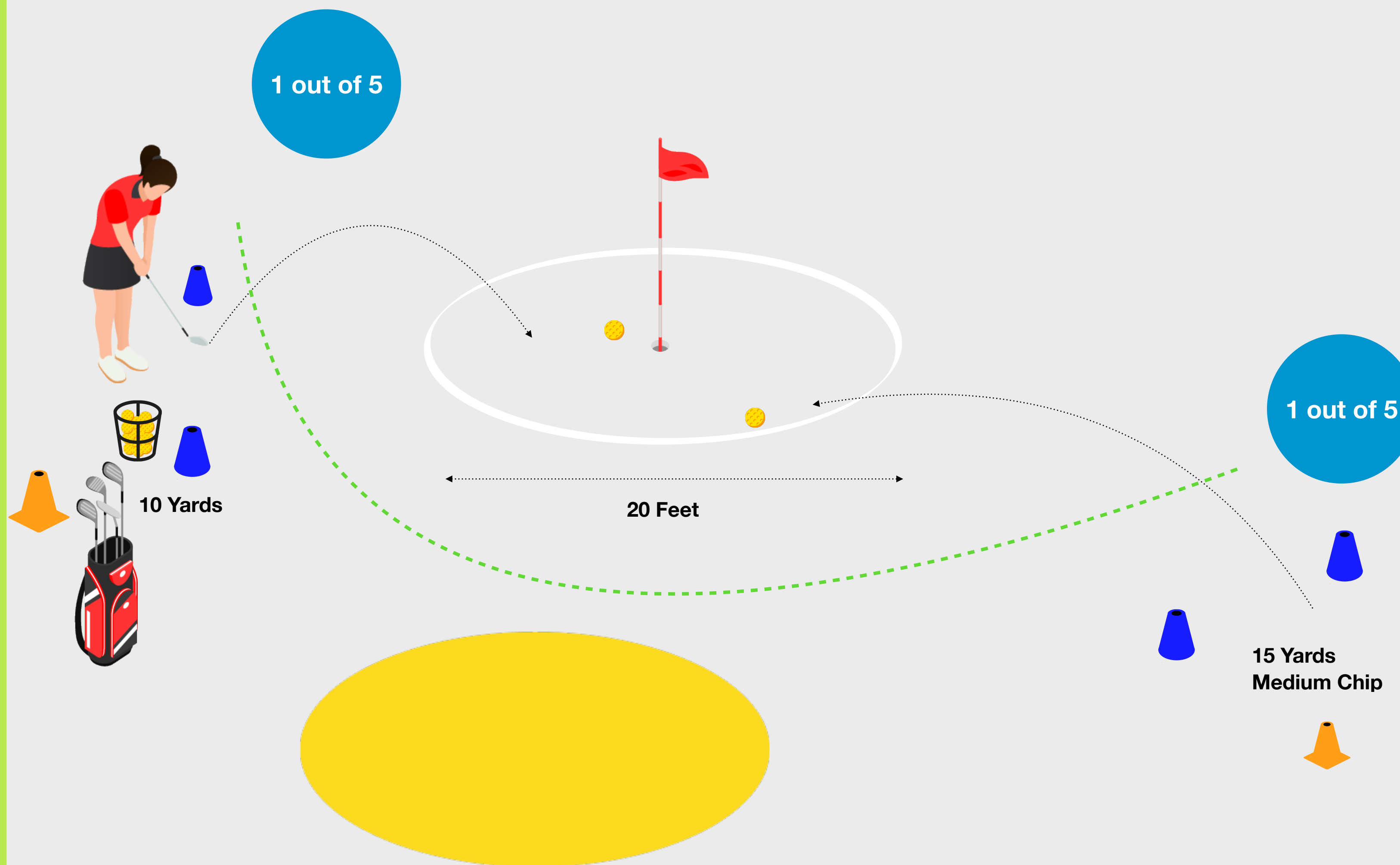
The Challenge

To complete the Step 1 Challenge the learner needs to chip 3 out of 5 shots to finish anywhere onto the green from a distance of 10 yards from the hole and maximum of 5 yards from the edge of the green.

What should the Learner do next?

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

Chipping Challenge



The Challenge

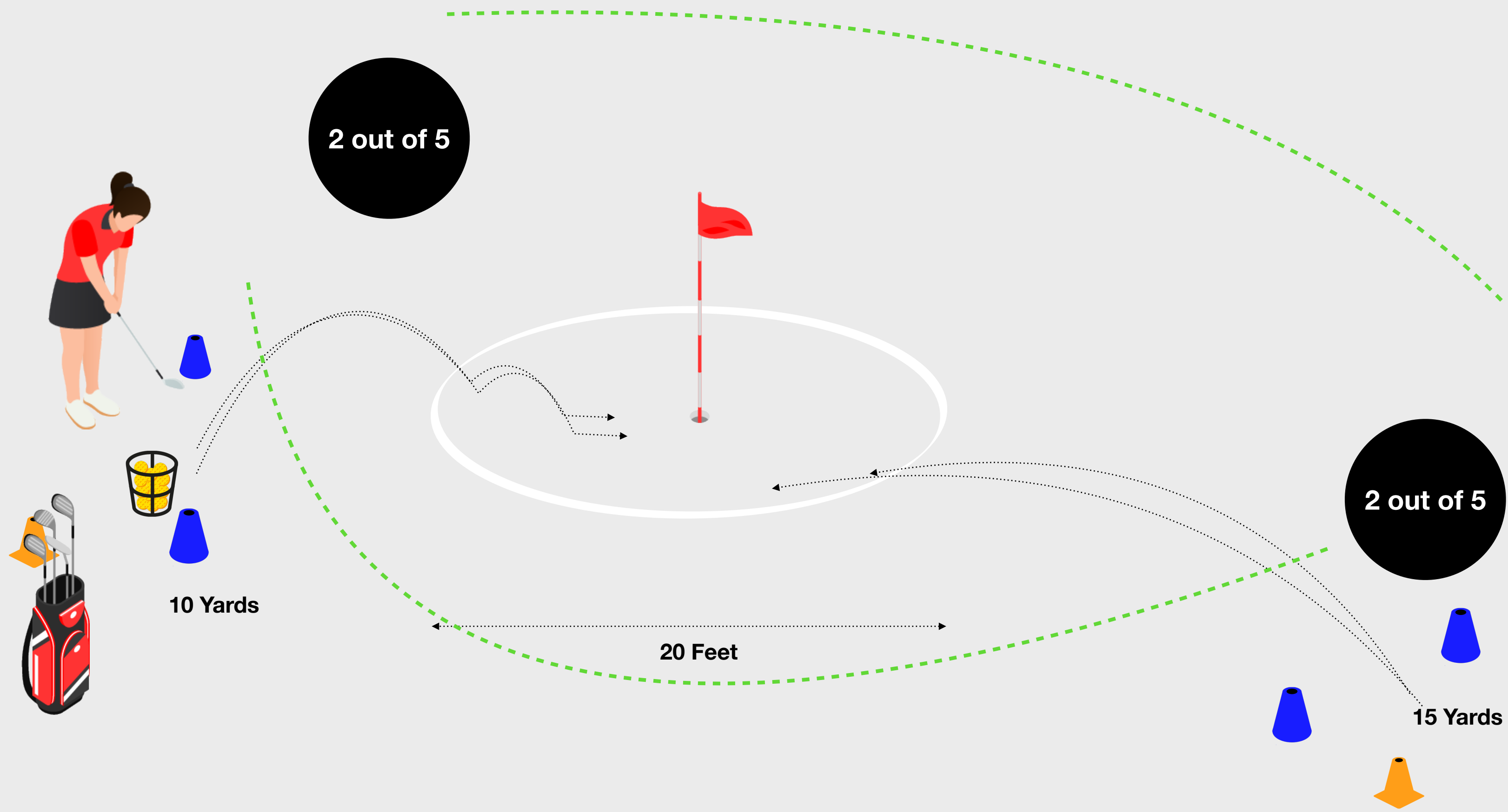
To complete the Step 2 Challenge the learner needs to chip 1/ 5 shots from 10 yards and 1/ 5 shots from 15 yards to finish within a 20-foot diameter target circle.

What should the Learner do next?

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



Chipping Challenge



The Challenge

To complete the Step 3 Challenge the learner needs to Chip 2 out of 5 shots from a starting position 10 yards from the hole and 2 out of 5 shots from a starting position 15 yards from the hole to finish within a 20-foot diameter target circle.

What should the Learner do next?

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

