

Practice Around the Green

Pitching



GAMEON

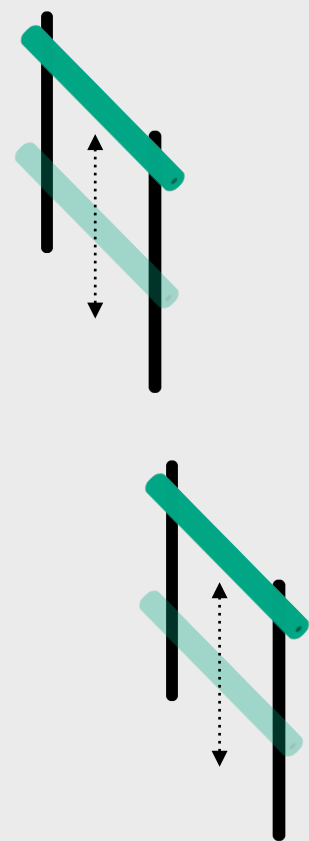
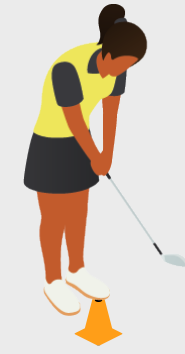
Class Timetable

Session Length: 60mins	Group Size: 1:12	Mastering the Game Focus: Around the Green Pitching	Whole Golfer Focus: Mind Becoming a Respectful Golfer	Learning the Game Topic: Playing and Scoring Preparing to Play	Learning the Game Focus: Keeping your Clubs Clean	Mastering the Game 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 of your preference and the challenges required Be ready to welcome participants 5 minutes before the session starts 	<ul style="list-style-type: none"> Class Layout and Setup
10 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> Outline the objectives which is an opportunity for learners to practice their putting and specifically long putts. 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"> Becoming a respectful golfer
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning Learners can attempt a Mastering the Game Challenges individual or in pairs 	<ul style="list-style-type: none"> How's your Lie Strike Point Crossbar Challenge Hurdles
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Get the group together to introduce the learning the Game or Whole Golfer focus Learners should have the option to carry on their activity to suit their needs or participate in the group introduction to the Learning the Game or the Whole Golfer focus 	<ul style="list-style-type: none"> Preparing to Play- Keeping your Clubs Clean
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning Learners can attempt a Mastering the Game Challenges individual or in pairs 	<ul style="list-style-type: none"> How's your Lie Strike Point Crossbar Challenge Hurdles
10 Mins	MyGame+ Tracking on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the learner's Student Connect 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

Practice on the Green Class Layout and Setup

Station 5:
Game station
Hurdles



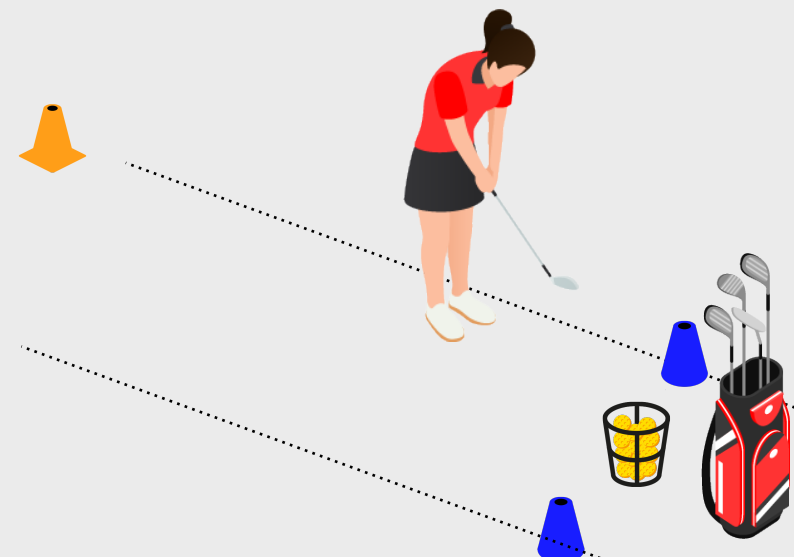
Station 4:
Game Station
Crossbar Challenge



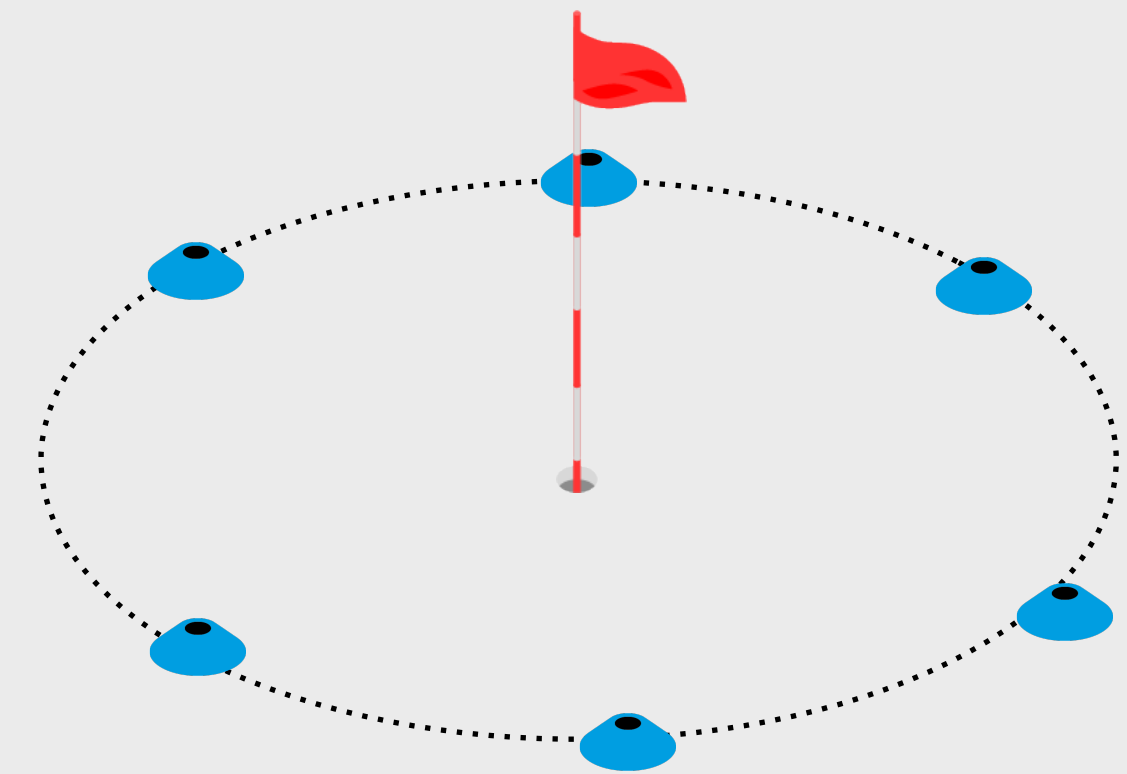
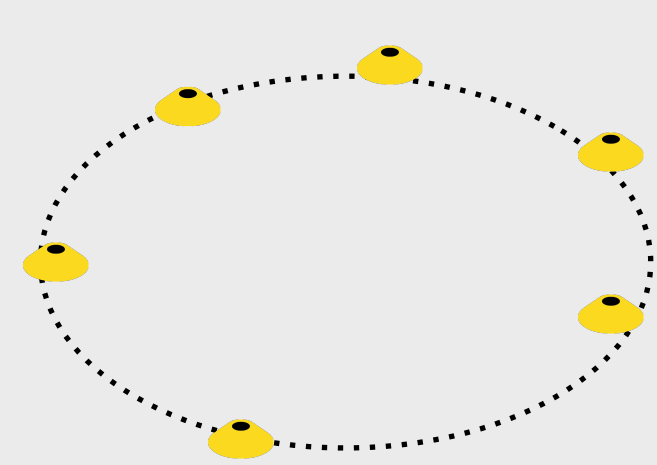
Station 3:
Practice Station
How's your Lie



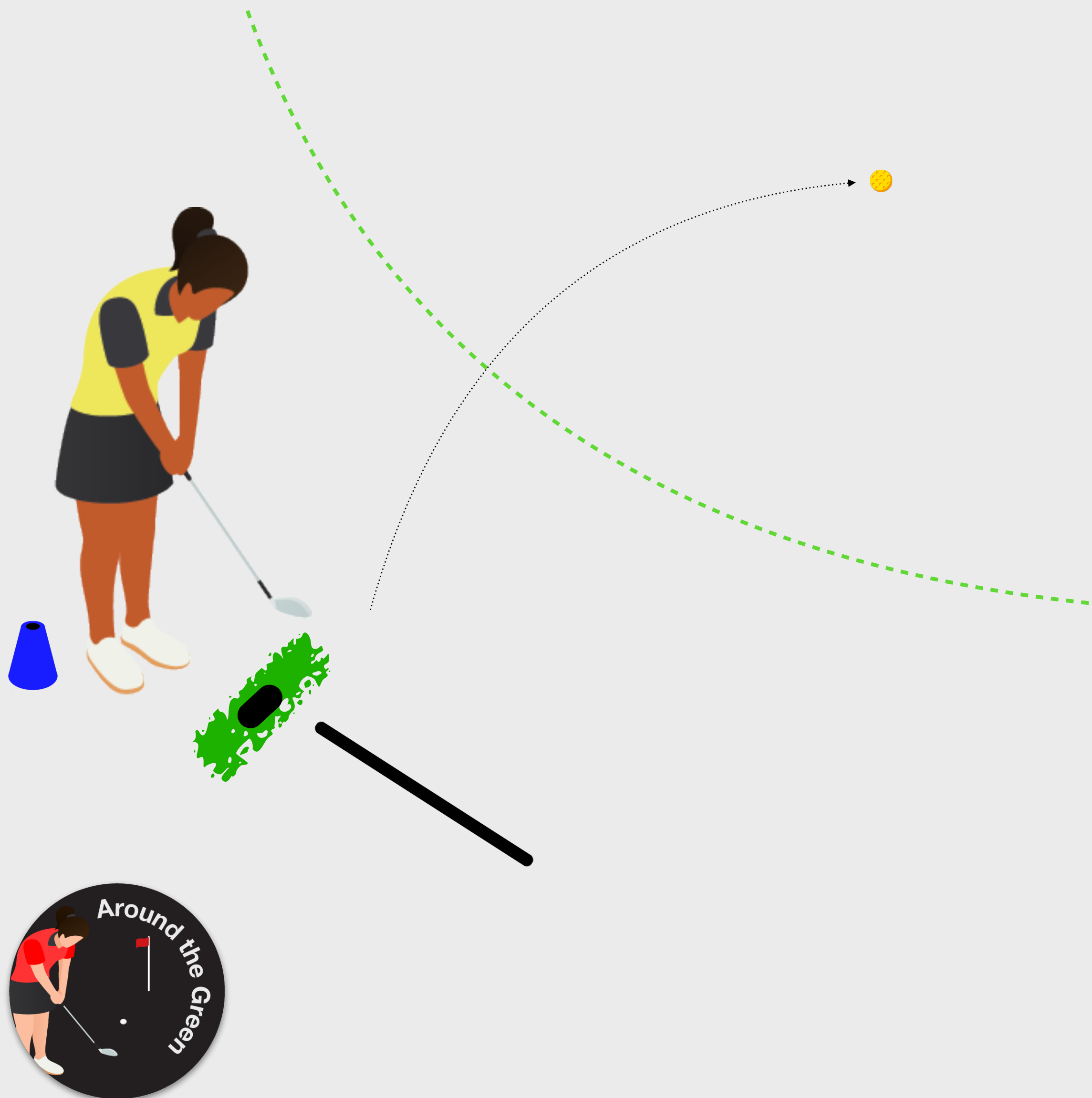
Station 2:
Practice Station
Strike Point



Station 1:
Pitching Challenge



Strike Point



Equipment Needed

- 1 Alignment sticks
- Pitching Wedge or Sand Wedge
- Golf ball

How to Practice

- The alignment stick should be placed opposite the center of the learner's stance to provide some feedback as to where they brush the ground when taking their pitch shot
- The learner should take a couple of practice swings, adjusting their stroke if they are not brushing the ground opposite where the alignment stick is placed
- Once they have completed a couple of practice swings, place a ball in the same place and ask them to repeat the action in order to get a good strike
- Do not worry about aiming at a target, encourage them to practice getting as many good contacts in a row as possible and notice how the ball flies and how far it rolls when they do make good contact

Technical Link

- This activity will help the learner to understand how to get a good contact and how to adjust if they are not being successful straight away
- This activity will help the learner to understand the flight of a good pitch shot when struck well

How's your lie?



Equipment Needed

- Varying grass length
- Green side medium to deep rough, fairway and green fringe
- Golf balls
- Pitching Wedge or Sand Wedge
- Cones for safety

How to Practice

- Position several balls in front of the green around 20 feet away from the hole and drop them randomly in different lies
- Allow the learner to experience the effect the different lies have on the golf shot
- Encourage the learner to try different clubs and see what effect that has on the shot

Technical Link

- Explain to the learner how changing the attack angle of the downswing can improve contact in longer grass
- Demonstrate this on fairway and fringe grass and see the effect that a change in attack angle can have on contact and overall shot

Crossbar Challenge

Equipment Needed

- Alignment sticks and a noodle to create the crossbar
- Golf balls

How to Play

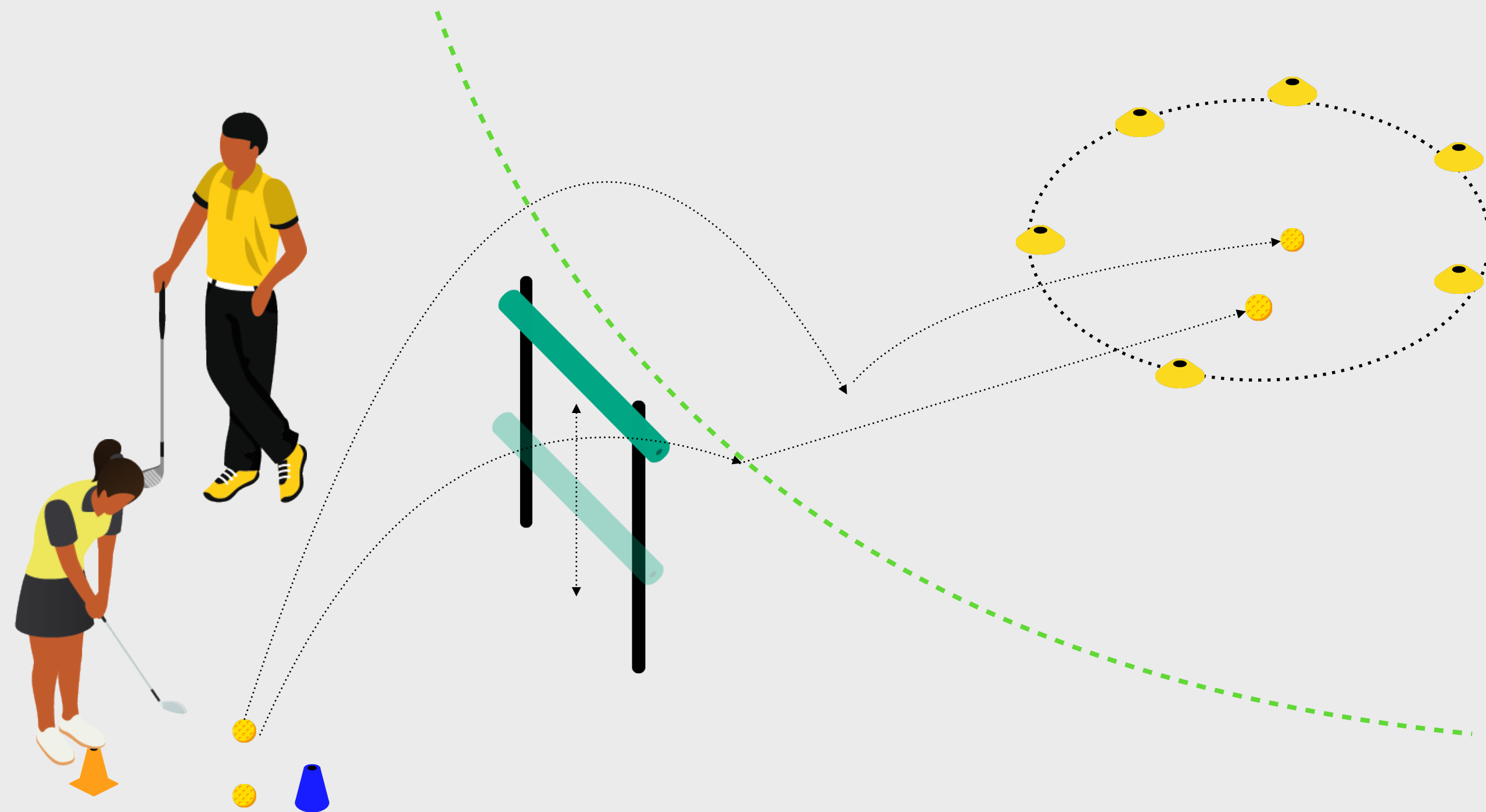
- Place the crossbar just five feet ahead of the learner
- The aim is to pitch the ball over the crossbar from this close proximity
- The learner receives 5 attempts to pitch the ball over the noodle
- The winner is the player who pitches over the crossbar the most times in their 5 attempts
- If unsuccessful they can move a foot further away, if they are successful they can move a foot closer, and they then rotate with their partner attempting the challenge again

Progression Ideas

- Vary the height of the noodle
- Vary the distance from the starting position and the crossbar



Hurdles



Equipment Needed

- Alignment sticks and a noodle to create the hurdles
- Golf balls
- Pitching Wedge or Sand Wedge
- 7 Cones to create target

How to Play

- Place the hurdles 5 yards ahead of the learner and 20 yards away from the hole
- Aim is to pitch the ball over the crossbar and land it in the appropriate place for the ball to roll into the circle
- The learner receives 10 attempts to pitch the ball over the hurdle
- They should attempt these shots with a SW/PW and the aim should be for the ball to travel 70% through the air and 30% rolling

Progression Ideas

- Vary the height of the noodle
- Vary the position of the target circle





• Preparing to Play - Keeping your Clubs Clean

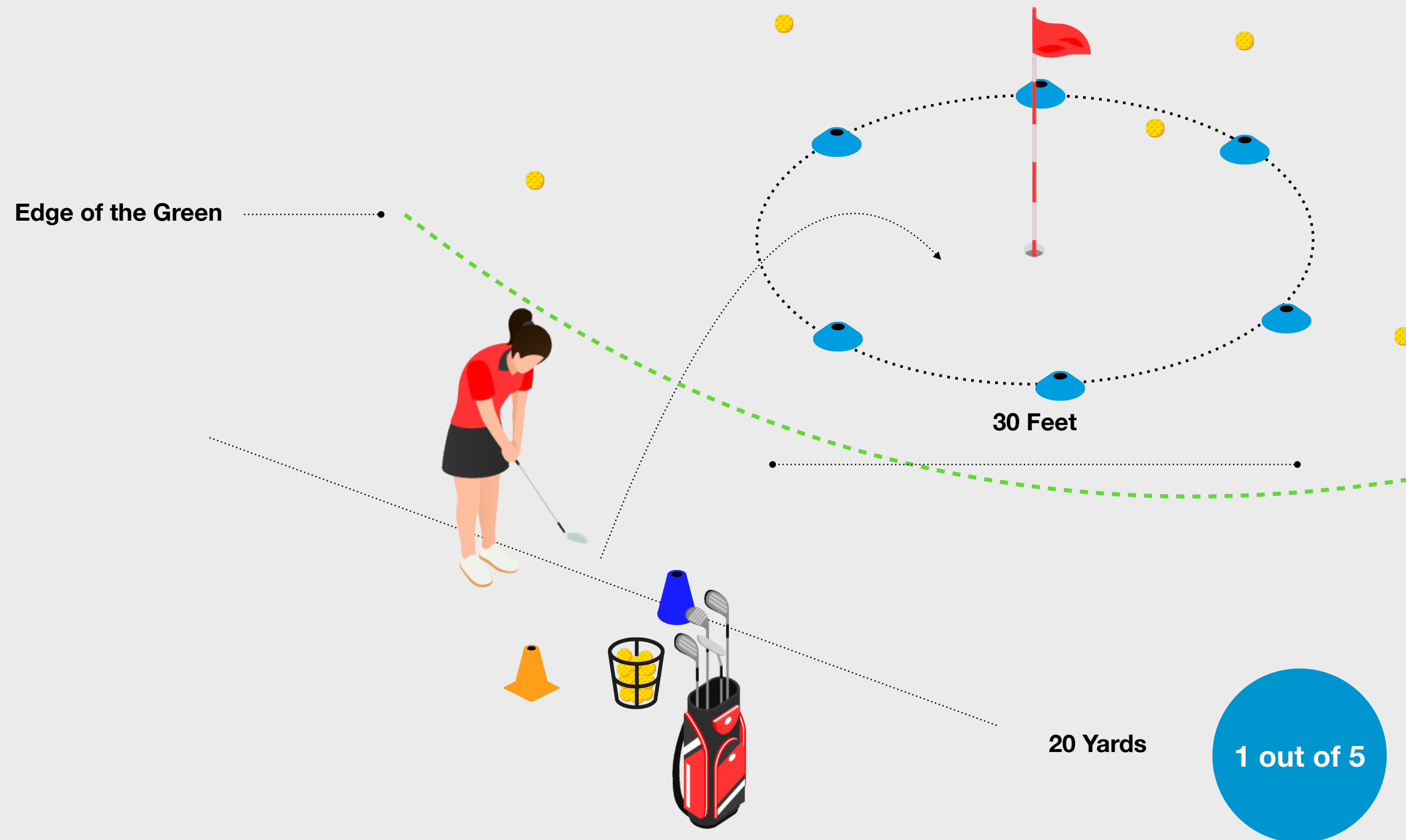
- The Learning the Game focus this week is to make sure you are prepared to play by keeping your golf equipment in great condition.
- You should highlight to the learners that it is their responsibility to keep their golf equipment clean and in good condition.
- Use the lesson to highlight how important it is to clean your clubs after a pitch shot especially because if the grooves in wedges are dirty then it reduces their effect of creating spin.

• Becoming a Respectful Golfer



- Explain to the learner the importance of reciprocal respect when on the golf course.
- When it is their playing partner's turn to hit a shot it is courteous for them to be quiet, so that they can concentrate on their shot. Golf is a very sociable sport but there are times when quiet is required.

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.

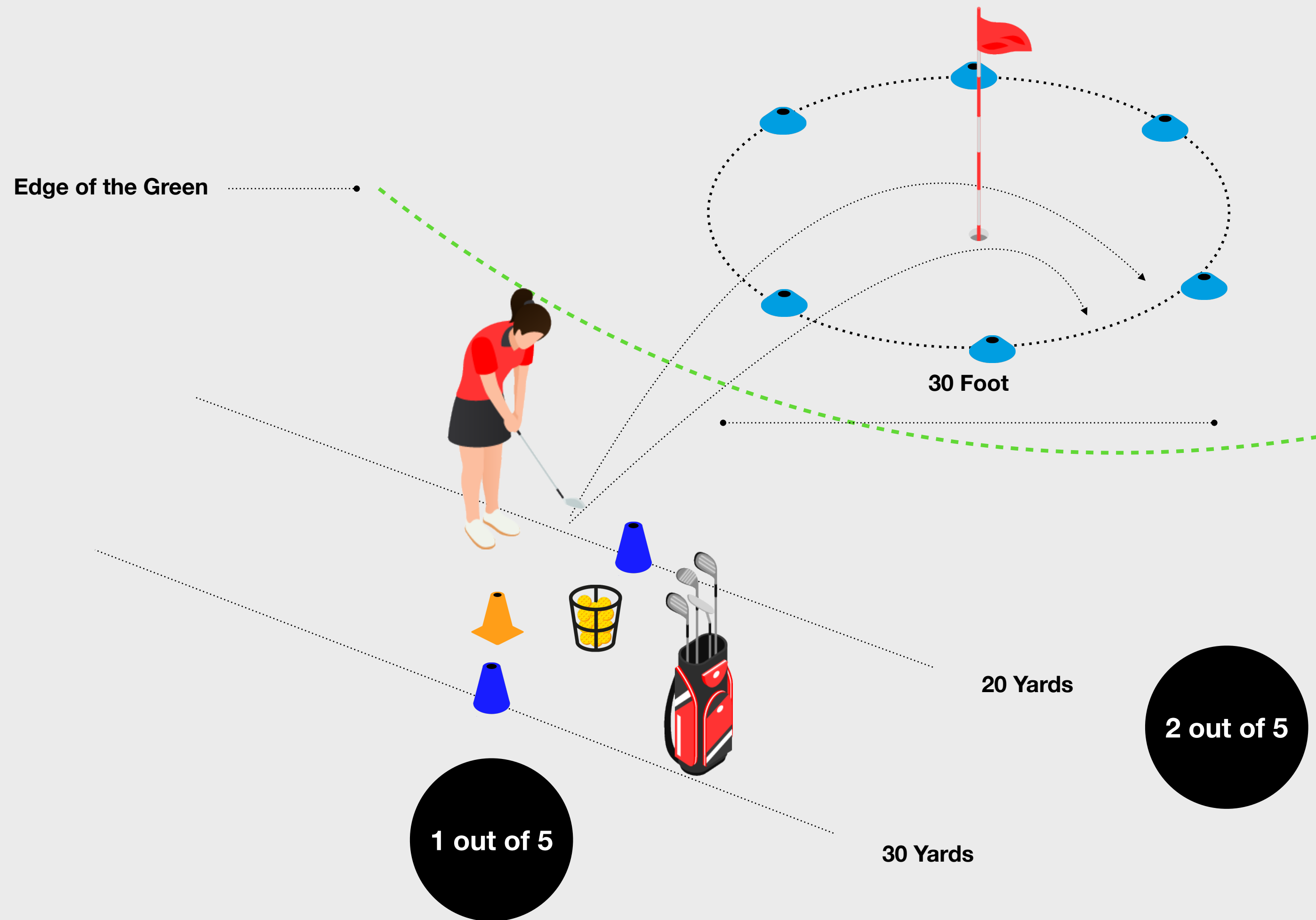
What should the Learner do next?

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

Pitching



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?

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

Pitching

