

# Practice Your Swing

## Driving



# Class Timetable

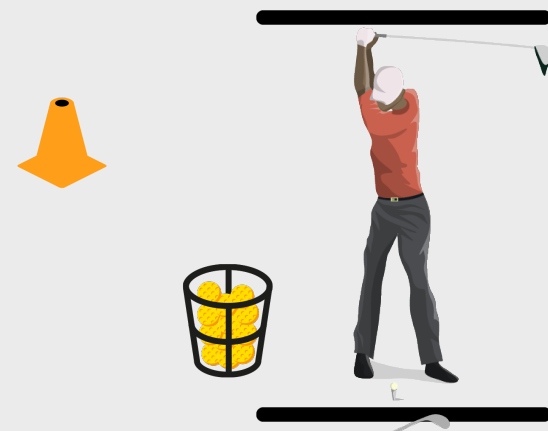
<b>Session Length:</b> 60mins	<b>Group Size:</b> 1:12	<b>Mastering the Game Focus:</b> Swing Driving	<b>Whole Golfer Focus: Mind</b> Injury Prevention	<b>Learning the Game Topic:</b> Preparing to Play	<b>Learning the Game Focus</b> Driving Range Warm Up	<b>Mastering the Game Challenge:</b> Driving Challenge
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Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> <li>Set up the games and practice stations of your preference and the challenges if required</li> <li>Be ready to welcome participants 5 minutes before the session starts</li> </ul>	<ul style="list-style-type: none"> <li>Class Layout and Setup</li> </ul>
10 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> <li>Outline the objectives which is an opportunity for learners to practice their putting. Specially long putts.</li> <li>Introduce the Learning the Game or Whole Golfer focus</li> <li>Explain how to play the games and attempt the practice station activities</li> <li>Explain how to attempt the Mastering the Game Challenges if applicable</li> </ul>	<ul style="list-style-type: none"> <li>Injury Prevention</li> </ul>
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Play the games individually, in pairs or in groups</li> <li>Opportunity for private coaching</li> <li>Develop social connections and allow for self-discovery and guided learning</li> </ul>	<ul style="list-style-type: none"> <li>Speed Swinger</li> <li>Drop the Right for More Flight</li> <li>Bombs Away</li> <li>C.O.P.Y me</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Get the group together to introduce the Learning the Game Focus</li> <li>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</li> </ul>	<ul style="list-style-type: none"> <li>Driving Range Warm Up</li> </ul>
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Play the games individually, in pairs or in groups</li> <li>Opportunity for private coaching</li> <li>Develop social connections and allow for self-discovery and guided learning</li> </ul>	<ul style="list-style-type: none"> <li>Speed Swinger</li> <li>Drop the Right for More Flight</li> <li>Bombs Away</li> <li>C.O.P.Y me</li> </ul>
10 Mins	<i>MyGame+</i> Tracking on GLF. Connect	<ul style="list-style-type: none"> <li>Add any lesson media to the learner's Student Connect area</li> <li>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 <i>MyGame+</i> area</li> </ul>	<ul style="list-style-type: none"> <li><i>MyGame+</i> on GLF. Connect App</li> </ul>
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> <li>Take time after the class has finished to actively connect new learners and build relationships.</li> <li>Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help</li> </ul>	<ul style="list-style-type: none"> <li>GLF. Connect App</li> </ul>



# Practice Your Swing Class Layout and Setup

**Station 1:**  
Driving Challenge



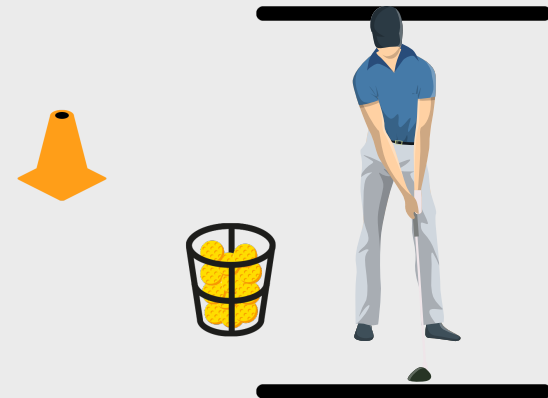
**Station 5:**  
Game Station  
C.O.P.Y me



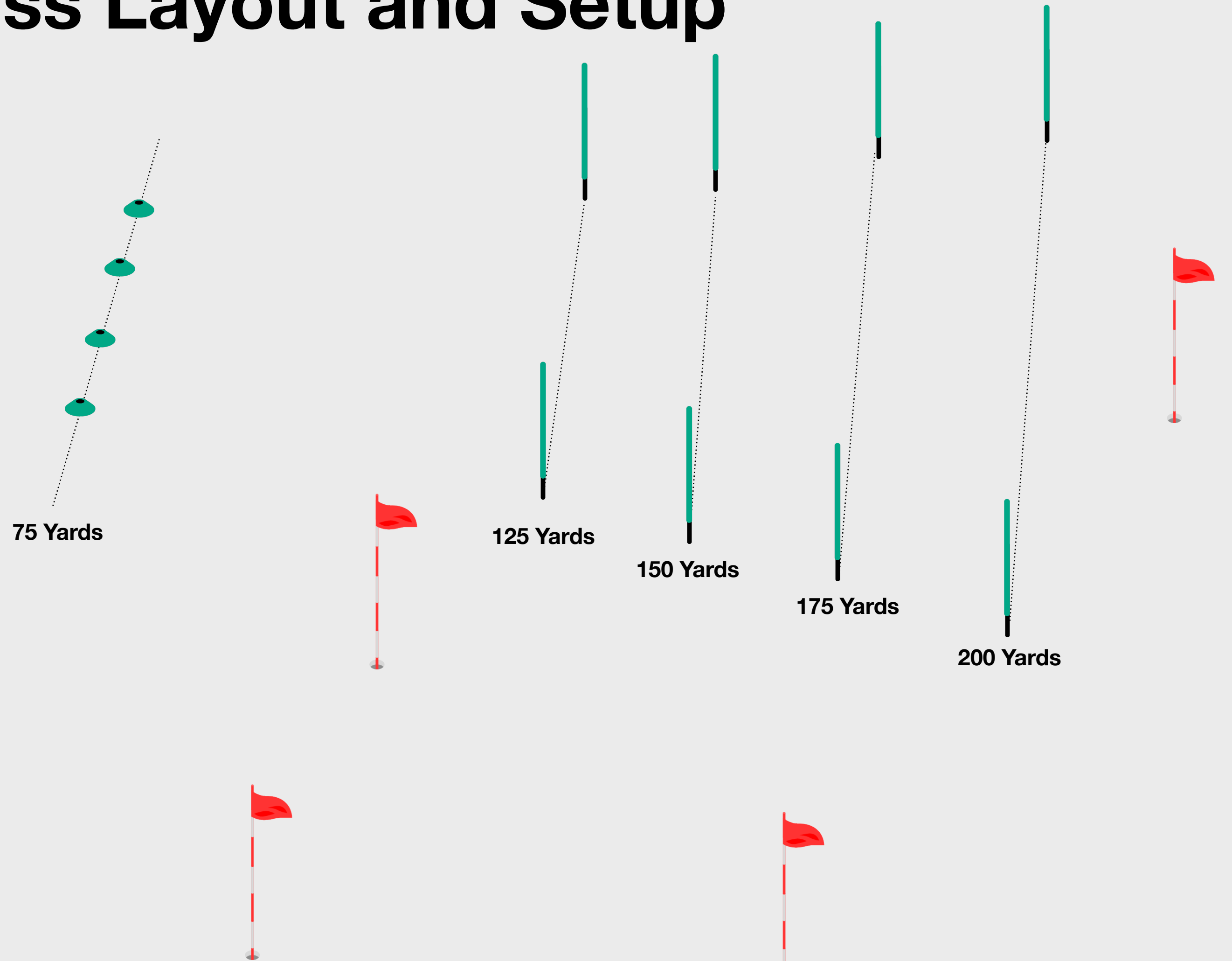
**Station 2:**  
Practice Station  
Speed Swinger



**Station 4:**  
Game Station  
Bombs Away



**Station 3:**  
Practice Station  
Drop the Right



# Speed Swinger



## Equipment Needed

- Driver

## How to Practice

- The learner should practice swinging at speed in order to maximise the potential distance they can hit the ball
- If the learner is able to generate more speed they will increase their potential for distance
- The focus here is just on generating speed, learners should not worry about making perfect contact

## Technical Link

- This activity will help the learner to understand the importance of generating speed to hit the ball further



# Drop the Right for More Flight



## Equipment Needed

- Tees
- Driver
- Golf Balls
- Alignment stick

## How to Practice

- Ask the learners to lower their right shoulder at the address position
- They should create an angle of roughly 15 degrees in the shoulder line to the ground
- Explain to the students how lowering the right shoulder at address can shallow out the downswing and enable the student to hit up on the ball
- Ask the students to use an alignment stick with partners to show and gauge this alteration

## Technical Link

- Explain how this change at address will give a higher launch angle, raise the centredness of strike on the club face and ultimately set them up for increased distance and control

# Bombs Away!



Get out there BALL!

## Equipment Needed

- Equipment to measure driver distance (launch monitor or similar)
- Driver
- Tees
- Balls

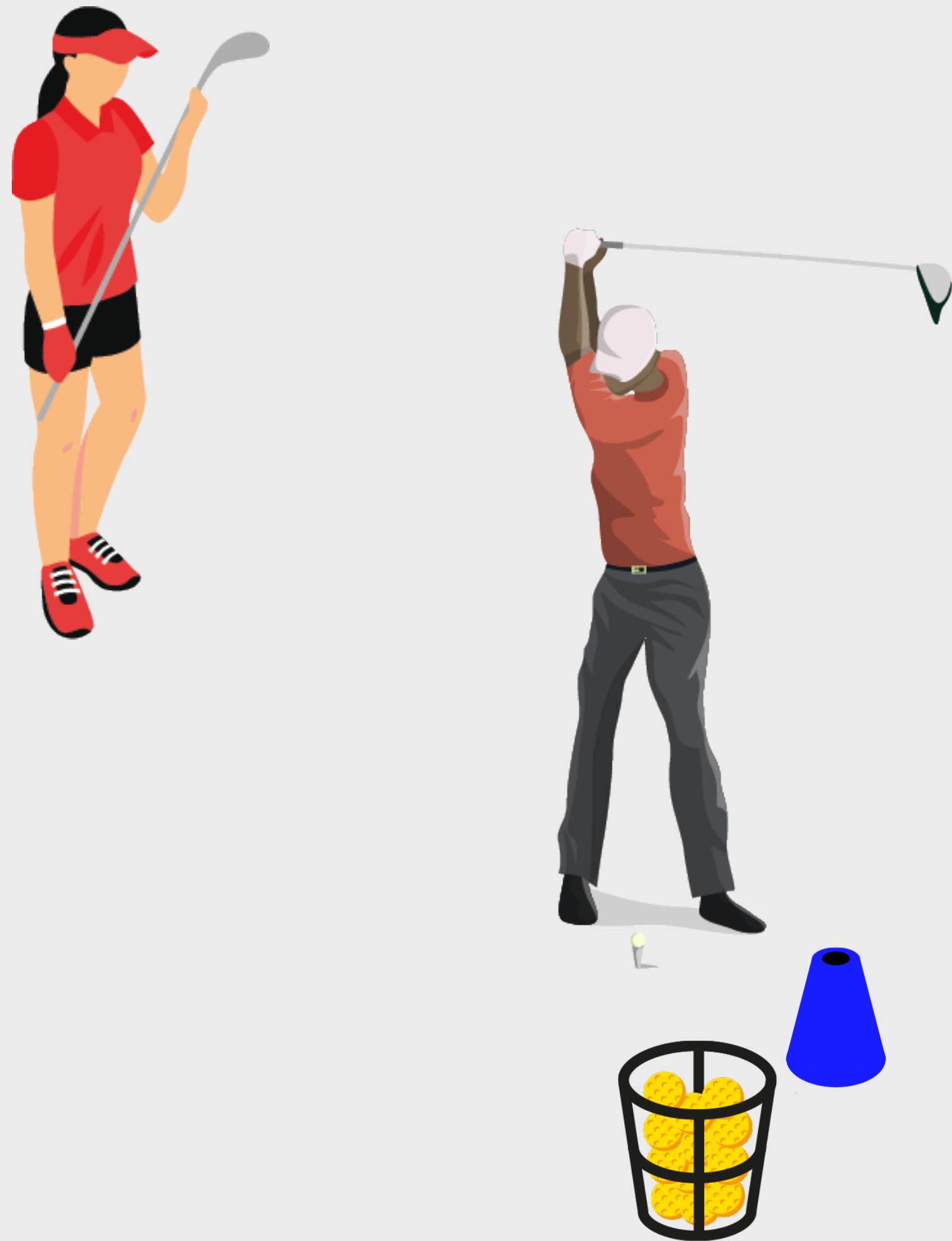
## How to Play

- A learner starts by attempting to hit a driver shot with a full swing
- When this shot distance is measured, ask the learner to try and beat their previous shots distance
- Ask the learner to try and beat the pervious shots distance to progress up levels to 10. 1 level per shot
- If the learner fails they return back to level one
- The winner is the leaner that advances the furthest

## Progression Ideas

- Get the leaners to play against each other
- Ask them to vary their set up and see how that effects total distance

# C.O.P.Y me



## Equipment Needed

- Driver
- Tees
- Balls

## How to Play

- The learners should take it in turns to choose a shot type for their partner to replicate, such as a draw, fade, stinger , etc.
- If the learner cannot produce the shot themselves they receive a letter “C”
- If their partner does not manage to replicate the intended shot they receive a letter “C”
- The game continues until one learner has completed the word “COPY” then they lose

## Progression Ideas

- Make it target based as well
- Tighten the proximity of the targets





## • Preparing to Play - Driving Range Warm Up

- Your learners have been introduced to what to do before a round, now we add some more detail to the driving range warm up.
- Learners quite often just reach for the driver when warming up before a round, you should encourage them to practice with each club, just two or three shots with each in order to be fully prepared for the upcoming round. Start with the shortest club and work up to the longest.
- A good tip would be to finish the driving range warm up with a couple of shots using the club they will be using for their opening tee shot.



## • Injury Prevention

- Highlight to learners that it's important to practice a technique that helps to prevent injury.
- Provide some strengthening exercises that might help learners to prevent injuries, if you have an expert at the facility it would be beneficial to work together to make sure your learners know where to go to improve their strength and flexibility.



# Driver Challenge



## The Challenge

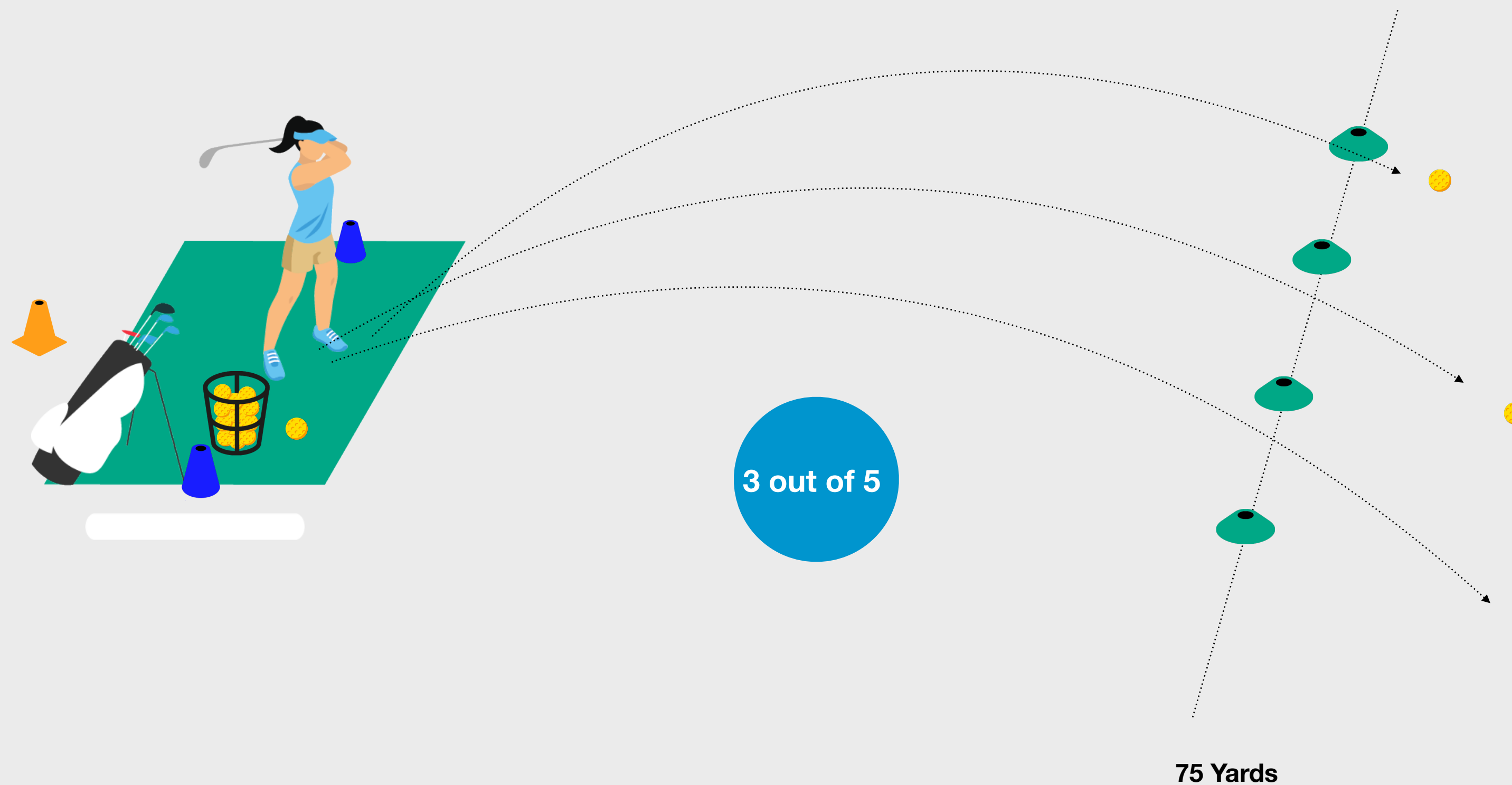
To complete the Step 2 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots in the air and a minimum carry distance of 75 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction.

## 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



# Driver Challenge

	Yardages	Target Gate
<b>Driver Distances</b> <i>(Where the ball comes to rest)</i>	125	25 yard wide target gate
	150	30 yard wide target gate
	175	35 yard wide target gate
	200	40 yard wide target gate



## The Challenge

To complete the Step 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to travel through and come to rest between the target gate at the learners approximate driver total distance (Minimum of 125 yards)

## 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

