

# Practice Your Swing

## Irons



GAMEON

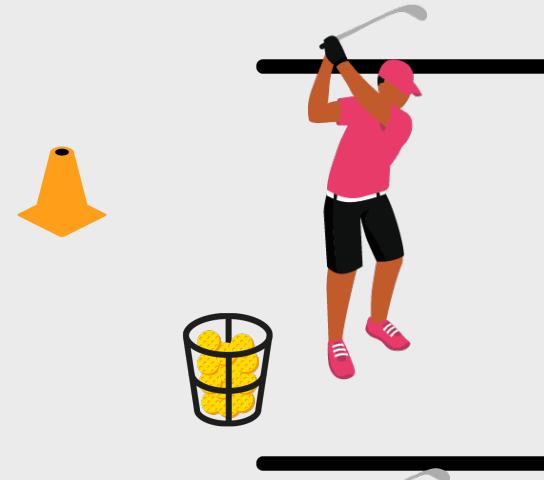
# Class Timetable

<b>Session Length:</b> 60mins	<b>Group Size:</b> 1:12	<b>Mastering the Game Focus:</b> Swing Irons	<b>Whole Golfer Focus: Mind</b> Pre Shot Routine	<b>Learning the Game Topic:</b> Rules and Etiquette	<b>Learning the Game Focus</b> How Many Clubs Are You Allowed?	<b>Mastering the Game Challenge:</b> Iron Challenge
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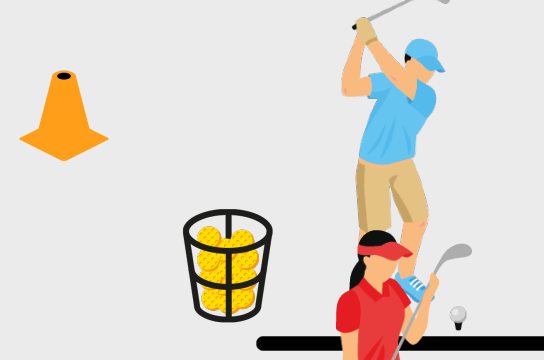
Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> <li>Set up the games and practice stations of your preference and the challenges if required</li> <li>Be ready to welcome participants 5 minutes before the session starts</li> </ul>	<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>Pre Shot Routine</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>How many clubs are you allowed?</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:**  
Iron Challenge



**Station 5:**  
Game Station  
Carry Distance



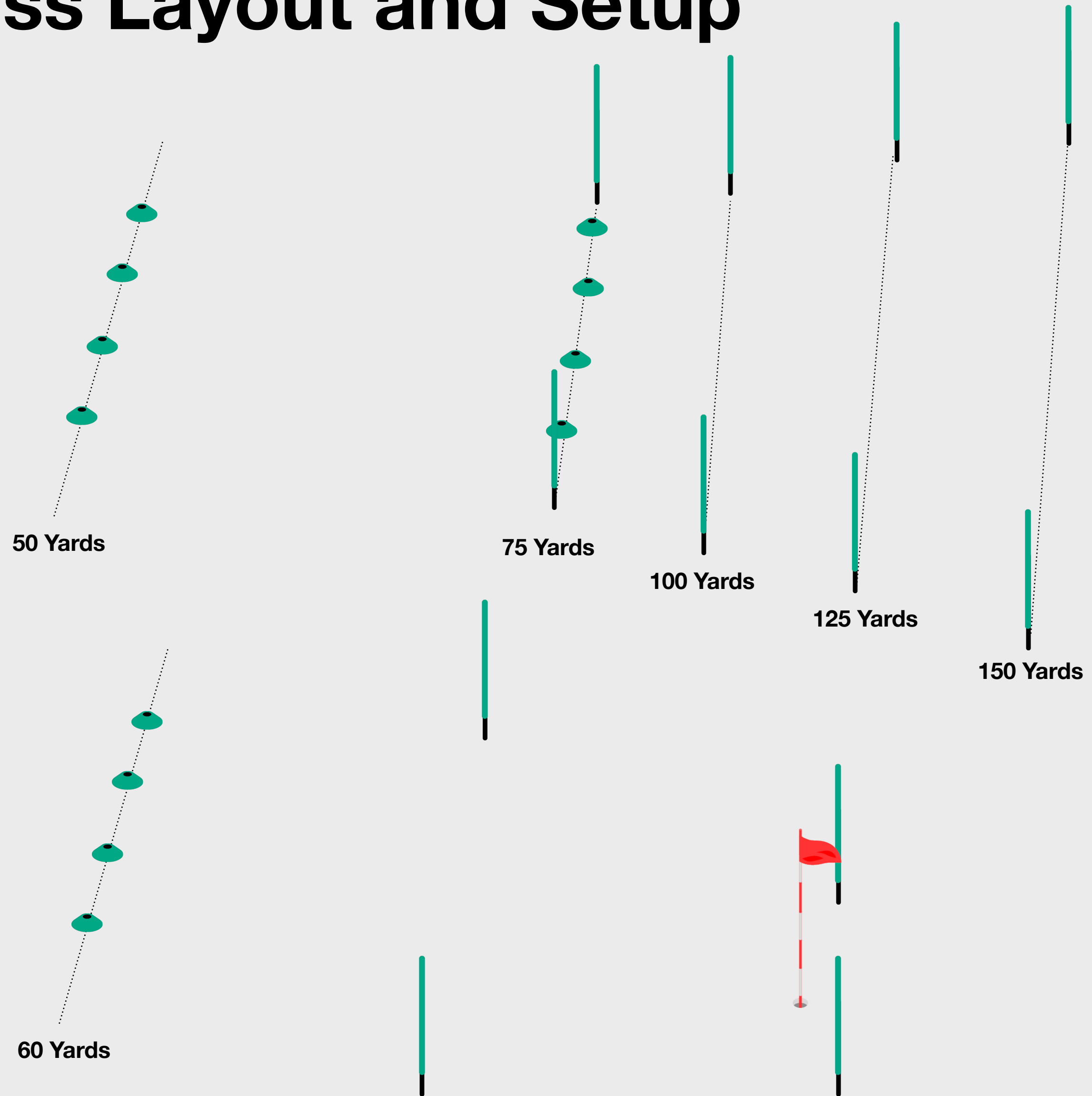
**Station 2:**  
Practice Station  
Alignment Check



**Station 4:**  
Game Station  
X's & O's



**Station 3:**  
Practice Station  
Rotation





# Alignment Check



## Equipment Needed

- Tees
- Driver
- Golf Balls

## How to Practice

- Learners should work in pairs to check each other's alignment
- The learner should use the alignment stick to make sure they are aligned roughly parallel to their intended target
- The learner should experiment with what it feels like to align a long way right and left of target, to build a real sense of what aiming on target feels like

## Technical Link

- This activity will help the learner to understand how their perception relates to what is actually happening as they take aim
- This activity will help learners to work together and gain a deeper understanding of how alignment helps to prepare for a good golf shot



# Rotation



## Equipment Needed

- Hoop
- Alignment Stick
- Hybrid / Fairway Woods
- Golf Balls

## How to Practice

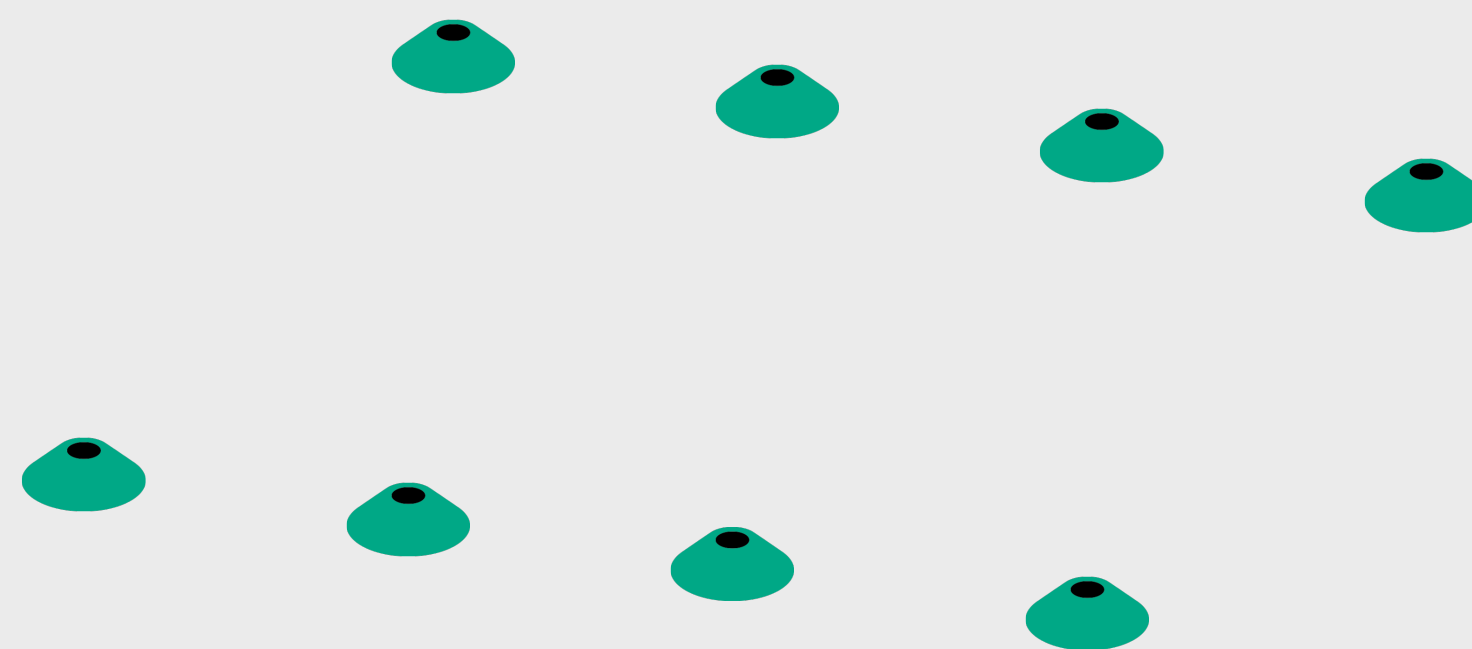
- Learners should understand that the golf club swings on circle around the golfer, and only touches the ball to target line on the few inches through impact, and that this is referred to as the path of the club head
- Use the alignment stick to demonstrate the ball to target line, and the hoop to represent the club head's movement around the golfer
- The learner should experiment with what it feels like to swing the club straight back and through along the target line, and then to swing the club round on an arc and how much more effective it is this way

## Technical Link

- Understanding this means learners will practice the rotation that is required to make a powerful, controlled golf swing



# Carry Distance



## Equipment Needed

- Cones
- Golf balls

## How to Play

- Set up a number of targets on the driving range, at different distances to enable learners to know how far they are hitting the ball
- The learners should take it in turns to hit each ball slightly further than their last shot
- The learners should start with a small swing and see how many shots in a row they can increase the distance they carry the ball

## Progression Ideas

- Ask learners to work together on this challenge
- Dictate the shortest distance that learners have to hit to start the challenge (e.g. 50 yards)



# X's & O's

Shot Type	Draw	Straight	Fade
Short	X		
Medium		X	
Long			X

## Equipment you Need:

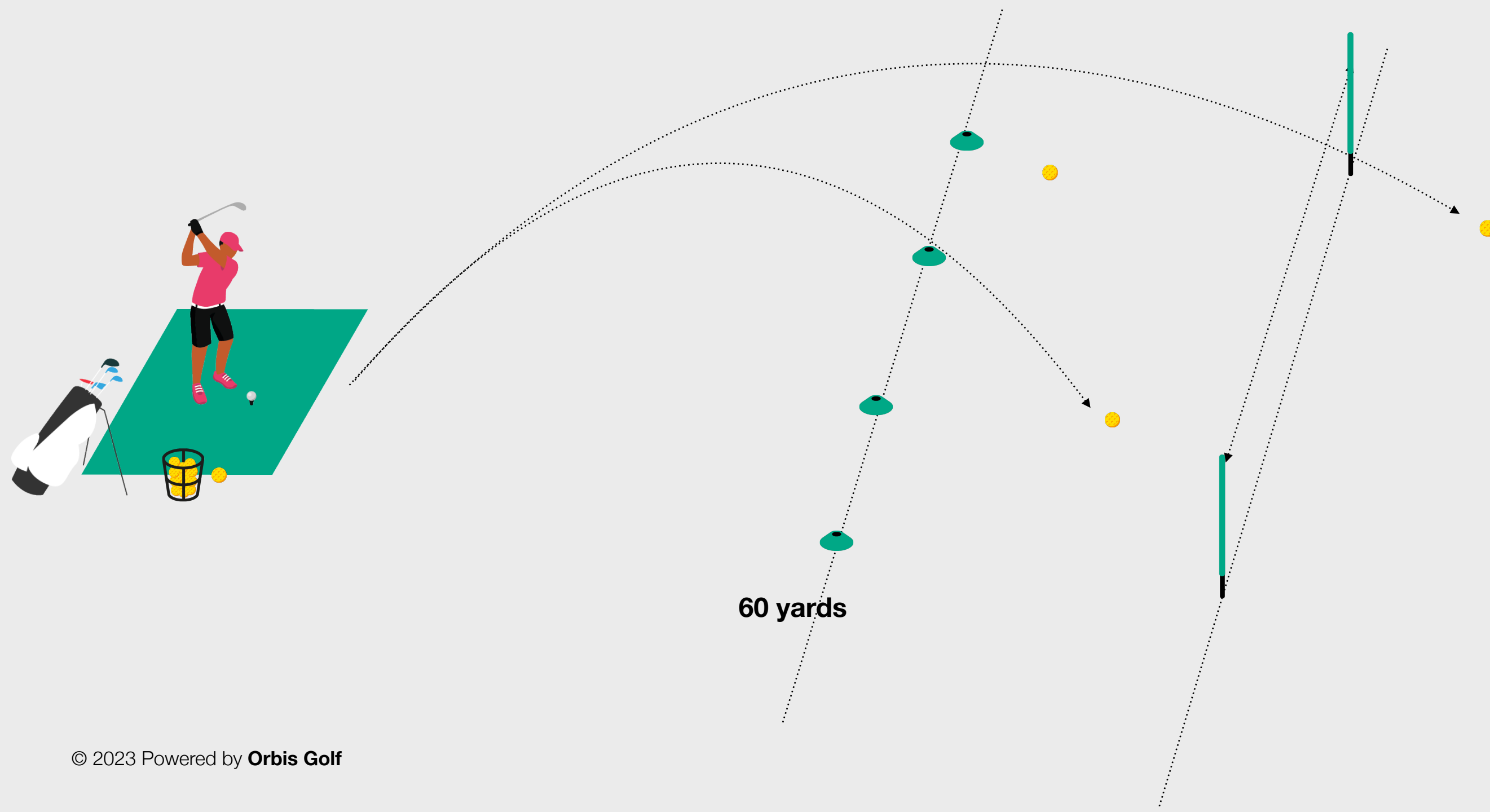
- Golf Balls
- Marker Pen
- Whiteboard
- Cones
- Gates

## How to Play:

- Create the gates using alignment sticks or fixed yardage markers
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to carry the ball past the minimum yardage line of cones
- The ball must also pass through the gates for their chosen shot type from the grid
- The players take it in turns to hit their shots
- If they are successful hitting their chosen shot and the ball passes through the width of the gate then they can mark a O or X on the grid in any blank space
- The winner is the player who can achieve 3 in a row on the grid

## Progression Ideas:

- Move the minimum distance cone line further out
- Narrow the width of the target gates





- **Rules and Etiquette - How many clubs are you allowed?**

- Discuss with the learners how many golf clubs you are allowed in a golf bag for a typical round of golf and what the make up of these clubs should be. Things to consider;
- In addition to a driver what are the fairway wood or hybrid clubs would they like to carry
- As well as a putter what are the short clubs they will need for pitching and chipping
- Are there any clubs they should consider bearing in mind the golf course they are playing

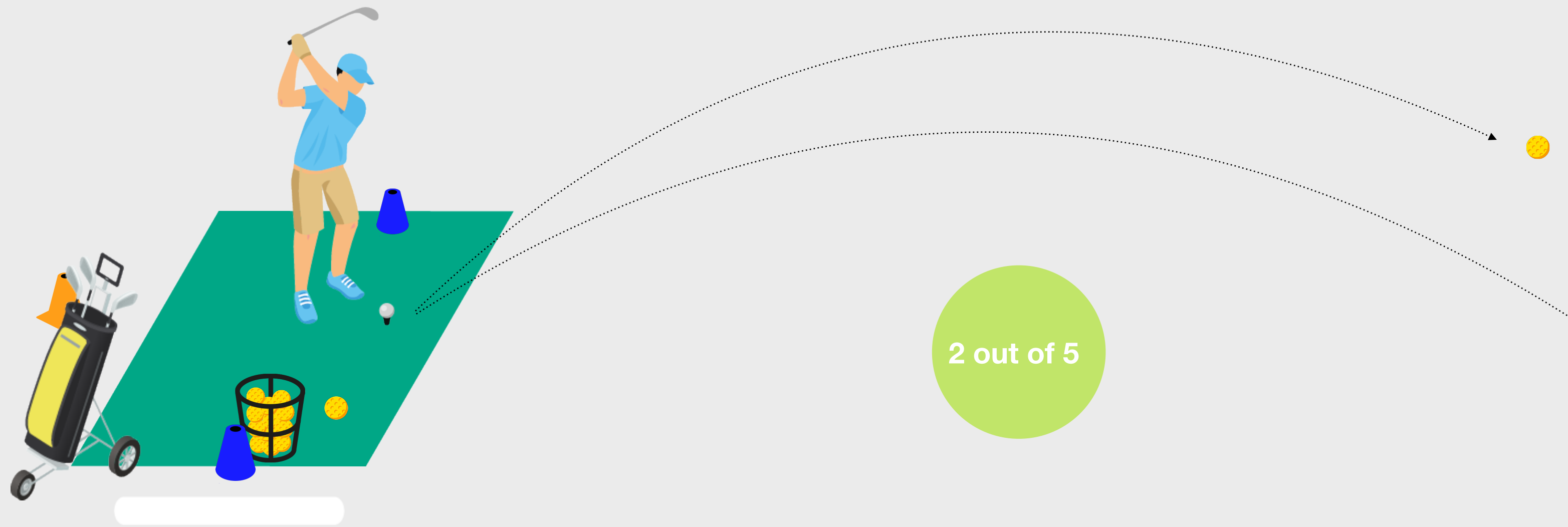


- **Pre Shot Routine**

- Introduce learners to the importance of a pre shot routine. Getting into the correct frame of mind for the shot, knowing that they are giving themselves the best chance to achieve a good outcome.
- The pre shot routine shouldn't be over complicated for a learner, and should include just one or two practice swings. Suggested content would include; thinking about the shot, choosing the appropriate club, rehearsing the shot, aiming and executing the shot.



# Iron Challenge



## The Challenge

To complete the Step 1 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots in the air.

To complete the challenge, the learner doesn't need to demonstrate control over direction or distance. The Challenge can be attempted off a tee.

## 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



# Iron Challenge



## The Challenge

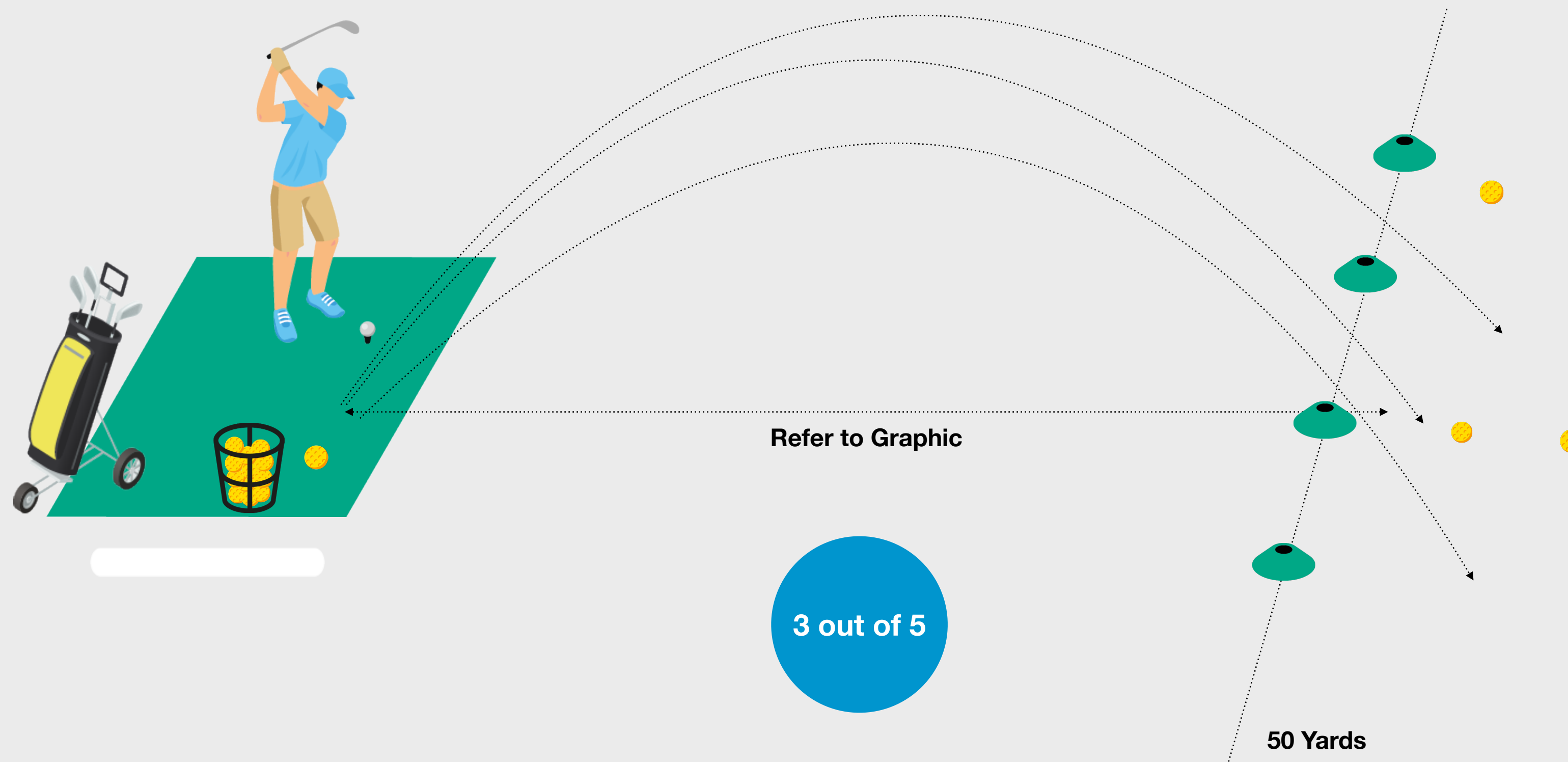
To complete the Step 2 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots in the air and a minimum carry distance of 50 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

## What should the Learner do next?

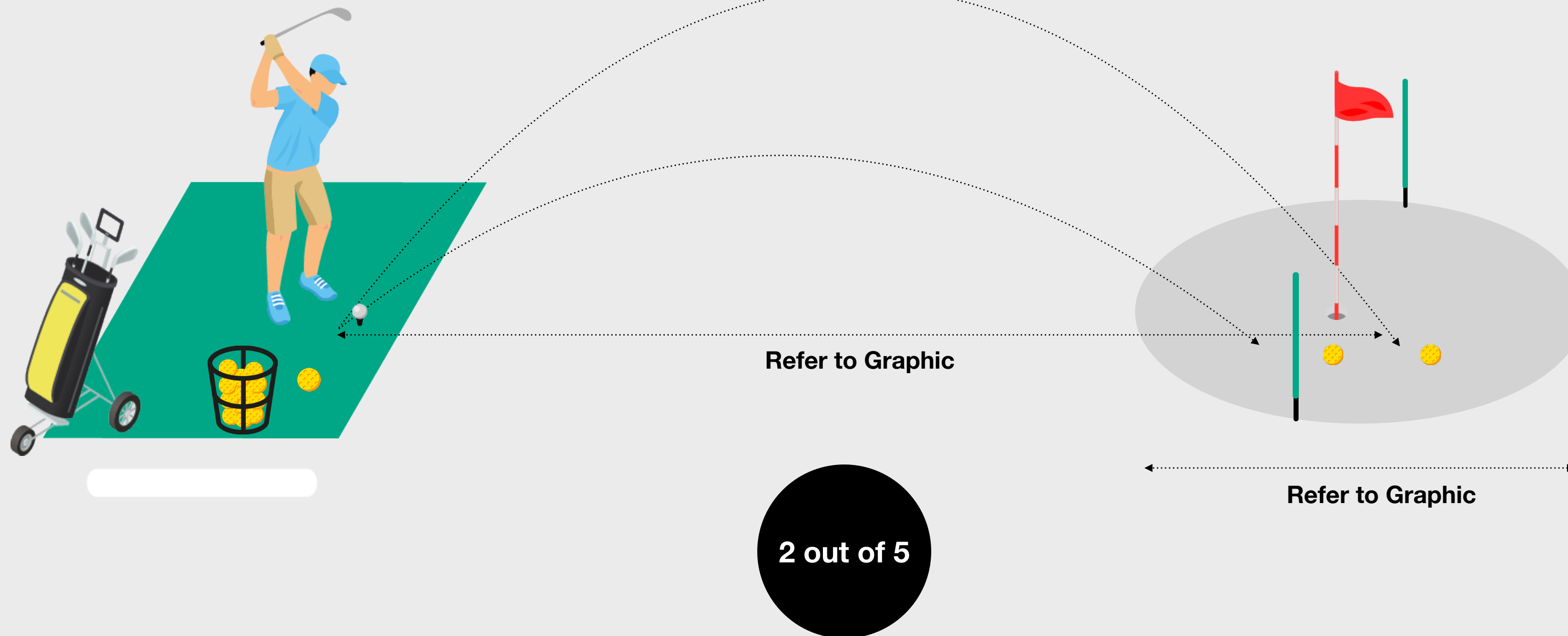
After attempting the challenge, the learner should:

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



# Iron Challenge

	Yardages	Target Gate
Iron Distances <i>(Where the ball comes to rest)</i>	75	15 yard wide target green
	100	20 yard wide target green
	125	25 yard wide target green
	150	30 yard wide target green



## The Challenge

To complete the Step 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to come to rest on the target green at the learners approximate 7-iron total distance (Minimum of 75 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

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