

Practice Around the Green

Pitching

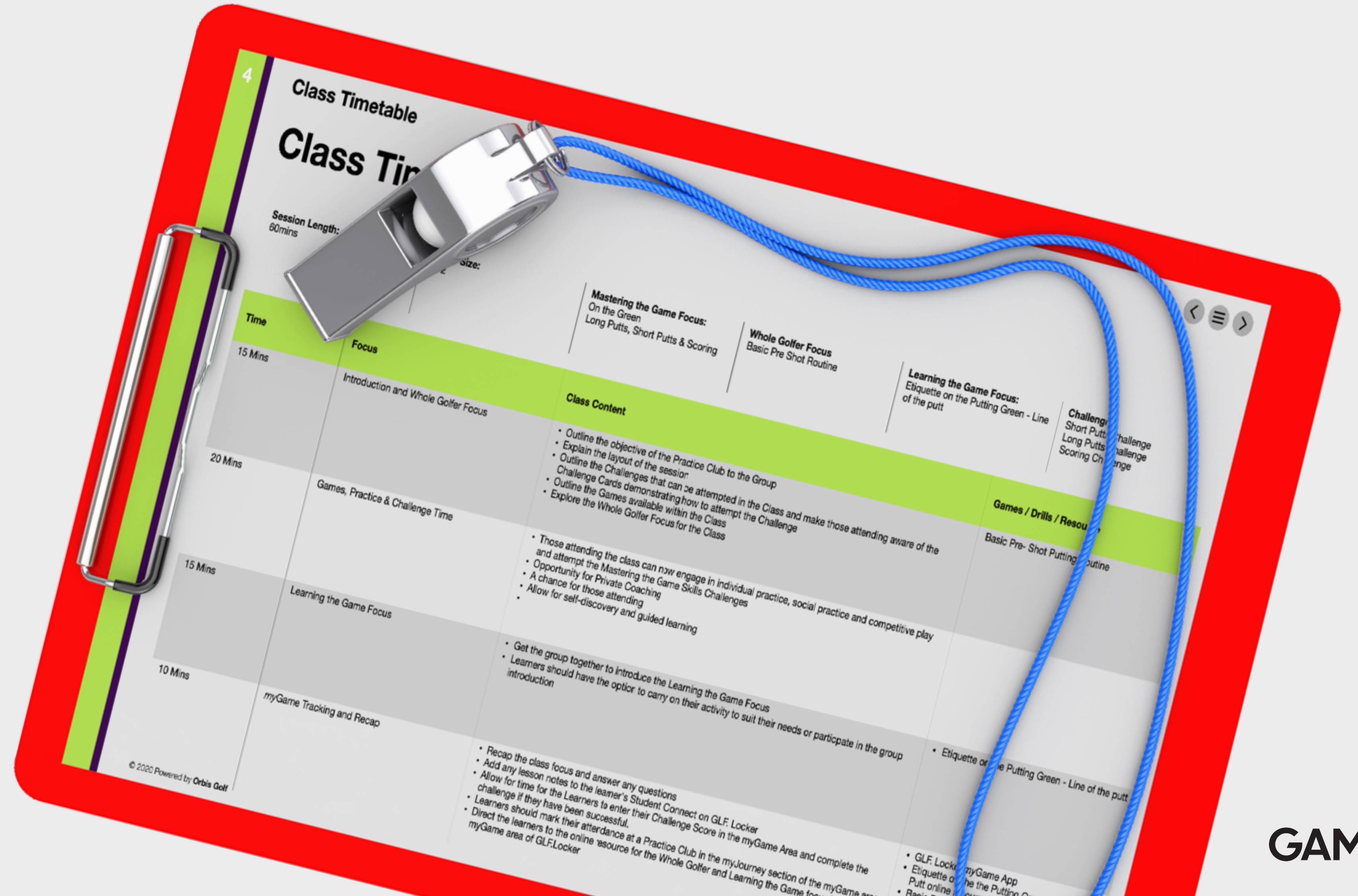


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Class Timetable



Class Timetable

Session Length: 60mins	Group Size: 1:12	Mastering the Game Focus: Around the Green Pitching	Whole Golfer Focus: Mind Becoming a Competent Golfer	Learning the Game Topic: Playing and Scoring Preparing to Play	Learning the Game Focus: What is a Pitch Mark?	Mastering the Game Challenge: Pitching Challenge
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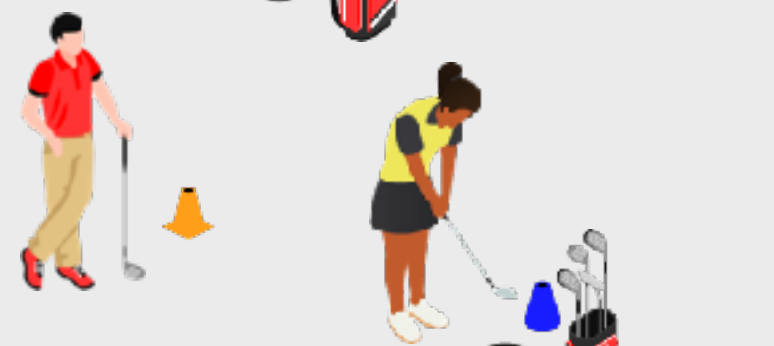
Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations of your preference and the challenges required Be ready to welcome participants 5 minutes before the session starts 	<ul style="list-style-type: 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 pitching. 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 competent 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"> What is a Pitch Mark?
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 Around the Green Class Layout and Setup

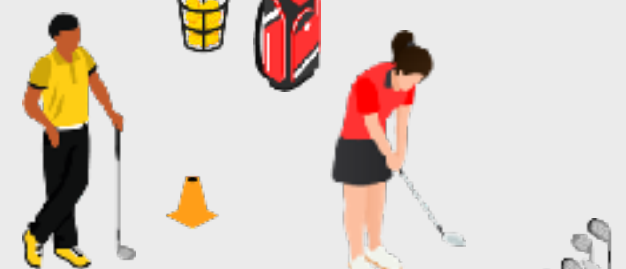
Station 1:
Game station
Up and Down it



Station 2:
Game Station
Free Practice



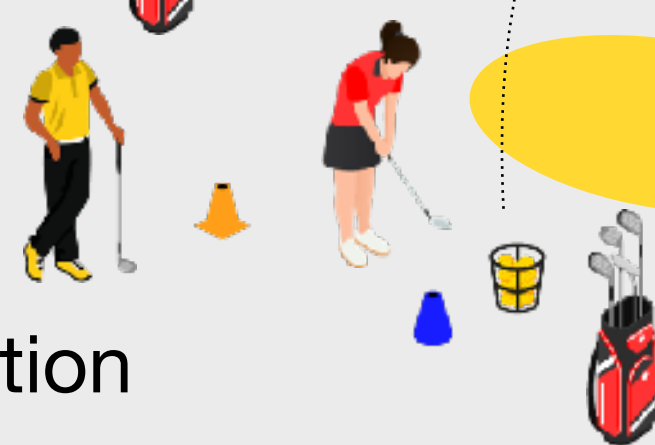
Station 3:
Game Station
Bullseye



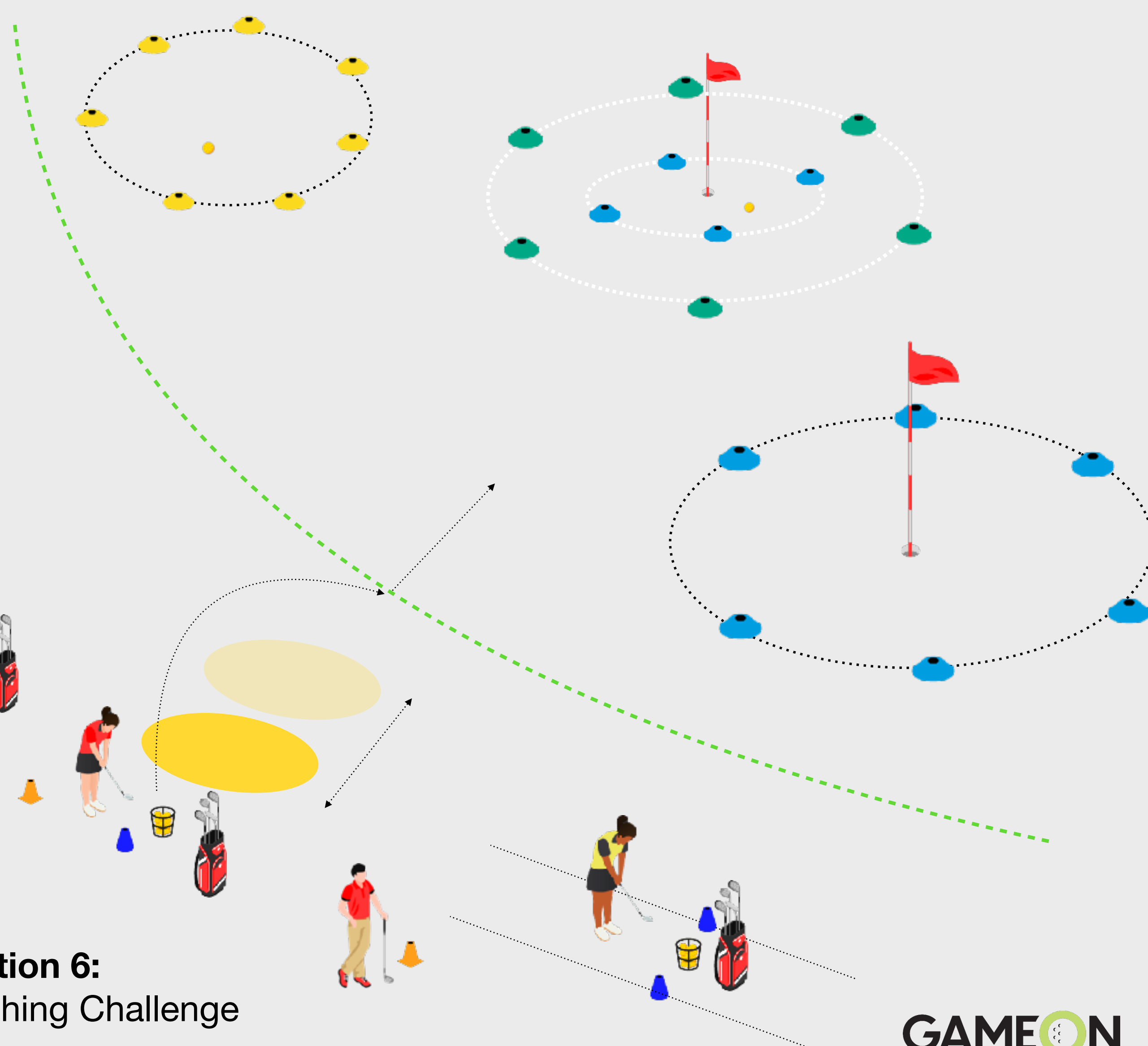
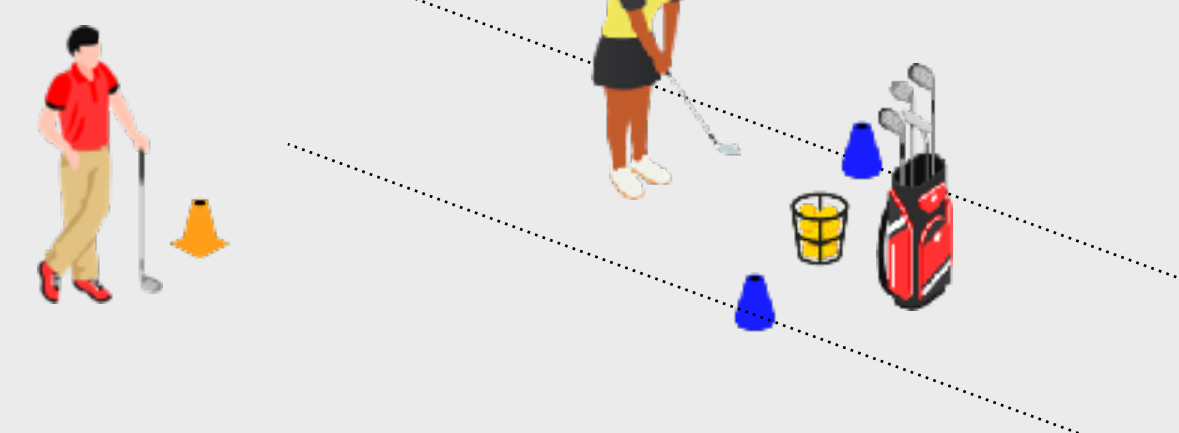
Station 4:
Practice Station
Lift the Heel



Station 5:
Practice Station
Up and Over



Station 6:
Pitching Challenge



Practice Stations and Game Cards

Themed Class Plans
Control Distance

About
The Practice Station Activity has been built to provide an engaging practice element to your class and themed class focus.

Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set this activity up with 3 different sized boxes at 10, 20 yards and 30 yards from the learner.
- The learner should practice chipping the ball at these 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 and speed of the stroke to ball further.

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 confidence around the green by becoming consistent with one particular type of club.

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GAMEON
GOLF DEVELOPMENT



Lift the Heel



Equipment Needed

- Golf Ball

How to Practice

- Help the learner to set into a suitable address position
- Depending on the length of the shot and width of stance, get the learner to place a golf ball under their trail heel
- The learner should take an address position and avoid putting excessive force onto the golf ball with the trail foot
- The learner should practice making a swing and avoiding adding pressures to the golf ball
- The learner should produce a follow through and either maintain or reduce the pressure on the golf ball

Technical Link

- This activity will help the learner to understand how pressure should be distributed through the feet at setup
- It will help the learner to understand how pressure moves during the backswing, impact and through swing
- It will help the learner to the understand the fundamentals of a effective follow through



Up and Over

Equipment Needed

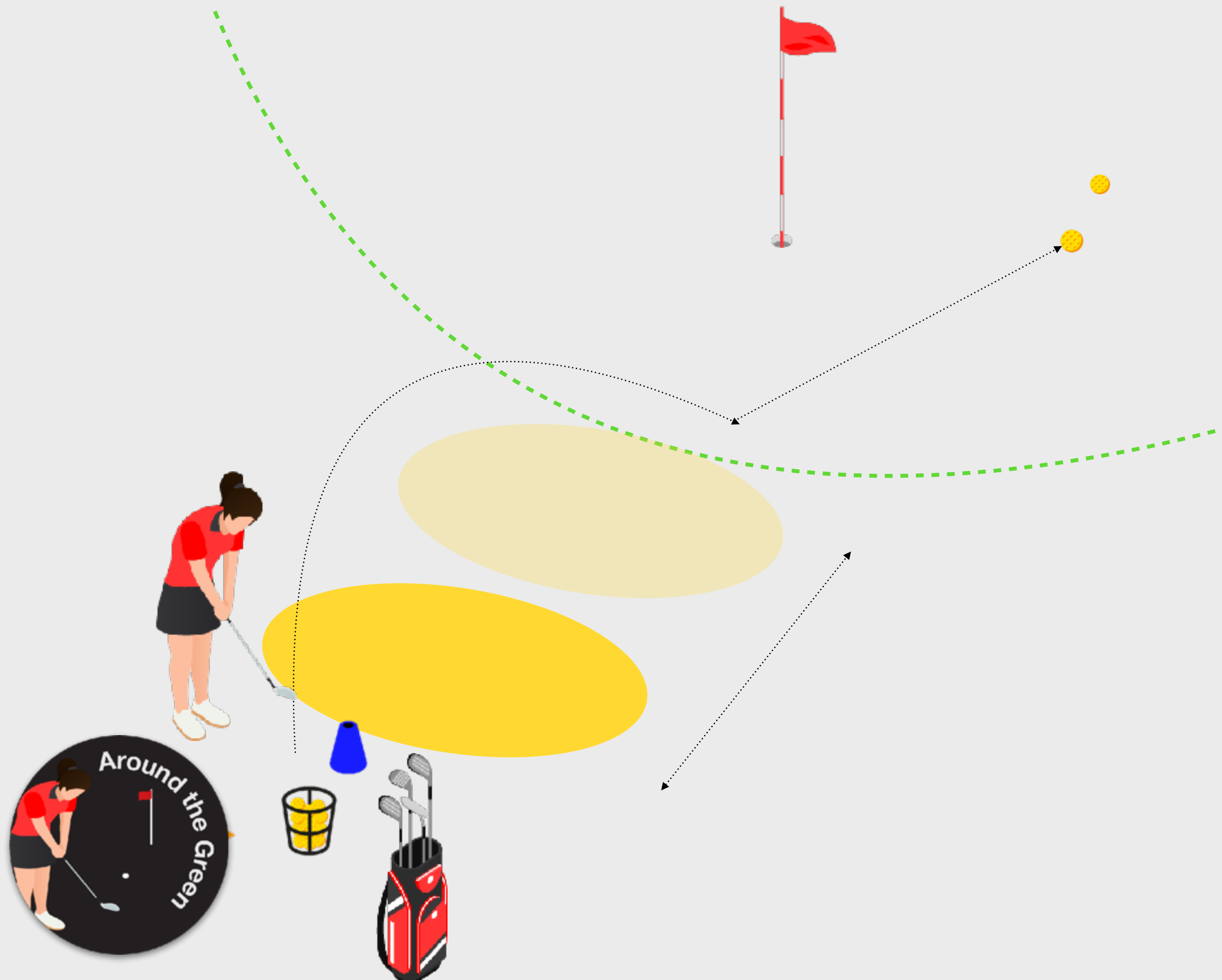
- Cones for safety
- Pitching Wedge or Sand Wedge
- Golf balls

How to Practice

- Position the learner in front of a hazard. For example a bunker or a small water hazard. Allow the learner to experiment with different clubs
- Encourage the learner to walk up to the flag and look back at the shot. This will give them an understanding of the depth of shot and how much green they have to work with
- Move the learner into another position where they have less green to work with and get them to adjust the club selection.

Technical Link

- This activity will demonstrate to the learner how a change of loft will affect the roll and spin on the golf ball
- This activity will also demonstrate the importance of walking around the shot to better understand the depth and space the learner has to play with



Up and Down it!

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



Bullseye

Equipment Needed

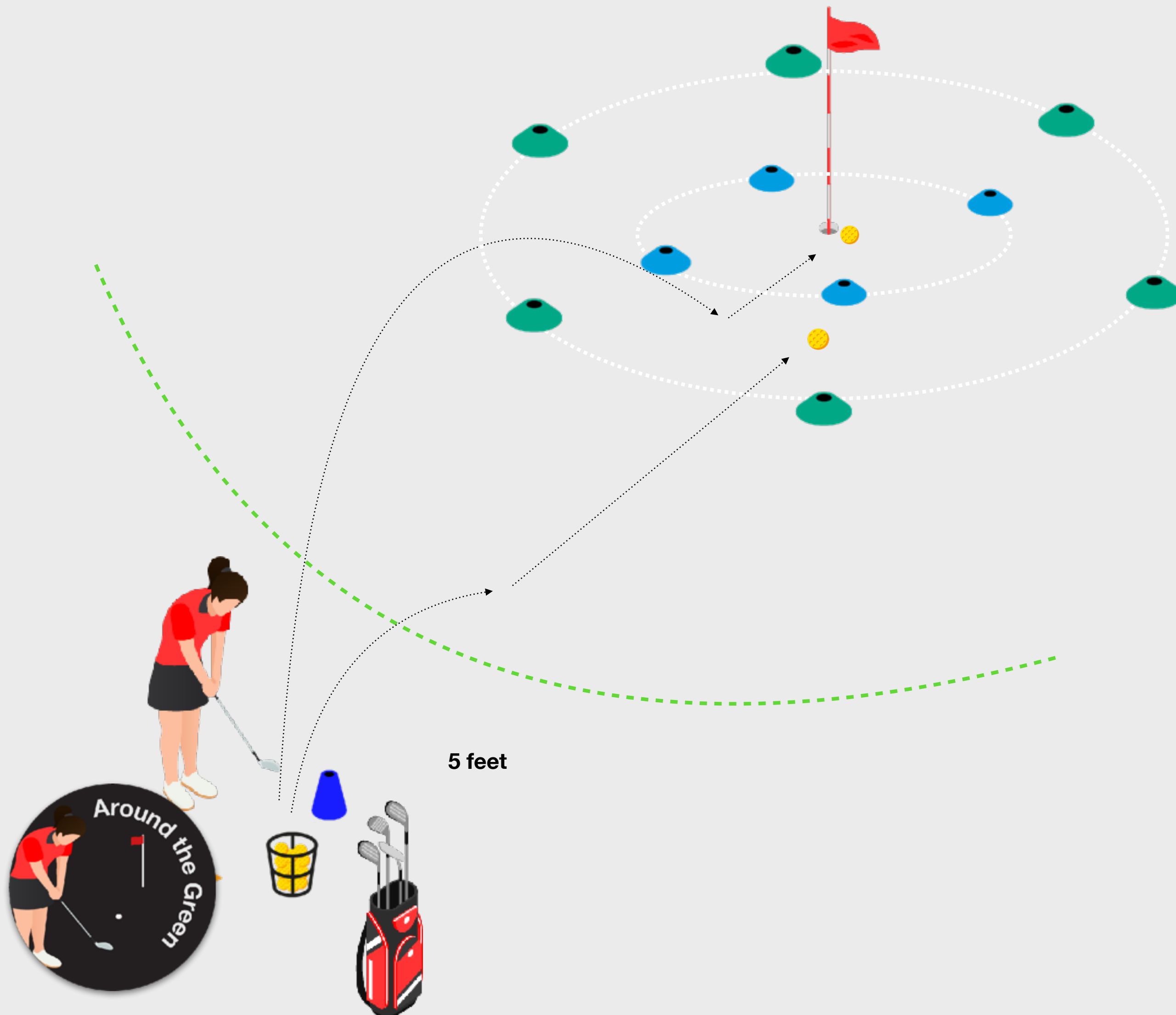
- Chip shot at the edge of a chipping green
- Golf balls
- Cones for safety
- Cone to create 2 circles (5ft & 10ft)

How to Play

- Challenge the learner to hit 10 shots from the edge of the green. 5 shots should be hit with a 8 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

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 10 shots



Learning the Game

Due to the limitation on time and also the recommendation to get practicing using the prescribed games and activities, we recommend you explore the following to supplement what is being delivered in themed classes. However it is at your discretion to add further information and you should also react to any questions or situations that arise during the practice session:

- **What is a pitch mark?**
 - Make sure learners understand what a pitch mark is and the importance of repairing it in order to preserve the quality of the putting surface and how it will be considerate to other golfers. Explain about how to use the pitchfork repairer.



Whole Golfer

Due to the limitation on time and also the recommendation to get practicing using the prescribed games and activities as the primary focus, we recommend you explore the following to supplement what is being delivered in themed classes briefly. You can also further explore this during the class using the variety of games and activities:

- **Becoming a Competent Golfer**

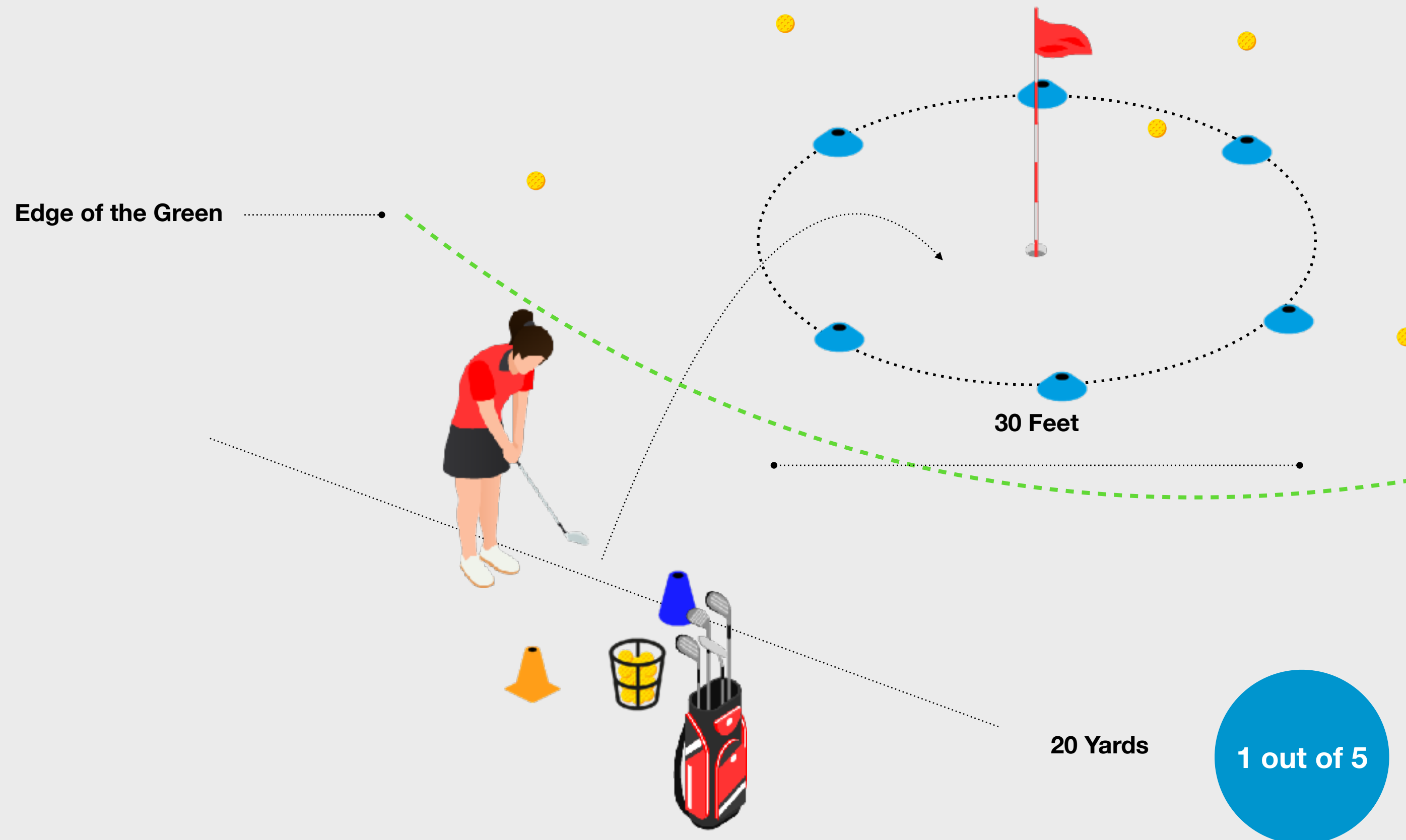
- Highlight that the focus should be on the individual learner's journey and not to compare themselves to each other. Confidence and a level of competency will come with practice and regular tuition.
- Encourage learners to watch others at the club and the best in the game so they can become aware that even the best players make mistakes, hit poor shots and that this is part of the challenge of the game.



Mastering the Game Challenges



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.

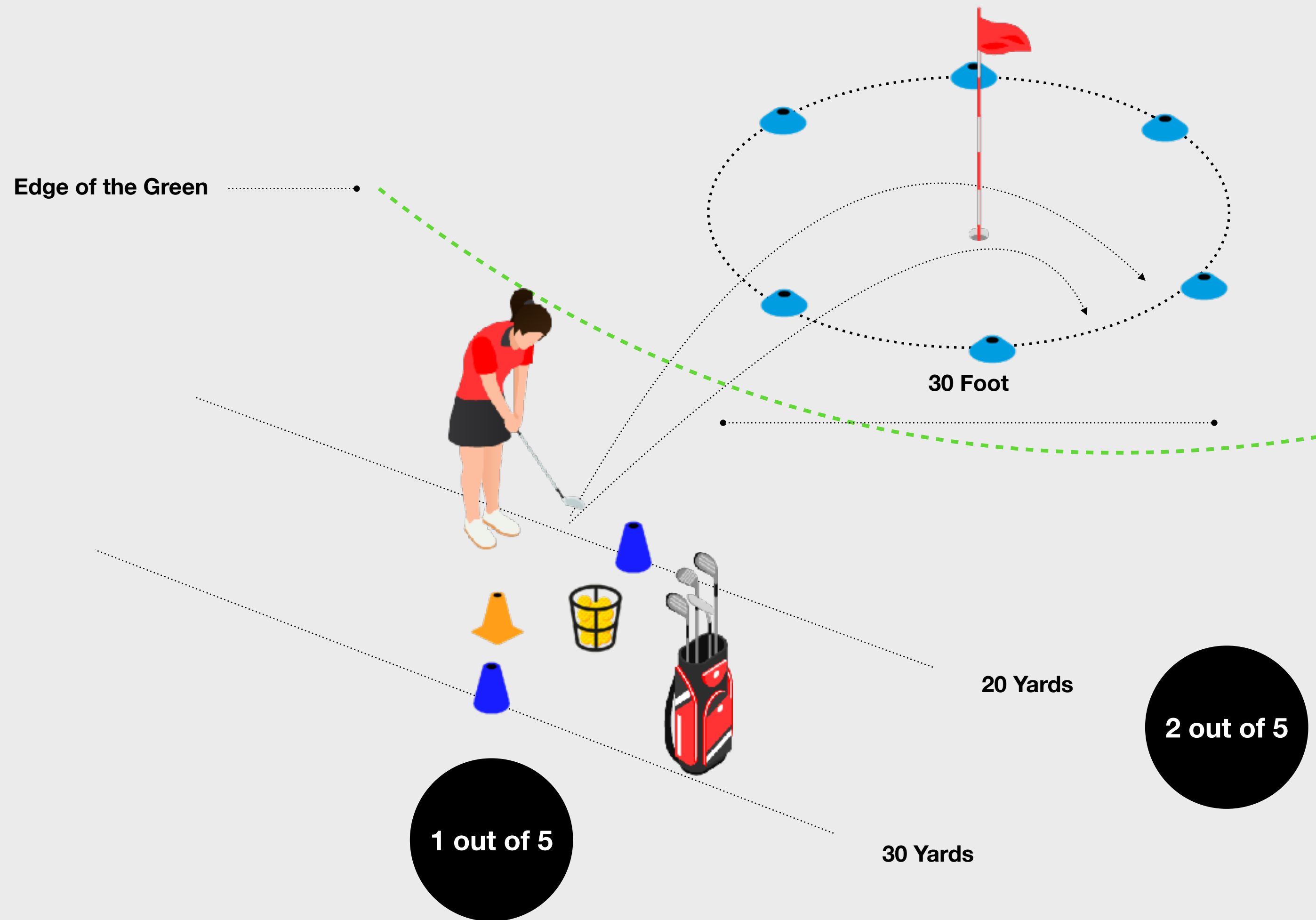
What should the Learner do next?

- 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

