

# On the Course - Step 3

## Conditions 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"> <li>The aim of the game</li> <li>Overview of equipment</li> </ul>
10 mins	Challenges and Recap	<ul style="list-style-type: none"> <li>Practice stations</li> <li>Game cards</li> <li>Secondary skill : on</li> </ul>
5 Mins	myGame Tracking	<ul style="list-style-type: none"> <li>Iron play challenge</li> </ul>
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> <li>GLF Locker /Game App</li> </ul>

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**GAMEON**  
GOLF DEVELOPMENT

# Class Timetable - Conditions and Awkward Lies

<b>Session Length:</b> 90mins	<b>Group Size:</b> 1:8	<b>Mastering the Game Focus:</b> <b>On the Course</b> Conditions and Awkward Lies	<b>Whole Golfer Focus: Mind</b> Staying Safe in Adverse Conditions	<b>Learning the Game Topic:</b> Preparing to Play	<b>Learning the Game Focus</b> Adverse Conditions	<b>Mastering the Game Challenge:</b> Not Applicable
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Time	Focus	Class Content	Games / Drills / Resource
30 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> <li>Set up the appropriate adapted teeing positions on the holes you are intended to using on the course</li> <li>Ensure you have the appropriate equipment for each learner that is attending</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/ Adapted Course</li> </ul>
15 mins	Introduction & Technical Focus Whole Golfer or Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce an overview of the importance of preparation before play. Consider weather and ground conditions</li> <li>Introduce the Learning the Game or Whole Golfer focus</li> </ul>	<ul style="list-style-type: none"> <li>Staying safe in adverse weather</li> <li>Adverse Conditions</li> </ul>
30 mins	Mastering the Game On Course Play and Discussion Private Coaching where appropriate	<ul style="list-style-type: none"> <li>Play 1 - 2 holes on the adapted course individually or in pairs using a stableford format. Get the students to use a scorecard to enter the score correctly</li> <li>This is a key time to build confidence playing in a group, in front of other golfers and not feeling self-conscious about bad shots</li> </ul>	
5 Mins	Whole Golfer or Learning the Game Focus	<ul style="list-style-type: none"> <li>Get the group together to introduce/discuss the Learning the Game or Whole Golfer focus</li> <li>Use this opportunity to discuss any situation that have arisen or any questions from the group</li> </ul>	
30 Mins	Mastering the Game On Course Play and Discussion Private Coaching where appropriate	<ul style="list-style-type: none"> <li>Continue to play 1 - 2 holes on adapted course individually or in pairs using a stableford format. Get the students to use a scorecard to enter the score correctly</li> <li>This is a key time to build confidence playing in a group, in front of other golfers and not feeling self-conscious about bad shots</li> </ul>	
10 Mins	MyGame+ Tracking	<ul style="list-style-type: none"> <li>Add any lesson media to the learner's Student Connect area</li> <li>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</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 MyGame+ area</li> </ul>	<ul style="list-style-type: none"> <li>MyGame+ 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>

# Class Objectives

8  
Themed Class Plan

## The Whole Golfer

### Dispelling Myths in Putting

Provide an overview of the whole golfer theme and remind learners that they can access the content online to review and learn more about this topic.

The Whole Golfer theme this week is about dispelling myths. Some of the common misconceptions that learners have about the ability they need to get to in order to play the game with others need to be addressed early in their development in order to motivate and encourage them when they will inevitably come up against challenges in their learning experience.

Provide some key stats about the inconsistencies of top players to give some perspective to those new to the game:

Average putts made % on PGA Tour from 8 feet = 49%



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# Technical Guidance

The technical guidance we are prescribing is to be delivered as you see fit. The on the course sessions are an important opportunity to explore further the Learning the Game and Whole Golfer topics. There will crossover with these two areas and the technical guidance we provide. When on the course you should assist golfers with their technical skill development where necessary but you shouldn't make this a focus of the class. Some of technical content you may want to explore in this first session may include:

- **Uneven and awkward lies on the course** - Introduce some of the awkward lies that learners may encounter on the course. 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 from under trees
  - Restricted backswing
- **Weather conditions and playing from different lengths of grass** - Suggested technical guidance might include how hitting from different grass lengths will affect the contact on the ball. You may also want to introduce how weather conditions will impact the shot and decision making. Things to consider;
  - Ball position
  - Attack angle and swing direction
  - Discuss how weather conditions will effect their ability to play shots and score
  - Wind and temperature effects.



**Be wary of focussing of trying to develop a learners technique on the golf course. Focus on the experience of playing and using the appropriate adapted teeing positions as well as rules.**

# 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:

- **Advise for preparing for adverse conditions**
  - **Apparel** - Introduce to the learners the options of apparel they should consider to suite the weather conditions. Explain the effect this may have on their ability to swing the golf club and their performance.
  - **Equipment** - Explain the pros and cons of using an umbrella, towel and other wet weather apparel. Outline other weather specific items such as bag cover, wet weather golf gloves and hand warmers anyhow they can have a benefits.
  - **Sun Screen** - Place a special emphasis on preparing for playing in hot temperatures and how this is a risk factor in the game of golf. Promote the use of sun cream, using an umbrella and also wearing good quality sun glasses.



# 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:

- **Staying Safe in Adverse Conditions**
  - Outline to the learner to importance of safely in adverse weather conditions
  - Explain the issues surrounding electric storms and the nature of golf club materials and the dangers within that
  - Outline how dangerous conditions under feet should alter the footwear they choose and the dangers of slipping and falling
  - Discuss the safety of playing in fog and mist and too mitigate the dangers and when not to play
  - Explain the risk of play golf in very hot conditions and ways to alleviate these dangers and when not to play

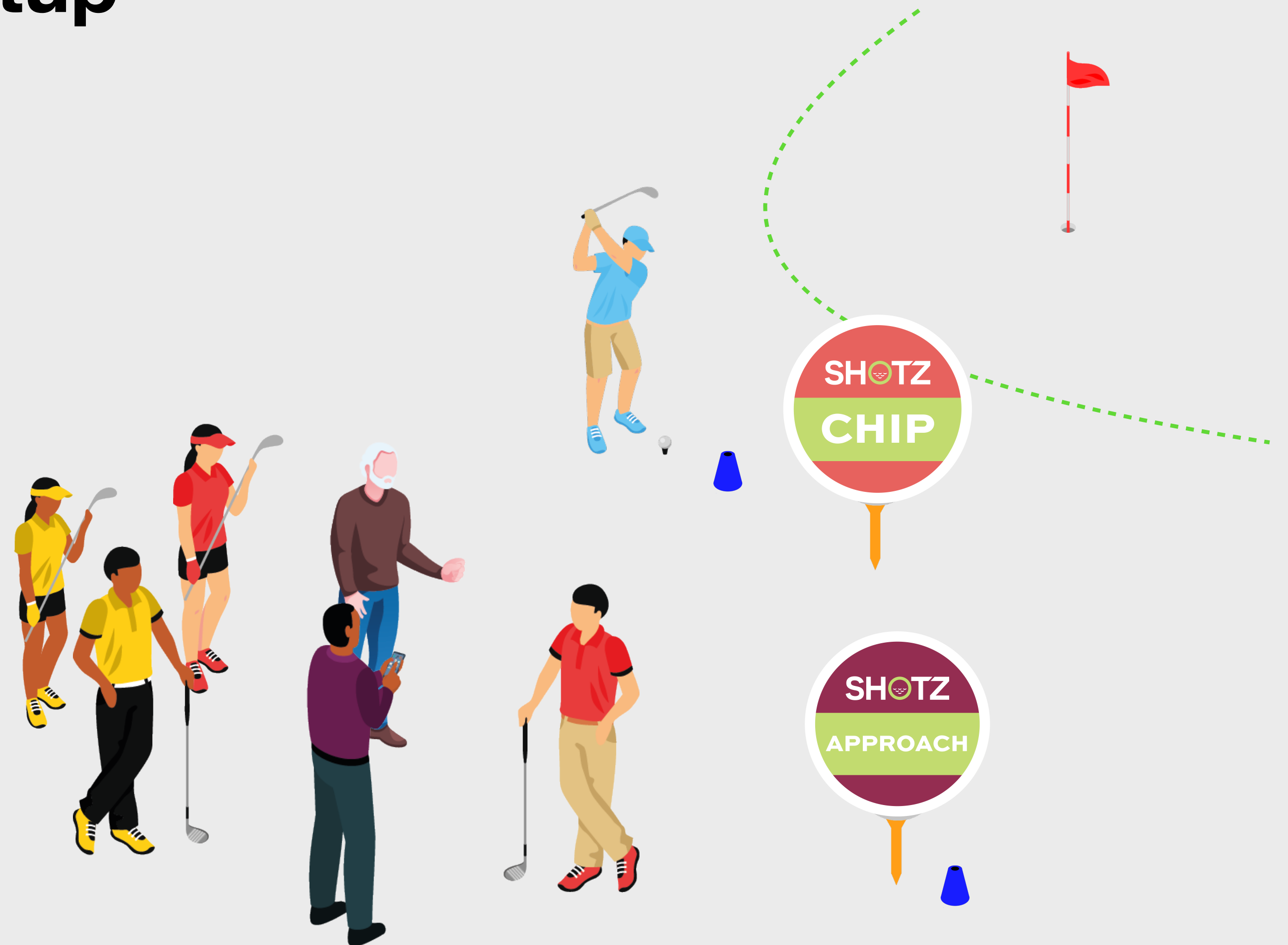




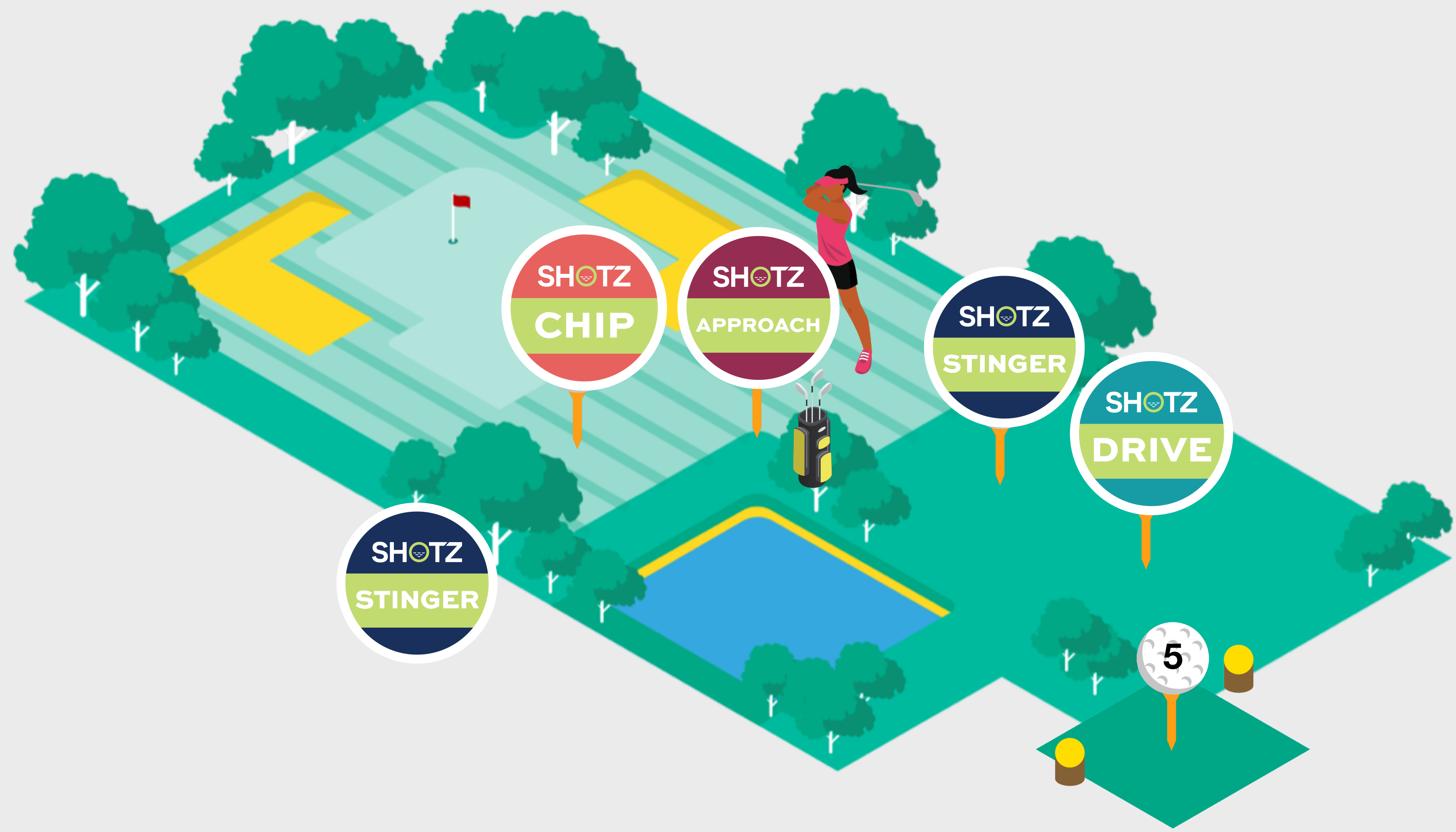
# Course Play Layout and Setup

The graphic opposite provides an example image of how we suggest you manage your group on the course so that the course play activity can be delivered in a safe, fun and engaging manner:

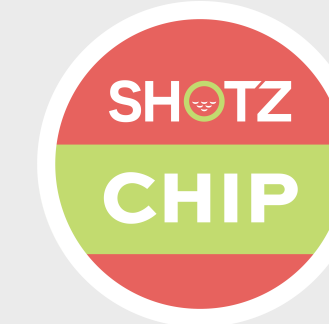
- Take a cone onto the course to indicate where the learners should start from. Use the adapted course guidance to start the learners from an appropriate teeing position and we recommend this to be The Chip or The Approach
- Learners take it in turns to hit their tee shot, the group select the best shot and then all learners take a shot from there or alternatively they play in pairs playing the hole individually and picking the best score at the end of the hole in the better ball format
- Remember this class is about discussion and discovery. It isn't primarily intended to be a playing opportunity. Take the time to promote questions, discussion and demonstrations
- Safety is your top priority when on the course, ensure the group understand some of the key principles to playing golf safely on the course;
  - Players should never go in front of the learner hitting the shot
  - Learners should always be aware of other golfers on the course
  - Learners should understand what to do when they hear the shout of "fore" and that they should shout "fore" when their ball is travelling towards someone



# Adapted Course



# Yardage of the Remaining Teeing Positions



*THE DRIVE*

*THE STINGER*

*THE APPROACH*

*THE CHIP*

The recommended yardages across the three hole types for this teeing position are:

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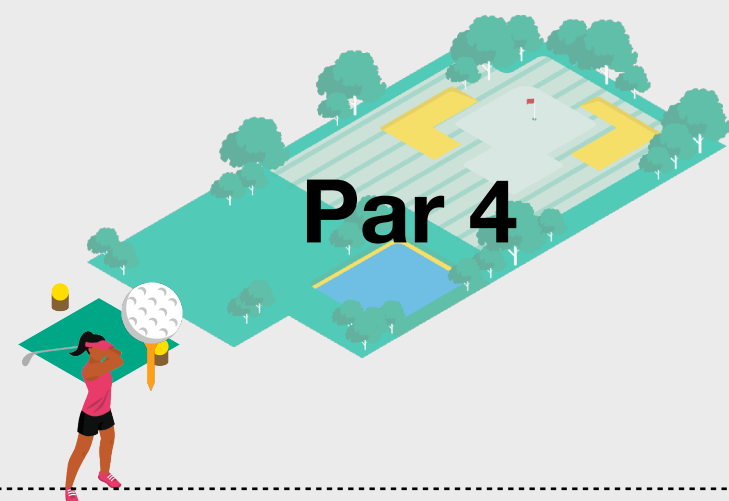


**128 Yards or Less**

**96 Yards or Less**

**64 Yards or Less**

**32 Yards or Less**



**129 - 256 Yards**

**97 - 192 Yards**

**65 - 128 Yards**

**33 - 64 Yards**




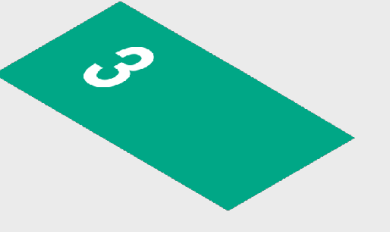



**257 - 352 Yards**

**193 - 264 Yards**

**129 - 176 Yards**

**65 - 88 Yards**

# Adapted Rules

	Adapted Rules	Tee Guidance	Step Guidance
	10 Shot maximum	 Tee 1-4	 Steps 1 and 2
	Air Shot Rule	 Tee 1-4	 Steps 1 and 2
	Pick and Place Rule	 Tee 1-4	 Steps 1 and 2
	Lost Ball Rule	 Tee 1-4	 Steps 1 and 2
	Bunker Grounding	 Tee 1-4	 Steps 1 and 2
	3 Attempt rule in Bunkers	 Tee 1-4	 Steps 1 and 2
	Tee it Up Rule	 Tee 1-4	 Steps 1 and 2