

Practice Around the Green Bunker Play



Class Timetable

| | | | | | | |
|----------------------------------|----------------------------|--|---|--|---|---|
| Session Length: 60mins | Group Size: 1:12 | Mastering the Game Focus: Around the Green Bunker Play | Whole Golfer Focus: Mind Don't Run Out of Steam | Learning the Game Topic: Playing and Scoring Rules and Etiquette | Learning the Game Focus Raking a Bunker | Mastering the Game Challenge: Bunker Play Challenge |
|----------------------------------|----------------------------|--|---|--|---|---|

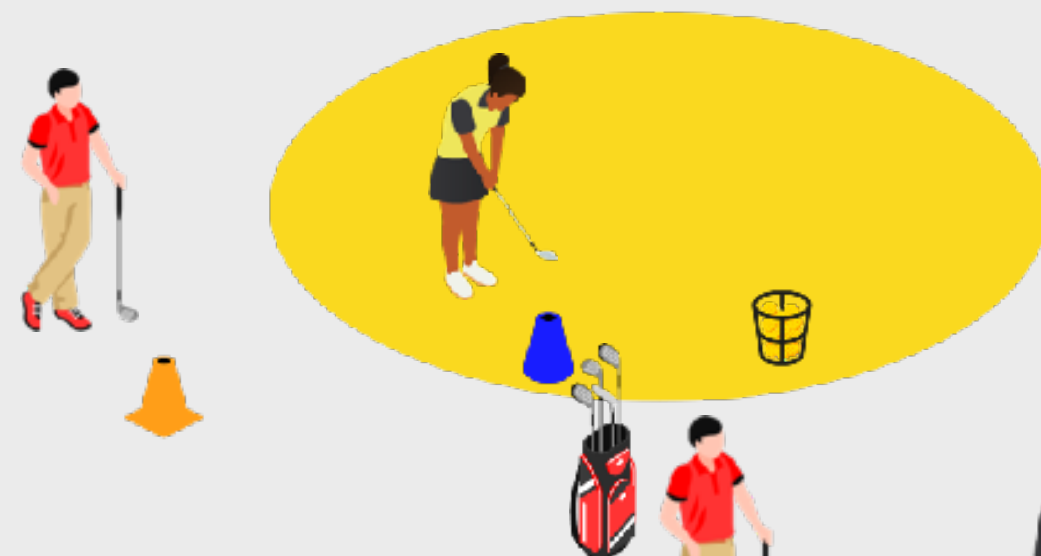
| Time | Focus | Class Content | Games / Drills / Resource |
|---------------|-------------------------------------|--|--|
| 15 Mins Prior | Setup and Welcome | <ul style="list-style-type: none"> Set up the games and practice stations of your preference and the challenges required Be ready to welcome 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 bunker play. 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"> Don't Run Out of Steam |
| 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"> Depth of Sand Bullseye High or Low...Bunker! Strike Point |
| 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"> Rules and Etiquette - Raking a bunker |
| 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"> Depth of Sand Bullseye High or Low...Bunker! Strike Point |
| 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

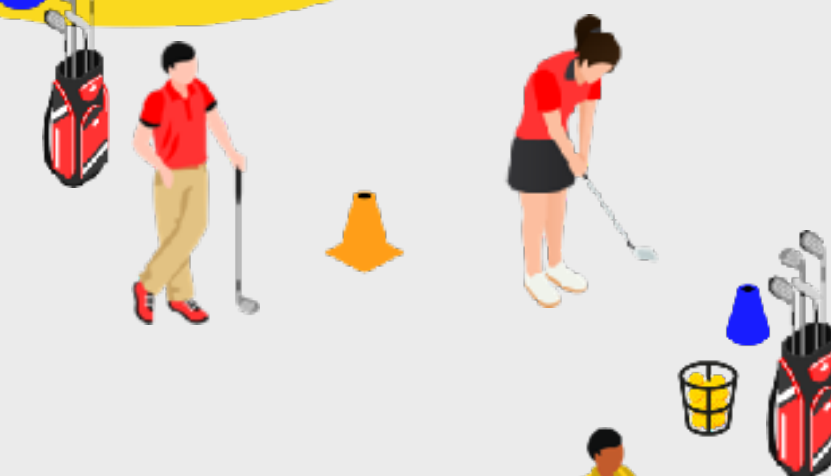
Station 1:
Bunker Challenge



Station 2:
Game Station
High or Low...Bunker!



Station 3:
Game Station
Free Practice



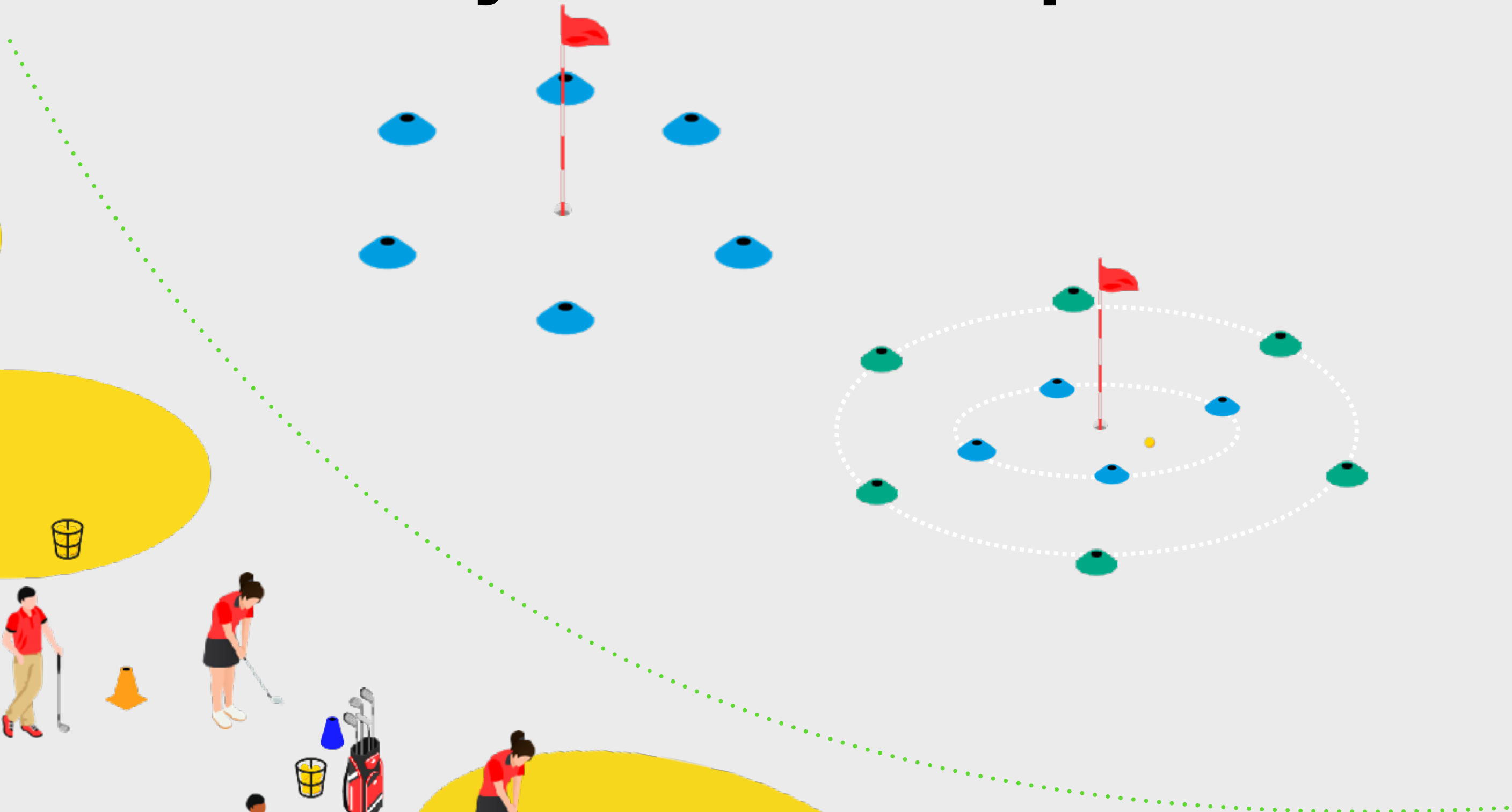
Station 4:
Game station
Bullseye



Station 5:
Practice Station
Depth of Sand



Station 6:
Practice Station
Strike Point



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 do not brush 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

Depth of Sand

Equipment Needed

- Sand Wedge
- Golf balls

How to Practice

- Learners should deliberately hit shallow and deep divots to enable them to start to build an awareness of how this effects the flight of the ball
- Once a learner has hit a shallow divot, followed by a deep divot they should be able to decide which is more effective at hitting the ball out of the bunker

Technical Link

- This activity will help the learner to understand depth of divot and the effect on ball flight



High or low... Bunker!

Equipment Needed

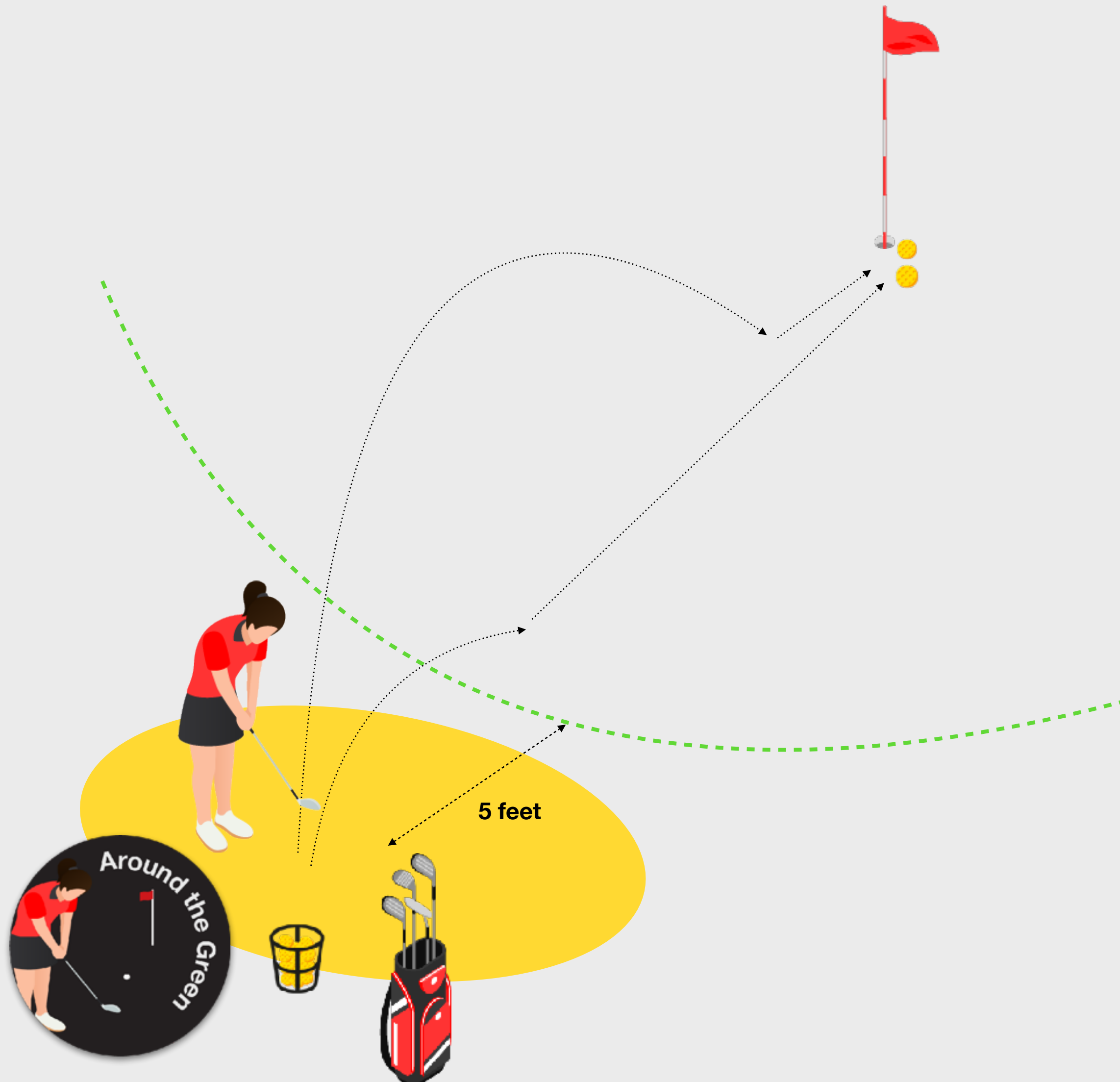
- Bunker
- PW and SW
- Golf balls

How to Practice

- Position the learner in a bunker on the edge of the chipping green
- Pick a shot on the edge of the green with lots of green to work with
- Demonstrate to the learner two different ways to play the bunker shot
- Shot 1 will be with a PW. Demonstrate how the ball will leave the bunker at a slightly lower trajectory with increased roll
- Shot 2 will be played with a SW. Show how the increased loft on the SW allows the ball to leave the bunker with increased trajectory and have less roll more spin

Technical Link

- Outline to the learners the benefits of both shots and specifically where each shot should be used.
- Explain to the learner the potential risks and percentage likelihood of success with each shot



Bullseye

Equipment Needed

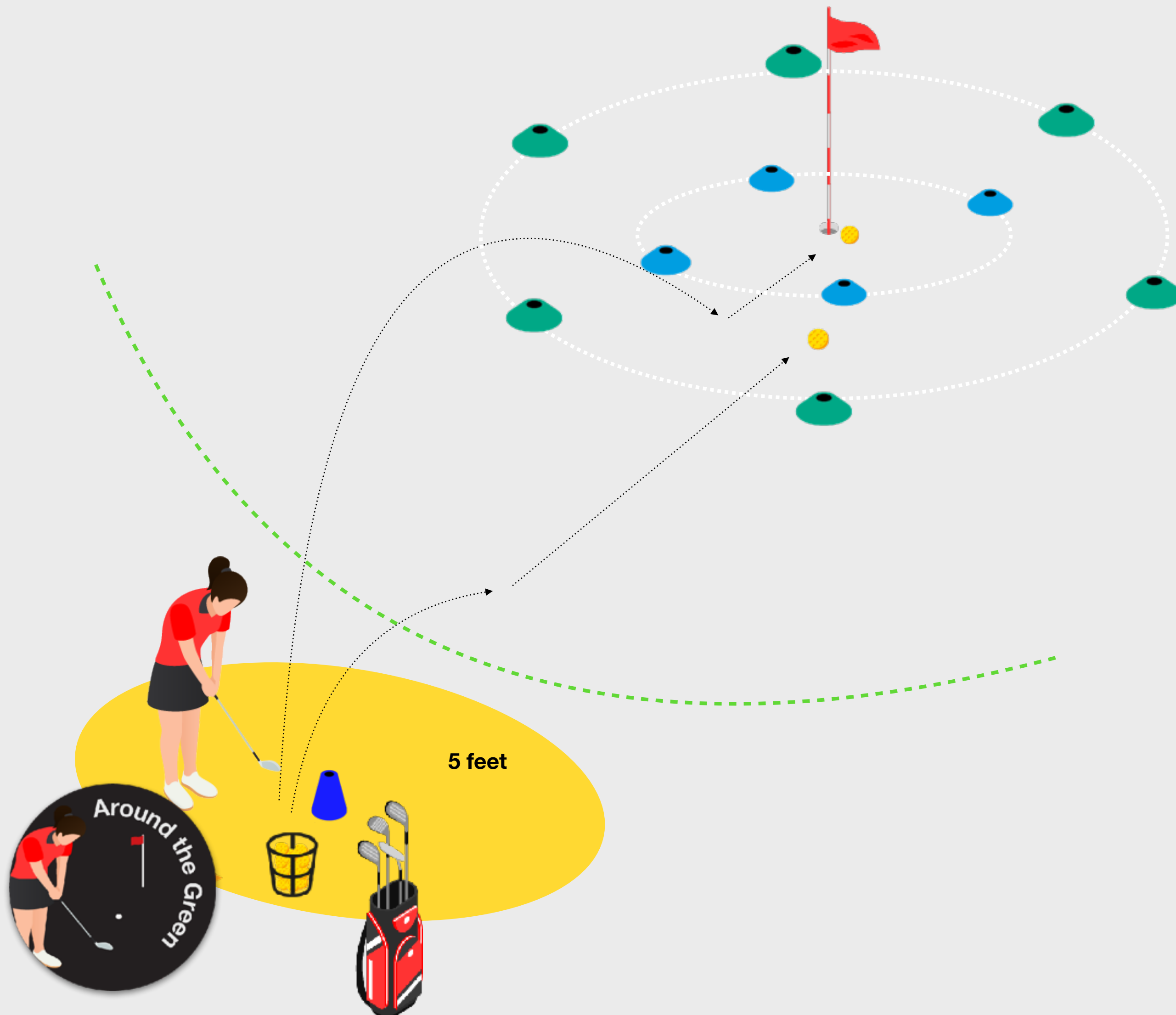
- Golf balls
- Cones for safety
- Cone to create 2 circles (5ft & 10ft)

How to play the game

- Challenge the learner to hit 10 shots from the bunker on 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





• Rules and Etiquette - Raking a Bunker

- Explain to the learner about the importance of raking a bunker. Outline to the learner about penalty shots in a hazard, specifically explain the rules in relation to bunkers.

• Don't Run Out of Steam



- Outline to the learners the importance of nutrition in golf and particularly when playing a round on the golf course.
- Discuss that some rounds of golf can burn as many as 2,000 calories. Give some perspective and stress that's the recommended daily intake for women and 500 short of the daily recommended intake for men.
- If they haven't consumed enough calories, golfers become tired and are far more likely to make bad decisions and mistakes.
- Identify some good food and snacks that learners can eat whilst out playing golf.

Bunker Play Challenge



The Challenge

To complete the Step 2 Challenge the learner needs to hit 1 out of 5 shots to finish anywhere on the green but the learner must demonstrate control. Contact must be made with the remaining shots.

What should the Learner do next?

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



Bunker Play Challenge



The Challenge

To complete the Step 3 Challenge the learner needs to hit 2 / 5 shots anywhere on the green but must demonstrate control. 4 out of the 5 shots must finish out of the bunker

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

