

# Practice Around the Green Chipping



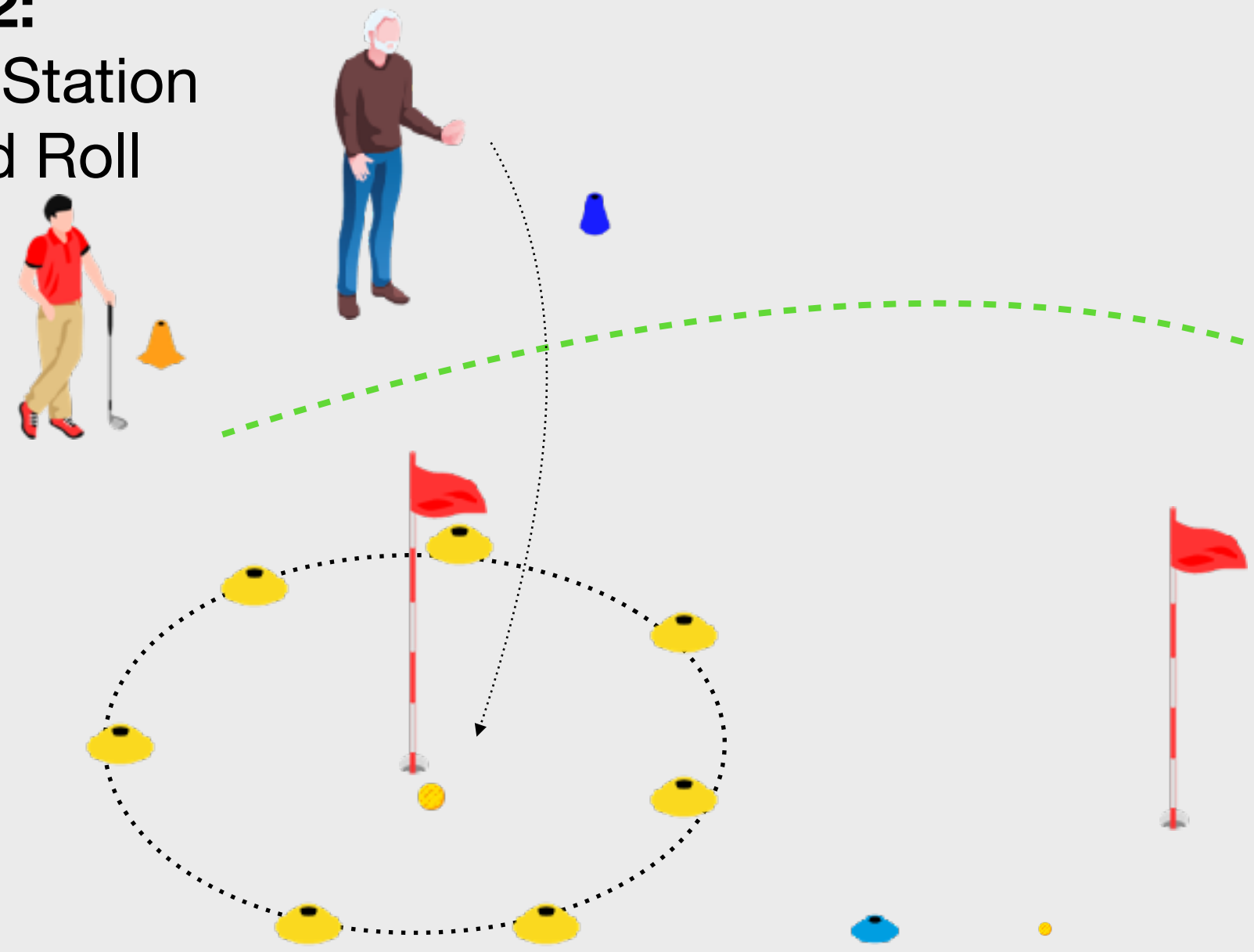
# Class Timetable

<b>Session Length:</b> 60mins	<b>Group Size:</b> 1:12	<b>Mastering the Game Focus:</b> <b>Around the Green</b> Chipping	<b>Whole Golfer Focus:</b> <b>Mind</b> Reacting to bad shots	<b>Learning the Game Topic:</b> Rules and Etiquette	<b>Learning the Game Focus</b> Short Game Practice	<b>Mastering the Game Challenge:</b> Chipping Challenge
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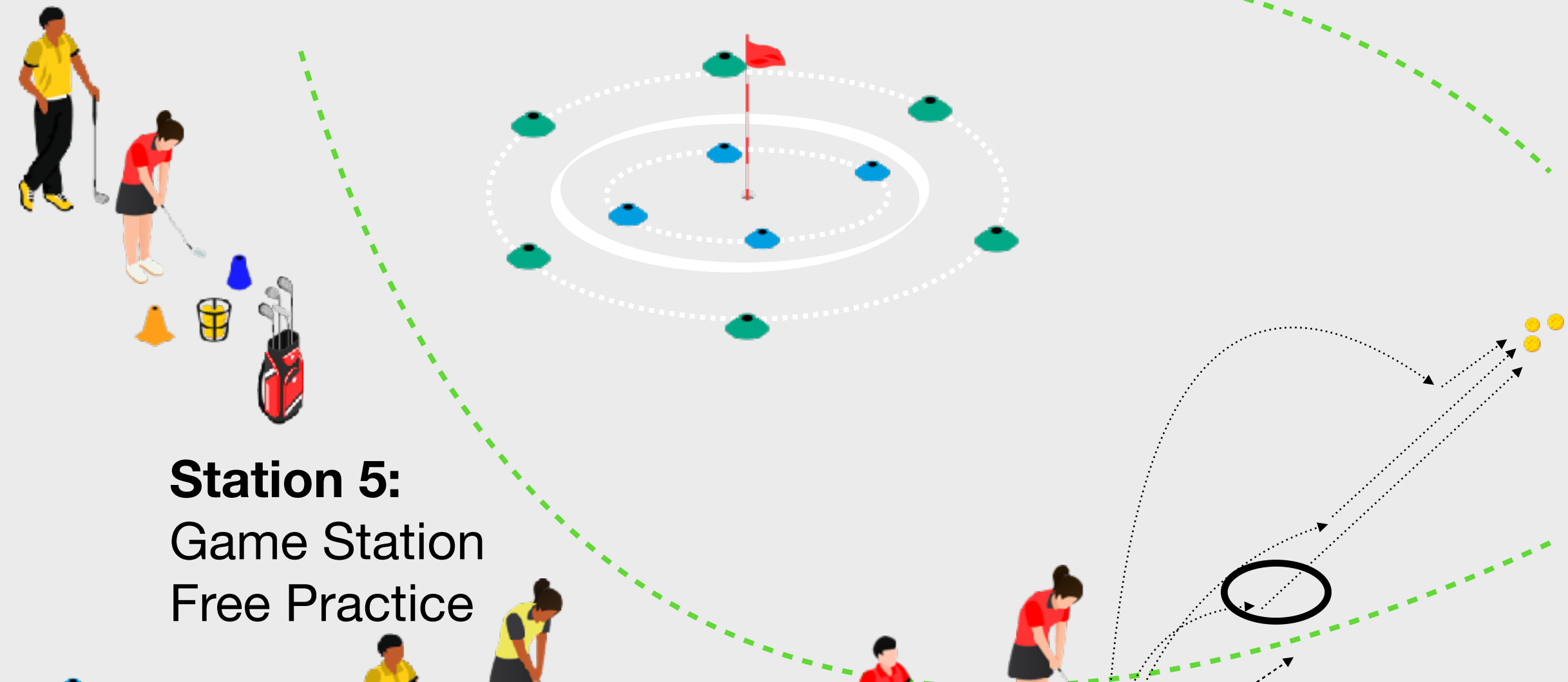
Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> <li>Set up the games and practice stations of your preference and the challenges required</li> <li>Be ready to welcome participants 5 minutes before the session starts</li> </ul>	<ul 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 chipping.</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>Reacting to bad shots</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> <li>Learners can attempt a Mastering the Game Challenges individual or in pairs</li> </ul>	<ul style="list-style-type: none"> <li>Ladder and Down</li> <li>High, Medium and Low</li> <li>Control Distance</li> <li>Land and Roll</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 or Whole Golfer 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>Rules and Etiquette - Short Game Practice</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> <li>Learners can attempt a Mastering the Game Challenges individual or in pairs</li> </ul>	<ul style="list-style-type: none"> <li>Ladder and Down</li> <li>High, Medium and Low</li> <li>Control Distance</li> <li>Land and Roll</li> </ul>
10 Mins	MyGame+ 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 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>

# Practice Around the Green Class Layout and Setup

**Station 2:**  
Practice Station  
Land and Roll



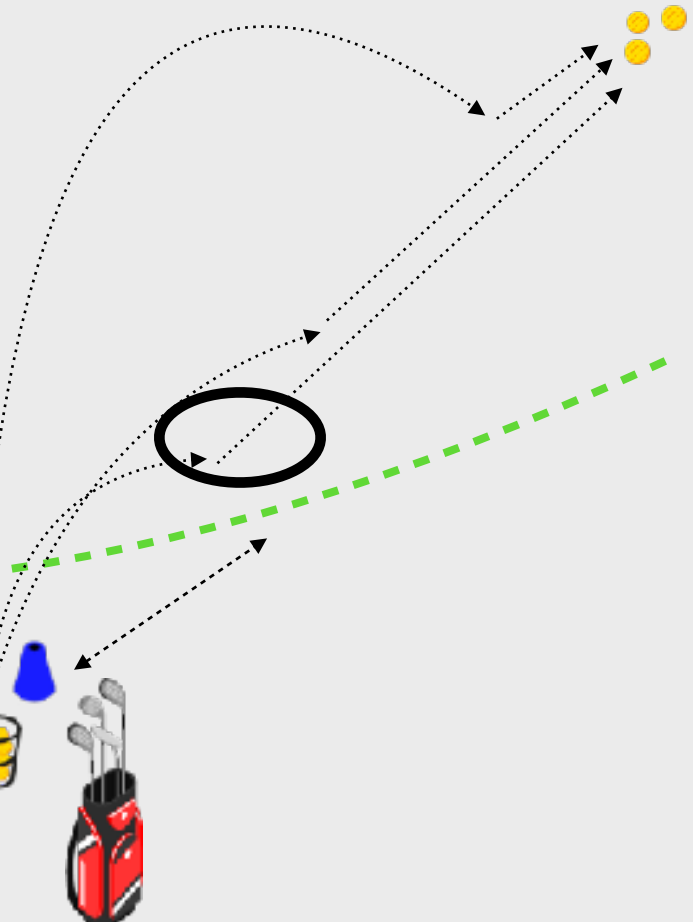
**Station 1:**  
Chipping Challenge



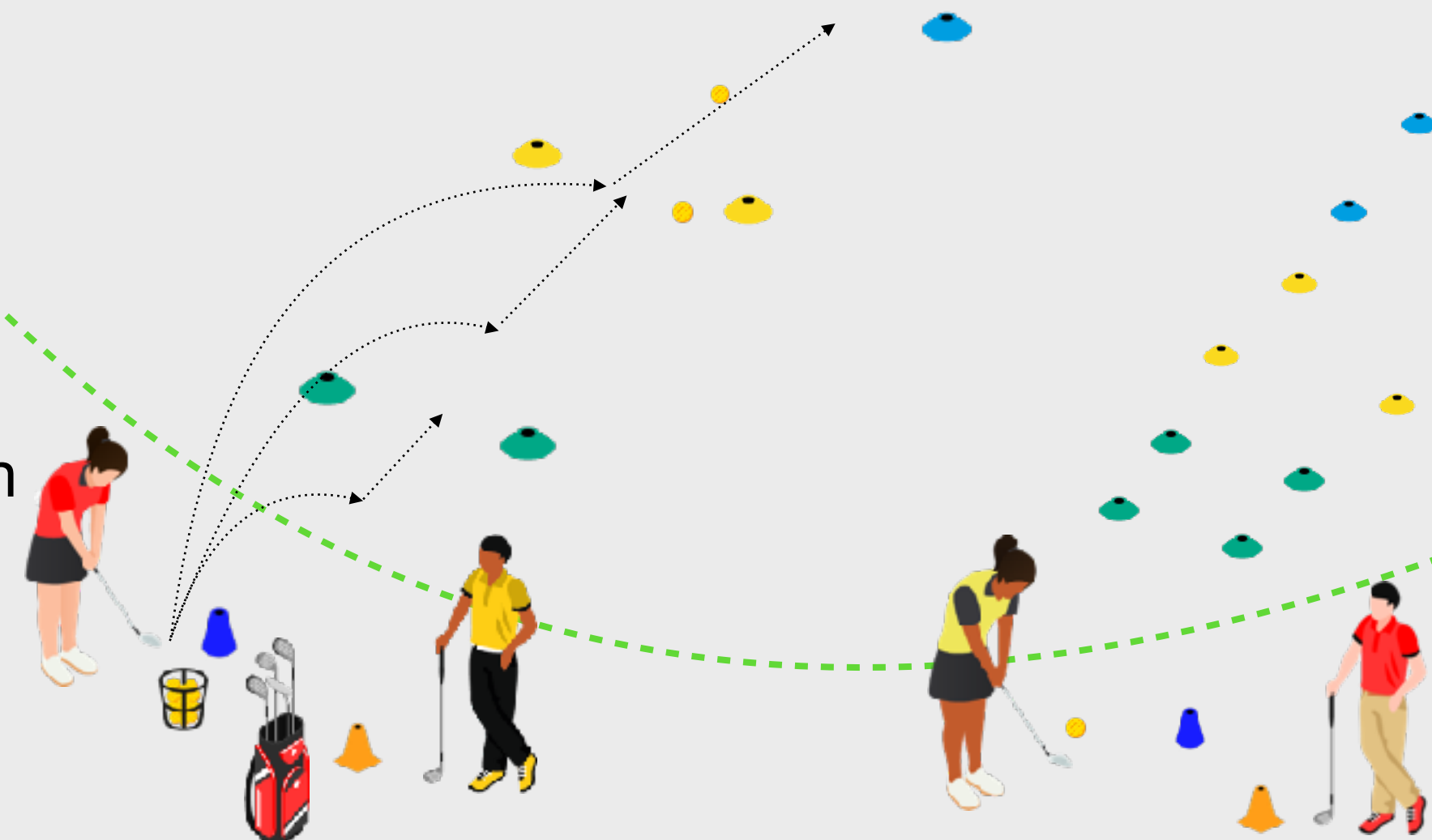
**Station 5:**  
Game Station  
Free Practice



**Station 6:**  
Game station  
High, Medium, Low



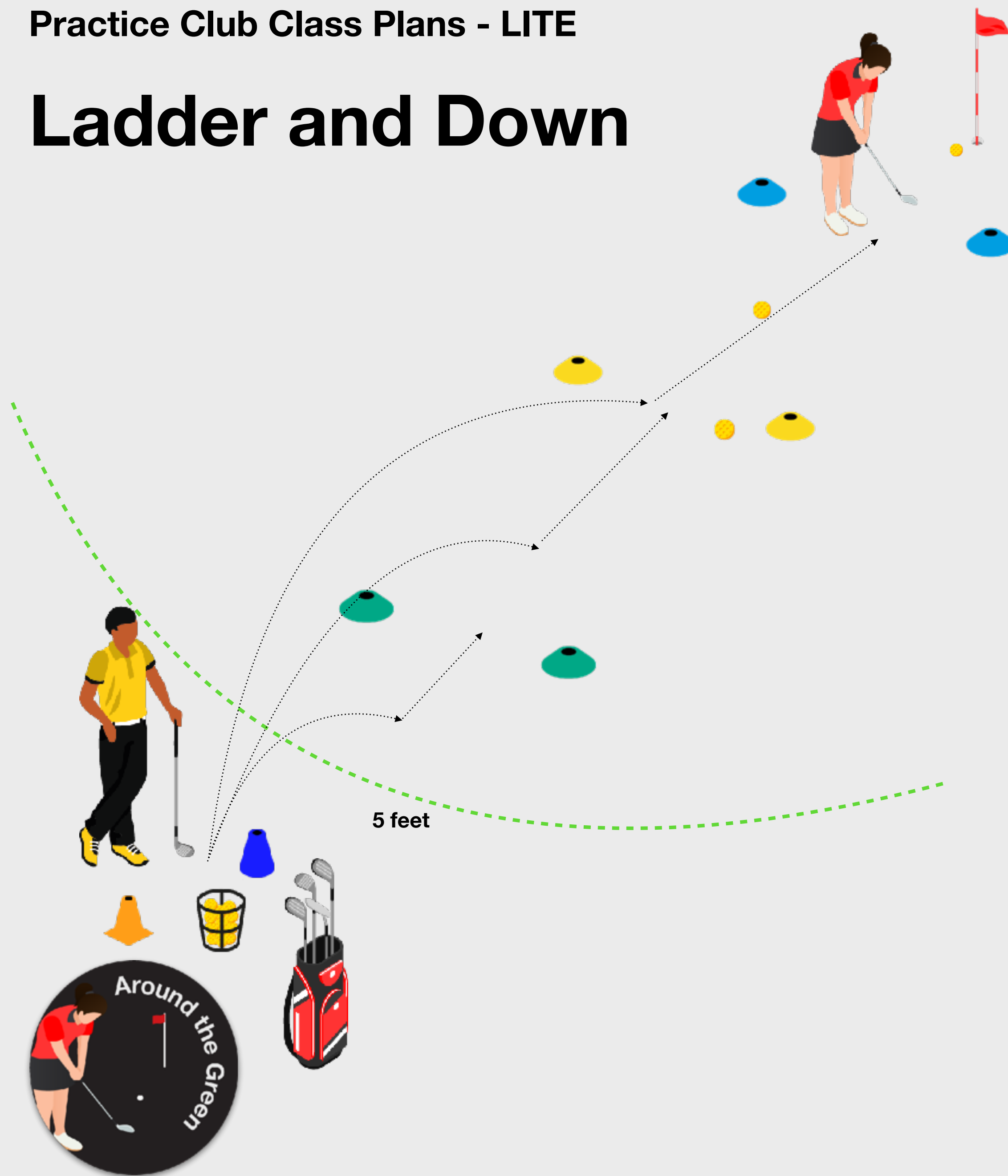
**Station 3:**  
Game Station  
Ladder and Down



**Station 4:**  
Practice Station  
Control Distance



# Ladder and Down



## Equipment Needed

- Chip shot at the edge of a chipping green
- Golf balls
- Cones for safety
- Cones to make a ladder including 3 different goal to the ladder within increasing size

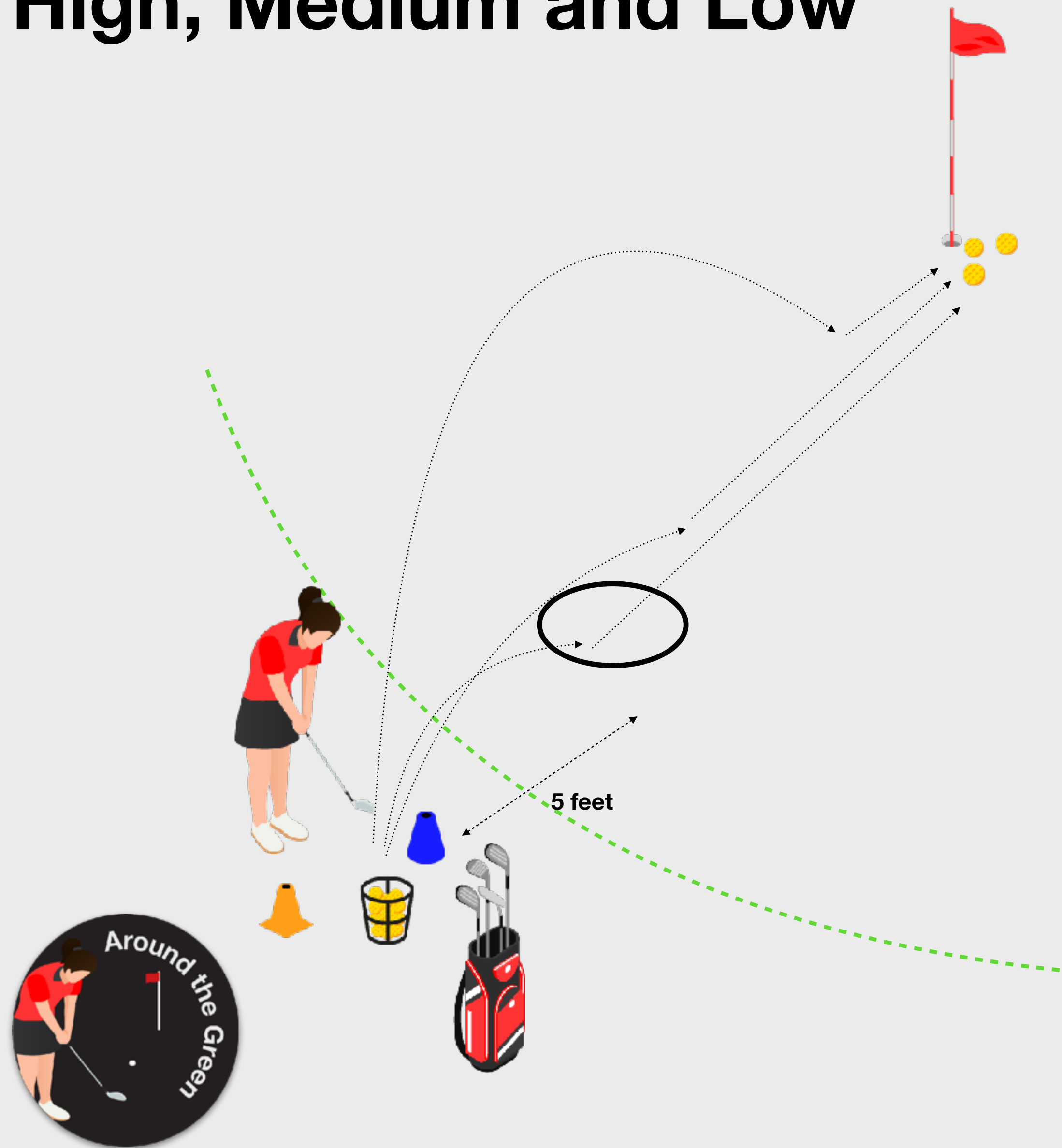
## How to Play

- Challenge the learner individually or with a partner, to get the chip shot to finish in between the three coloured goals
- The student or partner will then pot out from in between the colour goal and record the score
- The green goal is a par 4, the yellow goal is a par 3 and the blue goal is a par 2
- The winning individual or pair will be the team with the lowest score across the three goals

## Progression Ideas

- Increase or reduce the number of goals and the distance and proximity from the tee and the flag
- Reduce or widen the width of the goals to make the challenge easier or harder

# High, Medium and Low



## Equipment Needed

- Cones for safety
- 8 Irons and Sand Wedge
- Golf balls
- Hoops

## How to Practice

- Position the learner on the edge of the chipping green.
- Pick a shot 5 yards from the edge of the green with lots of green to work with.
- Demonstrate to the learner three different ways to play the shot.
- Shot one will be with a SW with a longer swing with the ball spending 80% of its time in the air 20% of its time rolling.
- Shot two will be played with an 9 iron with a shorter swing with the ball spending 40% of its time in the air 60% of its time rolling.
- Shot three will be played with an 7 iron with a shorter swing with the ball spending 10% of its time in the air 90% of its time rolling.
- Use a hoop on the green to represent a visual of where the balls intended landing zone is for each shot.

## Technical Link

- Outline to the learners the benefits of the three shots and specifically where each shot should be used.
- Explain to the learner the potential risks and percentage likelihood of success with each shot.
- Help the learner to decide if they are comfortable using a single club around the green or various clubs.



# Control Distance

## Equipment Needed

- 12 cones
- Golf balls

## How to Practice

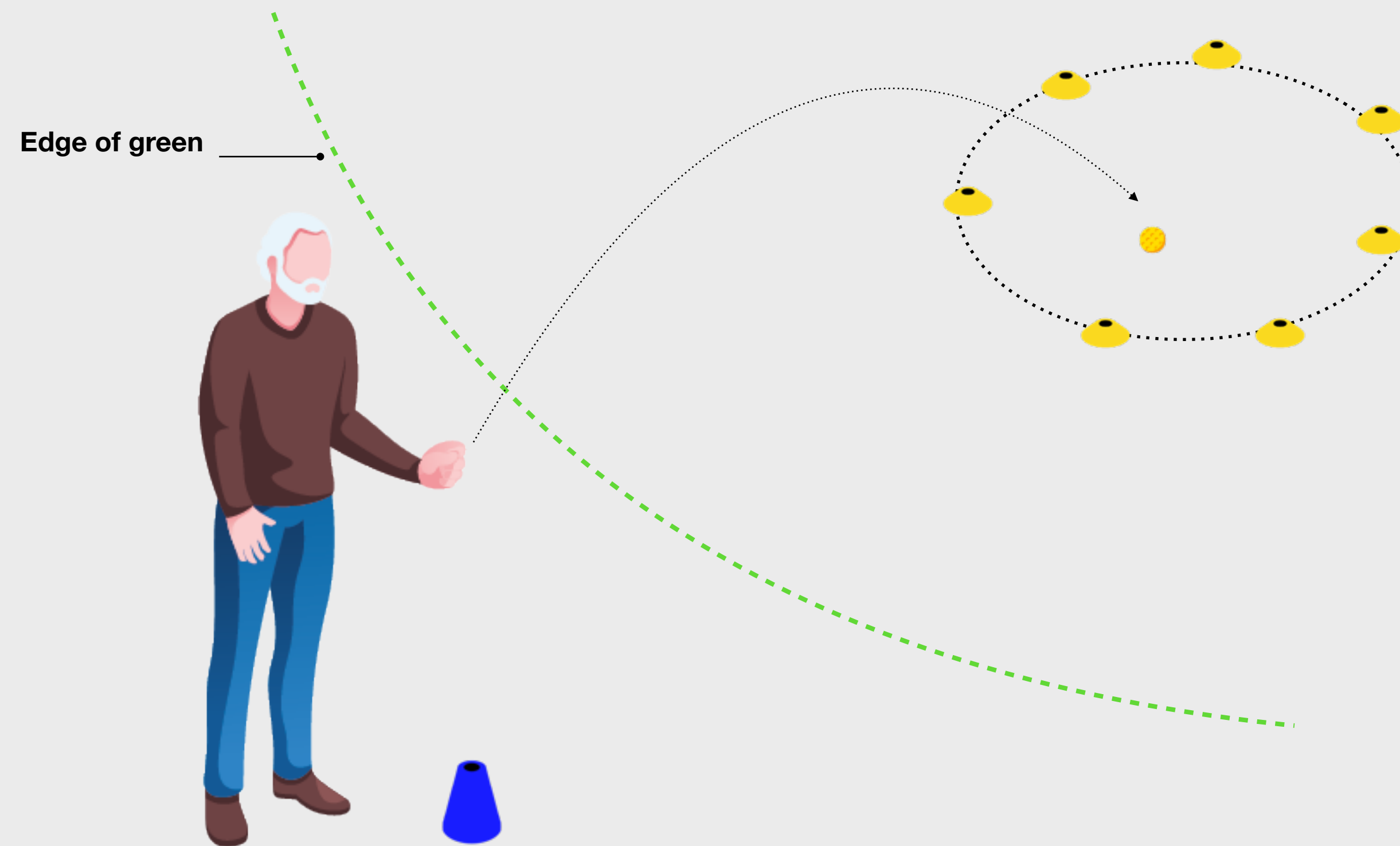
- Set this activity up with 3 different sized boxes at 10 yards, 20 yards and 30 yards from the learner
- The learner should practice pitching the ball different distances using the same club, by varying the length and speed of the swing
- The aim is to get the ball to land in the relevant box that they are aiming for

## Technical Link

- This activity will help the learner to understand how to control the distance of a shot based on the length and speed of the stroke
- This activity will help the learner to gain some consistency around the green by becoming more confident using a longer wing for short shots



# Land and Roll



## Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

## How to Practice

- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in
- Learner should stand sideways on and using right or left hand throw the ball into the air trying to land the ball in the circle
- Maintain the same speed of arm action and try and develop some consistent landing. To see how the trajectory affects the amount of roll throw the ball higher or lower
- Once the learner has achieved the ideal flight and roll by throwing the ball they should try to replicate the flight using a golf club

## Technical Link

- This activity is designed to help the learner to understand about length of arm action versus where the ball lands
- It is used to mimic the action of chipping and controlling the trajectory of the flight and where the ball lands
- It will also show the learner that varying trajectory will increase or decrease the roll





## • Rules and Etiquette - Short Game Practice

- Make sure learners understand the rules that apply to practicing at the short game area at your club. This may include not chipping towards another person in case of a missed contact, knowing where you are allowed to chip or if there is a putting only practice area.

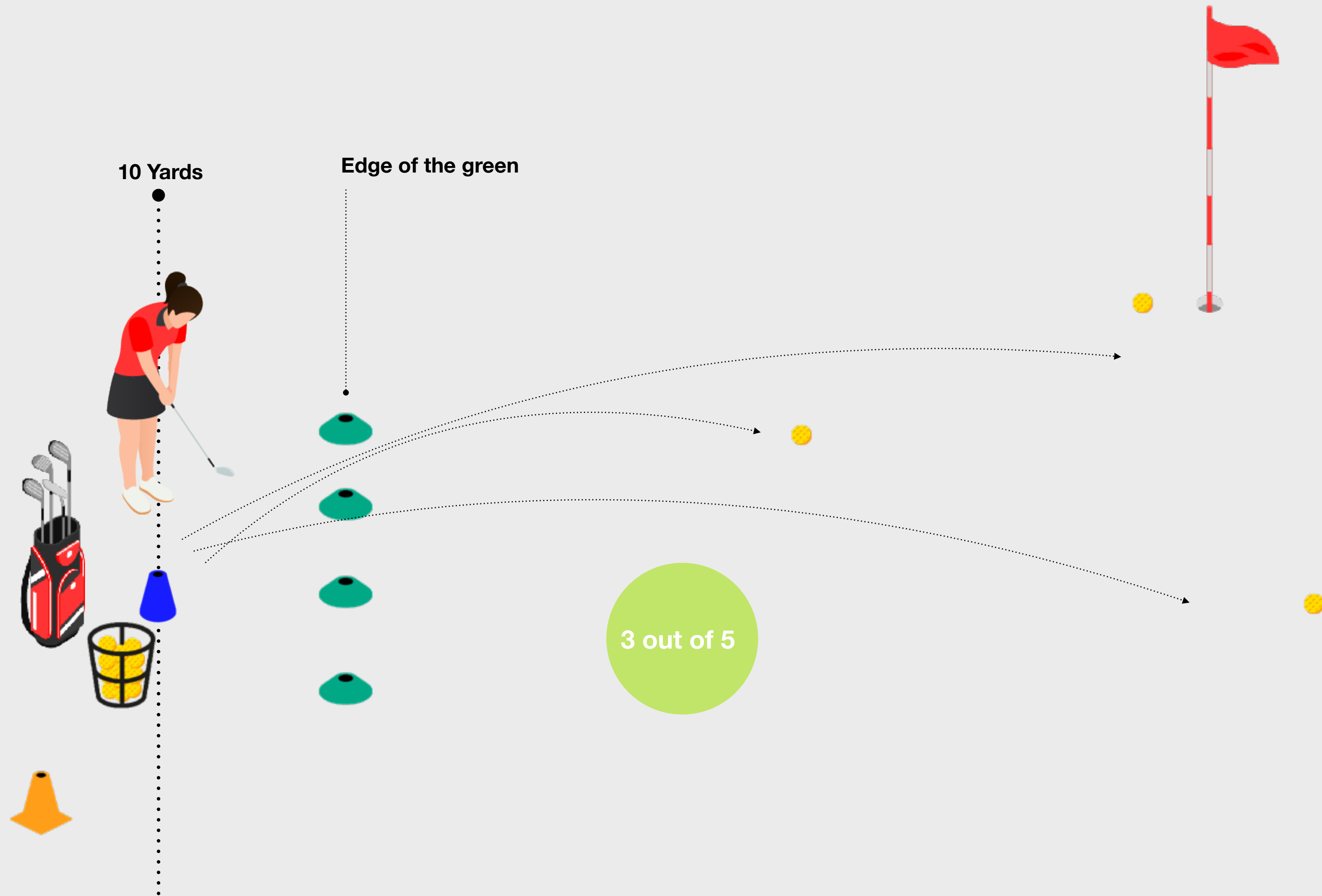


## • Reacting to bad shots

- Outline to the learner the inevitability of hitting bad shots.
- It is an intrinsic part of golf and it's something that the learners must accept and instead of fighting it, develop a strategy to recover from these bad shots.
- Describe the crucial link between course management theory and reacting positively to bad shots. Develop a strategy such as the five pace rule, when after a bad shot you are allowed to dwell on the shot for five paces and then move on and stick to the course management strategy.



# Chipping Challenge



## The Challenge

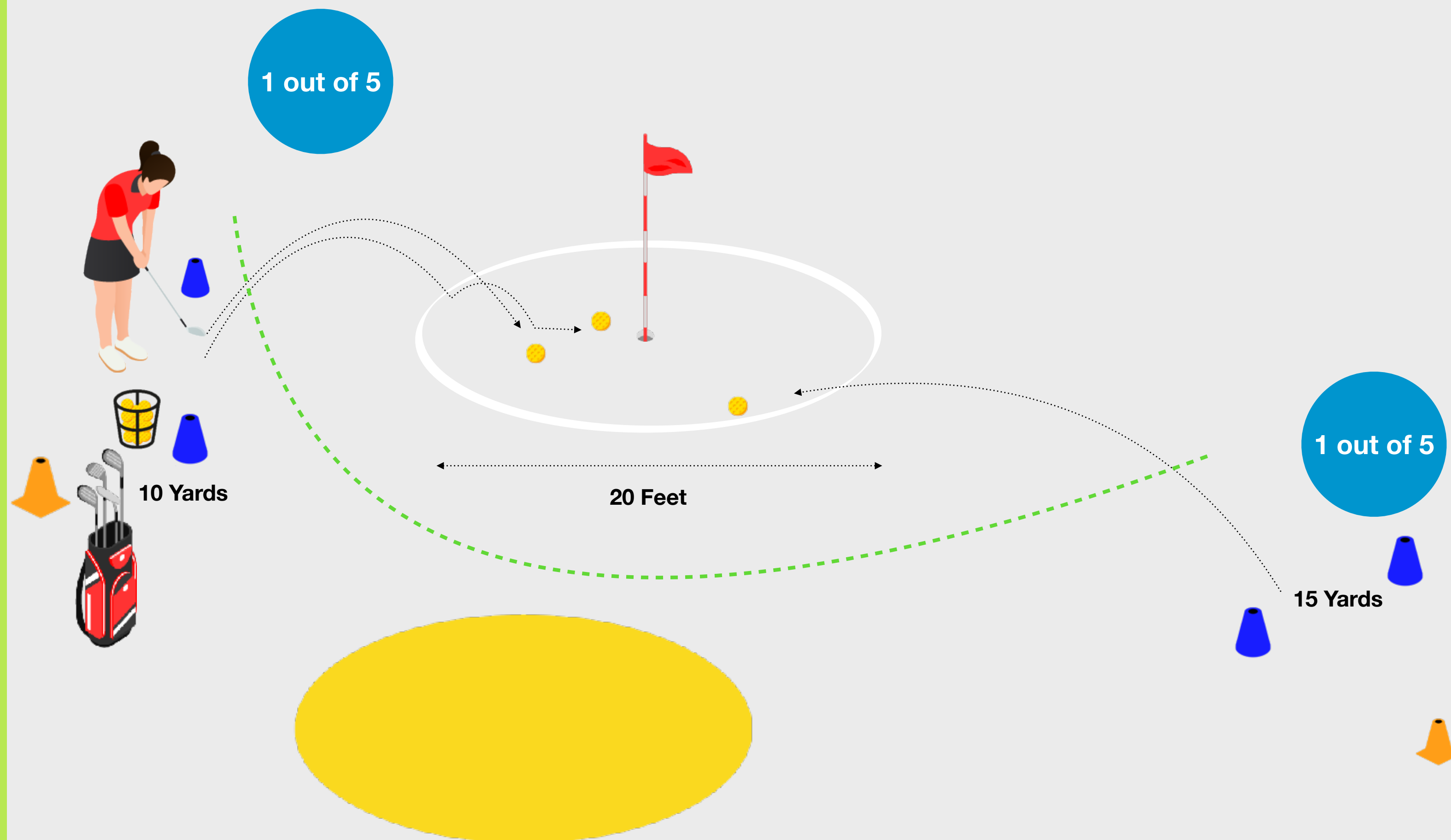
To complete the Step 3 Challenge the learner needs to Chip 2 out of 5 shots from a starting position 10 yards from the hole and 2 out of 5 shots from a starting position 15 yards from the hole to finish within a 20-foot diameter target circle.

## 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



# Chipping Challenge



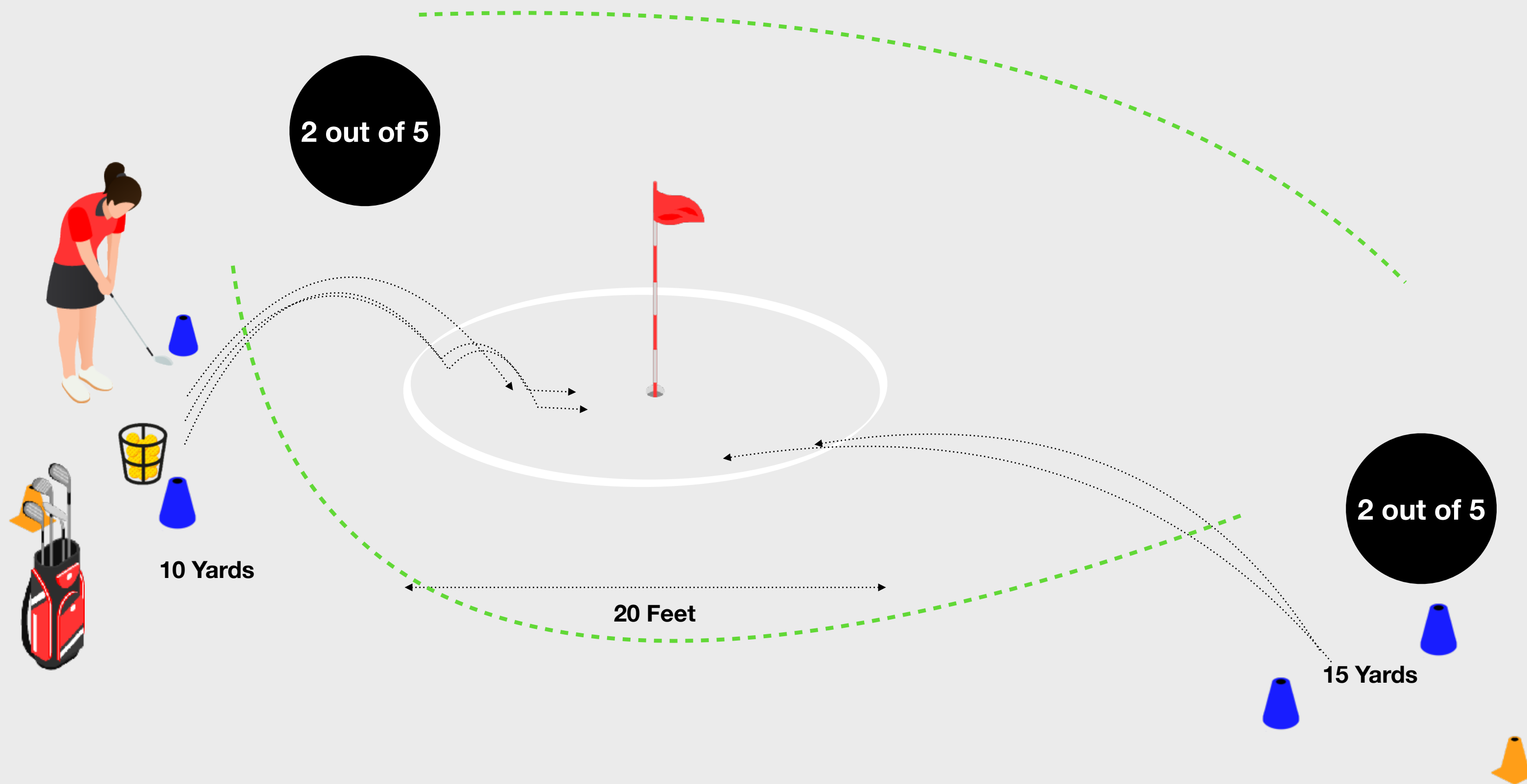
## The Challenge

To complete the Step 2 Challenge the learner needs to chip 1/ 5 shots from 10 yards and 1/ 5 shots from 15 yards to finish within a 20-foot diameter target circle.

## 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

# Chipping Challenge



## The Challenge

To complete the Step 1 Challenge the learner needs to chip 4 out of 5 shots from 10 yards, 2 out of 5 shots from 15 yards and 1 out of 5 shots to finish within a 10-foot diameter target circle.

## 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

