

# Practice Your Swing

## Driving



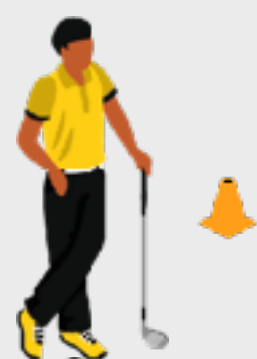
# Class Timetable

<b>Session Length:</b> 60mins	<b>Group Size:</b> 1:12	<b>Mastering the Game Focus:</b> Swing Driving	<b>Whole Golfer Focus: Mind</b> Pre-Shot Routine	<b>Learning the Game Topic:</b> Preparing to Play	<b>Learning the Game Focus</b> Strategy and Management	<b>Mastering the Game Challenge:</b> Driving 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 swing, specifically for Driving</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>Swing Speed</li> <li>Get Some Stability</li> <li>Perfect Posture</li> <li>Fairway Finder</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>Strategy and Management</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>Swing Speed</li> <li>Get Some Stability</li> <li>Perfect Posture</li> <li>Fairway Finder</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 Your Swing Class Layout and Setup

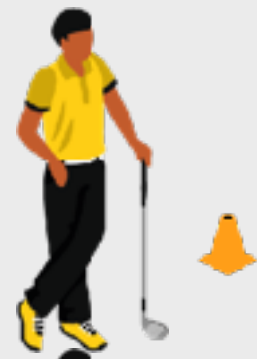
**Station 1:**  
Driving Challenge



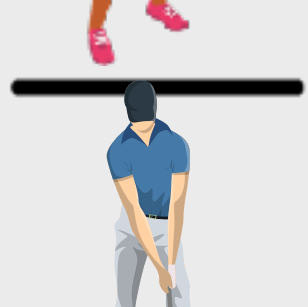
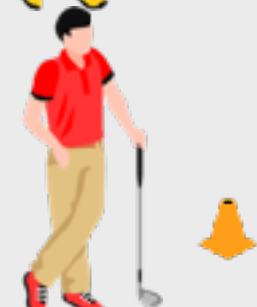
**Station 2:**  
Game Station  
Free Practice



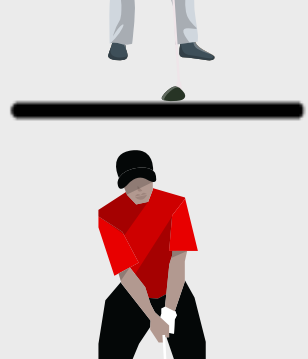
**Station 3:**  
Practice Station  
Perfect Posture



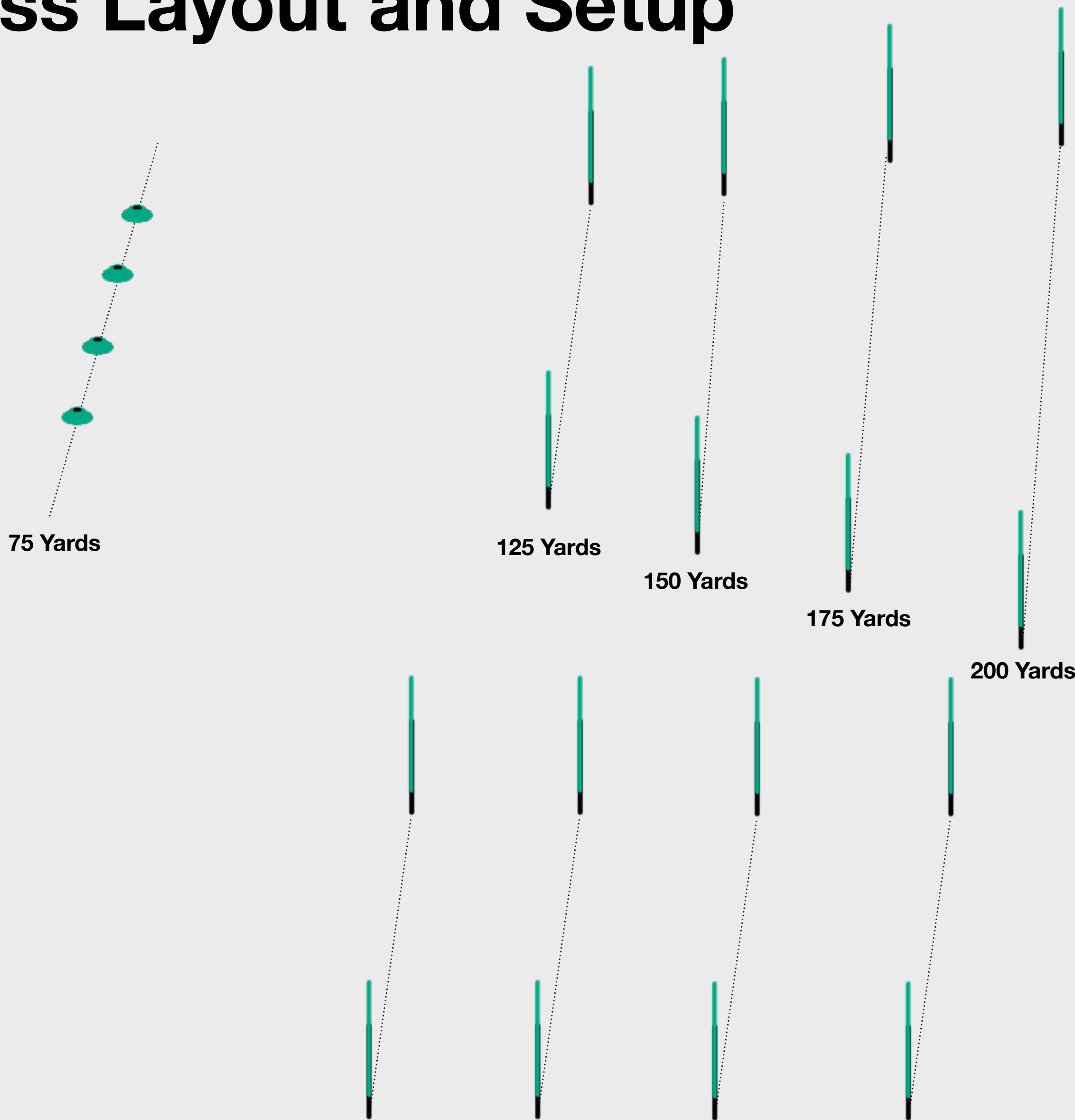
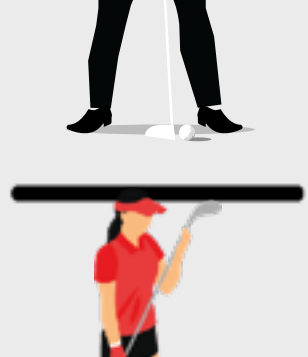
**Station 4:**  
Game Station  
Clubface Contact



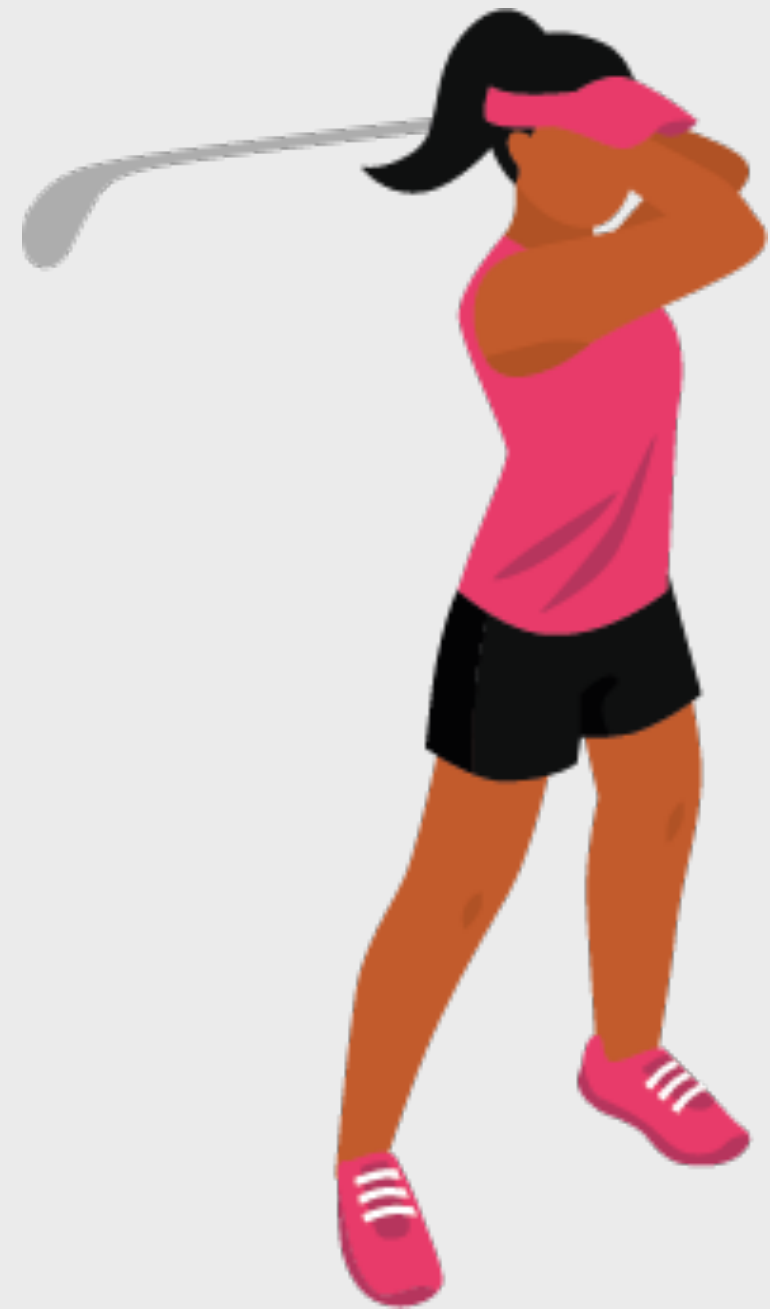
**Station 5:**  
Practice Station  
Get Some Stability



**Station 6:**  
Game Station  
Fairway Finder



# Perfect Posture



## Equipment Needed

- 7 iron and Driver
- Golf Balls

## How to Practice

- Demonstrate the differences between the posture for a 7 iron and a Driver
- Highlight how an athletic posture will help the learners to generate more speed and prevent injury
- Make learners aware that practicing for prolonged periods of time may result in a overuse injuries, advise short, regular practice sessions

## Technical Link

- This activity will help the learner to stike the ball more consistently and with more speed



# Clubface Contact



## Equipment Needed

- Impact Tape
- Driver

## How to Play

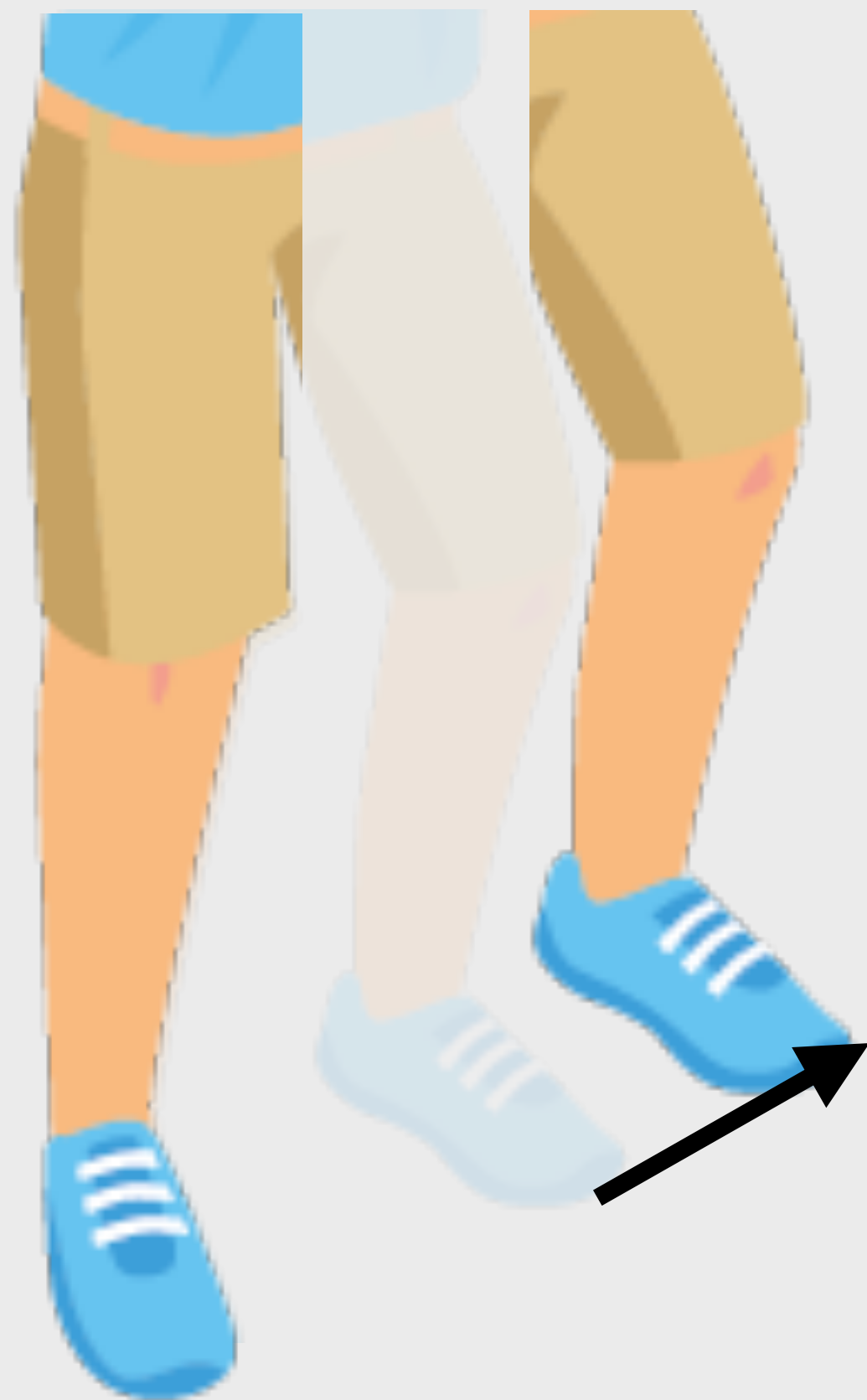
- A learner starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The learner should try to deliberately strike the ball using the toe of the club and the heel of the club to build awareness of what it feels like when the ball is struck using different parts of the club face

## Progression Ideas

- Challenge the learner to strike a particular part of the club face deliberately
- Draw on the face tape to indicate a smaller target that the learner has to try to hit



# Get Some Stability



## Equipment Needed

- Tees
- Driver
- Golf Balls

## How to Practice

- Ask the leaners to widen their stance for shots with the driver
- The stance should be slightly wider than the width of the students shoulders
- Demonstrate to the students how widening and narrowing the stance will effect balance and consistency
- Use an alignment stick from the each armpit so the student can visualise the width of the feet reparative to each shoulder

## Technical Link

- Outline to the student that it will give them a more stable platform over which they can turn your upper body.
- It will encourages the hips to stay level throughout the swing
- It will Lowers their centre of gravity so playing in the wind is easier and are less likely to get blown off balance



# Fairway Finder

## Equipment Needed

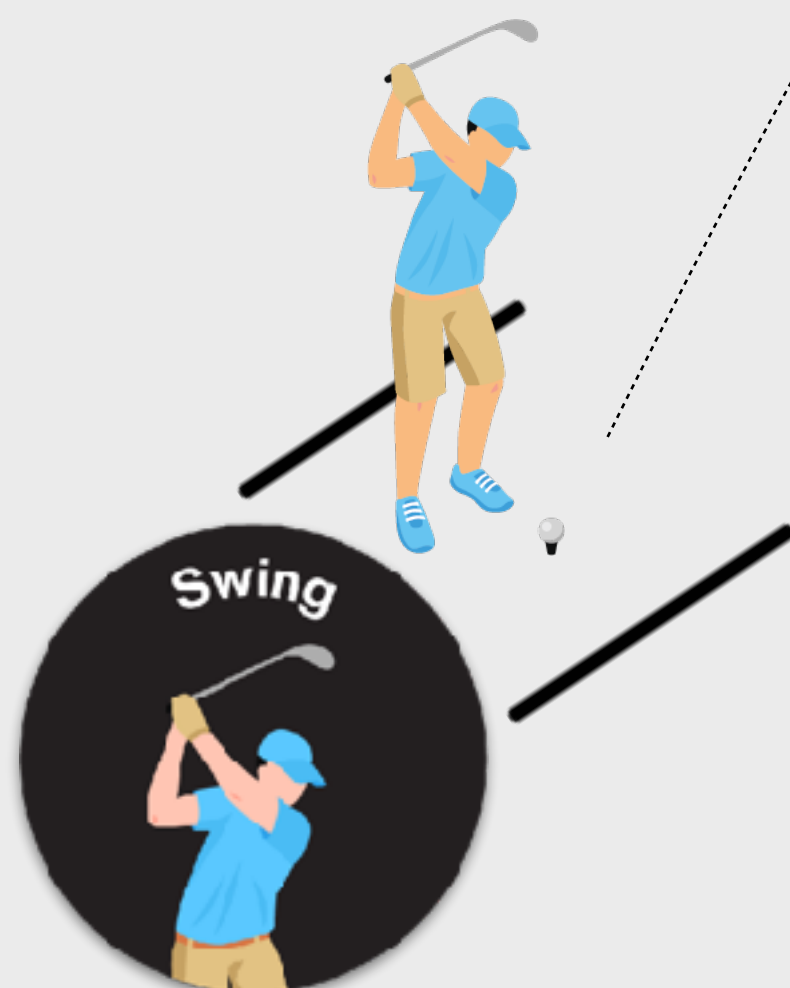
- Driving range
- Alignment sticks, cones or other targets
- Golf balls

## How to Practice

- Set up a fairway on the driving range using existing targets or use cones or alignment sticks
- Ask learners to hit golf balls and try and hit the fairway using their stock shot. This can be a fairway wood
- Ask the learners to hit 10 shot and see how many out of 10 they can hit the fairway

## Technical Link

- By having a visual target on the driving range it focuses the learners minds onto what is required for a stock shot
- It shows them what an average fairway width of roughly 40 yards looks like





## • Strategy and Management

- Help the learner to develop a strategy for how to play a golf hole.
- Identify potential hazards and risks and develop strategies to mitigate this. Allow the learner to manage a golf hole and play to their strengths.
- Allow the group to experience some different scoring formats. Introduce matchplay, strokeplay, stableford.
- Highlight the importance of understanding their own game and which areas of the game they need to improve in order to improve their score.



## • 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.



# Driver Challenge



## The Challenge

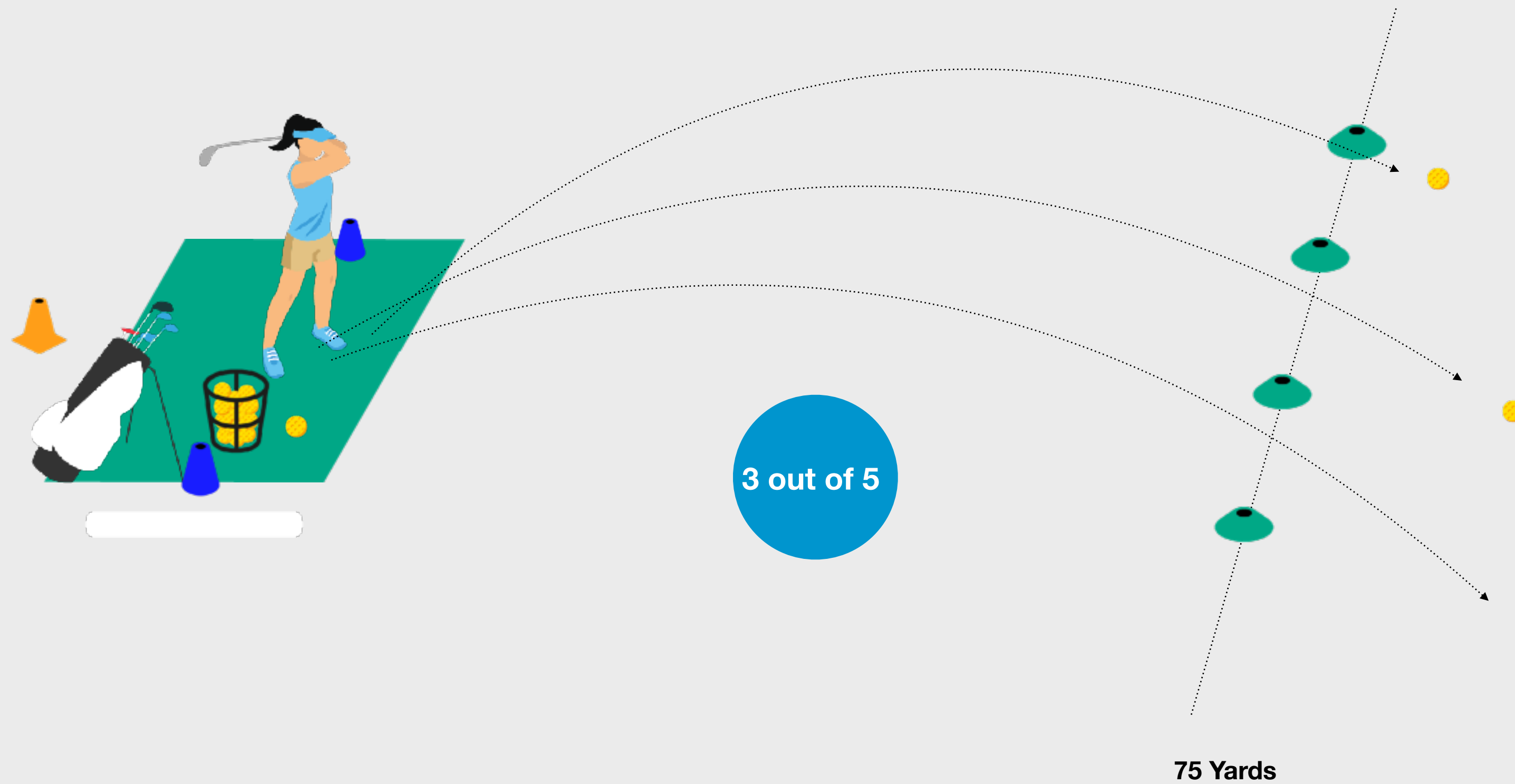
To complete the Step 2 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots in the air and a minimum carry distance of 75 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction.

## 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



# Driver Challenge

	Yardages	Target Gate
<b>Driver Distances</b> <i>(Where the ball comes to rest)</i>	125	25 yard wide target gate
	150	30 yard wide target gate
	175	35 yard wide target gate
	200	40 yard wide target gate



## The Challenge

To complete the Step 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to travel through and come to rest between the target gate at the learners approximate driver total distance (Minimum of 125 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

