

Practice Your Swing

Hybrids and Fairway Woods



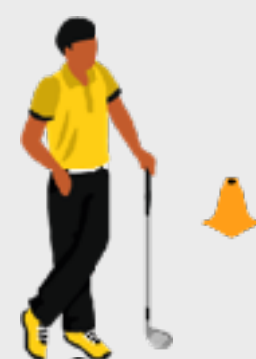
Class Timetable

Session Length: 60mins	Group Size: 1:12	Mastering the Game Focus: Swing Hybrids and Fairway Woods	Whole Golfer Focus: Mind In Swing Thoughts	Learning the Game Topic: Playing and Scoring	Learning the Game Focus Lost Ball and Out of Bounds	Mastering the Game Challenge: Fairway Woods 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 if 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 fairway woods and hybrids 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"> In Swing Thoughts
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 	<ul style="list-style-type: none"> 1, 2, 3...1, 2, 3 Army Golf Stepping Drill C.O.P.Y me
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Get the group together to introduce the Learning the Game 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"> Lost Ball and Out of Bounds
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 	<ul style="list-style-type: none"> 1, 2, 3...1, 2, 3 Army Golf Stepping Drill C.O.P.Y me
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 Your Swing Class Layout and Setup

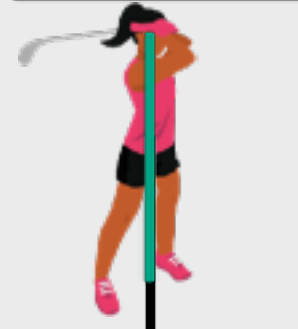
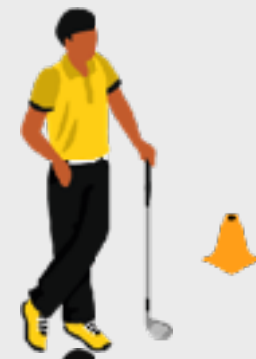
Station 1:
Fairway Wood
Challenge



Station 2:
Game Station
C.O.P.Y me



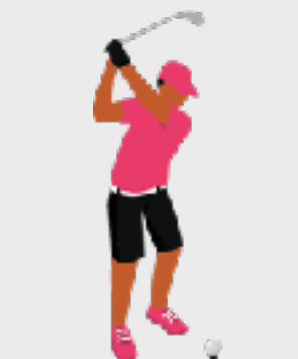
Station 3:
Practice Station
Stepping Drill



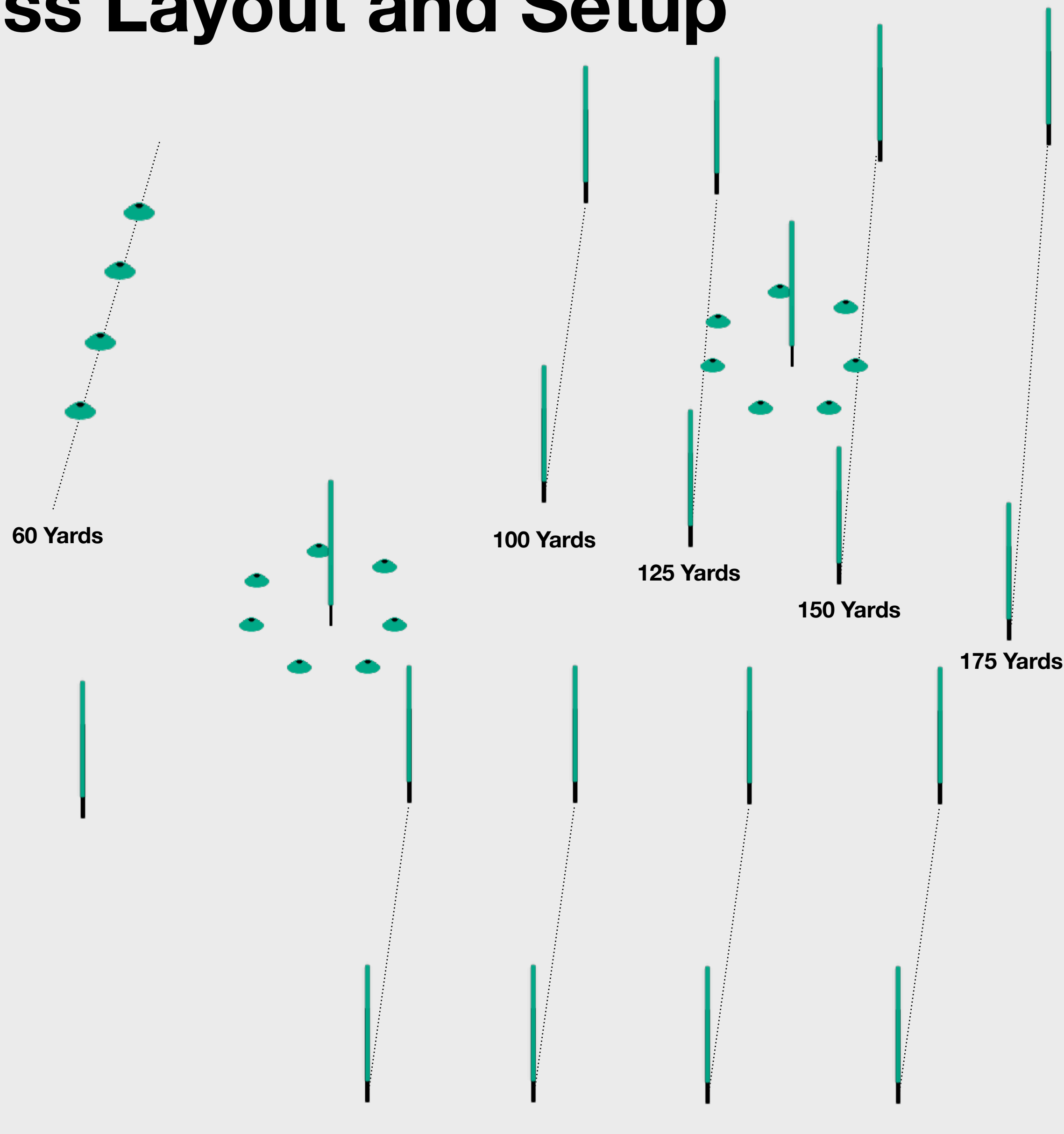
Station 4:
Practice Station
1, 2, 3...1, 2, 3



Station 5:
Game Station
Army Golf



Station 6:
Game Station
Free Practice



Army Golf

Equipment Needed

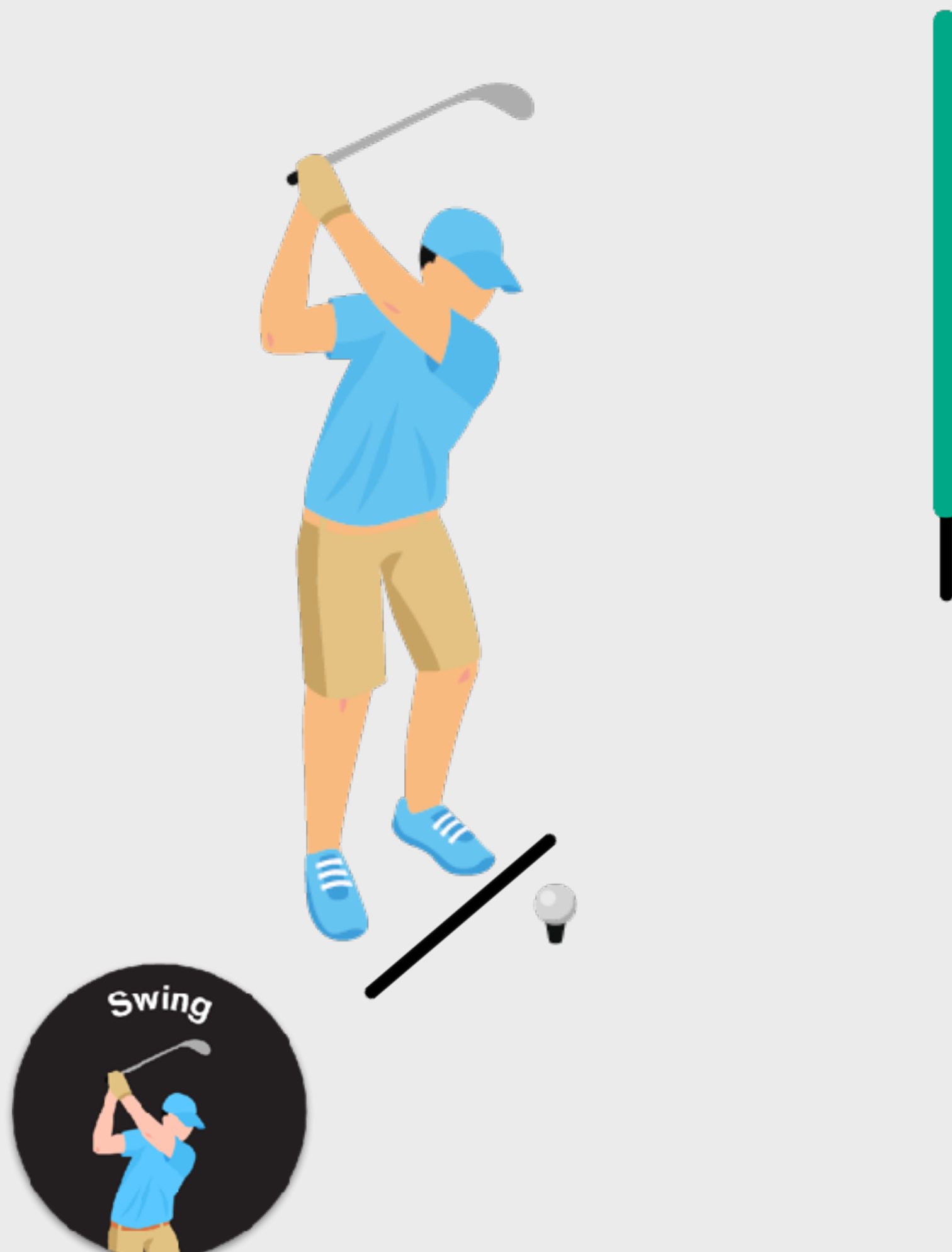
- Alignment Stick
- Foam Noodle

How to Play

- The learner addresses the ball in the same way each time, aided by the alignment stick which points directly at the foam noodle
- The learner should then attempt to hit the ball alternately left of the noodle, and then right of the noodle by changing the direction of the swing and the path of the club head
- The learner should try to build an awareness of how they control the club by swinging it in different directions

Progression Ideas

- Challenge the learner to deliberately hit the ball left, then right then dead straight to hit the noodle
- If the learner struggles with one direction more than the other encourage them to practice that one more



Stepping Drill



Equipment Needed

- 7 Iron or Driver

How to Practice

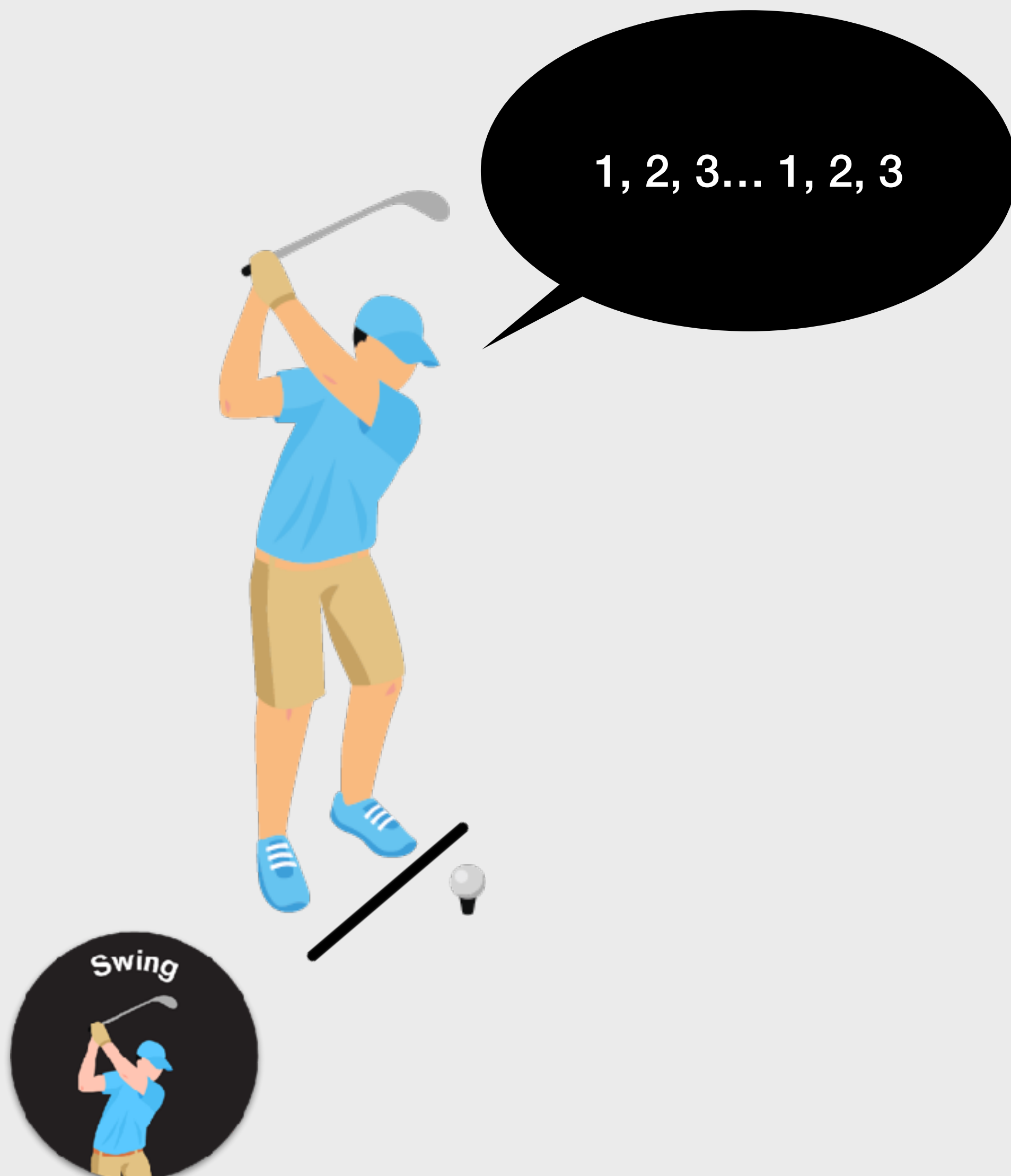
- The learner should practice by swinging up to the top of their swing and as the club is reaching the top of the swing, step forward and swing the club
- Once the learner achieves the coordination required to step and swing they can attempt the challenge with a ball and see if they can make contact
- Encourage learners to start with small, slower swings with this challenge and work up to fuller swings once confident in the movement

Technical Link

- This activity will help the learner to build an awareness of using movement to generate speed



1, 2, 3... 1, 2, 3



Equipment Needed

- Driving range
- Fairway wood
- Golf balls

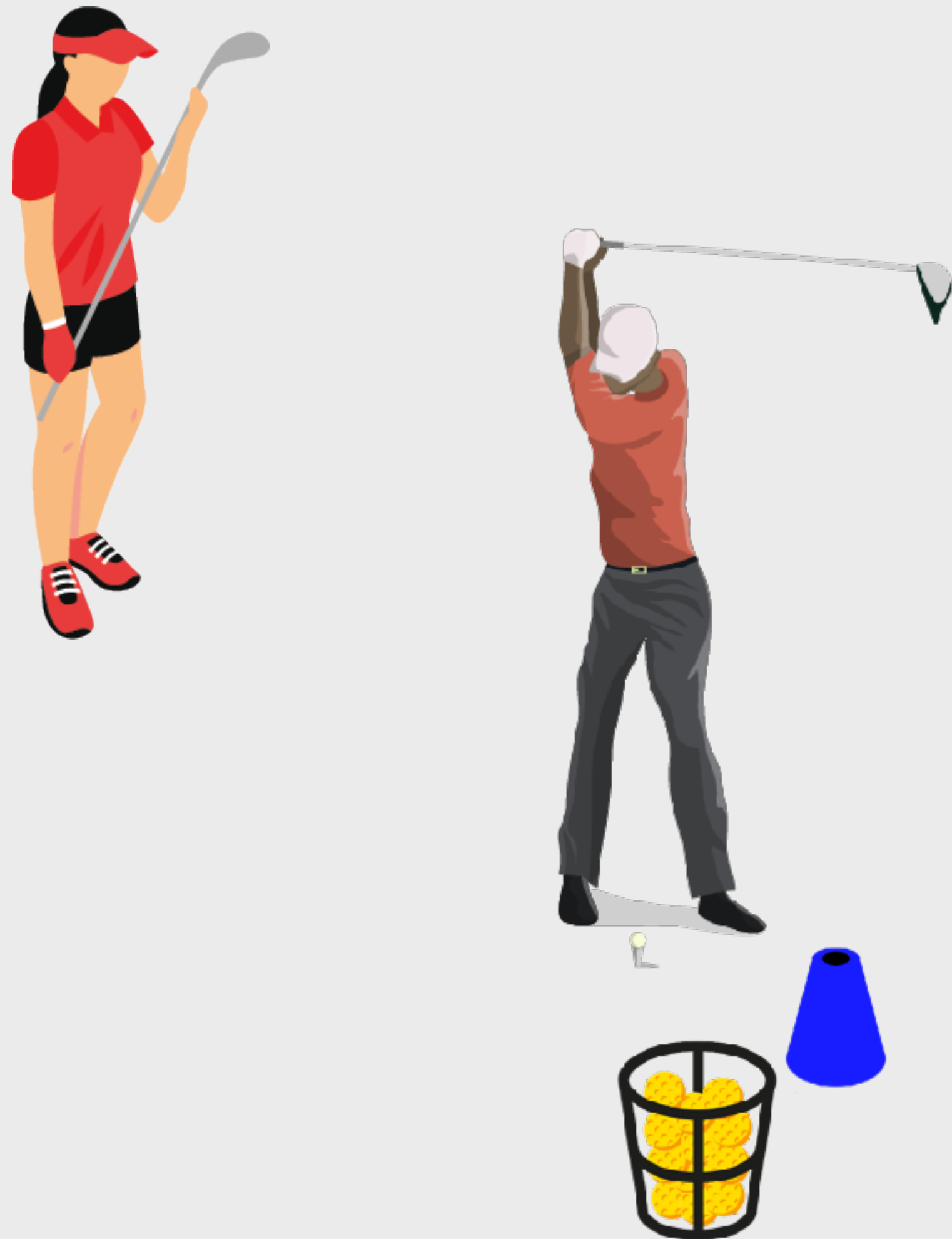
How to Practice

- Learners should understand the importance of rhythm and tempo in their golf swing
- Demonstrate the importance of maintaining a consistent swing speed
- This consistent swing speed and rhythm will develop consistency of strike and ultimately more consistent shots

Technical Link

- Allow the learners to quicken and slow their swing speed and rhythm and see the changes in consistency of strike and shot

C.O.P.Y me



Equipment Needed

- Driver
- Tees
- Balls

How to Play

- The learners should take it in turns to choose a shot type for their partner to replicate, such as a draw, fade, stinger , etc.
- If the learner cannot produce the shot themselves they receive a letter “C”
- If their partner does not manage to replicate the intended shot they receive a letter “C”
- The game continues until one learner has completed the word “COPY” then they lose

Progression Ideas

- Make it target based as well
- Tighten the proximity of the targets



• **Lost Ball and Out of Bounds:**

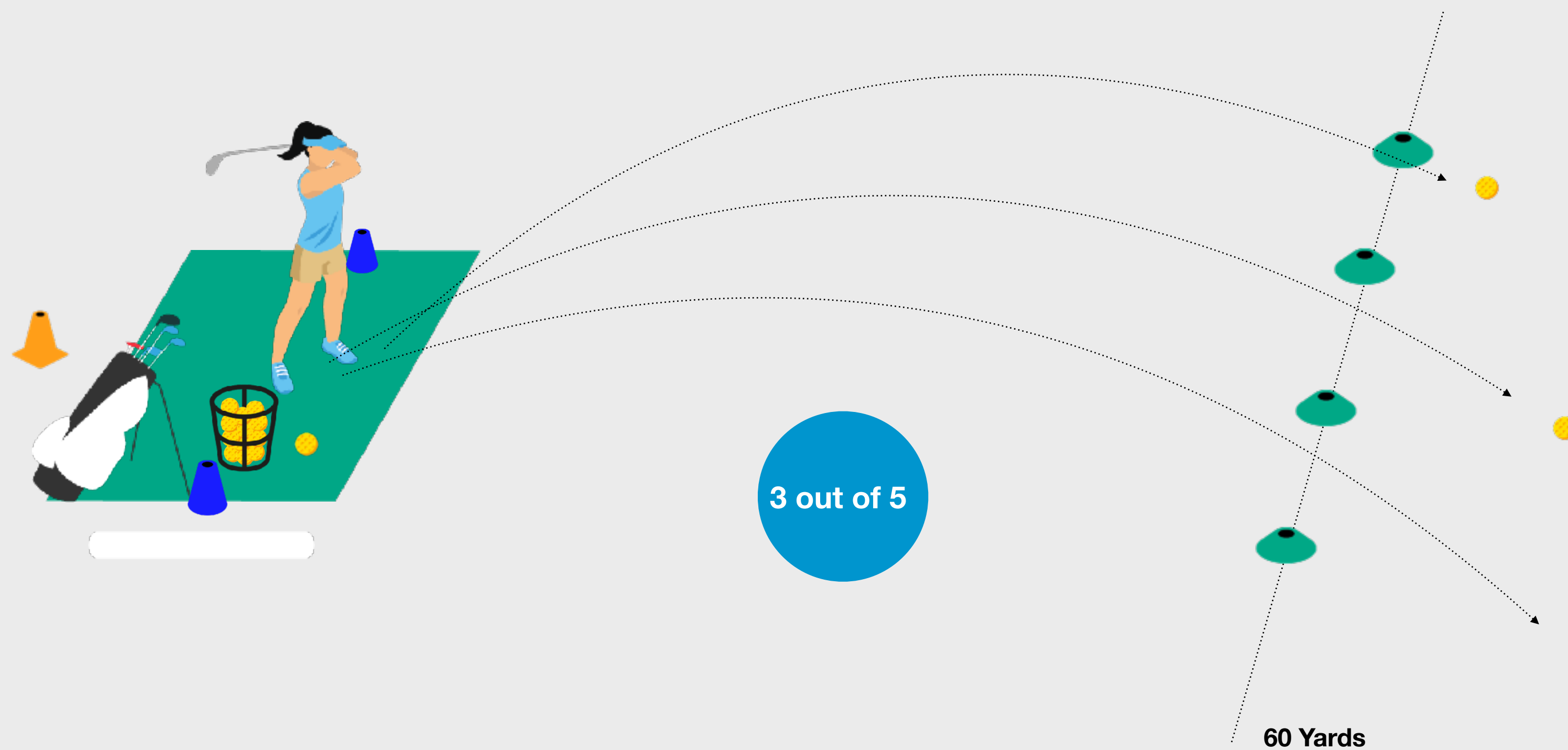
- Explain to the learners about what happens if they have lost their ball and about the boundaries of the golf course. Things to consider;
- What to do when the ball leaves the property?
- How long can they look for their ball?
- Do they need to play another ball?
- Which formats require which action?

• **In Swing Thoughts:**



- Highlight to learners that as they are starting out they will have many thoughts running through their heads. Tips they have heard from you, other learners, and more experienced golfers.
- Provide some reassurance to learners that they are not expected to remember all the tips provided to them, in fact it is more preferable to think about just one or two things whilst practicing and playing until they become automatic.
- Learners should understand why a poor shot has happened, but not have to think of a new thought each swing in order to fix it!

Hybrid/Fairway Wood 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 60 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

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



Hybrid/Fairway Wood Challenge

	Yardages	Target Gate
Hybrid/Fairway Wood Distances <i>(Where the ball comes to rest)</i>	100	20 yard wide target gate
	125	25 yard wide target gate
	150	30 yard wide target gate
	175	35 yard wide target gate



The Challenge

To complete the Step 3 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots to travel through and come to rest between the target gate at the learners approximate fairway wood total distance (minimum of 100 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

