

# Practice On the Green General



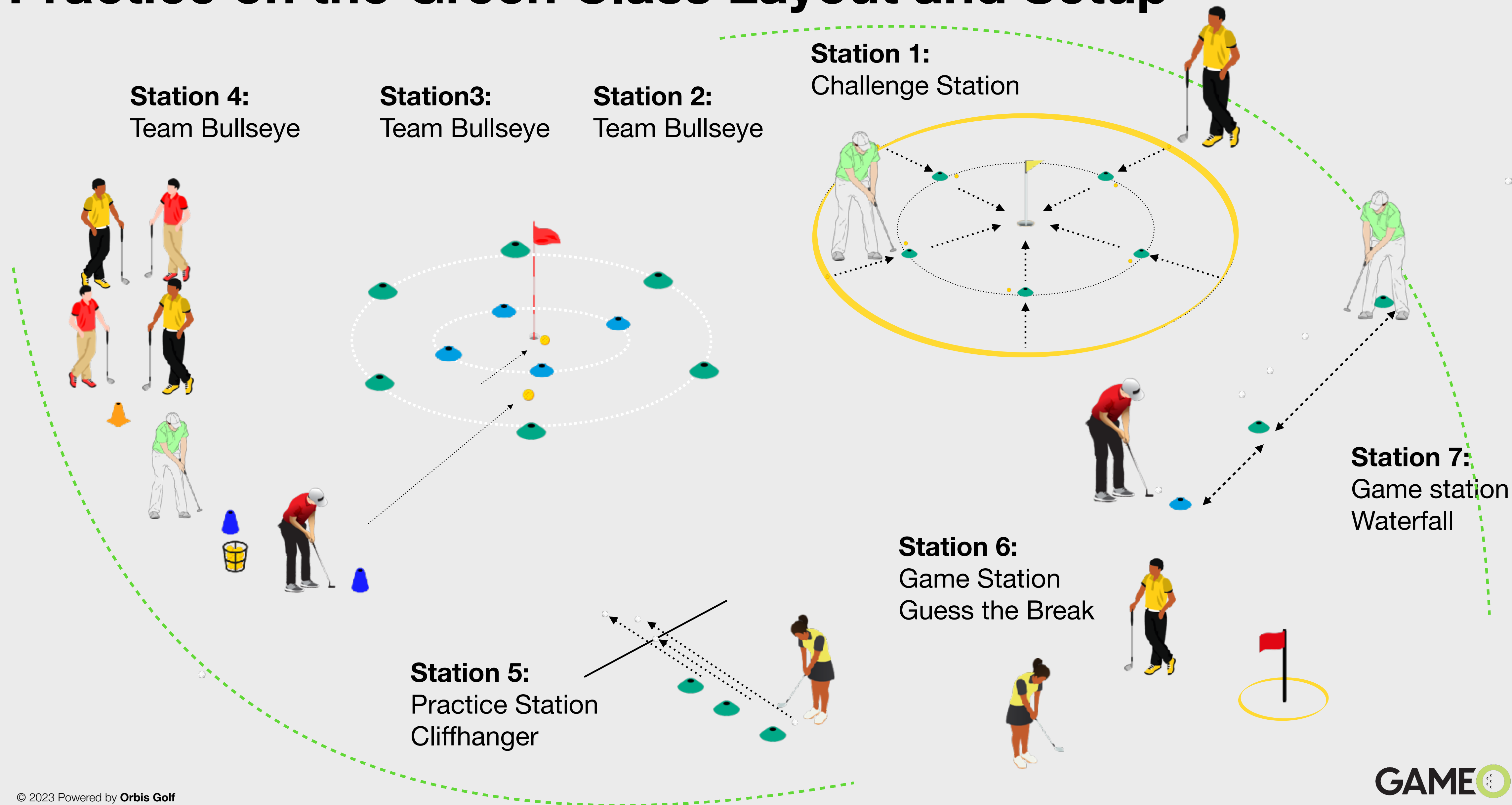
**GAMEON**

# Class Timetable

<b>Session Length:</b> 60mins	<b>Group Size:</b> 1:12	<b>Mastering the Game Focus:</b> <b>On the Green</b> General	<b>Whole Golfer Focus:</b> <b>Mind</b> Hydration... Why is it important?	<b>Learning the Game Topic:</b> Rules and Etiquette	<b>Learning the Game Focus</b> Where to leave your bag	<b>Mastering the Game Challenge:</b> Short Putts Long Putts Scoring
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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 putting.</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>Hydration... Why is it important?</li> </ul>
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Split the group into two groups, one group does the team game and the other rotate on remaining stations</li> <li>Split the learners in team group into 2 teams</li> <li>Opportunity for private coaching</li> <li>Allow learners to choose from the challenges. Not required to complete all challenges</li> <li>Develop social connections and allow for self-discovery and guided learning</li> </ul>	<ul style="list-style-type: none"> <li>Team Bullseye</li> <li>Waterfall</li> <li>Guess the Break</li> <li>Cliffhanger</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>Where to leave your bag</li> </ul>
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Play the games individually or in pairs</li> <li>Split the learners into 2 teams for team game</li> <li>Opportunity for private coaching</li> <li>Allow learners to choose from the challenges. Not required to complete all challenges</li> <li>Develop social connections and allow for self-discovery and guided learning</li> </ul>	<ul style="list-style-type: none"> <li>Team Bullseye</li> <li>Waterfall</li> <li>Guess the Break</li> <li>Cliffhanger</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 on the Green Class Layout and Setup



# Waterfall

## Equipment Needed

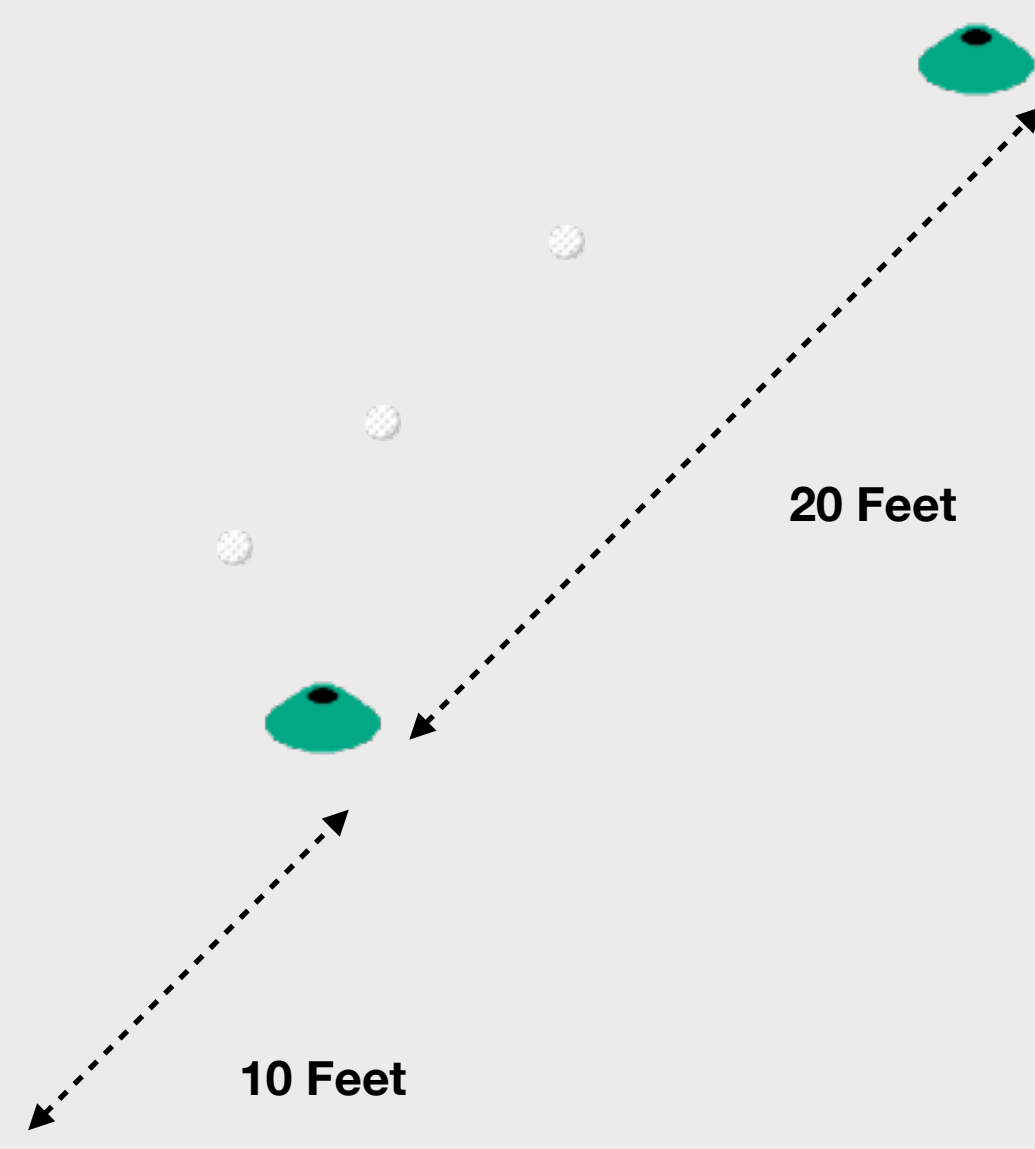
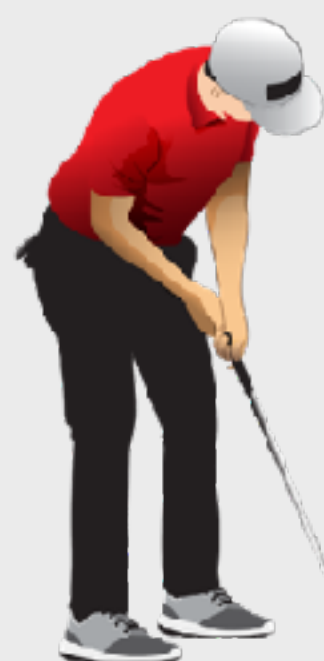
- Cones
- Putter
- Golf balls

## How to Play

- Set this activity up with the cones 10 feet and 30 feet away
- The aim of the game is to get as many balls between the cones as possible
- The learner always starts from the blue cone and should attempt to putt their first ball just past the first cone, 10 feet away
- If successful the learner then attempts to putt their second ball just past their first ball but not too far as this would reduce the space they have to aim for their next ball
- The learner continues until either they fail to get their ball past their previous attempt, or they putt it past the furthest cone
- Their partner then does the same and the player with the most balls within the cones is the winner.

## Technical Link

- This activity will help the learner to improve their distance control, as it requires a small, incremental difference in each putt



# Guess the Break

## Equipment Needed

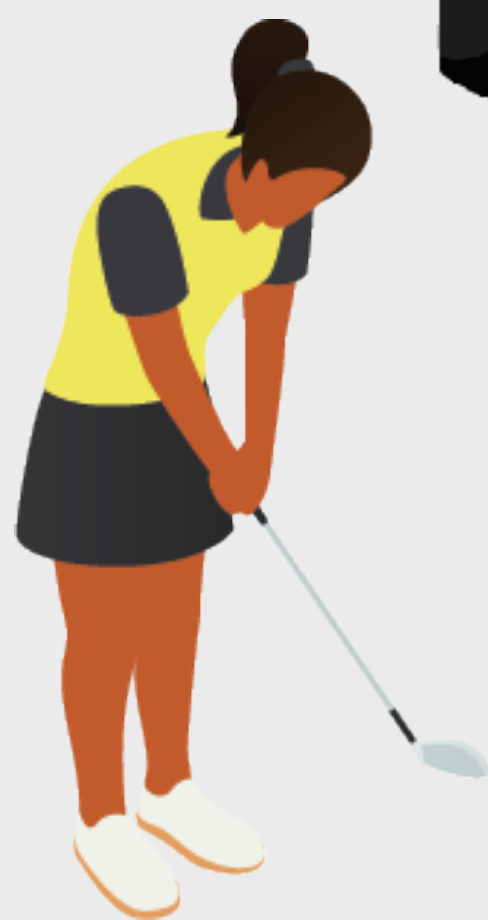
- A coin or ball marker

## How to Play

- A learner predicts the half-way point of the putt
- The purpose is to note how the slope changes around the hole and therefore the learner needs to adapt where they are aiming
- We suggest framing this as an opportunity to learn the slope on a green, although it can be played competitively, seeing how many putts each learner can hole
- This game can be played individually, in pairs or small groups

## Progression Ideas

- Play on a more severely sloped surface
- Introduce a competitive element
- Increase or decrease the length of the putts



# Cliffhanger

## Equipment Needed

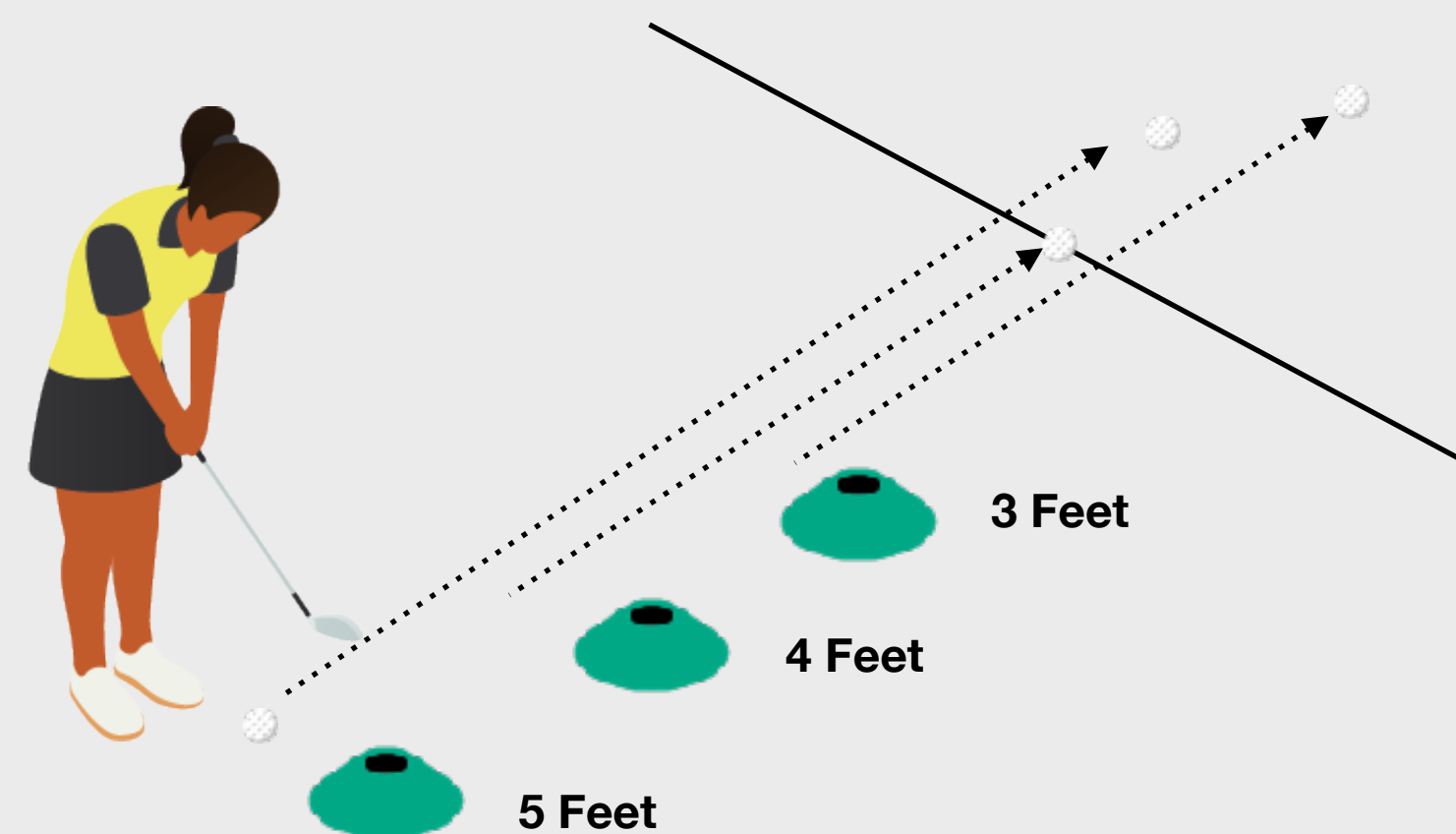
- Putter
- Cones
- Target line (string, alignment stick)
- Golf balls

## How to Practice

- Learners should part from the three different start points
- Randomise the cone that the learner starts from
- The learner is trying to pop the ball as close to the line as they can without going over it
- They can play against other learners and the ball that is closest to the line without going over it is the winner. Award minus points for parts that go over the line

## Technical Link

- This activity will help the learner to improve their distance control on short putting
- Explain to the learner that the weight of a short putt is very important and that having the correct weight of putt makes the hole bigger



# Team Bullseye

## Equipment Needed

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

## How to play the game

- Challenge the learners to putt 3 shots each rotating within their teams of 3
- 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
- The team with the most points at the end of the game wins

## Technical Link

- Explain to the learners how distance control and accuracy can lead to easier second putts on the green and lower scores on the course





## • Rules and Etiquette - Where to leave your bag

- Make sure learners understand where to leave their bag as they approach the green, so that once the hole is completed they can collect their bag and move the next hole without holding up the group behind them.
- This logic applies for carrying a bag, or driving a cart, and is a habit that the learners should adopt early on to improve the experience for everyone on the course.

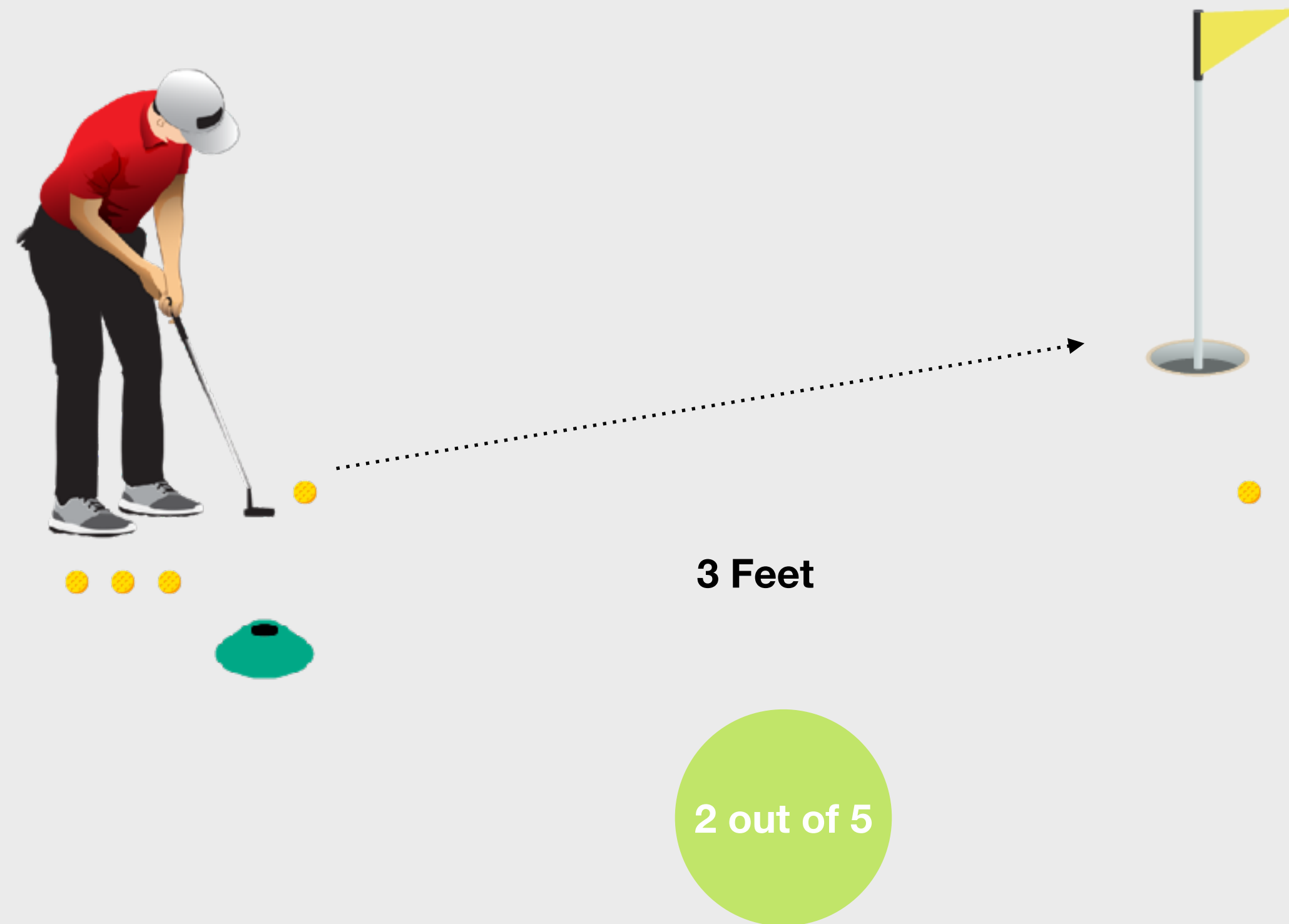


## • Hydration... Why is it important?

- Introduce learners to the importance of staying hydrated during a round of golf.
- What are the side effects of dehydration and how can that effect performance?
- What are other contributing factors to stamina levels throughout a round of golf?
- Symptoms of dehydration that can effect your golf include; headache, dizziness or lightheadedness and low blood pressure.



# Short Putts Challenge



## The Challenge

To complete the Step 1 Challenge the learner needs to putt 2/ 5 balls in the hole from 3 feet on a flat green surface from one position around the hole.

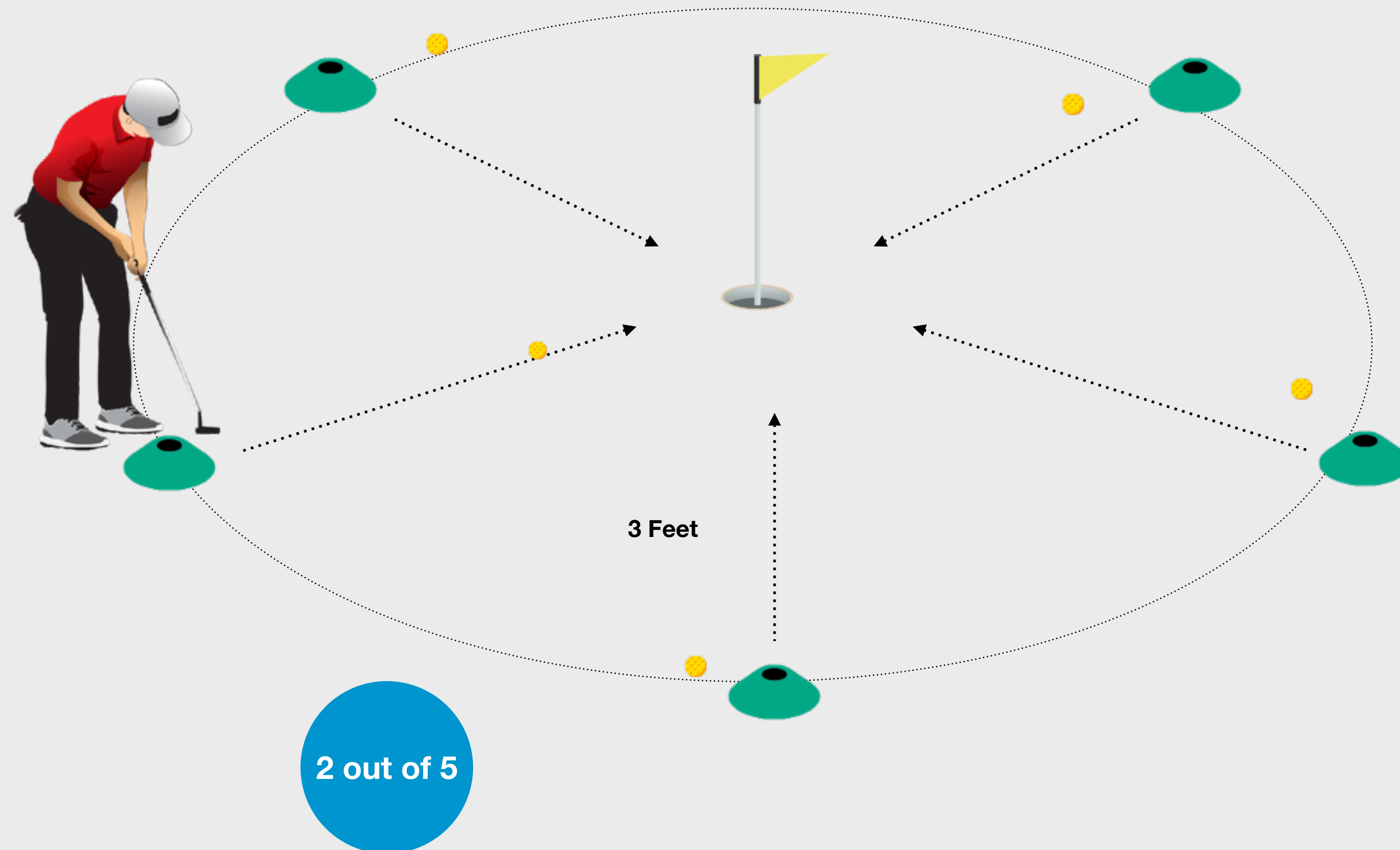
## What should the Learner do next?

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



# Short Putts Challenge



## The Challenge

To complete the Step 2 Challenge the learner needs to hole 2 out of 5 putts from a distance of 3 feet from 5 different positions around the hole.

## What should the Learner do next?

- Log in to the GLF.Connect App
- If they complete the challenge, mark it as complete in the Challenge Section

# Long Putts Challenge



## The Challenge

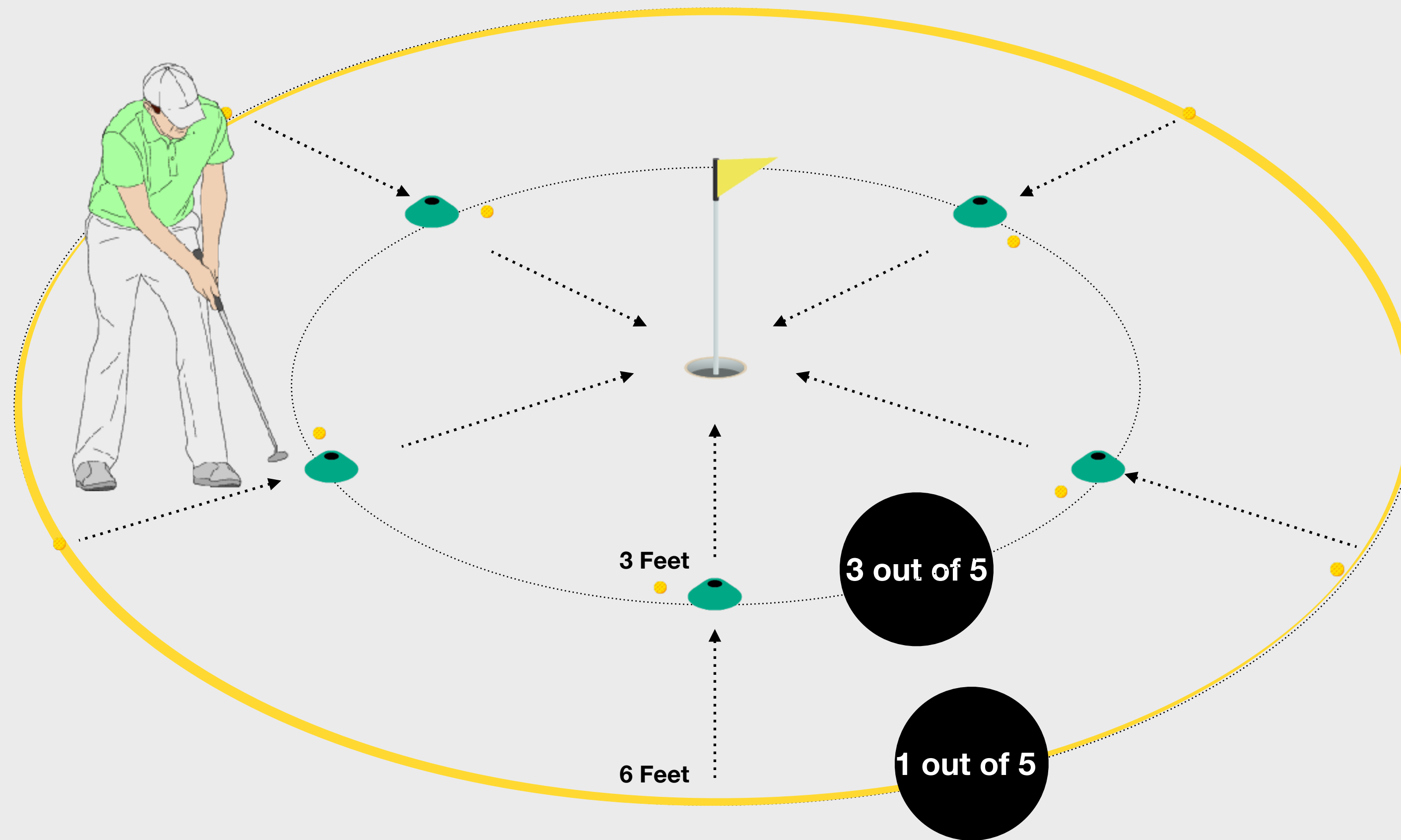
To complete the Step 2 Challenge within the Long Putts skill element, the Learner has 5 attempts to putt 4 ball to within a 6 foot diameter circle around the hole from a 10 feet from the hole and 2 balls from a distance of 20 feet from the hole.

## What should the Learner do next?

- Log their score on the GLF.Connect App
- If they complete the challenge, mark it as complete in the Challenge Section



# Short Putts Challenge



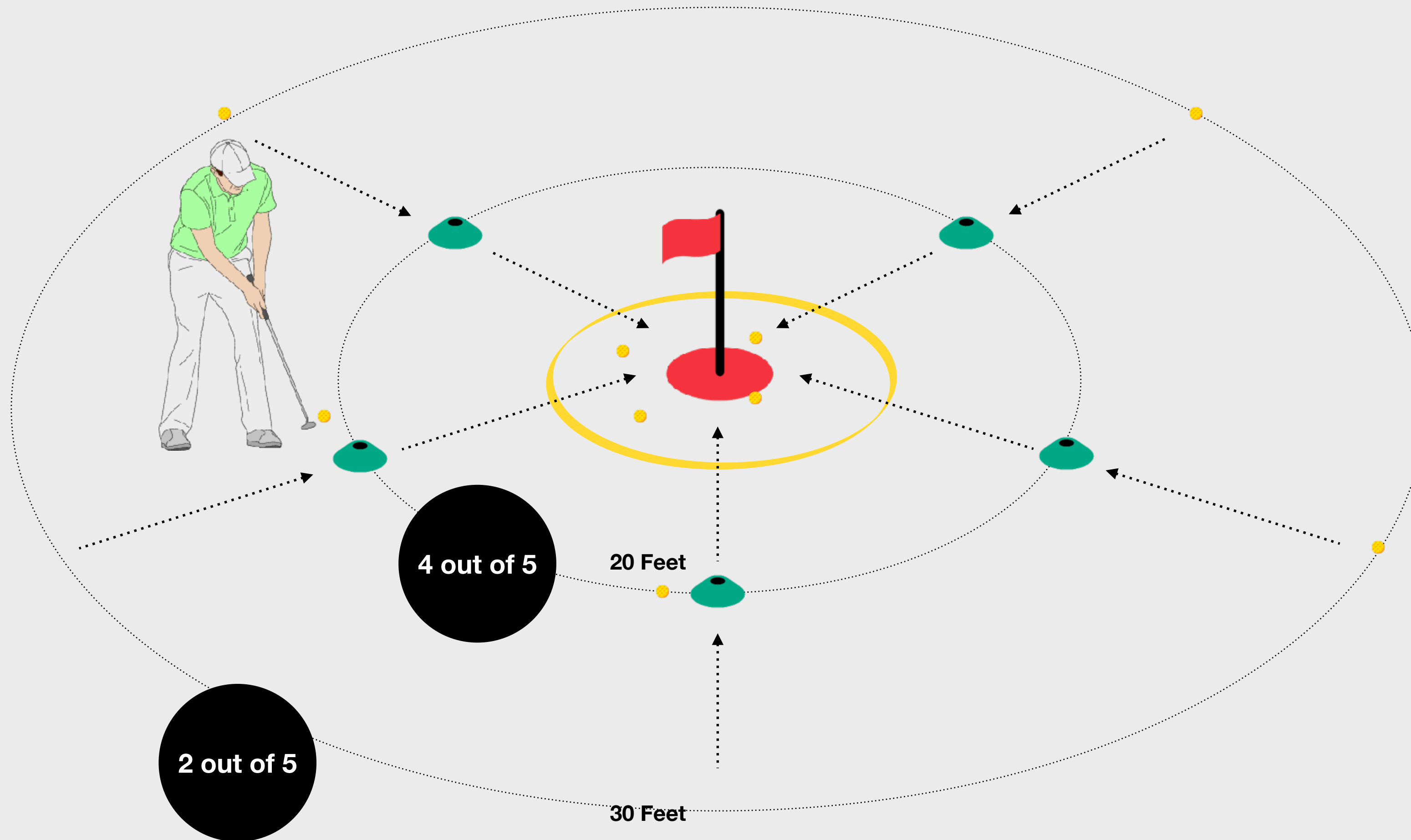
## The Challenge

To complete the Step 3 Challenge the learner needs to hole 3 out of 5 putts from a distance of 3 feet and and 1 out of 5 putts from 6 feet from 5 different positions around the hole.

## What should the Learner do next?

- Log in to the GLF.Connect App
- If they complete the challenge, mark it as complete in the Challenge Section

# Long Putts Challenge



## The Challenge

To complete the Step 3 Challenge within the Long Putts skill element, the learner needs to putt 4 balls from a distance of 20 feet and 2 balls from a distance of 30 feet to within a 6 foot diameter circle around the hole. One putt should be attempted for each position around the hole.

## What should the Learner do next?

- Log their score on the GLF.Connect App
- If they complete the challenge, mark it as complete in the Challenge Section

