

# Scoring University

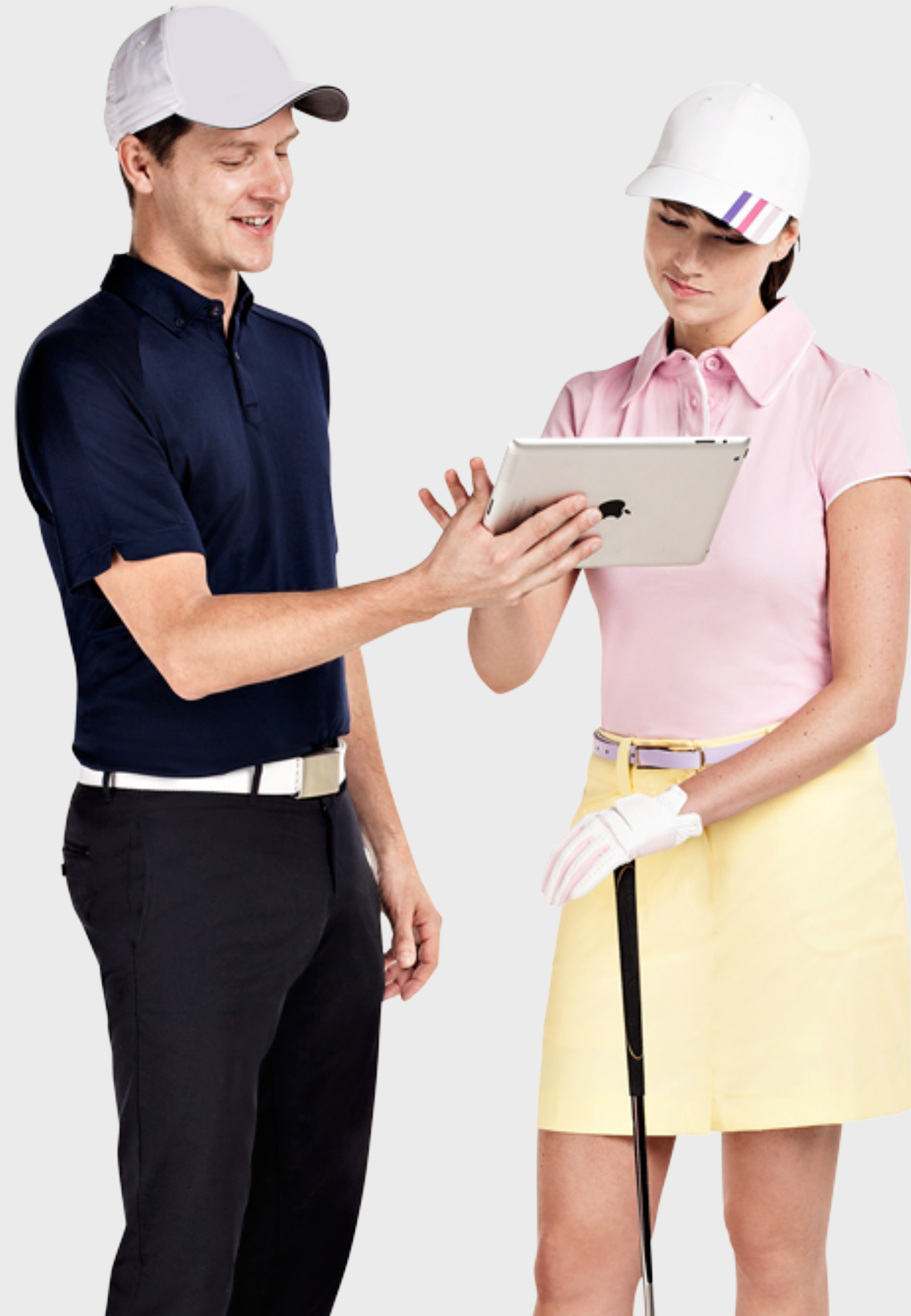
BREAK  
100



## Hybrid and Fairway Woods

# Contents

- 3 **Class Timetable**
- 6 **Class Objectives and Setup**
- 10 **Practice Stations and Game Cards**
- 16 **Scoring Skills Challenges**



# Session Timetable

4 Scoring University Break 75 - Swing

## Class Timetable

Session Length: 90 Mins | Group Size: 1:8 | Session Focus: Break 75 Swing | Topic: Driver

Technical Focus: Shot Shaping, Developing a Stock Shot | Scoring Challenge: Driver

Time	Focus	Class Content	Games / Drill	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 scoring challenges for the specific class</li> <li>Be ready to welcome participants 5 minutes before the session starts</li> </ul>	Class Layout and Setup	
5 mins	Introduction	<ul style="list-style-type: none"> <li>Outline the break 75 program to the students and the structure and format of the challenges week</li> <li>Introduce the students to the various scoring challenges, and how this will map out their strengths and weaknesses</li> </ul>		
25 mins	Practice Stations Shot Shaping and Stock Shot	<ul style="list-style-type: none"> <li>Students play the practice stations individually, in pairs or in groups</li> <li>Opportunity to provide private coaching to those attending</li> <li>Introduce and reinforce the technical focus points along with reasons for implementing them</li> </ul>		<ul style="list-style-type: none"> <li>X's &amp; O's</li> <li>Stocking up the shot</li> </ul>
25 mins	Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> <li>Outline to the students how to control the shot shape of the shot with the Driver</li> <li>Demonstrate to the student, how the combination of path and face will influence their shot shape</li> </ul>		<ul style="list-style-type: none"> <li>Draw it in</li> <li>Fade it in</li> </ul>
25 mins	Driver Challenge	<ul style="list-style-type: none"> <li>Set up the Driver Challenge and allow students to attempt this to see if they can achieve the Break 75 challenge</li> </ul>		<ul style="list-style-type: none"> <li>Driver Challenge</li> </ul>
10 mins	Media on GLF Connect	<ul style="list-style-type: none"> <li>Add any lesson media to the student's Student Connect area which may include notes, videos and documents.</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 students and build relationships.</li> <li>Ensure everyone is aware of the next next skills series date</li> <li>Opportunity to upsell private lessons to those that require additional help</li> </ul>		<ul style="list-style-type: none"> <li>GLF Connect App</li> <li>GLF Connect App</li> </ul>

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# Class Timetable

**Session Length:**  
90 Mins

**Group Size:**  
1:8

**Session Focus:**  
Break 100  
Swing

**Topic:**  
Hybrids and Fairway Woods

**Technical Focus**  
Set Up  
Understanding Strike

**Scoring Challenge**  
Hybrids and Fairway Woods

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 scoring challenges for the specific class</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>
5 mins	Introduction	<ul style="list-style-type: none"> <li>Outline to the students the break 100 program and the structure and format of the week</li> <li>Introduce the students to the various scoring challenges, and how this will map out their strengths and weaknesses</li> </ul>	
25 mins	Set Up Fundamentals Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> <li>Students play the practice stations individually, in pairs or in groups</li> <li>Opportunity to provide private coaching to those attending</li> <li>Introduce and reinforce the technical focus points along with reasons for implementing them</li> </ul>	<ul style="list-style-type: none"> <li>Face Contact</li> <li>Shoulder Plane</li> <li>Ball Position</li> </ul>
25 mins	Understanding Strike Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> <li>Outline to the students how to control the start line of the shot with the Hybrid and Fairway Wood</li> <li>Demonstrate to the student, how the combination of path and face will influence the direction of the shot</li> </ul>	<ul style="list-style-type: none"> <li>Start Line</li> <li>Rotation</li> </ul>
25 mins	Hybrid and Fairway Wood Challenge	<ul style="list-style-type: none"> <li>Set up the Hybrid and Fairway Wood Challenge and allow students to attempt this to see if they can achieve the Break 100 challenge</li> <li>Use the challenge scorecard to record the outcome of each attempt</li> </ul>	<ul style="list-style-type: none"> <li>Hybrid and Fairway Wood Challenge</li> <li>Challenge Scorecard</li> </ul>
10 mins	Media on GLF. Connect	<ul style="list-style-type: none"> <li>Add any lesson media to the student's Student Connect area which may include notes, videos and documents</li> <li>Ask Students to update the GLF. Connect App if they have successfully completed a challenge across the scoring goals</li> </ul>	<ul style="list-style-type: none"> <li>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 students and build relationships</li> <li>Ensure everyone is aware of the next Scoring University themed class or challenge club class date</li> <li>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>

# Technical Guidance

The technical guidance we are prescribing is to be delivered as you see fit, you should use your experience, preferences and be sure to link your technical advice to how this will help students to improve the key skill of putting. Some of technical content you may want to explore in this session may include:

- **Hybrid and Fairway Wood Set Up** - Introduce some basic setup changes which may include:
  - Discuss how the students should set up for a hybrid or fairway wood shot
  - Outline to the students, how the set up a alter change when changing between hybrid and fairway woods
  - Focus the students on their weight distribution when hitting from a tee or fairway grass
- **Understanding Strike** - Introduce some basic strike principles which may include:
  - Discuss how the attack angle will change depending on the lie of the golf ball
  - Demonstrate to the students how the attack angle on strike will differ when hitting from a tee peg or from the fairway
  - Outline to the students, how the design of their golf club, and the leading edge of a hybrid of fairway wood, would affect their strike and ability to hit from tight lies



**Keep your technical instruction to less than 5 minutes to allow maximum time for play, practice, and for you to reinforce key skills through individual tuition. Encourage the use of different clubs for practice and exploration of skills through discovery and game-based learning.**

# Objectives and Setup

9 Scoring University *Break 75 - Swing*

## Driver Challenge Setup

Minimum Distance Markers

30 Yards

30 Yards

Equipment Needed

- Orange safety cone
- 1x Marker cones
- Colored Cones
- 4x Alignment Sticks
- 4x Foam Noodles

Setting out the Challenge

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Use the cones to mark out the carry distance lines or use features on the outfield
- Alignment sticks with foam noodles should be used to measure the gate 30 yards wide
- Set out all the markers to enable every student to attempt their challenge for their score

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SCORING UNIVERSITY  
CLAIM YOUR GAME

# Example Class Layout and Setup

**Group Discussion:**  
Start, during and end  
of class



**Station 1:**  
Practice Station  
Face Contact

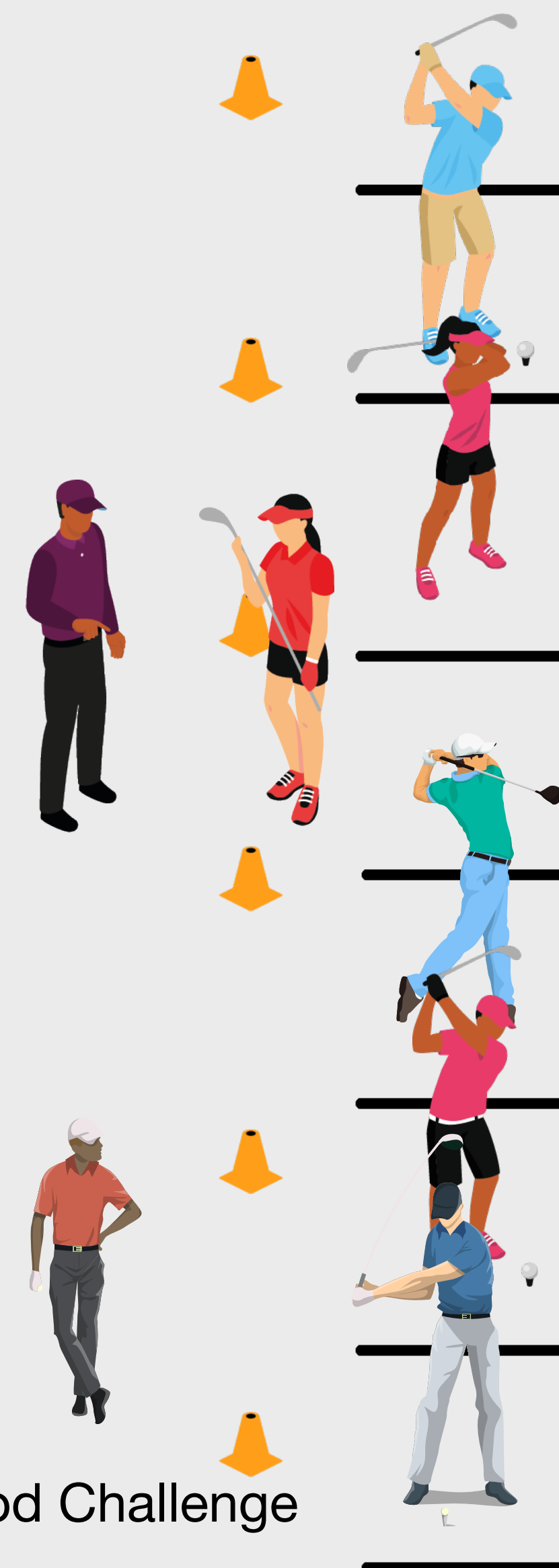
**Station 2:**  
Practice Station  
Shoulder Plane

**Station 3:**  
Practice Station  
Ball Position

**Station 4:**  
Practice Station  
Start Line

**Station 5:**  
Practice Station  
Rotation

**Station 6:**  
Challenge Station  
Hybrid and Fairway Wood Challenge

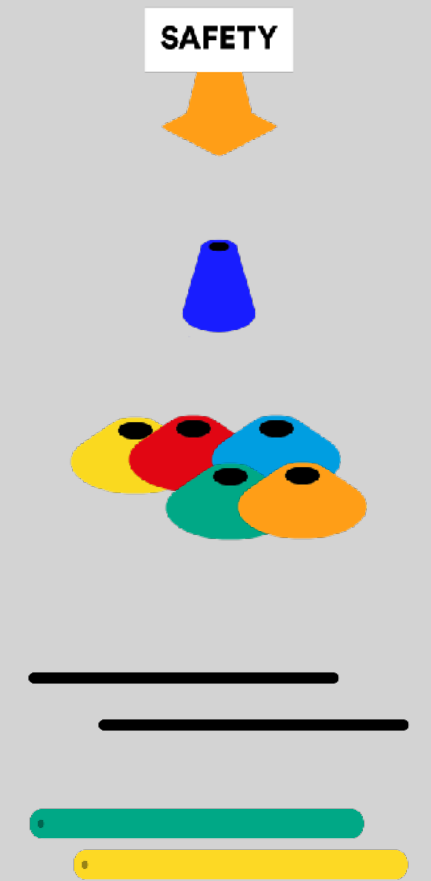


# Fairway Wood Challenge Setup



## Equipment Needed

- Orange safety cone
- 1x Marker cones
- Colored Cones
- 4x Alignment Sticks
- 4x Foam Noodles



## Setting out the Challenge

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Use the cones to mark out the carry distance lines or use features on the outfield
- Alignment sticks with foam noodles should be used to measure the gate 30 yards wide
- Set out all the markers to enable every student to attempt their challenge for their scoring goal



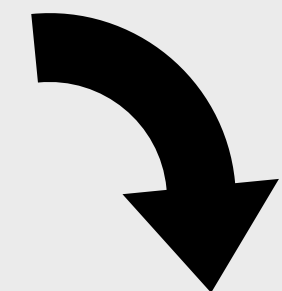
# TRACKMAN Integration

Several of the games and challenges can be enhanced with the integration of a Trackman 4 radar. On the relevant slides you will see a Trackman sticker with the suggested data to enhance the challenge and the feedback to the customer. See below a summary of the key data Trackman 4 will produce.

## Swing

<p><b>Club Speed</b></p> <p>The linear speed of the club head's center just prior to first contact with the golf ball</p>	<p><b>Attack Angle</b></p> <p>The up or down movement of the club head of contact between the club and ball</p>	<p><b>Launch Angle</b></p> <p>The vertical angle the golf ball takes off at relative to the horizon</p>	<p><b>Club path</b></p> <p>The in-to-out or out-to-in movement of the club head</p>	<p><b>Ball Speed</b></p> <p>The speed of the golf ball's center of gravity at impact</p>	<p><b>Carry</b></p> <p>The straight-line distance between where the golf ball was launched from and where it lands</p>
<p><b>Face Angle</b></p> <p>The direction the club face is pointing at the point of contact between the club and ball</p>	<p><b>Face to Path</b></p> <p>The angle difference between the reported face angle and club path</p>	<p><b>Low Point</b></p> <p>Distance from the club head to the lowest point on the swing arc at the time impact</p>	<p><b>Launch Direction</b></p> <p>The horizontal angle the golf ball takes off at relative to the target line</p>	<p><b>Side</b></p> <p>The perpendicular distance between the target line and where the ball crosses a point</p>	<p><b>Total</b></p> <p>The straight-line distance between where the golf ball was launched from and its resting position.</p>

Keep an eye out for the Trackman Sticker on the game or challenge cards



**TRACKMAN**

Use the 'TOTAL', 'CARRY' and 'SIDE' features to enhance the students experience and give some additional feedback.

# Practice and Games Cards



# Face Contact



## TRACKMAN

Use the 'FACE CONTACT' features to enhance the students experience and give some additional feedback.



## Equipment Needed

- Impact Tape
- Fairway Wood

## How to Play

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

# Shoulder Plane



## Equipment Needed

- Alignment Stick
- Foam Noodle
- Hybrid
- Golf balls

## How to Practice

- Following on from previous weeks, learning about posture in the golf swing, the students will benefit from learning about shoulder plane
- The student should use the alignment stick by placing it across their shoulders, getting into posture and rotating so that the point of the alignment stick points roughly towards the ball
- Another alignment stick and noodle can be placed at an angle along the ball to target line so that when the student is swinging they can practice with the visual and physical guide in place

## Technical Link

- This activity will help the student to strike the ball more consistently and improve their swing path

# Ball Position



## Equipment Needed

- Alignment Stick
- Hybrid, 7 Iron and wedge
- Golf Balls

## How to Practice

- Students should understand that the ball position changes slightly depending on which clubs they use
- Use the alignment stick to mark the centre of the student's stance
- The student should experiment with a centered ball position for a wedge, an inch further forward for a 7 iron and an inch further forward still for the hybrid
- Make sure you highlight how important striking the ground in the appropriate place will ensure good contact, just having an improved ball position does not guarantee good contact

## Technical Link

- Understanding this means students will practice appropriately and strike the ball more consistently

# Start Line



## TRACKMAN

Use the 'LAUNCH DIRECTION' feature to enhance the students experience and give some additional feedback.



## Equipment Needed

- Tees
- Fairway Wood
- Golf Balls

## How to Practice

- Students should place an alignment stick on the ball to target line, approximately 1 yard ahead of where the ball is teed up
- The student will then have a better perspective of what a straight start line is from their address position
- The student should experiment with what it feels like to start the ball to the right and to the left of the ball to target line in order to build awareness

## Technical Link

- This activity will help the student to understand how their perception relates to what is actually happening as they take aim
- This activity will help students to gain a deeper understanding of how to achieve the correct start line

# Rotation



## Equipment Needed

- Hoop
- Alignment Stick
- Hybrid / Fairway Woods
- Golf Balls

## How to Practice

- Students should understand that the golf club swings on circle around the golfer, and only touches the ball to target line on the few inches through impact, and that this is referred to as the path of the club head
- Use the alignment stick to demonstrate the ball to target line, and the hoop to represent the club head's movement around the golfer
- The student should experiment with what it feels like to swing the club straight back and through along the target line, and then to swing the club round on an arc and how much more effective it is this way

## Technical Link

- Understanding this means students will practice the rotation that is required to make a powerful, controlled golf swing

# Hybrid and Fairway Wood Challenge





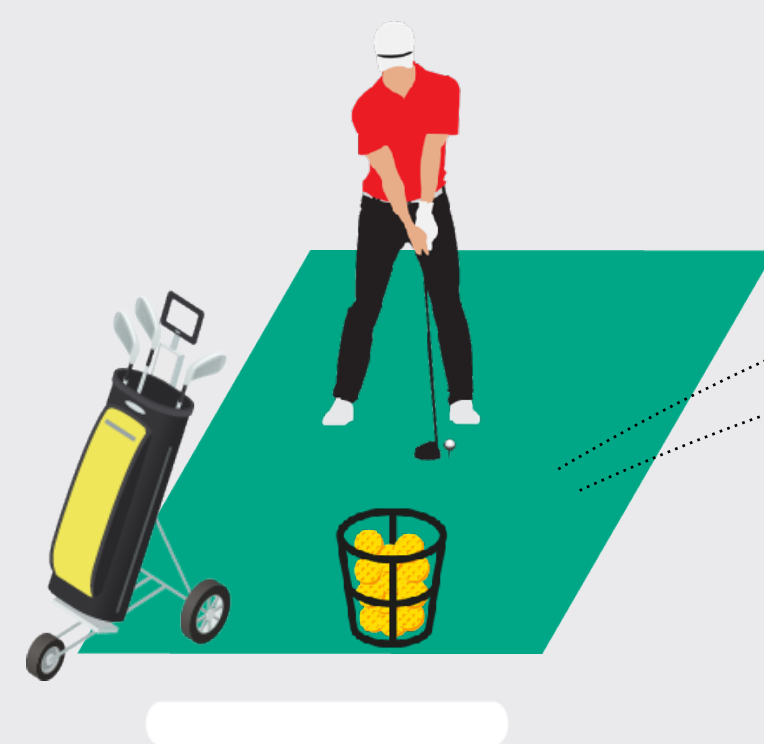
# Fairway Wood Challenge

## TRACKMAN

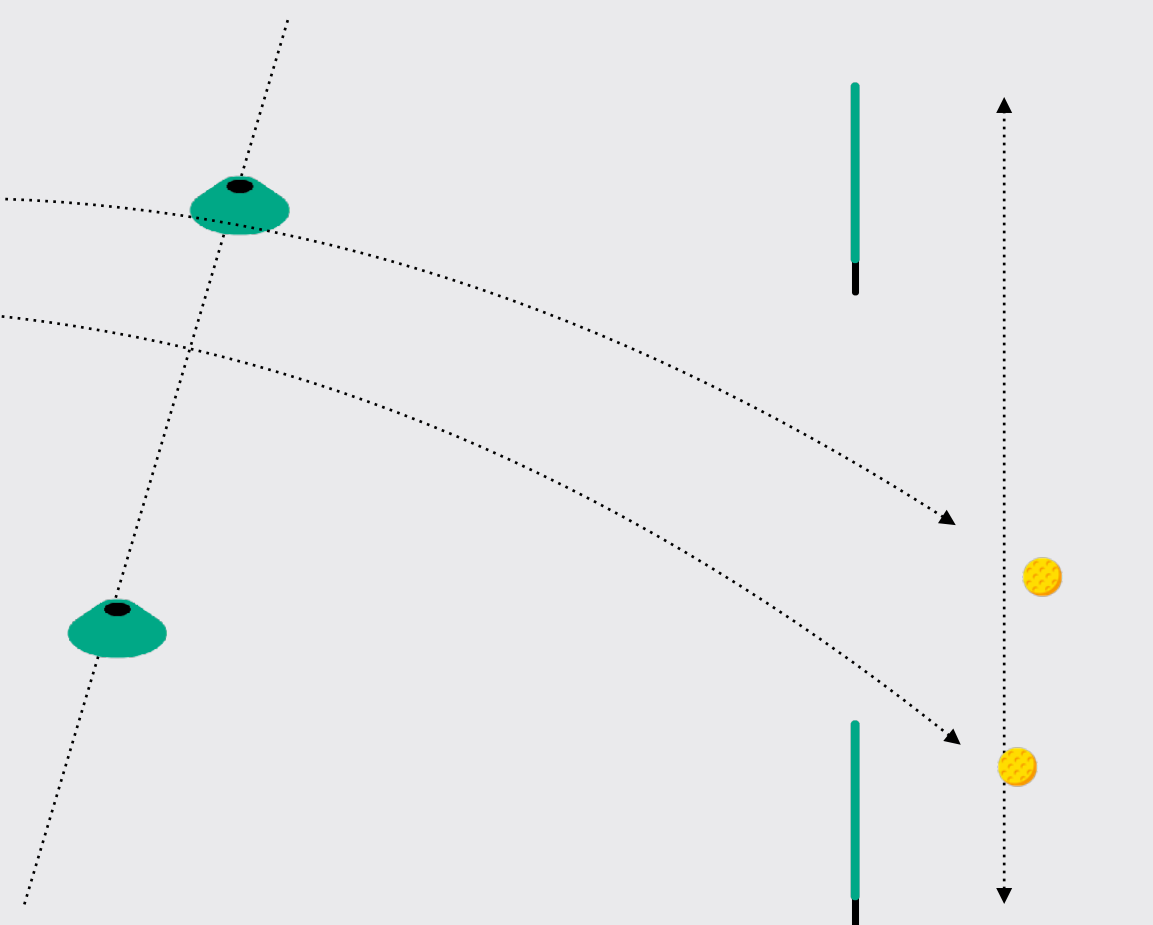
Use the 'TOTAL', 'CARRY' and 'SIDE' features to provide accurate measurement

Select the Appropriate Minimum Distance for your chosen Course Length

Course Length	Minimum Distance
< 4500 Yards	105
4500 -5500 Yards	140
5500 -6500 Yards	160
> 6500 Yards	190



Minimum Distance Markers



30 Yard Wide Target Gate

## Attempting the Challenge

- Students should select the minimum distance based on their home club course length from the table opposite
- Next, attempt to hit each shot to finish within the target gate and for each shot and note the total distance of each shot relative to the distance markers
- Record the result of each attempt on the Challenge Scorecard

## The Challenge

- Hit the number of required shots through the 30 yard wide target gate using a Fairway Wood/Hybrid. The student has a total of 10 attempts

- **2/ 10 shots between a target gate**

## What to do Next:

- On the GLF. Connect App, the student should mark the challenge as complete for scoring goal they complete to achieve their virtual reward

