

# Scoring University

BREAK  
75

# Irons

SCORING  
UNIVERSITY  
CLAIM YOUR GAME

# Contents

- 3 **Class Timetable**
- 7 **Class Objectives and Setup**
- 10 **Practice Stations and Game Cards**
- 15 **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>		
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>X's &amp; O's</li> <li>Stocking up the shot</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>Draw it in</li> <li>Fade it in</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>	Driver Challenge	
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 75  
Swing

**Topic:**  
Irons

**Technical Focus**  
Flight and Trajectory Control

**Scoring Goal Challenge**  
Iron Challenge

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 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>	
50 mins	Flight and Trajectory Control 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 Flight and Trajectory Control with an iron</li> <li>Demonstrate to the student, how the combination of Flight and Trajectory Control will influence the finish position of the shot</li> <li>Students play the practice stations individually, in pairs or in groups</li> <li>Opportunity to provide private coaching to those attending</li> </ul>	<ul style="list-style-type: none"> <li>Flight it UP!</li> <li>Flight it DOWN!</li> <li>Trajectory to Safety</li> <li>Ball Position +</li> </ul>
25 mins	Iron Challenge	<ul style="list-style-type: none"> <li>Set up the Iron Challenge and allow students to attempt this to see if they can achieve the Break 75 challenge</li> <li>Use the challenge scorecard to record the outcome of each attempt</li> </ul>	<ul style="list-style-type: none"> <li>Iron 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 pitching. Some of technical content you may want to explore in this session may include:

- **Flight and Trajectory** - Introduce coaching points and explanations around flight and trajectory with an iron:
  - Discuss with students the impact attack angle will have on the flight and trajectory of an iron shot
  - Discuss the influence that the follow through will have when changing the trajectory of the first part of the ball flight
  - Demonstrate to the students that how clubbing up and down the different shots will affect the flight of the golf ball
  - Discuss as a group how wind and ground conditions will impact on their decision-making when on the golf course



**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.**

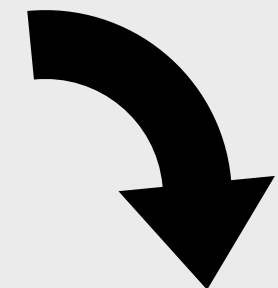
# TRACKMAN Integration

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.

# 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

SAFETY

SCORING UNIVERSITY

# Example Class Layout and Setup

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



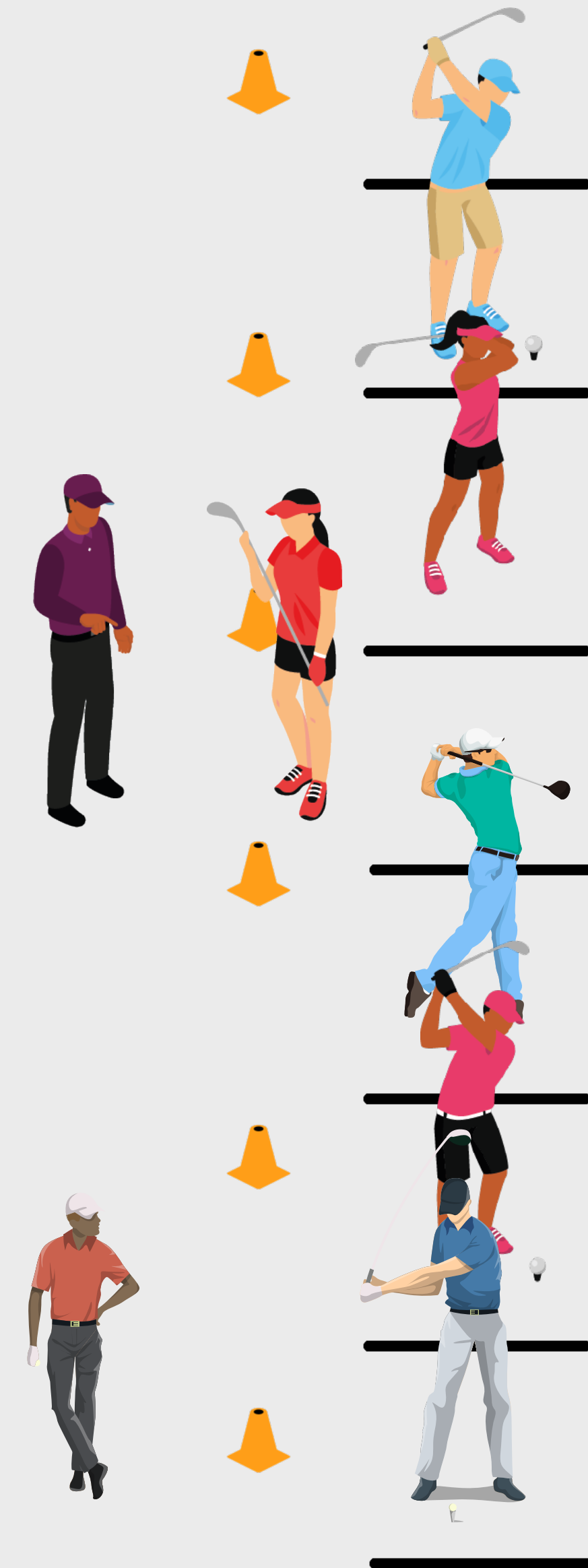
**Station 1:**  
Practice Station  
Flight it UP!

**Station 2:**  
Practice Station  
Flight it DOWN!

**Station 3:**  
Practice Station  
Trajectory to Safety

**Station 4:**  
Game Station  
Ball Position +

**Station 5:**  
Challenge Station  
Iron Challenge

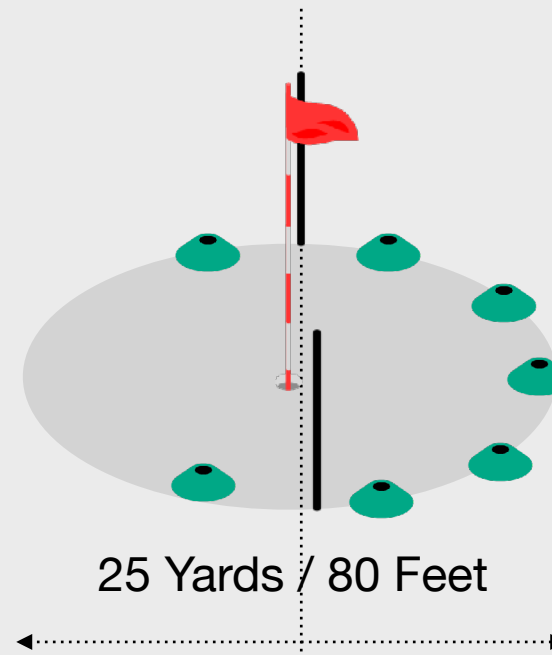
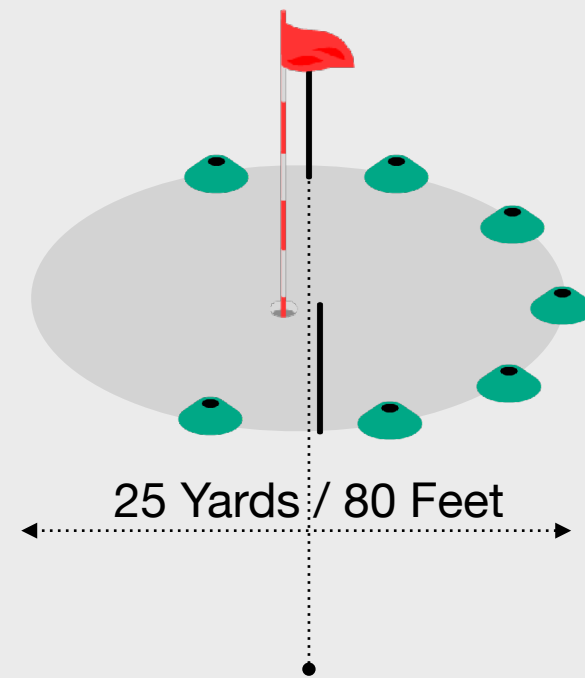




# Iron Challenge Setup

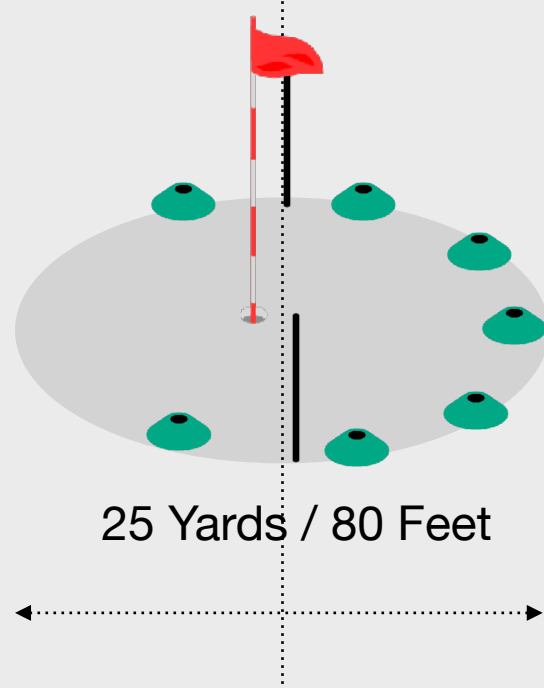
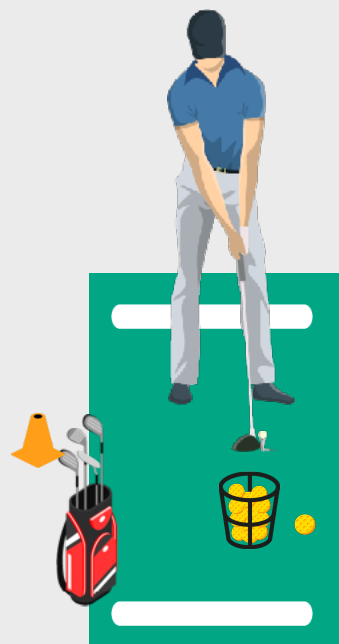
## Middle Distance Green

- Under 4500 Yards .....> 70 - 100 Yards
- 4500 - 5500 Yards .....> 90 - 120 Yards
- 5500 - 6500 Yards .....> 100 - 130 Yards
- Over 6500 Yards .....> 110 - 140 Yards



## Nearest Distance Green

- Under 4500 Yards .....> 50 - 70 Yards
- 4500 - 5500 Yards .....> 70 - 90 Yards
- 5500 - 6500 Yards .....> 80 - 100 Yards
- Over 6500 Yards .....> 90 - 110 Yards

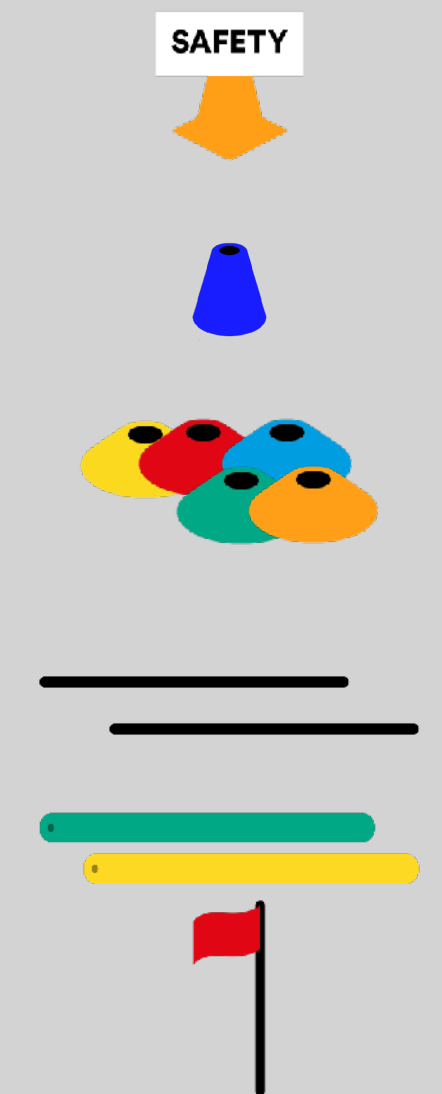


## Furthest Distance Green

- Under 4500 Yards .....> 100 - 120 Yards
- 4500 - 5500 Yards .....> 120 - 150 Yards
- 5500 - 6500 Yards .....> 130 - 160 Yards
- Over 6500 Yards .....> 140 - 180 Yards

## Equipment Needed

- Orange safety cone
- 1x Marker cones
- Colored Cones
- 9x Alignment Sticks
- 12x Foam Noodles
- 3x Flagstick



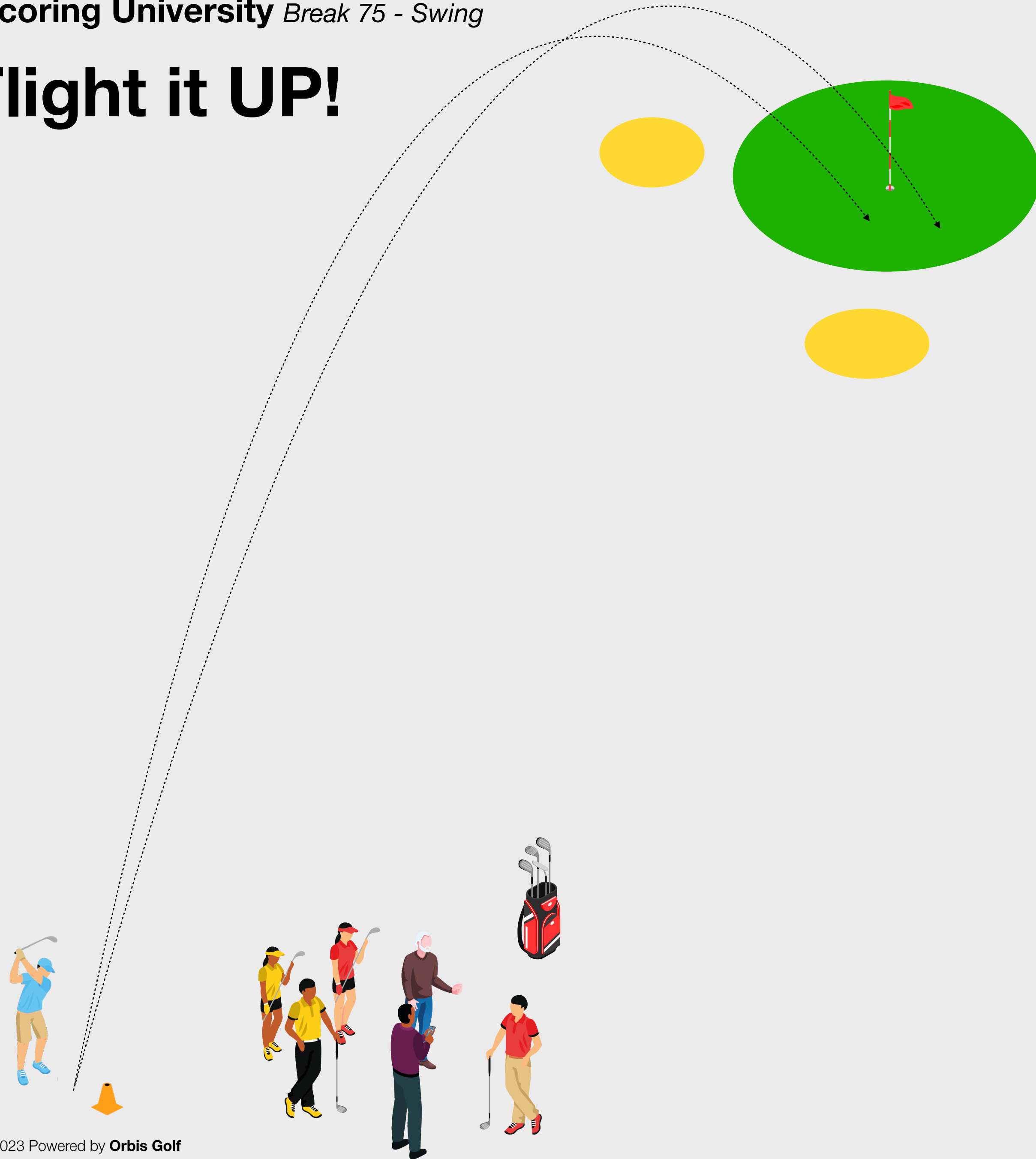
## Setting out the Challenge

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Colored cones to mark out the three target greens
- Foam Noodles placed onto the alignment sticks used to mark the target widths
- Set out all the markers to enable every player to attempt their challenge for their scoring goal.
- Flag to be used as marker for middle of the target green (optional)

# Practice and Games Cards



# Flight it UP!



## Equipment Needed

- Driving range or Course Hole
- Golf balls
- Irons

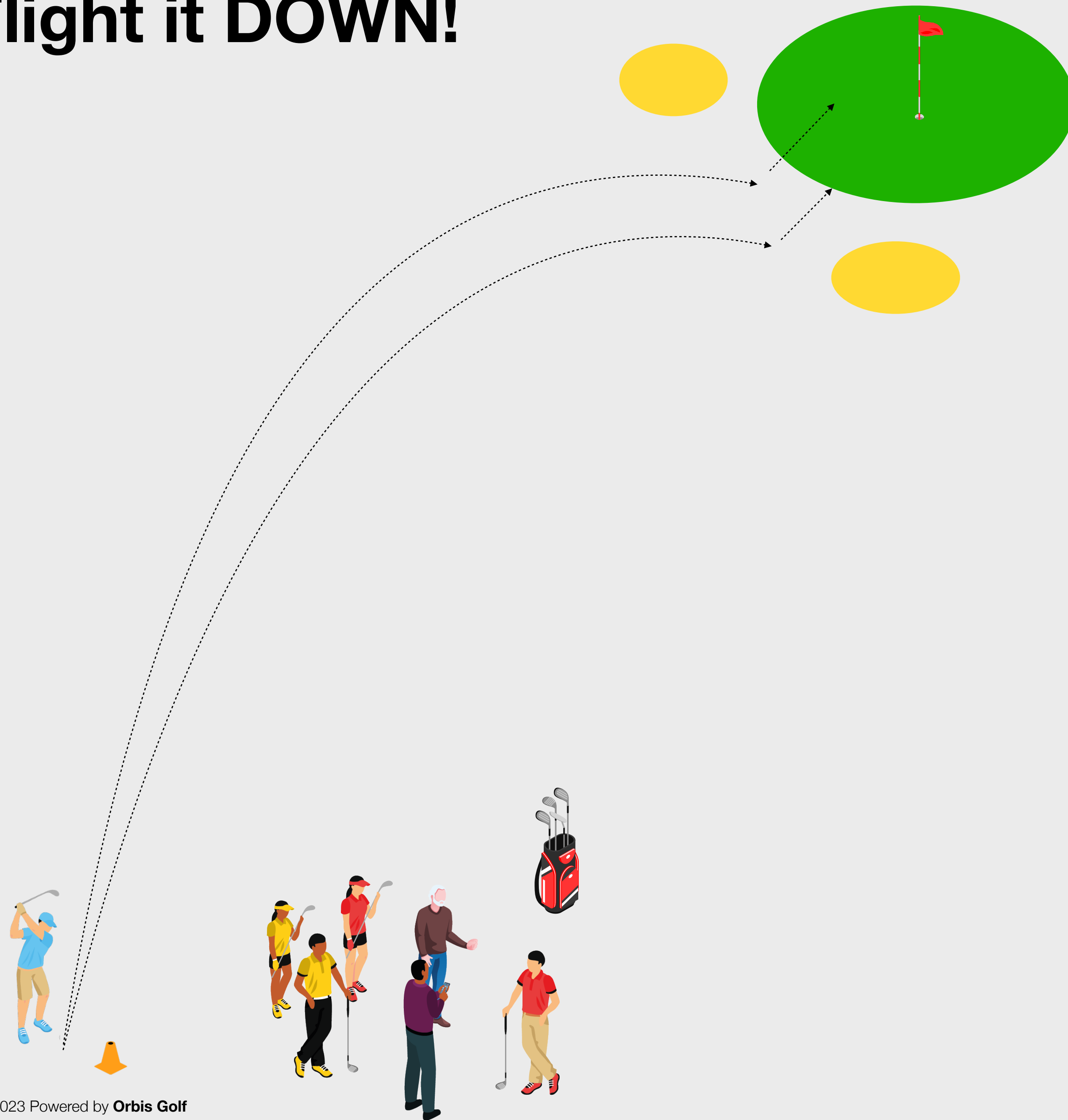
## How to Play

- Ask the students to hit a mid iron to a target on a driving range or a Green on the course
- The student is to adjust their technique to flight the ball higher than they normally would
- Discuss with a student how to change their technique in order to increase the initial trajectory and overall height of shot

## Technical Link

- Encourages the student to be able to hit a high shot on demand
- This can be useful on the golf course when playing in dry conditions or trying to access a flag, which is guarded by a bunker or a hazard

# Flight it DOWN!



## Equipment Needed

- Driving range or Course Hole
- Golf balls
- Irons

## How to Play

- Ask the students to hit a midiron to a target on a driving range or a green on the course
- The student is to adjust their technique to flight the ball lower than they normally would
- Discuss with a student how to change their technique in order to increase the initial trajectory and overall height of shot

## Technical Link

- Encourages the student to be able to hit a low shot on demand
- This can be useful on the golf course when playing in dry conditions to run the ball in

# Trajectory to Safety



## Equipment Needed

- Hazard eg. overhanging tree
- Mid iron

## How to Practice

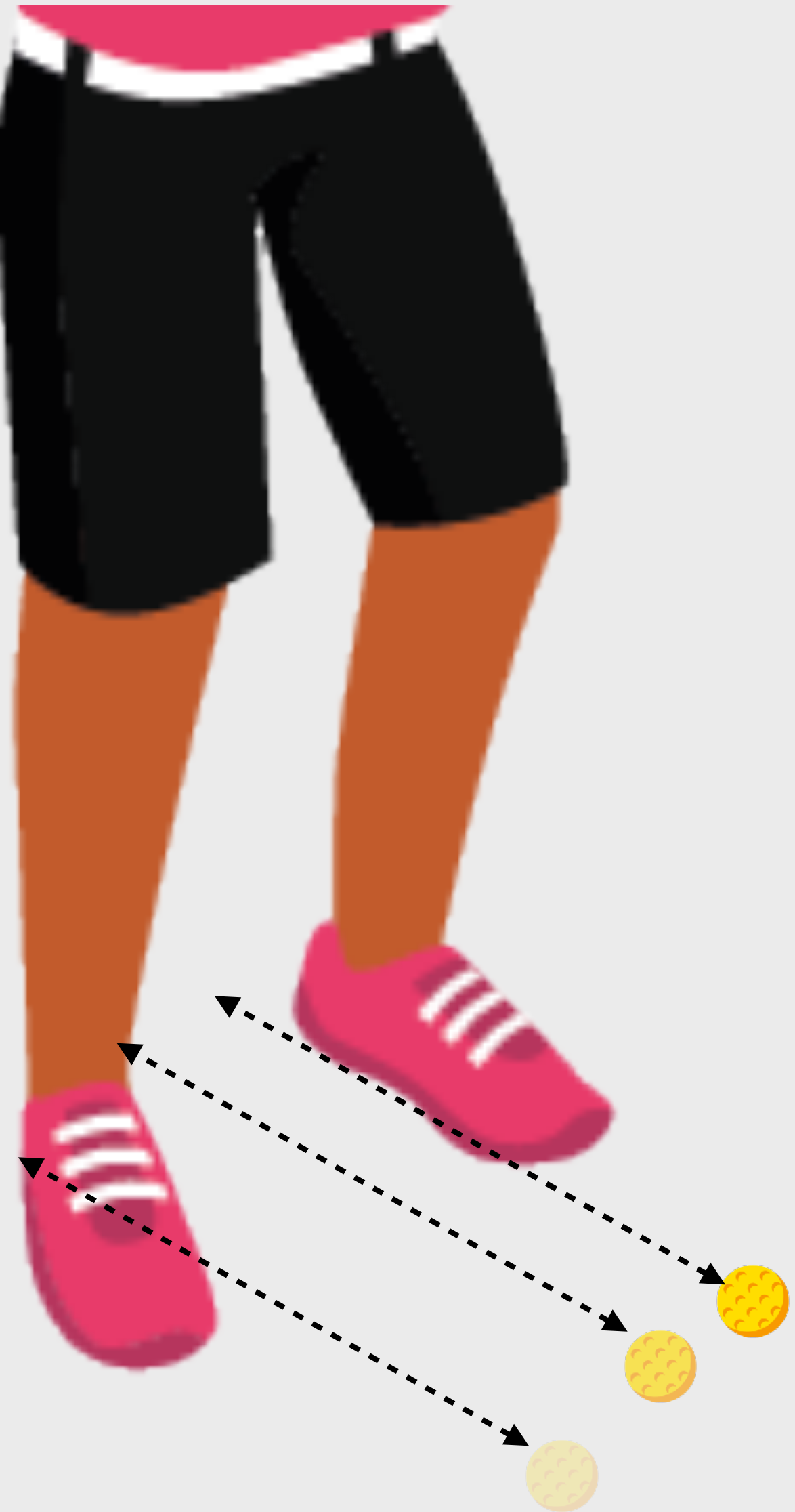
- Ask the student to discuss controlling initial trajectory of the shot to hit the ball under a tree or hazard
- Ask the students to hit a series of shots, controlling the trajectory under the tree branches
- Discuss how changing clubs will affect the initial trajectory and decide on the best approach
- Discuss how the lie of the golf ball will play into the chosen strategy and hitting the ball low

## Technical Link

- The challenge will give the students an understanding of controlling the initial trajectory of an iron shot
- This skill can be transferable into an iron shot from a fairway in windy conditions, or when in trouble and out of position on the golf course



# Ball Position +



## Equipment Needed

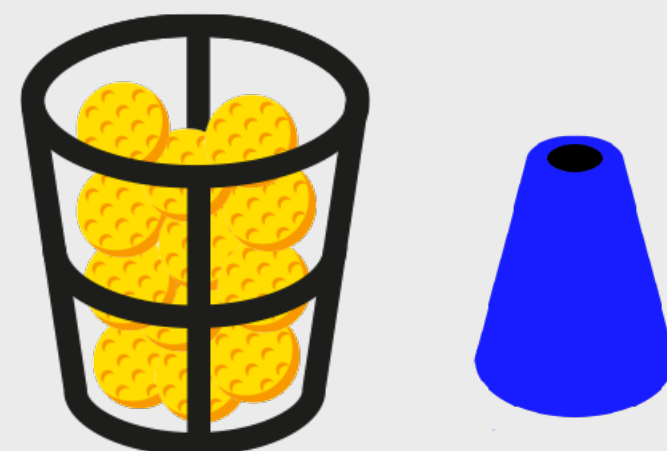
- Mid Iron
- Golf balls

## How to Practice

- Students should understand how changing their setup will affect the attack angle, flight and trajectory
- Ask the Students to adjust their ball position forwards and back in their stance and see the difference that makes
- Adjusting their alignment will also affect the flight and trajectory

## Technical Link

- Allowing the learning to change and adjust their setup will help them understand the importance of a correct set up and the difference it makes to flight and trajectory



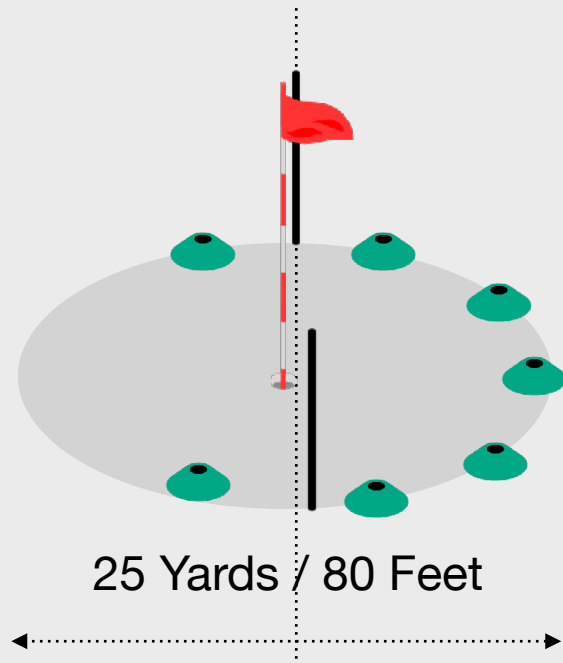
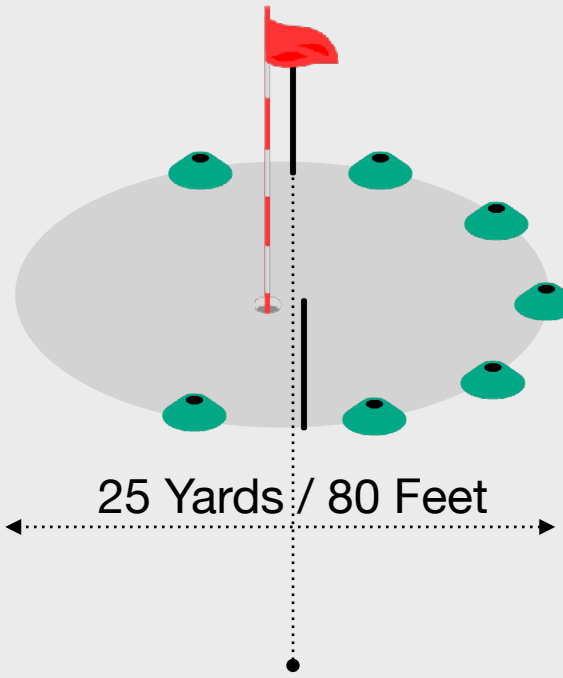
# Iron Challenge



# Iron Challenge

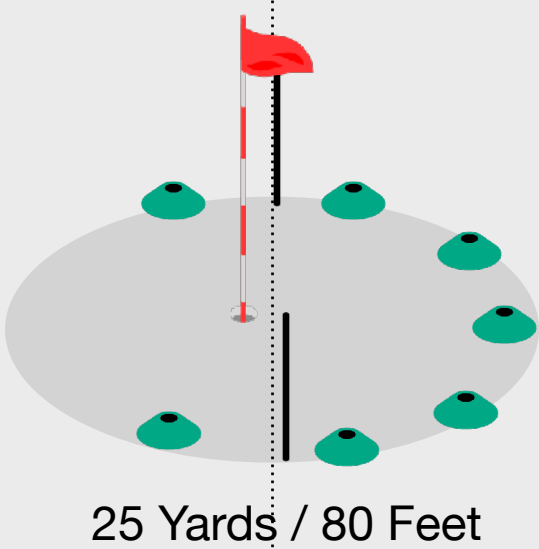
### Middle Distance Green

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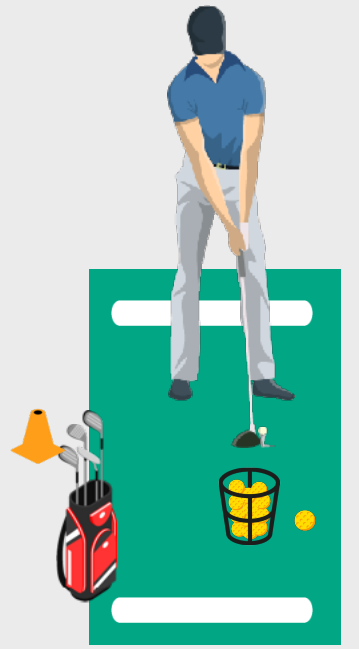
### Nearest Distance Green

- Under 4500 Yards .....> 50 - 70 Yards
- 4500 - 5500 Yards .....> 70 - 90 Yards
- 5500 - 6500 Yards .....> 80 - 100 Yards
- Over 6500 Yards .....> 90 - 110 Yards



### Furthest Distance Green

- Under 4500 Yards .....> 100 -120 Yards
- 4500 - 5500 Yards .....> 120 -150 Yards
- 5500 - 6500 Yards .....> 130 -160 Yards



**TRACKMAN**

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

### 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 note the total distance for each shot relative to the distance markers
- Record the result of each attempt on the Challenge Scorecard

### The Challenge

- Hit five shots to each target distance using whatever Iron/Hybrid they require to reach the given distance. Students have a total of 5 attempts for each distance. attempts for each distance:
  - 3/ 5 shots land on the nearest target green
  - 4/ 5 shots land on the middle target green
  - 5/ 5 shots land on the further target green

### 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

