

# Scoring University



# Bunker

**SCORING**  
**UNIVERSITY**  
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# 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 80  
Short Game

**Topic:**  
Bunker

**Technical Focus**  
Awkward Lies

**Scoring Challenge**  
Bunker 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 to the students the break 80 program and the structure and format of the short game class</li> <li>Introduce the students to the various scoring challenges, and how this will map out their strengths and weaknesses</li> </ul>	
50 mins	Awkward Lies Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> <li>Introduce the student to some of the awkward lies that they may be presented with on the golf course</li> <li>Outline some of the technical changes required to play each lie effectively and reinforce the importance of a routine</li> <li>Keep your technical instruction to less than 5 minutes, in order to allow maximum time for play and practice and for you to reinforce the key skills with individual tuition</li> <li>During this class you may want to have individual stations setup to explore the different awkward lies</li> </ul>	<ul style="list-style-type: none"> <li>How's your bunker lie?</li> <li>Naughts and Crosses</li> <li>Slide or Dig</li> <li>Safe or Not Safe?</li> </ul>
25 mins	Chipping Challenge	<ul style="list-style-type: none"> <li>Set up the Bunker Challenge and allow students to attempt this to see if they can achieve the Break 80 challenge</li> <li>Use the challenge scorecard to record the outcome of each attempt</li> </ul>	<ul style="list-style-type: none"> <li>Bunker 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 bunker play. Some of technical content you may want to explore in this session may include:

- **Awkward Lies** - Outline to the students, how to deal with different lies within a bunker. Some of the content you may want to explore includes:
  - Outline to the student the importance of shot selection in bunker play and how the principles of a pre-shot routine are still vital. Outline to the students how and when to pick a certain shot type based on assessing the situation. Things you may want to introduce:
    - The depth and size of the bunker
    - The amount of green the student has to work with
    - The location of the flag on the green
    - The quality of the lie of the ball
  - Discuss the importance of changing technique to allow for varying quality of lie and the lies you may want to explore include:
    - Plugged Lie, Ball in the face, Ball in the back of the bunker, Limited sand and ball in a position where student is unable to stand
  - Discuss the important of accepting that damage limitation when in a very poor lie and options for penalty drops if it is required can be the best option



**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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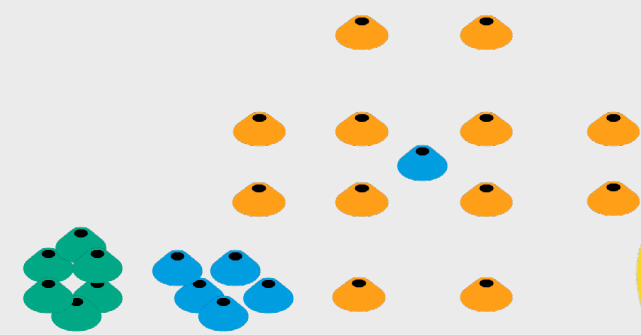
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# Example Class Layout and Setup

**Station 1:**  
Practice Station  
How's your Lie?



**Station 2:**  
Game Station  
Naughts and Crosses



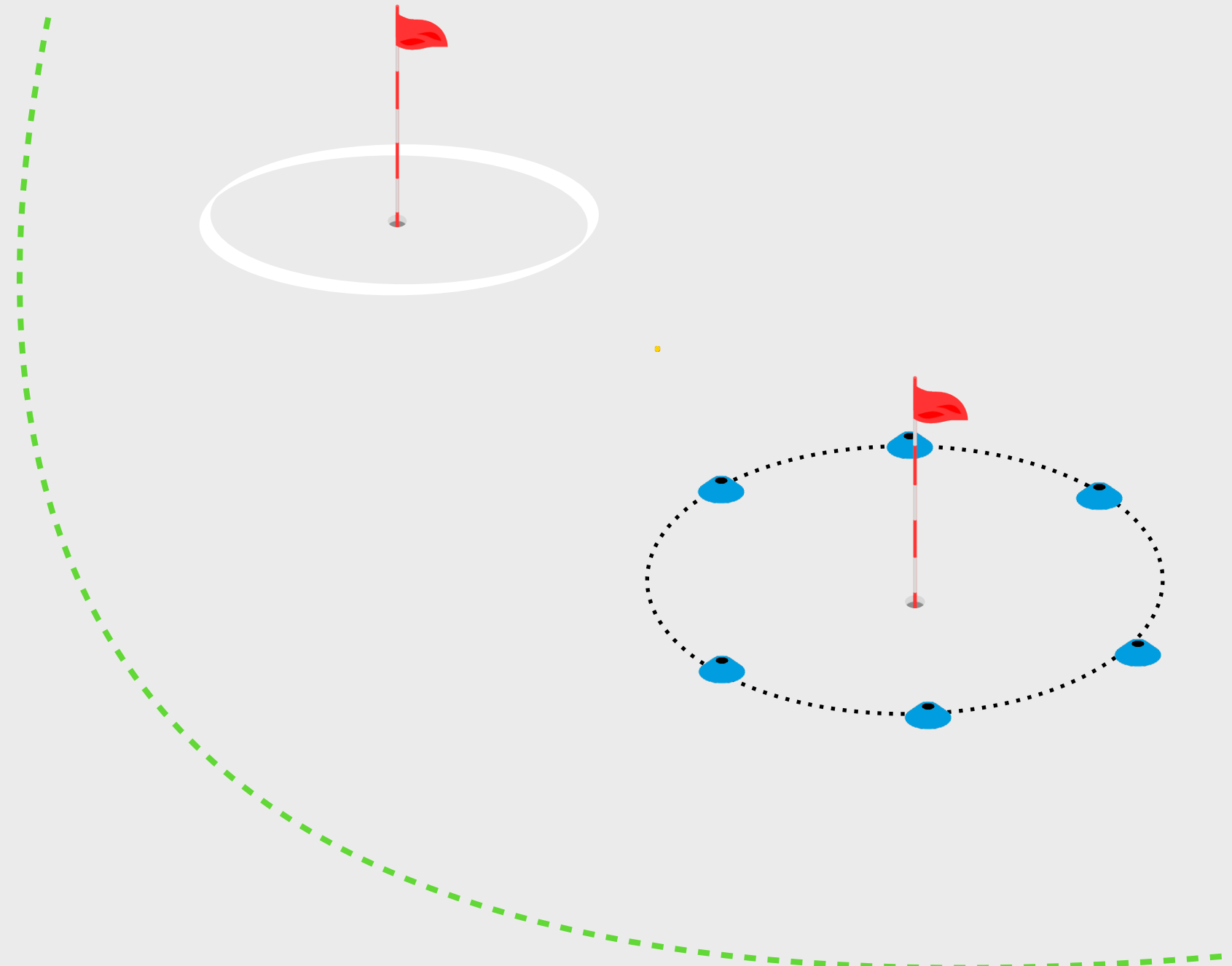
**Station 3:**  
Practice Station  
Slide or Dig



**Station 4:**  
Game Station  
Safe or not Safe?



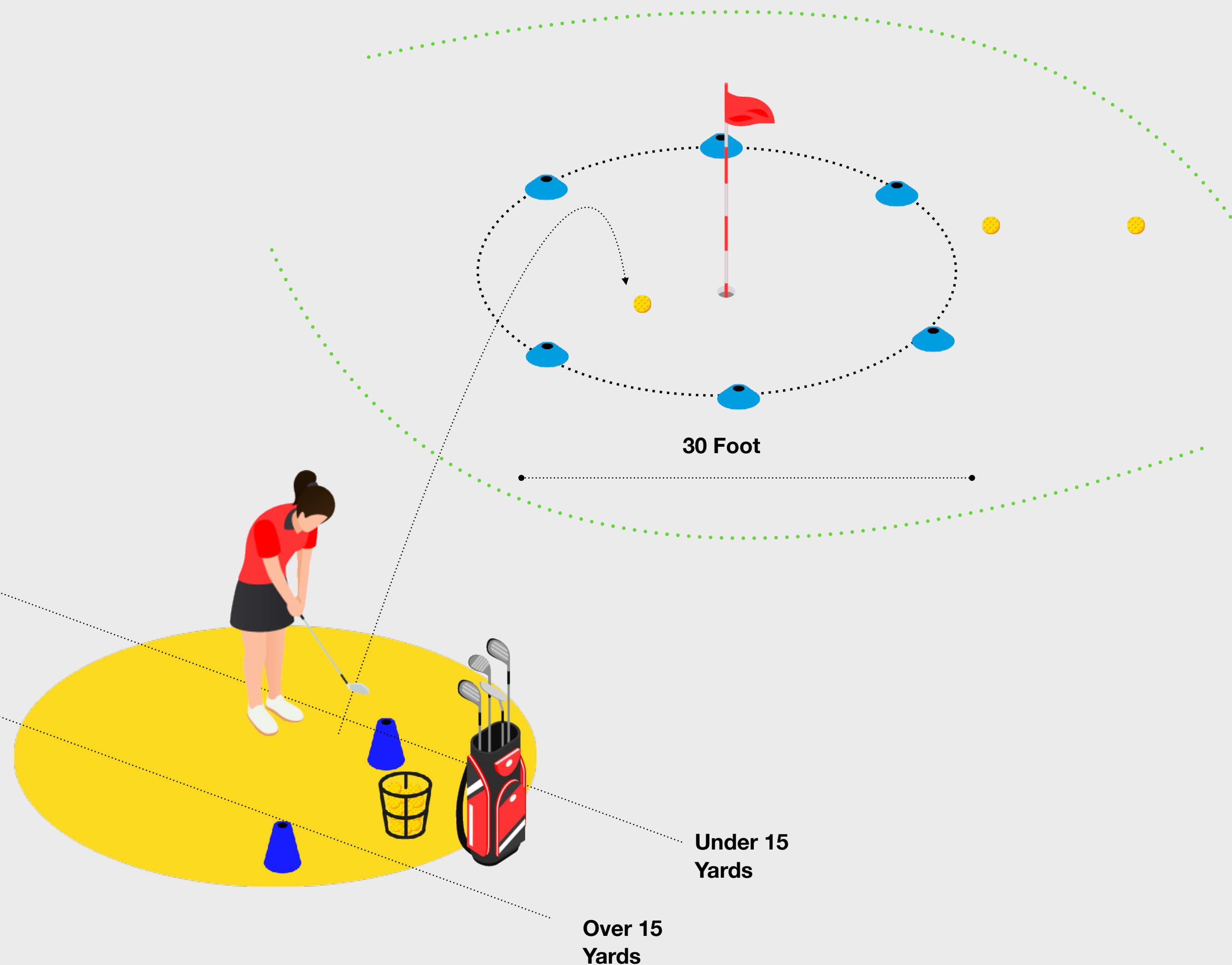
**Station 5:**  
Challenge Station



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

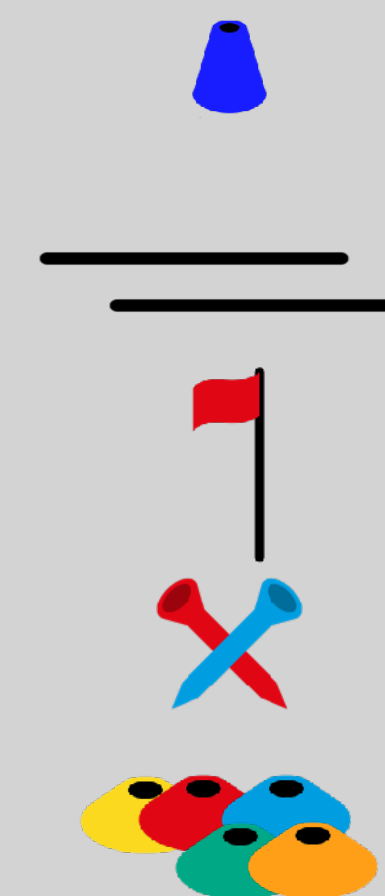


# Bunker Challenge Setup



## Equipment Needed

- 2x Marker cones
- 2x Alignment Sticks
- 2x Flagstick
- Tee Pegs
- 6x Colored Cones



## Setting out the Challenge

- Create a 30 foot diameter target circle around the flag/alignment stick using the colored cones
- Using marker cones create 2 starting points positioned in the bunker at distances of under 15 yards and over 15 yards

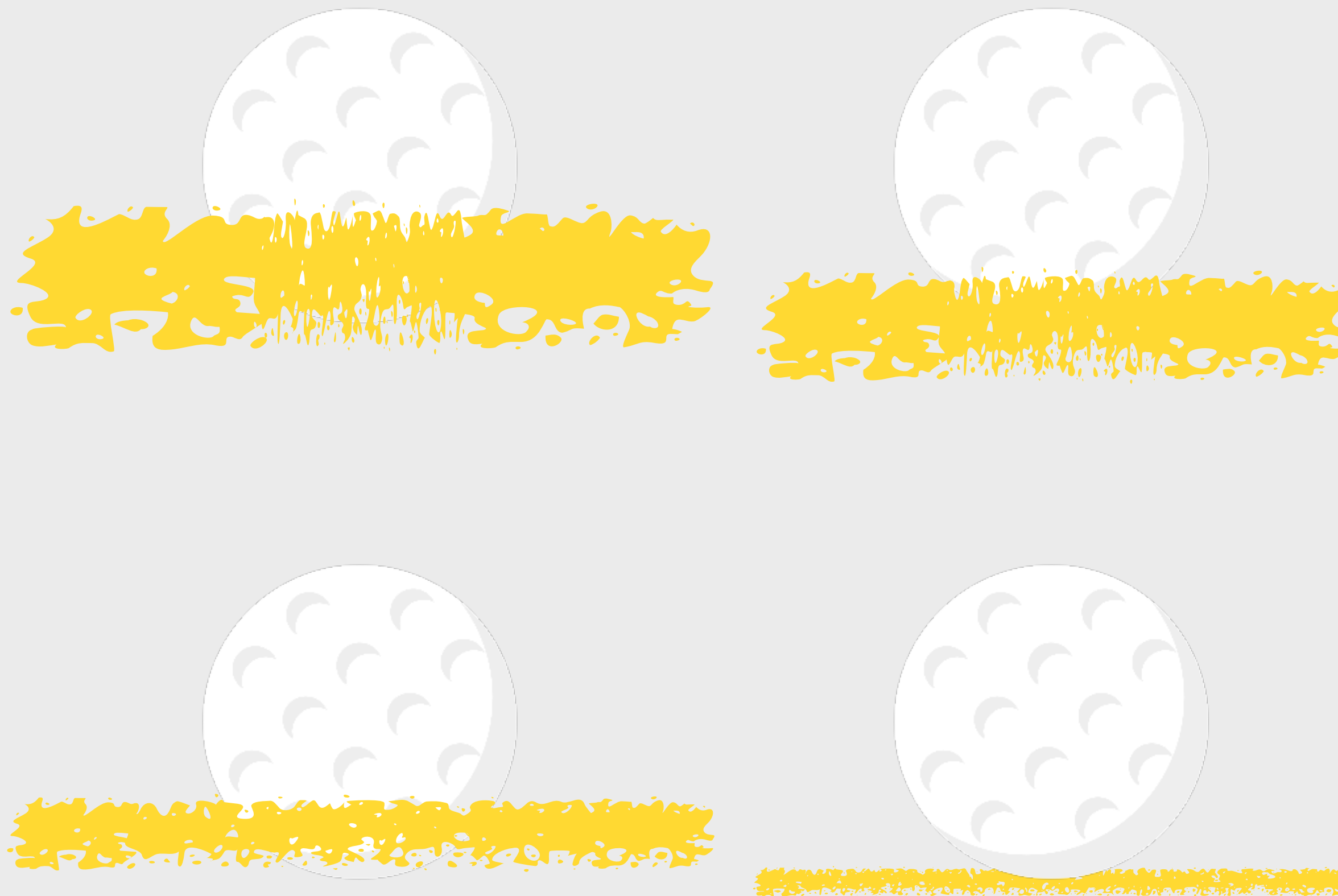


# Practice and Games Cards





# How's your Bunker Lie?



## Equipment Needed

- Varying sand depths
- Green side bunker
- Balls

## How to Practice

- Position several balls around a bunker and drop them randomly in different lies
- Allow the student to move around the green experiencing the effect the different lies have on the golf shot
- Encourage the student to try different clubs and see what effect that has on the shot

## Technical Link

- Explain to the student how changing the attack angle of the downswing can improve contact in deeper sand
- Demonstrate this on fairway and fringe grass and see the effect that a change in attack angle can have on contact and overall shot



# Naughts and Crosses



## Equipment Needed

- Balls
- Wedge
- Pile of Coloured Cones for the Crosses
- Pile of Coloured Cones in a second Colour for the Naughts
- Cones for the Naughts and Crosses Grid

## How to Play

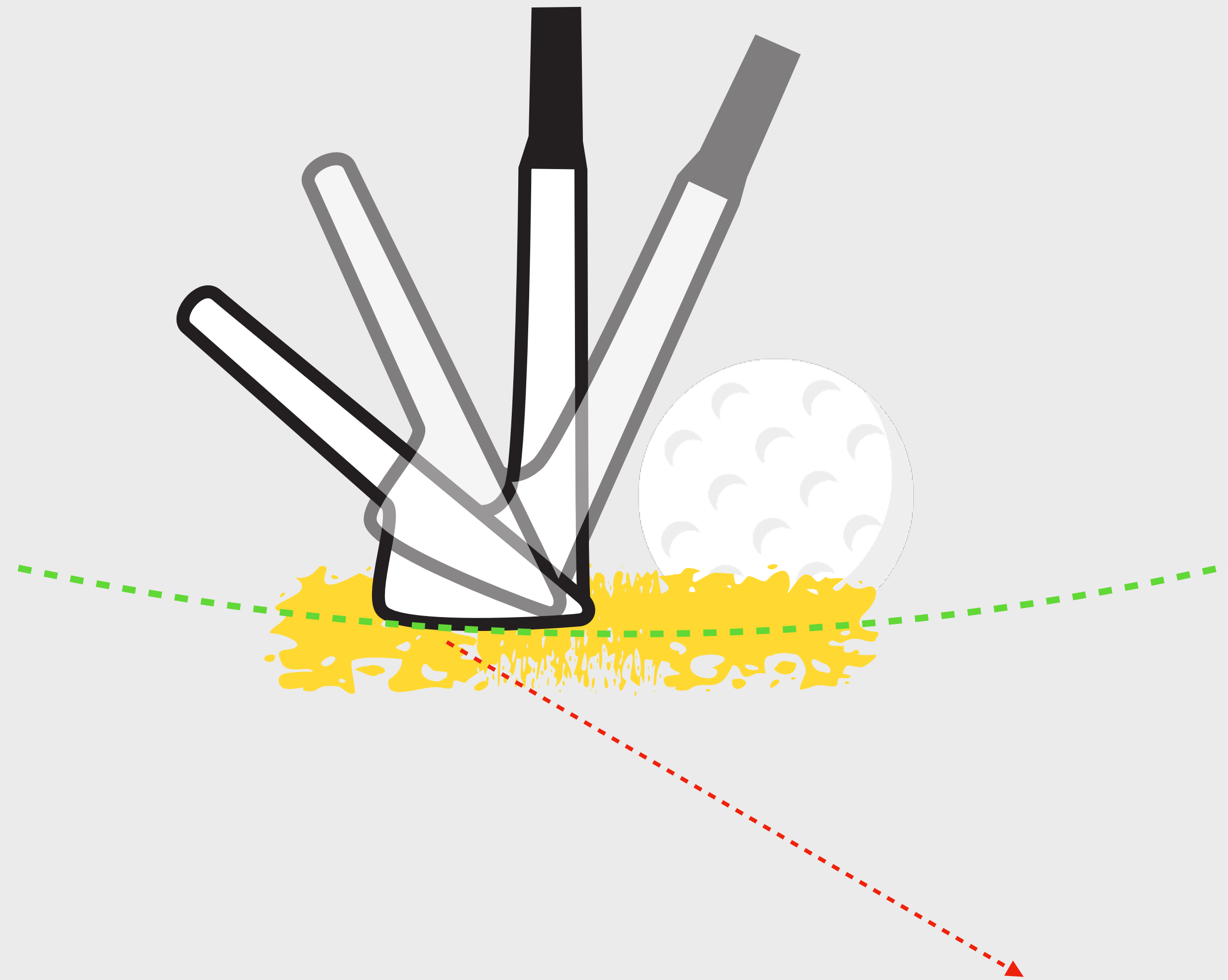
- Get the student to choose a pile of coloured cones therefore deciding whether they are 'Naughts or 'Crosses'
- Each player nominates a position in the bunker with an awkward lie and a target to aim towards
- Both players hit their shots and the closest to the flag wins and gets to play a coloured cone on the Naughts and Crosses grid

## Technical Link

- By choosing a variation of lies in the bunker and different targets it will test the student shot making ability and their skill from awkward lies



# Slide or Dig



## Equipment Needed

- Cones for safety
- Pitching Wedge or Sand Wedge
- Golf balls

## How to Practice

- This exercise is about getting the student to understand the correct depth of sand required on a bunker shot
- The student should be introduced to the leading edge and sole of the club
- The student should experiment with the leading edge travelling steeply down into the sand and the sole of the club skimming the top of the sand
- Encourage the student to attempt contact from a variety of lies

## Technical Link

- This activity will demonstrate to the student how they can present the club effectively into the sand for a mixture of lies
- This activity will demonstrate to the student how using loft of the club and the sole can be effective in bunker play

# Safe or Not Safe?



## Equipment Needed

- Bunker
- Wedge
- Water hazard or cones for hazard
- Golf balls

## How to Play

- Set up several shot scenarios for the students around the green using target cones and/or flags
- Encourage to students to take on the shots and choose the correct route based on their ability and the lie in the bunker presented
- Award points to the students based on the decisions they make and get them to putt out to finish to access the decision they made
- Set up a scorecard to mark scores, track progression and compare with other students

## Technical Link

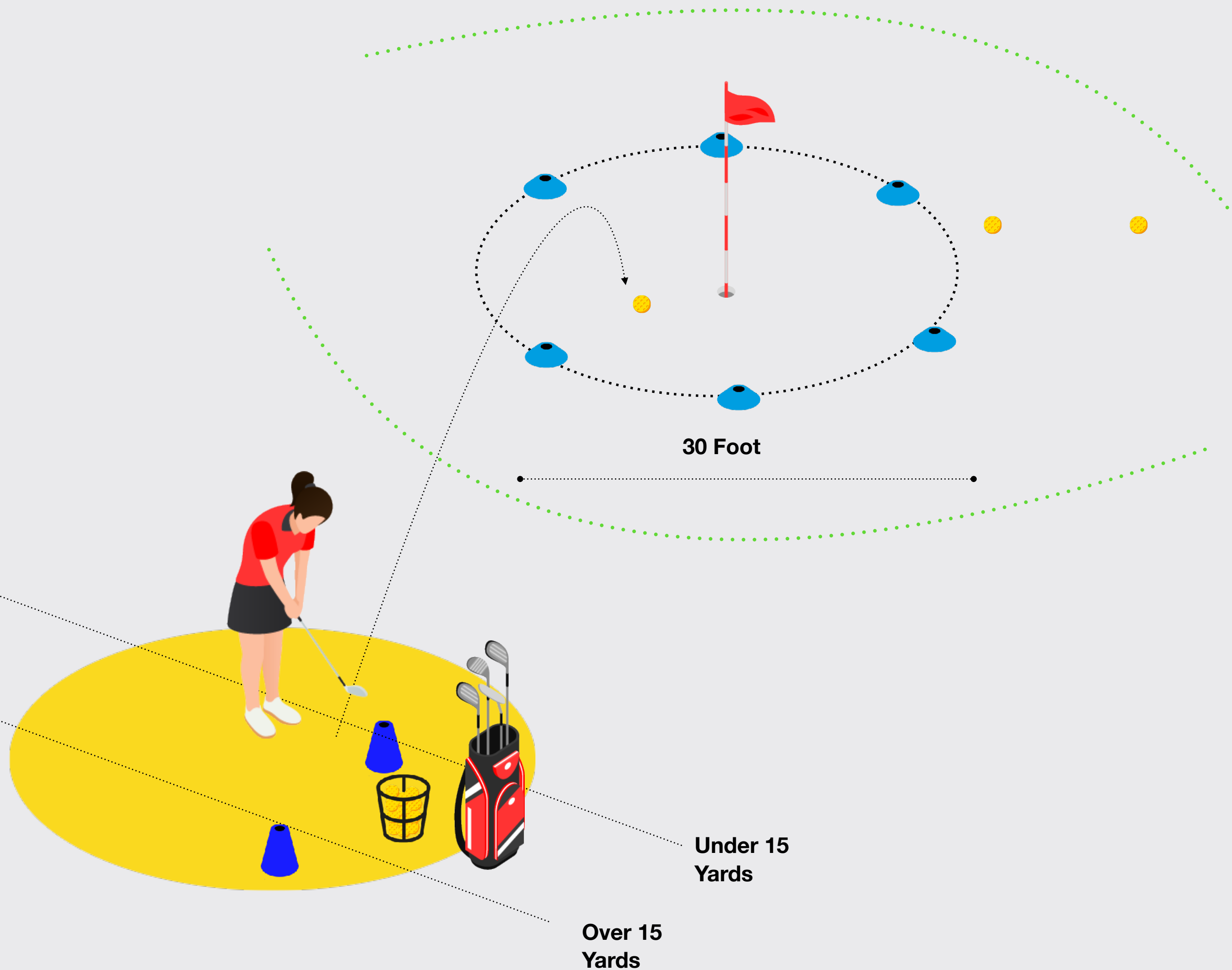
- This activity will emulate scenarios on the course where students may encounter a combination of hazards and awkward lies, which may have resulted from a poor previous shot



# Bunker Challenge



# Bunker Challenge



## Attempting the Challenge



- Students hit 10 shots in a random order from each starting position to finish with the target circle
- Record the result of each attempt on the Challenge Scorecard
- Students can place or roll the ball into the bunker on each attempt

## The Challenge

- Attempt to pitch the ball to within the target circle from each position in the green side bunker. Students should attempt 10 shots from each starting position.

- **7/10 shots in the target circle from under 15 yards**
- **5/10 shots in the target circle from over 15 yards**

## 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

