

Scoring University

BREAK
80

Pitching

SCORING
UNIVERSITY
CLAIM YOUR GAME

Contents

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

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Class Timetable

Session Length:
90 Mins

Group Size:
1:8

Session Focus:
Break 80
Short Game

Topic:
Pitching

Technical Focus
Flight and Spin Control

Scoring Challenge
Pitching Challenge

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 scoring challenges for the specific class Be ready to welcome participants 5 minutes before the session starts 	<ul style="list-style-type: none"> Class Layout and Setup
5 mins	Introduction	<ul style="list-style-type: none"> Outline to the students the break 80 program and the structure and format of the short game class Introduce the students to the various scoring challenges, and how this will map out their strengths and weaknesses 	
50 mins	Flight and Spin Control Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> Introduce the student to some tips on how to improve their flight and spin control when pitching Outline to the student ideas on how they can adjust their technique to change flight and spin for different shots Outline to students how they wedge and ball they use can impact their ability to control the light and spin when pitching Demonstrate to the student, how adjusting the length of their swing affects the shot created 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 	<ul style="list-style-type: none"> Landing Circle Hurdles Ball Position Single Club
25 mins	Pitching Challenge	<ul style="list-style-type: none"> Set up the Pitching Challenge and allow students to attempt this to see if they can achieve the Break 80 challenge Use the challenge scorecard to record the outcome of each attempt 	<ul style="list-style-type: none"> Pitching Challenge Challenge Scorecard
10 mins	Media on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the student's Student Connect area which may include notes, videos and documents Ask Students to update the GLF. Connect App if they have successfully completed a challenge across the scoring goals 	<ul style="list-style-type: none"> 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 students and build relationships. Ensure everyone is aware of the next Scoring University themed class or challenge club class date Opportunity to upsell private lessons to those that require additional help 	<ul style="list-style-type: none"> GLF. Connect App

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 Spin Control - Explain the concepts of spin control and flight to the students. Some of the content you may want to explore includes:

- Demonstrate how to play shots with varying flights and spin which may include adapting the setup fundamentals and pitching motion to suit your coach preferences
- You can explore how students can utilise different wedges and clubs in different situations rather than changing their technique. You should outline to the students the benefits and challenges of doing this.
- Highlight where spin can be utilised, where it isn't useful and what impact conditions impact creating spin when pitching
- Explain how understanding the relationship between flight and spin is vital for controlling pitch shots and assessing the correct shot to play in certain situations
- Outline how the golf ball can play a vital role in the spin produced when pitching



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

30 Yards

Minimum Distance Markers

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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

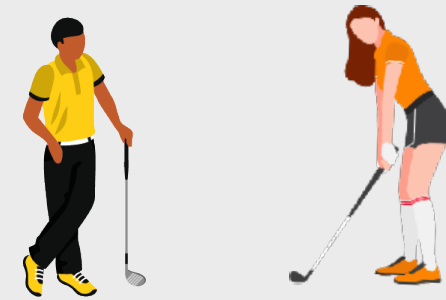
SAFETY

30 Yards

SCORING UNIVERSITY

Example Class Layout and Setup

Station 1:
Practice Station
Landing Circle



Station 2:
Game Station
Hurdles



Station 3:
Practice Station
Ball Position

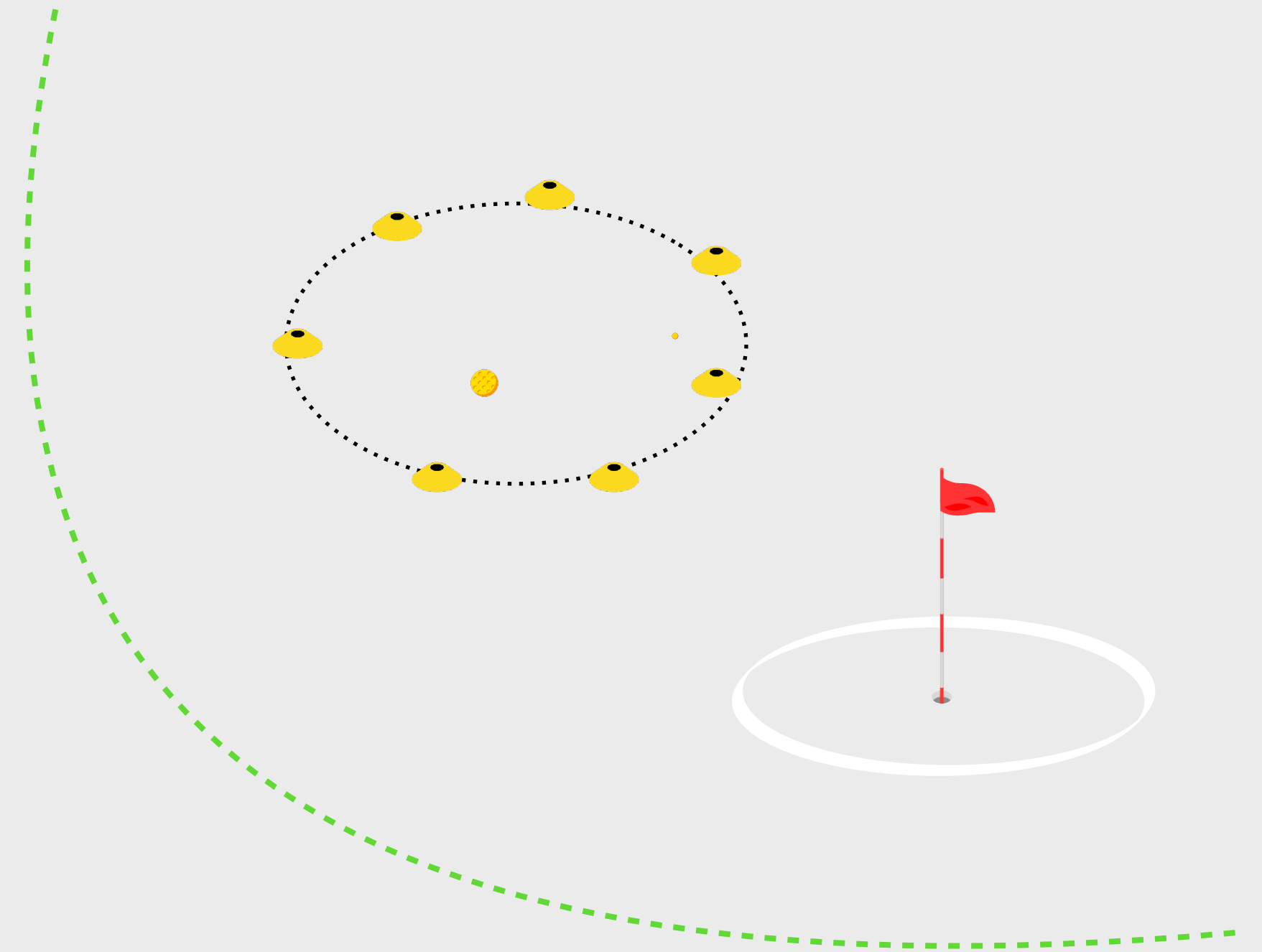


Station 4:
Game Station
Single Club

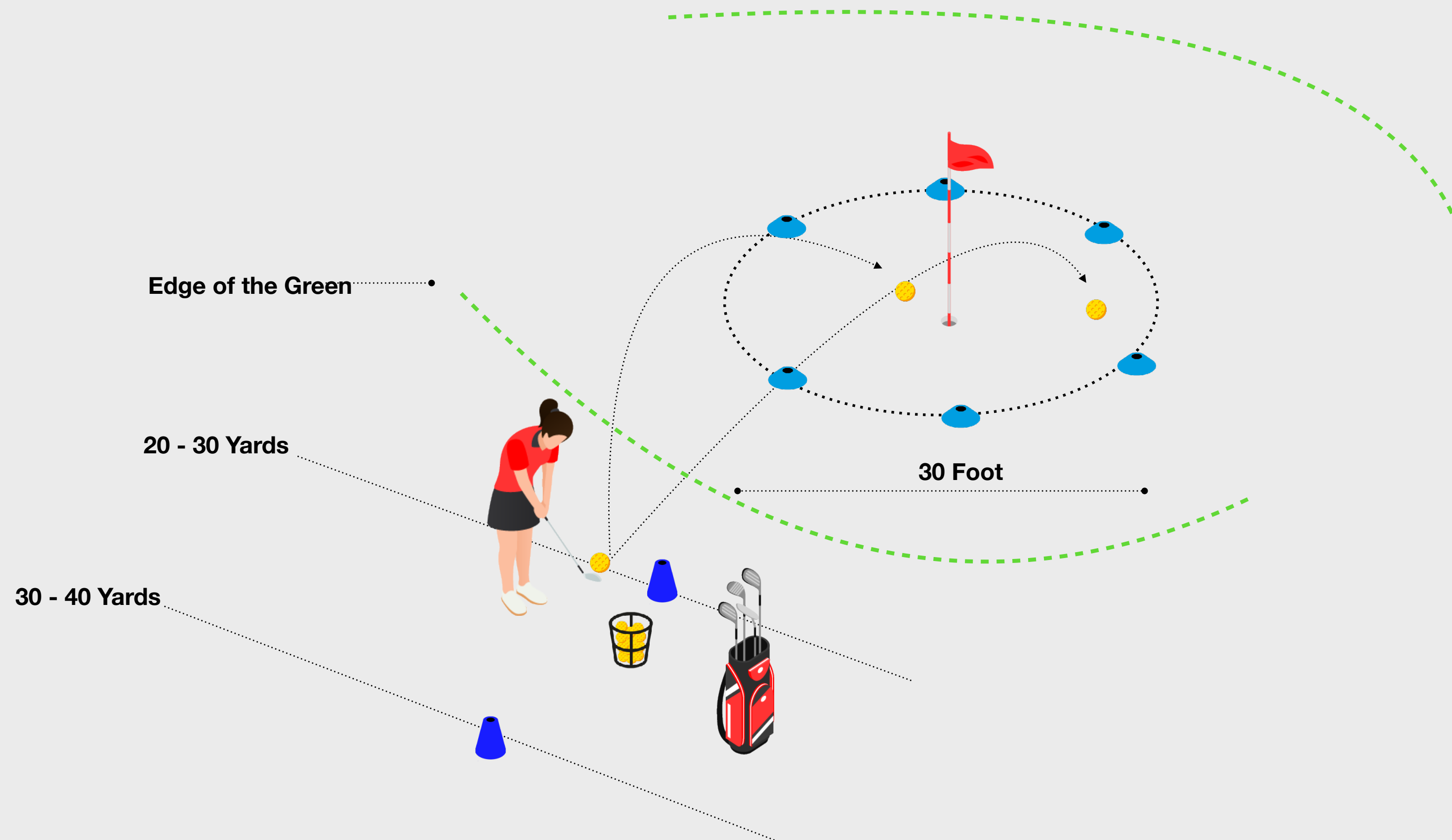


Station 5:
Challenge Station

Group Discussion:
Start, during and end of class

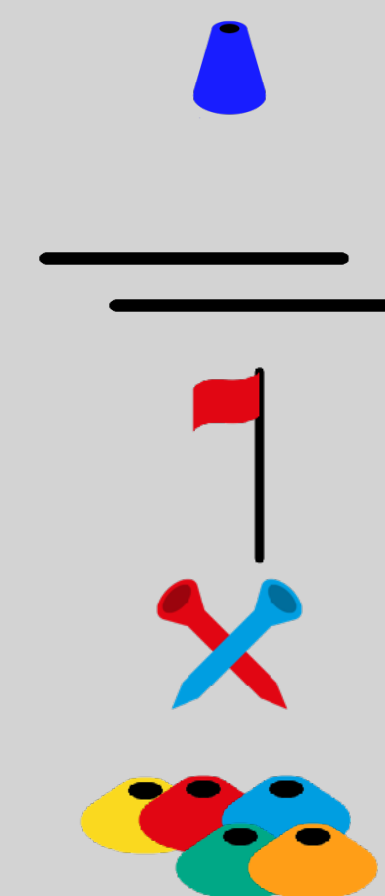


Pitching Challenge Setup



Equipment Needed

- 2x Marker cones
- 1x Alignment Sticks
- 1x Flagstick
- Tee Pegs
- 6x Colored Cones



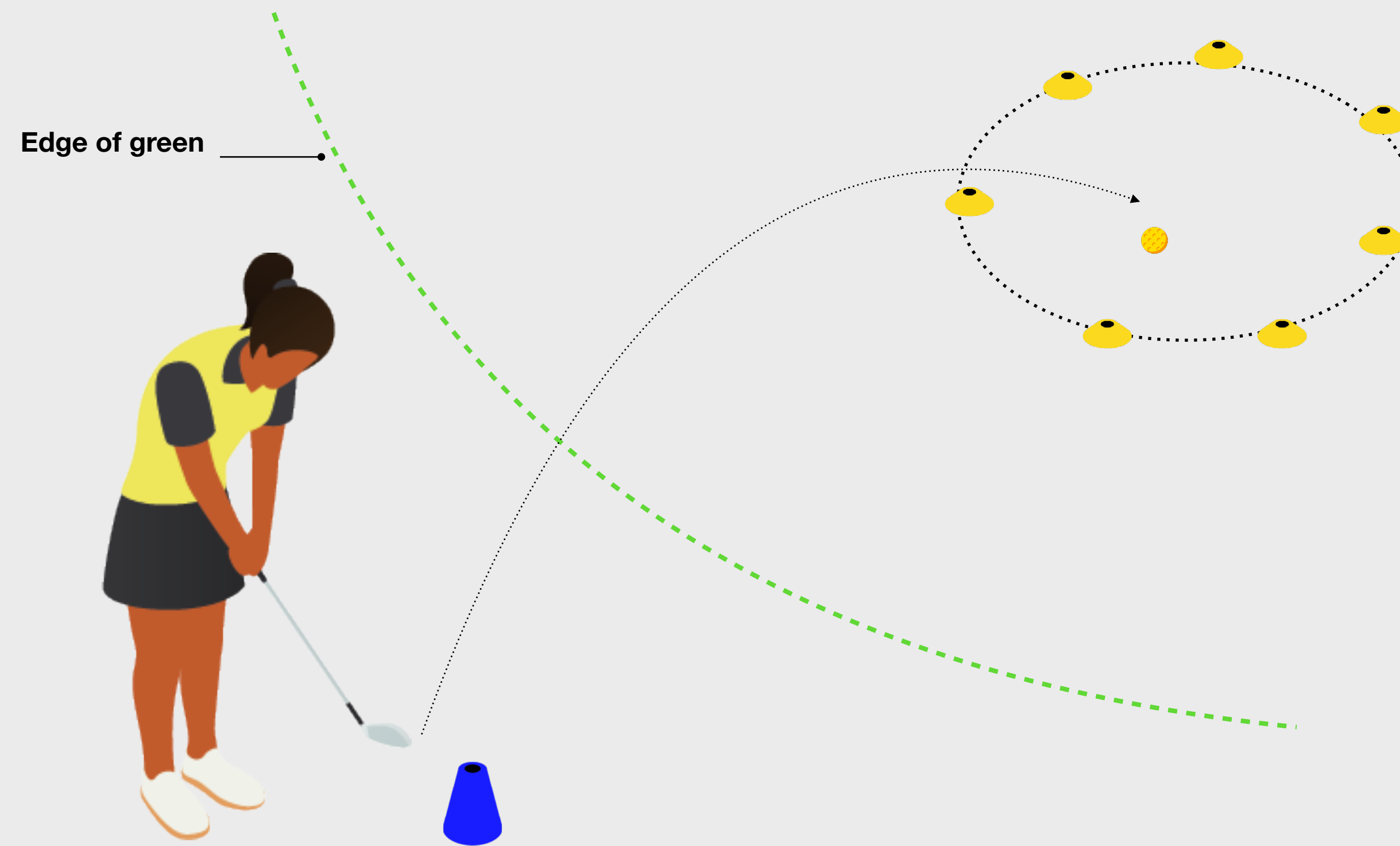
Setting out the Challenge

- Create a 30 foot diameter target circle around the flag/alignment stick using the colored cones
- Using marker cones create starting points positioned in a row at distances of 20 - 30 yards and 30 - 40 yards

Practice and Games Cards



Landing Circle



Equipment Needed

- 7 x Cones
- Wedge
- Golf balls

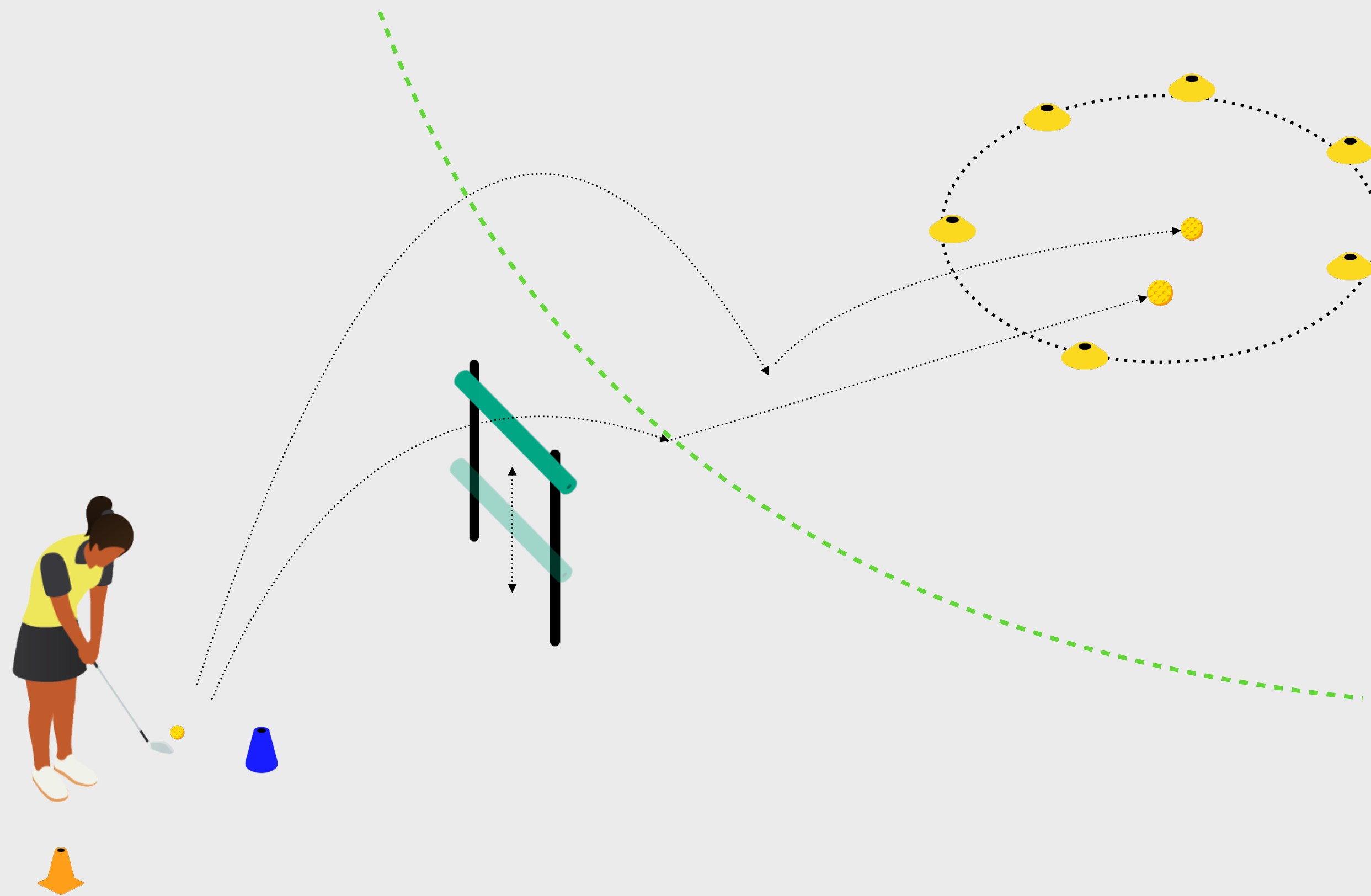
How to Practice

- The landing circle marked out in yellow cones is the target the student is trying to land the ball in
- Using the correct set up for a high flighted shot the student must attempt land the ball in the circle
- Adjustments in technique will be required such as the length of back swing and follow through to adjust the distance the ball flies through the air

Technical Link

- This activity will help the student to get a feel for which length swing produces which length of shot and the type of spin that will be imparted onto the ball from that type of swing
- This activity is designed to focus the student on where the ball is landing as opposed to where it will finish

Hurdles



Equipment Needed

- Alignment sticks and foam noodle to create the hurdles
- Golf balls
- 7 x Cones

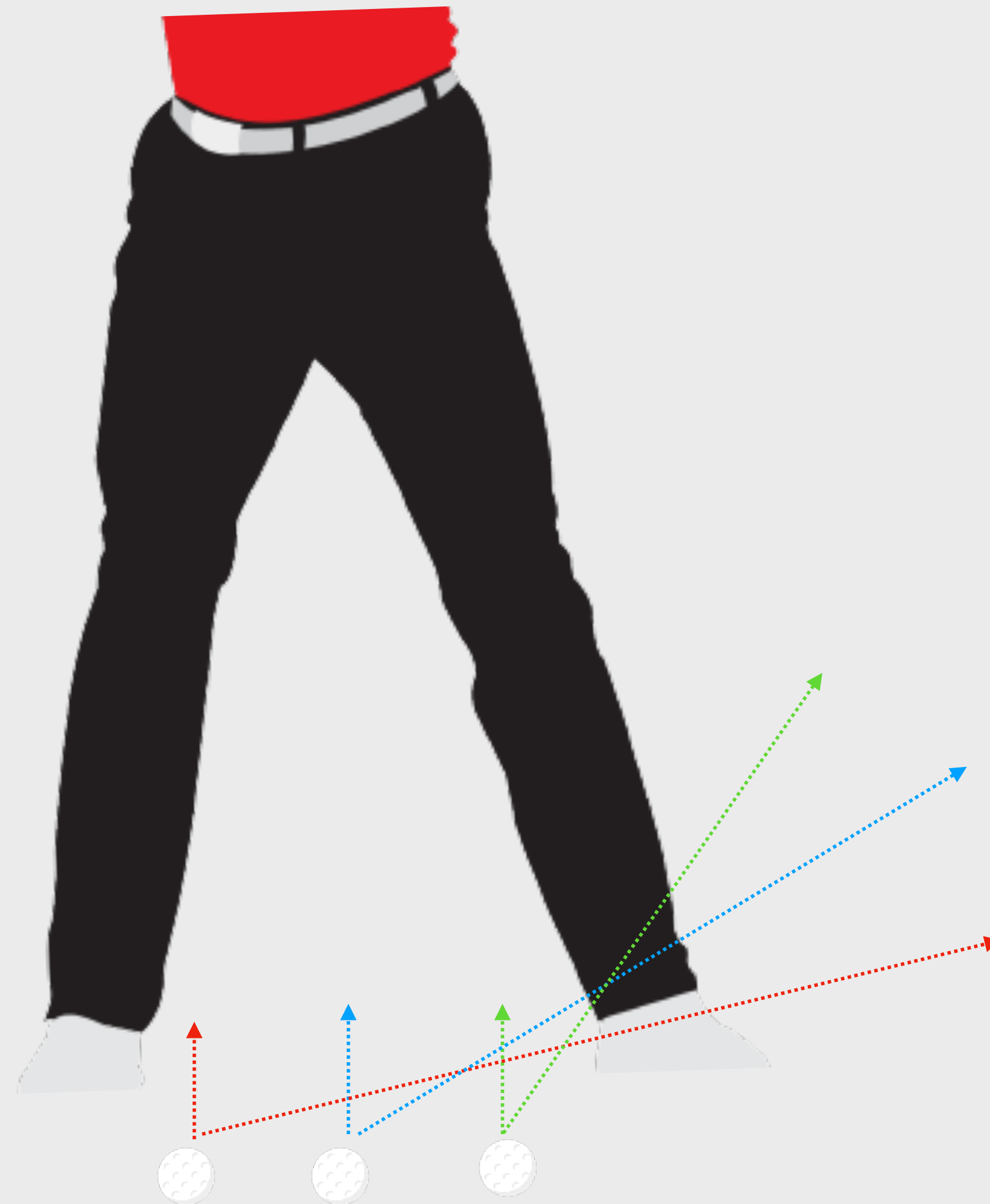
How to Play

- Place the hurdle around 5 feet from the student
- Aim is to pitch the ball over the crossbar and land in the appropriate place for the ball to roll into the circle
- The student receives 5 attempts to chip the ball over the hurdle before the hurdle position is changed to a different distance
- They then receive 5 more attempts with the hurdle in the new position
- One point is awarded for getting the ball over the hurdle
- One point is awarded for getting the ball on the green
- Three points are awarded for getting the ball in the target circle

Technical Link

- This activity will test the student ability to flight the ball optimally for it to finish close to the intended target
- The hurdle forces students to strike the ball with a trajectory that could lead to spin and so they will learn how to control this spin

Ball Position / Shaft Position



Equipment Needed

- Wedge
- Golf balls

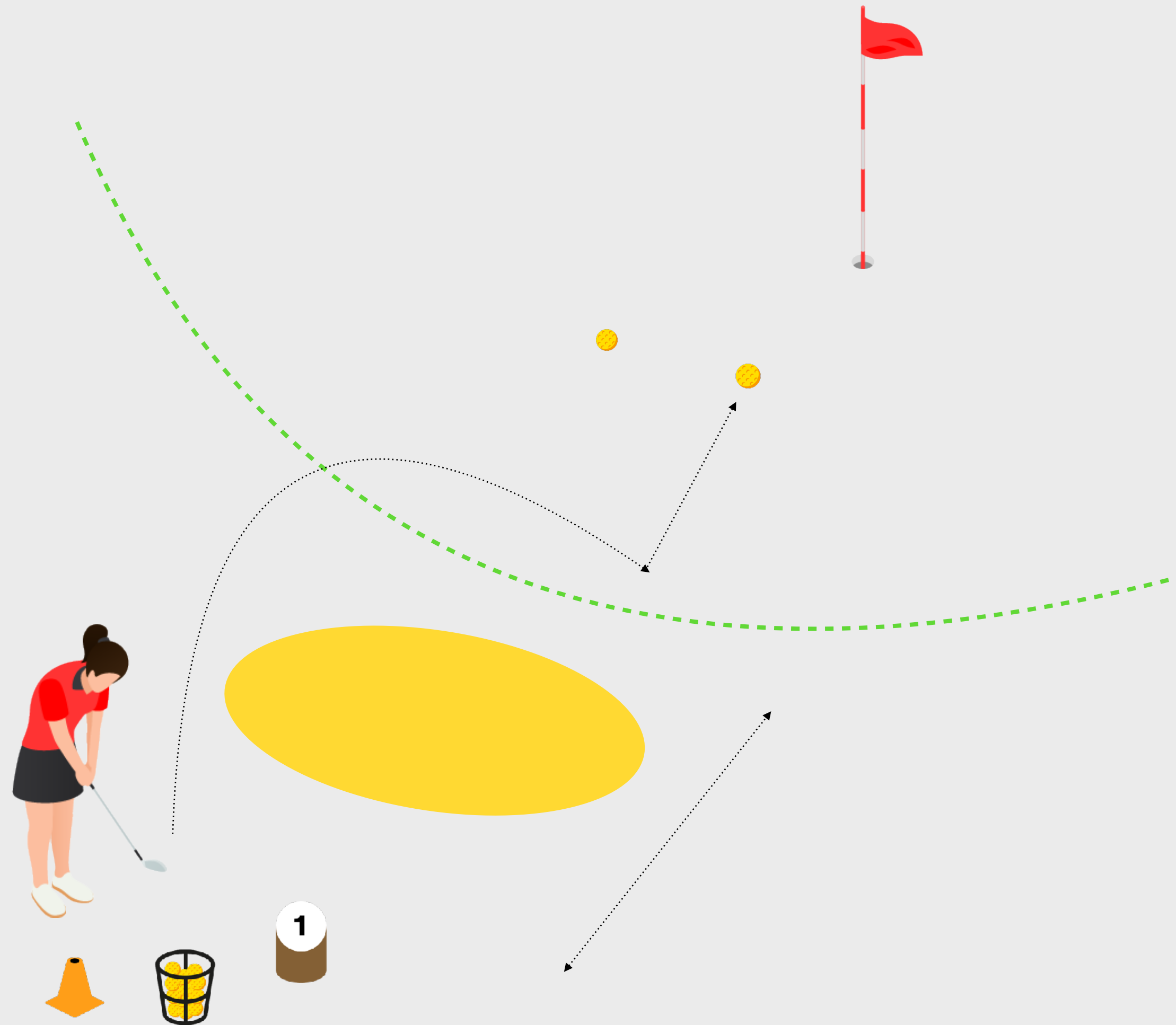
How to Practice

- Ask the students to hit balls from around 20-30 yards away from the green
- Students should vary the ball position at set up from the back of their stance to the centre of their stance and finally move towards the front of their stance
- Allow the students to see how changing the ball position can affect the initial launch angle of their pitch shot
- Highlight to them the amount of spin imparted on the ball from each position too and encourage them to find methods of controlling that spin
- The students should also then keep the ball position consistent but then explore change the forward lean of the shaft and the vertical portion of the shaft

Technical Link

- This activity will help the students to understand how changing the ball position and shaft position at address can affect the flight and spin on the pitch shot

Single Club or Change Technique



Equipment Needed

- Golf ball for each player
- Scorecard
- Pencil
- Cones for safety
- Wedges and Irons
- 3 or 6 positions around the green

How to Play

- Get the students to choose a starting point for 'Hole 1' around the green a minimum of 20 yards from the edge of the green surface
- The student should drop their ball rather than placing
- The students first attempts this round with a single wedge or their choice. They need to adapt their technique to the shot they need to play
- The player then proceeds to putt out the ball and the score should be recorded on the scorecard
- Students should find a new starting positions and continue for up to six holes depending on their time available
- The students repeats the course but on the second attempt they can vary the club to the situation.
- The outcome of the task should be to compare scores but all subjectively assess the students preference

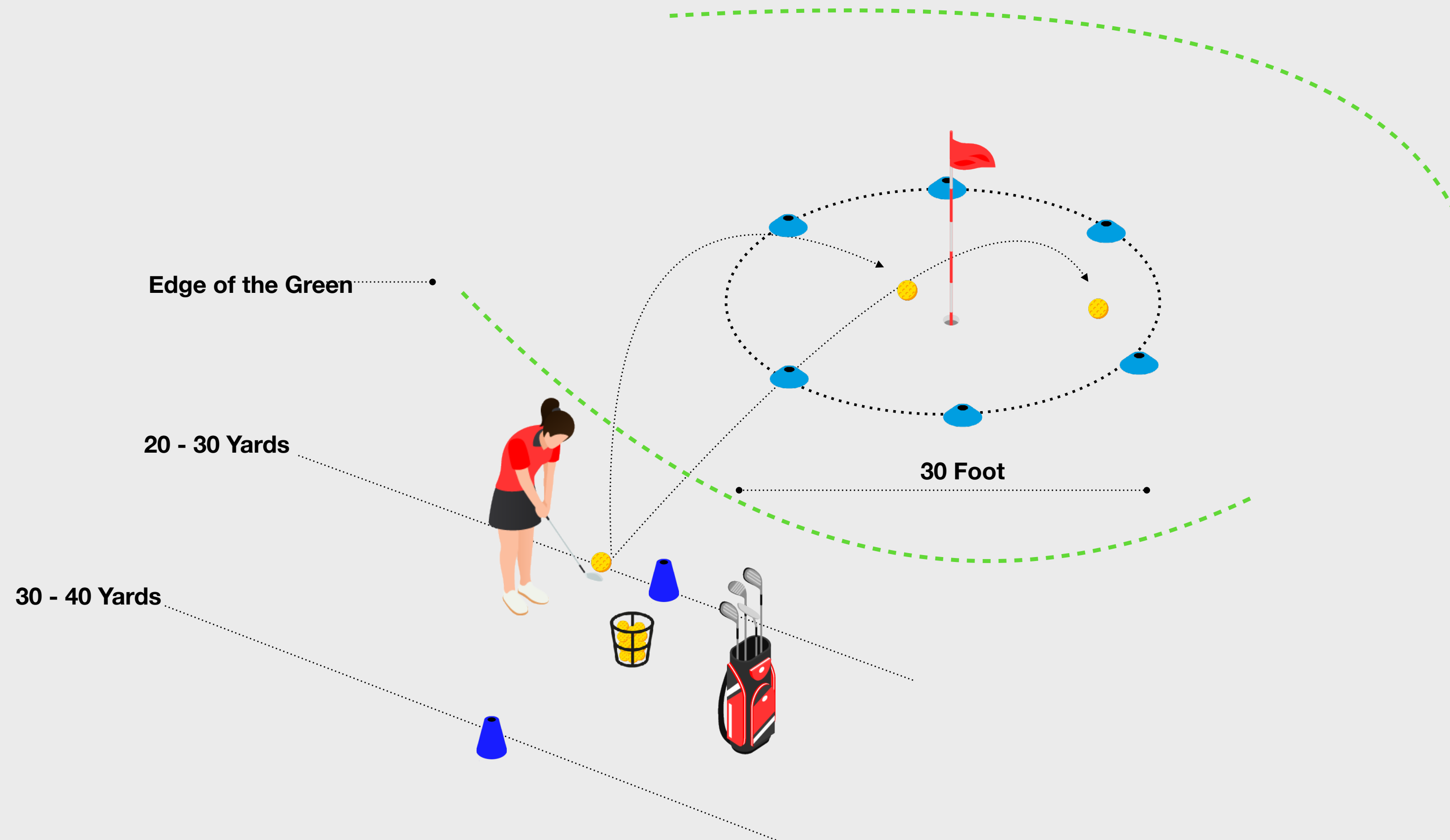
Progression Ideas

- Choose a variation of lies and situations around the green

Pitching Challenge



Pitching 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 should drop the ball on each attempt

The Challenge

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

- **7/10 pitches within target circle from 20 - 30 yards**
- **4/10 pitches within target circle from 30 - 40 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

