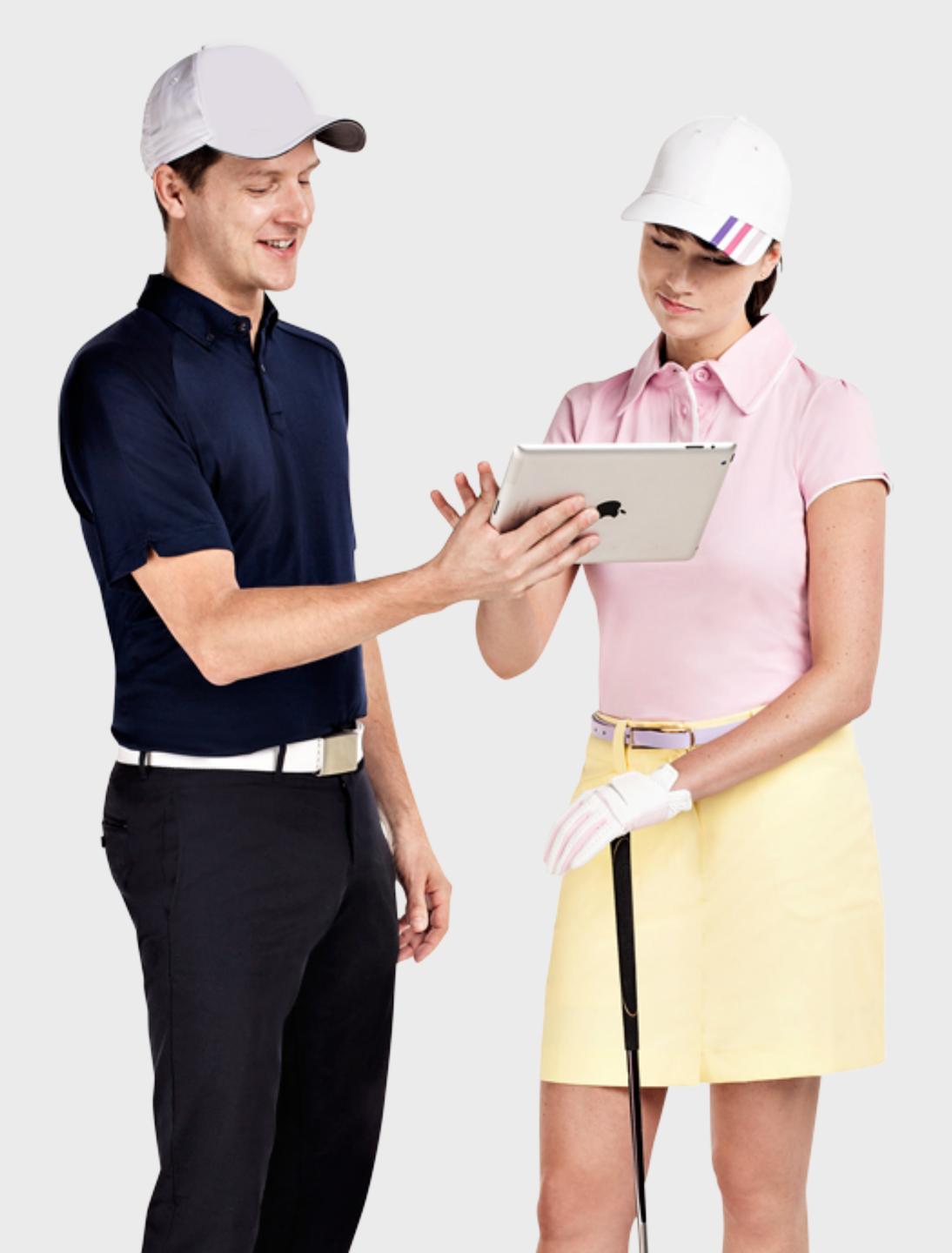






- 3 Class Timetable
- 6 Class Objectives and Setup
- 10 Practice Stations and Game Cards
- Scoring Skills Challenges

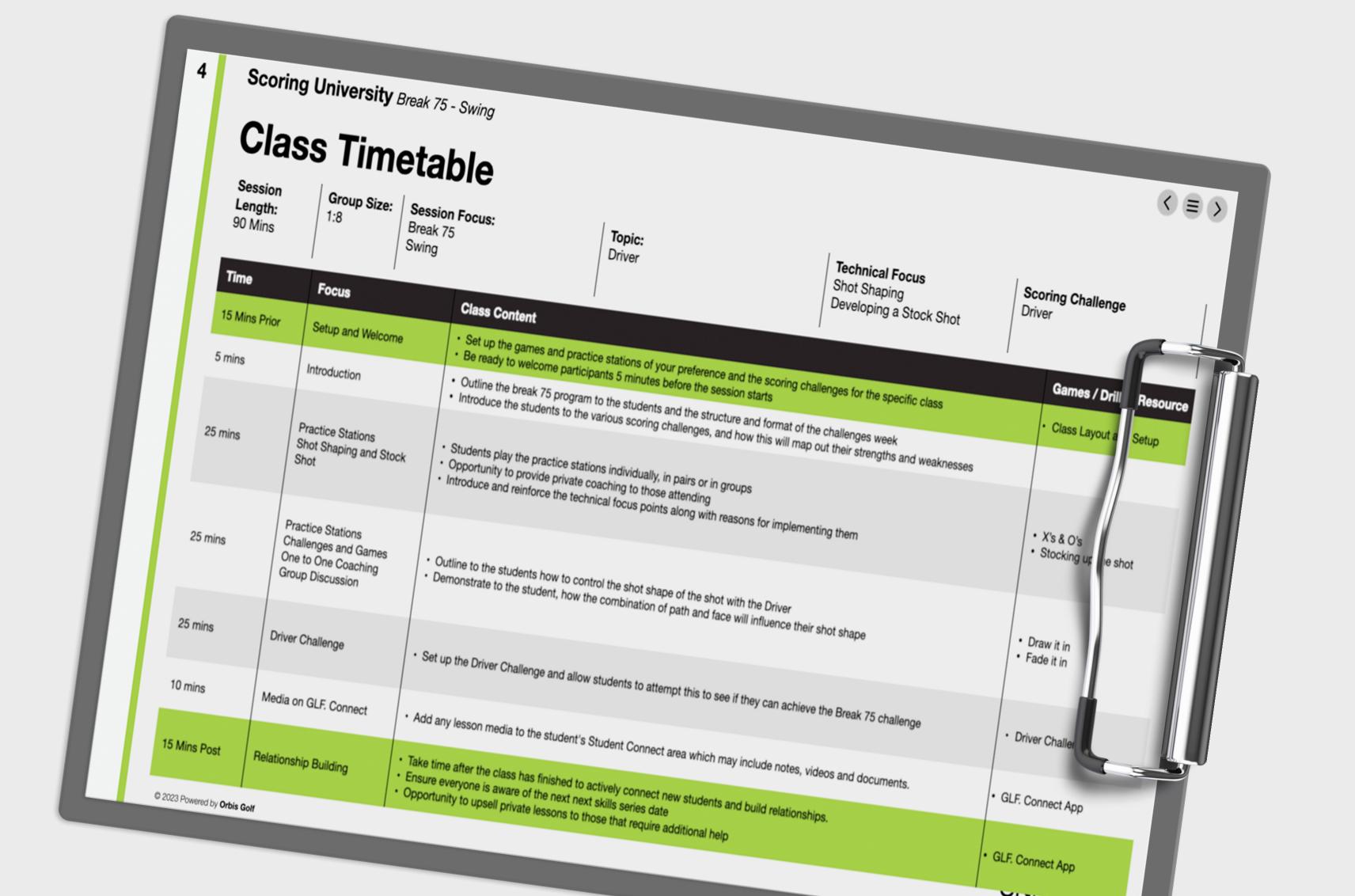








# Session Timetable











Session Length: 90 Mins

**Group Size:** 

**Session Focus:** Break 80 **Putting** 

Topic: Putting Scoring **Technical Focus** Playing Under Pressure & Consequence

**Scoring Challenge** Putting Scoring Challenge

Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul> <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> <li>Outline to the students, the break 80 program 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	Playing Under Pressure Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul> <li>Explore with students the reality of golf being a game of consequences where each shot counts. Explore with them the focus of the class will be to help them building strategies to cope with playing under pressure</li> <li>Explore strategies with your students including the importance of developing a positive mindset and using a pre-putt routine to help play under pressure. Emphasis on each game and practice station developing a consistent 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> </ul>	<ul> <li>Don't Leave it Short</li> <li>21</li> <li>Spiral</li> <li>Up the Ladder</li> </ul>
25 mins	Short Putts Challenge	<ul> <li>Set up the Putting Scoring 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><li>Putting Scoring Challenge</li><li>Challenge Scorecard</li></ul>
10 mins	Media on GLF. Connect	<ul> <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>	GLF. Connect App
15 Mins Post	Relationship Building	<ul> <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>	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 putting. Some of technical content you may want to explore in this session may include:

Playing Under Pressure / Consequences - Introduce the student to some fundamentals of dealing with pressure when putting. Some of the content you may want to explore includes:

- Highlight to the students how focussing on the process when approaching a putt and emphasise the importance of routine in dealing with pressure
- Reinforce how taking that extra time before a shot can help them to stay focused and manage pressure
- Outline how preparation can help performance on the course including warming up on the putting green before play
- Explain how to manage aggression and when to, and when not to be aggressive with a putt
- Explore techniques for bouncing back from a 3 putt or missed short putt
- Explore how an understanding what is acceptable putting performance on the course for their skill level can help them handle pressure when they play

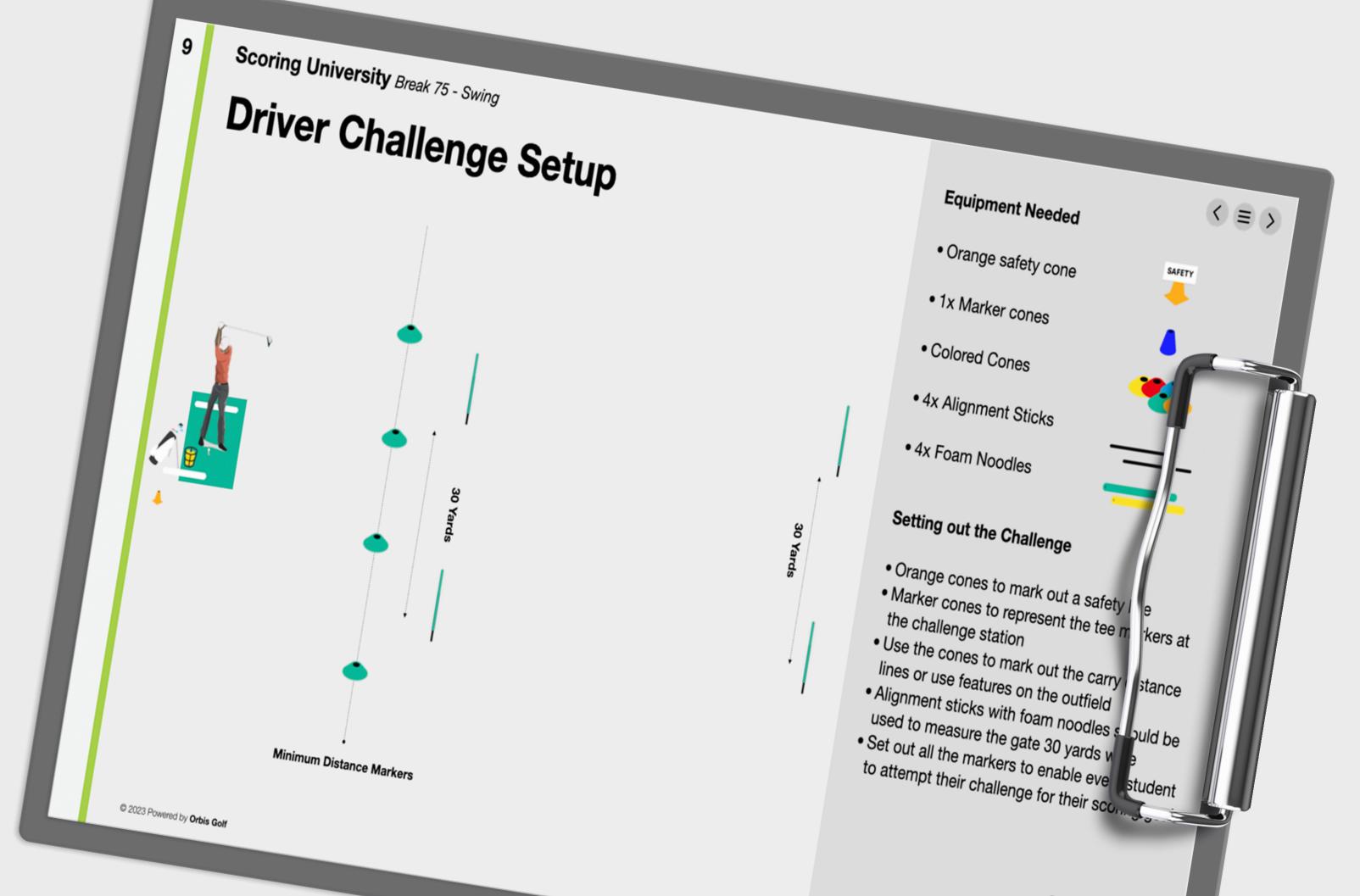


Keep your technical instruction to less than 5 minutes to allow maximum time for play, practice, and for you to reinforce key skills through individual tuition. Encourage the use of different clubs for practice and exploration of skills through discovery and game-based learning.





# Objectives and Setup





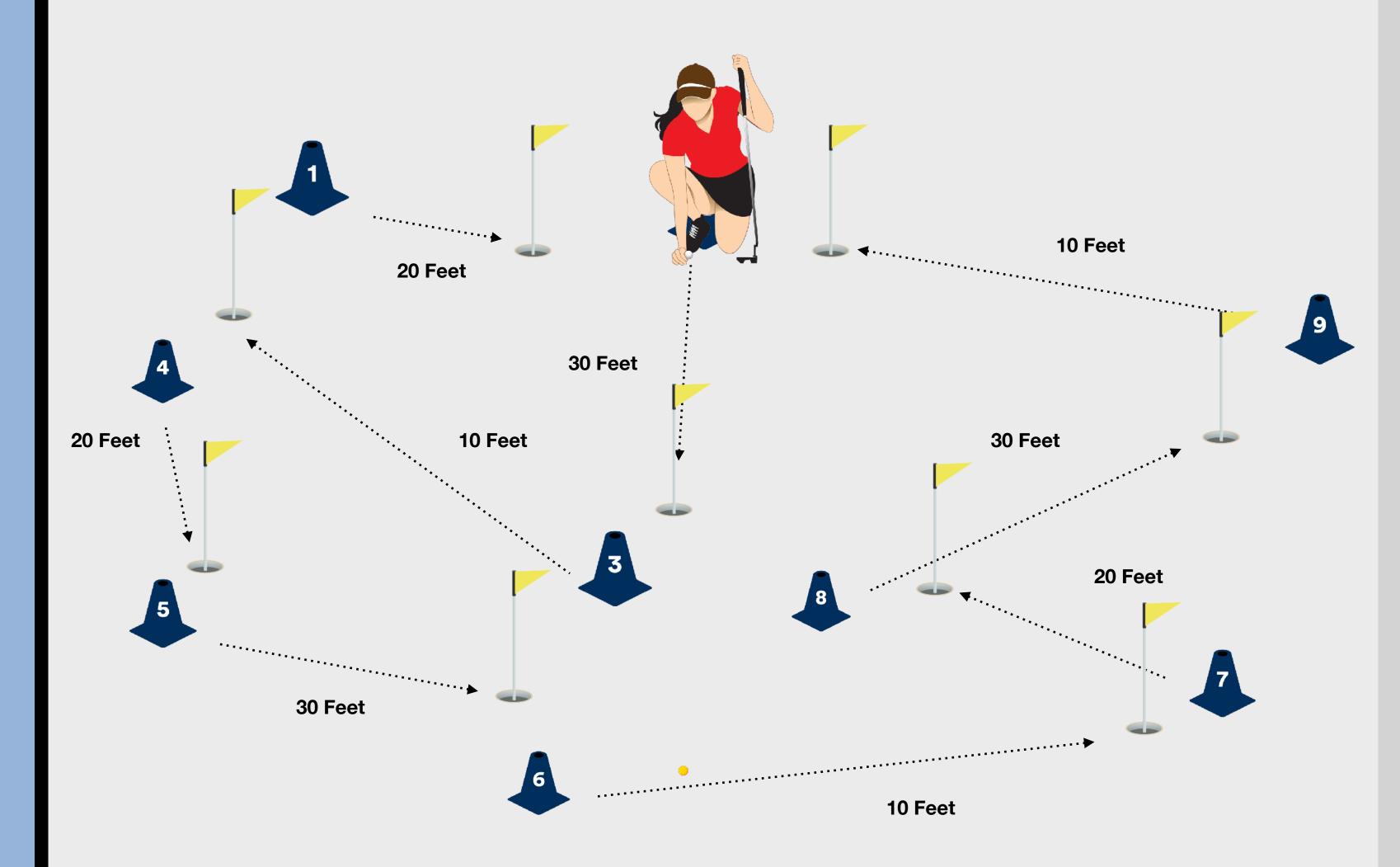




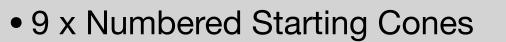
# **Example Class Layout and Setup**

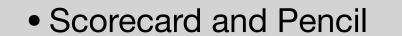


# Scoring Challenge Setup













## **Setting out the Challenge**

- 9/18 holes should be selected on the putting green on an average sloped surface
- 3 cones are placed opposite 3 holes at 10 feet,
   3 cones at 20 feet and 3 cones at 30 feet
- Students can attempt the challenge depending on the scoring level they are on by playing the required number of holes and distances





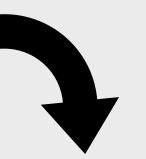
# TRACKMAN Integration

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.

#### On the Green

Club Speed  The speed the putter head is traveling immediately prior to impact	Backswing Time  The time the putter head is traveling away from the ball	Stroke Length  The distance the putter head is pulled back from the ball in the backswing	Forward Swing Time  The time the putter head is traveling towards the ball until impact
Tempo  The Backswing time divided by the Forward swing time	Skid Distance  The distance the ball is bouncing/ sliding until it starts to roll	Launch Direction  The angle the ball starts right or left in relation to the target line.	Ball Speed  Initial ball speed immediately after separation from the putter face.

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.









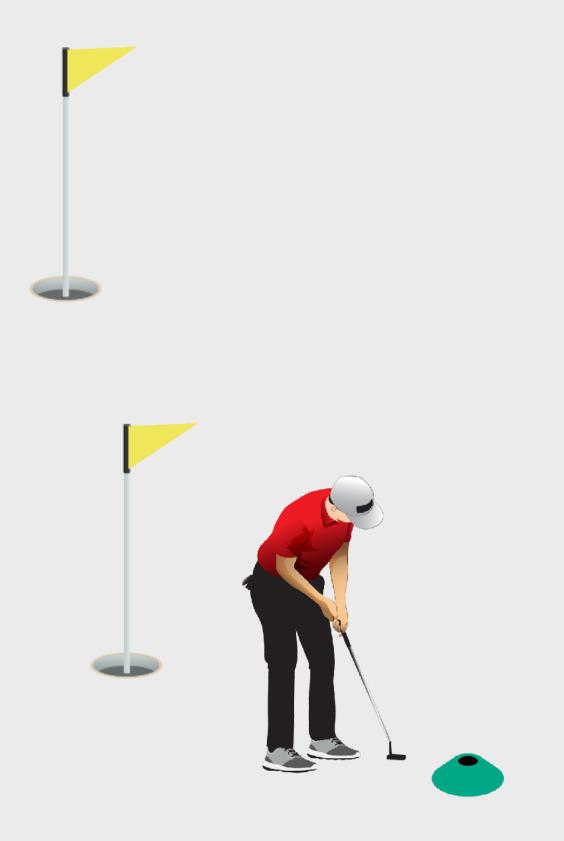














- Putter
- 9 Holes on the Green
- Golf Ball
- Tee Peg or Ball Marker

#### **How to Play**

- This game can only be played in pairs or groups but is played individually
- Pick 9 holes on the putting green and if required using combinations of the same holes in the example on the left three holes repeated three times
- The aim of the game is complete 9 holes without leaving the ball short of the hole or three putting
- The player attempts their first putt and the ball need to finish past the hole to attempt the next putt. If the ball finishes short the player picks their ball up and starts again
- If the ball finishes past the hole and the students misses the second putt, they again for back to the start
- If they hole the putt, they move to the next hole
- The student should place a marker in the ground at the furthest point they reach on the course

#### **Technical Link**

- This activity will help the student to experience competitive pressure when they are putting, which will be a test for their technique and skill by placing consequence on each putt that they hit
- When completing this activity you should place the important an a consistent pre-putt routine











## **Equipment Needed**

- 2 Putters
- 2 Golf balls
- 2 Holes

## **How to Play**

- This game can only be played in pairs
- Pick two holes on the practice green and students must stand at one hole aiming at the other hole
- Putts made on the first shot are worth three points, a lip out on the first putt is worth 2 points, 2 putts are worth one point and a 3-putt is -1 point
- After each student sinks their putt, they turn around and putt for the opposite hole
- The winner is the first person to make it to exactly 21 points

### **Technical Link**

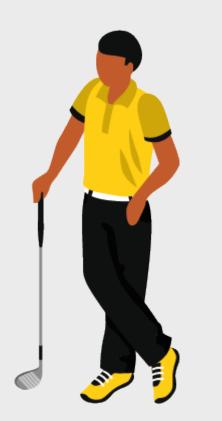
- This activity will help the student to experience competitive pressure when they are putting, which will be a test for their technique and skill
- The scoring element will focus them on the outcome they are trying to achieve and will emulate the type of focus on planning required on the course

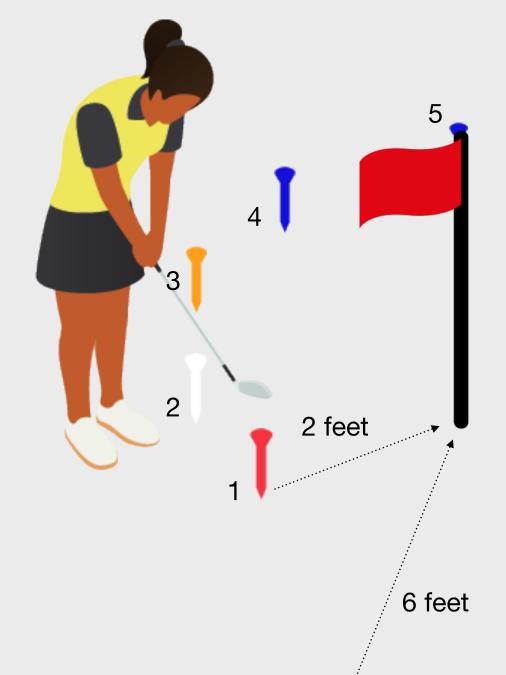














## **Equipment Needed**

 Tee pegs to mark the 12 points on a clock ranging from 2 to 10 feet from the hole on a sloped part of the green

#### **How to Practice**

- A student attempts one putt from the shortest peg putt
- The student then progresses around the spiral as the putts get gradually longer through the 12 rounds
- If the student misses they go back to the start
- The purpose is to note how the slope changes around the hole and therefore the student needs to adapt where they are aiming
- We suggest framing this as an opportunity to develop a consistent pre-putt routine to help handle the pressure and consequence associated with each putt

#### **Technical Link**

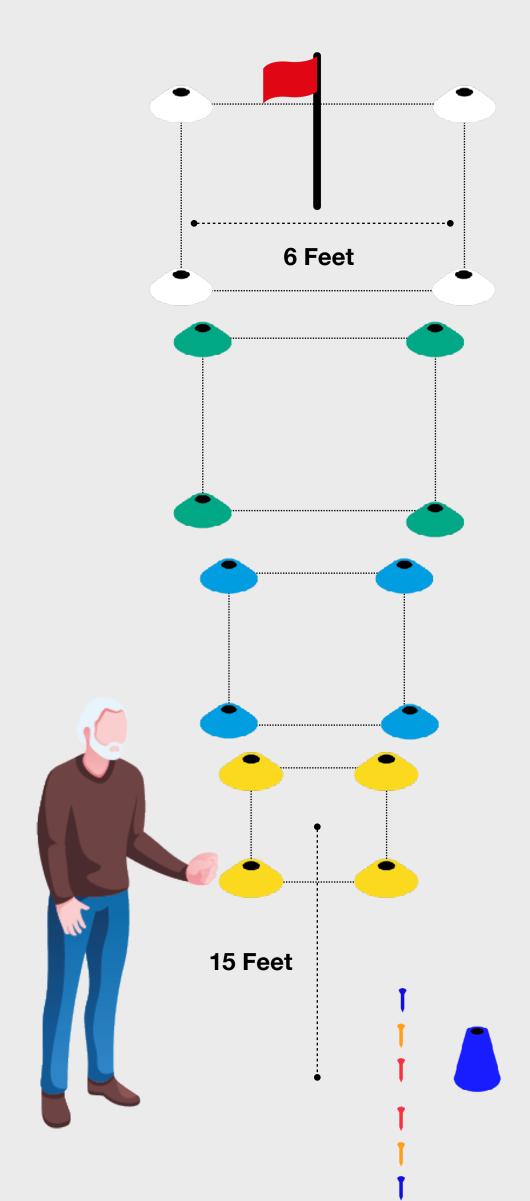
- The practice challenge will show the student to maintain a consistent technique as the putt length and slope changes
- The practice station also enables the student to play under pressure in order to maintain their progress around the spiral







# Up the Ladder





### **Equipment Needed**

- Putter
- Tee Pegs
- Sting
- Cones

## **How to Play**

- A student attempts to move up the ladder of boxes from the same starting position marked by the single cone
- The first putt is to the box 15 feet away from the starting position
- After the student putts the ball into the box, they attempt to putt their ball into the second box which is 5 more feet away
- If the student misses they should move back to the start or back a box
- The student should attempt each putt and focus on building an effective pre-shot routine

### **Progression Ideas**

- Play on a sloped surface
- Increase or decrease the distance to the centre of the boxes
- Increase or decrease the size of the boxes



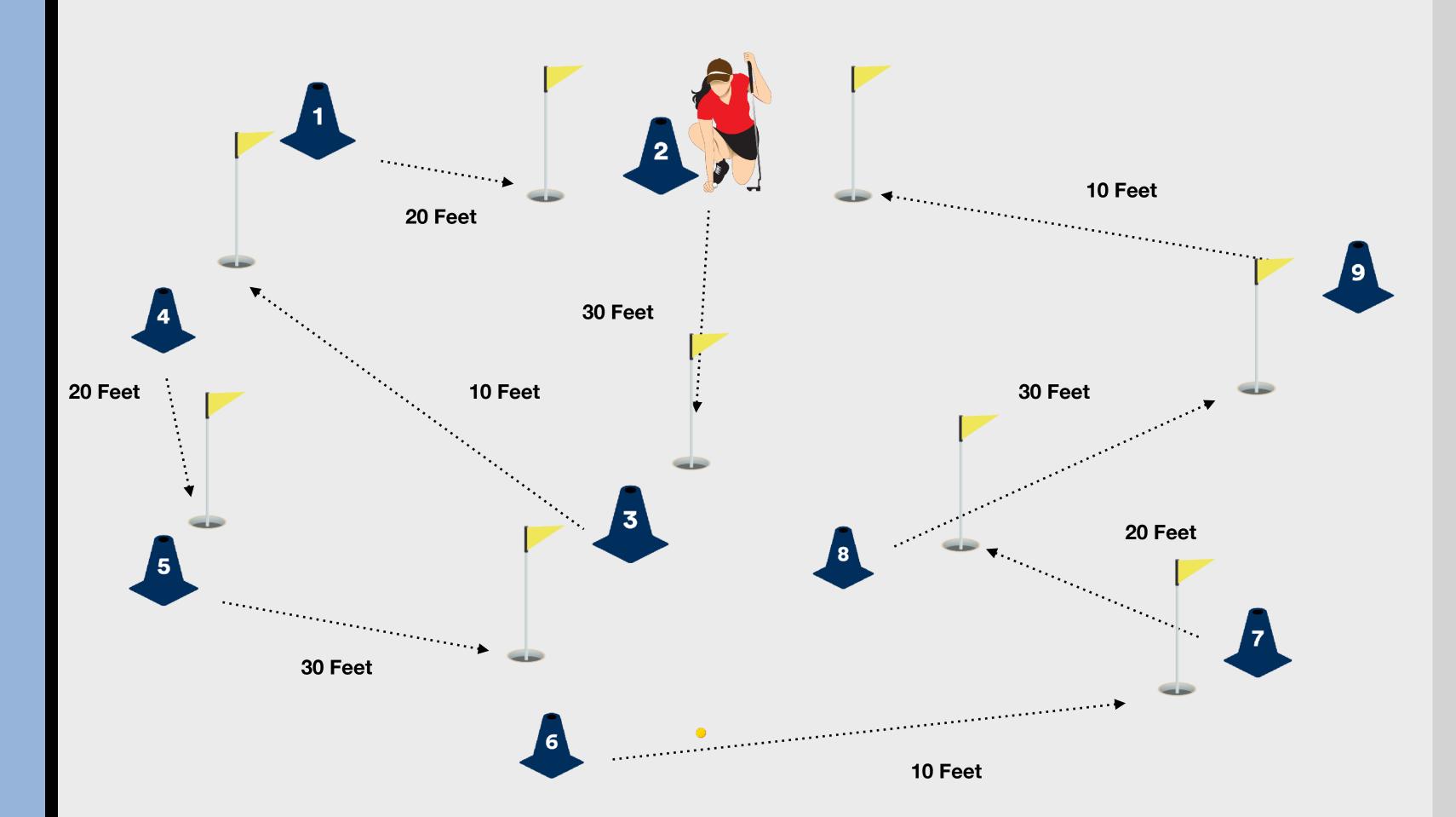


# Putting Scoring Challenge





# **Scoring Putting Challenge**



#### **Attempting the Challenge**



- Students play 18 holes around the green completing six holes from three different starting distance in a random order
- Record the total number of putts for each hole on the Challenge Scorecard

#### The Challenge

- Complete an 18 hole circuit on the green attempting 6 putts from a starting position 10 feet from the hole, 6 putts from 20 feet and 6 putts from 30 feet from the hole
  - Score 36 putts or less over 18 holes

#### 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



