

Scoring University

BREAK
90

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"> 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 90
Short Game

Topic:
Bunker

Technical Focus
Bunker Play Technique

Scoring Challenge
Bunker 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 90 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 	
25 mins	Bunker Play Technique Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> Introduce the student to some top tips to improve strike when playing a bunker shot Outline to the student, the concept of face control and how to use their body 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 Demonstrate to the student, how using a single club in green side bunkers at this stage can help them to become more effective in their ability to play a bunker shot 	<ul style="list-style-type: none"> Slide or Dig Gone in 60 seconds Making a Splash Body in the bunker Single, Double, Triple
25 mins	Bunker Challenge	<ul style="list-style-type: none"> Set up the Bunker Challenge and allow students to attempt this to see if they can achieve the Break 90 challenge Use the challenge scorecard to record the outcome of each attempt 	<ul style="list-style-type: none"> Bunker 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 bunker play. Some of technical content you may want to explore in this session may include:

Bunker Technique - Introduce basic bunker technique, focusing on exploring the key principles of the green side bunker motion. Depending on the students skill level, you may want to draw upon some of the content from Break 100 which focusses on Bunker Setup and Concepts. Some of the key motion principles you may want to explore are:

- Explore basics of the body motion in green side bunker play which could include exploring the turn of the hips, shoulders and feet during backswing and through swing
- Explore the importance of the speed of the club face through the sand and some simple concepts to develop this
- Discuss how the club face is used for optimum strike and trajectory
- You can explore how the club face should travel through backswing, impact and follow through and how this differs from others shots in golf
- You may want to explore the shape of the swing including how shallow and steepness of the club shaft will impact the entry point of the club into the sand and the amount of sand that is removed from the bunker
- You should help the students to understand what is optimal



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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Example Class Layout and Setup

Station 1:
Practice Station
Slide or Dig



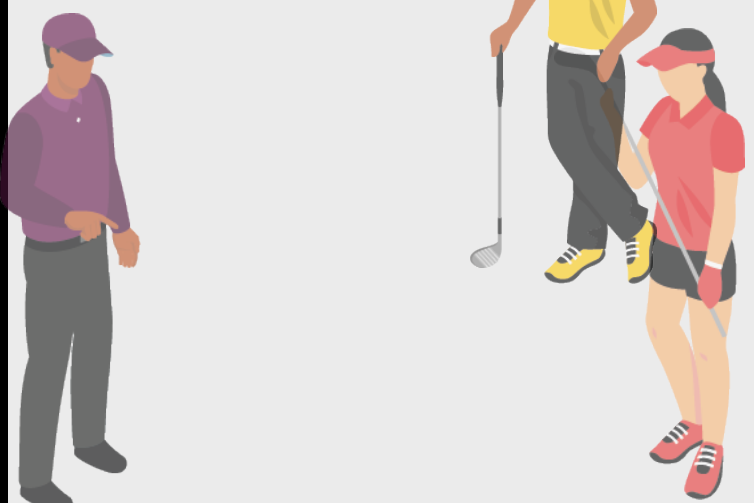
Station 2:
Game Station
Gone in 60 seconds



Station 3:
Practice Station
Body in the Bunker



Group Discussion:
Start, during and end of class



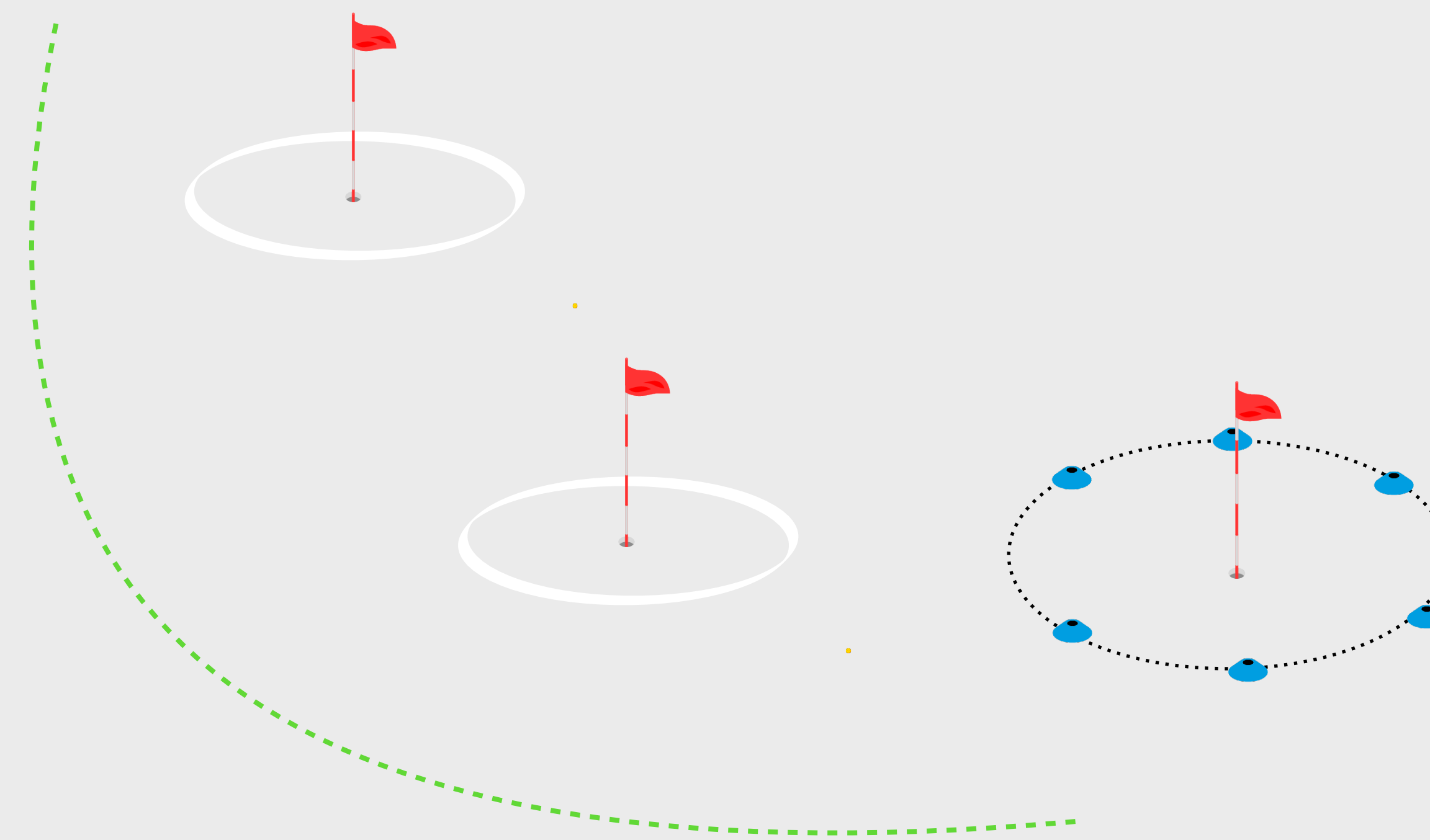
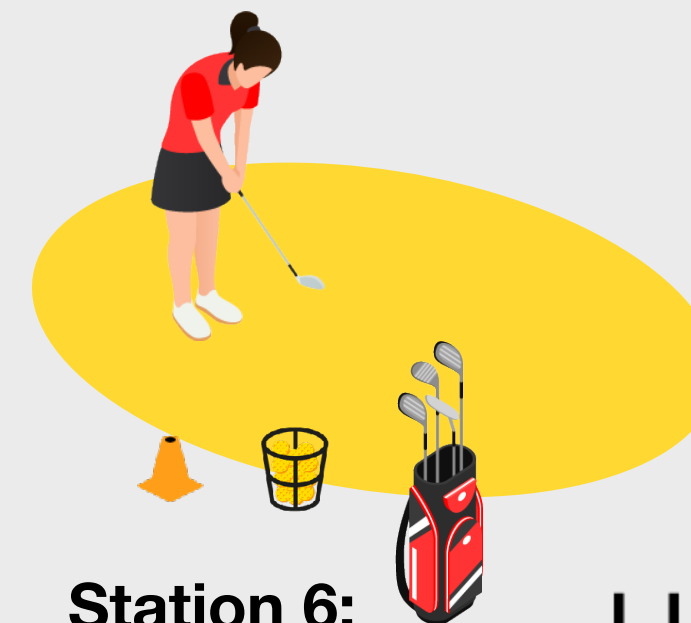
Station 4:
Game Station
Single, Double, Triple



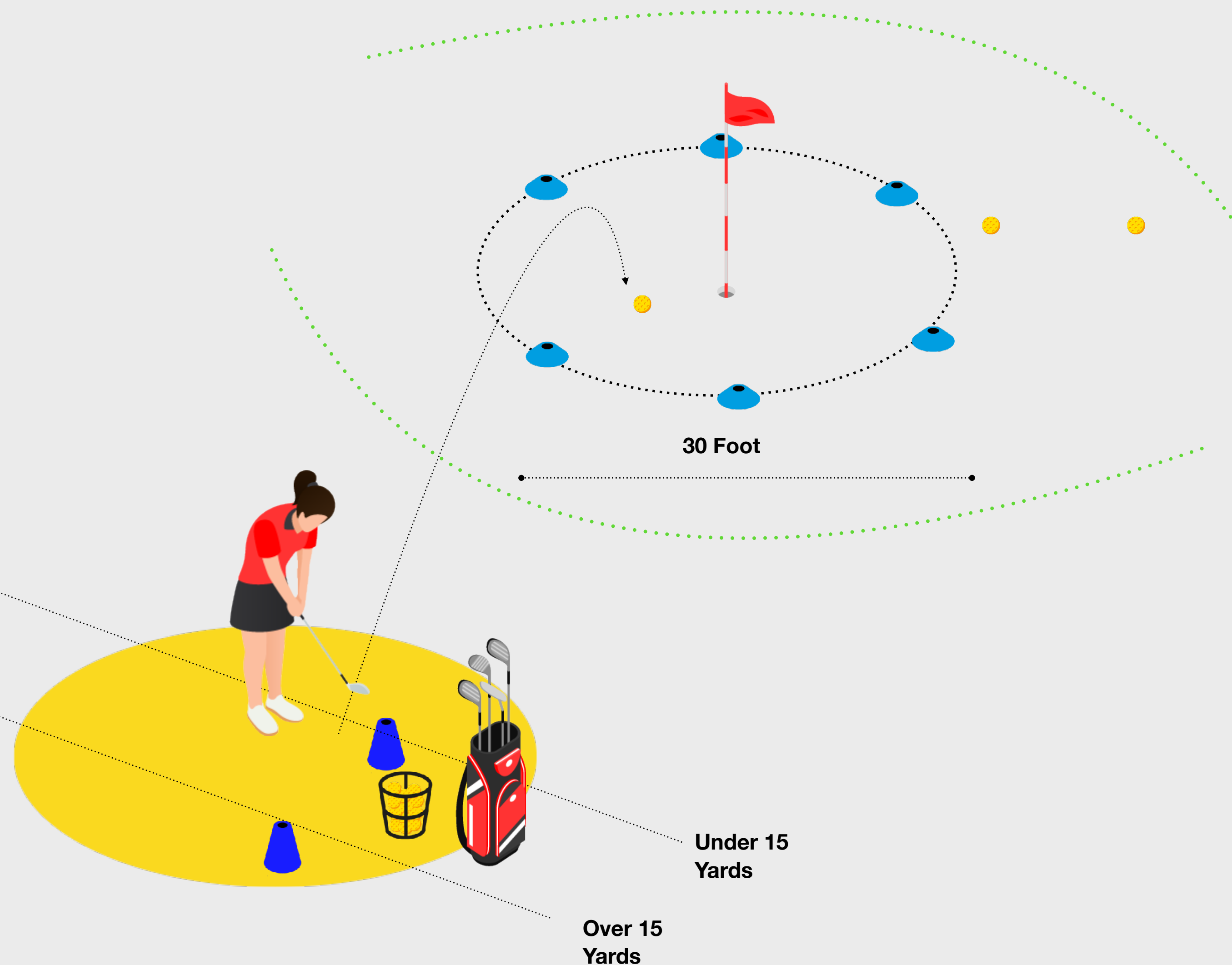
Station 5:
Practice Station
Making it Splash



Station 6:
Challenge Station

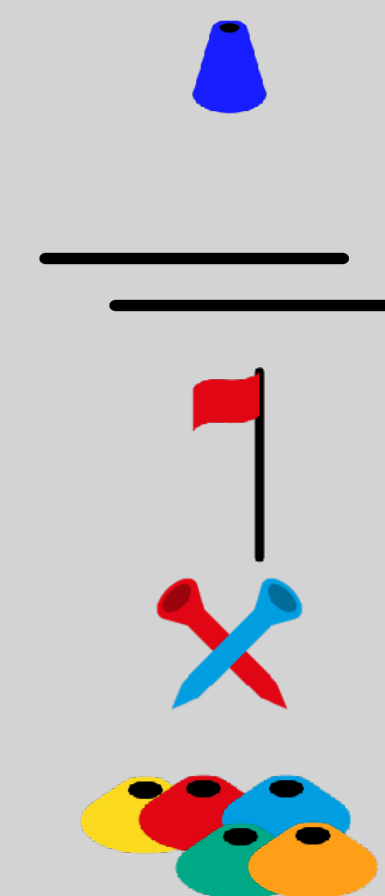


Bunker Challenge Setup



Equipment Needed

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



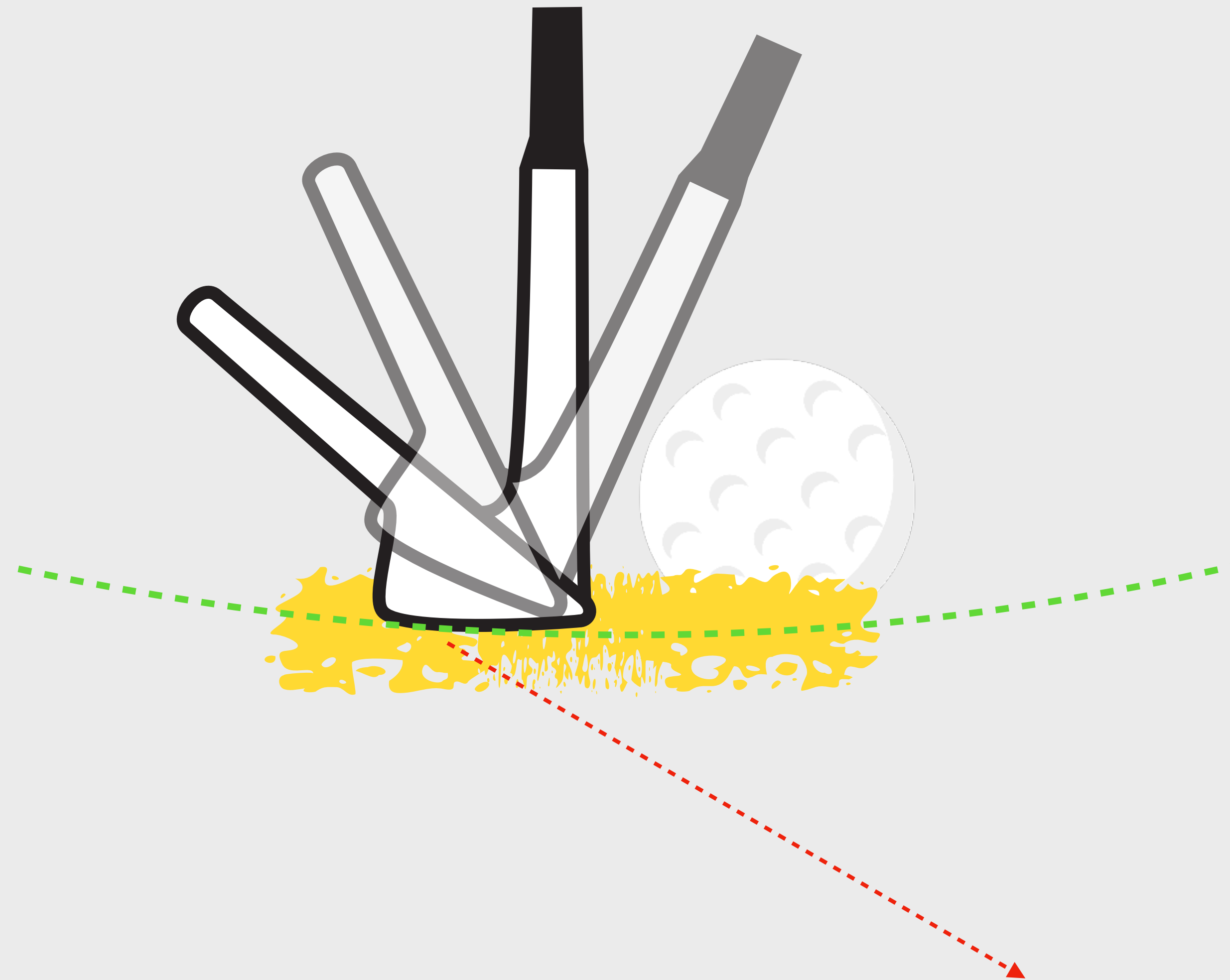
Setting out the Challenge

- 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



Slide or Dig



Equipment Needed

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

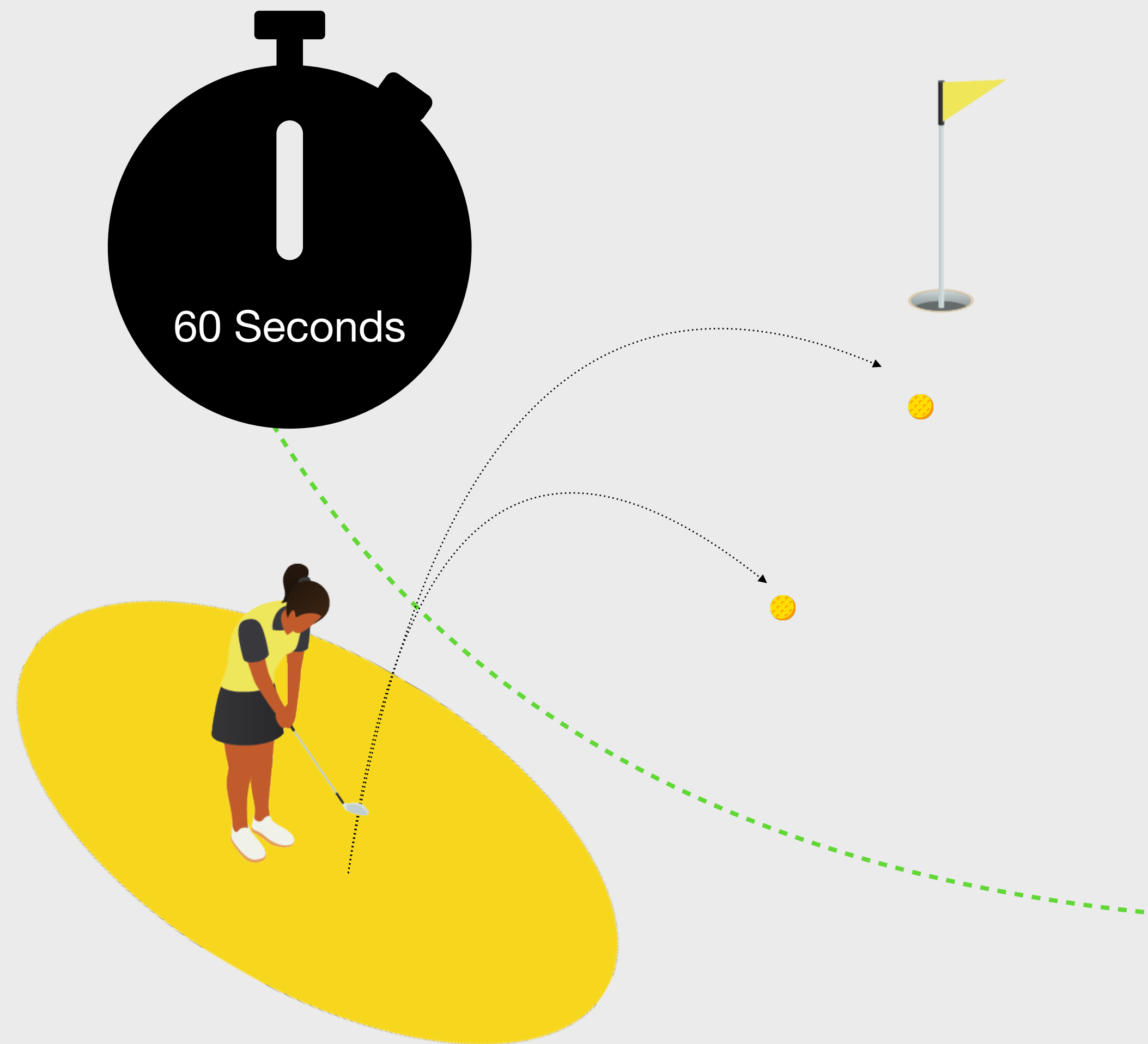
How to Practice

- 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 notice the amount of sand taken from the bunker
- Encourage the student to learn to use the sole of the club and take a shallow amount of sand

Technical Link

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

Gone in 60 Seconds



Equipment Needed

- Sand Wedge or similar
- Golf balls
- Timer or similar

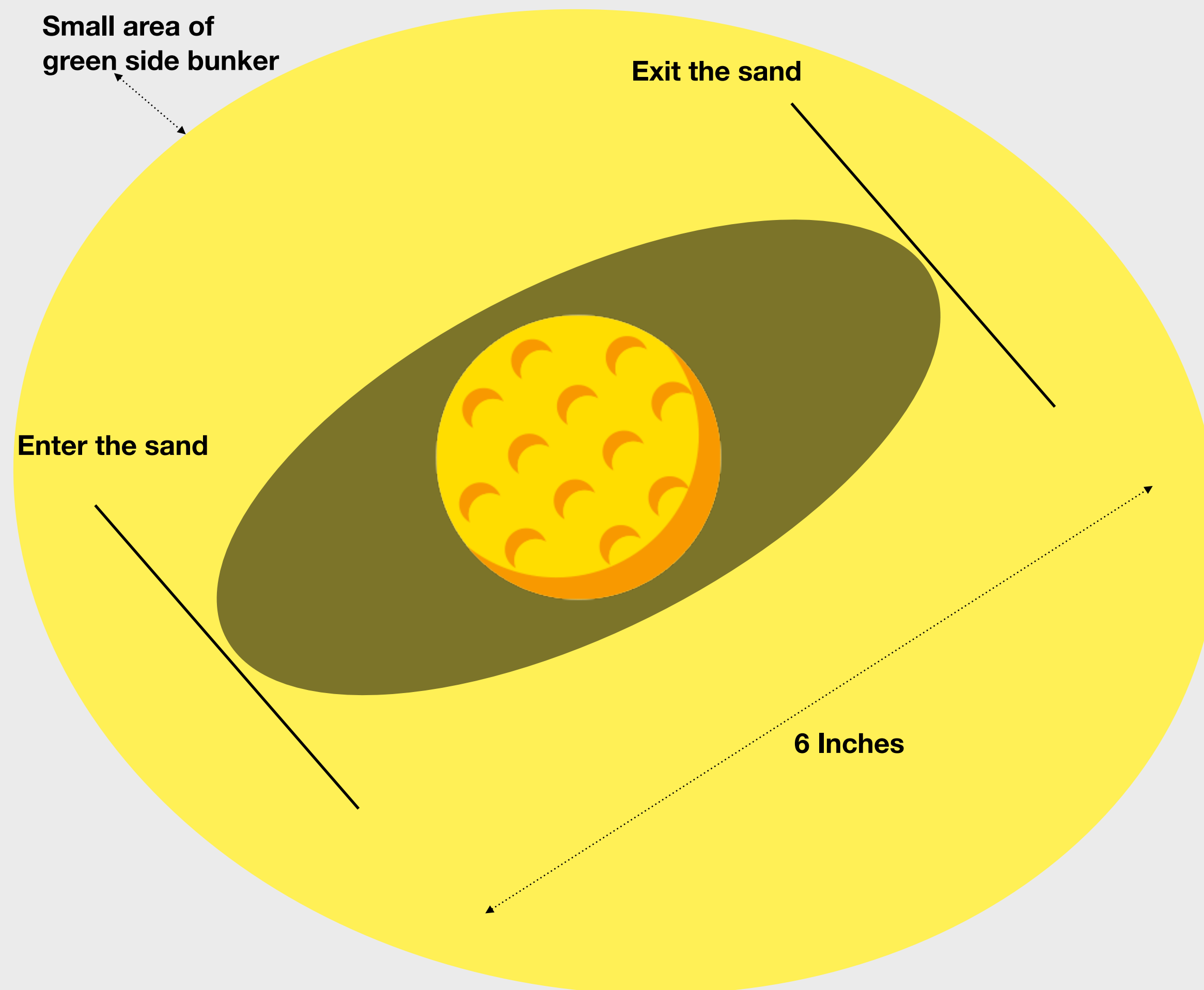
How to Play

- Spread up to 30 balls around the bunker in good lies
- Start a timer for 60 seconds and ask the student to hit as many balls as possible out of the bunker onto the green
- Game can be played individually or against other players
- The winner is the student with the most balls on the green after 60 seconds

Technical Link

- Hitting the ball out of the bunker with short set up time and from various lies will demand a consistent technique
- Repeating this activity will reinforce swinging freely out of the bunker, under less pressure and this should help the student with committing to the shot

Making a Splash



Equipment Needed

- Bunker
- Sand Wedge
- Golf balls

How to Practice

- In the bunker get the student to mark out the circle around the golf ball approximately 6 inches across
- When the student is hitting the shot, encourage them to hit the sand on the first mark and leave the sand on the second mark
- This will encourage the learner to splash the sand under the golf ball and have the desired contact

Technical Link

- This activity will encourage the student to splash the sand under the golf ball and have the desired contact
- Encourage the student to try PW to get a lower flight, less spin and more roll

Body in the Bunker



Equipment Needed

- Alignment Stick
- Golf balls
- Bunker

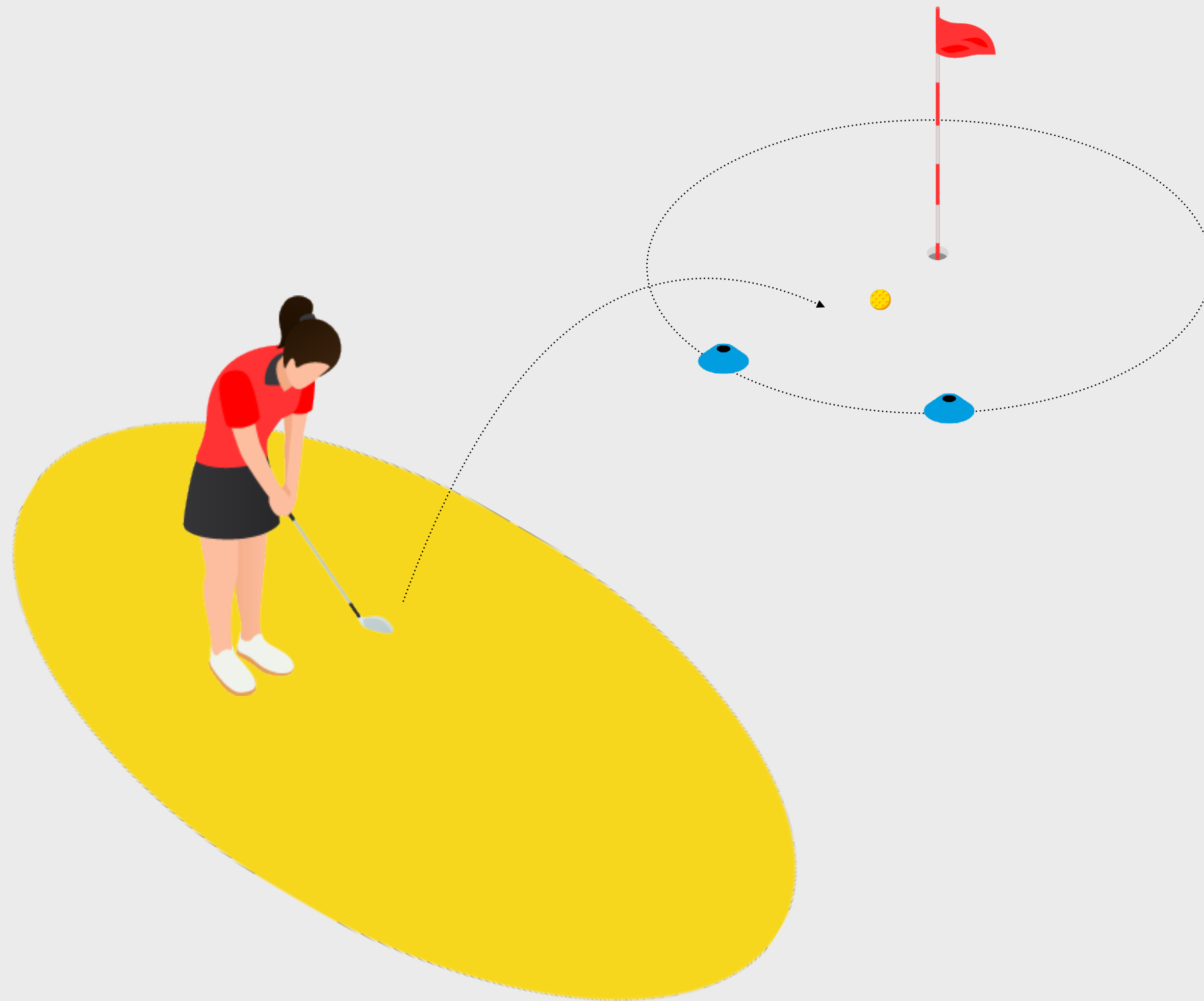
How to Practice

- This activity is all about using the correct body movements for a bunker shot
- Students should use an alignment stick to discover where their sternum is positioned at address
- Hold the club or alignment stick at one end, place it against the sternum and let it hang down naturally
- It will then be obvious whether the student is set up correctly with their sternum behind the ball
- Once they are positioned with their sternum behind the ball they must attempt to hit some shots taking plenty of sand

Technical Link

- This activity will help the student to understand when the sternum is positioned behind the ball, they will be more likely to strike the sand first and hit a nice splash shot out
- A key factor when attempting the bunker shot is to use the body to accelerate through the ball because a halt in momentum can cause digging rather than a nice glide through the sand

Single, Double, Triple



Equipment Needed

- Sand Wedge
- Cones
- Golf balls

How to Play

- Students take it in turns to hit their shots, they can have either 1, 2 or 3 attempts each turn
- The student receives 1 point if they hit the ball out of the bunker, 2 points if they hit the ball onto the green and 3 points if they hit the ball inside the 10 yard circle of cones
- If the student chose to have just 1 attempt they get to triple the points scored, if they chose 2 attempts they double the points scored for that round
- The winner is the student that scores the most points each round
- Alternatively, it can be played individually and the student attempts to beat their previous scores

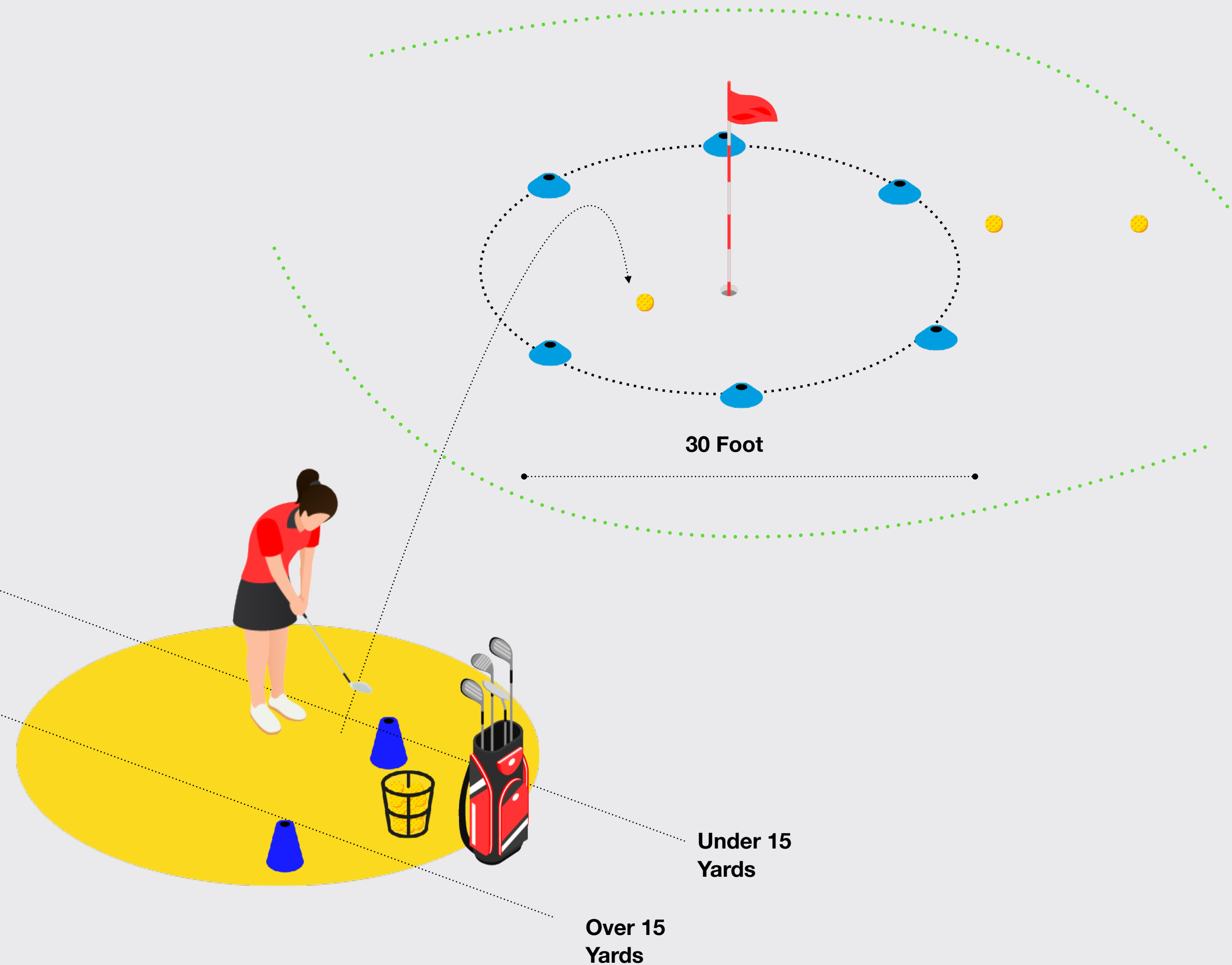
Technical Link

- This activity will help the student experience some more target based bunker shots and gain a greater understanding of how bunkers affect on how the ball can roll out on the green

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

- **4/10 shots in the target circle from under 15 yards**
- **2/10 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

