

Scoring University

BREAK
90

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. 		<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 next skills series date Opportunity to upsell private lessons to those that require additional help 		<ul style="list-style-type: none"> GLF Connect App

© 2023 Powered by Orbis Golf

Class Timetable

Session Length:
90 Mins

Group Size:
1:8

Session Focus:
Break 90
Short Game

Topic:
Pitching

Technical Focus
Find your Stock Shot

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 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 	
55 mins	Stock Shot 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 strike and finding a stock shot to use when pitching around the green Outline to the student what you mean by the term stock shot and how this can assist them with scoring on the golf course 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 adjusting the length of their swing affects the shot created Outline the various practice stations and allow the students to rotate around these. You may want to get the group back together after 25 minutes for further discussion, demonstration and questions 	<ul style="list-style-type: none"> Strike Point Divot Maker Metronome Aim, Load and Fire
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 90 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:

Stock Shot - Explain the concept of a stock shot and how this improves consistency through predictability when pitching. This may include:

- Demonstrate how to play a stock shot in pitching and describe where this would be used on the course
- Highlight the benefits of a standardised pitch shot for control and confidence
- Explain how understanding a stock shot can help students with learning how to play different pitch shots
- The stock shot may include a consistent club selection then pitching or technique that provides the students with confidence and the highest change of success
- You may want to explore selecting a club with a specific loft, standardizing the position of the hands on the grip and pitching motion itself
- You will need to use your technical knowledge to guide the students to an appropriate shot and club selection as well as the pitching technique that is most effective for them
- Outline to the group that pitching is a challenging skill, but for breaking 90 reducing poor contact and getting the ball on the green should be the main priority



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

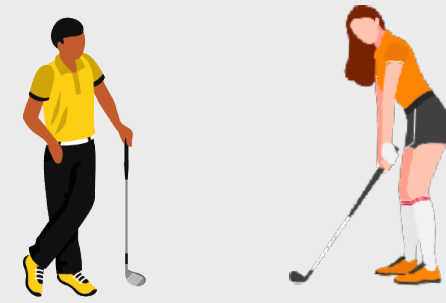
- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Use the cones to mark out the carry distance lines or use features on the outfield
- Alignment sticks with foam noodles should be used to measure the gate 30 yards wide
- Set out all the markers to enable every student to attempt their challenge for their score

SAFETY

SCORING UNIVERSITY

Example Class Layout and Setup

Station 1:
Practice Station
Strike Point



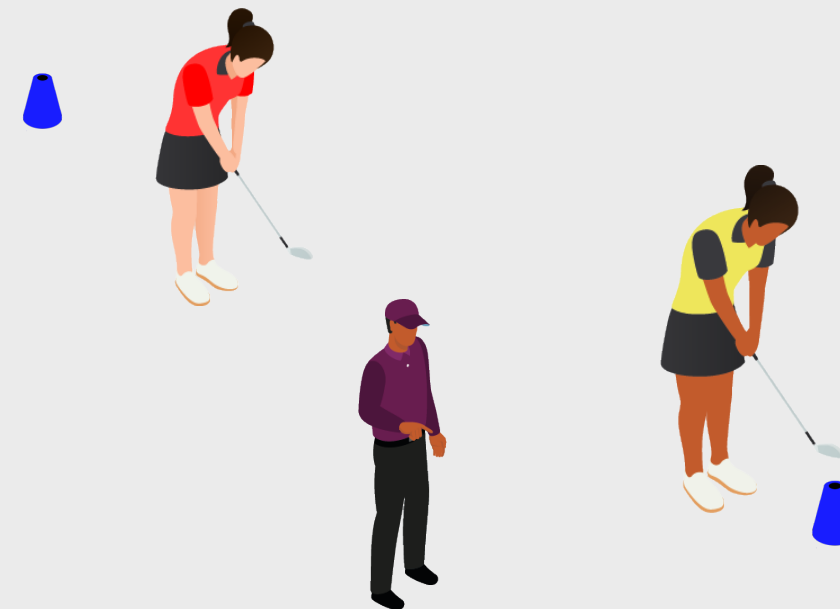
Station 2:
Game Station
Divot Maker



Station 3:
Practice Station
Metronome



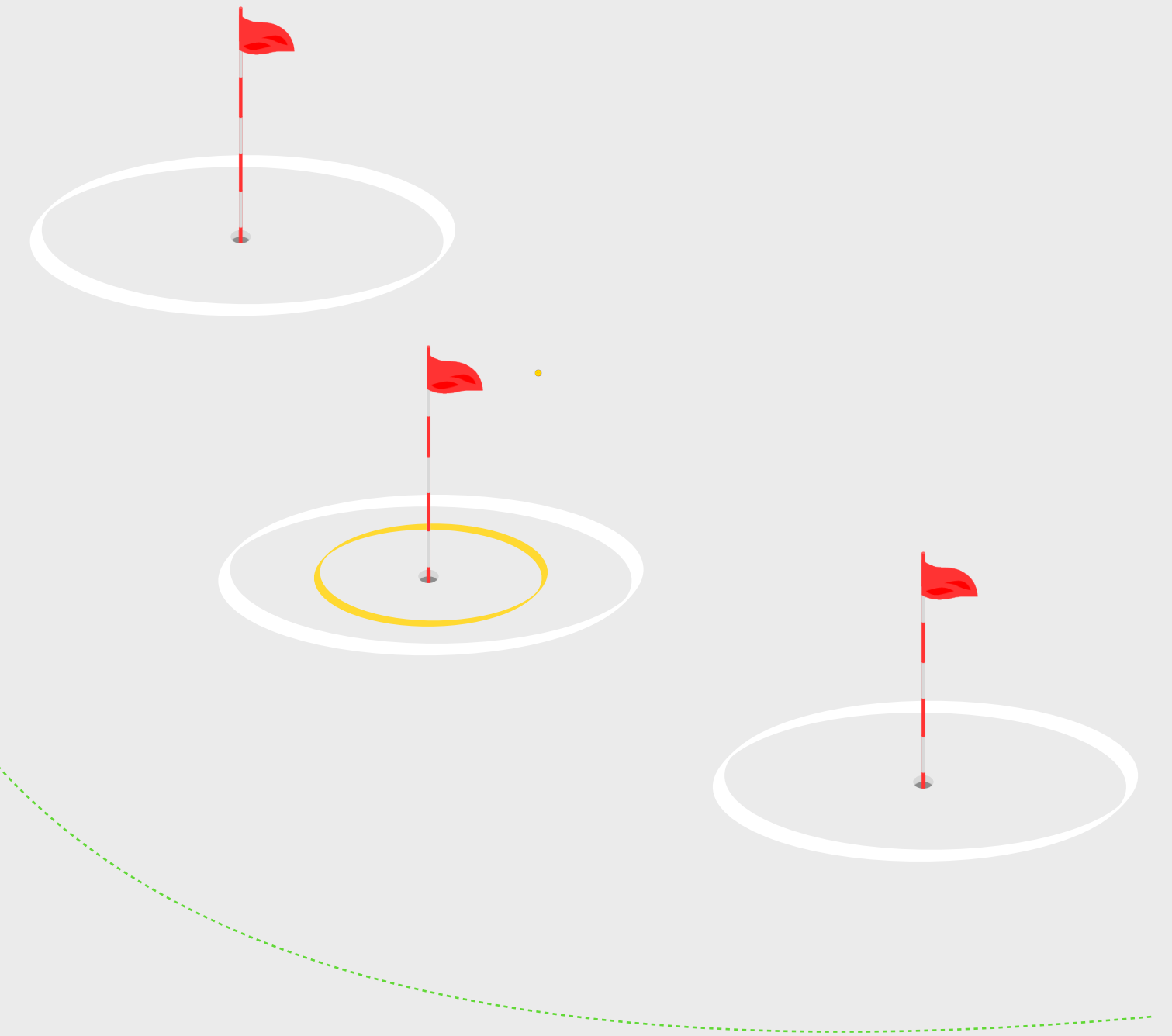
Station 4:
Game Station
Aim, Load and Fire



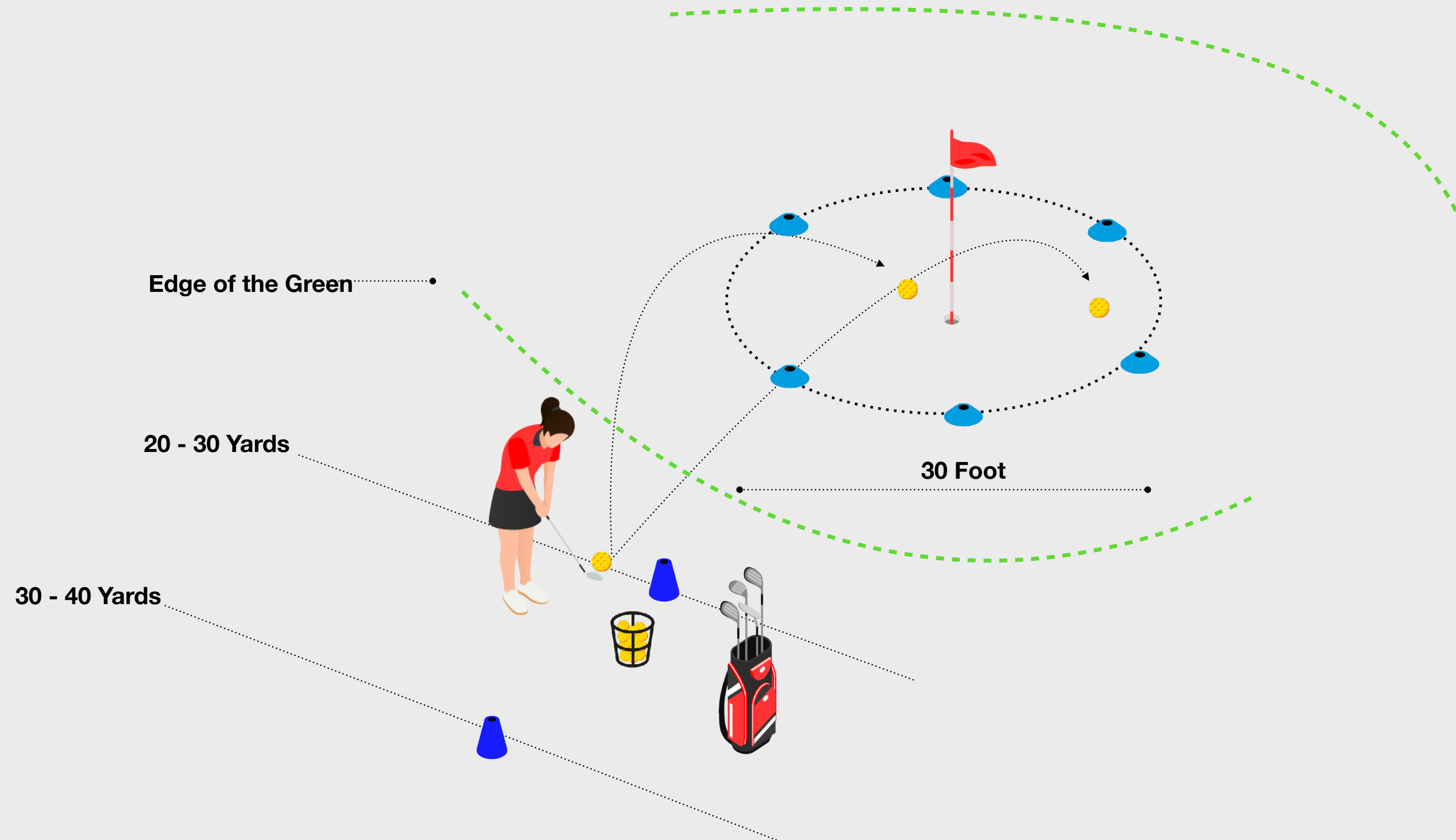
Group Discussion:
Start, during and end of class



Station 5:
Challenge Station

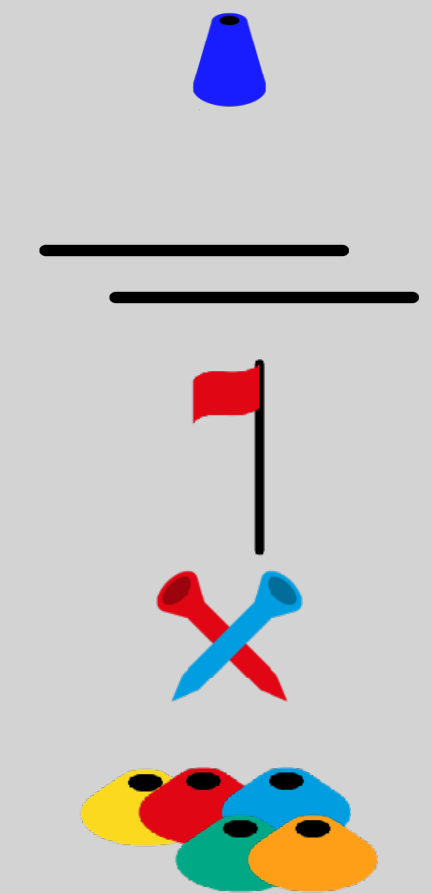


Pitching Challenge Setup



Equipment Needed

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



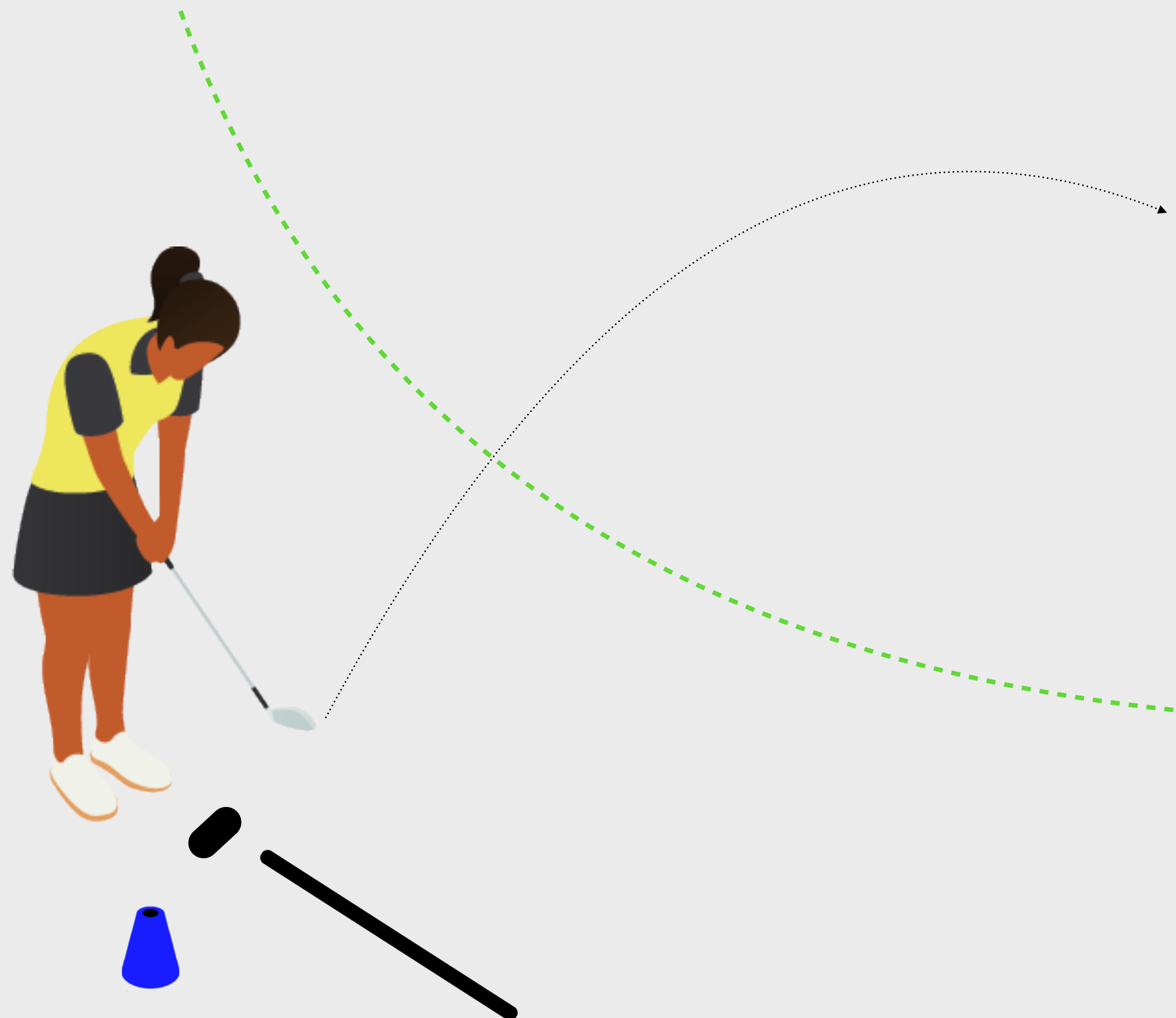
Setting out the Challenge

- 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



Strike Point



Equipment Needed

- 1 Alignment sticks
- Pitching Wedge or Sand Wedge
- Golf ball

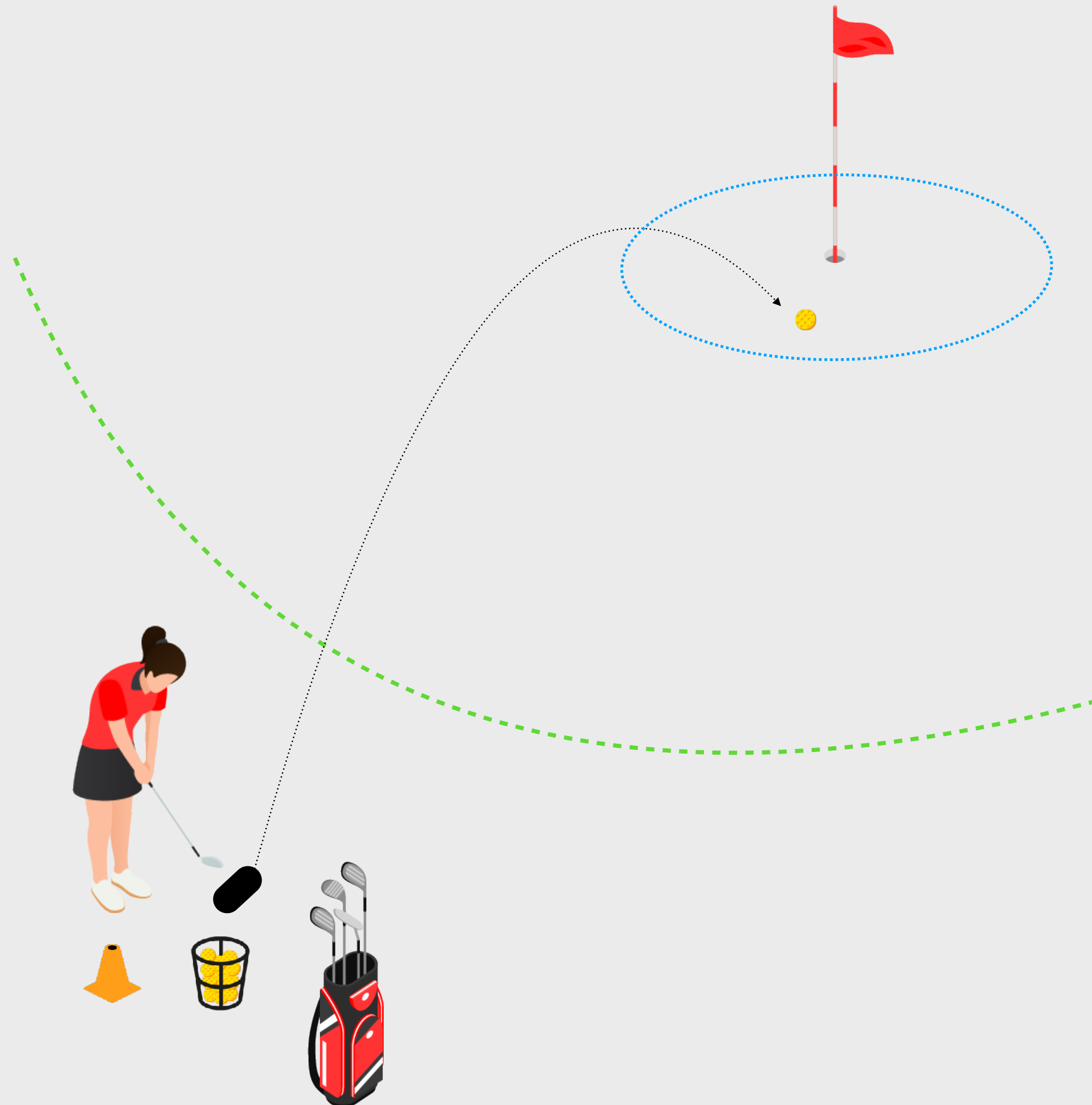
How to Practice

- Set up student around 40-60 yards from the green
- An alignment stick should be placed opposite the centre of the students stance to provide some feedback as to where they brush the ground when taking their pitch shot
- The student should take a couple of practice swings, adjusting their stroke if they do not brush the ground opposite where the alignment stick is placed
- Once they have completed a couple of practice swings, ask them to repeat the action with a ball
- Encourage them to practice getting as many good contacts in a row as possible and notice how the ball flies and rolls
- Ensure they are focused on good contact and not targets

Technical Link

- This activity will help the student to understand how to get a good contact and how to adjust if they are not
- This activity will help the student to understand the feeling of a good pitch shot when struck well

Divot Maker



Equipment Needed

- Wedge
- Golf balls
- Cones or hoops for target circle

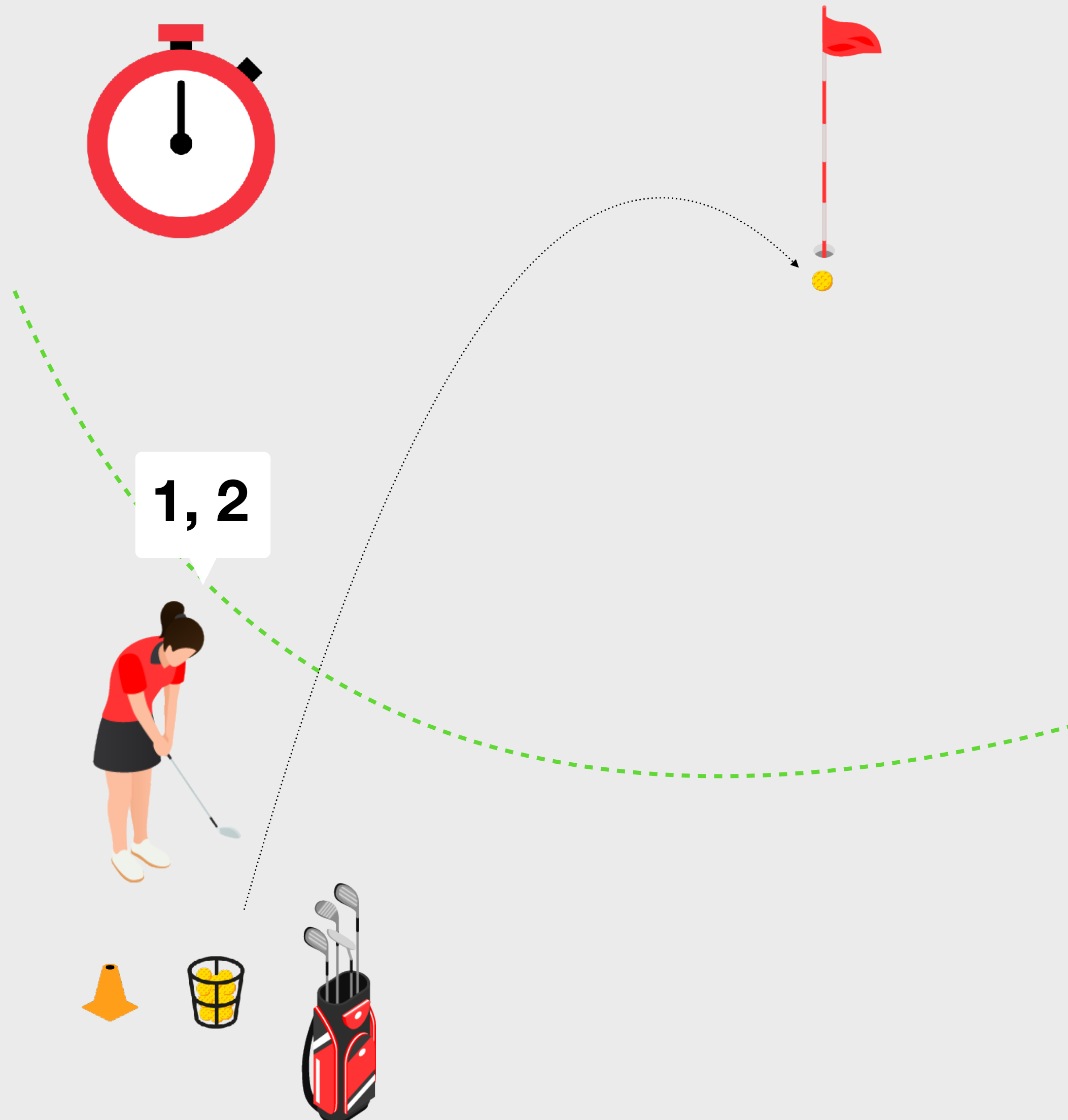
How to Play

- Set up student around 40-60 yards from the green
- Ask them to hit shots varying between a deep divot, small divot and no divot
- They should alternate between these strikes with the aim of getting the ball into the target circle
- Adjust the target circle to the students ability
- The scoring shot is the one where a small divot is taken
- Award one point for on the green, three points for in the target circle and five points if it is holed

Technical Link

- A stock pitch shot should leave a small divot in front of the ball after it has been struck
- This activity gives the student a sense for how to get the perfect strike by forcing them to do both the extremes on the strike spectrum

Metronome



Equipment Needed

- Wedge
- Golf balls
- Phone / Timer

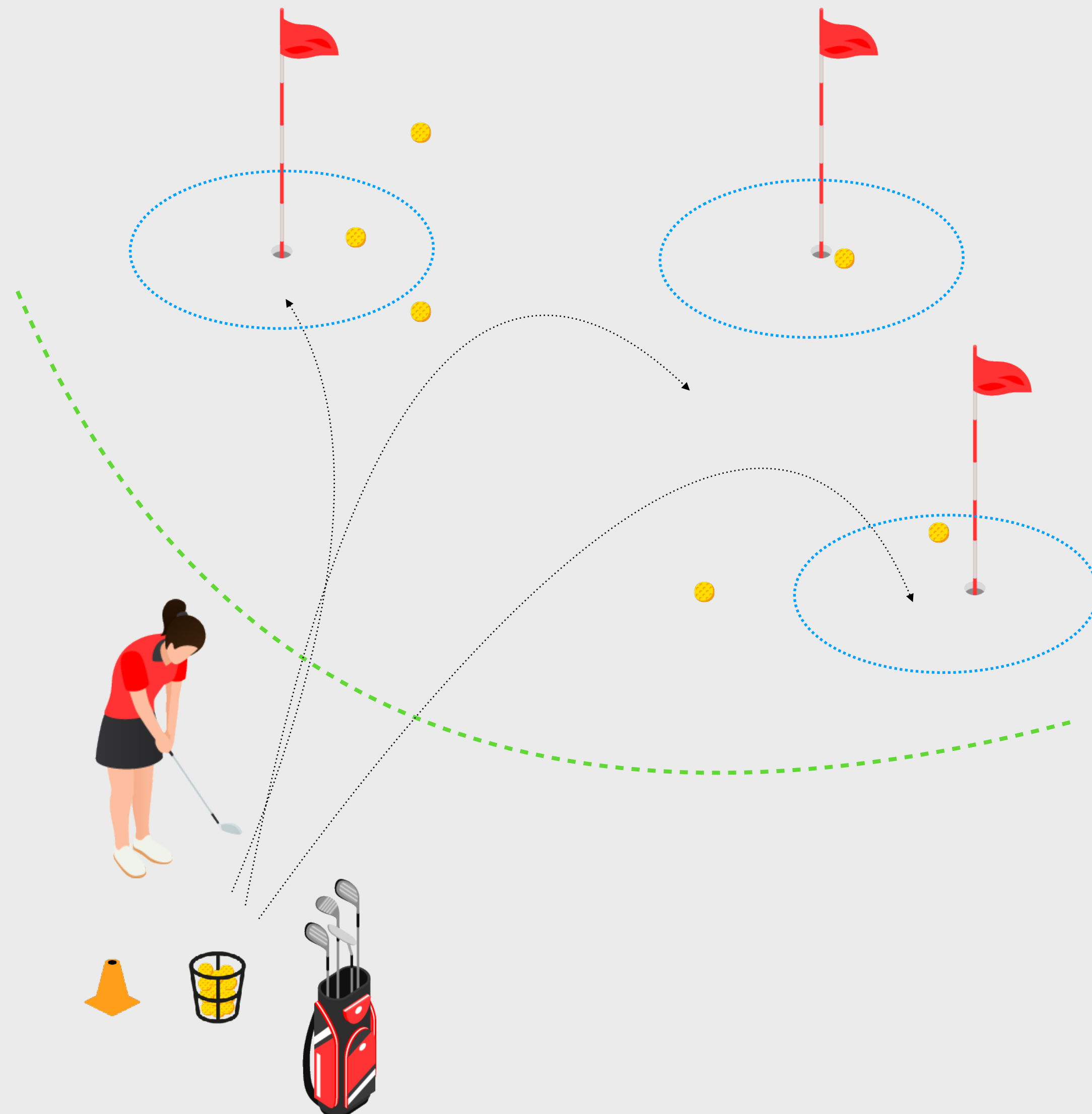
How to Practice

- Set up student around 40-60 yards from the green
- Use a metronome on your phone and set it at around 45 bpm
- Alternatively advise students to count to 2 in their heads as they are swinging
- Get students to swing in sync with this tempo
- Use the pin as a target, but the focus should be on the tempo of the swing

Technical Link

- Maintaining a smooth and controlled tempo in the swing can help students avoid jerky movements and disrupted motions

Aim, Load and Fire



Equipment Needed

- Wedge
- Golf balls
- Cones or hoops for target circle

How to Play

- Position students 40-60 yards from the green
- Taking it in turns allow the students to hit shots to 3 targets on the green
- Ask students to call out left, right or middle and the students will need to hit to the corresponding target changing their aim when necessary
- If the student hits the ball onto the green they score 1 point
- If the student hits the ball into one of the target circles which has been called out a score 5 points
- Play 10 rounds and the student with the most points is the winner

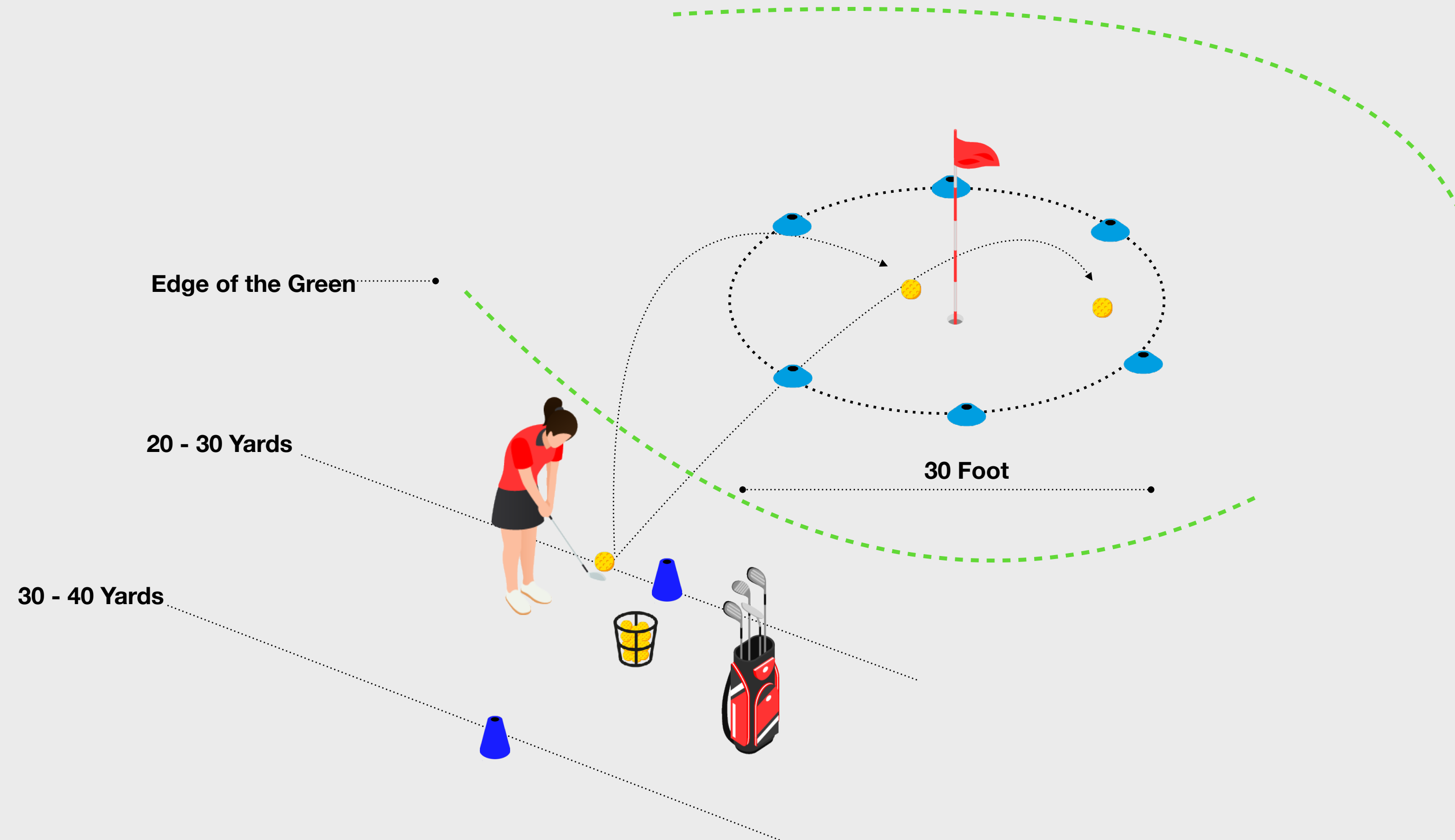
Technical Link

- Explain to students how a stock pitch shot typically involves a shorter backswing and follow-through compared to a full swing
- The length of the backswing should correspond to the distance they want the ball to travel

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

- **5/10 pitches within target circle from 20 - 30 yards**
- **3/10 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

