

Swing Practice Stations



Invited

Alignment Check



Equipment Needed

- Tees
- Driver
- Golf Balls

How to Practice

- Learners should work in pairs to check each other's alignment
- The learner should use the alignment stick to make sure they are aligned roughly parallel to their intended target
- The learner should experiment with what it feels like to align a long way right and left of target, to build a real sense of what aiming on target feels like

Technical Link

- This activity will help the learner to understand how their perception relates to what is actually happening as they take aim
- This activity will help learners to work together and gain a deeper understanding of how alignment helps to prepare for a good golf shot

Speed Swinger



Equipment Needed

- Driver

How to Practice

- The learner should practice swinging at speed in order to maximise the potential distance they can hit the ball
- If the learner is able to generate more speed they will increase their potential for distance
- The focus here is just on generating speed, learners should not worry about making perfect contact

Technical Link

- This activity will help the learner to understand the importance of generating speed to hit the ball further

Rotation



Equipment Needed

- Hoop
- Alignment Stick
- Hybrid / Fairway Woods
- Golf Balls

How to Practice

- Learners should understand that the golf club swings on circle around the golfer, and only touches the ball to target line on the few inches through impact, and that this is referred to as the path of the club head
- Use the alignment stick to demonstrate the ball to target line, and the hoop to represent the club head's movement around the golfer
- The learner should experiment with what it feels like to swing the club straight back and through along the target line, and then to swing the club round on an arc and how much more effective it is this way

Technical Link

- Understanding this means learners will practice the rotation that is required to make a powerful, controlled golf swing

Shoulder Plane



Equipment Needed

- Alignment Stick
- Foam Noodle
- 7 iron and hybrid
- Golf balls

How to Practice

- Following on from previous weeks, learning about posture in the golf swing, the learners will benefit from learning about shoulder plane
- The learner should use the alignment stick by placing it across their shoulders, getting into posture and rotating so that the point of the alignment stick points roughly towards the ball
- Another alignment stick and noodle can be placed at an angle along the ball to target line so that when the learner is swinging they can practice with the visual and physical guide in place

Technical Link

- This activity will help the learner to strike the ball more consistently and improve their swing path

Start Line



Equipment Needed

- Tees
- Driver
- Golf Balls

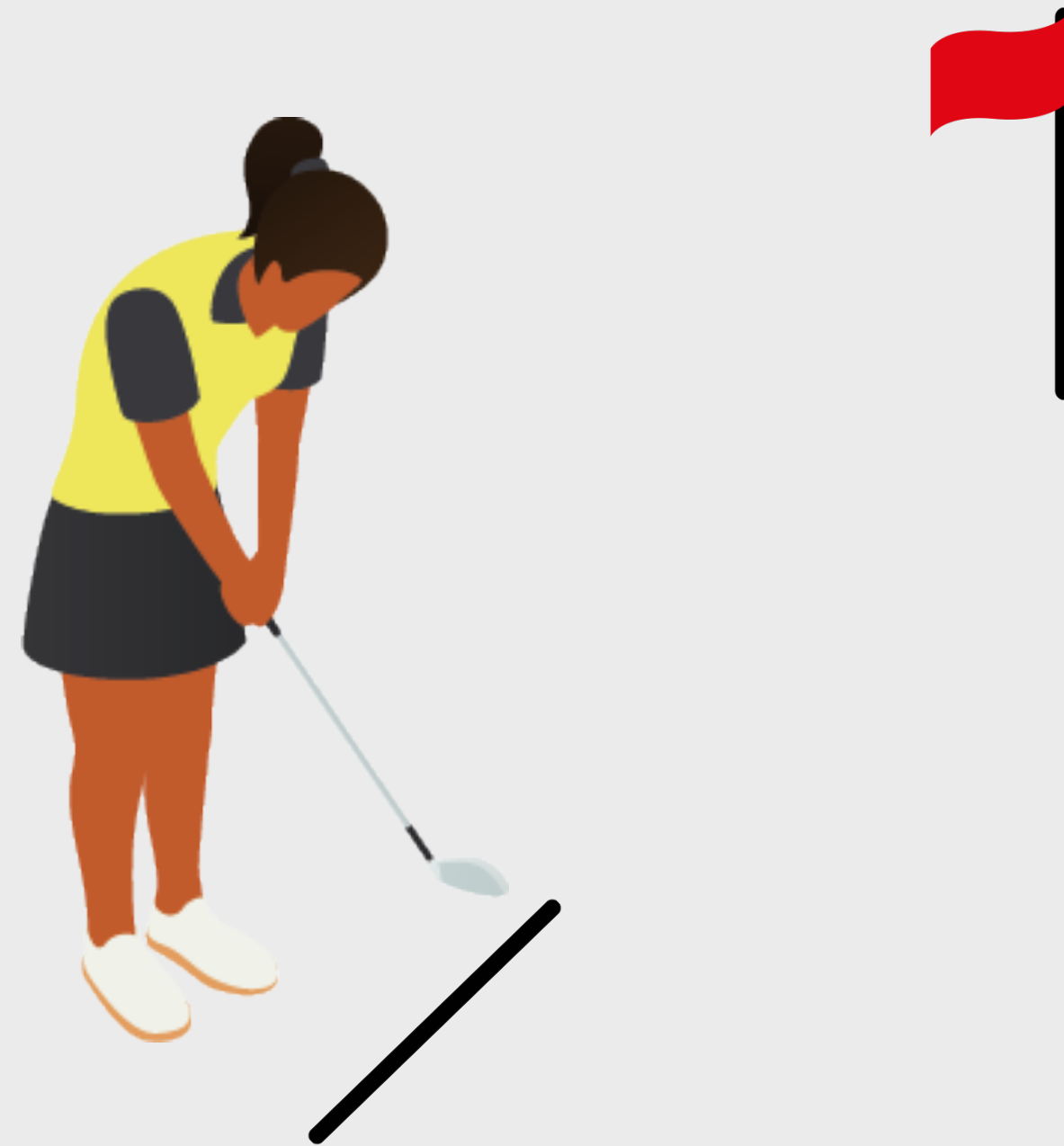
How to Practice

- Students should place an alignment stick on the ball to target line, approximately 1 yard ahead of where the ball is teed up
- The student will then have a better perspective of what a straight start line is from their address position
- The learner should experiment with what it feels like to start the ball to the right and to the left of the ball to target line in order to build awareness

Technical Link

- This activity will help the student to understand how their perception relates to what is actually happening as they take aim
- This activity will help students to gain a deeper understanding of how to achieve the correct start line

Clubface Aim



Equipment Needed

- Hybrid or Fairway Wood

How to Practice

- The learner should practice whilst using an alignment stick to aid them in making sure their club face aim is perfectly square before they start the swing
- If the ball starts left or right of target the learner then knows either they have miss-hit the shot, or they have done something which has caused the club face to aim right or left at impact

Technical Link

- This activity will help the learner to build an awareness of what a square set-up looks like to them

Ball Position



Equipment Needed

- Alignment Stick
- Hybrid, 7 Iron and wedge
- Golf Balls

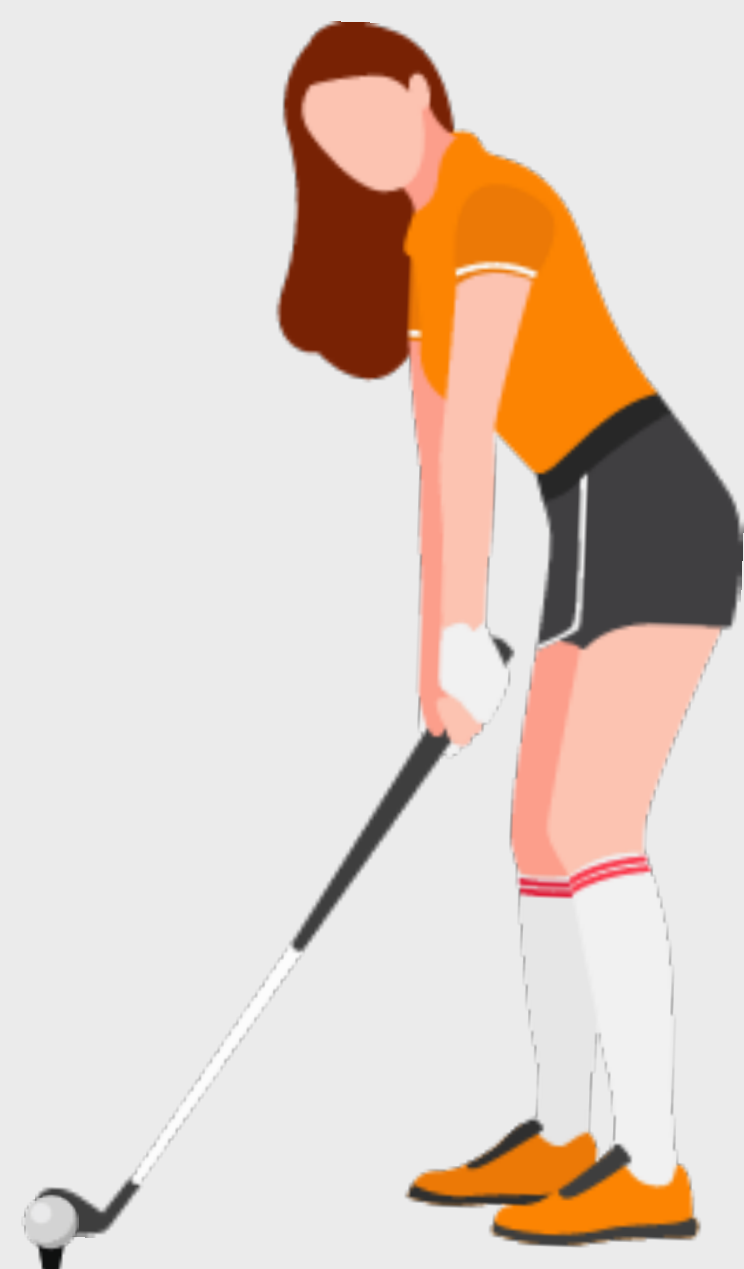
How to Practice

- Learners should understand that the ball position changes slightly depending on which clubs they use
- Use the alignment stick to mark the centre of the learner's stance
- The learner should experiment with a centered ball position for a wedge, an inch further forward for a 7 iron and an inch further forward still for the hybrid
- Make sure you highlight how important striking the ground in the appropriate place will ensure good contact, just having an improved ball position does not guarantee good contact

Technical Link

- Understanding this means learners will practice appropriately and strike the ball more consistently

Perfect Posture



Equipment Needed

- Alignment Stick
- 7 iron, hybrid and wedge
- Golf balls

How to Practice

- Reinforcing posture with some key drills will help the learner to improve their consistency of strike
- One posture tip could be to give a learner is to place an alignment stick from their belt buckle, up in front of their nose and practice tilting forwards whilst maintaining this straight line
- Another posture drill is for the learner to place an alignment stick horizontally across their hips, and to lean over the stick in order to create the correct feelings of tilting forwards, rather than stretching to reach the ball

Technical Link

- This activity will help the learner to improve their posture and strike the ball more consistently

Swing Direction



Equipment Needed

- 7 Iron

How to Practice

- The learner should practice whilst using alignment sticks to help them learn how to control the direction the club travels
- By moving the alignment sticks to aim left of target and then right of target the learner will begin to control the direction of the swing
- Encourage learners to start with small swings with this challenge and work up to fuller swings once confident in controlling swing direction

Technical Link

- This activity will help the learner to build an awareness of swing direction and how to improve their overall technique

Swing Speed



Equipment Needed

- Alignment Stick
- Driver
- Golf Balls

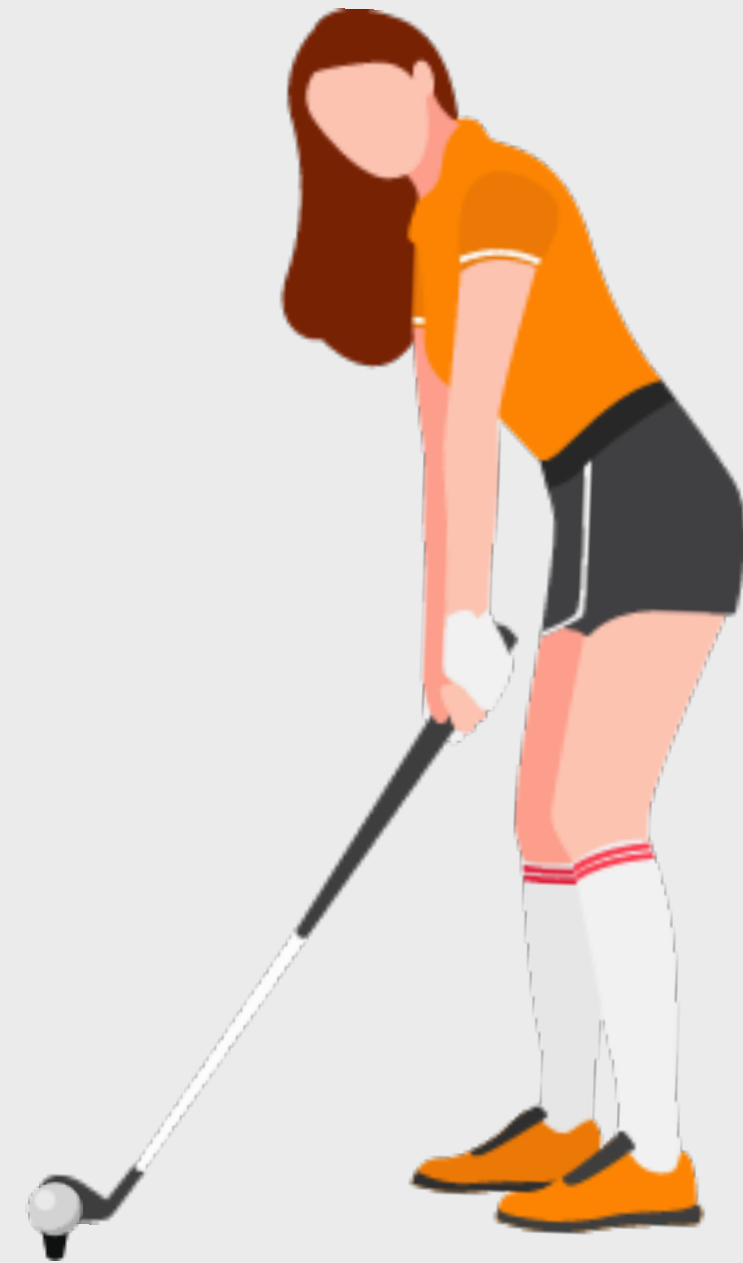
How to Practice

- Learners should understand that the faster they swing the club, the more potential they have to hit the ball further
- Learners should swing the alignment stick as fast as possible, as it is lighter than a normal golf club they will be able to do this effectively
- The learner should then attempt to maintain that speed when swinging the driver
- Make sure learners complete these fast swings without a ball and without too much thought for technique
- When you reintroduce the ball the learner should try to make solid contact and do this at 80% of full speed

Technical Link

- By improving the maximum speed at which they swing the club without a ball learners will be able to swing the club faster with a ball and increase their distances

Launch Angle



Equipment Needed

- Alignment Stick
- Driver
- Golf balls

How to Practice

- Introduce the best way to create an optimal launch angle for the driver, include ball position, tee height and intention to hit the ball as the club is travelling up
- One posture tip could be to tilt the spine angle away from the target, to encourage the launch angle required to maximise distance
- If you have a launch monitor available measure the learner's launch angle so they understand how they launch the ball and what they need to do differently to increase their carry distance

Technical Link

- This activity will help the learner to increase their carry distance with the driver

Stepping Drill



Equipment Needed

- 7 Iron or Driver

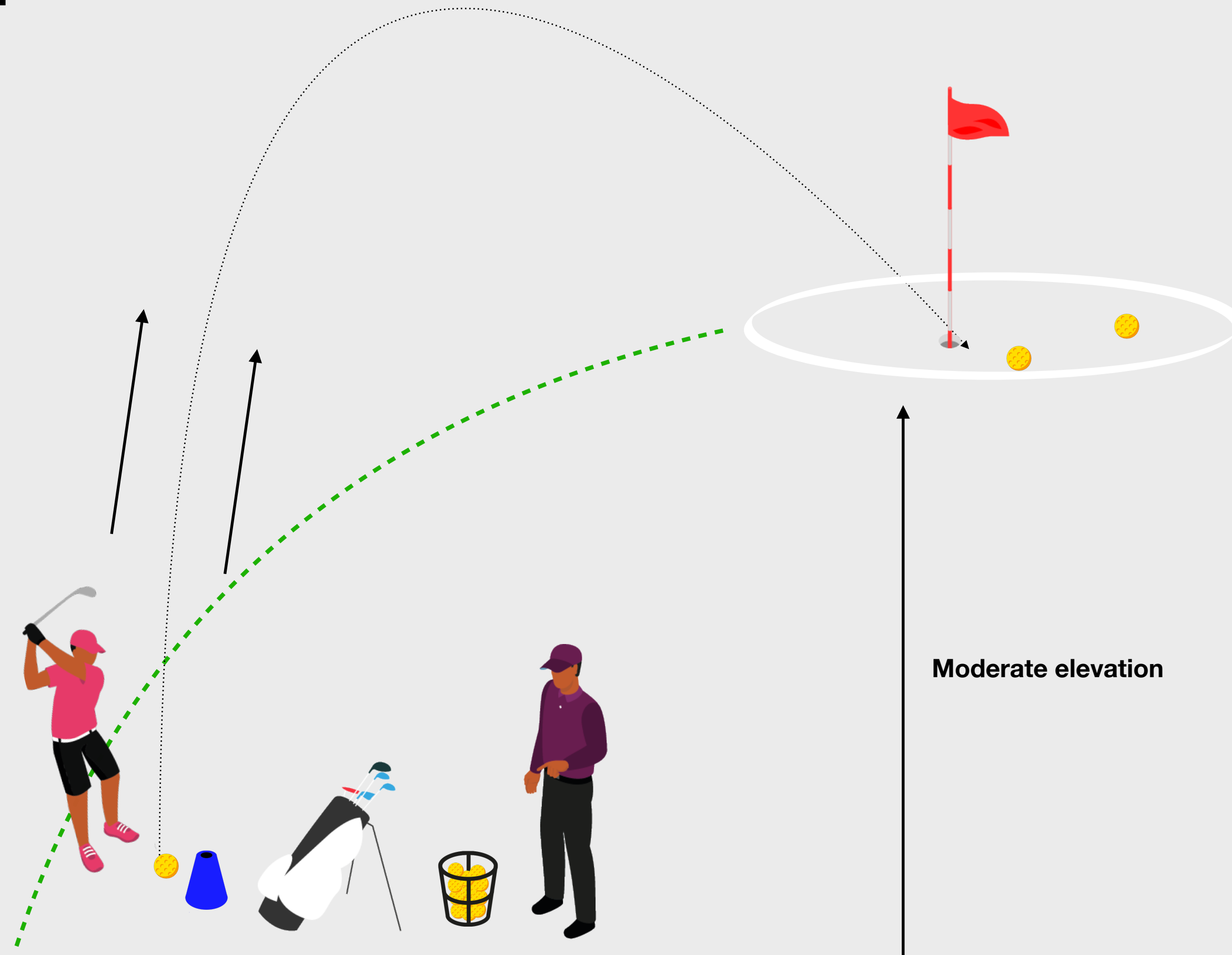
How to Practice

- The learner should practice by swinging up to the top of their swing and as the club is reaching the top of the swing, step forward and swing the club
- Once the learner achieves the coordination required to step and swing they can attempt the challenge with a ball and see if they can make contact
- Encourage learners to start with small, slower swings with this challenge and work up to fuller swings once confident in the movement

Technical Link

- This activity will help the learner to build an awareness of using movement to generate speed

Uphill Lie



Equipment Needed

- Uphill shot on course or on range
- Irons
- Golf Balls

How to Practice

- Learners should understand how an uphill lie will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how an uphill lie will shorten the shot because of the additional height
- Explain to the learner how to adjust their technique and also to change club to allow for the change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the learner how these changes will affect their result

Downhill Lie

Equipment Needed

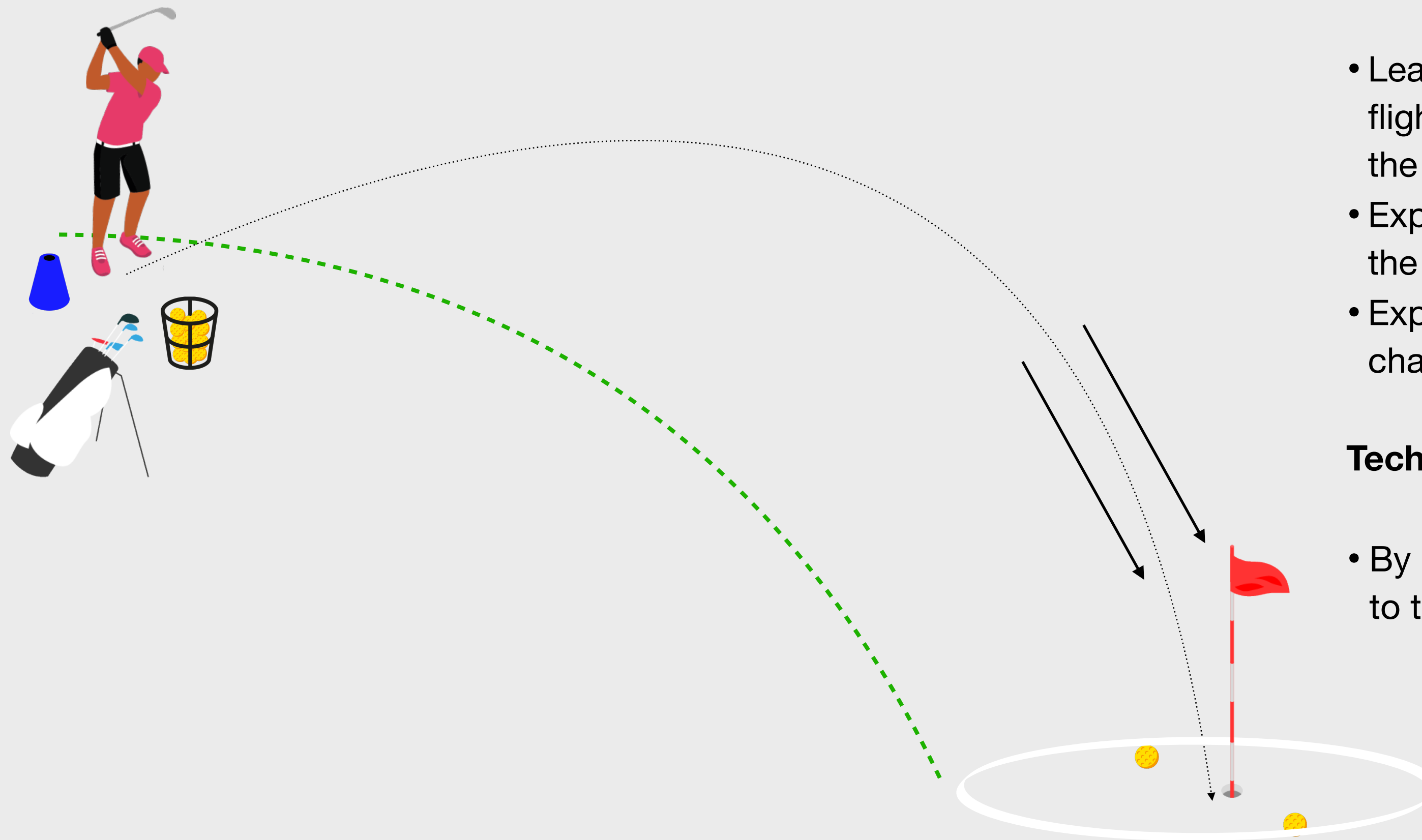
- Downhill shot on course or on range
- Irons
- Golf Balls

How to Practice

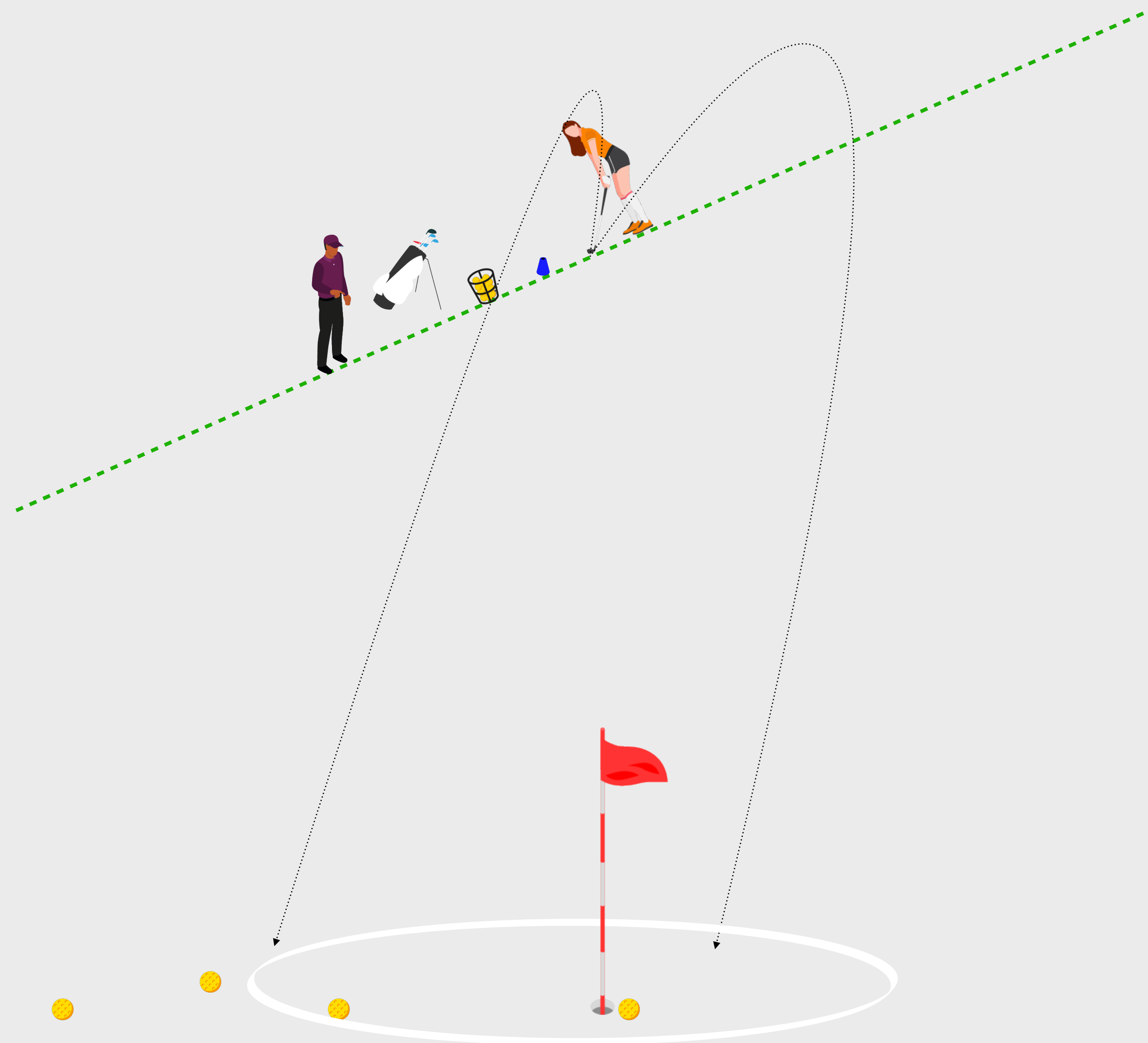
- Learners should understand how a downhill lie will effect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how a downhill line will add length to the shot because of the angle of the terrain
- Explain to the learner how to adjust their technique and also to change club to allow for the change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the learner how these changes will affect their result.



Ball Below Feet



Equipment Needed

- Side slope shot on course or on range with ball below the learners feet
- Irons
- Golf Balls

How to Practice

- Learners should understand how a shot with ball below their feet will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how having the ball below your feet will make the ball go to the right for a right handed golfer
- Explain to the learner how to adjust their technique and also to change club to allow for the potential change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the learner how these changes will affect their result

Ball Above Feet



Equipment Needed

- Side slope shot on course or on range with ball above the learners feet
- Irons
- Golf Balls

How to Practice

- Learners should understand how a shot with ball above their feet will affect the flight of the ball and adjustments that can be made to mitigate the effect
- Explain how having the ball above their feet will make the ball go to the left for a right handed golfer
- Explain to the learner how to adjust their technique and also to change club to allow for the potential change in distance

Technical Link

- By making adjustments to the setup and club selection explain to the learner how these changes will affect their result

1, 2, 3... 1, 2, 3



Equipment Needed

- Driving range
- Fairway wood
- Golf balls

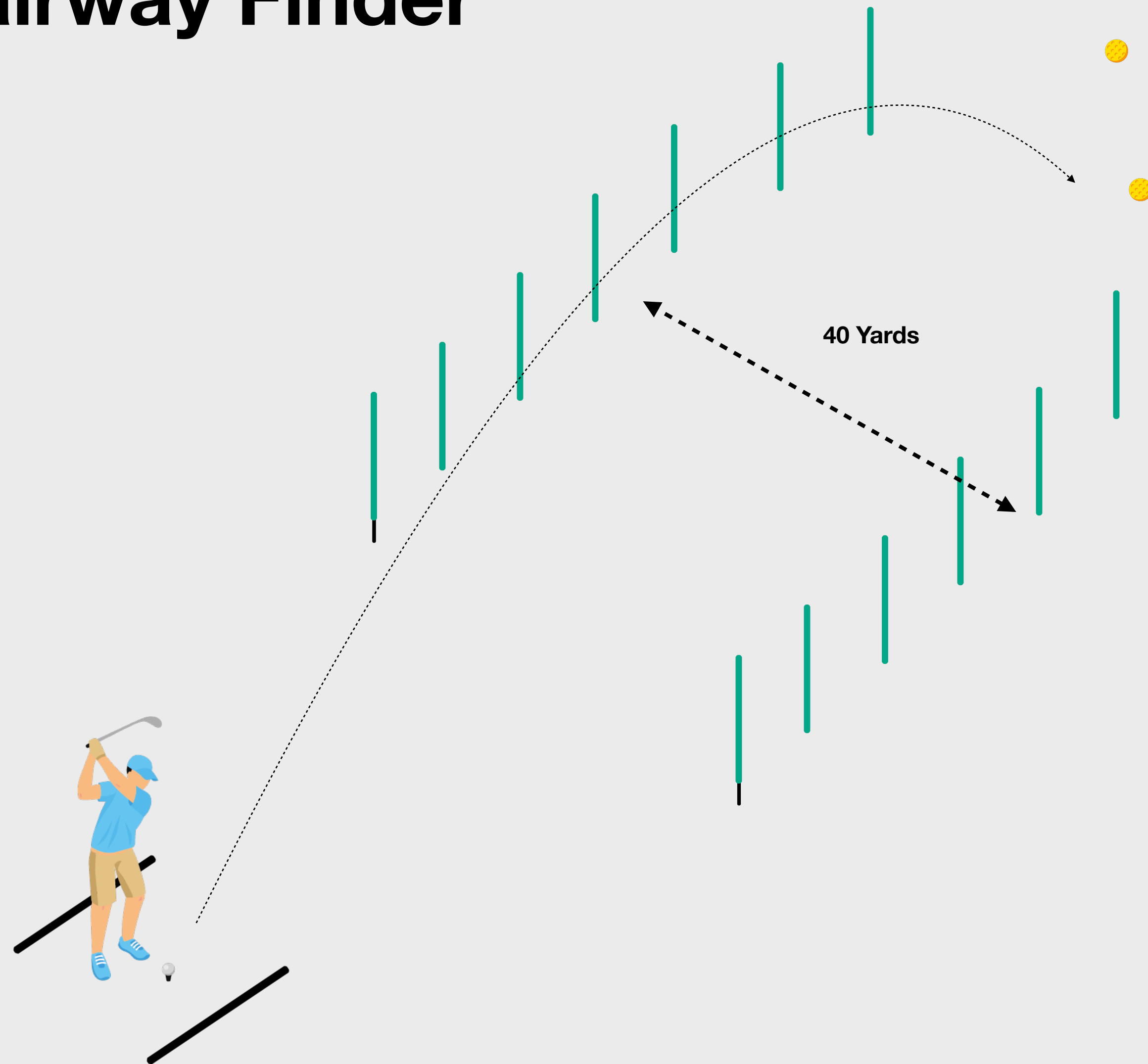
How to Practice

- Learners should understand the importance of rhythm and tempo in their golf swing
- Demonstrate the importance of maintaining a consistent swing speed
- This consistent swing speed and rhythm will develop consistency of strike and ultimately more consistent shots

Technical Link

- Allow the learners to quicken and slow their swing speed and rhythm and see the changes in consistency of strike and shot

Fairway Finder



Equipment Needed

- Driving range
- Alignment sticks, cones or other targets
- Golf balls

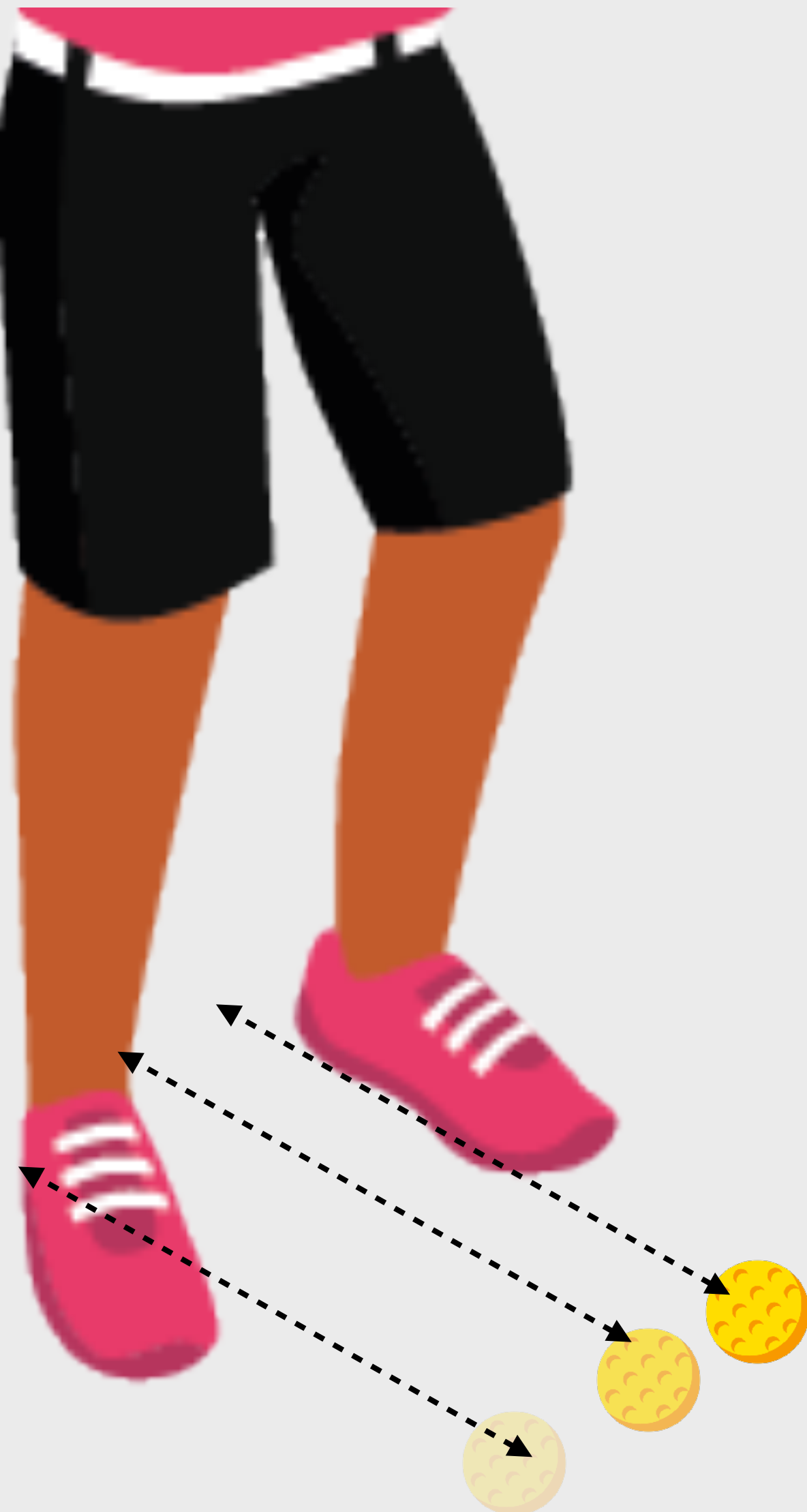
How to Practice

- Set up a fairway on the driving range using existing targets or use cones or alignment sticks
- Ask learners to hit golf balls and try and hit the fairway using their stock shot. This can be a fairway wood
- Ask the learners to hit 10 shot and see how many out of 10 they can hit the fairway

Technical Link

- By having a visual target on the driving range it focuses the learners minds onto what is required for a stock shot
- It shows them what an average fairway width of roughly 40 yards looks like

Change Set Up



Equipment Needed

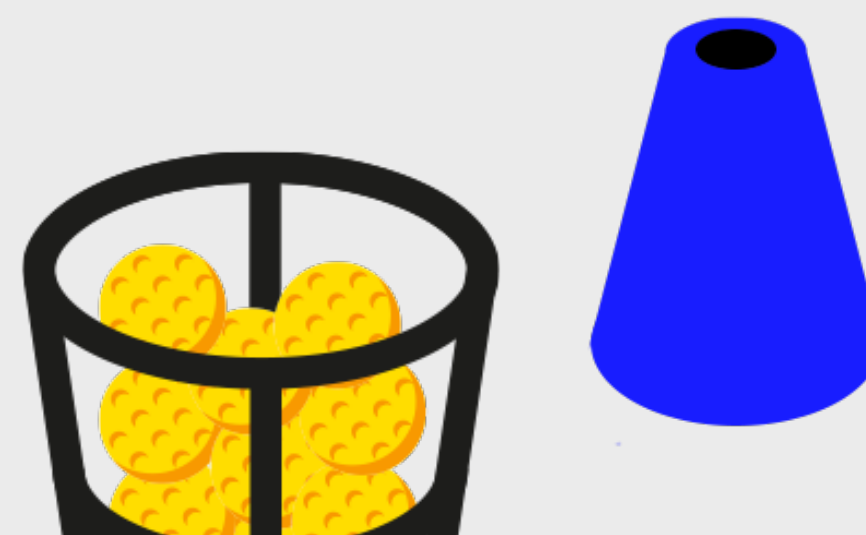
- Driving range
- Golf balls
- Cones

How to Practice

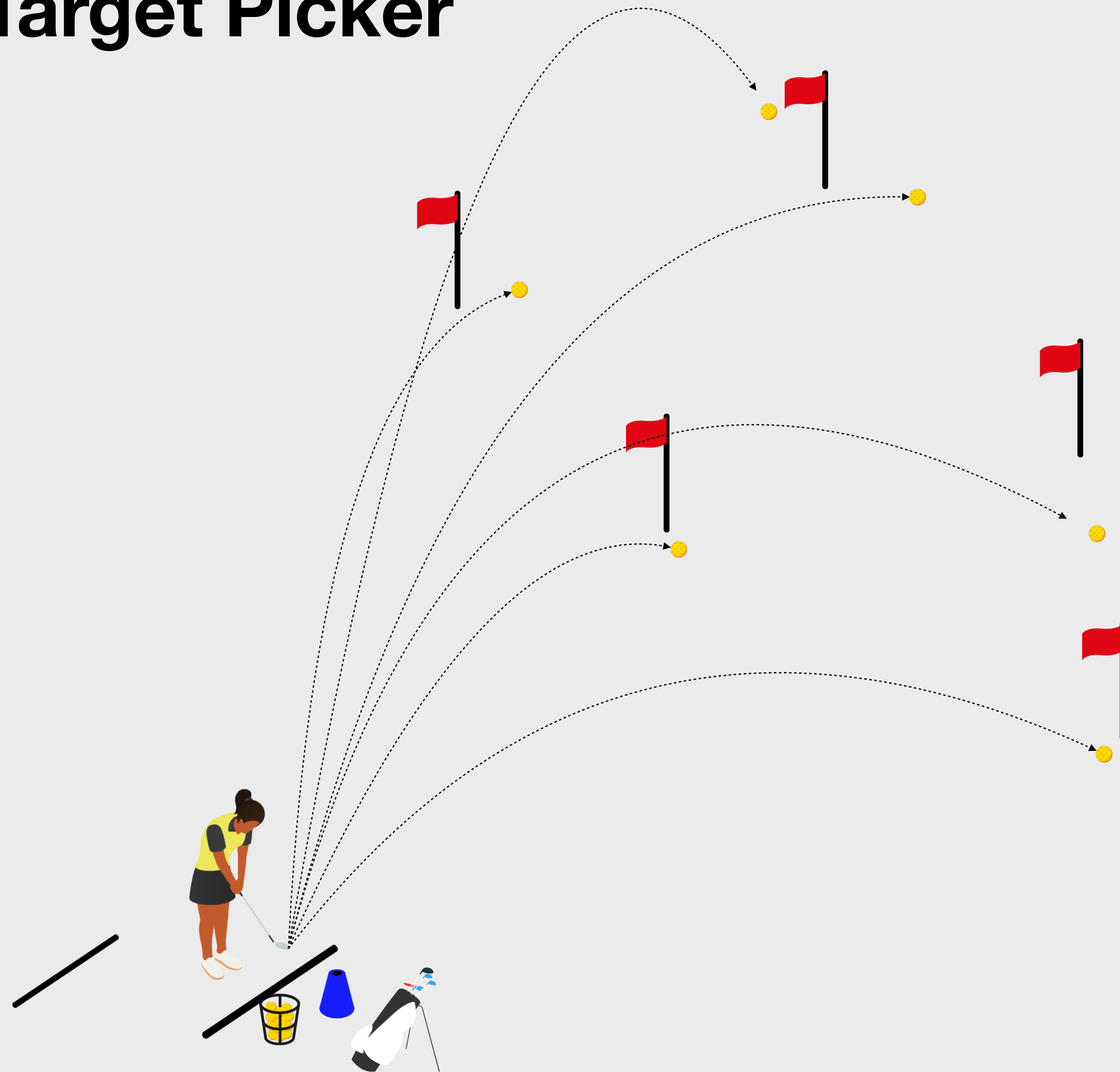
- Learners should understand how changing their setup will affect the consistency and type of shot they hit
- Ask the learners to adjust their ball position forwards and back in their stance and see the difference that makes
- Adjusting their alignment will also affect the consistency and quality of their stock shot

Technical Link

- Allowing the learning to change and adjust their setup will help them understand the importance of a correct set up and the difference it makes



Target Picker



Equipment Needed

- Driving range
- Golf balls
- Cones
- Driving range targets

How to Practice

- Learners should alter their target with their stock shot so they are constantly adjusting their alignment and set up
- Pick up to 5 different targets and allow the learners to hit one shot to each target
- Encourage the learners to go through their pre-shot routine and try to imagine they are playing on the course and hitting the fairway

Technical Link

- By changing the target it keeps the practice fresh for the learner and allows them to make the required adjustments to hit their stock shot on their imaginary fairway

Get it Forward!



Equipment Needed

- Tees
- Driver
- Golf Balls
- 2 x Alignment Sticks

How to Practice

- Students should understand how changing their setup will affect the flight and distance of their driver shots
- Ask the students to adjust their ball position forwards and back in their stance and see the difference that makes
- Use an Alignment stick so that the student gets an increased perception of ball position

Technical Link

- This activity will help the student to understand how their perception relates to what is actually happening as they assume their set up
- This activity will help students to work together and gain a deeper understanding of how ball position helps to prepare for a good golf shot

Drop the Right for More Flight



Equipment Needed

- Tees
- Driver
- Golf Balls
- Alignment stick

How to Practice

- Ask the learners to lower their right shoulder at the address position
- They should create an angle of roughly 15 degrees in the shoulder line to the ground
- Explain to the students how lowering the right shoulder at address can shallow out the downswing and enable the student to hit up on the ball
- Ask the students to use an alignment stick with partners to show and gauge this alteration

Technical Link

- Explain how this change at address will give a higher launch angle, raise the centredness of strike on the club face and ultimately set them up for increased distance and control

Brush the Left Thigh



Equipment Needed

- Tees
- Driver
- Golf Balls
- Alignment Stick

How to Practice

- Ask the students to stand vertically at address with an alignment stick running from the centre of the chest vertically down through the belt buckle.
- Ask the students to get into their comfortable driver posture making a tail with the other end of the alignment stick
- Ask the student to tilt the spine away from the target until the other end of the alignment stick brushes the left thigh
- Explain to the students how lowering the right shoulder at address can shallow out the downswing and enable the student to hit up on the ball

Technical Link

- Explain how this change at address will give a higher launch angle, raise the centredness of strike on the club face and ultimately set them up for increased distance and control

Little Step, Big Step



Equipment Needed

- Tees
- Driver
- Golf Balls

How to Practice

- Ask the students to stand at address with their feet together and in a vertical posture
- The student should take a small step to the left with the left foot snoring that the remains opposite the left arm pit
- The student should then take a big step to the right ensuring that the right foot position for a right handed golfer is wider than the right shoulder

Technical Link

- Outline to the student that it will give them a more stable platform over which they can turn your upper body.
- It will encourages the hips to stay level throughout the swing
- It will lower their centre of gravity so playing in the wind is easier and are less likely to get blown off balance

Get Some Stability



Equipment Needed

- Tees
- Driver
- Golf Balls

How to Practice

- Ask the leaners to widen their stance for shots with the driver
- The stance should be slightly wider than the width of the students shoulders
- Demonstrate to the students how widening and narrowing the stance will effect balance and consistency
- Use an alignment stick from the each armpit so the student can visualise the width of the feet reparative to each shoulder

Technical Link

- Outline to the student that it will give them a more stable platform over which they can turn your upper body.
- It will encourages the hips to stay level throughout the swing
- It will lower their centre of gravity so playing in the wind is easier and are less likely to get blown off balance

Shaft, Shaft, and Shaft



Equipment Needed

- Tees
- Driver
- Golf Balls
- Selection of driver, shafts and movable weights
- Launch monitor or similar

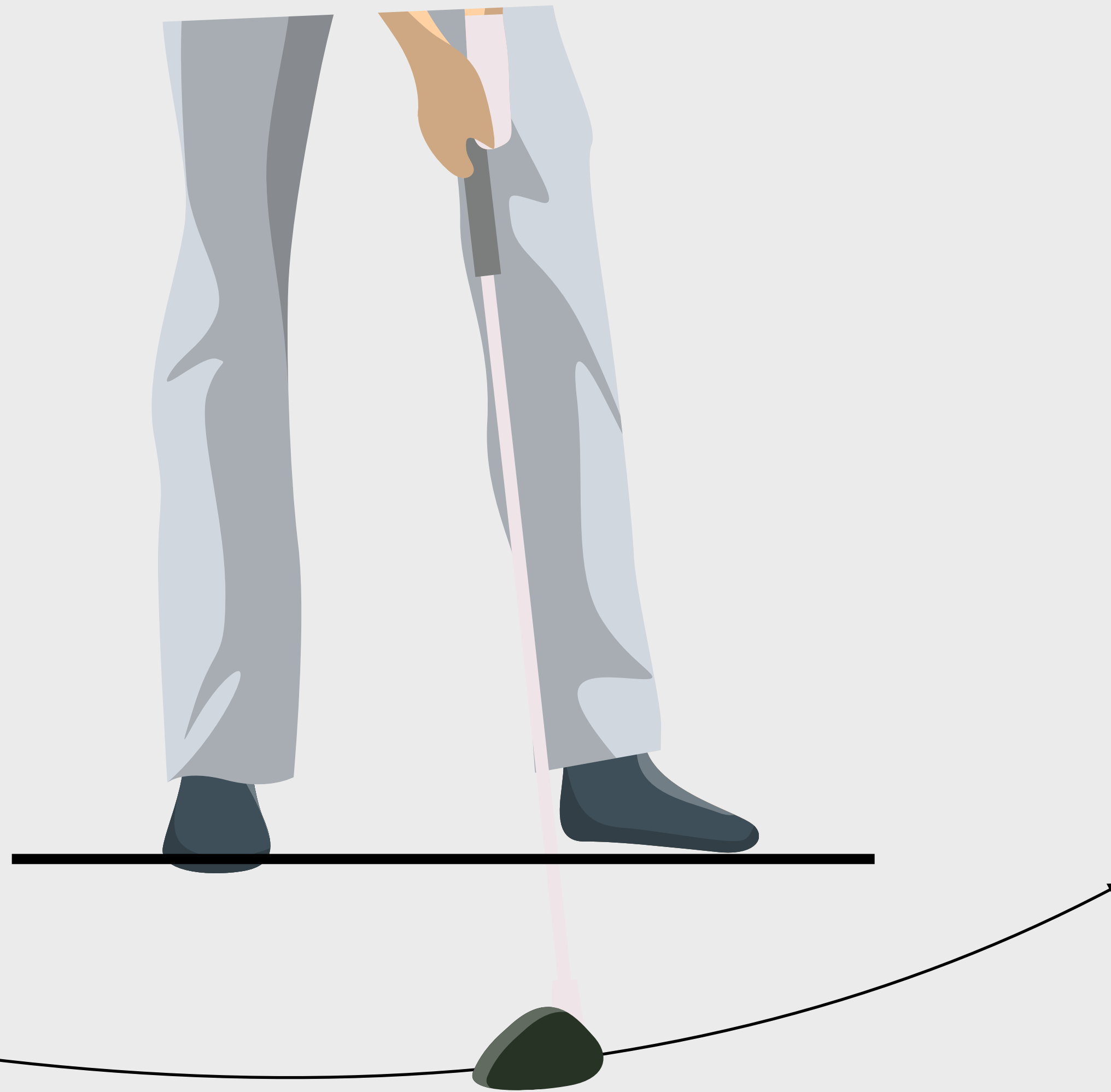
How to Practice

- Provide the students with a variety of different shaft types and materials including;
 - Different weight shafts
 - Different flex types
 - Shafts with a variety of kick points
- Allow the students to explore the difference that a shaft can make to total carry and distance when hitting the driver

Technical Link

- Explain to the students how the shaft is a critical part of their driver and getting its weight and flex correct will have a big impact on their overall distance

Hit it up!



Equipment Needed

- Tees
- Driver
- Golf Balls

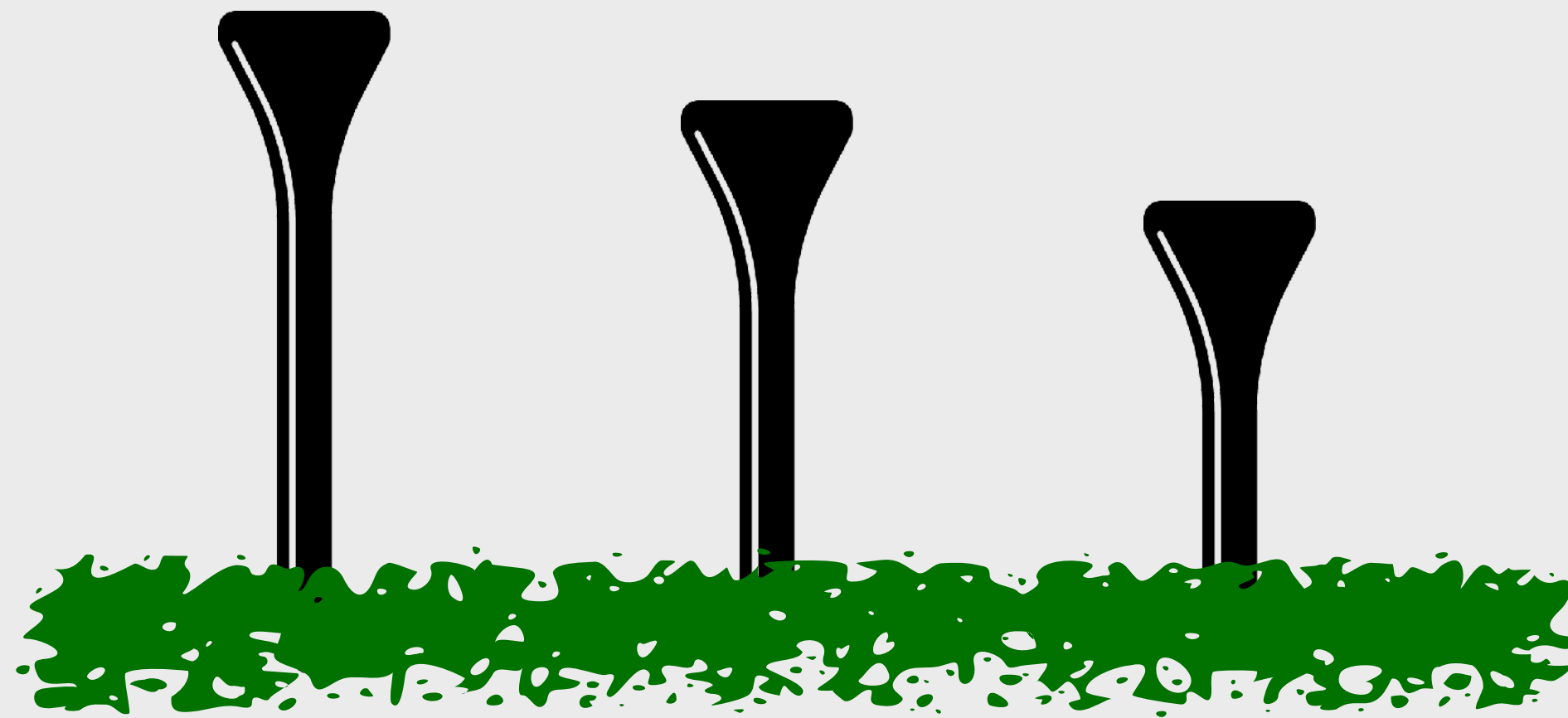
How to Practice

- Ask the students to lower their right shoulder at the address position
- They should create an angle of roughly 15 degrees in the shoulder line to the ground
- Encourage the student to feel as through they are hitting up on the ball through impact

Technical Link

- Outline how hitting up on the ball will improve their ball striking by hitting the ball higher on the club face

Tee height for better flight



Equipment Needed

- Tees
- Driver
- Golf Balls
- Launch monitor or similar (optional)

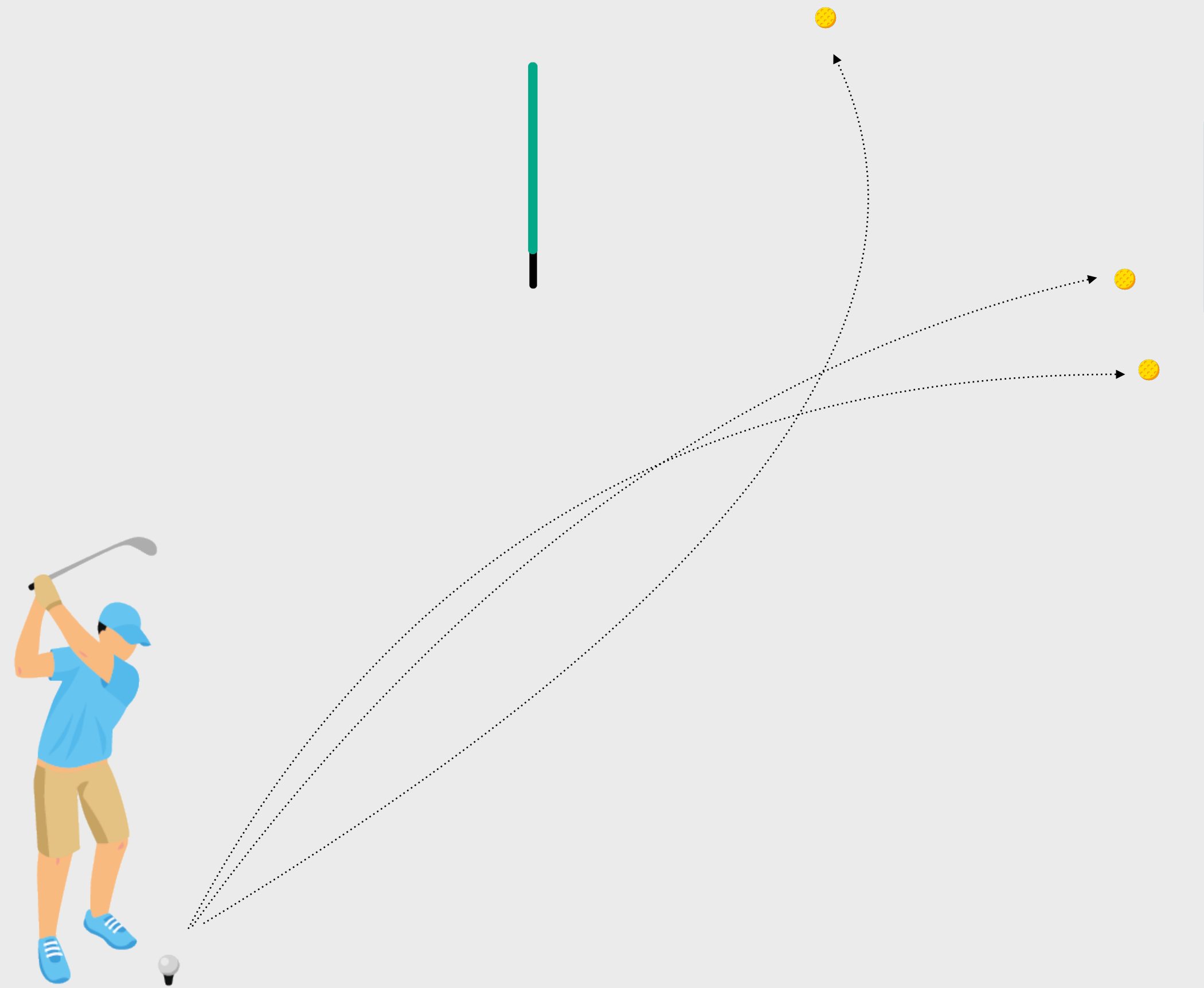
How to Practice

- Provide the student with a variety of tees so they can change the tee height during practice
- Ask the student to hit golf balls using 3 different tee heights
- Measure the height, carry and distance of the shot with the 3 different Tees

Technical Link

- Finding the correct tee height is crucial to enable the students to strike the ball from higher on the club face to maximise the strike potential and ultimately the distance of the shot
- It will help the students to better understand that face contact has a huge impact on carry and distance

Driver Dispersion



Focus

- Tees
- Driver
- Golf Balls
- Launch monitor or similar (optional)

How to Practice

- Allow the students to hit 10 balls and track how wide the gap is between the shot that finishes the furthest left, and furthest right. This can be done by measuring targets out on the driving range or by using a launch monitor
- Students should aim to reduce this distance as much as possible each time they attempt the challenge and track their average dispersion with the driver

Technical Link

- The students can use dispersion distance to plot their way around the golf course, and will help them to decide which club to take on certain holes

Do You Measure up?



Focus

- Tees
- Driver
- Golf Balls
- Launch monitor or similar (optional)

How to Practice

- Allow the students to hit 10 balls and track how far the ball is carrying, the total distance and the direction
- This can be done with measuring targets out on the driving range, on the golf course, or using a launch monitor or similar

Technical Link

- The key data will allow the students to track their progress progress in the coming weeks and months. Recommend the student that they repeat this process on a monthly basis and record any changes in their performance.

Pass The Ball



Equipment Needed

- American Football or Light Medicine Ball

How to Practice

- This station should help the student explore the use of rotation in generating speed
- Ask the student to stand side on, with a partner directly behind them
- The student should rotate back and then all the way through, releasing the ball towards their partner
- As the student becomes comfortable with the movement they should attempt to increase the speed of the rotation and release
- The student should do this movement 5/6 times and then take a golf club and make a few practice swings to feel the same speed of rotation

Technical Link

- This activity will help the student to understand how to generate speed using body rotation
- This activity will be the building block to begin to understand how rotation produces more distance and can be used in a full swing to provide even more power

Swing Through



Equipment Needed

- Alignment Stick
- Golf Club

How to Practice

- The student should firstly use an alignment stick to swing back and forth creating a “swooshing” sound as they do this
- The goal of this practice station is for the student to create the “swoosh” after the impact area, and up to hip height on the follow through
- The student should attempt this with the alignment stick until they are consistently creating a loud swoosh after the impact area, and then re-create the same feeling with a driver

Technical Link

- This practice station will help the student to deliver speed in the swing at the appropriate time to maximise swing speed

Fairway Woods



Equipment Needed

- Tees
- Fairway Woods
- Golf Balls
- Launch monitor or similar

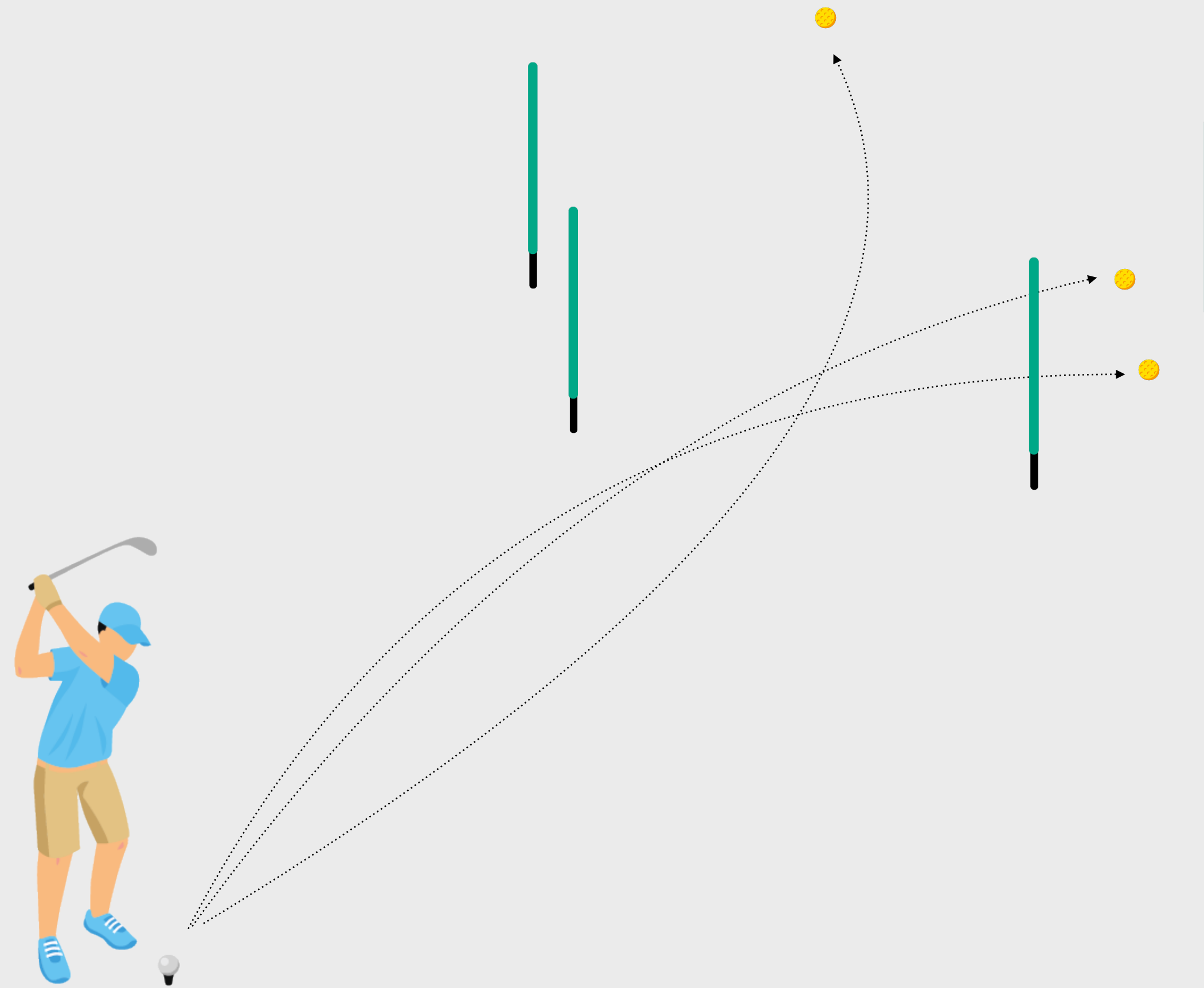
How to Practice

- Provide the students with a variety of different shaft types and materials including;
 - Different weight shafts
 - Different flex types
 - Shafts with a variety of kick points
- Allow the students to explore the difference that a shaft can make to total carry and distance when hitting the driver

Technical Link

- Explain to the students how the shaft is a critical part of their driver and getting its weight and flex correct will have a big impact on their overall distance

Dispersion Difference



Focus

- Tees
- Fairway Woods/Hybrids
- Golf Balls
- Launch monitor or similar (optional)

How to Practice

- Allow the students to hit 10 balls with a fairway wood and track how wide the gap is between the shot that finishes the furthest left, and furthest right. This can be done by measuring targets out on the driving range or by using a launch monitor
- Students should do the same with hybrids and even their long irons to determine what difference there is between the dispersion for each of their clubs

Technical Link

- The students can use this data to then determine which clubs to choose when on particular holes on the golf course

Know Your Numbers



Equipment Required

- Tees
- Driver
- Golf Balls
- Launch monitor or similar (optional)

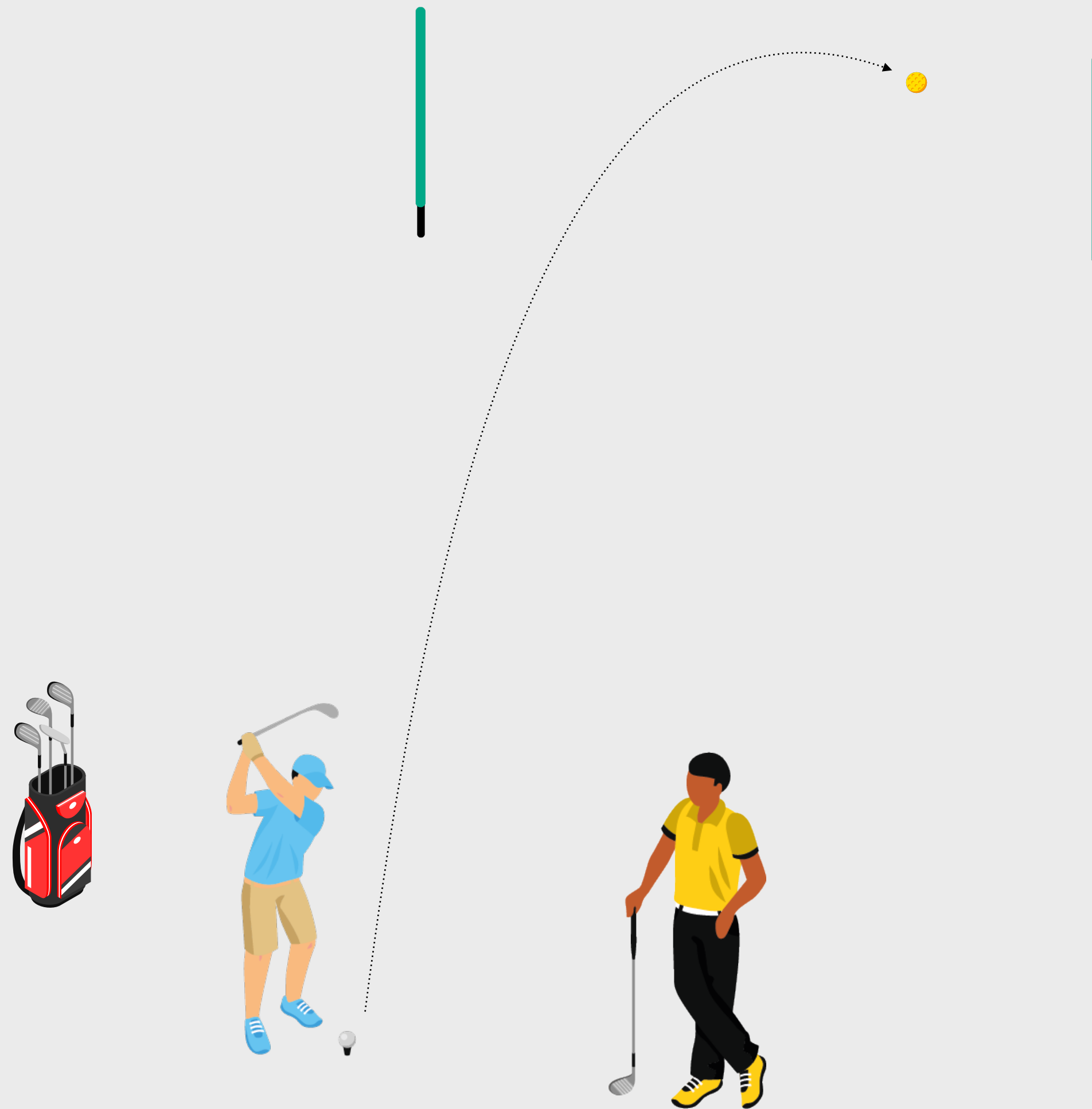
How to Practice

- Allow the students to test their distance and dispersion numbers from previous weeks
- This can be done by measuring targets out on the driving range, on the golf course, or using a launch monitor
- The challenge is to replicate or improve the dispersion numbers each time so that students become really confident in knowing their numbers

Technical Link

- This information will allow the students to choose the most appropriate tee shot and execute it with confidence on the course

Tee Strategy Practice



Focus

- Tee Strategy Practice

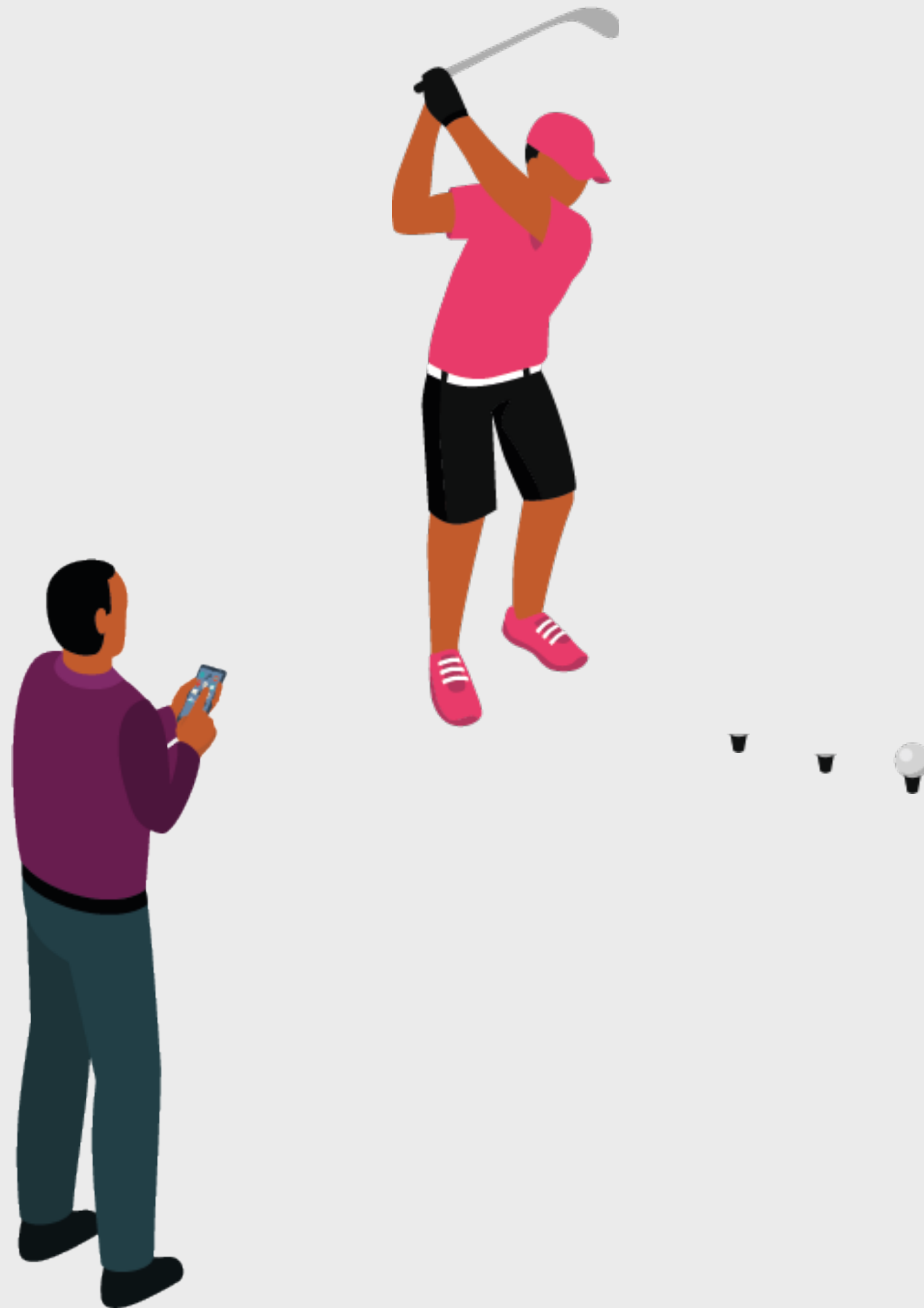
How to Practice

- Ask the students to work in pairs, and take it in turns to pick a hole on the course that the other one has to make a decision on which club to hit
- Pick out appropriate targets on the driving range that would simulate the width of the fairway on the hole that they have chosen and give the student **ONE** chance to hit the fairway with their choice of club
- Make this situation feel as real as possible, engage the wider group and have everyone watch as one person attempts to find the fairway

Technical Link

- This activity promotes an understanding of course strategy and planning, as well as performance under pressure

Good Contact



Equipment Needed

- Tees
- 7 iron
- Golf Balls

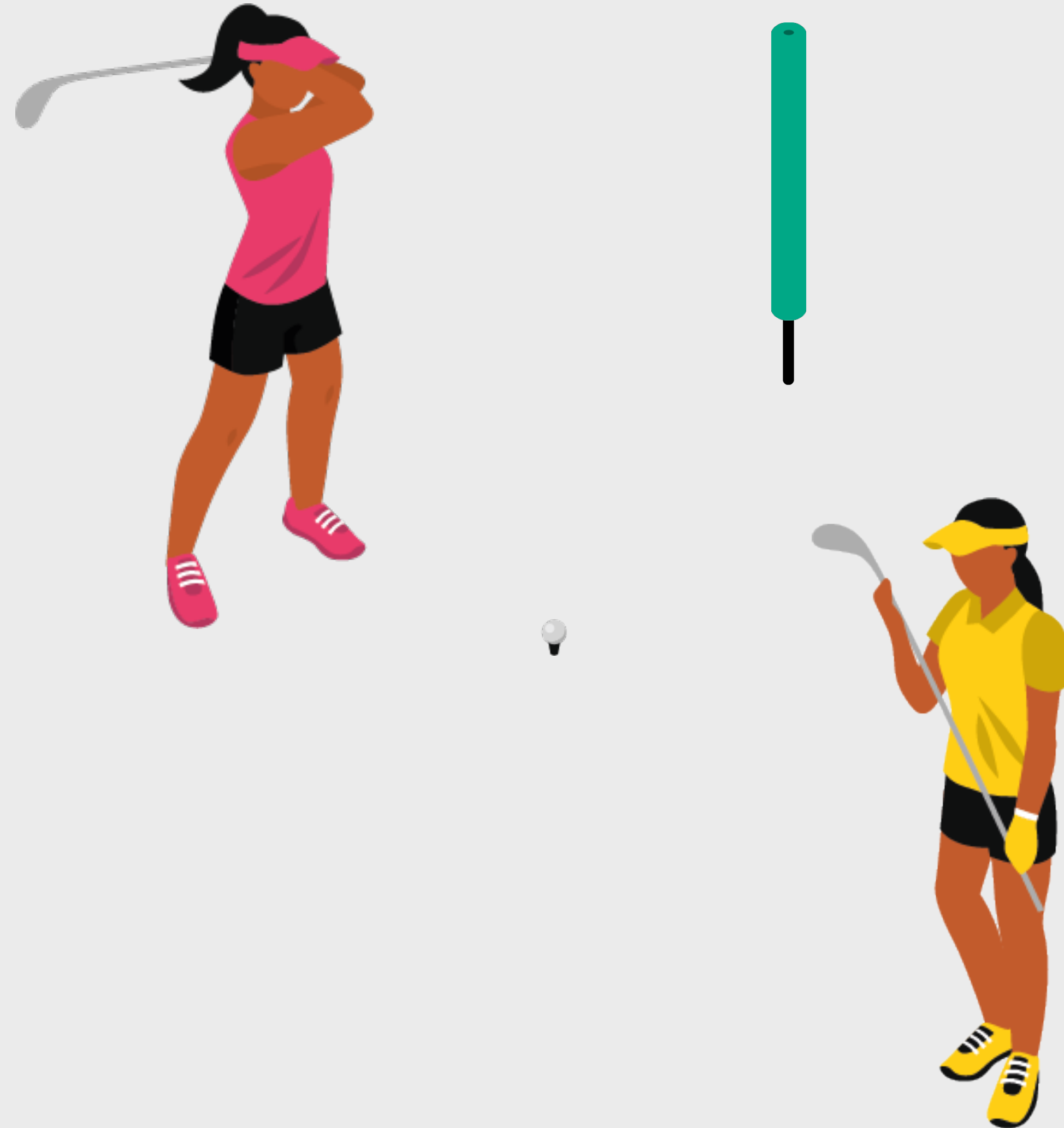
How to Practice

- Ask the learner to strike a tee on their practice swing twice before attempting the same outcome with the ball on the tee
- The learner should focus on making sure they strike the tee with their real shot too as this means the ball will strike the middle of the club face and the loft will get the ball in the air
- If the learner becomes competent at this drill using the tee then ask them to do the same from the ground. Each practice swing should brush the ground where the ball would be and on the real swing the club should brush the ground underneath the ball

Technical Link

- This activity will help the learner to understand how the loft of the club will help to strike the ball into the air, and they don't have to 'help' or 'lift' the ball to get it flighted properly
- This activity will help the learner to understand how if they aim just to hit the ball then quite often the result will be a topped or thinned shot

Control Direction



Equipment Needed

- Alignment Stick and Foam Noodle
- 7 iron
- Golf Balls

How to Practice

- Let the learner practice hitting the ball in different directions
- Ask them to aim directly at the foam noodle, and then deliberately hit the ball to the left and then to the right of the noodle from the same starting position
- Highlight how, so long as the ball is struck well, the club face is the primary influence over the direction the ball travels
- If there is a tendency for the learner to hit the ball a particular direction ask them to deliberately practice hitting the ball the opposite direction in order to learn how to control direction

Technical Link

- This activity will help the learner to understand how to control the direction of the ball. Be sure to link your technical advice to how this will help the learner control the club face direction at impact

Using Different Clubs



Equipment Needed

- Hybrid
- 7 iron
- Pitching wedge

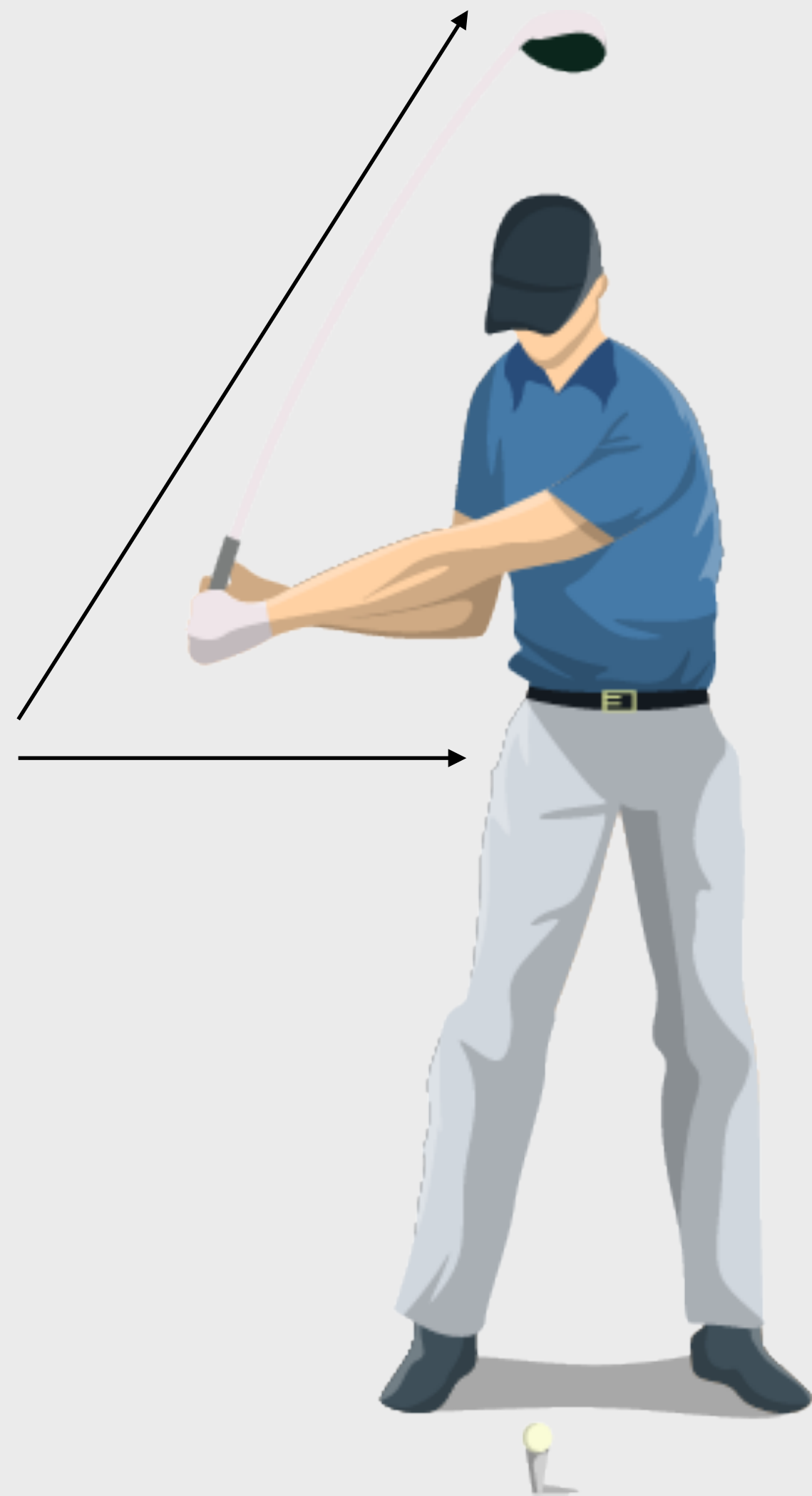
How to Practice

- The learner should practice using all three clubs in order to become confident switching between clubs as they will have to when they are out on the course
- As they practice, challenge the learner to switch clubs between every shot
- If the learner becomes confident using a particular club encourage them to practice more with the other clubs in order to build competency across all the clubs

Technical Link

- This activity will help the learner to understand the importance of practicing with the different clubs and seeing the difference this has on the ball flight when struck correctly
- It will help the learner to understand that we need to be able to adapt when playing the game as each shot we face will be different from the last

Later Release



Equipment Needed

- Tees
- Driver
- Golf Balls

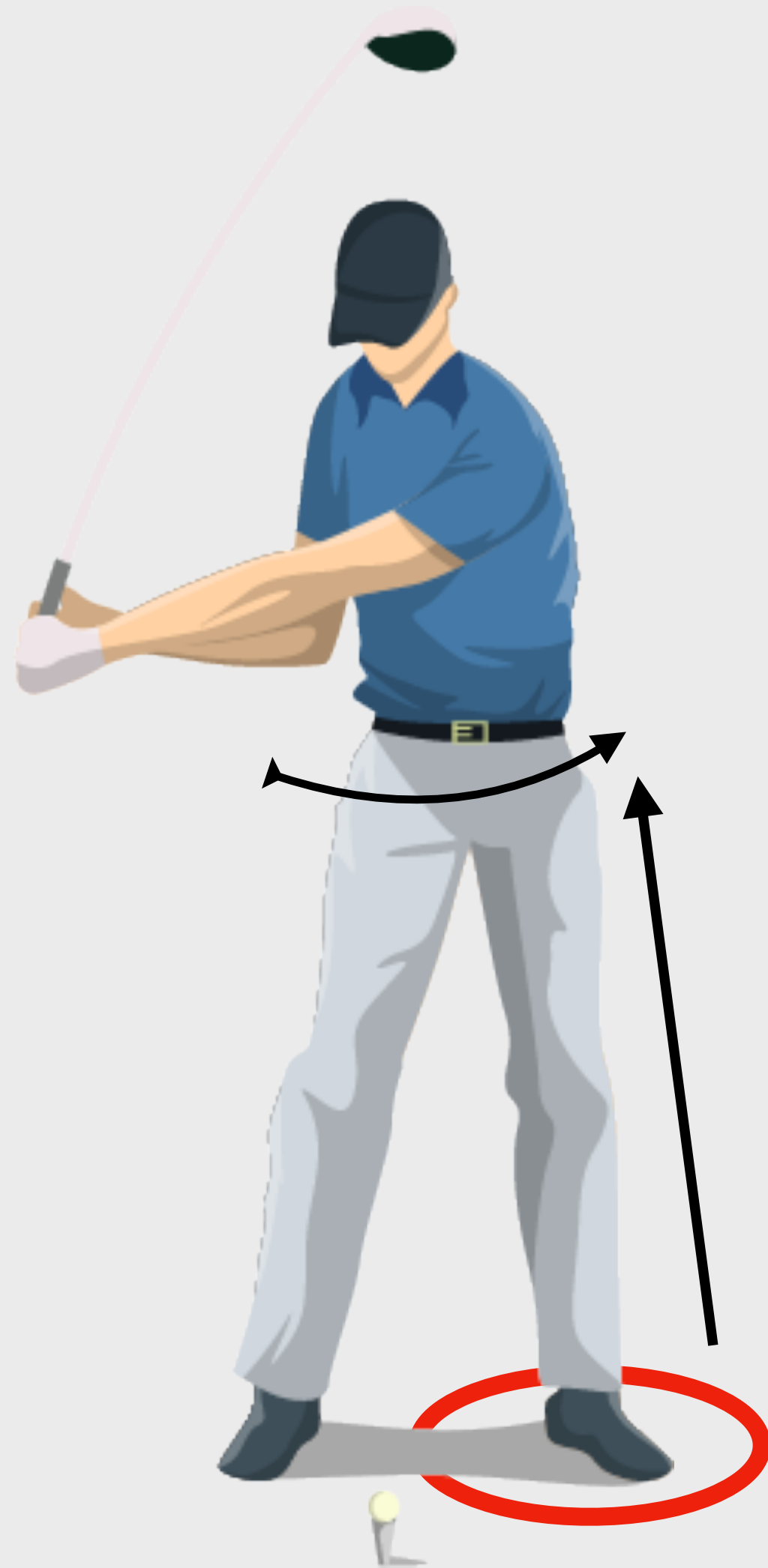
How to Practice

- Ask the student to create a later hit during the downswing
- Explain to the student their hand and arms feel like they release the ball after your body has moved through
- Outline how this relates to the golf swing's "late hit", the body pulling through the arms and then the club.

Technical Link

- Explain to the students the greater the lag between club head and hands the greater the club head speeds will need to be
- The club head will need to catch up the hands and this generates the additional speed

Ground force



Equipment Needed

- Tees
- Driver
- Golf Balls

How to Practice

- Ask the learners to start by flexing the knees and making a big backswing whilst keeping balanced
- Start the downswing with an aggressive turn towards their target, keeping the knees flexed
- Explain to the students to turn and open their hips and as the downswing develops, the ground force will come into play as they push off the turf and their legs straighten, generating greater club head speed

Technical Link

- The ground can help you generate more speed because you have the opportunity to push off the ground while swinging down into impact.

Reduce the Spin



Equipment Needed

- Tees
- Driver
- Golf Balls
- Selection of driver, shafts and movable weights
- Launch monitor or similar

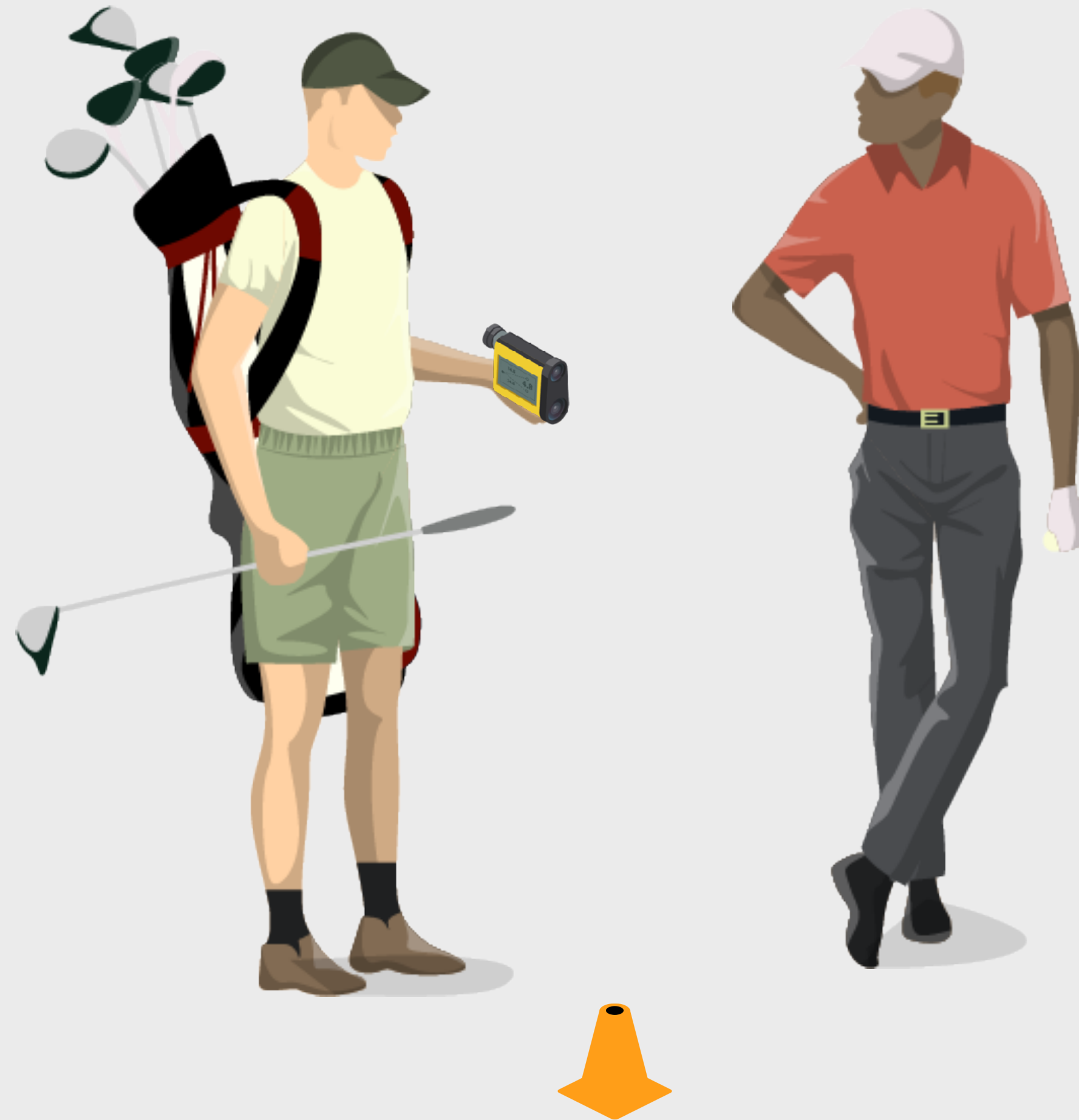
How to Practice

- Provide the student with a selection of different lofted drivers and aim to reduce the spin rate
- Allow the student to try different shafts flexes in order to reduce the spin rate on the golf ball
- Provide the students different types driver heads and show them the impact it can have on the spin rate of the golf ball

Technical Link

- Show the students the impact that different equipment can have on the spin rate of the golf ball and ultimately the carry and distance of a driver shot

It's all About Ball Speed!



Equipment Needed

- Tees
- Driver
- Golf Balls
- Selection of driver, shafts and movable weights
- Launch monitor or similar

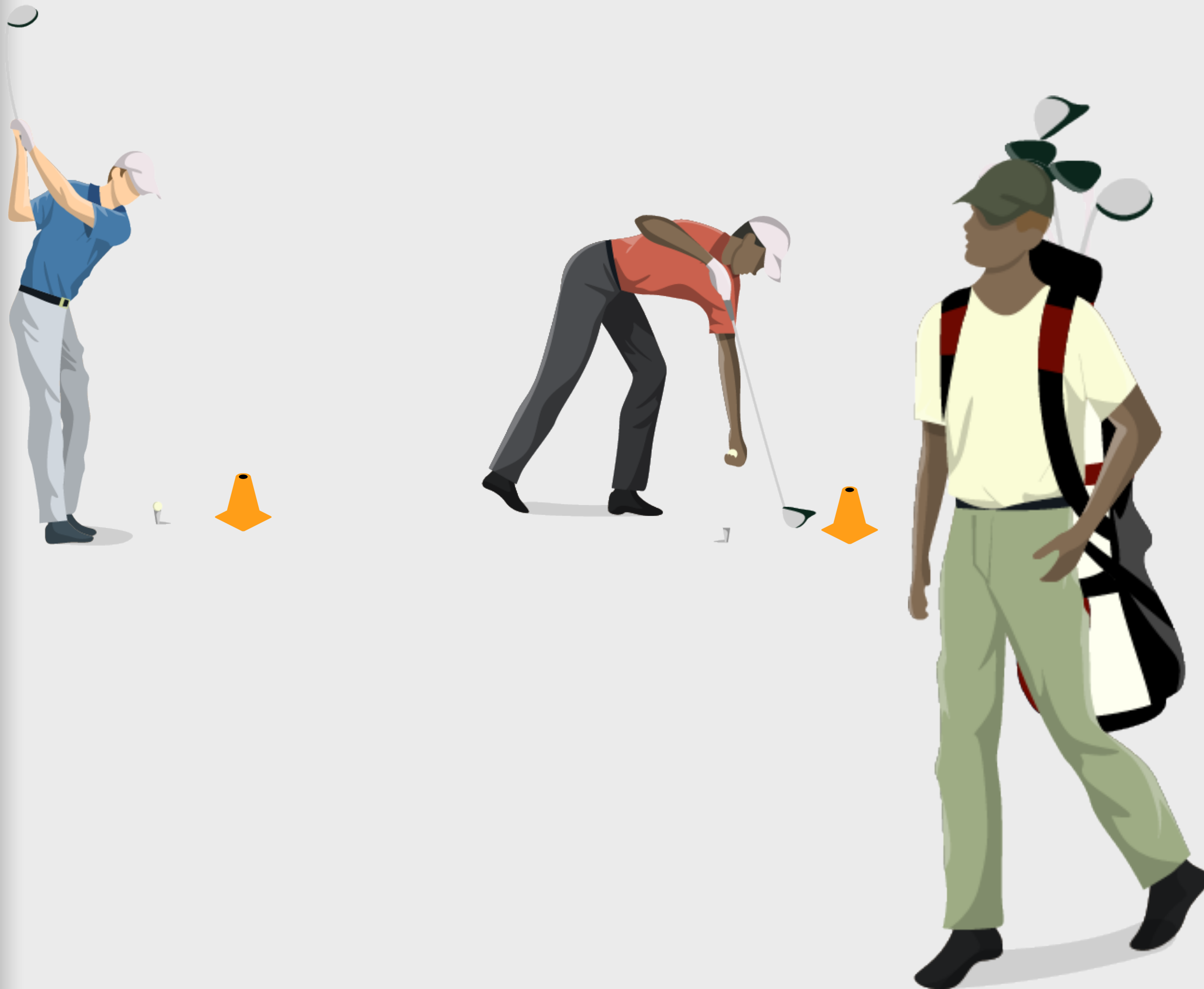
How to Practice

- Allow the student to hit various drivers with different head to see the difference that makes on ball speed
- Get the students to hit different drivers with varying face thicknesses and see the impact that has on ball speed off the club face

Technical Link

- When trying to increase ball speed it is important the students understand the difference that driver heads and face thickness can have on the speed of the ball off the club face

Movable Weights



Equipment Needed

- Tees
- Driver
- Golf Balls
- Selection of driver, shafts and movable weights
- Launch monitor or similar

How to Practice

- Allow the students to use drivers with movable weights and alter the weight from front to back and back to front on the driver. Allow the student to see the difference this makes in flight, carry and distance
- Provide the student with drivers where weight can be moved from left to right and right to left in the driver head. Allow the student to see the difference this can have on shot shape, carry on distance

Technical Link

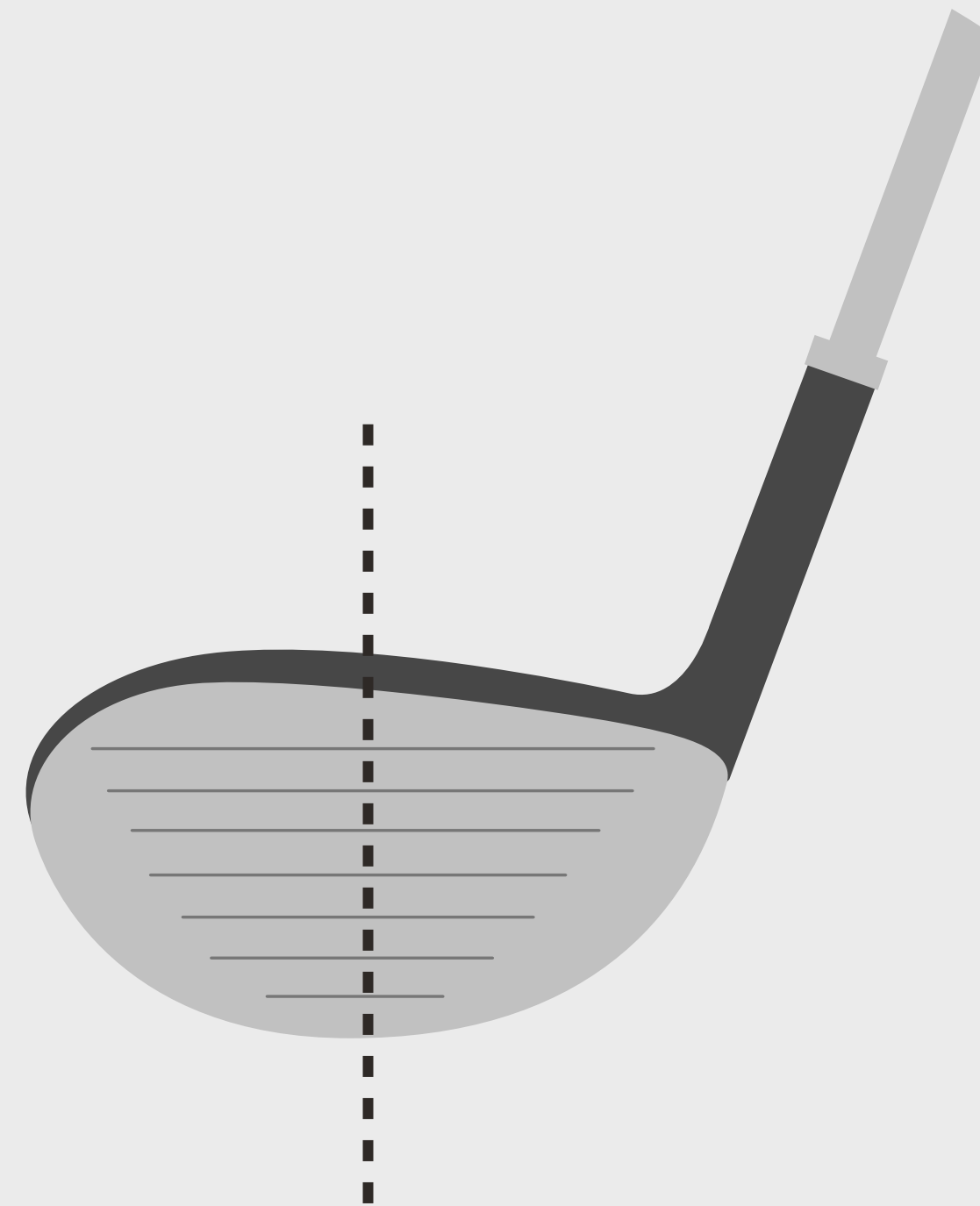
- It is important for the student to understand the impact that weight distribution in the club head can have on the overall performance of their driver.

Swing Game Stations



Invited

Face Contact



Equipment Needed

- Impact Tape
- Driver

How to Play

- A learner starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The learner should try to deliberately strike the ball using the toe of the club and the heel of the club to build awareness of what it feels like when the ball is struck using different parts of the club face

Progression Ideas

- Challenge the learner to strike a particular part of the club face deliberately
- Draw on the face tape to indicate a smaller target that the learner has to try to hit

Army Golf



Equipment Needed

- Alignment Stick
- Foam Noodle

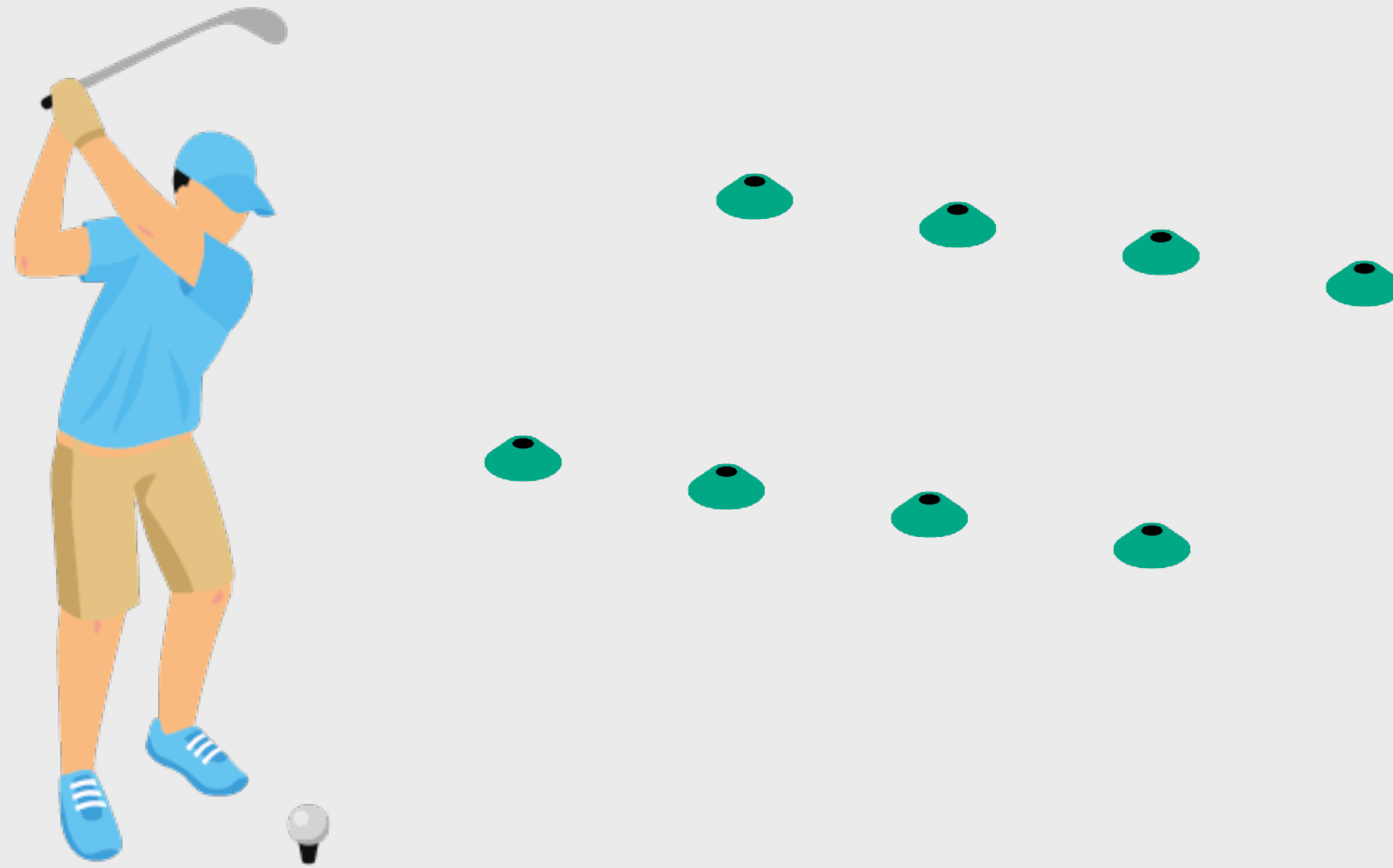
How to Play

- The learner addresses the ball in the same way each time, aided by the alignment stick which points directly at the foam noodle
- The learner should then attempt to hit the ball alternately left of the noodle, and then right of the noodle by changing the direction of the swing and the path of the club head
- The learner should try to build an awareness of how they control the club by swinging it in different directions

Progression Ideas

- Challenge the learner to deliberately hit the ball left, then right then dead straight to hit the noodle
- If the learner struggles with one direction more than the other encourage them to practice that one more

Carry Distance Challenge



Equipment Needed

- Cones
- Golf balls

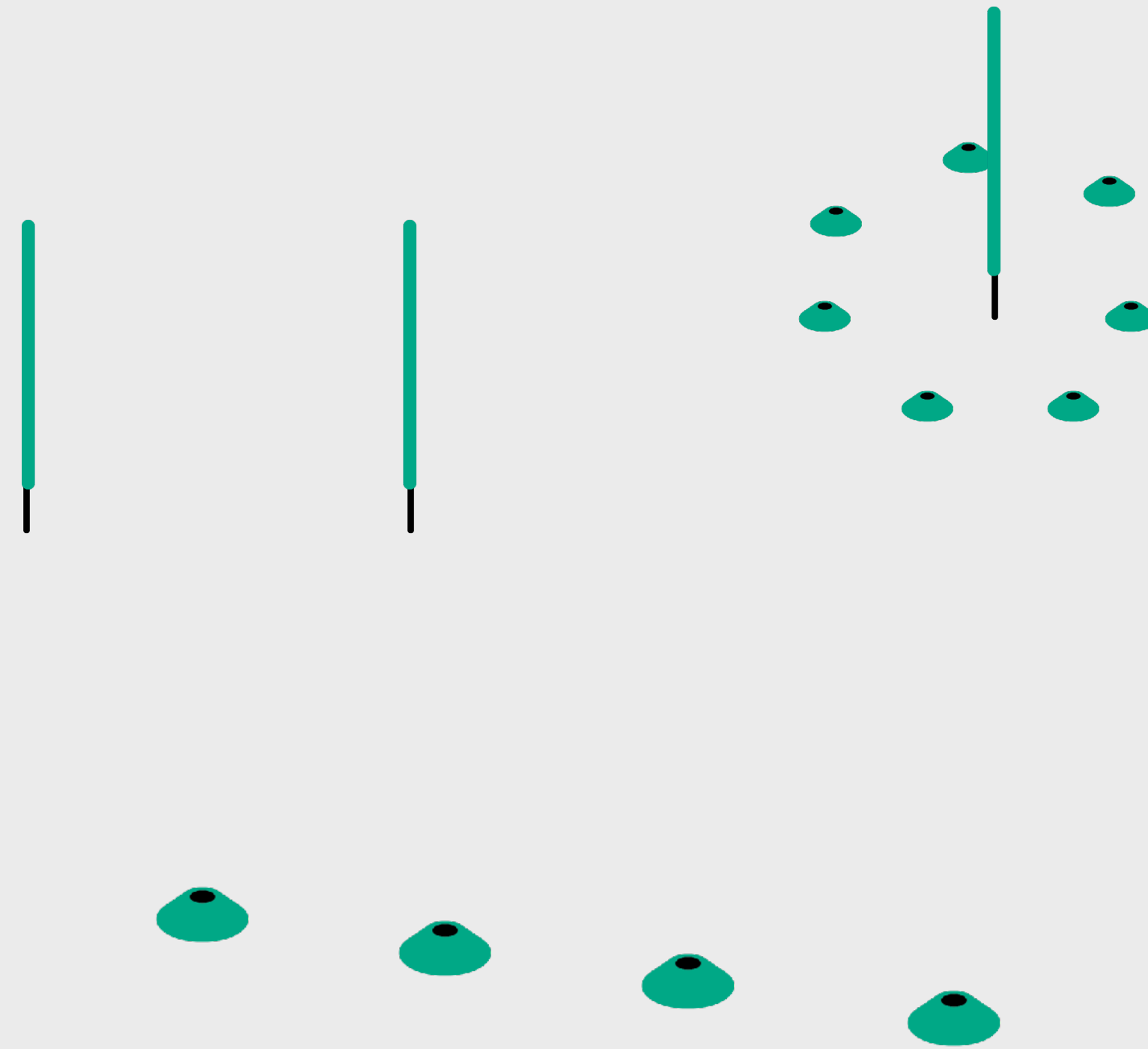
How to Play

- Set up a number of targets on the driving range, at different distances to enable learners to know how far they are hitting the ball
- The learners should take it in turns to hit each ball slightly further than their last shot
- The learners should start with a small swing and see how many shots in a row they can increase the distance they carry the ball

Progression Ideas

- Ask learners to work together on this challenge
- Dictate the shortest distance that learners have to hit to start the challenge (e.g. 50 yards)

G.O.L.F.



Equipment Needed

- Cones
- Alignment Sticks and Foam Noodles

How to Play

- Set up a number of targets on the driving range, at an appropriate distance for your learners to aim at
- The learners should take it in turns to choose and aim for a particular target, if they manage to hit their intended target they achieve a “G”
- The game continues until a learner has completed the word “GOLF”

Progression Ideas

- Dictate which targets the learners have to aim for, if it is too easy, make the targets more challenging
- Increase the length of the word to extend the game
- Challenge the learners to work together to achieve the game, whereby both must hit the target before the letter is achieved

Bombs Away!



Equipment Needed

- Equipment to measure driver distance (launch monitor or similar)
- Driver
- Tees
- Balls

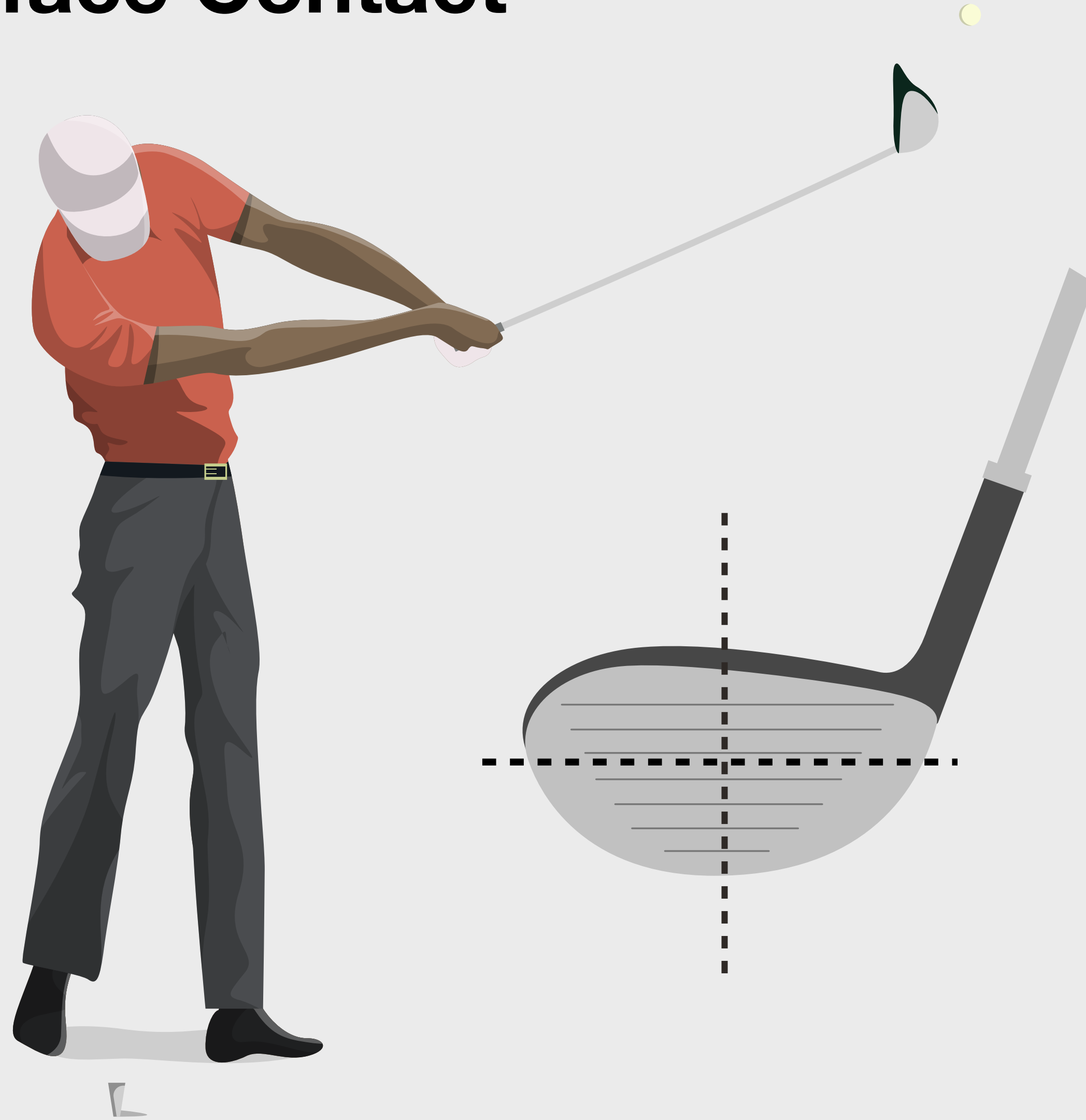
How to Play

- A student starts by attempting to hit a driver shot with a full swing
- When this shot distance is measured, ask the student to try and beat their previous shots distance
- Ask the student to try and beat the previous shots distance to progress up levels to 10. 1 level per shot
- If the student fails they return back to level one
- The winner is the learner that advances the furthest

Progression Ideas

- Get the learners to play in teams
- Ask them to vary the set up and see how that effects total distance

Clubface Contact



Equipment Needed

- Impact tape or spray
- Driver
- Tee Pegs

How to Play

- A student starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The learner should try to deliberately strike the ball using the toe of the club and the heel of the club to build awareness of what it feels like when the ball is struck using different parts of the club face
- The student can also attempt a stick low and high on the face

Progression Ideas

- Challenge the learner to strike a particular part of the club face deliberately
- Draw on the face tape to indicate a smaller target that the learner has to try to hit

X's & O's

Shot Type	Draw	Straight	Fade
Short	X		
Medium		X	
Long			X

Equipment you Need:

- Golf Balls
- Marker Pen
- Whiteboard
- Cones
- Gates

How to Play:

- Create the gates using alignment sticks or fixed yardage markers
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to carry the ball past the minimum yardage line of cones
- The ball must also pass through the gates for their chosen shot type from the grid
- The players take it in turns to hit their shots
- If they are successful hitting their chosen shot and the ball passes through the width of the gate then they can mark a O or X on the grid in any blank space
- The winner is the player who can achieve 3 in a row on the grid

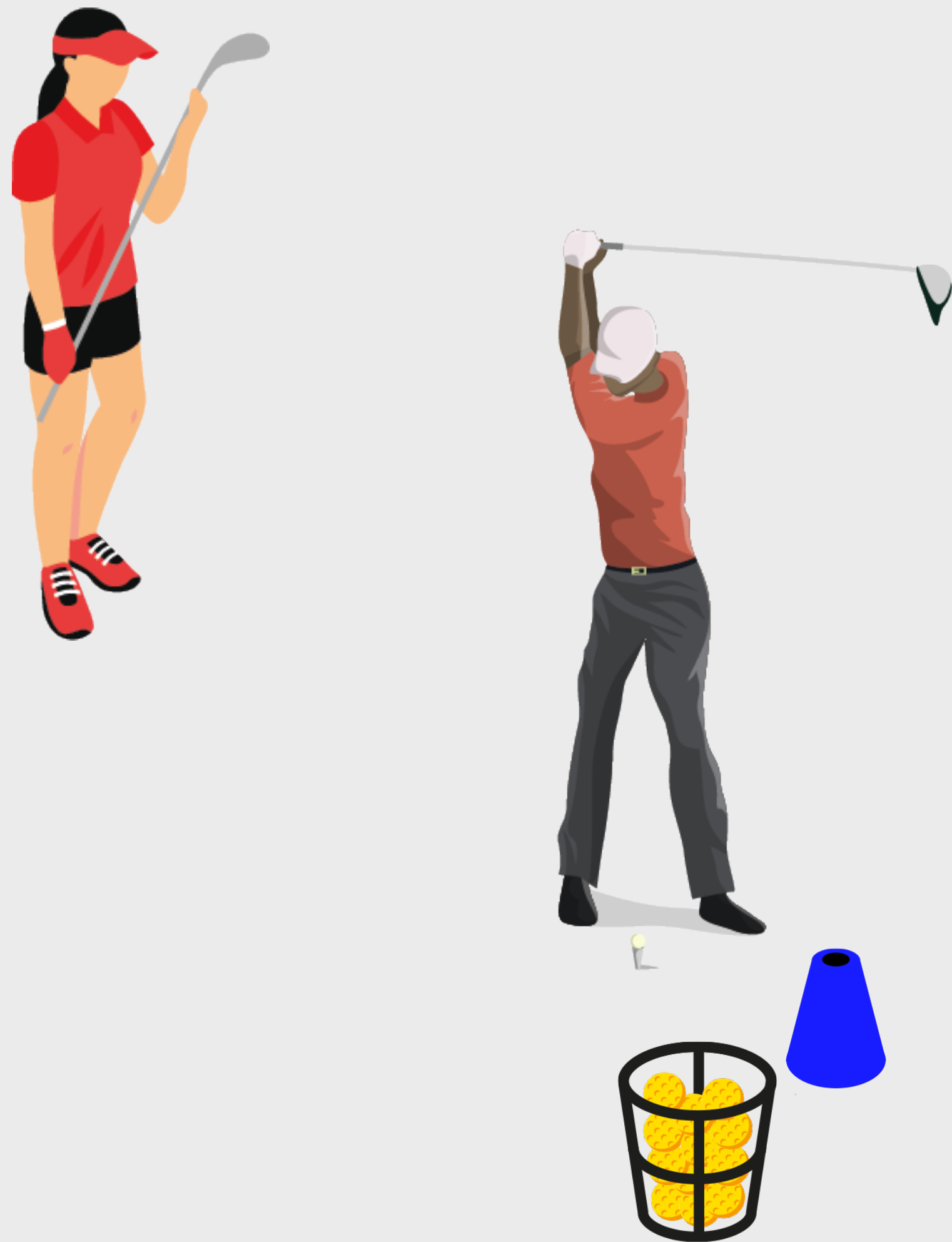
Progression Ideas:

- Move the minimum distance cone line further out
- Narrow the width of the target gates



60 yards

C.O.P.Y me



Equipment Needed

- Driver
- Tees
- Balls

How to Play

- The learners should take it in turns to choose a shot type for their partner to replicate, such as a draw, fade, stinger , etc.
- If the learner cannot produce the shot themselves they receive a letter “C”
- If their partner does not manage to replicate the intended shot they receive a letter “C”
- The game continues until one learner has completed the word “COPY” then they lose

Progression Ideas

- Make it target based as well
- Tighten the proximity of the targets

Super Slice



Equipment Needed

- Alignment Stick
- Foam Noodle

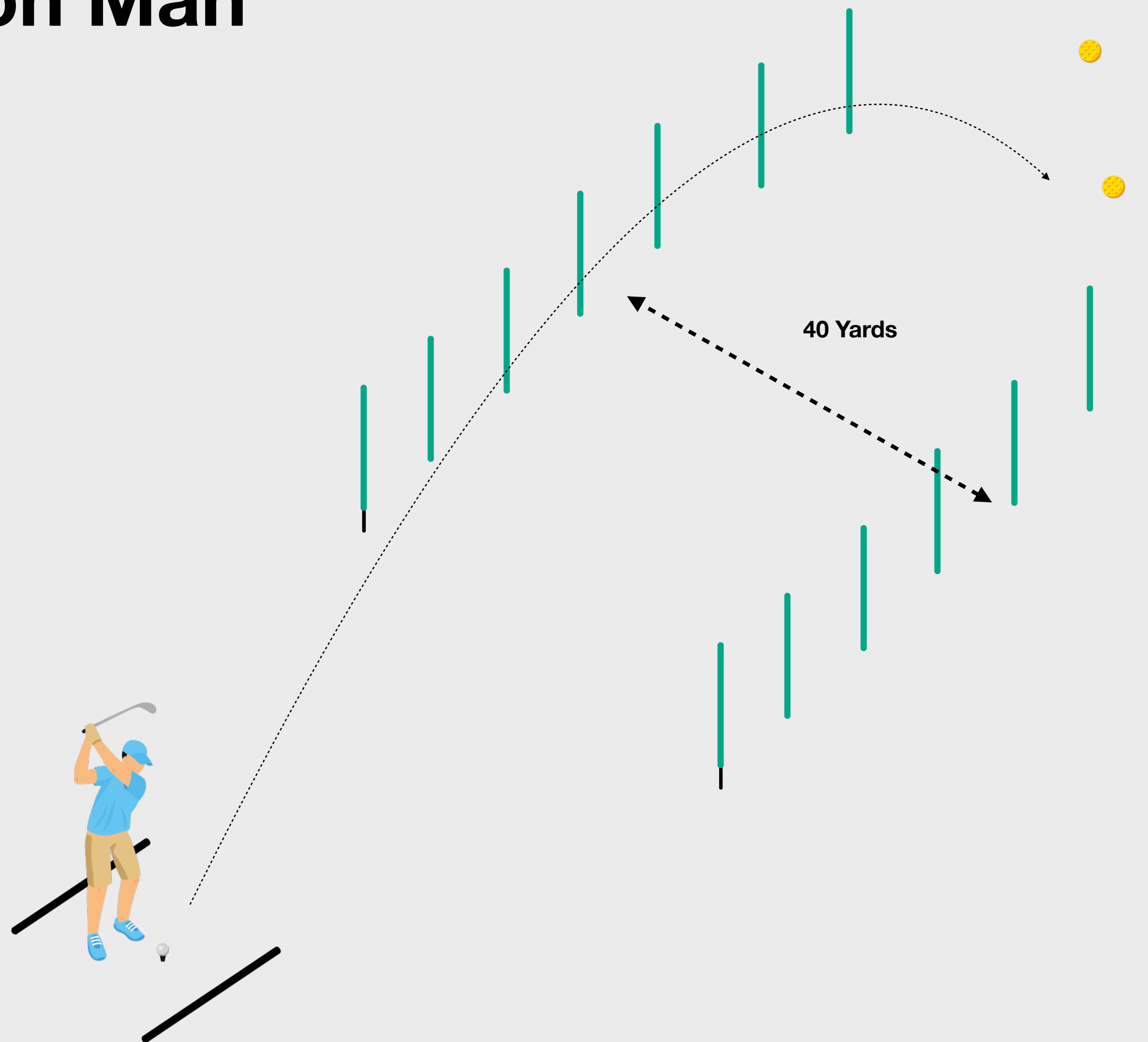
How to Play

- The aim of this practice station is to move the ball from left to right in the air for a right handed player
- The student should understand what the club needs to do to achieve this ball flight and then experiment with how to achieve this outcome
- The student should try to build an awareness of how they control the club to achieve this ball flight
- It should be noted we are not necessarily looking for control at this stage, just to be able to curve the ball

Progression Ideas

- Challenge the student to control the amount the ball curves in the air
- Challenge the student to be more precise with the starting direction

Iron Man



Equipment Needed

- Driving range
- Alignment sticks, cones or other targets
- Golf balls
- Irons

How to Play

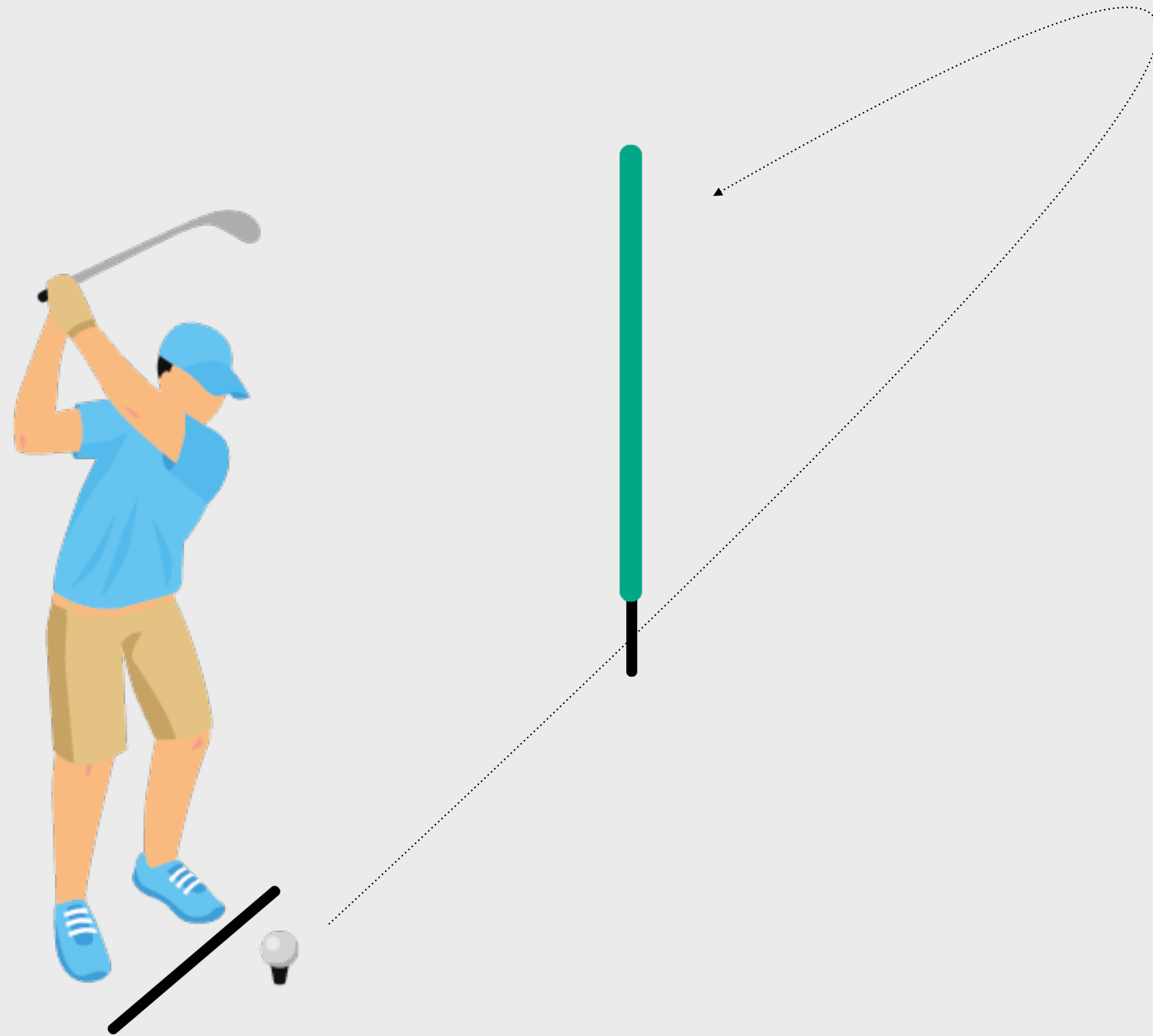
- Set up a fairway on the driving range using existing targets or use cones or alignment sticks
- Ask learners to get their shortest iron (e.g., 9 iron) and hit a full shot between the target gate.
- If they are successful with this attempt, the learner must then get their next iron (e.g., 8 iron) and hit the following ball between the target gate.
- The aim is to hit one ball with every iron in your bag through the gate consecutively.

Technical Link

- By having a visual target on the driving range it focuses the learners minds onto what is required for a stock shot
- It shows them what an average fairway width of roughly 40 yards looks like
- Encourages learner to use full range of irons in a target based scenario that emulates the course

Invited

Happy Hook



Equipment Needed

- Alignment Stick
- Foam Noodle

How to Play

- The aim of this practice station is to move the ball from right to left in the air for a right handed player
- The student should understand what the club needs to do to achieve this ball flight and then experiment with how to achieve this outcome
- The student should try to build an awareness of how they control the club to achieve this ball flight
- It should be noted we are not necessarily looking for control at this stage, just to be able to curve the ball

Progression Ideas

- Challenge the student to control the amount the ball curves in the air
- Challenge the student to be more precise with the starting direction

Through the gate

Equipment Needed

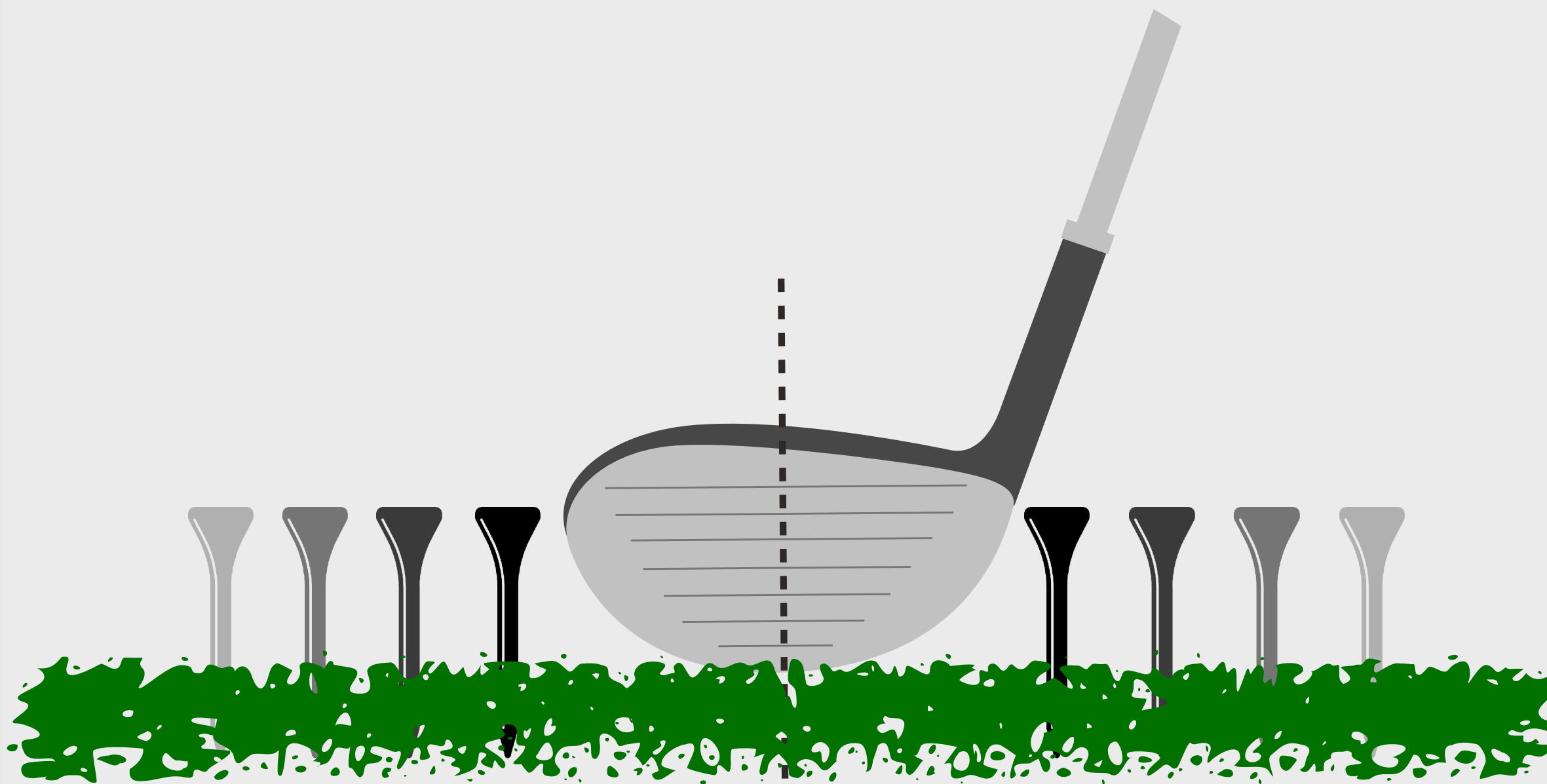
- Tees
- Driver
- Golf Balls

How to Play

- Ask the students set up a 'gate' using tees starting with 5 cm either side of the driver
- Ask the learners to hit balls keeping the club passing through the gate to improve the centre of strike
- Move the tees in 0.5cm per shot. 1 hit per round for 10 rounds
- The winner is the student that progresses the furthers through the 10 rounds without hitting the tee with their driver

Progression Ideas

- Outline to the student how the path of the club can impact on the centredness of their strike
- Outline how miss hit shots can have a huge impact on the distance of a driver shot



Shaft Horizontal



Equipment Needed

- Tees
- Driver
- Golf Balls

How to Play

- Ask the students to grip the driver up by the head, and hold the shaft horizontally out in front of them
- Explain to the students it is easier to create and experience speed when making a flat, baseball-style swing
- Ask the students to swing the club around them, keeping the shaft horizontal.
- In pairs get them to see who can make the loudest swish
- Ask them to try and increase the speed and sound of the swing each round
- 10 rounds with 1 point for the winner per round

Progression Ideas

- Progress the learners to flip the club the right way round. The goal is the same – to find their loudest swish

The need for SPEED!



Equipment Needed

- Tees
- Driver
- Golf Balls
- Launch monitor or similar (optional)

How to Play

- Students can play the game individually or in pairs
- Students will play across 10 rounds and try and increase the clubhead speed in each round
- Each round consists of one-shot, recorded on a launch monitor similar
- The winner of the game will be the person that increases their clubhead speed the most between shot 1 and 10

Progression Ideas

- To progress the challenge the students can include carry and total distance as a measure to compete