

Swing - Level 2

Iron Play and Wedges



Contents

- 3 **Class Timetable**
- 5 **Class Objectives**
- 9 **Class Layout and Setup**
- 10 **Practice Stations and Game Cards**
- 15 **Secondary Skill**
- 18 **Skills Challenges**



Class Timetable

4 Themed Class Plans - Full

Class Timetable

Session Length: 90mins

Introduction to Swing

Learning the Game Focus: Whole Golfer Focus: Body Fit for Golf Introduction

Learning the Game Topic: Orientation

Learning the Game Focus: Orientation of the Game Orientation of Equipment

Mastering the Game Challenge: Iron Challenge

Time	Class Content	Learning the Game	Mastering the Game
15 Mins Prior	Introduction and Welcome		
10 mins	Introduction	<ul style="list-style-type: none"> Set up the games and practice stations of your preference and the challenges for the specific class. Be ready to welcome participants 5 minutes before the session starts 	
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<ul style="list-style-type: none"> Outline your preferred technical focus for the class Introduce the Learning the Game or Whole Golfer focus Explain how to play the games and attempt the practice station activities Explain how to attempt the Mastering the Game Challenges 	<ul style="list-style-type: none"> Class layout and Setup
5 Mins	Learning the Game and Whole Folder Focus	<ul style="list-style-type: none"> Learners play the games individually, in pairs or in groups Opportunity to provide private coaching to learners Learners may attempt the Mastering the Game challenges independently or socially 	<ul style="list-style-type: none"> Orientation of the Game Orientation of the Equipment Fit for Golf Introduction
30 Mins	Mastering the Game Independent and Social Practice	<ul style="list-style-type: none"> Get the group together to introduce the remaining Learning the Game or Whole Golfer focus Opportunity to engage in group discussion, questions and re-visit any technical elements 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station Mastering the Game Challenges
10 Mins	Challenges and Recap	<ul style="list-style-type: none"> Learners play the games individually, in pairs or in groups Opportunity to provide private coaching to learners Learners may attempt the Mastering the Game challenges if applicable independently or socially 	
15 Mins Post	MyGame+ Tracking on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the learner's Student Connect area Learners should be encouraged to mark their attendance at the Themed Class in the Journey to Club and Course Ready section of the MyGame+ area Encourage the learners to mark the challenge as complete for the Level they have attempted if they are successful within the Mastering the Game program wheel on the MyGame+ area Take time after the class has finished to actively connect new learners and build relationships. Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station Mastering the Game Challenges

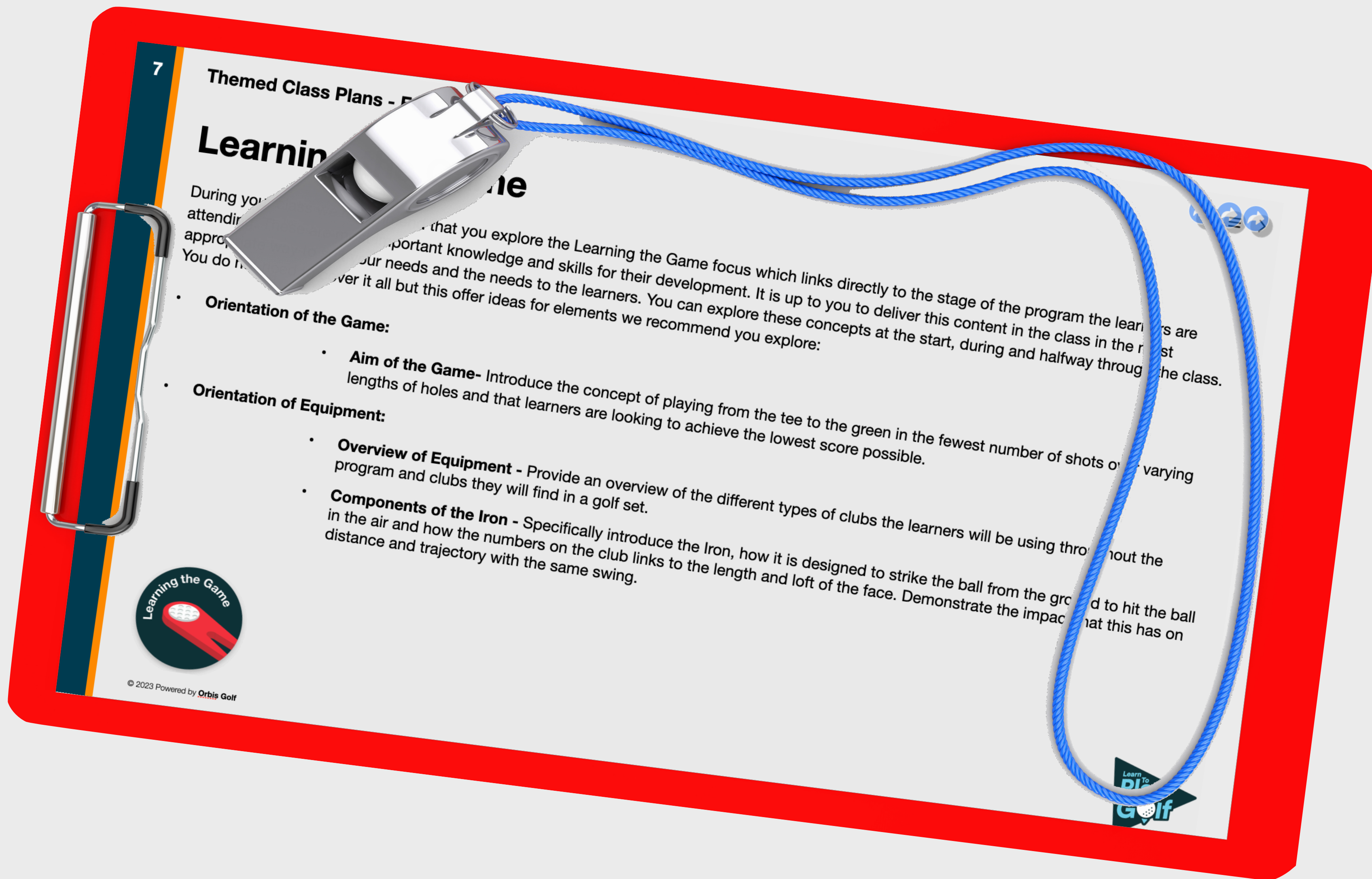
© 2023 Powered by Orbis Golf

Class Timetable - Iron Play and Wedges

Session Length: 90mins	Group Size: 1:8	Mastering the Game Focus: Swing Iron Play & Wedges	Whole Golfer Focus: Body	Learning the Game Topic: Rules & Etiquette	Learning the Game Focus Rules and Etiquette in Full Swing	Mastering the Game Challenge: Iron 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 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
10 mins	Introduction	<ul style="list-style-type: none"> Outline the technical focus for the class Introduce the Learning the Game or Whole Golfer focus Explain how to play the games and attempt the practice station activities Explain how to attempt the Mastering the Game Challenges if applicable 	<ul style="list-style-type: none"> Rules and Etiquette in Full Swing
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<ul style="list-style-type: none"> Learners play the games individually, in pairs or in groups Opportunity to provide private coaching to learners Learners may attempt the Mastering the Game challenges independently or socially 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station Mastering the Game Challenges
5 Mins	Learning the Game and Whole Folder Focus	<ul style="list-style-type: none"> Get the group together to introduce the Learning the Game or Whole Golfer focus Opportunity to engage in group discussion and questions 	
30 Mins	Mastering the Game Independent and Social Practice Challenges and Recap	<ul style="list-style-type: none"> Learners play the games individually, in pairs or in groups Opportunity to provide private coaching to learners Learners may attempt the Mastering the Game challenges independently or socially 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station Mastering the Game Challenges
10 Mins	MyGame+ Tracking on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the learner's Student Connect area Learners should be encouraged to mark their attendance at the Themed Class in the Journey to Club and Course Ready section of the MyGame+ area Encourage the learners to mark the challenge as complete for the Level they have attempted if they are successful within the Mastering the Game program wheel on the MyGame+ area 	<ul style="list-style-type: none"> MyGame+ on 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 learners and build relationships. Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help 	<ul style="list-style-type: none"> GLF. Connect App

Class Objectives & Setup



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 learners to improve the key skills of **Strike, Distance and Direction Control**. Some of technical content you may want to explore in this first session may include:

- **Develop Setup with Irons & Wedges** - Introduce some basic setup concepts which may include:
 - Discuss how the length of the club will impact distance from the ball and posture
 - Discuss what good posture looks like in golf and some drills and checkpoints to achieve this
 - Discuss how ball position may change depending on the Iron / Wedge that is being used
- **Develop Swing Concepts** - Continue to develop basic swing concepts from previous swing classes which may include:
 - Discuss how the shape of the swing may change due to the change in the club length and resulting setup
 - Discuss consistencies in the body and swing motion with previous classes and continue to reiterate best practice based on your preferences
- **Explore concepts for direction, strike and distance which may include:**
 - Discuss how the loft of the club will impact the trajectory of the ball and the distance the ball will travel
 - Discuss how the strike may differ as the club changes such as the depth of divots and the contact between the club and ground



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. Encourage practice using different clubs and exploring skills through discover and games based learning.

Learning the Game

During your class we recommend that you explore the Learning the Game focus which links directly to the stage of the program the learners are attending. These are most important knowledge and skills for their development. It is up to you to deliver this content in the class in the most appropriate way to suit your needs and the needs to the learners. You can explore these concepts at the start, during and halfway through the class. You do not need to cover it all but this offer ideas for elements we recommend you explore:

- **Rules and Etiquette in Full Swing**
 - **Making and Repairing Divots** - Discuss how it is normal for divots to be taken when out on the golf course. Discuss appropriate etiquette for repairing divots on the course
 - **Practice Swings** - Discuss with the learners that practice signs are recommended and appropriate on the golf course however provide guidance for the number of these to ensure speed of play is maintained
 - **Where to Stand** - Discuss the most appropriate place to stand when a player is taking a shot to ensure safety but also be mindful of best practice in regards to speed of play
 - **Behaviour During a Swing** - Discuss the appropriate behaviour while another learning is hitting their shot and how it is good etiquette to be quiet when a play is walking into the golf ball and during their swing



The Whole Golfer

During your class we recommend that you explore the Whole Golfer focus which links directly to the stage of the program the learners are attending. This will help to build their confidence to play the game. It is up to you to deliver this content in the class in the most appropriate way to suit your needs and the needs to the learners. You can explore these concepts at the start, during and halfway through the class. You do not need to cover it all but this offer ideas for elements we recommend you explore:

• Dispelling Myths in Full Swing

- Discuss with your learners how professional golfers do not hit every shot from the fairway onto the green and close to the hole. Make sure they understand this or their expectations will be too high
- Discuss how golf on TV can give a false impression of the reality of the game
- Include some stats to provide some more realistic expectations for example:
 - The average greens hit from 150-175 yards on the PGA Tour for the best players in the world is 65% and this will be using a mid-iron
- Manage learners expectations on how much practice they should be doing, little and often is much more preferable to a long range session. Highlight the structure of the practice club sessions and encourage practice with friends between lessons too.

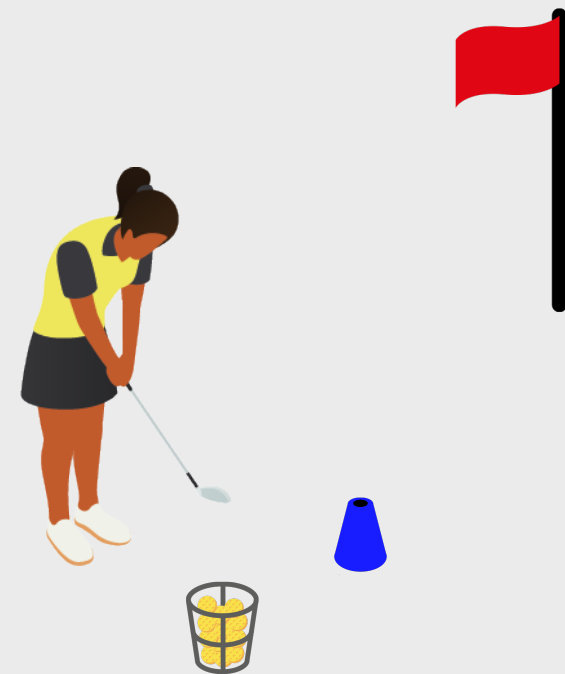


Class Layout and Setup

Group Discussion:
Start, during and end
of class



Station 6:
Secondary Skill
Putting



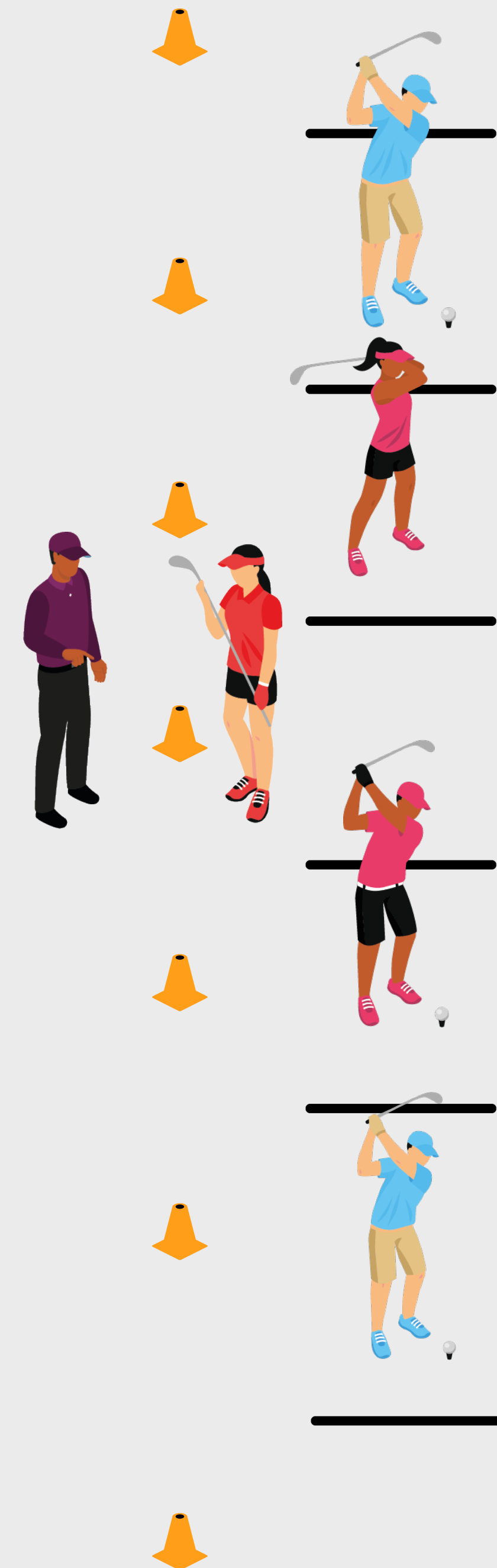
Station 1:
Practice Station
Ball Position

Station 2:
Practice Station
Perfect Posture

Station 3:
Practice Station
Swing Direction

Station 4:
Game Station
G.O.L.F.

Station 5:
Challenge Station
Iron Challenge



Practice Stations and Game Cards



Themed Class Plans
Control Di

30 Yards
20 Yards
10 Yards

About
The Practice Station Ac...
engaging practice elem...
themed class focus.

Equipment Needs

- 12 cones
- Golf balls

How to Practice

- Set this activity up v... 3 different sized boxe...
20 yards and 30 ya... from the learner
- The learner should... ctice chipping the ball c...
distances using th... me club, by varying the
- Encourage them t... start by controlling the leng...
stroke, similarly t... w they learnt to control th...
stroke using a pu... and then gradually increa...
length of the str... and speed of the stroke to...
ball further
- This practice is... t learnt using the same clut...
lower lofted cl... .g. a 7 iron would be best to

Technical Li

- This activity... help the learner to underst...
control the... ance of a shot based on the...
speed of th... roke
- This activit... ll help the learner to gain so...
consistenc... ound the green by becomin...
confident t... g one particular type of clut... or

© 2021 Powered by Orbis Golf

GAM...
GOLF...
DEVELOPMENT



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



© 2023 Powered by **Orbis Golf**



Equipment Needed

- 7 Iron

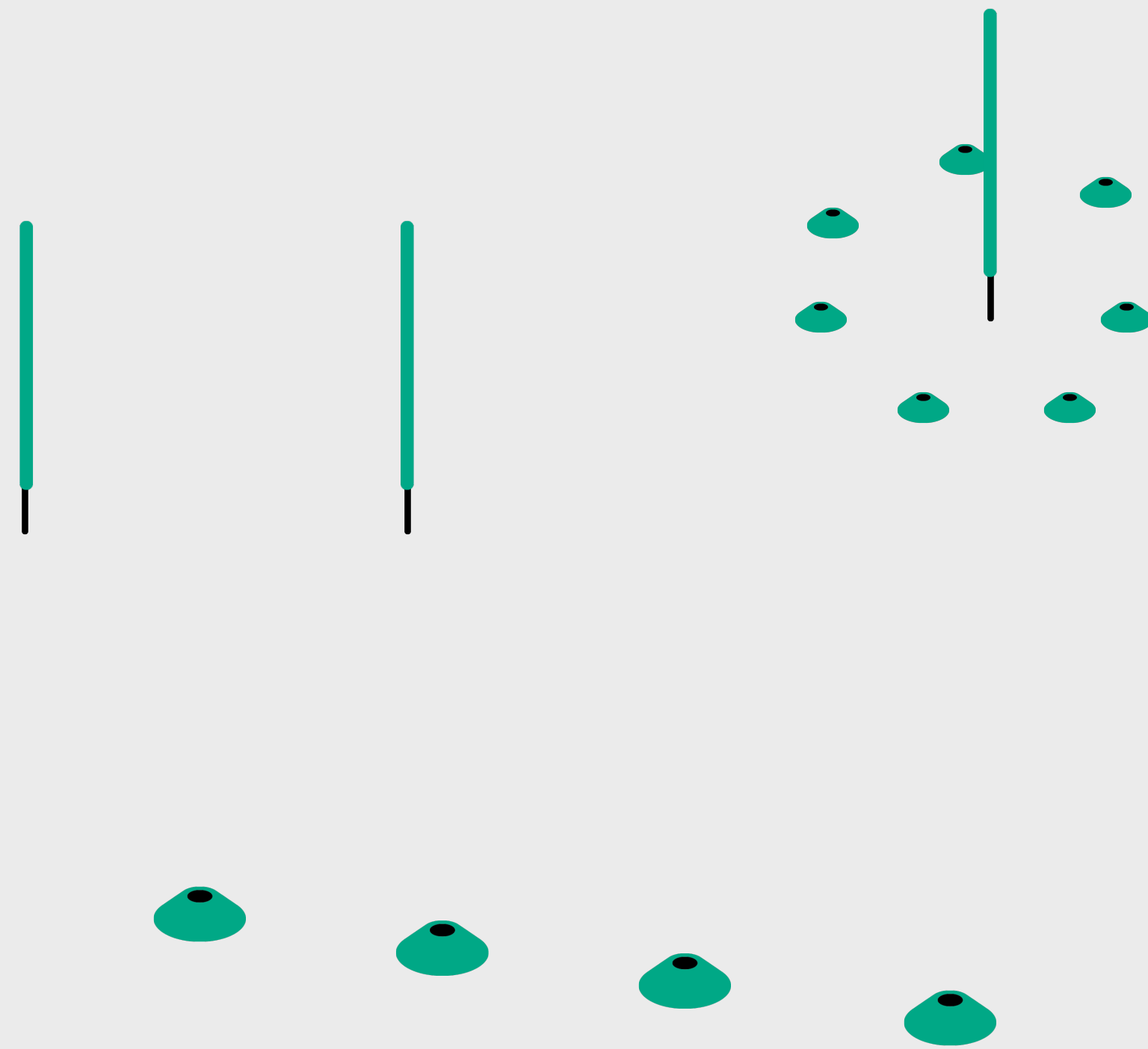
How to Practice

- 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

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

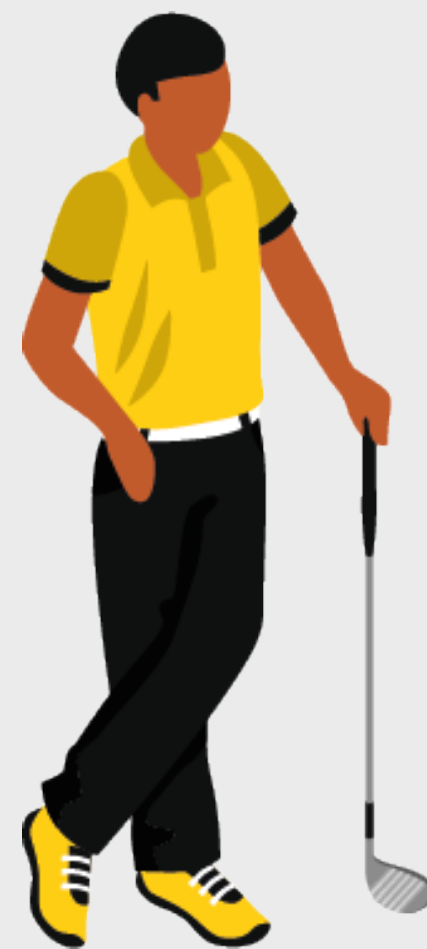
Secondary Skill



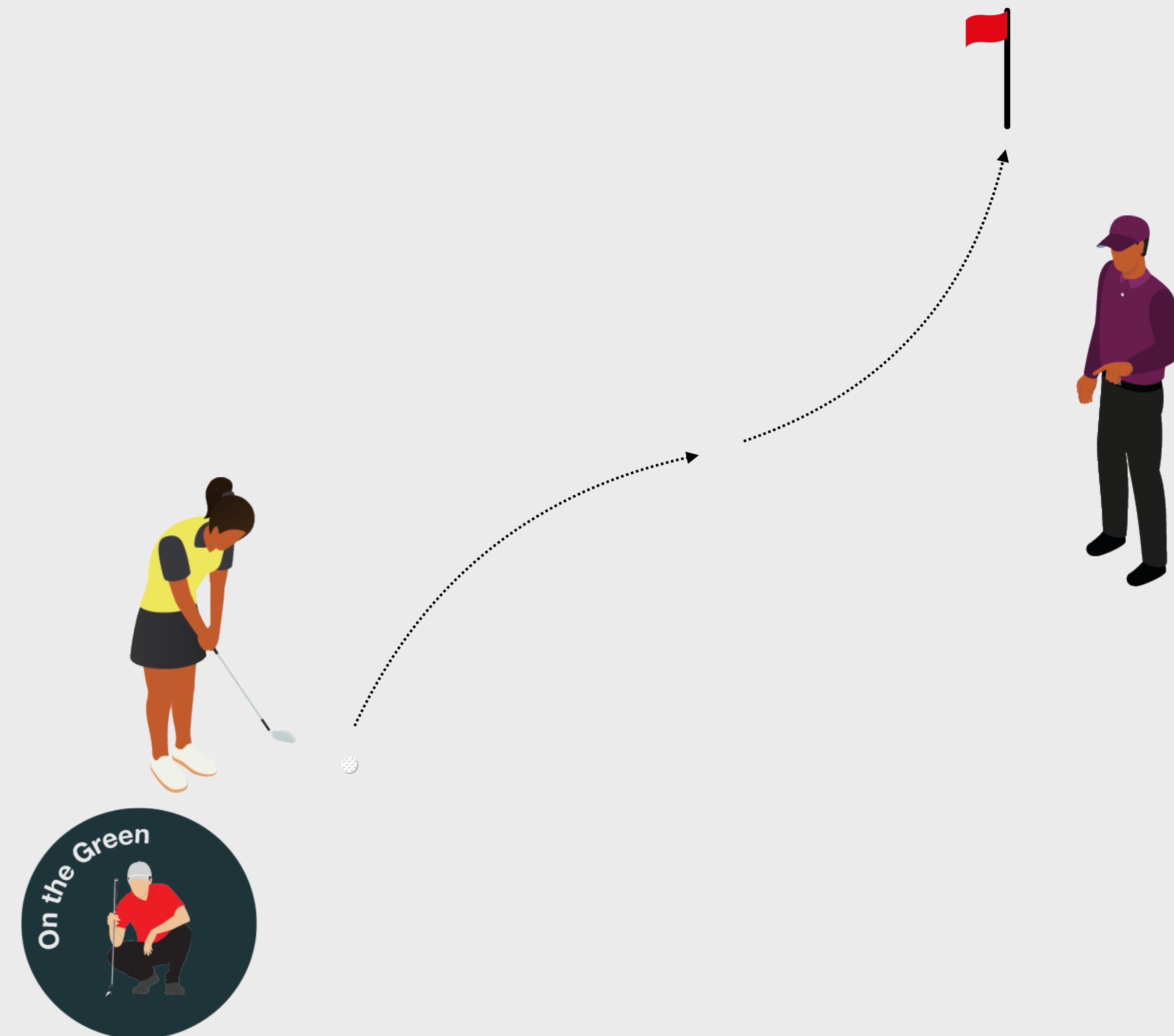
Secondary Skill

To allow for variety of practice during the session, and to enable those that may have missed a class to catch up on practicing some of the other skills we recommend having one of the stations set up as a secondary skill.

This week's secondary skill is **Putting**, providing learners an opportunity to practice their skills on the green.



Understanding Slopes



Equipment Needed

- Putter
- Golf Ball

How to Practice

- Help learners to choose a putt with multiple break
- Before taking their putt they should split the putt into sections and be able to tell you or their partner the break of each section of the putt
- The learner should be able to more easily determine the starting line of the putt once they have worked out the different slopes that are having an impact on the line of the putt
- Encourage working in pairs so that learners can openly discuss and help each other learn how to accurately read the slope on the green

Technical Link

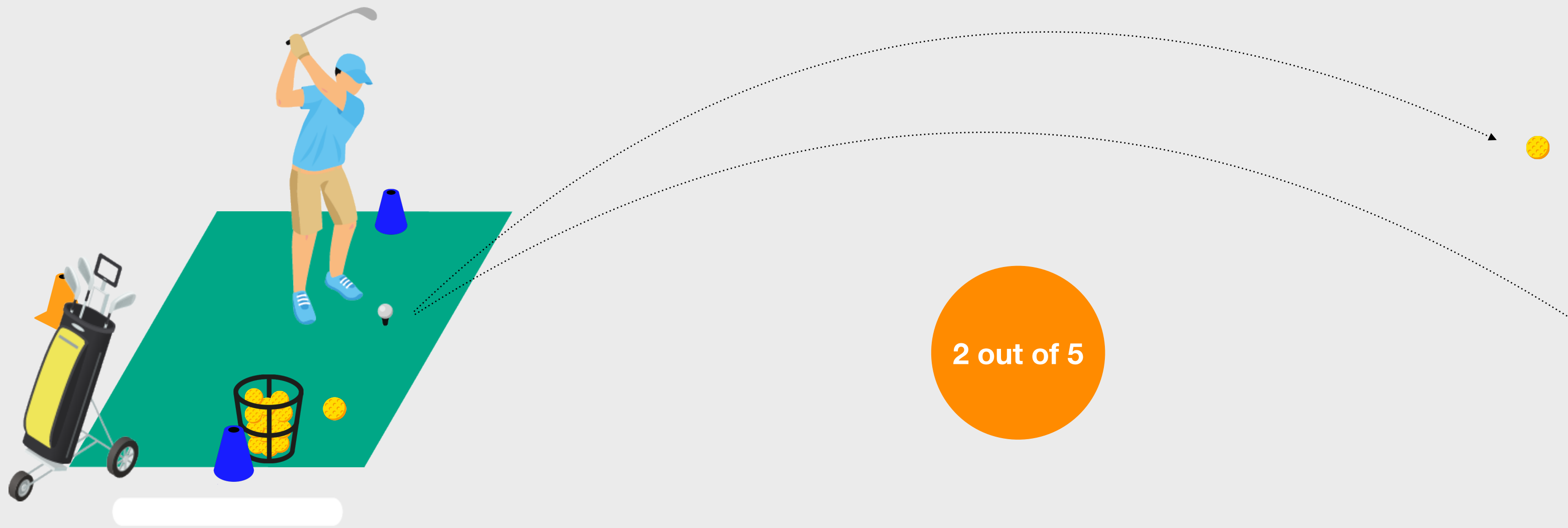
- This activity will help the learner to understand how to read a green that has multiple break



Mastering the Game Challenges



Iron Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots in the air.

To complete the challenge, the learner doesn't need to demonstrate control over direction or distance.

What should the Learner do next?

- After attempting the challenge, the learner should:
 - Log in to the GLF. Connect App
 - If they complete the challenge, mark it as complete in the Challenge Section



Iron Challenge



The Challenge

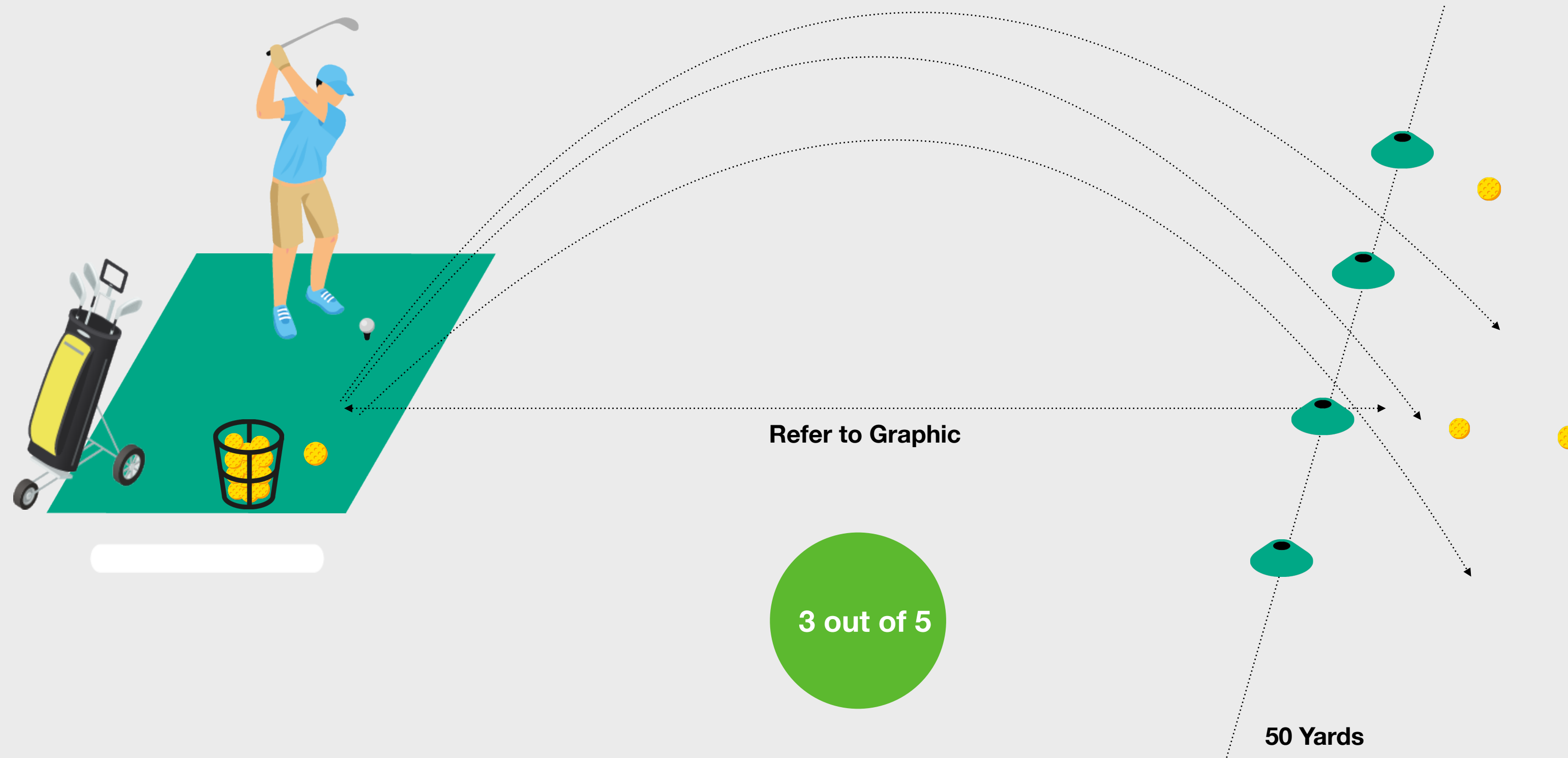
To complete the Level 2 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots in the air and a minimum carry distance of 50 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

What should the Learner do next?

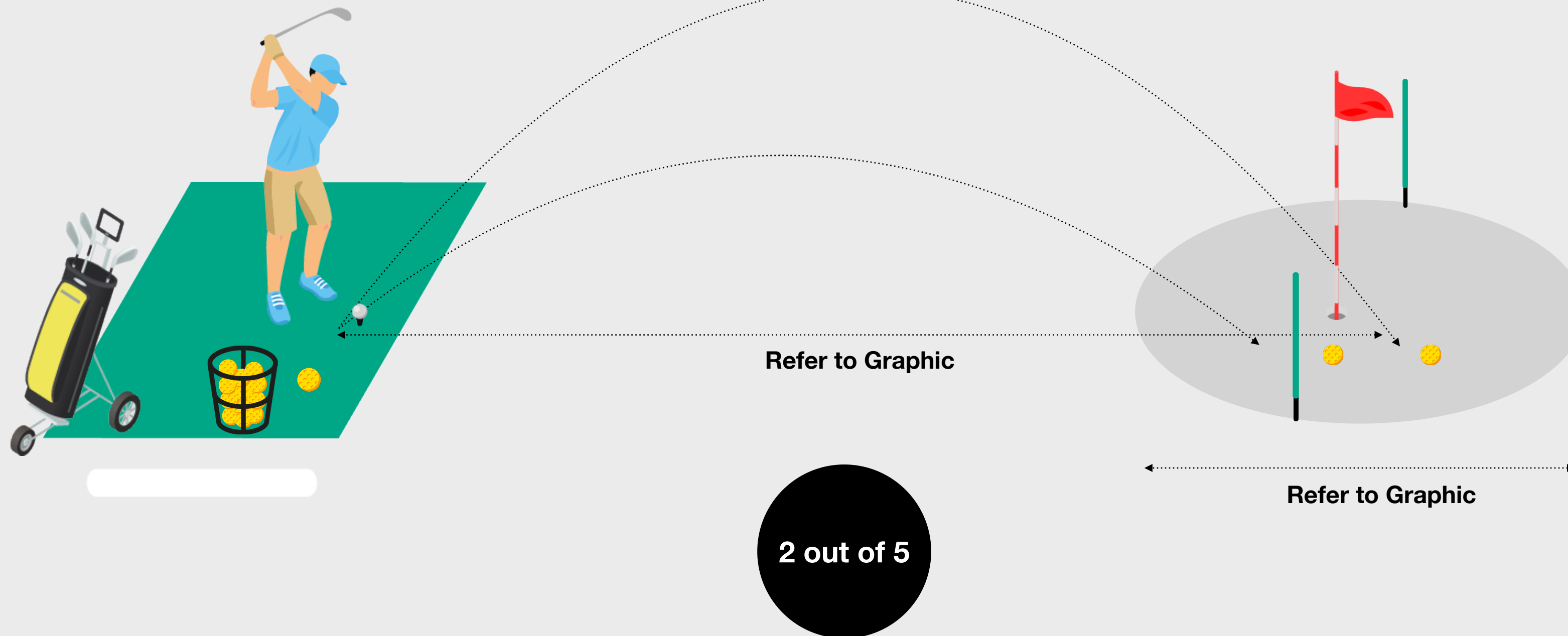
After attempting the challenge, the learner should:

- Log in to the GLF. Connect App
- If they complete the challenge, mark it as complete in the Challenge Section



Iron Challenge

	Yardages	Target Gate
Iron Distances <i>(Where the ball comes to rest)</i>	75	15 yard wide target green
	100	20 yard wide target green
	125	25 yard wide target green
	150	30 yard wide target green



The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to come to rest on the target green at the learners approximate 7-iron total distance (Minimum of 75 yards).

What should the Learner do next?

After attempting the challenge, the learner should:

- Log in to the GLF. Connect App
- If they complete the challenge, mark it as complete in the Challenge Section

