

Around the Green - Level 1

An Introduction to Chipping



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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	<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	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"> Orientation of the Game Orientation of the Equipment Fit for Golf Introduction
30 Mins	Learning the Game and Whole Folder Focus	<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	Mastering the Game Independent and Social Practice	<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 	
10 Mins	Challenges and Recap	<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"> Practice stations Game cards Secondary skill station Mastering the Game Challenges
15 Mins Post	MyGame+ Tracking on GLF Connect	<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"> MyGame+ on GLF Connect App
15 Mins Post	Relationship Building		

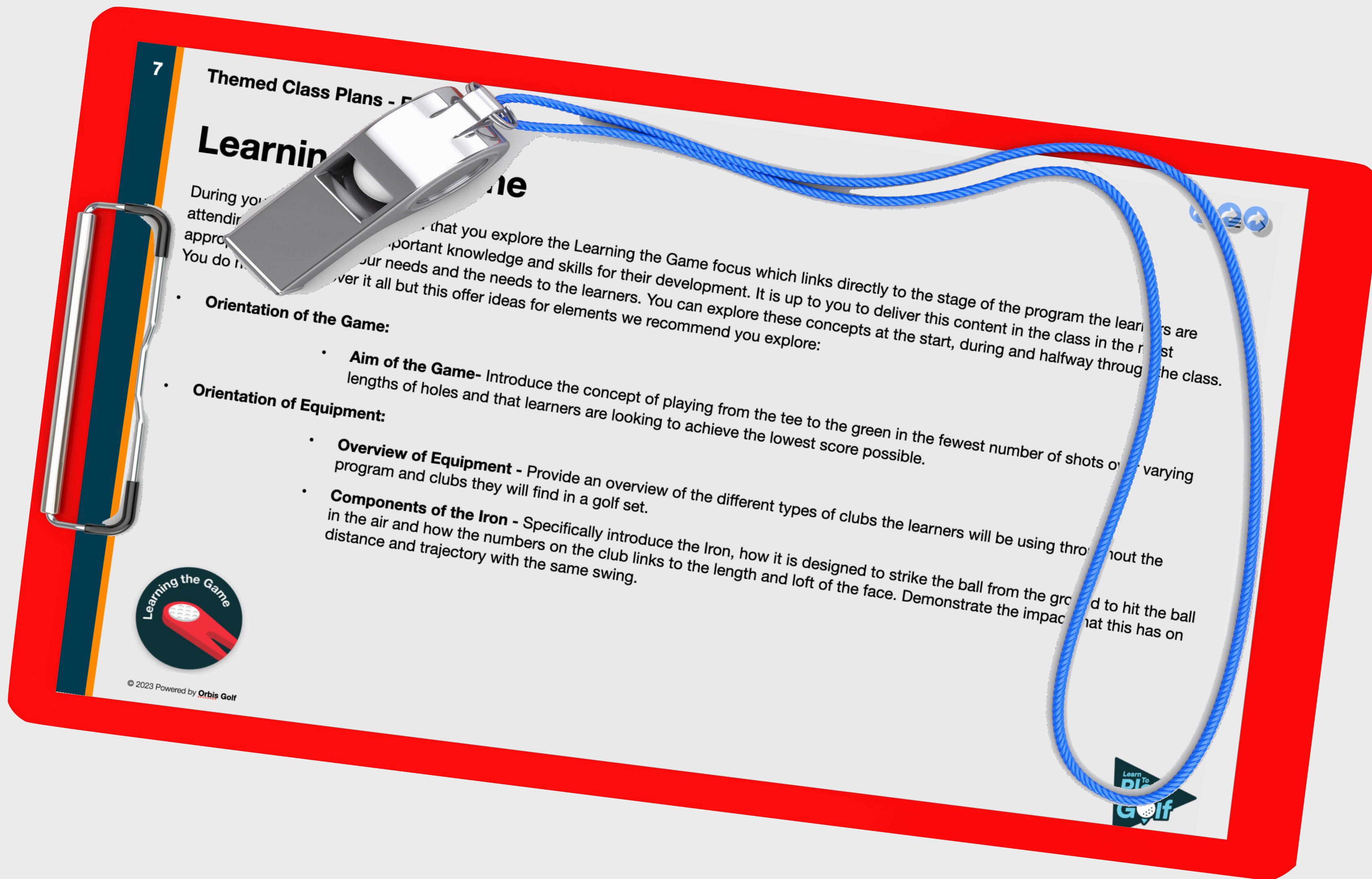
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Class Timetable - Introduction to Chipping

Session Length: 90mins	Group Size: 1:8	Mastering the Game Focus: Around the Green Introduction to Chipping	Whole Golfer Focus: Body Overuse Injuries	Learning the Game Topic: Orientation	Learning the Game Focus Orientation of the Game Orientation of Equipment	Mastering the Game Challenge: Chipping Challenge
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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 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"> Orientation of the Game Orientation of the Equipment Overuse injuries
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 if applicable independently or socially 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station
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**. Some of technical content you may want to explore in this first session may include:

- **Basics of Setup with the Any Club** - Introduce some basic setup concepts which may include:
 - Hand position on the club and linking this to technical focus at week 1. You may want to explore position, grip pressure and how the hands link together.
 - Basic stance concepts such as standing sideways to the ball but narrowing the feet to length of the shot.
- **Introduction to Chipping motion** - Introduce some basic swing concepts which may include:
 - Pendulum swing travelling at speed which is promoting control.
 - Rhythm of the chipping motion to promote a good concept of control.
 - Body motion and how this differs from the technical focus at Week 1.
- **Explore the concept of Land and Roll and how the design of the club used links to the task which may include:**
 - Demonstrate underarm through the ball onto the green and show how the landing spot influence roll
 - The interaction between the club, ball and ground at impact and linking this back to the concepts at week 1.



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, different situations 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:

- **Orientation of the Game:**
 - **What is Chipping** - Give an overview of the skill of chipping and how it differs from other skills within the game
 - **When to Play a Chip Shot** - Introduce the when a chip shot is played during a round of golf and when it is suitable to play a chip shot or more beneficial to putt.
 - **Introduce the Different Areas Around the Green** - Give learners an overview of the surfaces around the green including the varying grass lengths, apron, why this links to the task and the club used.
- **Orientation of Equipment:**
 - **Components of the Iron** - Link back to the learning the game focus from week 1 and specifically introduce how the design of an iron will promote the correct task outcome including the land and roll. Discuss how any iron can be used for chipping and how the loft of the iron will impact the amount of carry and roll on the green.



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:

- **Overuse injuries**
 - **If the learner has not played much before and they start practicing a lot they will be prone to blisters and injuries**
 - **Advise on how much practice you feel is appropriate**
 - **Encourage learners to split their time equally between driving range, putting green and short game area**

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

Station 1:
Practice Station
Strike Point



Station 2:
Practice Station
Land and Roll



Station 3:
Practice Station
Using Different Clubs



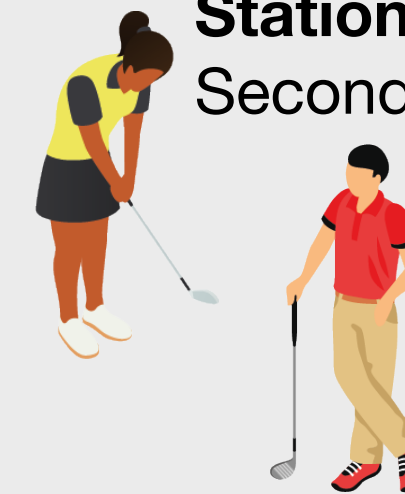
Station 4:
Game Station
Bullseye



Station 5:
Game Station
Over or Under



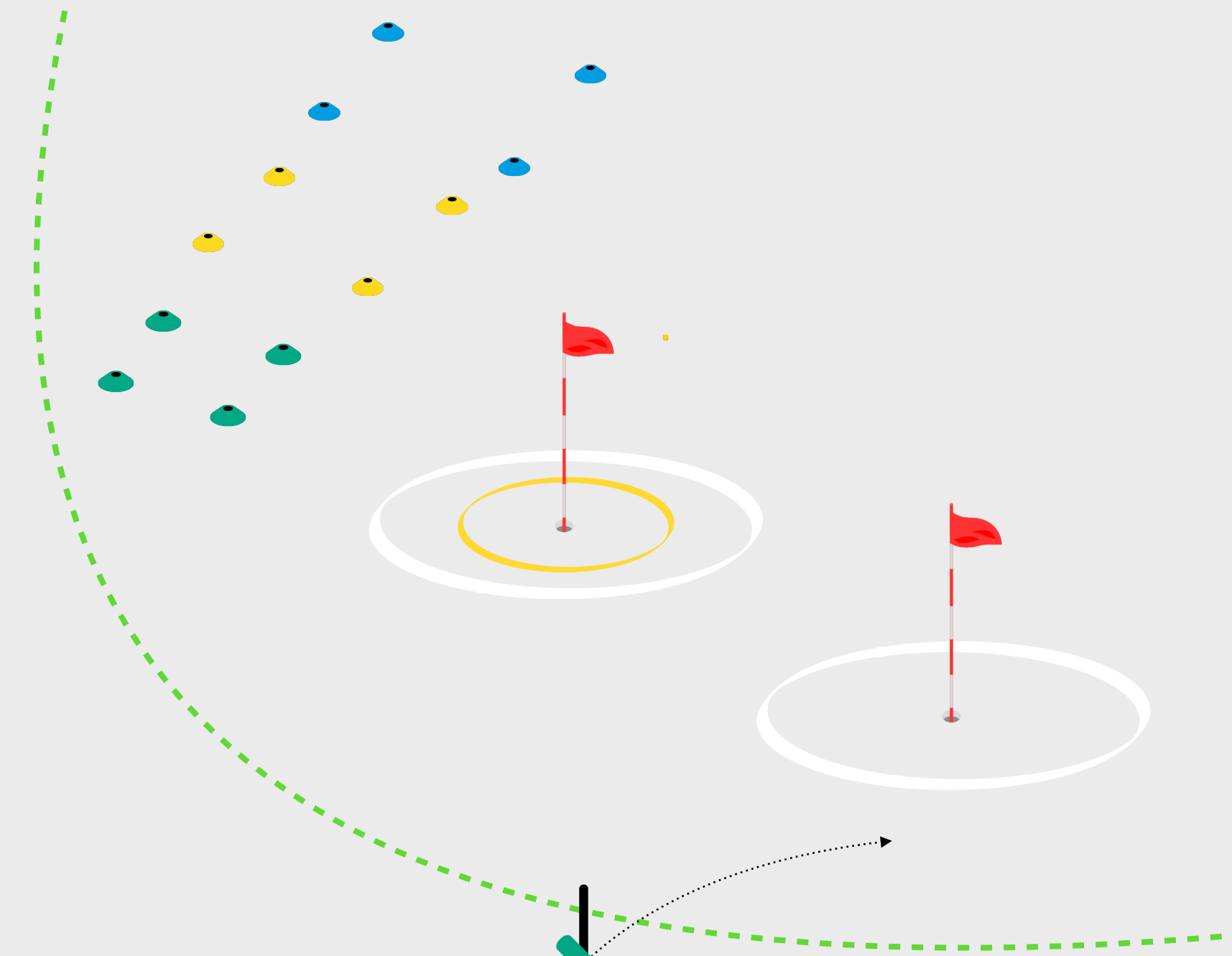
Station 6:
Secondary Skill



Station 7:
Challenge Station



Group Discussion:
Stand, during and end of class



Practice Stations and Game Cards



Themed Class Plans

Control Distance

30 Yards

20 Yards

10 Yards

About
The Practice Station Activity has been built to provide an engaging practice element to your class and focus on a specific themed class focus.

Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set this activity up in 3 different sized boxes (10, 20 yards and 30 yards) from the learner.
- The learner should practice chipping the ball at different distances using the same club, by varying the speed of the swing.
- Encourage them to start by controlling the length of the stroke, similarly to how they learnt to control the ball further; and then gradually increase the length of the stroke and speed of the stroke to ball further.
- This practice is learnt using the same club as a lower lofted club (e.g. a 7 iron would be best to use).

Technical Learning Objectives

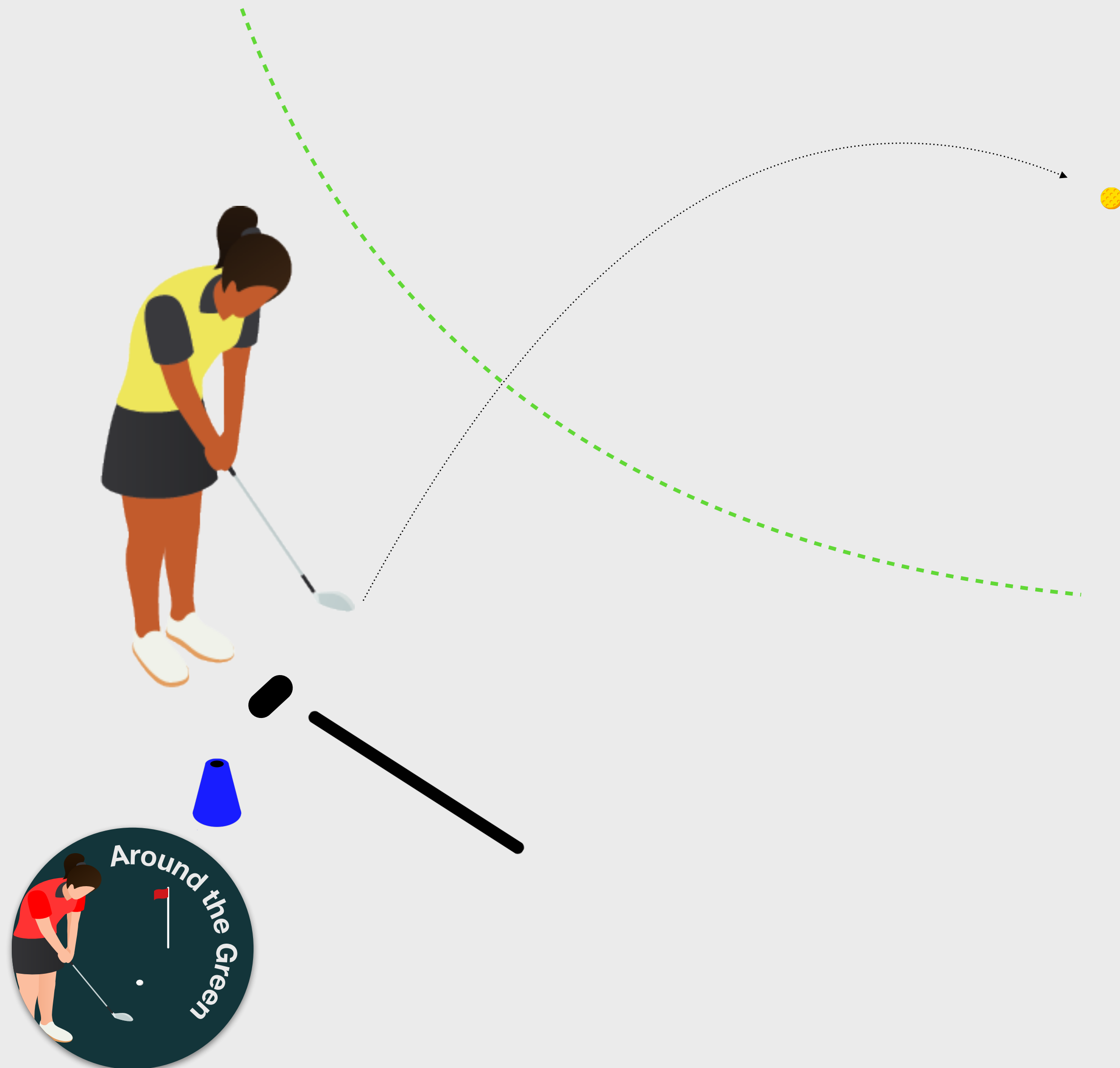
- This activity will help the learner to understand the distance of a shot based on the speed of the stroke.
- This activity will help the learner to gain consistency in chipping around the green by becoming confident in using one particular type of club.

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GAM
GOLF DEVELOPMENT



Strike Point



Equipment Needed

- 1 Alignment sticks
- 7 iron
- Golf ball

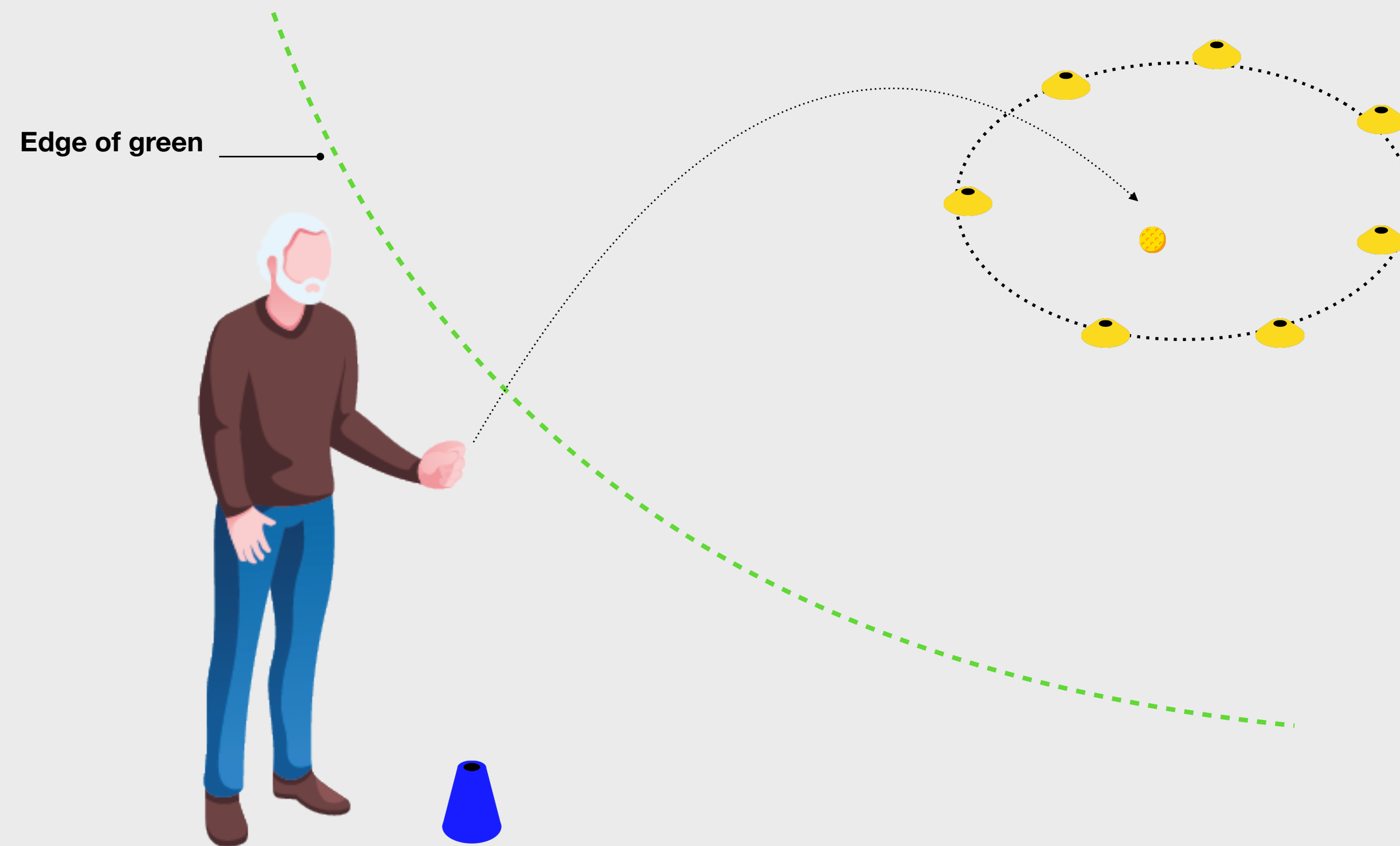
How to Practice

- The alignment stick should be placed opposite the center of the learner's stance to provide some feedback as to where they brush the ground when taking their chip shot
- The learner 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, place a ball in the same place and ask them to repeat the action in order to get a good strike
- Do not worry about aiming at a target, encourage them to practice getting as many good contacts in a row as possible and notice how the ball flies and how far it rolls when they do make good contact

Technical Link

- This activity will help the learner to understand how to get a good contact and how to adjust if they are not being successful straight away
- This activity will help the learner to understand the flight and roll of a

Land and Roll



Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

How to Practice

- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in
- Learner should stand sideways on and using right or left hand throw the ball into the air trying to land the ball in the circle
- Maintain the same speed of arm action and try and develop some consistent landing. To see how the trajectory affects the amount of roll throw the ball higher or lower
- Once the learner has achieved the ideal flight and roll by throwing the ball they should try to replicate the flight using a golf club

Technical Link

- This activity is designed to help the learner to understand about length of arm action versus where the ball lands
- It is used to mimic the action of chipping and controlling the trajectory of the flight and where the ball lands
- It will also show the learner that varying trajectory will increase or decrease the roll

Using Different Clubs



Equipment Needed

- Hybrid, 7 iron and wedge
- Golf balls

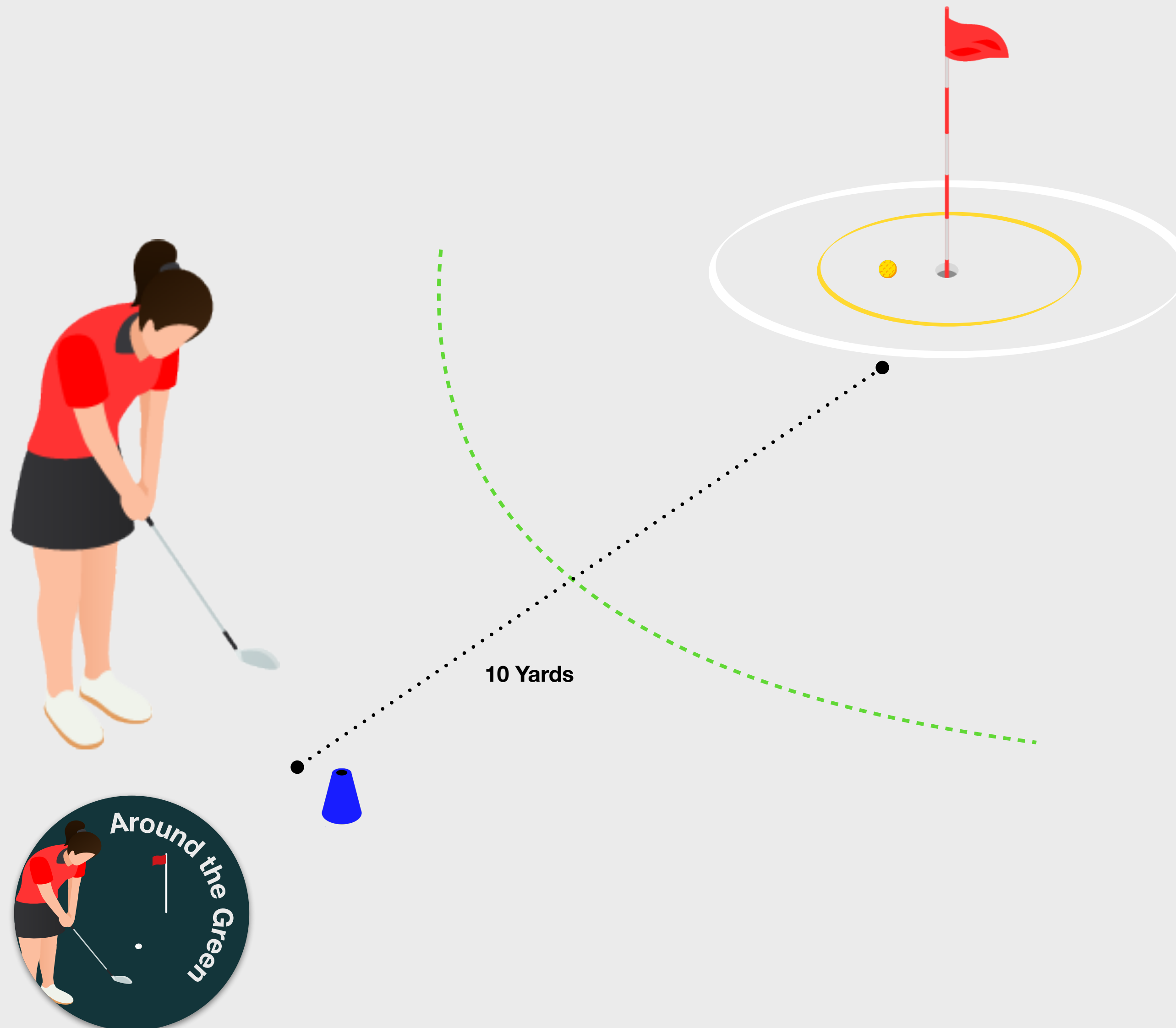
How to Practice

- The learner should practice using the different clubs to learn how the ball flight is affected by the different lofts of the clubs
- Start by hitting a few chips with the same club and trying to replicate the same stroke before switching clubs
- The learner should progress to being able to alternate clubs between each shot
- Highlight to the learner how the ball flight changes when good contact is made using the different clubs

Technical Link

- This activity will help the learner to understand the concept of flight and roll when using different clubs
- It will help them to understand how a lower lofted club will produce a lower ball flight and more roll on landing

Bullseye



Equipment Needed

- 6 foot ring
- 10 foot ring
- Golf balls

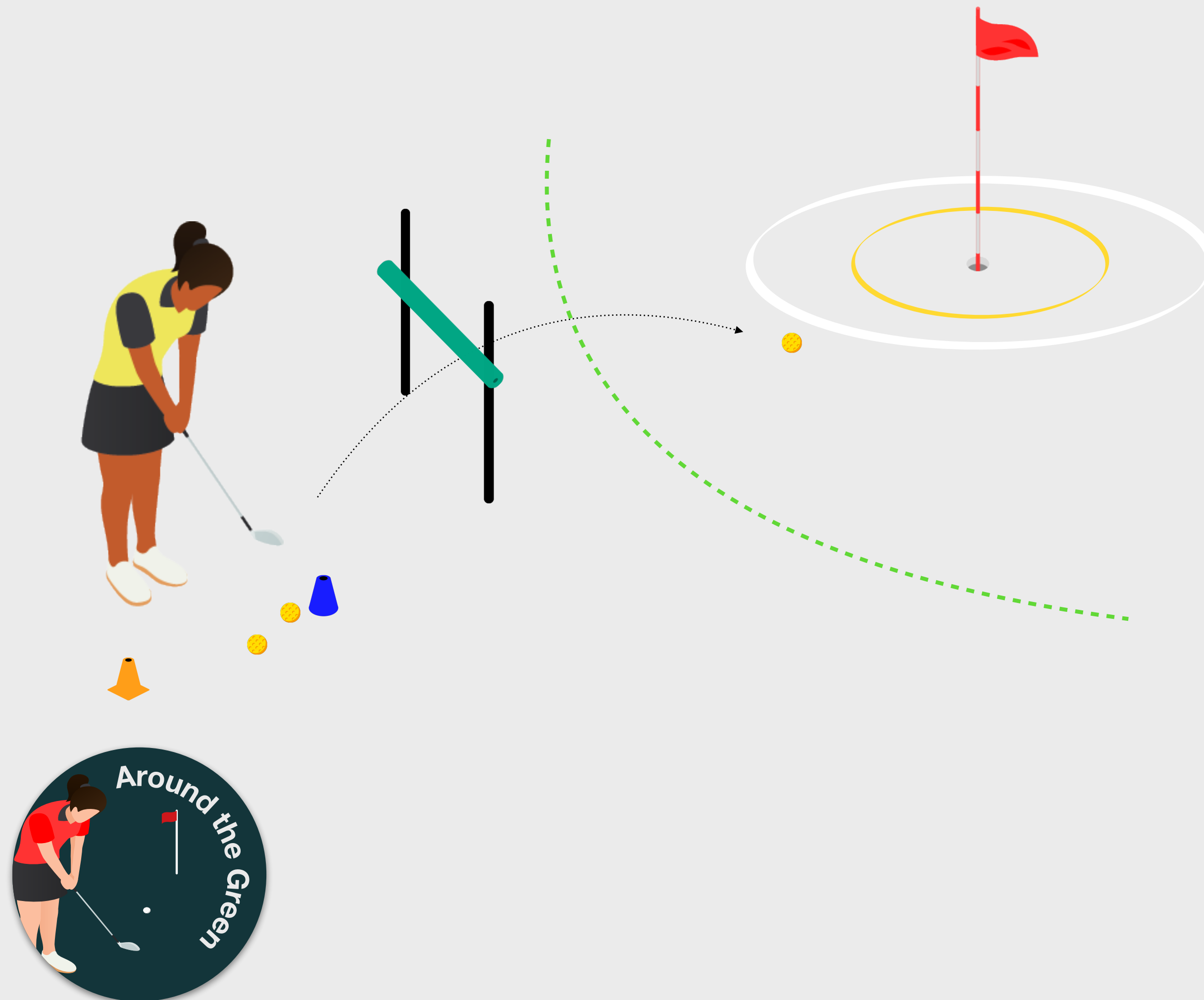
How to Play

- Assign points to each target circle, 1 point for the outer circle, 2 points for the inner circle and 5 points for in the hole!
- The learner starts by attempting to chip their ball in towards the hole
- They have 5 attempts to score as many points as possible
- This game can be played individually, in pairs or small groups

Progression Ideas

- Change the distance to the hole
- Vary the distance from the edge of the green
- Add a target score to achieve from the number of shots
- Increase or decrease the number of shots
- Play on a more severely sloped surface

Over or Under



Equipment Needed

- 10 foot and 6 foot rings
- Alignment sticks and a noodle to create the crossbar
- Golf balls

How to Play

- A learner starts by attempting to chip their ball over the foam noodle and onto the green
- They then try to chip the ball under the foam noodle and onto the green
- The learner should be encouraged to learn which club is most suitable to use for each type of shot
- The learner receives 5 attempts to chip the ball over the noodle and 5 attempts to chip the ball under the noodle
- If they successfully chip the ball over or under and the ball finishes on the green they score a point for that shot
- This game can be played individually, pairs or groups

Progression Ideas

- Vary the height of the noodle
- Vary the distance from the starting position and the noodle

Secondary Skill



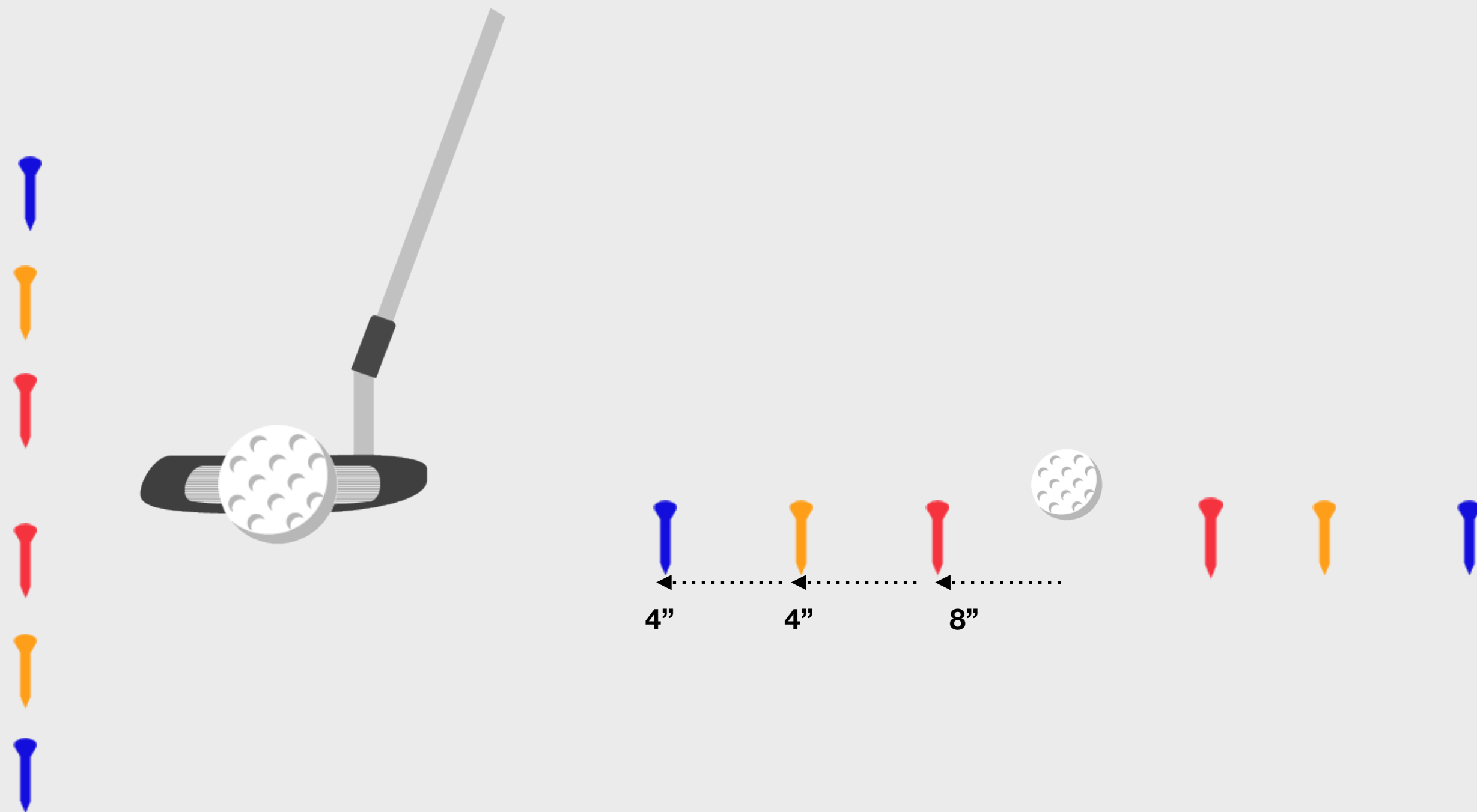
Secondary Skill

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 have a go at putting before the Introduction to Putting class.



Swing Length Ladder



Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

How to Practice

- Get the learner to practice swinging the putter from and to the first tee pegs either side of the ball (red)
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the the one count and the end of the through stroke with the two count
- Get them to hit a few putts and see how far the ball travels
- Next, get the learner to swinging the putter from and to the second tee pegs either side of the ball (red). Again they should reproduce the count of 1, 2.
- Get them to hit a few putts and see how the ball travels further
- Finally, replicate for the final set of tee pegs.

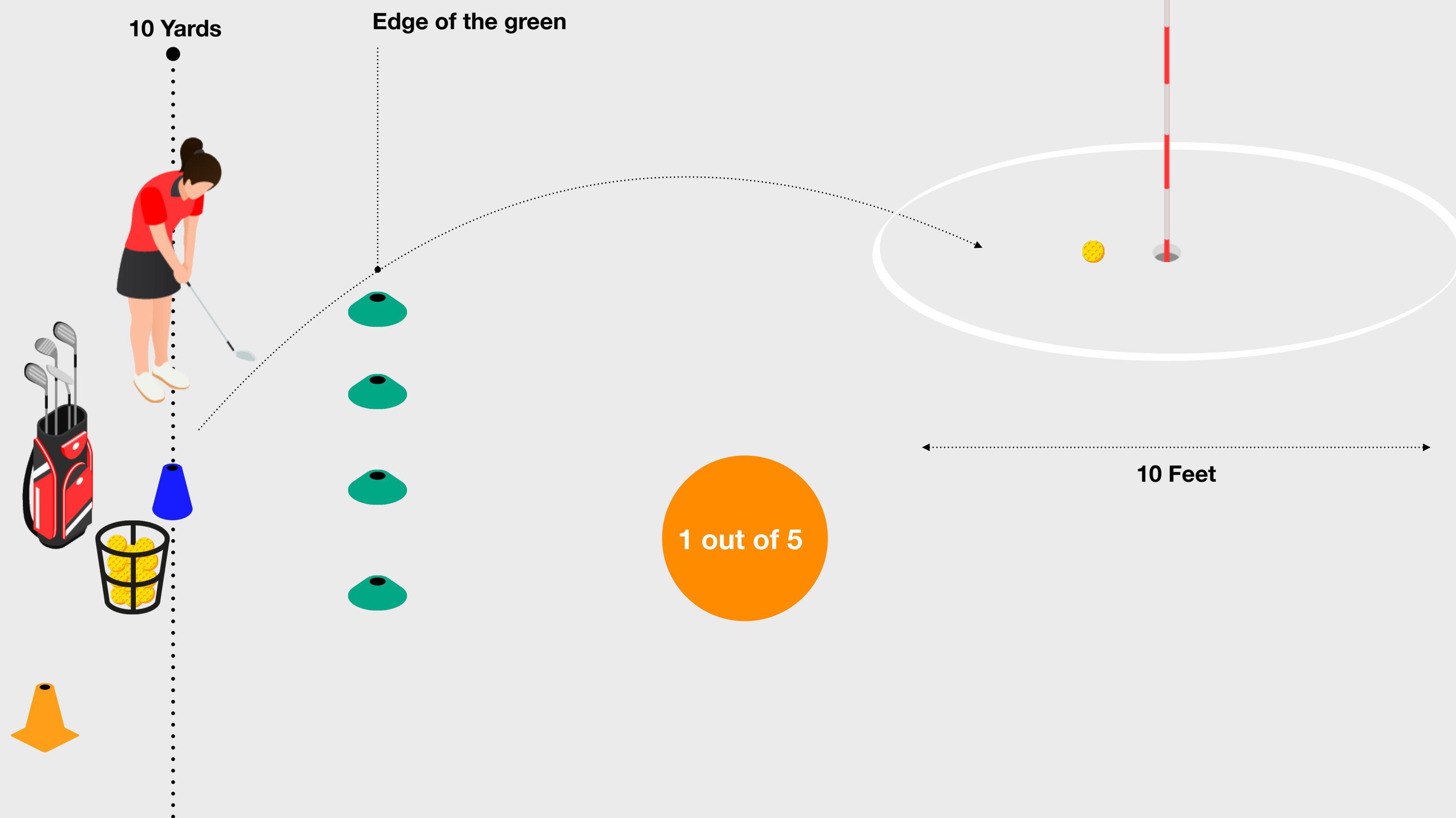
Technical Link

- This activity will help the learner to understand the concept of Swing Length, Rhythm and Tempo
- It will help the learner to understand that as swing length changes, the distance the ball travels changes
- It will help them to understand how length of swing transfers to distance

Mastering the Game Challenges



Chipping Challenge



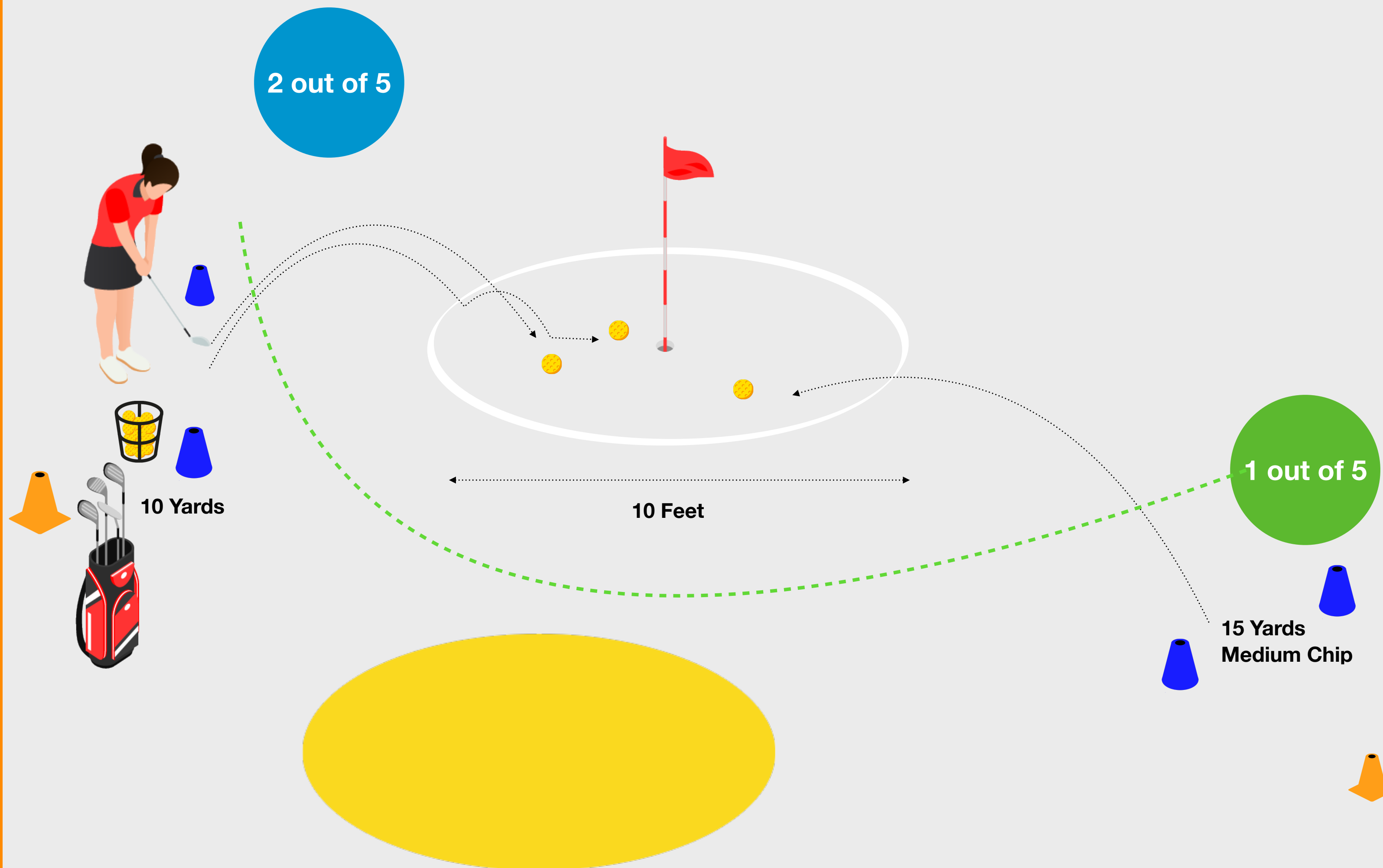
The Challenge

To complete the Level 1 Challenge the learner needs to chip 1 out of 5 shots to finish within a 10-foot diameter target circle from a distance of 10 yards from the hole.

What should the Learner do next?

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

Chipping Challenge



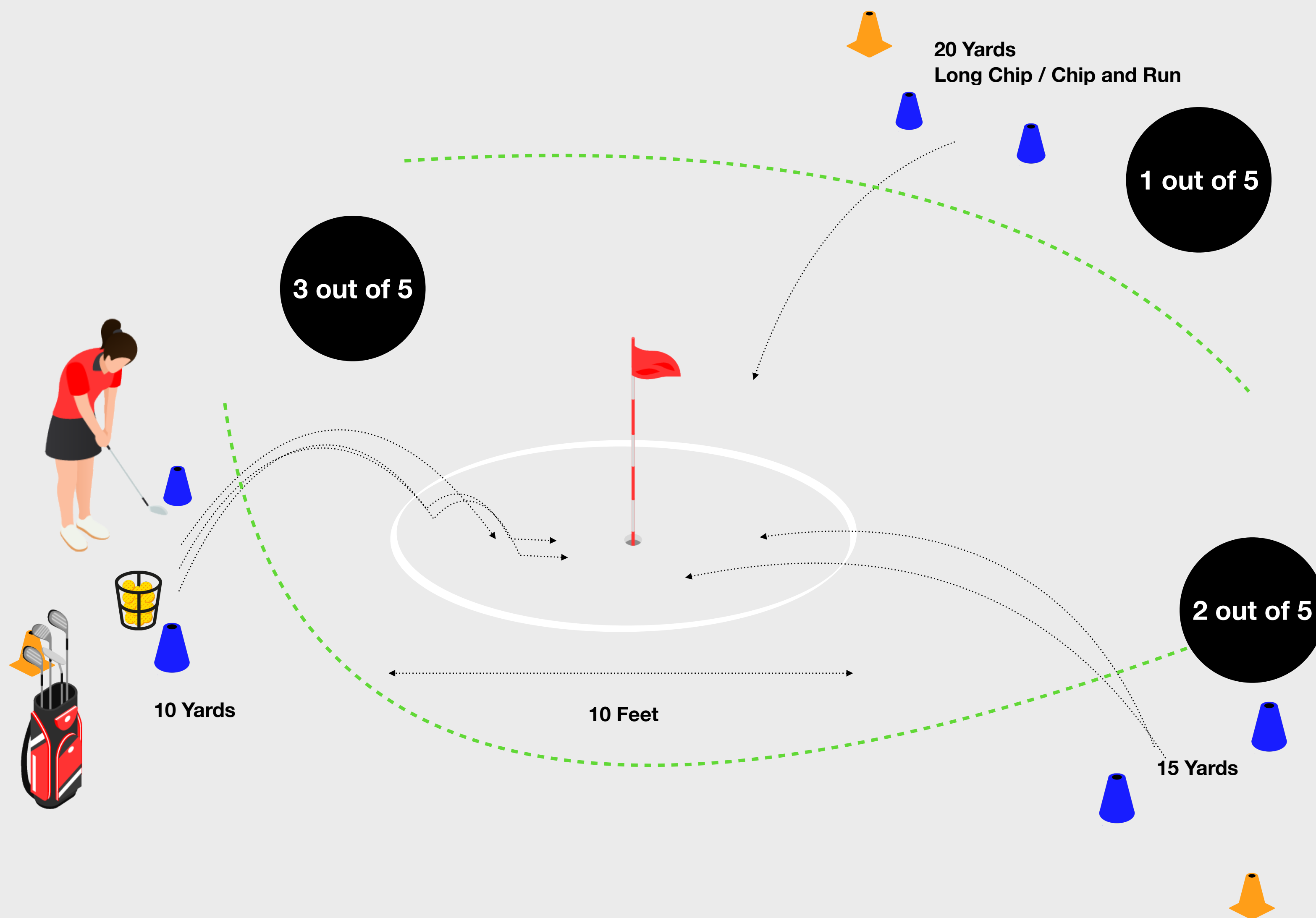
The Challenge

To complete the Level 2 Challenge the learner needs to chip 2 out of 5 shots from 10 yards and 1 out of 5 shots from 15 yards to finish within a 10-foot diameter target circle.

What should the Learner do next?

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

Chipping Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to chip 3 out of 5 shots from 10 yards, 2 out of 5 shots from 15 yards and 1 out of 5 shots to finish within a 10-foot diameter target circle.

What should the Learner do next?

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

