

# Around the Green

## An Introduction to Chipping



# Class Timetable - Introduction to Chipping

<b>Session Length:</b> 90mins	<b>Group Size:</b> 1:8	<b>Mastering the Game Focus:</b> <b>Around the Green</b> Introduction to Chipping	<b>Whole Golfer Focus:</b> <b>Body</b> Overuse Injuries	<b>Learning the Game Topic:</b> <b>Orientation</b>	<b>Learning the Game Focus</b> Orientation of the Game Orientation of Equipment	<b>Mastering the Game Challenge:</b> Chipping Challenge
----------------------------------	---------------------------	---	---	---	---	--

Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> <li>Set up the games and practice stations of your preference and the challenges for the specific class.</li> <li>Be ready to welcome participants 5 minutes before the session starts</li> </ul>	<ul style="list-style-type: none"> <li>Class Layout and Setup</li> </ul>
10 mins	Introduction	<ul style="list-style-type: none"> <li>Outline your preferred technical focus for the class</li> <li>Introduce the Learning the Game or Whole Golfer focus</li> <li>Explain how to play the games and attempt the practice station activities</li> <li>Explain how to attempt the Mastering the Game Challenges</li> </ul>	<ul style="list-style-type: none"> <li>Orientation of the Game</li> <li>Orientation of the Equipment</li> <li>Overuse injuries</li> </ul>
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<ul style="list-style-type: none"> <li>Learners play the games individually, in pairs or in groups</li> <li>Opportunity to provide private coaching to learners</li> <li>Learners may attempt the Mastering the Game challenges independently or socially</li> </ul>	<ul style="list-style-type: none"> <li>Practice stations</li> <li>Game cards</li> <li>Secondary skill station</li> <li>Mastering the Game Challenges</li> </ul>
5 Mins	Learning the Game and Whole Folder Focus	<ul style="list-style-type: none"> <li>Get the group together to introduce the Learning the Game or Whole Golfer focus</li> <li>Opportunity to engage in group discussion and questions</li> </ul>	
30 Mins	Mastering the Game Independent and Social Practice  Challenges and Recap	<ul style="list-style-type: none"> <li>Learners play the games individually, in pairs or in groups</li> <li>Opportunity to provide private coaching to learners</li> <li>Learners may attempt the Mastering the Game challenges if applicable independently or socially</li> </ul>	<ul style="list-style-type: none"> <li>Practice stations</li> <li>Game cards</li> <li>Secondary skill station</li> </ul>
10 Mins	MyGame+ Tracking on GLF. Connect	<ul style="list-style-type: none"> <li>Add any lesson media to the learner's Student Connect area</li> <li>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</li> <li>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</li> </ul>	<ul style="list-style-type: none"> <li>MyGame+ on GLF. Connect App</li> </ul>
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> <li>Take time after the class has finished to actively connect new learners and build relationships.</li> <li>Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help</li> </ul>	<ul style="list-style-type: none"> <li>GLF. Connect App</li> </ul>



- **Technical Guidance**

- Basics of setup with the any club
- Introduction to chipping motion
- Concept of land and roll and link to the club used



- **Orientation of the Game:**

- Introduce topics such as an overview of chipping in the game, when a chip shot is played and areas that the learner will find around the green.

- **Orientation of Equipment:**

- **Components of the Iron** - Discuss how an iron's design links effectively to the task in hand. Explore how any iron can be used and how this impact the landing zone and roll on the ball



- **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

# Class Layout and Setup

**Station 1:**  
Practice Station  
Strike Point



**Station 2:**  
Practice Station  
Control Distance



**Station 3:**  
Practice Station  
Using Different Clubs



**Station 4:**  
Game Station  
Bullseye



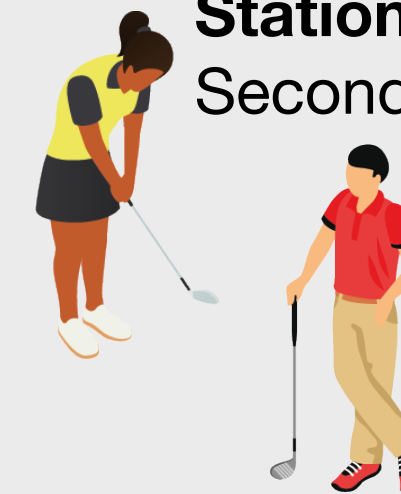
**Station 5:**  
Game Station  
Over or Under



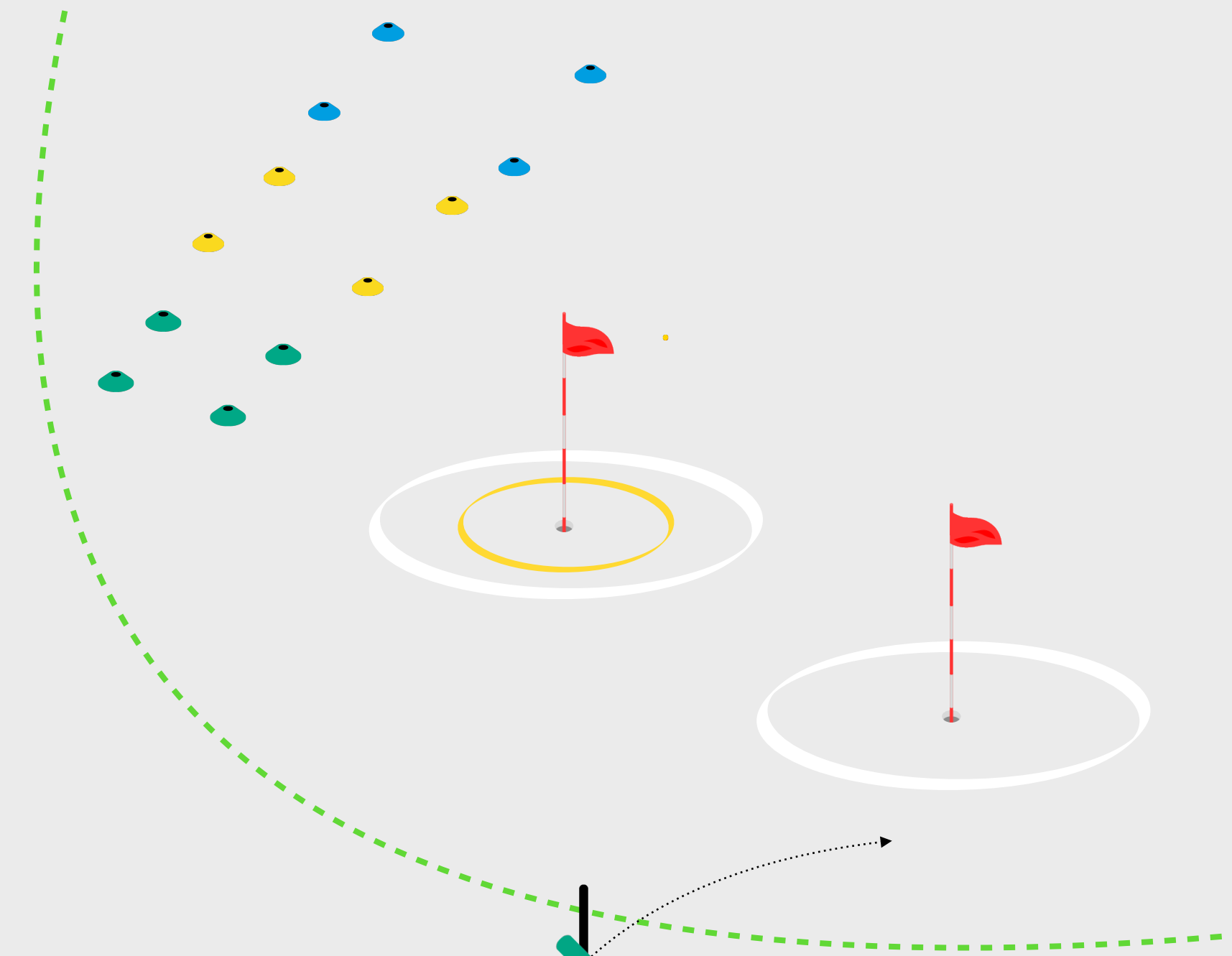
**Group Discussion:**  
Stand, during and end of class



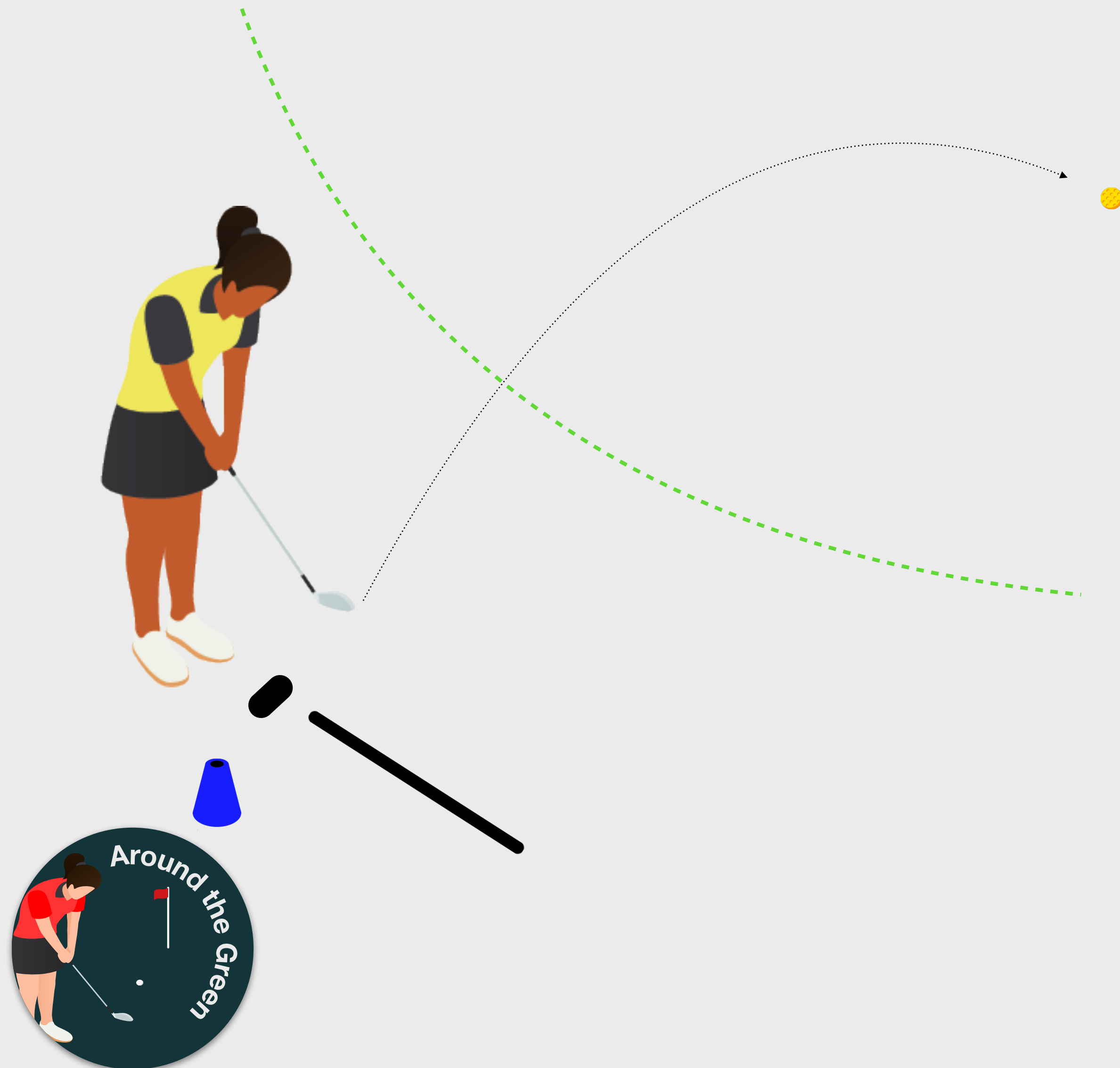
**Station 6:**  
Secondary Skill



**Station 7:**  
Challenge Station



# Strike Point



## Equipment Needed

- 1 Alignment sticks
- 7 iron
- Golf ball

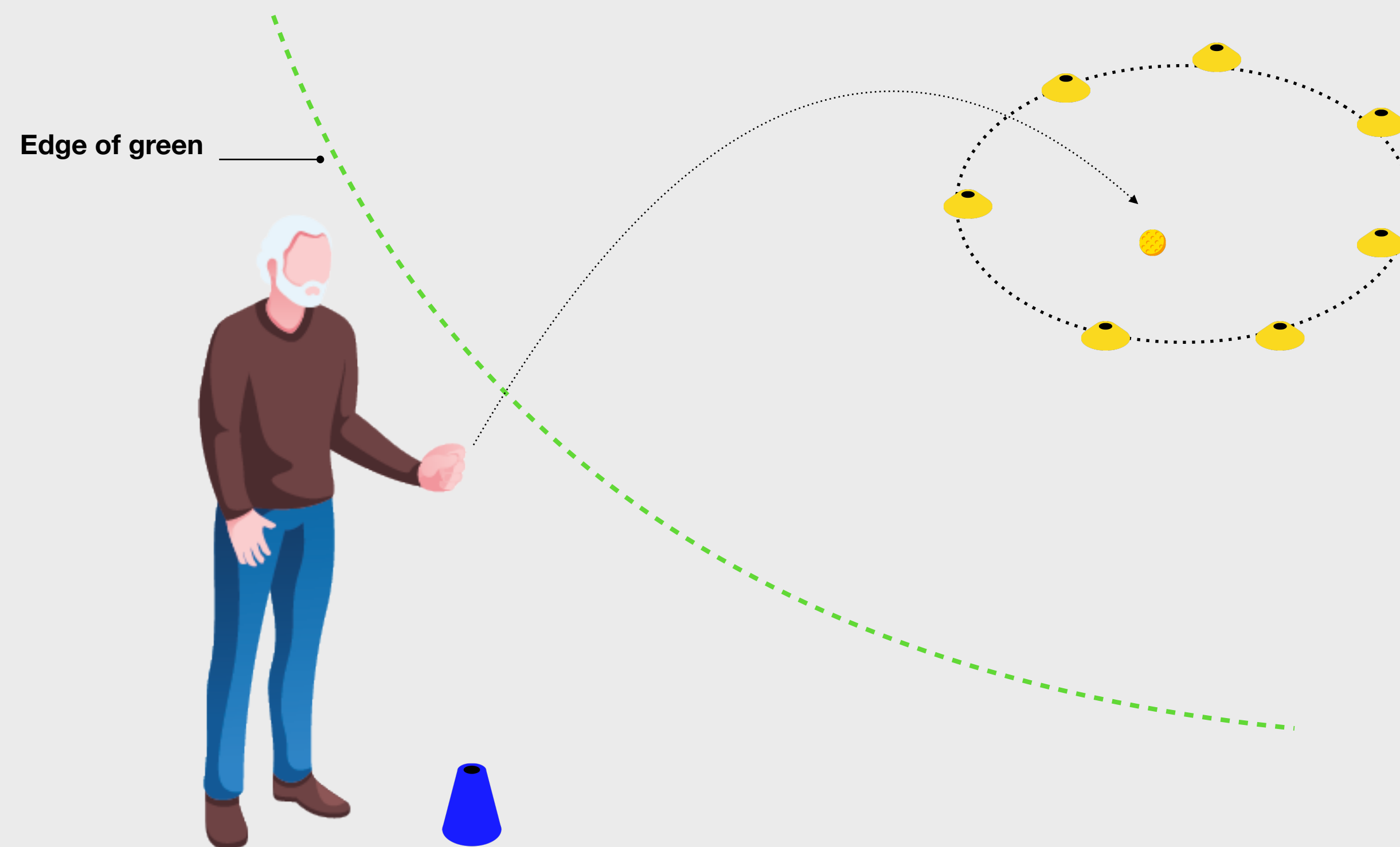
## How to Practice

- 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

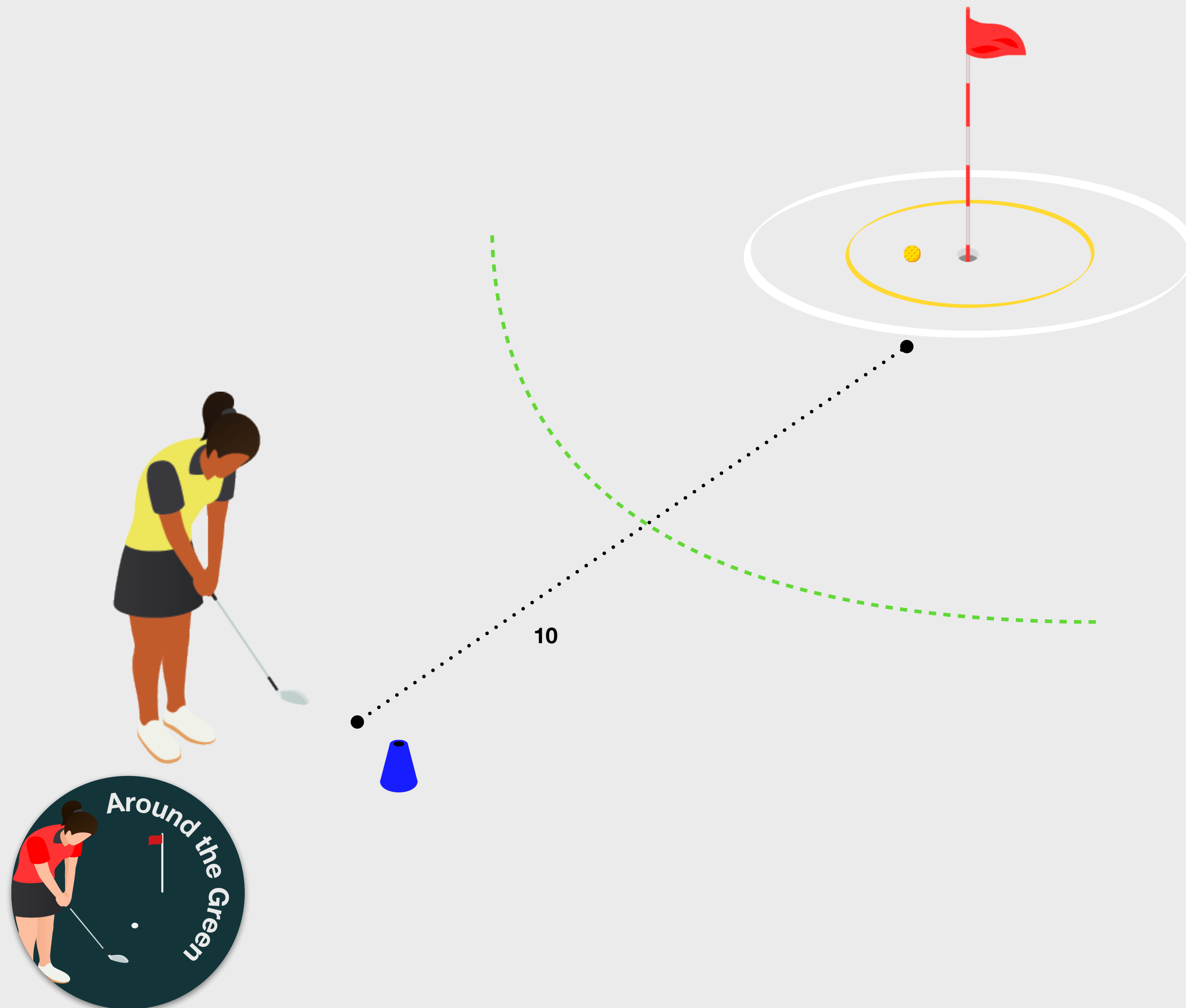
## How to Practice

- 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

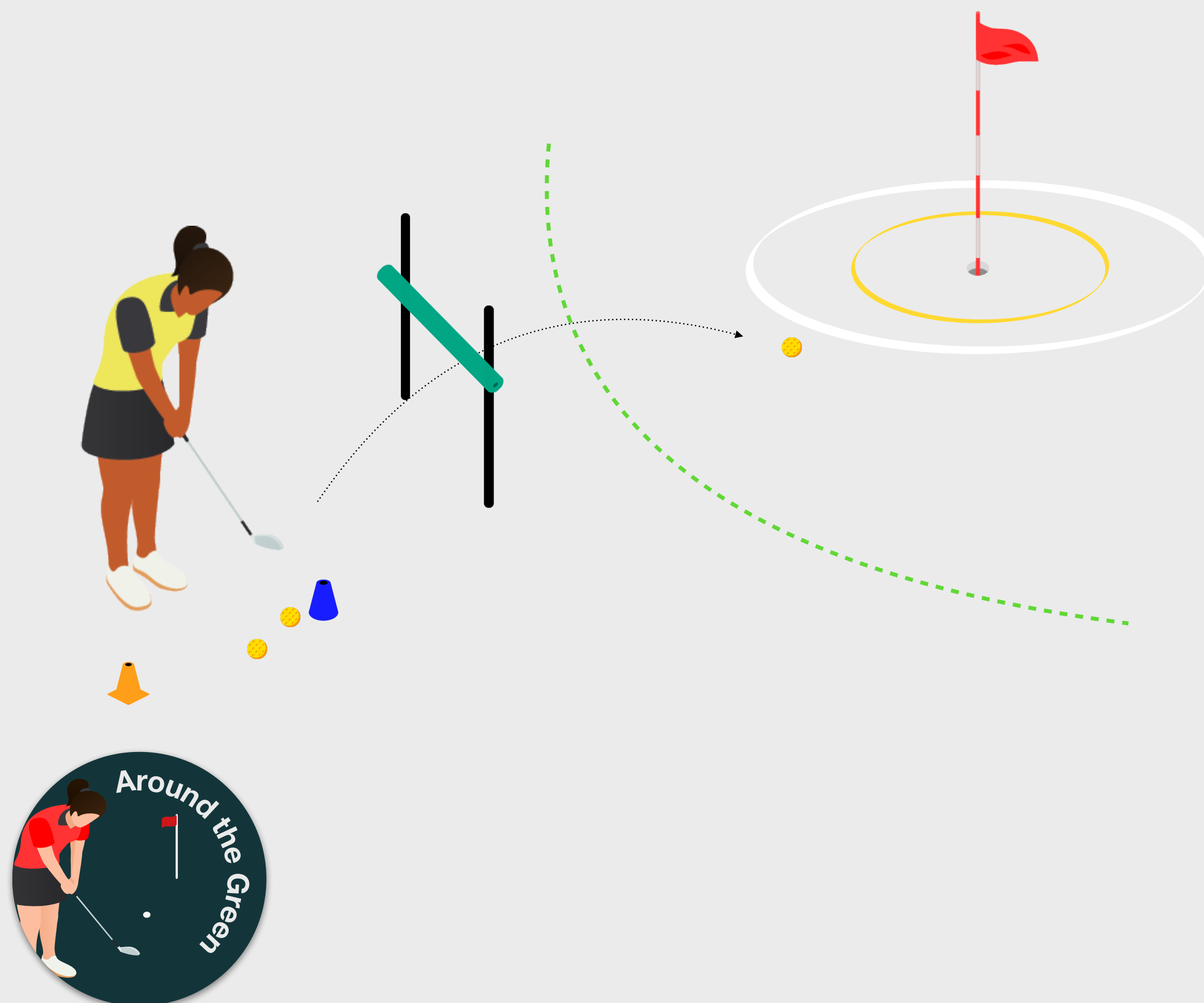
- Assign points to each target circle, 1 point for the outer circle, 2 points for the inner circle and 5 points for in the hole!
- The learner starts by attempting to chip their ball in towards the hole
- They have 5 attempts to score as many points as possible
- This game can be played individually,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

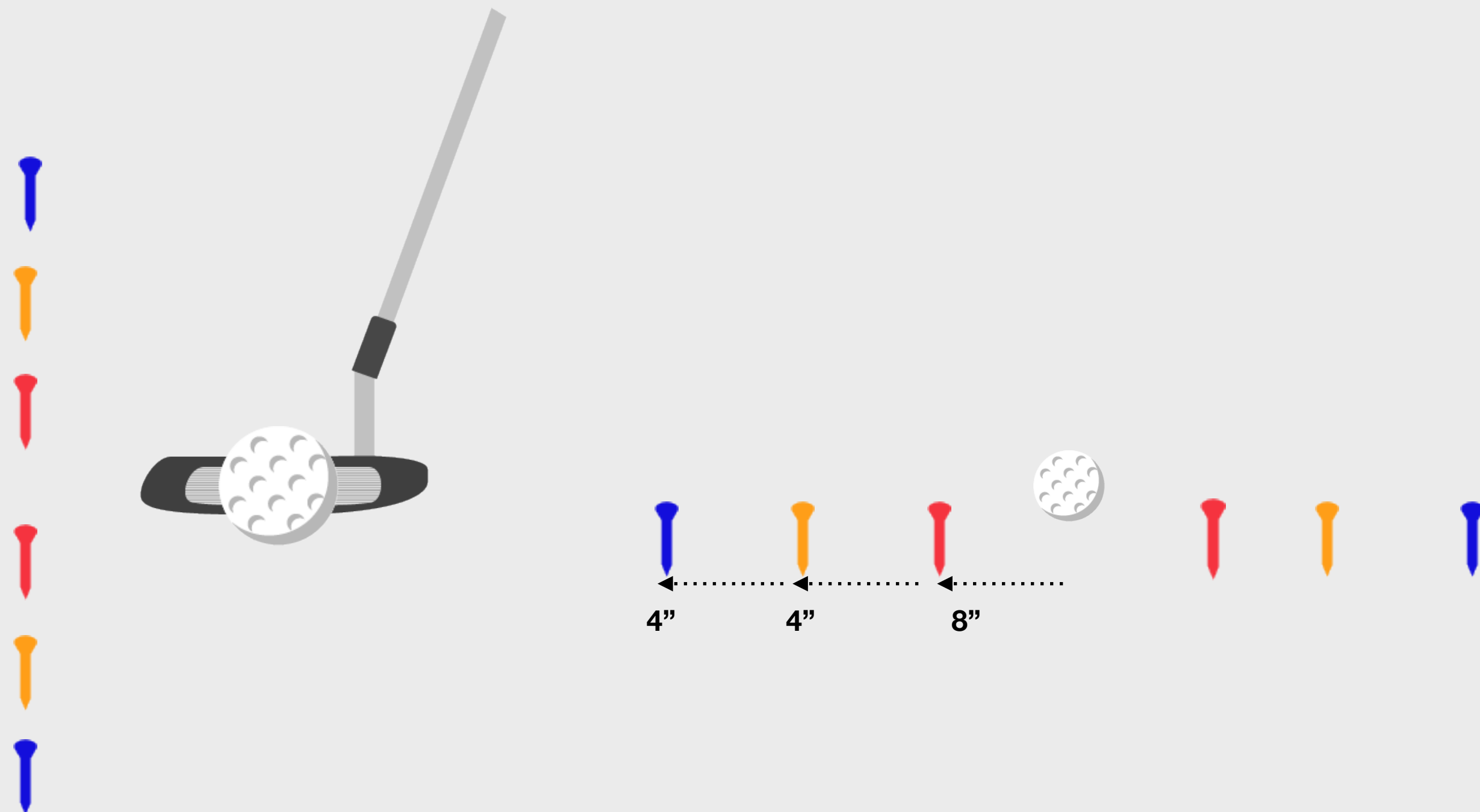
# Secondary Skill

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

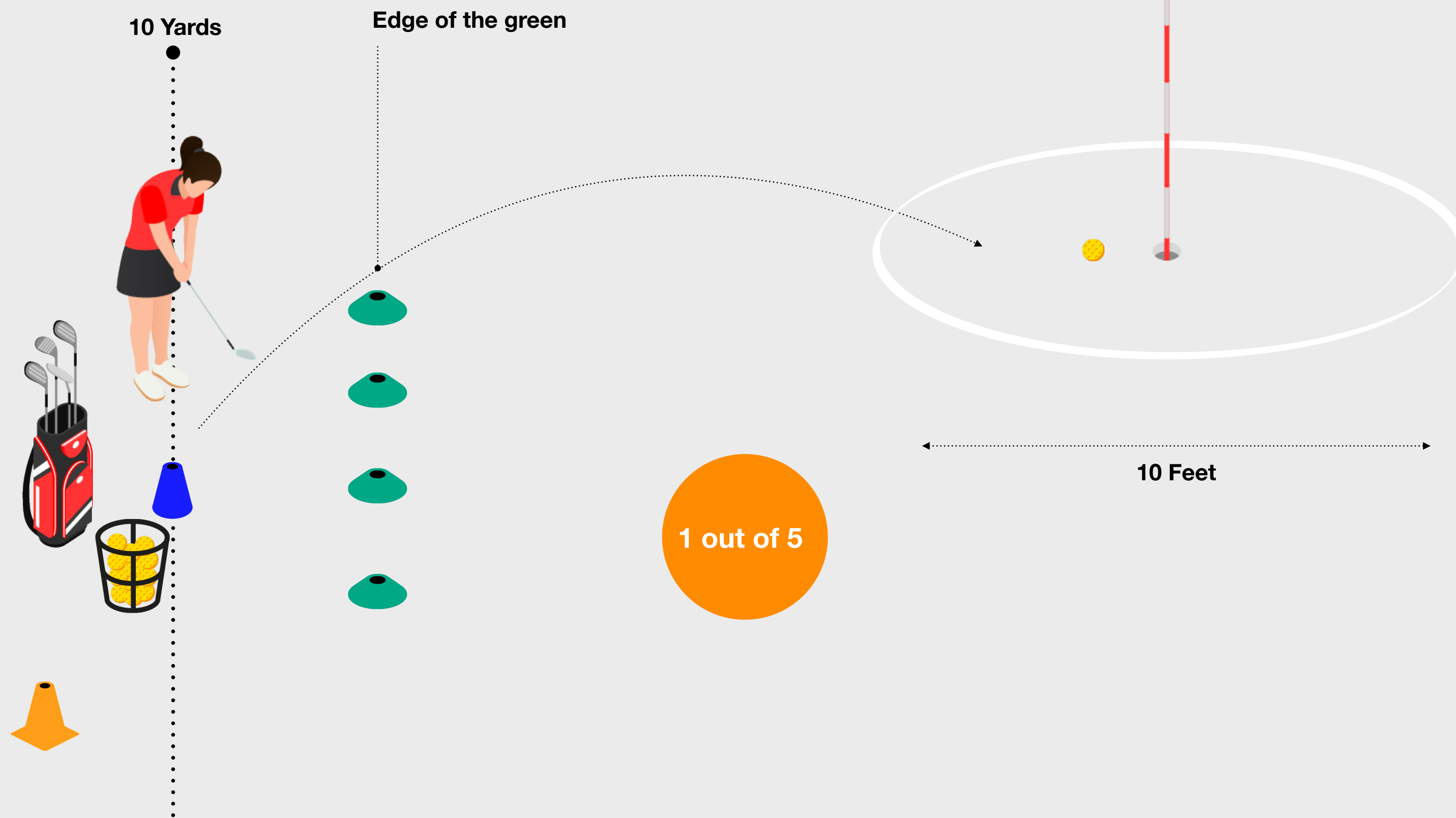
## How to Practice

- 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

# Chipping Challenge



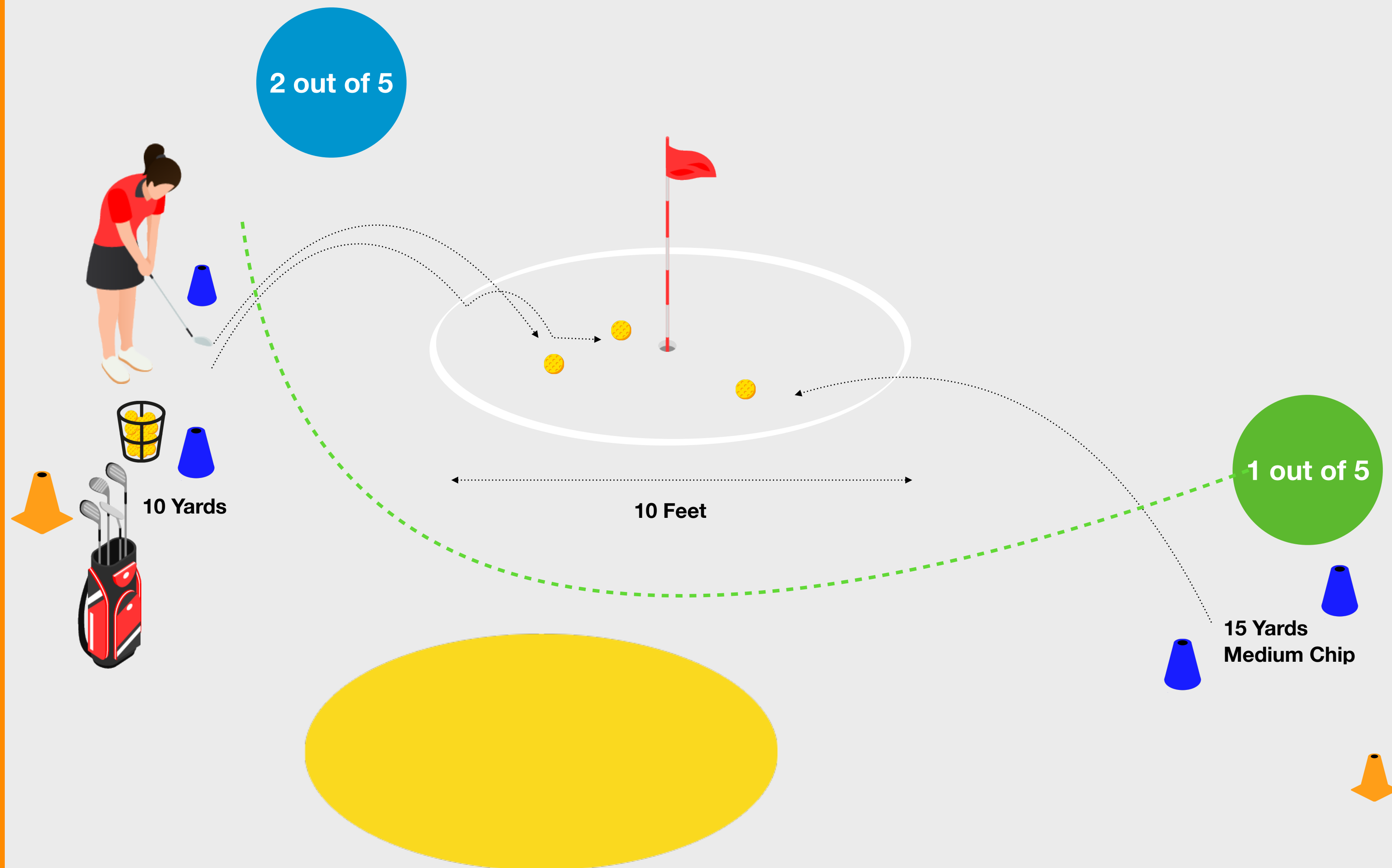
## The Challenge

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



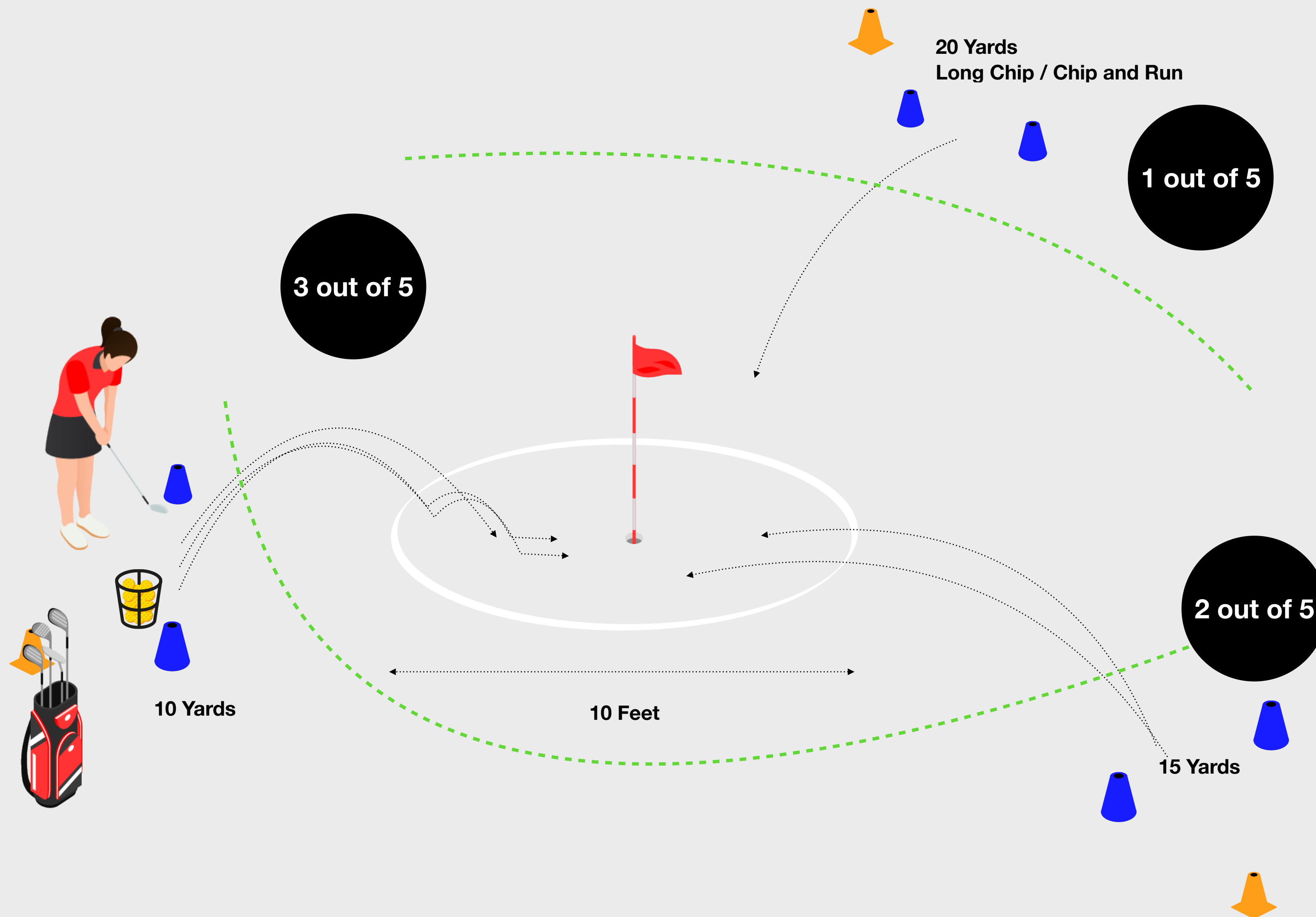
## The Challenge

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