

Swing - Level 2

The Driver



Class Timetable - The Driver

Session Length:
90mins

Group Size:
1:8

Mastering the Game Focus:
Swing
The Driver

Whole Golfer Focus: Body
Your Swing will be Unique

Learning the Game Topic:
Orientation

Learning the Game Focus
Orientation of Equipment

Mastering the Game Challenge:
Driver Challenge
Fairway Wood and Hybrids
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"> Orientation of the Equipment Your swing will be unique
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



- **Technical Guidance**

- Basics of setup with the driver
- Basic swing concepts
- Explore concepts for direction, strike and distance and link to the design of the driver



- **Orientation of Equipment:**

- **Introduce Equipment in the Bag** - Building on the content explored in Week 1 by introducing some of the basic equipment that may be found in the bag
- **Components of the Driver** - Specifically introduce the Driver, how it is designed differently than an Iron and why. You may also want to explore the engineering of the Driver head and shaft



- **Your Swing Will Be Unique**

- Make sure participants understand that it is ok if their swing doesn't look the same as someone else's, highlight that due to differing builds and physical restrictions no two swings will be identical
- Give the participants confidence that as they learn they will develop their own style and that you will help them to become competent golfers.

Class Layout and Setup

Group Discussion:
Start, during and end
of class



Station 6:
Secondary Skill
Pitching

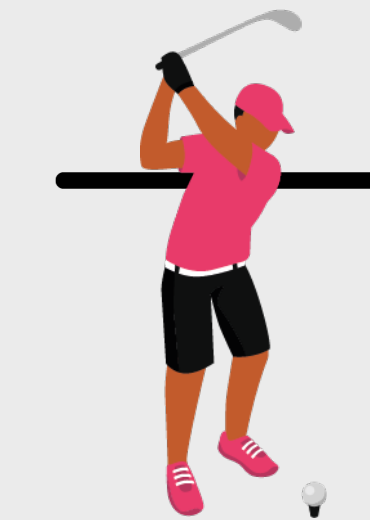
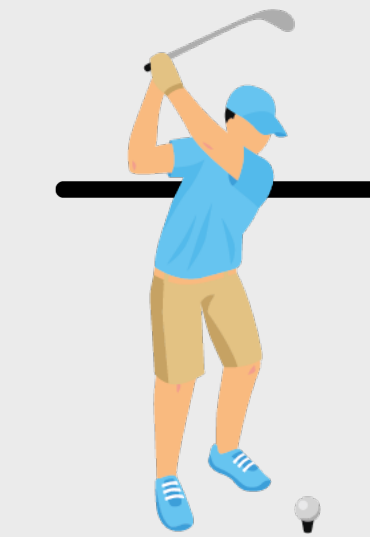
Station 1:
Practice Station
Alignment Check

Station 2:
Practice Station
Perfect Posture

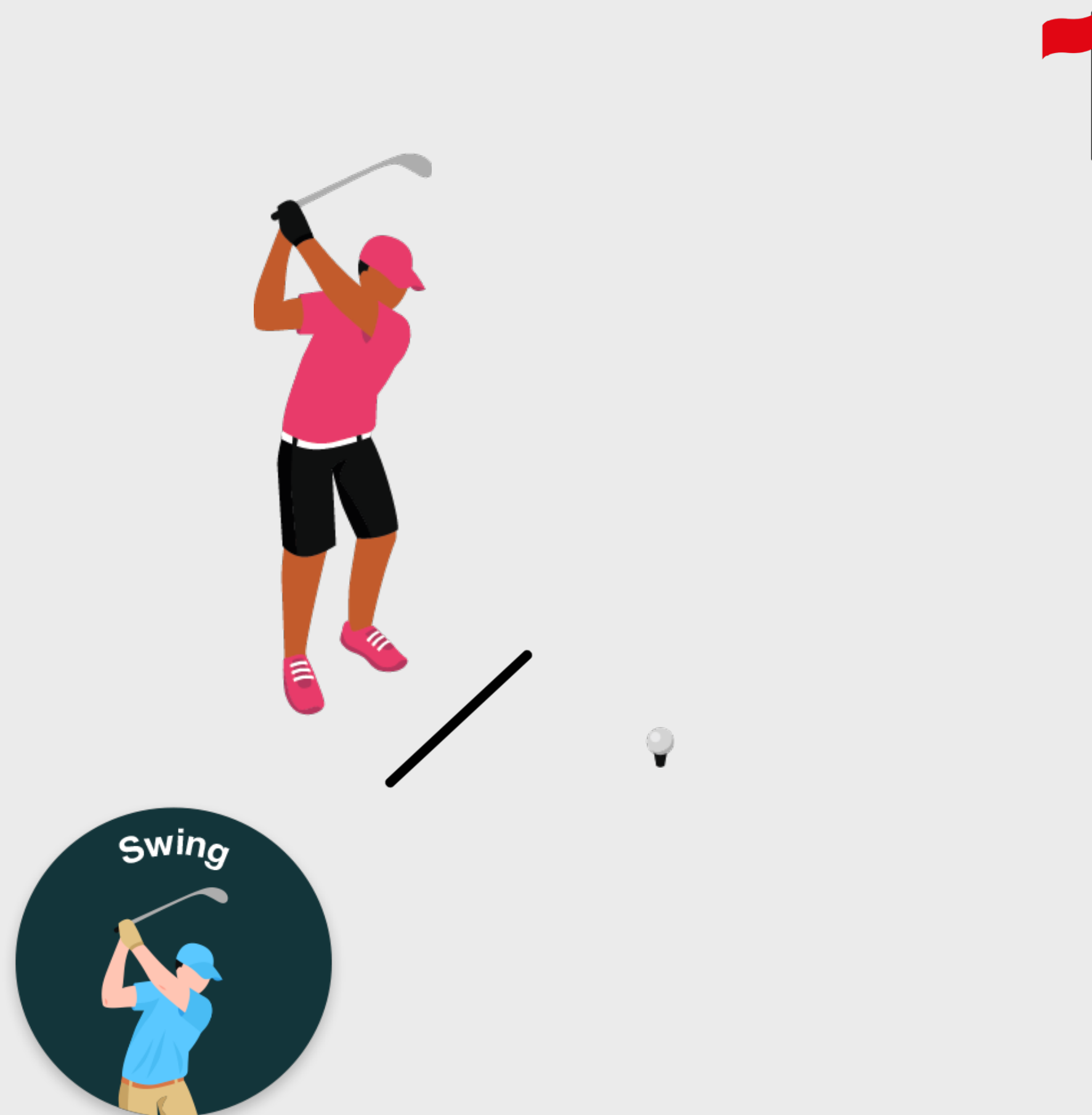
Station 3:
Practice Station
Speed Swinger

Station 4:
Game Station
Face Contact

Station 5:
Challenge Station
Fairway Wood & Driver
Challenge



Alignment Check



Equipment Needed

- Tees
- Driver
- Golf Balls

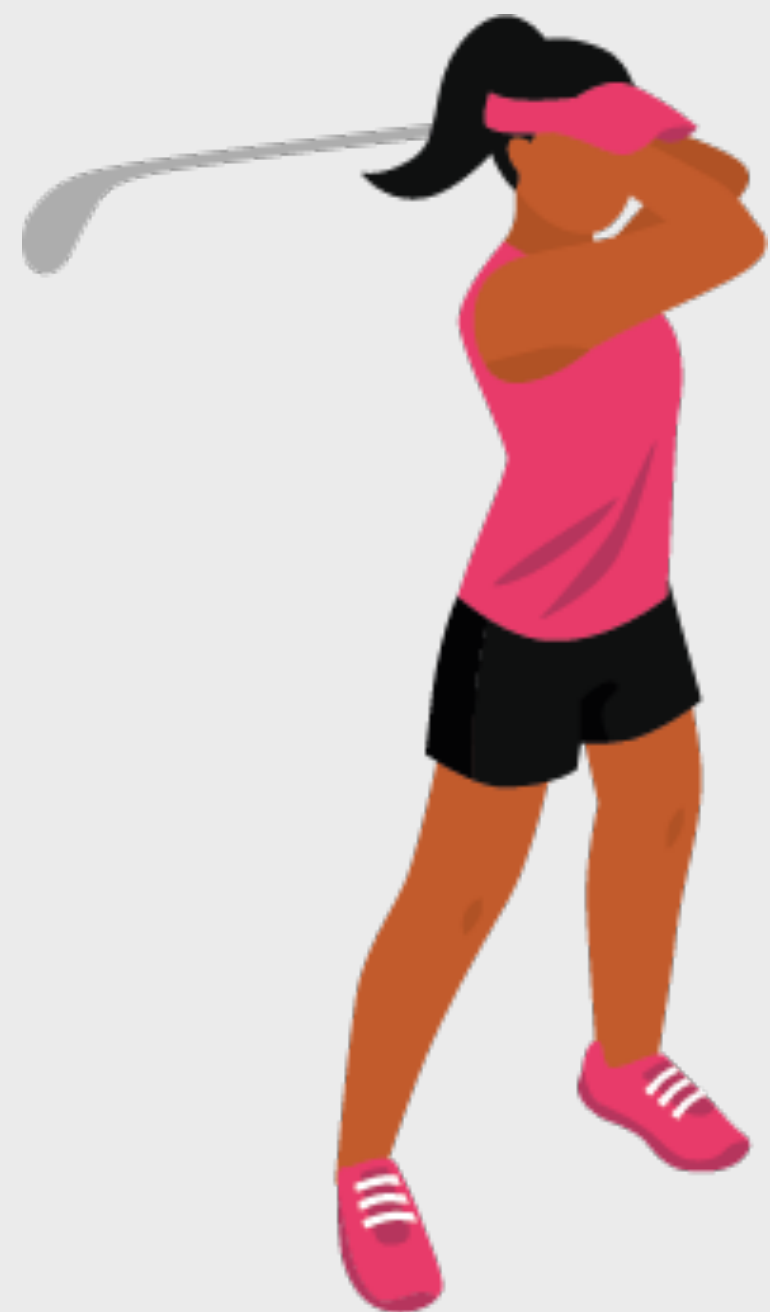
How to Practice

- 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

Perfect Posture



Equipment Needed

- 7 iron and Driver
- Golf Balls

How to Practice

- Demonstrate the differences between the posture for a 7 iron and a Driver
- Highlight how an athletic posture will help the learners to generate more speed and prevent injury
- Make learners aware that practicing for prolonged periods of time may result in a overuse injuries, advise short, regular practice sessions

Technical Link

- This activity will help the learner to stike the ball more consistently and with more speed

Speed Swinger



Equipment Needed

- Driver

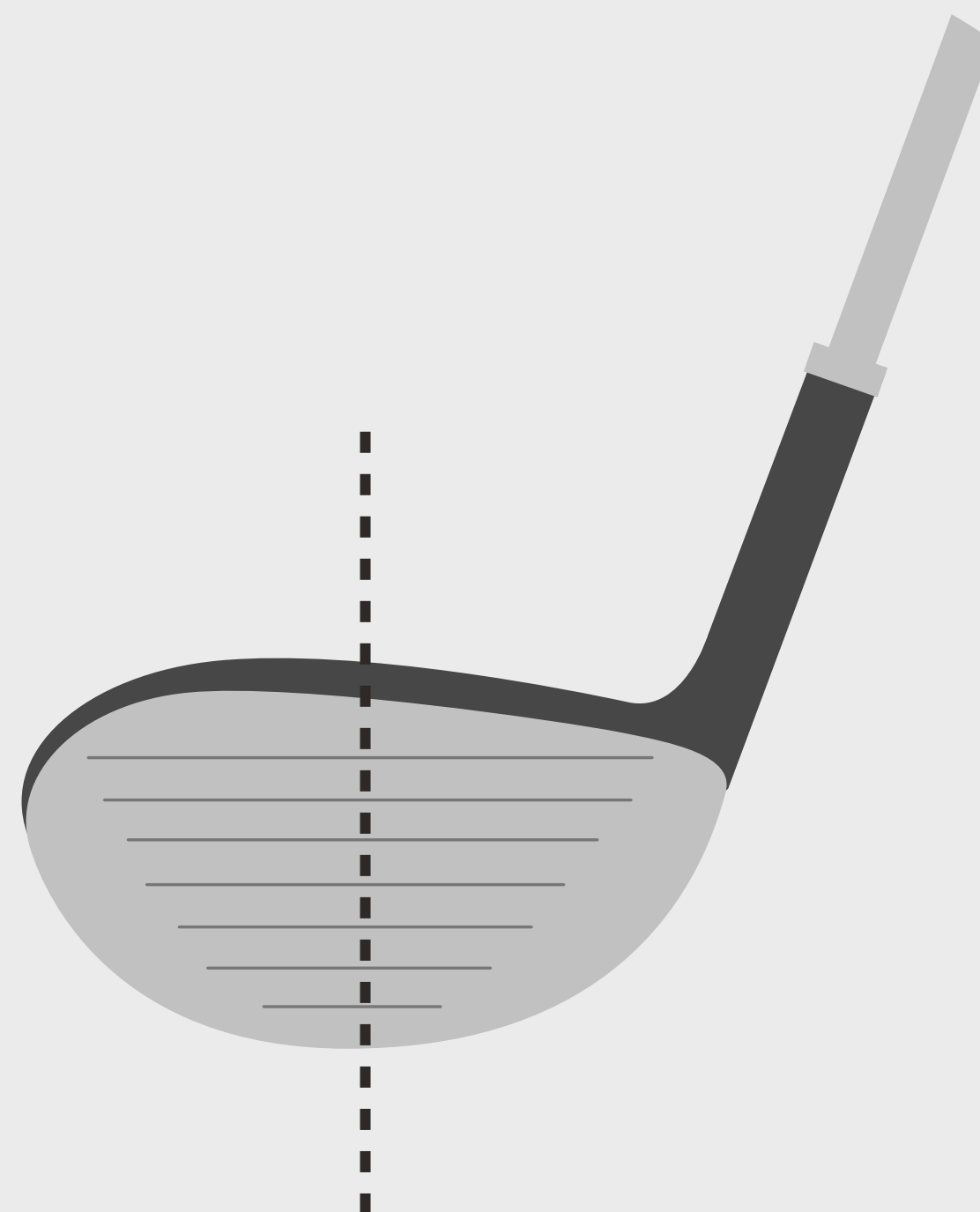
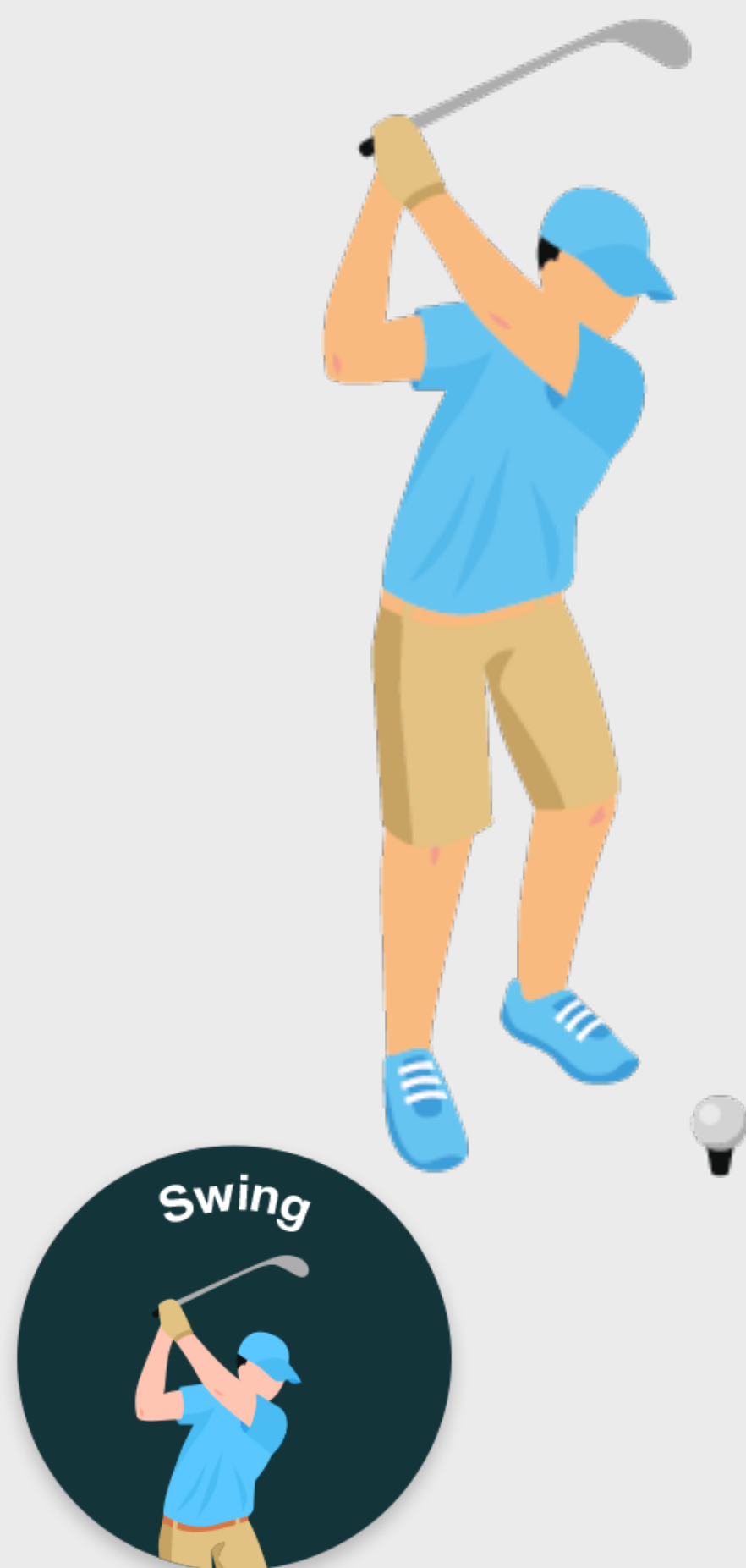
How to Practice

- 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

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

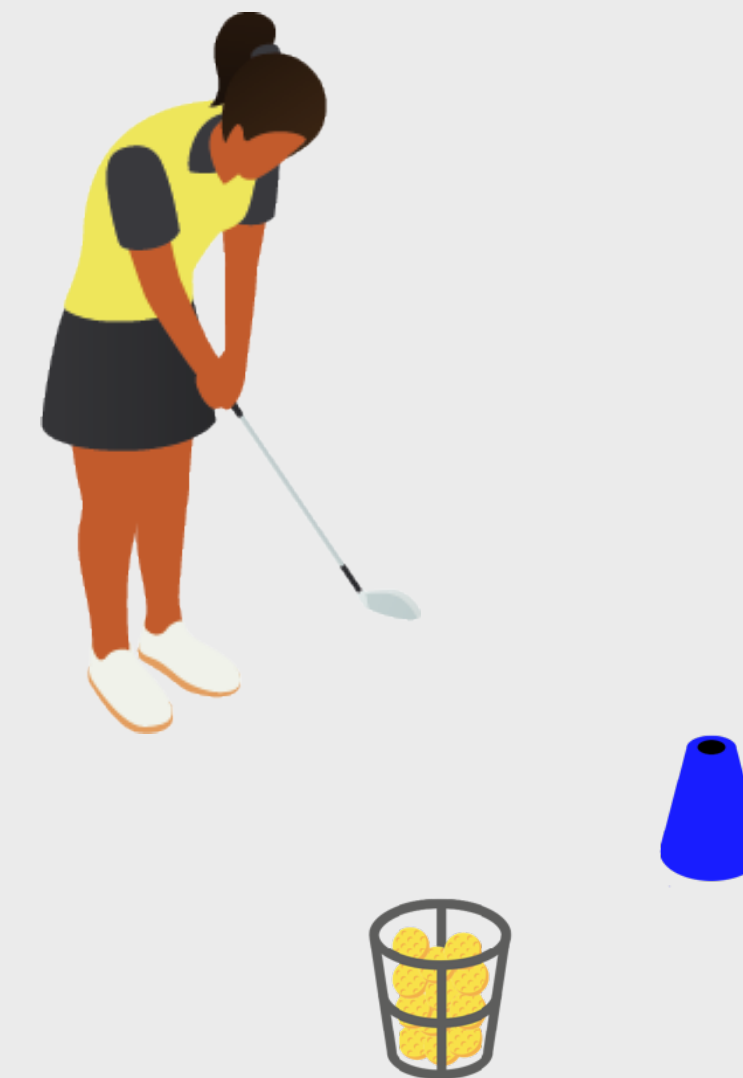
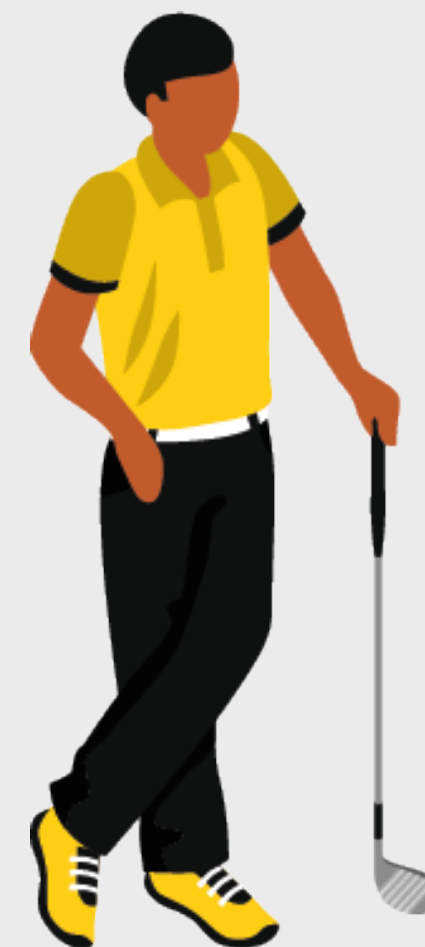
Progression Ideas

- 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

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 **Pitching**, providing learners an opportunity to practice what was learnt in the Around the Green class. A number of games and practice stations are provided which you can use at your discretion.



Strike Point

Equipment Needed

- 1 Alignment sticks
- Pitching Wedge or Sand Wedge
- 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 pitch 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 of a good pitch shot when struck well



Driver Challenges

	Level	Challenges			
Driver	2	3/5 shots in the air over 75 yards			
	3	125 yards 25 yard wide target gate	150 yards 30 yard wide target gate	175 yards 35 yard wide target gate	200 yards 40 yard wide target gate



The Challenge

To complete the Level 1, 2 and 3 Challenges the learner needs to complete various driver challenges. Refer to the table for scoring for each Level.

What should the Learner do next?

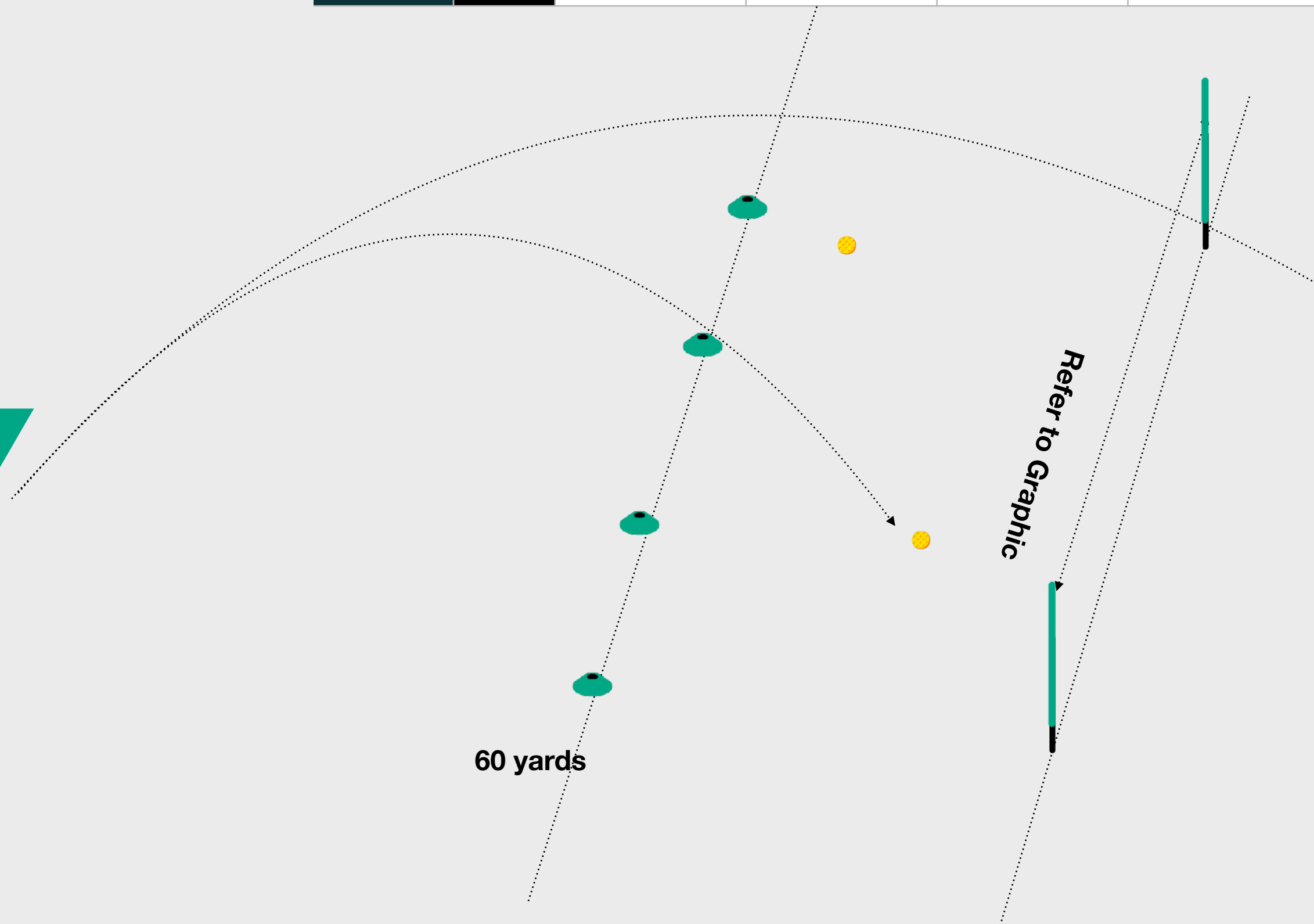
After attempting the challenge, the learner should:

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



Fairway Woods and Hybrids Challenges

	Level	Challenges			
Driver	2	3/5 shots in the air over 60 yards			
	3	100 yards 20 yard wide target gate	125 yards 25 yard wide target gate	150 yards 30 yard wide target gate	175 yards 35 yard wide target gate



The Challenge

To complete the Level 1, 2 and 3 Challenges the learner needs to complete various fairway wood and hybrid challenges. Refer to the table for scoring for each Level.

Equipment you Need

The equipment you will need for this challenge:

- Golf Balls

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

