

Swing - Level 2

The Driver



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Class Timetable

4 Themed Class Plans - Full
Class Timetable
Introduction to Swing

Session Length: 90mins
 Group: 12
 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	Game Drills / Resources
15 Mins Prior	Introduction and Welcome	
10 mins	Introduction	
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	Class layout and Setup
5 Mins	Learning the Game and Whole Folder Focus	Orientation of the Game Orientation of the Equipment Fit for Golf Introduction
30 Mins	Mastering the Game Independent and Social Practice	Practice stations Game cards Secondary skill station Mastering the Game Challenges
10 Mins	Challenges and Recap	
	MyGame+ Tracking on GLF Connect	
15 Mins Post	Relationship Building	Practice stations Game cards Secondary skill station Mastering the Game Challenges MyGame+ on GLF Connect App

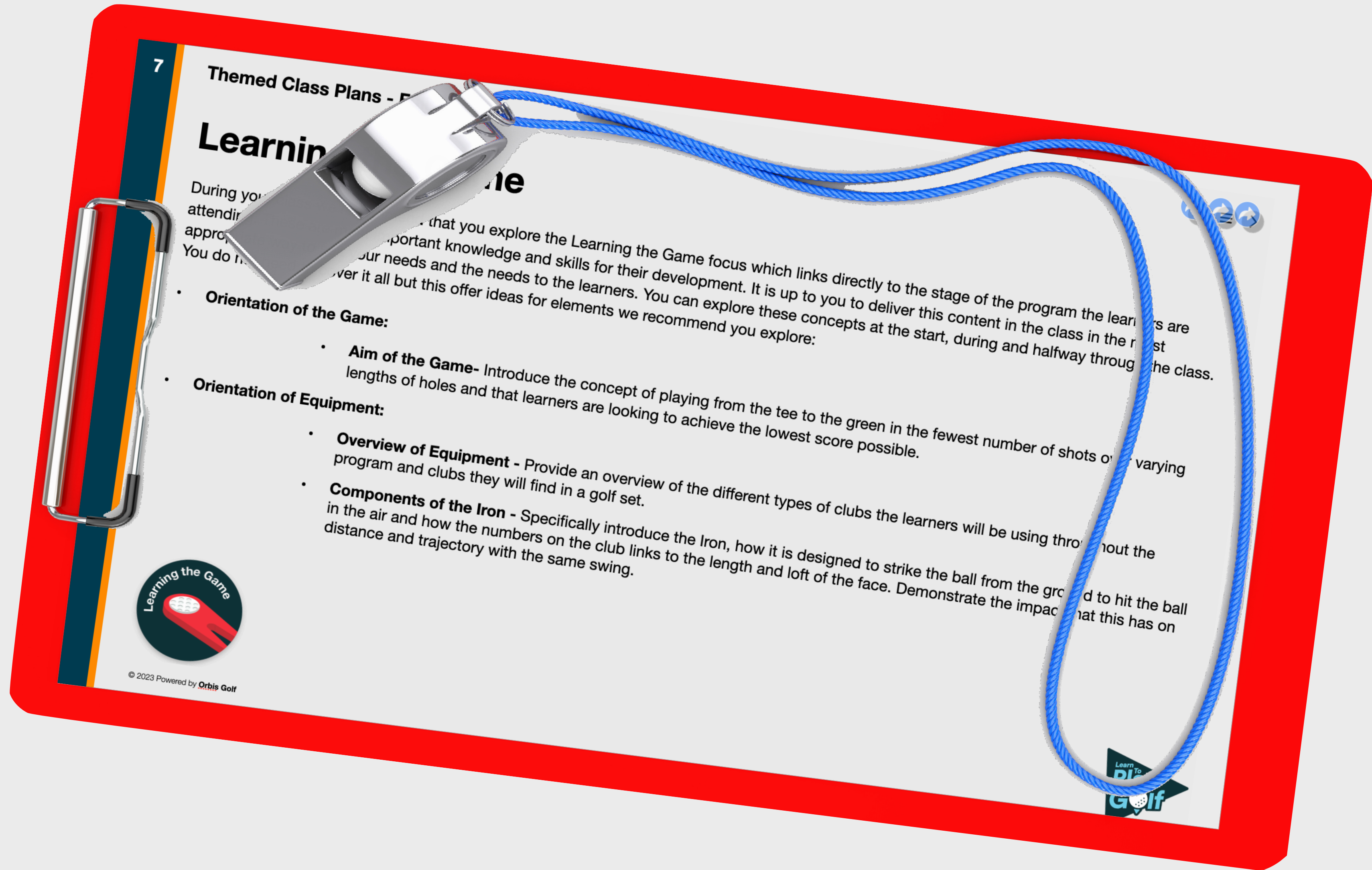
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Class Timetable - The Driver

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
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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 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

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 and Distance Control**. Some of technical content you may want to explore in this first session may include:

- **Basics of Setup with the Driver** - Introduce some basic setup concepts which may include:
 - Discuss how the distance that you stand from the ball is impacted by the change in length of the club. You may also want to discuss how this impacts posture
 - Discuss how ball position and position of the head and upper body changes to accommodate for the club design and delivery of the club head into the ball
- **Basic Swing Concepts** - Introduce some basic swing concepts which may include:
 - Discuss how the delivery of the club head into the ball is different than irons and how this links to the position of the ball on a tee
 - Discuss and expand on the motion of the body and club. You may want to explore this links to Class 1 or differs depending on your preferences
- **Explore concepts for direction, strike and distance which may include:**
 - The importance of the strike on the club face and the position of the club behind the ball. Explore the optimum strike point on the club face
 - The impact of club face on the start line of the golf ball and link this back to the content covered at week 1 with an iron
 - The interaction between the club, ball and ground at impact and how this differs from the information in week 1 with an iron



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:

- **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. This may include:
 - **Golf balls, tee pegs, ball marker and pitchfork**
 - **Clothes and equipment for weather conditions**
 - **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.



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:

- **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



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 the... me club, by varying the
- Encourage them t... start by controlling the leng...
stroke, similarly to... 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

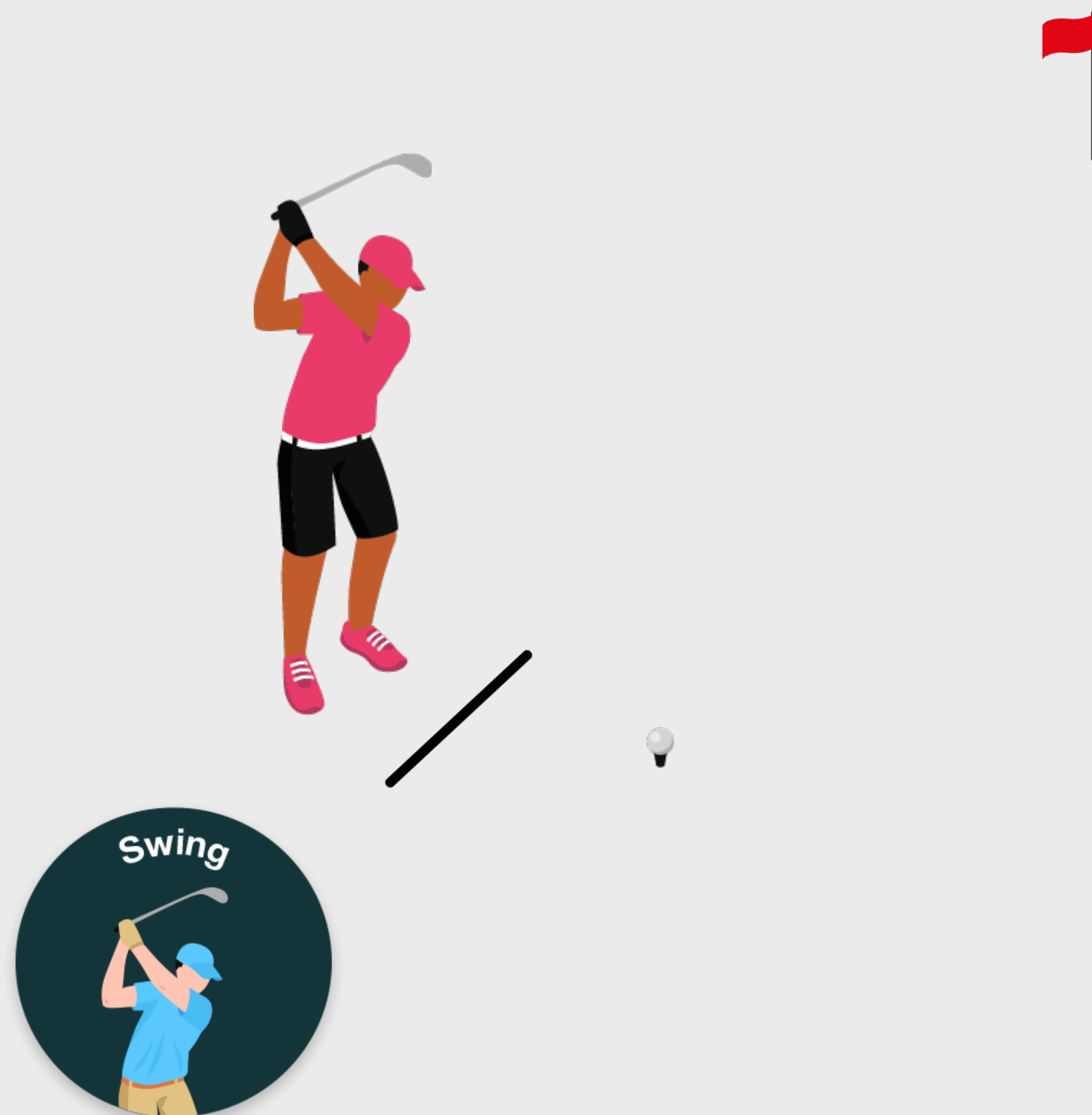
- This activity... help the learner to underst...
control the... ance of a shot based on the...
speed of th... roke
- This activit... ll help the learner to gain so...
consistenc... ound the green by becomin...
confident t... g one particular type of clut... or

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GAM...
GOLF...
DEVELOPMENT



Alignment Check



Equipment Needed

- Tees
- Driver
- Golf Balls

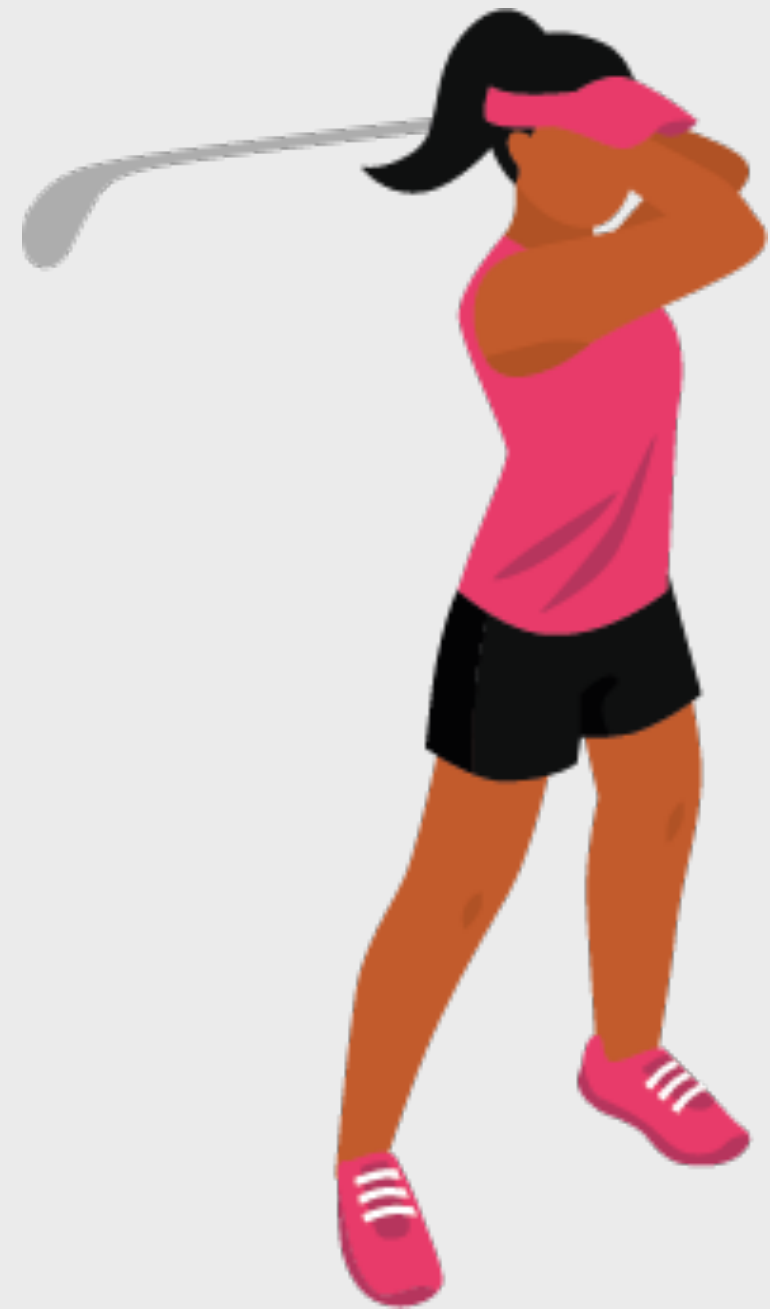
How to Practice

- 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

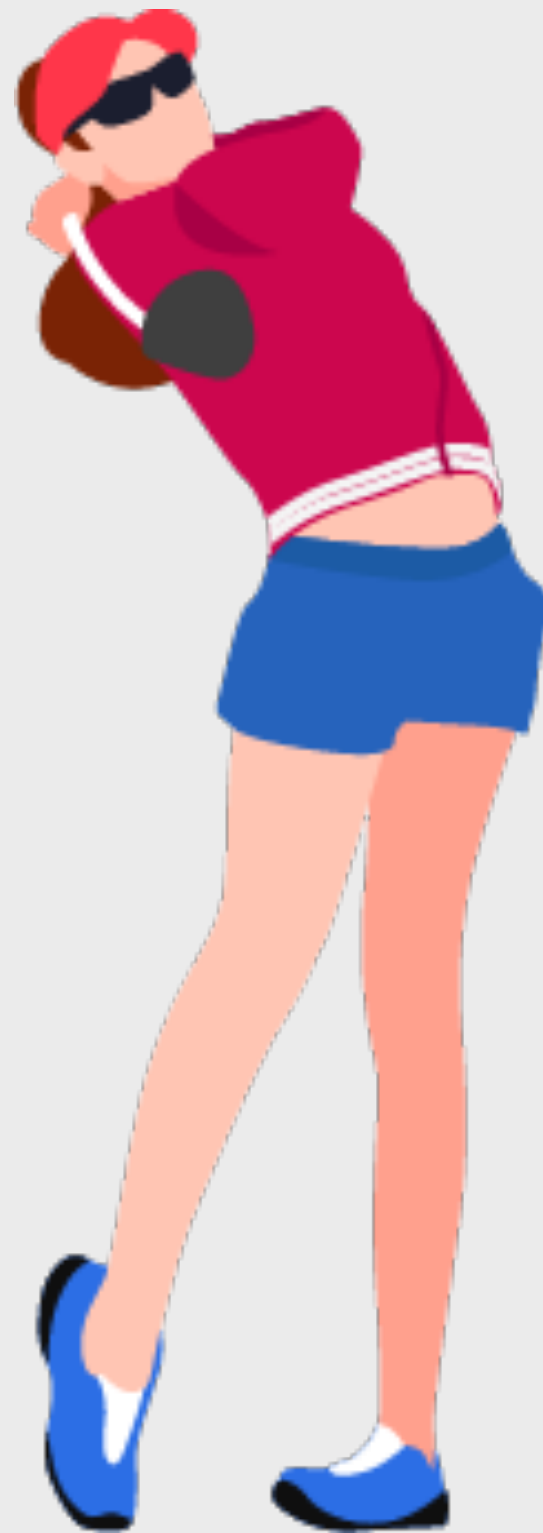
How to Practice

- 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

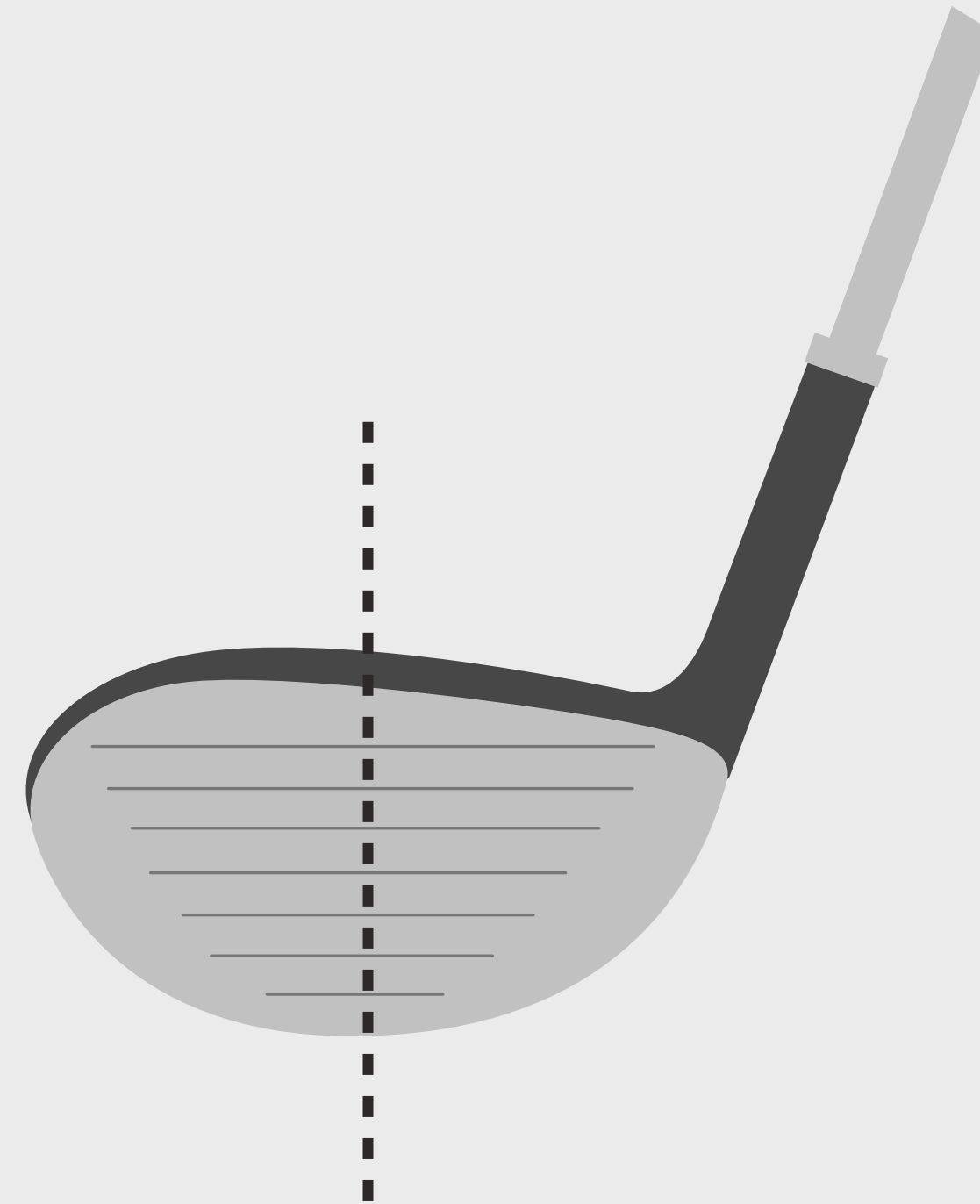
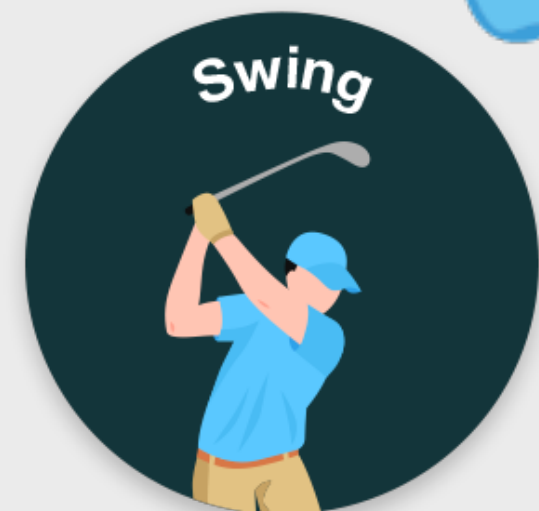
How to Practice

- 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

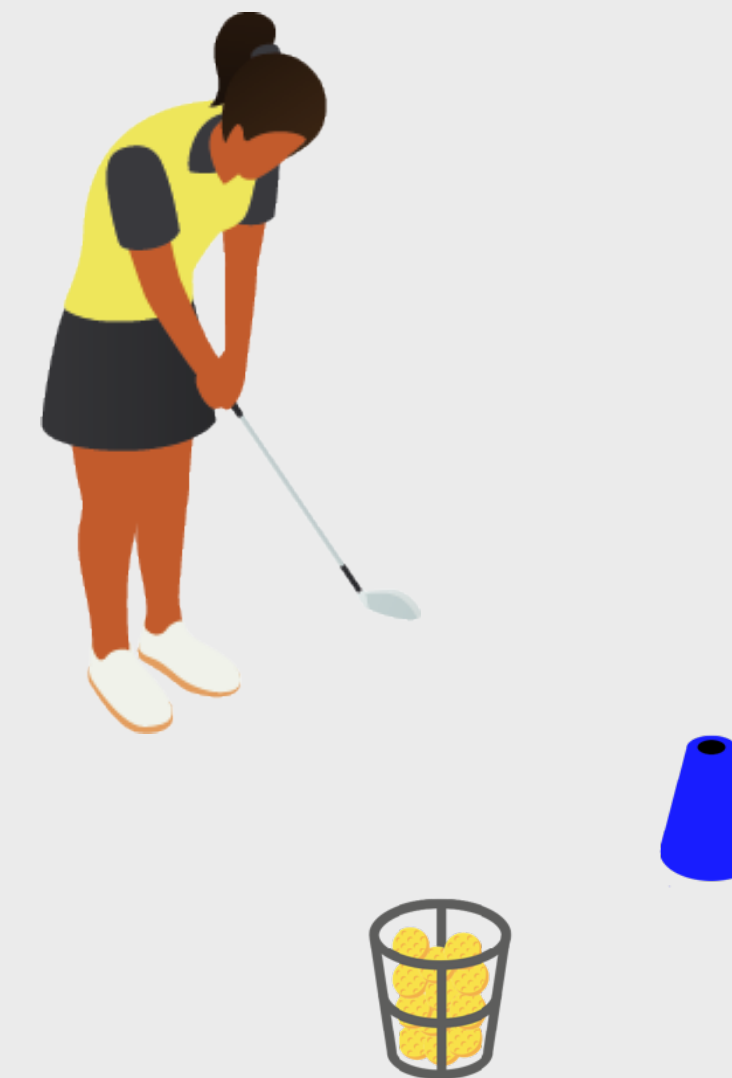
Secondary Skill



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

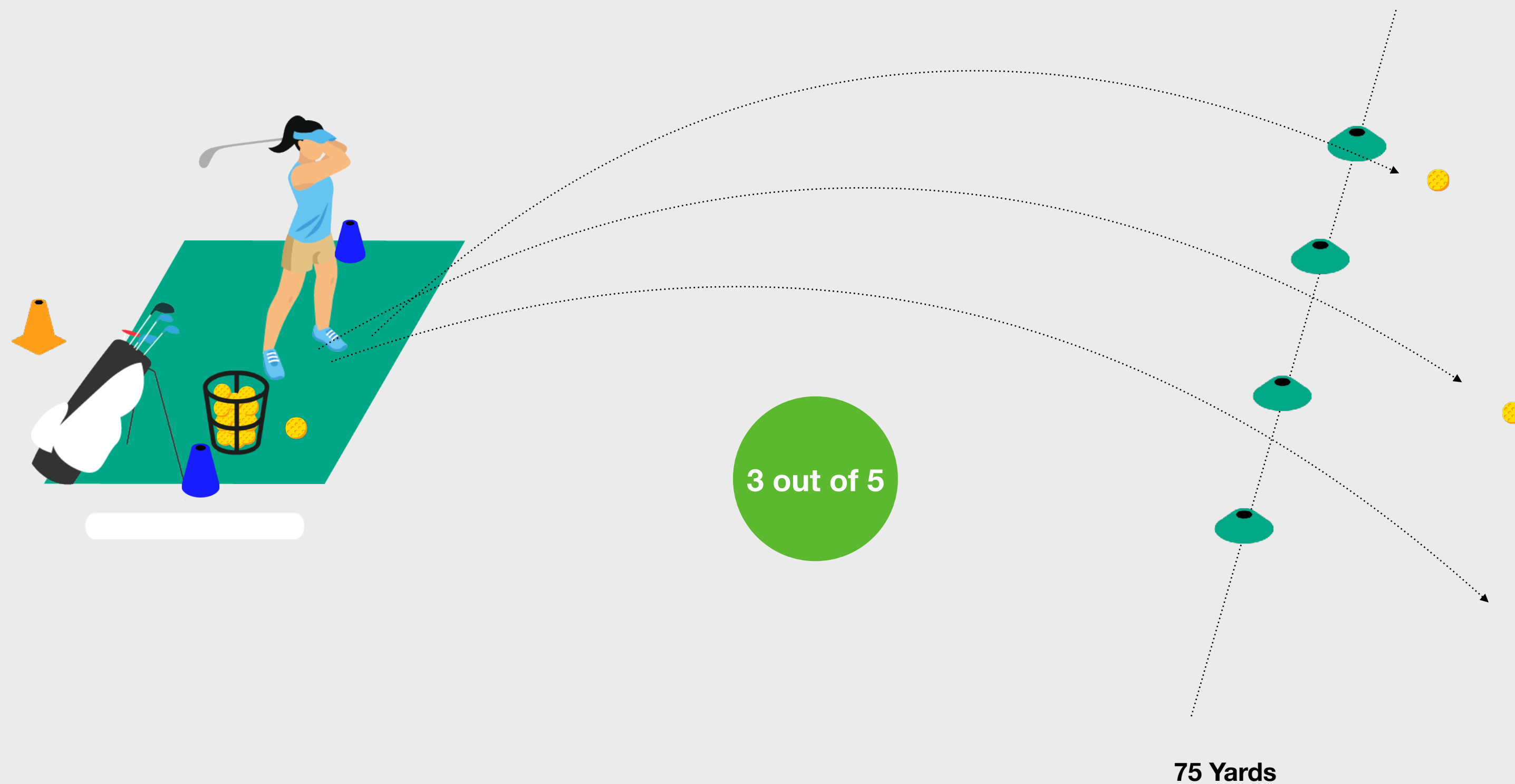
Technical Link

- 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

Mastering the Game Challenges



Driver 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 75 yards.

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

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



Driver Challenge

	Yardages	Target Gate
Driver Distances <i>(Where the ball comes to rest)</i>	125	25 yard wide target gate
	150	30 yard wide target gate
	175	35 yard wide target gate
	200	40 yard wide target gate



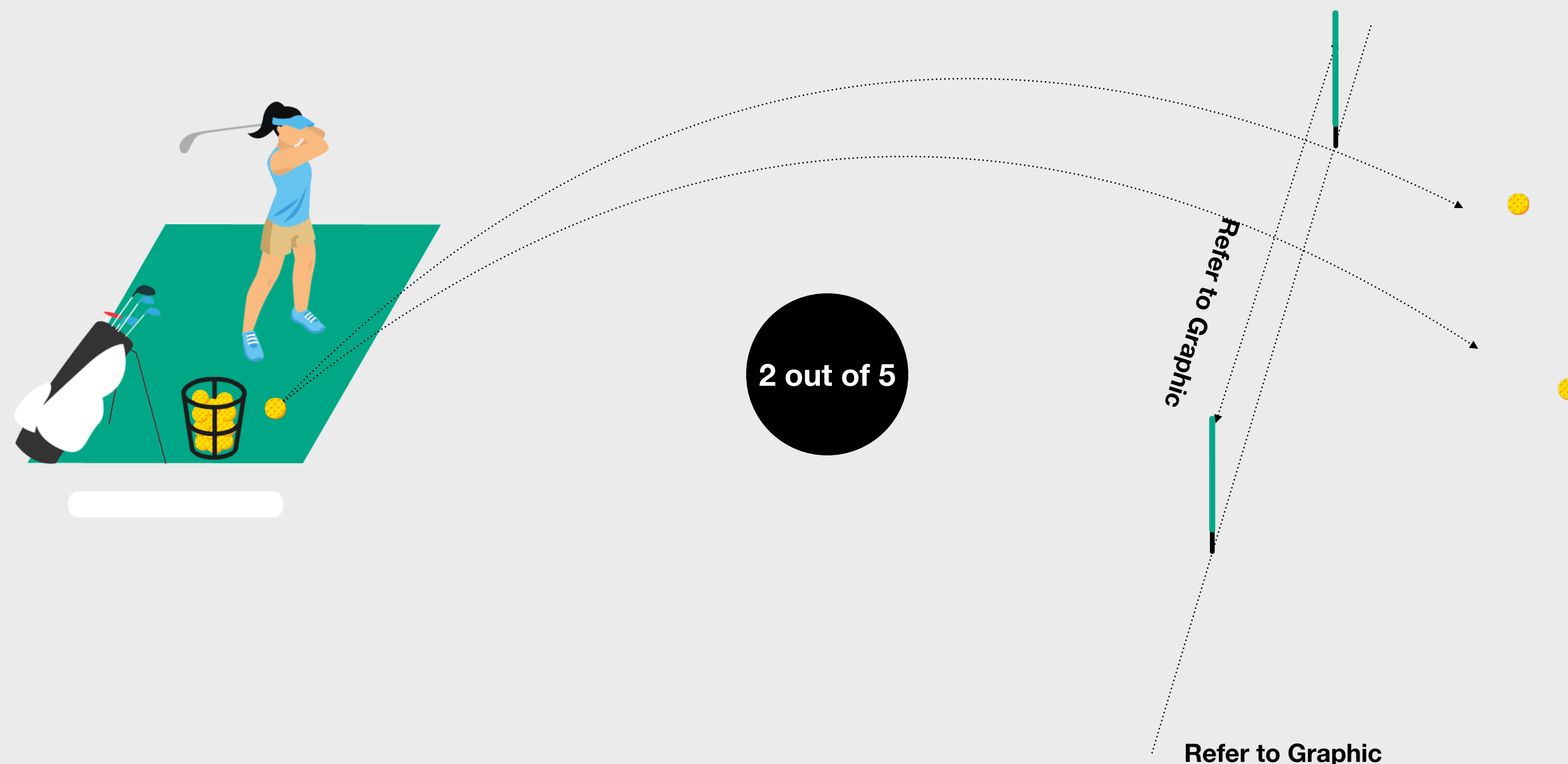
The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to travel through and come to rest between the target gate at the learners approximate driver total distance (Minimum of 125 yards)

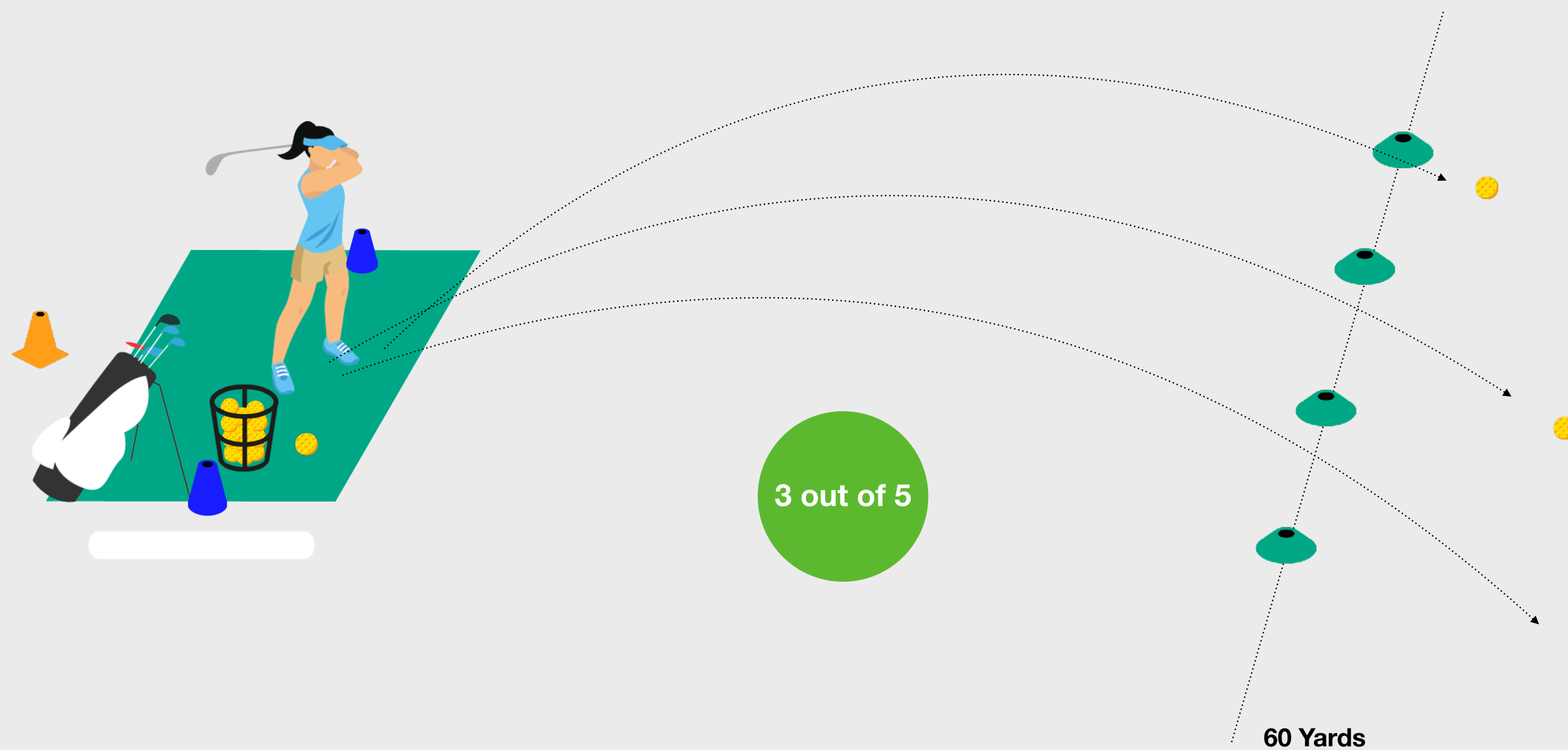
What should the Learner do next?

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



Hybrid/Fairway Wood 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 60 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?

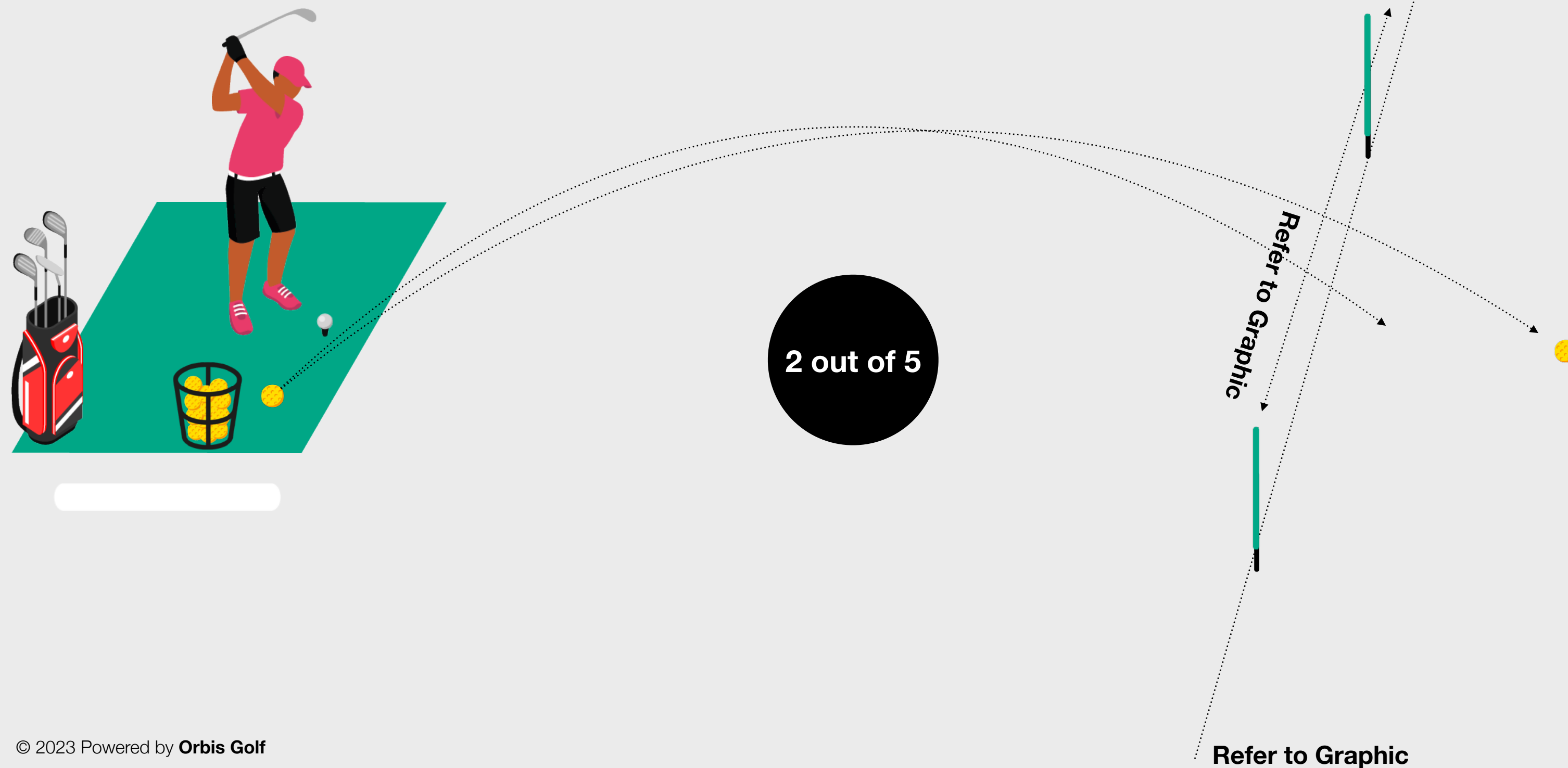
After attempting the challenge, the learner should:

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



Hybrid/Fairway Wood Challenge

	Yardages	Target Gate
Hybrid/Fairway Wood Distances <i>(Where the ball comes to rest)</i>	100	20 yard wide target gate
	125	25 yard wide target gate
	150	30 yard wide target gate
	175	35 yard wide target gate



The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots to travel through and come to rest between the target gate at the learners approximate fairway wood total distance (minimum of 100 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

