

# Practice Around the Green

## Bunker Play





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# Practice Club Class Timetable

4 Themed Class Plans - Full

## Class Timetable: Introduction to Swing

Session Length: 90mins

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	Activity	Class Content	Game Drills / Resources
15 Mins Prior	Introduction 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>	
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>Class layout and Setup</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>Orientation of the Game</li> <li>Orientation of the Equipment</li> <li>Fit for Golf Introduction</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 remaining Learning the Game or Whole Golfer focus</li> <li>Opportunity to engage in group discussion, questions and re-visit any technical elements</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>
30 Mins	Mastering the Game Independent and Social Practice	<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> <li>Mastering the Game Challenges</li> </ul>
10 Mins	Challenges and Recap	<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> <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>MyGame+ on GLF. Connect App</li> </ul>
15 Mins Post	Relationship Building		

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# Class Timetable

<b>Session Length:</b> 60mins	<b>Group Size:</b> 1:12	<b>Mastering the Game Focus:</b> <b>Around the Green</b> Bunker Play	<b>Whole Golfer Focus:</b> <b>Mind</b> Reacting to Bad Shots	<b>Learning the Game Topic:</b> <b>Playing and Scoring</b> Rules and Etiquette	<b>Learning the Game Focus</b> Rules in a Bunker	<b>Mastering the Game Challenge:</b> Bunker Play Challenge
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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 required</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 and Whole Golfer Focus	<ul style="list-style-type: none"> <li>Outline the objectives which is an opportunity for learners to practice their putting and specifically long putts.</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 if applicable</li> </ul>	<ul style="list-style-type: none"> <li>Reacting to bad shots</li> </ul>
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Play the games individually, in pairs or in groups</li> <li>Opportunity for private coaching</li> <li>Develop social connections and allow for self-discovery and guided learning</li> <li>Learners can attempt a Mastering the Game Challenges individual or in pairs</li> </ul>	<ul style="list-style-type: none"> <li>Entry Point</li> <li>Making a Splash</li> <li>Single, Double, Triple</li> <li>Piggy in the Middle</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Get the group together to introduce the learning the Game or Whole Golfer focus</li> <li>Learners should have the option to carry on their activity to suit their needs or participate in the group introduction to the Learning the Game or the Whole Golfer focus</li> </ul>	<ul style="list-style-type: none"> <li>Rules and Etiquette - Rules in a bunker</li> </ul>
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Play the games individually, in pairs or in groups</li> <li>Opportunity for private coaching</li> <li>Develop social connections and allow for self-discovery and guided learning</li> <li>Learners can attempt a Mastering the Game Challenges individual or in pairs</li> </ul>	<ul style="list-style-type: none"> <li>Entry Point</li> <li>Making a Splash</li> <li>Single, Double, Triple</li> <li>Piggy in the Middle</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>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>

# Practice on the Green Class Layout and Setup

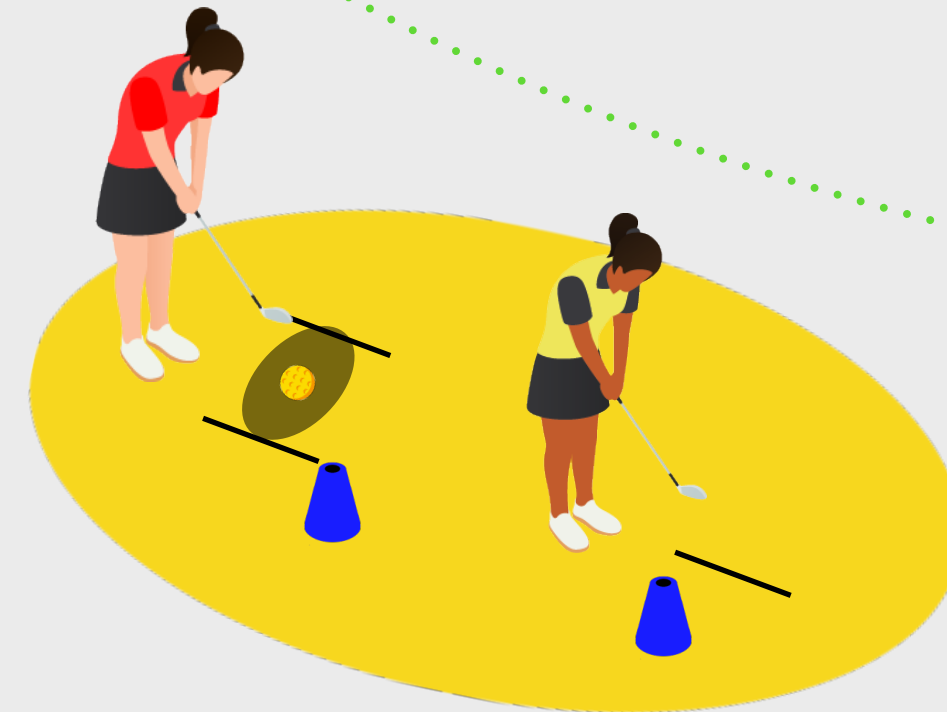
**Station 1:**  
Bunker Challenge



**Station 5:**  
Game Station  
Single, Double, Triple



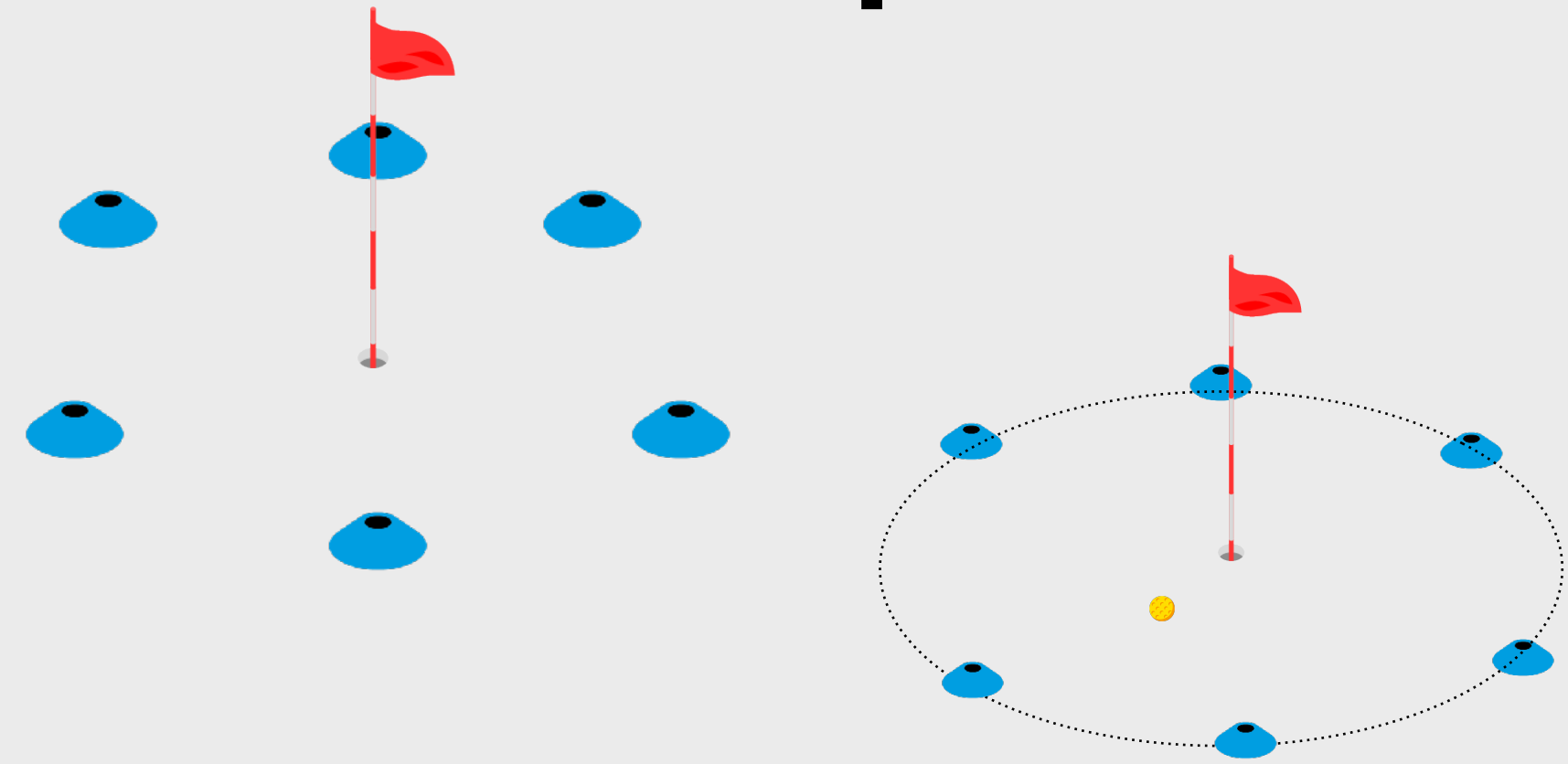
**Station 2:**  
Practice Station  
Making a Splash



**Station 3:**  
Practice Station  
Entry Point



**Station 4:**  
Game station  
Piggy in the Middle



# Practice Stations and Game Cards



**Themed Class Plans**  
**Control Distance**

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

**Equipment Needed**

- 12 cones
- Golf balls

**How to Practice**

- Set this activity up with 3 different sized boxes (10, 20, 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 length of the stroke using a putter, 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. e.g. a 7 iron would be best to lower lofted club.

**Technical Learning Objectives**

- This activity will help the learner to understand the importance of a shot based on the speed of the stroke.
- This activity will help the learner to gain confidence around the green by becoming consistent with one particular type of club.

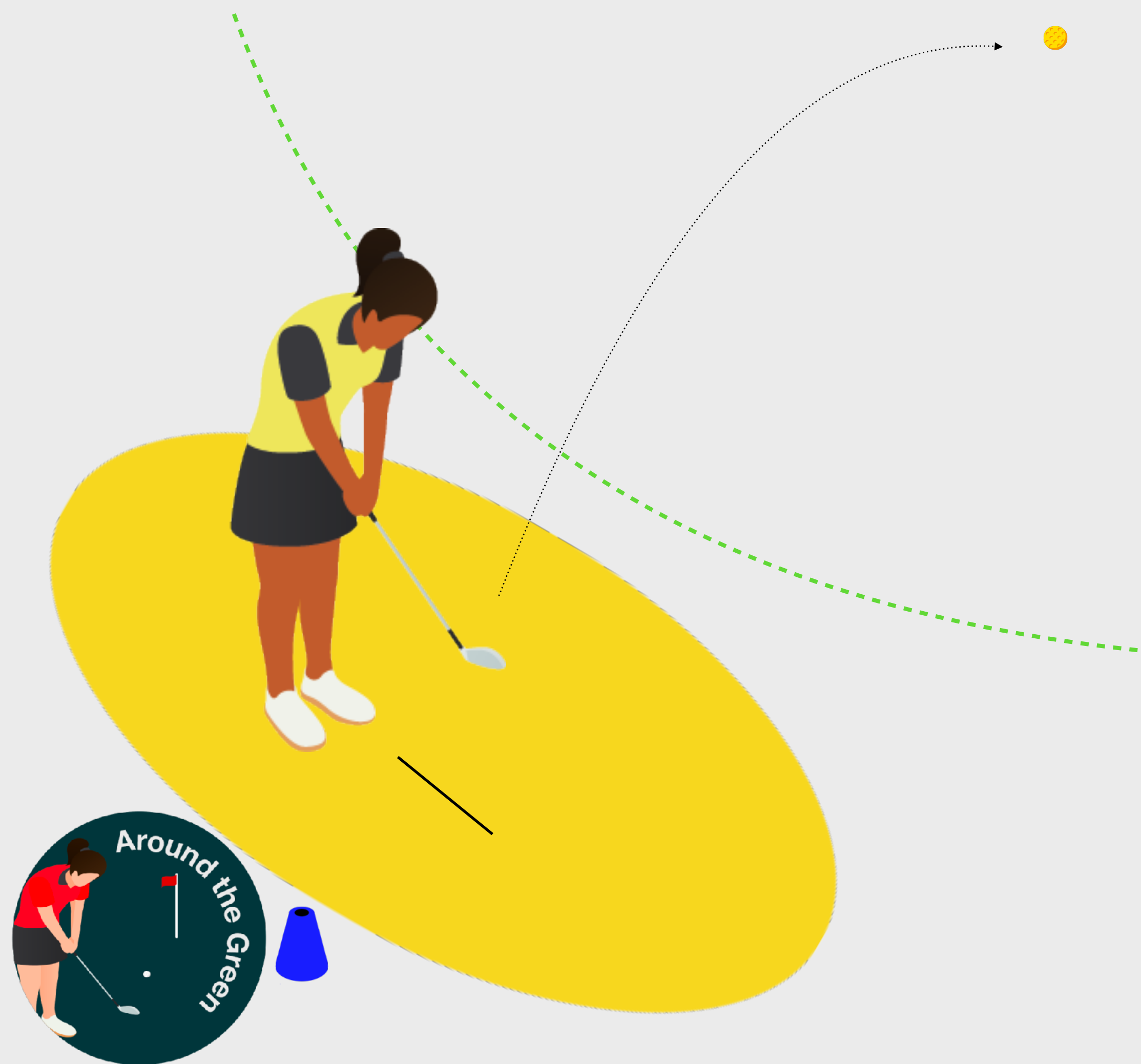
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**GAM**  
GOLF DEVELOPMENT





# Entry Point



## Equipment Needed

- Sand Wedge
- Golf balls

## How to Practice

- The learner should draw a line in the sand, and then attempt to strike the line in order to practice getting the entry point consistent
- The learner should hit two or three practice swings, hitting the line each time, and then place a ball just an inch ahead of the line and repeat their swing in order to hit the ball out of the sand

## Technical Link

- This activity will help learners build an awareness of where their club should be entering the sand

# Making a Splash

## Equipment Needed

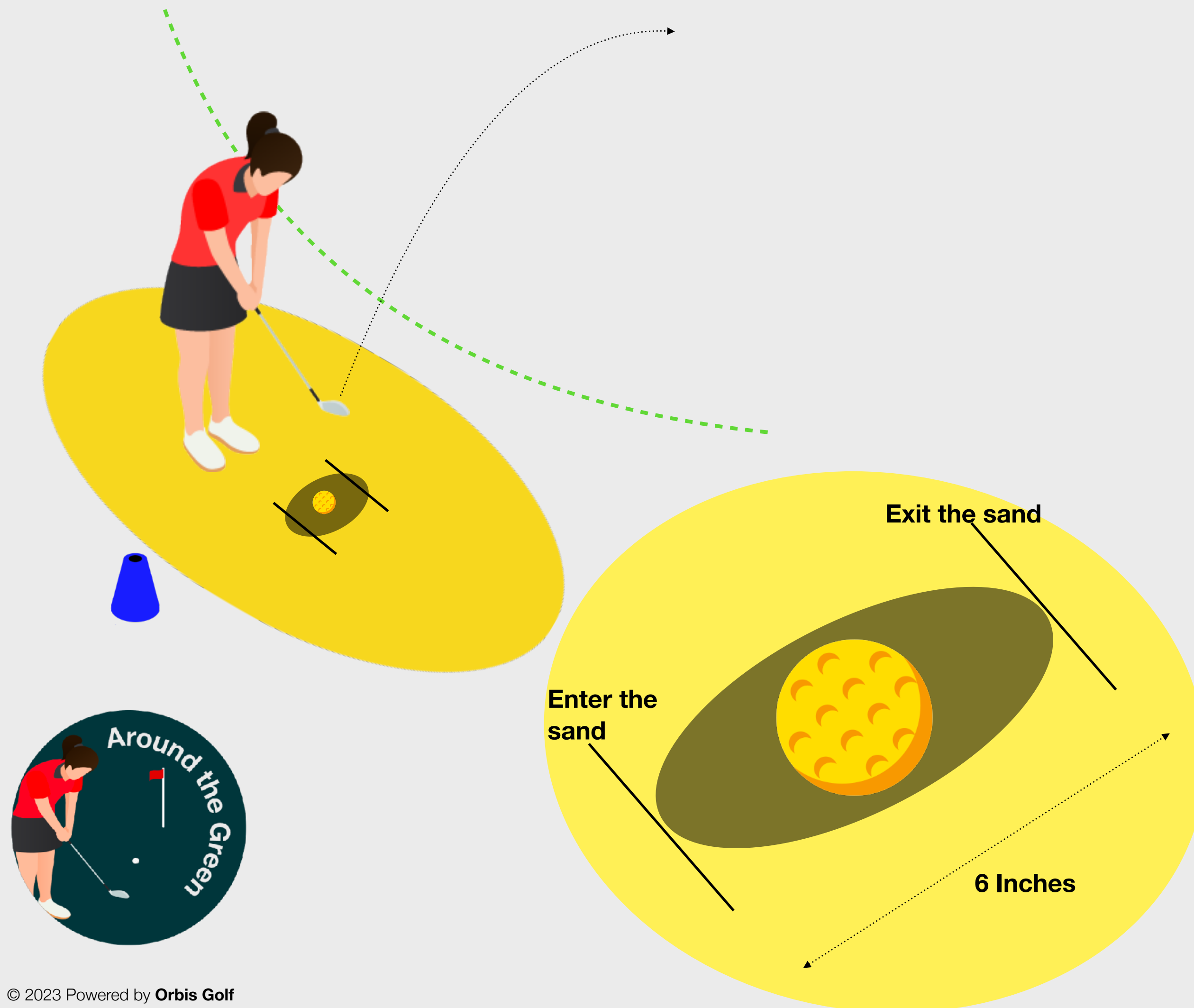
- Bunker
- Sand Wedge
- Golf balls

## How to Practice

- In the bunker get the learner to mark out the circle around the golf ball approximately 6 inches across
- When the learner is hitting the shot, encourage them to hit the sand on the first mark and leave the sand on the second mark

## Technical Link

- This activity will encourage the learner to splash the sand under the golf ball and achieve the desired contact
- Encourage the learner to try PW to get a lower flight, less spin and more roll
- Make the learner aware of the depth of sand they are taking and not just the amount either side of the golf ball





# Single, Double, Triple



## Equipment Needed

- Sand Wedge
- Cones
- Golf balls

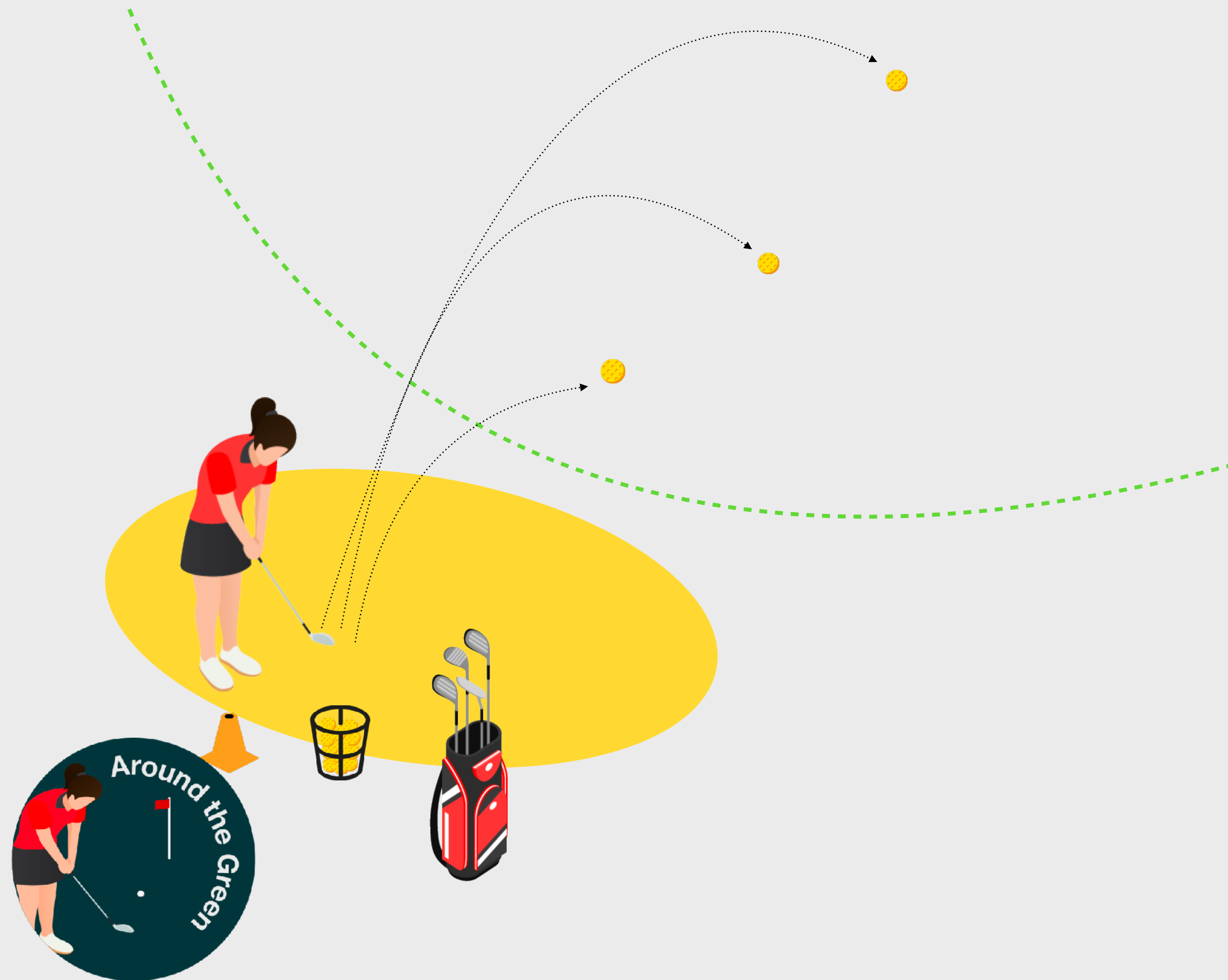
## How to Play

- Players take it in turns to hit their shots, they can have either 1, 2 or 3 attempts each turn
- The learner receives 1 point if they hit the ball out of the bunker, 2 points if they hit the ball onto the green and 3 points if they hit the ball inside the 10 yard circle of cones
- If the learner chose to have just 1 attempt they get to triple the points scored, if they chose 2 attempts they double the points scored for that round
- The aim is to get the most points each round

## Progression Ideas

- Increase the difficulty of the challenge by asking learners to choose how many attempts their opponent needs to take each round

# Piggy in the Middle



## Equipment Needed

- Bunker
- SW
- Golf balls

## How to Practice

- Position the learner in a bunker on the edge of the green
- The learner requires 3 balls because they must attempt to hit the first ball short, the second ball long and then try to land the third ball in between the first two balls.
- As their feel improves they must try to get the balls as close as possible to one another.

## Technical Link

- The learners should gain a real feel for distance control in this drill
- It also encourages consistent contact to be good at this game



# Learning the Game

Due to the limitation on time and also the recommendation to get practicing using the prescribed games and activities, we recommend you explore the following to supplement what is being delivered in themed classes. However it is at your discretion to add further information and you should also react to any questions or situations that arise during the practice session:

- **Rules and Etiquette - Rules in a Bunker**

- The learning the game focus this week is about the rules we need to know when playing from a Bunker.
- You should highlight to the learners that it is ok to move loose impediments, however you must not take a practice swing or touch the sand in front of or behind your ball.
- Make sure you show your learners how to rake the bunker properly to ensure it is in good condition for the next player.



# Whole Golfer

Due to the limitation on time and also the recommendation to get practicing using the prescribed games and activities as the primary focus, we recommend you explore the following to supplement what is being delivered in themed classes briefly. You can also further explore this during the class using the variety of games and activities:

- **Reacting to Bad Shots**

- Outline to the learner the inevitability of hitting bad shots, especially tricky ones such as bunker shots
- It is an intrinsic part of golf and it's something that the learners must accept and instead of fighting it, develop a strategy to recover from these bad shots.
- Describe the crucial link between course management theory and reacting positively to bad shots.
- Develop a strategy such as the five pace rule, when after a bad shot you are only allowed to dwell on the shot for five paces, then move on and stick to the course management strategy.





# Mastering the Game Challenges



# Bunker Play Challenge



## The Challenge

To complete the Level 2 Challenge the learner needs to hit 1 out of 5 shots to finish anywhere on the green but the learner must demonstrate control. Contact must be made with the remaining shots.

## What should the Learner do next?

- Log in to the GLF.Locker App
- If they complete the challenge, mark





