

Practice Around the Green

Bunker Play



Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game Focus:
Around the Green
Bunker Play

Whole Golfer Focus:
Mind
Reacting to Bad Shots

Learning the Game Topic:
Playing and Scoring
Rules and Etiquette

Learning the Game Focus
Rules in a Bunker

Mastering the Game Challenge:
Bunker Play 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 required Be ready to welcome participants 5 minutes before the session starts 	<ul style="list-style-type: none"> Class Layout and Setup
10 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> Outline the objectives which is an opportunity for learners to practice their putting and specifically long putts. 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"> Reacting to bad shots
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning Learners can attempt a Mastering the Game Challenges individual or in pairs 	<ul style="list-style-type: none"> Entry Point Making a Splash Single, Double, Triple Piggy in the Middle
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Get the group together to introduce the learning the Game or Whole Golfer focus 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 	<ul style="list-style-type: none"> Rules and Etiquette - Rules in a bunker
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning Learners can attempt a Mastering the Game Challenges individual or in pairs 	<ul style="list-style-type: none"> Entry Point Making a Splash Single, Double, Triple Piggy in the Middle
10 Mins	MyGame+ Tracking on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the learner's Student Connect 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

Practice on the Green Class Layout and Setup

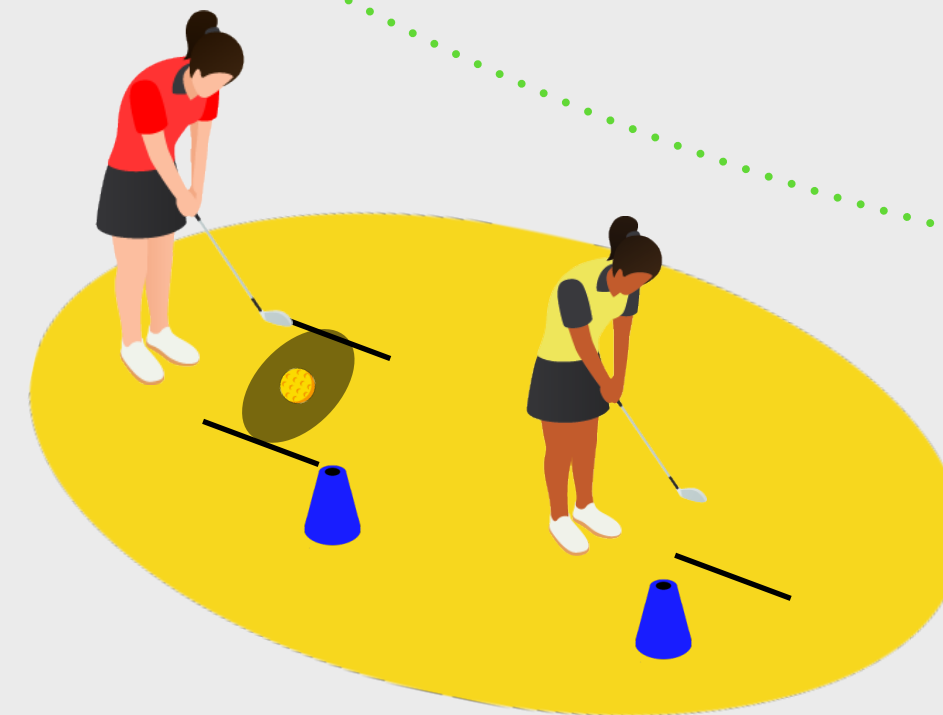
Station 1:
Bunker Challenge



Station 5:
Game Station
Single, Double, Triple



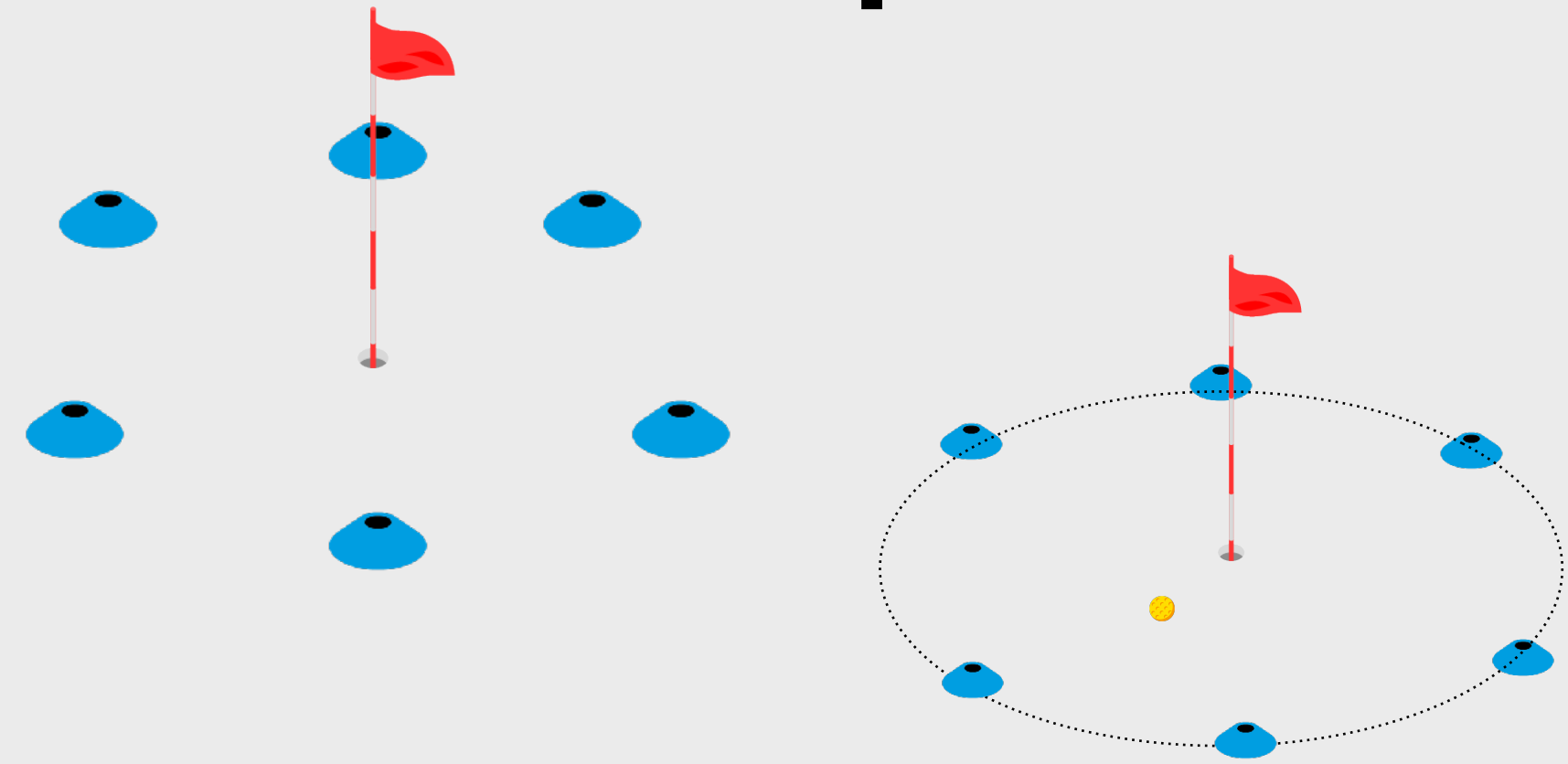
Station 2:
Practice Station
Making a Splash



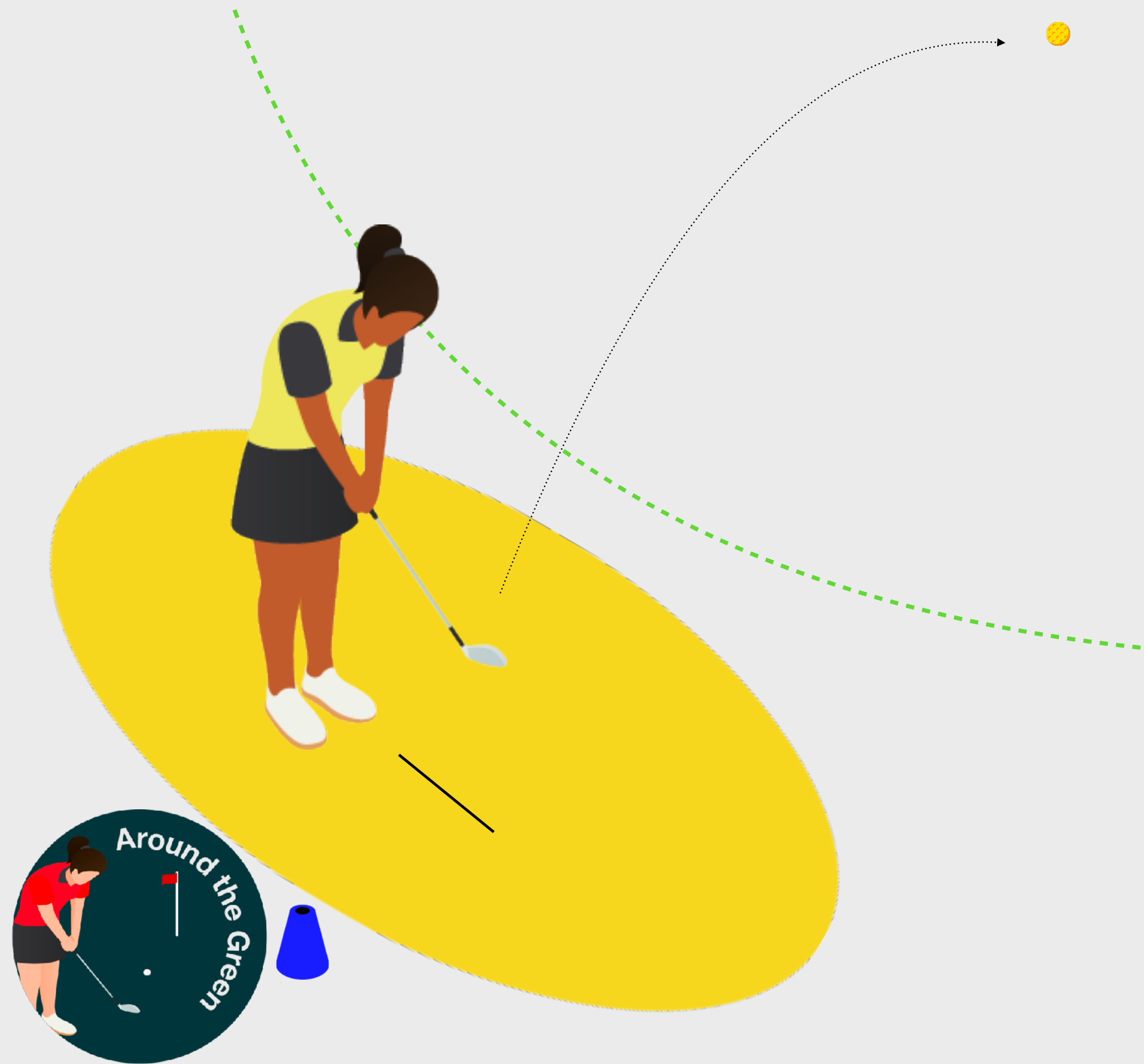
Station 3:
Practice Station
Entry Point



Station 4:
Game station
Piggy in the Middle



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

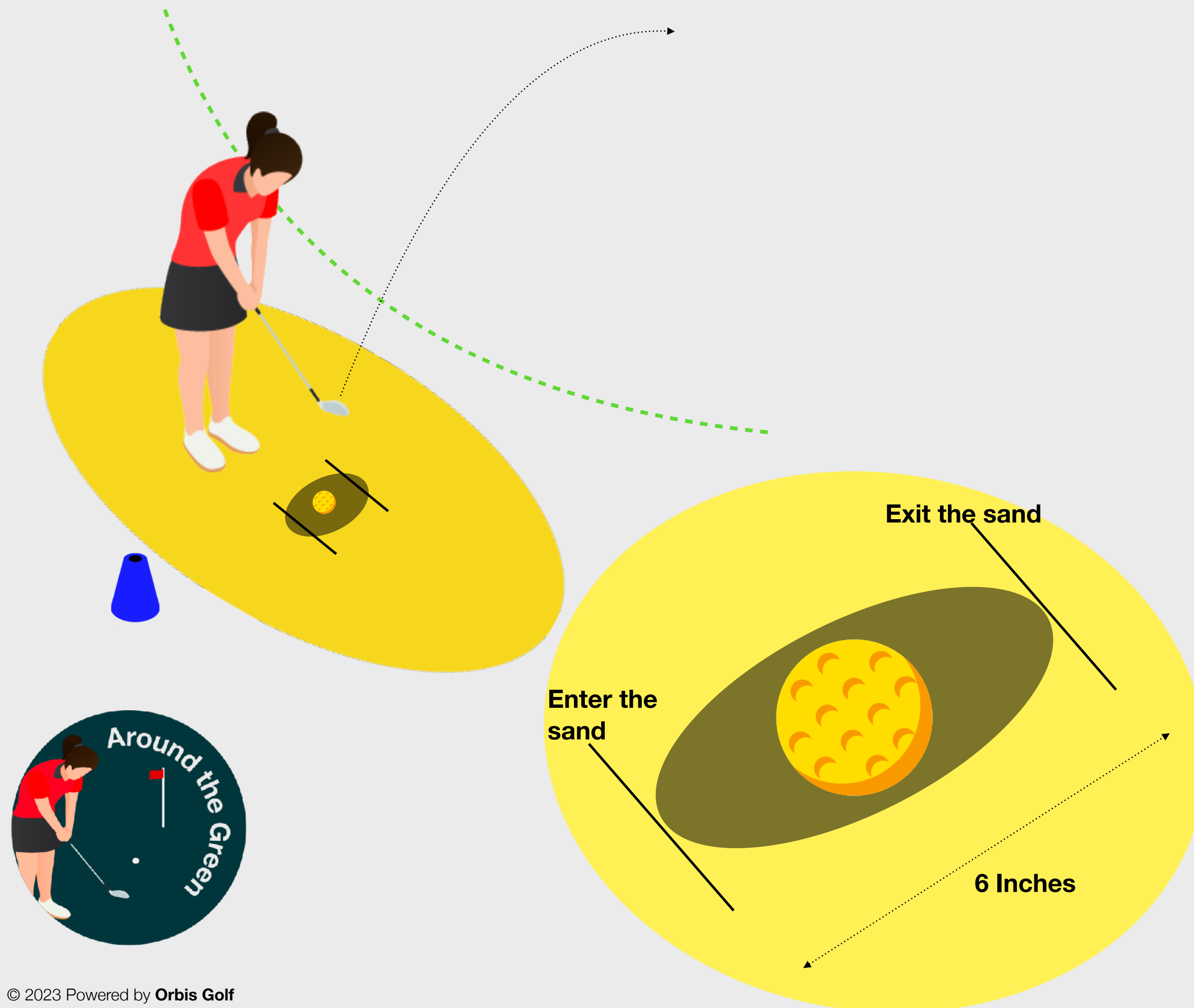
- Bunker
- Sand Wedge
- Golf balls

How to Practice

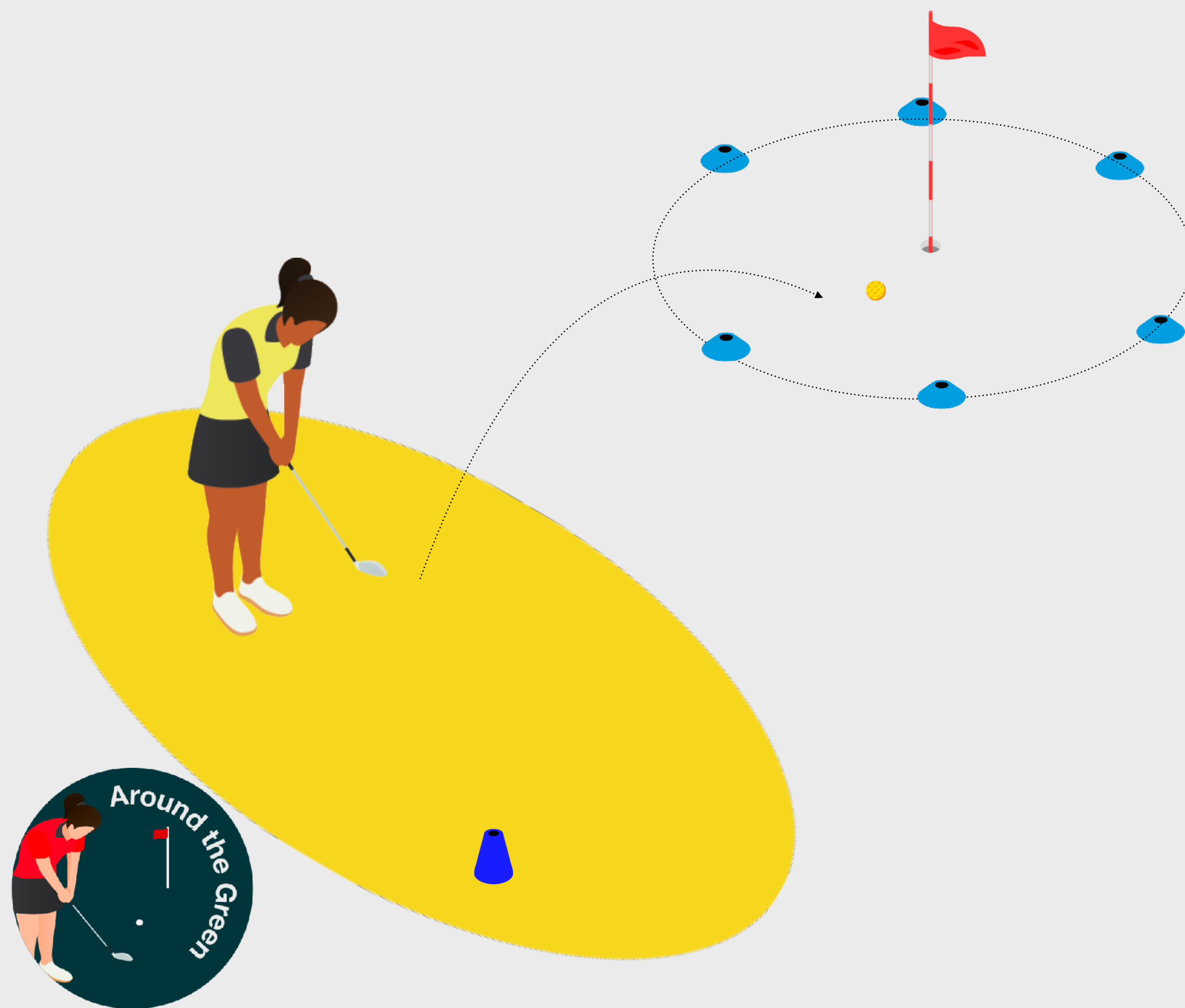
- In the bunker get the learner to mark out the circle around the golf ball approximately 6 inches across
- When the learner is hitting the shot, encourage them to hit the sand on the first mark and leave the sand on the second mark

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

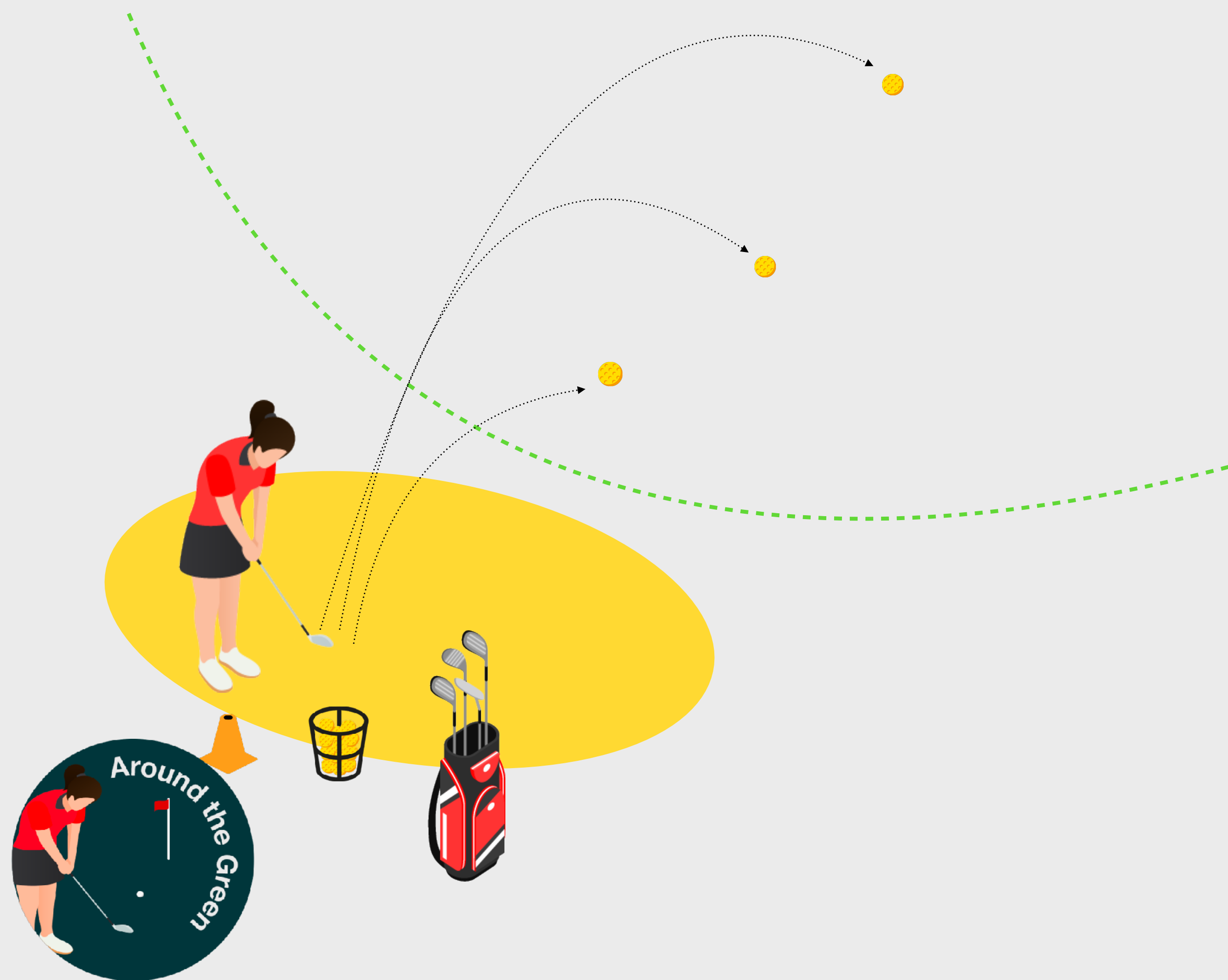
How to Play

- 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



• 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.

• 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.

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



Bunker Play Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to hit 2 / 5 shots anywhere on the green but must demonstrate control. 4 out of the 5 shots must finish out of the bunker

What should the Learner do next?

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

2 out of 5

10 Yards

