

Practice Around the Green Chipping



Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game Focus:
Around the Green
Chipping

Whole Golfer Focus:
Mind
Positive Self Talk

Learning the Game Topic:
Playing and Scoring

Learning the Game Focus
When to Play a Chip Shot

Mastering the Game Challenge:
Chipping Challenge

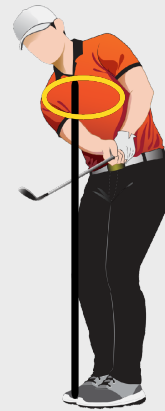
Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations of your preference and the challenges required Be ready to welcome participants 5 minutes before the session starts 	<ul style="list-style-type: 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"> Positive Self Talk
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"> Ball Position Sternum Bullseye Landing Zones
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"> Playing and Scoring - When to play a chip shot
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"> Ball Position Sternum Bullseye Landing Zones
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

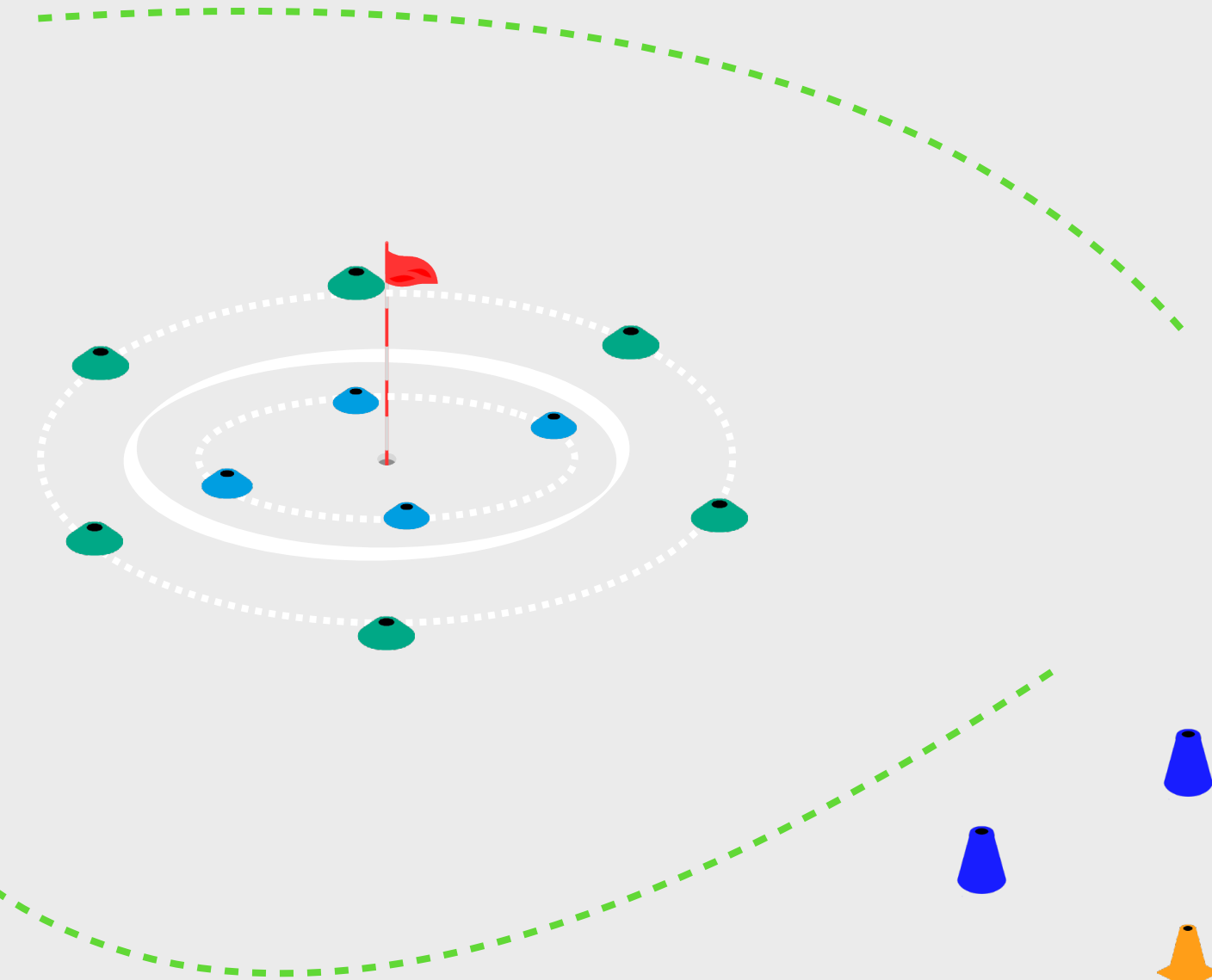
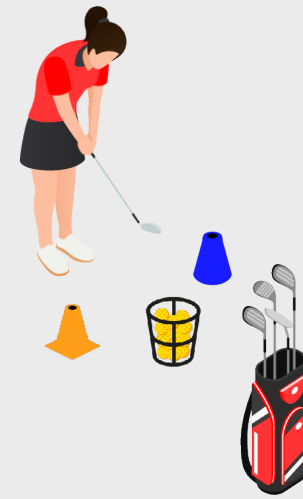
Station 2:
Practice Station
Ball Position



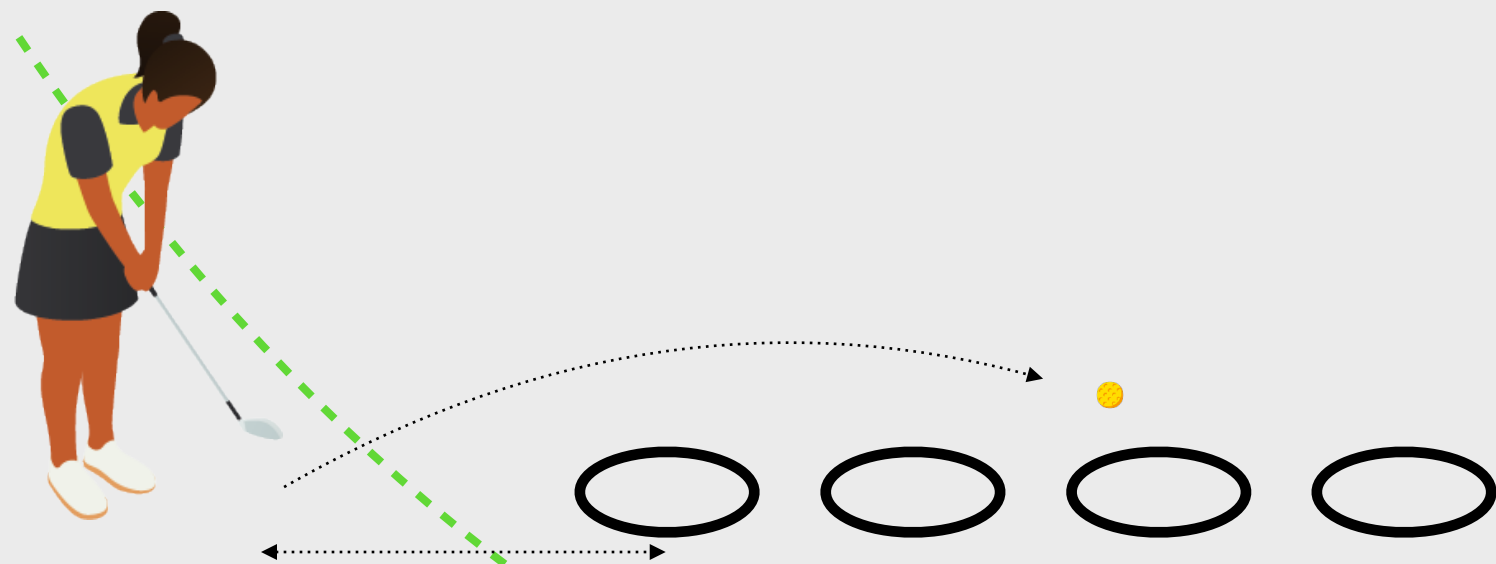
Station 3:
Practice Station
Sternum



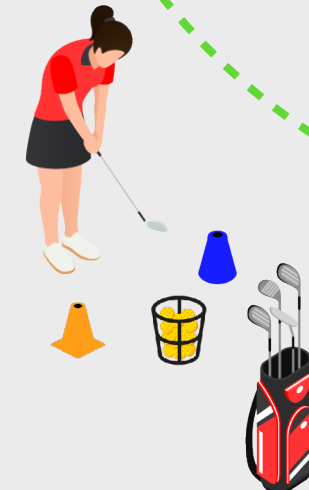
Station 1:
Chipping Challenge



Station 4:
Game Station
Landing Zones



Station 5:
Game station
Bullseye



Ball Position



Equipment Needed

- Pitching Wedge or Sand Wedge
- 3 Golf balls

How to Practice

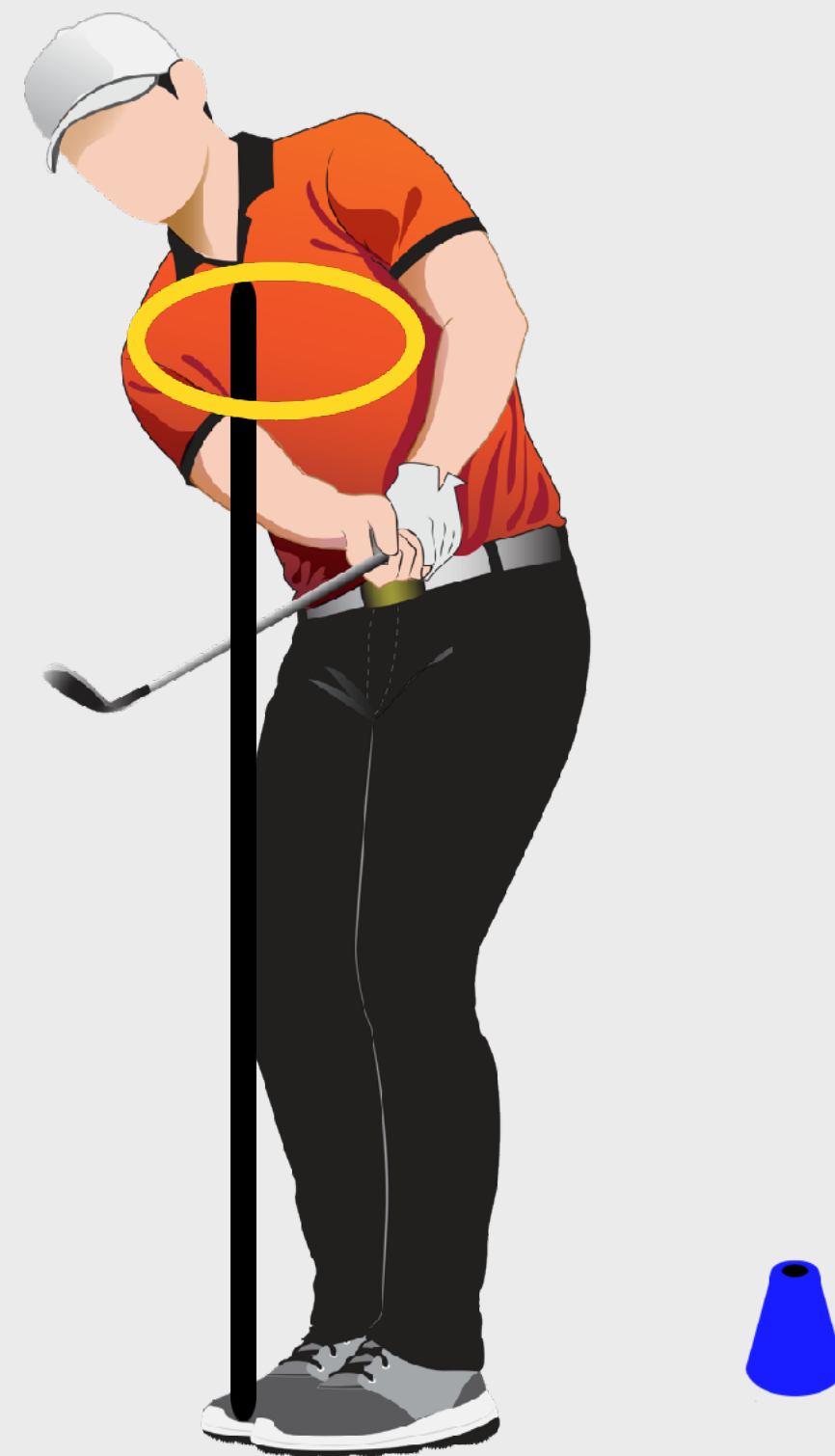
- The learner should attempt to hit the same chip shot three times, but use a different ball position each time
- The learner should play one ball from the center of their stance, one an inch or two forward of center and one an inch or two behind
- The learner should use an alignment stick on the ground to help build awareness of effective ball position and build a routine around this

Technical Link

- This activity will help learners build an awareness of the different ball positions and the impact on strike, flight and roll



Sternum



Equipment Needed

- Alignment Stick
- Golf balls

How to Practice

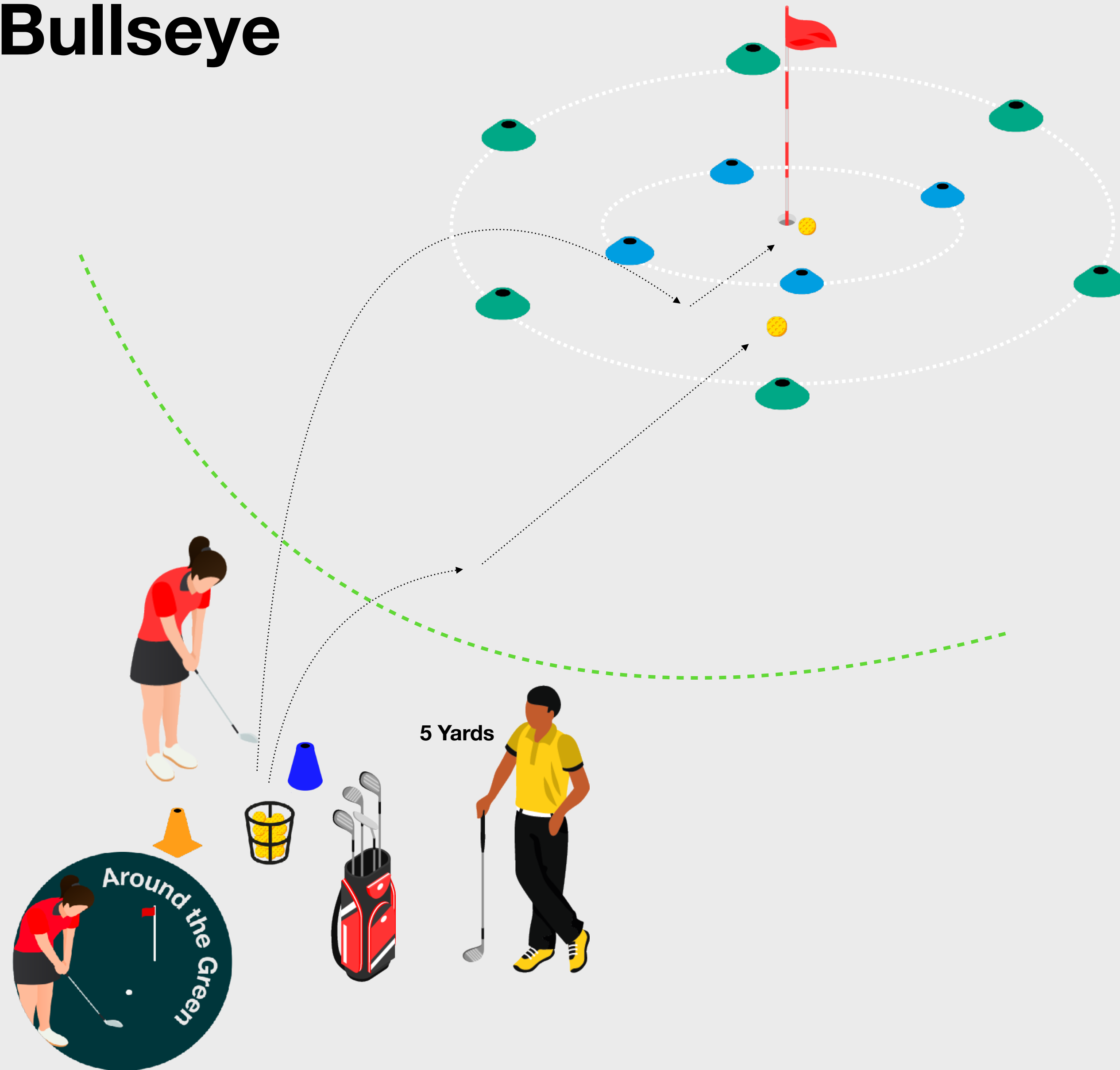
- Learners should use an alignment stick or their golf club to discover whether their sternum is positioned at address
- Hold the club or alignment stick at one end, place it against the sternum and let it hang down naturally
- It will then be obvious whether the learner is set up with their sternum before, level with, or in front of the ball
- The learner should aim to use this drill to build awareness of effective ball position at address

Technical Link

- This activity will help the learner to understand their position at set up and how, when the sternum is positioned behind the ball, they will be more likely to struggle with creating a consistent and effective strike



Bullseye



Equipment Needed

- SW, 9 iron or 7 iron
- Golf balls
- Cones for safety
- Cone to create 2 circles (5ft & 10ft)

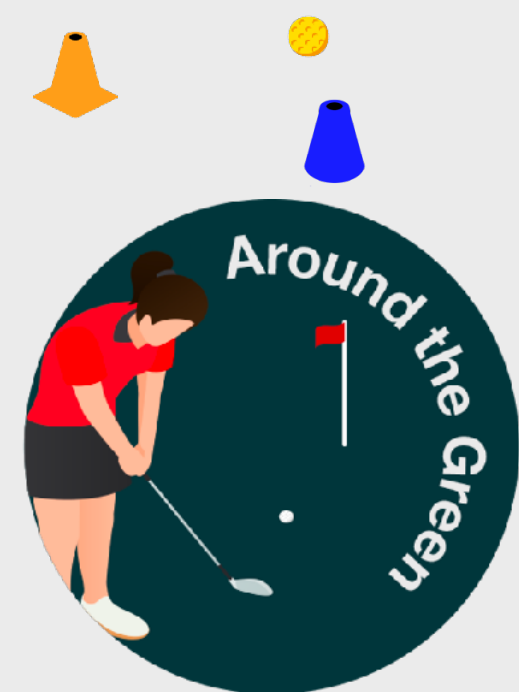
How to play

- Challenge the learner to hit 15 shots from the edge of the green. 5 shots should be hit with a 7 iron, 5 shots to be hit with a 9 iron and 5 shots to be hit with a SW
- If the learner gets the ball in the inner circle they score 10 points
- If the learner gets the ball in the outer circle they score 5 points
- Any shot on the green results in 2 points

Technical Link

- Explain to the learner how changing the club effects the result
- Ask the learner which shot is the most effective and score the most points over 15 shots

Landing Zones



Equipment Needed

- SW, 9 iron or 7 iron
- Hoops
- Golf balls

How to Play

- Place the hoops on the ground from 5 to 11 yards in 2 yard increments
- The aim is to chip the ball to land in the first hoop, and then land in each consecutive hoop thereafter
- The learner counts how many shots it takes to chip the ball to land in each hoop
- Extend the challenge by adding more hoops, or asking learners to land the ball in each hoop consecutively to the furthest hoop, and then back to the closest hoop again

Technical Link

- This will help the learner to understand how they can create an effective strategy for varying landing distances



• **Playing and Scoring - When to Play a Chip Shot**

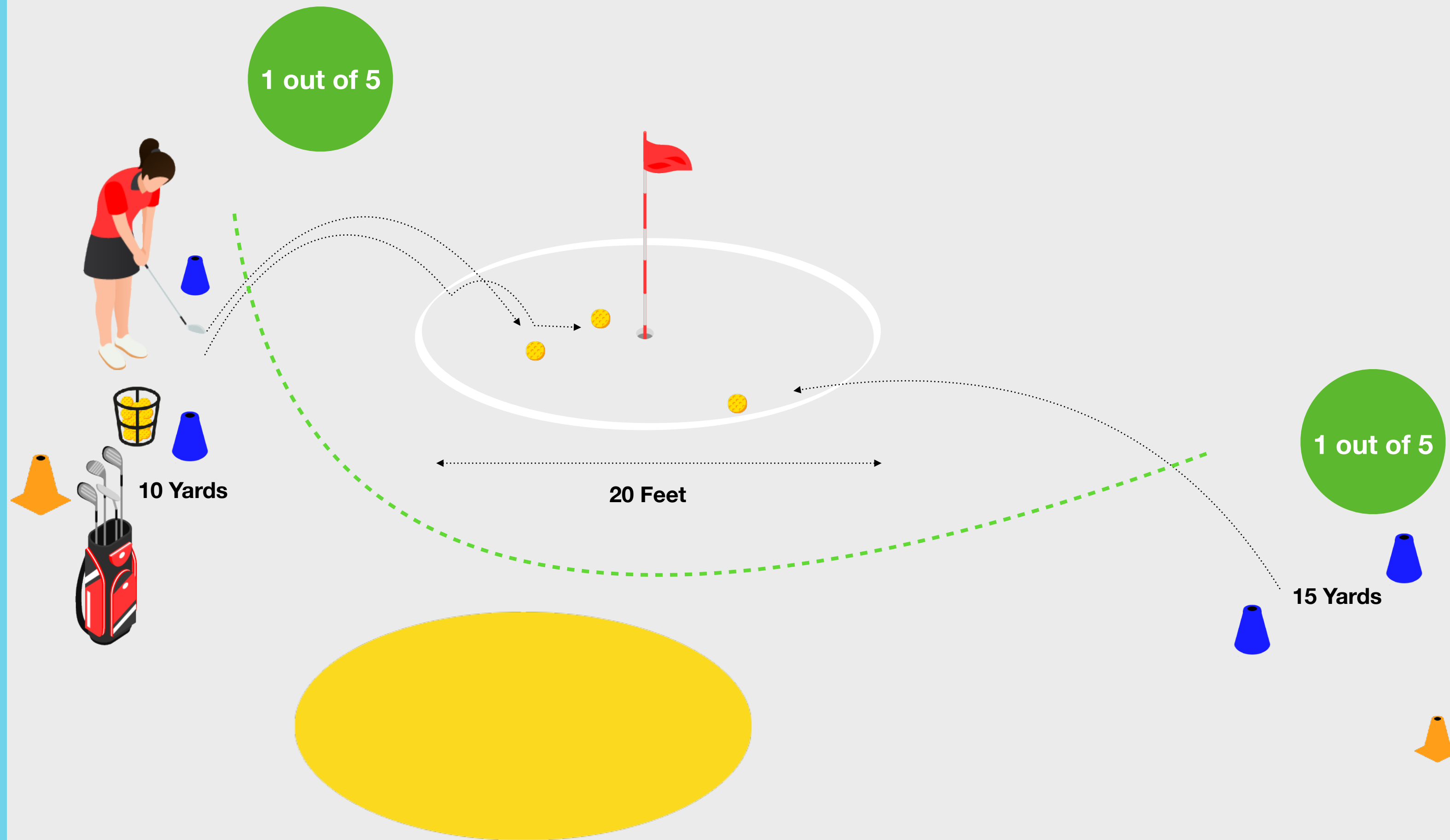
- The Learning the Game focus this week is to understand the different areas around the green and when to play a chip shot.
- You should highlight to the learners that by practicing the different shots and using different clubs they will build the skills needed to score effectively when out on the golf course.
- For more advanced groups take them through some of the more difficult shots and how to approach them.

• **Positive Self Talk**



- Encourage participants to practice positive self talk is going to help them as they navigate their way through the ups and downs of learning the game of golf.
- Practicing and getting into the habit of giving positive reinforcement will help to encourage learners to stick with the process of learning the game even when it becomes very difficult for them with a particular skill. A great tip is to ask them how they would respond to a child that had hit a particularly poor shot, or had a negative reaction to their practice/play, and to mirror that in the way learners speak to themselves.

Chipping Challenge



The Challenge

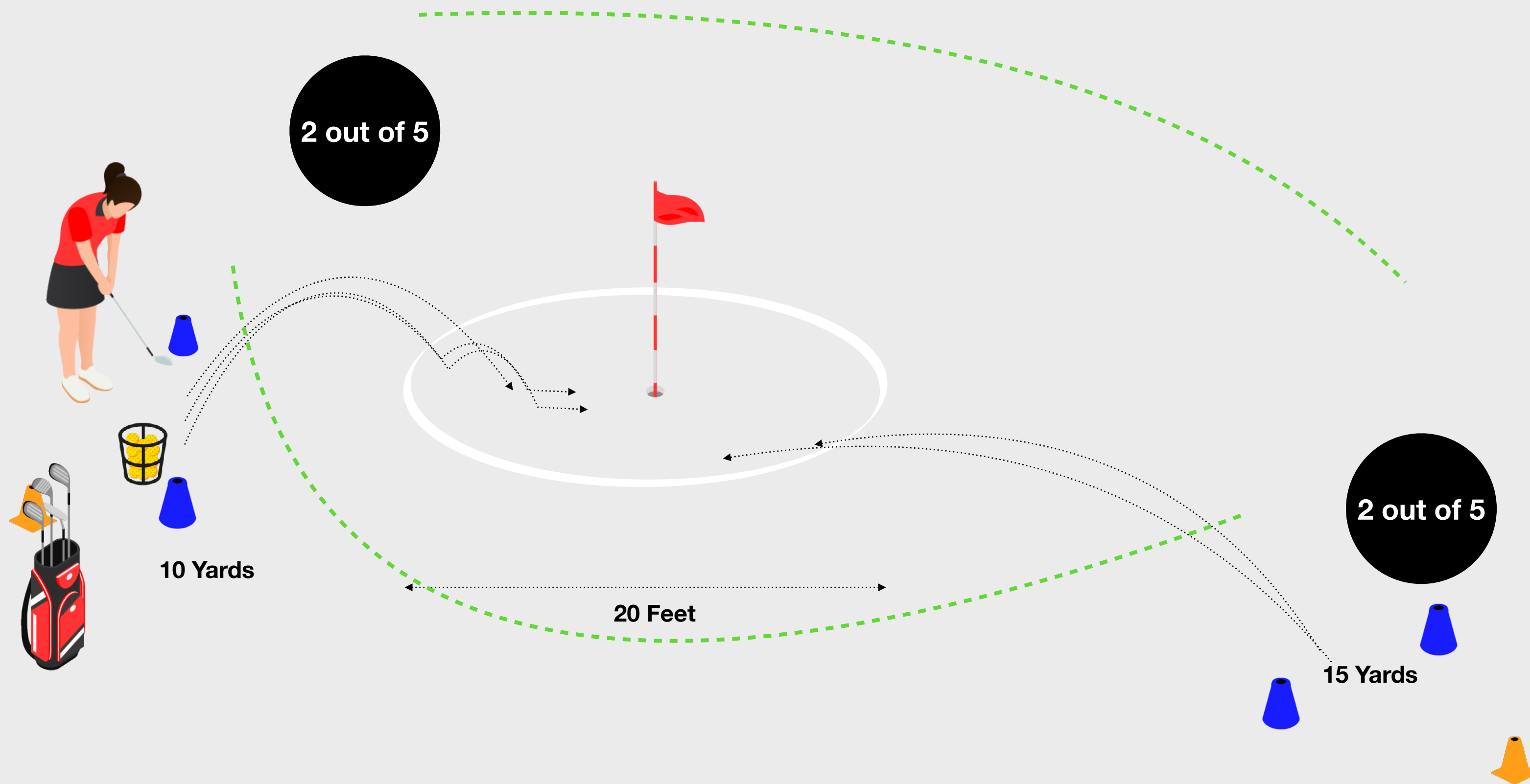
To complete the Level 2 Challenge the learner needs to chip 1/5 shots from 10 yards and 1/5 shots from 15 yards to finish within a 20-foot diameter target circle.

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



Chipping Challenge



The Challenge

To complete the Level 1 Challenge the learner needs to chip 4 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.Locker App
- If they complete the challenge, mark it as complete in the challenge section