

# Practice Your Swing

## Hybrids and Fairway Woods



# Class Timetable

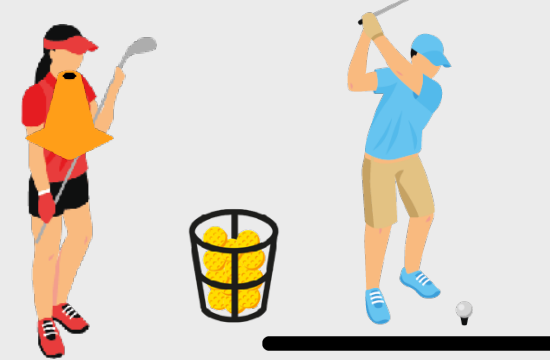
<b>Session Length:</b> 60mins	<b>Group Size:</b> 1:12	<b>Mastering the Game Focus:</b> <b>Swing</b> Hybrids and Fairway Woods	<b>Whole Golfer Focus: Mind</b> Greetings - Start and End of a Round	<b>Learning the Game Topic:</b> Playing and Scoring	<b>Learning the Game Focus</b> Par 3,4 and 5 Birdie, Par, Bogey	<b>Mastering the Game Challenge:</b> Fairway Woods 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 if 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. Specially 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>Greetings - Start and End of a Round</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> </ul>	<ul style="list-style-type: none"> <li>Swing Plane</li> <li>Army Golf</li> <li>Fairway Finder</li> <li>G.O.L.F</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 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>Par 3, 4 and 5</li> <li>Birdie, Par, Bogey</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> </ul>	<ul style="list-style-type: none"> <li>Swing Plane</li> <li>Army Golf</li> <li>Fairway Finder</li> <li>G.O.L.F</li> </ul>
10 Mins	<i>MyGame+</i> 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>

**Station 1:**  
Driving Challenge



**Station 5:**  
Game Station  
C.O.P.Y me



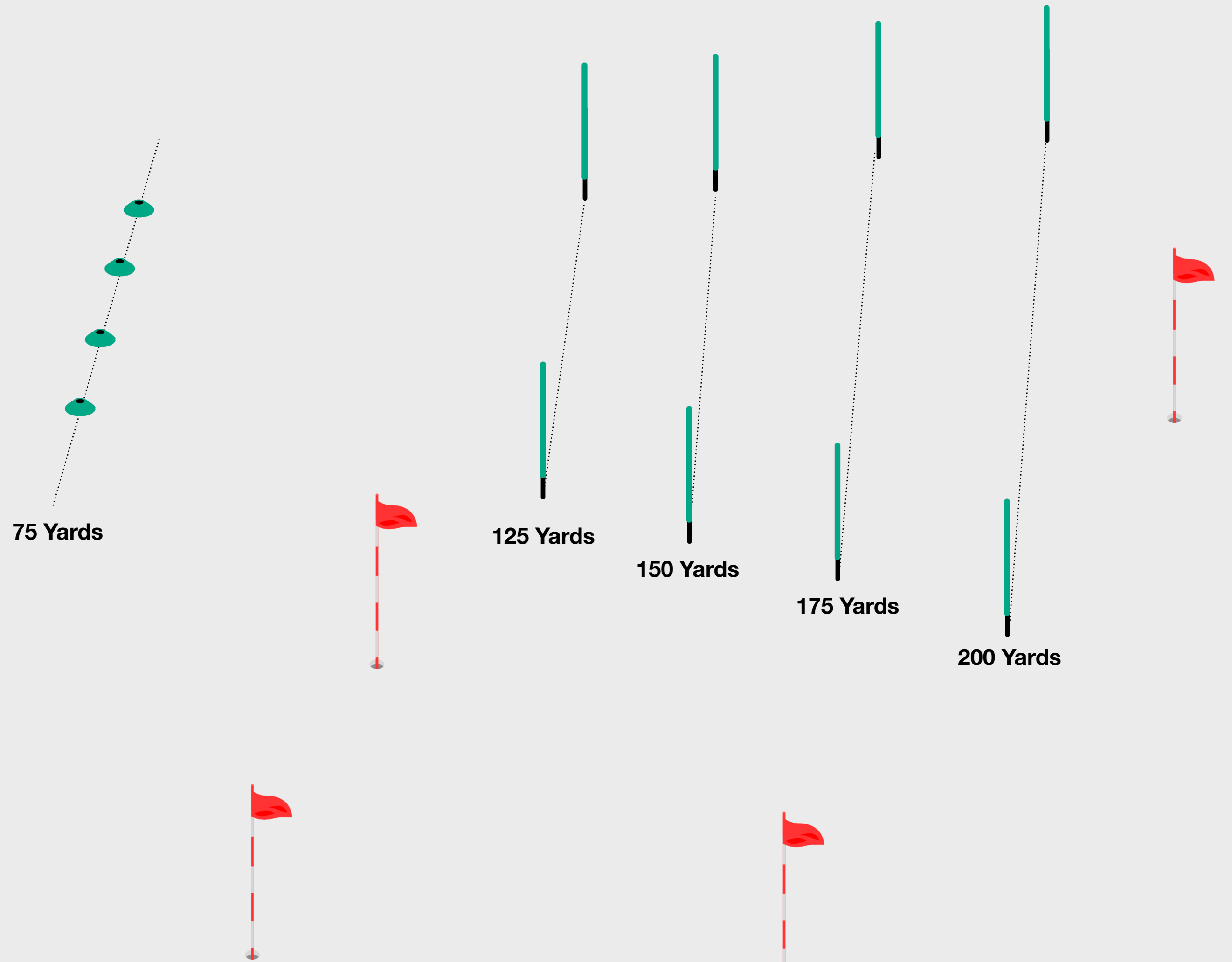
**Station 2:**  
Practice Station  
Speed Swinger



**Station 4:**  
Game Station  
Bombs Away



**Station 3:**  
Practice Station  
Drop the Right



# Swing Plane



## Equipment Needed

- Alignment Stick
- Foam Noodle
- 7 iron and hybrid
- Golf balls

## How to Practice

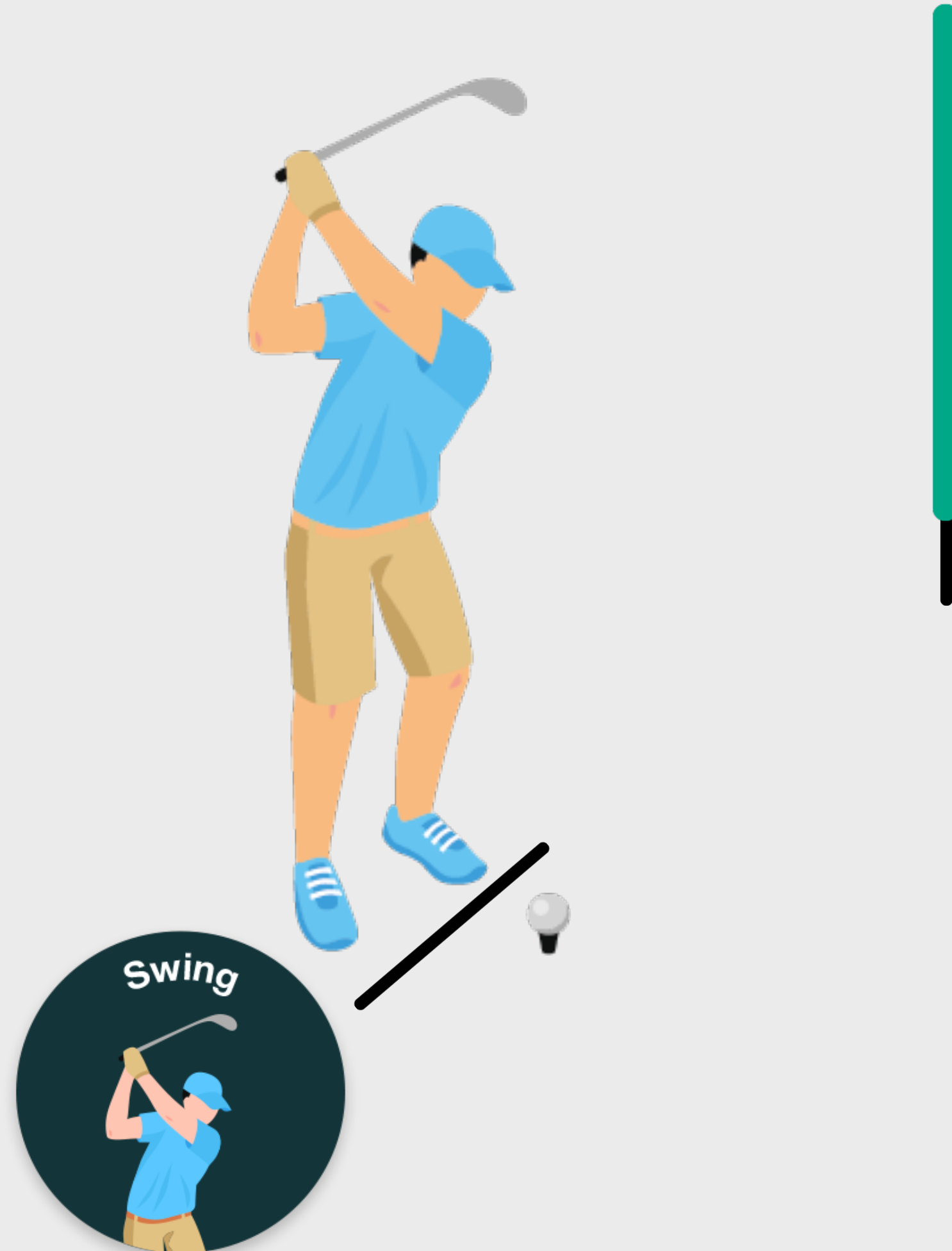
- The learner should use the alignment stick by placing it across their shoulders, getting into posture and rotating so that the point of the alignment stick points roughly towards the ball
- Another alignment stick and noodle can be placed at an angle along the ball to target line so that when the learner is swinging they can practice with the visual and physical guide in place

## Technical Link

- This activity will help the learner to strike the ball more consistently and improve their swing path



# Army Golf



## Equipment Needed

- Alignment Stick
- Foam Noodle

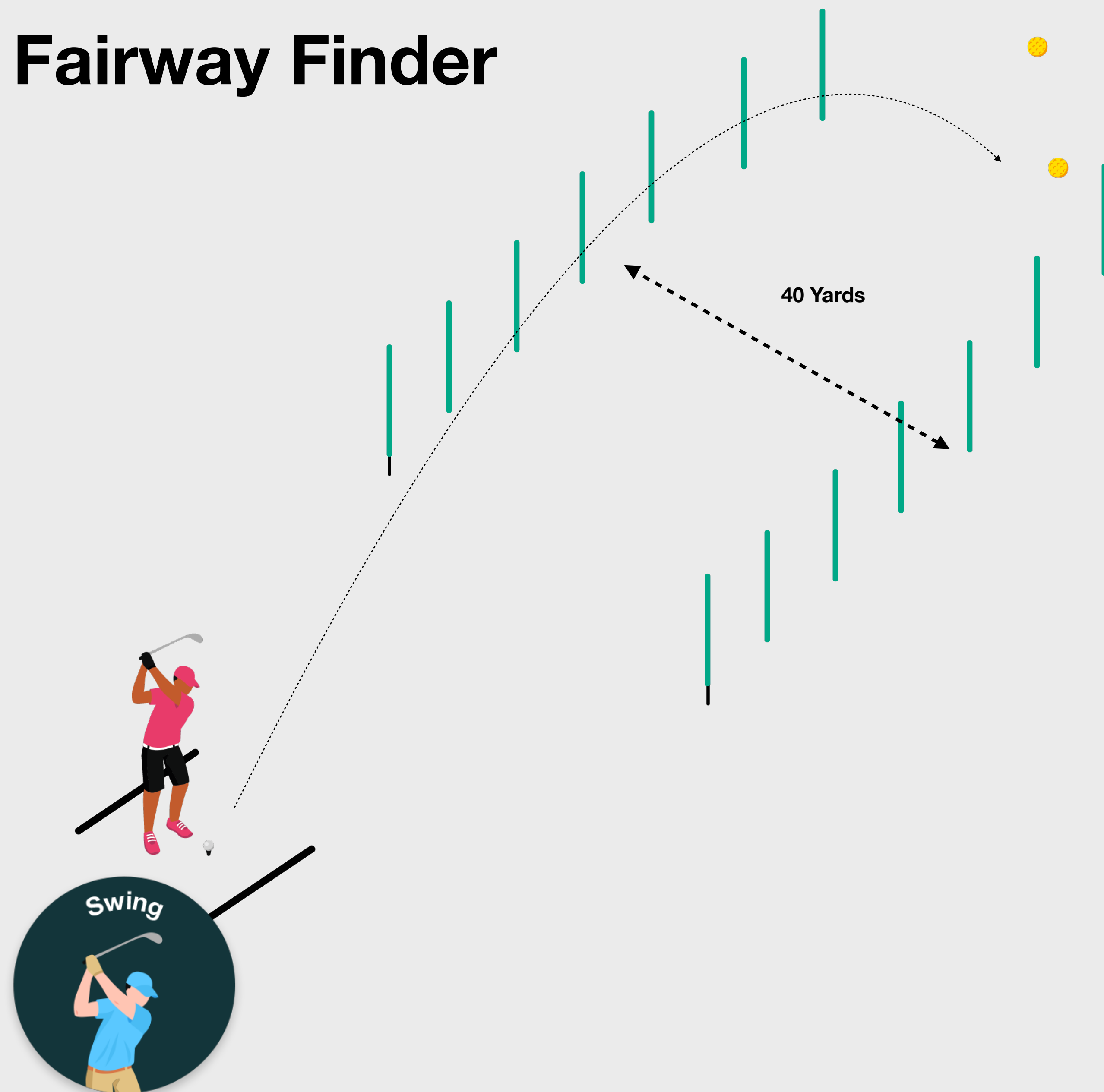
## How to Practice

- The learner addresses the ball in the same way each time, aided by the alignment stick which points directly at the foam noodle
- The learner should then attempt to hit the ball alternately left of the noodle, and then right of the noodle by changing the direction of the swing and the path of the club head
- The learner should try to build an awareness of how they control the club by swinging it in different directions

## Progression Ideas

- Challenge the learner to deliberately hit the ball left, then right then dead straight to hit the noodle
- If the learner struggles with one direction more than the other encourage them to practice that one more

# Fairway Finder



## Equipment Needed

- Driving range
- Alignment sticks, cones or other targets
- Golf balls

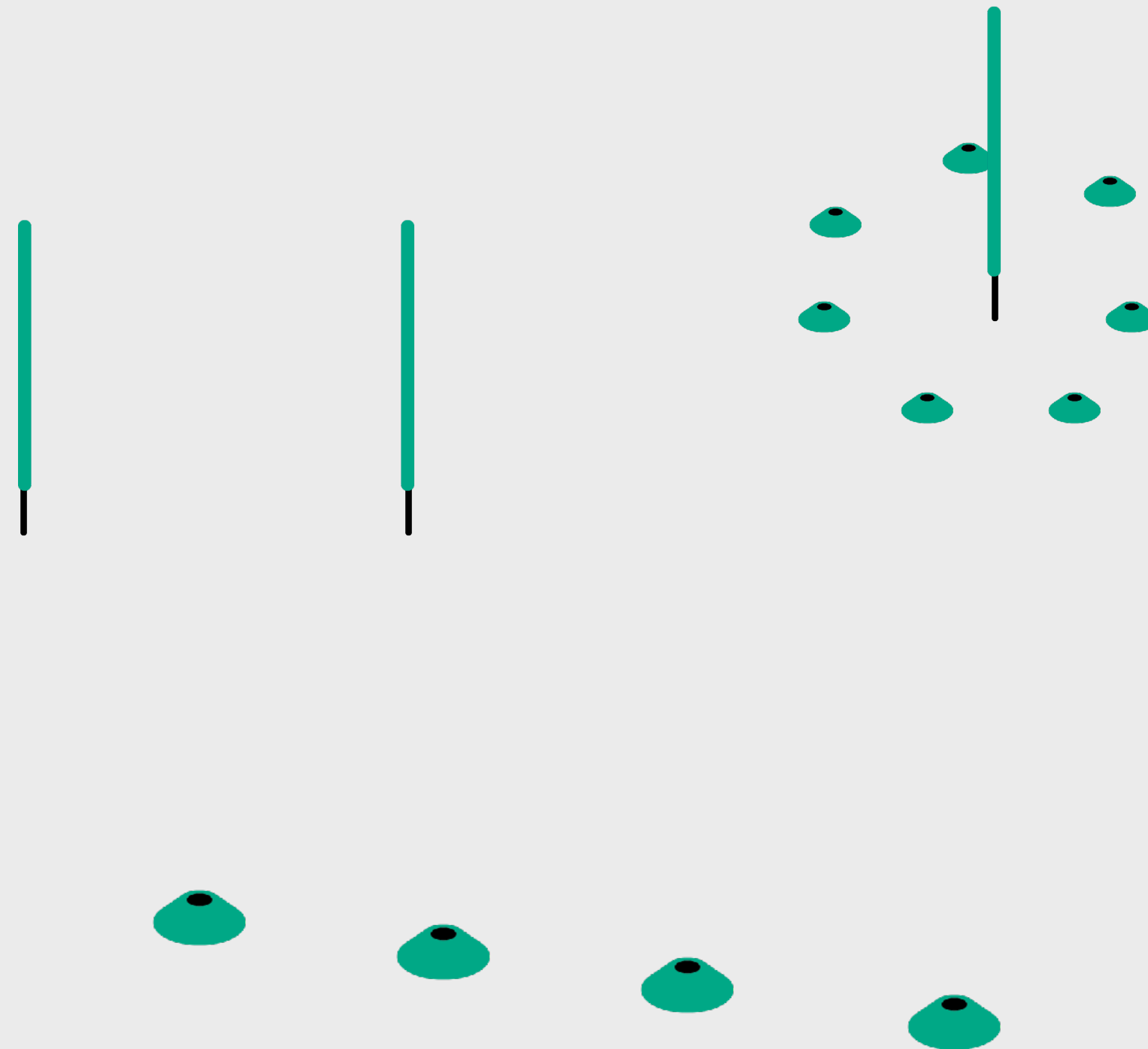
## How to Play

- Set up a fairway on the driving range using existing targets or use cones or alignment sticks
- Ask learners to hit golf balls and try and hit the fairway using their fairway wood
- Ask the learners to hit 10 shots and see how many out of 10 they can finish within the fairway

## Technical Link

- By having a visual target on the driving range it focuses the learners minds onto what is required for a stock shot
- It shows them what an average fairway width of roughly 40 yards looks like

# G.O.L.F.



## Equipment Needed

- Cones
- Alignment Sticks and Foam Noodles

## How to Play

- Set up a number of targets on the driving range, at an appropriate distance for your learners to aim at
- The learners should take it in turns to choose and aim for a particular target, if they manage to hit their intended target they achieve a “G”
- The game continues until a learner has completed the word “GOLF”

## Progression Ideas

- Dictate which targets the learners have to aim for, if it is too easy, make the targets more challenging
- Increase the length of the word to extend the game
- Challenge the learners to work together to achieve the game, whereby both must hit the target before the letter is achieved



- **Playing and Scoring - Par 3's, 4's and 5's  
Birdie, Par and Bogeys**

- Introduce learners to the different pars they will find on the course and what they mean. Be sure to reference the course play events where they will be playing holes with pars relative to their current ability.
- Introduce these key golfing terms and explain what they mean to you learners. Use this language moving forward so that your learners get used to the terminology they will hear when playing the game.

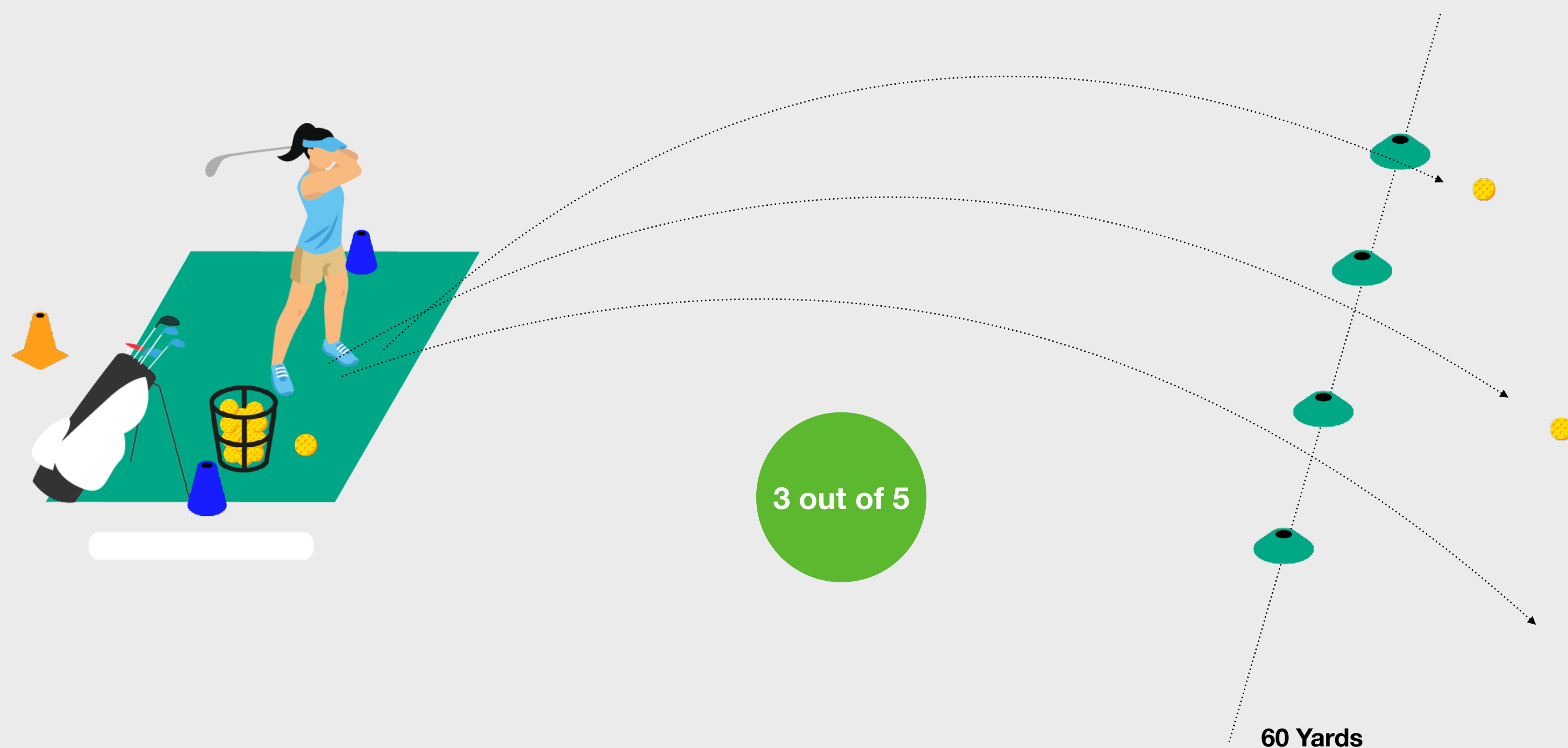
- **Greetings - How to start and end a round of golf**



- The well wishing at the start of a round and thanking your playing partners for the game at the end of a round is all part of what makes the game of golf.
- When your learners start to play with more and more people they will be expected to know these things, so introducing them to this now is a great way to make sure they feel comfortable when playing with other people.



# 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
<b>Hybrid/Fairway Wood Distances</b> <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

