

Around the Green - Level 3

Developing Pitching and Bunker Play



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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	Class Content	Learning the Game	Mastering the Game
15 Mins Prior	Introduction and Welcome		
10 mins	Introduction	<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 	
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<ul style="list-style-type: none"> Outline your preferred 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 	<ul style="list-style-type: none"> Class layout and Setup
5 Mins	Learning the Game and Whole Folder Focus	<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"> Orientation of the Game Orientation of the Equipment Fit for Golf Introduction
30 Mins	Mastering the Game Independent and Social Practice	<ul style="list-style-type: none"> Get the group together to introduce the remaining Learning the Game or Whole Golfer focus Opportunity to engage in group discussion, questions and re-visit any technical elements 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station Mastering the Game Challenges
10 Mins	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 if applicable independently or socially 	
15 Mins Post	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 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"> Practice stations Game cards Secondary skill station Mastering the Game Challenges

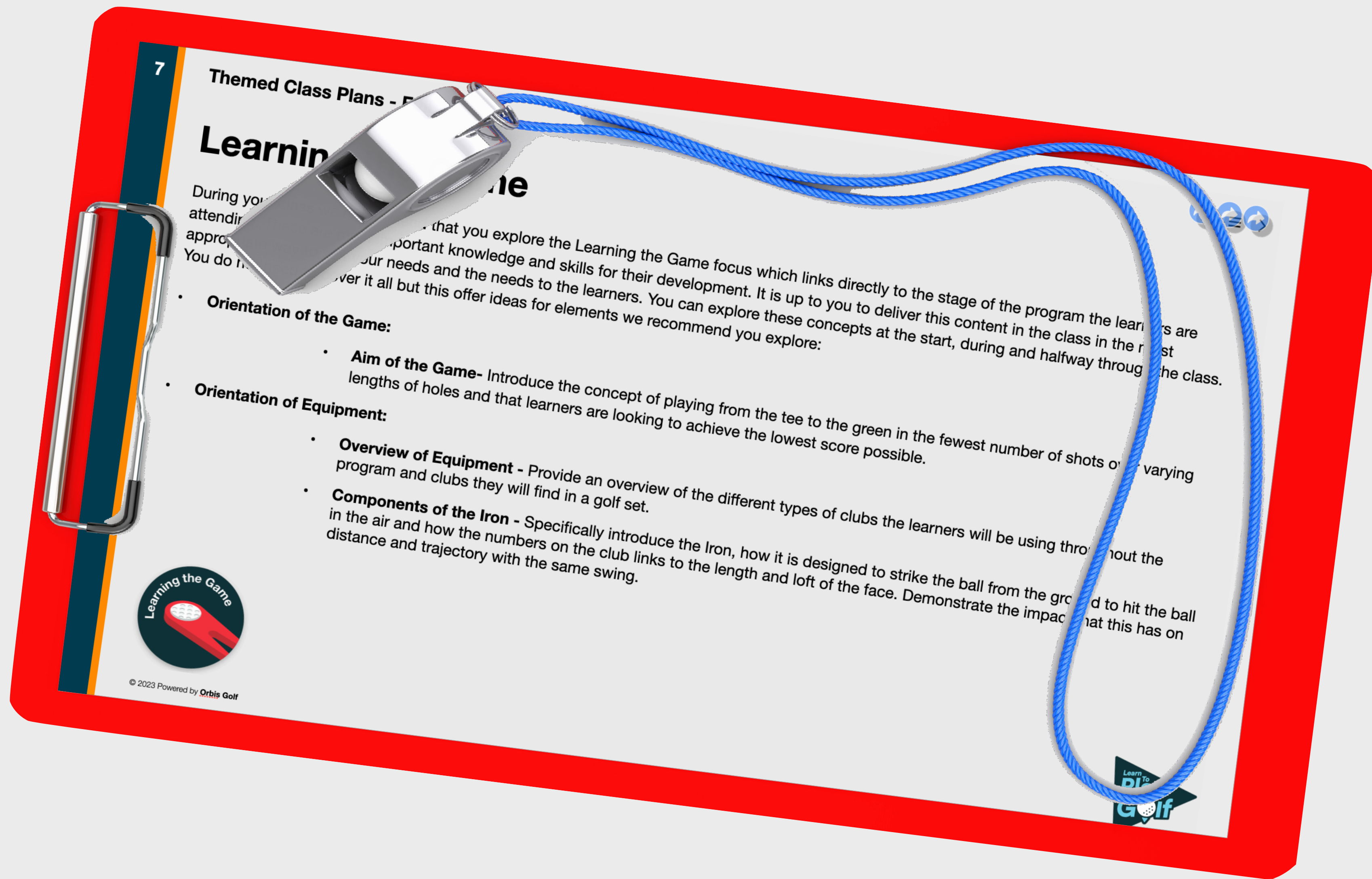
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Class Timetable - Developing Pitching and Bunker

Session Length: 90mins	Group Size: 1:8	Mastering the Game Focus: Around the Green Developing Pitching and Bunker	Whole Golfer Focus: Mind Respectful When Others are Playing	Learning the Game Topic: Orientation	Learning the Game Focus Orientation of Equipment	Mastering the Game Challenge: Bunker Play Pitching 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 and the challenges for the specific class depending on the facilities available 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 Bunker Play or Pitching Introduce the Learning the Game or Whole Golfer focus Explain how to play the games and attempt the practice station activities within Bunker Play or Pitching activities Explain how to attempt the Mastering the Game Challenge if applicable 	
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
5 Mins	Learning the Game and Whole Folder Focus	<ul style="list-style-type: none"> Outline the technical focus for Bunker Play or Pitching Introduce the Learning the Game or Whole Golfer focus Explain how to play the games and attempt the practice station activities within Bunker Play or Pitching activities Explain how to attempt the Mastering the Game Challenge if applicable 	
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	<i>myGame+</i> Tracking	<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



Technical Guidance - Bunker Play

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 **Flight, Bounce and Roll** within the bunker at this stage. Some of technical content you may want to explore in this session may include:

- **Flight of a Bunker Shot** - Explain how flight can be altered in a bunker shot. This may include:
 - Using difference loft of wedge to add or reduce height and roll
 - Alter the set up to create a different a different attack angle to generate more spin and less roll
 - How being able to vary the flight of the ball is an important skill as the design of a bunker will vary from golf course to golf course
- **Bounce and Role of a Bunker Shot** - Outline to the learners what effects the bounce and roll of a bunker shot. This may include:
 - Outline to learners how the flight of the bunker shot will change how the ball reacts when it hits the green
 - Explain how a shot using a lower lofted club with generate less bounce and more roll and vice versa
 - Explain how the lie of the golf ball in the bunker will impact the the way the ball reacts off the club and therefore when it lands on the green



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, different situations and exploring skills through discover and games based learning.

Technical Guidance - Pitching

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 **Flight, Bounce and Roll** when pitching at this stage. Some of technical content you may want to explore in this session may include:

- **Varying Distance** - Outline some of the key fundamentals for your learners to be able to vary the distance the ball travels when pitching. This will depend on your preferences and the ability of the group, however you may want to include:
 - Varying swing length will help to vary distance and you can use simple concepts such as reference points of arm position in relation to a clock face
 - Changing Club Selection will also vary the distance the ball will travel and the resulting flight
 - Discuss the importance to rhythm and speed when pitching
- **Flight, Bounce and Role of a Pitch Shot** - Outline to the learners what effects the flighty, bounce and roll of a pitch shot. This may include:
 - Using difference loft or type of wedge to add or reduce height and roll
 - Altering the set up to move the ball back or forward in the stance to change initial launch angle of the ball
 - Explain how a shot using a lower lofted club will generate less bounce and more roll and vice versa
 - Show the learners the importance of shot planning when hitting a pitch shot. Explain how choosing a shot type with more roll will influence their club selection and how they play the shot



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, different situations 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** - Outline to the learners how the club used in Pitching and Bunker Play differs from other clubs in the bag and the design of the club can help them when in these situations. You may want to explore the with the learners:
 - **Length of the Club** - Outline to the learners that clubs used in Pitching and Bunker Play are the shortest clubs in the bag and link this to the distance these clubs will hit the ball and how this links to trajectory
 - **Loft on a Wedge** - Outline to the learners the meaning of loft and why this is important when in situations around the green. Outline how loft impacts the trajectory of the golf ball and the resulting distance swell as the way the ball will land on the green
 - **Bounce of the Wedge** - Outline to the student what is 'Bounce' on a wedge and how this is designed to help them in situations around the green and in the bunker
 - **Number of Wedges** - Outline to the learners that they can have a number of different wedges in their bag and explain the different between wedge types i.e Lob Wedge and Pitching Wedge.
 - **Preference for their Game** - Outline to the learners that they should develop a preference



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:

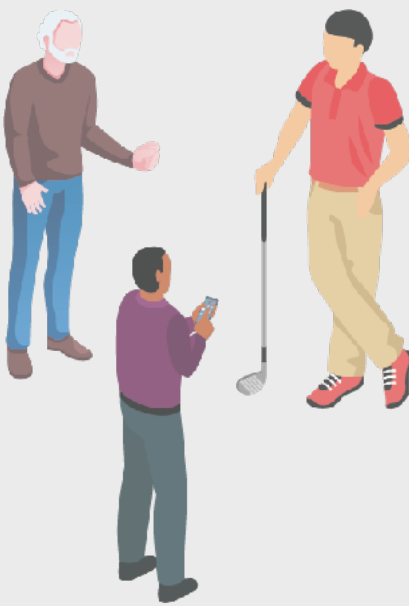
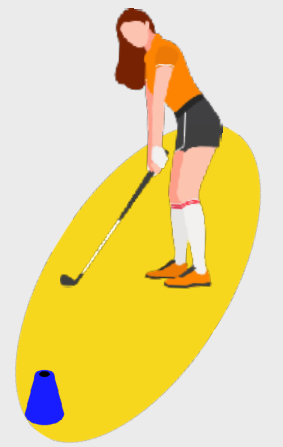
- **Respectful When Others are Playing**

- Highlight to learners the importance of being quiet and respectful whilst other are playing. Outline the presence of other golfers nearby on neighbouring holes or those also practising at the facility
- Provide some reassurance to learners how this courtesy will generally be returned by other players around you and help them to concentrate
- Learners should understand about other elements of respect in golf such as not walking across putting lines, moving ball markers out of putting lines and handshaking at the end of a round of golf
- Reiterate to learners how this respectful approach to playing partners is a unique element of golf

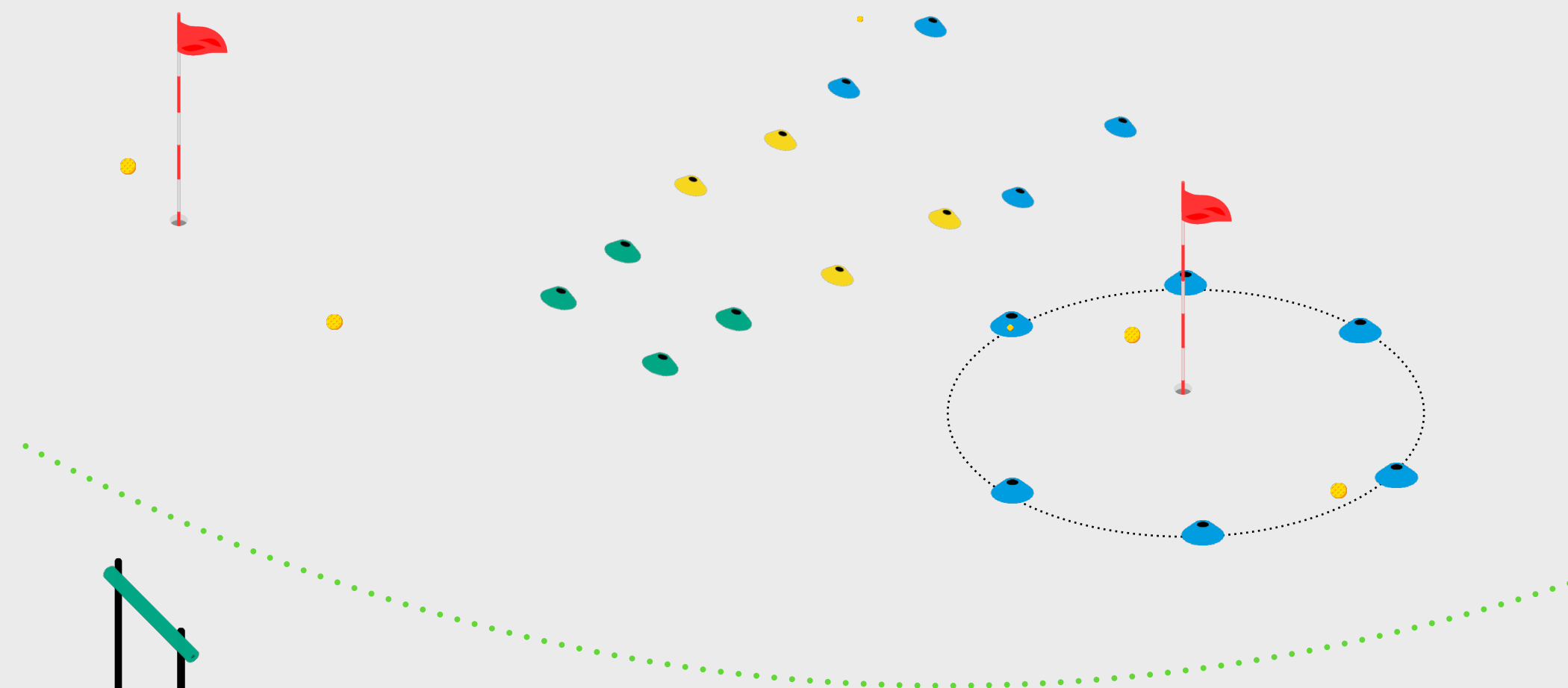


Class Layout and Setup

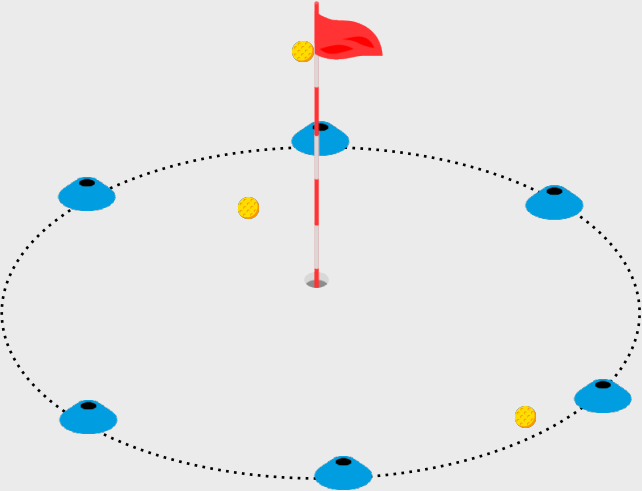
Station 1:
Practice Station
Making a Splash



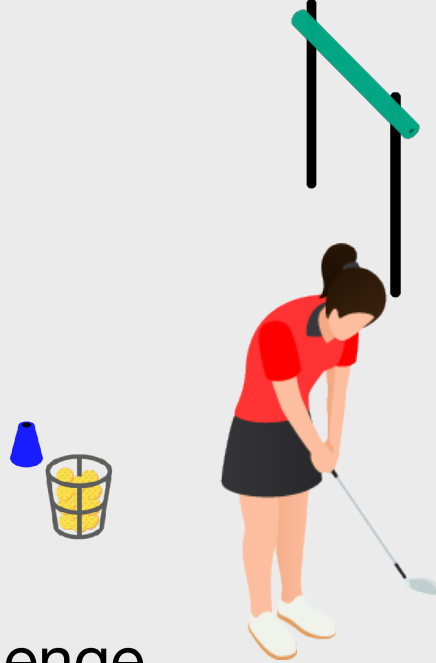
Group Discussion:
Start, during and at the end of the class



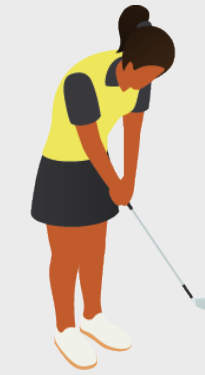
Station 2:
Practice Station
Ball Position



Station 5:
Game Station
Crossbar Challenge



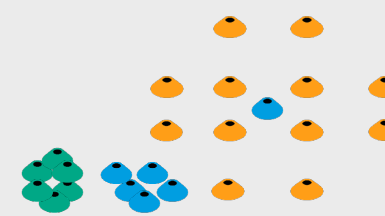
Station 2:
Game Station
Control Distance



Station 3:
Practice Station
The Clock face



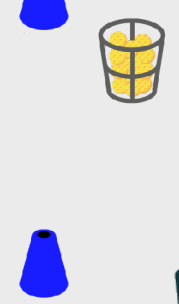
Station 3:
Game Station
Naughts and Crosses



Station 4:
Bunker Challenge Station



Station 4:
Pitching Challenge Station



Practice Stations and Game Cards



Themed Class Plans

Control Distance

30 Yards

20 Yards

10 Yards

About
The Practice Station Activity has been built to provide an engaging practice element to your class and is a perfect fit for your themed class focus.

Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set this activity up in 3 different sized boxes (10, 20 yards 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 ball further; 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 as a lower lofted club (e.g. a 7 iron would be best to use).

Technical Learning Objectives

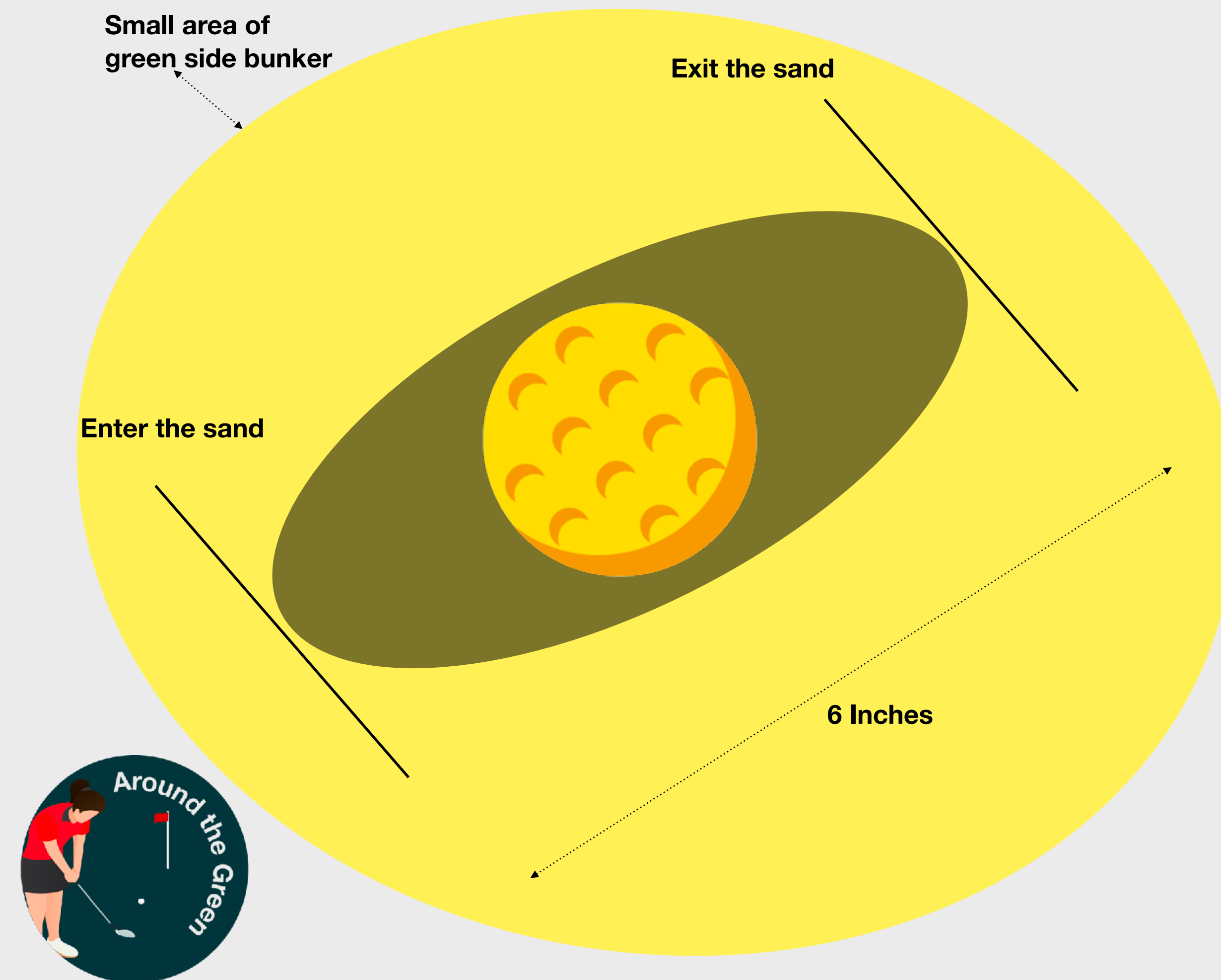
- This activity will help the learner to understand the distance of a shot based on the speed of the stroke.
- This activity will help the learner to gain consistency in chipping around the green by becoming confident in using one particular type of club.

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GAM
GOLF DEVELOPMENT



Making a Splash



Equipment Needed

- Bunker
- Sand Wedge
- Golf balls

How to Practice

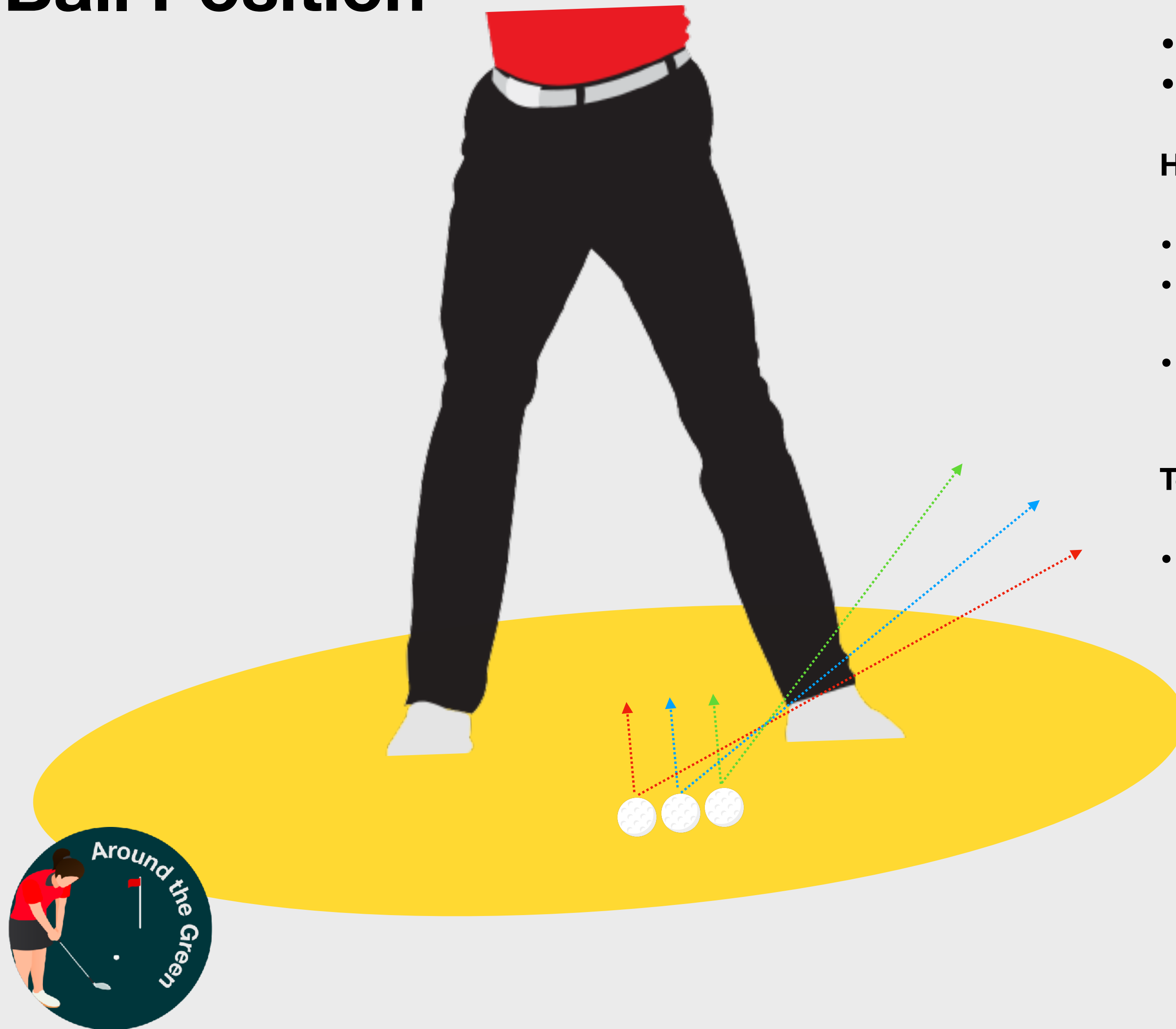
- In the bunker get the student to mark out the circle around the golf ball approximately 6 inches across
- When the student is hitting the shot, encourage them to hit the sand on the first mark and leave the sand on the second mark
- This will encourage the learner to splash the sand under the golf ball and have the desired contact

Technical Link

- This activity will encourage the student to splash the sand under the golf ball and have the desired contact
- Encourage the student to try PW to get a lower flight, less spin and more roll



Ball Position



Equipment Needed

- Sand Wedge
- Golf balls

How to Practice

- Ask the students to hit balls from a green side bunker
- Students should vary the ball position at set up from centre of their stance and move towards the front foot
- Allow the students to see how changing the ball position can affect the initial launch angle of the bunker shot

Technical Link

- This activity will help the students to understand how changing the ball position at address can affect the flight and height of the bunker shot

Naughts and Crosses



Equipment Needed

- Golf ball for each player
- SW or PW
- Pile of Colored Cones for the Crosses
- Pile of Colored Cones in a second Color for the Naughts
- Cones for the Naughts and Crosses Grid

How to Play

- Get the student to choose a pile of coloured cones therefore deciding whether they are 'Naughts or 'Crosses'
- Each player nominates a position in the bunker and a target to aim towards
- Both players hit their shots and the closest to the flag wins and gets to play a coloured cone on the Naughts and Crosses grid

Progression Ideas

- Choose a variation of targets

The Clockface



Equipment Needed

- Pitching Wedge or Sand Wedge
- Golf balls

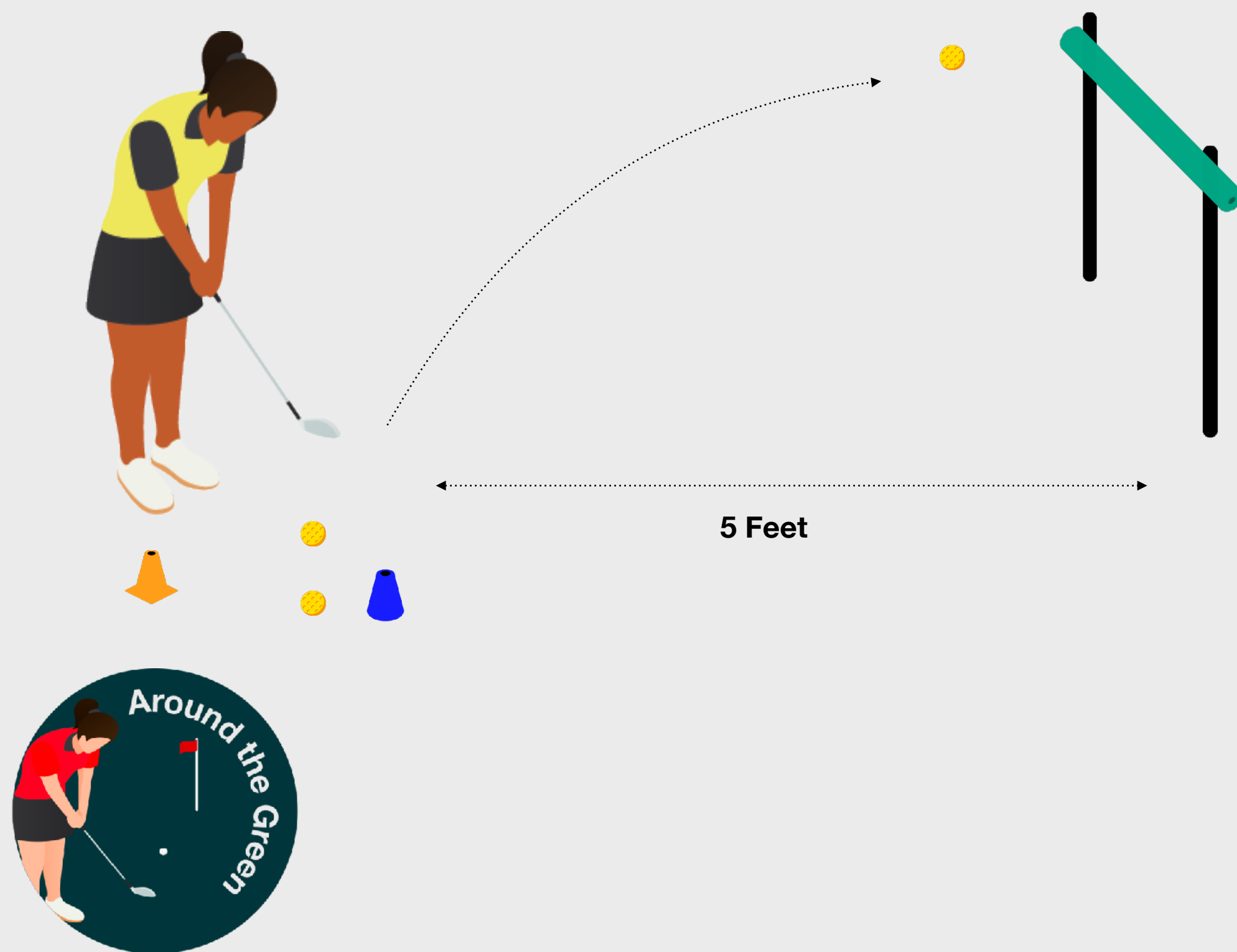
How to Practice

- The learner should start by assuming their setup position without the golf ball
- They should then attempt to create backswing to the 8pm position using their left arm as a reference
- The learner should build up the speed in which they create this position until they can produce it effectively at full speed
- The learner should then attempt to hit their first shot using the internal feel they have created and note how far the ball travelled
- They learner should repeat this for each subsequent clock face position
- This exercise is also effective when used with a partner or using a mirror. The learner can also be filmed so they can awareness of 'feel' vs 'real'

Technical Link

- This exercise will help the learner to understand how a change in swing length will help them to vary the distance the ball travels
- It will help them to visualise a change in swing length and build a internal reference point for how different swing lengths will impact the distance the ball travels

Crossbar Challenge



Equipment Needed

- Alignment sticks and a noodle to create the crossbar
- Golf balls

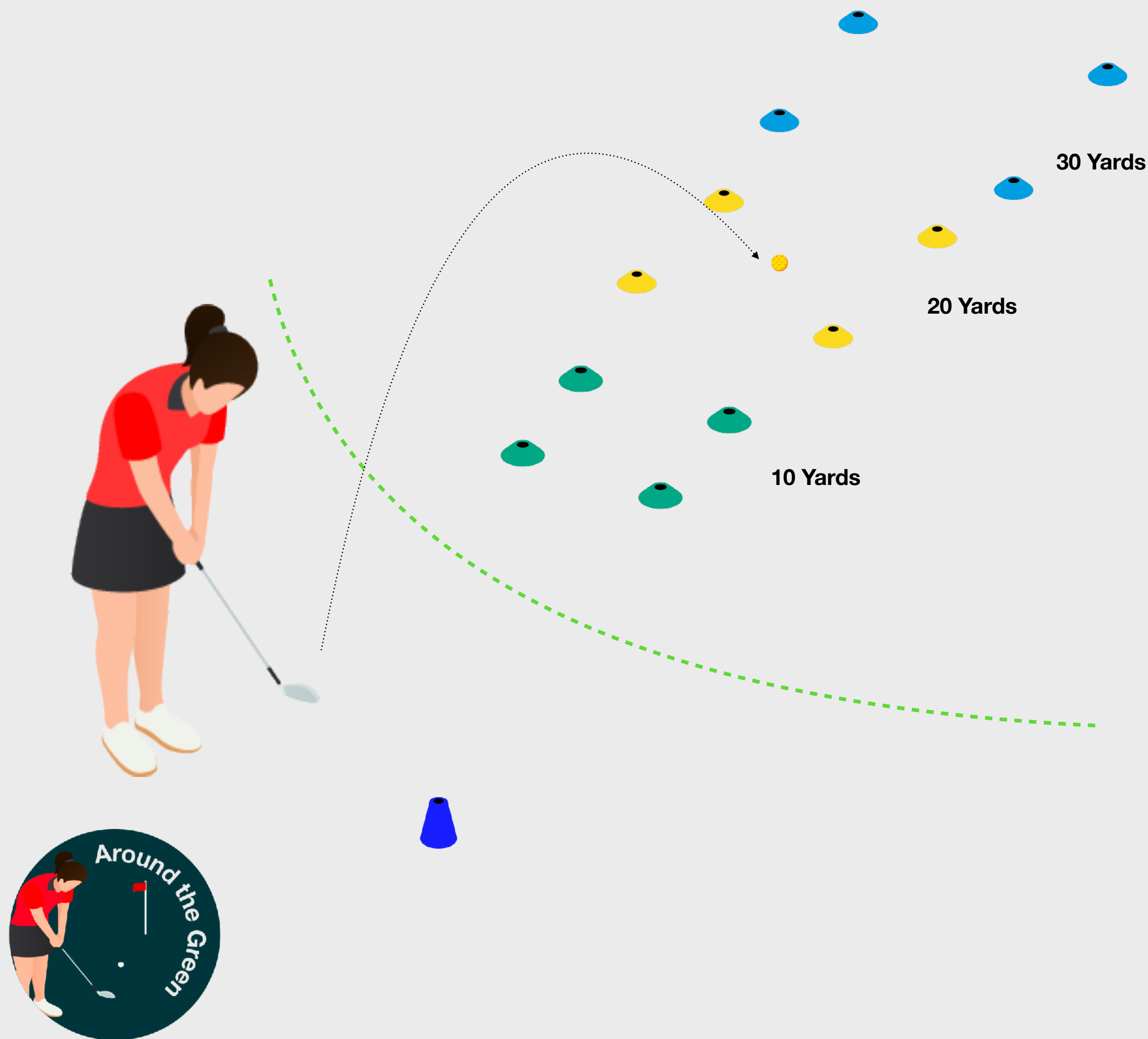
How to Play

- Place the crossbar just five feet ahead of the learner
- The aim is to pitch the ball over the crossbar from this close proximity
- The learner receives 5 attempts to pitch the ball over the noodle
- If unsuccessful they can move a foot further away, if they are successful they can move a foot closer, and they then attempt the challenge again

Progression Ideas

- Vary the height of the noodle
- Vary the distance from the starting position and the crossbar
- Vary the club that is used and also explore hitting the ball under the crossbar

Control Distance



Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set this activity up with 3 different sized boxes at 10 yards, 20 yards and 30 yards from the learner
- The learner should practice pitching the ball different distances using the same club, by varying the length and speed of the swing
- The aim is to get the ball to land in the relevant box that they are aiming for

Technical Link

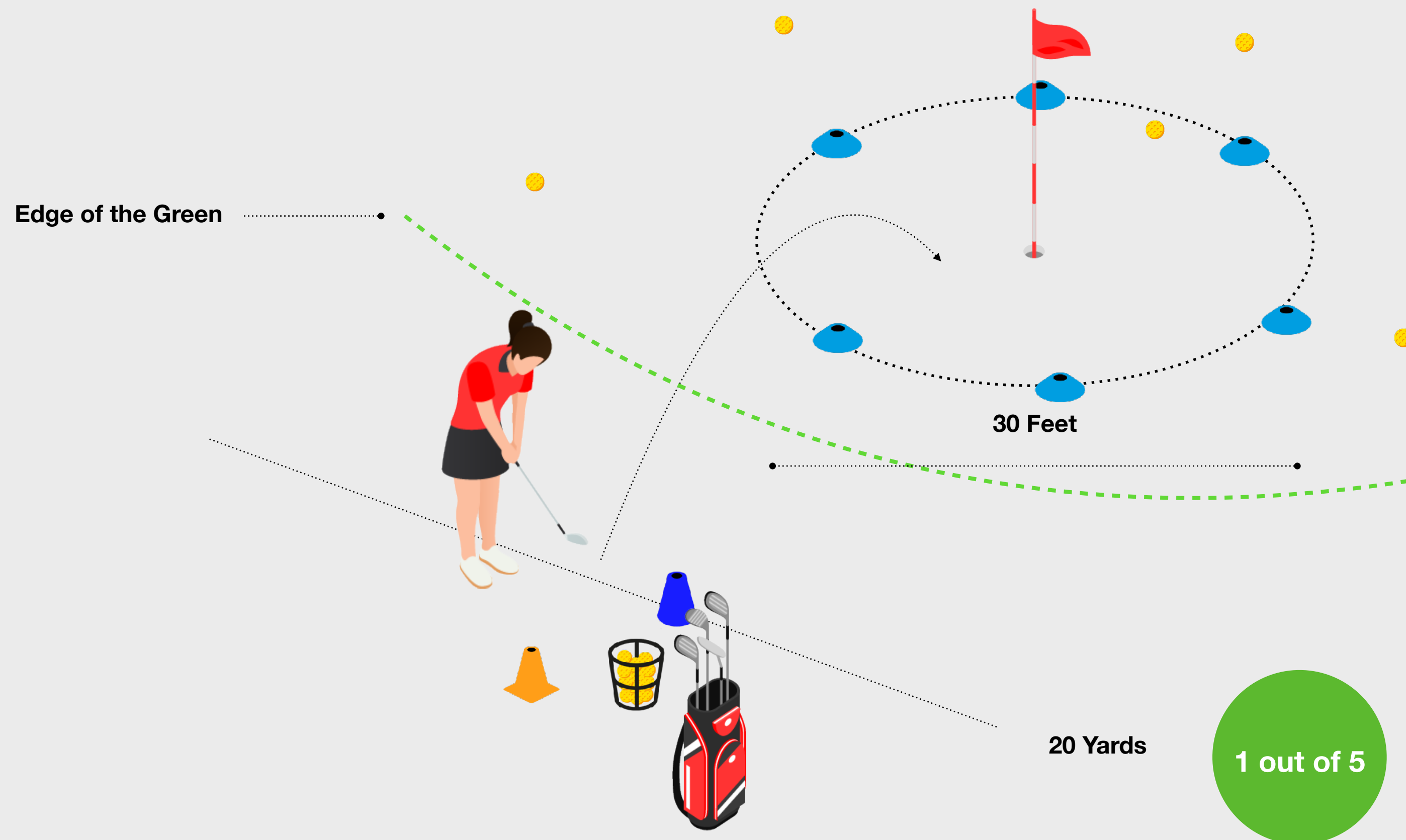
- This activity will help the learner to understand how to control the distance of a shot based on the length and speed of the stroke
- This activity will help the learner to gain some consistency around the green by becoming more confident using a longer wing for short shots



Mastering the Game Challenges



Pitching Challenge



The Challenge

To complete the Level 2 Challenge the learner needs to hit 1/ 5 shots from 20 yards within a 30-foot diameter circle from a minimum of 10 yards from the edge of the green.

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

Bunker Play Challenge



The Challenge

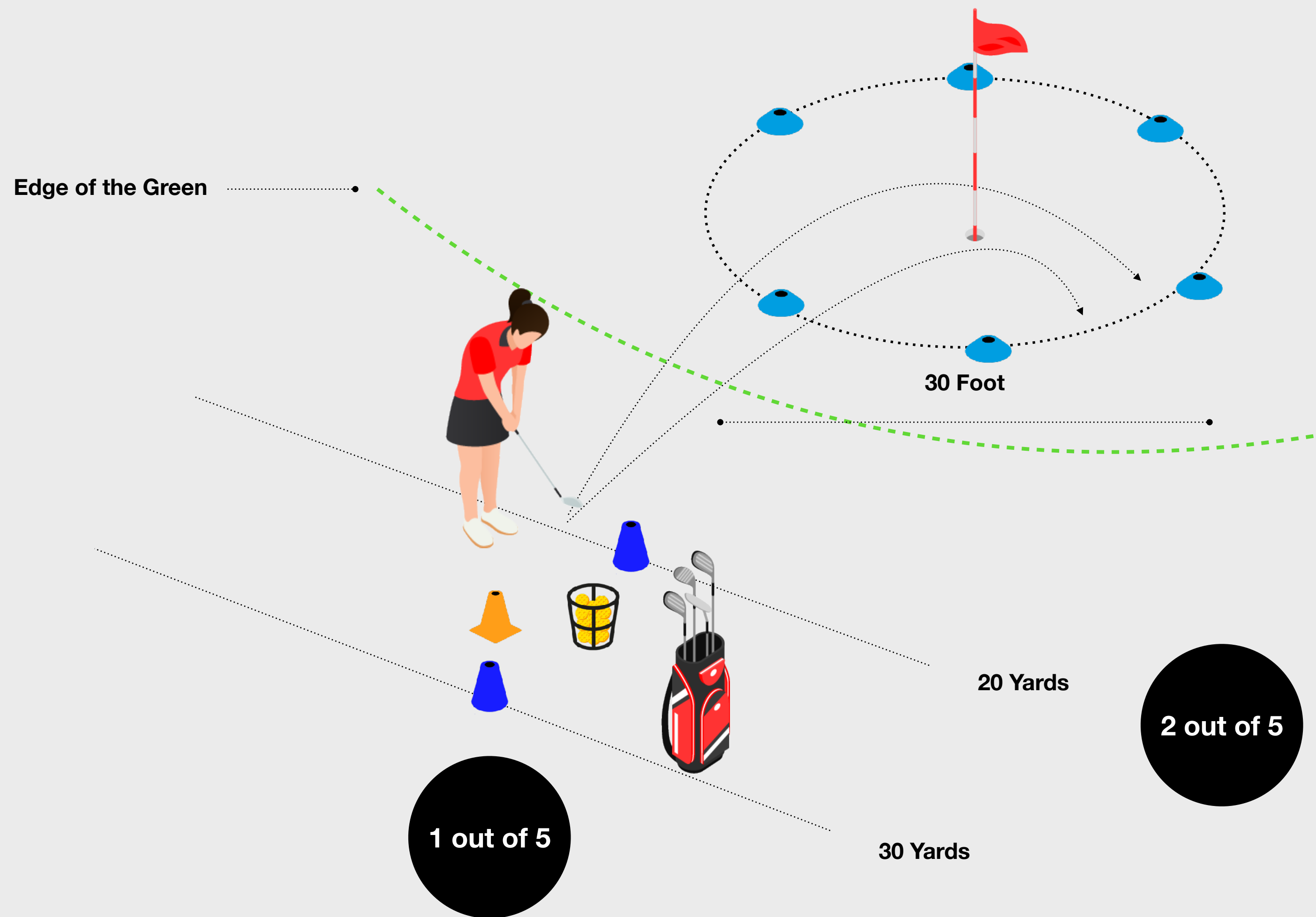
To complete the Level 2 Challenge the learner needs to hit 1 out of 5 shots to finish anywhere on the green but the learner must demonstrate control. Contact must be made with the remaining shots.

What should the Learner do next?

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

Pitching Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to hit 2/ 5 from 20 yards and 1/ 5 from 30 yards within a 30-foot diameter circle and the remaining shots must finish on the green.

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

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?

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