

Around the Green - Level 3

Developing Pitching and Bunker Play



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



• Technical Guidance

- Explore flight of a bunker shot
- Explore bounce and role of a bunker shot
- Explore concepts for varying distance
- Explore flight, bounce and role of a pitch shot (Pitching)

• 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. This may include
 - Length of the Club
 - Loft on a Wedge
 - Bounce of the Wedge
 - Number of Wedges
 - Preference for their Game



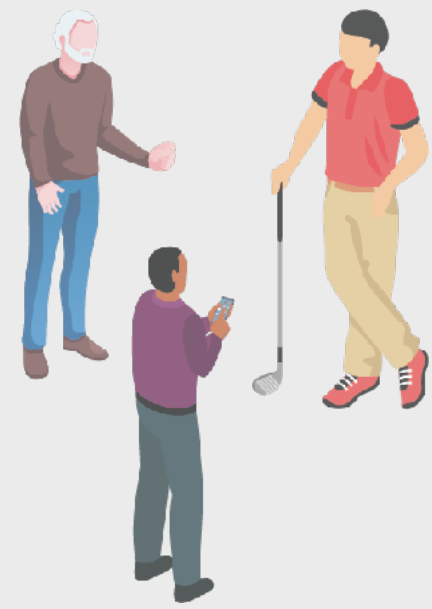
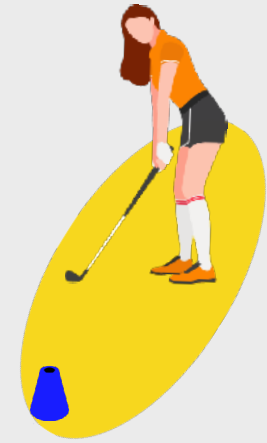
• Respectful When Others are Playing

- Highlight to learners the importance of being quiet and respectful whilst other are playing
- Provide some reassurance to learners how this courtesy will generally be returned by other players around you and help them to concentrate
- Reiterate to learners how this respectful approach to playing partners is a unique element of golf

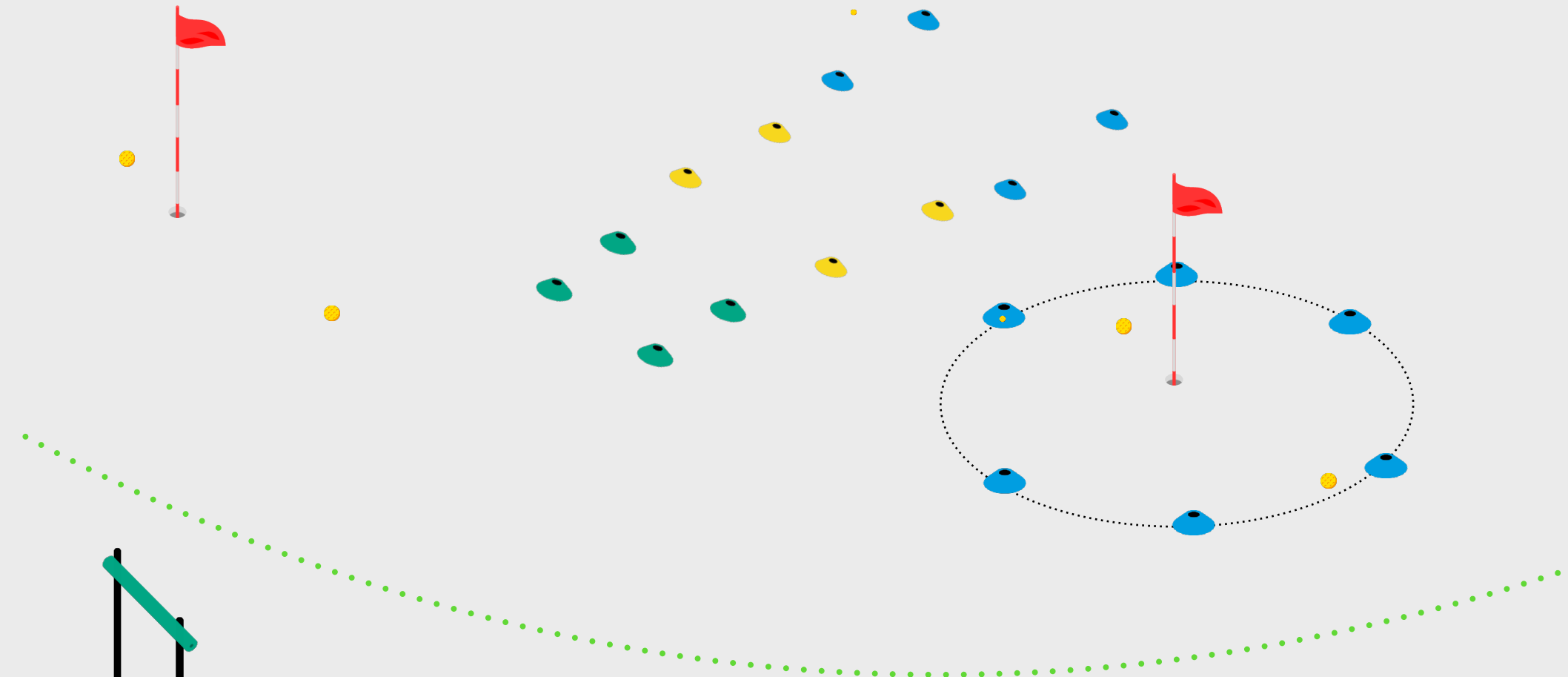


Class Layout and Setup

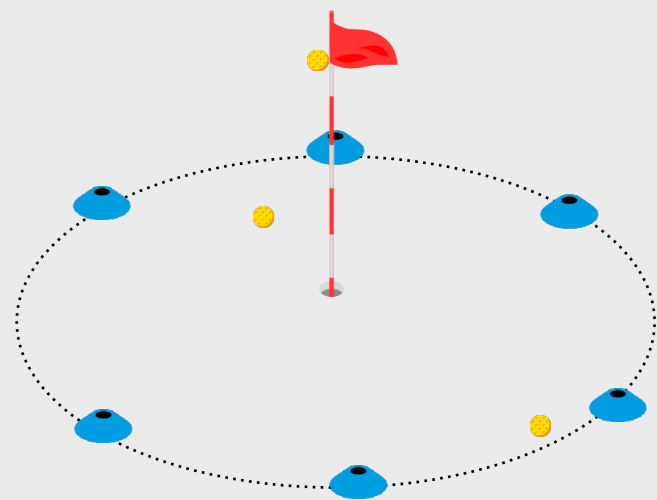
Station 1:
Practice Station
Making a Splash



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



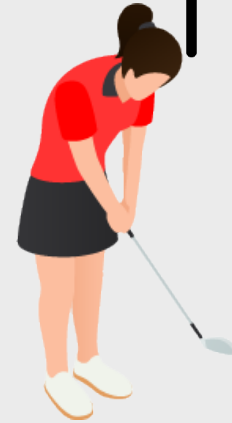
Station 2:
Practice Station
Ball Position



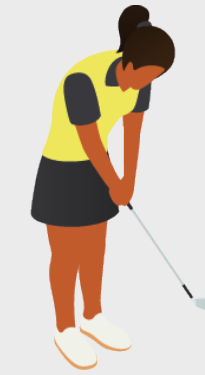
Station 5:
Game Station
Crossbar Challenge



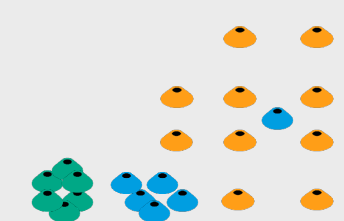
Station 2:
Game Station
Control Distance



Station 3:
Practice Station
The Clock face



Station 3:
Game Station
Naughts and Crosses



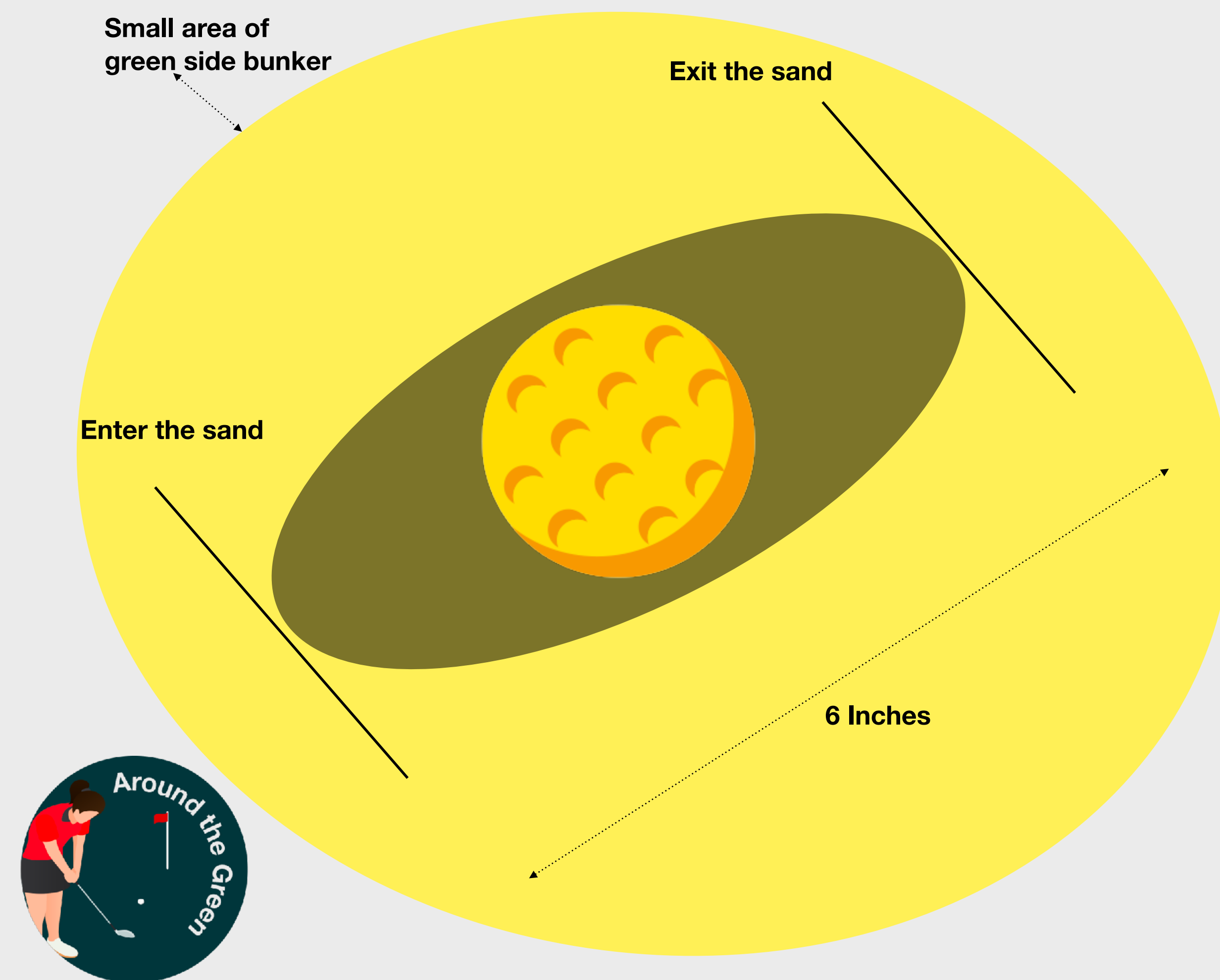
Station 4:
Bunker Challenge Station



Station 4:
Pitching Challenge Station



Making a Splash



Equipment Needed

- Bunker
- Sand Wedge
- Golf balls

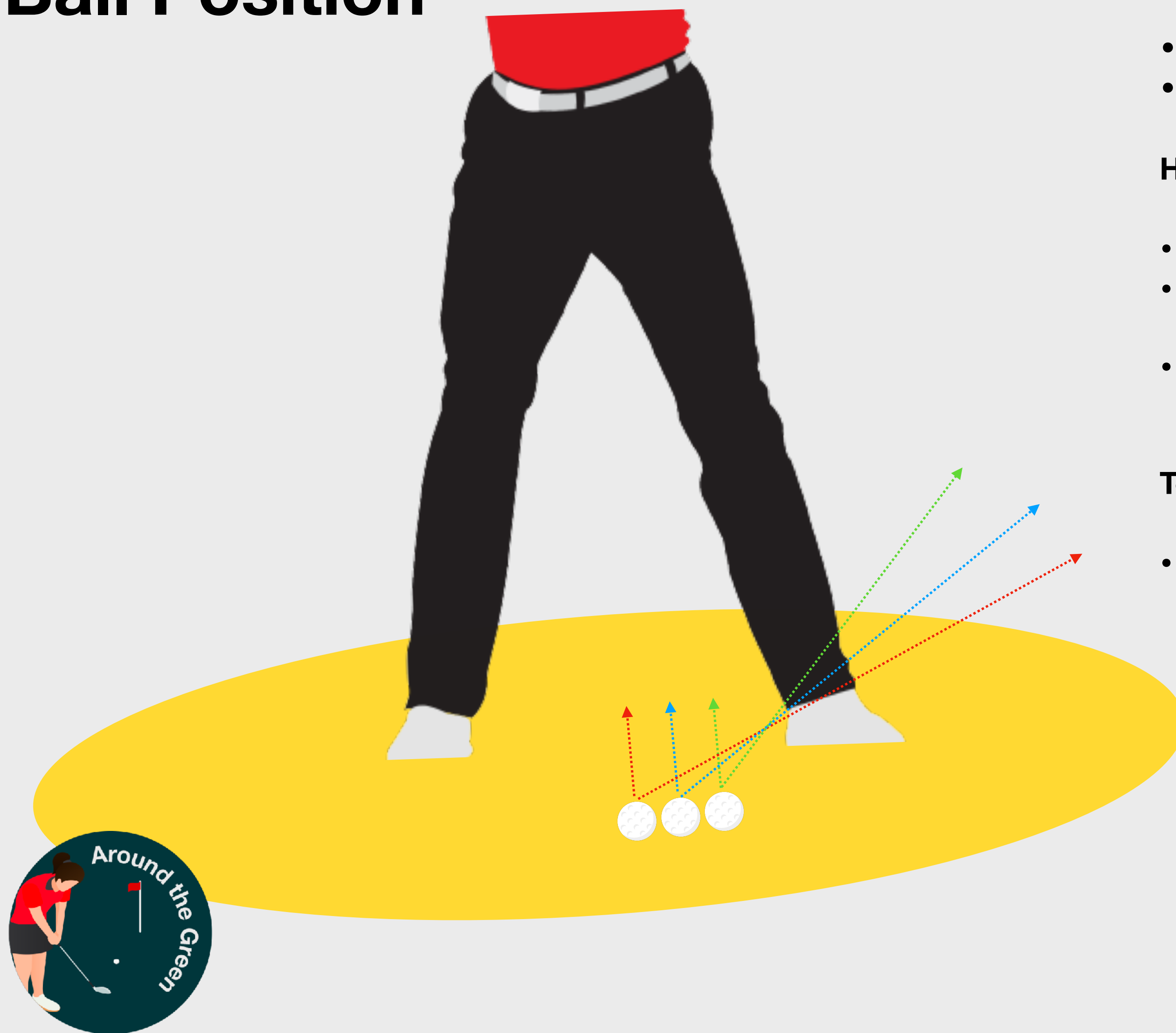
How to Practice

- 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

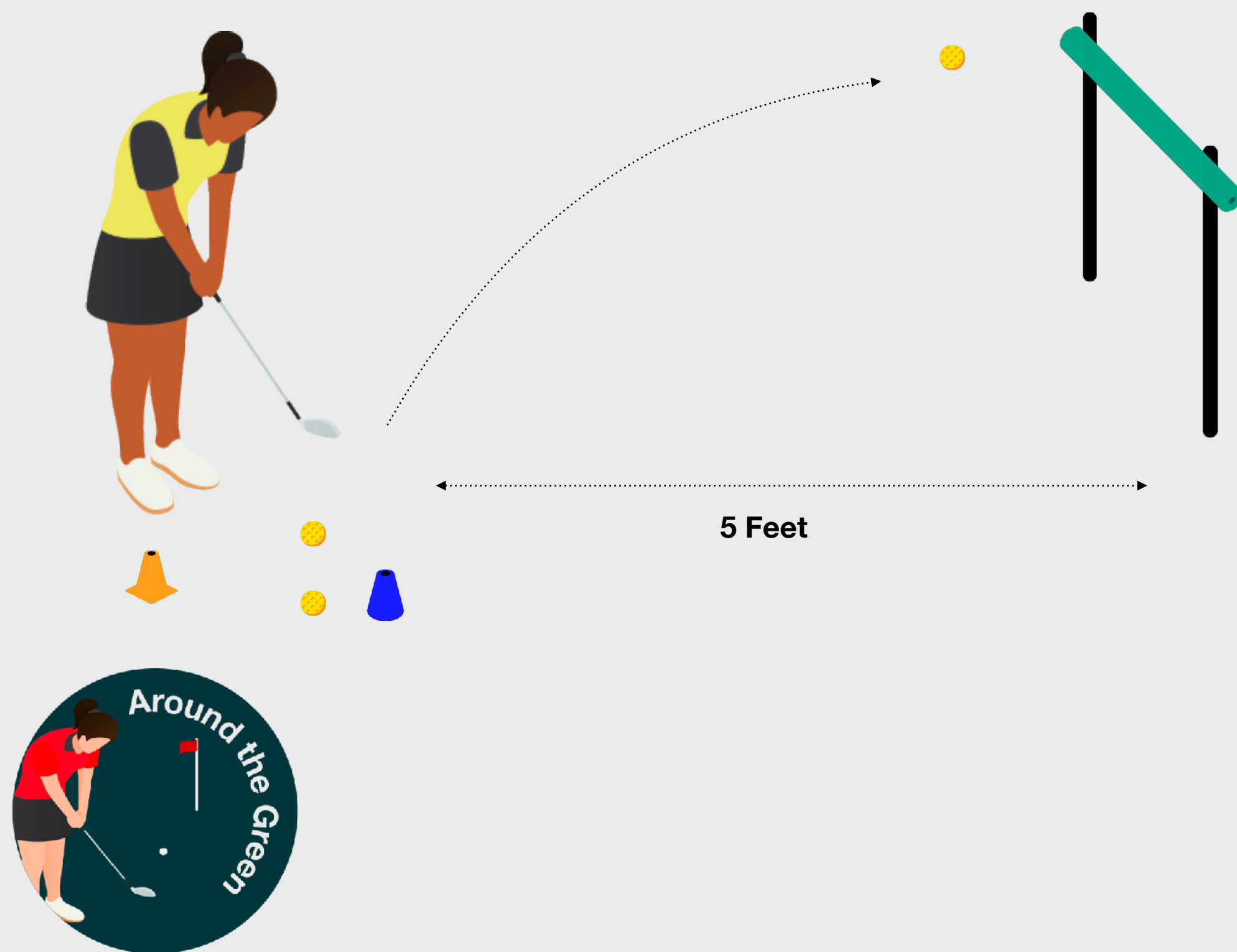
How to Practice

- 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

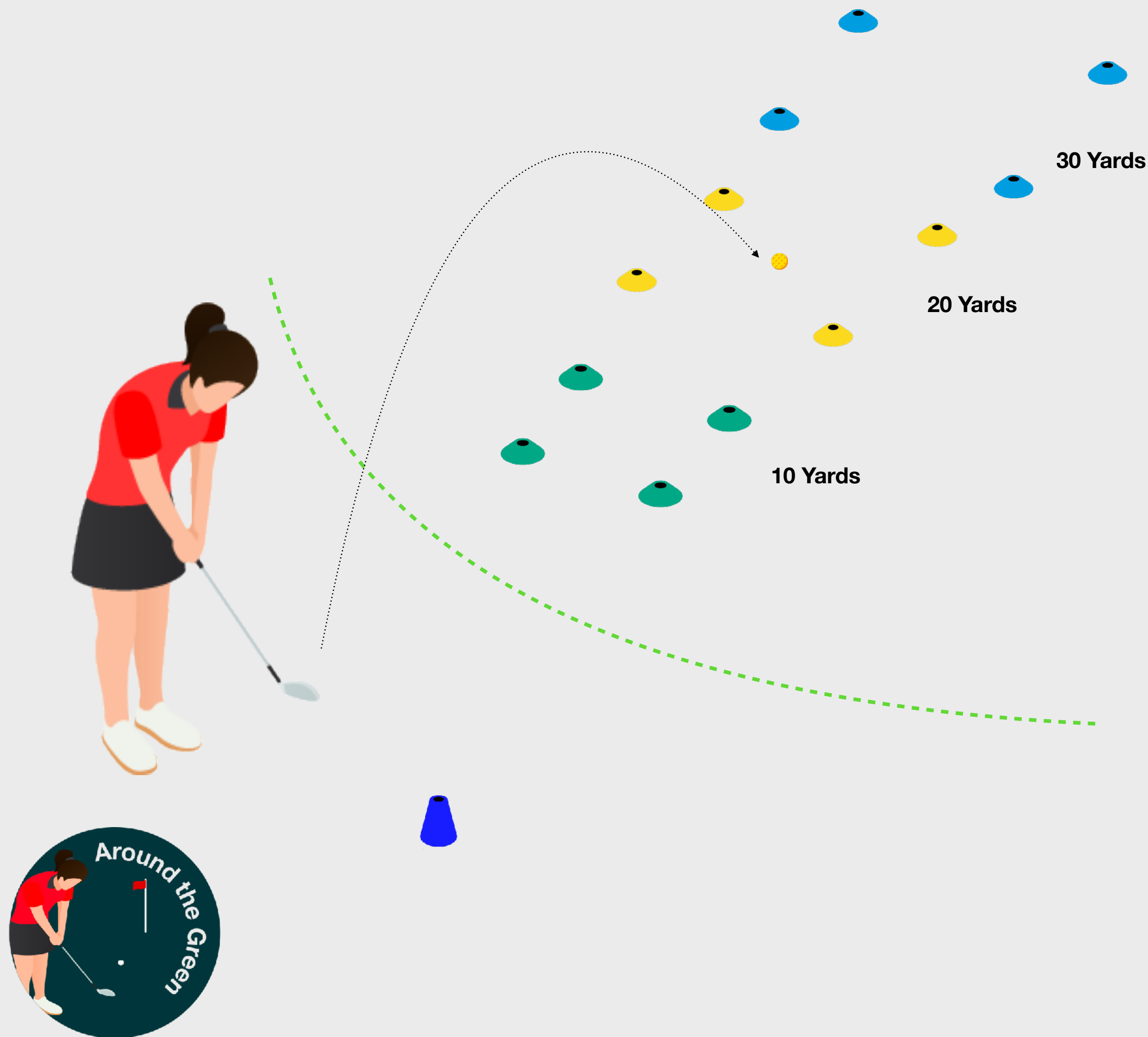
How to Play

- 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



Bunker Play Challenge

	Level	Challenges
Bunker	2	1 out of 5 shots to finish anywhere on the green Contact must be made with the remaining shots
	3	2 / 5 shots anywhere on the green 4 out of the 5 shots must finish out of the bunker



The Challenge

To complete the Level 2 and 3 Challenges the learner needs to complete a variation of the bunker play challenge. Refer to the table for the challenge for each Level.

What should the Learner do next?

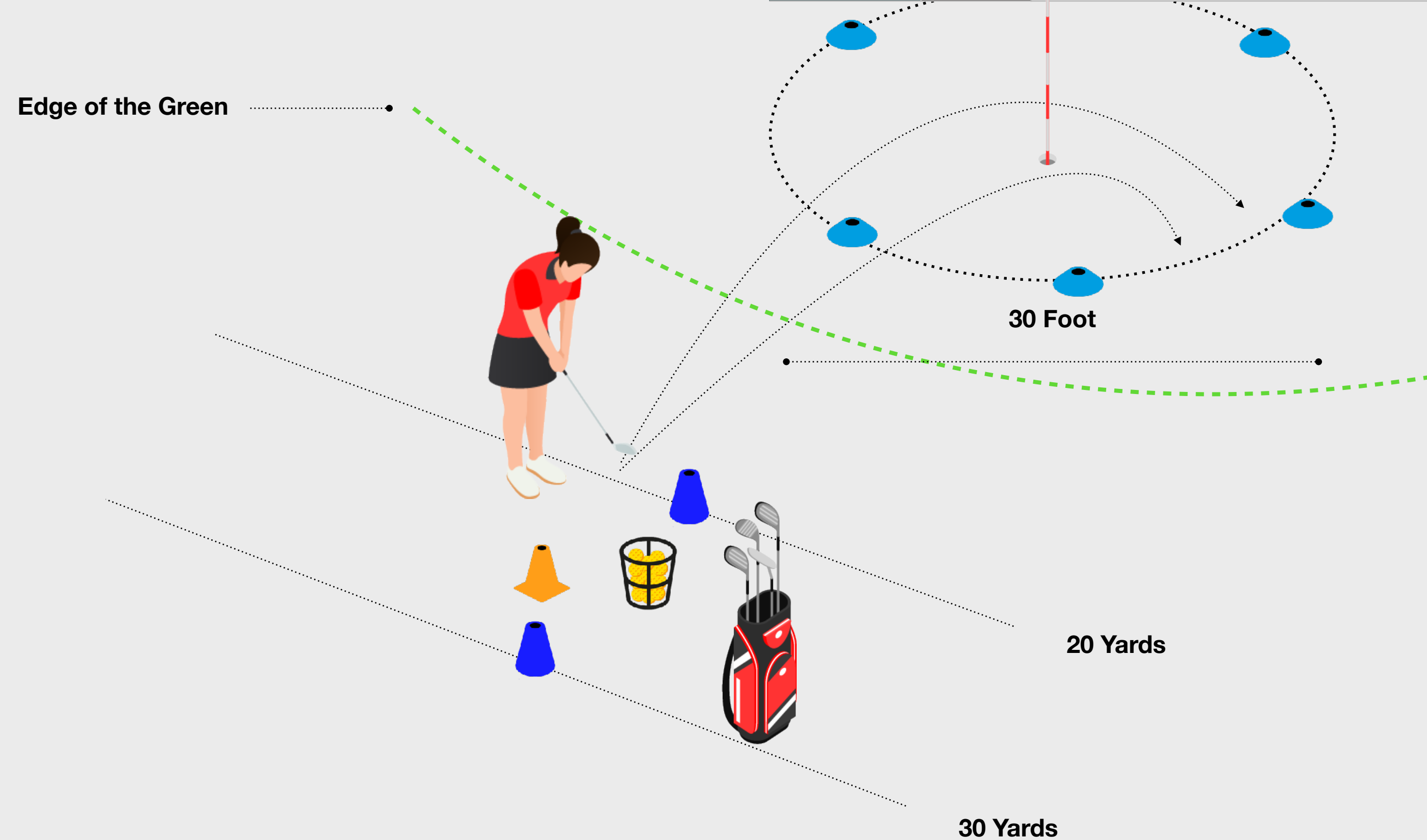
After attempting the challenge, the learner should:

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



Pitching Challenge

	Level	Challenges
Bunker	2	1/ 5 shots from 20 yards Finish within 30-foot diameter circle from a minimum of 10 yards from the edge of the green
	3	2/ 5 from 20 yards 1/ 5 from 30 yards Finish within a 30-foot diameter circle and the remaining shots must finish on the green.



The Challenge

To complete the Level 2 and 3 Challenges the learner needs to complete a variation of the bunker play challenge. Refer to the table for the challenge for each Level.

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

