

# On and Around the Green - Level 3

## Getting Up and Down



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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	Game Drills / Resources
15 Mins Prior	Introduction and Welcome	
10 mins	Introduction	
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	Class layout and Setup
5 Mins	Learning the Game and Whole Folder Focus	Orientation of the Game Orientation of the Equipment Fit for Golf Introduction
30 Mins	Mastering the Game Independent and Social Practice	Practice stations Game cards Secondary skill station Mastering the Game Challenges
10 Mins	Challenges and Recap	
	MyGame+ Tracking on GLF Connect	
15 Mins Post	Relationship Building	Practice stations Game cards Secondary skill station Mastering the Game Challenges MyGame+ on GLF Connect App

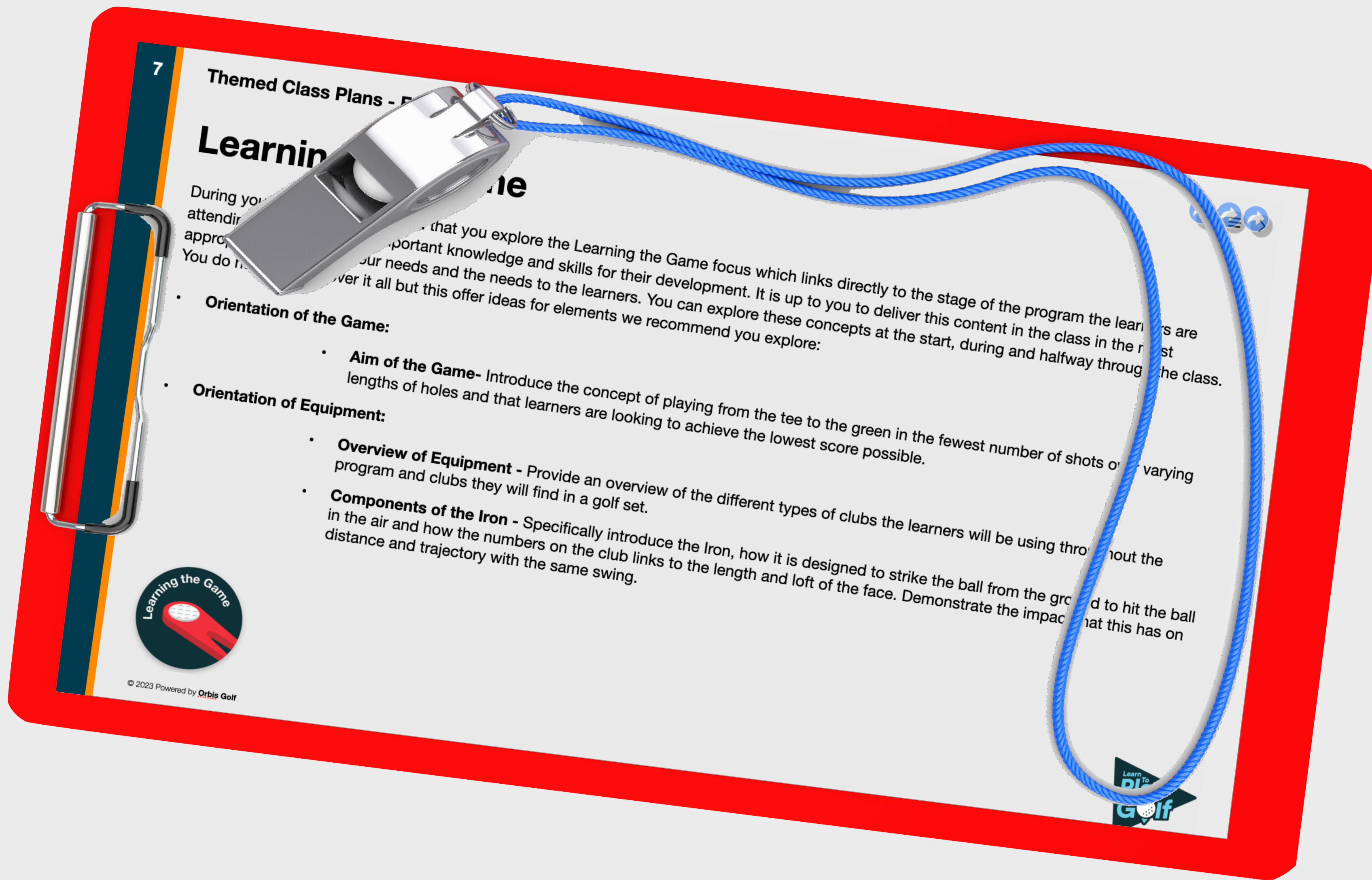
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# Class Timetable - Getting Up and Down

<b>Session Length:</b> 90mins	<b>Group Size:</b> 1:8	<b>Mastering the Game Focus:</b> <b>Around and on the Green</b> Getting up and Down	<b>Whole Golfer Focus: Mind</b> How Long Will it Take to Get Good	<b>Learning the Game Topic:</b> Orientation of the Game	<b>Learning the Game Focus</b> Golf Terminology	<b>Mastering the Game Challenge:</b> Scoring 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 for the specific class.</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	<ul style="list-style-type: none"> <li>Outline the technical focus for the class</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>Warming Up to Play</li> <li>How Long Will it Take to Get Good</li> </ul>
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<ul style="list-style-type: none"> <li>Learners play the games individually, in pairs or in groups</li> <li>Opportunity to provide private coaching to learners</li> <li>Learners may attempt the Mastering the Game challenges independently or socially</li> </ul>	<ul style="list-style-type: none"> <li>Practice stations</li> <li>Game cards</li> <li>Secondary skill station</li> <li>Mastering the Game Challenges</li> </ul>
5 Mins	Learning the Game and Whole Folder Focus	<ul style="list-style-type: none"> <li>Get the group together to introduce the Learning the Game or Whole Golfer focus</li> <li>Opportunity to engage in group discussion and questions</li> </ul>	
30 Mins	Mastering the Game Independent and Social Practice  Challenges and Recap	<ul style="list-style-type: none"> <li>Learners play the games individually, in pairs or in groups</li> <li>Opportunity to provide private coaching to learners</li> <li>Learners may attempt the Mastering the Game challenges independently or socially</li> </ul>	<ul style="list-style-type: none"> <li>Practice stations</li> <li>Game cards</li> <li>Secondary skill station</li> <li>Mastering the Game Challenges</li> </ul>
10 Mins	MyGame+ Tracking on GLF. Connect	<ul style="list-style-type: none"> <li>Add any lesson media to the learner's Student Connect area</li> <li>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</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>

# Class Objectives



# Technical Guidance

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 **getting up and down** whilst introducing **trajectory, roll and holing out**. Some of technical content you may want to explore in this session may include:

- **Controlling Trajectories** - Introduce to the learners to altering the trajectory of a chip shot
  - Outline to the learners when considering trajectory of the chip shot, ball position will affect the trajectory as well as the club selection.
  - Explain that to generate a lower trajectory move the ball position back in the stance or change club to a less lofted iron. The reverse will increase trajectory.
- **Controlling Roll** - Explore via demonstration the variable roll on different chip shots
  - Explain to learners how the higher or lower trajectory will increase or decrease the roll of the ball when it lands. Considering a landing spot therefore becomes very important when choosing which trajectory chip shot that is required.
- **Holing Out** - Introduce to the learners methods of better holing out
  - Explore via demonstration some methods and techniques to improve holding out from short and medium parts
  - Outline to the learners the importance of holing out when trying to improve up and down stats around 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.**

# 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:

- **Golf Terminology** - In this class explore some of the most common golf terms that your learners will hear out on the golf course and in the media. This may include:
  - **Up and Downs**
  - **Gimme's**
  - **Flyer**
  - **Lip out**
  - **Nineteenth (19th) hole**
  - **Thin & Heavy**
  - **“Sit,” “Get Up”, “Get Down” and “Check”**



# The Whole Golfer

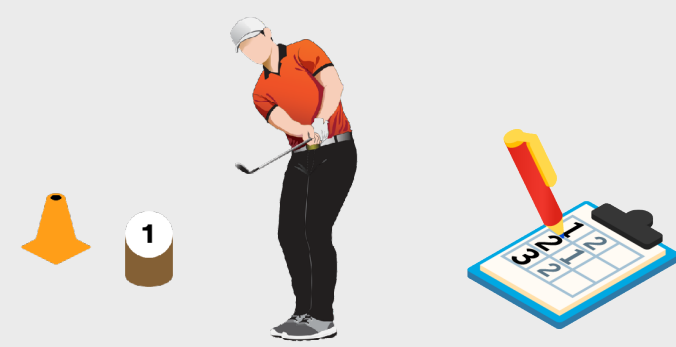
During your class we recommend that you explore the Whole Golfer focus which links directly to the stage of the program the learners are attending. This will help to build their confidence to play the game. It is up to you to deliver this content in the class in the most appropriate way to suit your 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:

- **How Long Will it Take to get Good**
  - Highlight to learners a timeline for improvement in their Golf. Explain that this will vary hugely depending on the person and the amount of time they can dedicate to practising and playing.
  - Provide some reassurance that Golf is a difficult game and takes a long time to master.
  - However, point out that Golf is a game that can be played until old-age and is a game for life, so there is plenty of time for improvement.

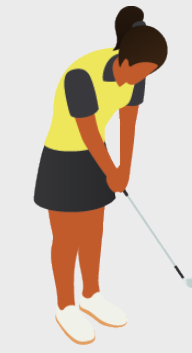




# Class Layout and Setup



**Station 7:**  
Par 18

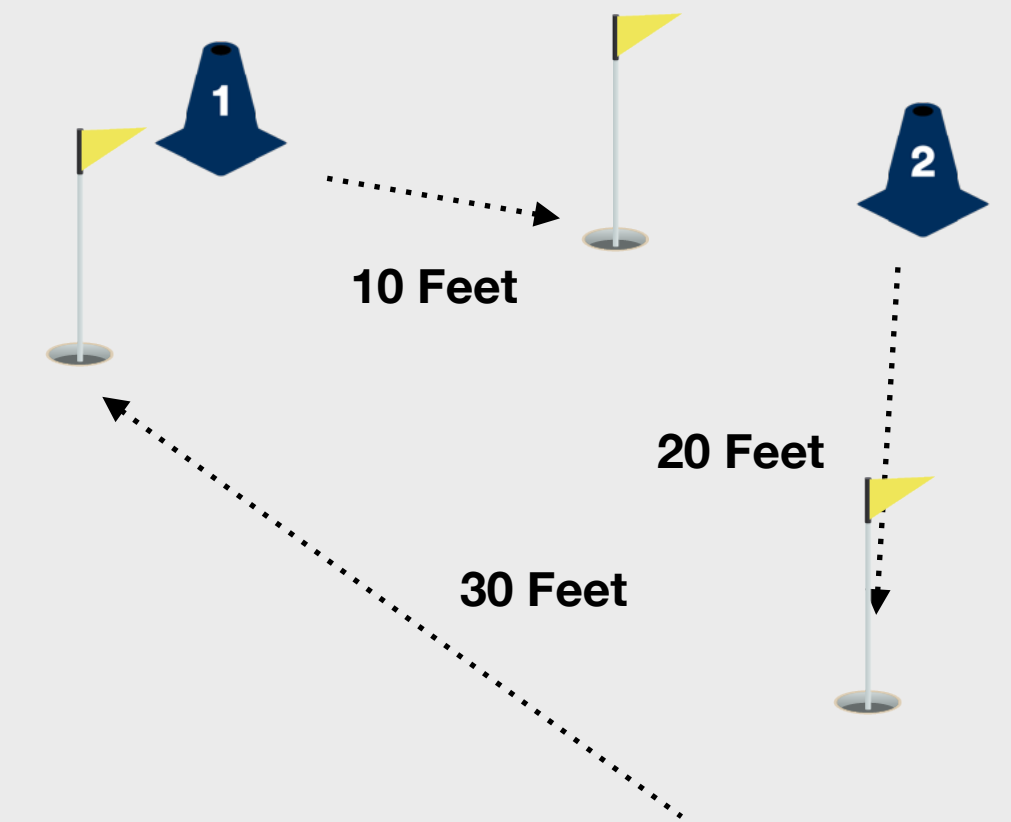
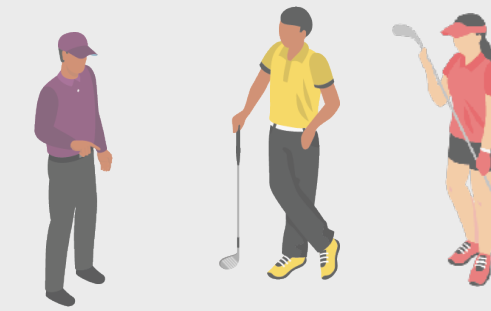


**Station 6:**  
Secondary Skill  
Swing

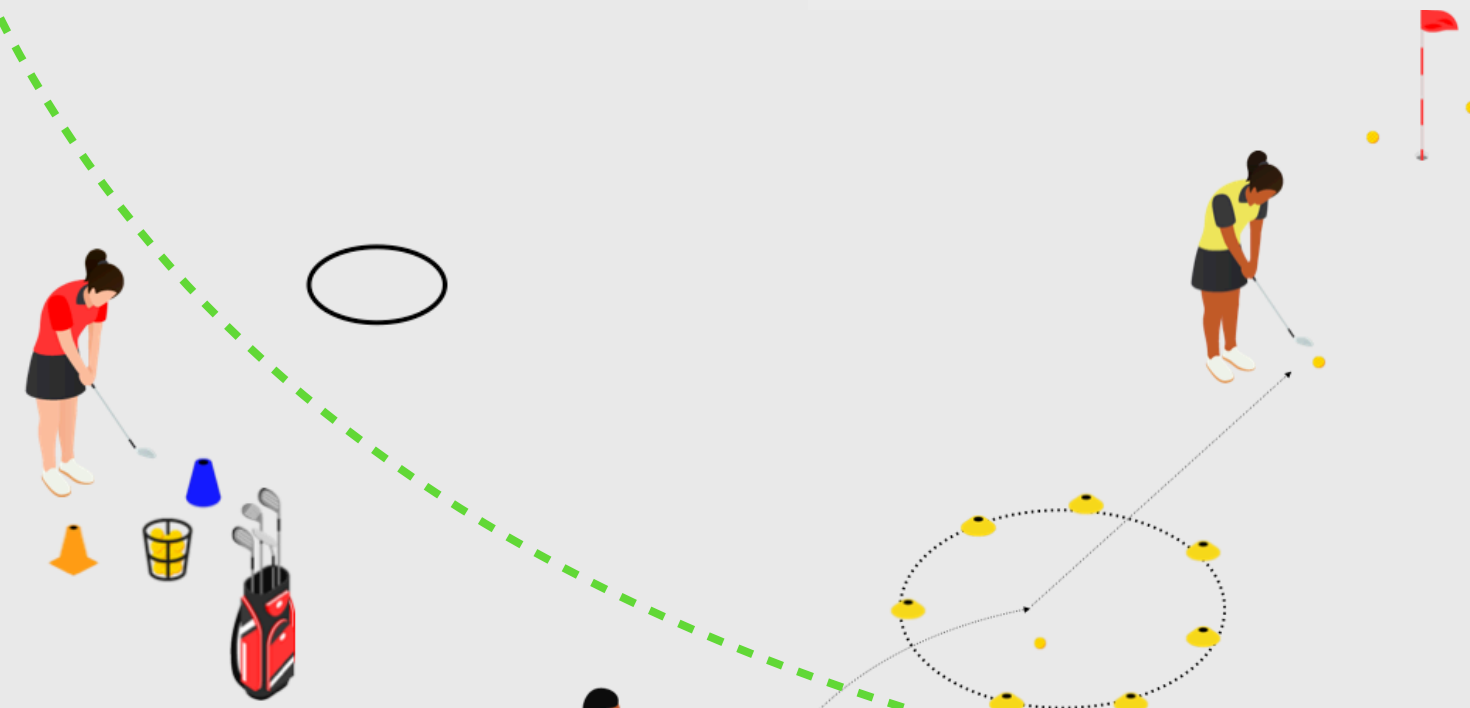
**Station 1:**  
Practice Station  
Spiral



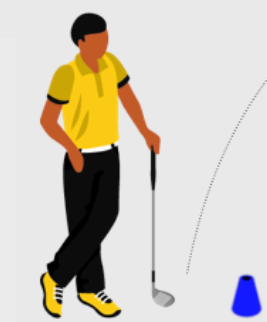
**Group Discussion:**  
Stand, during and end of  
class



**Station 2:**  
Practice Station  
High Medium or Low



**Station 3:**  
Games Station  
Up and Down it



**Station 4:**  
Games Station  
Ladder and Down



**Station 5:**  
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 provide a focused, 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 length of the stroke; 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**

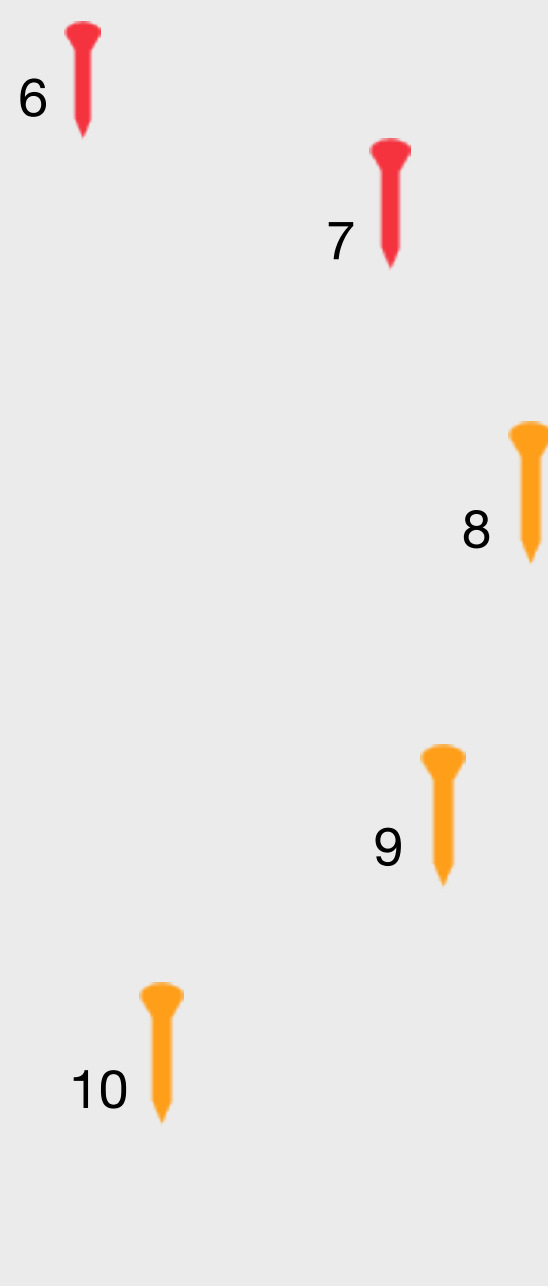
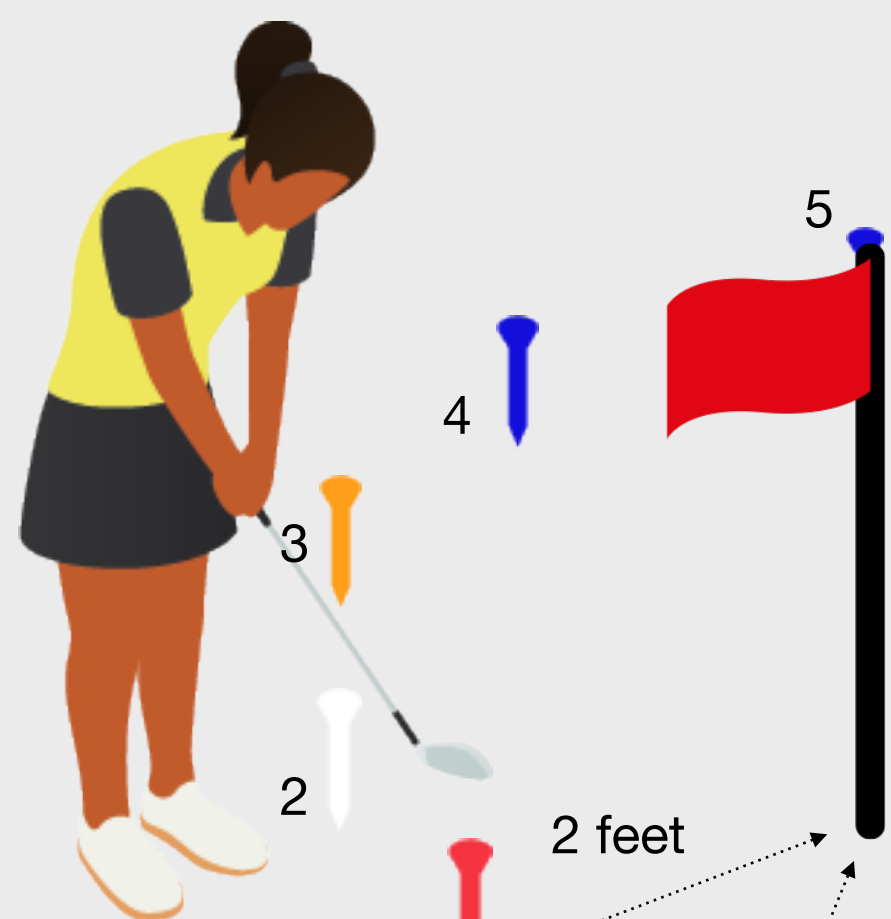
- This activity will help the learner to understand the distance of a shot based on the speed of the stroke.
- This activity will help the learner to gain consistency in chipping around the green by becoming confident in using one particular type of club.

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GAM  
GOLF DEVELOPMENT



# Spiral



## Equipment Needed

- Tee pegs to mark the 12 points on a clock ranging from 2 to 10 feet from the hole on a sloped part of the green

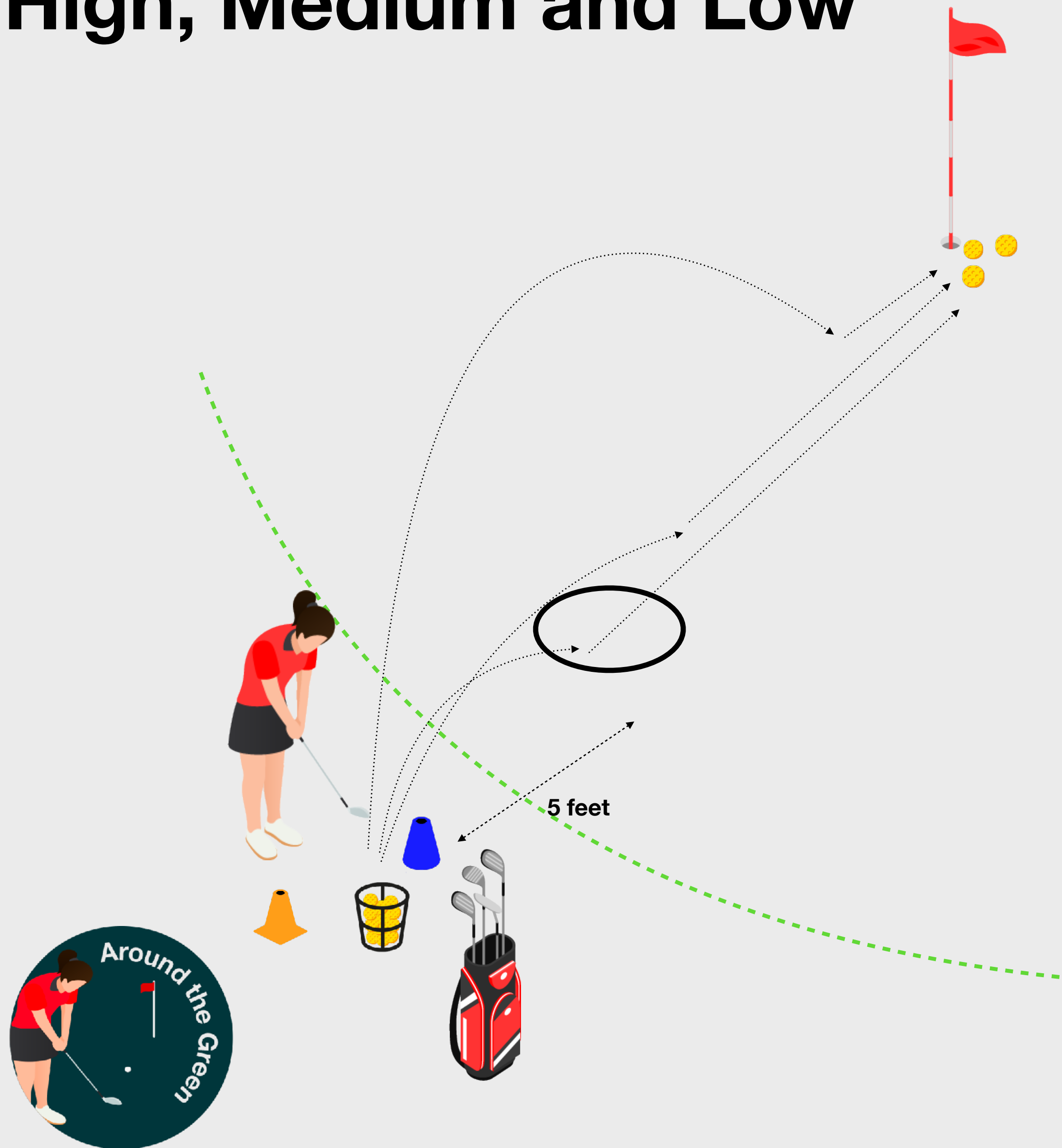
## How to Practice

- A learner attempts one putt from the shortest peg putt
- The learner then progresses around the spiral as the putts get gradually longer through the 12 rounds
- If the learner misses they go back to the start
- The purpose is to note how the slope changes around the hole and therefore the learner needs to adapt where they are aiming
- We suggest framing this as an opportunity to learn the slope on a green, although it can be played competitively, seeing how many putts each learner can hole

## Technical Link

- The practice challenge will show the learner to maintain a consistent technique as the putt length and slope changes
- The practice station also enables the learner to play under pressure in order to maintain their progress around the spiral

# High, Medium and Low



## Equipment Needed

- Cones for safety
- 8 Irons and Sand Wedge
- Golf balls
- Hoops

## How to Practice

- Position the learner on the edge of the chipping green.
- Pick a shot 5 yards from the edge of the green with lots of green to work with.
- Demonstrate to the learner three different ways to play the shot.
- Shot one will be with a SW with a longer swing with the ball spending 80% of its time in the air 20% of its time rolling.
- Shot two will be played with an 9 iron with a shorter swing with the ball spending 40% of its time in the air 60% of its time rolling.
- Shot three will be played with an 7 iron with a shorter swing with the ball spending 10% of its time in the air 90% of its time rolling.
- Use a hoop on the green to represent a visual of where the balls intended landing zone is for each shot.

## Technical Link

- Outline to the learners the benefits of the three shots and specifically where each shot should be used.
- Explain to the learner the potential risks and percentage likelihood of success with each shot.
- Help the learner to decide if they are comfortable using a single club around the green or various clubs.



# Up and Down it!

Edge of green \_\_\_\_\_



## Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

## How to Play

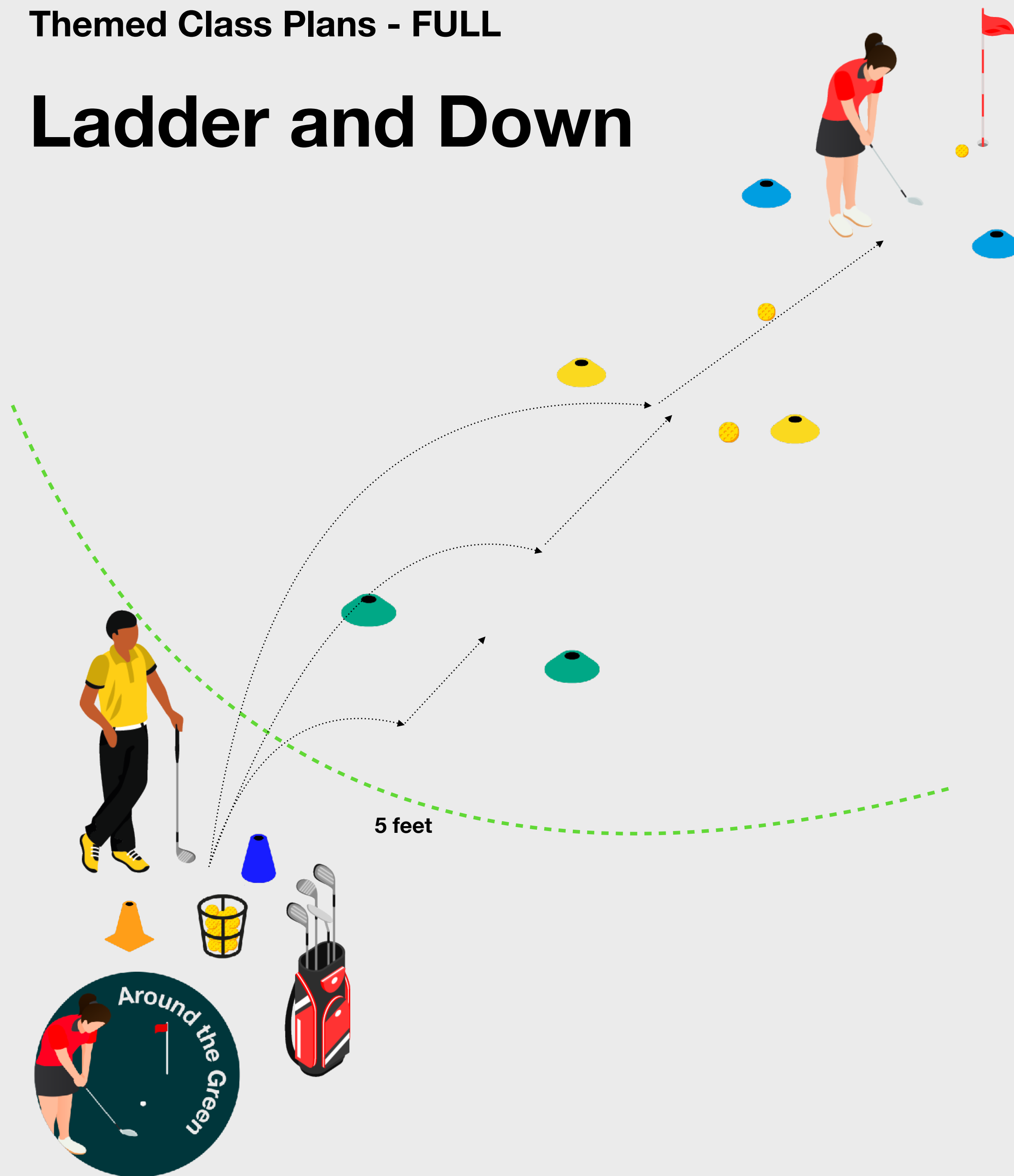
- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in.
- Using the correct set up, swing in a pendulum action and chip the ball and try and land in the circle.
- Either playing in pairs or individually the learner or partner will then try to put the ball into the hole
- To qualify as a winning attempt, the chip shot must land in the target circle
- The aim is to get the ball into the hole in two shots from the start cone
- Player or team who gets the ball in the hole in the least amount of shots wins the challenge

## Progression Ideas

- To make the game easier or harder move the target circle closer or further away or make it bigger or smaller



# Ladder and Down



## Equipment Needed

- Chip shot at the edge of a chipping green
- Golf balls
- Cones for safety
- Cones to make a ladder including 3 different goal to the ladder within increasing size

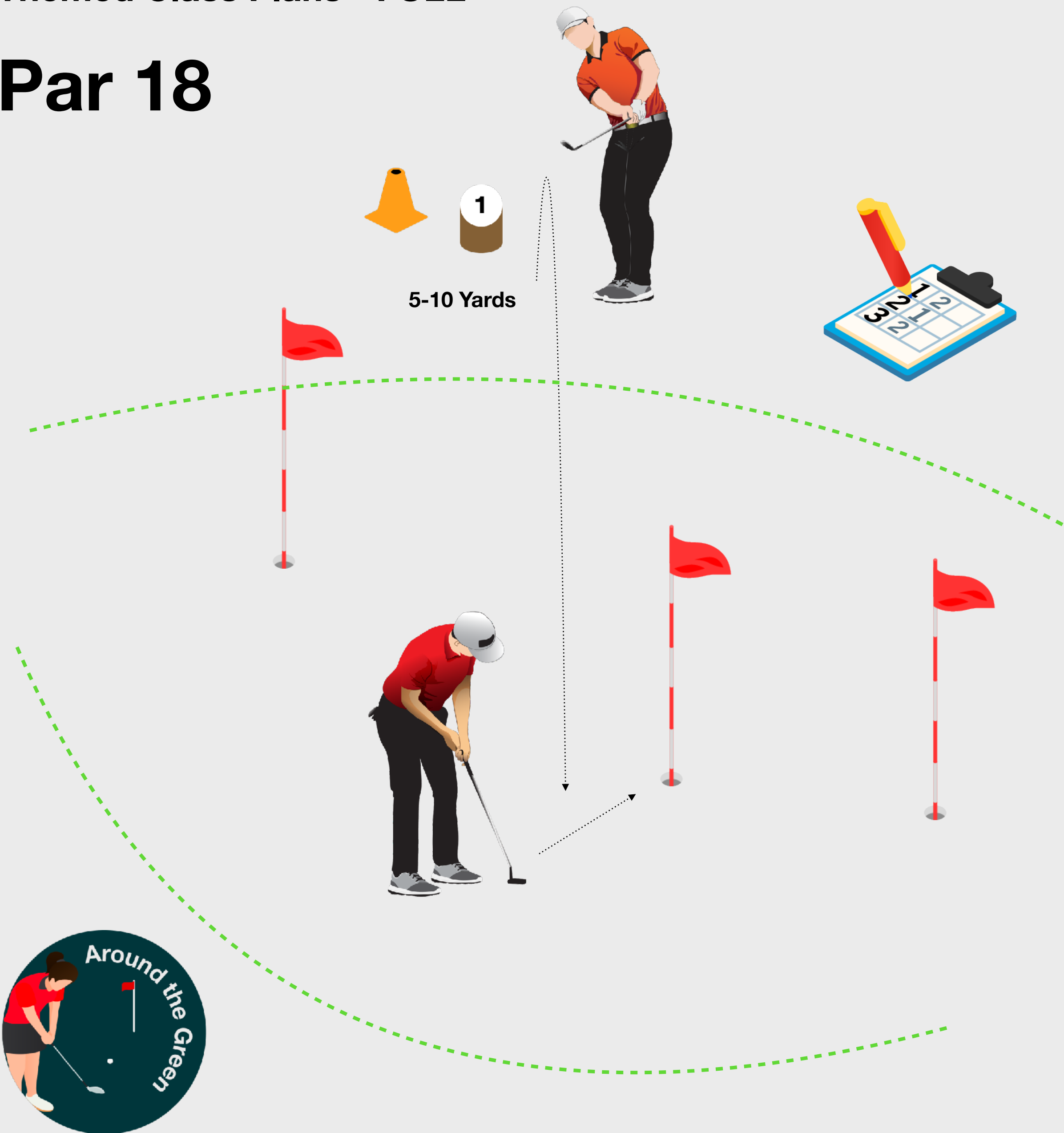
## How to Play

- Challenge the learner individually or with a partner, to get the chip shot to finish in between the three coloured goals
- The student or partner will then pot out from in between the colour goal and record the score
- The green goal is a par 4, the yellow goal is a par 3 and the blue goal is a par 2
- The winning individual or pair will be the team with the lowest score across the three goals

## Progression Ideas

- Increase or reduce the number of goals and the distance and proximity from the tee and the flag
- Reduce or widen the width of the goals to make the challenge easier or harder

# Par 18



## Equipment Needed

- Golf ball for each play
- Scorecard
- Pencil
- Cones for safety
- Putter
- 7 iron, 9 Iron and SW

## How to Play

- Get the learners to choose a starting point for 'Hole 1' around the green no more than 10 yards from the edge of the green surface
- The learner should drop their ball rather than placing but this should be tailored to each learner
- Each player hits their shot and then proceeds to putt out the ball
- The score should be recorded on the scorecard
- Learners should find a new starting positions for Hole 2 and continue to play up to 9 holes

## Progression Ideas

- Choose a variation of lies and situations around the green
- Nominate 3 'Easy', 3 'Medium' and 3 'Hard' shots around the green



# Secondary Skill

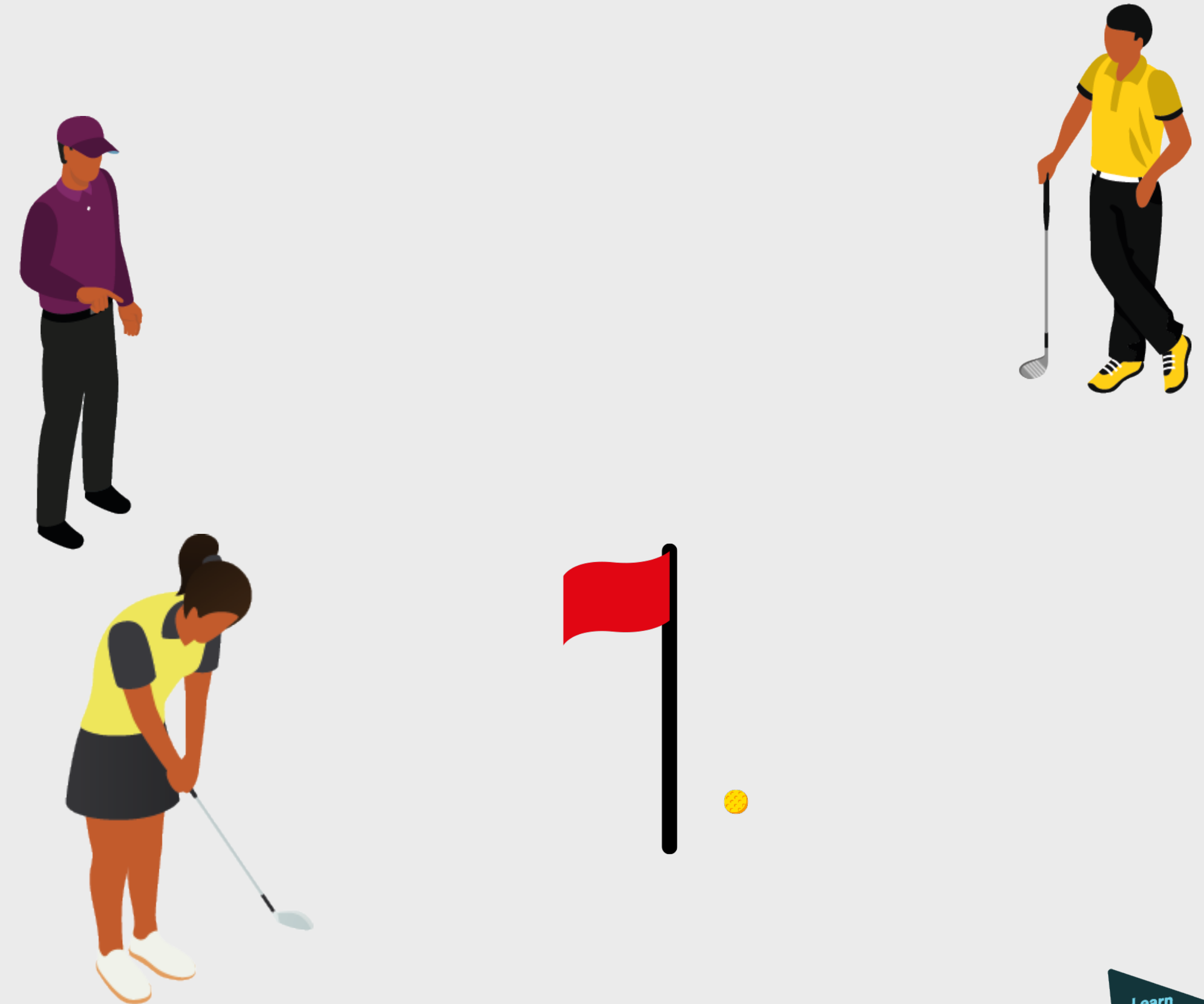




# Secondary Skill

To allow for variety of practice during the session, and to enable those that may have missed a class to catch up on practicing some of the other skills we recommend having one of the stations set up as a secondary skill.

This week's secondary skill is **Swing**, providing learners an opportunity to practice their swing and specifically irons.



# Ball Position



## Equipment Needed

- Alignment Stick
- Hybrid, 7 Iron and wedge
- Golf Balls

## How to Practice

- Learners should understand that the ball position changes slightly depending on which clubs they use
- Use the alignment stick to mark the centre of the learner's stance
- The learner should experiment with a centered ball position for a wedge, an inch further forward for a 7 iron and an inch further forward still for the hybrid
- Make sure you highlight how important striking the ground in the appropriate place will ensure good contact, just having an improved ball position does not guarantee good contact

## Technical Link

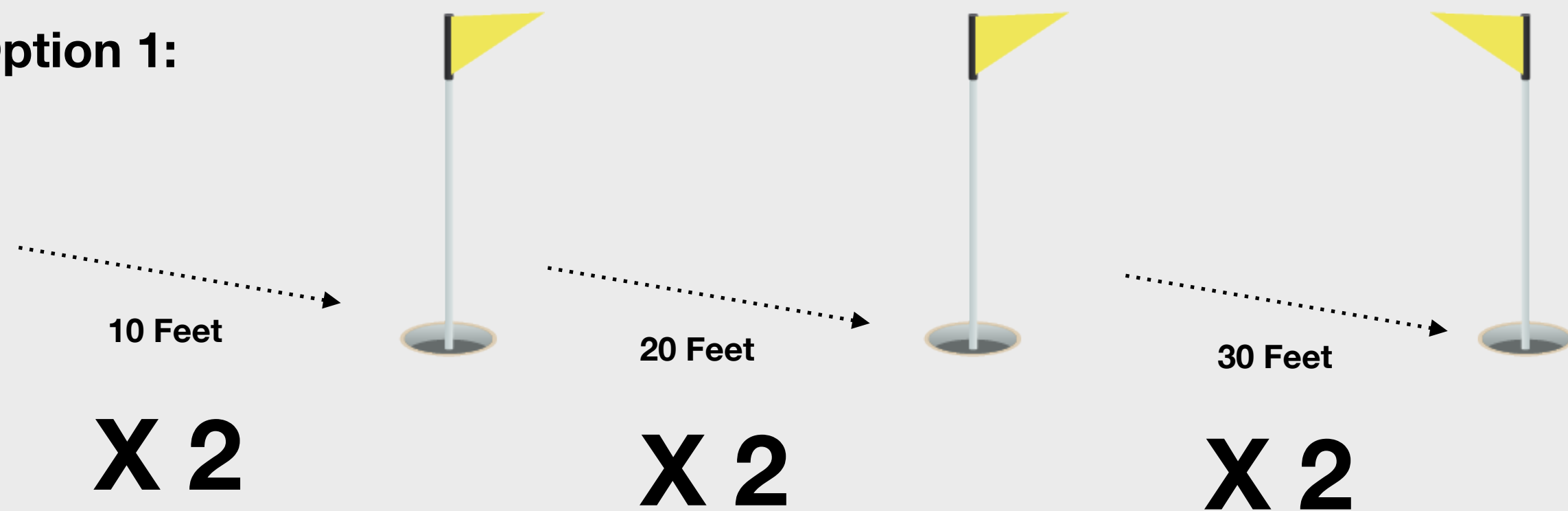
- Understanding this means learners will practice appropriately and strike the ball more consistently

# Mastering the Game Challenges



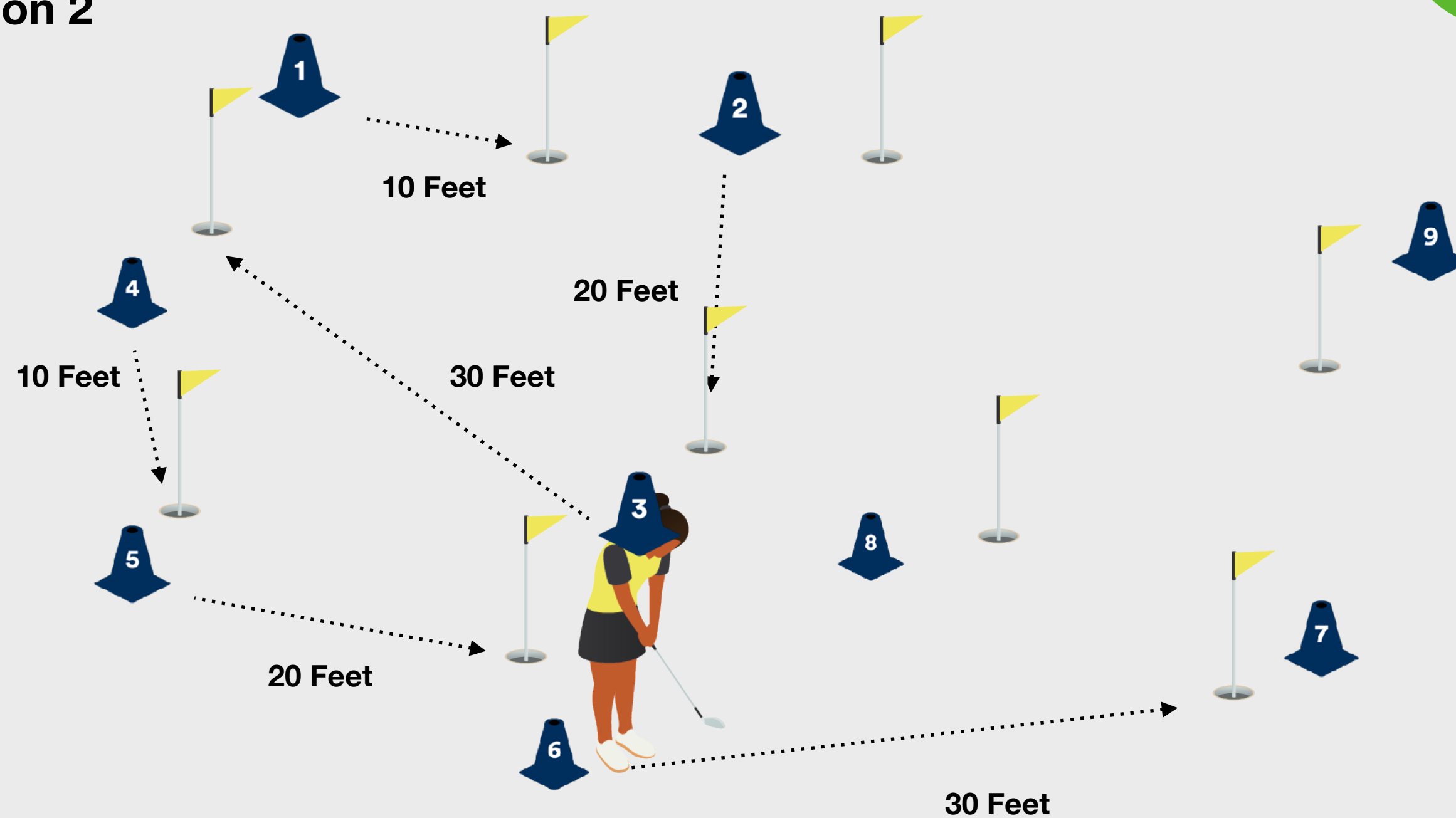
# Scoring Challenge

Option 1:



21 putts or fewer

Option 2



## The Challenge

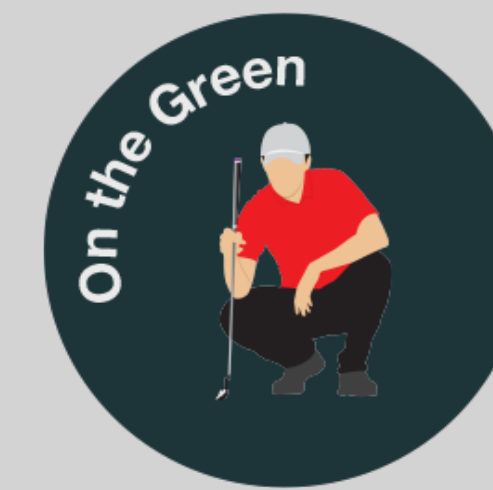
To complete the Level 2 Challenge the learner needs score 21 putts or less over 6 holes. 2 putts should be attempted from a starting position 10 feet, 2 putts from 20 feet and 2 putts from 30 feet from the hole.

## 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



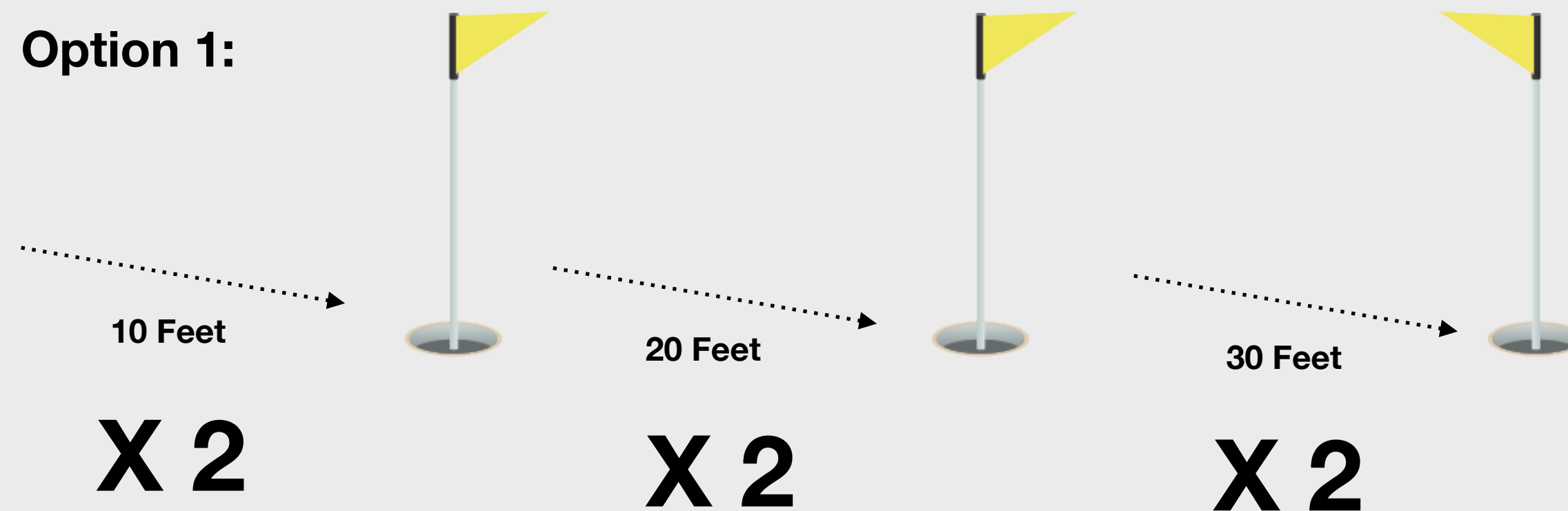
# Scoring Challenge



## The Challenge

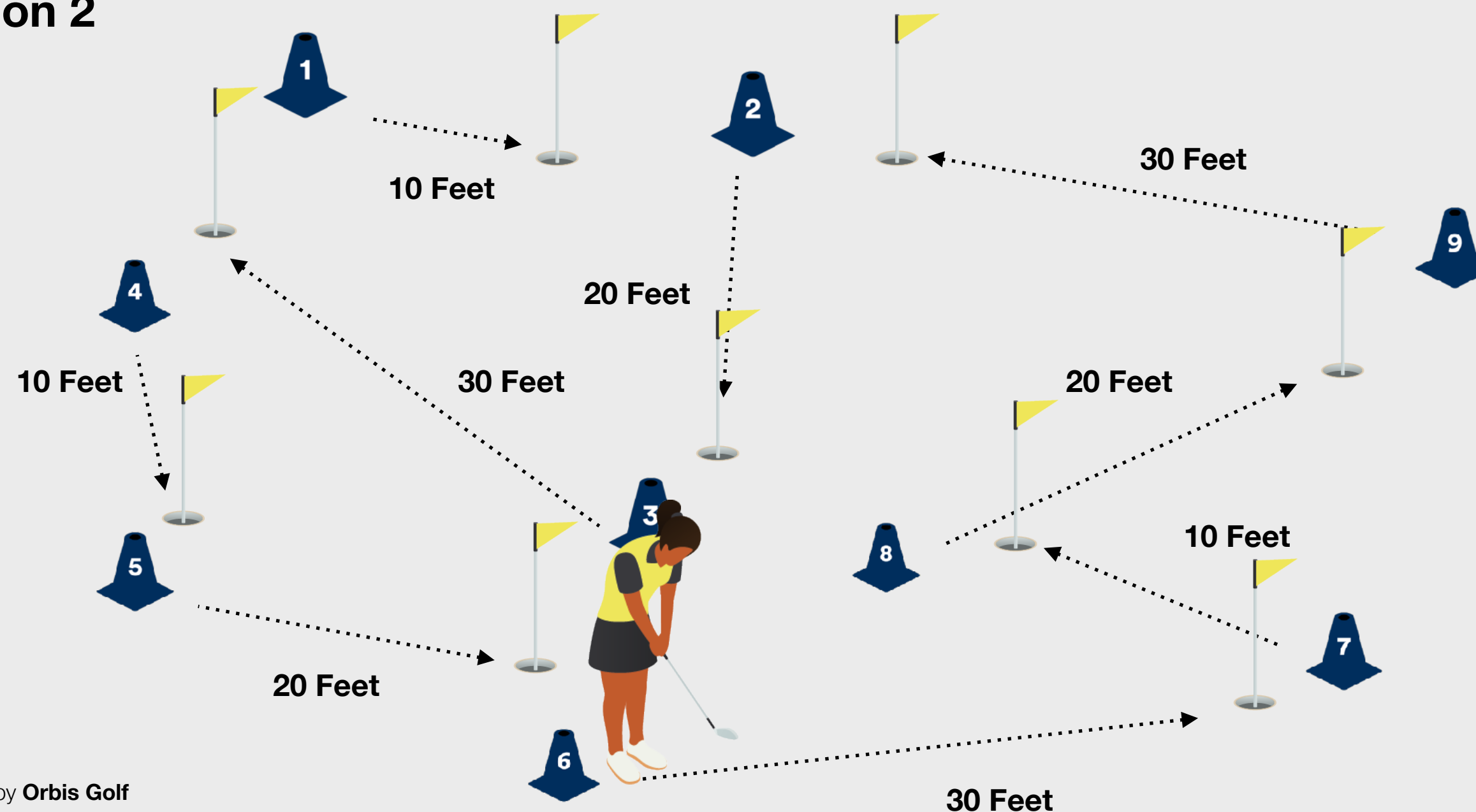
To complete the Level 3 Challenge the learner needs score 24 putts or less over 9 holes. 3 putts should be attempted from a starting position 10 feet, 3 putts from 20 feet and 3 putts from 30 feet from the hole.

Option 1:



24 putts or fewer

Option 2



## 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