On and Around the Green - Level 3
Getting Up and Down

Learn To Play Golf

Class Timetable - Getting Up and Down

Session Length: 90mins	Group Size: 1:8	Mastering the Game Focus: Around and on the Green Getting up and Down	Whole Golfer Focus: Mind How Long Will it Take to Get Good	Learning the Game Topic: Orientation of the Game	Learning the Game Focus Golf Terminology	Mastering the Game Challenge: Scoring Challenge

Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	• 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	• Class Layout and Setup
10 mins	Introduction	• Outline the 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 if applicable	• Warming Up to Play • How Long Will it Take to Get Good
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	• 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	• Practice stations • Game cards • Secondary skill station • Mastering the Game Challenges
5 Mins	Learning the Game and Whole Folder Focus	• Get the group together to introduce the Learning the Game or Whole Golfer focus • Opportunity to engage in group discussion and questions	
30 Mins	Mastering the Game Independent and Social Practice Challenges and Recap	• 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	• Practice stations • Game cards • Secondary skill station • Mastering the Game Challenges
10 Mins	MyGame+ Tracking on GLF. Connect	• 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	• MyGame+ on GLF. Connect App
15 Mins Post	Relationship Building	• 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	• GLF. Connect App

• Technical Guidance

- Controlling Trajectories
- Controlling Roll
- Holing Out

• Orientation of the Game:

- **Golf Terminology -** In this class explore some of the most common golf terms. This may include:
  - Up and Downs
  - Gimme's
  - Flyer
  - Lip out
  - Nineteenth (19th) hole
  - Thin & Heavy
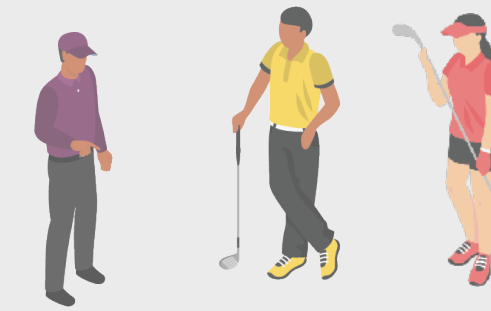 - "Sit," "Get Up", "Get Down" and "Check"

• 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.
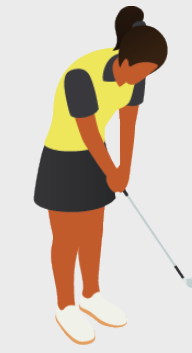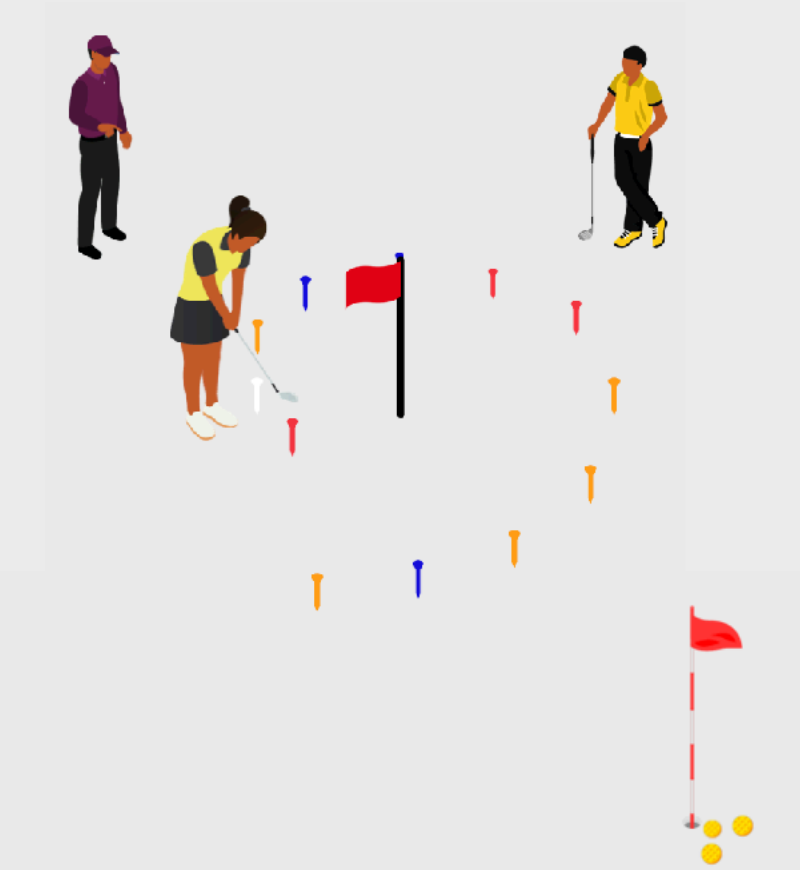
Class Layout and Setup

Station 7:
Par 18

Station 1:
Practice Station
Spiral
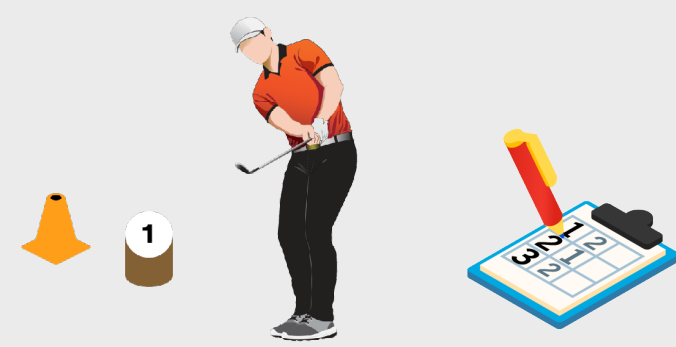
Station 6:
Secondary Skill
Swing

Group Discussion:
Stand, during and end of
class

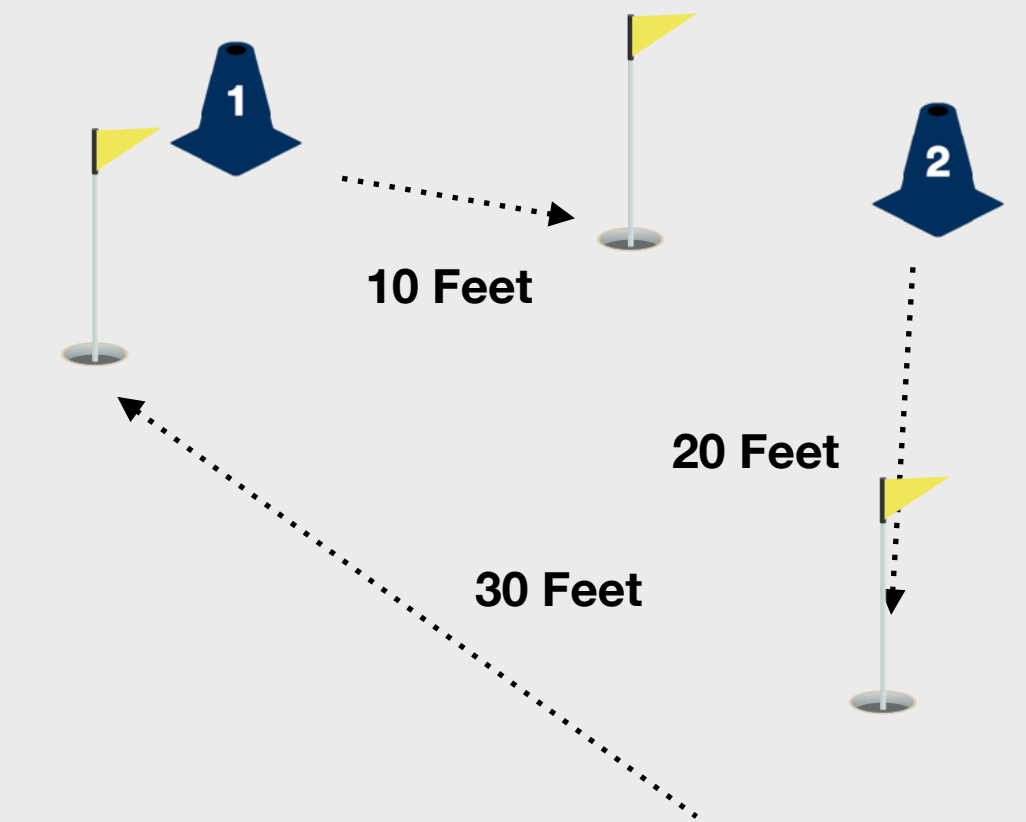**1**

10 Feet

2

20 Feet

30 Feet

Station 2:
Practice Station
High Medium or Low

Station 5:
Challenge Station
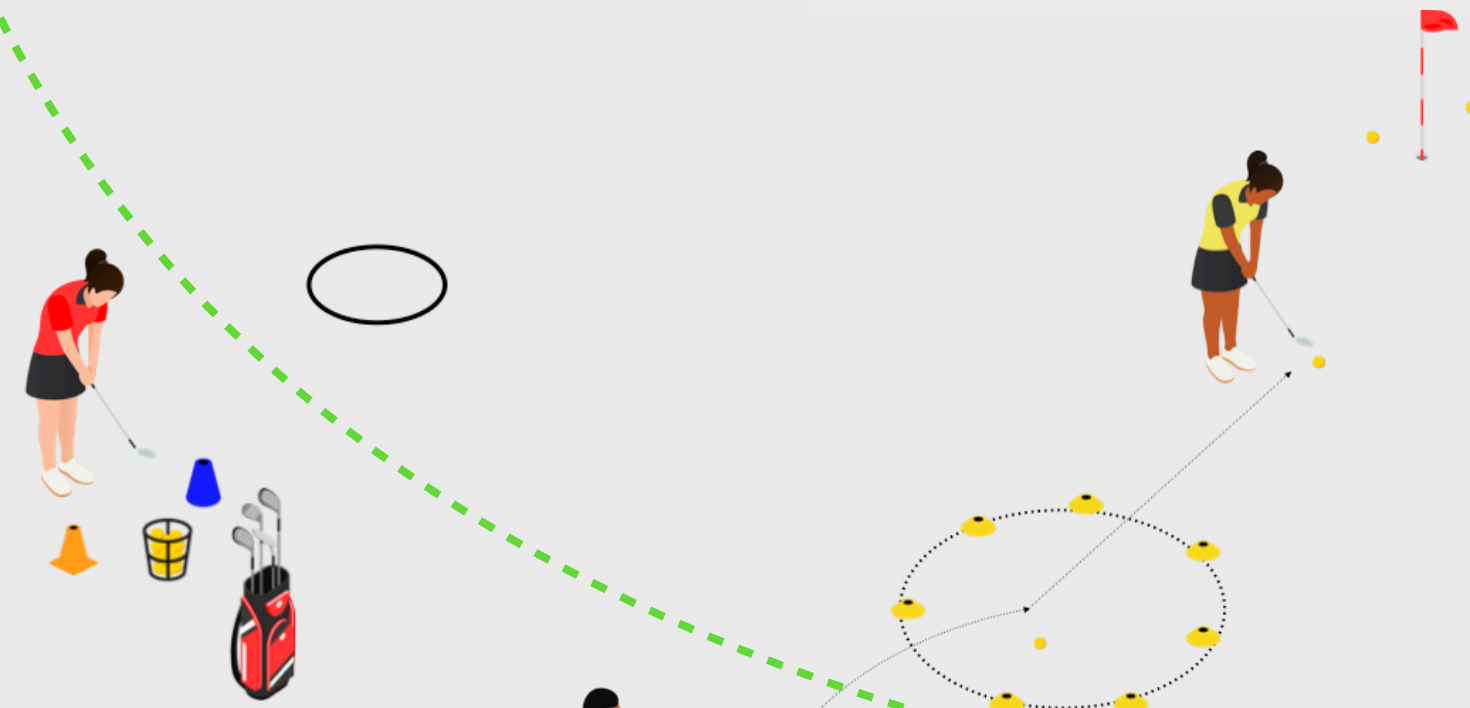
Station 3:
Games Station
Up and Down it
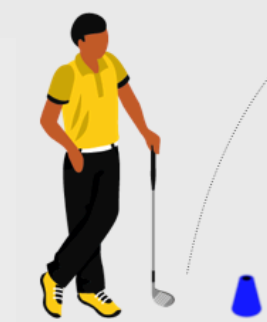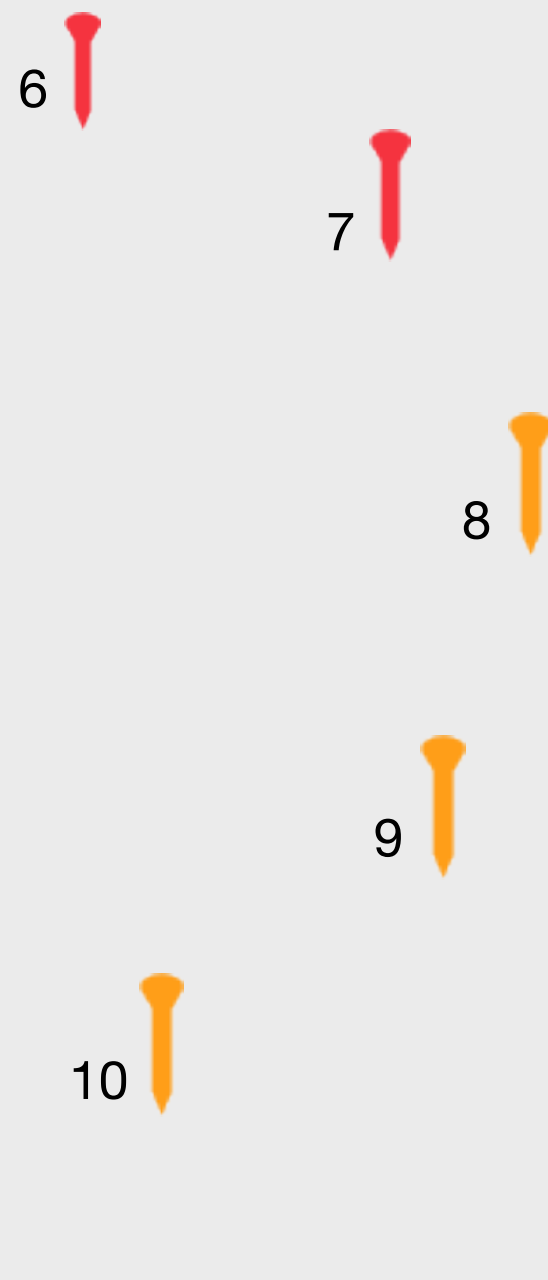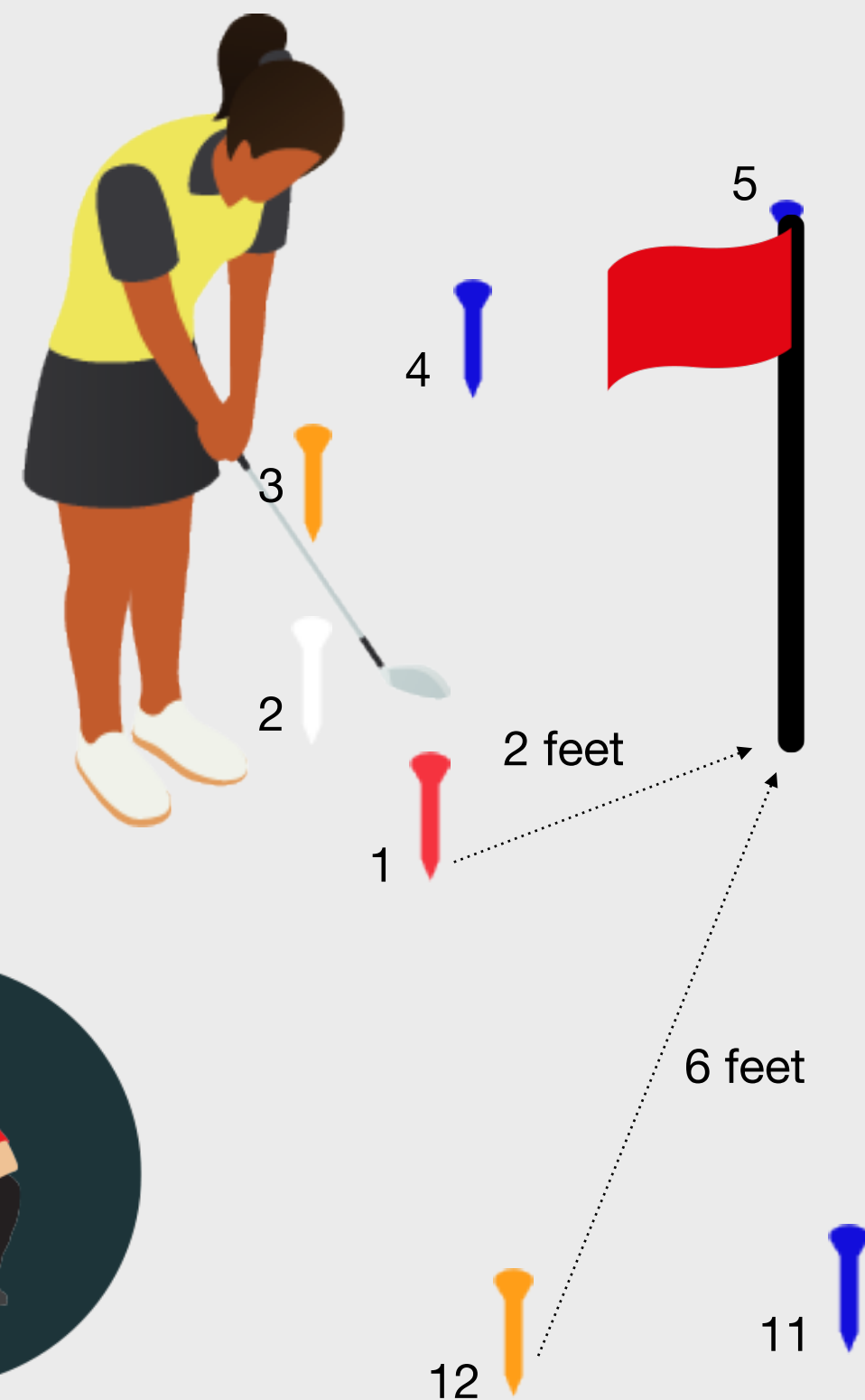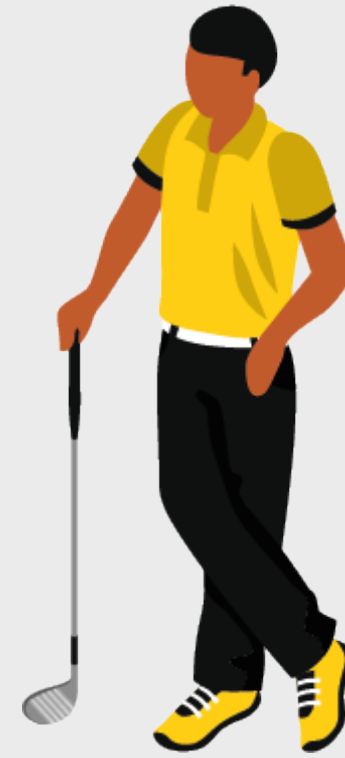
Station 4:
Games Station
Ladder and Down

Learn To Play Golf

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

2 feet

6 feet

On the Green

Learn To Play Golf

High, Medium and Low
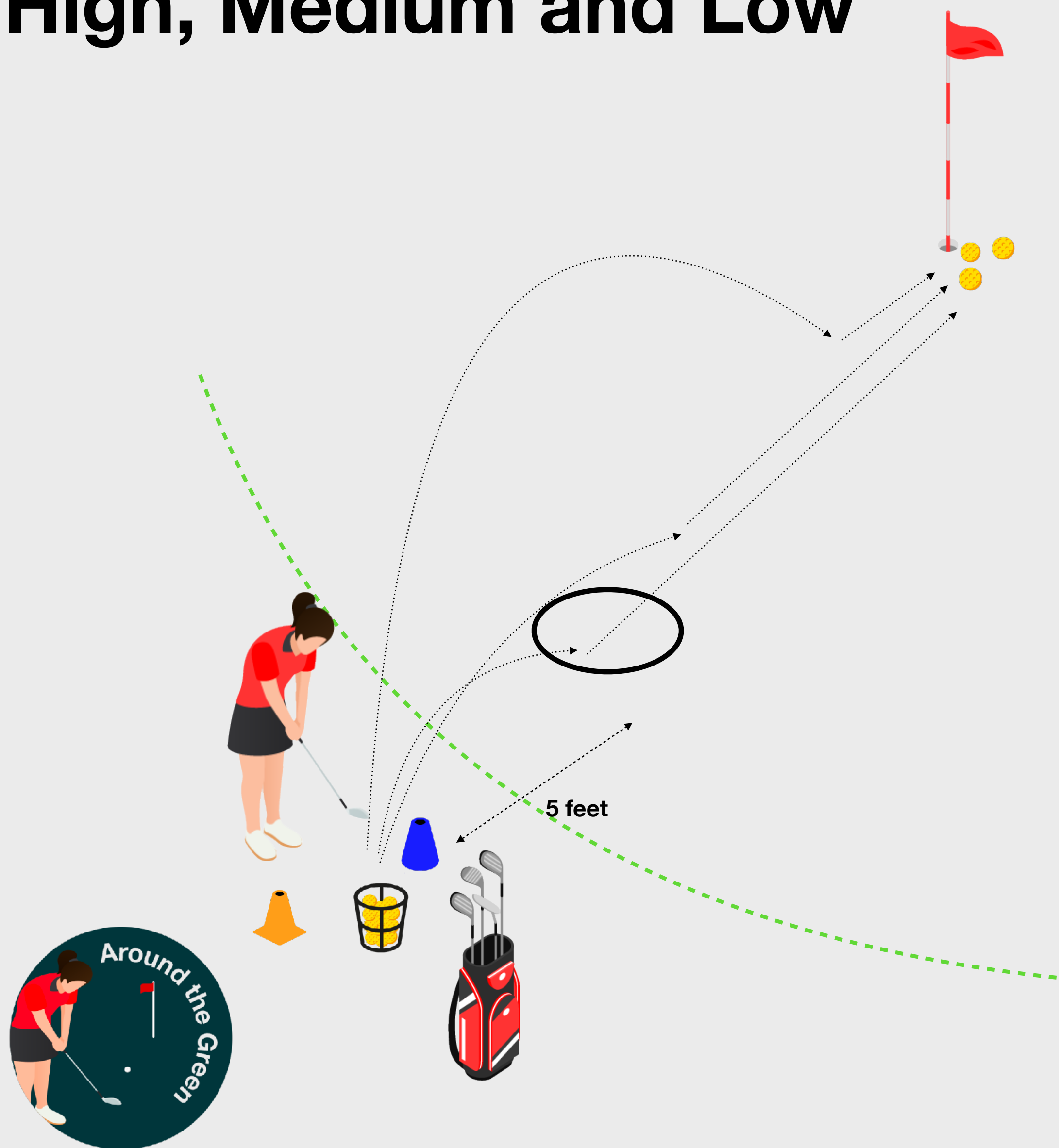
Equipment Needed

- 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.

5 feet

Around the Green

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Up and Down it!

Edge of green ————•

Around the Green

Equipment Needed

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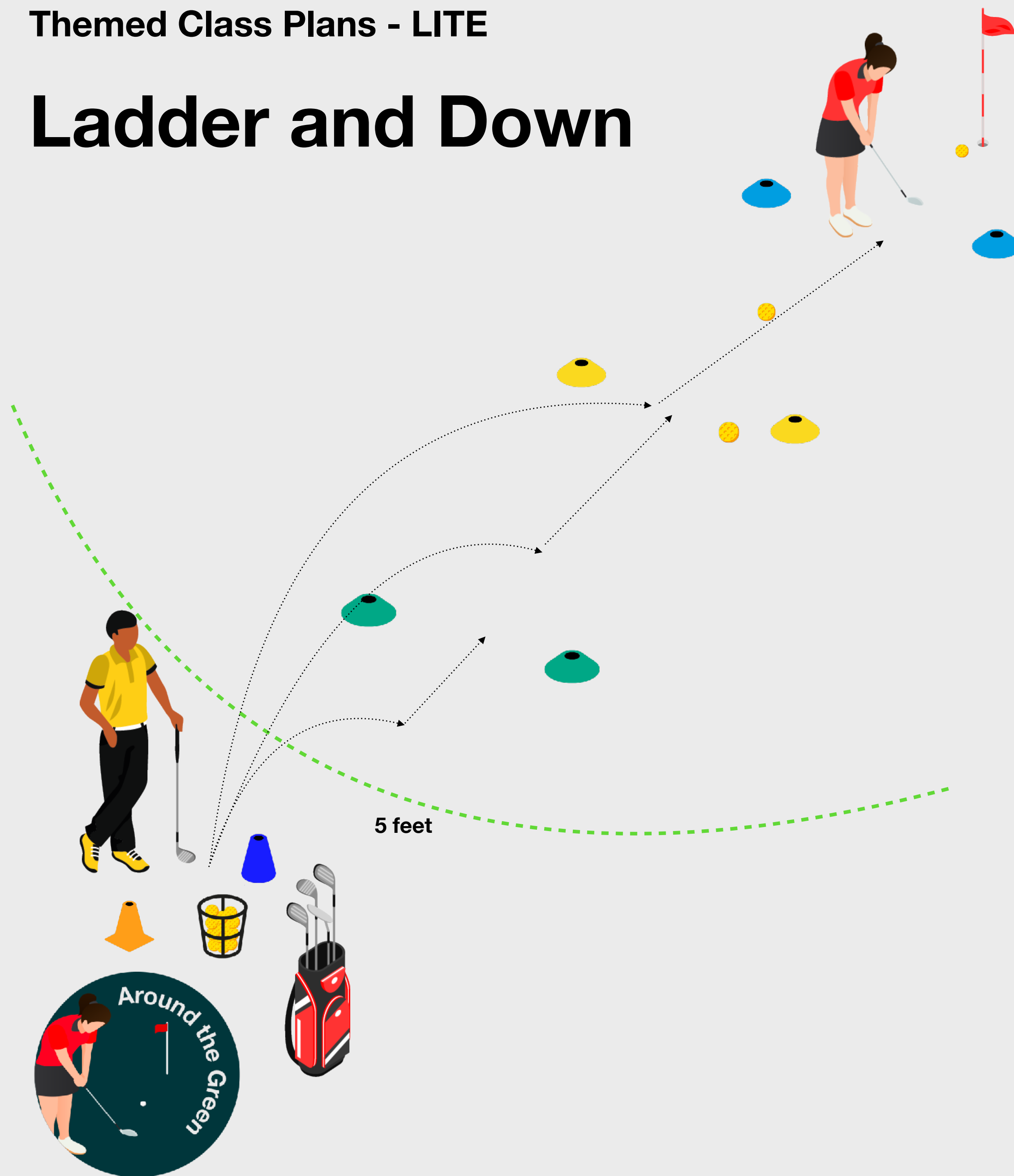- Golf balls

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

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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
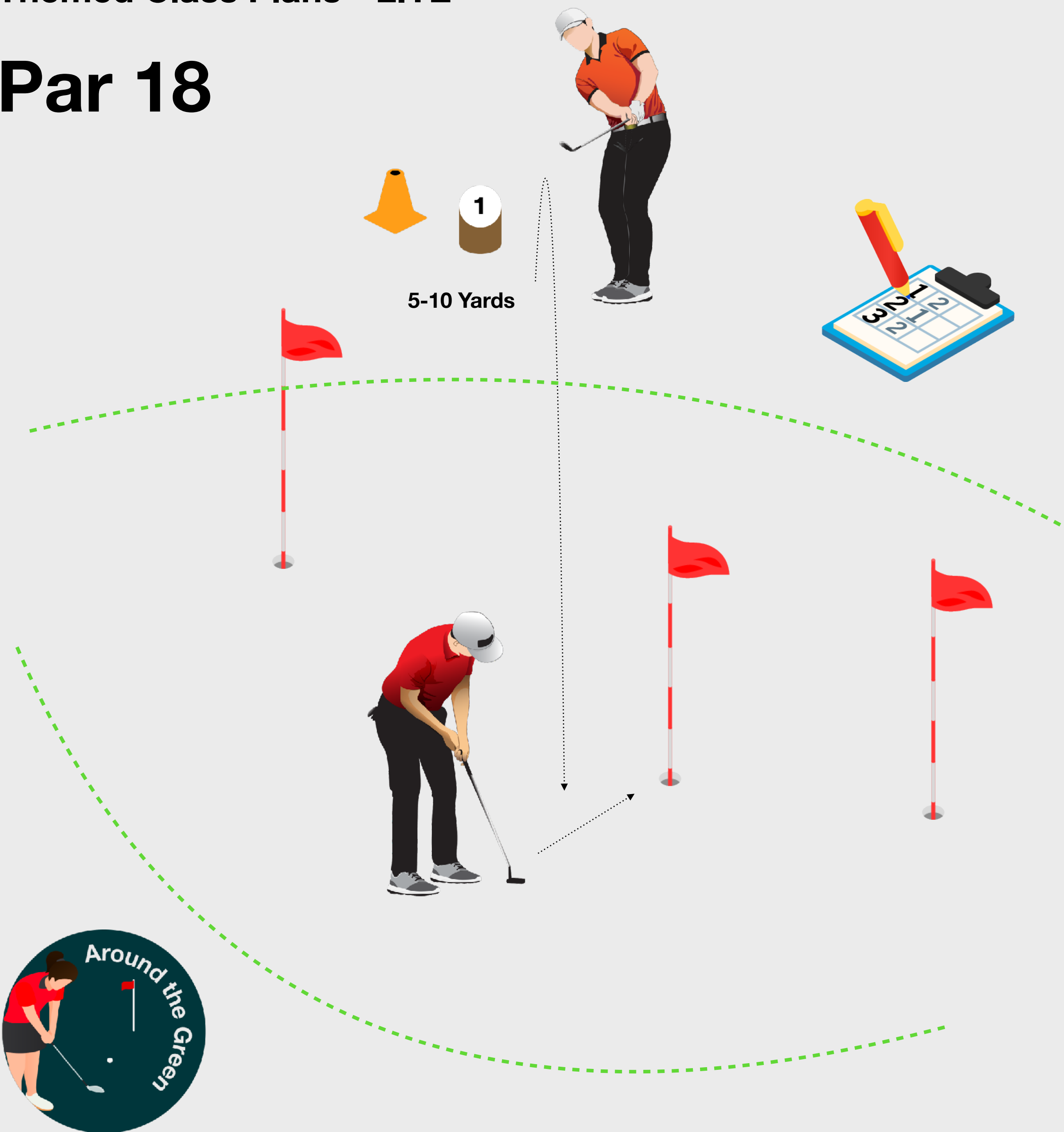
How to Play

- 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

5 feet

Around the Green

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Par 18

5-10 Yards

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 potions 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

Around the Green

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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.
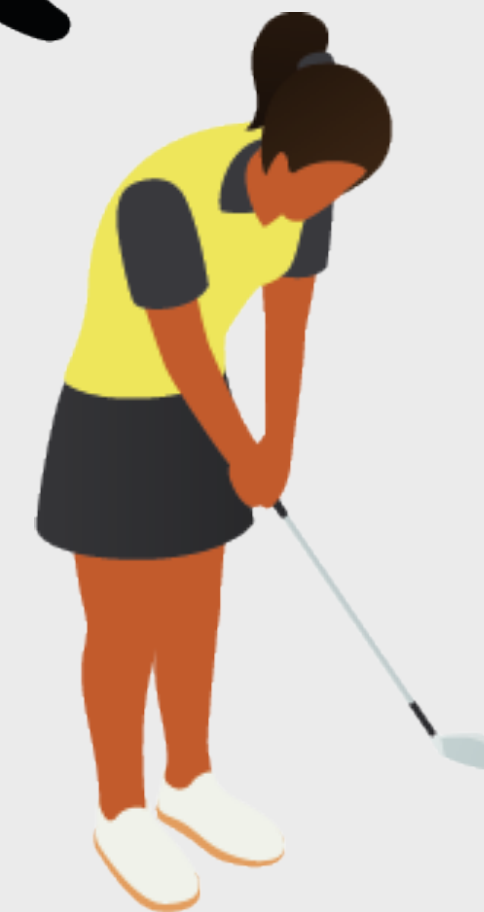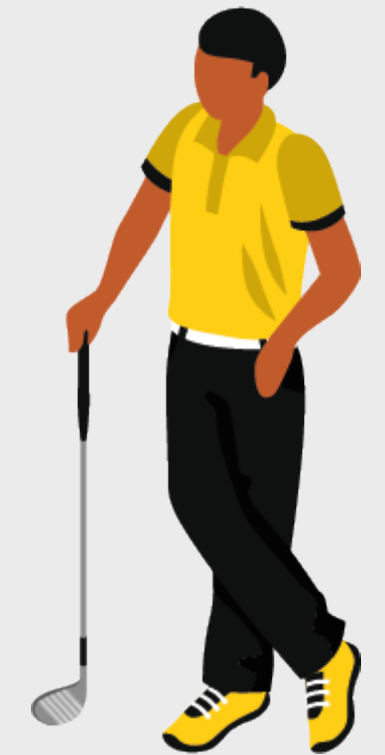
Ball Position

Equipment Needed

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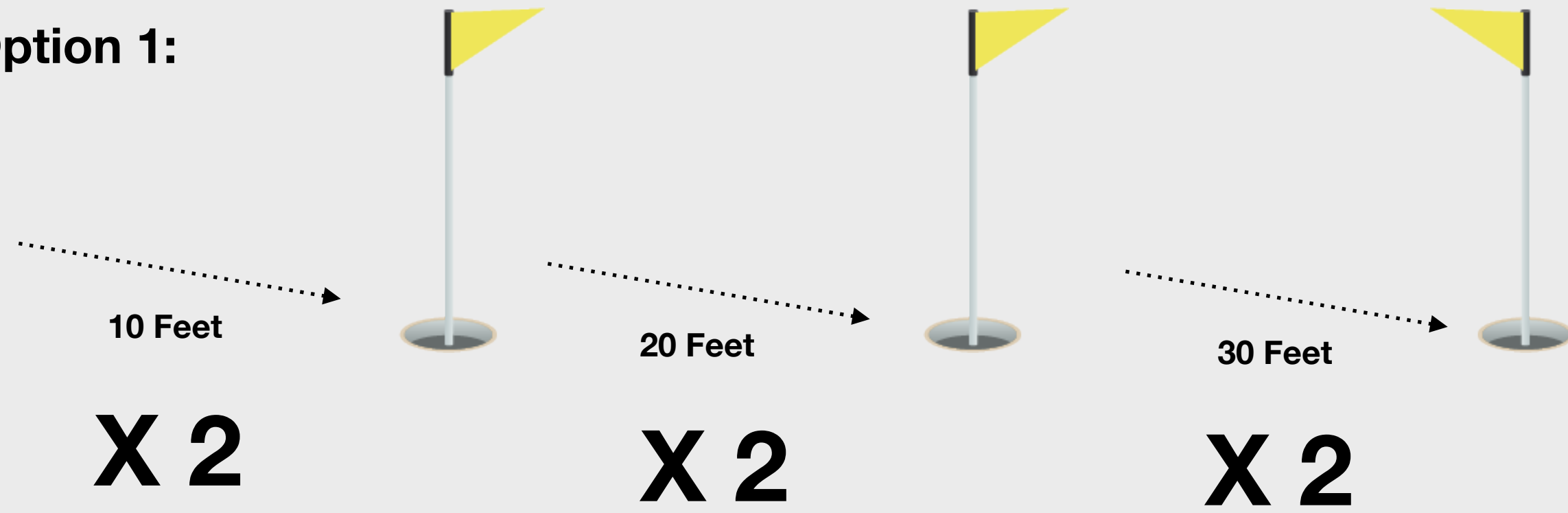• Hybrid, 7 Iron and wedge
• Golf Balls

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
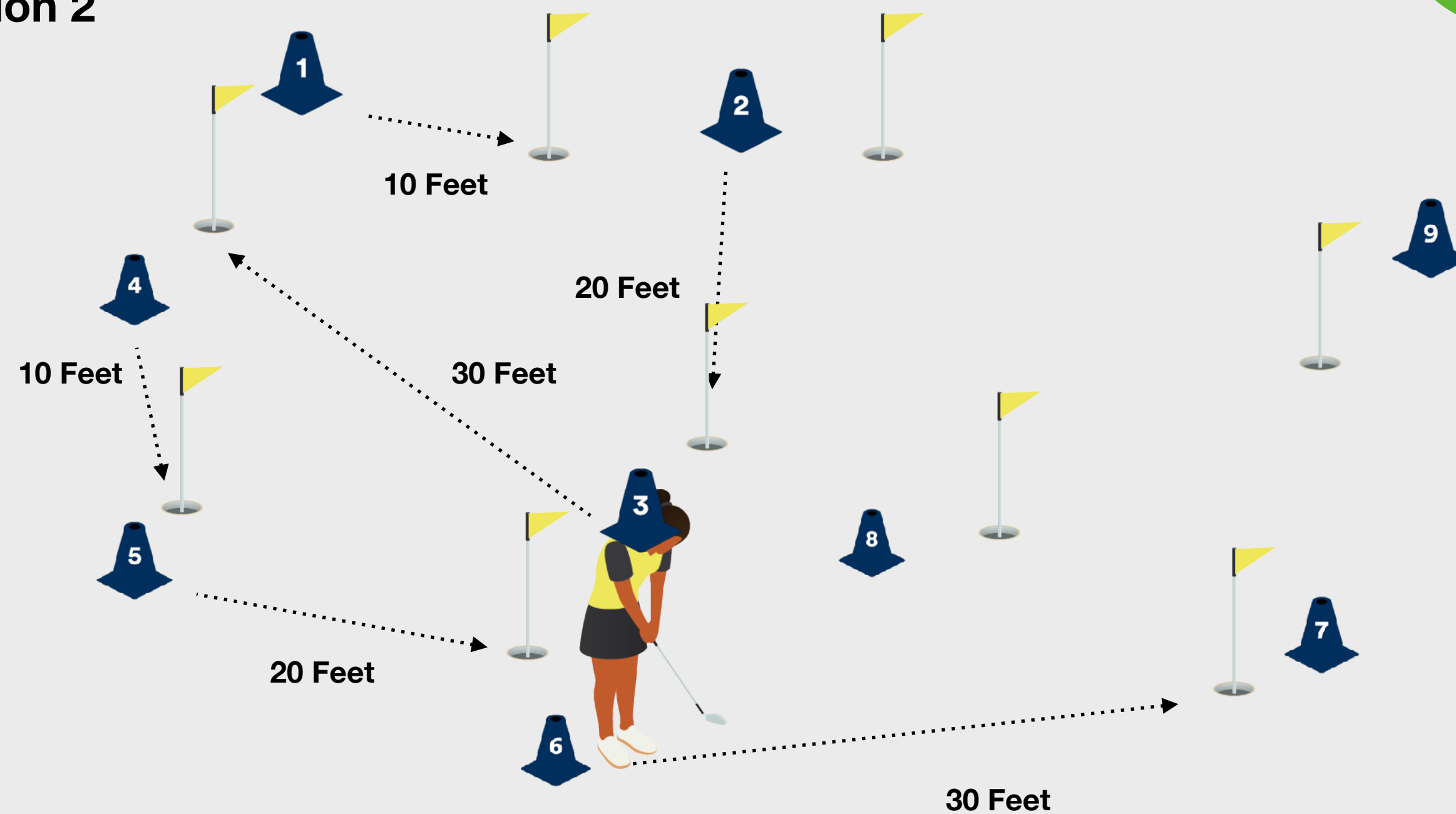
Swing

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Scoring Challenge

Option 1:

10 Feet

20 Feet

30 Feet

X 2

X 2

X 2

21 putts or fewer

Option 2

1

2

10 Feet

20 Feet

9

4

10 Feet

30 Feet

3

5

8

20 Feet

6

7

30 Feet

On the Green

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
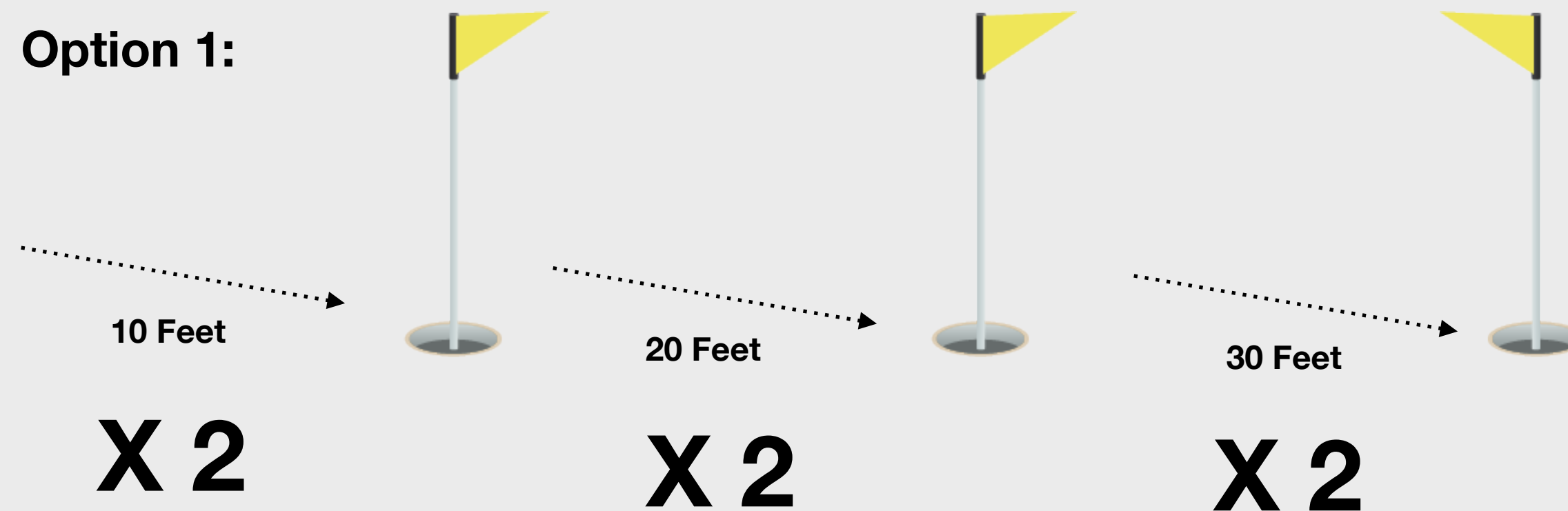• If they complete the challenge, mark it as complete in the challenge section

Green Level 2

2

Learn To Play Golf

Scoring Challenge

Black Level 3

Option 1:

10 Feet

20 Feet

30 Feet

X 2

X 2

X 2

24 putts or fewer

Option 2

1

10 Feet

2

20 Feet

30 Feet

4

10 Feet

30 Feet

5

3

20 Feet

8

20 Feet

10 Feet

9

30 Feet

7

6

30 Feet

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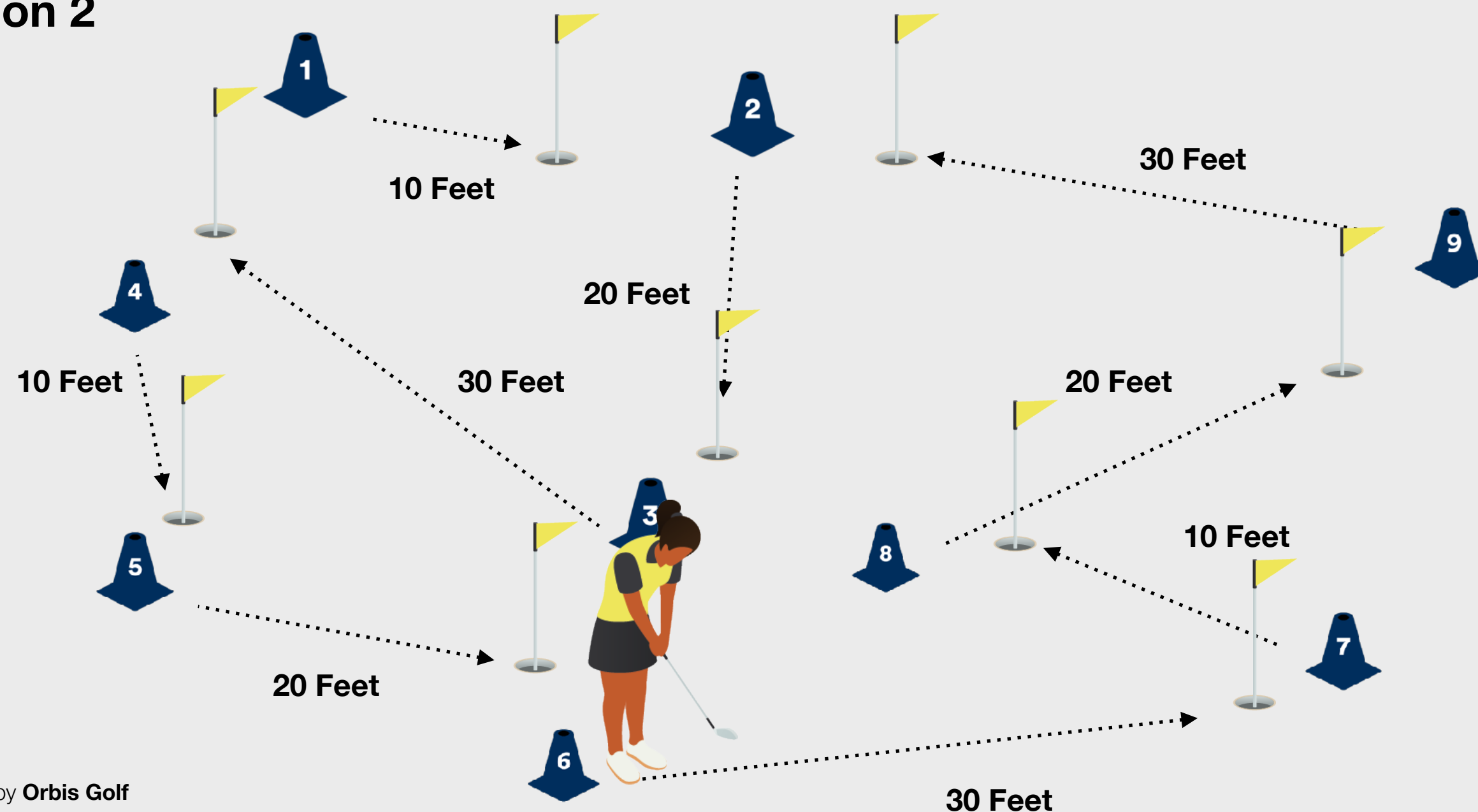**On the Green**

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.

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

3

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