

Swing - Level 3

Fairway Woods and Hybrids



Class Timetable - Fairway Woods and Hybrids

Session Length: 90mins	Group Size: 1:8	Mastering the Game Focus: Swing Fairway Woods and Hybrids	Whole Golfer Focus: Mind Know your Challenge Point	Learning the Game Topic: Preparing to Play	Learning the Game Focus Hydration and Nutrition	Mastering the Game Challenge: Driver Challenge Fairway Wood and Hybrid 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 of your preference and the challenges for the specific class. 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 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 	<ul style="list-style-type: none"> Swing and tee shots
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<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 Developing consistency Finding the fairway Secondary skill station
5 Mins	Learning the Game and Whole Folder Focus	<ul style="list-style-type: none"> 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	<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 Developing consistency Finding the fairway Secondary skill station
10 Mins	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 	<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**

- Develop setup with fairway woods and hybrids
- Develop swing concepts
- Continue to develop fundamentals with irons and driver



- **Nutrition and Hydration:**

- Discuss the importance of general nutrition and hydration during a round of golf.
- Discuss with the learners good habits for staying hydrated including how much water they should aim to drink, how often and how drinks high in sugar and caffeine are best avoided
- Discuss with the learners the types of food that they should carry during a round of golf in order to optimise their energy levels

- **Orientation of Equipment**

- Explore with the learners how the fairway wood and hybrids are designed differently than other clubs in the bag



- **Knowing Your Challenge Point**

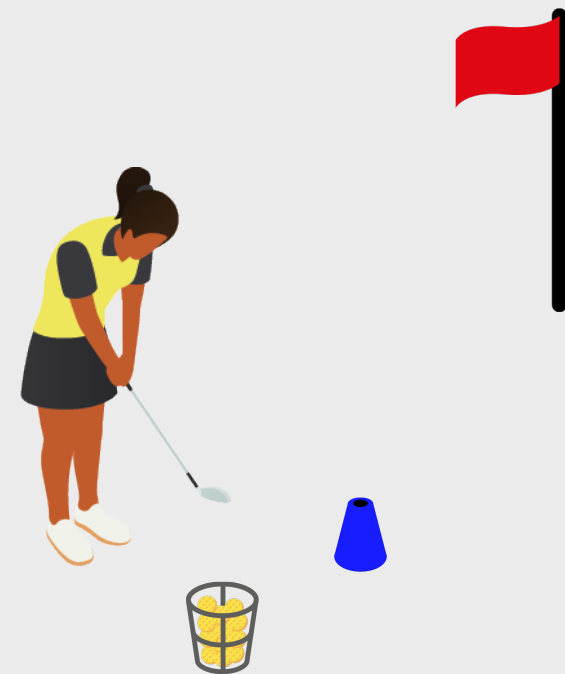
- It is important for the learners to understand what level they are at and what type of challenges and successes they should expect
- Link this theme to fairway woods and hybrids and making correct decisions on the course

Class Layout and Setup

Group Discussion:
Start, during and end
of class



Station 6:
Secondary Skill
Pitching



Station 1:
Practice Station
Brush the Lead Thigh

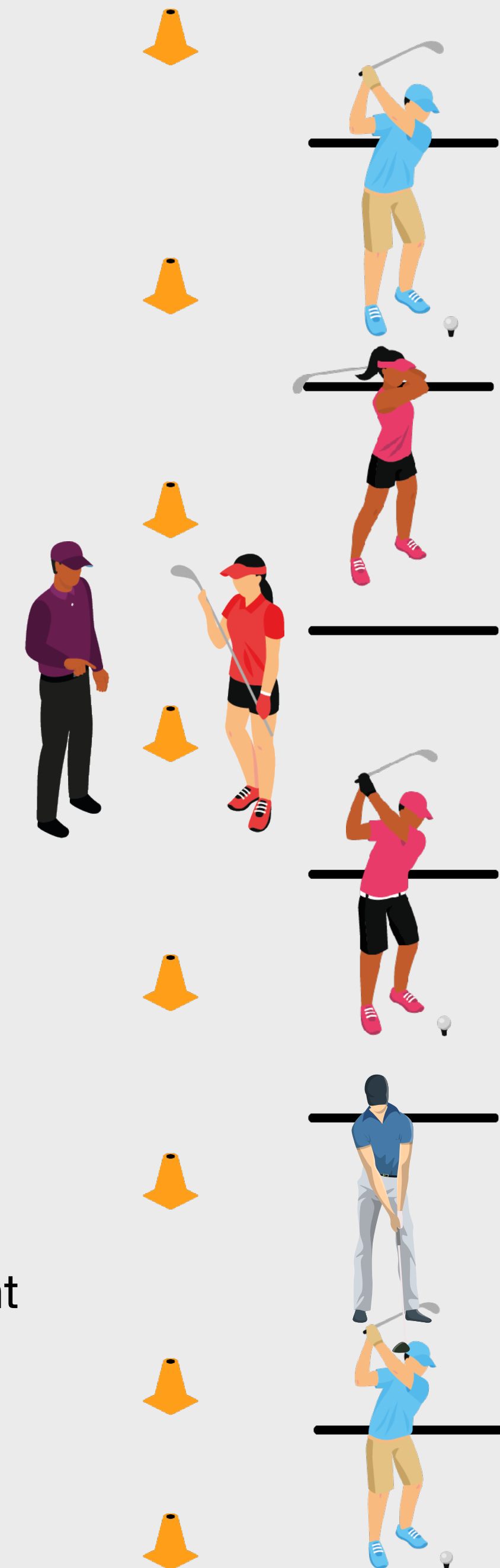
Station 2:
Practice Station
Fairway Finder

Station 3:
Practice Station
Change Set Up

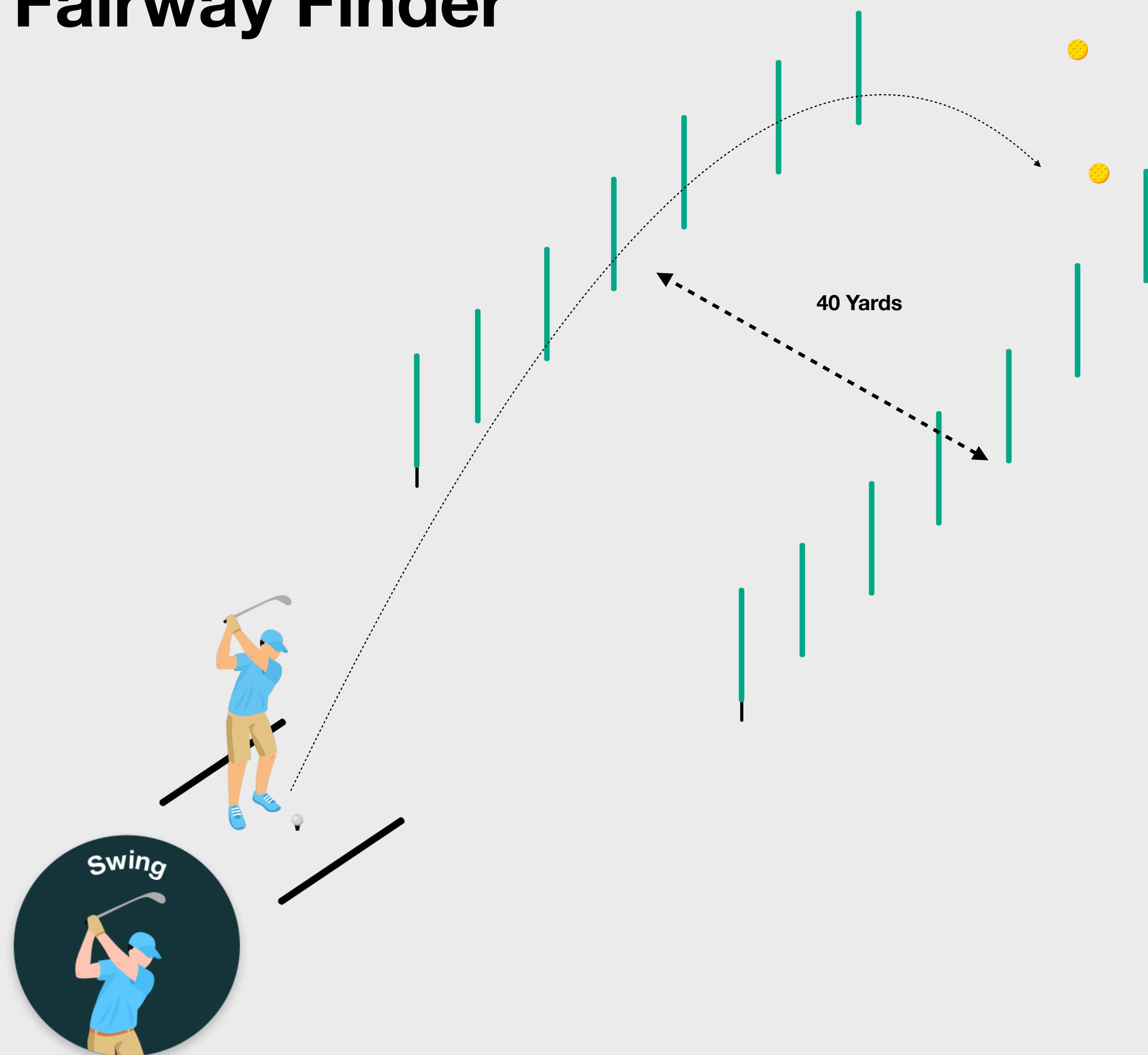
Station 4:
Game Station
G.O.L.F

Station 5:
Tee Height for Better Flight

Station 6:
Challenge Station



Fairway Finder



Equipment Needed

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

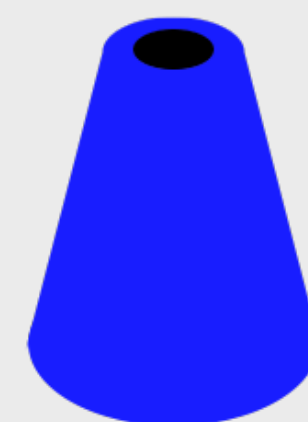
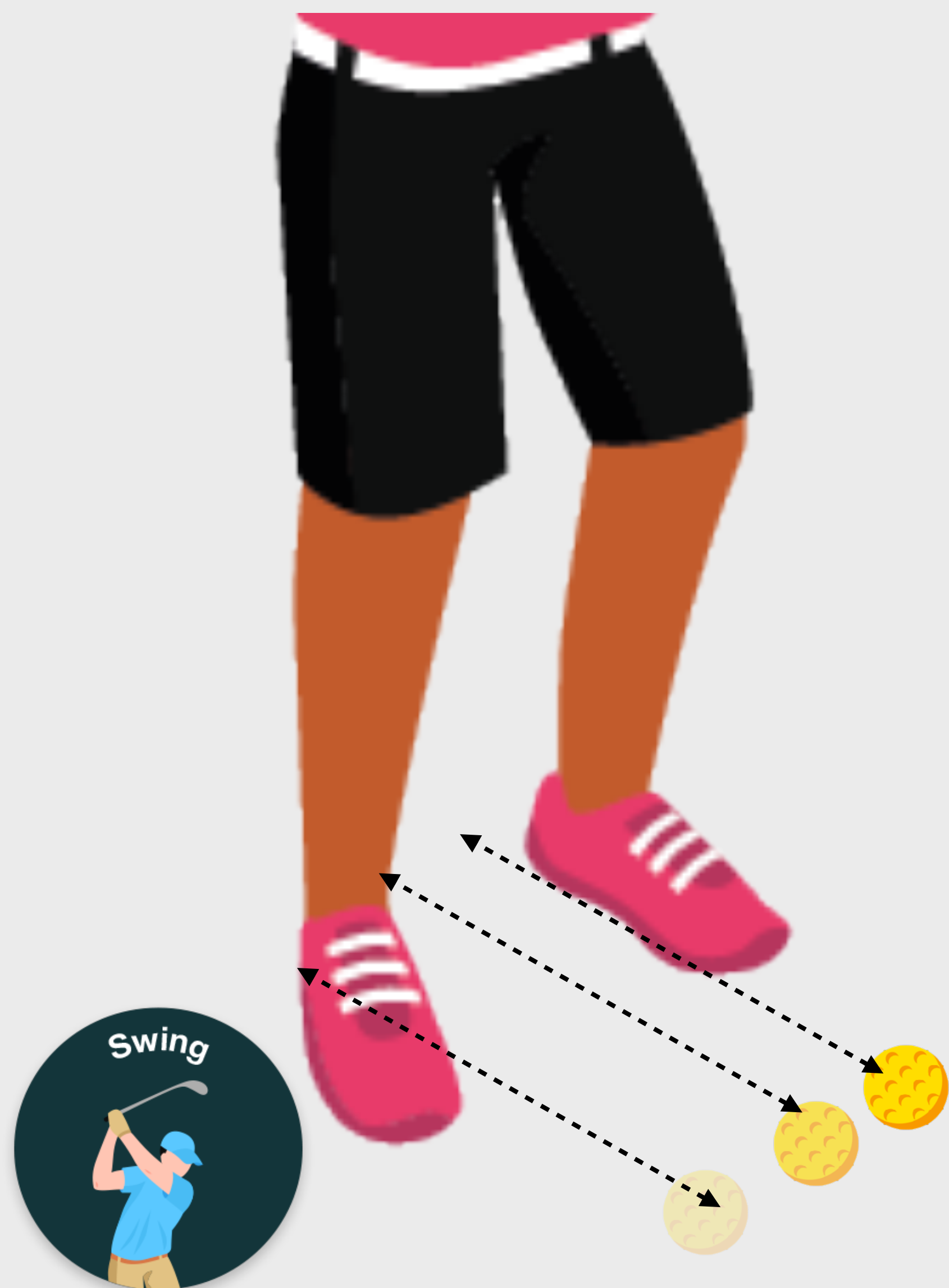
How to Practice

- 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 stock shot. This can be a fairway wood
- Ask the learners to hit 10 shot and see how many out of 10 they can hit 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

Change Set Up



Equipment Needed

- Fairway Wood
- Golf balls
- Cones

How to Practice

- Learners should understand how changing their setup will affect the consistency and type of shot they hit
- Ask the learners to adjust their ball position forwards and back in their stance and see the difference that makes
- Adjusting their alignment will also affect the consistency and quality of their stock shot
- Use alignment sticks on the ground to help with awareness and understanding
- Help them to understand the position of the golf ball for them with the fairway wood or hybrid

Technical Link

- Allowing the learning to change and adjust their setup will help them understand the importance of a correct set up and the difference it makes with different clubs

Brush the Lead Thigh



Equipment Needed

- Tees
- Fairway Wood
- Golf Balls
- Alignment Stick

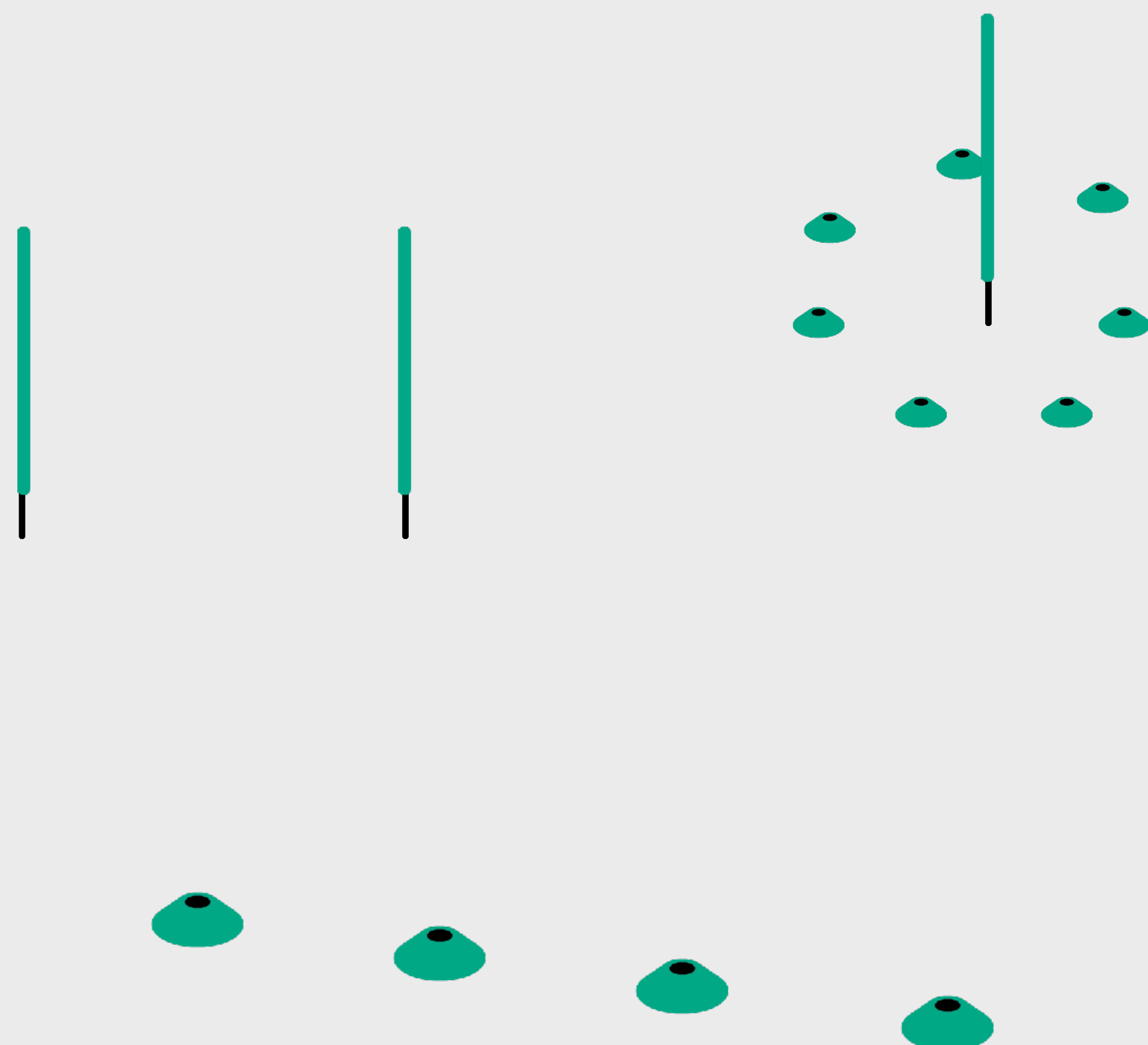
How to Practice

- Ask the students to stand vertically at address with an alignment stick running from the centre of the chest vertically down through the belt buckle.
- Ask the students to get into their comfortable iron posture making a tail with the other end of the alignment stick
- Get the learner to notice how the alignment stick points directly to the centre of the feet
- Ask the student the tilt the spine away from the target until the other end of the alignment stick brushes the left thigh. This is the position of the spine with the driver
- Get the learner to find a middle point between the two for their Fairway Wood and Hybrid setup

Technical Link

- Explain how this change at address will help them to deliver the club into golf ball effectively optimising the design of the club.
- Explore how this links to the design of an iron and the driver and also the differing ball position

G.O.L.F.



Equipment Needed

- Cones
- Alignment Sticks and Foam Noodles

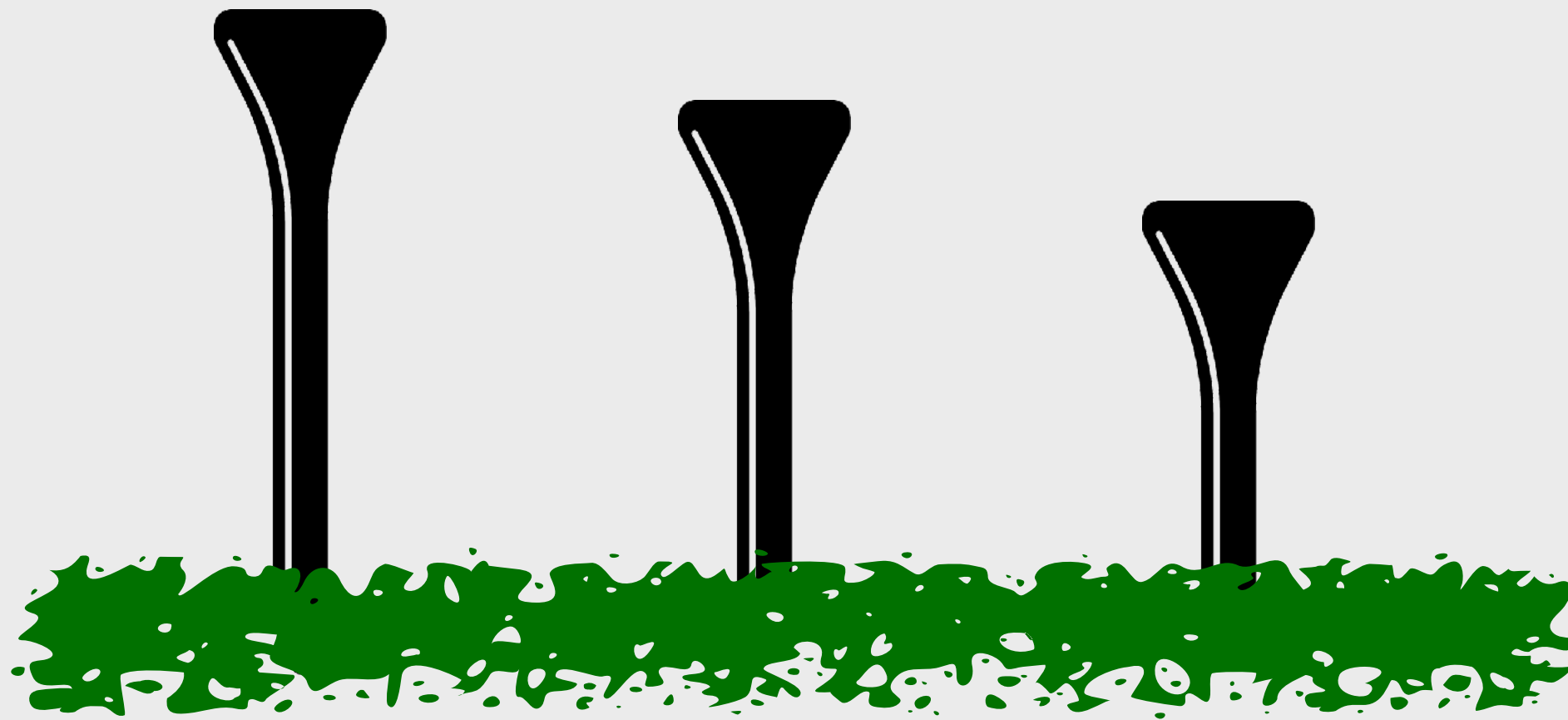
How to Play

- 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

Tee Height for Better Flight



Equipment Needed

- Tees
- Fairway Wood
- Golf Balls
- Launch monitor or similar (optional)

How to Practice

- Provide the learner with a variety of tees so they can change the tee height during practice
- Ask the student to hit golf balls using 3 different tee heights using the fairway wood
- Measure the height, carry and distance of the shot with the 3 different Tees

Technical Link

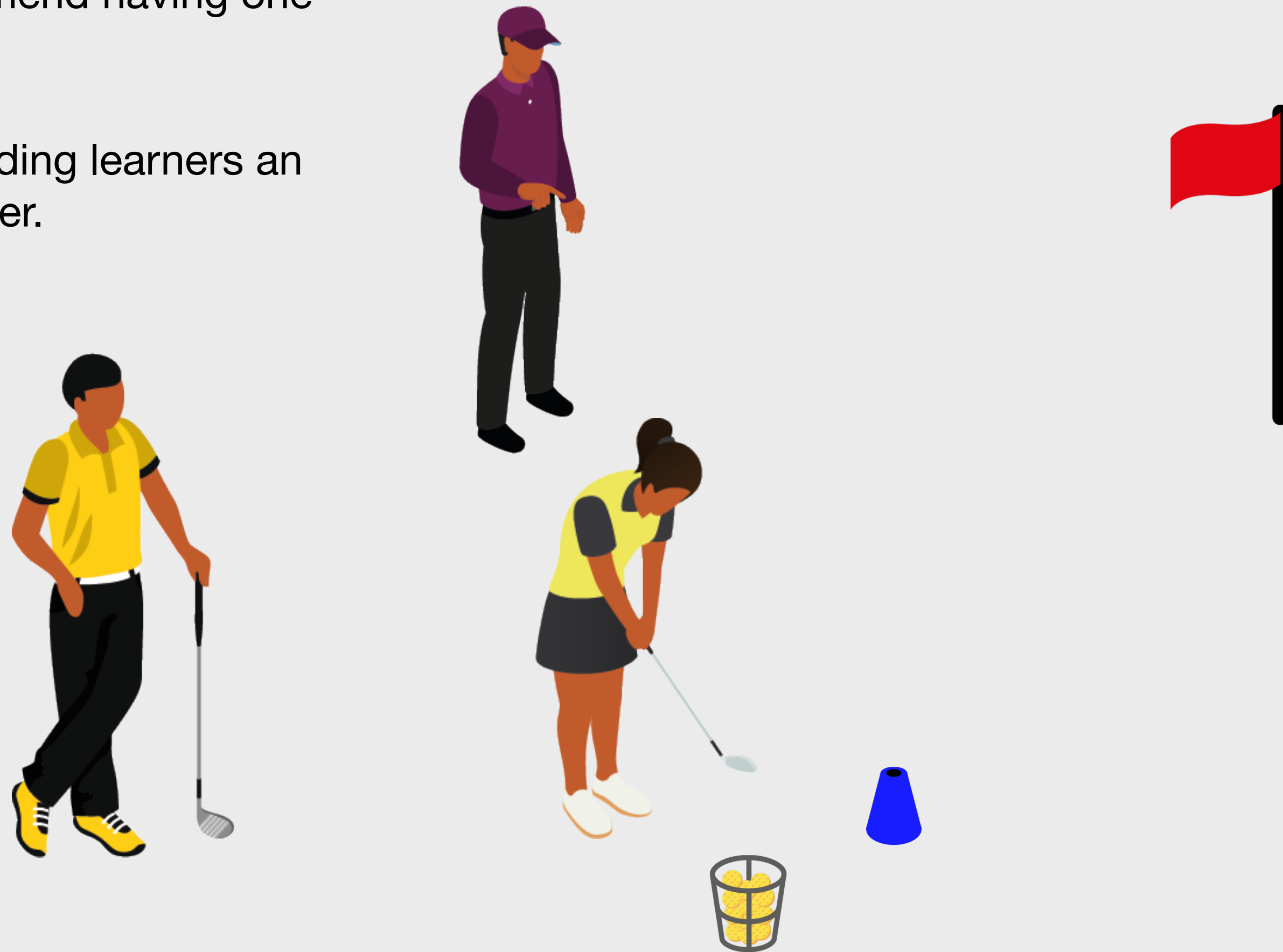
- Finding the correct tee height is crucial to enable the learners to strike the ball from higher on the club face to maximise the strike potential and ultimately the distance of the shot
- It will help the learners to better understand that face contact has a huge impact on carry and distance



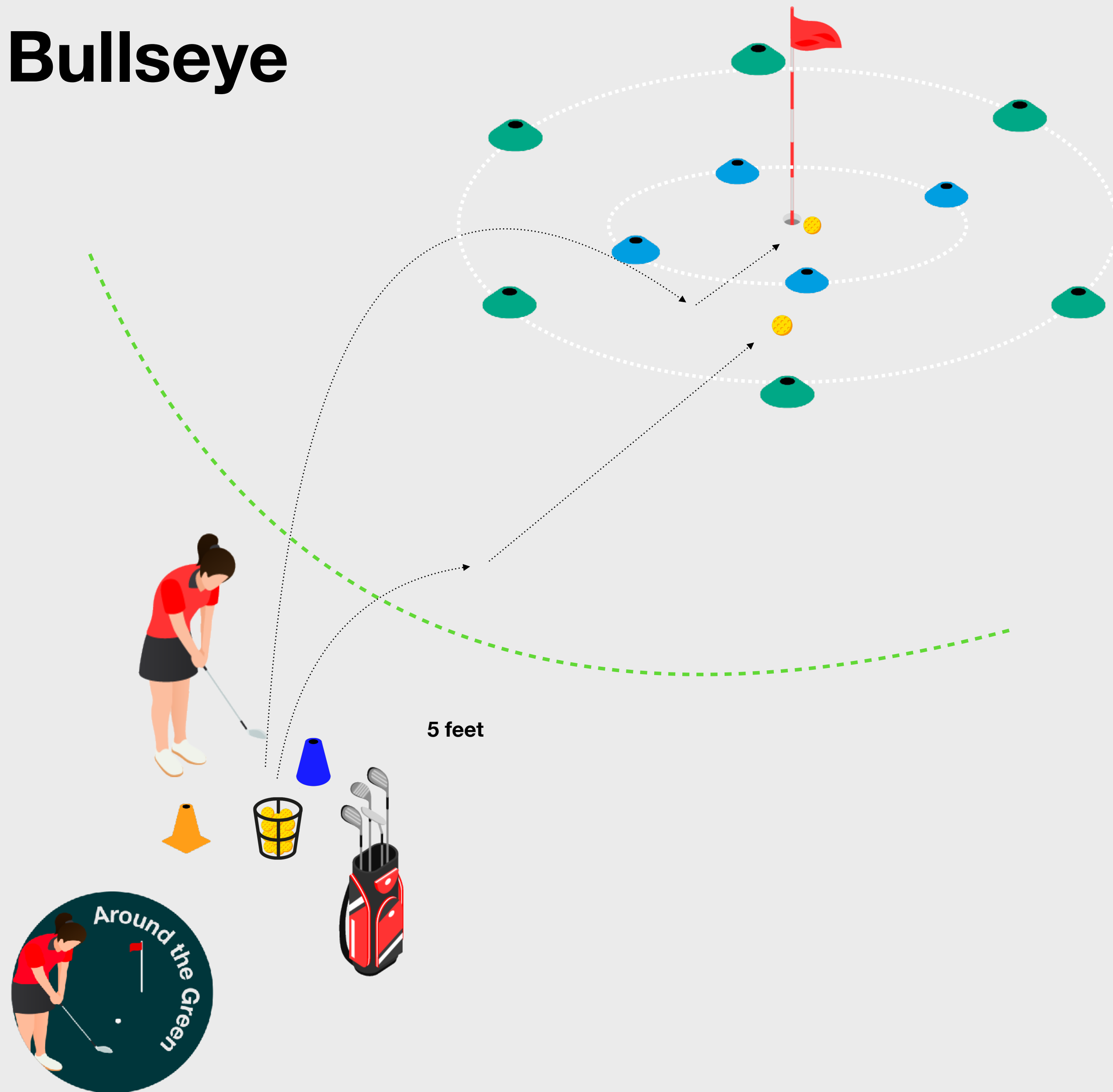
Secondary Skill

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 **Pitching**, providing learners an opportunity to practice their skills in the bunker.



Bullseye



Equipment Needed

- Chip shot at the edge of a chipping green
- Golf balls
- Cones for safety
- Cone to create 2 circles (5ft & 10ft)

How to play the game

- Challenge the learner to hit 10 shots from the edge of the green. 5 shots should be hit with a 8 iron and 5 shots to be hit with a SW
- If the learner gets the ball in the inner circle they score 10 points
- If the learner gets the ball in the outer circle they score 5 points

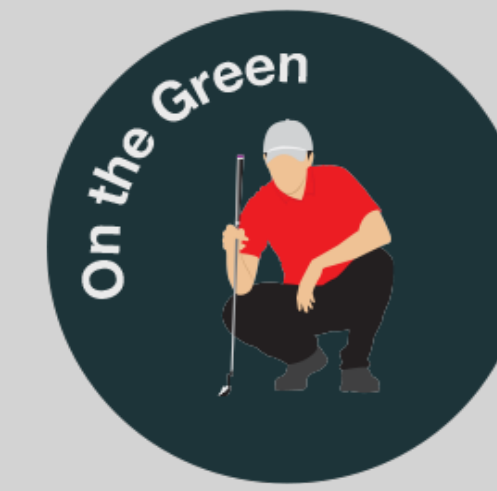
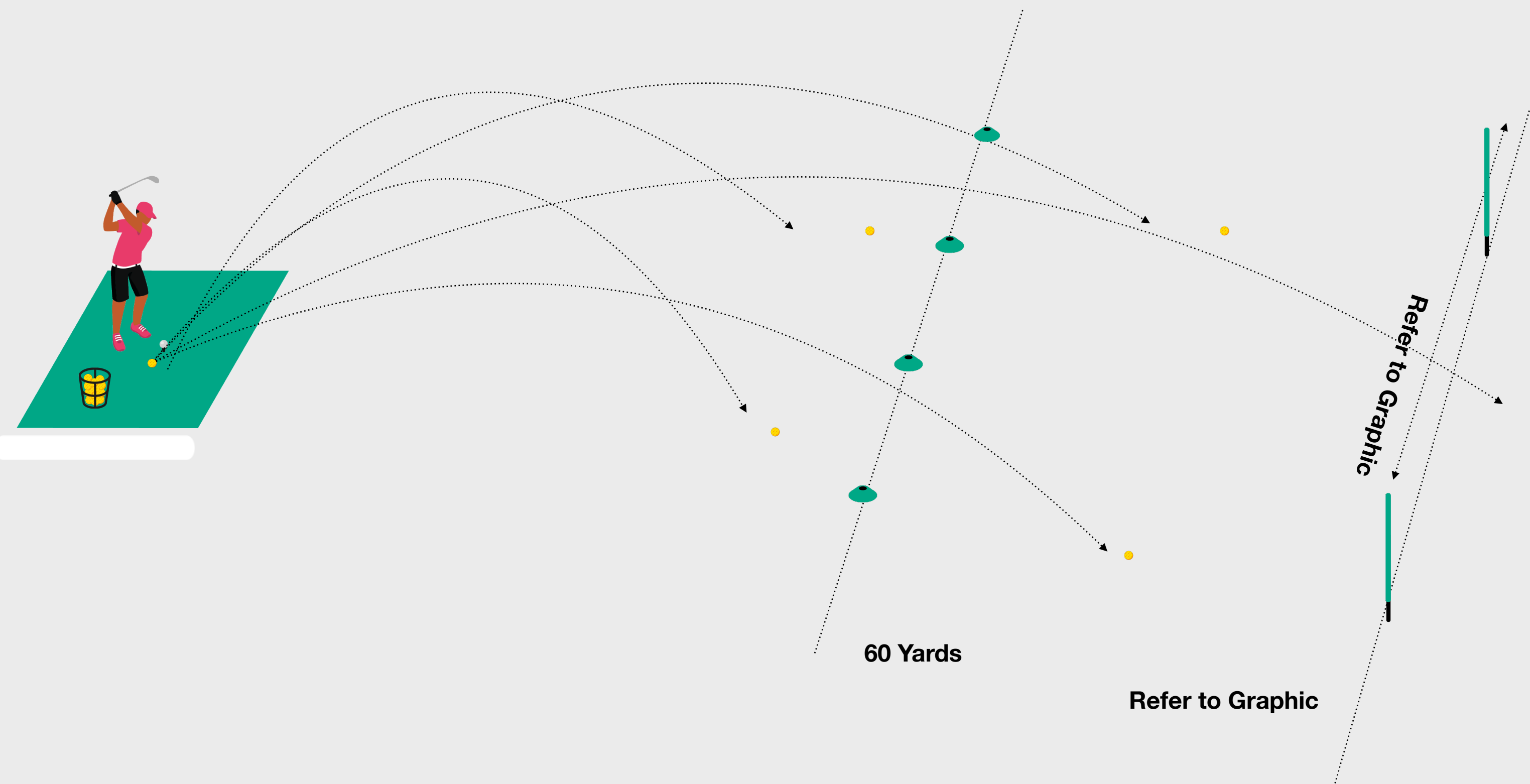
Technical Link

- Explain to the learner how changing the club effects the result
- Ask the learner which shot is the most effective and score the most points over 10 shots



Hybrid / Fairway Wood Challenge

		Level	Challenges			
Fairway Woods and Hybrids	2	3/5 shots to carry 60 yards				
	3	2 out of 5 shots to travel through and come to rest between the target gate				
		100 Yards	125 Yards	150 Yards	175 Yards	
		20 yard wide target gate	25 yard wide target gate	30 yard wide target gate	35 yard wide target gate	



The Challenge

To complete the Level 2 and 3 Challenges the learner needs to complete various swing challenges. Refer to the table for scoring 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

