

# Swing - Level 3

## Fairway Woods and Hybrids



# Contents

- 3 **Class Timetable**
- 5 **Class Objectives**
- 9 **Class Layout and Setup**
- 10 **Practice Stations and Game Cards**
- 16 **Secondary Skill**
- 19 **Skills Challenges**



# 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

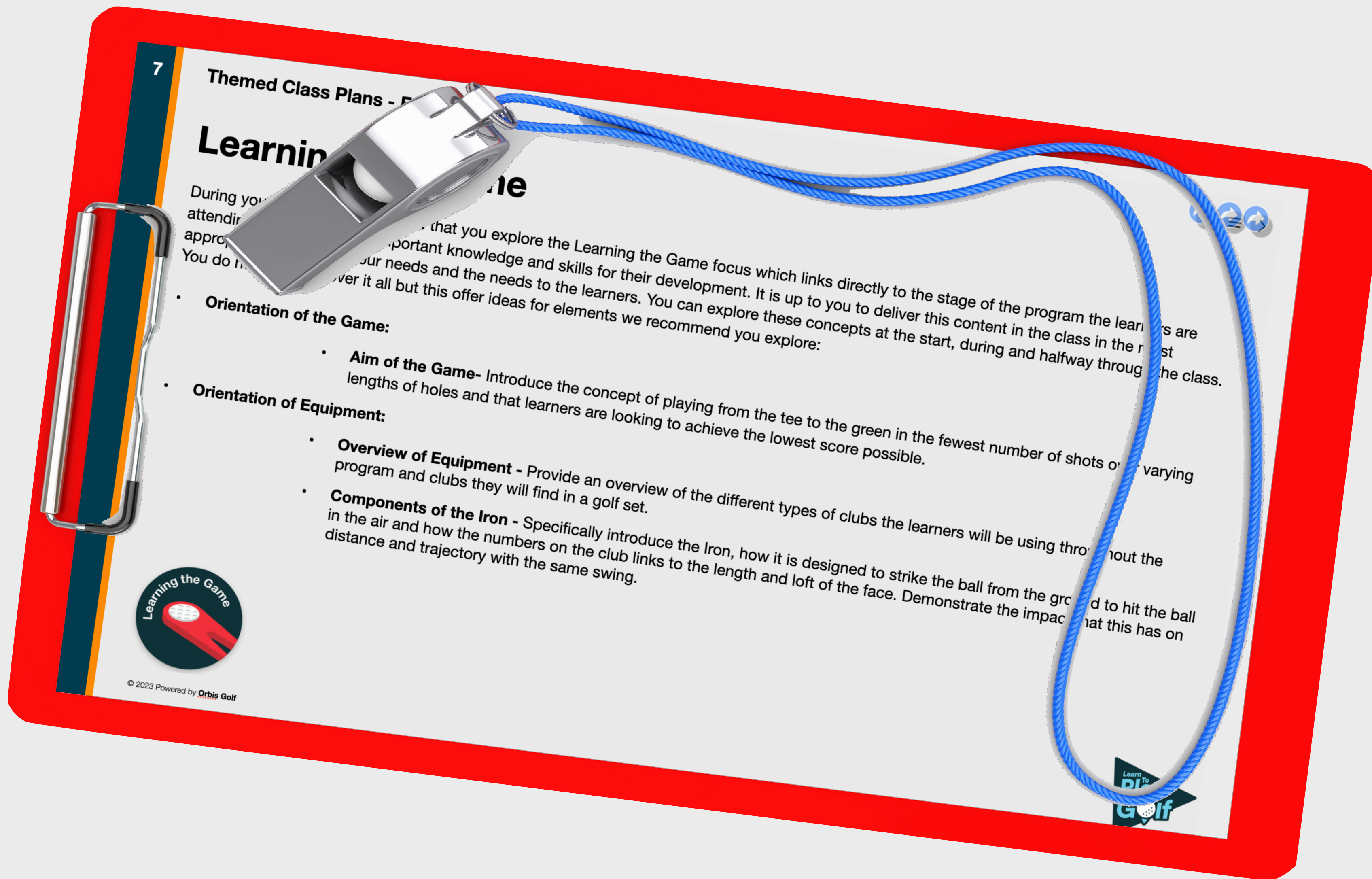
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# Class Timetable - Fairway Woods and Hybrids

<b>Session Length:</b> 90mins	<b>Group Size:</b> 1:8	<b>Mastering the Game Focus:</b> <b>Swing</b> Fairway Woods and Hybrids	<b>Whole Golfer Focus: Mind</b> Know your Challenge Point	<b>Learning the Game Topic:</b> Preparing to Play	<b>Learning the Game Focus</b> Hydration and Nutrition	<b>Mastering the Game Challenge:</b> 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"> <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>Swing and tee shots</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>Developing consistency</li> <li>Finding the fairway</li> <li>Secondary skill station</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>Developing consistency</li> <li>Finding the fairway</li> <li>Secondary skill station</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 **Strike, Distance and Direction Control**. Some of technical content you may want to explore in this first session may include:

- **Develop Setup with Fairway Woods and Hybrids** - Introduce some basic setup concepts when learners are using Fairway Woods and Hybrids:
  - Discuss how ball position will change compared to using a mid-iron and Driver
  - Discuss how fairway woods and hybrids can be an effective strategy choice off the tee and therefore expand on how the learners determines the correct tee height
  - Discuss the change in posture due to the length of the club and therefore resulting distance the learner should stand from the ball
  - Discuss the position of the upper body and head position due to the change in ball position and optimism delivery of the club into the ball
- **Develop Swing Concepts** - Continue to develop basic swing concepts from previous swing classes which also may include:
  - Explore how the club should be effectively delivered into the golf ball in order to maximise the design of the club and how the setup fundamentals will influence this
- **Continue to Develop Fundamentals with Irons and Driver:**
  - Building on the content from previous classes, use this as an opportunity for learners to use different clubs across the bag and understand how the fundamentals vary from club to club



**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 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:

- **Nutrition and Hydration**

- Discuss the importance of general nutrition and hydration during a round of golf. Explore with the learners the length of time a golfer may spend on the course and how this requires good energy levels and concentration
- Discuss with the learners the types of food that they should carry during a round of golf in order to optimise their energy levels. This may include:
  - Eating certain types of foods depending on the stage of the round which will be dependant on the number of holes being played. Early on the round low carbohydrate food such as fruits and nuts are ideal
  - Mid round learners can consume foods which will maintain energy levels and may contain a mixture of protein, carbohydrate and fat. This may include dried fruit or a peanut butter sandwich!
  - Later in the round foods should be consumed which will increase energy levels and this may include a protein bar
  - 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

- **Orientation of Equipment** - Explore with the learners how the fairway wood and hybrids are designed differently than other clubs in the bag. You can explore:
  - A wider base to the club will help the club to slide through the rough and reduce the leading edge digging in
  - The benefit of a hybrid club especially from the longer rough compared to a long iron or fairway wood
  - The sweet spot being position lower to the ground compared to the driver



# 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:

## • 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.
- Understanding how difficult the challenge or the hole length needs to be so that it is an appropriate challenge for their ability is a very important part of starting and developing in golf.
- Reiterate that fairway woods may especially be a challenge club to use and early on, a higher lofted fairway wood such as 7-wood may be of benefit
- Discuss how utilising a hybrid compared to a long iron will be a beneficial choice at the early stages of learning and playing the course
- Discuss with the learners how the choice of club and how should be relevant to their stage of learning and how the adapted tees and handicap indexes will help to make the experience of playing developmentally appropriate



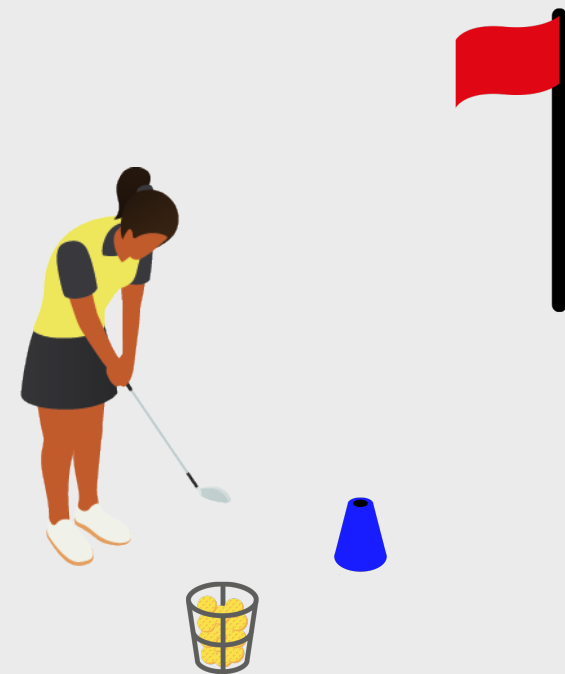


# Class Layout and Setup

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



**Station 6:**  
Secondary Skill  
Pitching



**Station 1:**  
Practice Station  
Brush the Lead Thigh

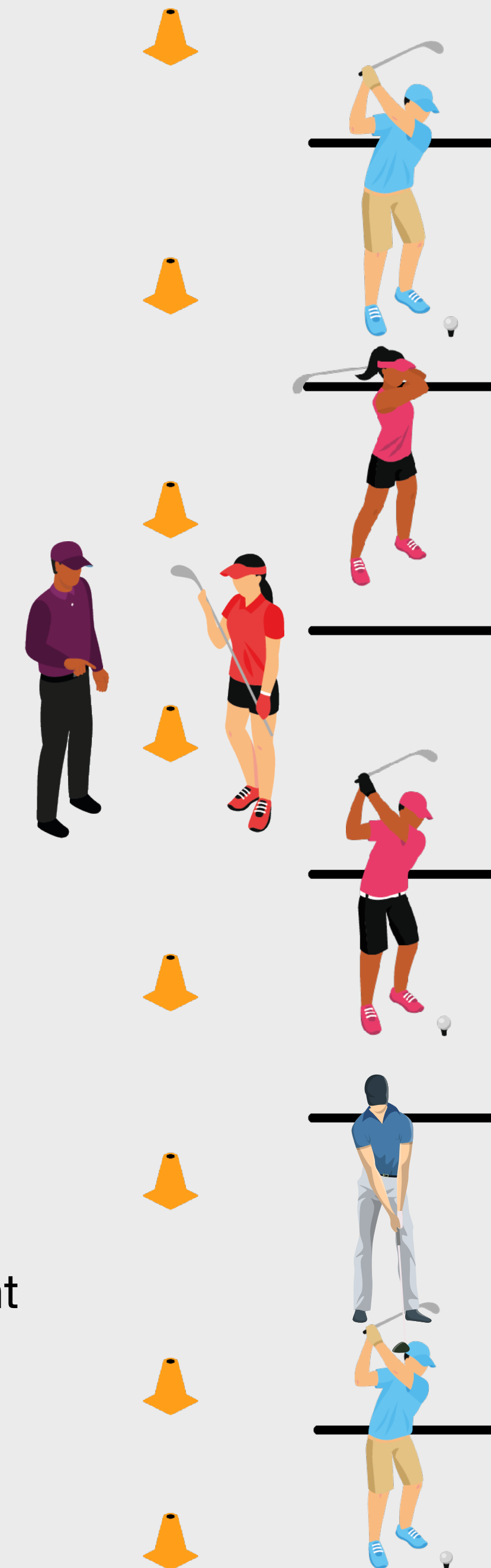
**Station 2:**  
Practice Station  
Fairway Finder

**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



# Practice Stations and Game Cards



Themed Class Plans  
Control Di

30 Yards  
20 Yards  
10 Yards

**About**  
The Practice Station Ac...  
engaging practice elem...  
themed class focus.

**Equipment Needs**

- 12 cones
- Golf balls

**How to Practice**

- Set this activity up v... 3 different sized boxe...  
20 yards and 30 ya... from the learner
- The learner should... ctice chipping the ball c...  
distances using th... me club, by varying the
- Encourage them t... start by controlling the leng...  
stroke, similarly t... w they learnt to control th...  
stroke using a pu... and then gradually increa...  
length of the str... and speed of the stroke to
- This practice is... t learnt using the same clut...  
lower lofted cl... .g. a 7 iron would be best to

**Technical Li...**

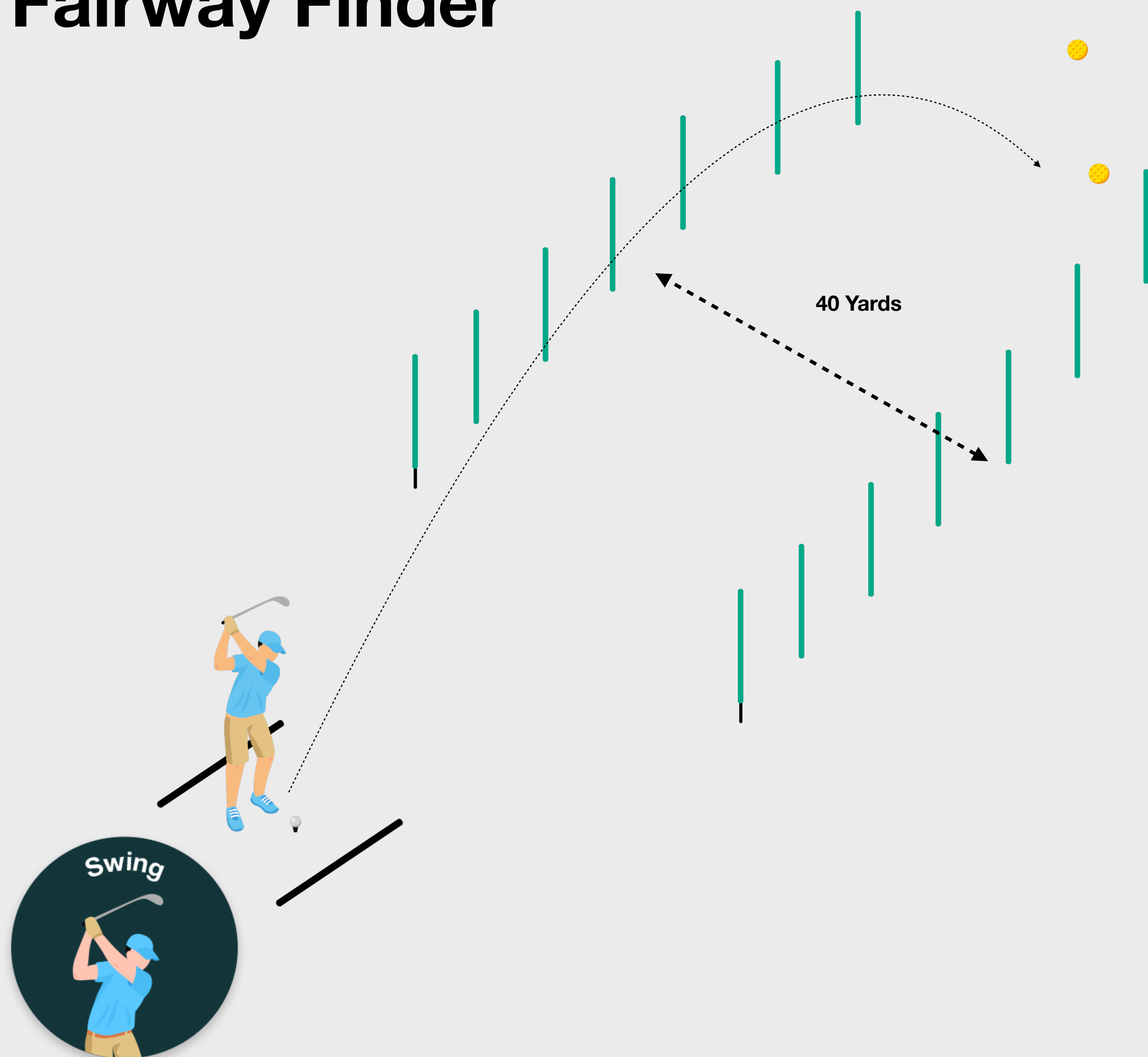
- This activity... help the learner to underst...  
control the... ance of a shot based on the...  
speed of th... roke
- This activit... ll help the learner to gain so...  
consistenc... ound the green by becomin...  
confident t... g one particular type of clut... or

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GAM...  
GOLF...  
DEVELOPMENT



# Fairway Finder



## Equipment Needed

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

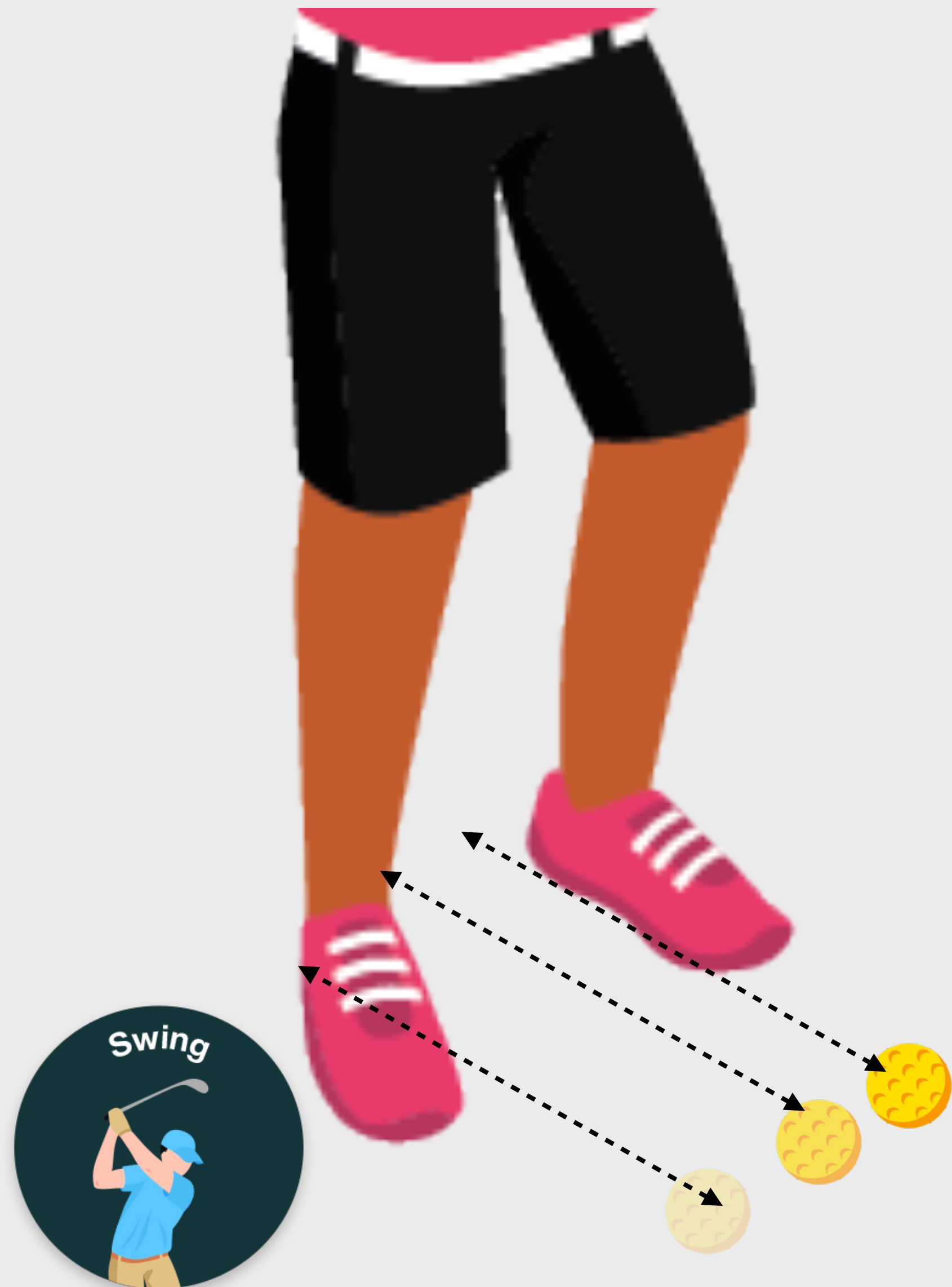
## How to Practice

- 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

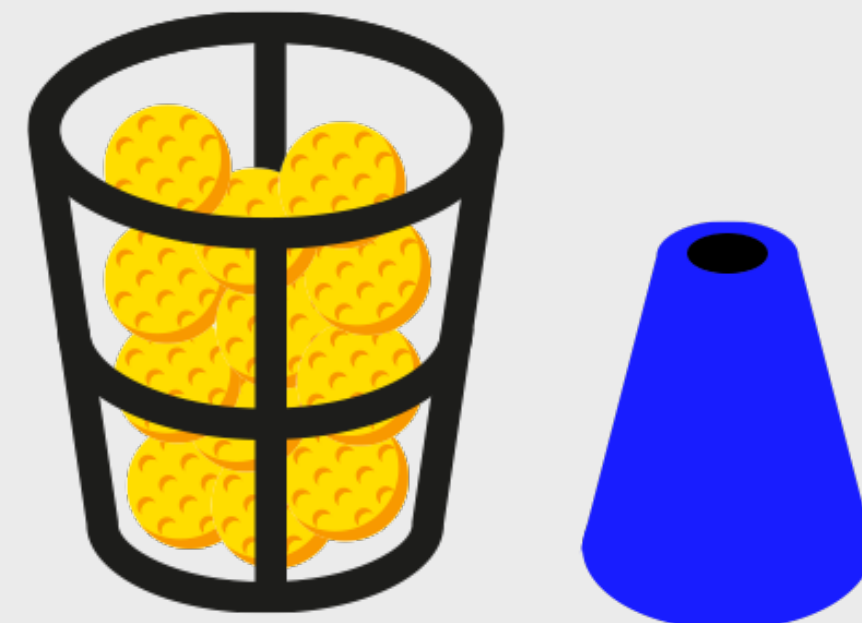
- Fairway Wood
- Golf balls
- Cones

## 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

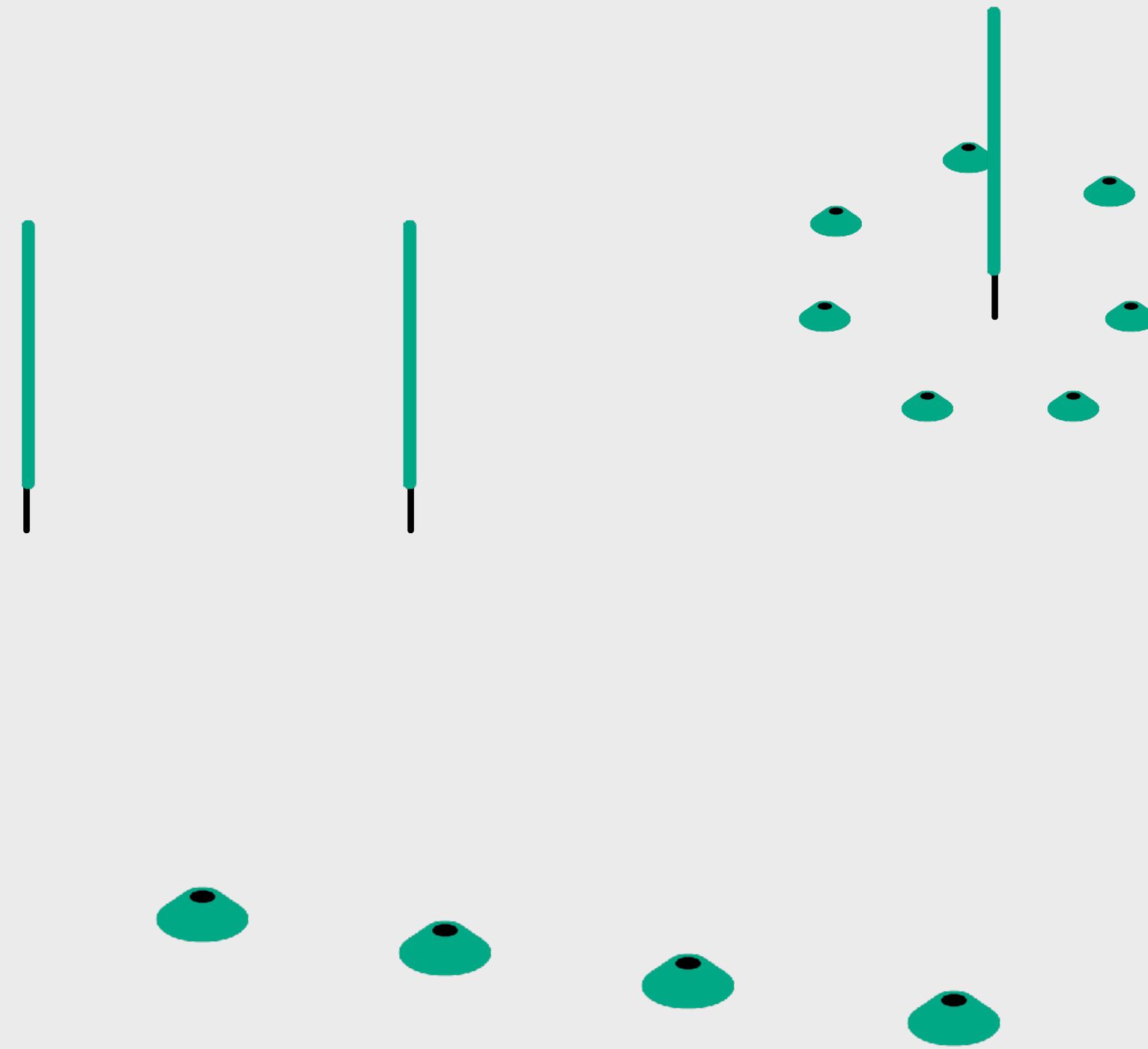
## How to Practice

- 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 to 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

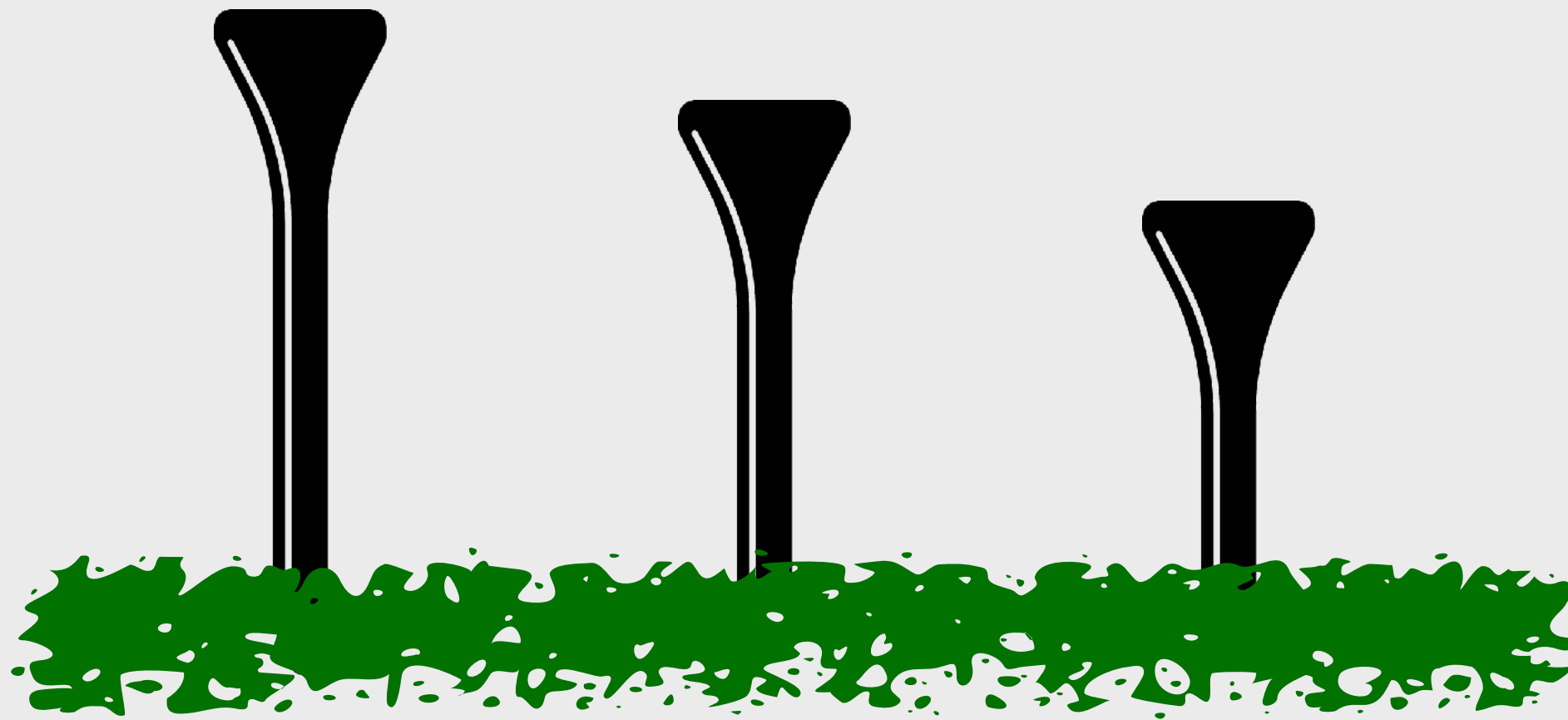
## How to Play

- 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

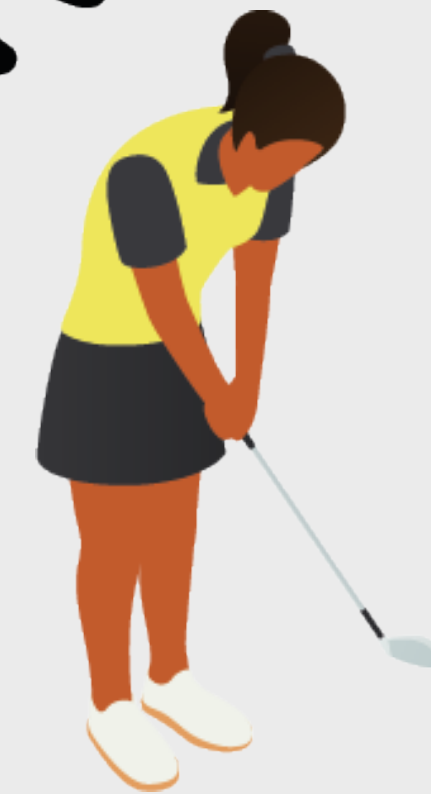
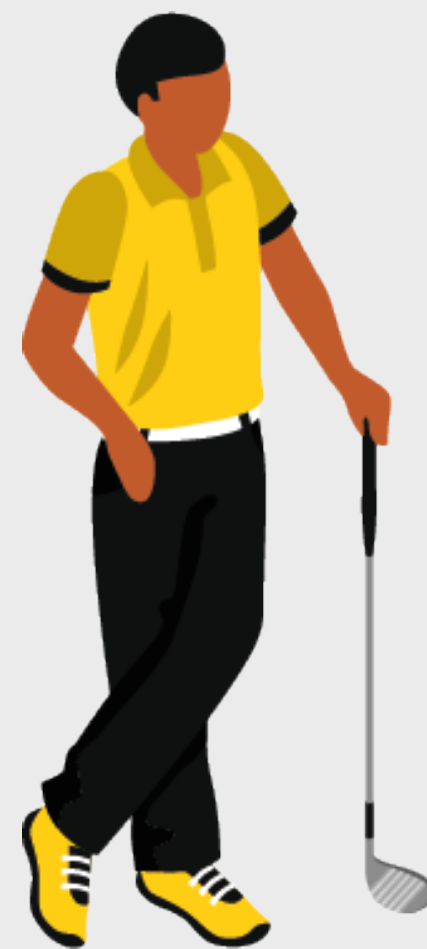




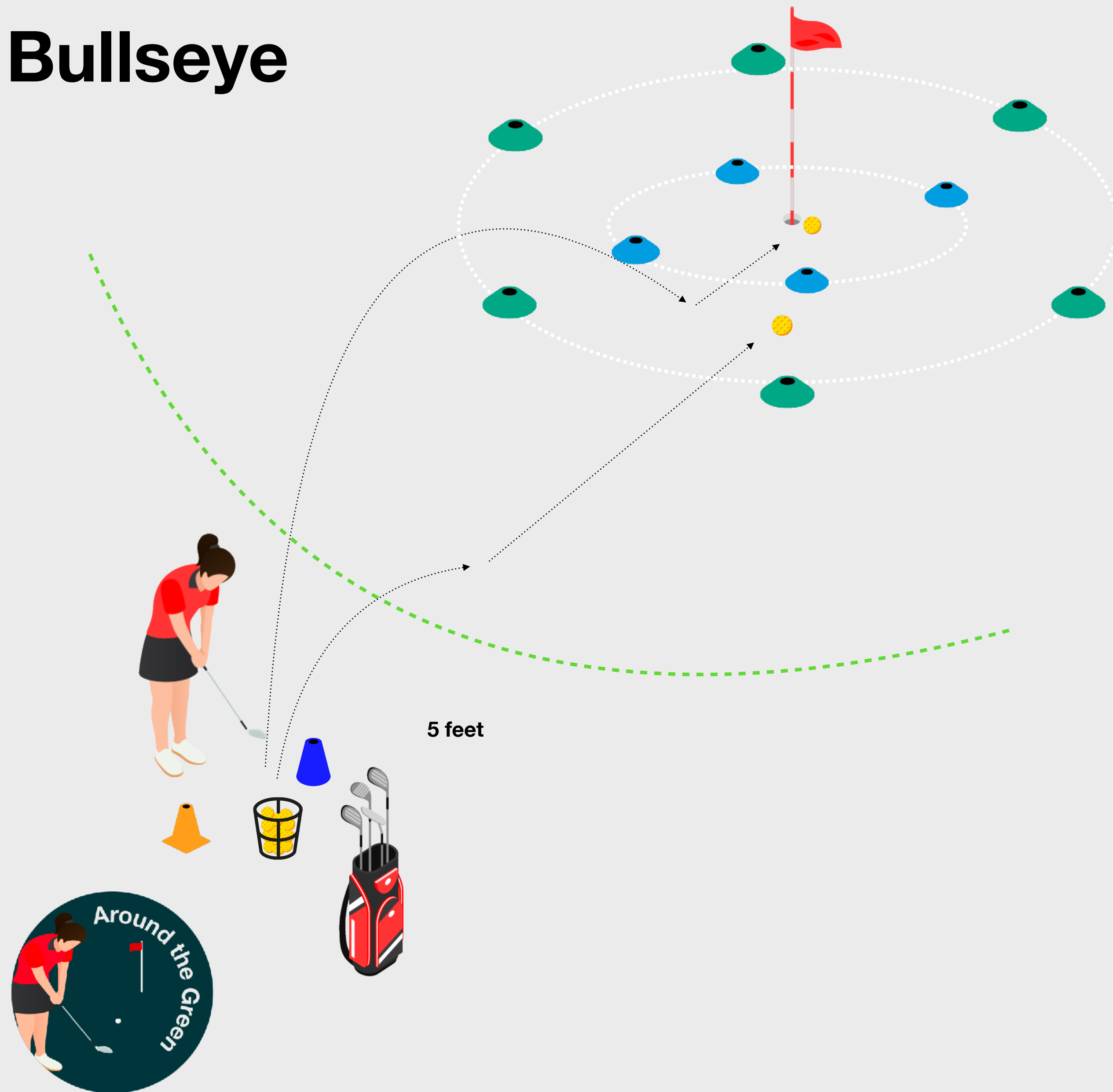
# Secondary Skill

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

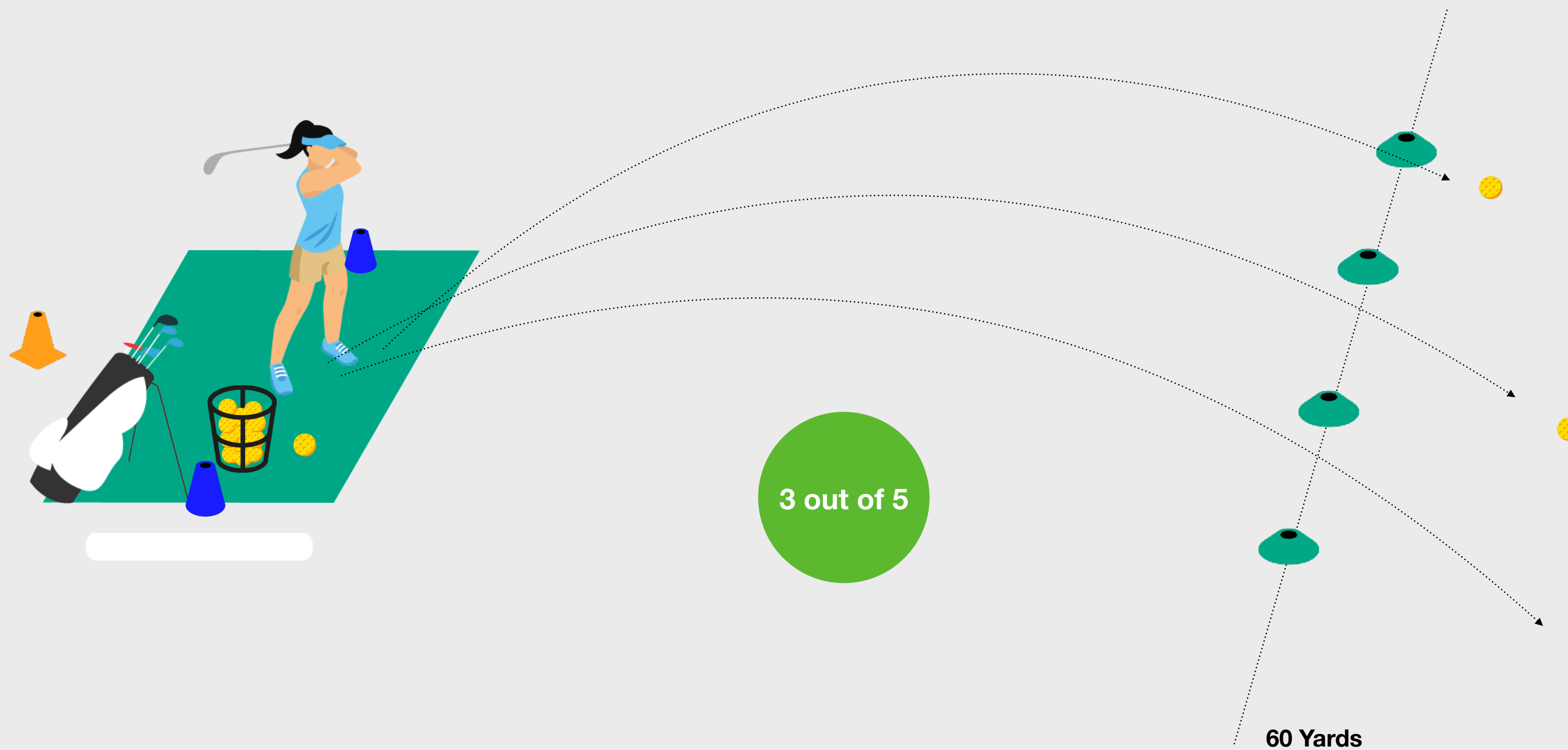
## Technical Link

- 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

# Mastering the Game Challenges



# Hybrid/Fairway Wood Challenge



## The Challenge

To complete the Level 2 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots in the air and a minimum carry distance of 60 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

## 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

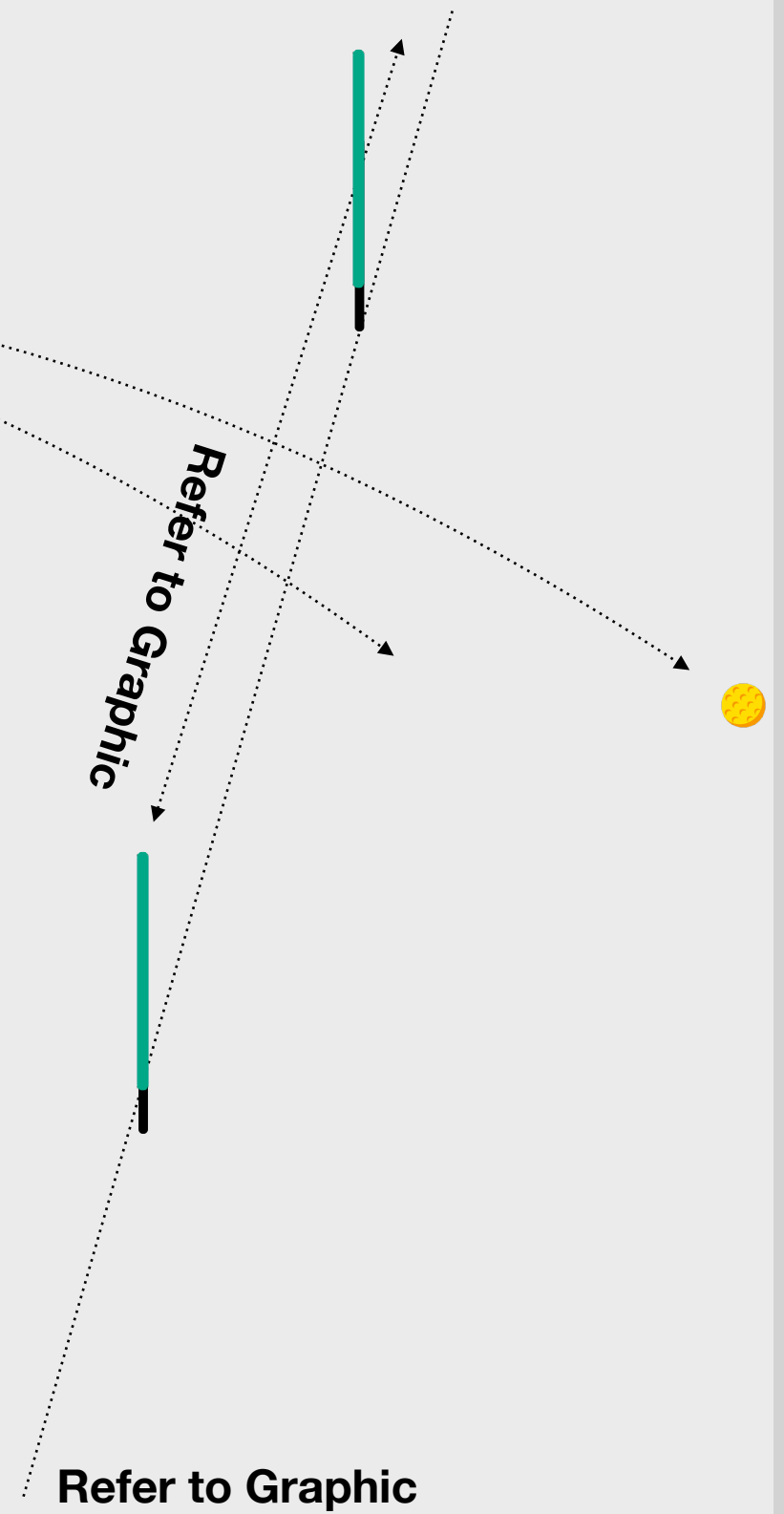


# Hybrid/Fairway Wood Challenge

	Yardages	Target Gate
Hybrid/Fairway Wood Distances <i>(Where the ball comes to rest)</i>	100	20 yard wide target gate
	125	25 yard wide target gate
	150	30 yard wide target gate
	175	35 yard wide target gate



2 out of 5



## The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to travel through and come to rest between the target gate at the learners approximate fairway wood total distance (minimum of 100 Yards)

## 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

