

Swing - Level 3

Hit It Further



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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	Learning the Game	Mastering the Game
15 Mins Prior	Introduction and Welcome		
10 mins	Introduction	<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 	
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<ul style="list-style-type: none"> Outline your preferred 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 	<ul style="list-style-type: none"> Class layout and Setup
5 Mins	Learning the Game and Whole Folder Focus	<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"> Orientation of the Game Orientation of the Equipment Fit for Golf Introduction
30 Mins	Mastering the Game Independent and Social Practice	<ul style="list-style-type: none"> Get the group together to introduce the remaining Learning the Game or Whole Golfer focus Opportunity to engage in group discussion, questions and re-visit any technical elements 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station Mastering the Game Challenges
10 Mins	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 if applicable independently or socially 	
15 Mins Post	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 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"> Practice stations Game cards Secondary skill station Mastering the Game Challenges

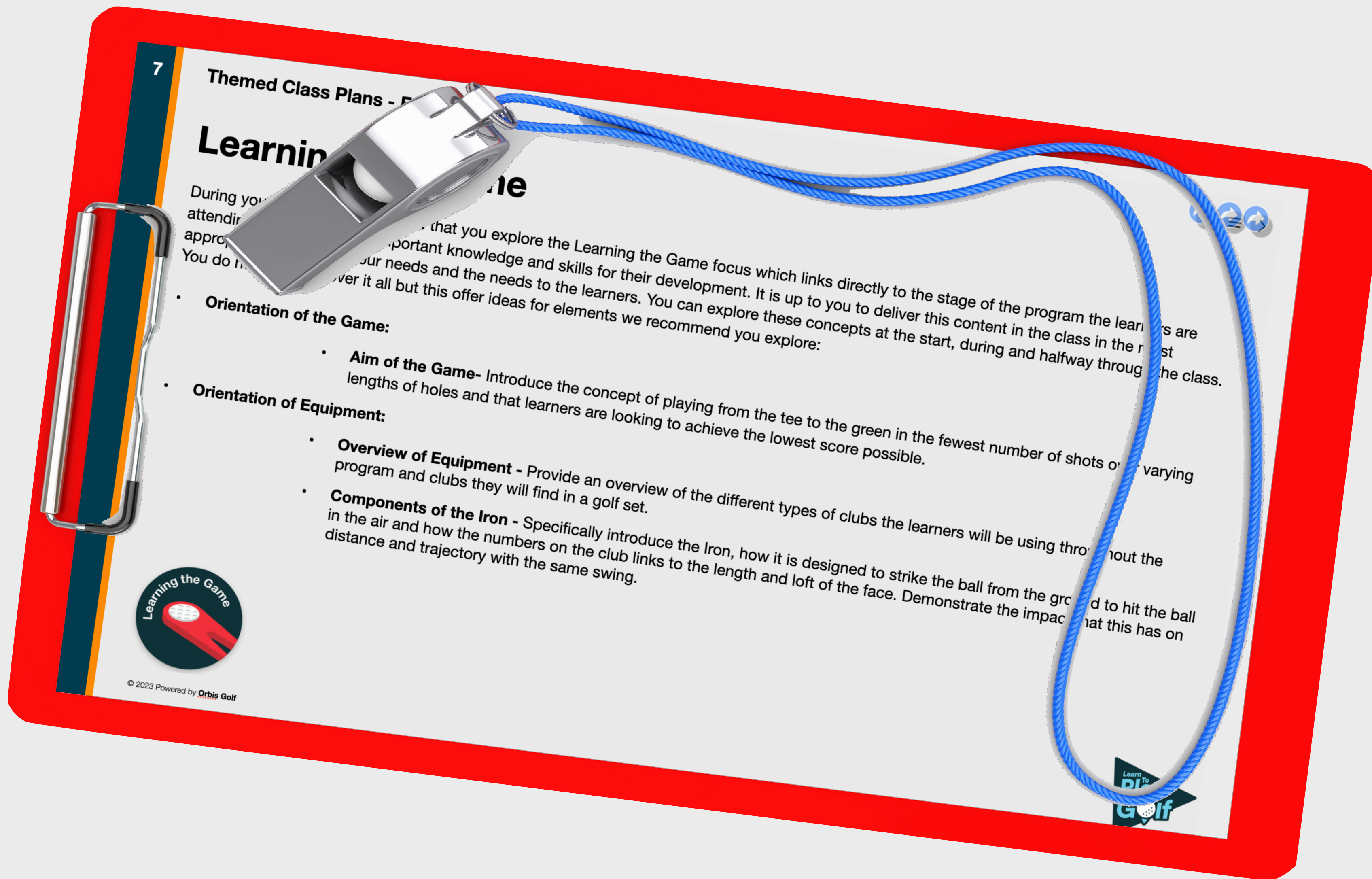
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Class Timetable - Hit It Further

Session Length: 90mins	Group Size: 1:8	Mastering the Game Focus: Swing Driver - Hit It Further	Whole Golfer Focus: Mind Dealing with Nerves	Learning the Game Topic: Preparing to Play	Learning the Game Focus Rules and Etiquette on the Practice Facilities	Mastering the Game Challenge: Driver 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 Adding Speed 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 Adding Speed 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

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 **Adding Speed**. Some of technical content you may want to explore in this first session may include:

- **Optimal Strike** - Discuss simple concepts for optimizing the strike between the club and ball. You may want to explore:
 - Ideal impact point on the club face and how this positive and negatively impacts distance
- **Increasing Speed** - Introduce some concepts when learners are attempting to increase club head speed with the drive. This may include:
 - Outline to the learners how rotation and length of the swing can be a way to increase club head speed
 - Outline to the learners some simple concepts for using the ground and shifting pressure through out the swing can increase club head speed
- **Improving Setup** - Discuss some simple setup fundamentals that will help your learner to increase their club head speed. This may include:
 - Explain to the learners how improved spine tilt at set up or increased tee height can encourage a higher launch contributing to longer carry and total distance
 - Discuss how moving the ball position forward will increase the likelihood of optimising the delivery of the club head into the ball
 - Explain to the learners the benefit of widening their stance to increase stability and gain more control and distance by improving strike
- **Optimizing Equipment**
 - Discuss the important of using modern technology to help promote distance which may include introducing well know brands, basics of face technology and shafts
 - Ensure that learners are using a driver with enough loft and the correct shaft type



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:

- **Etiquette on the practice facilities**
 - Discuss the importance of practice etiquette on the driving range areas. This may include:
 - Tidying up range baskets, broken tees and divots after a practice sessions
 - Best practice when making divots i.e creating a strip
 - Tidying up any rubbish from food and drink usage
 - Being conscious of others using the facility
- **Rules on practice facilities**
 - Discuss the importance of hearing to rules on the practice facilities. This may include:
 - Only 1 person per driving range bay for safety
 - Not picking up balls on the grass in front of the hitting bays
 - Only using golf balls supplied by the facility



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:

• Dealing with Nerves

- It is important for the learners to understand the nerves and apprehension are part and parcel of sport and golf is no different
- Try and give the learners some practical coping mechanisms with regards to nerves on tee shots or playing in front of others
- Use visualisation techniques and let students imagine they are not on the course but in a more relaxing location such as the driving range or easier hole
- Introduce some basic breathing techniques to help learners to manage their nerves



Class Layout and Setup

Group Discussion:
Start, during and end of class



Station 6:
Secondary Skill
Pitching



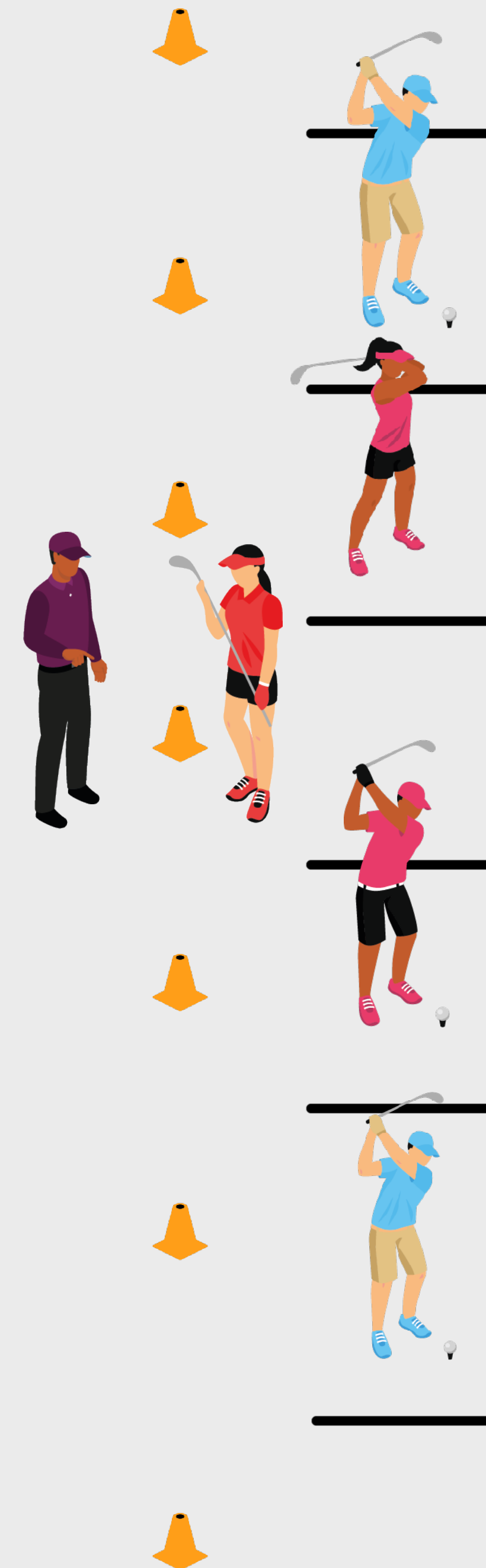
Station 1:
Practice Station
Get It Forward

Station 2:
Practice Station
Little Step, Big Step

Station 3:
Practice Station
Stepping Drill

Station 4:
Game Station
Face Contact

Station 5:
Challenge Station
Driver Challenge



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... art 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



Swing Speed



Equipment Needed

- Alignment Stick
- Driver
- Golf Balls

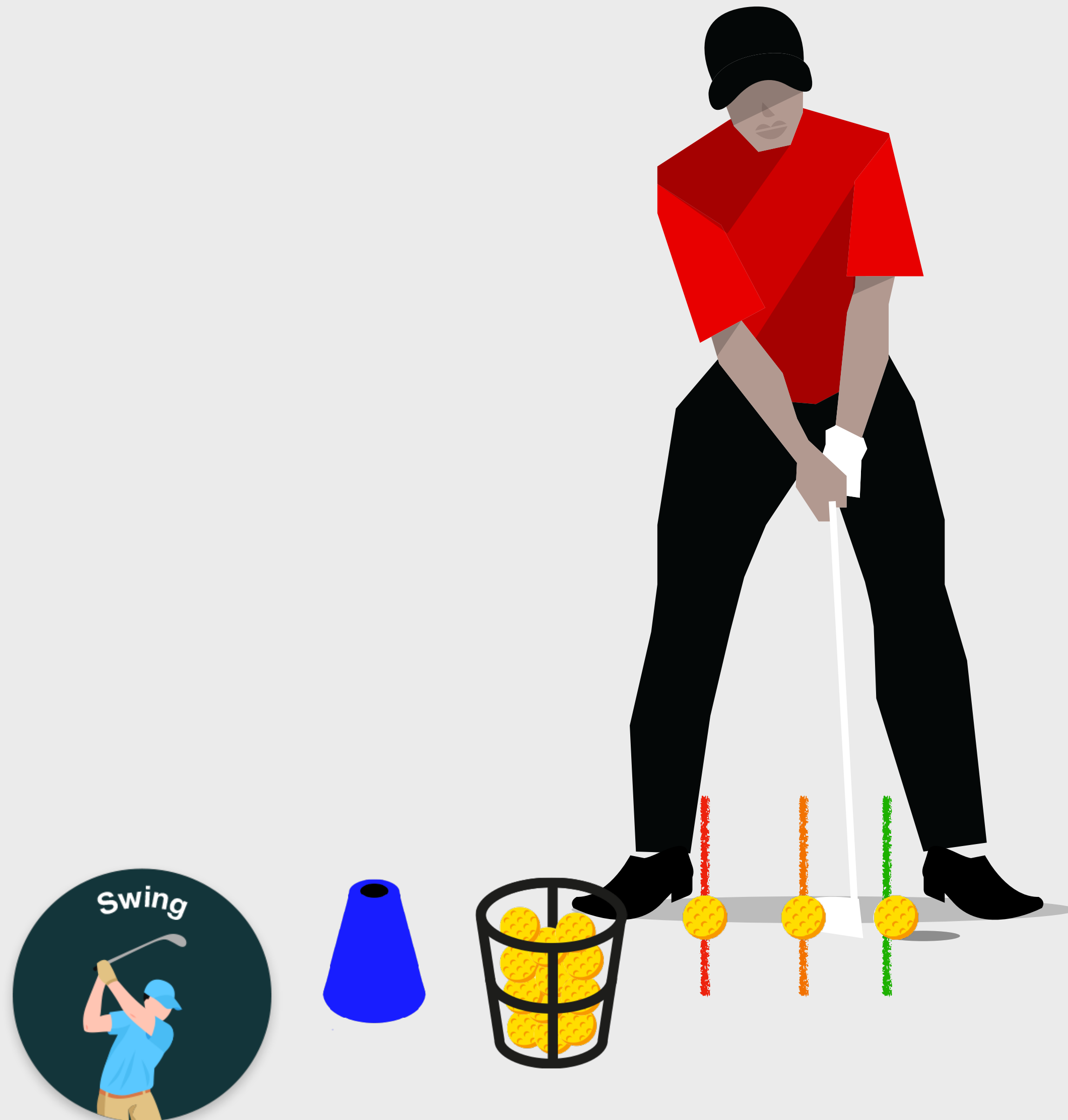
How to Practice

- Learners should understand that the faster they swing the club, the more potential they have to hit the ball further
- Learners should swing the alignment stick as fast as possible, as it is lighter than a normal golf club they will be able to do this effectively
- The learner should then attempt to maintain that speed when swinging the driver
- Make sure learners complete these fast swings without a ball and without too much thought for technique
- When you reintroduce the ball the learner should try to make solid contact and do this at 80% of full speed

Technical Link

- By improving the maximum speed at which they swing the club without a ball learners will be able to swing the club faster with a ball and increase their distances
- Make the learner aware of where optimal speed is during the swing and use the sound of the alignment stick to do this

Get it Forward!



Equipment Needed

- Tees
- Driver
- Golf Balls
- 2 x Alignment Sticks

How to Practice

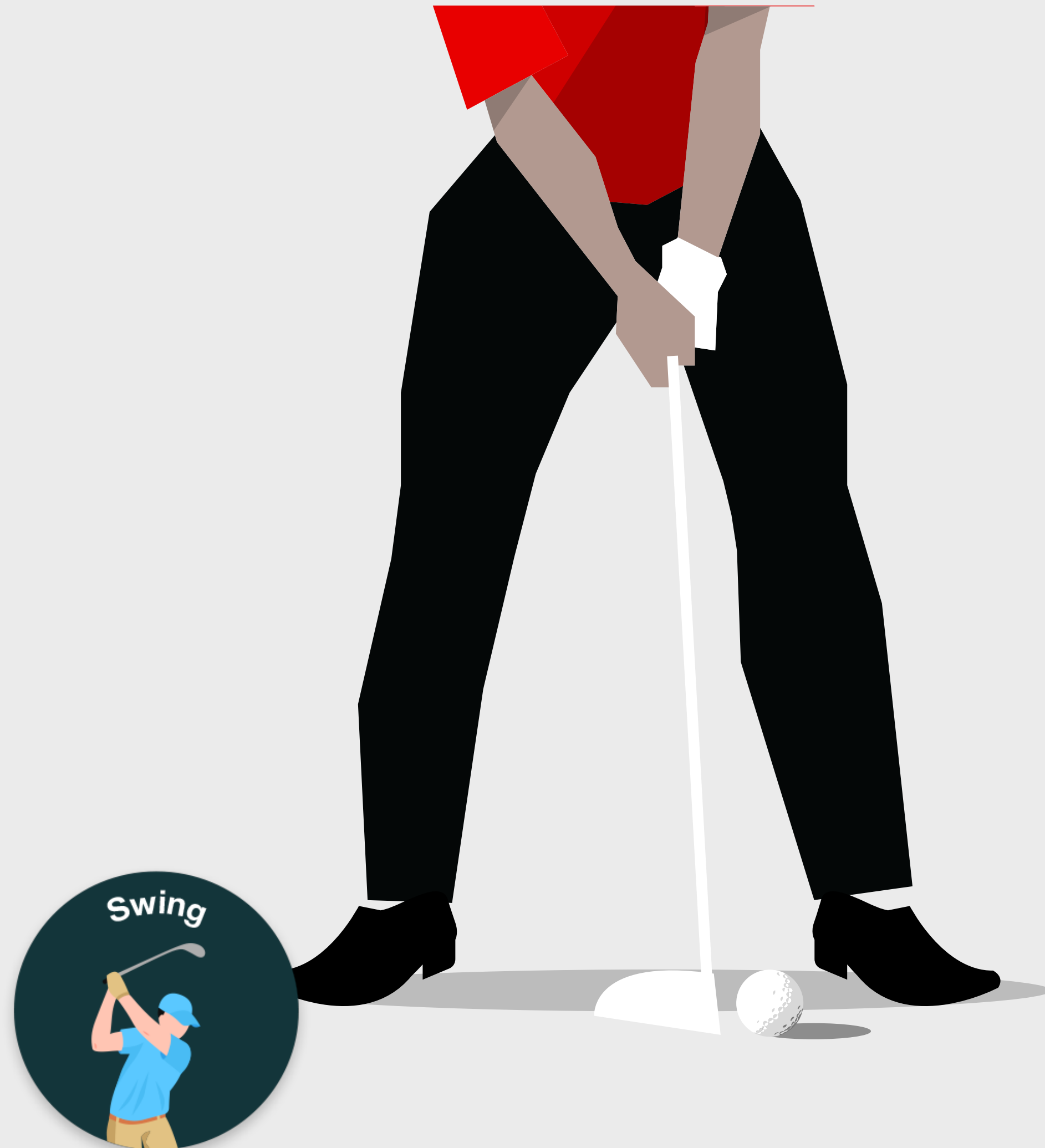
- Students should understand how changing their setup will affect the flight and distance of their driver shots
- Ask the students to adjust their ball position forwards and back in their stance and see the difference that makes
- Use an Alignment stick so that the student gets an increased perception of ball position

Technical Link

- This activity will help the student to understand how their perception relates to what is actually happening as they assume their set up
- This activity will help students to work together and gain a deeper understanding of how ball position helps to prepare for a good golf shot



Little Step, Big Step



Equipment Needed

- Tees
- Driver
- Golf Balls

How to Practice

- Ask the students to stand at address with their feet together and in a vertical posture
- The student should take a small step to the left with the left foot snoring that the remains opposite the left arm pit
- The student should then take a big step to the right ensuring that the right foot position for a right handed golfer is wider than the right shoulder

Technical Link

- Outline to the student that it will give them a more stable platform over which they can turn your upper body.
- It will encourages the hips to stay level throughout the swing
- It will lower their centre of gravity so playing in the wind is easier and are less likely to get blown off balance

Stepping Drill



Equipment Needed

- 7 Iron or Driver

How to Practice

- The learner should practice by swinging up to the top of their swing and as the club is reaching the top of the swing, step forward and swing the club
- Once the learner achieves the coordination required to step and swing they can attempt the challenge with a ball and see if they can make contact
- Encourage learners to start with small, slower swings with this challenge and work up to fuller swings once confident in the movement

Technical Link

- This activity will help the learner to build an awareness of using movement to generate speed



Face Contact



Equipment Needed

- Impact tape or spray
- Driver
- Tee Pegs

How to Play

- A student starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The learner should try to deliberately strike the ball using the toe of the club and the heel of the club to build awareness of what it feels like when the ball is struck using different parts of the club face
- The student can also attempt a stick low and high on the face

Progression Ideas

- Challenge the learner to strike a particular part of the club face deliberately
- Draw on the face tape to indicate a smaller target that the learner has to try to hit

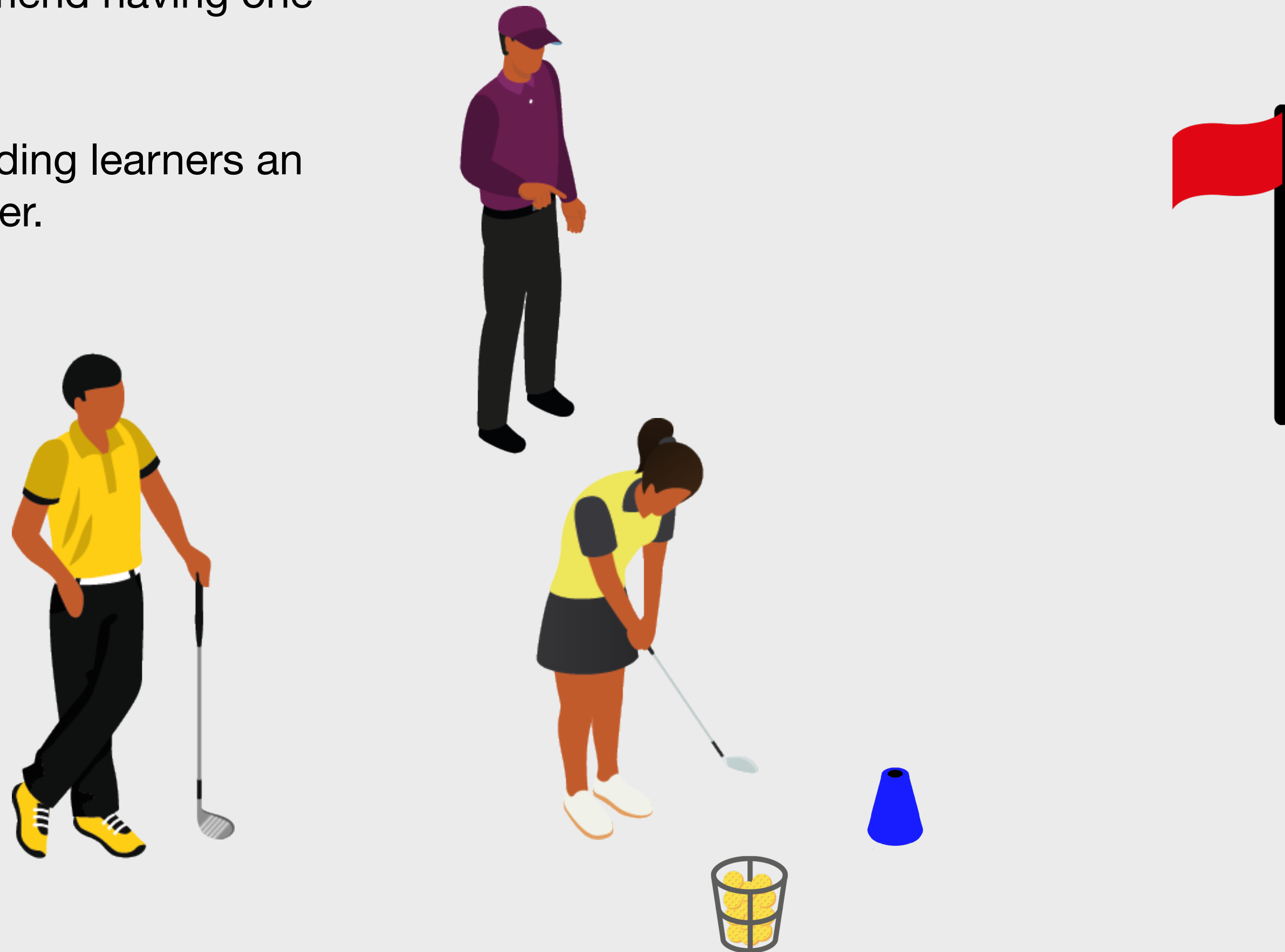
Secondary Skill



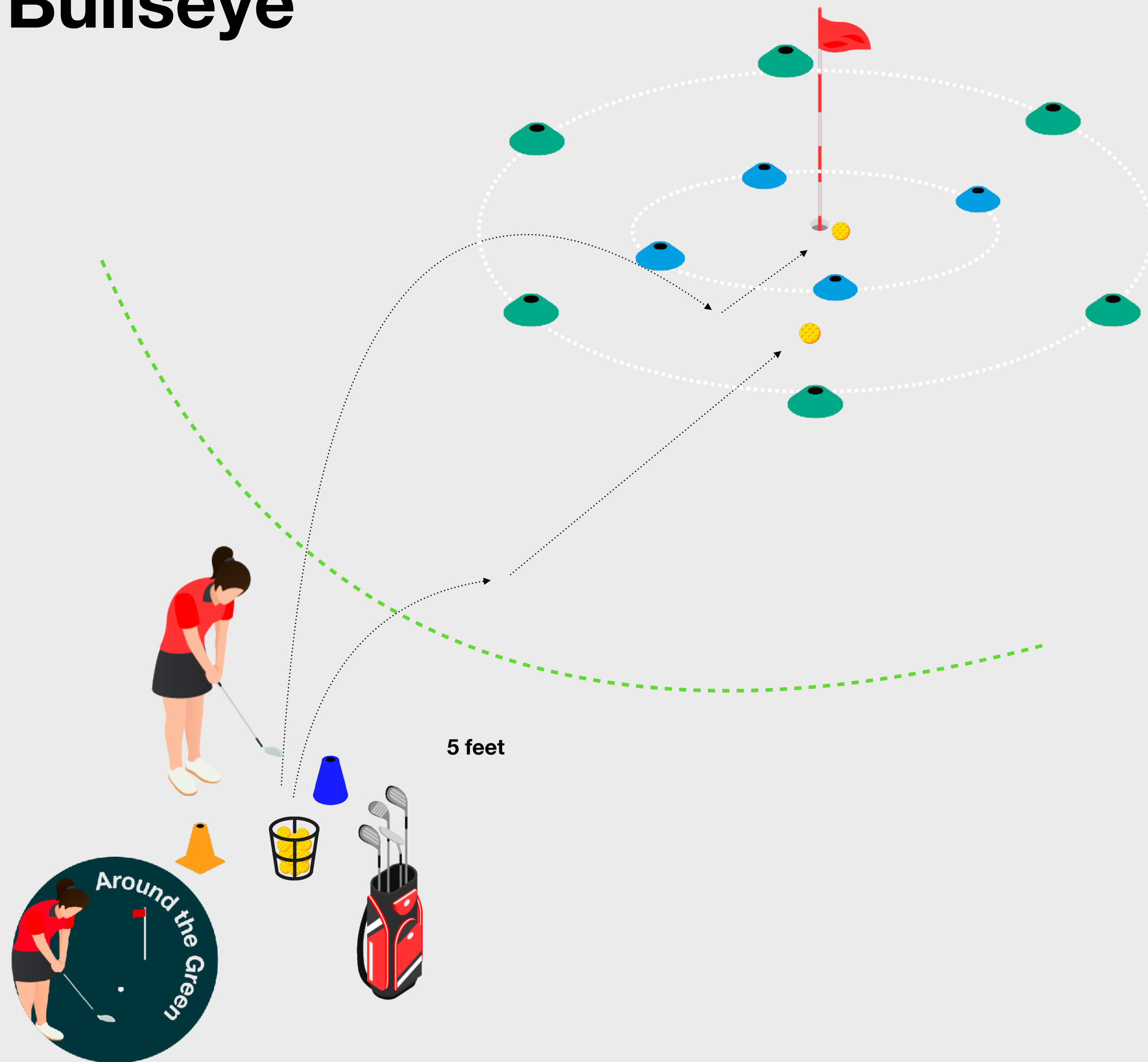
Secondary Skill

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

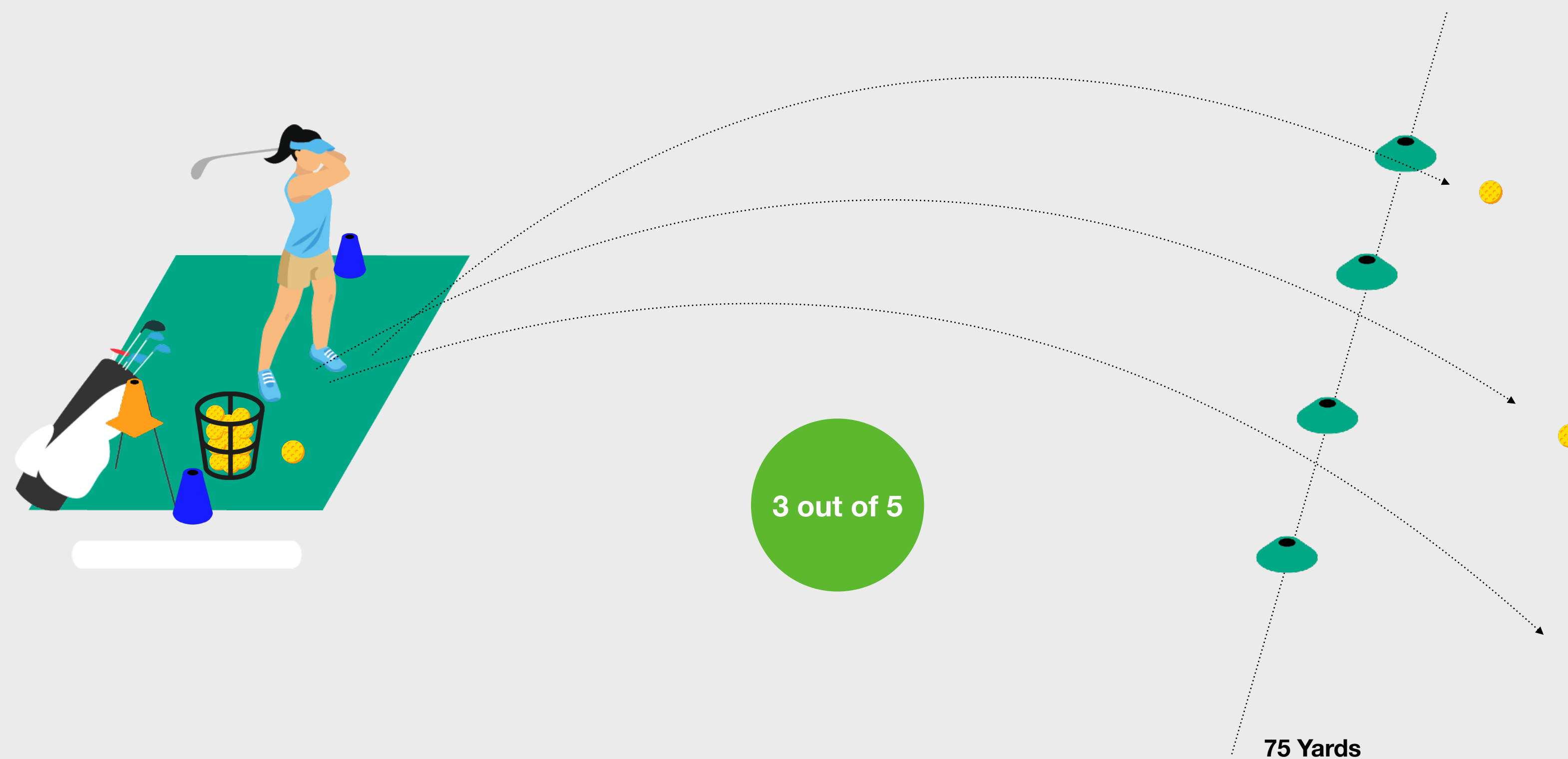
- Explain to the learner how changing the club effects the result
- Ask the learner which shot is the most effective and score the most points over 10 shots



Mastering the Game Challenges



Driver 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 75 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction.

What should the Learner do next?

- Log in to the GLF. Connect App
- If they complete the challenge, mark it as complete in the challenge section

Driver Challenge

	Yardages	Target Gate
Driver Distances <i>(Where the ball comes to rest)</i>	125	25 yard wide target gate
	150	30 yard wide target gate
	175	35 yard wide target gate
	200	40 yard wide target gate



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 driver total distance (Minimum of 125 yards)

What should the Learner do next?

- Log in to the GLF. Connect App
- If they complete the challenge, mark it as complete in the challenge section

