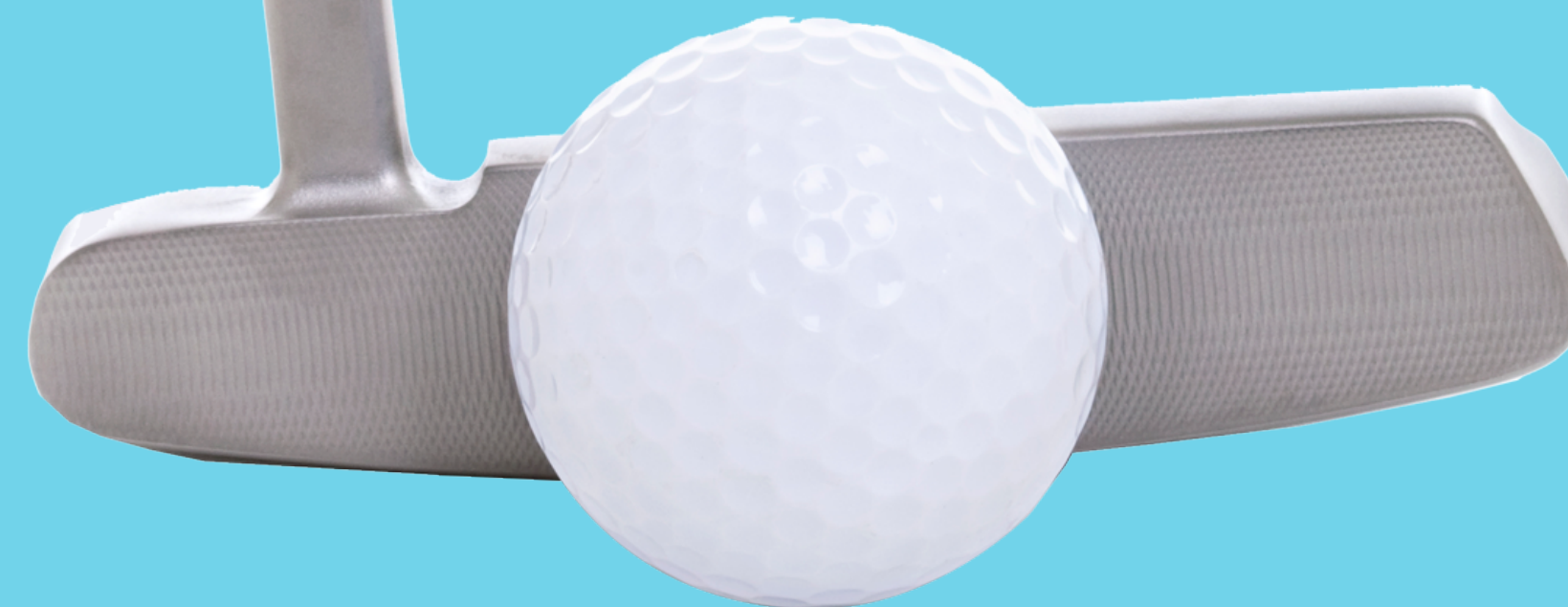


# On the Green - Level 1

## An Introduction to Putting



# Contents

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- 10 **Practice Stations and Game Cards**
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# Class Timetable

**4** Themed Class Plans - Full

## Class Timetable

Session Length: 90mins

**Introduction to Swing**

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

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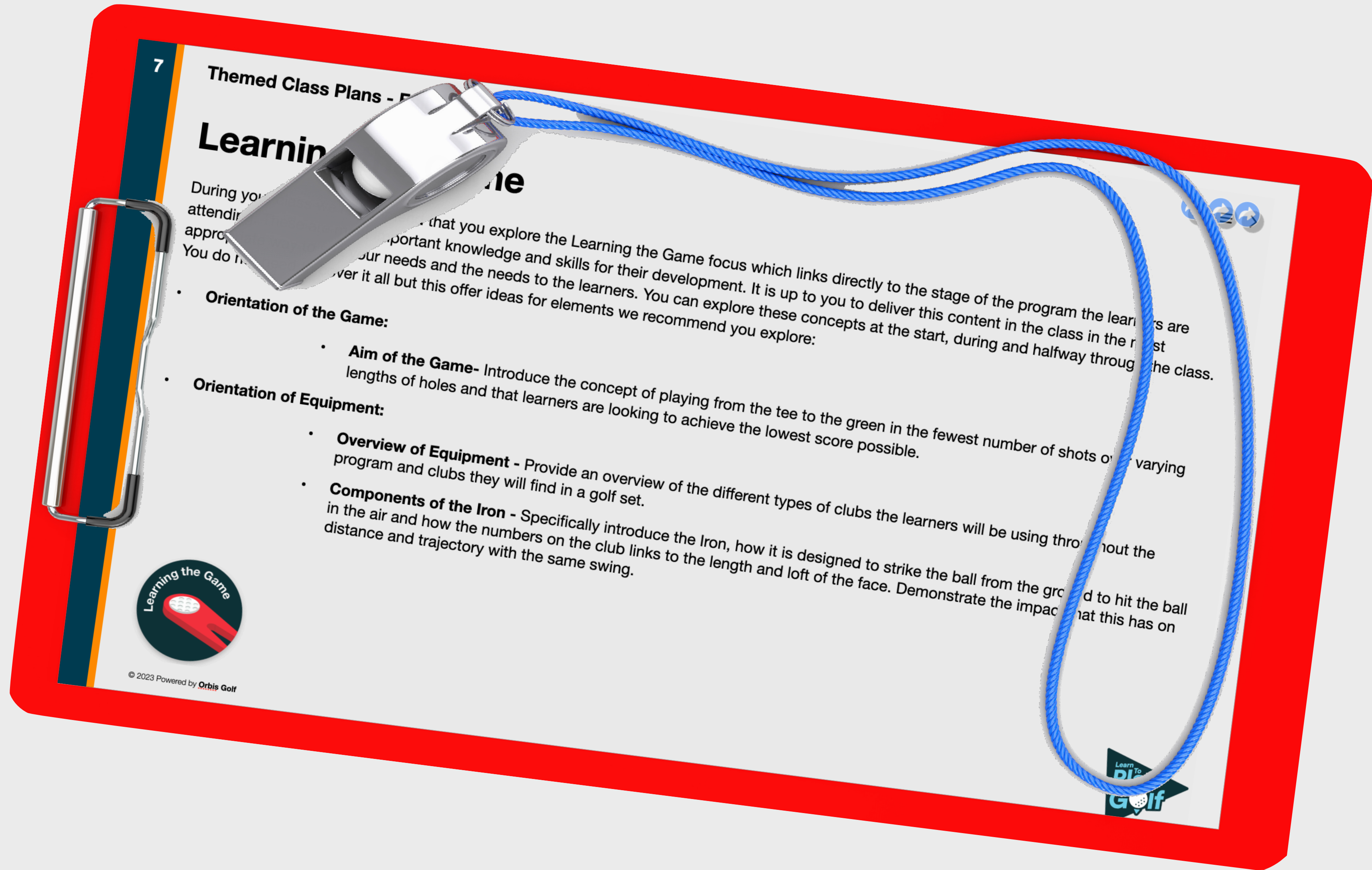


# Class Timetable - Introduction to Putting

<b>Session Length:</b> 90mins	<b>Group Size:</b> 1:8	<b>Mastering the Game Focus:</b> <b>On the Green</b> Introduction to Putting	<b>Whole Golfer Focus: Mind</b> Dispelling Myths	<b>Learning the Game Topic:</b> Orientation	<b>Learning the Game Focus</b> Orientation of the Game Orientation of Equipment	<b>Mastering the Game Challenge:</b> Short Putts 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 your preferred 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</li> </ul>	<ul style="list-style-type: none"> <li>Orientation of the Game</li> <li>Orientation of the Equipment</li> <li>Dispelling Myths</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 if applicable independently or socially</li> </ul>	<ul style="list-style-type: none"> <li>Practice stations</li> <li>Game cards</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 & Setup





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

- **Basics of Setup with the Putter** - Introduce some basic setup concepts which may include:
  - Hand position on the grip and linking this to technical focus at week 1. You may want to explore position, grip pressure and how the hands link together. You may also want to explore how the grip may differ compared to Week 1 and 2.
  - Basic stance concepts such as standing side ways to the ball, standing close due to the putter length and lie angle.
- **Introduction to Putting motion** - Introduce some basic putting motion concepts which may include:
  - Pendulum swing travelling at speed which is promoting control that is comparable to the chipping motion
  - Rhythm of the putting motion to promote a good concept of control and how this is comparable to chipping
  - Body motion and how this differs from the technical focus at Week 1 and 2.
- **Explore the concept of how the design of the club used links to the task which may include:**
  - Demonstrate underarm throwing the ball onto the green and rolling the ball. Explore how this links to the design of the putter
  - The interaction between the putter face, ball and how the putter head travels into the golf ball. Link this back to the concepts at week 1.



**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. Exploring skills through discovery 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:

- **Orientation of the Game:**
  - **What is Putting** - Give an overview of the skill of putting and how it differs from other skills within the game.
  - **When a Putt is Played** - Introduce the when a Putt is played during a round of golf and when it is it is suitable to play a putt rather than a Chip shot.
  - **Introduce the Different Areas On the Green** - Give learners an overview of the surface of the green, how hole positions rotate and why. You may also want to explore how the surface may vary the outcome of the putt.
- **Orientation of Equipment:**
  - **Components of the Putt:**
    - Link back to the learning the game focus from week 1 and 2.
    - Specifically introduce how the design of a putter will promote the correct task outcome including the optimal roll of the ball.
    - Discuss how putter styles vary and why. Highlight the alignment aids on the design
    - You should also explore why a putter is shorter and has a different lie angle than other clubs.



# 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:

- **Dispelling Myths in Putting**
  - Professional Golfers do not hole every putt and neither will your learners. Make sure they understand this or their expectations will be too high
  - Include some stats to provide some more realistic expectations for example:
    - The average number of putts holed by the best players in the world from 8 feet is 5/10

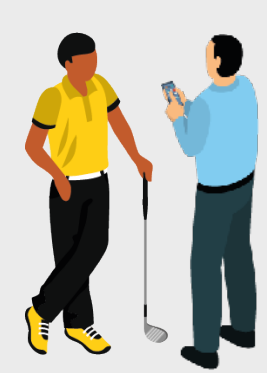
Manage learners expectations on how much practice they should be doing, little and often is much more preferable to a long range session. Highlight the structure of the practice club sessions and encourage practice with friends between lessons too.



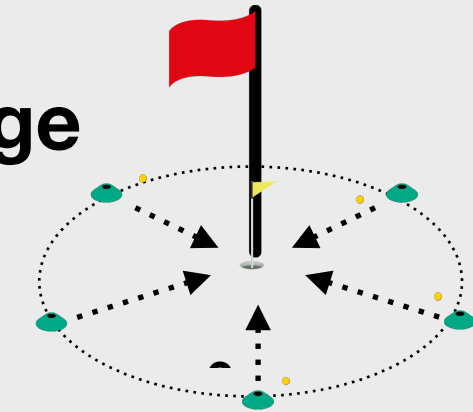


# Class Layout and Setup

**Station 1:**  
Practice Station  
Face Aim



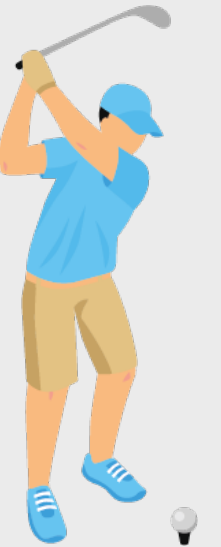
**Station 7: Challenge Station**



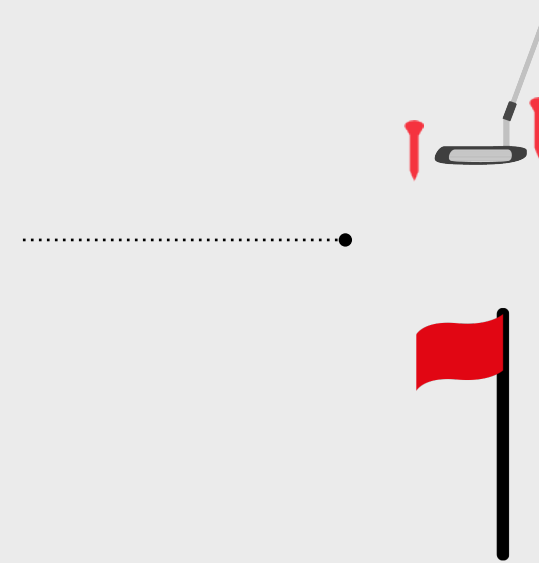
**Group Discussion:**  
Stand, during and  
end of class



**Station 6:**  
Secondary Skill

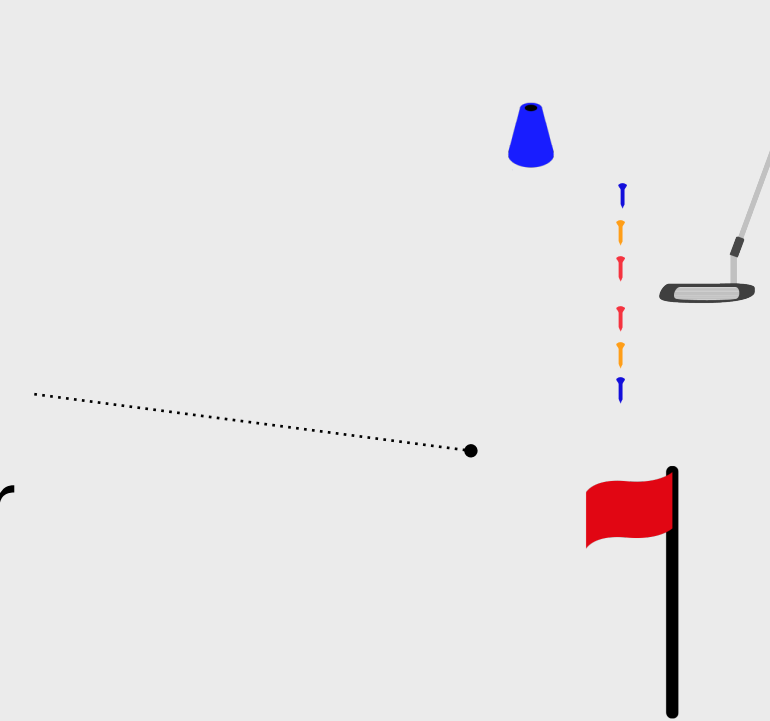


**Station 2:**  
Practice Station  
Strike Gate

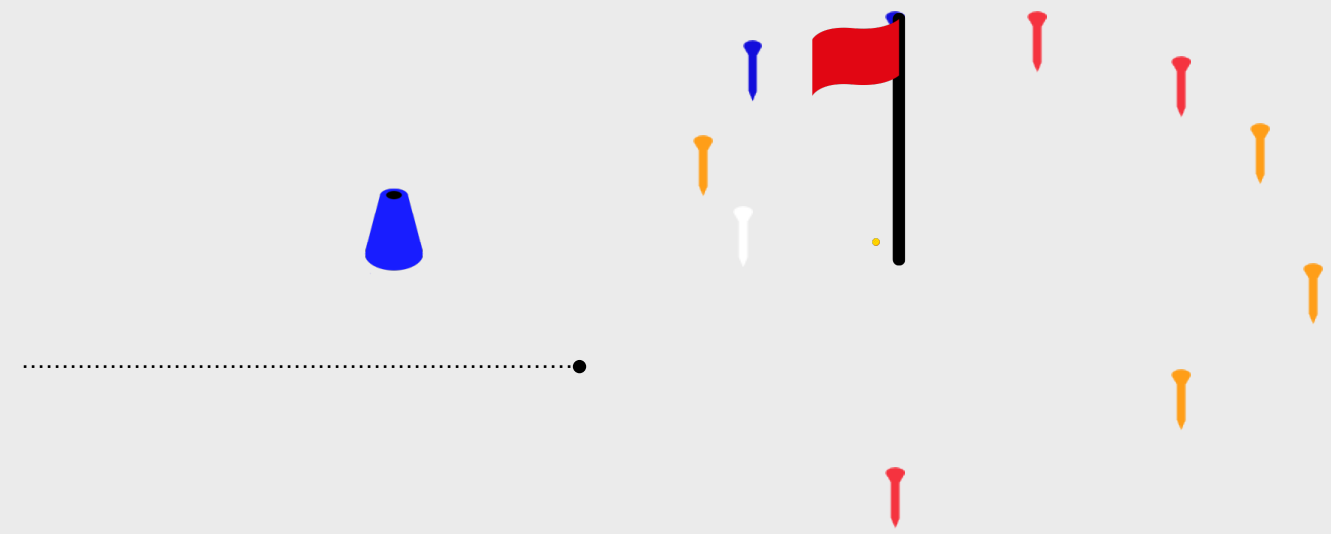


**Station 5:**  
Game Station  
Ladder

**Station 3:**  
Practice Station  
Swing Length Ladder



**Station 4:**  
Game Station  
Spiral



# 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 focus on a specific 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 ball further; 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





# Clubface Alignment Activity

## Equipment Needed

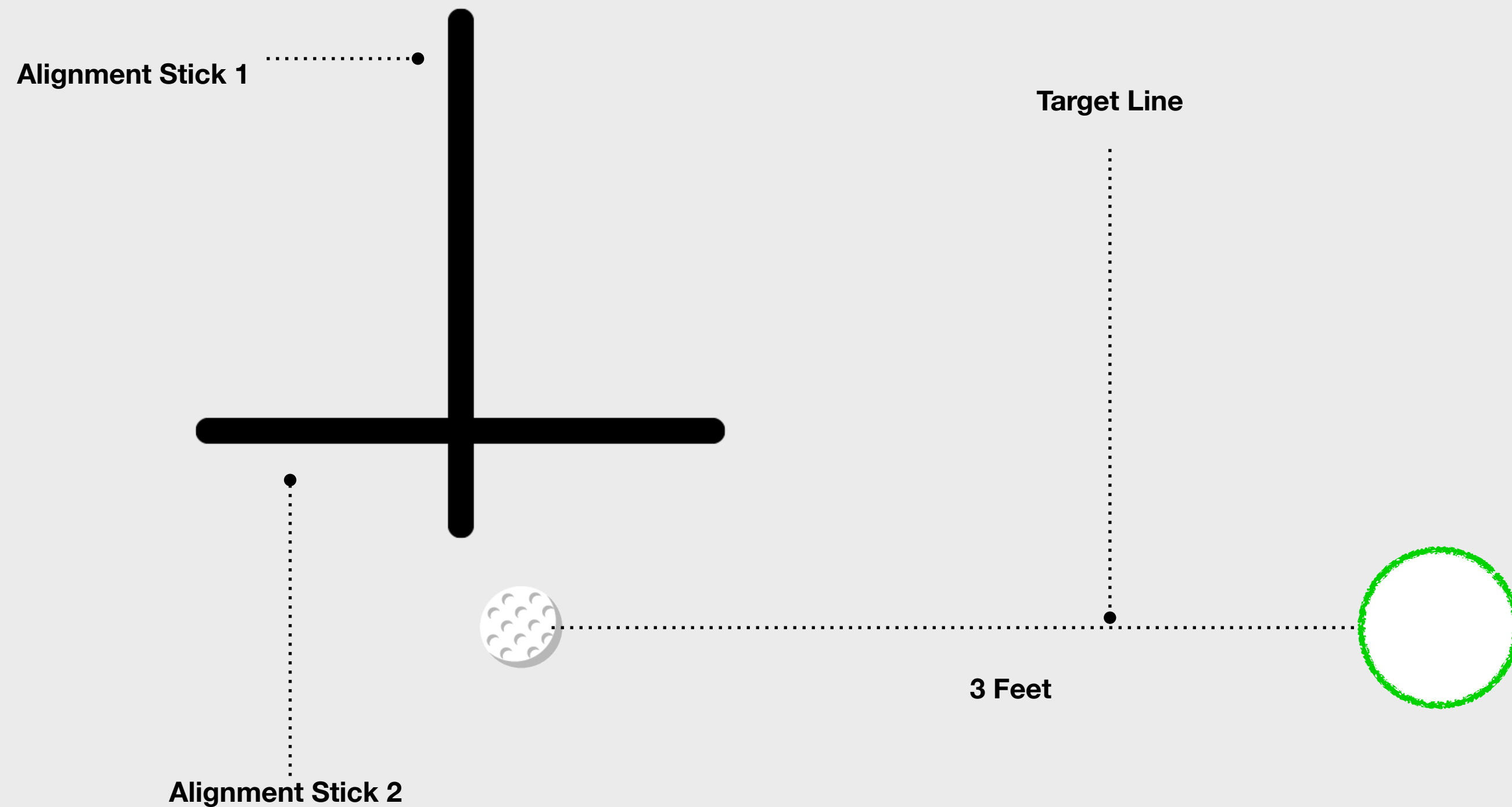
- 2 Alignment Sticks
- Putter
- Golf Ball

## How to Practice

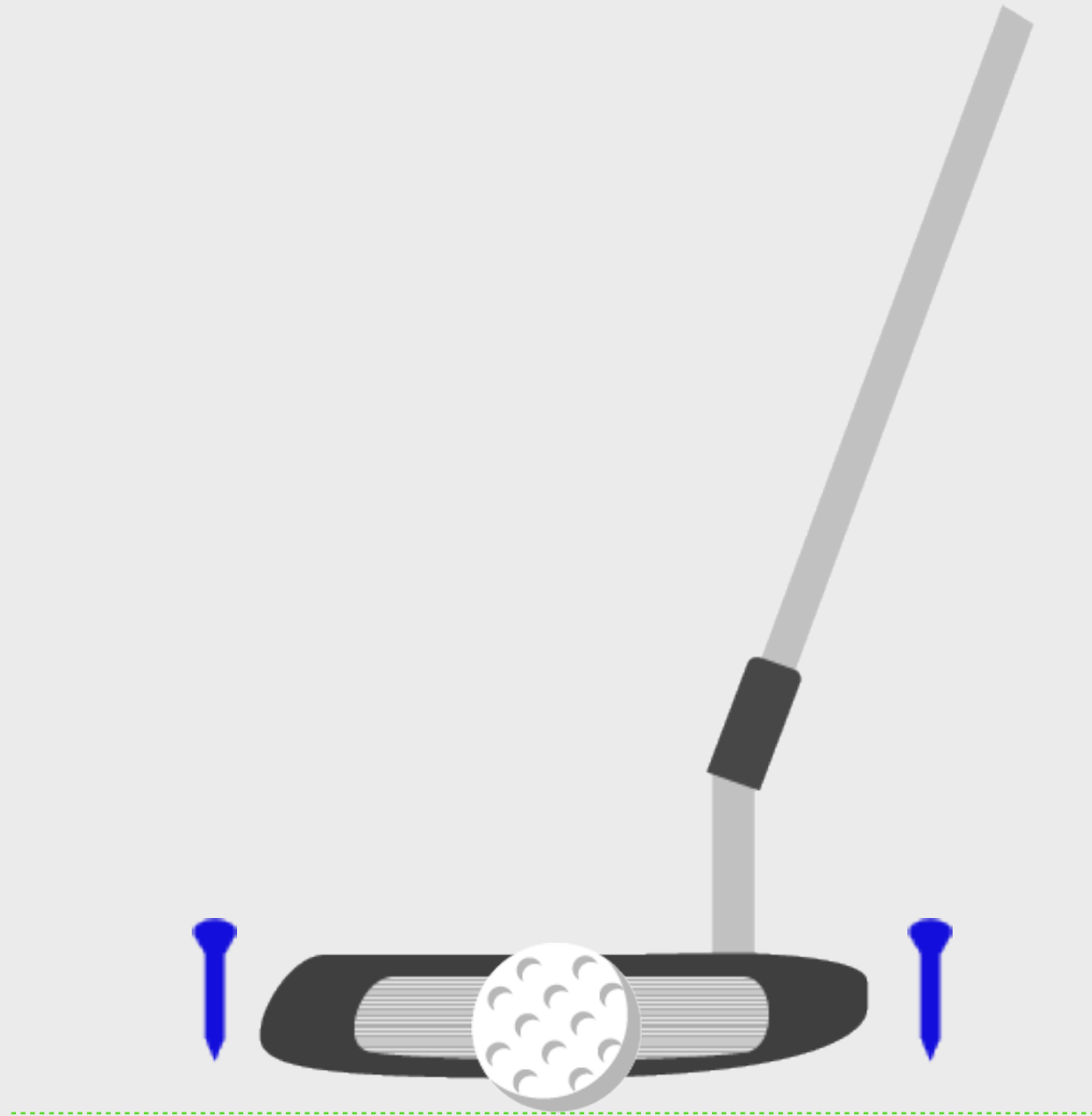
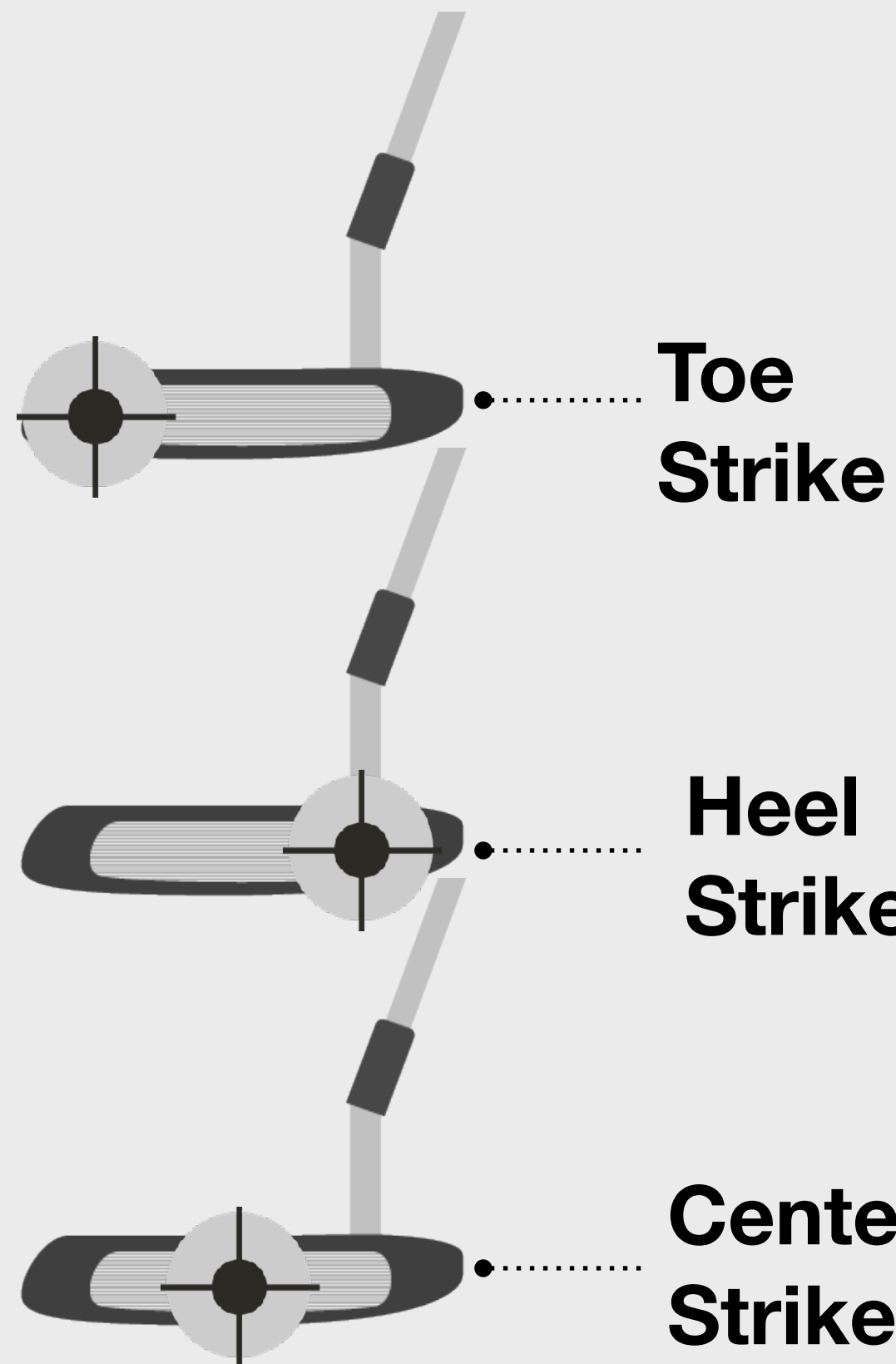
- Set this activity up on flat green surface with a tee peg, ball marker or coins on the ground where the putter should be placed
- The learner should practice placing the putter behind the golf ball with the face aligned to the alignment stick (square to the target line)
- Encourage errorful practice whereby a poorly aligned putter face impacts the balls starting direction
- At the start get them used to pushing the ball with a square, closed and open club face to see the impact on the clubface aim
- Build this into a putting stroke

## Technical Link

- This activity will help the learner to understand how to alignment the club face correctly to the target
- This activity will help the learner to understand how a poorly alignment club face may impact the starting line of the golf ball
- This activity will help the learner to understand how a square club face looks when looking down at address



# Clubface Impact Activity



## Equipment Needed

- 2 Tee Pegs
- Putter
- Golf Ball

## How to Practice

- Set this activity up on flat green surface with a tee peg, ball marker or coins on the ground where the putter should be placed
- Get the learner to place the centre of the putter on the ground onto of the marker, tee peg or coin
- Place two tee pegs either side of the putter head, one outside of the toe of the putter and one outside the heel
- Get the learner to attempt the swing the putter head between the tee pegs with and without the ball
- Get them to engaging in errorful practice whereby they deliberately strike either tee to understand the impact of an off centre strike
- Get the to listen to the change in sound when they do this and the impact on the distance the ball travels

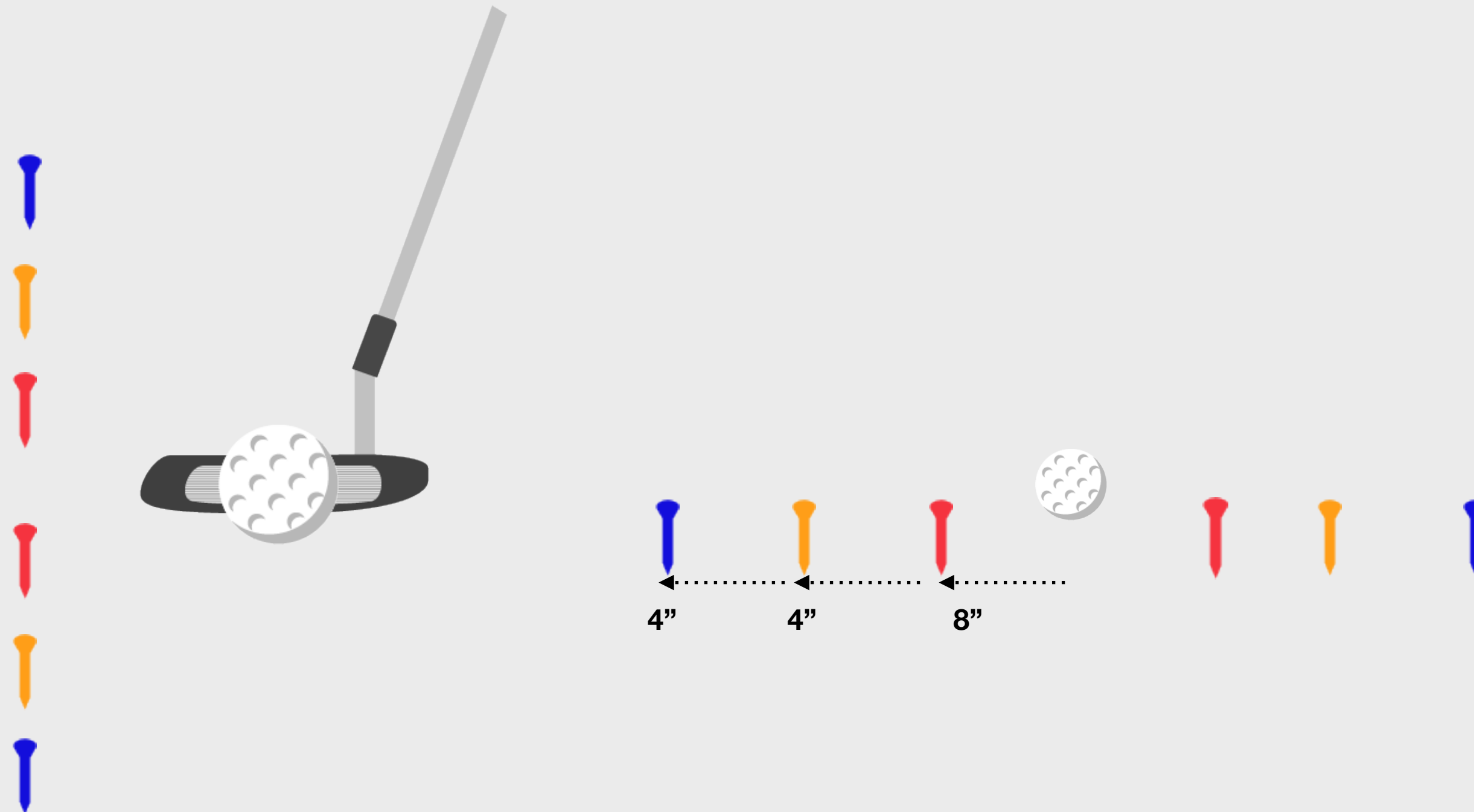
## Technical Link

- This activity will help the learner to understand how to get the centre of the putter head to sit properly on the ground
- This activity will help the learner to understand the impact of an off centre strike on the sound of the ball off the putter
- This activity will help the learner to understand the impact that strike has on the distance the ball travels





# Swing Length Ladder



## Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

## How to Practice

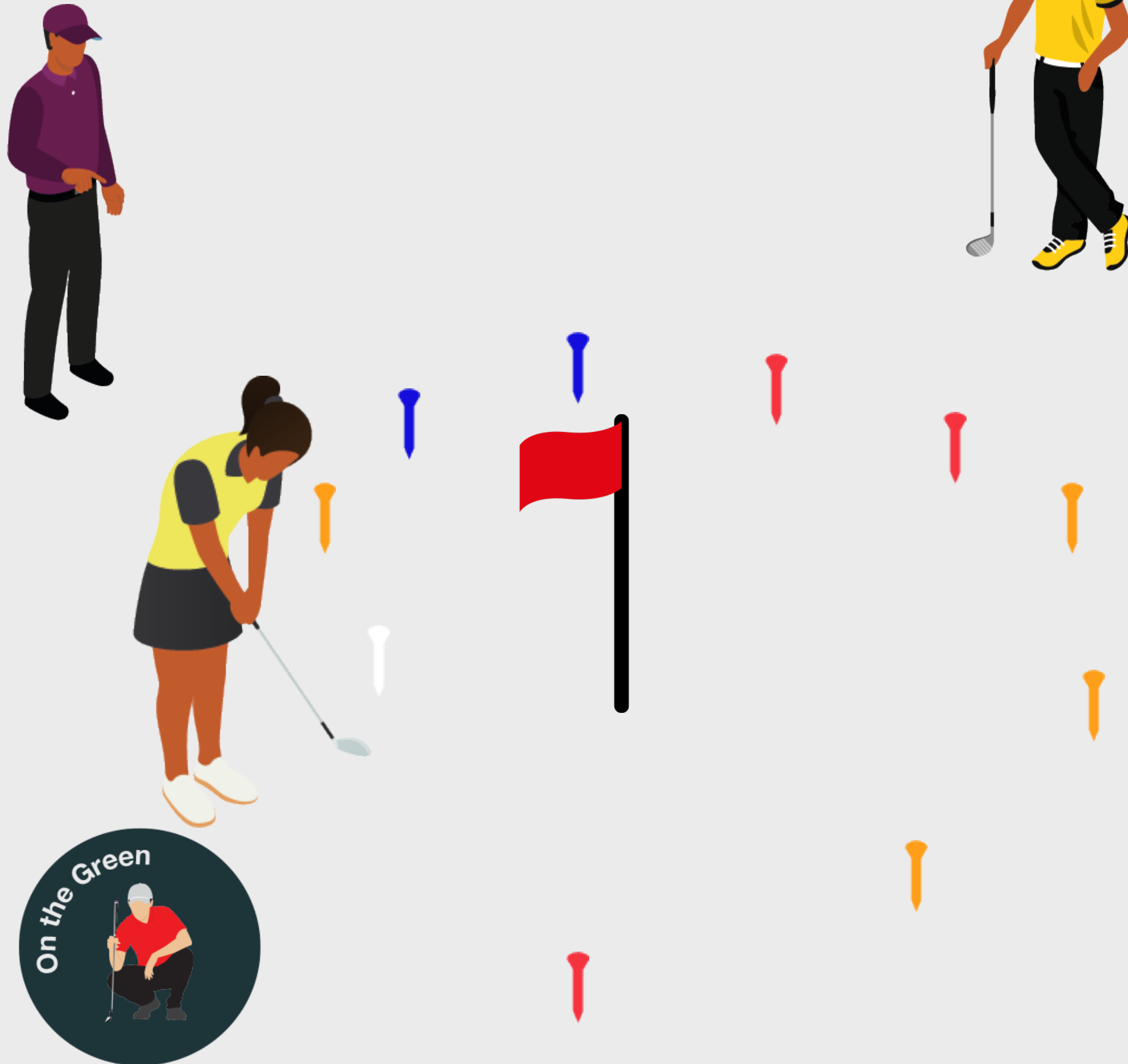
- Get the learner to practice swinging the putter from and to the first tee pegs either side of the ball (red)
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the the one count and the end of the through stroke with the two count
- Get them to hit a few putts and see how far the ball travels
- Next, get the learner to swinging the putter from and to the second tee pegs either side of the ball (red). Again they should reproduce the count of 1, 2.
- Get them to hit a few putts and see how the ball travels further
- Finally, replicate for the final set of tee pegs.

## Technical Link

- This activity will help the learner to understand the concept of Swing Length, Rhythm and Tempo
- It will help the learner to understand that as swing length changes, the distance the ball travels changes
- It will help them to understand how length of swing transfers to distance



# Short Putts Spiral



## Equipment Needed

- Tee pegs to mark the ten spiral distance between 1 foot and 10 foot from the hole

## How to Play

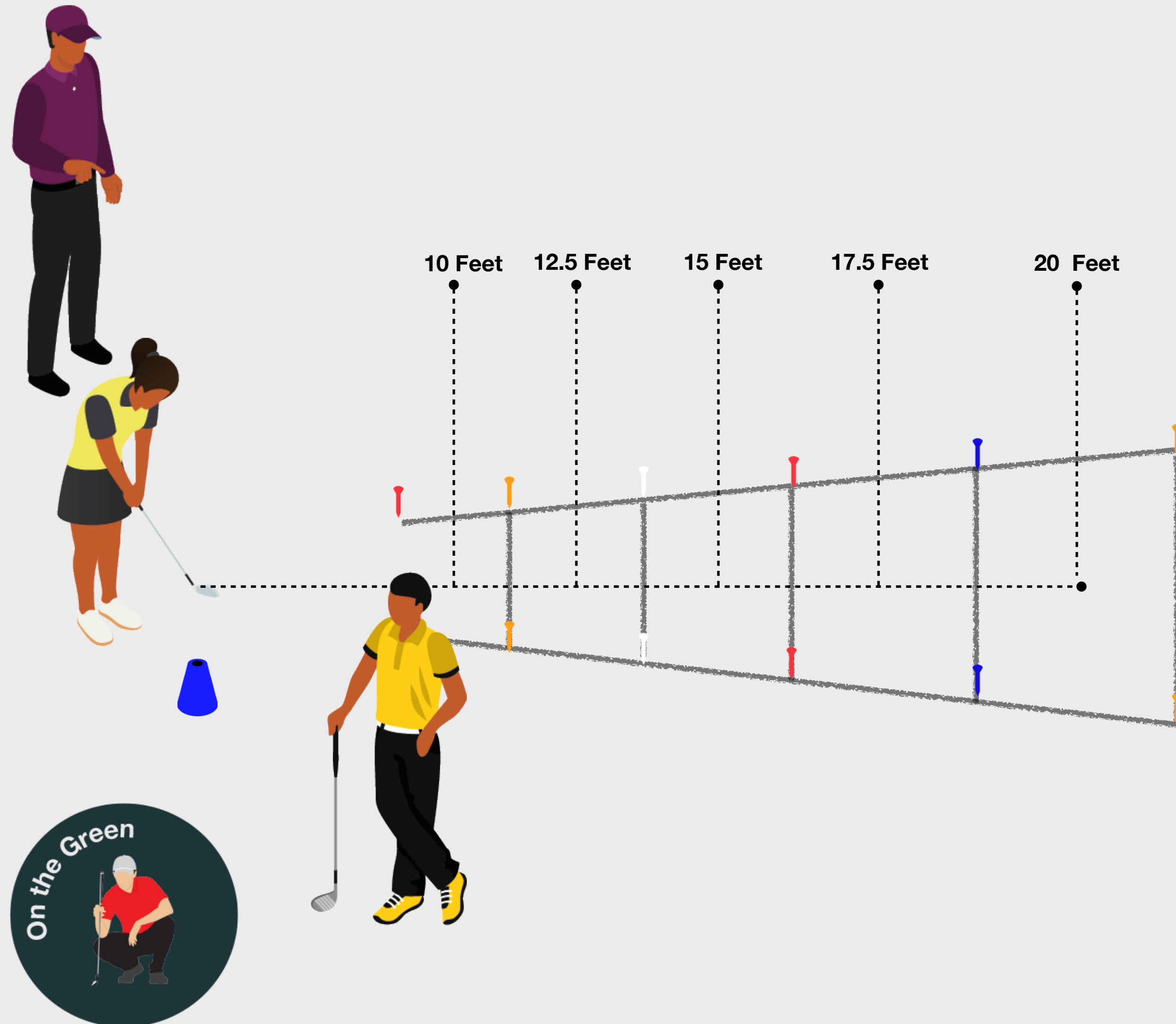
- A learner starts by attempting to putt their ball into the hole from the first tee peg 1 foot from the hole
- If they are successful, they move to the next tee peg, 2 feet from the hole
- If unsuccessful they repeat their attempt from the first tee peg
- The learners attempt to complete all tee pegs in the spiral
- This game can be played individually, in pairs or small groups

## Progression Ideas

- Change the location of each tee peg
- Vary the starting distance of the first tee peg
- Vary the distance between the tee pegs
- Attempt the distances in reverse
- Add a consequence to the game by limiting the number of attempts before moving back a tee peg
- Play on a more severely sloped surface



# Long Putts Ladder



## Equipment Needed

- String for the target boxes
- 12 tee pegs cones to mark the edge of the boxes
- A single cone to represent the starting position

## How to Play

- A learner starts by attempting to putt their ball into the first and smallest box on the ladder
- If they are successful, they return to the starting position and attempt their next go to the second box
- If unsuccessful they repeat their attempt to the first box
- The learners attempt to complete all Levels on the ladder to complete the game
- This game can be played individually, in pairs or groups

## Progression Ideas

- Vary the size of the boxes
- Vary the distance between the starting point around and the boxes
- Increase the number of shots that must go into the boxes before the box is completed
- Attempt the boxes in reverse
- Add a consequence to the game by limiting the number of attempts before moving back a box.



# Secondary Skill

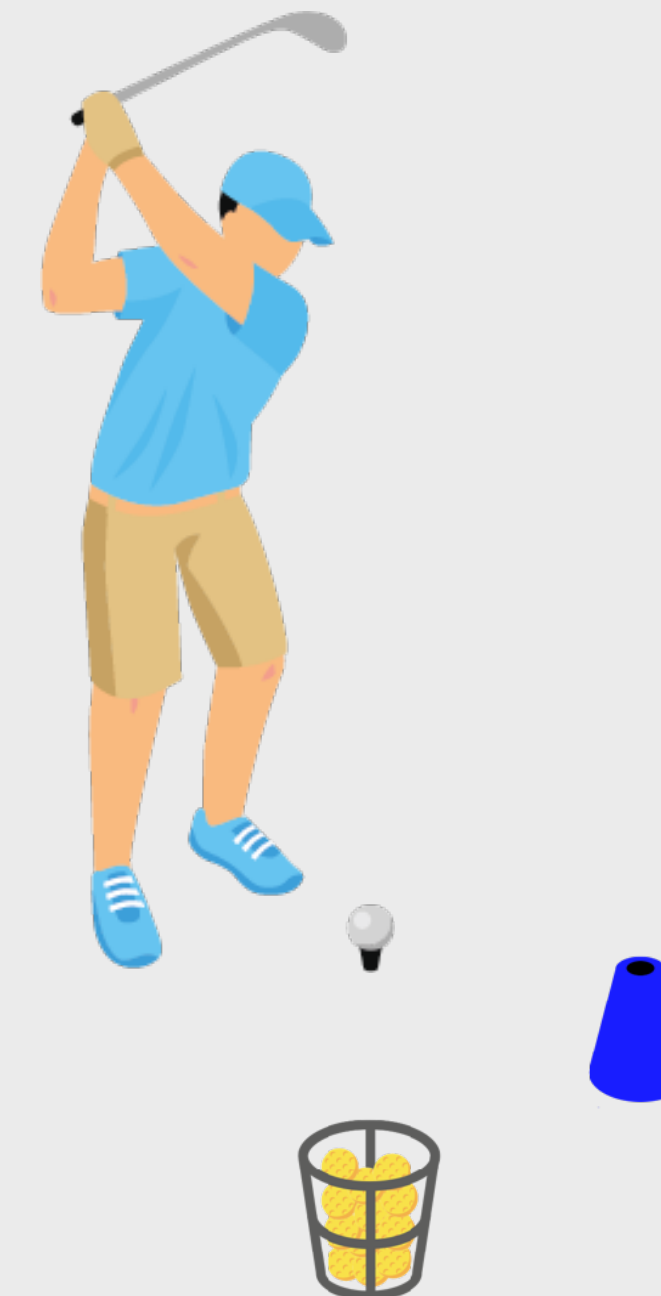
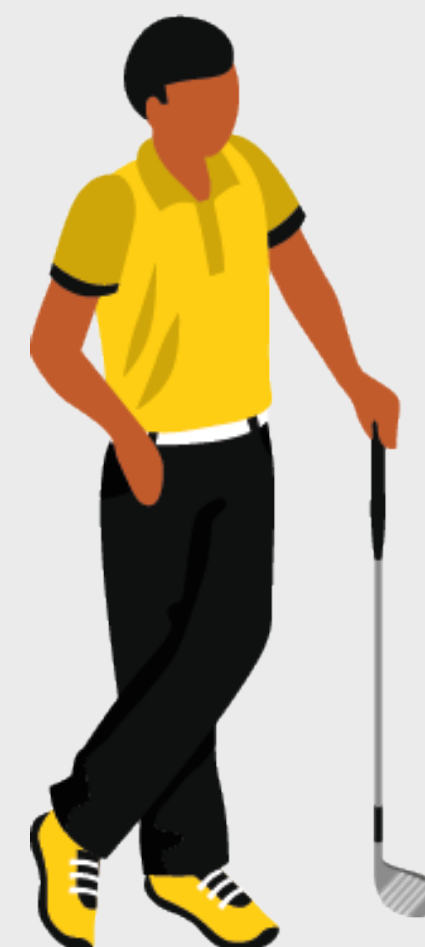




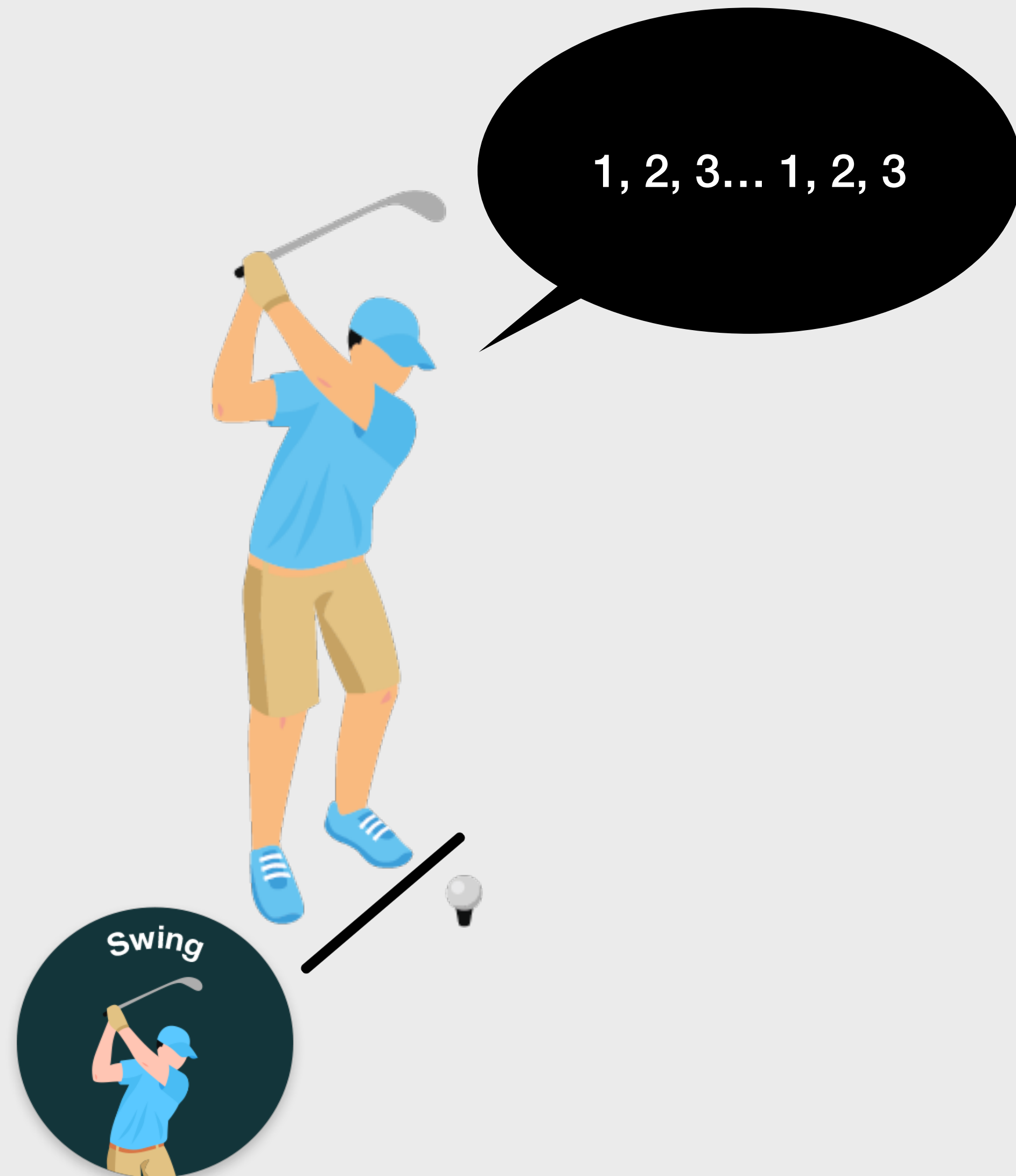
# Secondary Skill

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 what was learnt in the "Introduction to Swing" class the on the first week.



# 1, 2, 3... 1, 2, 3



## Equipment Needed

- Driving range
- Fairway wood
- Golf balls

## How to Practice

- Learners should understand the importance of rhythm and tempo in their golf swing
- Demonstrate the importance of maintaining a consistent swing speed
- This consistent swing speed and rhythm will develop consistency of strike and ultimately more consistent shots

## Technical Link

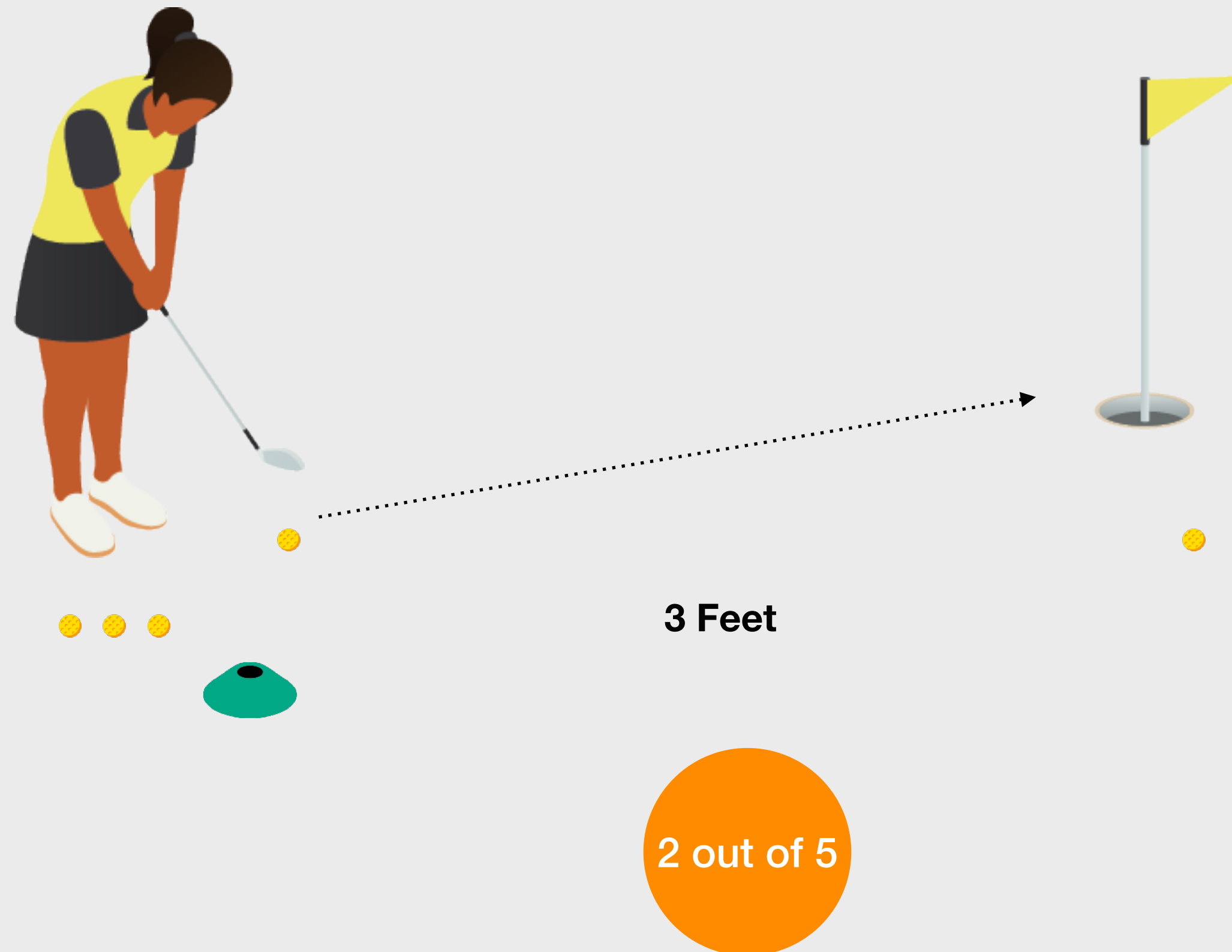
- Allow the learners to quicken and slow their swing speed and rhythm and see the changes in consistency of strike and shot



# Mastering the Game Challenges



# Short Putts Challenge



## The Challenge

To complete the Level 1 Challenge the learner needs to putt 2/ 5 balls in the hole from 3 feet on a flat green surface from one position around the hole.

## What should the Learner do next?

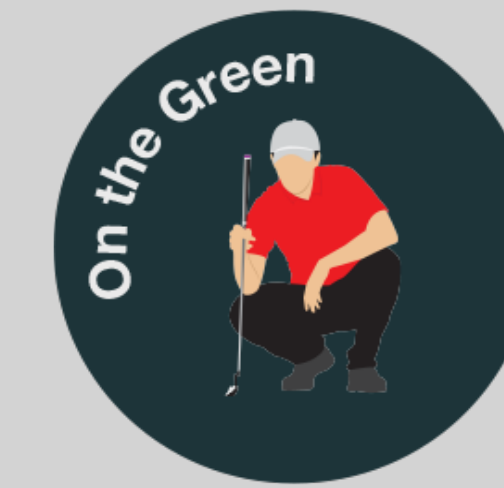
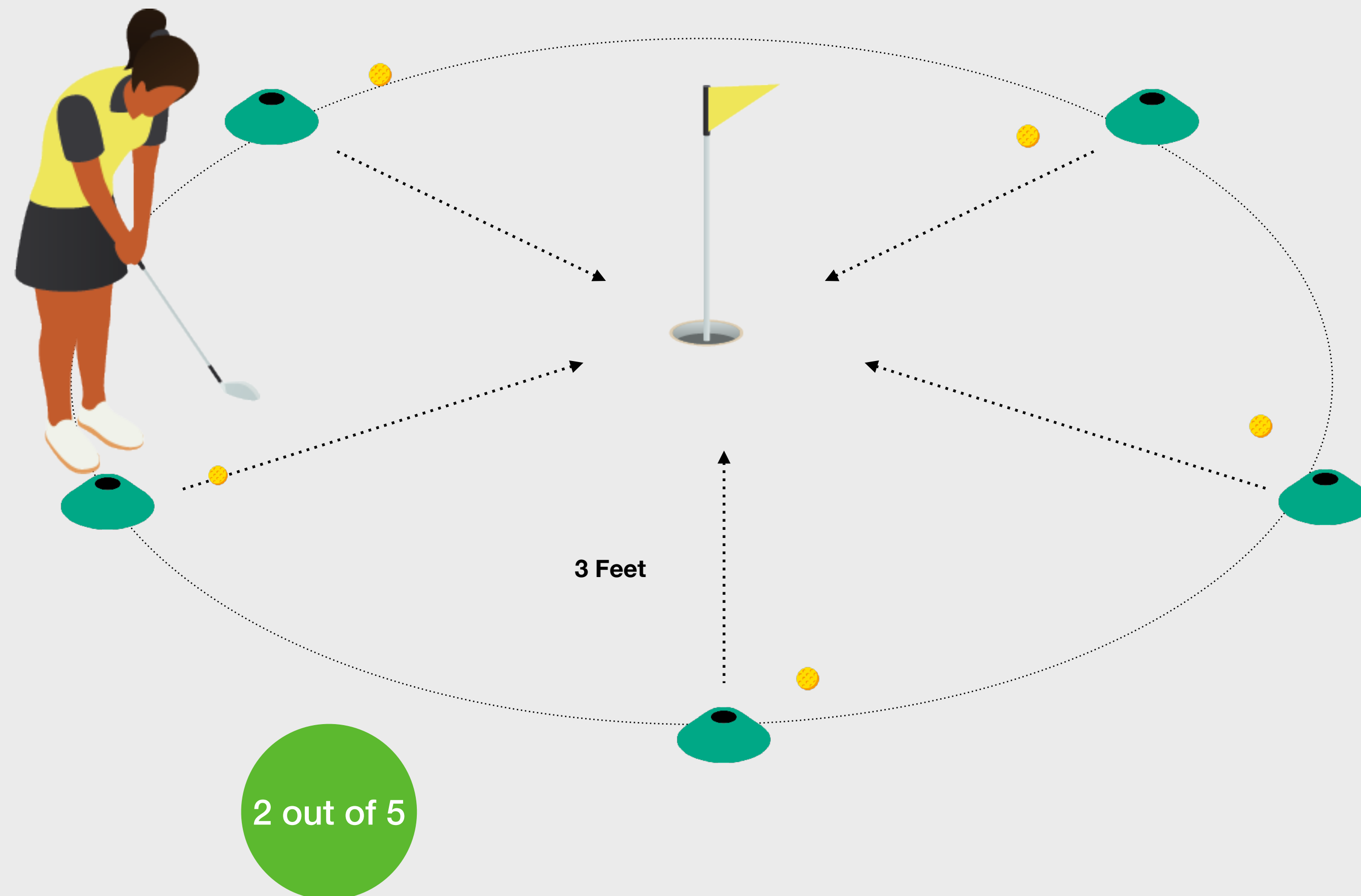
After attempting the challenge, the learner should:

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





# Short Putts Challenge



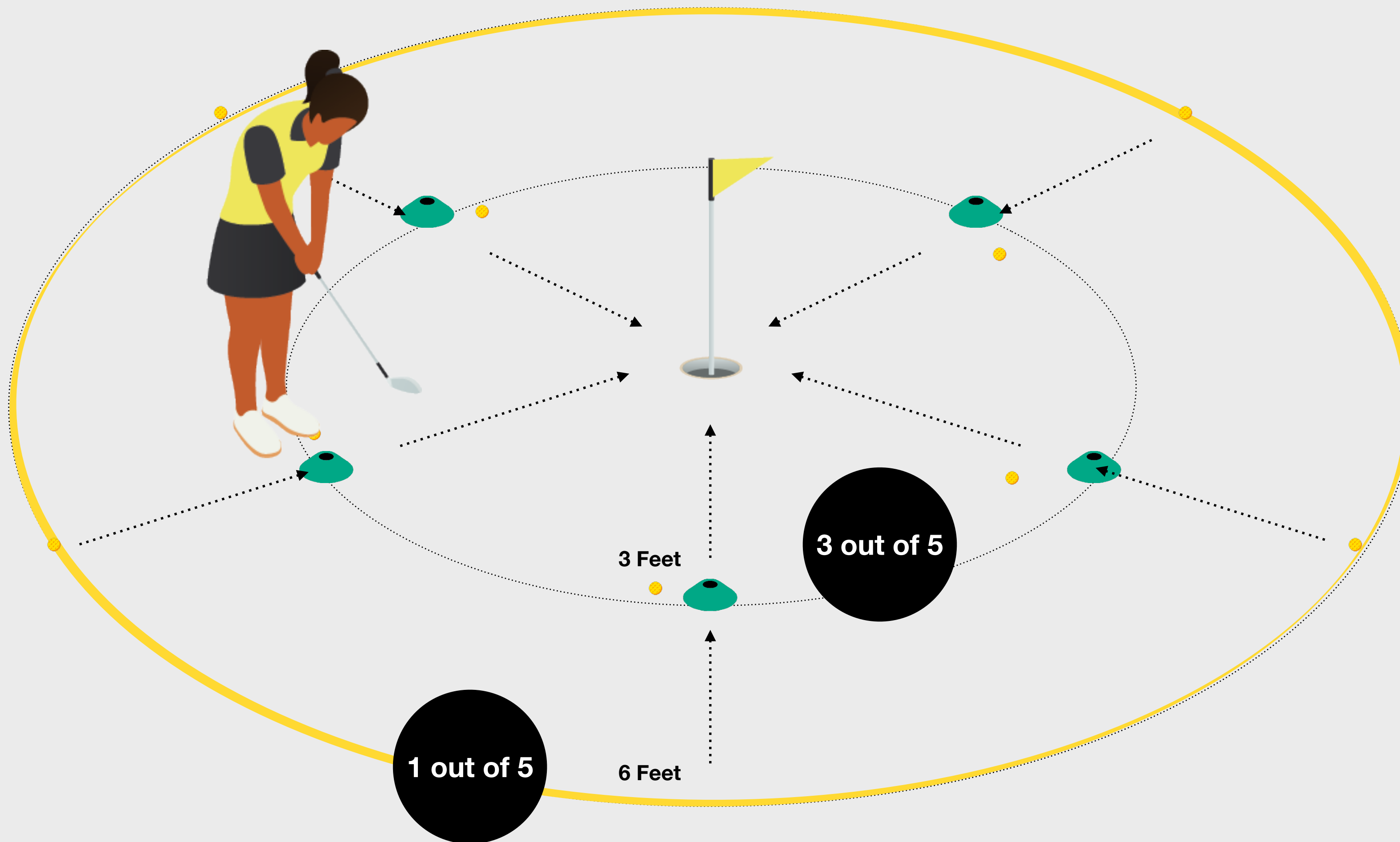
## The Challenge

To complete the Level 2 Challenge the learner needs to hole 2 out of 5 putts from a distance of 3 feet from 5 different positions around the hole.

## 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

# Short Putts Challenge



## The Challenge

To complete the Level 3 Challenge the learner needs to hole 3 out of 5 putts from a distance of 3 feet and and 1 out of 5 putts from 6 feet from 5 different positions around the hole.

## 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

