

Practice Around the Green Chipping



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Class Timetable

Class Timetable

Session Length: 60mins

Time	Focus	Class Content
15 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> Outline the objective of the Practice Club to the Group Explain the layout of the session Outline the Challenges that can be attempted in the Class and make those attending aware of the Challenge Cards demonstrating how to attempt the Challenge Outline the Games available within the Class Explore the Whole Golfer Focus for the Class
20 Mins	Games, Practice & Challenge Time	<ul style="list-style-type: none"> Those attending the class can now engage in individual practice, social practice and competitive play and attempt the Mastering the Game Skills Challenges Opportunity for Private Coaching A chance for those attending Allow for self-discovery and guided learning
15 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Get the group together to introduce the Learning the Game Focus Learners should have the option to carry on their activity to suit their needs or participate in the group introduction
10 Mins	myGame Tracking and Recap	<ul style="list-style-type: none"> Recap the class focus and answer any questions Add any lesson notes to the learner's Student Connect on GLF Locker Allow for time for the Learners to enter their Challenge Score in the myGame Area and complete the challenge if they have been successful. Learners should mark their attendance at a Practice Club in the myJourney section of the myGame area Direct the learners to the online resource for the Whole Golfer and Learning the Game Focus in the myGame area of GLFLocker

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Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game Focus:
Around the Green
Chipping

Whole Golfer Focus:
Mind
Reacting to bad shots

Learning the Game Topic:
Rules and Etiquette

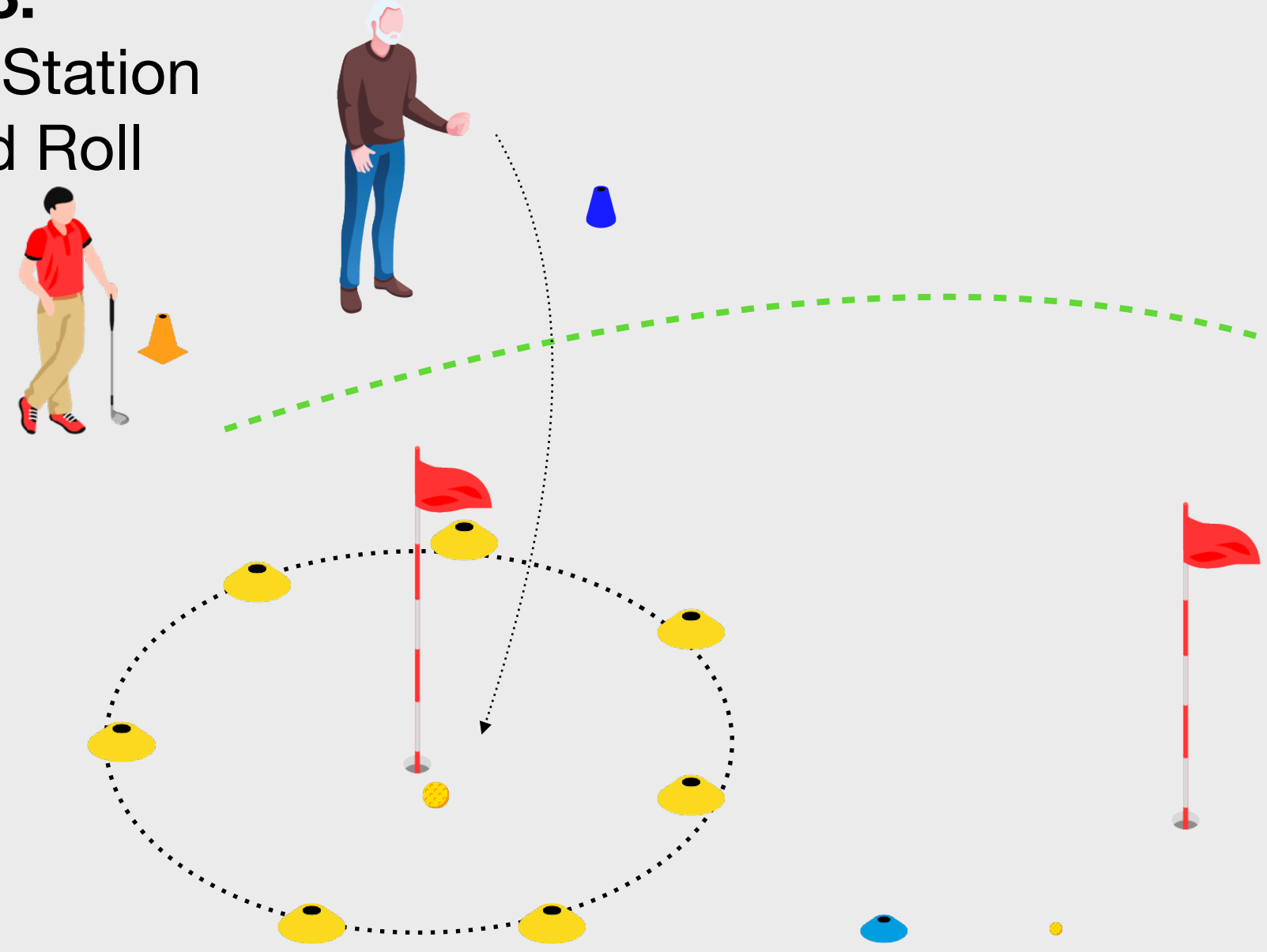
Learning the Game Focus
Short Game Practice

Mastering the Game Challenge:
Chipping Challenge

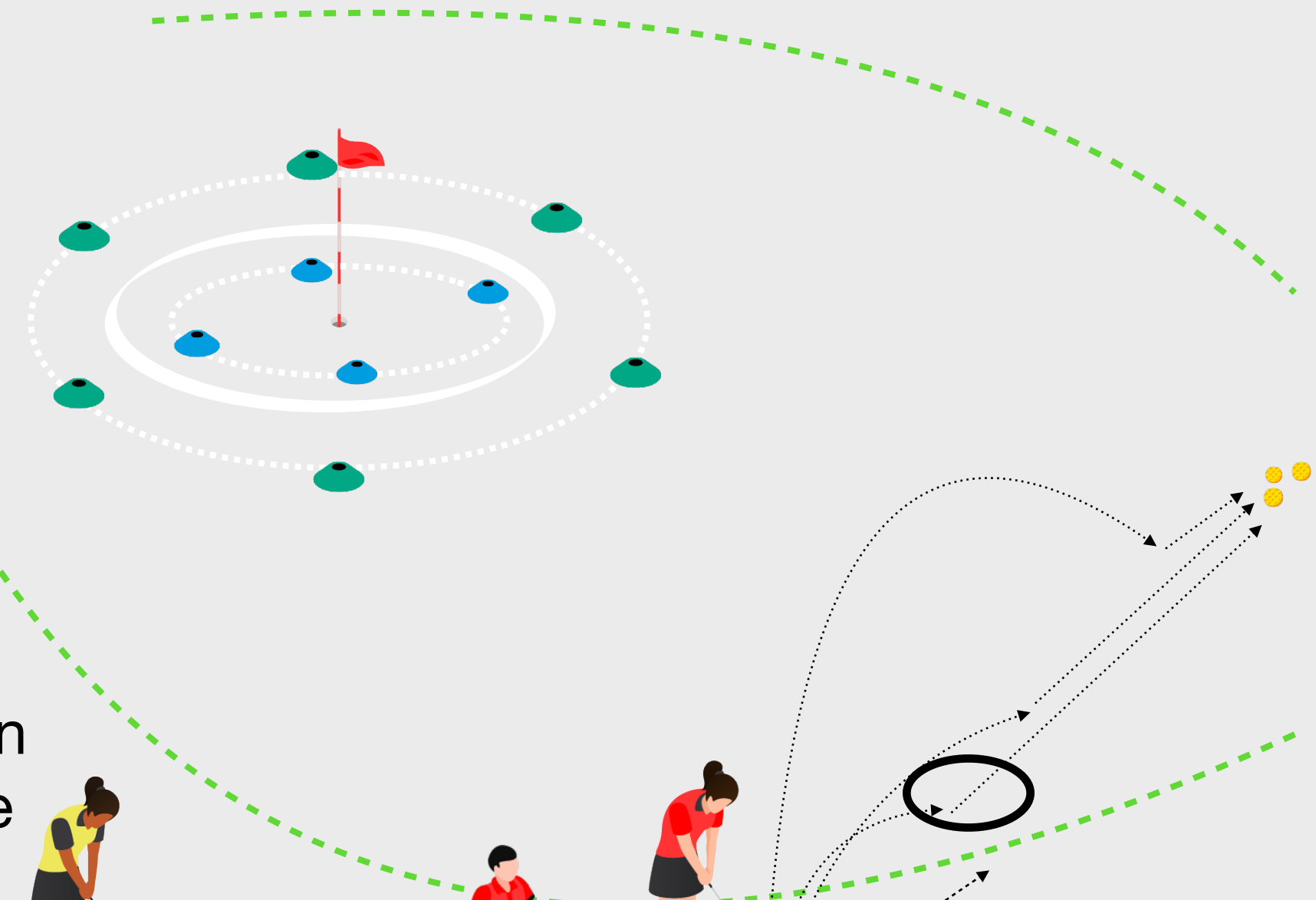
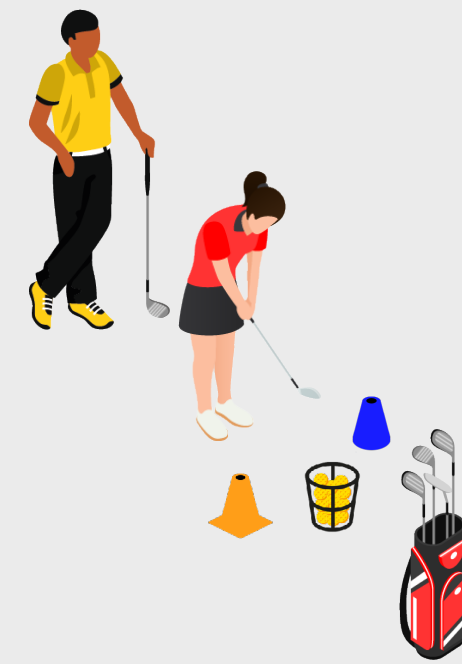
Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations of your preference and the challenges required Be ready to welcome participants 5 minutes before the session starts 	<ul style="list-style-type: none"> Class Layout and Setup
10 Mins	Introduction and Whole Golfer Focus	<ul style="list-style-type: none"> Outline the objectives which is an opportunity for learners to practice their chipping. 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"> Reacting to bad shots
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning Learners can attempt a Mastering the Game Challenges individual or in pairs 	<ul style="list-style-type: none"> Ladder and Down High, Medium and Low Control Distance Land and Roll
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Get the group together to introduce the learning the Game or Whole Golfer focus Learners should have the option to carry on their activity to suit their needs or participate in the group introduction to the Learning the Game or the Whole Golfer focus 	<ul style="list-style-type: none"> Rules and Etiquette - Short Game Practice
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> Play the games individually, in pairs or in groups Opportunity for private coaching Develop social connections and allow for self-discovery and guided learning Learners can attempt a Mastering the Game Challenges individual or in pairs 	<ul style="list-style-type: none"> Ladder and Down High, Medium and Low Control Distance Land and Roll
10 Mins	MyGame+ Tracking on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the learner's Student Connect area Encourage the learners to mark the challenge as complete for the step 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

Practice Around the Green Class Layout and Setup

Station 3:
Practice Station
Land and Roll



Station 1:
Chipping Challenge



Station 6:
Game Station
Free Practice

Station 4:
Game Station
Ladder and Down



Station 2:
Practice Station
Control Distance

Station 5:
Game station
High, Medium, Low



Practice Stations and Game Cards

Themed Class Plans
Control Distance

About
The Practice Station Activity has been built to provide an engaging practice element to your class and themed class focus.

Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set this activity up with 3 different sized boxes (10, 20 yards and 30 yards) from the learner.
- The learner should practice chipping the ball at these 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 length of the stroke using a putter, 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 (e.g. a 7 iron would be best to lower lofted club).

Technical Learning Objectives

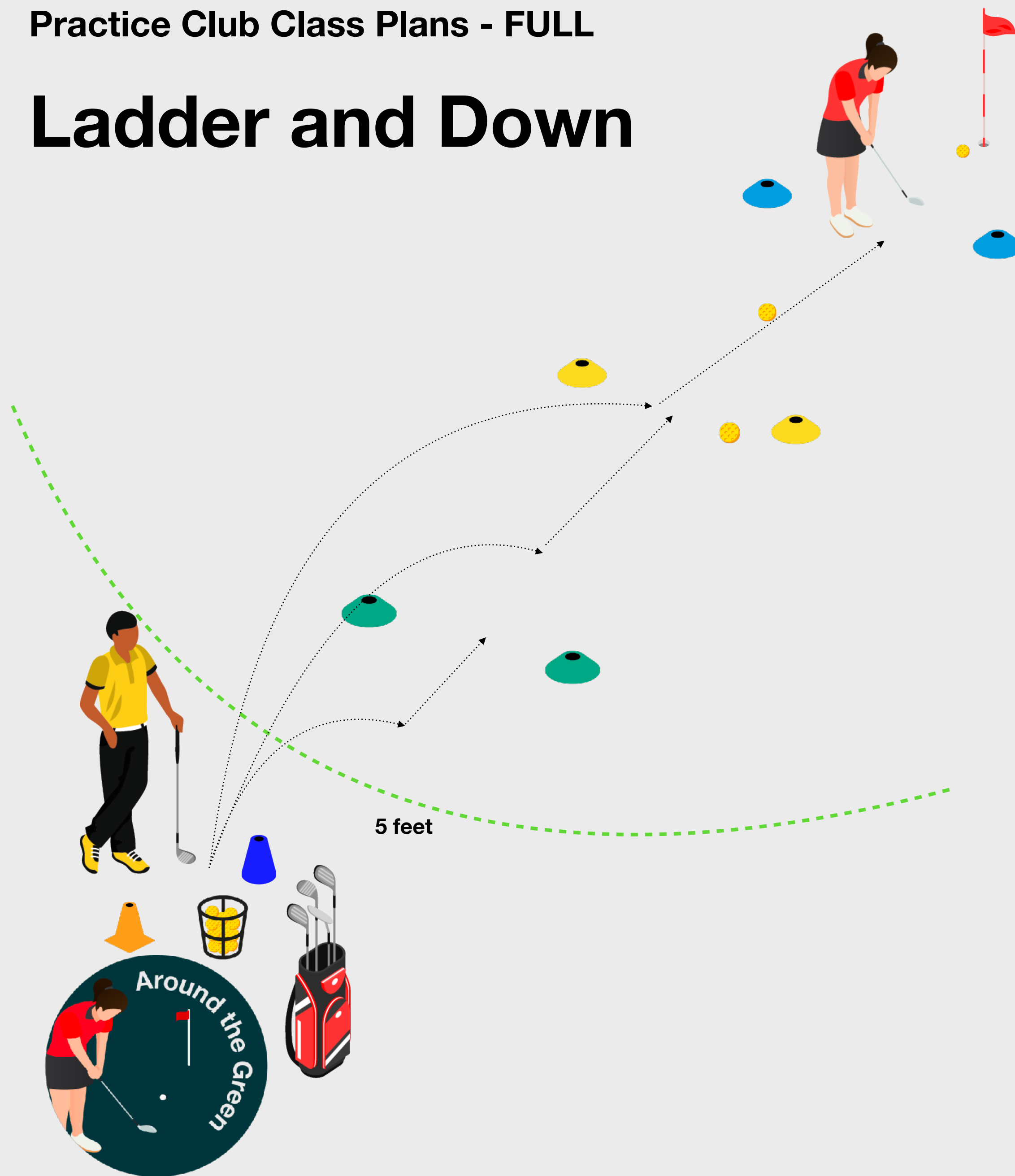
- This activity will help the learner to understand how to control the distance of a shot based on the speed of the stroke.
- This activity will help the learner to gain so much confidence around the green by becoming confident using one particular type of club.

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GAM
GOLF DEVELOPMENT



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

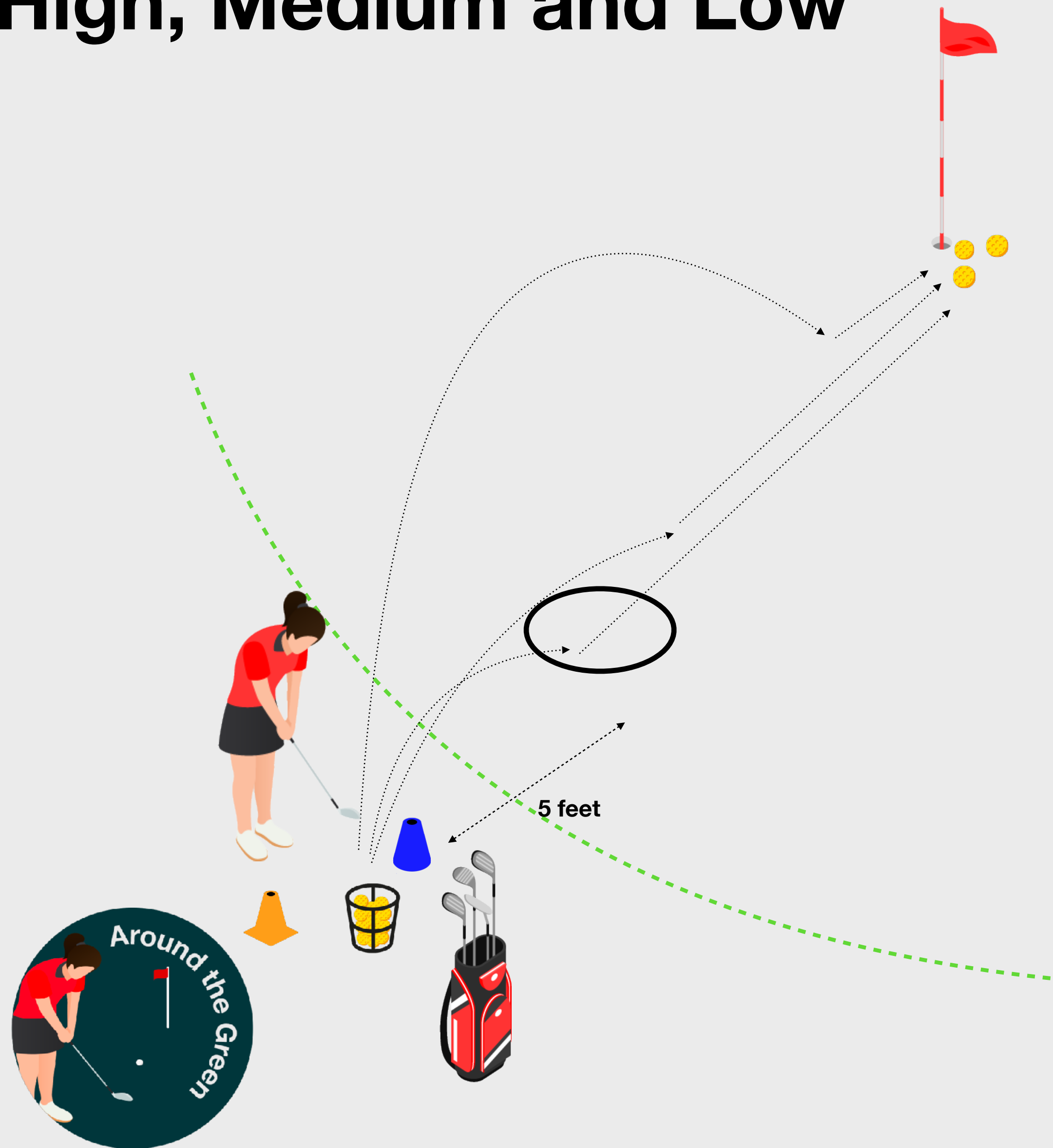
How to Play

- 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

High, Medium and Low



Equipment Needed

- Cones for safety
- 8 Irons and Sand Wedge
- Golf balls
- Hoops

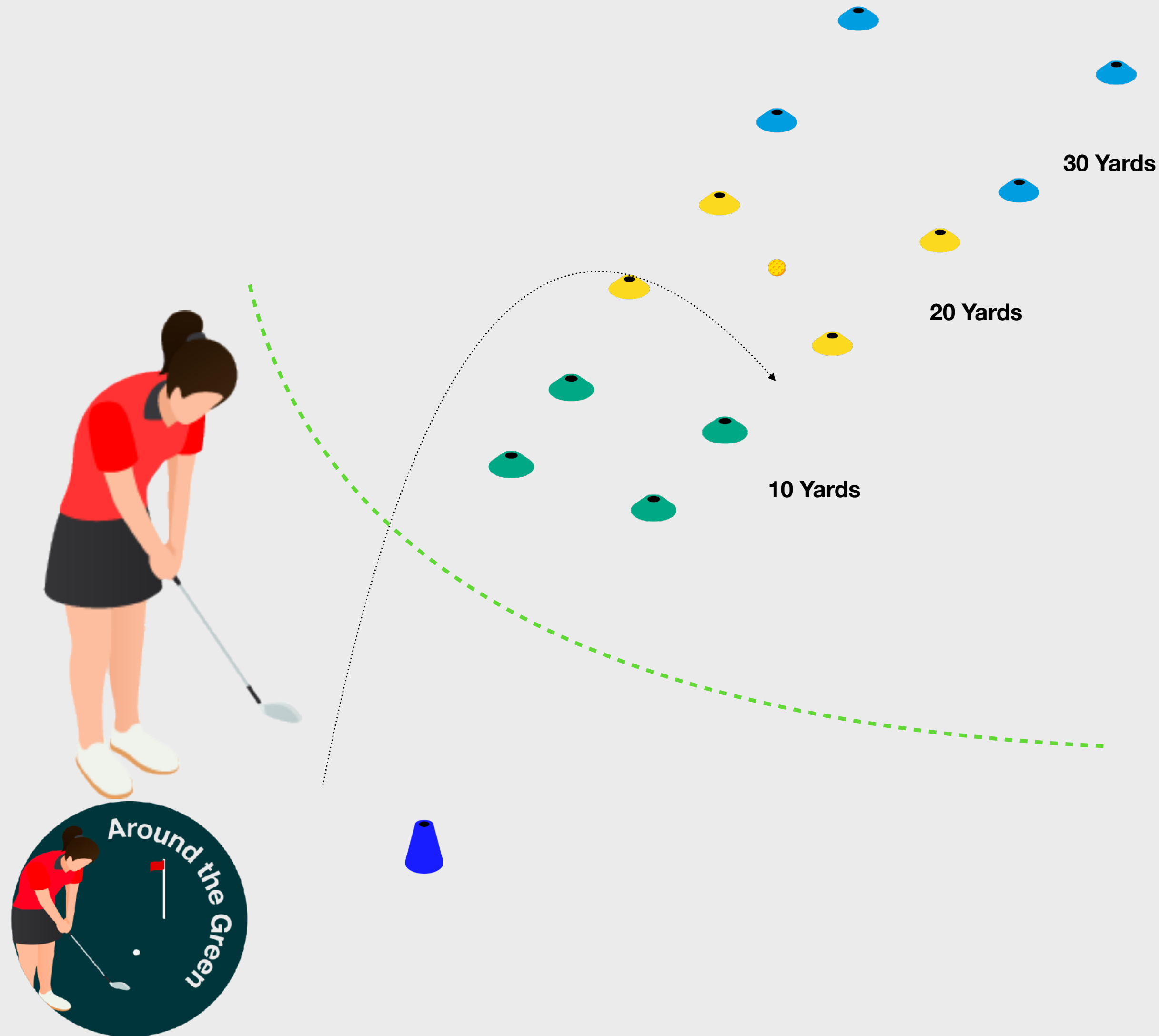
How to Practice

- 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.

Control Distance



Equipment Needed

- 12 cones
- Golf balls

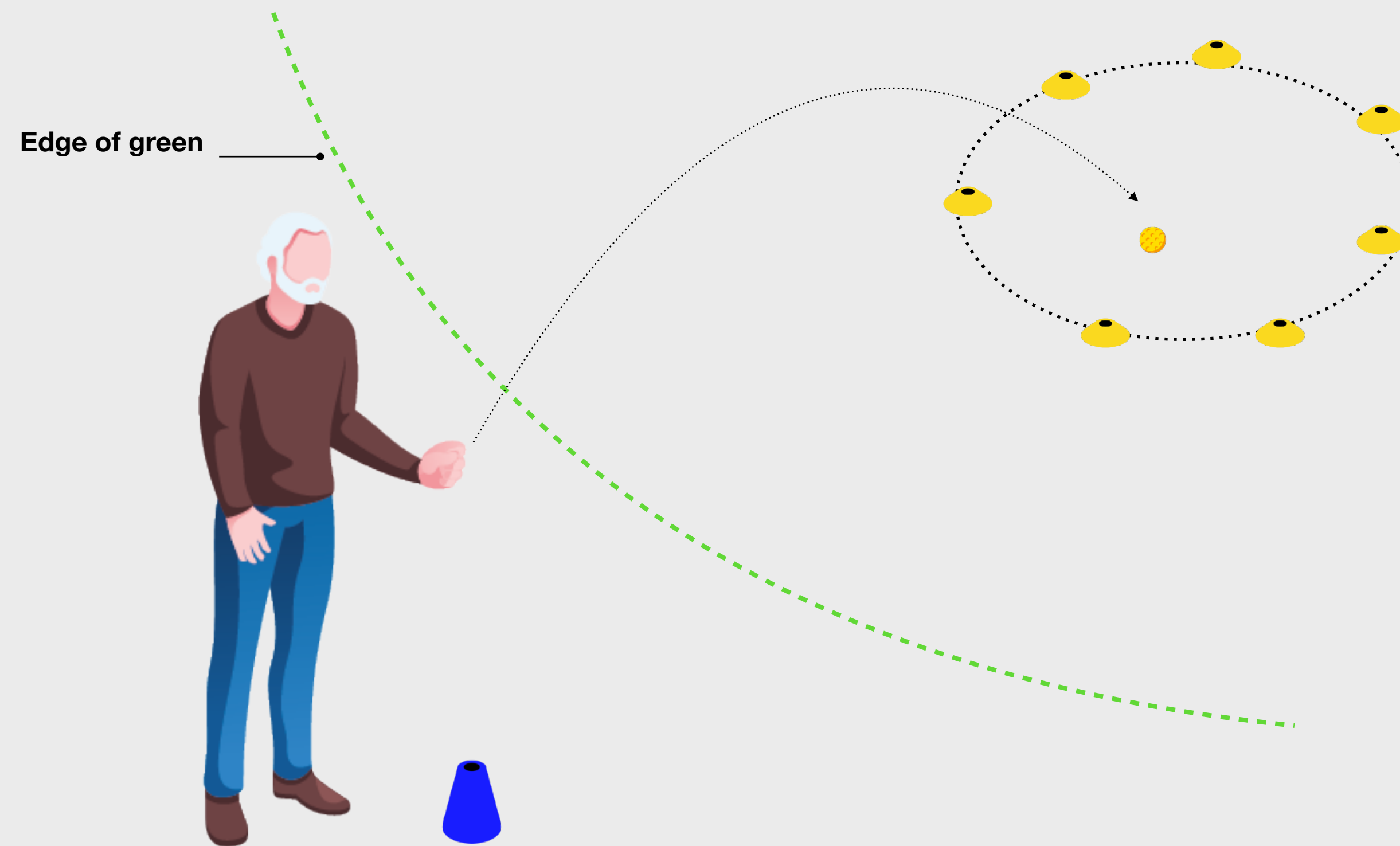
How to Practice

- Set this activity up with 3 different sized boxes at 10 yards, 20 yards and 30 yards from the learner
- The learner should practice pitching the ball different distances using the same club, by varying the length and speed of the swing
- The aim is to get the ball to land in the relevant box that they are aiming for

Technical Link

- This activity will help the learner to understand how to control the distance of a shot based on the length and speed of the stroke
- This activity will help the learner to gain some consistency around the green by becoming more confident using a longer wing for short shots

Land and Roll



Equipment Needed

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

How to Practice

- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in
- Learner should stand sideways on and using right or left hand throw the ball into the air trying to land the ball in the circle
- Maintain the same speed of arm action and try and develop some consistent landing. To see how the trajectory affects the amount of roll throw the ball higher or lower
- Once the learner has achieved the ideal flight and roll by throwing the ball they should try to replicate the flight using a golf club

Technical Link

- This activity is designed to help the learner to understand about length of arm action versus where the ball lands
- It is used to mimic the action of chipping and controlling the trajectory of the flight and where the ball lands
- It will also show the learner that varying trajectory will increase or decrease the roll

Learning the Game

Due to the limitation on time and also the recommendation to get practicing using the prescribed games and activities, we recommend you explore the following to supplement what is being delivered in themed classes. However it is at your discretion to add further information and you should also react to any questions or situations that arise during the practice session:

- **Rules and Etiquette - Short Game Practice**
 - Make sure learners understand the rules that apply to practicing at the short game area at your club. This may include not chipping towards another person in case of a missed contact, knowing where you are allowed to chip or if there is a putting only practice area.



Whole Golfer

Due to the limitation on time and also the recommendation to get practicing using the prescribed games and activities as the primary focus, we recommend you explore the following to supplement what is being delivered in themed classes briefly. You can also further explore this during the class using the variety of games and activities:

- **Reacting to bad shots**

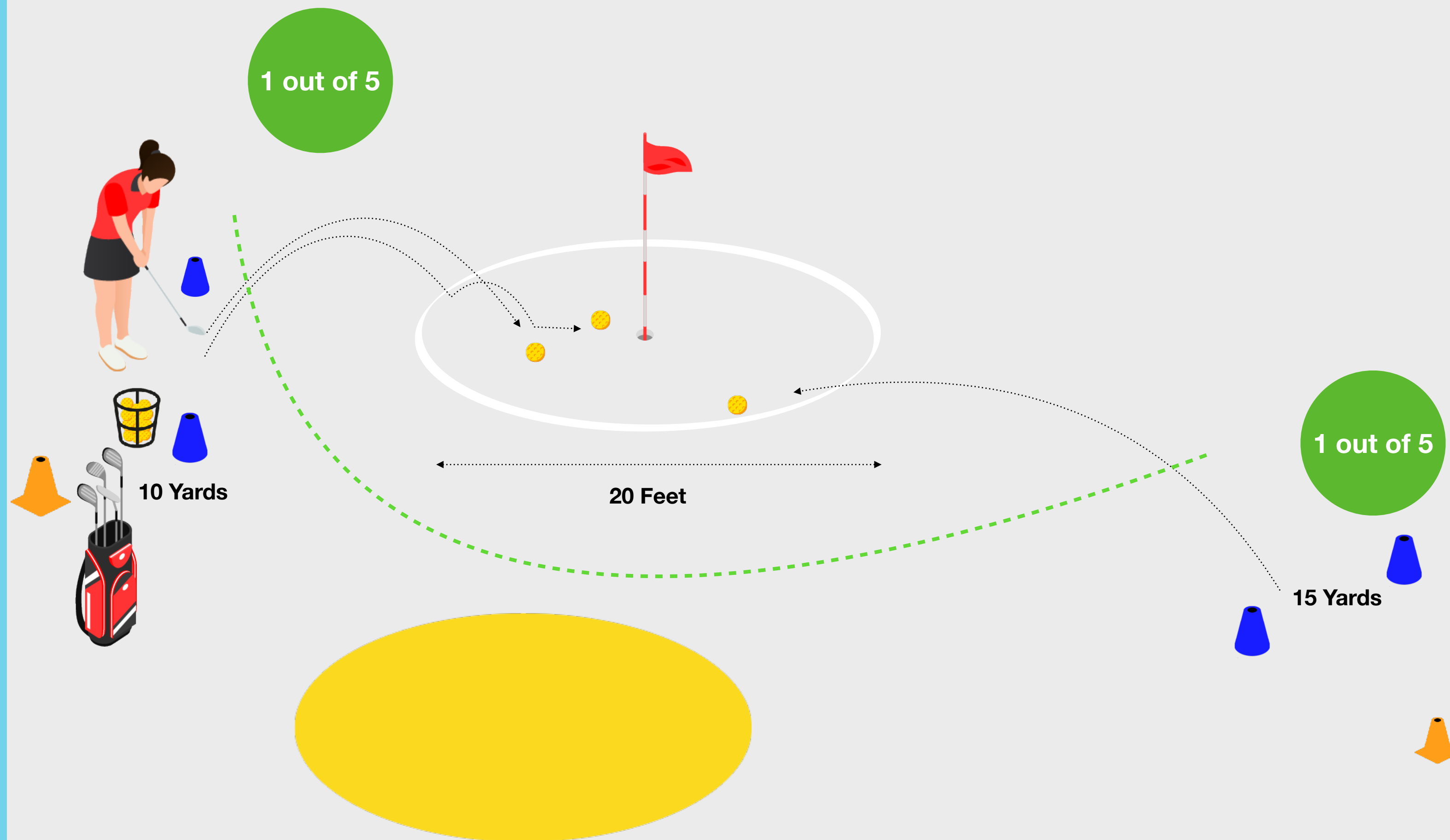
- Outline to the learner the inevitability of hitting bad shots.
- It is an intrinsic part of golf and it's something that the learners must accept and instead of fighting it, develop a strategy to recover from these bad shots.
- Describe the crucial link between course management theory and reacting positively to bad shots. Develop a strategy such as the five pace rule, when after a bad shot you are allowed to dwell on the shot for five paces and then move on and stick to the course management strategy.



Mastering the Game Challenges



Chipping Challenge



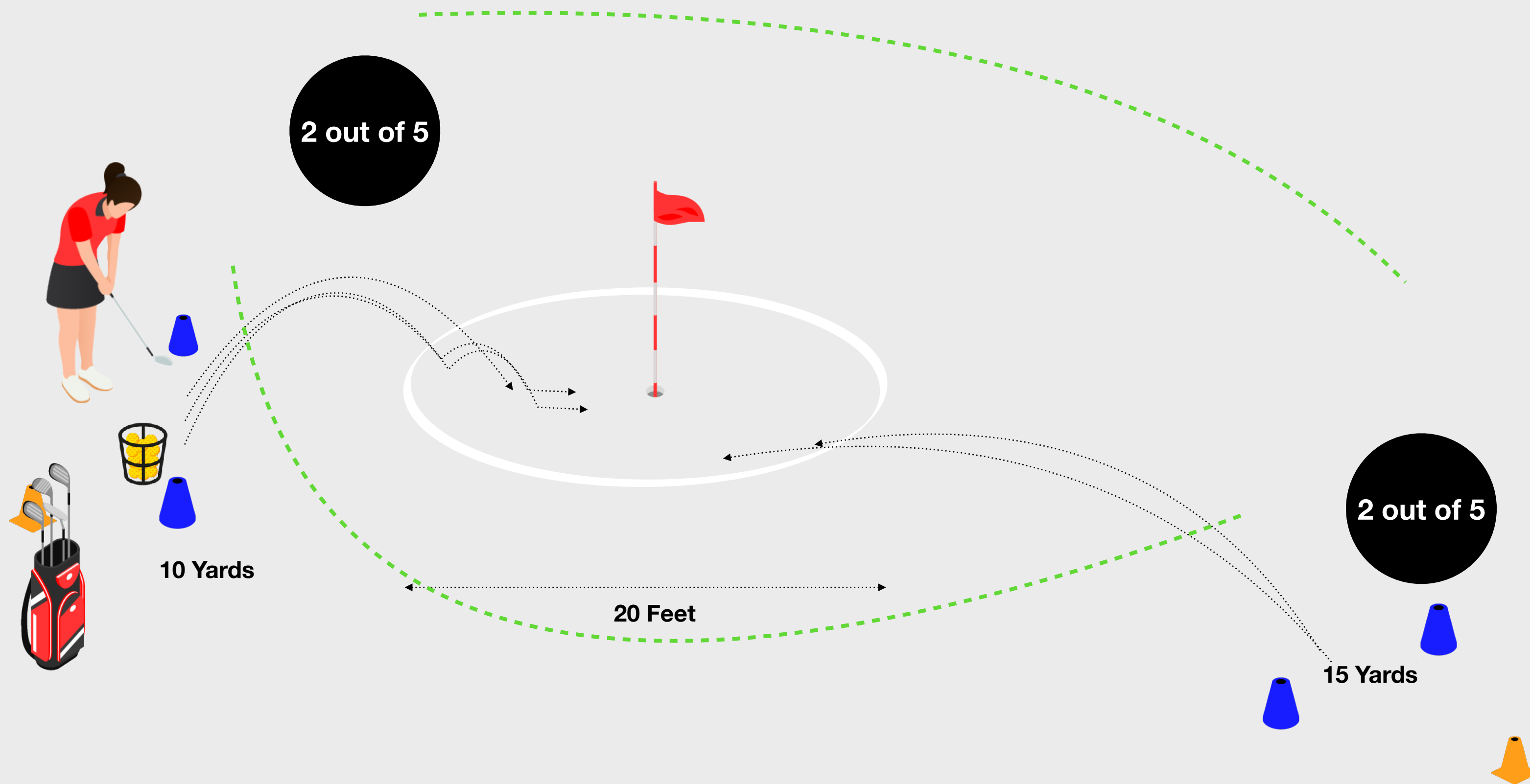
The Challenge

To complete the Step 2 Challenge the learner needs to chip 1/ 5 shots from 10 yards and 1/ 5 shots from 15 yards to finish within a 20-foot diameter target circle.

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

Chipping Challenge



The Challenge

To complete the Step 1 Challenge the learner needs to chip 4 out of 5 shots from 10 yards, 2 out of 5 shots from 15 yards and 1 out of 5 shots to finish within a 10-foot diameter target circle.

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