

Practice On the Green

Long Putts



Class Timetable

Session Length:
60mins

Group Size:
1:12

Mastering the Game Focus:
On the Green
Long Putts

Whole Golfer Focus:
Mind
Enjoy Errorfull practice

Learning the Game Topic:
Rules & Etiquette

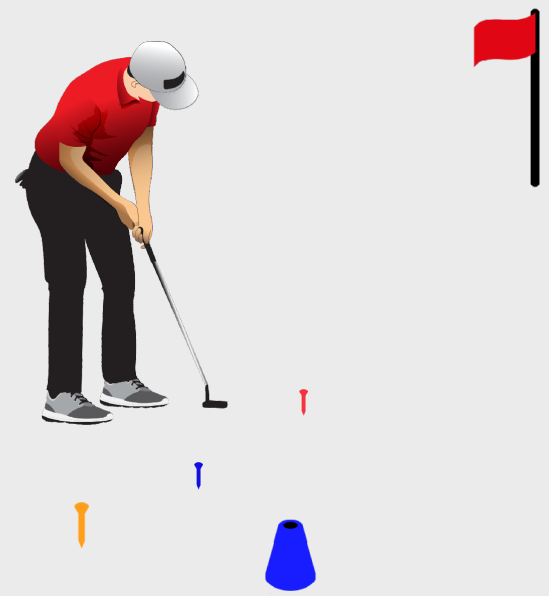
Learning the Game Focus
Using a Ball Marker

Mastering the Game Challenge:
Long Putts Challenge

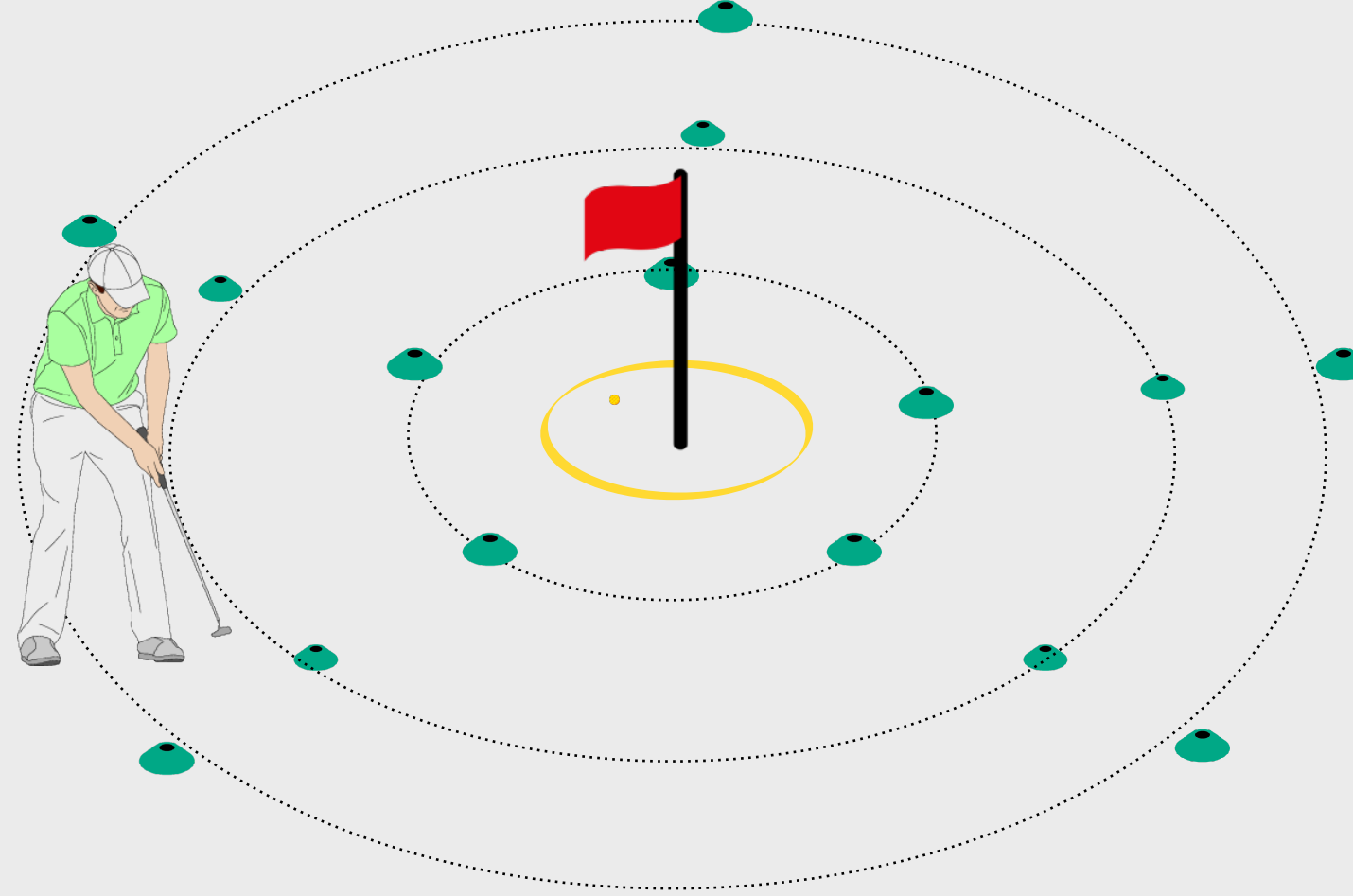
| Time | Focus | Class Content | Games / Drills / Resource |
|---------------|-------------------------------------|--|---|
| 15 Mins Prior | Setup and Welcome | <ul style="list-style-type: none"> Set up the games and practice stations of your preference and the challenges required Be ready to welcome 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 putting and specifically long putts. 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"> Enjoy error full practice |
| 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"> Swing Length Ladder Putt of tea Long Putt Ladder Waterfall |
| 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 on the Green |
| 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"> Swing Length Ladder Putt of tea Long Putt Ladder Waterfall |
| 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 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 |

Practice on the Green Class Layout and Setup

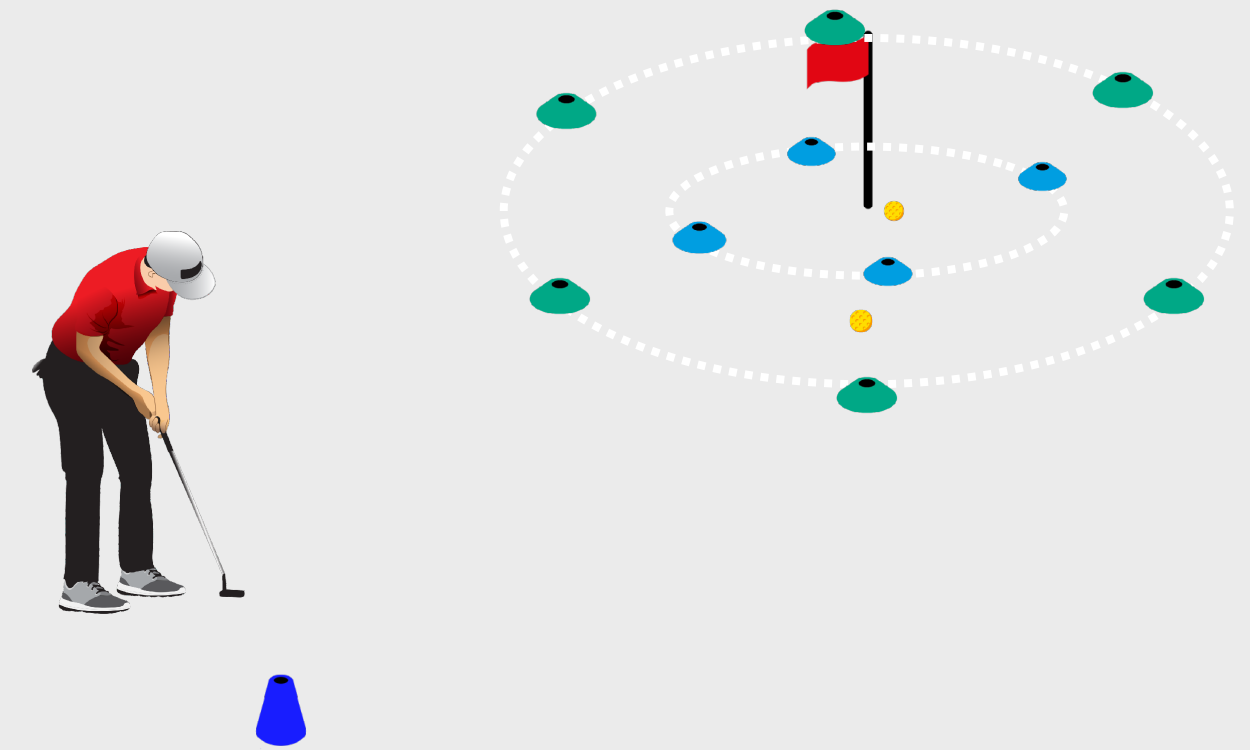
Station 3:
Practice Station
Swing Length Ladder



Station 1:
Long Putts Challenge



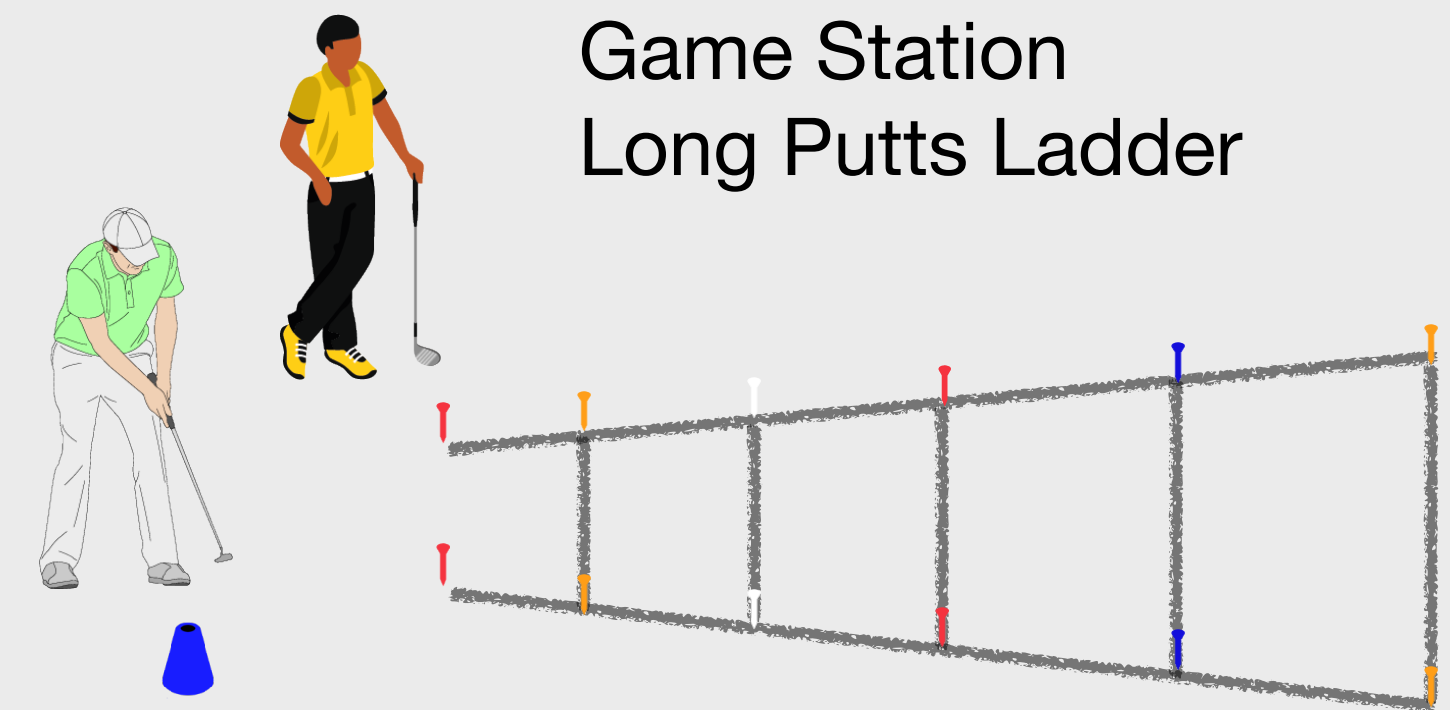
Station 2:
Practice Station
Bullseye



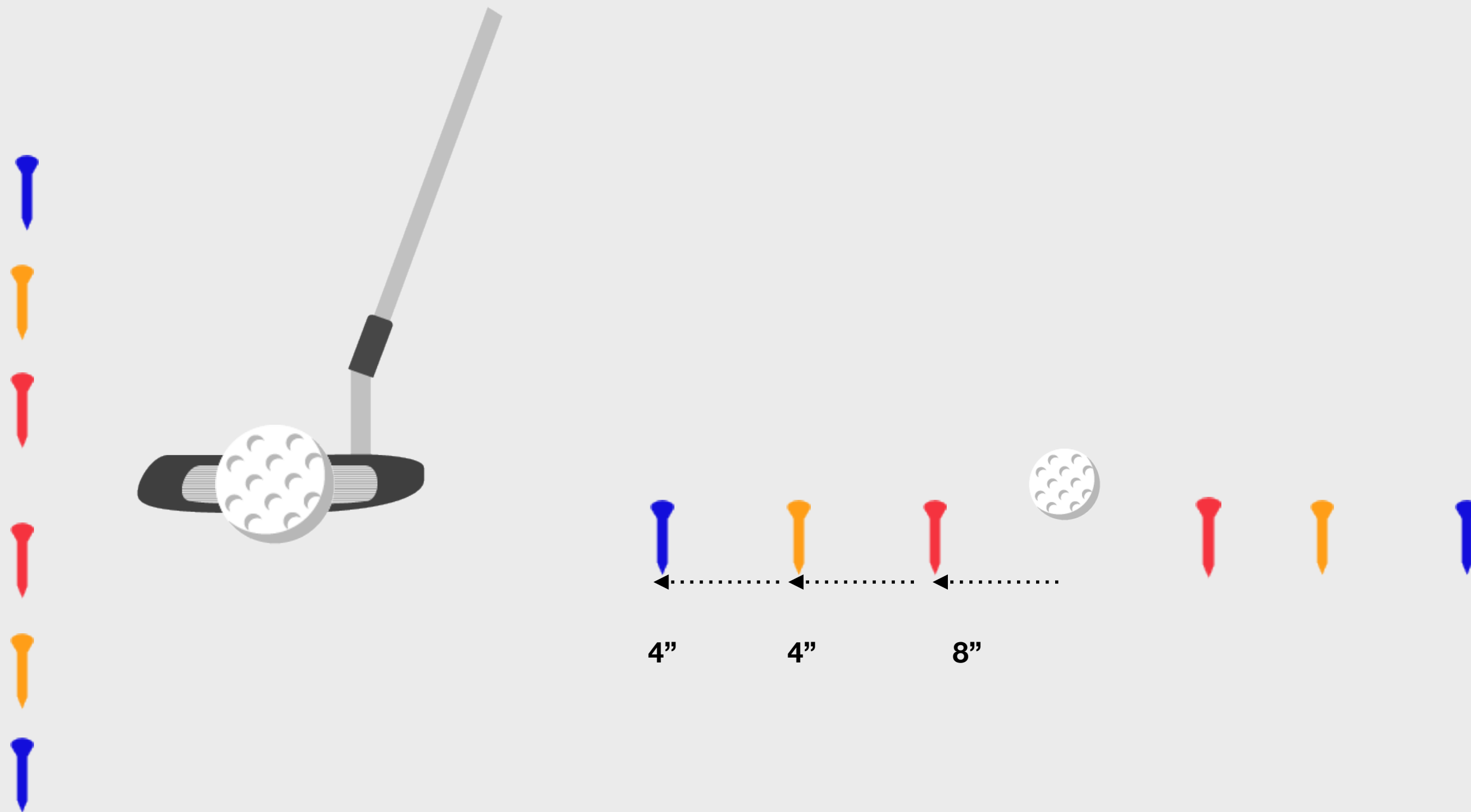
Station 4:
Game Station
Waterfall



Station 5:
Game Station
Long Putts Ladder



Swing Length Ladder



Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

How to Practice

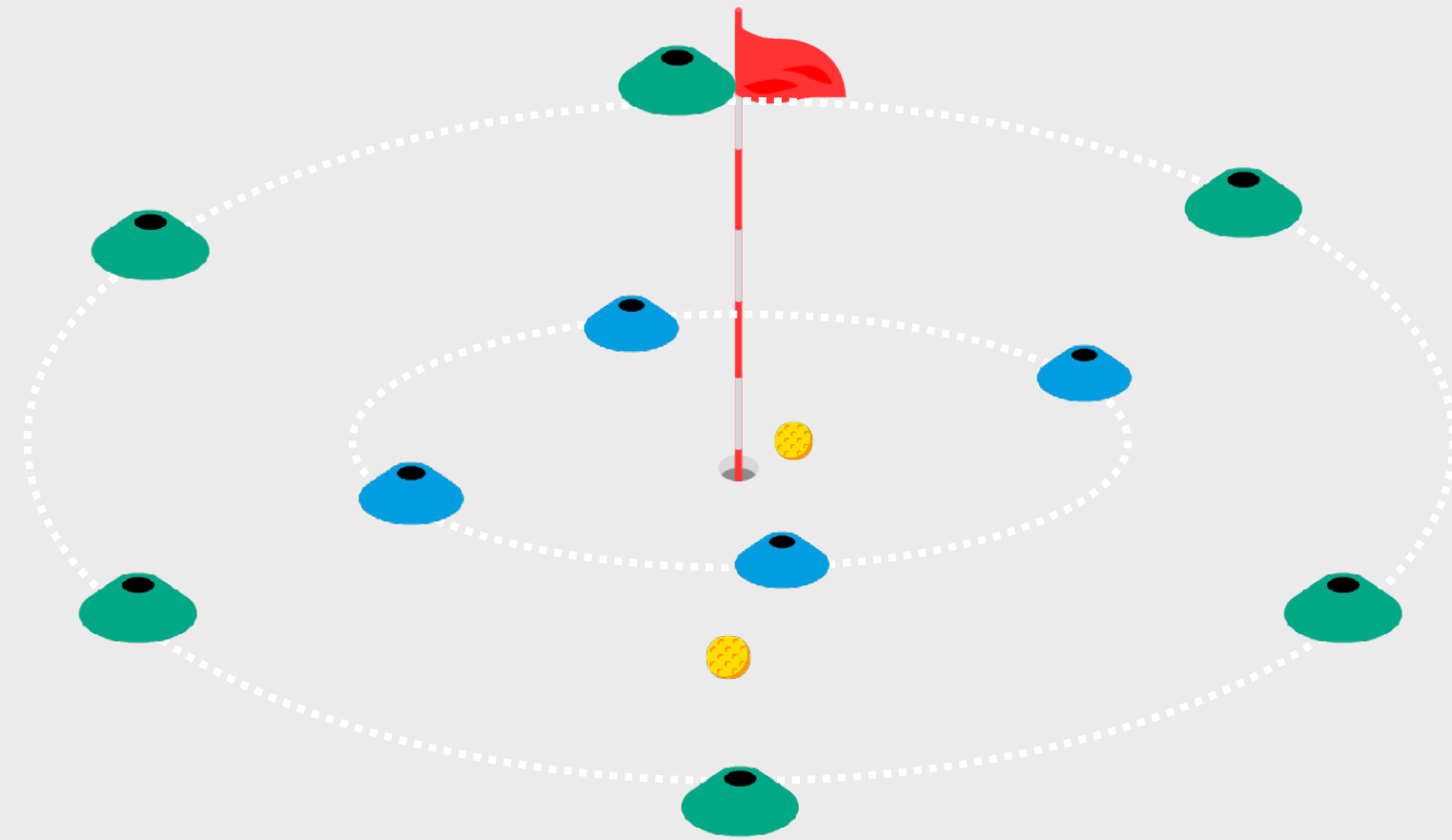
- Get the learner to practice swinging the putter from and to the first tee pegs either side of the ball
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the one count and the end of the through stroke with the two count
- Get them to hit a few putts and see how far the ball travels
- The learner should then repeat this for all sets 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



Bullseye



Equipment Needed

- Putter
- Golf balls
- Cones for safety
- Cone to create 2 circles (6ft and 12ft in diameter)

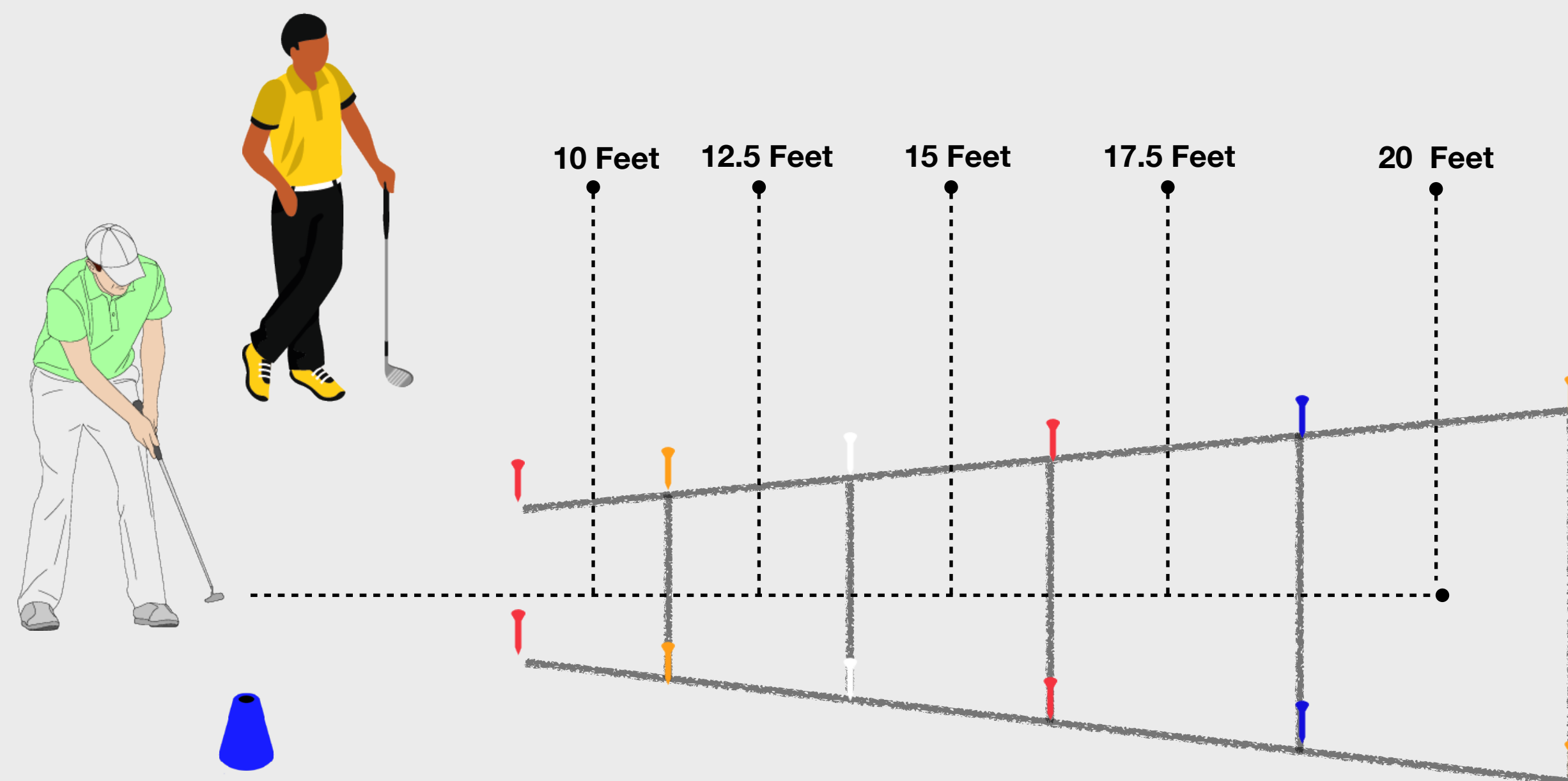
How to play the game

- Challenge the learner to putt 10 shots from the starting cone at least 20 feet away
- 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
- Get the learner to play with a partner to add some competition to the class
- Get the learner to play from varying distances and from positions around the hole

Technical Link

- Explain to the learner how to match up their expectations to the length of the putt
- Ask the learner to analyse where the ball enters the circle on a sloping 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

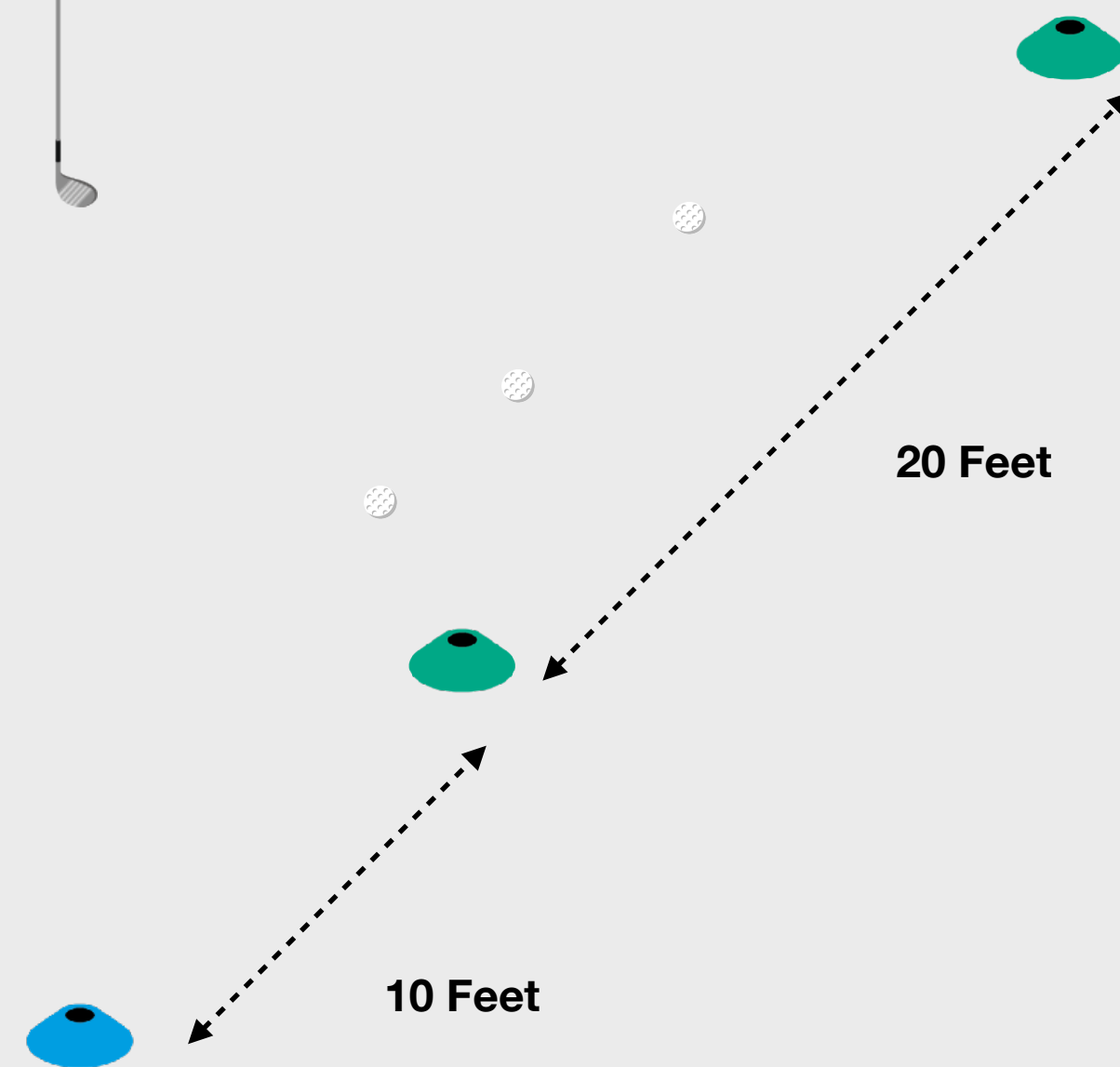
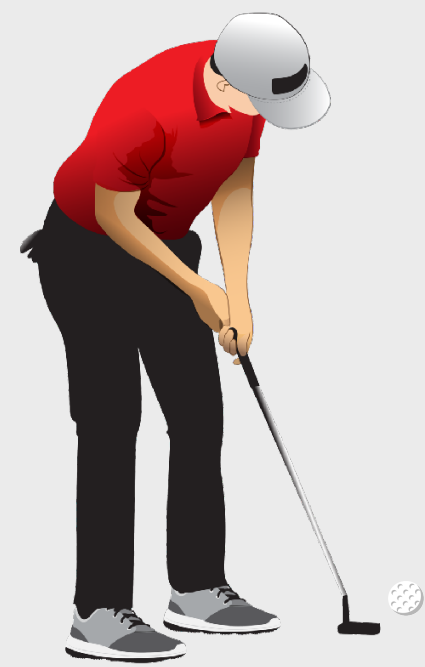
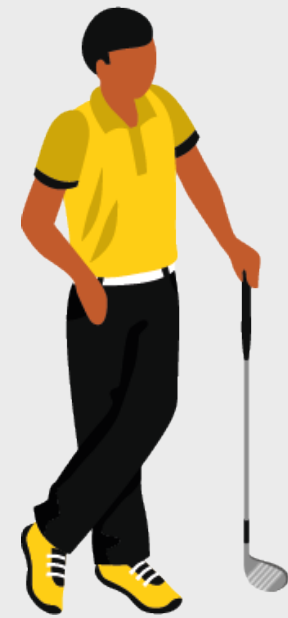
- A learner starts by attempting to putt their ball into the first and smallest box on the ladder
- If they are successful, they return to the starting position and attempt their next go to the second box
- If unsuccessful they repeat their attempt to the first box
- The learners attempts to complete all levels on the ladder to complete the game

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.



Waterfall



Equipment Needed

- Cones
- Putter
- Golf balls

How to Play

- Set this activity up with the cones 10 feet and 30 feet away
- The aim of the game is to get as many balls between the cones as possible
- The learner always starts from the blue cone and should attempt to putt their first ball just past the first cone, 10 feet away
- If successful the learner then attempts to putt their second ball just past their first ball but not too far as this would reduce the space they have to aim for their next ball
- The learner continues until either they fail to get their ball past their previous attempt, or they putt it past the furthest cone
- Their partner then does the same and the player with the most balls within the cones is the winner.

Technical Link

- This activity will help the learner to improve their distance control, as it requires a small, incremental difference in each putt



• Using a Ball Marker

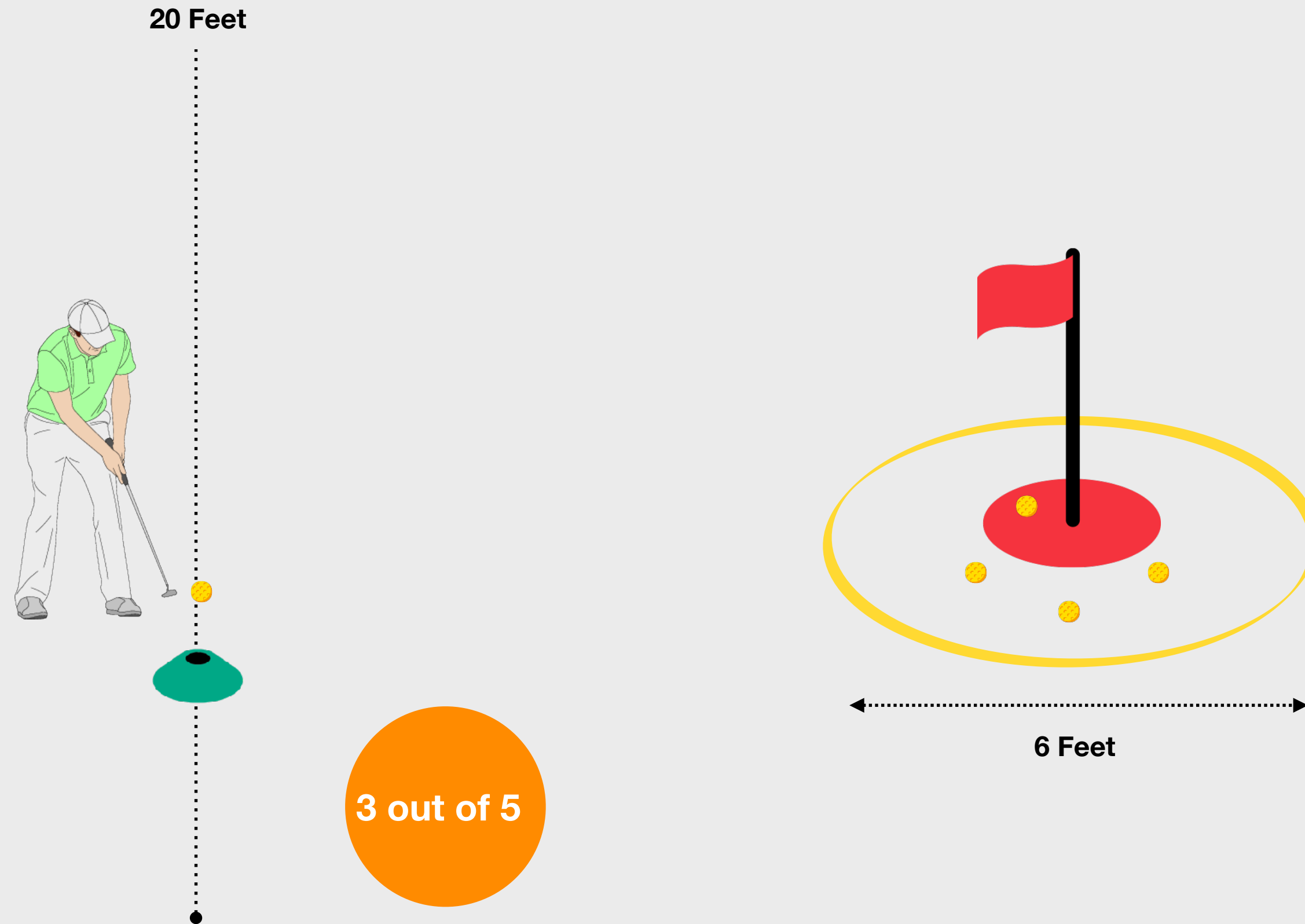
- Introduce the concept of using a ball marker, highlight the rules of golf, whereby a player receives a penalty stroke for putting their ball and hitting another players' ball whilst on the putting green.
- Encourage learners to use a ball marker within the games and challenges of the class so they get used to the process for when they play on the course!



• Enjoy Error Full Practice

- The Whole Golfer theme this week is to recommend that it is beneficial to learn how to enjoy error full practice. This means understanding that for each attempt that the learners make that doesn't go to plan is helping them to learn how to deliver the skill effectively.
- It is a fundamental part of the game, and to start off with an understanding that this is part of the challenge will benefit your learners greatly.
- Encourage the learners to reflect on any errors made during games and activities. You can also explore them to encourage deliberate errors around contact on the putter face and reflect on how this impacts the task outcome.

Long Putts Challenge



The Challenge

To complete the Level 1 Challenge within the Long Putts skill element, the Learner has 5 attempts to putt 3 balls to within a 6 foot diameter circle around the hole from a single position 20 feet from the hole.

What should the Learner do next?

After attempting the challenge, the learner should:

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

Long Putts



Long Putts Challenge



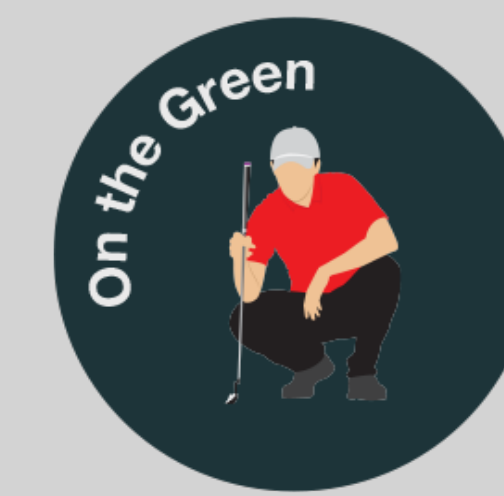
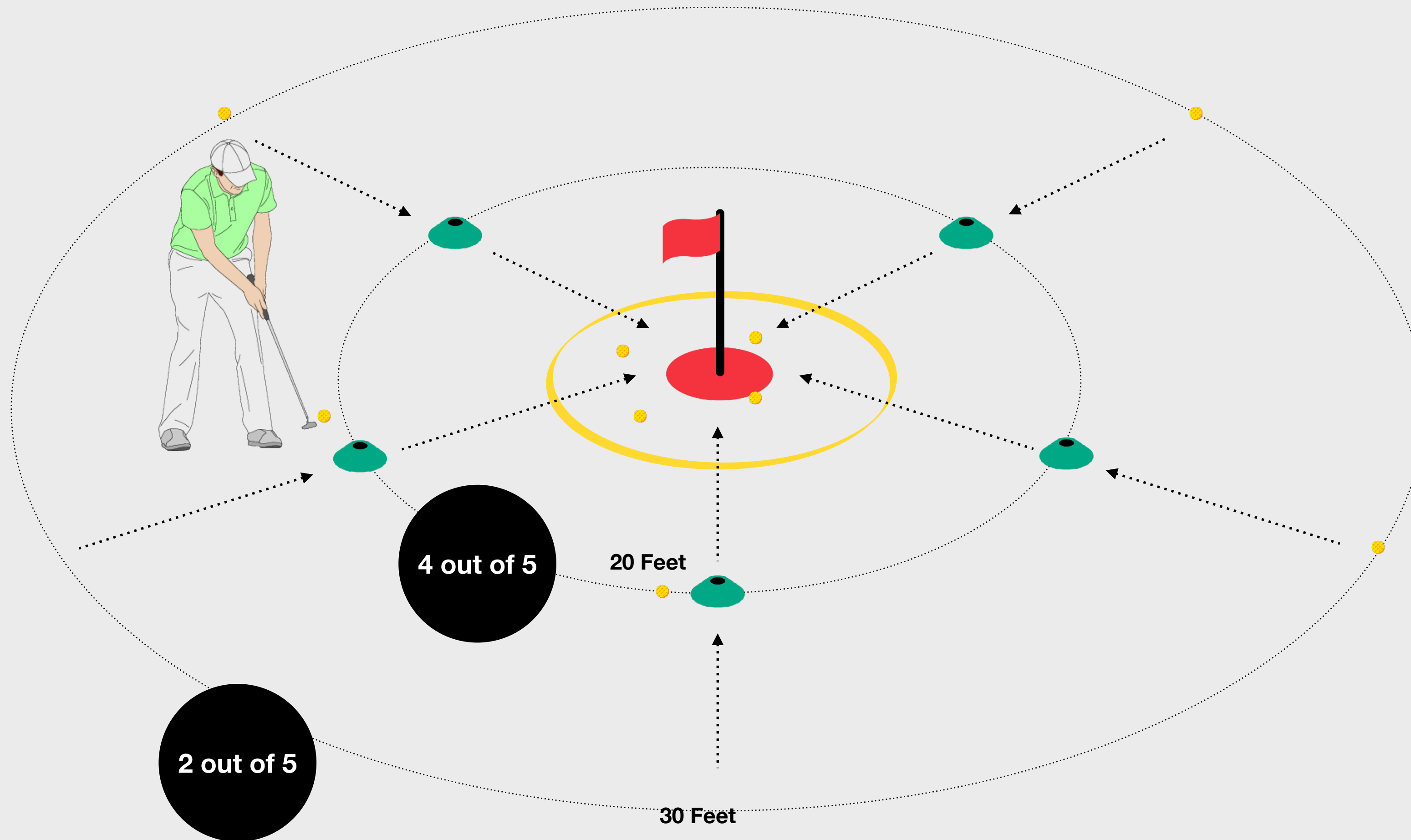
The Challenge

To complete the Level 2 Challenge within the Long Putts skill element, the Learner has 5 attempts to putt 4 ball to within a 6 foot diameter circle around the hole from a 10 feet from the hole and 2 balls from a distance of 20 feet from the hole.

What should the Learner do next?

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

Long Putts Challenge



The Challenge

To complete the Level 3 Challenge within the Long Putts skill element, the learner needs to putt 4 balls from a distance of 20 feet and 2 balls from a distance of 30 feet to within a 6 foot diameter circle around the hole. One putt should be attempted for each position around the hole.

What should the Learner do next?

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