

Practice Your Swing Driving



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Practice Club Class Timetable

4 Themed Class Plans - Full

Class Timetable

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**

Introduction to Swing

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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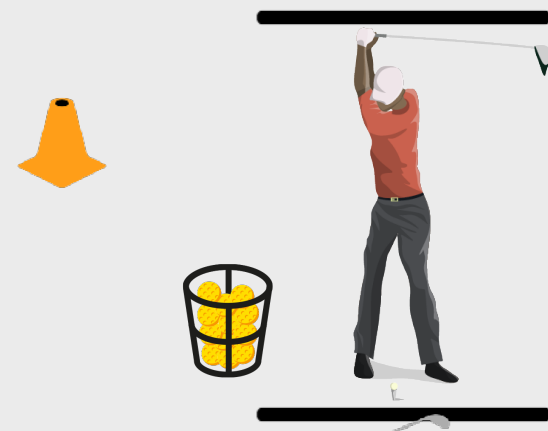
Class Timetable

Session Length: 60mins	Group Size: 1:12	Mastering the Game Focus: Swing Driving	Whole Golfer Focus: Mind Injury Prevention	Learning the Game Topic: Preparing to Play	Learning the Game Focus Driving Range Warm Up	Mastering the Game Challenge: Driving 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 if 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. Specially 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"> Injury Prevention
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 	<ul style="list-style-type: none"> Speed Swinger Drop the Right for More Flight Bombs Away C.O.P.Y me
5 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 to the Learning the Game or the Whole Golfer focus 	<ul style="list-style-type: none"> Driving Range Warm Up
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 	<ul style="list-style-type: none"> Speed Swinger Drop the Right for More Flight Bombs Away C.O.P.Y me
10 Mins	<i>MyGame+</i> 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 <i>MyGame+</i> area 	<ul style="list-style-type: none"> <i>MyGame+</i> 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



Station 1:
Driving Challenge



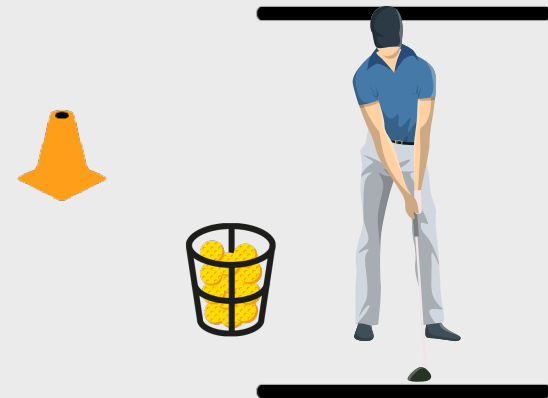
Station 5:
Game Station
C.O.P.Y me



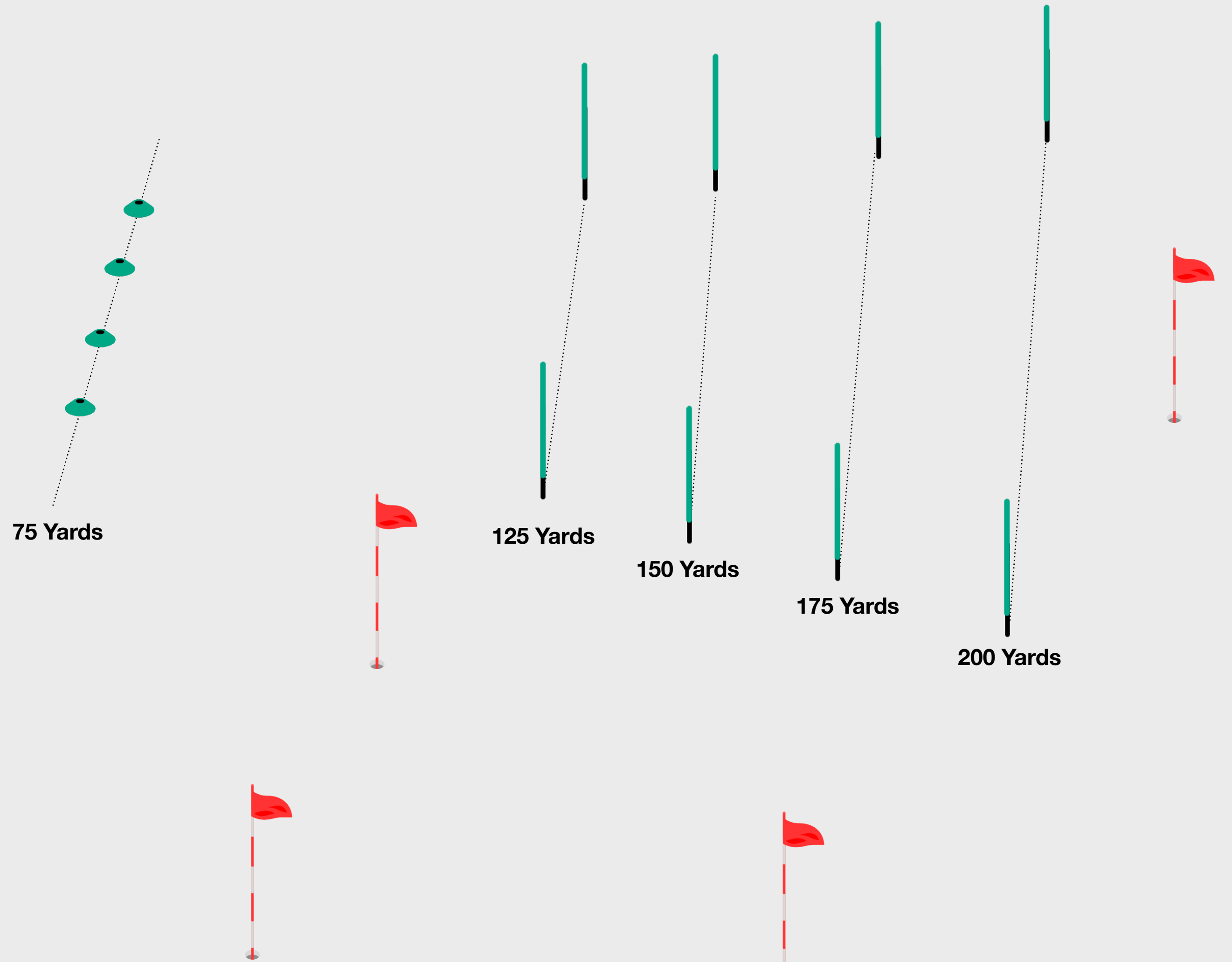
Station 2:
Practice Station
Speed Swinger



Station 4:
Game Station
Bombs Away



Station 3:
Practice Station
Drop the Right



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 Needs

- 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 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 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 List

- This activity help the learner to understand the importance of a shot based on the control the speed of the stroke.
- This activity will help the learner to gain confidence around the green by becoming consistent with one particular type of club.

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GAM
GOLF DEVELOPMENT



Speed Swinger



Equipment Needed

- Driver

How to Practice

- The learner should practice swinging at speed in order to maximise the potential distance they can hit the ball
- If the learner is able to generate more speed they will increase their potential for distance
- The focus here is just on generating speed, learners should not worry about making perfect contact

Technical Link

- This activity will help the learner to understand the importance of generating speed to hit the ball further

Drop the Right for More Flight



Equipment Needed

- Tees
- Driver
- Golf Balls
- Alignment stick

How to Practice

- Ask the learners to lower their right shoulder at the address position
- They should create an angle of roughly 15 degrees in the shoulder line to the ground
- Explain to the students how lowering the right shoulder at address can shallow out the downswing and enable the student to hit up on the ball
- Ask the students to use an alignment stick with partners to show and gauge this alteration

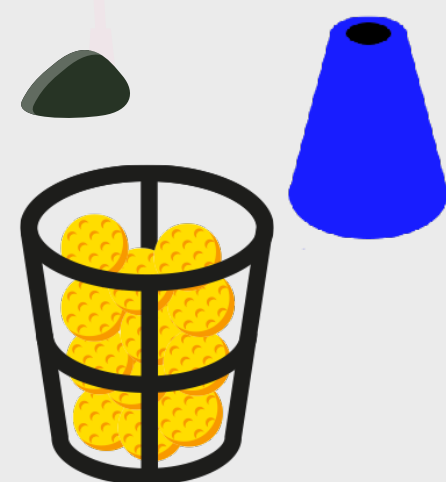
Technical Link

- Explain how this change at address will give a higher launch angle, raise the centeredness of strike on the club face and ultimately set them up for increased distance and control



Bombs Away!

Get out there BALL!



Equipment Needed

- Equipment to measure driver distance (launch monitor or similar)
- Driver
- Tees
- Balls

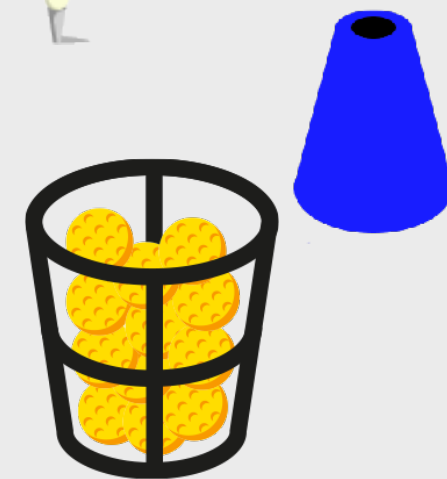
How to Play

- A learner starts by attempting to hit a driver shot with a full swing
- When this shot distance is measured, ask the learner to try and beat their previous shots distance
- Ask the learner to try and beat the previous shots distance to progress up levels to 10. 1 level per shot
- If the learner fails they return back to level one
- The winner is the learner that advances the furthest

Progression Ideas

- Get the learners to play against each other
- Ask them to vary their set up and see how that effects total distance

C.O.P.Y me



Equipment Needed

- Driver
- Tees
- Balls

How to Play

- The learners should take it in turns to choose a shot type for their partner to replicate, such as a draw, fade, stinger , etc.
- If the learner cannot produce the shot themselves they receive a letter “C”
- If their partner does not manage to replicate the intended shot they receive a letter “C”
- The game continues until one learner has completed the word “COPY” then they lose

Progression Ideas

- Make it target based as well
- Tighten the proximity of the targets

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.

- **Driving Range Warm Up**

- Your learners have been introduced to what to do before a round, now we add some more detail to the driving range warm up.
- Learners quite often just reach for the driver when warming up before a round, you should encourage them to practice with each club, just two or three shots with each in order to be fully prepared for the upcoming round. Start with the shortest club and work up to the longest.
- A good tip would be to finish the driving range warm up with a couple of shots using the club they will be using for their opening tee shot.



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:

- **Injury Prevention**

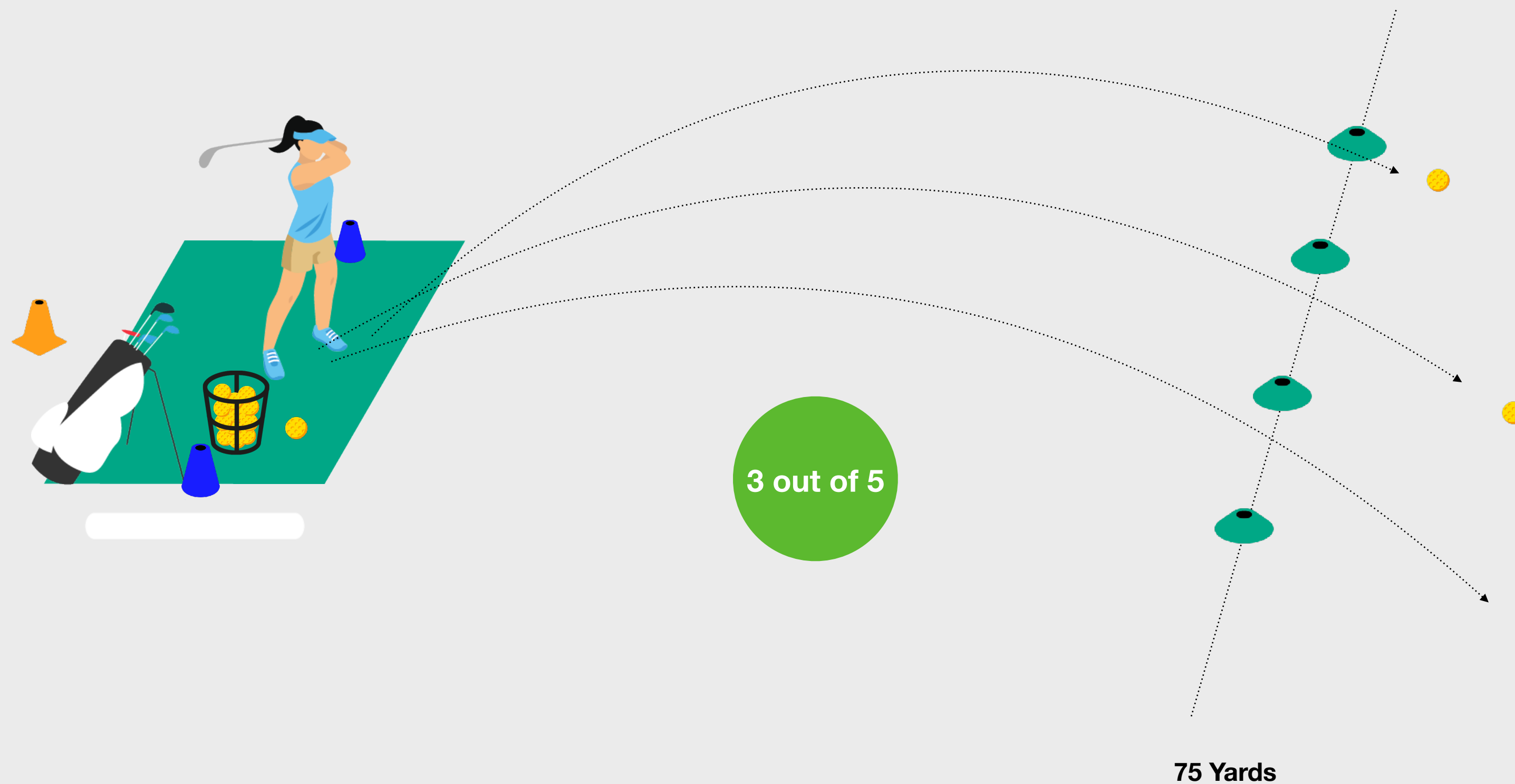
- Highlight to learners that it's important to practice a technique that helps to prevent injury.
- Provide some strengthening exercises that might help learners to prevent injuries, if you have an expert at the facility it would be beneficial to work together to make sure your learners know where to go to improve their strength and flexibility.



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?

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



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?

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

