

Practice Your Swing Irons



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Practice Club 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	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	Practice stations Game cards Secondary skill station Mastering the Game Challenges
15 Mins Post	Relationship Building	MyGame+ on GLF Connect App

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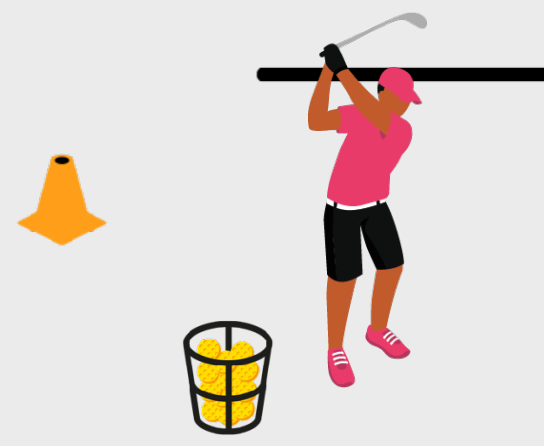
Class Timetable

Session Length: 60mins	Group Size: 1:12	Mastering the Game Focus: Swing Irons	Whole Golfer Focus: Mind Pre Shot Routine	Learning the Game Topic: Rules and Etiquette	Learning the Game Focus How Many Clubs Are You Allowed?	Mastering the Game Challenge: Iron 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"> Pre Shot Routine
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"> How many clubs are you allowed?
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 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 Your Swing Class Layout and Setup

Station 1:
Iron Challenge



Station 5:
Game Station
Carry Distance



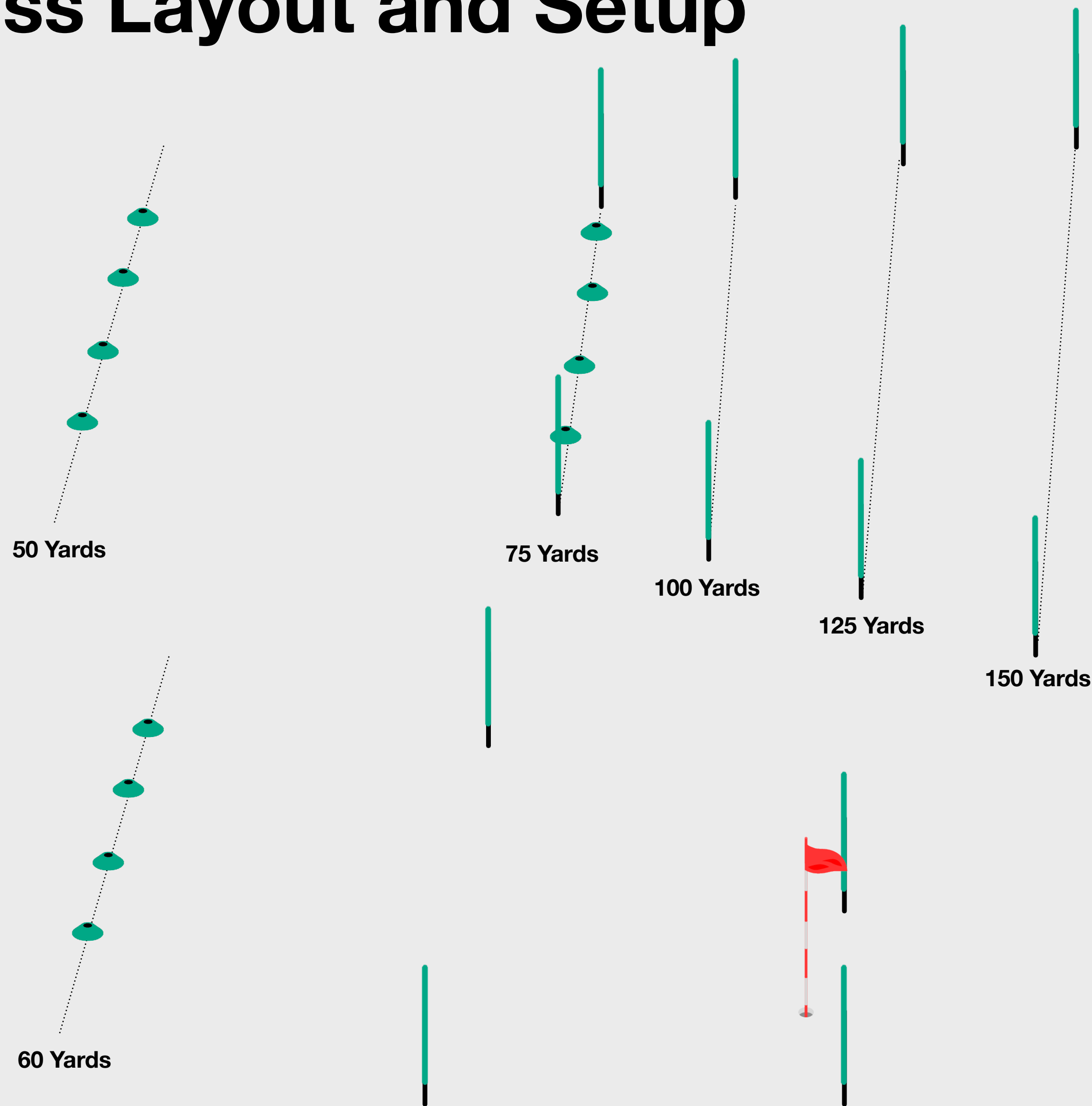
Station 2:
Practice Station
Alignment Check



Station 4:
Game Station
X's & O's



Station 3:
Practice Station
Rotation



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 a themed class focus.

Equipment Needs

- 12 cones
- Golf balls

How to Practice

- Set this activity up with 3 different sized boxes (10, 20, and 30 yards) from the learner.
- The learner should practice chipping the ball at each distance 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 chip the ball further.
- This practice is best learnt using the same club. For example, a 7 iron would be best to use.

Technical Learning Objectives

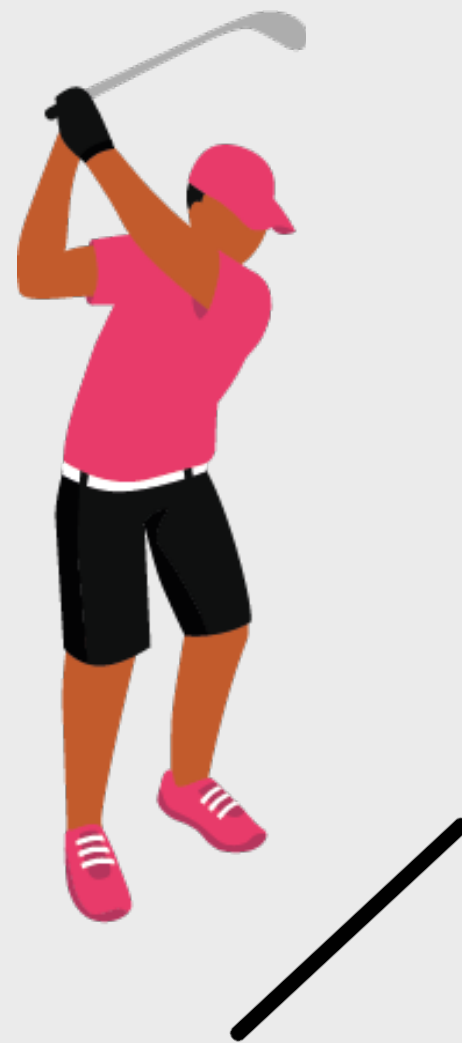
- This activity will help the learner to understand the importance of a shot based on the distance of the shot.
- This activity will help the learner to gain confidence in their ability to control the distance of a shot by becoming consistent with one particular type of club.

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GAM
GOLF DEVELOPMENT



Alignment Check



Equipment Needed

- Tees
- Driver
- Golf Balls

How to Practice

- Learners should work in pairs to check each other's alignment
- The learner should use the alignment stick to make sure they are aligned roughly parallel to their intended target
- The learner should experiment with what it feels like to align a long way right and left of target, to build a real sense of what aiming on target feels like

Technical Link

- This activity will help the learner to understand how their perception relates to what is actually happening as they take aim
- This activity will help learners to work together and gain a deeper understanding of how alignment helps to prepare for a good golf shot

Rotation



Equipment Needed

- Hoop
- Alignment Stick
- Hybrid / Fairway Woods
- Golf Balls

How to Practice

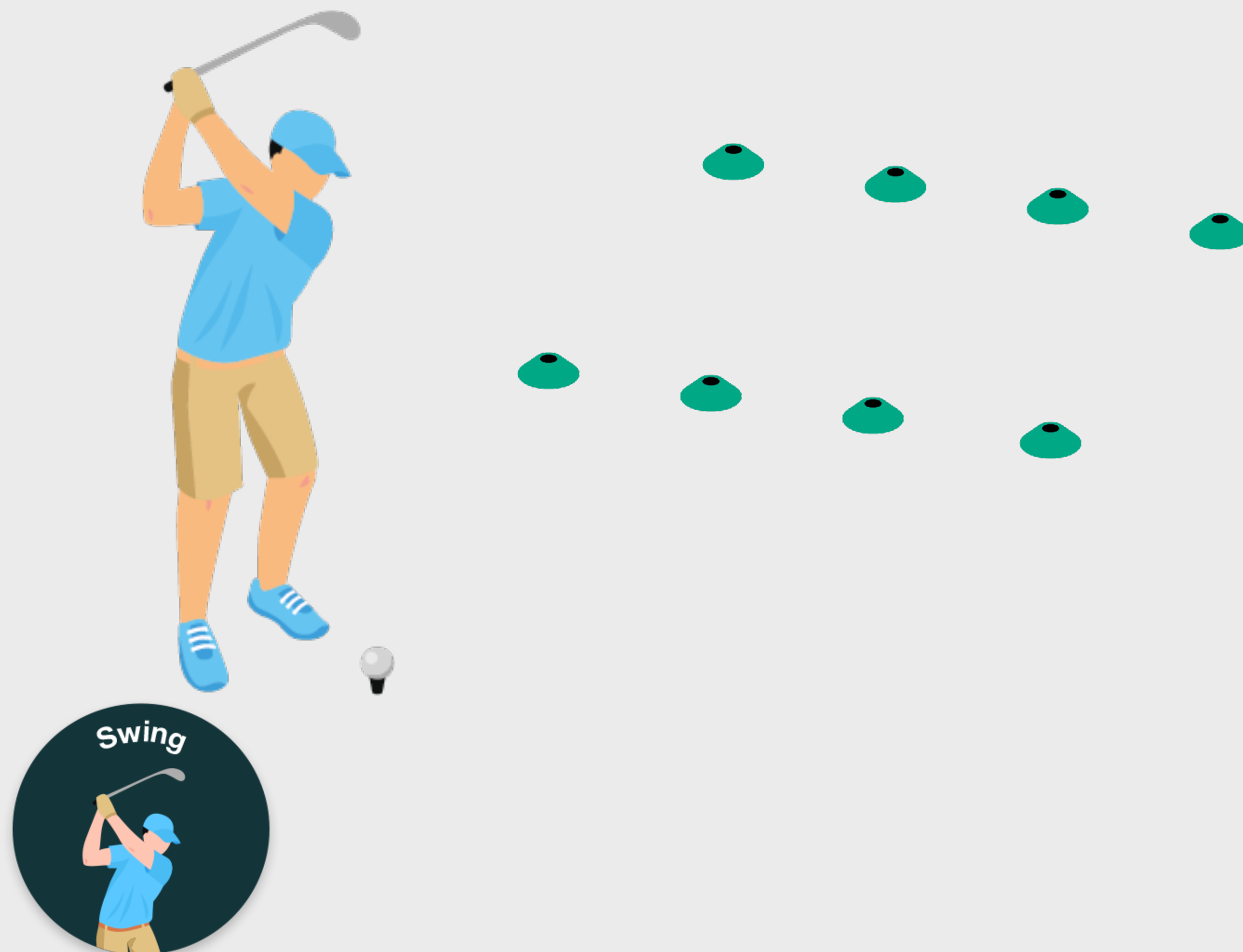
- Learners should understand that the golf club swings on circle around the golfer, and only touches the ball to target line on the few inches through impact, and that this is referred to as the path of the club head
- Use the alignment stick to demonstrate the ball to target line, and the hoop to represent the club head's movement around the golfer
- The learner should experiment with what it feels like to swing the club straight back and through along the target line, and then to swing the club round on an arc and how much more effective it is this way

Technical Link

- Understanding this means learners will practice the rotation that is required to make a powerful, controlled golf swing



Carry Distance



Equipment Needed

- Cones
- Golf balls

How to Play

- Set up a number of targets on the driving range, at different distances to enable learners to know how far they are hitting the ball
- The learners should take it in turns to hit each ball slightly further than their last shot
- The learners should start with a small swing and see how many shots in a row they can increase the distance they carry the ball

Progression Ideas

- Ask learners to work together on this challenge
- Dictate the shortest distance that learners have to hit to start the challenge (e.g. 50 yards)

X's & O's

Shot Type	Draw	Straight	Fade
Short	X		
Medium		X	
Long			X

Equipment you Need:

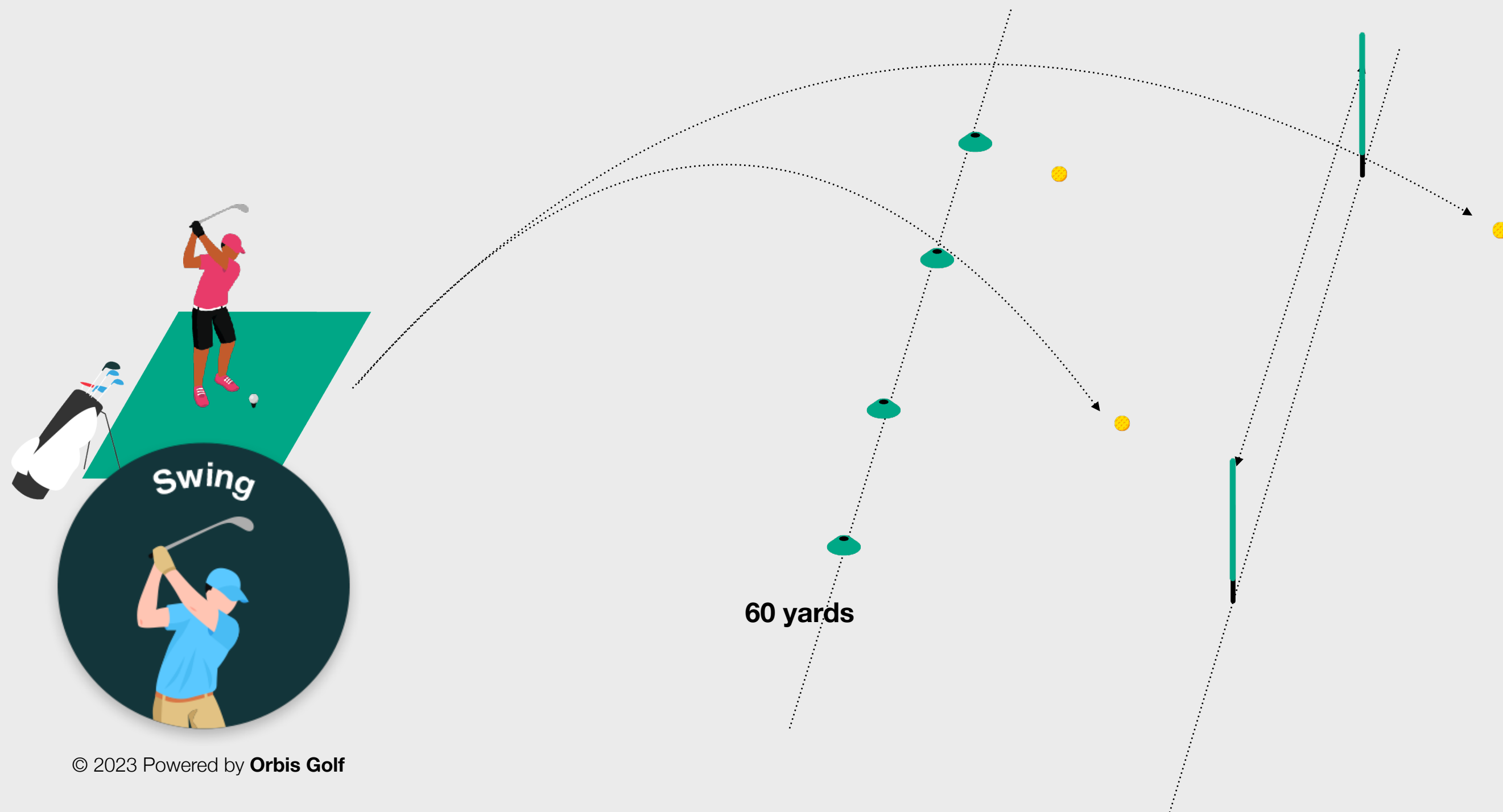
- Golf Balls
- Marker Pen
- Whiteboard
- Cones
- Gates

How to Play:

- Create the gates using alignment sticks or fixed yardage markers
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to carry the ball past the minimum yardage line of cones
- The ball must also pass through the gates for their chosen shot type from the grid
- The players take it in turns to hit their shots
- If they are successful hitting their chosen shot and the ball passes through the width of the gate then they can mark a O or X on the grid in any blank space
- The winner is the player who can achieve 3 in a row on the grid

Progression Ideas:

- Move the minimum distance cone line further out
- Narrow the width of the target gates



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.

- **How many clubs are you allowed?**
 - Discuss with the learners how many golf clubs you are allowed in a golf bag for a typical round of golf and what the make up of these clubs should be. Things to consider;
 - In addition to a driver what are the fairway wood or hybrid clubs would they like to carry
 - As well as a putter what are the short clubs they will need for pitching and chipping
 - Are there any clubs they should consider bearing in mind the golf course they are playing



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:

- **Pre-shot routine**

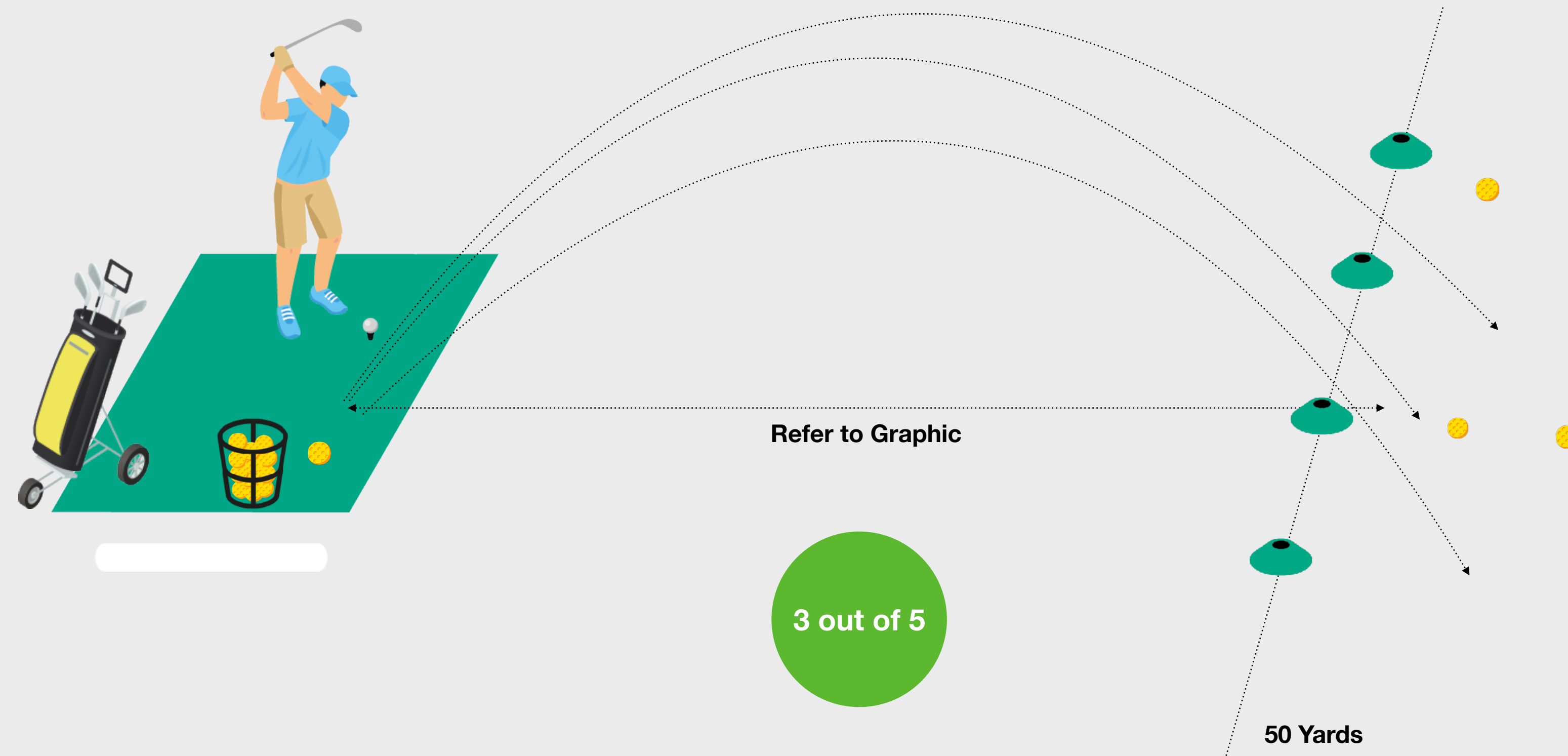
- Introduce learners to the importance of a pre-shot routine. Getting into the correct frame of mind for the shot, knowing that they are giving themselves the best chance to achieve a good outcome.
- The pre-shot routine shouldn't be over complicated for a learner, and should include just one or two practice swings. Suggested content would include;
 - Thinking about the shot
 - Choosing the appropriate club
 - Rehearsing the shot
 - Placing the club, aiming and positioning the body
 - Executing the shot.



Mastering the Game Challenges



Iron 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 50 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

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



Iron Challenge

	Yardages	Target Gate
Iron Distances <i>(Where the ball comes to rest)</i>	75	15 yard wide target green
	100	20 yard wide target green
	125	25 yard wide target green
	150	30 yard wide target green



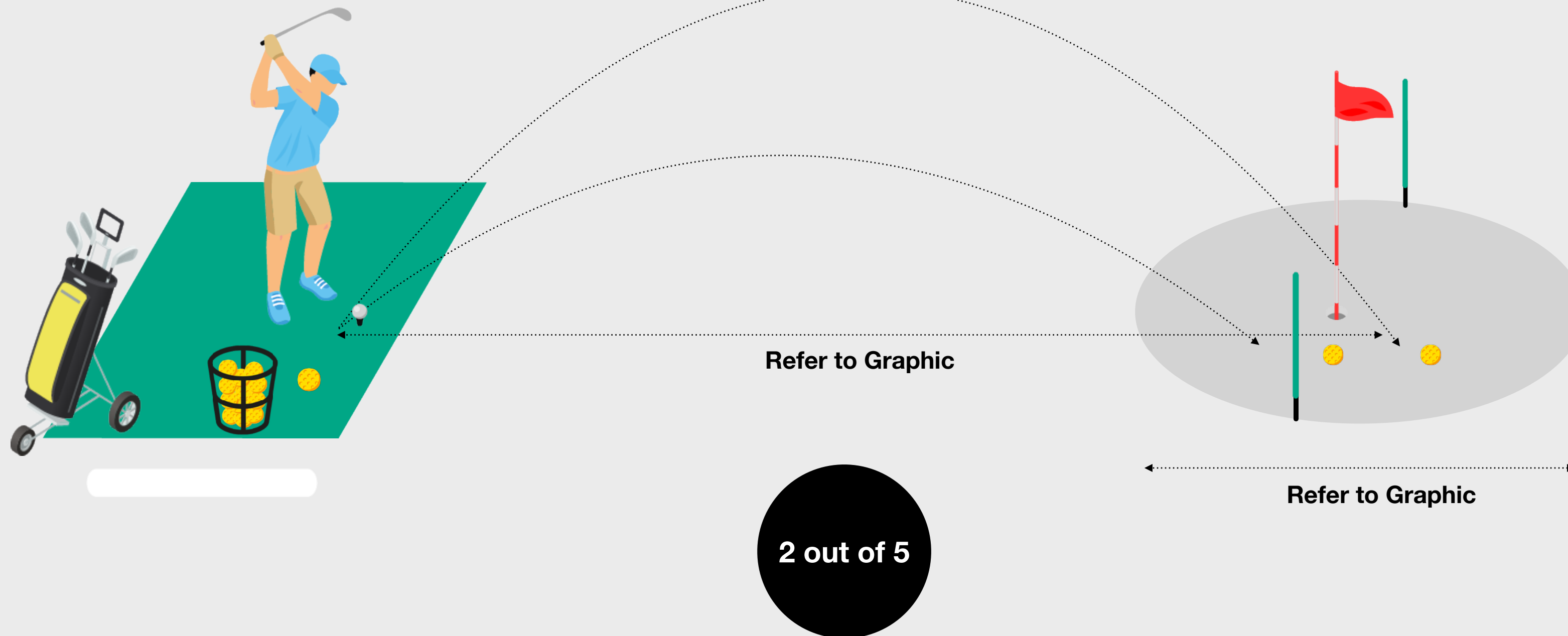
The Challenge

To complete the Level 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to come to rest on the target green at the learners approximate 7-iron total distance (Minimum of 75 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



2 out of 5

Irons

3