

# Swing - Level 1

## An Introduction to Swing



# Class Timetable - Introduction to Swing

<b>Session Length:</b> 90mins	<b>Group Size:</b> 1:8	<b>Mastering the Game Focus:</b> <b>Swing</b> Introduction to Swing	<b>Whole Golfer Focus:</b> <b>Body</b> Fit for Golf Introduction	<b>Learning the Game Topic:</b> <b>Orientation</b>	<b>Learning the Game Focus</b> Orientation of the Game Orientation of Equipment	<b>Mastering the Game Challenge:</b> 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"> <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>Fit for Golf Introduction</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 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>	
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> <li>Mastering the Game Challenges</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>





- **Technical Guidance**

- Introduce Basics of Setup with the Iron
- Introduce basic swing concepts
- Explore concepts for direction, strike and distance

- **Orientation of the Game:**

- **Aim of the Game-** Introduce the concept of playing from the tee to the green in the fewest number of shots over varying lengths of holes

- **Orientation of Equipment:**

- **Overview of Equipment** - Provide an overview of the different clubs found in the bag
- **Components of the Iron** - Specifically introduce the components of the Iron

- **Fit for Golf Introduction**

- A Provide an overview of key joints and muscles used in the golf swing, benefits of golf the the learner, basic stretch to warm up and how short breaks advisable through the class.



# Class Layout and Setup

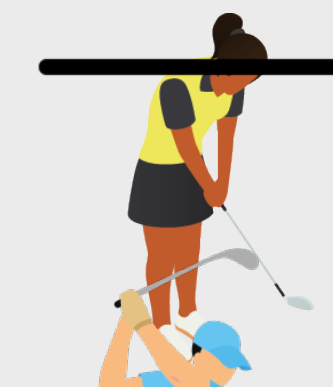
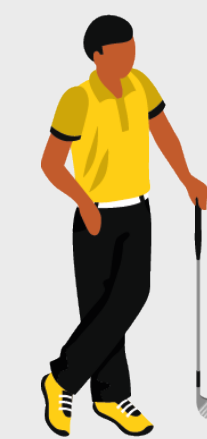
**Group Discussion:**  
Stand, during and  
end of class



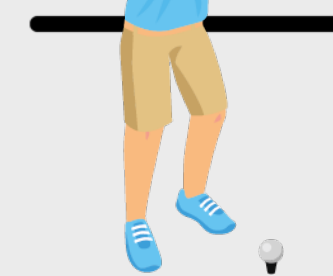
**Station 7:**  
Secondary Skill if  
applicable



**Station 1**  
Challenge Station



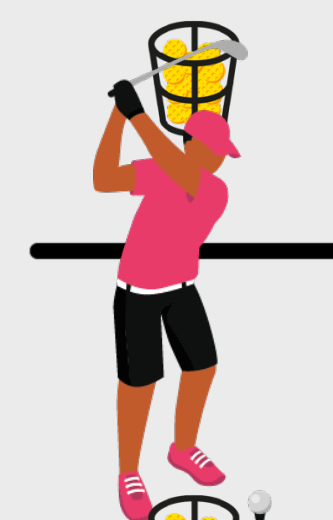
**Station 2:**  
Practice Station  
Good Contact



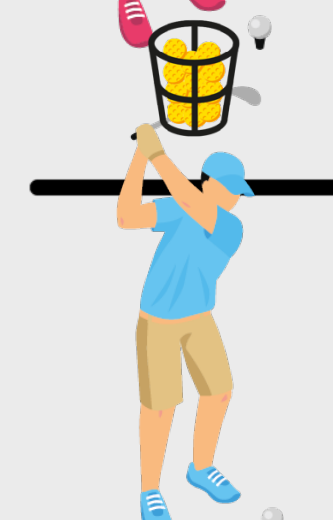
**Station 3:**  
Practice Station  
Control Direction



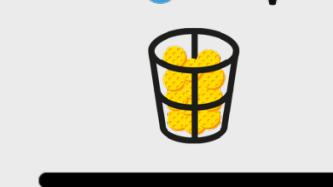
**Station 4:**  
Practice Station  
Leveling Drill



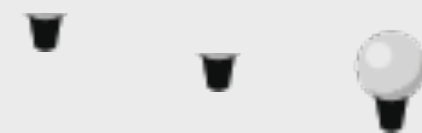
**Station 5:**  
Game Station  
Face Contact



**Station 6:**  
Game Station  
Army Golf



# Good Contact



## Equipment Needed

- Tees
- 7 iron
- Golf Balls

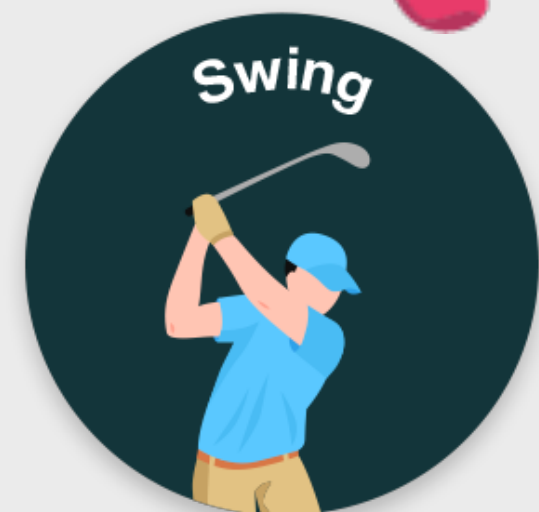
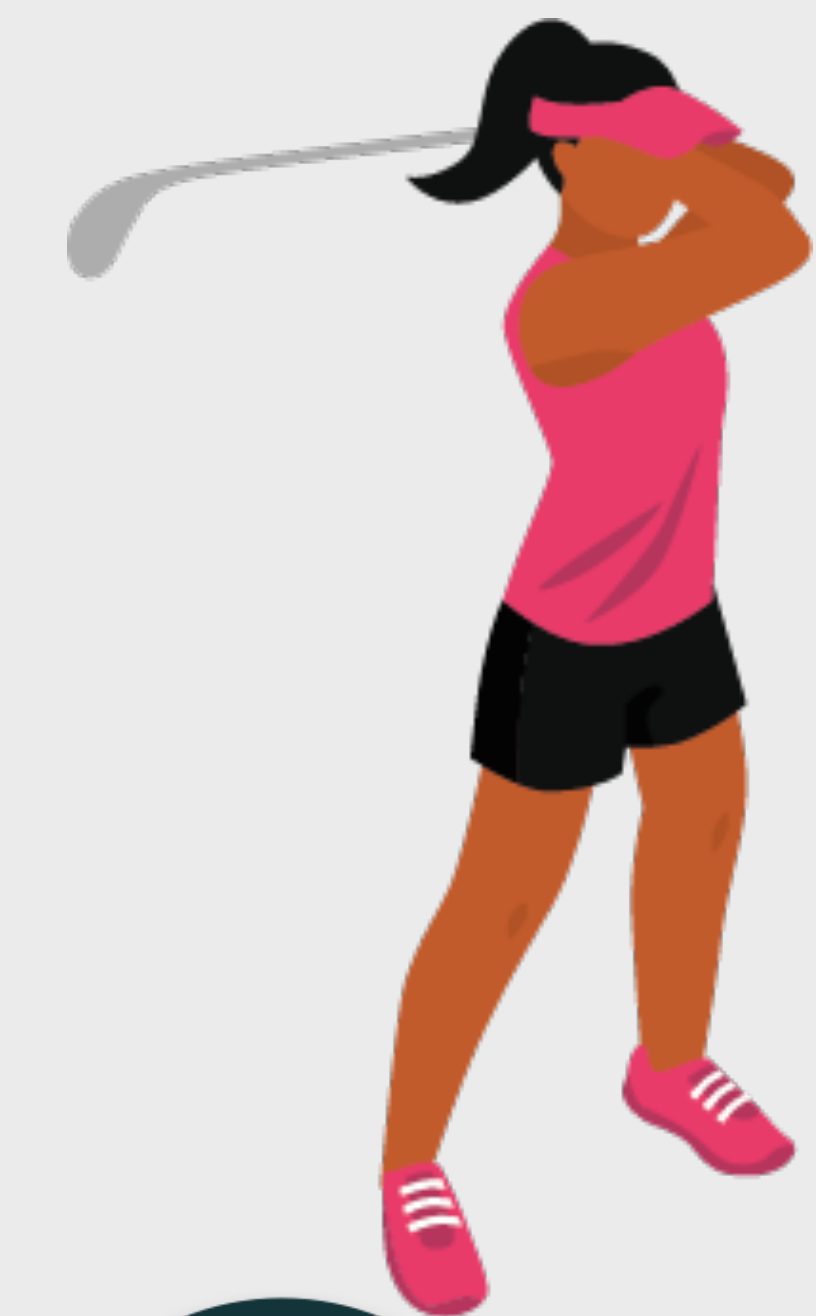
## How to Practice

- Ask the learner to strike a tee on their practice swing twice before attempting the same outcome with the ball on the tee
- The learner should focus on making sure they strike the tee with their real shot too as this means the ball will strike the middle of the club face and the loft will get the ball in the air
- If the learner becomes competent at this drill using the tee then ask them to do the same from the ground. Each practice swing should brush the ground where the ball would be and on the real swing the club should brush the ground underneath the ball

## Technical Link

- This activity will help the learner to understand how the loft of the club will help to strike the ball into the air, and they don't have to 'help' or 'lift' the ball to get it flighted properly
- This activity will help the learner to understand how if they aim just to hit the ball then quite often the result will be a topped or thinned shot

# Control Direction



## Equipment Needed

- Alignment Stick and Foam Noodle
- 7 iron
- Golf Balls

## How to Practice

- Let the learner practice hitting the ball in different directions
- Ask them to aim directly at the foam noodle, and then deliberately hit the ball to the left and then to the right of the noodle from the same starting position
- Highlight how, so long as the ball is struck well, the club face is the primary influence over the direction the ball travels
- If there is a tendency for the learner to hit the ball a particular direction ask them to deliberately practice hitting the ball the opposite direction in order to learn how to control direction

## Technical Link

- This activity will help the learner to understand how to control the direction of the ball. Be sure to link your technical advice to how this will help the learner control the club face direction at impact



# Levelping Drill



## Equipment Needed

- 7 Iron or Driver

## How to Practice

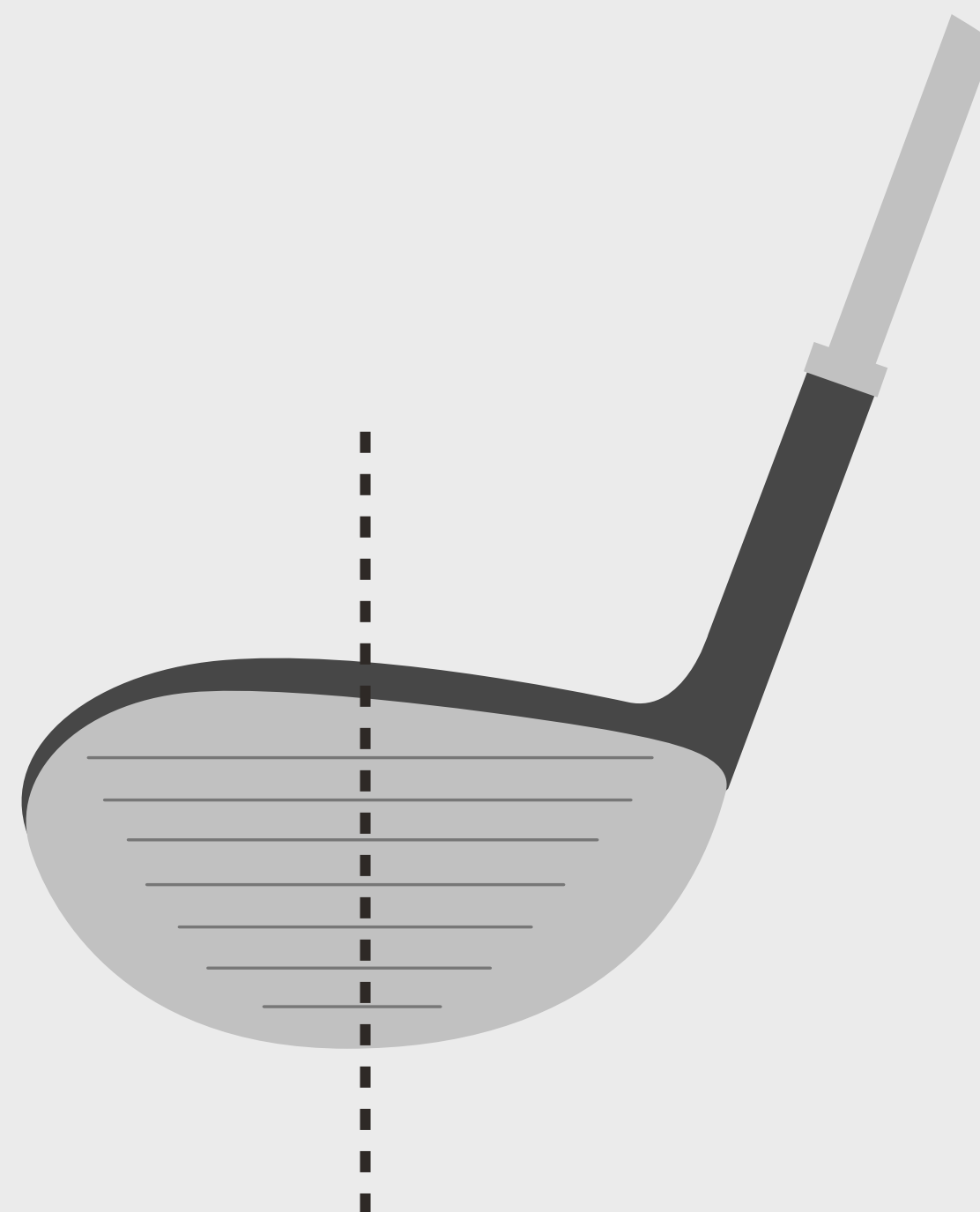
- The learner should practice by swinging up to the top of their swing and as the club is reaching the top of the swing, Level forward and swing the club
- Once the learner achieves the coordination required to Level and swing they can attempt the challenge with a ball and see if they can make contact
- Encourage learners to start with small, slower swings with this challenge and work up to fuller swings once confident in the movement

## Technical Link

- This activity will help the learner to build an awareness of using movement to generate speed



# Face Contact



## Equipment Needed

- Impact Tape

## How to Play

- A learner starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The learner should try to deliberately strike the ball using the toe of the club and the heel of the club to build awareness of what it feels like when the ball is struck using different parts of the club face

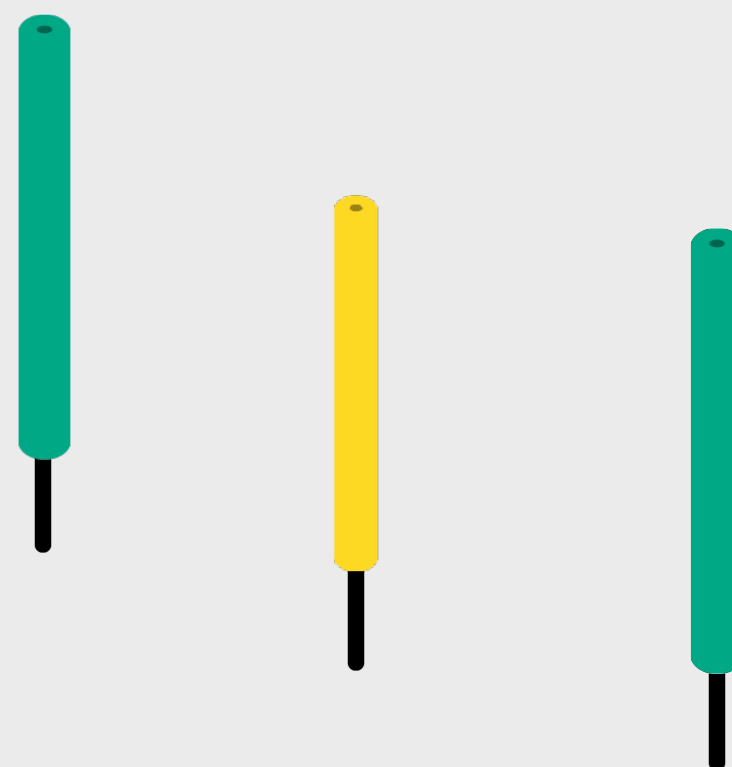
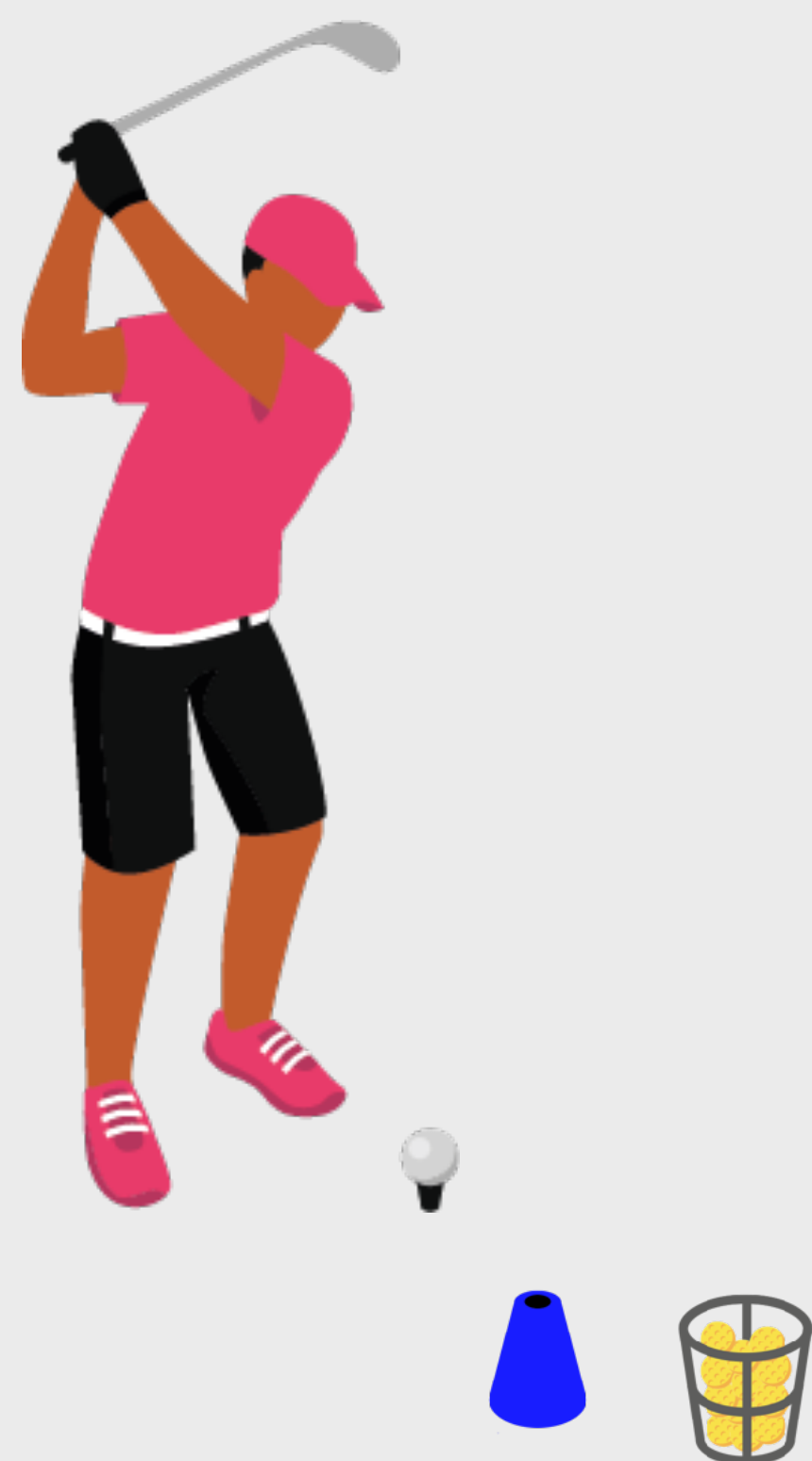
## Progression Ideas

- Challenge the learner to strike a particular part of the club face deliberately
- Draw on the face tape to indicate a smaller target that the learner has to try to hit





# Army Golf



## Equipment Needed

- Alignment sticks and noodles to create the target gates
- A single cone to represent the starting position

## How to Play

- The aim of the game is to see how many consecutive shots the learner can hit through the correct gap
- The learners should alternate their aim between the gap on the left and the gap on the right
- If a learner misses this is the end of their turn and they have to try to beat their personal best score when it is their turn again

## Progression Ideas

- Vary the size of the gap between the posts
- Vary the distance between the starting point and the posts



# 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 **Putting**, providing learners an opportunity to have a go at putting before the Introduction to Putting class.



# Round the Clock



## Equipment Needed

- Tee pegs to mark the 12 points on a clock at least 10 feet from the hole on a sloped part of the green

## How to Play

- A learner attempts one putt from each tee peg
- The purpose is to note how the slope changes around the hole and therefore the learner needs to adapt where they are aiming
- We suggest framing this as an opportunity to learn the slope on a green, although it can be played competitively, seeing how many putts each learner can hole
- This game can be played individually, in pairs or small groups

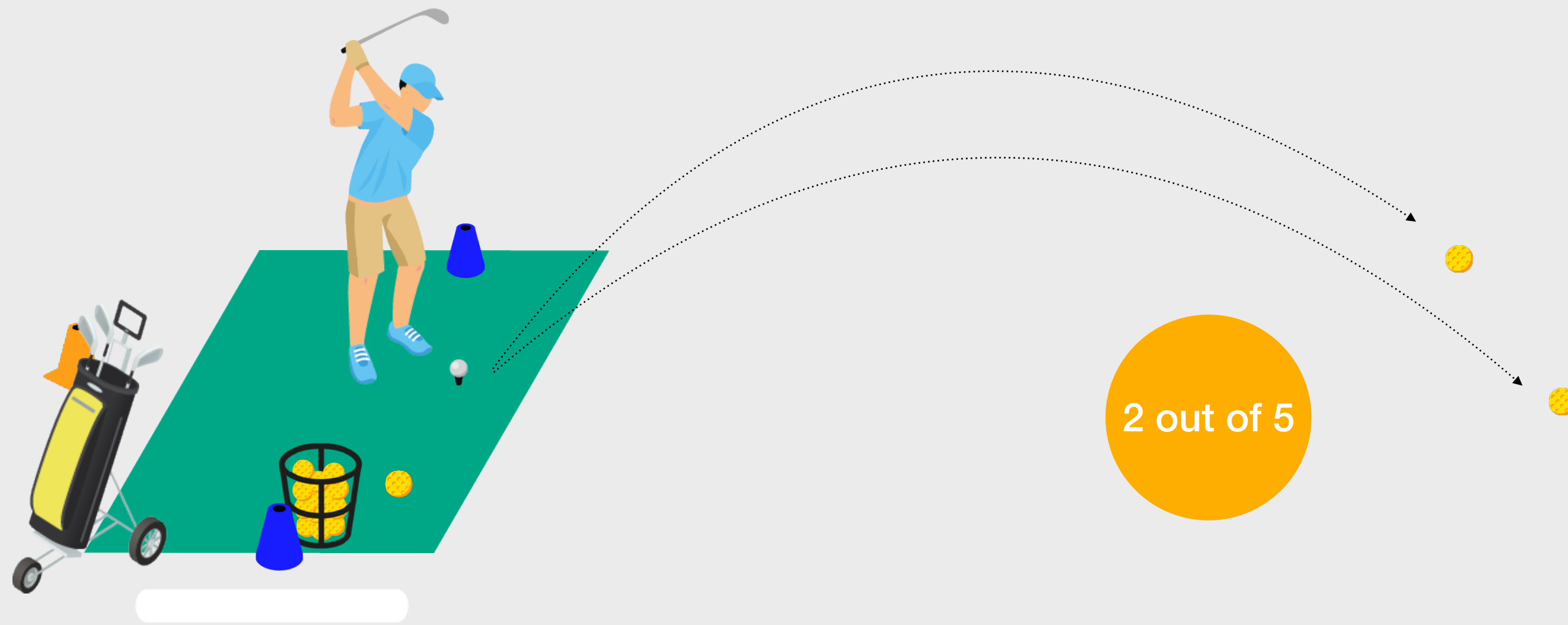
## Progression Ideas

- Play on a more severely sloped surface
- Introduce a competitive element
- Increase or decrease the length of the putts





# Iron Challenge



## The Challenge

To complete the Level 1 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots in the air.

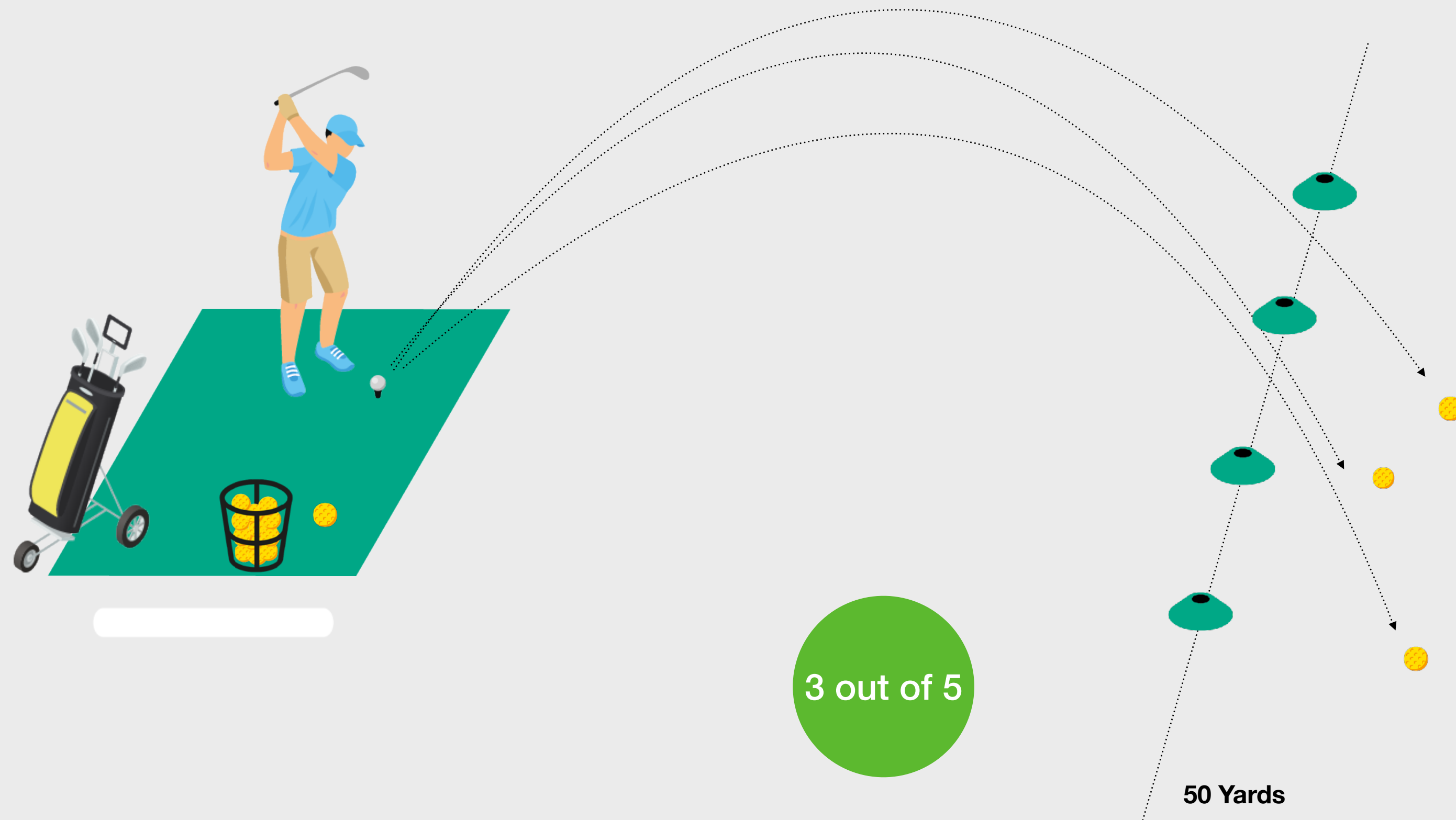
To complete the challenge, the learner doesn't need to demonstrate control over direction or distance.

## 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



# 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 should be attempted off the ground.

## 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



# Iron Challenge

	Yardages	Target Green
<b>Iron Distances</b> <i>(Where the ball comes to rest)</i>	75	15 yards wide
	100	20 yards wide
	125	25 yards wide
	150	30 yards wide

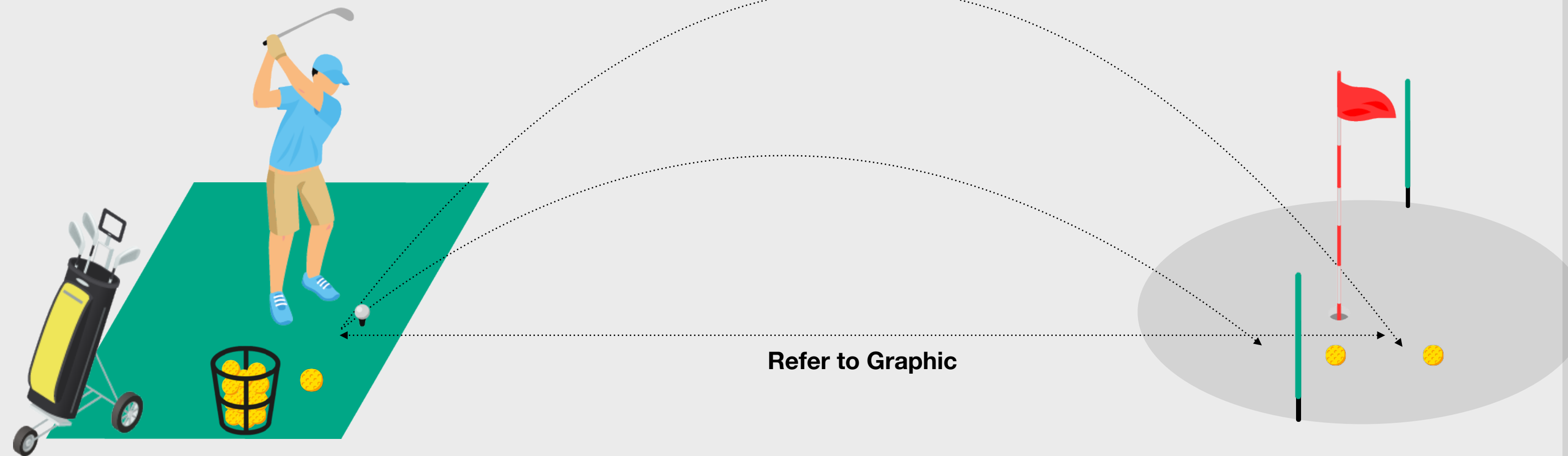


## The Challenge

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?

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



2 out of 5