

# On the Course - Level 1

## An Introduction to On the Course



# Contents

- 3 **Class Timetable**
- 5 **Class Objectives**
- 9 **Class Layout and Setup**
- 10 **Adapted Course & Rules to Use**



# 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<br>Mastering the Game Challenges | Class layout and Setup  |
| 5 Mins        | Learning the Game and Whole Folder Focus  | Orientation of the Game<br>Orientation of the Equipment<br>Fit for Golf Introduction                                      |
| 30 Mins       | Mastering the Game Independent and Social Practice                                  | Practice stations<br>Game cards<br>Secondary skill station<br>Mastering the Game Challenges                               |
| 10 Mins       | Challenges and Recap  |   |
|               | MyGame+ Tracking on GLF Connect   |   |
| 15 Mins Post  | Relationship Building   | Practice stations<br>Game cards<br>Secondary skill station<br>Mastering the Game Challenges<br>MyGame+ on GLF Connect App |

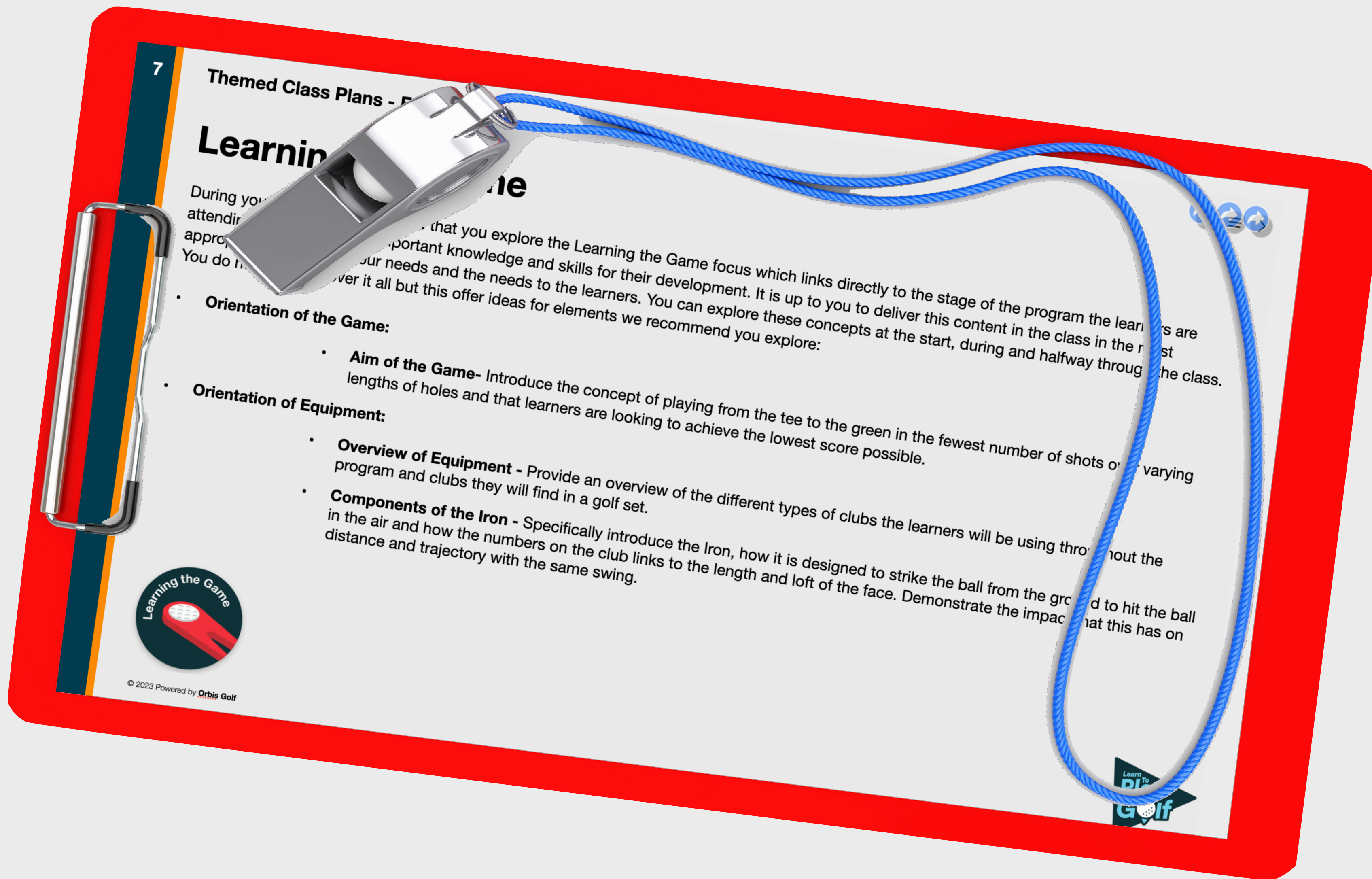
© 2023 Powered by Orbis Golf

# Class Timetable - Introduction to the Course

|                                  |                           |   |   |  |  |  |
|----------------------------------|---------------------------|---|---|--|--|--|
| <b>Session Length:</b><br>90mins | <b>Group Size:</b><br>1:8 | <b>Mastering the Game Focus:<br/>On the Course</b><br>An Introduction to the Course | <b>Whole Golfer Focus: Social</b><br>Play a Course to Suit your Ability | <b>Learning the Game Topic:</b><br>Orientation | <b>Learning the Game Focus</b><br>Orientation of the Game<br>Orientation of the Course | <b>Mastering the Game Challenge:</b><br>Not Applicable |
|----------------------------------|---------------------------|---|---|--|--|--|

| Time          | Focus  | Class Content   | Games / Drills / Resource  |
|---------------|--|---|--|
| 15 Mins Prior | Setup and Welcome  | <ul style="list-style-type: none"> <li>Set up the appropriate adapted teeing positions on the holes you are intended to using on the course</li> <li>Ensure you have the appropriate equipment for each learner that is attending</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/ Adapted Course</li> </ul>   |
| 10 mins       | Introduction   | <ul style="list-style-type: none"> <li>Distribute equipment required for the class to each learner</li> <li>Introduce the Learning the Game or Whole Golfer Focus</li> </ul>  | <ul style="list-style-type: none"> <li>Orientation of the Game</li> <li>Orientation of the Course</li> <li>Play a Course to Suit your Ability</li> </ul> |
| 30 mins       | Mastering the Game On Course Play and Discussion<br><br>Private Coaching where appropriate | <ul style="list-style-type: none"> <li>Play a hole or two from the appropriate adapted teeing position. We recommend you use The Ace or The Albatross.</li> <li>We recommend you play in a Texas Scramble format</li> <li>You should ensure safety is the priority and don't place any emphasis on individual performance</li> <li>This is a key time to build relationships between the group, encourage conversation and questions</li> </ul>                 | <ul style="list-style-type: none"> <li>Team Scramble</li> </ul>  |
| 5 Mins        | Learning the Game and Whole Folder Focus   | <ul style="list-style-type: none"> <li>Get the group together to introduce/discuss the Learning the Game or Whole Golfer focus</li> <li>Use this opportunity to discuss any situation that have arisen or any questions from the group</li> </ul>   |  |
| 30 Mins       | Mastering the Game On Course Play and Discussion<br><br>Private Coaching where appropriate | <ul style="list-style-type: none"> <li>Play a hole or two from the appropriate adapted teeing position. We recommend you use The Ace or The Albatross.</li> <li>We recommend you play in a Texas Scramble format</li> <li>You should ensure safety is the priority and don't place any emphasis on individual performance</li> <li>This is a key time to build relationships between the group, encourage conversation and questions</li> </ul>                 | <ul style="list-style-type: none"> <li>Team Scramble</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>   |

# Class Objectives & Setup



# Technical Guidance

The technical guidance we are prescribing is to be delivered as you see fit. The On the Course sessions are an important opportunity to explore further the Learning the Game and Whole Golfer topics. There will crossover with these two areas and the technical guidance we provide. When on the course you should assist golfers with their technical skill development where necessary but you shouldn't make this a focus of the class. Some of technical content you may want to explore in this first session may include:

- **Safety guidelines** - Introduce some basic key safety concepts appropriate for the learners first experience on the course. This may include:
  - Cover where to stand when someone is playing their shot, what to do when someone shouts "Fore" and to make sure they shout "Fore" if their ball is travelling towards another player on the course.
- **Play** - Introduce some basic concepts related to play which may include:
  - Ensure that learners understand the expectations of the amount of time it should take to play a hole or round of golf. This will also help to alleviate pressure by feeling like they are holding up play.
  - Introduce the order of play in golf and after hitting their first shot who play's next.



**Be wary of focussing of trying to develop a learners technique on the golf course. Focus on the experience of playing and using the appropriate adapted teeing positions as well as rules.**

# Learning the Game

During your class we recommend that you explore the Learning the Game focus which links directly to the stage of the program the learners are attending. These are most important knowledge and skills for their development. It is up to you to deliver this content in the class in the most appropriate way to suit your needs and the needs to the learners. You can explore these concepts at the start, during and halfway through the class. You do not need to cover it all but this offer ideas for elements we recommend you explore:

- **Orientation of the Course and the Club**
  - **Areas of the Hole** - Give an overview of the layout of the golf hole, from tee box up to the green. Highlight different areas on the golf course and explore the concept of hazards. Expand on the information provided in Classes 1-3 and tie together the skill areas of swing, aceping and putting.
  - **Layout of the Course at the Club** - Introduce the number of holes on the golf course and how the hole numbers related to the proximity of other facilities at the Golf Club.
  - **Explore the Concept of Score** - Explore and expand on the aim of the game topic introduced in week 1. Make clear to the learner that golf is about producing the lowest possible score on the score and not necessarily the quality of individual shots that are hit.



# The Whole Golfer

During your class we recommend that you explore the Whole Golfer focus which links directly to the stage of the program the learners are attending. This will help to build their confidence to play the game. It is up to you to deliver this content in the class in the most appropriate way to suit your needs and the needs to the learners. You can explore these concepts at the start, during and halfway through the class. You do not need to cover it all but this offer ideas for elements we recommend you explore:

- **Adapting the Experience to Suit your Needs**
  - Introduce to learners how the structure of a golf hole and the rules that are used can be adapted to the needs of each learner
  - This is an ideal opportunity to introduce learners to the adapted teeing positions at your course and why these provide a developmentally appropriate opportunity to play
  - Explore the concept of the official starting positions on the course
  - Explore how the rules can be adapted to the learners needs.





# Course Play Layout and Setup

The graphic opposite provides an example image of how we suggest you manage your group on the course so that the course play activity can be delivered in a safe, fun and engaging manner:

- Take a cone onto the course to indicate where the learners should start from. Use the adapted course guidance to start the learners from an appropriate teeing position and we recommend this to be The Ace or The Albatross
- Learners take it in turns to hit their tee shot, the group select the best shot and then all learners take a shot from there
- Remember this class is about discussion and discover. It is primarily intended to be a playing opportunity. Take the time to promote questions, discussion and demonstrations.
- Safety is your top priority when on the course, ensure the group understand some of the key principles to playing golf safely on the course;
  - Players should never go in front of the learner hitting the shot
  - Learners should always be aware of other golfers on the course
  - Learners should understand what to do when they hear the shout of “fore” and that they should shout “fore” when their ball is travelling towards someone



# Adapted Course

## ACADEMY COURSE



# ACADEMY COURSE Adapted Course

## The Ace

This tee is 20% of the Official Tee Box length you choose on your course.



## The Birdie

This tee is 80% of the Official Tee Box length you choose on your course.



## The Albatross

This tee is 40% of the Official Tee Box length you choose on your course.



## Academy Tee BOX

This tee should be the an official tee box on your course that falls within the recommended yardage in the guidance provided in the Game On Course Play event training.

It should ideally measure a maximum of 2,800 yards in length for 9 holes and the par's should fall within the following yardage windows:

- Par 3 - Maximum distance of 160 Yards.
- Par 4 - Maximum distance of 320 Yards.
- Par 5 - Maximum distance of 440 Yards.



## The Eagle

This tee is 60% of the Official Tee Box length you choose on your course.



Recommend to be Maximum

**2,800 Yards**  
for 9 Holes



# Yardage of the Remaining Teeing Positions



## The Birdie

## The Eagle

## The Albatross

## The Ace

The recommended yardages across the three hole types for this teeing position are:

The recommended yardages across the three hole types for this teeing position are:

The recommended yardages across the three hole types for this teeing position are:

The recommended yardages across the three hole types for this teeing position are:

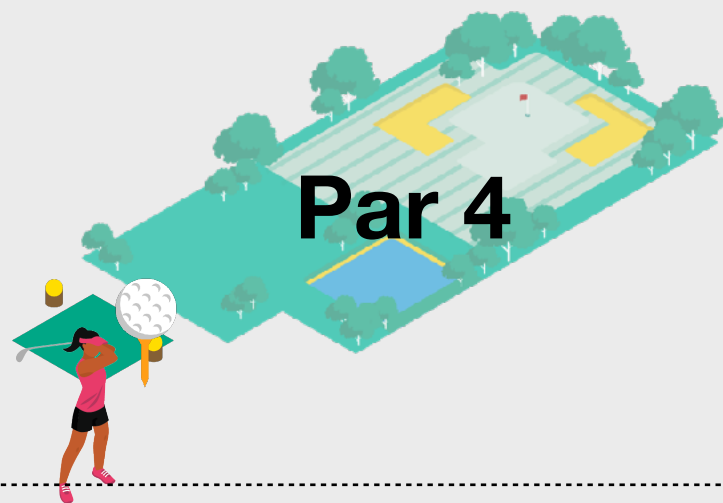


**128 Yards or Less**

**96 Yards or Less**

**64 Yards or Less**

**32 Yards or Less**



**129 - 256 Yards**

**97 - 192 Yards**

**65 - 128 Yards**

**33 - 64 Yards**


















**257 - 352 Yards**

**193 - 264 Yards**

**129 - 176 Yards**

**65 - 88 Yards**

# Adapted Rules

|   | Adapted Rules             | Tee Guidance  | Level Guidance   |
|---|---------------------------|---|--|
|    | 10 Shot maximum           |  Tee 1-4   |  Levels 1 and 2   |
|    | Air Shot Rule             |  Tee 1-4   |  Levels 1 and 2   |
|    | Pick and Place Rule       |  Tee 1-4   |  Levels 1 and 2   |
|  | Lost Ball Rule            |  Tee 1-4 |  Levels 1 and 2 |
|  | Bunker Grounding          |  Tee 1-4 |  Levels 1 and 2 |
|  | 3 Attempt rule in Bunkers |  Tee 1-4 |  Levels 1 and 2 |
|  | Tee it Up Rule            |  Tee 1-4 |  Levels 1 and 2 |