

# On the Course - Level 3

## Conditions and Awkward Lies





# 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

Session Length: 90mins

**Introduction to Swing**

**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	Learning the Game	Mastering the Game
15 Mins Prior	Introduction and Welcome		
10 mins	Introduction	<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>	
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<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>Class layout and Setup</li> </ul>
5 Mins	Learning the Game and Whole Folder Focus	<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>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	<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>	<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	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>	
15 Mins Post	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> <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>Practice stations</li> <li>Game cards</li> <li>Secondary skill station</li> <li>Mastering the Game Challenges</li> </ul>

© 2023 Powered by Orbis Golf

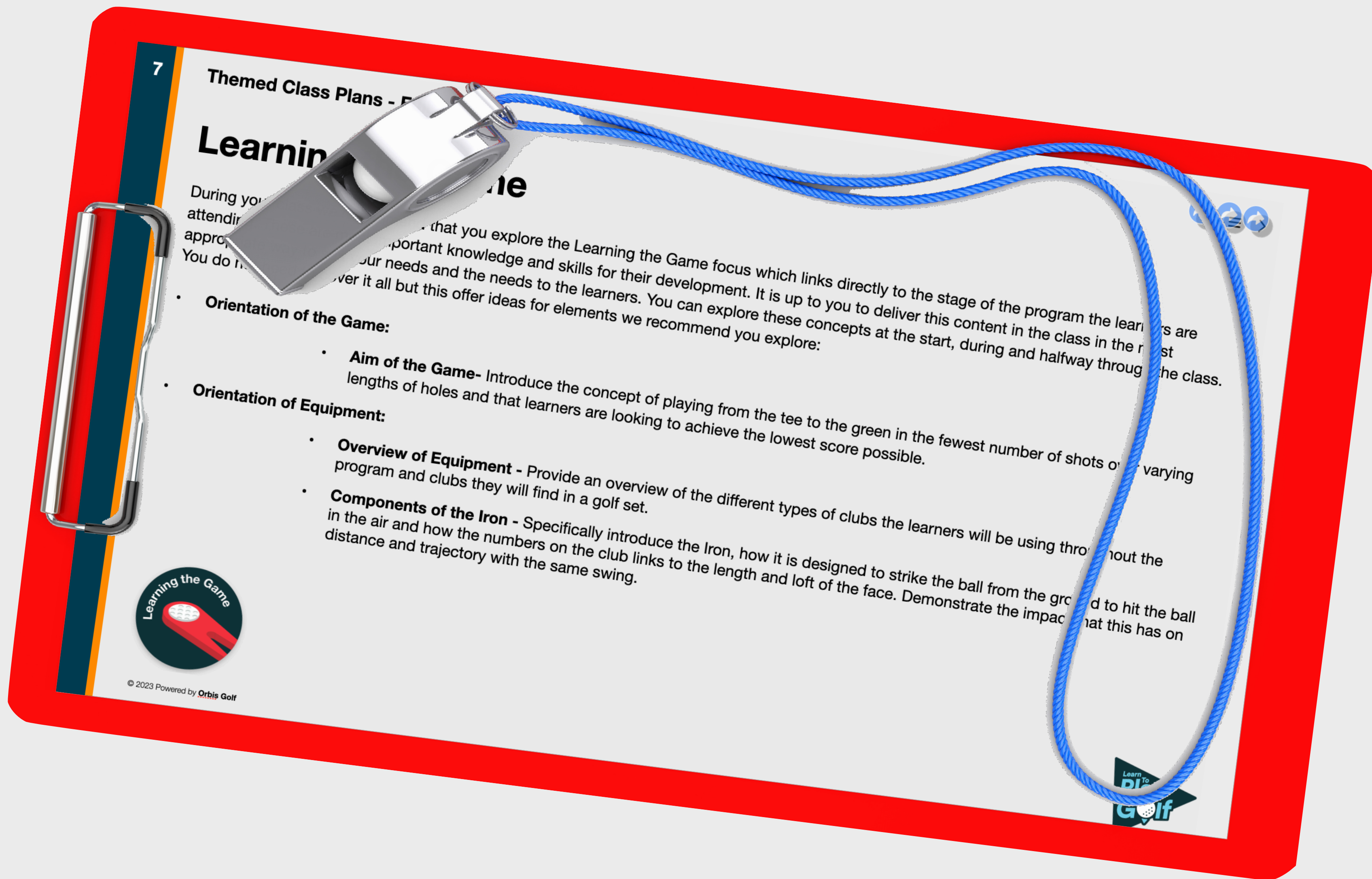


# Class Timetable - Conditions and Awkward Lies

<b>Session Length:</b> 90mins	<b>Group Size:</b> 1:8	<b>Mastering the Game Focus:</b> <b>On the Course</b> Conditions and Awkward Lies	<b>Whole Golfer Focus: Mind</b> Staying Safe in Adverse Conditions	<b>Learning the Game Topic:</b> Preparing to Play	<b>Learning the Game Focus</b> Adverse Conditions	<b>Mastering the Game Challenge:</b> Not Applicable
----------------------------------	---------------------------	---	--	--	--	--

Time	Focus	Class Content	Games / Drills / Resource
30 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>
15 mins	Introduction & Technical Focus Whole Golfer or Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce an overview of the importance of preparation before play. Consider weather and ground conditions</li> <li>Introduce the Learning the Game or Whole Golfer focus</li> </ul>	<ul style="list-style-type: none"> <li>Staying safe in adverse weather</li> <li>Adverse Conditions</li> </ul>
30 mins	Mastering the Game On Course Play and Discussion Private Coaching where appropriate	<ul style="list-style-type: none"> <li>Play 1 - 2 holes on the adapted course individually or in pairs using a stableford format. Get the students to use a scorecard to enter the score correctly</li> <li>This is a key time to build confidence playing in a group, in front of other golfers and not feeling self-conscious about bad shots</li> </ul>	
5 Mins	Whole Golfer or Learning the Game 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 Private Coaching where appropriate	<ul style="list-style-type: none"> <li>Continue to play 1 - 2 holes on adapted course individually or in pairs using a stableford format. Get the students to use a scorecard to enter the score correctly</li> <li>This is a key time to build confidence playing in a group, in front of other golfers and not feeling self-conscious about bad shots</li> </ul>	
10 Mins	MyGame+ Tracking	<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





# 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:

- **Uneven and awkward lies on the course** - Introduce some of the awkward lies that learners may encounter on the course. Provide guidance as to how to over come these. Use your experience to decide which situations to cover, here are a few suggestions:
  - Ball above feet and ball below feet
  - Playing from long grass
  - Chipping out from under trees
  - Restricted backswing
- **Weather conditions and playing from different lengths of grass** - Suggested technical guidance might include how hitting from different grass lengths will affect the contact on the ball. You may also want to introduce how weather conditions will impact the shot and decision making. Things to consider;
  - Ball position
  - Attack angle and swing direction
  - Discuss how weather conditions will effect their ability to play shots and score
  - Wind and temperature effects.



**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:

- **Advise for preparing for adverse conditions**
  - **Apparel** - Introduce to the learners the options of apparel they should consider to suite the weather conditions. Explain the effect this may have on their ability to swing the golf club and their performance.
  - **Equipment** - Explain the pros and cons of using an umbrella, towel and other wet weather apparel. Outline other weather specific items such as bag cover, wet weather golf gloves and hand warmers anyhow they can have a benefits.
  - **Sun Screen** - Place a special emphasis on preparing for playing in hot temperatures and how this is a risk factor in the game of golf. Promote the use of sun cream, using an umbrella and also wearing good quality sun glasses.



# 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:

- **Staying Safe in Adverse Conditions**
  - Outline to the learner to importance of safely in adverse weather conditions
  - Explain the issues surrounding electric storms and the nature of golf club materials and the dangers within that
  - Outline how dangerous conditions under feet should alter the footwear they choose and the dangers of slipping and falling
  - Discuss the safety of playing in fog and mist and too mitigate the dangers and when not to play
  - Explain the risk of play golf in very hot conditions and ways to alleviate these dangers and when not to play





# 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:

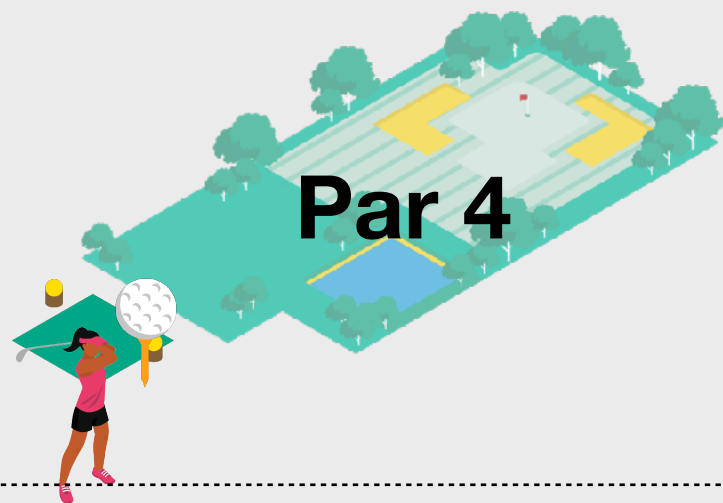


**128 Yards or Less**

**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