

# Practice Around the Green General



# Class Timetable

<b>Session Length:</b> 60mins	<b>Group Size:</b> 1:12	<b>Mastering the Game Focus:</b> <b>Around the Green</b> General	<b>Whole Golfer Focus:</b> <b>Mind</b> Greetings - How to start and end a round of golf	<b>Learning the Game Topic:</b> <b>Playing and Scoring</b> Playing and Scoring	<b>Learning the Game Focus</b> Par 3, 4 and 5 Playing and Scoring - Birdie, Par and Bogey	<b>Mastering the Game Challenge:</b> Chipping Pitching Bunker
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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 required</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 and Whole Golfer Focus	<ul style="list-style-type: none"> <li>Outline the objectives which is an opportunity for learners to practice their around the green play.</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 if applicable</li> </ul>	<ul style="list-style-type: none"> <li>Greetings - How to start and end a round of golf</li> </ul>
20 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Split the group into two groups, one group does the team game and the other rotate on remaining stations</li> <li>Split the learners in team group into 2 teams</li> <li>Opportunity for private coaching</li> <li>Allow learners to choose from the challenges. Not required to complete all challenges</li> <li>Develop social connections and allow for self-discovery and guided learning</li> </ul>	<ul style="list-style-type: none"> <li>Par 27</li> <li>Draw the L</li> <li>Crossbar Challenge</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Get the group together to introduce the learning the Game or Whole Golfer focus</li> <li>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</li> </ul>	<ul style="list-style-type: none"> <li>Par 3, 4 and 5</li> <li>Playing and Scoring - Birdie, Par and Bogey</li> </ul>
15 Mins	Games, Practice and Challenge Time	<ul style="list-style-type: none"> <li>Split the group into two groups, one group does the team game and the other rotate on remaining stations</li> <li>Split the learners in team group into 2 teams</li> <li>Opportunity for private coaching</li> <li>Allow learners to choose from the challenges. Not required to complete all challenges</li> <li>Develop social connections and allow for self-discovery and guided learning</li> </ul>	<ul style="list-style-type: none"> <li>Par 27</li> <li>Draw the L</li> <li>Crossbar Challenge</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>Encourage the learners to mark the challenge as complete for the step 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>

# Practice Around the Green Class Layout and Setup

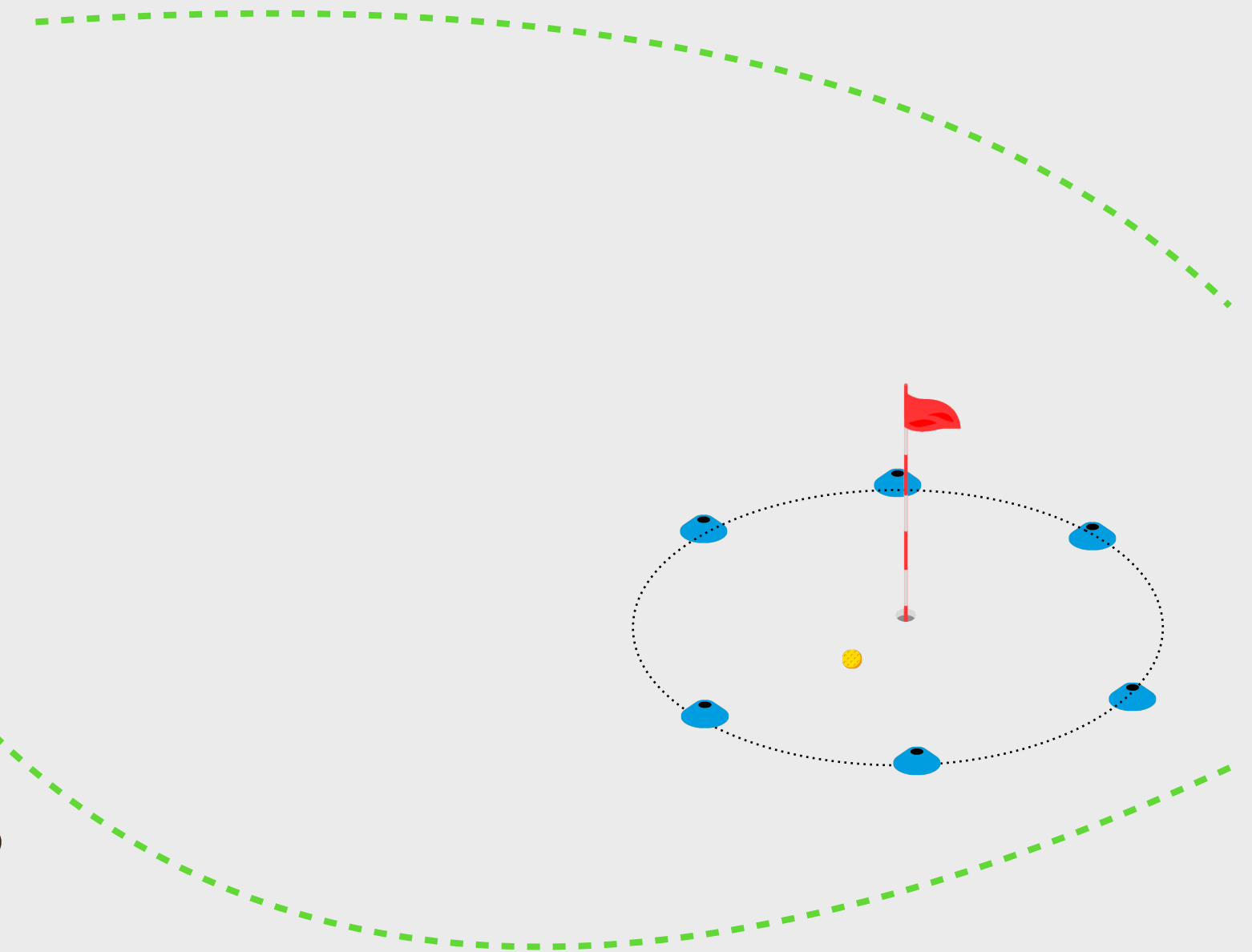
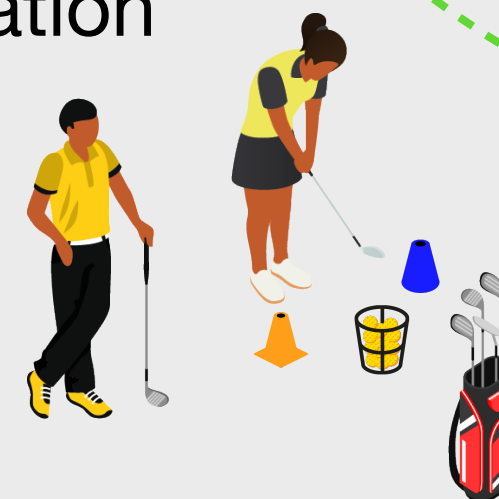
**Station 4:**  
Game Station  
Par 27



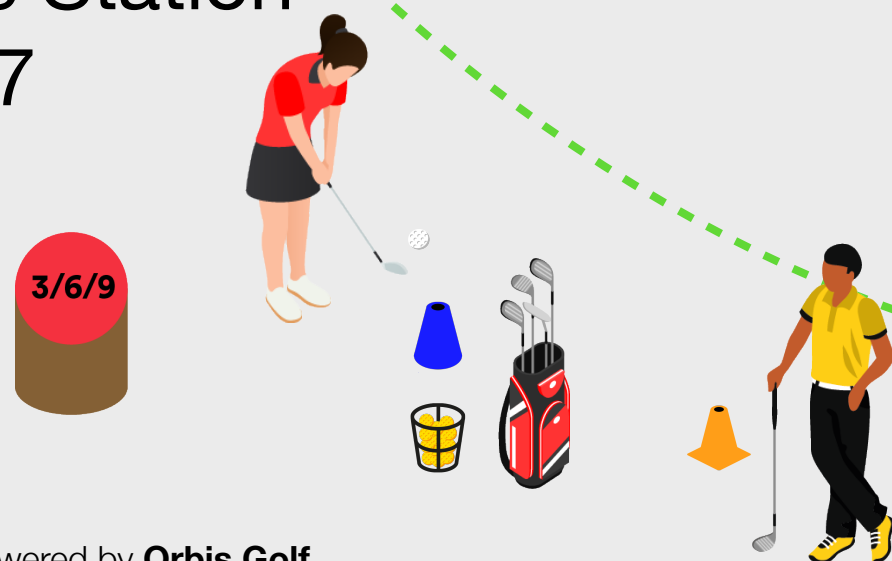
**Station 2:**  
Game Station  
Crossbar Challenge



**Station 3:**  
Practice Station  
Draw the L



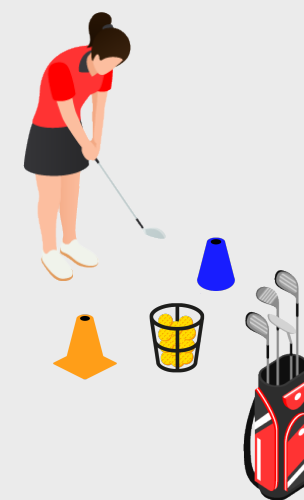
**Station 4:**  
Game Station  
Par 27



**Station 4:**  
Game Station  
Par 27



**Station 5:**  
Challenge station





# Draw the L Shape



## Equipment Needed

- No Equipment Required

## How to Practice

- Depending on the equipment you have available, this station should help the learner explore the shape of the swing when pitching
- They may do this with a partner and mirror the shape of the swing
- A mirror on the ground may also be suitable or an electronic device
- The learner should practice making L Shape swings and then repeat with the golf ball

## Technical Link

- This activity will help the learner to understand how a pitch shot begins to differ from a chip shot in regards to the body, arm and club motion
- This activity will be the building block to begin to understand how the motion produces flight and distance

# Crossbar Challenge

## Equipment Needed

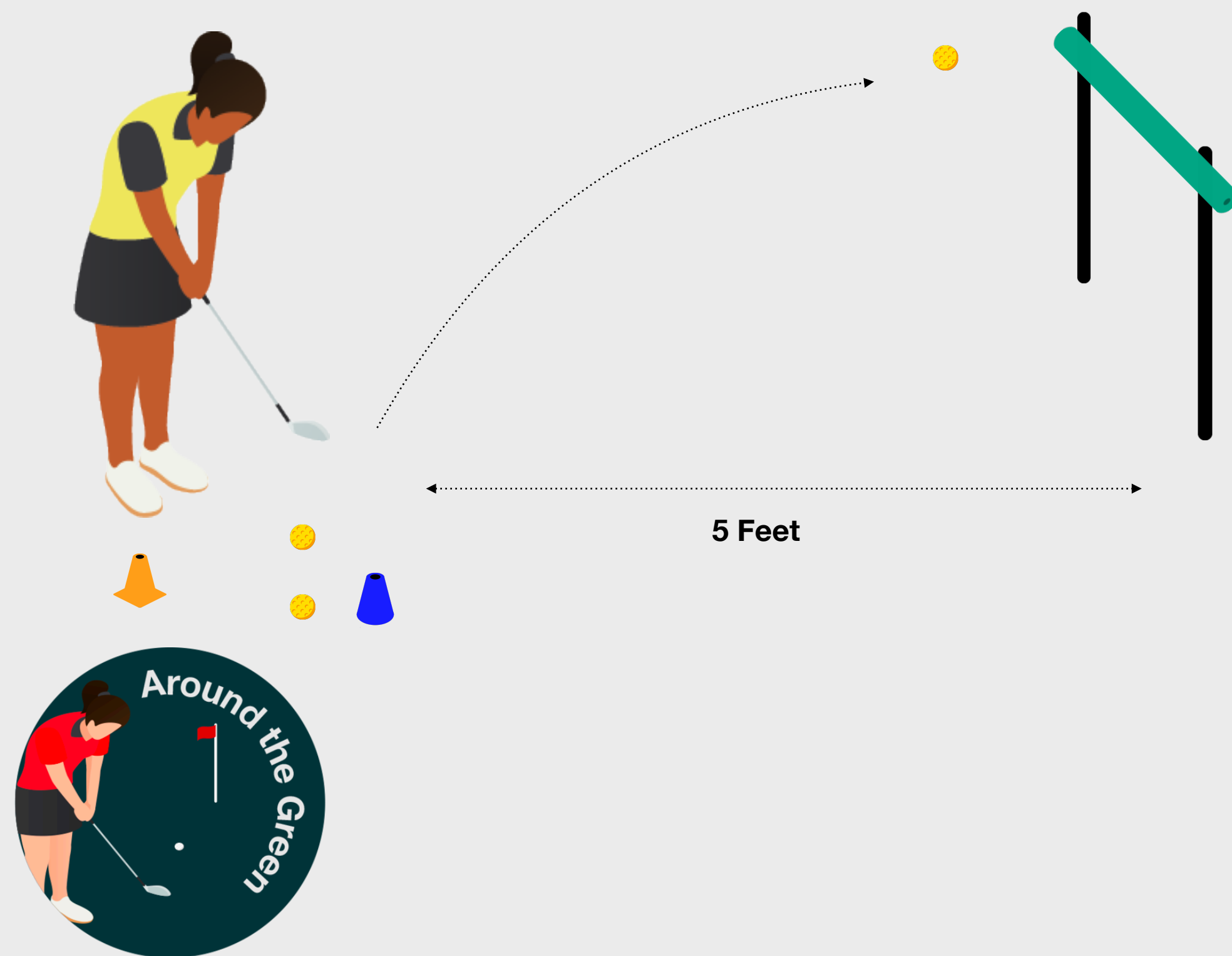
- Alignment sticks and a noodle to create the crossbar
- Golf balls

## How to Play

- Place the crossbar just five feet ahead of the learner
- The aim is to pitch the ball over the crossbar from this close proximity
- The learner receives 5 attempts to pitch the ball over the noodle
- If unsuccessful they can move a foot further away, if they are successful they can move a foot closer, and they then attempt the challenge again

## Progression Ideas

- Vary the height of the noodle
- Vary the distance from the starting position and the crossbar



# Par 27



## Equipment Needed

- Golf ball for each play
- Scorecard
- Pencil
- Cones for safety
- Putter
- 7 iron, 9 Iron and SW

## How to Play

- Get the learners to choose a starting point for 'Hole 1' around the green no more than 10 yards from the edge of the green surface
- The learner should drop their ball rather than placing but this should be tailored to each learner
- Each player hits their shot and then proceeds to putt out the ball
- The score should be recorded on the scorecard
- Learners should find a new starting position for Hole 2 and continue to play up to 9 holes

## Progression Ideas

- Choose a variation of lies and situations around the green
- Nominate 3 'Easy', 3 'Medium' and 3 'Hard' shots around the green



- **Playing and Scoring - Par 3, 4 and 5**
- **Playing and Scoring - Birdie, Par and Bogey**

- Introduce learners to the different pars they will find on the course and what they mean. Be sure to reference the course play events where they will be playing holes with pars relative to their current ability.
- Introduce these key golfing terms and explain what they mean to you learners. Use this language moving forward so that your learners get used to the terminology they will hear when playing the game.

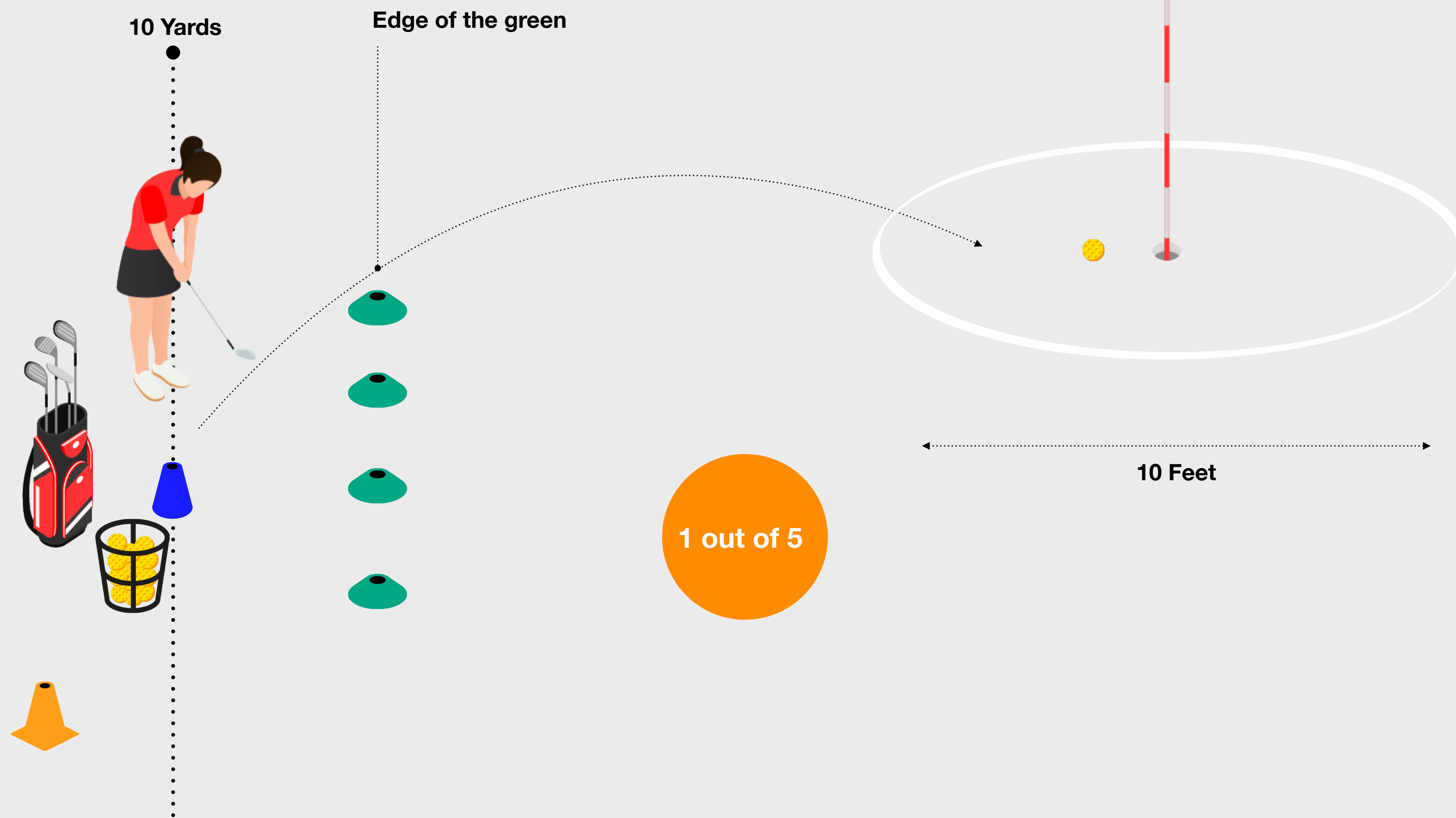


- **Greetings - How to start and end a round of golf**

- Introduce learners to the etiquette of shaking hands at the end of a round of golf. The well wishing at the start of a round and thanking your playing partners for the game at the end of a round is all part of what makes the game of golf.
- When your learners start to play with more and more people they will be expected to know these things, so introducing them to this now is a great way to make sure they feel comfortable when playing with other people.



# Chipping Challenge



## The Challenge

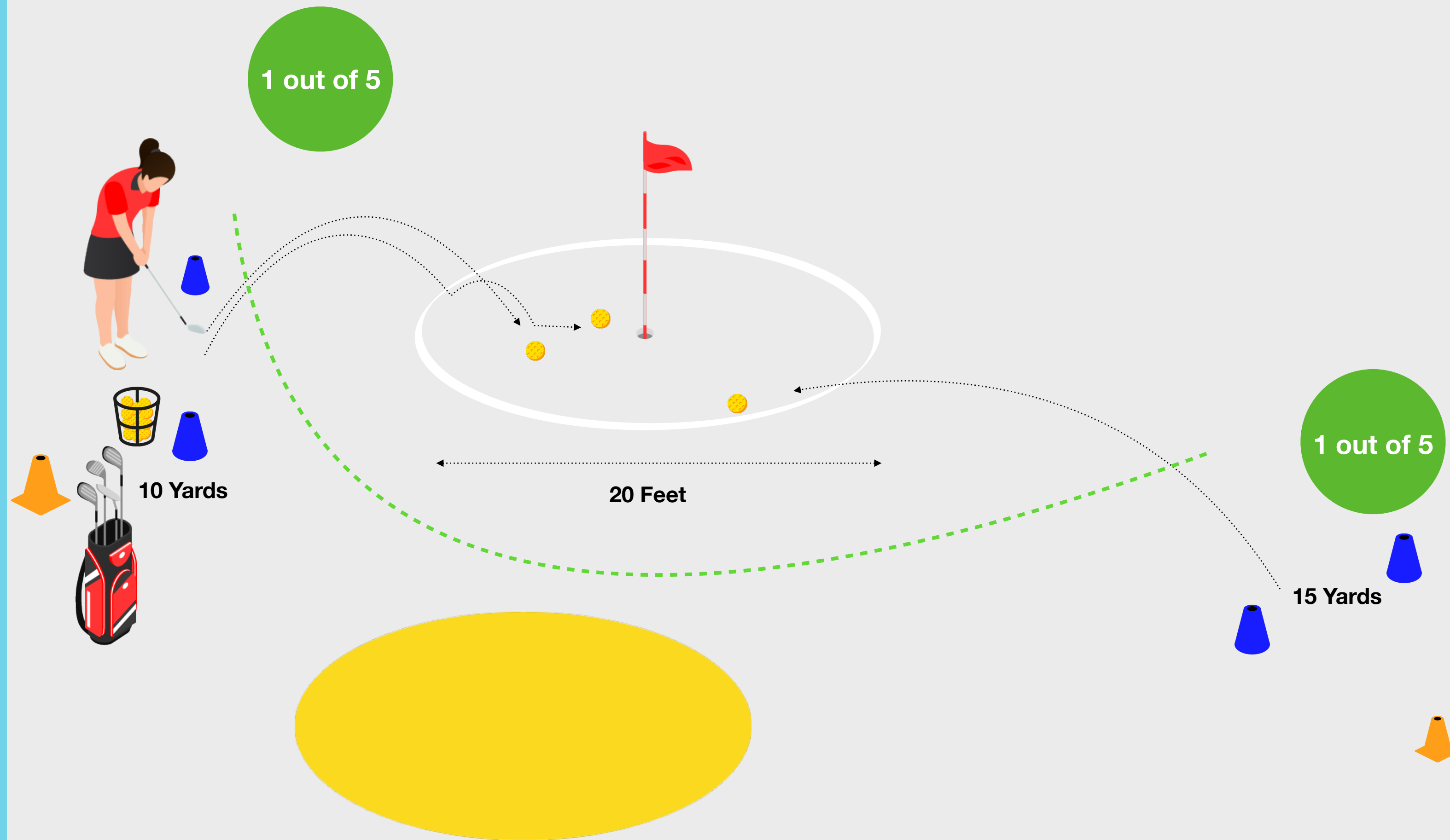
To complete the Level 1 Challenge the learner needs to chip 1 out of 5 shots to finish within a 10-foot diameter target circle from a distance of 10 yards from the hole.

## 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



# Chipping Challenge



## The Challenge

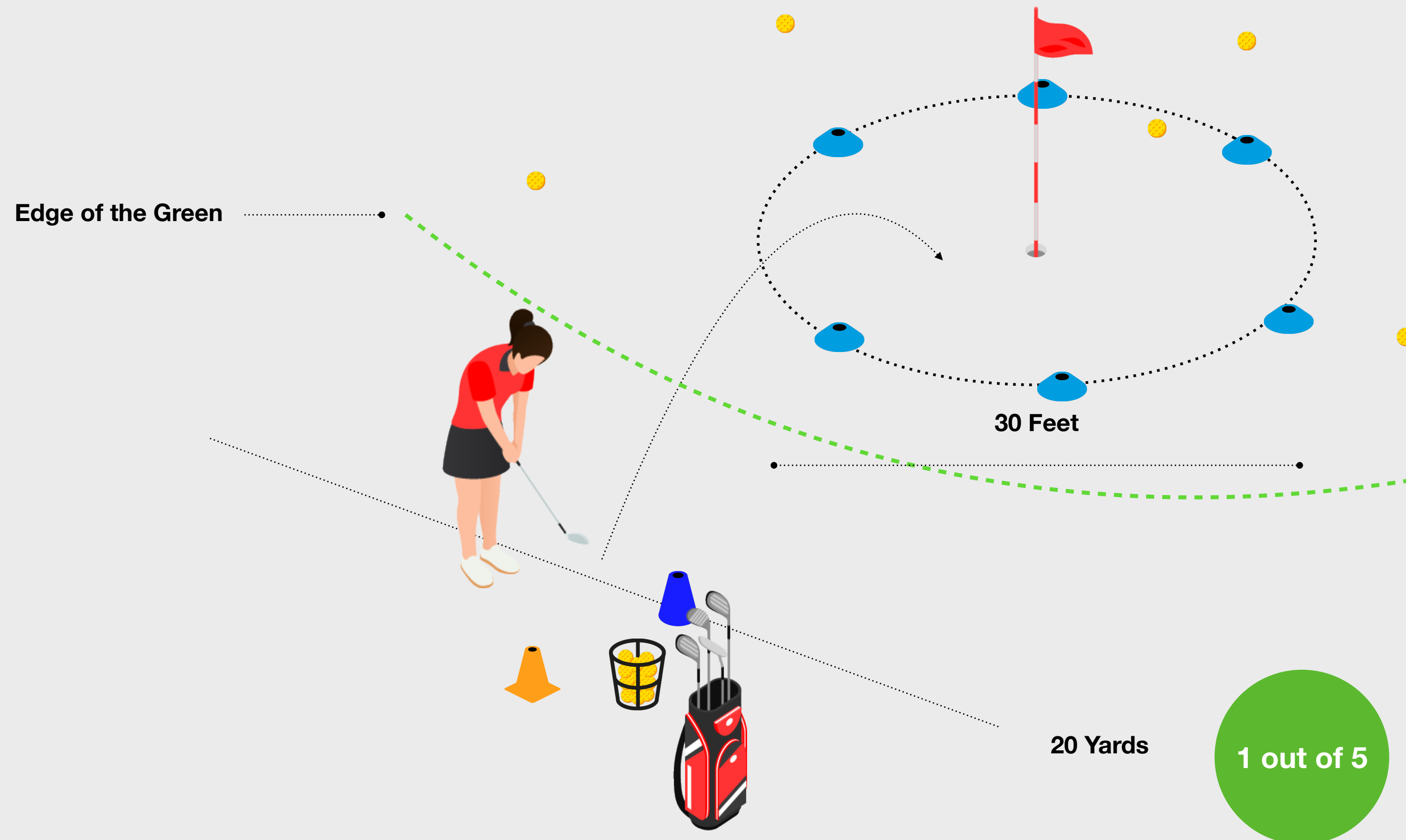
To complete the Step 2 Challenge the learner needs to chip 1/ 5 shots from 10 yards and 1/ 5 shots from 15 yards to finish within a 20-foot diameter target circle.

## What should the Learner do next?

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



# Pitching Challenge



## The Challenge

To complete the Step 2 Challenge the learner needs to hit 1/ 5 shots from 20 yards within a 30-foot diameter circle from a minimum of 10 yards from the edge of the green.

## What should the Learner do next?

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

Pitching



# Bunker Play Challenge



## The Challenge

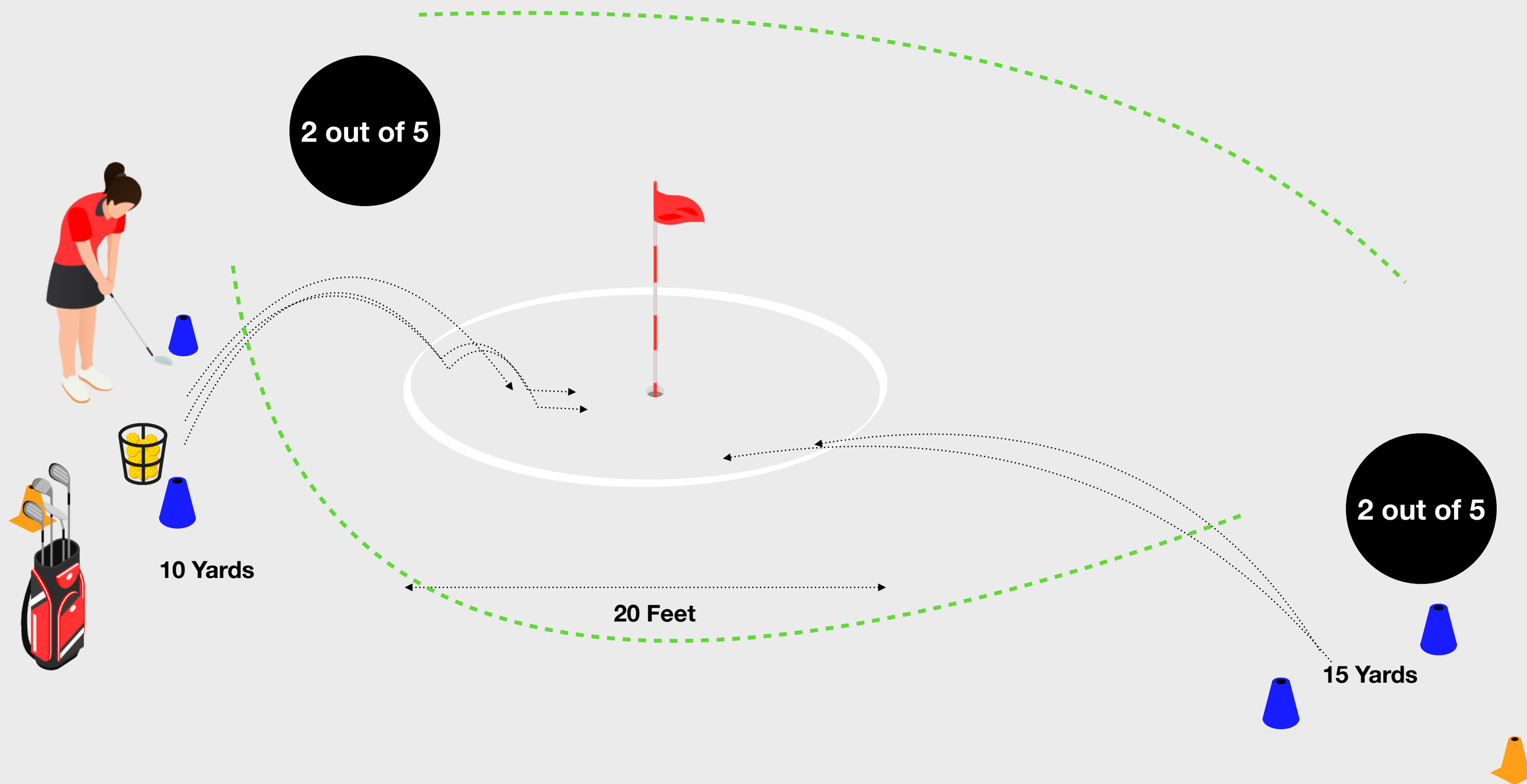
To complete the Step 2 Challenge the learner needs to hit 1 out of 5 shots to finish anywhere on the green but the learner must demonstrate control. Contact must be made with the remaining shots.

## What should the Learner do next?

- Log in to the GLF.Locker App
- If they complete the challenge, mark



# Chipping Challenge



## The Challenge

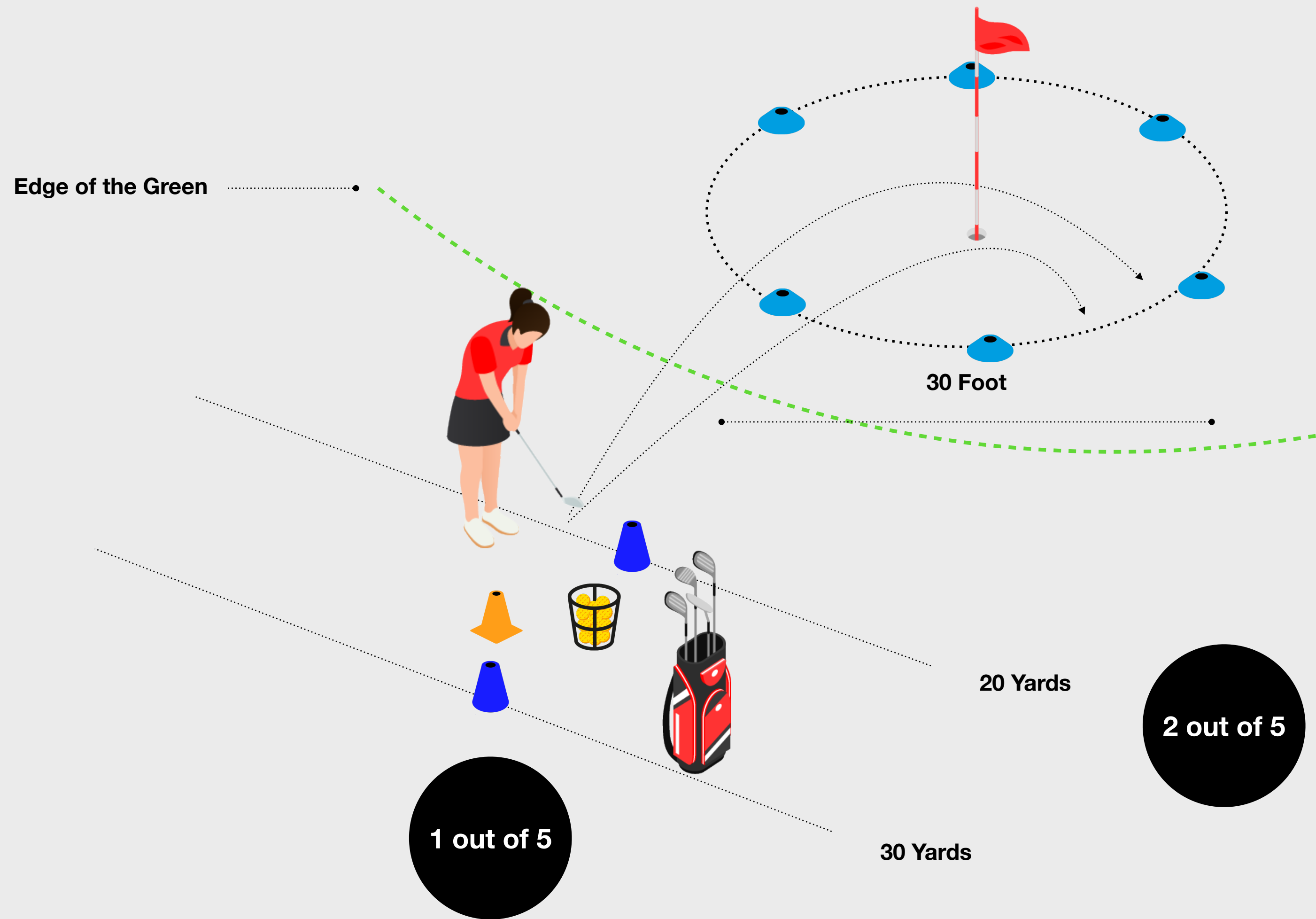
To complete the Step 1 Challenge the learner needs to chip 4 out of 5 shots from 10 yards, 2 out of 5 shots from 15 yards and 1 out of 5 shots to finish within a 10-foot diameter target circle.

## What should the Learner do next?

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



# Pitching Challenge



## The Challenge

To complete the Step 3 Challenge the learner needs to hit 2/ 5 from 20 yards and 1/ 5 from 30 yards within a 30-foot diameter circle and the remaining shots must finish on the green.

## What should the Learner do next?

- Log in to the GLF.Locker App
- If they complete the challenge, mark

Pitching



# Bunker Play Challenge



## The Challenge

To complete the Step 3 Challenge the learner needs to hit 2 / 5 shots anywhere on the green but must demonstrate control. 4 out of the 5 shots must finish out of the bunker

## What should the Learner do next?

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

