

Practice Your Swing Irons



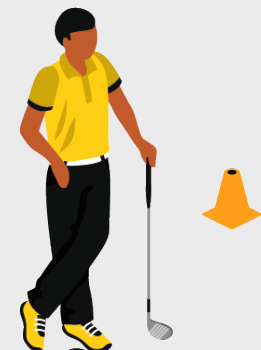
Class Timetable

Session Length: 60mins	Group Size: 1:12	Mastering the Game Focus: Swing Irons	Whole Golfer Focus: Mind Enjoy Error Full Practice	Learning the Game Topic: Rules and Etiquette	Learning the Game Focus Play the Ball as it Lies	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 iron play 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"> Enjoy Error Full Practice
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"> Swing Direction Iron Man G.O.L.F Shoulder Plane
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"> Play the ball as it lies
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"> Swing Direction Iron Man G.O.L.F Shoulder Plane
10 Mins	MyGame+ 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 Step 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

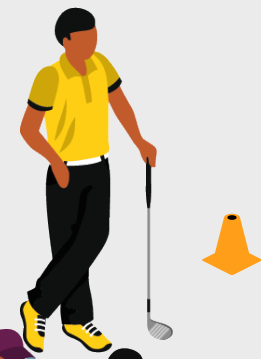
Station 1:
Iron Challenge



Station 2:
Game Station
G.O.L.F



Station 3:
Practice Station
Shoulder Plane



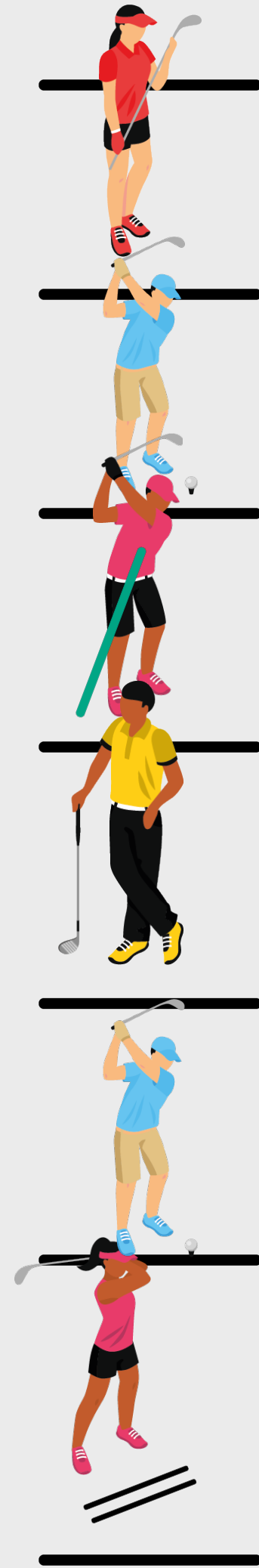
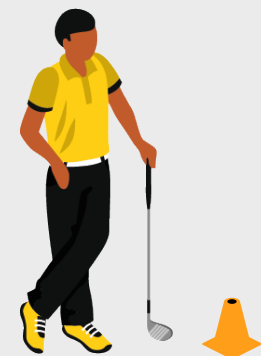
Station 4:
Game Station
Iron Man



Station 5:
Practice Station
Free Practice



Station 6:
Practice Station
Swing Direction



50 Yards

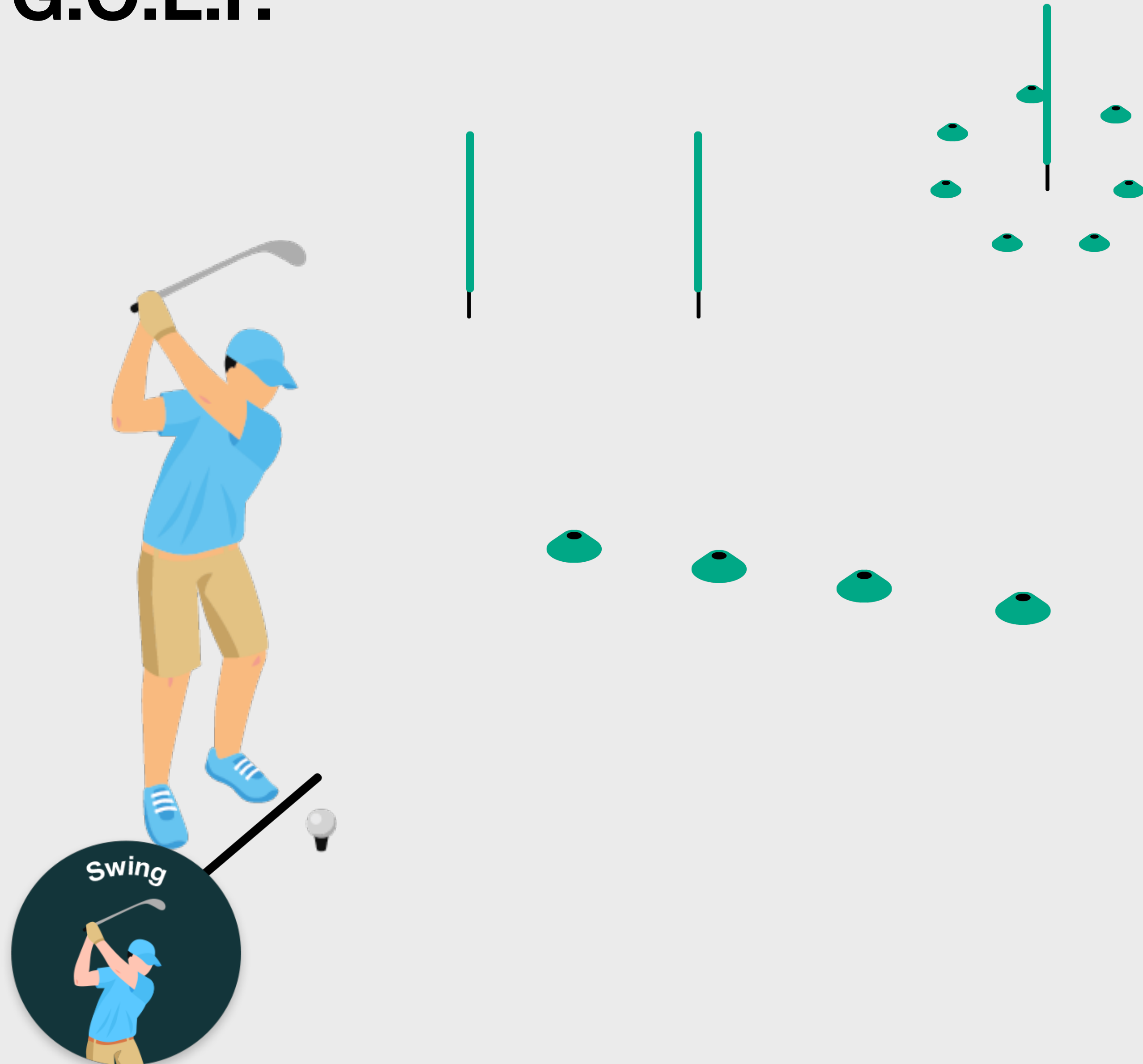
75 Yards

100 Yards

125 Yards

150 Yards

G.O.L.F.



Equipment Needed

- Cones
- Alignment Sticks and Foam Noodles

How to Play

- Set up a number of targets on the driving range, at an appropriate distance for your learners to aim at
- The learners should take it in turns to choose and aim for a particular target, if they manage to hit their intended target they achieve a “G”
- The game continues until a learner has completed the word “GOLF”

Progression Ideas

- Dictate which targets the learners have to aim for, if it is too easy, make the targets more challenging
- Increase the length of the word to extend the game
- Challenge the learners to work together to achieve the game, whereby both must hit the target before the letter is achieved

Shoulder Plane



Equipment Needed

- Alignment Stick
- Foam Noodle
- 7 iron and hybrid
- Golf balls

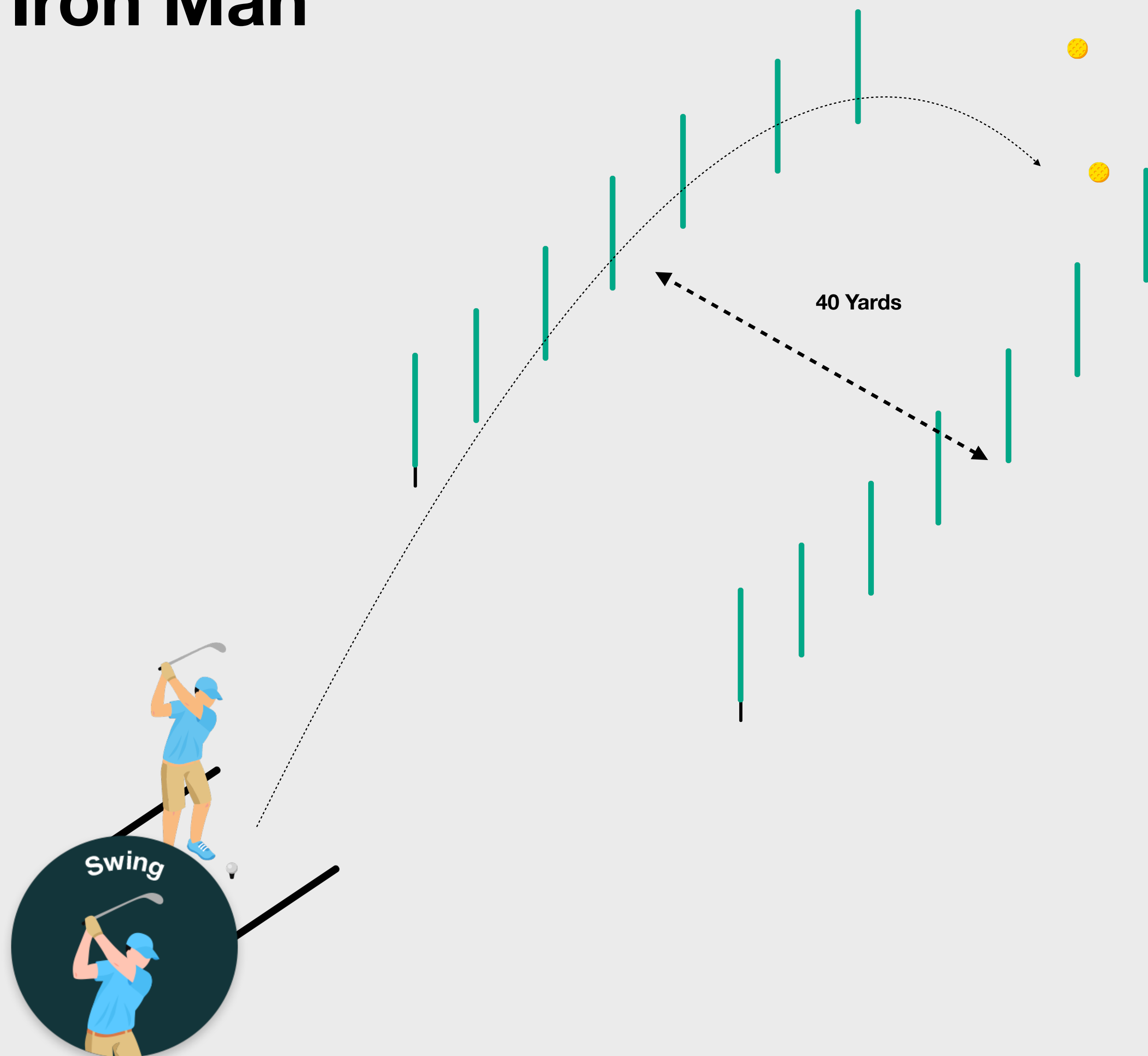
How to Practice

- Following on from previous weeks, learning about posture in the golf swing, the learners will benefit from learning about shoulder plane
- The learner should use the alignment stick by placing it across their shoulders, getting into posture and rotating so that the point of the alignment stick points roughly towards the ball
- Another alignment stick and noodle can be placed at an angle along the ball to target line so that when the learner is swinging they can practice with the visual and physical guide in place

Technical Link

- This activity will help the learner to strike the ball more consistently and improve their swing path

Iron Man



Equipment Needed

- Driving range
- Alignment sticks, cones or other targets
- Golf balls
- Irons

How to Play

- Set up a fairway on the driving range using existing targets or use cones or alignment sticks
- Ask learners to get their shortest iron (e.g., 9 iron) and hit a full shot between the target gate.
- If they are successful with this attempt, the learner must then get their next iron (e.g., 8 iron) and hit the following ball between the target gate.
- The aim is to hit one ball with every iron in your bag through the gate consecutively.

Technical Link

- By having a visual target on the driving range it focuses the learners minds onto what is required for a stock shot
- It shows them what an average fairway width of roughly 40 yards looks like
- Encourages learner to use full range of irons in a target based scenario that emulates the course

Swing Direction



Equipment Needed

- 7 Iron

How to Practice

- The learner should practice whilst using alignment sticks to help them learn how to control the direction the club travels
- By moving the alignment sticks to aim left of target and then right of target the learner will begin to control the direction of the swing
- Encourage learners to start with small swings with this challenge and work up to fuller swings once confident in controlling swing direction

Technical Link

- This activity will help the learner to build an awareness of swing direction and how to improve their overall technique



- **Play the ball as it lies**

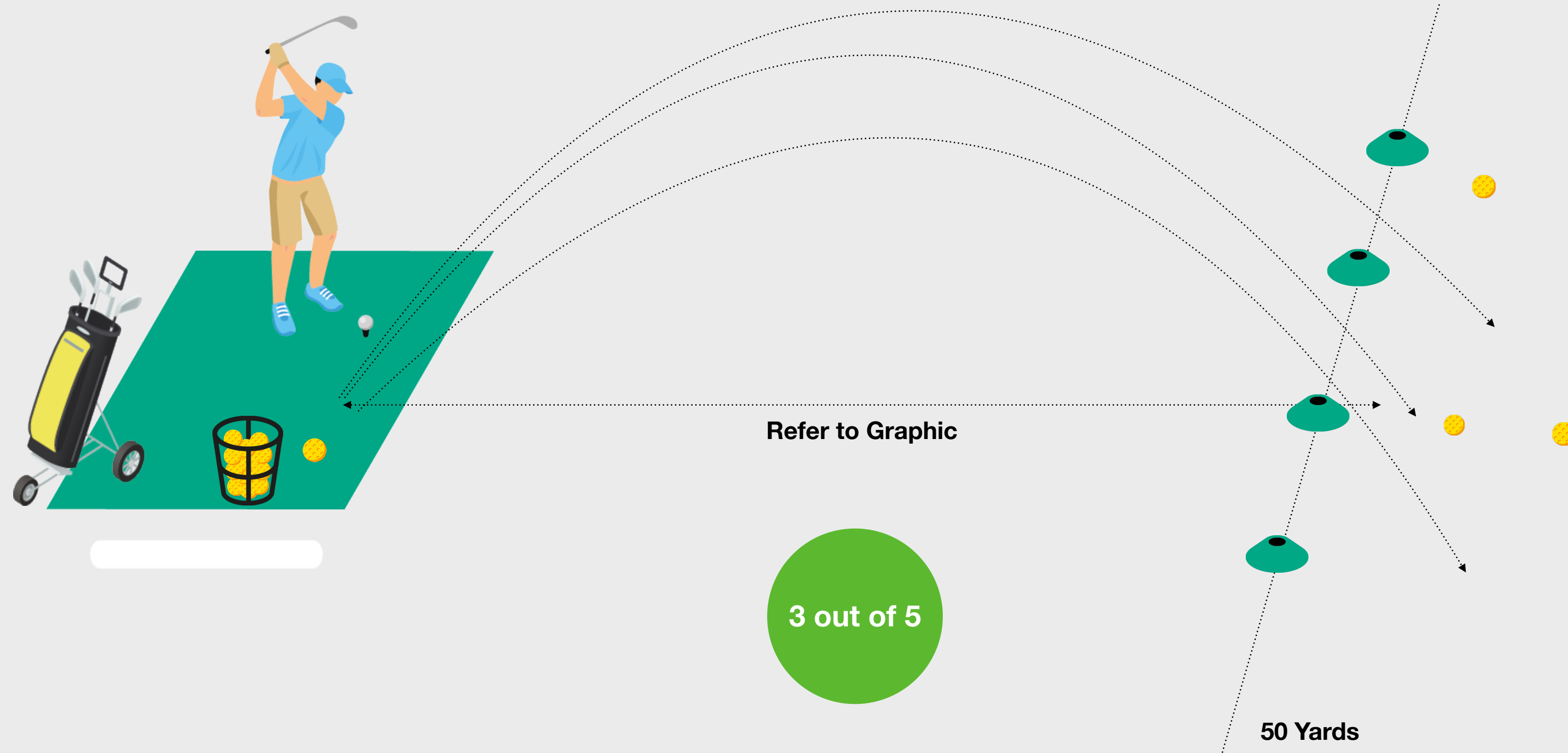
- Provide a brief overview of the learning the game theme
- The Learning the Game theme this week is about understanding that in the rules of golf the ball must be played as it lies, and that air shots still count as a stroke!
- Be sure to reinforce that whilst they are learning the adapted rules we have provided them with will be enough to help them as they learn, but as they play with more golfers at the club they need to be aware of the rules of golf.



- **Enjoy Error Full Practice**

- Provide a brief overview of the whole golfer theme.
- The Whole Golfer theme this week is to recommend that it is beneficial to learn how to enjoy error full practice. This means understanding that for each attempt that the learners make that doesn't go to plan is helping them to learn how to deliver the skill effectively.
- The purpose of learning how to play shots from awkward lies is due to the fact that all golfers hit the ball into awkward positions. It is a fundamental part of the game, and to start off with an understanding that this is part of the challenge will benefit your learners greatly.

Iron Challenge



The Challenge

To complete the Step 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?

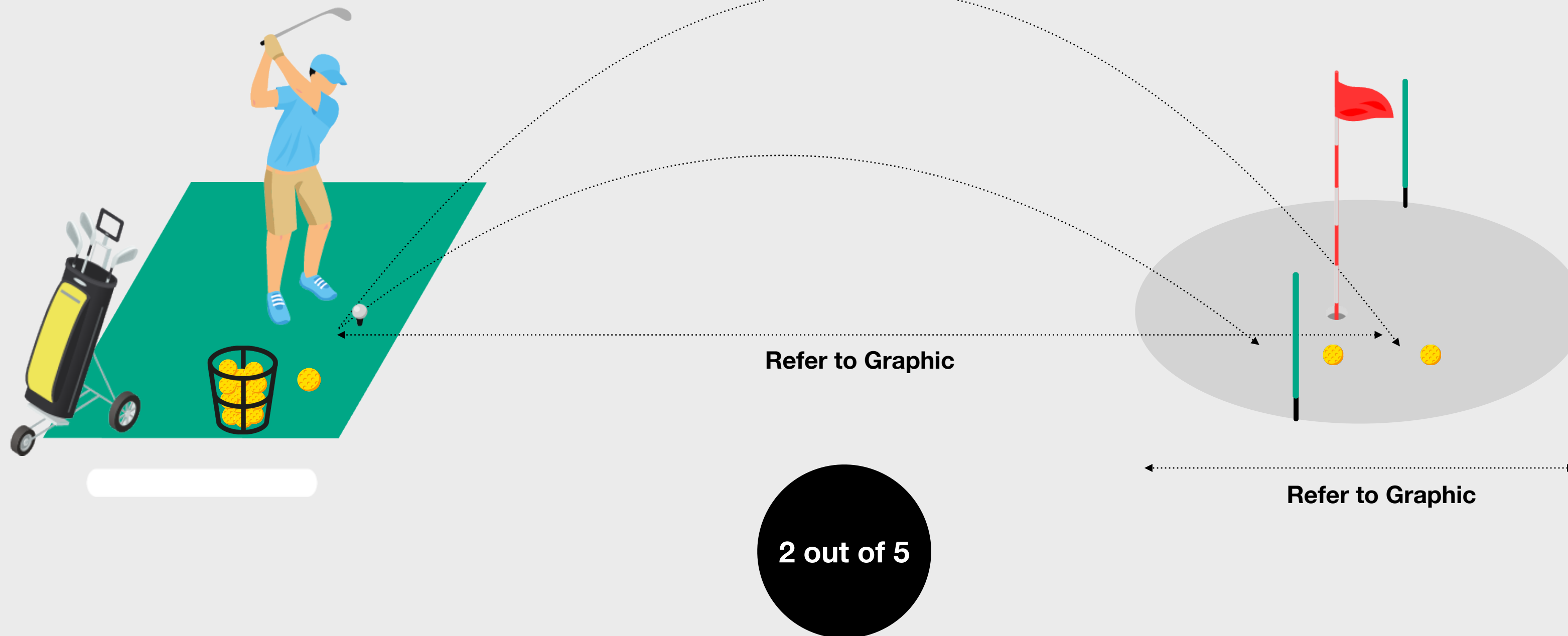
After attempting the challenge, the learner should:

- 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 Step 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

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