

# Practice Your Swing General



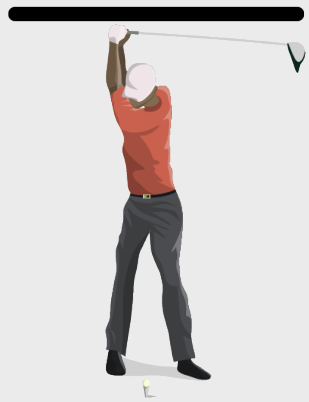
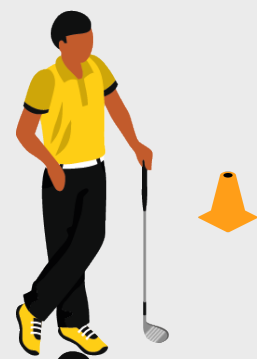
# Class Timetable

<b>Session Length:</b> 60mins	<b>Group Size:</b> 1:12	<b>Mastering the Game Focus:</b> Swing General	<b>Whole Golfer Focus: Mind</b> What should I eat after my round?	<b>Learning the Game Topic:</b> Rules and Etiquette	<b>Learning the Game Focus</b> Where to leave your bag	<b>Mastering the Game Challenge:</b> Driving Fairway Wood/Hybrid Iron
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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 if 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 driving.</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>What should I eat after my round?</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>Clubface Aim</li> <li>Carry Distance Challenge</li> <li>Team X's and O's</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 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>Where to leave your bag</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>Clubface Aim</li> <li>Carry Distance Challenge</li> <li>Team X's and O's</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 Your Swing Class Layout and Setup

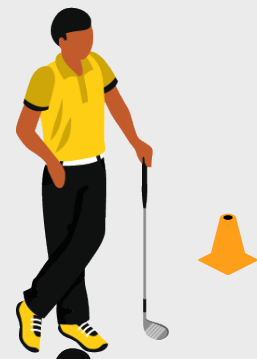
**Station 1:**  
Challenge Station



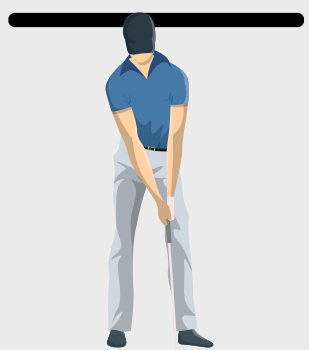
**Station 2:**  
Team X's & O's



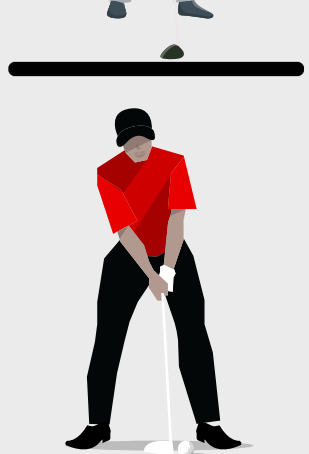
**Station 3:**  
Team X's & O's



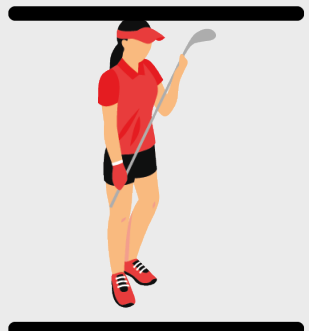
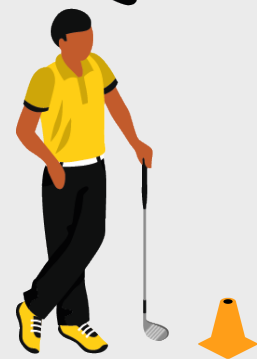
**Station 4:**  
Team X's & O's



**Station 5:**  
Practice Station  
Clubface Aim



**Station 6:**  
Game Station  
Carry Distance



75 Yards

125 Yards

150 Yards

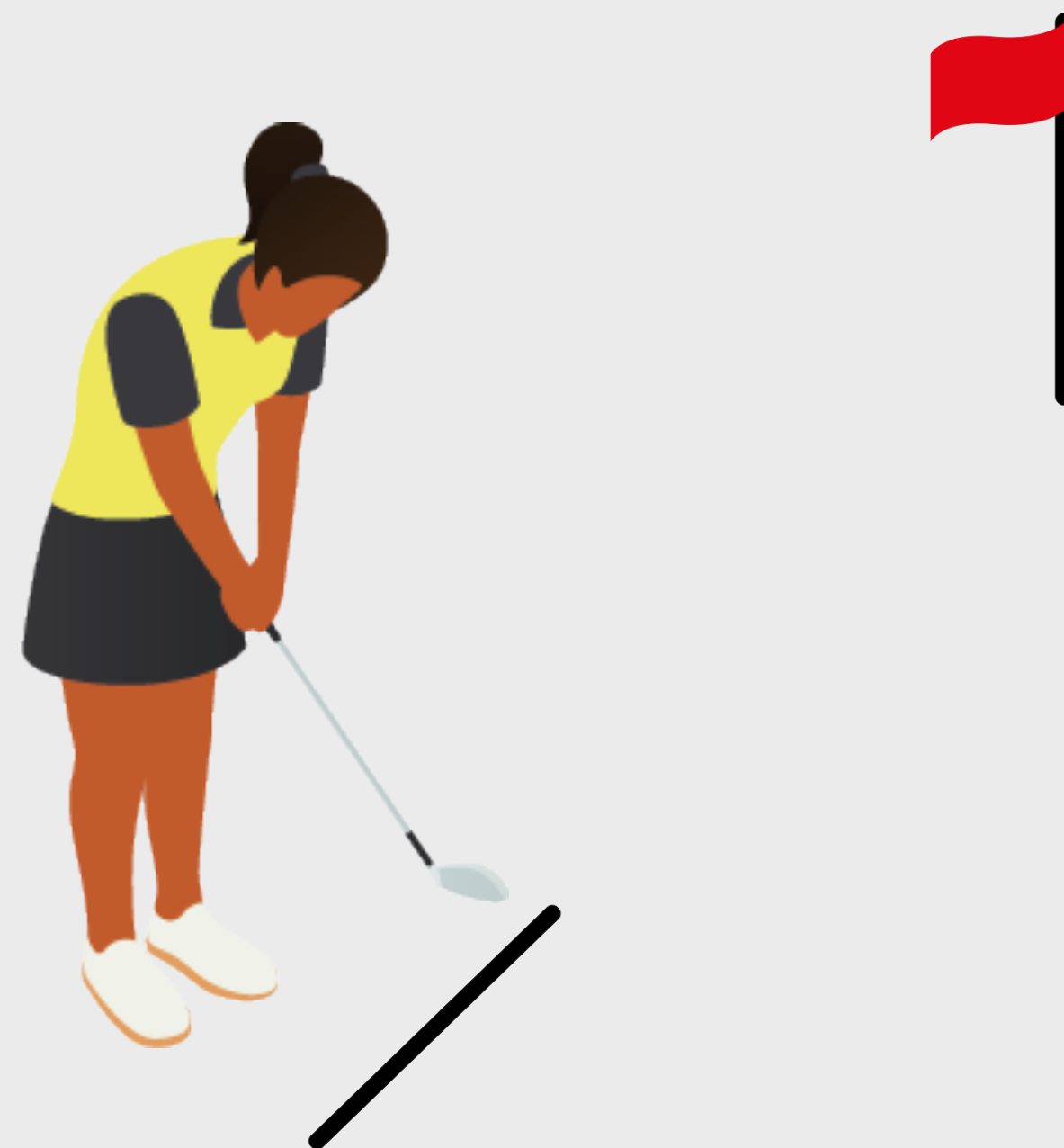
175 Yards

200 Yards

# Clubface Aim



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## Equipment Needed

- Any Club

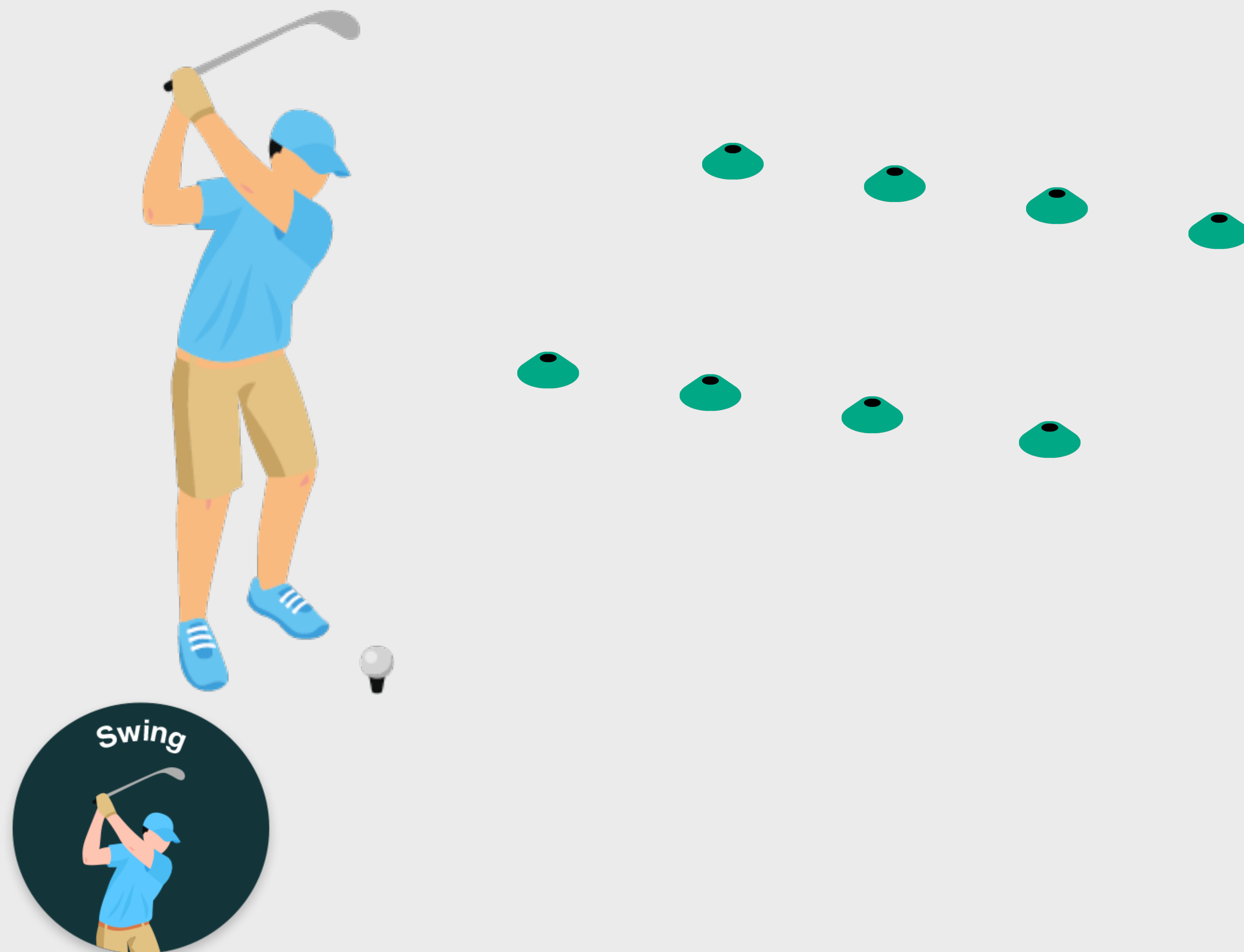
## How to Practice

- The learner should practice whilst using an alignment stick to aid them in making sure their club face aim is perfectly square before they start the swing
- If the ball starts left or right of target the learner then knows either they have miss-hit the shot, or they have done something which has caused the club face to aim right or left at impact

## Technical Link

- This activity will help the learner to build an awareness of what a square set-up looks like to them

# Carry Distance Challenge



## Equipment Needed

- Cones
- Golf balls
- Any Club

## How to Play

- Set up a number of targets on the driving range, at different distances to enable learners to know how far they are hitting the ball
- The learners should take it in turns to hit each ball slightly further than their last shot with a different club
- The learners should start with a short distance club like a wedge and see how many shots in a row they can increase the distance they carry the ball through the clubs in their bag

## Progression Ideas

- Ask learners to work together on this challenge
- Dictate the shortest distance that learners have to hit to start the challenge (e.g. 50 yards)

# Team X's & O's

Shot Type	Draw	Straight	Fade
Short	X		
Medium		X	
Long			X

## Equipment you Need:

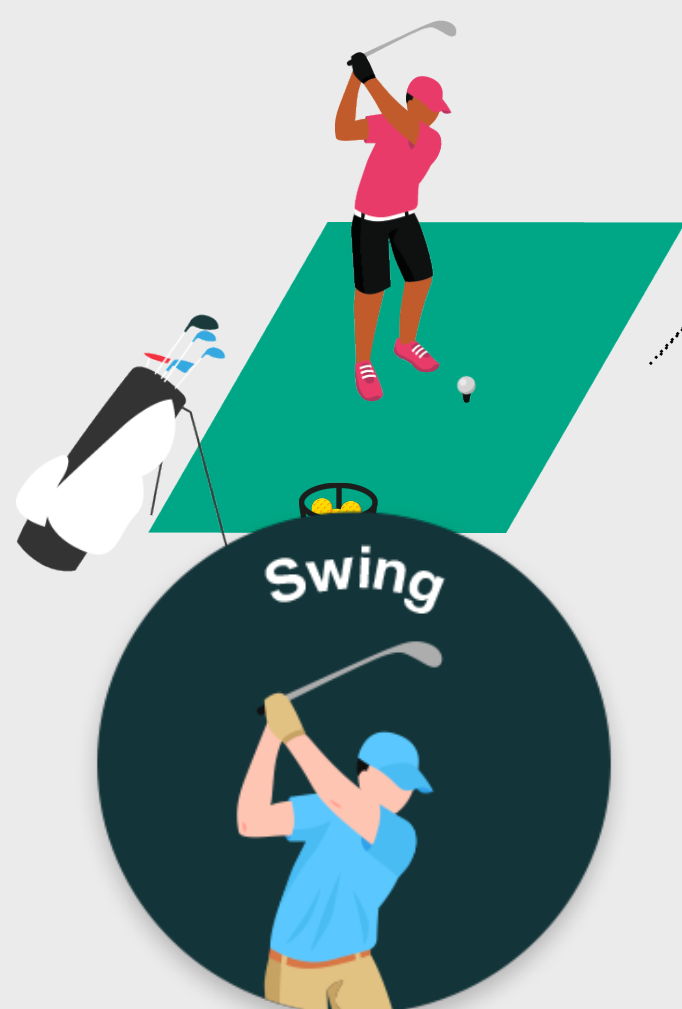
- Golf Balls
- Marker Pen
- Whiteboard
- Cones
- Gates

## How to Play:

- Create the gates using alignment sticks or fixed yardage markers
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to carry the ball past the minimum yardage line of cones
- The ball must also pass through the gates for their chosen shot type from the grid
- The learners take it in turns in their teams to hit shots
- If they are successful hitting their chosen shot and the ball passes through the width of the gate then they can mark a O or X on the grid in any blank space
- The winner is the player who can achieve 3 in a row on the grid
- Split the learners into team X's and Team O's and the team with the most combined wins at the end is the winner

## Progression Ideas:

- Move the minimum distance cone line further out
- Narrow the width of the target gates



60 yards



## • Where to leave your bag

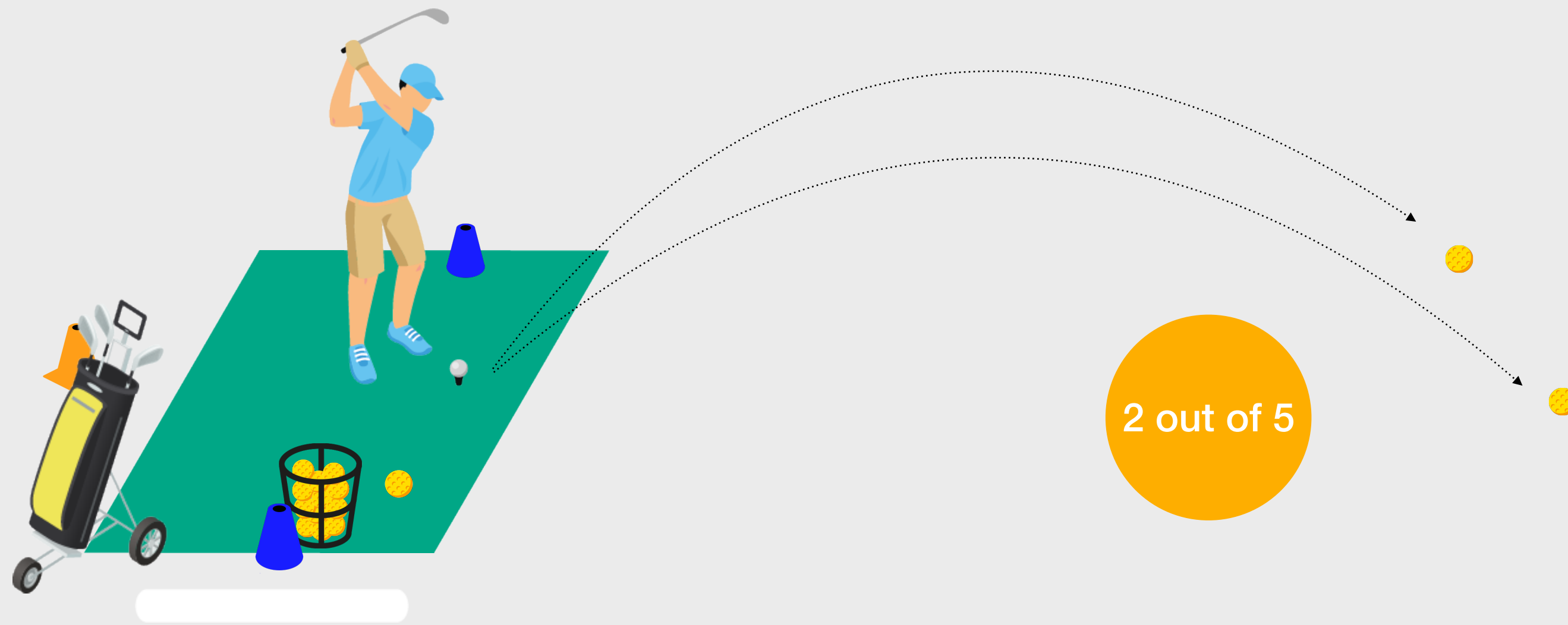
- Make sure learners understand where to leave their bag as they approach the green, so that once the hole is completed they can collect their bag and move the next hole without holding up the group behind them.
- This logic applies for carrying a bag, or driving a cart, and is a habit that the learners should adopt early on to improve the experience for everyone on the course.



## • What should I eat after my round?

- Outline to the learner about what to eat and drink after the round of golf. Consider things that may boost recovery from fatigue and from muscle exertions. Things to consider;
- Quality proteins
- Healthy fat
- Low-glycemic complex carbohydrates
- Portions of starchy carbohydrates to help restore energy levels
- Drink a lot of water

# 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

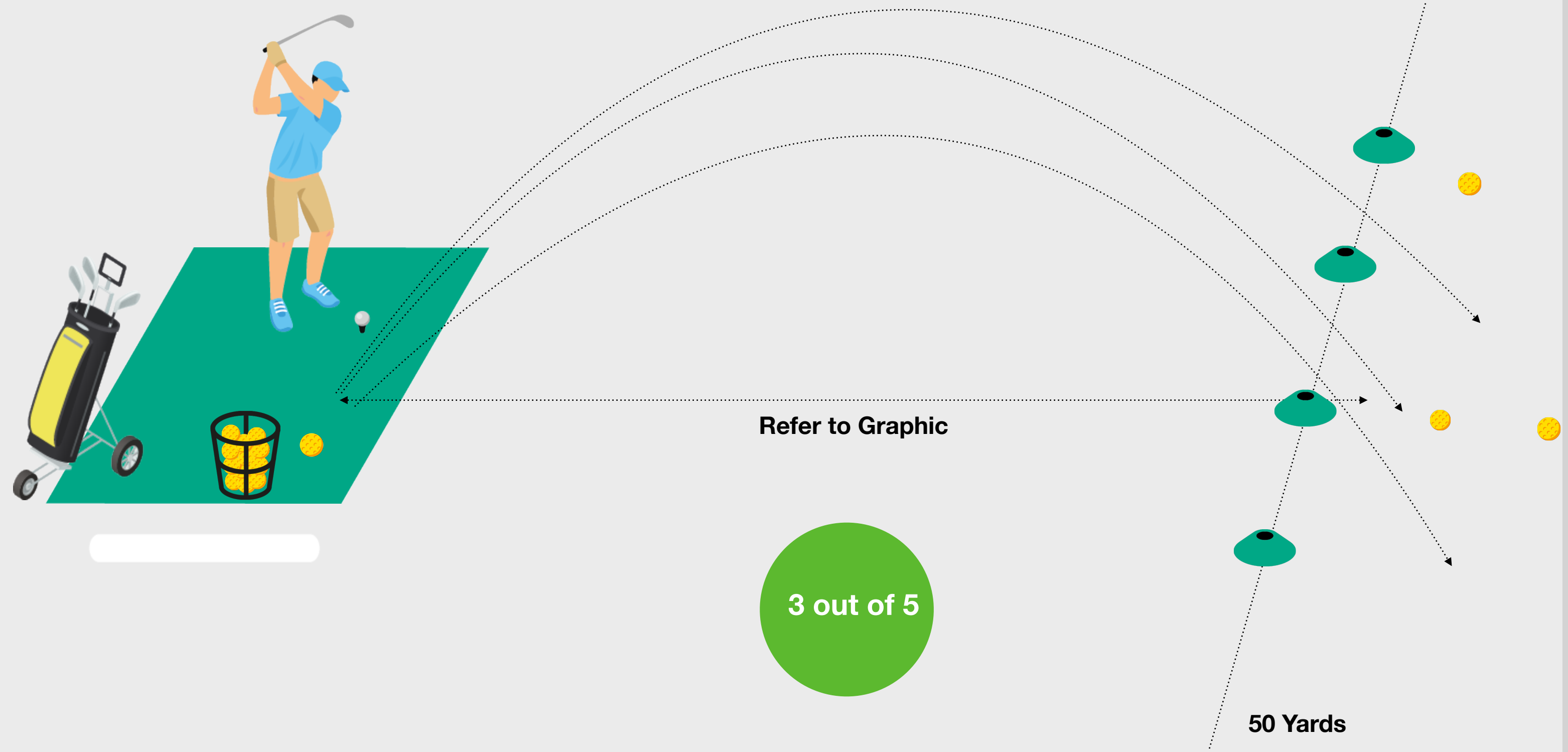
To complete the Step 2 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots in the air and a minimum carry distance of 50 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

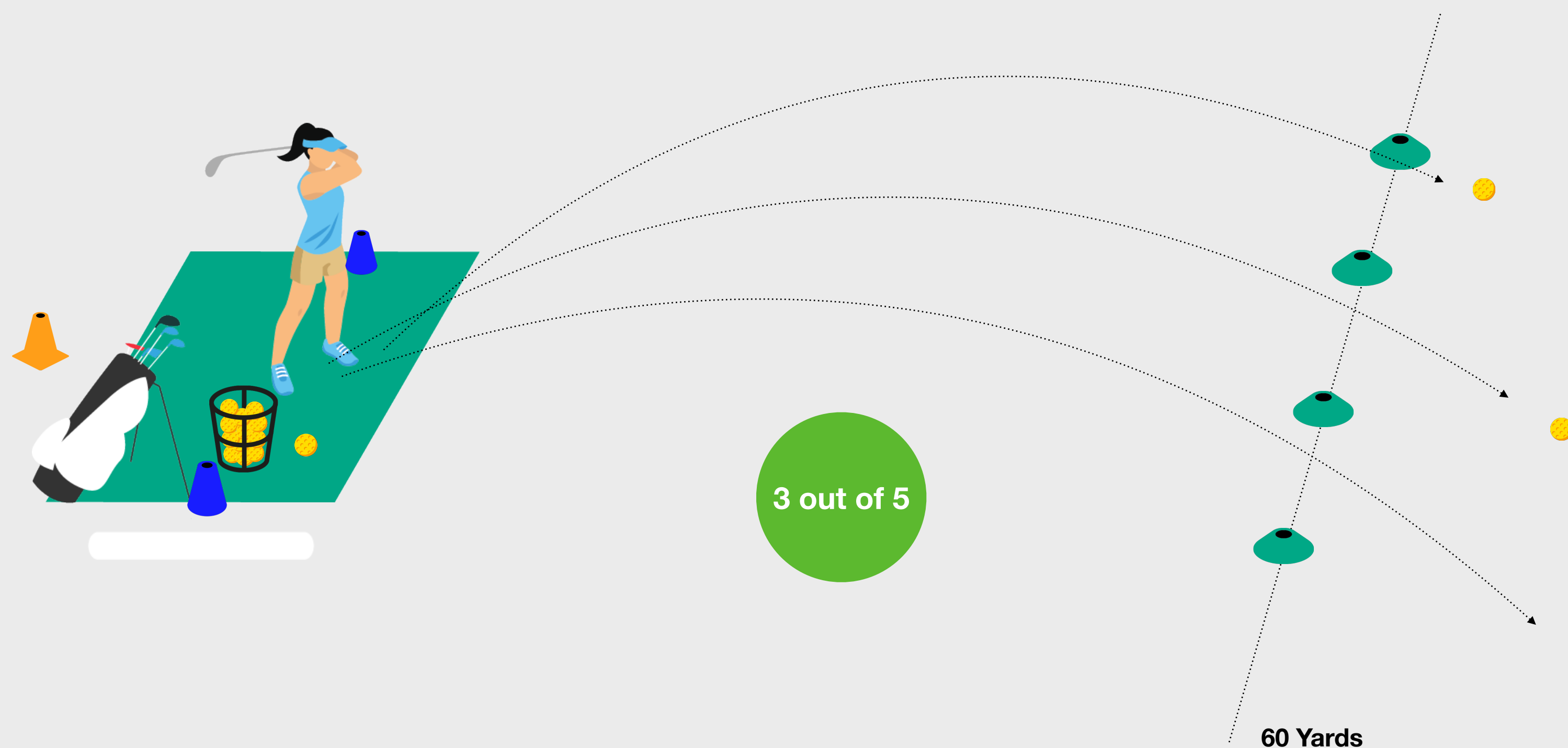
## What should the Learner do next?

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



# Hybrid/Fairway Wood 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 60 yards.

To complete the challenge, the learner doesn't need to demonstrate control over direction. This challenge can be attempted off a tee.

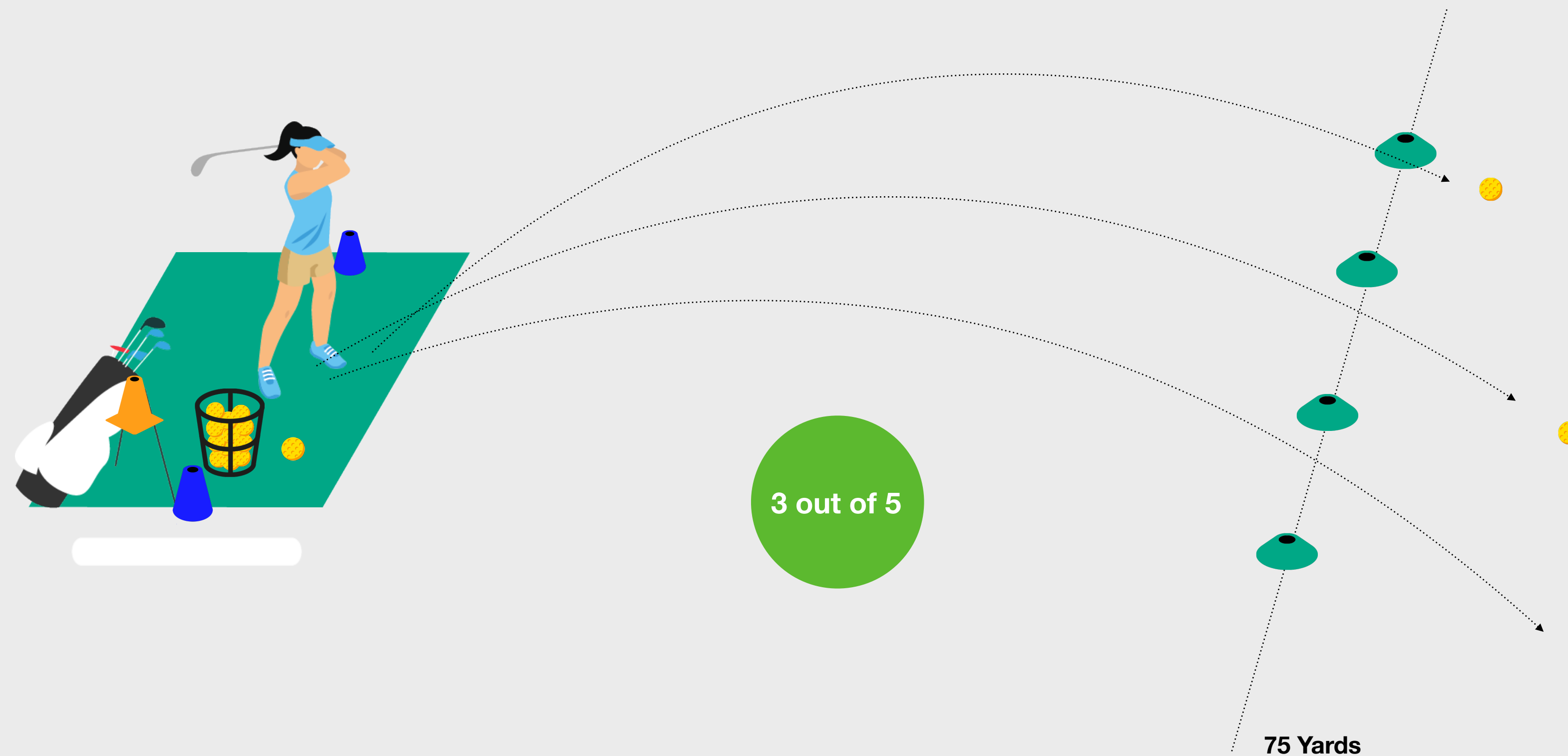
## What should the Learner do next?

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



# Driver 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 75 yards.

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

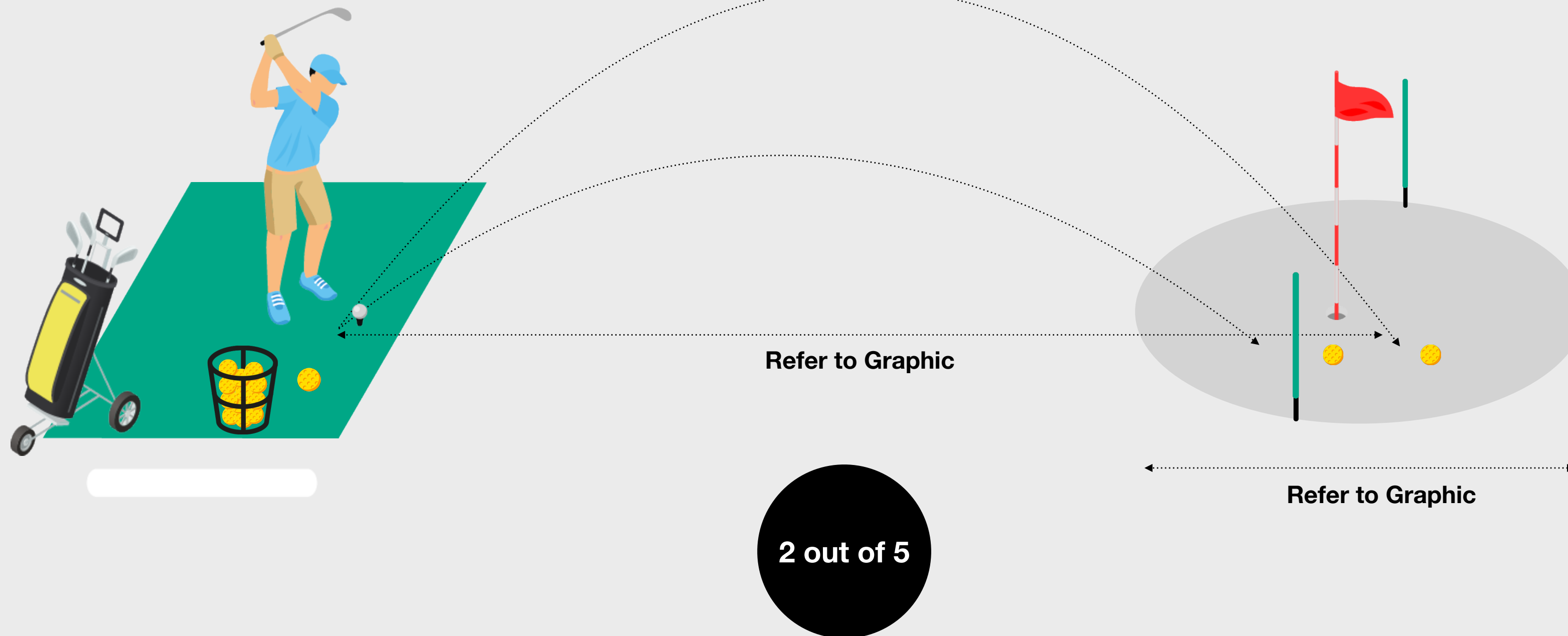
## What should the Learner do next?

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



# Iron Challenge

	Yardages	Target 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

Irons

3



# Hybrid/Fairway Wood Challenge

	Yardages	Target Gate
<b>Hybrid/Fairway Wood Distances</b> <i>(Where the ball comes to rest)</i>	100	20 yard wide target gate
	125	25 yard wide target gate
	150	30 yard wide target gate
	175	35 yard wide target gate



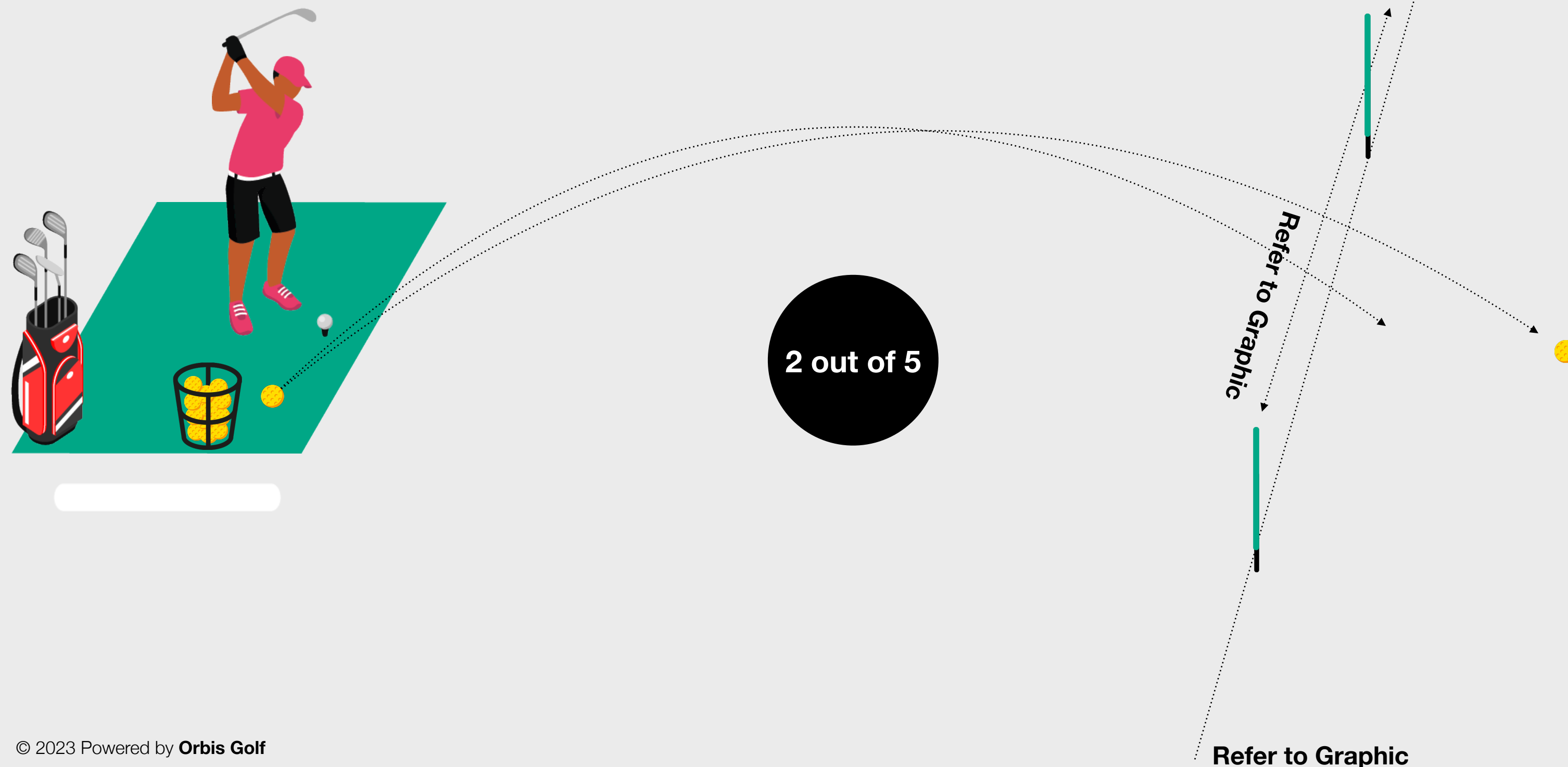
## The Challenge

To complete the Step 3 Challenge the learner needs to demonstrate the ability to hit 3 out of 5 shots to travel through and come to rest between the target gate at the learners approximate fairway wood total distance (minimum of 100 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



# Driver Challenge

	Yardages	Target Gate
<b>Driver Distances</b> <i>(Where the ball comes to rest)</i>	125	25 yard wide target gate
	150	30 yard wide target gate
	175	35 yard wide target gate
	200	40 yard wide target gate



## The Challenge

To complete the Step 3 Challenge the learner needs to demonstrate the ability to hit 2 out of 5 shots to travel through and come to rest between the target gate at the learners approximate driver total distance (Minimum of 125 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

