

Golf School *Master the Game - Half Day*

Master the Game Half Day Golf School



ORBISgolf™

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Golf School Timetable

Golf School Master the Game - Half Day

Half Day Golf School Timetable

Session Length:
180 mins

Group Size:
1:8

Skill Focus:
Putting, Chipping, Pitching, Bunker, Irons, Fairway Woods and Driver

Scoring Goal Challenges:
Short Putts Challenge
Pitching Challenge
Driver Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction & Putting Warm up	<ul style="list-style-type: none"> Welcome and outline plan objectives for the session Students to do some self guided putting practice to get accustomed to the green speed 	Waterfall challenge Strike Point Landing Zones
30 Mins	Putting & Chipping <ul style="list-style-type: none"> Pace control Correct strike Landing zone 	<ul style="list-style-type: none"> Introduce games, tasks and challenges for pace control, correct strike and landing zone distance and club selection Deliver one to one and group coaching within the structure of the games and challenges set up for each technical element 	Control Distance Hurdles High or Low Bunkers
30 Mins	Pitching and Bunker <ul style="list-style-type: none"> Fundamentals of set up Varying distance Club selection 	<ul style="list-style-type: none"> Introduce games, tasks and challenges to encourage the fundamentals of set up, varying distance and club selection Deliver one to one and group coaching within the structure of the games and challenges set up for each technical element 	
10 Mins	Mid-Morning Break / Breakout Session	<ul style="list-style-type: none"> Opportunity to engage in group discussion and questions Opportunity to reinforce the technical learning outcomes 	Swing Direction Change Set Up Alignment Check
30 Mins	Irons <ul style="list-style-type: none"> Attack angle Basic Set up Alignment 	<ul style="list-style-type: none"> Introduce games, tasks and challenges for enhancing attack angle, basic set up and alignment Deliver one to one and group coaching within the structure of the games and challenges set up for each technical element 	Speed Swinger Face Contact Fairway Finder
30 Mins	Drivers / Fairway Woods <ul style="list-style-type: none"> Speed Face Strike Accuracy 	<ul style="list-style-type: none"> Introduce games, tasks and challenges to enhance speed, face strike and accuracy Deliver one to one and group coaching within the structure of the games and challenges set up for each technical element 	Short Putts Challenge Pitching Challenge Driver Challenge
30 Mins	Scoring Goal Challenges	<ul style="list-style-type: none"> Students can attempt the Scoring Goal Challenges individually or in pairs. You should select the challenges most suitable for your facility ideally picking one challenge from each skill. 	
10 mins	Media on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the student's Student Connect area which may include notes, videos and documents. 	<ul style="list-style-type: none"> GLF. Connect App

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10 mins	Media on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the student's Student Connect area which may include notes, videos and documents. 	<ul style="list-style-type: none"> GLF. Connect App

Objectives and Setup



Technical Guidance

The technical guidance we are prescribing is to be delivered as you see fit, you should use your experience, preferences and be sure to link your technical advice to how this will help students to improve the key skill of putting. Some of technical content you may want to explore in this session may include:

- Putter **Pace Control** - Outline to the student the importance of pace control in putting under 10 feet
- Chipping **Correct strike** - Outline to the students the importance of getting the correct contact on a chip shot and the difference this can make
- Chipping **Landing zones** - Explain to the students how choosing different landing zones can impact on the outcome for each shot
- Pitching **Varying Distance** - Describe to the students how to vary the distance for carry, by altering the length of swing and set up
- Pitching **Club Selection** - Explain to the students importance of club selection within pitching and how ground conditions can impact on this selection
- Bunker **Shot Selection and Landing Zones** - Outline to the student importance of selecting the right shot and choosing the correct landing zone for that shot
- Irons **Attack angle** - Outline to the students, the important of heading down on the ball in order to improve their attack, angle and strike on the golf ball
- Irons **Set up** - Demonstrate to the students, the correct set up for an iron and how the ball position will alter as the club changes
- Irons **Alignment** - Show the students the correct alignment for an iron shot. Demonstrate how incorrect alignment will affect ball position and contact with the ball
- Fairway Woods **Face Control** - Outline to the students, the importance of controlling the club face, when hitting a fairway wood from the turf
- Driver **Speed** - Demonstrate to the students are increasing the speed of the club head with a driver will have a big impact on the total distance they can achieve
- Driver **Accuracy** - Outline to the students how to best achieve enhanced accuracy, when hitting their drivers



Keep your technical instruction to less than 5 minutes to allow maximum time for play, practice, and for you to reinforce key skills through individual tuition. Encourage the use of different clubs for practice and exploration of skills through discovery and game-based learning.



TRACKMAN Integration

Several of the games and challenges can be enhanced with the integration of a Trackman 4 radar. On the relevant slides you will see a Trackman sticker with the suggested data to enhance the challenge and the feedback to the customer. See below a summary of the key data Trackman 4 will produce.

Swing

Club Speed The linear speed of the club head's center just prior to first contact with the golf ball	Attack Angle The up or down movement of the club head of contact between the club and ball	Launch Angle The vertical angle the golf ball takes off at relative to the horizon	Club path The in-to-out or out-to-in movement of the club head
Face Angle The direction the club face is pointing at the point of contact between the club and ball	Face to Path The angle difference between the reported face angle and club path	Low Point Distance from the club head to the lowest point on the swing arc at the time impact	Launch Direction The horizontal angle the golf ball takes off at relative to the target line
Ball Speed The speed of the golf ball's center of gravity at impact	Carry The straight-line distance between where the golf ball was launched from and where it lands	Side The perpendicular distance between the target line and where the ball crosses a point	Total The straight-line distance between where the golf ball was launched from and its resting position.

On the Green

Club Speed The speed the putter head is traveling immediately prior to impact	Backswing Time The time the putter head is traveling away from the ball	Stroke Length The distance the putter head is pulled back from the ball in the backswing	Forward Swing Time The time the putter head is traveling towards the ball until impact
Tempo The Backswing time divided by the Forward swing time	Skid Distance The distance the ball is bouncing/sliding until it starts to roll	Launch Direction The angle the ball starts right or left in relation to the target line.	Ball Speed Initial ball speed immediately after separation from the putter face.

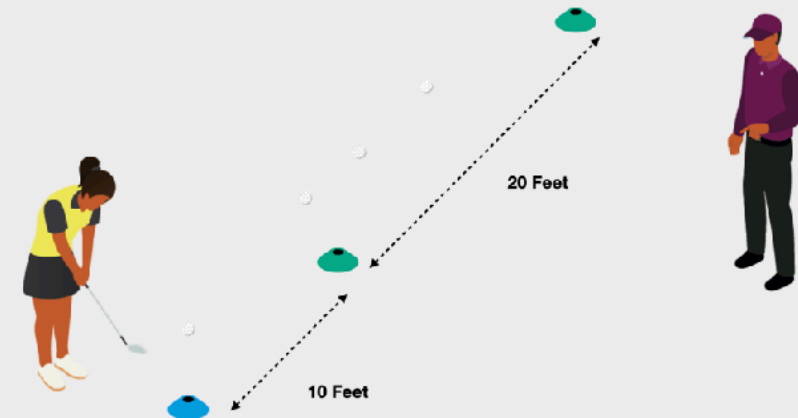
TRACKMAN

Use the 'TOTAL', 'CARRY' and 'SIDE' features to enhance the students experience and give some additional feedback.

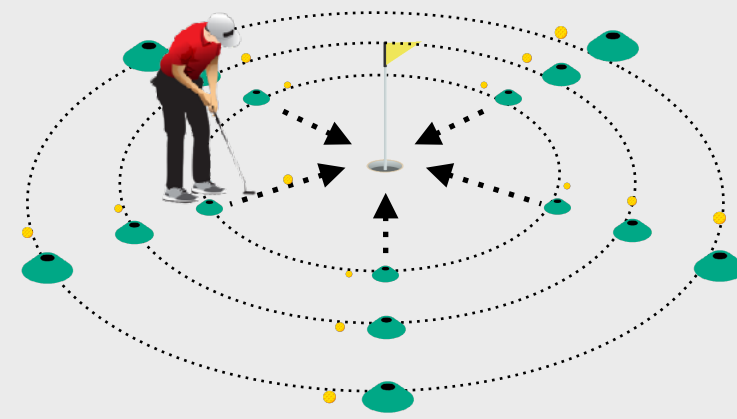
Keep an eye out for the Trackman Sticker on the game or challenge cards

Class Layout and Setup

Station 1:
Practice Station
Waterfall Challenge



Challenge Station



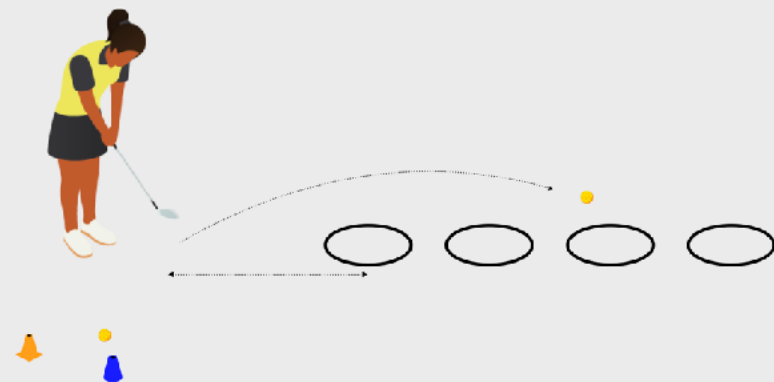
Station 2:
Practice Station
Strike Point



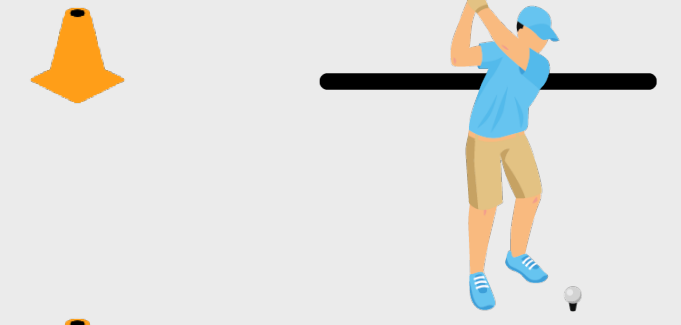
Station 6:
Game Station
High or Low... Bunker!



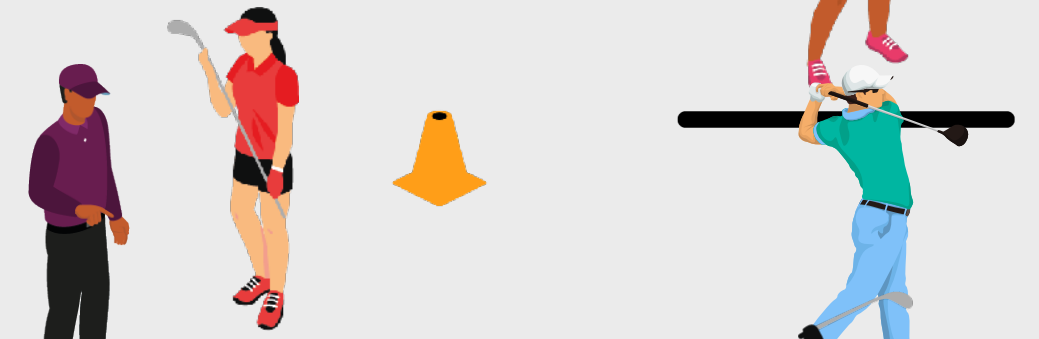
Station 3:
Game Station
Landing Zones



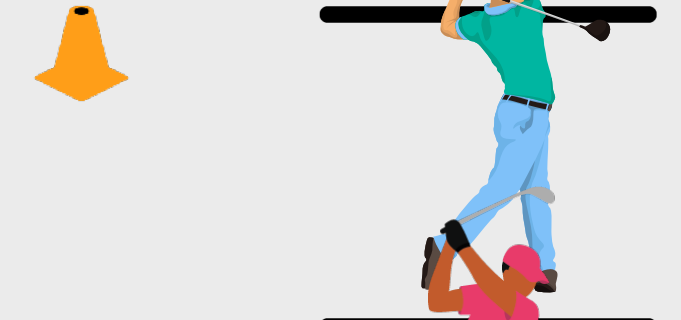
Station 1:
Practice Station
Alignment Check



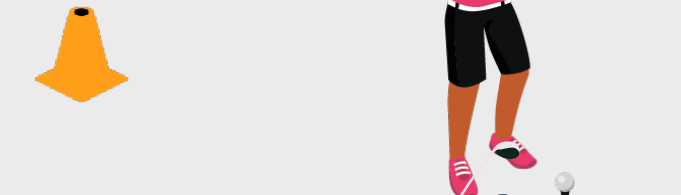
Station 2:
Practice Station
Change Set Up



Station 3:
Games Station
Swing Direction



Station 4:
Games Station
Fairway Finder



Station 5:
Practice Station
Face Contact



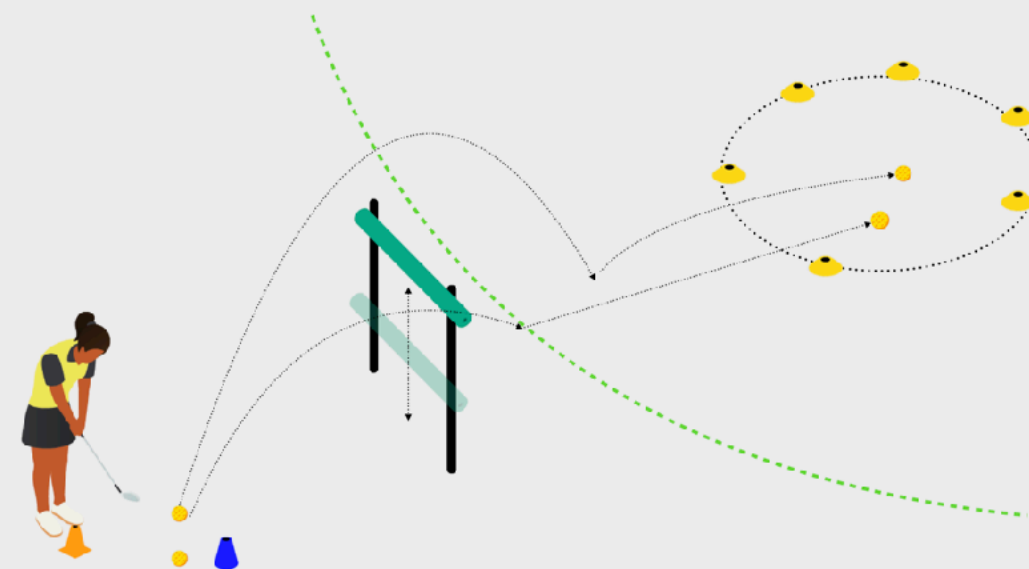
Station 6:
Game Station
Speed Swinger



Station 4:
Game Station
Control Distance



Station 5:
Game Station
Hurdles



Practice Stations and Game Cards

Themed Class Plans

Control Distance

About
The Practice Station Activity has been built to provide an engaging practice element to your class and provide a focused themed class focus.

Equipment Needs

- 12 cones
- Golf balls

How to Practice

- Set this activity up with 3 different sized boxes (10, 20 yards and 30 yards) from the learner.
- The learner should practice chipping the ball at different distances using the same club, by varying the speed of the swing.
- Encourage them to start by controlling the length of the stroke, similarly to how they learnt to control the ball further; and then gradually increase the length of the stroke and speed of the stroke to ball further.
- This practice is learnt using the same club (e.g. a 7 iron would be best to lower lofted club).

Technical Li

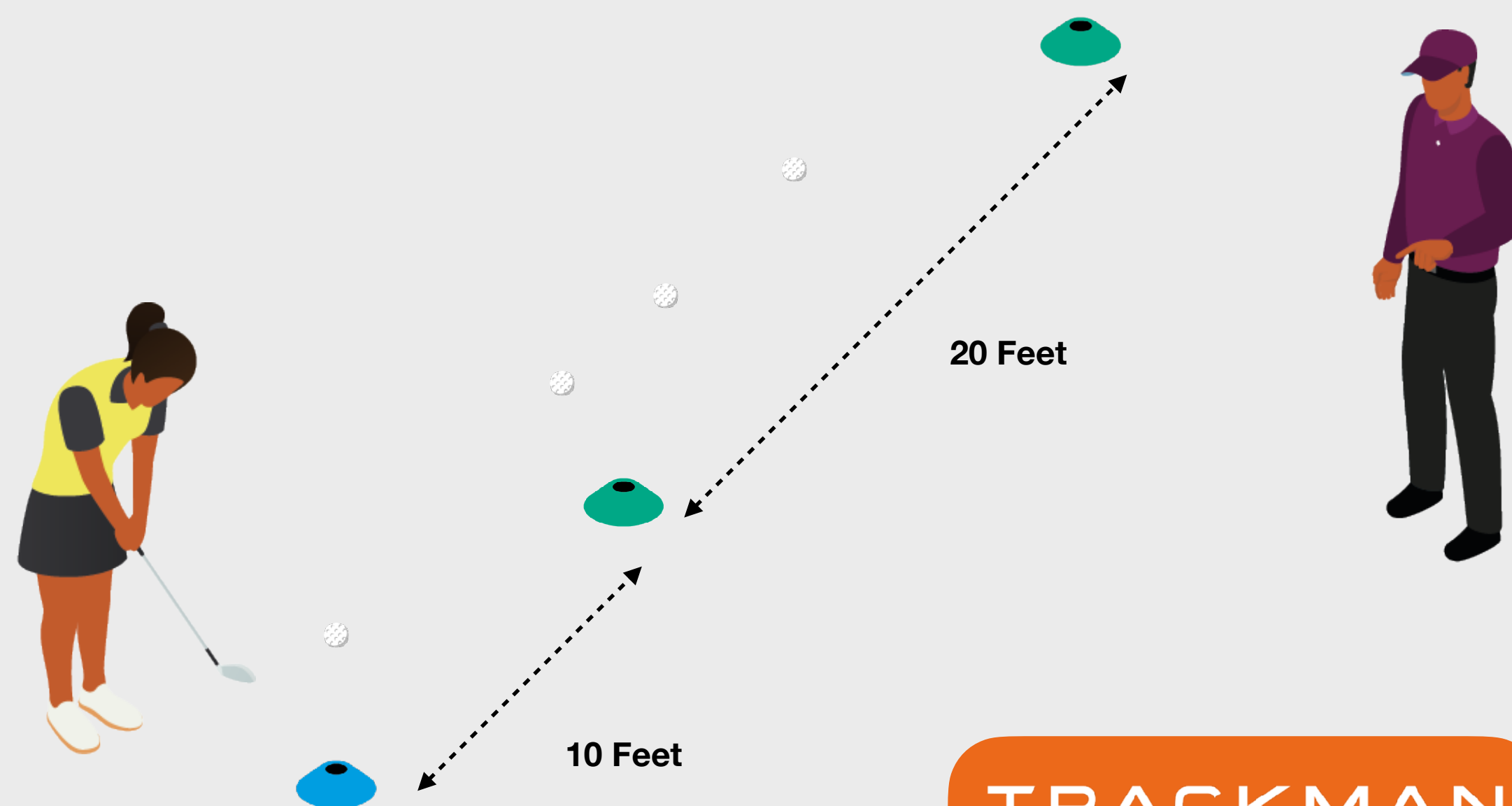
- This activity help the learner to understand the importance of a shot based on the control the speed of the stroke.
- This activity will help the learner to gain so consistency around the green by becoming confident in one particular type of club.

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Putting and Chipping



Waterfall Challenge



TRACKMAN

Use the 'CLUB SPEED' and 'STROKE LENGTH' features to enhance the students experience and give some additional feedback.

Equipment Needed

- Cones
- Putter
- Golf balls

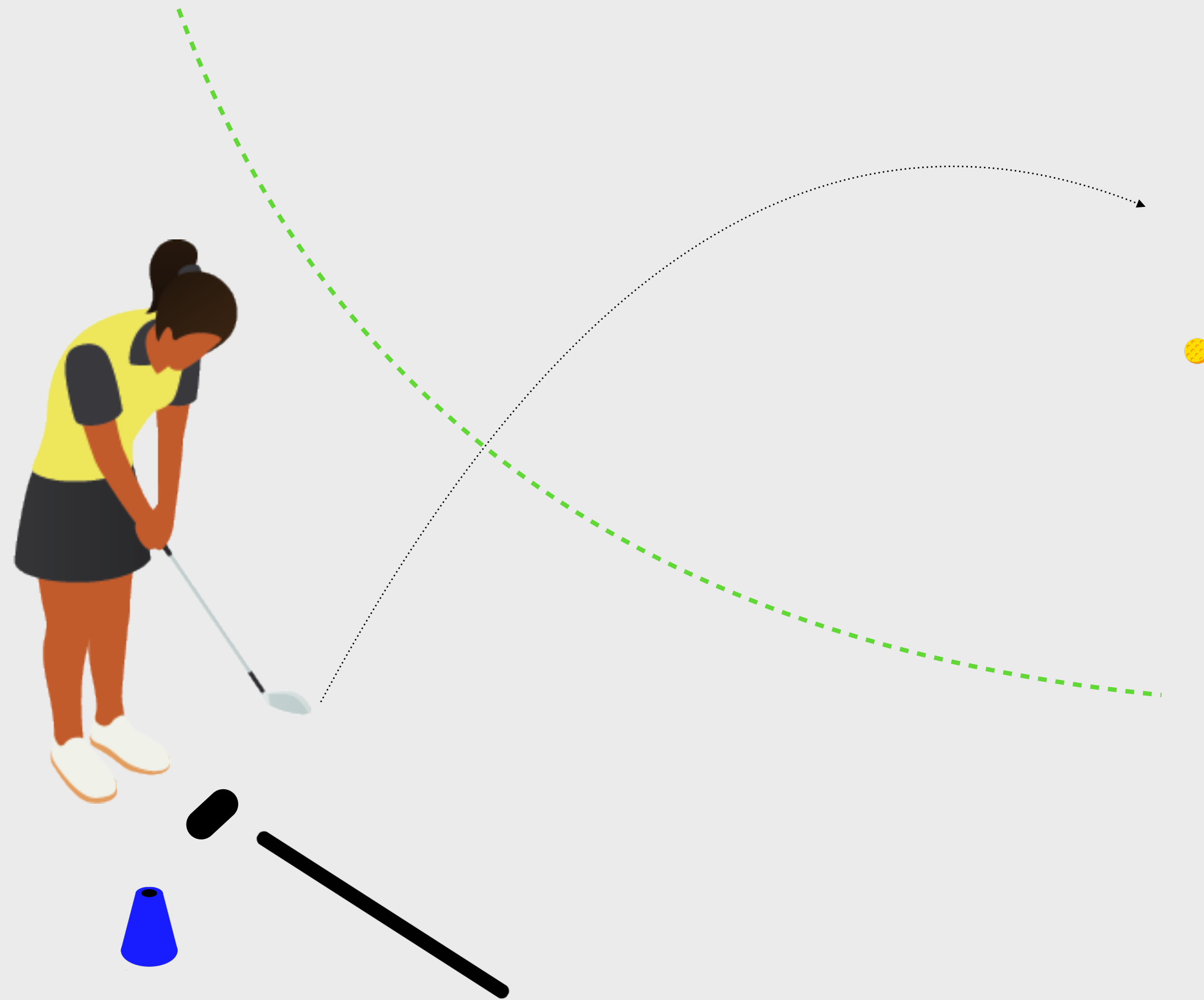
How to Practice

- Set up this activity with the cones placed 10 feet and 30 feet away.
- The objective of the game is to get as many balls as possible between the cones.
- The student always starts from the blue cone and should attempt to putt their first ball just past the first cone, which is 10 feet away.
- If successful, the student then tries to putt their second ball just beyond their first ball, but not too far, as this would reduce the space they have to aim for their next ball.
- The student continues until either they fail to get their ball past their previous attempt or they putt it beyond the furthest cone.

Technical Link

- This activity will help the student improve their distance control as it requires precise, incremental differences in each putt.

Strike Point



Equipment Needed

- 1 Alignment sticks
- Pitching Wedge or Sand Wedge
- Golf ball

How to Practice

- The alignment stick should be positioned opposite the center of the student's stance to provide feedback on where they make contact with the ground during their pitch shot.
- Have the student take a few practice swings and adjust their stroke if they don't brush the ground where the alignment stick is placed.
- Once they've completed a few practice swings, place a ball in the same spot and instruct them to repeat the same action for a solid strike.
- Don't focus on aiming at a specific target; instead, encourage them to practice achieving consecutive solid contacts and observe the flight and roll of the ball when they make good contact.

Technical Link

- This activity will assist the student in understanding how to achieve a solid contact and how to make adjustments if they are initially unsuccessful.
- Furthermore, it will help the student comprehend the flight characteristics of a well-struck pitch shot.

Landing Zones

Equipment Needed

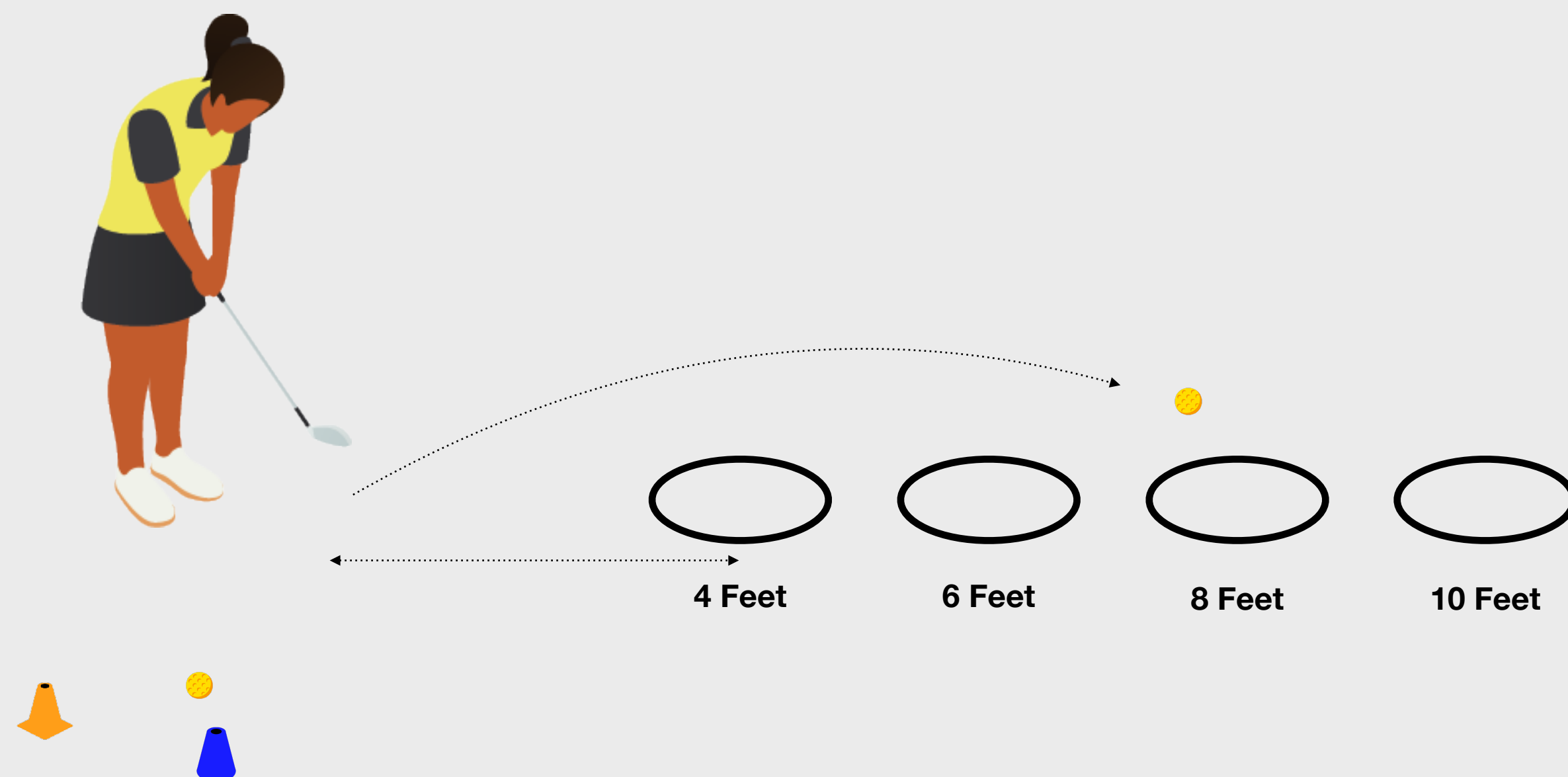
- Hoops
- Golf balls

How to Play

- Place the hoops on the ground at distances ranging from 4 to 10 feet.
- The objective is to chip the ball and make it land within the first hoop, followed by each subsequent hoop.
- The student should keep track of the number of shots it takes to successfully chip the ball into each hoop.

Progression Ideas

- Set a limit on the number of attempts to complete the challenge
- Extend the challenge by adding more hoops or asking students to land the ball in each hoop consecutively to the furthest hoop and then back to the closest hoop again



Pitching and Bunker Play



Control Distance



TRACKMAN

Use the 'CARRY' feature to enhance the students experience and give some additional feedback.

Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set up this activity with three differently sized boxes positioned at distances of 10 yards, 20 yards, and 30 yards from the student.
- The student should practice pitching the ball to various distances using the same club by adjusting the length and speed of their swing.
- The objective is to accurately land the ball within the corresponding box they are aiming for.

Technical Link

- This activity will aid the student in understanding how to control the distance of a shot by manipulating the length and speed of their stroke.
- Additionally, it will assist the student in developing consistency around the green and increasing confidence when using a longer swing for shorter shots.

Hurdles

Equipment Needed

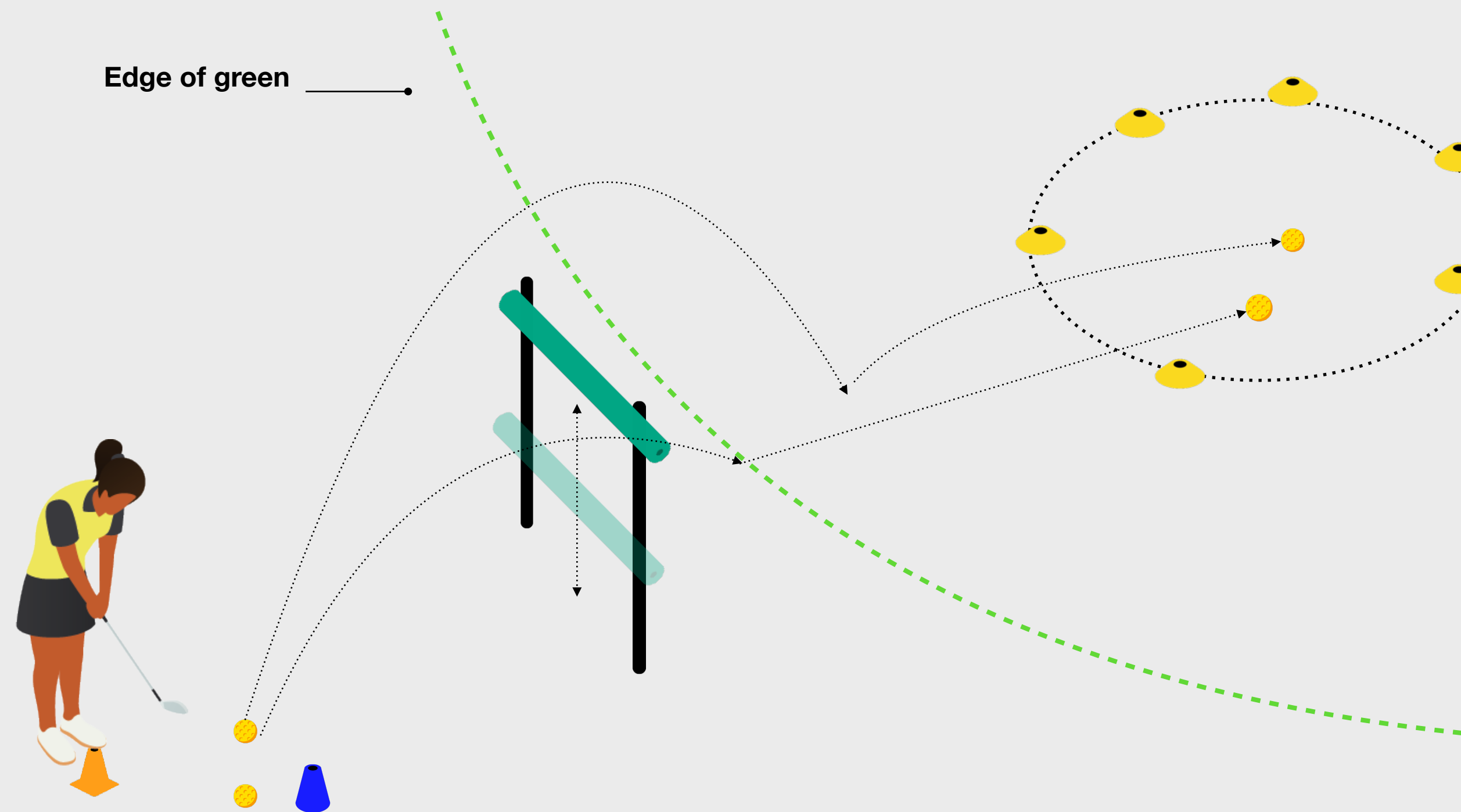
- Alignment sticks and a noodle to create the hurdles
- Golf balls
- 7 Cones to create target

How to Play

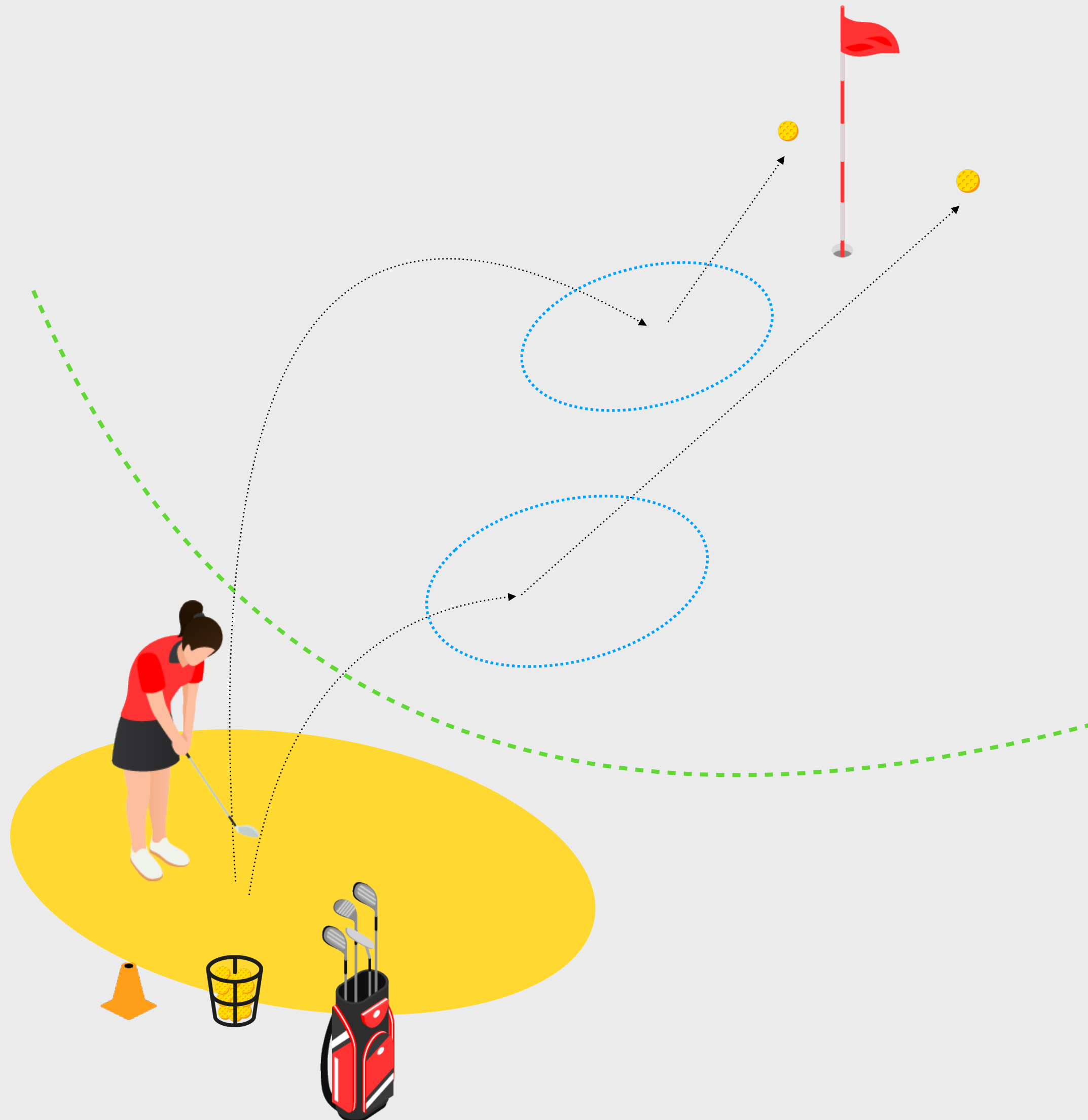
- Place the hurdles 5 feet ahead of the student
- The objective is to chip the ball over the crossbar of the hurdles and land it in the appropriate spot for the ball to roll into the circle.
- The student will have a total of 10 attempts to chip the ball over the hurdles using two different clubs and two different hurdle heights.
- 5 shots with a 8 iron with 30% through the air and 70% rolling
- 5 shots with a SW with 70% through the air and 30% rolling

Progression Ideas

- Vary the height of the noodle
- Vary the position of the target circle



High or Low... Bunker!



Equipment Needed

- Bunker
- SW or similar
- Golf balls
- Cones or hoops for target circle

How to Play

- Position the student in a bunker on the edge of the chipping green
- Pick a position on the edge of the green with lots of green to work with
- Ask the student to attempt to hit a high shot with less roll and a low shot with more roll
- Ask the students to vary the setup to try and achieve this change of shot type
- The coach or fellow student shouts out 'HIGH' or 'LOW' to the student
- If the student lands the ball in the target circle and the ball remains on the green they will earn 5 points

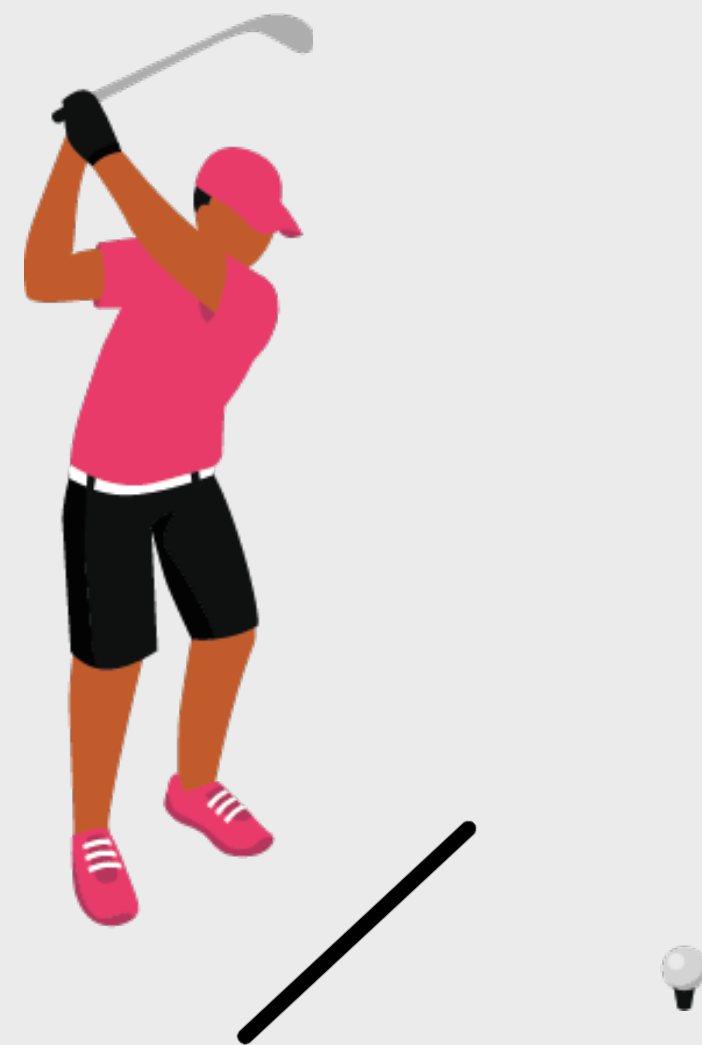
Progression Ideas

- Make the target circle smaller and vary the distances from the student

Irons



Alignment Check



TRACKMAN

Use the 'LAUNCH DIRECTION' AND 'SIDE', features to enhance the students experience and give some additional feedback.

Equipment Needed

- Tees
- Driver
- Golf Balls

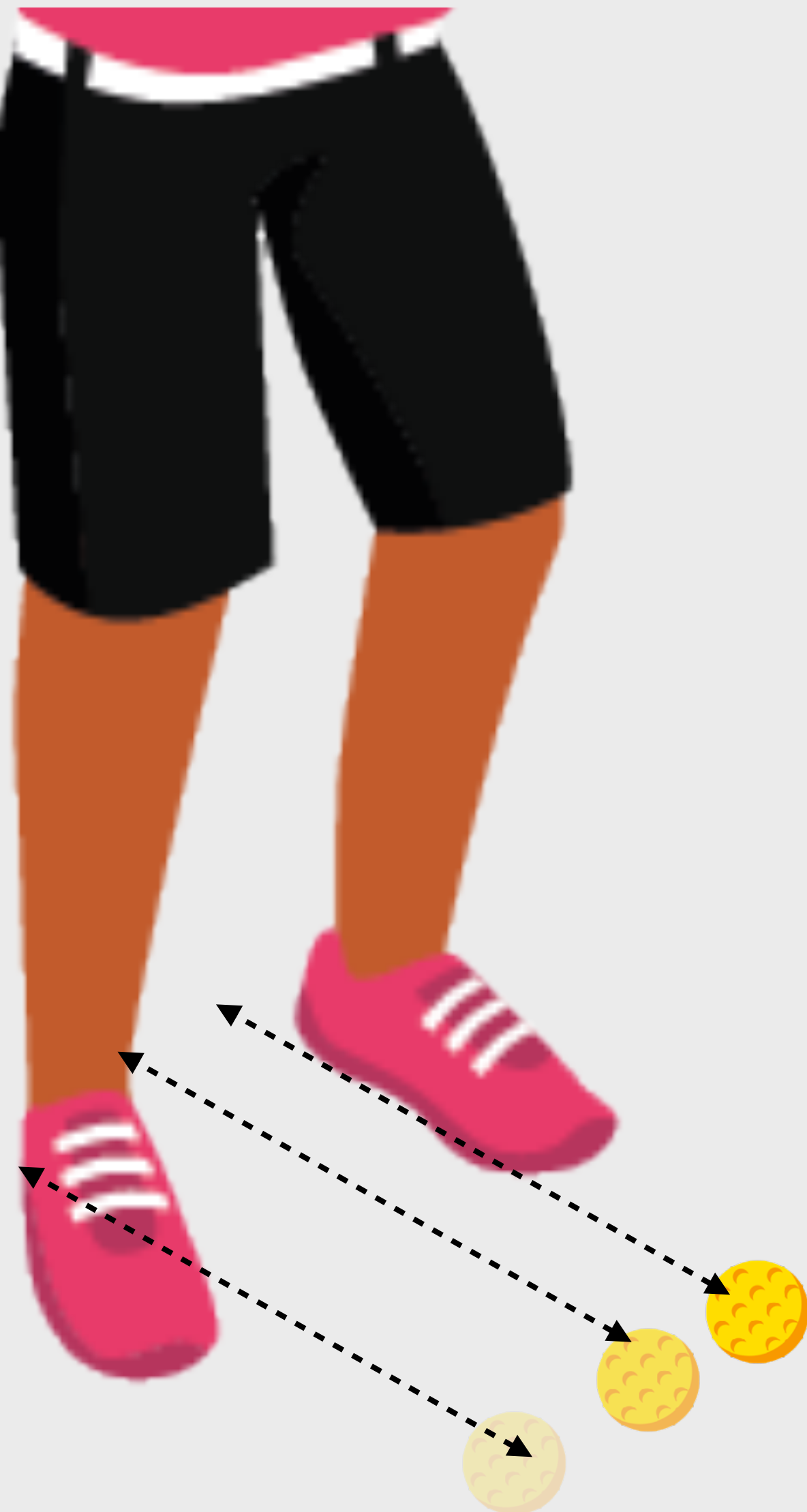
How to Practice

- Students should work in pairs to assist each other in checking their alignment.
- The student should use the alignment stick to ensure they are roughly parallel to their intended target.
- It is important for the student to experiment with aligning themselves significantly to the right and left of the target to develop a true understanding of what aiming directly at the target feels like.
- This exercise will help the student build a strong sense of alignment and improve their overall aim.

Technical Link

- This activity will assist the student in comprehending the correlation between their perception and the actual alignment when taking aim.
- It will provide students with the opportunity to collaborate and develop a deeper understanding of how alignment plays a crucial role in preparing for a successful golf shot.

Change Set Up



Equipment Needed

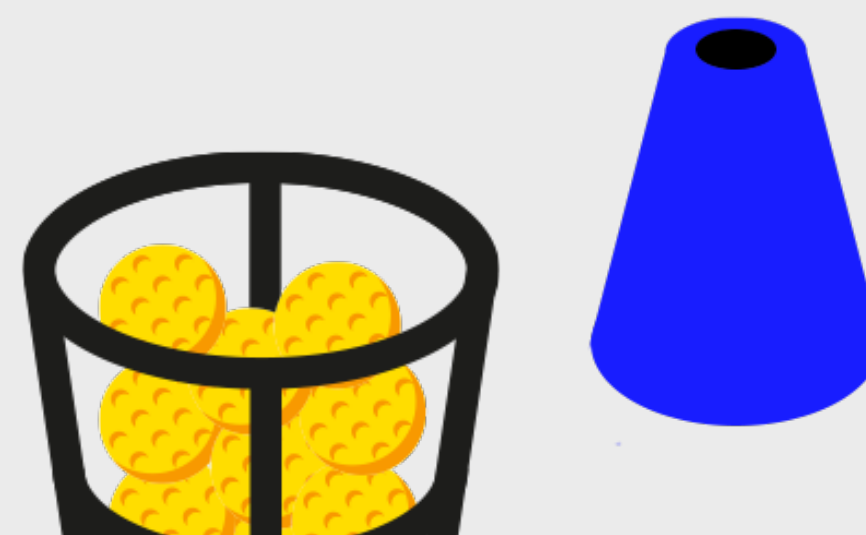
- Driving range
- Golf balls
- Cones

How to Practice

- Students should explore how changes in their setup affect shot consistency and type.
- They can experiment by adjusting ball position in their stance and observing the differences.
- Similarly, altering alignment will impact shot consistency and quality.
- This helps students understand the relationship between setup variables and their overall performance.

Technical Link

- Allowing the learning to change and adjust their setup will help them understand the importance of a correct set up and the difference it makes



Swing Direction



TRACKMAN

Use the 'SWING DIRECTION' and 'FACE TO PATH' features to enhance the students experience and give some additional feedback.

Equipment Needed

- 7 Iron

How to Practice

- Practice using alignment sticks to control club direction.
- Adjust the sticks to aim left and right of the target to develop swing control.
- Start with small swings and progress to fuller swings as confidence in controlling the direction improves.

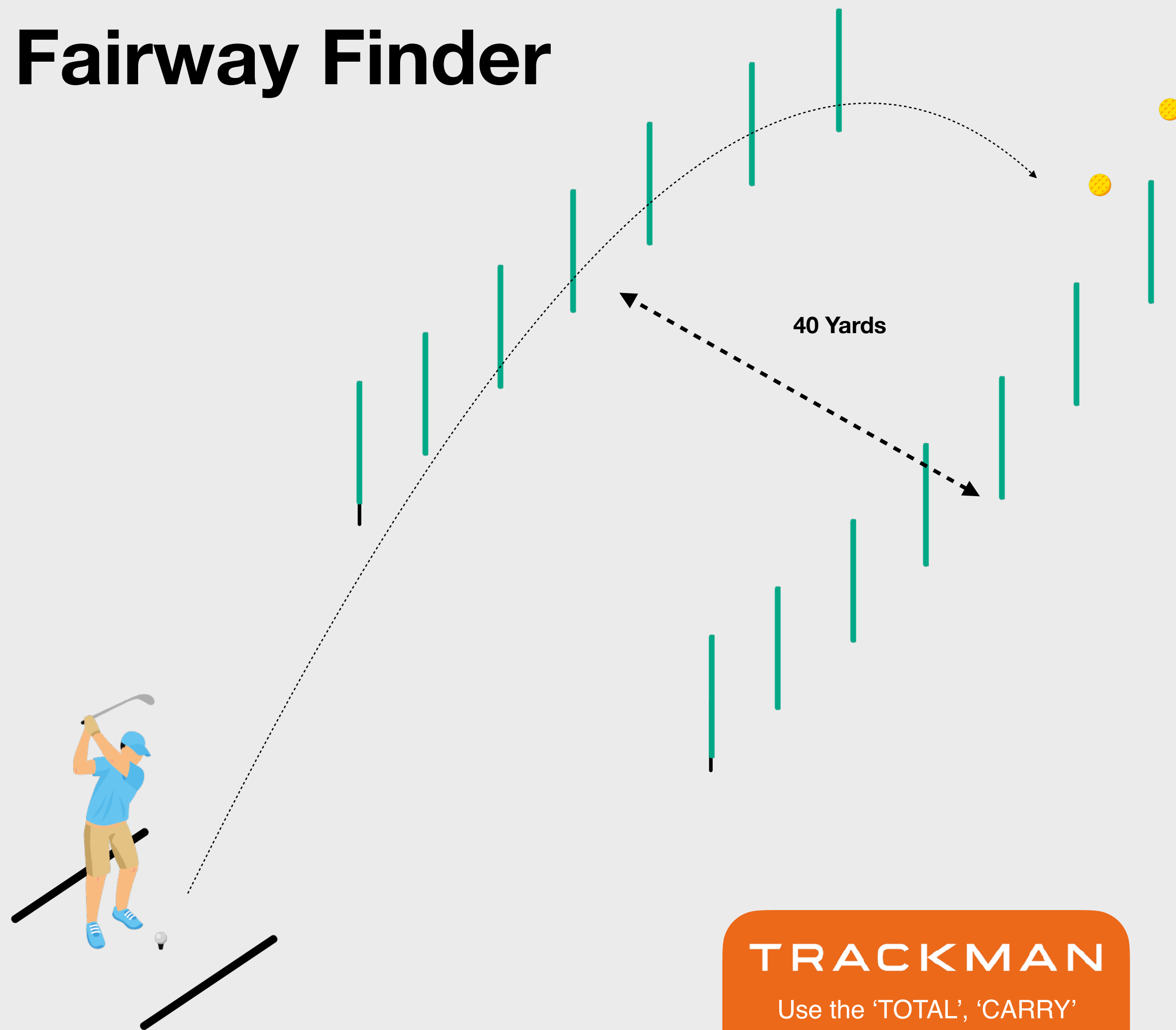
Technical Link

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

Driver/ Fairway Woods



Fairway Finder



TRACKMAN

Use the 'TOTAL', 'CARRY' and 'SIDE' features to enhance the students experience and give some additional feedback.

Equipment Needed

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

How to Practice

- Create a fairway area on the driving range utilizing existing targets, cones, or alignment sticks.
- Instruct students to hit golf balls and aim to land them in the fairway using their stock shot, which can involve a fairway wood.
- Ask students to hit 10 shots and keep track of how many out of 10 they successfully land in the fairway.

Technical Link

- By having a visual target on the driving range it focuses the students minds onto what is required for a stock shot
- It also shows them what an average fairway width of roughly 40 yards looks like

Face Contact



TRACKMAN

Use the 'FACE' and 'PATH' features to enhance the students experience and give some additional feedback.



Equipment Needed

- Impact Tape
- Driver

How to Play

- The student begins by attempting to strike the ball using a club equipped with impact tape on the face.
- After each shot, they should examine the impact tape to determine where the ball made contact on the club face.
- The student should then intentionally aim to strike the ball using both the toe and heel of the club to develop an understanding of the distinct sensations associated with striking the ball using different parts of the club face.

Progression Ideas

- Challenge the student to strike a particular part of the club face deliberately
- Draw on the face tape to indicate a smaller target that the student has to try to hit

Speed Swinger



TRACKMAN

Use the 'CLUB SPEED', 'BALL SPEED' AND 'TOTAL' features to enhance the students experience and give some additional feedback.

Equipment Needed

- Driver

How to Practice

- The student should focus on practicing high-speed swings to maximise their potential for hitting the ball at greater distances.
- By generating more speed, they can increase their overall distance potential.
- It's important for students to prioritise speed rather than achieving perfect contact during this exercise.

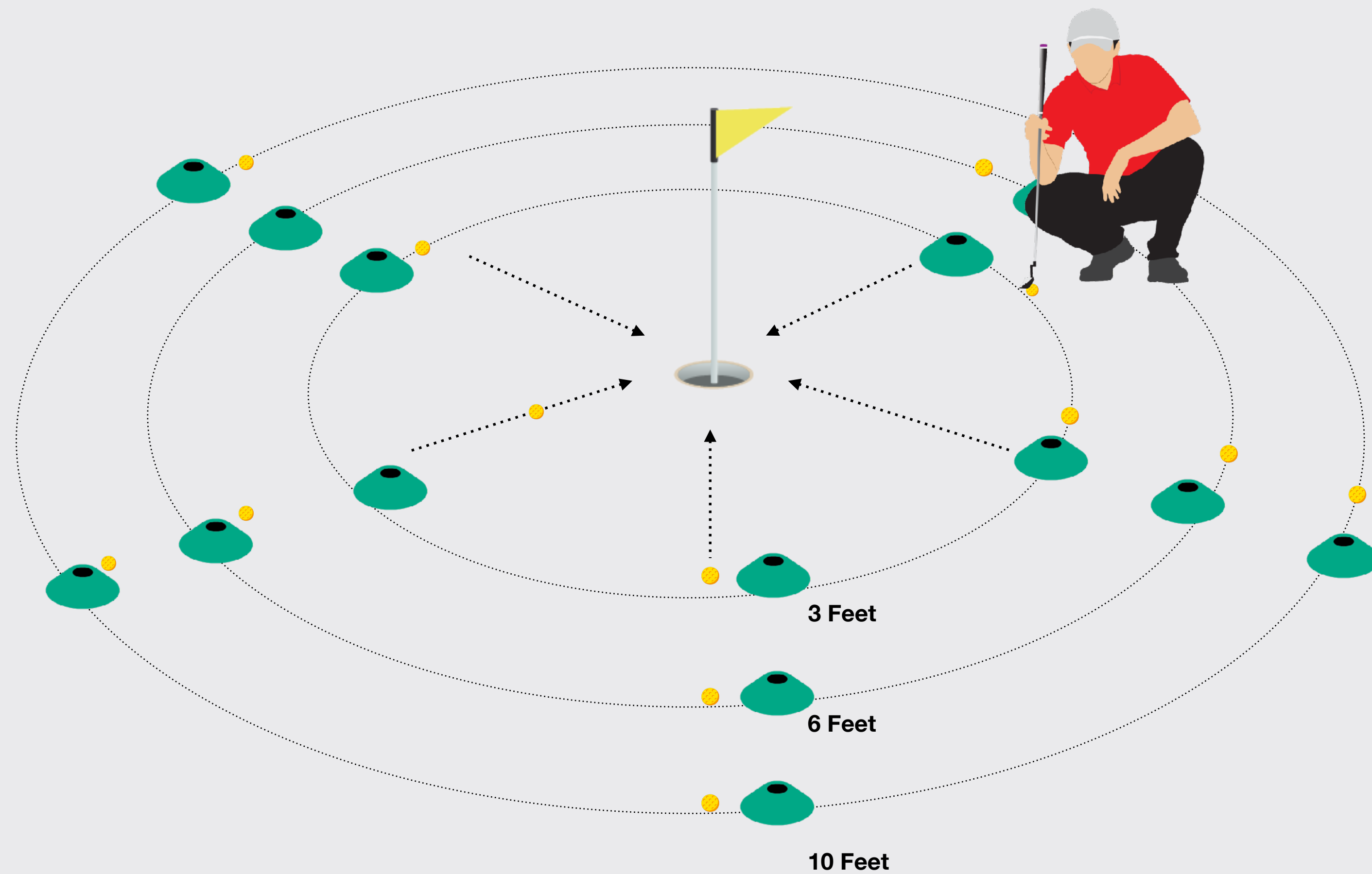
Technical Link

- This activity will help the student to understand the importance of generating speed to hit the ball further

Scoring Goal Challenges



Short Putt Challenge



Attempting the Challenge

- Students hit 10 putts in a random order from each starting position from five positions around the hole.
- Record the result of each attempt on the Challenge Scorecard.

The Challenge

- Hole out from starting positions 3 feet, 6 feet and 10 feet from the hole. You should attempt 10 putts from each distance and putts must be taken evenly from 5 different positions around the hole on a gently sloped surface.

What to do Next:

- On the GLF. Connect App, the student should mark the challenge as complete for scoring goal they complete to achieve their virtual reward.

100

6/10 putts made from 3 feet
4/10 putts made from 6 feet
1/10 putts made from 10 feet

90

7/10 putts made from 3 feet
5/10 putts made from 6 feet
2/10 putts made from 10 feet

85

7/10 putts made from 3 feet
6/10 putts made from 6 feet
3/10 putts made from 10 feet

80

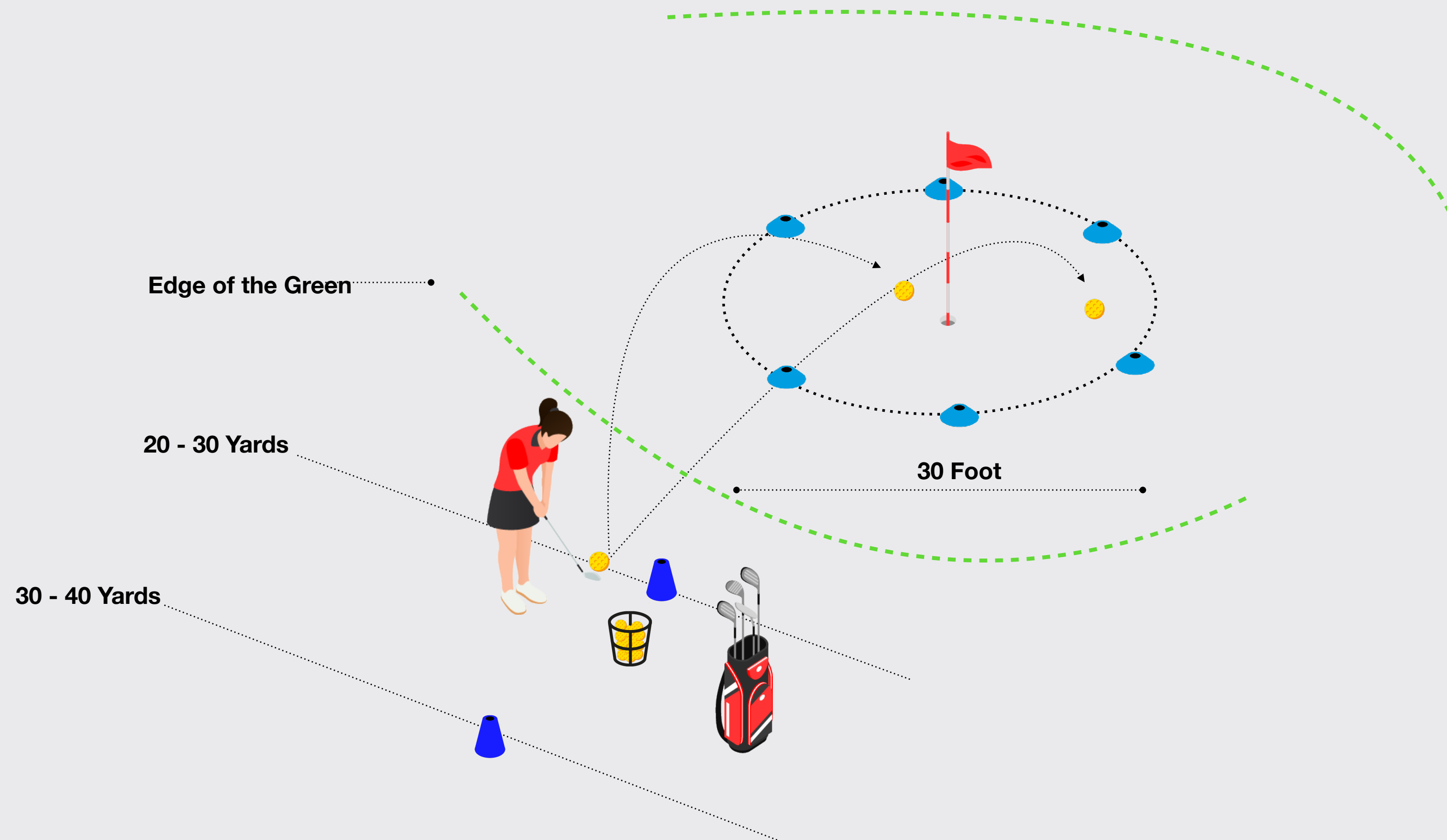
8/10 putts made from 3 feet
6/10 putts made from 6 feet
4/10 putts made from 10 feet

75

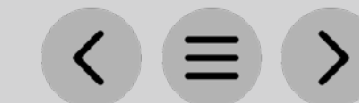
9/10 putts made from 3 feet
7/10 putts made from 6 feet
5/10 putts made from 10 feet



Pitching Challenge



Attempting the Challenge



- Students hit 10 shots in a random order from each starting position to finish with the target circle.
- Record the result of each attempt on the Challenge Scorecard.
- Students should drop the ball on each attempt.

The Challenge

- Attempt to pitch the ball to within the target circle from each position around the green. Students should attempt 10 shots from each starting position.

What to do Next:

- On the GLF. Connect App, the student should mark the challenge as complete for scoring goal they complete to achieve their virtual reward.

100	4/10 pitches within target circle from 20 - 30 yards 3/10 pitches within target circle from 30 - 40 yards
90	5/10 pitches within target circle from 20 - 30 yards 3/10 pitches within target circle from 30 - 40 yards
85	6/10 pitches within target circle from 20 - 30 yards 3/10 pitches within target circle from 30 - 40 yards
80	7/10 pitches within target circle from 20 - 30 yards 4/10 pitches within target circle from 30 - 40 yards
75	7/10 pitches within target circle from 20 - 30 yards 6/10 pitches within target circle from 30 - 40 yards

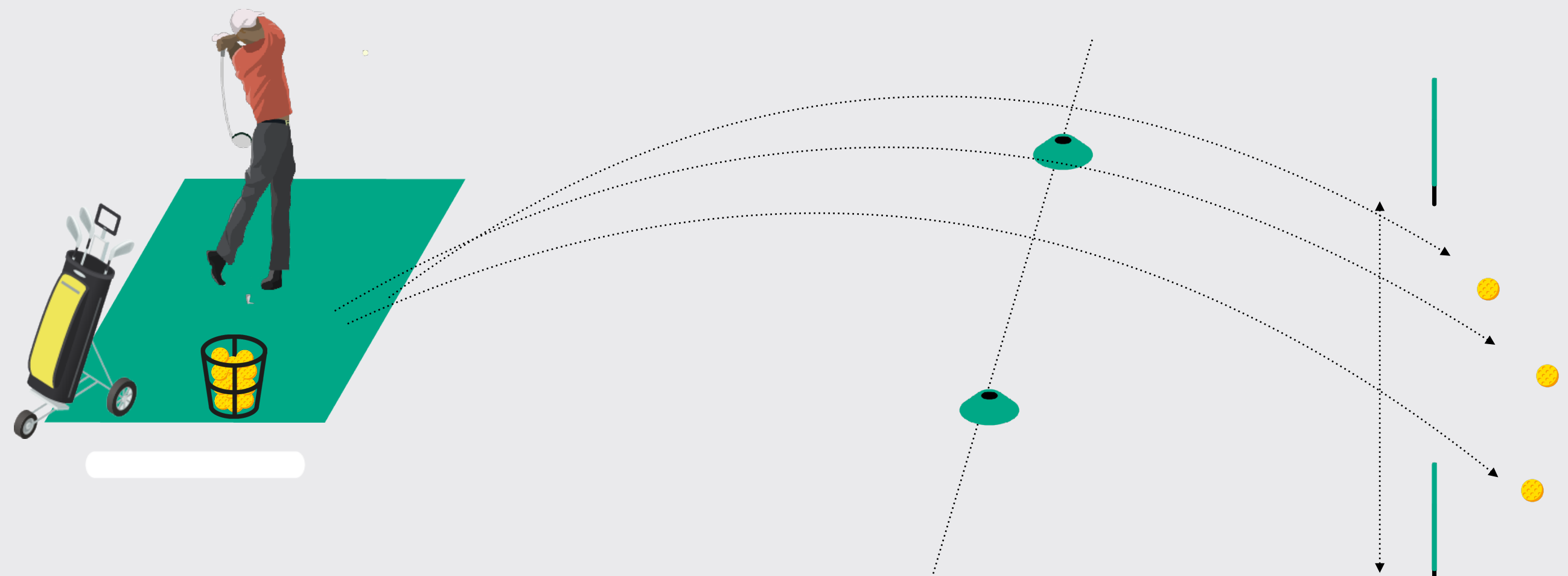


Driver Challenge

TRACKMAN

Use the 'TOTAL', 'CARRY' and 'SIDE' features to provide accurate measurement

	Course Length	Break 100	Break 90	Break 85	Break 80	Break 75
Minimum Distance	< 4500 Yards	120	130	140	150	160
	4500 -5500 Yards	160	170	180	190	200
	5500 -6500 Yards	180	190	200	210	220
	> 6500 Yards	210	220	230	240	250



Minimum Distance

30 Yard Wide Target



Attempting the Challenge



- Students should select the minimum distance based on their home club course length from the table opposite.
- Next, attempt to hit each shot to finish within the target gate and for each shot and note the total distance of each shot relative to the distance markers.
- Record the result of each attempt on the Challenge Scorecard.

The Challenge

- Hit the number of required shots through the 30 yard wide target gate using a Driver. The student has a total of 10 attempts.

What to do Next:

- On the GLF. Connect App, the student should mark the challenge as complete for scoring goal they complete to achieve their virtual reward.

- 100

2/ 10 shots between a target gate

- 90

4/ 10 shots between a target gate

- 85

5/ 10 shots between a target gate

- 80

6/ 10 shots between a target gate

- 75

8/ 10 shots between a target gate
