

Golf School *Master the Green - Half Day*

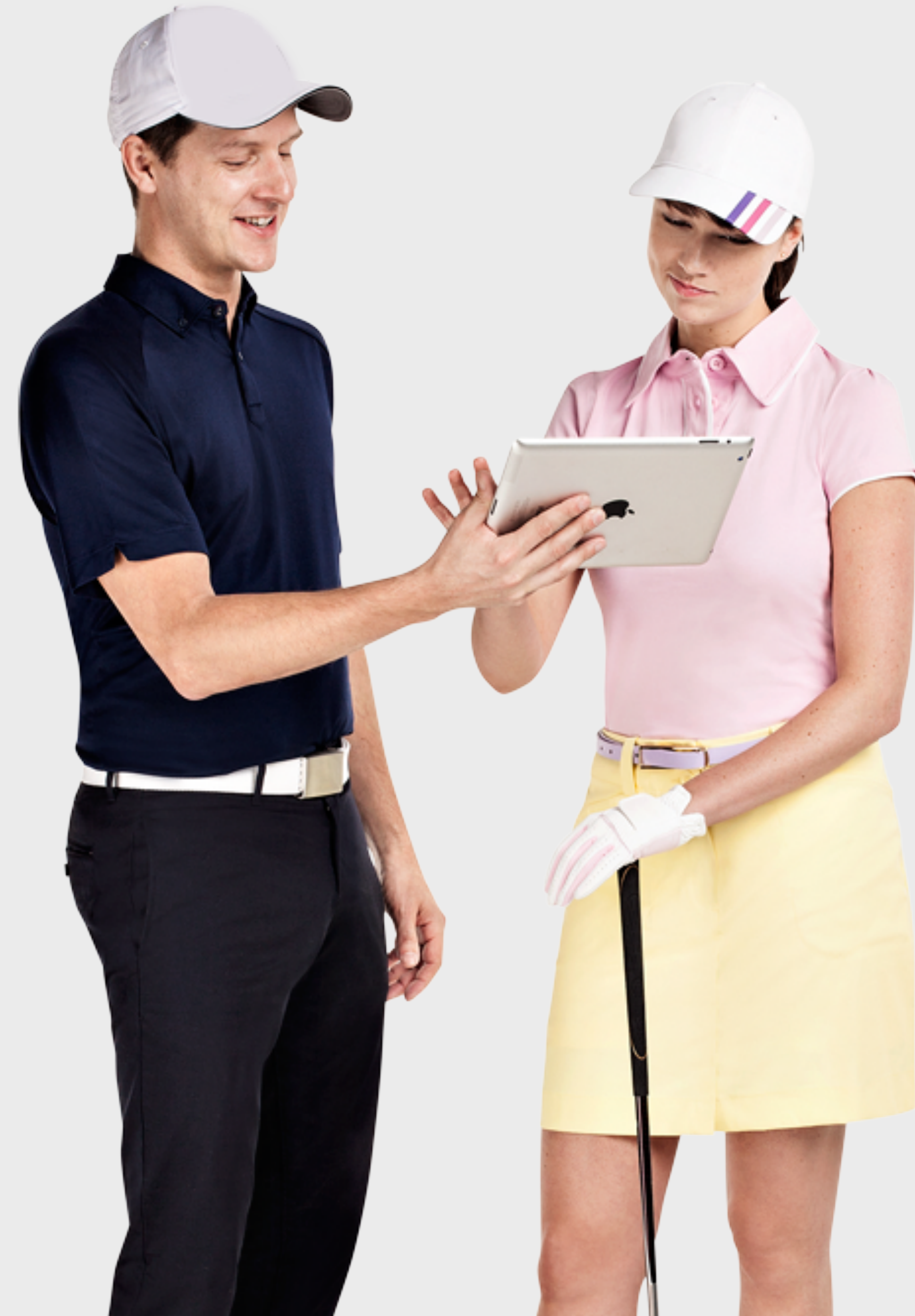
Master the Green Half Day Golf School



ORBISgolf™

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Golf School Timetable



4

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 	
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 	Waterfall challenge Strike Point Landing Zones
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 	Control Distance Hurdles High or Low Bunkers
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

Half Day Golf School Timetable

Session Length:
180 mins

Group Size:
1:8

Skill Focus:
Putting
On the Green

Scoring Goal Challenges:
Short Putts Challenge
Long Putts Challenge
Scoring Putts 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 	
30 Mins	Putting <ul style="list-style-type: none"> Pace control Aiming at a point 	<ul style="list-style-type: none"> Introduce games, tasks and challenges for pace control and aiming at a point Deliver one to one and group coaching within the structure of the games and challenges set up for each technical element 	Waterfall challenge Coconut Shy
30 Mins	Putting <ul style="list-style-type: none"> Putter Face Putter Path 	<ul style="list-style-type: none"> Introduce games, tasks and challenges for face and path Deliver one to one and group coaching within the structure of the games and challenges set up for each technical element 	Alignment to a T Down the tunnel
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 	
30 Mins	Putting <ul style="list-style-type: none"> Mapping out the putt Minimise movement 	<ul style="list-style-type: none"> Introduce games, tasks and challenges for mapping out putt and minimise movement Deliver one to one and group coaching within the structure of the games and challenges set up for each technical element 	Pick a Point Understanding Slope
30 Mins	Putting <ul style="list-style-type: none"> Pre Putt Routine 	<ul style="list-style-type: none"> Introduce games, tasks and challenges for pre putt routine Deliver one to one and group coaching within the structure of the games and challenges set up for each technical element 	Can you miss?
30 Mins	Scoring Goal Putting Challenges	<ul style="list-style-type: none"> Students can attempt the one of the Putting Scoring Goal Challenges individually or in pairs 	Short Putts Challenge Long Putts Challenge Scoring Putts Challenge
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:

- **Pace Control** - Outline to the student the importance of pace control in putting under 10 feet
- **Aiming at a point** - Explain to the students the importance of starting a putt on the correct line
- **Putter Face** - Introduce to the students the importance of the putter face on putts inside 10 feet
- **Putter Path** - Introduce to the students the part that path plays in short putting and how this can influence face control
- **Minimise Movement** - Explain the key principles of minimising body movement in short putting and how this can influence the control of both path and face
- **Discuss Mapping Out The Putt**- Outline to the student how to approach mapping out a putt
- **Discuss Pre- Putt Routine** Discuss with the students the benefit of a 'Pre Putt Routine'. Demonstrate your Pre-Putt routine



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.

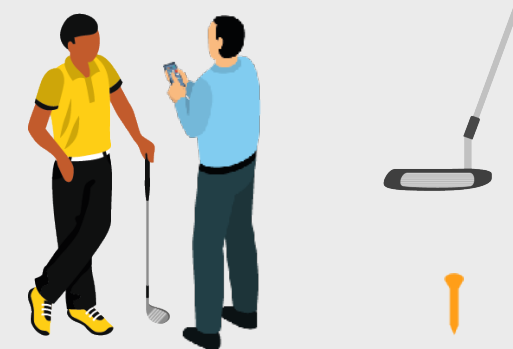
TRACKMAN

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

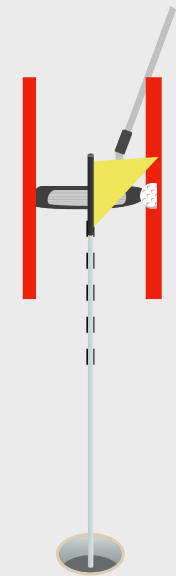
Keep an eye out for the Trackman Sticker on the game or challenge cards

Class Layout and Setup

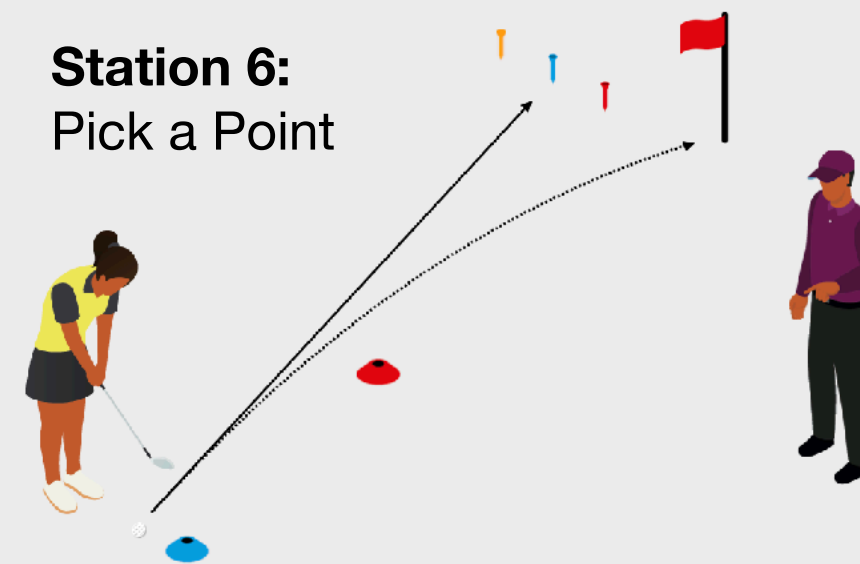
Station 1:
Practice Station
Coconut Shy



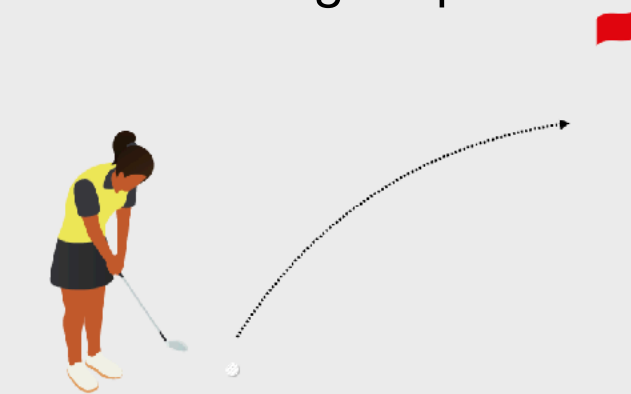
Station 2:
Practice Station
Down the Tunnel



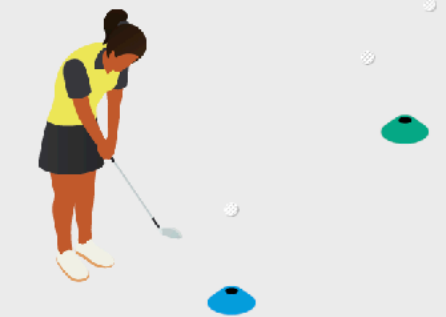
Station 6:
Pick a Point



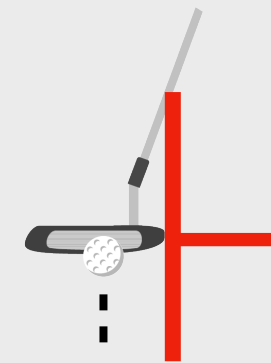
Station 8:
Understanding Slope



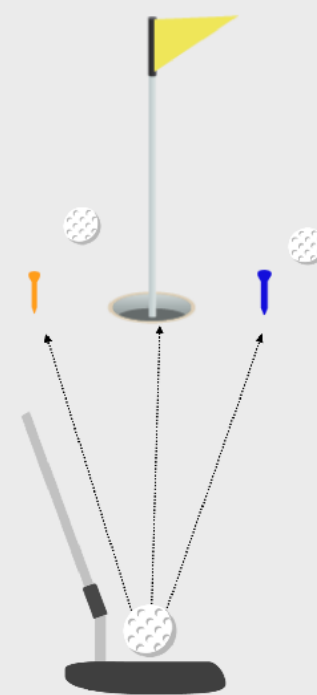
Station 7:
Waterfall Challenge



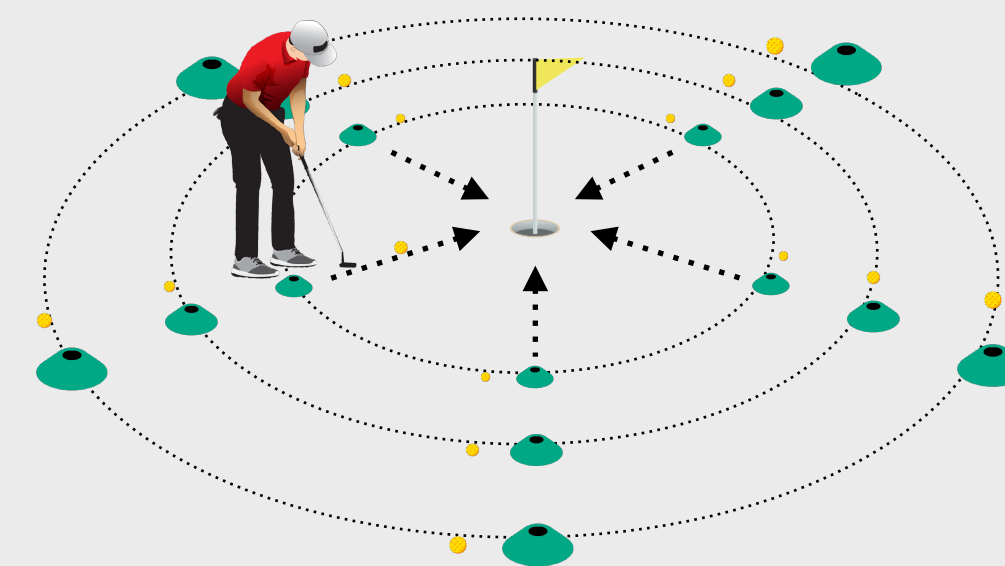
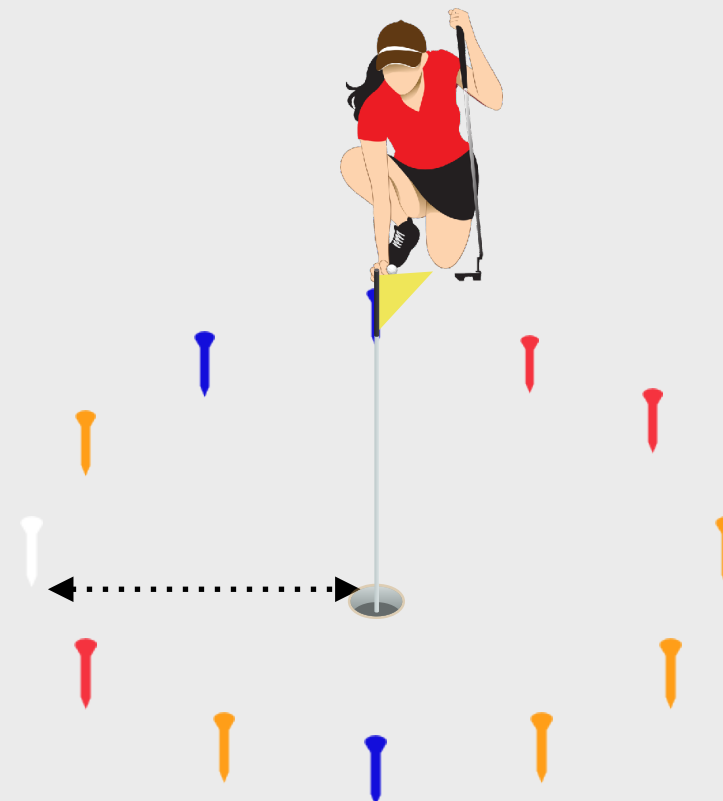
Station 5:
Alignment to a Tee



Station 3:
Game Station
Can you Miss?



Station 4:
Game Station
Round the Clock



Putting Challenge Station



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 serve as a themed class focus.

Equipment Needs

- 12 cones
- Golf balls

How to Practice

- Set this activity up in 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 length of the stroke using a putter; 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 for lower lofted clubs).

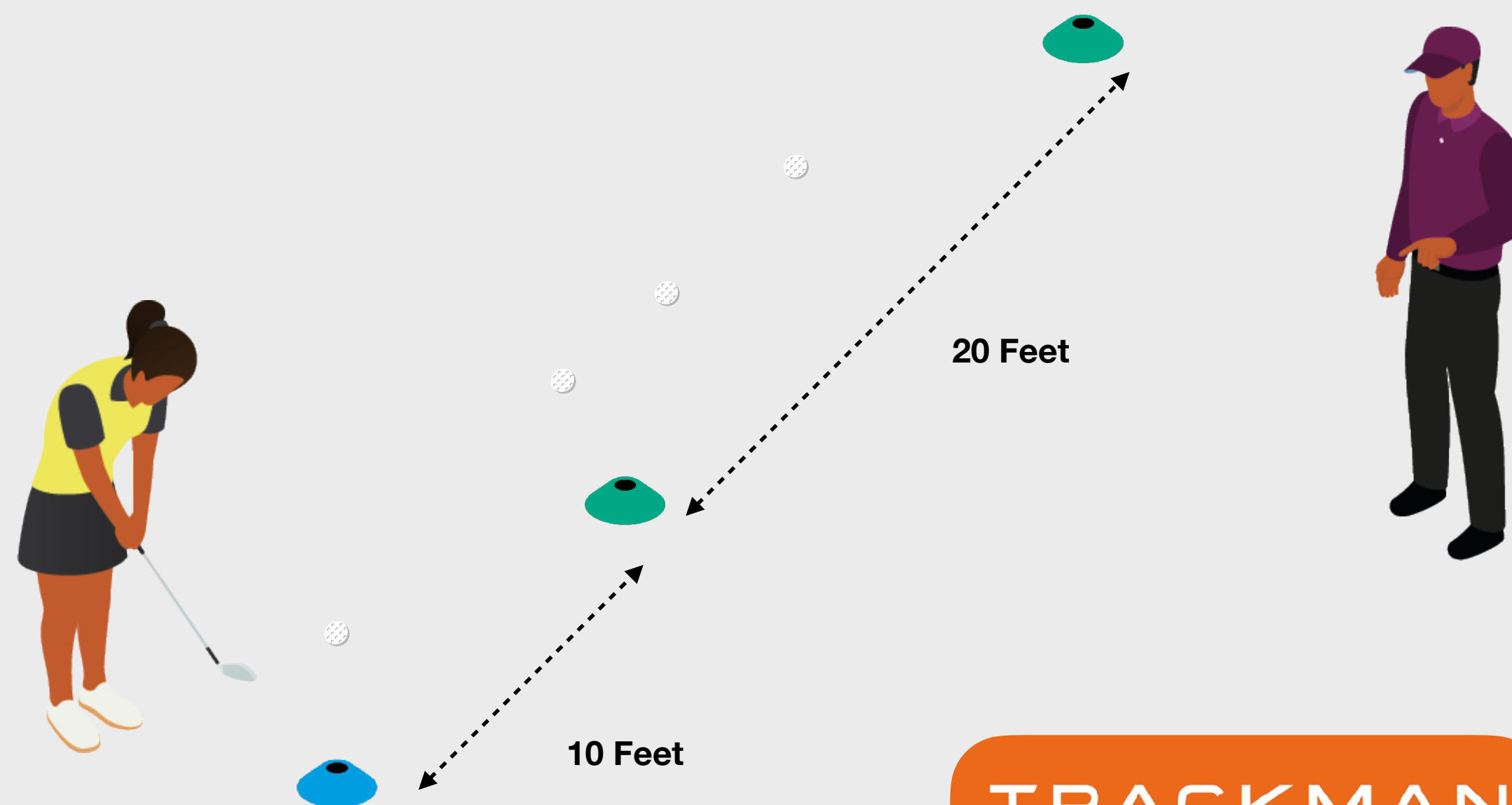
Technical Learning Objectives

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

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GAM
GOLF DEVELOPMENT

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

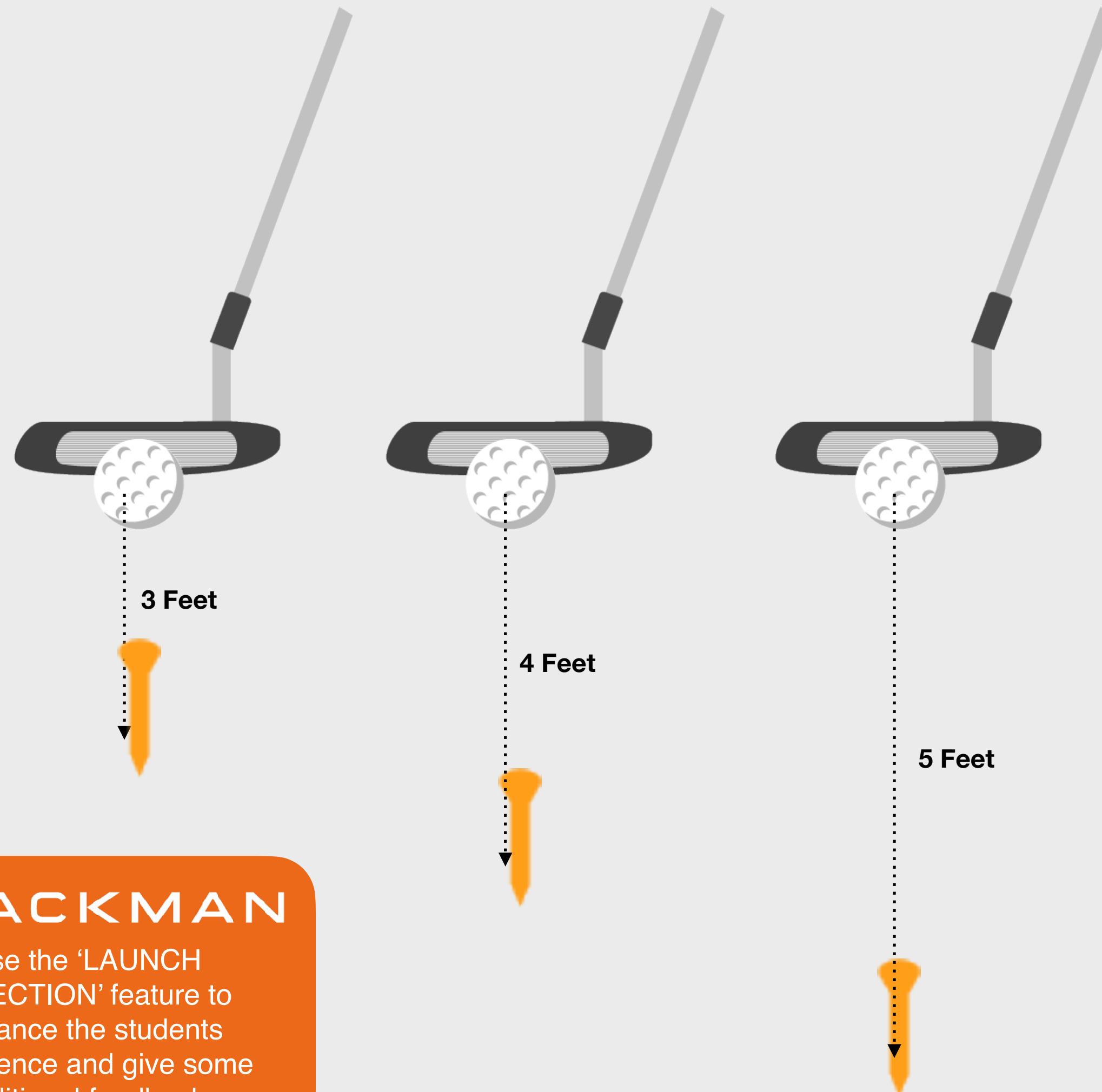
How to Practice

- 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.

Coconut Shy



TRACKMAN

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

Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

How to Practice

- Have the student putt from distances of 3, 4, and 5 feet.
- Position a golf tee at each distance from the student.
- Allow the student to putt at these three different lengths during practice drills.
- Encourage the student to aim for the golf tee instead of the hole.

Technical Link

- Because the golf tee is much smaller it focuses their attention on the very centre of the golf hole when aligning the putting face
- Reinforce the following technical elements;
 - Face angle dress
 - Face angle at impact
 - Centered strike on the putter face

Alignment to a T

Equipment Needed

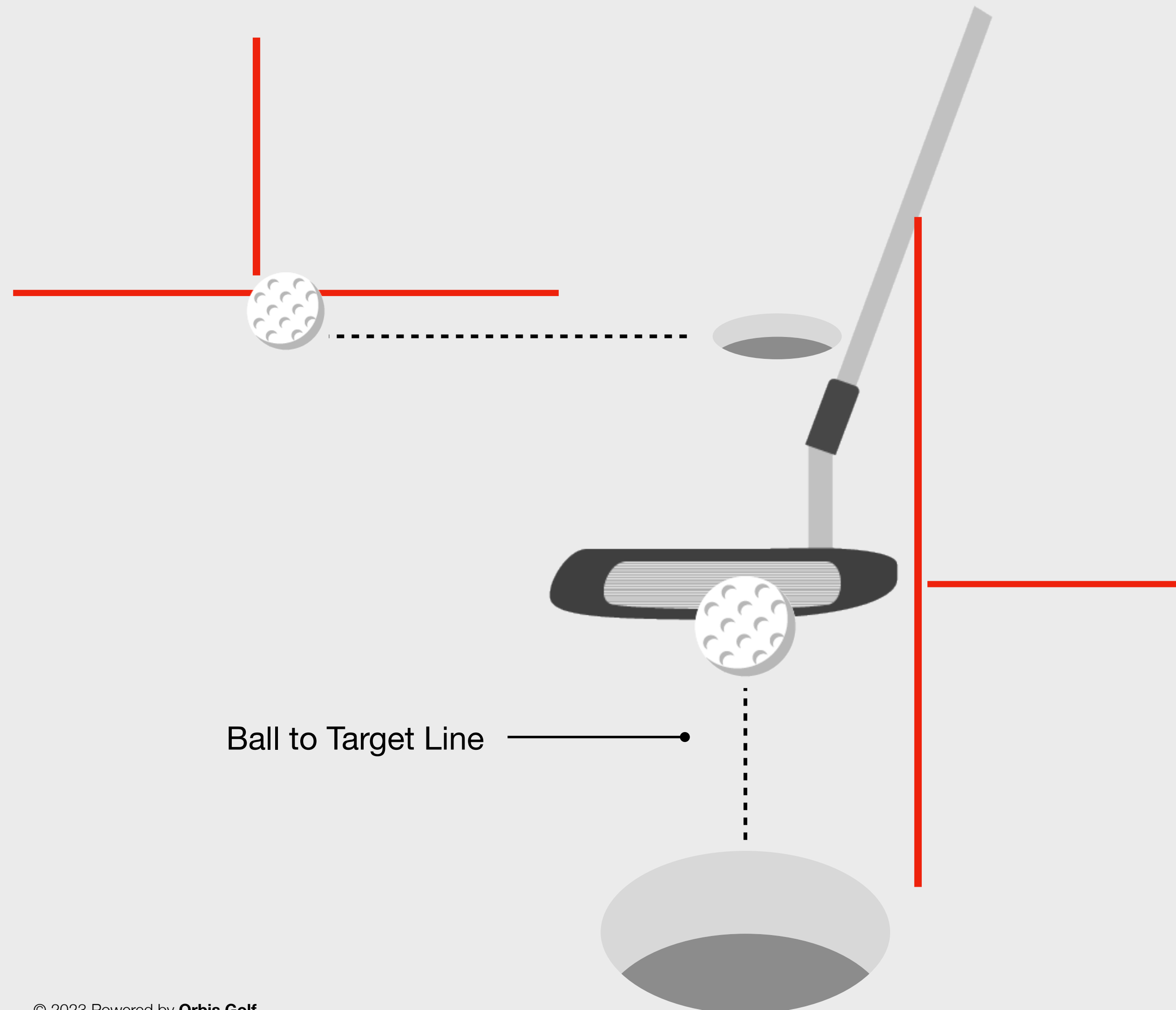
- 2 x Alignment Sticks
- Putter
- Golf Balls

How to Practice

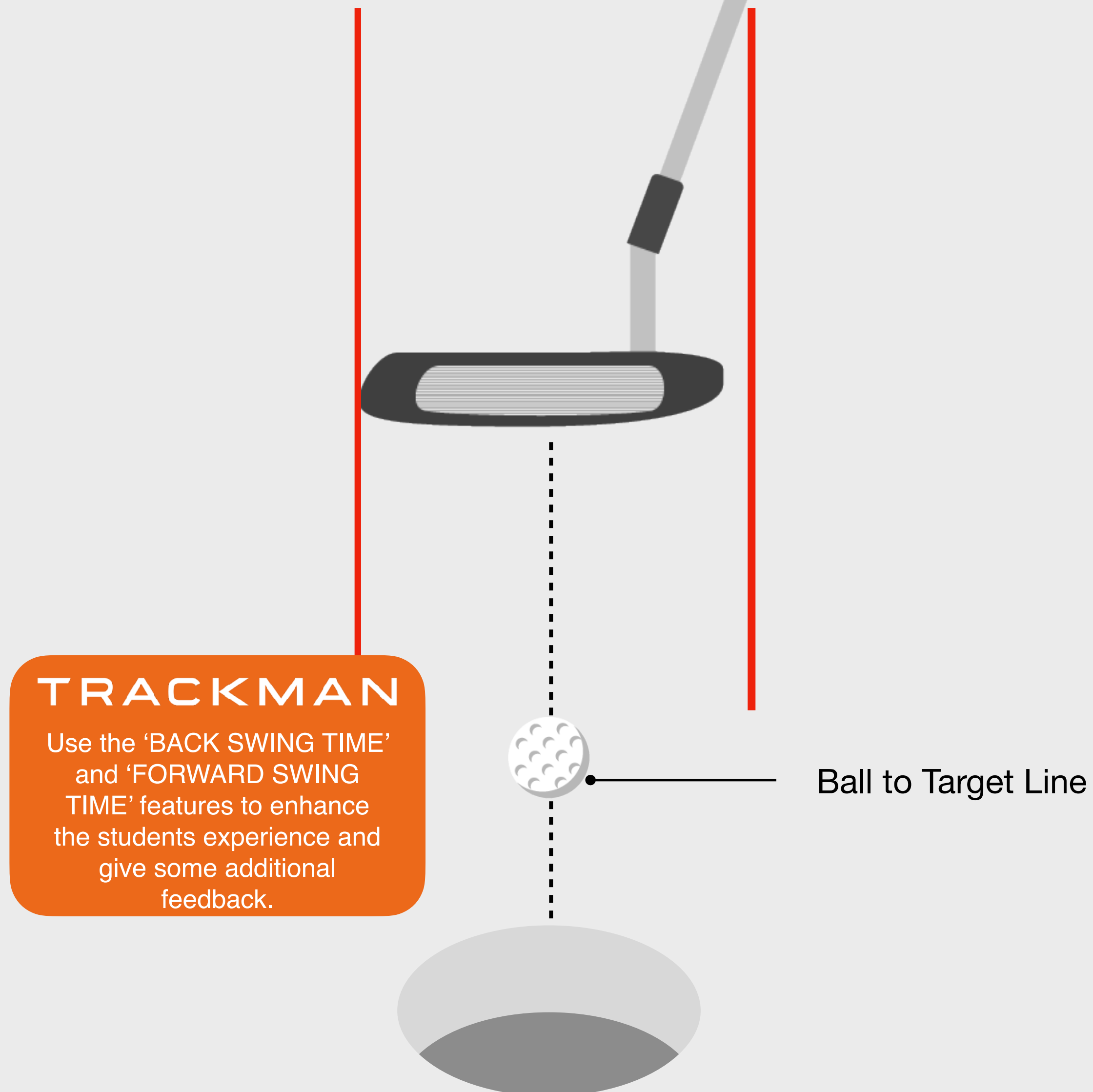
- Have the student putt from a maximum distance of 10 feet on a flat surface.
- Place a golf ball inside the heel of the putter. Align an alignment stick with the center of the golf ball, running parallel to the putter head's center line (ball-to-target line).
- Remove the golf ball.
- Create a T-shape by placing a second alignment stick at a 90-degree angle to the first one.
- Align the putter head with the second alignment stick.
- The goal is for the student to practice both with and without the golf ball, developing a sense of square alignment for the putter head.
- This exercise can be performed with other aids like string lines or chalk lines.

Technical Link

- This exercise will help the student to learn when the putter face is square at address
- Additionally, it will help the student to learn effective aiming strategies for their own game



Down the Tunnel



TRACKMAN

Use the 'BACK SWING TIME' and 'FORWARD SWING TIME' features to enhance the students experience and give some additional feedback.

Equipment Needed

- 2 x Alignment Sticks
- Putter
- Golf Balls

How to Practice

- Have the student putt from a maximum of 10 feet on a flat surface.
- Place a golf ball inside the putter's heel. Align an alignment stick with the center of the golf ball, running parallel to the putter head's center line (ball-to-target line).
- Remove the golf ball.
- Place a second alignment stick outside the putter's toe, parallel to the first alignment stick.
- The goal is for the student to practice both with and without the golf ball, developing a sense of the stroke's shape for a short putt.

Technical Link

- This exercise will help the student learn the path of the putter during the stroke on short putts.
- It reinforces the concept that the putter should stay within a defined tunnel during the stroke, but allows for a slight arc movement on either side of the golf ball.

Pick a Point



TRACKMAN

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

Equipment Needed

- 3 Tee Pegs
- 3 Cones
- Putter
- Golf Ball

How to Practice

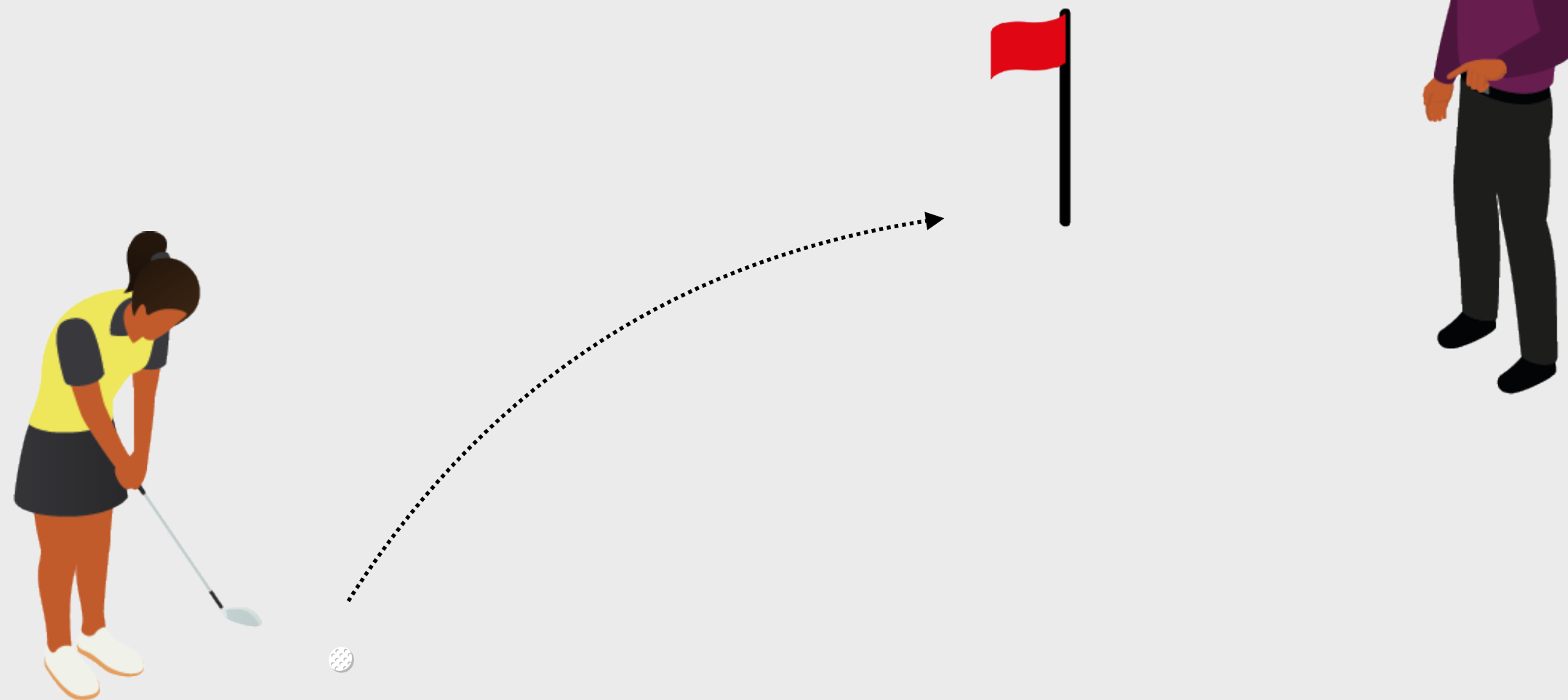
- Set up this activity on a sloped surface, placing 3 cones at distances of 10, 20, and 30 feet from the hole.
- Instruct the student to place tees corresponding to each cone, aligning them with the hole.
- Explain that despite the putt being in the same direction, there will be varying amounts of break due to the length of the putt.
- Have the student attempt the putts and adjust their aim (and tee position) based on feedback, specifically whether the ball missed high or low.
- Emphasize to the student that the speed of the putt will impact when it breaks, and they should consider this when choosing where to aim.
- Encourage students to work in pairs to ensure accurate initial aim and to identify if a putt was misaligned or mis-hit.

Technical Link

- This activity will help the student to understand how to aim effectively on a sloped surface, especially with respect to longer putts



Understanding Slope



Equipment Needed

- Putter
- Golf Ball

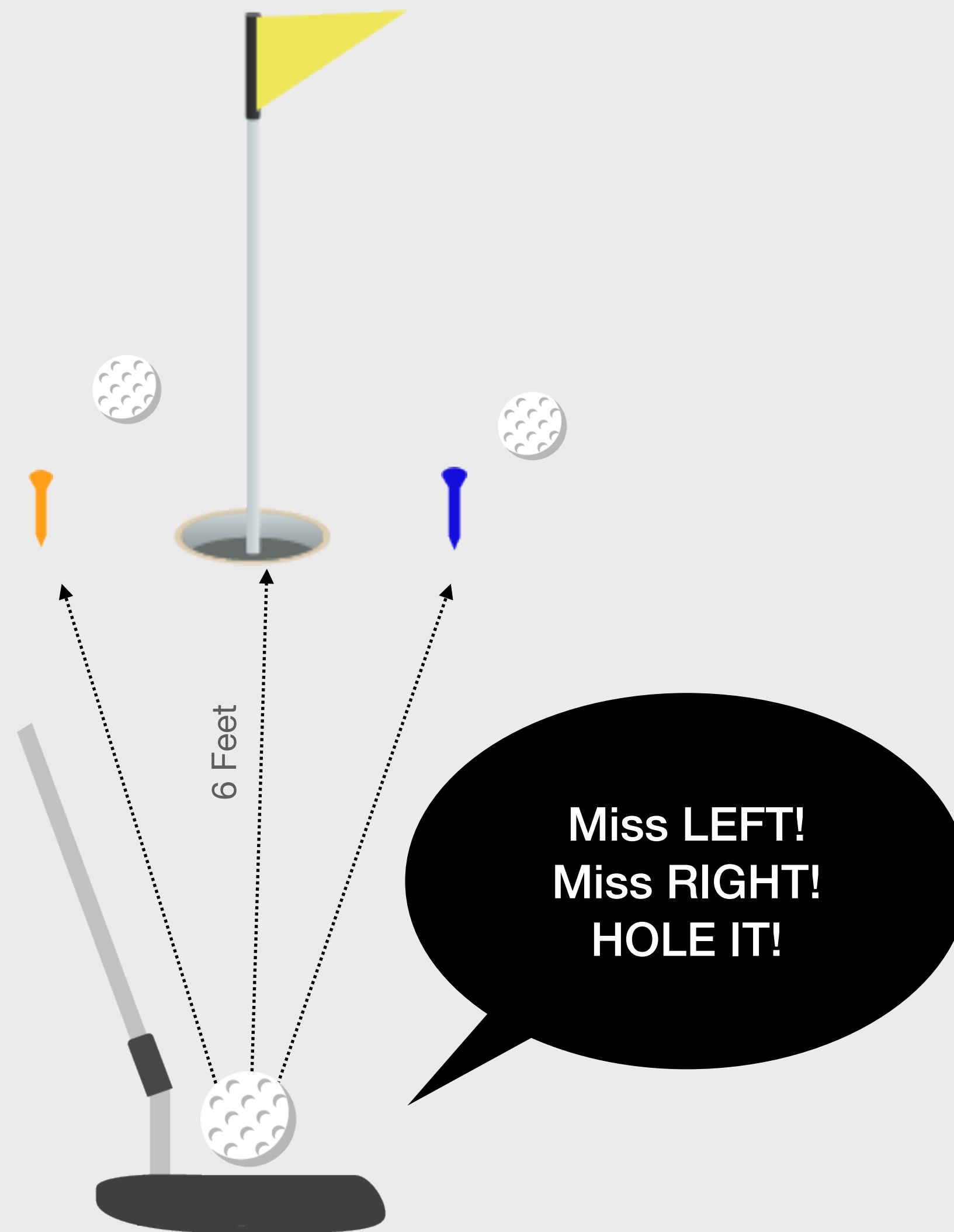
How to Practice

- Have the students select a random putt on the green.
- Instruct them to take a moment to walk around the green and identify the lowest point before attempting their putt.
- Explain that finding the lowest point on the green will assist the student in determining the slope of the putt more effectively.
- Encourage students to work in pairs, promoting open discussion and mutual support in learning how to accurately read the slope on the green.

Technical Link

- This activity will help the student to understand how to read the slope on a green
- This activity will provide feedback to the student about how much or little a slope can affect the break on a putt

Can you Miss?



Equipment Needed

- Tee pegs to mark the 2 miss points left and right of the hole
- Putter
- Balls
- Hole and flag (optional)

How to Play

- This game can be played individually, in pairs, or small groups.
- Position the golf ball 6 feet from the hole. The coach or partner will shout "Miss left," "Miss right," or "Hole it!"
- The student must then attempt to carry out the command by turning just the putter face.
- Emphasize the importance of the student maintaining their body position and focusing solely on turning the club face.
- The objective of the game is to help the student understand the proper position of the club face at address.

Progression Ideas

- Play on a more severely sloped surface
- Introduce a competitive element
- Increase or decrease the length of the putts

Round the Clock & Spiral



Equipment Needed

- Tee pegs to mark the 12 points on a clock at least 6 feet from the hole on a sloped part of the green

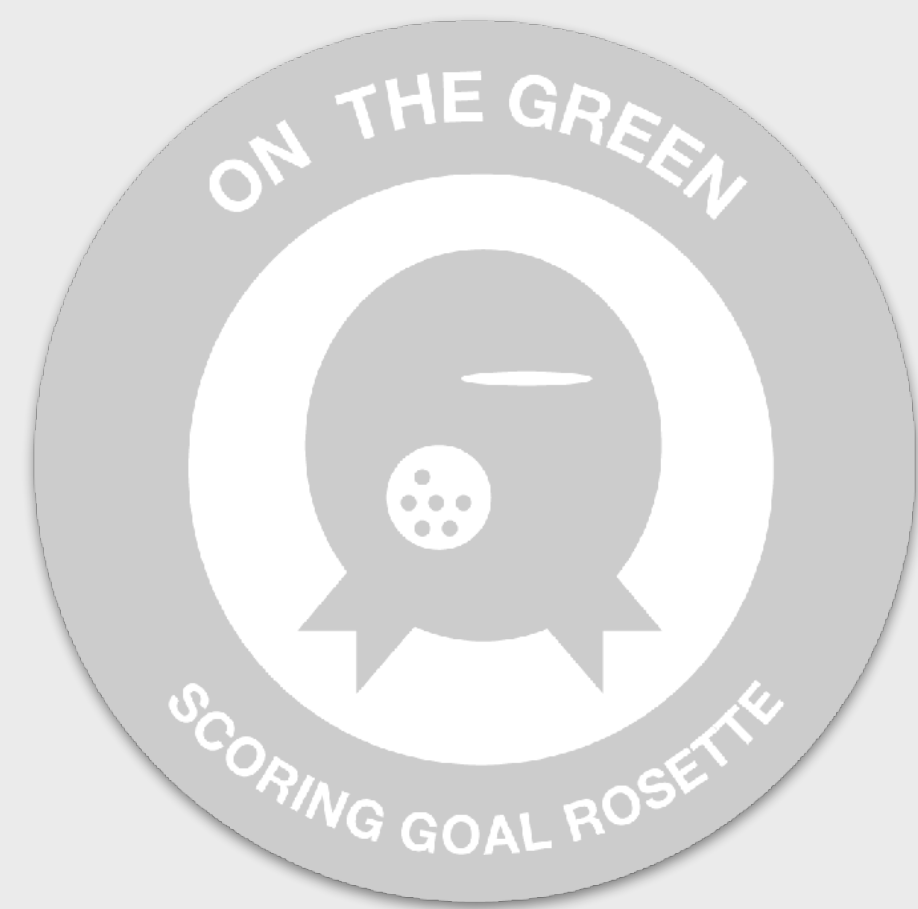
How to Play

- The student attempts one putt from each tee peg.
- The purpose is to observe and adapt to the changing slope around the hole, requiring the student to adjust their aim accordingly.
- It is suggested to present this as an opportunity to learn about slope on a green. The game can also be played competitively to see how many putts each student can hole.
- This game can be played individually, in pairs, or small groups.

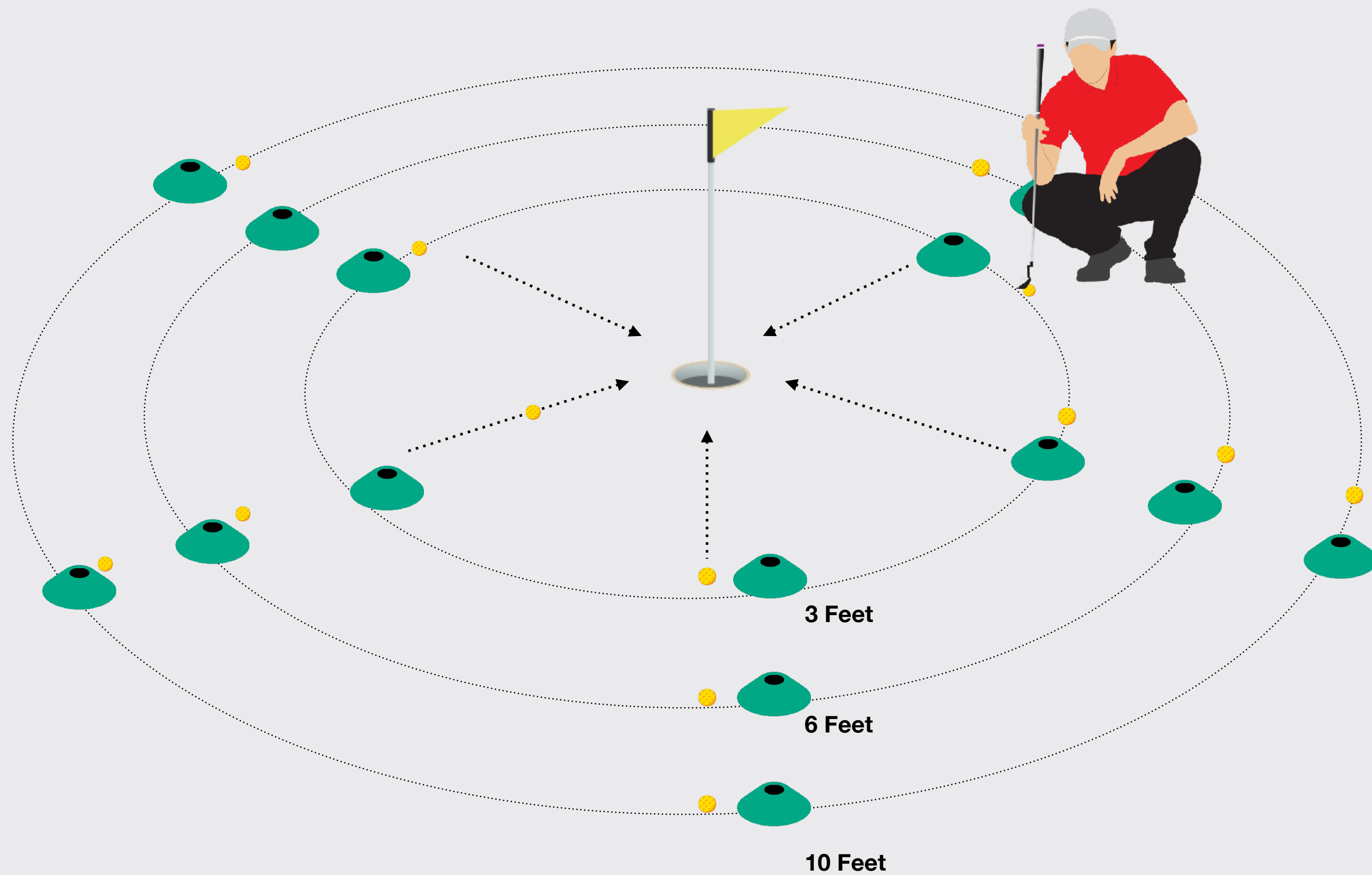
Progression Ideas

- Play on a more severely sloped surface
- Introduce a competitive element
- Increase or decrease the length of the putts by creating a spiral around the hole

Putting 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

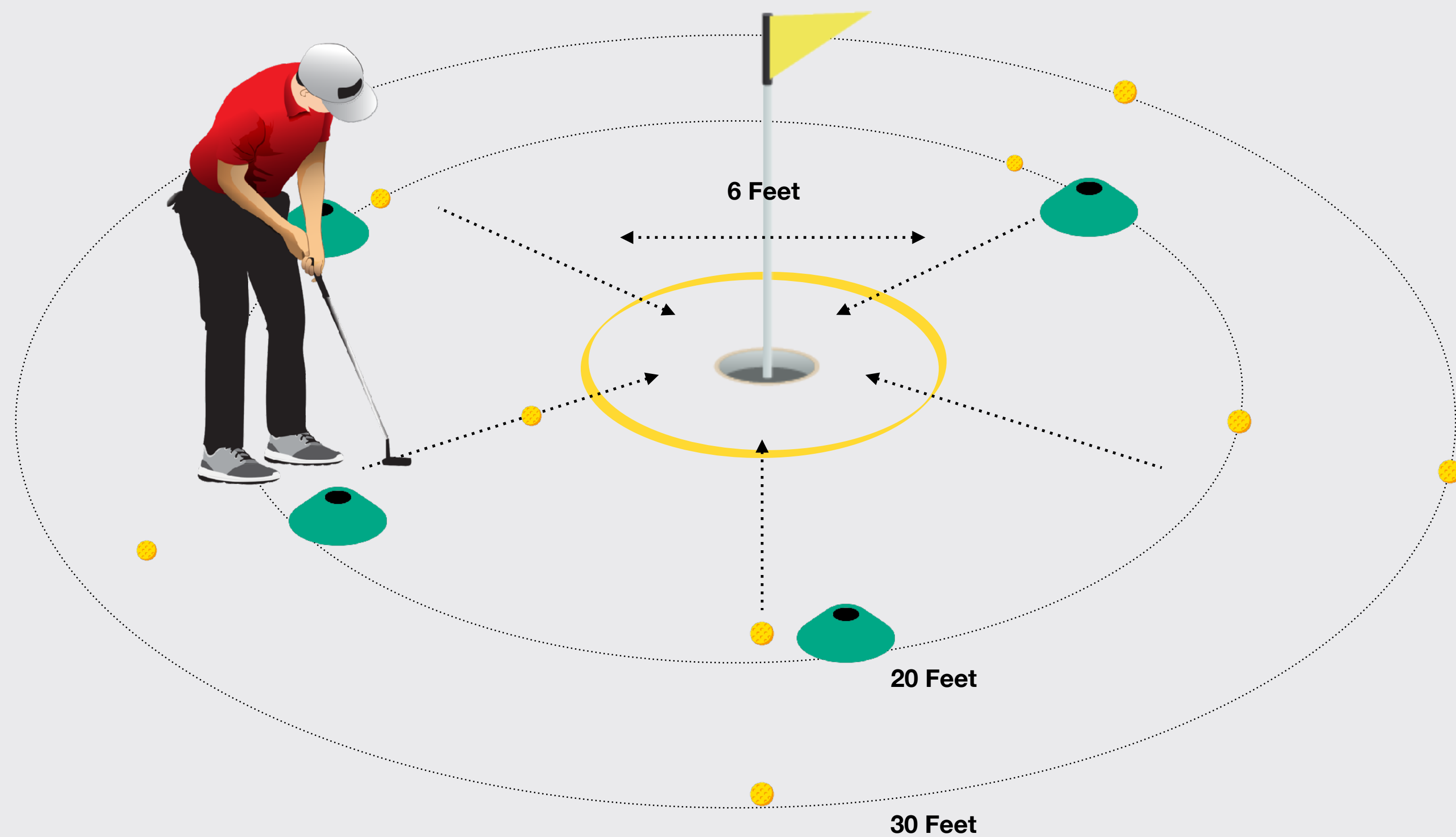
8/10 putts made from 3 feet
6/10 putts made from 6 feet
4/10 putts made from 10 feet

75

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



Long Putt Challenge



Attempting the Challenge

- Students hit 10 putts in a random order from the two starting positions from five positions around the hole to finish within the target circle.
- Record the result of each attempt on the Challenge Scorecard.

The Challenge

- Putt the ball to within 3 feet of the hole from distances of 10 feet, 20 feet and 30 feet. You should attempt 10 putts from each starting position and putts are attempted evenly from 5 different positions around the hole.

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

5/10 putts in target circle from 20 feet
4/10 putts in target circle from 30 feet

90

6/10 putts in target circle from 20 feet
5/10 putts in target circle from 30 feet

85

7/10 putts in target circle from 20 feet
6/10 putts in target circle from 30 feet

80

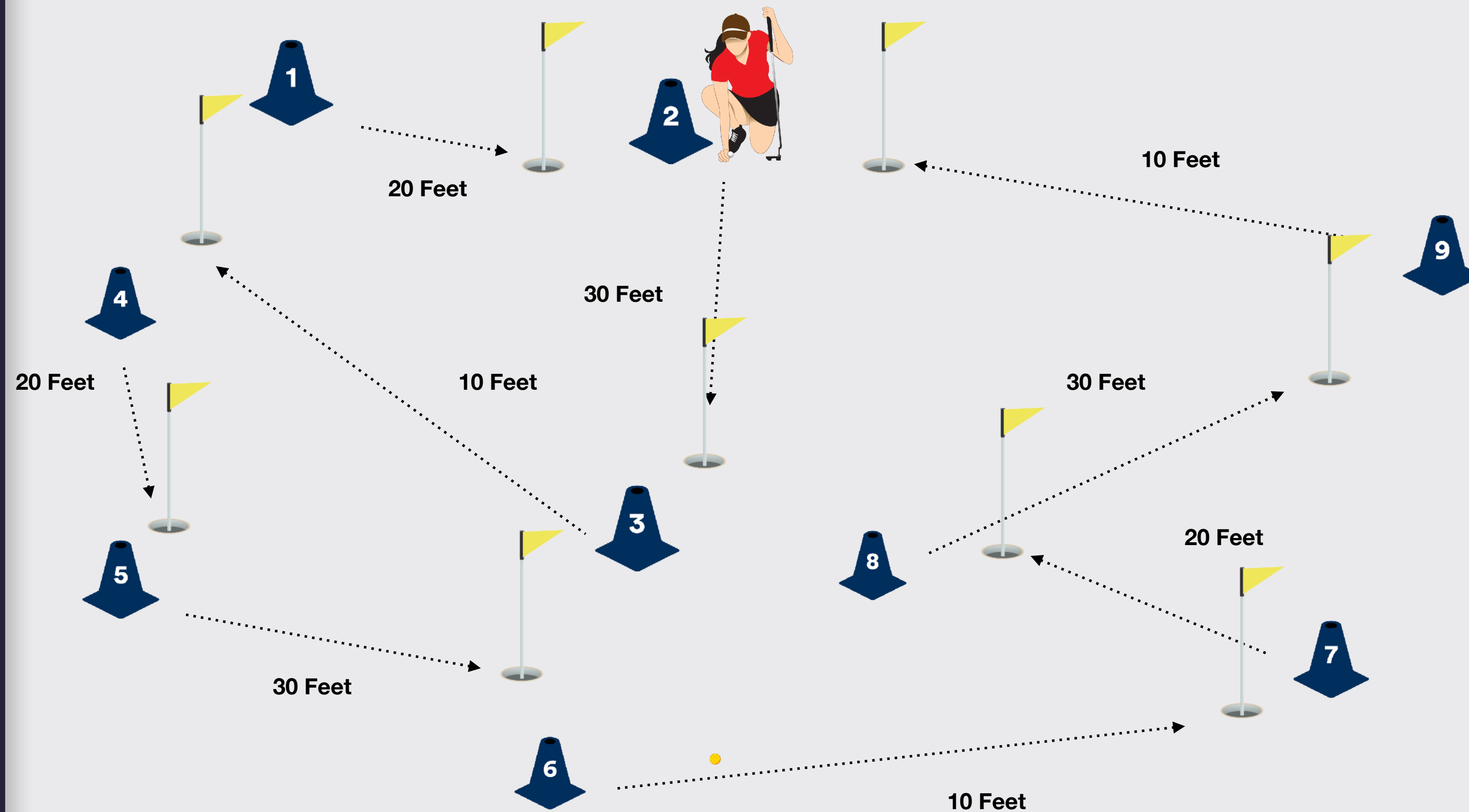
8/10 putts in target circle from 20 feet
7/10 putts in target circle from 30 feet

75

8/10 putts in target circle from 20 feet
7/10 putts in target circle from 30 feet



Scoring Putting Challenge



Attempting the Challenge

- Students play 18 holes around the green completing six holes from three different starting distance in a random order.
- Record the total number of putts for each hole on the Challenge Scorecard.

The Challenge

- Complete an 18 hole circuit on the green attempting 6 putts from a starting position 10 feet from the hole, 6 putts from 20 feet and 6 putts from 30 feet from the hole.

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

Score 42 putts or less over 18 holes

90

Score 40 putts or less over 18 holes

85

Score 38 putts or less over 18 holes

80

Score 36 putts or less over 18 holes

75

Score 34 putts or less over 18 holes

