Confidence on the Course
Half Day Golf School

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Contents

Golf School Timetable

Half Day Golf School Timetable

Session Length: 180 mins	Group Size: 1:6	Confident On The Course Focus Dealing With 1st Tee Nerves Shot Selection Golf Course Plan	Confidence on the Course Focus Cont All About Stats	Scoring Goal Challenges: On The Course Challenges

Time	Focus	Suggested Theme Content	Games / Drills / Resource
15 Mins	Introduction and Putting Warm up	• Welcome and outline plan objectives for the golf school • Supply course scorecards and Scoring Goal Challenges scorecards • Split students into two groups • Students to do some self guided putting practice to get accustomed to the green speed	
150 Mins	**9 Hole Course Play** Group Coaching Discussion and Demonstration Private Coaching Mid-Morning Break / Breakout Session On The Course Scoring goal Challenges	• Play 9 holes or as many as can be completed within the time available • Rotate around each group as required • Use the practice stations cards to use a focus and theme for each of the holes • Opportunity to provide private coaching to those attending between each shot • Engage in group discussion and demonstrations • Opportunity to reinforce the technical learning outcomes • Students can track their on course performance during play using the Scoring Goal Challenge Scorecards • Opportunity to promote discussion around stats and tracking on course performance	• Tee Shots - Dealing With 1st Tee Nerves • Shot Selection - Approach Shots and Around the Green • Plan For Each Course • Course Club Selection • All About Stats
15 mins	Media on GLF. Connect & Discussion	• Opportunity for students to reflect on the on course activities • Do this as a group on in pairs • Compare to each other and also benchmark to their experience levels and handicaps • Add any lesson media to the student's Student Connect area which may include notes, videos and documents. • Update On Course Tracking on GLF. Connect and mark any Scoring Goal Challenges as complete	• GLF. Connect App

Objectives and Setup

Technical Guidance

The technical guidance should be delivered according to your discretion, drawing on your experience and preferences. Make sure to link your technical advice to enhancing students' skills in dealing With Nerves and pressure, leading to improved scores without altering their swing. Some of technical content you may want to explore in this first session may include:

- **Dealing With 1st Tee Nerves** - Introduce the existence of 1st tee nerves and how to combat them:

  - Explain to the students how 1st tee nerves can effect a golfer and explain there are methods and strategies to limit this
  - Outline some coping mechanisms including visualising they are on a driving range or their favourite hole as well as breathing techniques
  - Explain this is a very normal phenomenon and how teeing off the 1st tee on golf is difficult even for leading sports stars
  - Explain how it is important to stick to a pre shot routine and to trust a process and not be overwhelmed by the situation. Play the ball not the occasion

- **Shot Selection - Approach Shots** - Discuss with the student about shot selection when hitting an approach shot. This may include:

  - Discuss with the student when is a good time to be aggressive and shoot for the flag and when is a good time to play safe for the larger part of the green or approach area
  - Discuss with student how situational issues should affect their shot selection. This may include current scoring position within the round or a matchplay match
  - Discuss with students the design of the green surface, surrounding hazards and how this should influence club selection and strategy

- **Shot Selection - Around the Green** - Introduce some basic theories about strategy and shot selection around the green. This may include:

  - Discuss with the students possible shot and club selection and how this ties in for their strategy for the shot
  - Outline to the student how this shot selection ties in with the overall playing strategy of the round of golf

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Technical Guidance

Deliver the prescribed technical guidance as you deem appropriate, incorporating your experience and preferences. Ensure your technical advice is connected to enhancing students' abilities in Preparation and Gathering Useful Statistics, resulting in score improvement without altering their swing. Some of technical content you may want to explore in this first session may include:
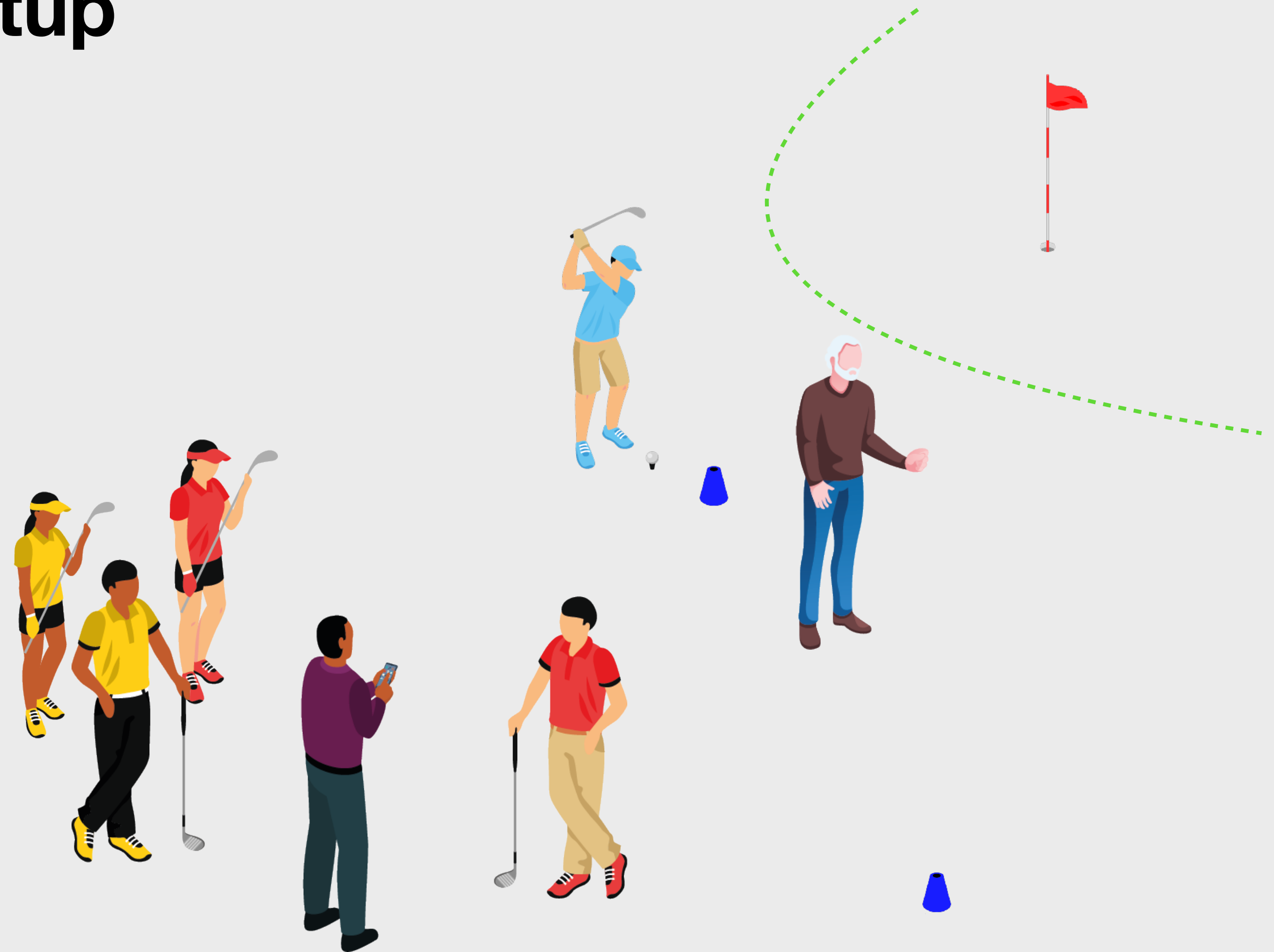
- **Plan for Each Course** - Introduce the student the importance of having a plan for the chosen course and each hole:

  - Describe the student, the importance of analysing a course in advance of playing it
  - Explain to the student, how the analysis will have an impact on club selection for the round of golf
  - Show the student, the importance of having a strategy for each hole and how this can have a positive impact on their score

- **Correct Clubs for Each Course** - Introduce the student different club selections for different courses:

  - Introduce the student to the concept of adjusting the make up of their golf bag when playing different courses in different conditions
  - Explain to the students how the varying weather conditions and ground should influence the clubs they choose for the course they are going to play
  - Outline to the students, the importance of doing this when playing different courses and how this fits in with a wider plan for the event

- **All About Stats** - Introduce the student the importance of stat collecting in their golf game:

  - Show the students, the variety of technical tools that are available for collecting stats during and after a round of golf
  - Outline to the students which stats they should be collecting and how this is analysed
  - Stats a student could collect include fairways hit, where fairways are missed, greens in regulation, putts per round, sand saves and up and downs
  - Introduce the students to the concept of 'Strokes Gained' and how this now forms a fundamental part of a stat analysis on the PGA tour

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Course Play Layout and Setup

The graphic opposite provides an example image of how we suggest you manage your group on the course so that the course play activity can be delivered in a safe, fun and engaging manner:

- The teeing position that you will use will vary depending on the ability of those in your group. You should use the official teeing positions on each hole as the students attending your golf school should be club ready golfers.

- Split students into groups if required. Students should play their own golf ball.

- Remember this class is about discussion and discovery as well as playing on the course under your supervision. Take the time to promote questions, discussion and demonstrations which relate to the class theme.

- Safety is your top priority when on the course, ensure the group understand some of the key principles to playing golf safely on the course;

  - Players should never go in front of the student hitting the shot
  - Students should always be aware of other golfers on the course
  - Students should understand what to do when they hear the shout of "fore" and that they should shout "fore" when their ball is travelling towards someone

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Practice Stations and Game Cards

Tee Shots

Focus

- Tee Shots
- Dealing with 1st tee nerves
- Analysis of the strategy

How to Practice

- Ask the students to hit shots individually one by one from the tee allowing the other golfers to watch
- Create a pressure situation by asking the student the type of shot they are going to hit and ask them to execute under pressure
- Ask the students to maintain a pre shot routine and focus on the process not the occasion
- Ask the other students to show encouragement throughout to all students

Technical Link

- This activity will give the students a feel for 1st tee nerves in a controlled environment

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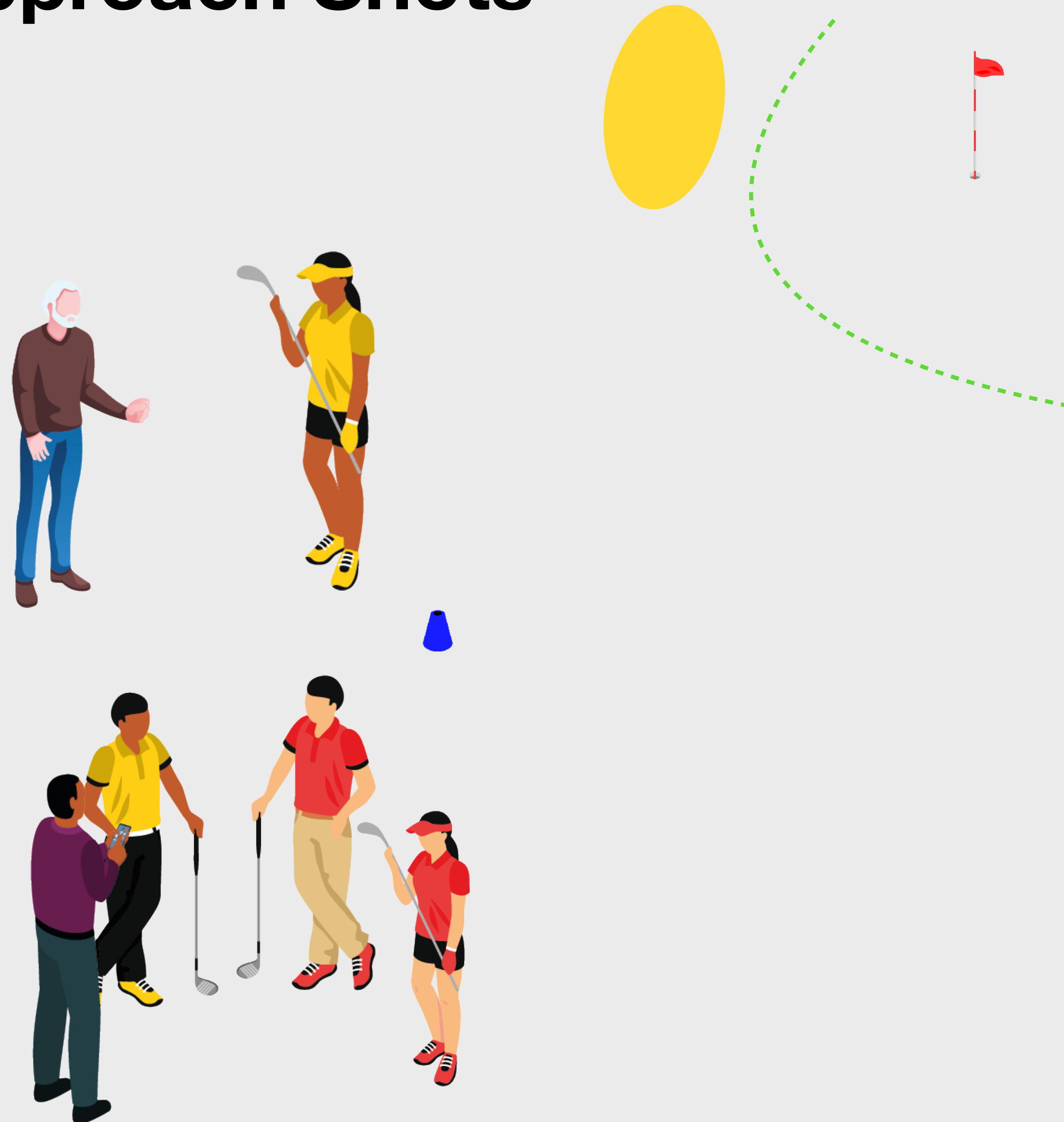
Approach Shots

Focus

- Approach Shots
- Shot Selection
- Analysis of the strategy

How to Practice

- Ask the students to individually explain their shot selection for the approach shot ahead
- Discuss with the students the pros and cons of their chosen shot selection and where applicable advise alternatives
- Play out the hole in the formats suggested and on its completion discuss how the strategy and shot selection played out

Technical Link

- This activity will give the students an understanding of planning and execution of their 'Approach Shot' strategy and the positive or negative impact that has had on their score

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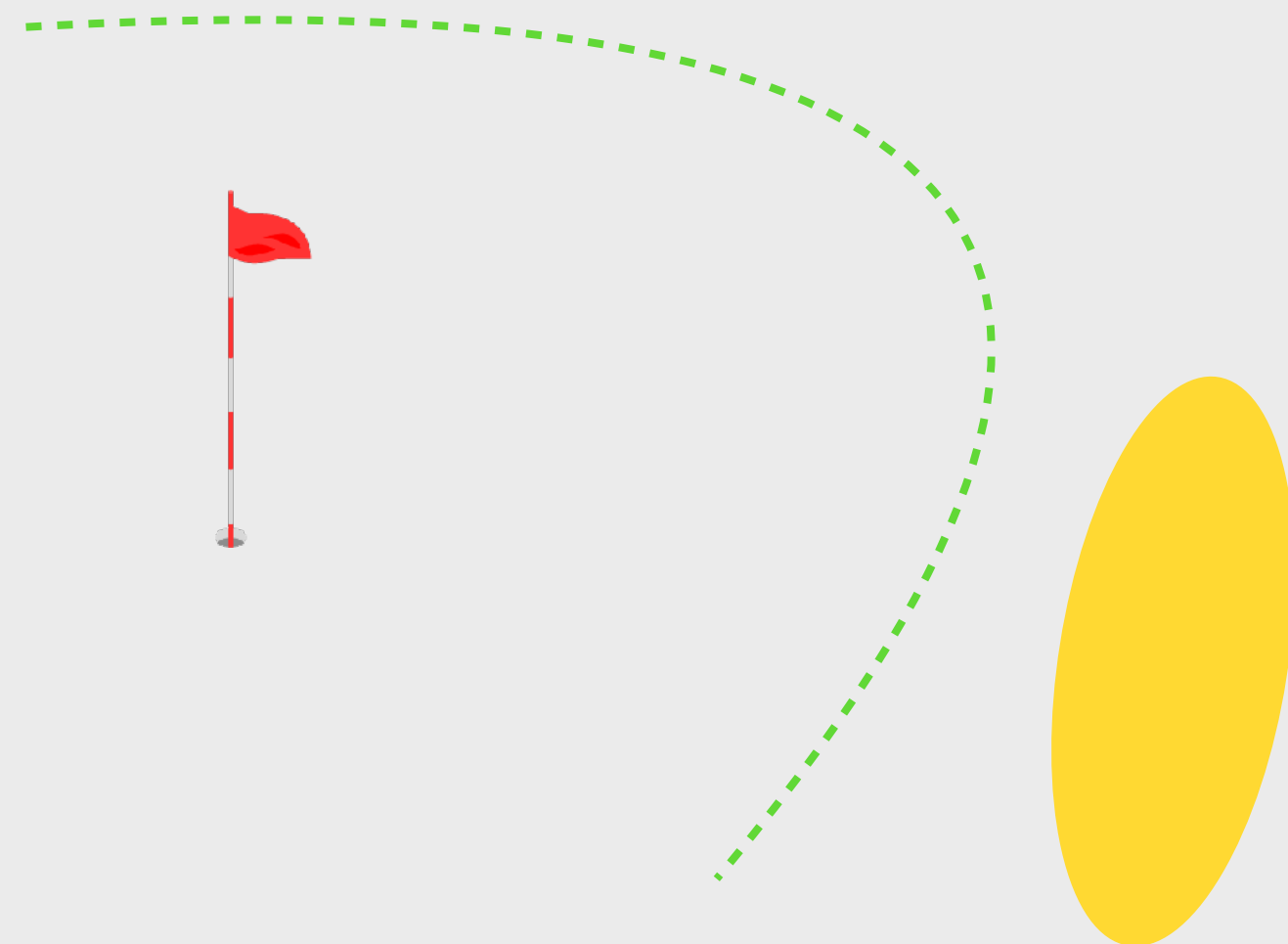
Around the Green

Focus

• Around the Green
• Shot Selection
• Analysis of the strategy

How to Practice

• Ask the students to individually explain their shot selection for the 'Around the Green' shot ahead
• Discuss with the students the pros and cons of their chosen shot selection and where applicable advise alternatives
• Play out the hole in the formats suggested and on its completion discuss how the 'Short Game' strategy and shot selection played out

Technical Link

• This activity will give the students an understanding of planning and execution of their 'Short Game' strategy and the positive or negative impact that has had on their score

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Plan for Each Course
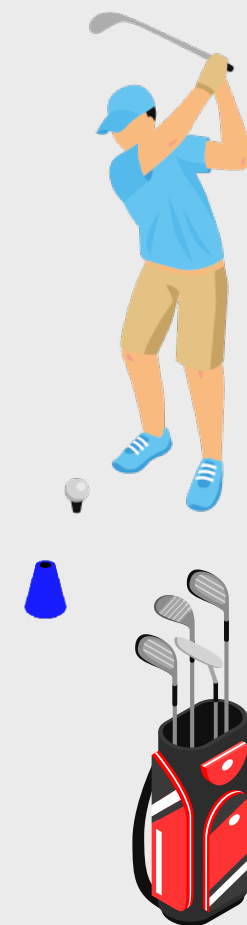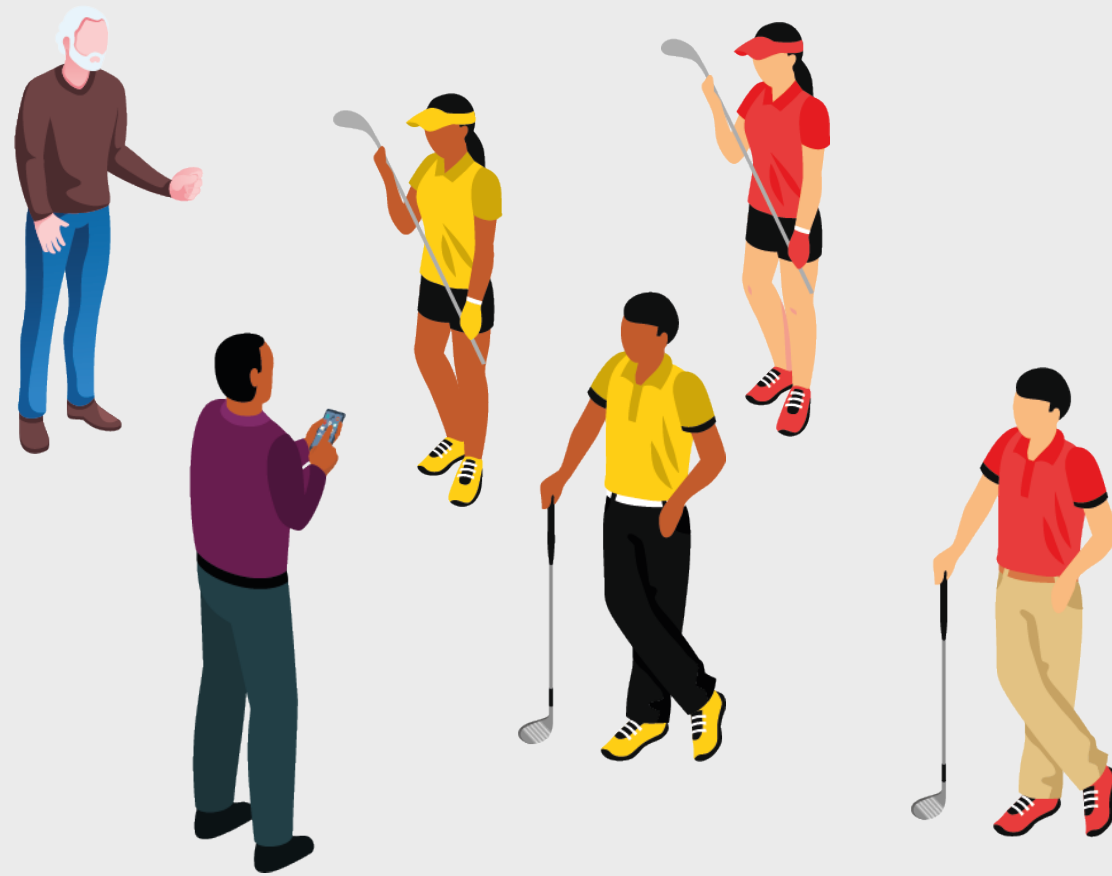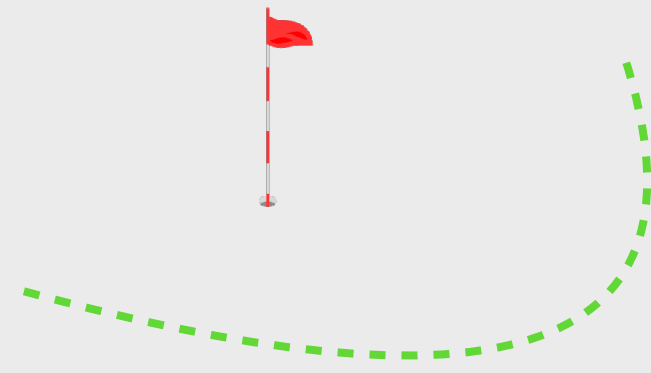
Focus

- Course Plan
- Strategy for Golf
- Analysis of the strategy

How to Practice

- Ask the students to discuss the importance of having a plan for the golf course and individual holes
- Before playing ask a student to outline the plan, they have for the course and the style of Golf they are attempting to play
- Following the session after students to analyse if the chosen strategy was appropriate, and if they would change anything, the next time they play

Technical Link

- This activity will give the students and understanding the importance of having a plan for each course and hole within it

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Course Club Selection

Focus

• Scoring
• Club Selection
• Analysis of performance

How to Practice

• Ask the students before they start to assess which clubs they have in their bag and how suitable they are for the holes, they are about to play
• During playing the holes, ask students if they feel the clubs, they have selected a suitable for the weather conditions, ground conditions and the make up of each hole
• Following the round, ask the students to provide feedback of the changes they would make in the club selection for the next outing on to the golf course

Technical Link

• This activity will give the students an understanding of the importance of choosing the correct clubs for the course type, weather conditions and ground conditions

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All About Stats

Focus

- Stat Taking
- Dealing with Adverse Situations
- Shaping Future Practice

How to Practice

- Ask the students to download a stat recording app from the money that are available
- Ask students to record their stats as they play shots and holes
- Analyse the data at the end of each hole providing feedback to the students of how they can use this information to influence future lessons and practice time
- Focus on basic stats which are integrated into the GLF. Connect App including Driving Distance, Fairways in Regulation, Green In Regulation and Putts per Round.

Technical Link

- This activity promotes and understanding of strengths and weaknesses within the students game through a better knowledge of the stats

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Scoring Goal Challenges
On Course

On the Course Challenges

Scoring

Students need to achieve the following for each scoring goal over 18 holes following the rules of golf:

BREAK 100 — **Score 99 shots or fewer**

BREAK 90 — **Score 89 shots or fewer**

BREAK 80 — **Score 84 shots or fewer**

BREAK 75 — **Score 79 shots or fewer**

BREAK 85 — **Score 74 shots or fewer**

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.

Fairways In Regulation

Students need to achieve the following for each scoring goal by hitting the ball off the tee and it should come to rest within the fairway boundaries on par-4 and par-5 holes.

BREAK 100 — **4 fairways in regulation or 30% of the total fairways**

BREAK 90 — **5 fairways in regulation or 37% of the total fairways**

BREAK 80 — **6 fairways in regulation or 43% of the total fairways**

BREAK 75 — **7 fairways in regulation or 50% of the total fairways**

BREAK 85 — **8 fairways in regulation or 57% of the total fairways**

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.

Driving Distance

Students need to hit a drive finishing on the fairway over the distances below for each scoring goal and course length at there home club:

BREAK 100 — **Under 4500 Yards -** Hit a Driver over 120 Yards
4500 - 5500 Yards - Hit a Driver over 160 Yards
5500 - 6500 Yards - Hit a Driver over 180 Yards
6500 Yards + - Hit a Driver over 210 Yards

BREAK 90 — **Under 4500 Yards -** Hit a Driver over 130 Yards
4500 - 5500 Yards - Hit a Driver over 170 Yards
5500 - 6500 Yards - Hit a Driver over 190 Yards
6500 Yards + - Hit a Driver over 220 Yards

BREAK 80 — **Under 4500 Yards -** Hit a Driver over 140 Yards
4500 - 5500 Yards - Hit a Driver over 180 Yards
5500 - 6500 Yards - Hit a Driver over 200 Yards
6500 Yards + - Hit a Driver over 230 Yards

BREAK 75 — **Under 4500 Yards -** Hit a Driver over 150 Yards
4500 - 5500 Yards - Hit a Driver over 190 Yards
5500 - 6500 Yards - Hit a Driver over 210 Yards
6500 Yards + - Hit a Driver over 240 Yards

BREAK 85 — **Under 4500 Yards -** Hit a Driver over 160 Yards
4500 - 5500 Yards - Hit a Driver over Yards
5500 - 6500 Yards - Hit a Driver over 220 Yards
6500 Yards + - Hit a Driver over 250 Yards

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.

Greens In Regulation

Students need to reach the putting green within the specified number of strokes or fewer based on the hole's par. For a par-3 hole, reach the green in one stroke; for a par-4 hole, reach it in two strokes; and for a par-5 hole, reach it in three strokes for each scoring goal:

BREAK 100 — **Hit 2 greens or 11% of the 18 holes**

BREAK 90 — **Hit 3 greens or 18% of the 18 holes**

BREAK 80 — **Hit 5 greens or 28% of the 18 holes**

BREAK 75 — **Hit 7 greens or 39% of the 18 holes**

BREAK 85 — **Hit 9 greens or 52% of the 18 holes**

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.

Putts Per Round

Students need to achieve the total number of putts during an 18-hole round including putts from the fringe for each scoring goal below:

BREAK 100 — **Score a total of 34 putts or less**

BREAK 90 — **Score a total of 32 putts or less**

BREAK 80 — **Score a total of 31 putts or less**

BREAK 75 — **Score a total of 30 putts or less**

BREAK 85 — **Score a total of 29 putts or less**

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.

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