

Become a Putting Wizard

Graduate - Avoiding 3 Putts

Basics of Speed Control



GRADUATE



Contents

- 3 **Class Timetable**
- 5 **Class Objectives and Setup**
- 9 **Practice Stations and Game Cards**
- 14 **Scoring Goal Challenges**



Class Timetable

4 Skills Pathway *Become a Putting Wizard*

Class Timetable - Week 1

Session Length: 60 Mins | Group Size: 1:8 | Skills Pathway Name: Become a Putting Wizard | Skills Pathway Topic: Avoiding 3 Putts | Skills Pathway Stage: Graduate | Technical Focus: Basics of Face Control | Scoring Challenge: Short Putt Challenge

Time	Focus	Class Content	Games / Drills / Resources
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations of your preference and the scoring challenges for the specific class Be ready to welcome participants 5 minutes before the session starts 	<ul style="list-style-type: none"> Class Layout and Setup
10 mins	Introduction	<ul style="list-style-type: none"> Outline the 12 sessions that make up the 'Become a Putting Wizard' Skills Pathway Outline the specific focus of the Graduate level and the topics of each class Describe the scoring challenge and how this will help the students map progress over time 	<ul style="list-style-type: none"> Club Face Impact Allignment to a T Down the Tunnel Can you Miss? Short Putt Challenge
20 mins	Practice Stations Game Station Independent Practice Scoring Challenge	<ul style="list-style-type: none"> Introduce and reinforce the technical focus points to students attending and provide private coaching Instruct students to rotate around the stations Students attempt the practice stations based around technical focus Game station can be attempted individually or in pairs Opportunity for students to attempt the scoring goal challenge 	<ul style="list-style-type: none"> Club Face Impact Allignment to a T Down the Tunnel Can you Miss? Short Putt Challenge
5 mins	Breakout Session	<ul style="list-style-type: none"> Opportunity to engage in group discussion and questions Opportunity to reinforce the technical learning outcomes 	<ul style="list-style-type: none"> Club Face Impact Allignment to a T Down the Tunnel Can you Miss? Short Putt Challenge
20 mins	Practice Stations Game Station Independent Practice Scoring Challenge	<ul style="list-style-type: none"> Introduce and reinforce the technical focus points to students attending and provide private coaching Instruct students to rotate around the stations Students attempt the practice stations based around technical focus Game station can be attempted individually or in pairs Opportunity for students to attempt the scoring goal challenge 	<ul style="list-style-type: none"> GLF. Connect App Challenge Scorecard
5 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 Ask Students to update the GLF. Connect App if they have successfully completed a scoring goal challenge Take time after the class has finished to actively connect new students and build relationships. Ensure everyone is aware of the next next skills pathway class Ensure everyone is aware of the next next skills pathway class Ensure everyone is aware of the next next skills pathway class Ensure everyone is aware of the next next skills pathway class 	<ul style="list-style-type: none"> GLF. Connect App

Class Timetable - Week 2

Session Length: 60 Mins	Group Size: 1:8	Skills Pathway Name: Become a Putting Wizard	Skills Pathway Topic: Avoiding 3 Putts	Skills Pathway Stage: Graduate	Class Focus Basics of Speed Control	Scoring Challenge Long Putt Challenge
-----------------------------------	---------------------------	--	--	--	---	---

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 scoring challenges for the specific class Be ready to welcome participants 5 minutes before the session starts 	<ul style="list-style-type: none"> Class Layout and Setup
5 mins	Introduction	<ul style="list-style-type: none"> Outline the focus of session and give a broad content overview of what will be covered Link this to the class focus from the previous week 	
25 mins	Practice Stations Game Station Independent Practice Scoring Challenge	<ul style="list-style-type: none"> Introduce and reinforce the technical focus points to students attending Briefly explain how to attempt the Scoring Goal Challenge Explain how to attempt the Practice Games and Stations Instruct students to rotate around the stations Opportunity to provide private coaching during Free Practice Stations Game stations and Scoring Goal Challenge can be attempted individually or in pairs 	<ul style="list-style-type: none"> Stroke Length Ladder Club Face Impact Long Putt Ladder + Gimme Zone Short Putt Challenge
5 mins	Breakout Session	<ul style="list-style-type: none"> Opportunity to engage in group discussion and questions Opportunity to reinforce the technical learning outcomes 	
20 mins	Practice Stations Game Station Independent Practice Scoring Challenge	<ul style="list-style-type: none"> Opportunity to re-cap on the technical points, introduce any additional information and discuss any questions from the group Instruct students to continue to rotate around the stations Opportunity to provide private coaching during Free Practice Stations Opportunity for students to continue to attempt the Game stations and Scoring Goal Challenge 	<ul style="list-style-type: none"> Stroke Length Ladder Club Face Impact Long Putt Ladder + Gimme Zone Short Putt Challenge
5 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 Ask Students to update the GLF. Connect App if they have successfully completed a scoring goal challenge 	<ul style="list-style-type: none"> GLF. Connect App Challenge Scorecard
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> Take time after the class has finished to actively connect new students and build relationships Ensure everyone is aware of the next skills pathway class Opportunity to upsell private lessons or additional programs to those that require additional help 	<ul style="list-style-type: none"> GLF. Connect App

Class 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 **speed control** to **avoid 3 putts**. Some of technical content you may want to explore in this first session may include:

- **Speed Control** - Introduce some basic speed control principles which may include:
 - Discuss simple concepts around stroke length, rhythm and tempo. You should demonstrate examples of how this impact the students ability to control speed
 - Discuss the optimum roll of the golf ball of the putter face and how the ball reaching true roll early on will help the students ability to control speed
 - Discuss the impact of striking the ball off the heel or toe of the face and how it affects the distance the ball rolls out

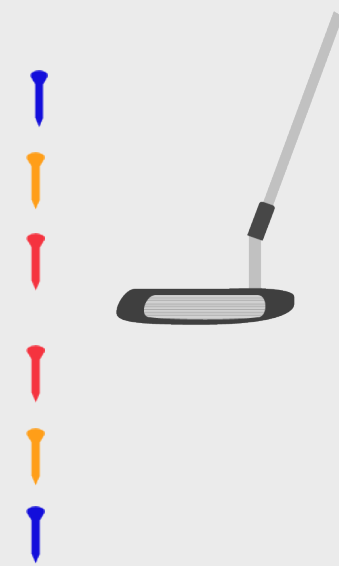


Keep your technical instruction to less than 5 minutes to allow maximum time for play, practice, and for you to reinforce key skills through individual tuition. Encourage the use of different clubs for practice and exploration of skills through discovery and game-based learning.

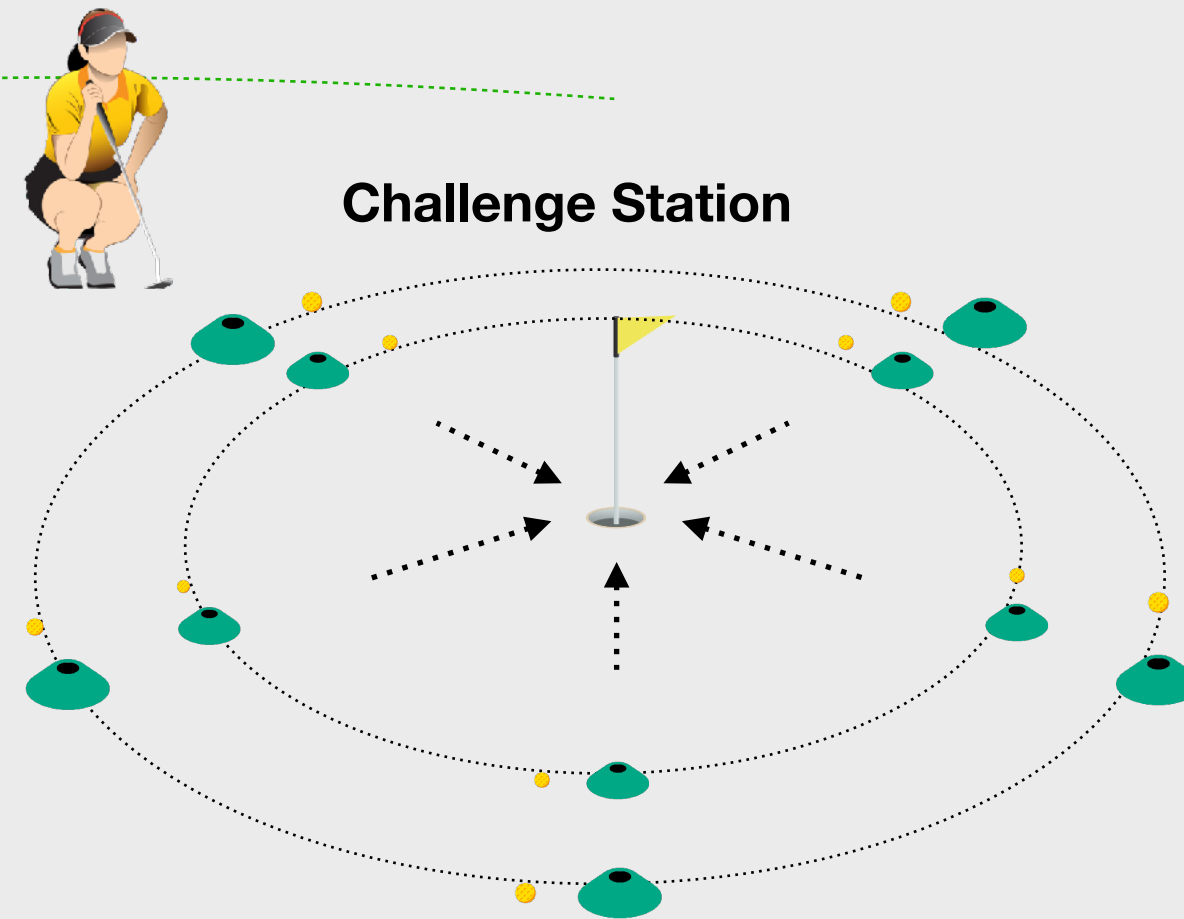


Example Class Layout and Setup

Station 1:
Practice Station
Stroke Length Ladder



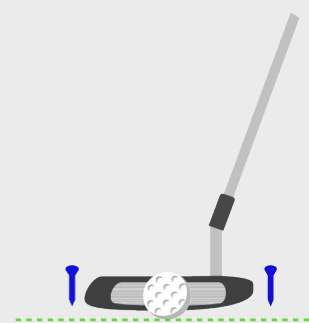
Challenge Station



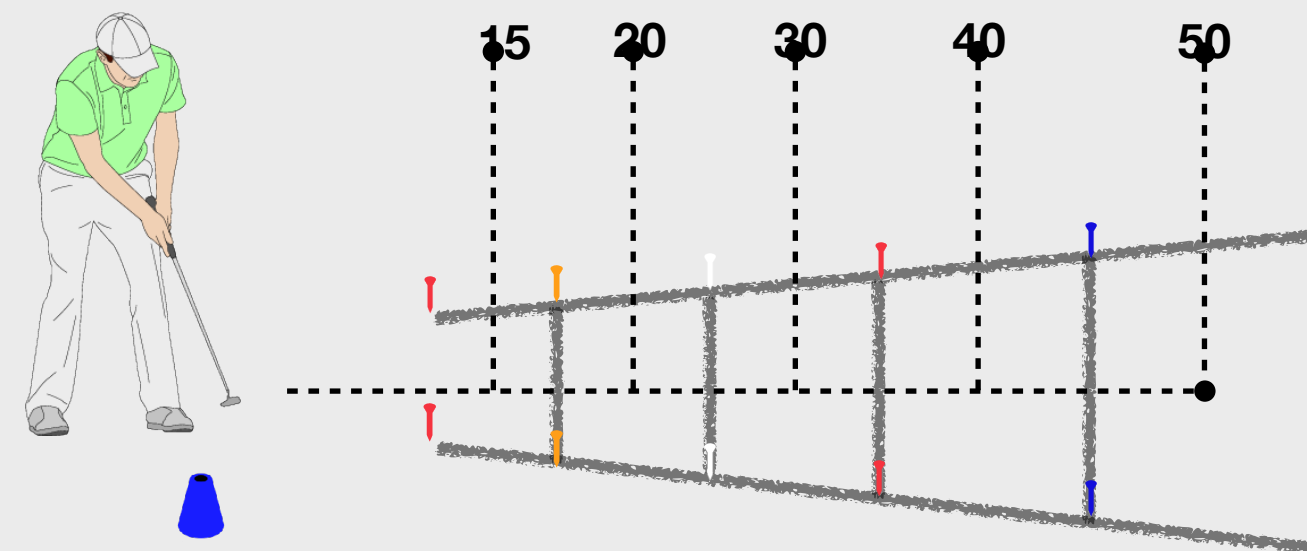
Station 4:
Game Station
Gimme Zone



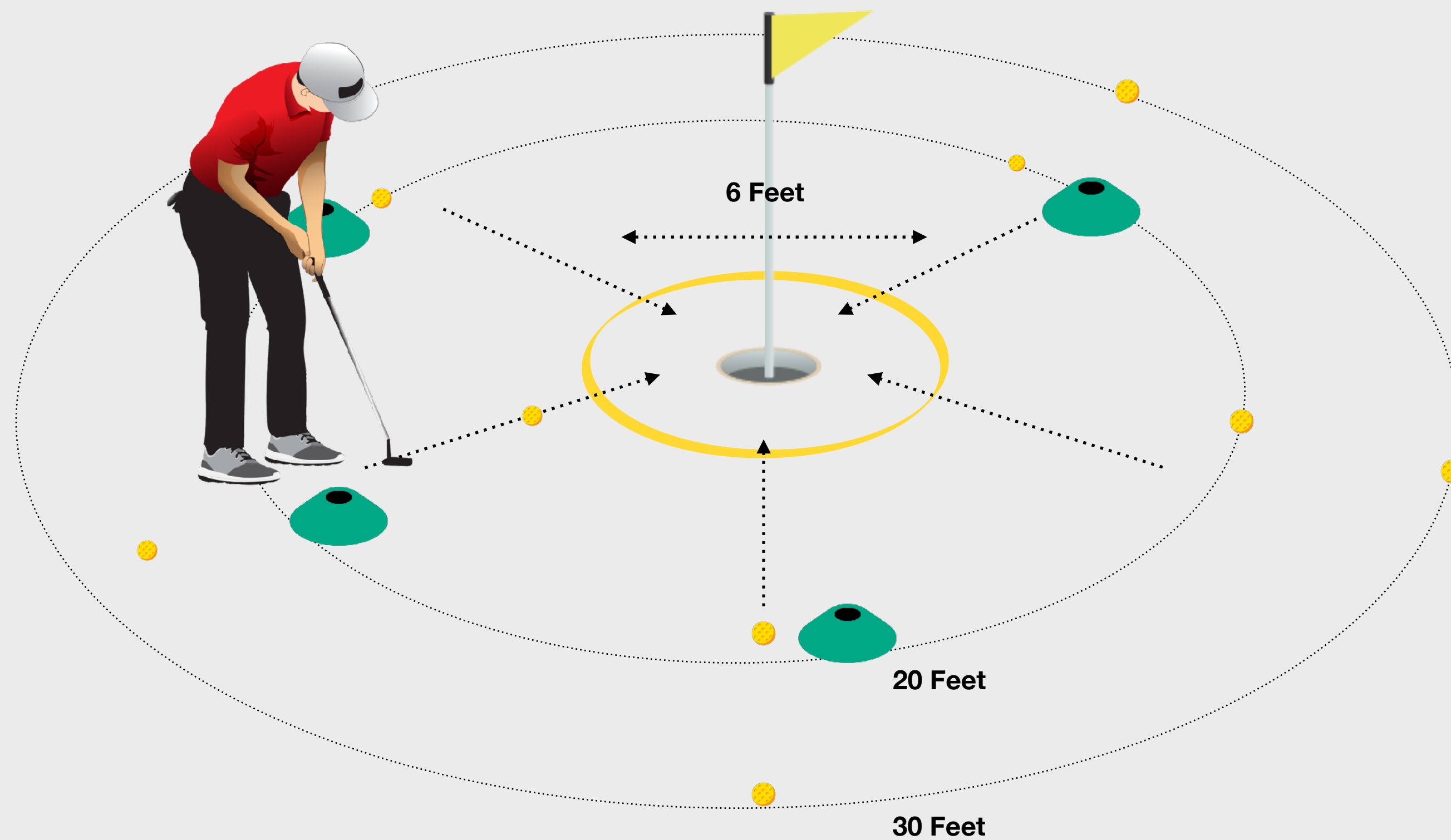
Station 2:
Practice Station
Strike Point



Station 3:
Practice Station
Long Putt Ladder +

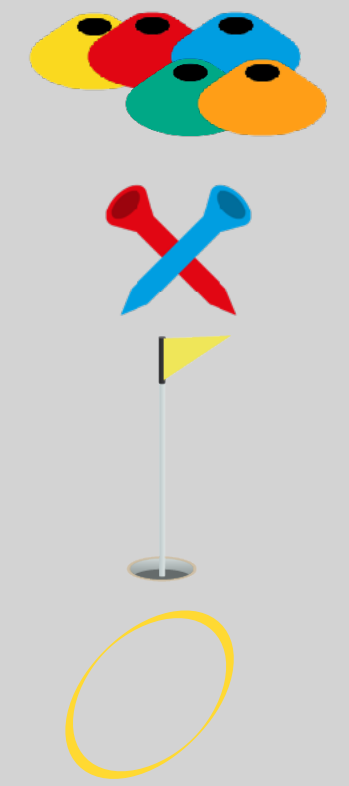


Long Putt Challenge Setup



Equipment Needed

- 10 x Colored Cones
- 10 x tee pegs
- Hole on the Green
- 6 Foot Diameter Hoop



Setting out the Challenge

- Hole should be selected on the putting green on an average sloped surface
- The 6 foot diameter ring from your equipment bag can be used to mark the target circle for this challenge
- The 5 distances at 20 feet and 30 feet should be placed using the 10-foot markers as a guide
- 5 tee pegs/cones should be placed around the hole at each distance 20 feet and 30 feet

Practice Stations and Game Cards

Skills Pathway *Become a Putting Wizard*

11

Alignment to a T

Ball to Target Line

Equipment Needed

- 2 x Alignment Sticks
- Putter

How to Practice

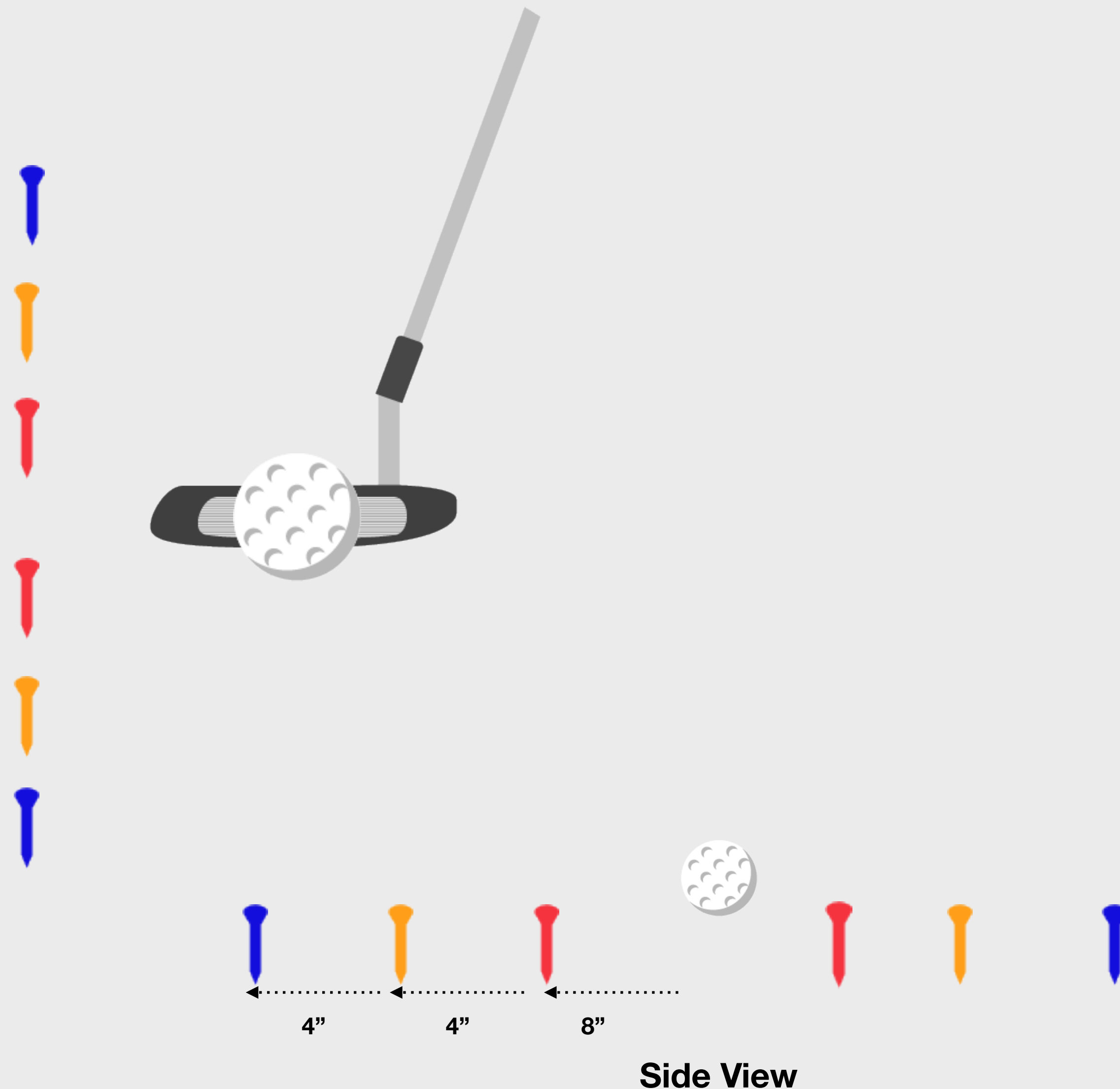
- Set up the student a maximum distance of 10 feet away from the target at the surface
- Ask them to place a golf ball inside the heel of the putter head
- Place an alignment stick with the centre of the golf ball parallel to the putter head's centre line (ball-to-target line)
- Remove the golf ball
- Create a T-shape by placing a second alignment stick perpendicular 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 alignment sticks to develop a sense of square alignment for the club

Technical Link

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

ORBISgolf™

Stroke Length Ladder



Equipment Needed

- 6 Tee Pegs
- Putter

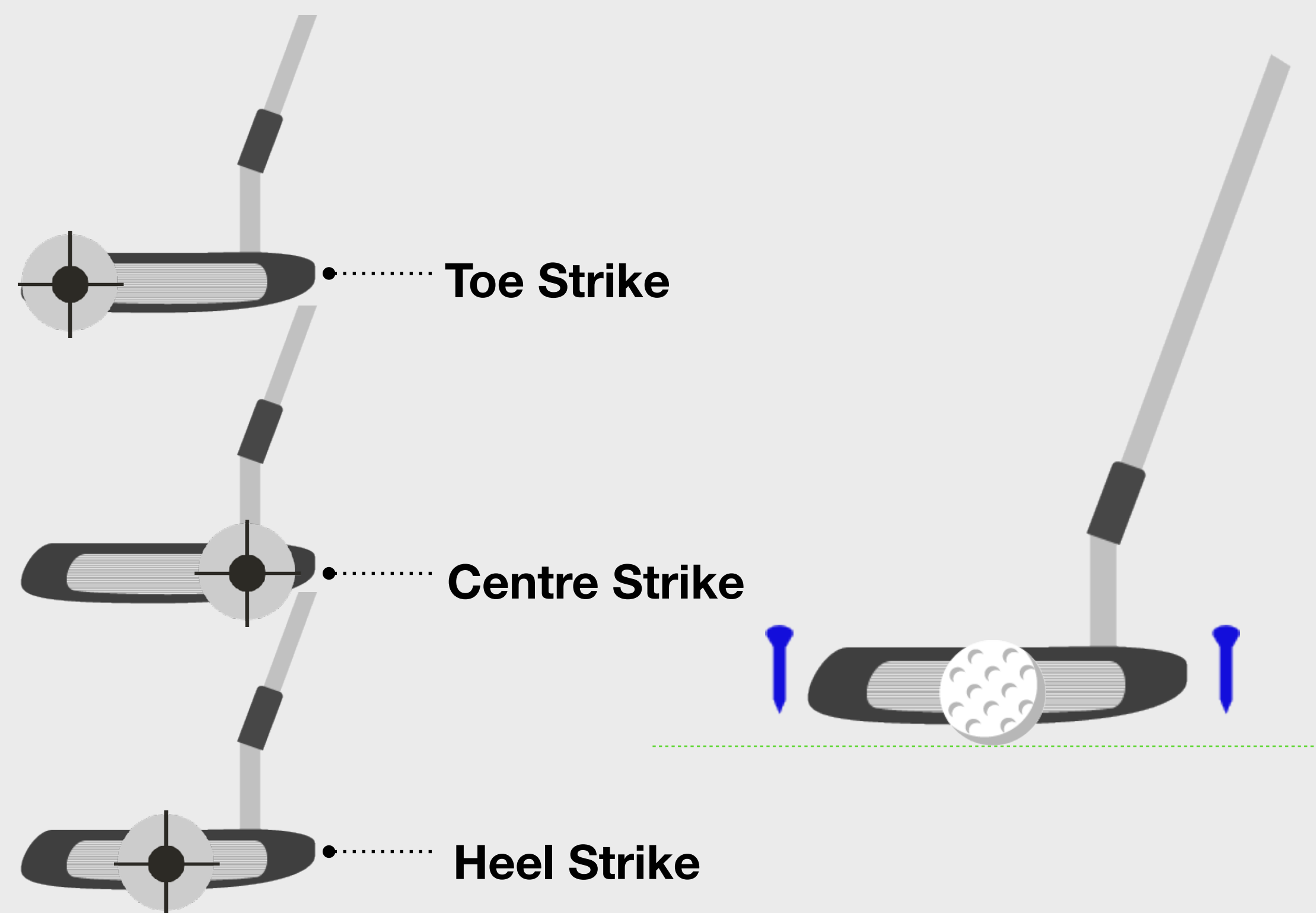
How to Practice

- Get the student to practice swinging the putter between the first tee pegs either side of the ball (red)
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the the one count and the end of the through stroke with the two count
- Get them to hit a few putts and see how far the ball travels
- Next, get the student to swing the putter from and to the second tee pegs either side of the ball (yellow). Again they should reproduce the count of 1, 2
- Get them to hit a few putts and see how the ball travels further
- Finally, replicate for the final set of tee pegs

Technical Link

- This activity will help the student to understand the concept of Swing Length, Rhythm and Tempo
- It will help the student to understand that as swing length changes, the distance the ball travels changes

Club Face Impact



Equipment Needed

- 2 Tee Pegs
- Putter

How to Practice

- Set this activity up on flat green surface with a marker showing where the putter head should be placed
- Get the student to place the centre of the putter over the marker
- Place two tee pegs either side of the putter head, one outside of the toe of the putter and one outside the heel
- Get the student to attempt their stroke between the tee pegs with and without the ball
- Get them to engage in error full practice whereby they deliberately strike either tee to understand the impact of an off centre strike

Technical Link

- This activity will help the student to understand how to get the centre of the putter head to sit properly on the ground
- This activity will help the student to understand the impact that strike has on the distance the ball travels

Long Putts Ladder +

Equipment Needed

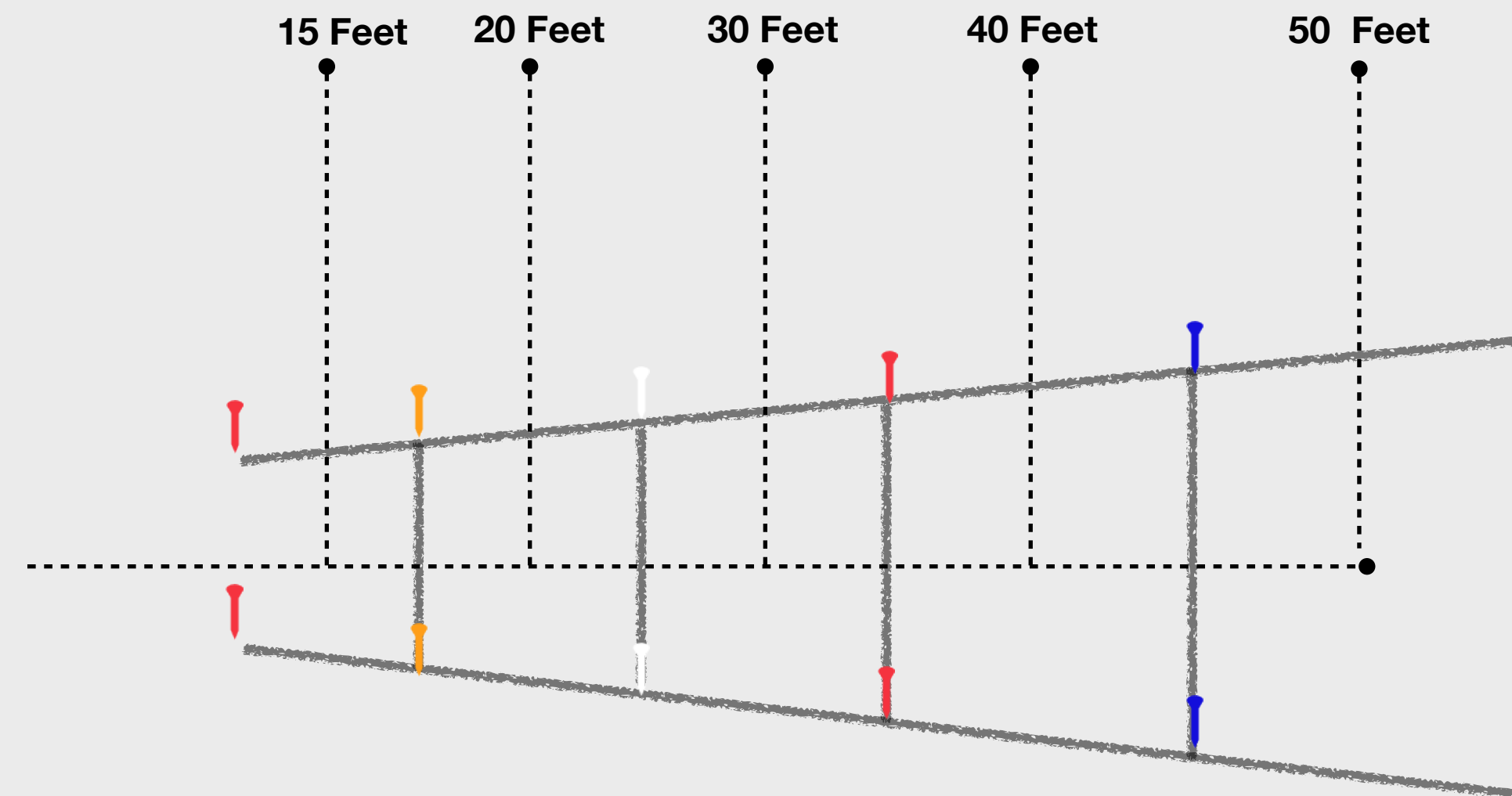
- String for the target boxes
- 12 tee pegs cones to mark the edge of the boxes
- Marker Cone
- Putter

How to Practice

- A student starts by attempting to putt their ball into the first and smallest box on the ladder
- If they are successful, they return to the starting position and attempt their next go to the second box
- If unsuccessful they repeat their attempt to the first box
- The students attempts to complete all steps on the ladder to complete the ladder

Technical Link

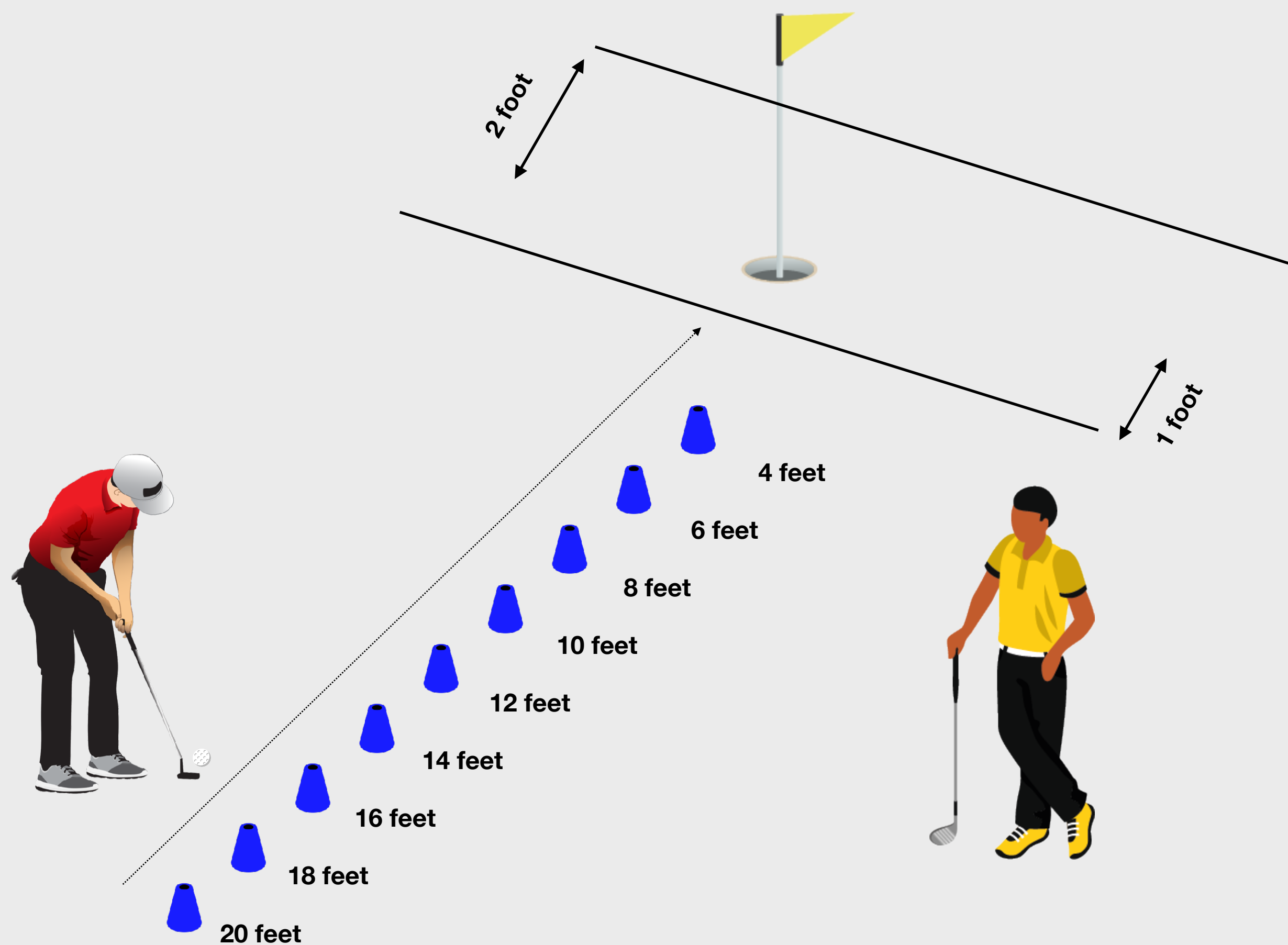
- This activity will test the students ability to judge the speed for putts from longer distances
- The incremental distance changes included in the activity will increase the students confidence with their stroke length and tempo for a range of distances



TRACKMAN

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

Gimme Zone



Scoring system:

PAR = Putts finishing inside the target zone

BIRDIE = Make the putt

BOGEY = Putts finishing outside the target zone

Equipment Needed

- Putter
- 9x Marker Cones
- Target line (string, alignment stick)

How to Play

- Students must perform 2 putts from each station placed at distances of 4 feet away from the hole, then every 2 feet back up to 20 feet in a straight line.
- This totals 18 putts from 9 stations
- They are attempting to hole or get within the target zone as many as they can to get the best score

Technical Link

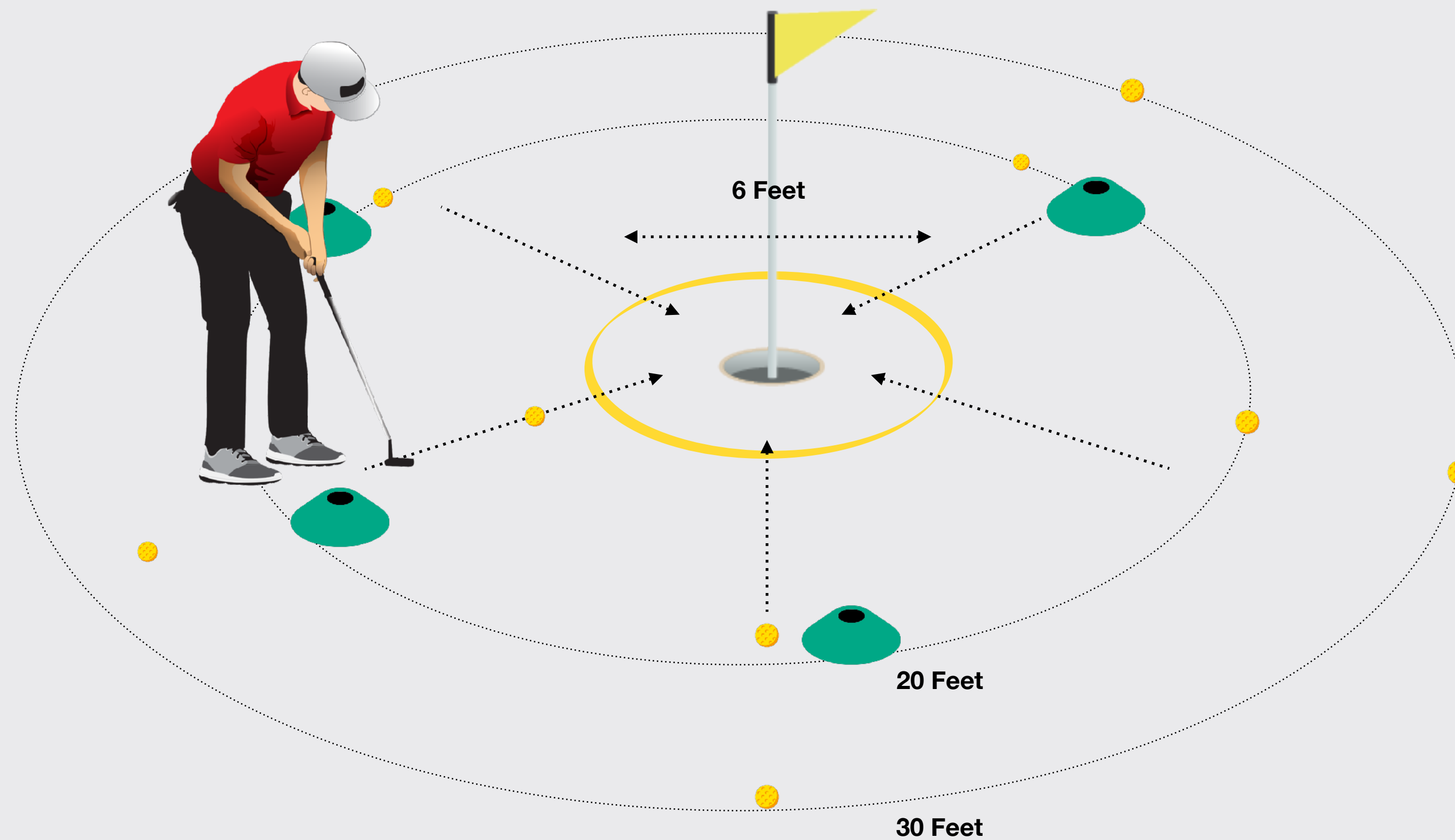
- This activity will help the student to focus on the subtle differences in their stroke required for gradual speed increases
- The extra space in the target zone behind the hole will encourage the student to be more aggressive than hesitant, which is a good habit to get into when trying to avoid 3 putts

Scoring Goal Challenges

Putting



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

