

Become a Putting Wizard

Graduate - Avoiding 3 Putts

Pre-Shot Routine



ORBISgolf™

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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 4

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 Pre-Shot Routine	Scoring Challenge Scoring Challenge
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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 weeks 	
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"> Routine Effect How many in a row? Routine is Key See it, Feel it, Make it Scoring 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"> Routine Effect How many in a row? Routine is Key See it, Feel it, Make it Scoring 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 level and the focus of this progressing from the Graduate level 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 their **pre-shot routine** to **avoid 3 putts**. Some of technical content you may want to explore in this first session may include:

- **Pre-Shot Routine** - Discuss with the student some strategies they can use in a pre-shot routine when putting. This may include:
 - Explain to students the purpose of a pre-shot routine in putting and its benefits
 - Demonstrate your own pre-shot routine
 - Outline the different stages of a Pre-Shot routine including what is included when gathering information and then executing the shot itself
- **Stage 1 - Gathering Information** - This stage is all about gathering data to make the correct decision for the putt. This stage includes:
 - Assessing the putt from multiple angles
 - Analysing the green surface at different points of the putt
 - Analysing how the ball may enter the hole
- **Stage 2 - Execution** - This stage is about the physical behaviour and thoughts immediately prior and up until hitting the putt. The stage includes:
 - Aiming strategies - such as aligning the putter face to a spot in front of the golf ball on their intended start line or using line combinations on the ball to match their preferences and putter head design
 - Visualisation, positive self talk and breathing techniques
 - Positive body language
 - Build setup from the putter head and release tension
 - Final look at the hole
 - Executing the stroke



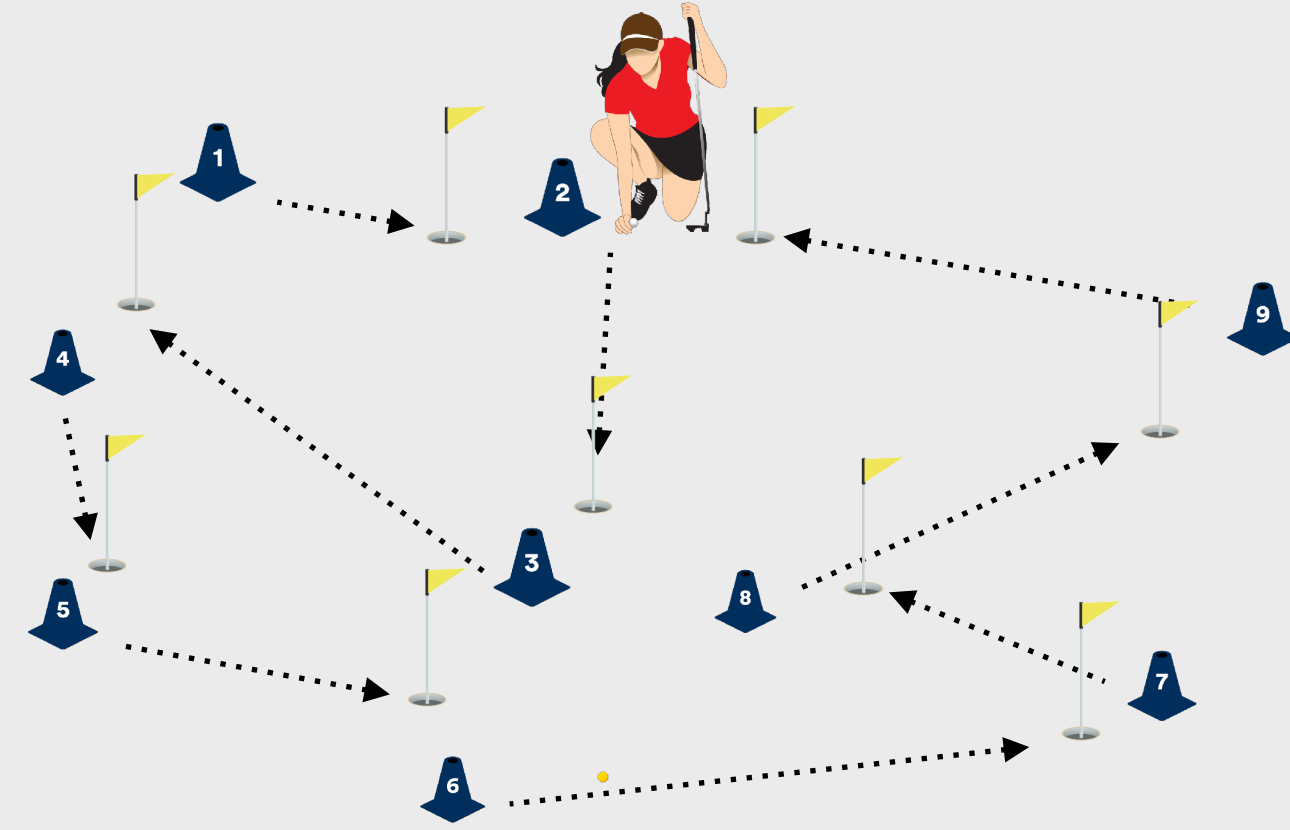
Keep your technical instruction to less than 5 minutes to allow maximum time for play, practice, and for you to reinforce key skills through individual tuition. Encourage the use of different clubs for practice and exploration of skills through discovery and game-based learning.

Example Class Layout and Setup

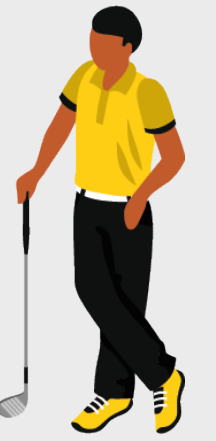
Station 1:
Practice Station
Routine Effect



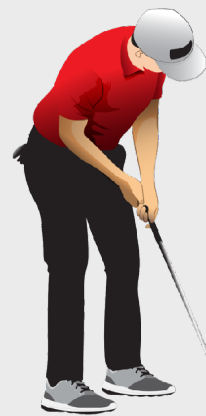
Challenge Station



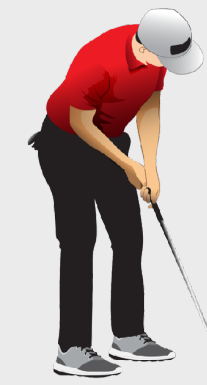
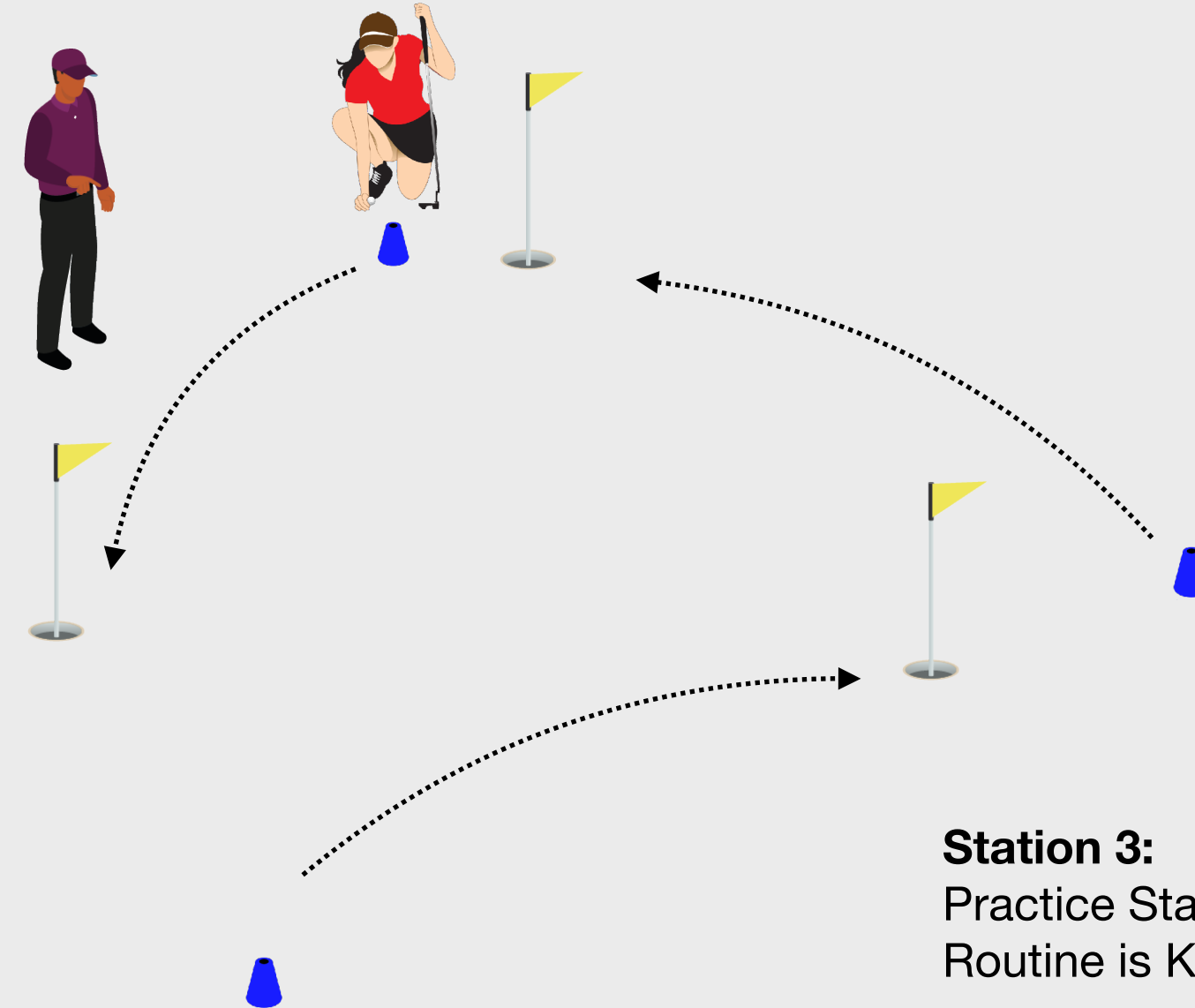
Station 4:
Game Station
See it, Feel it, Make it



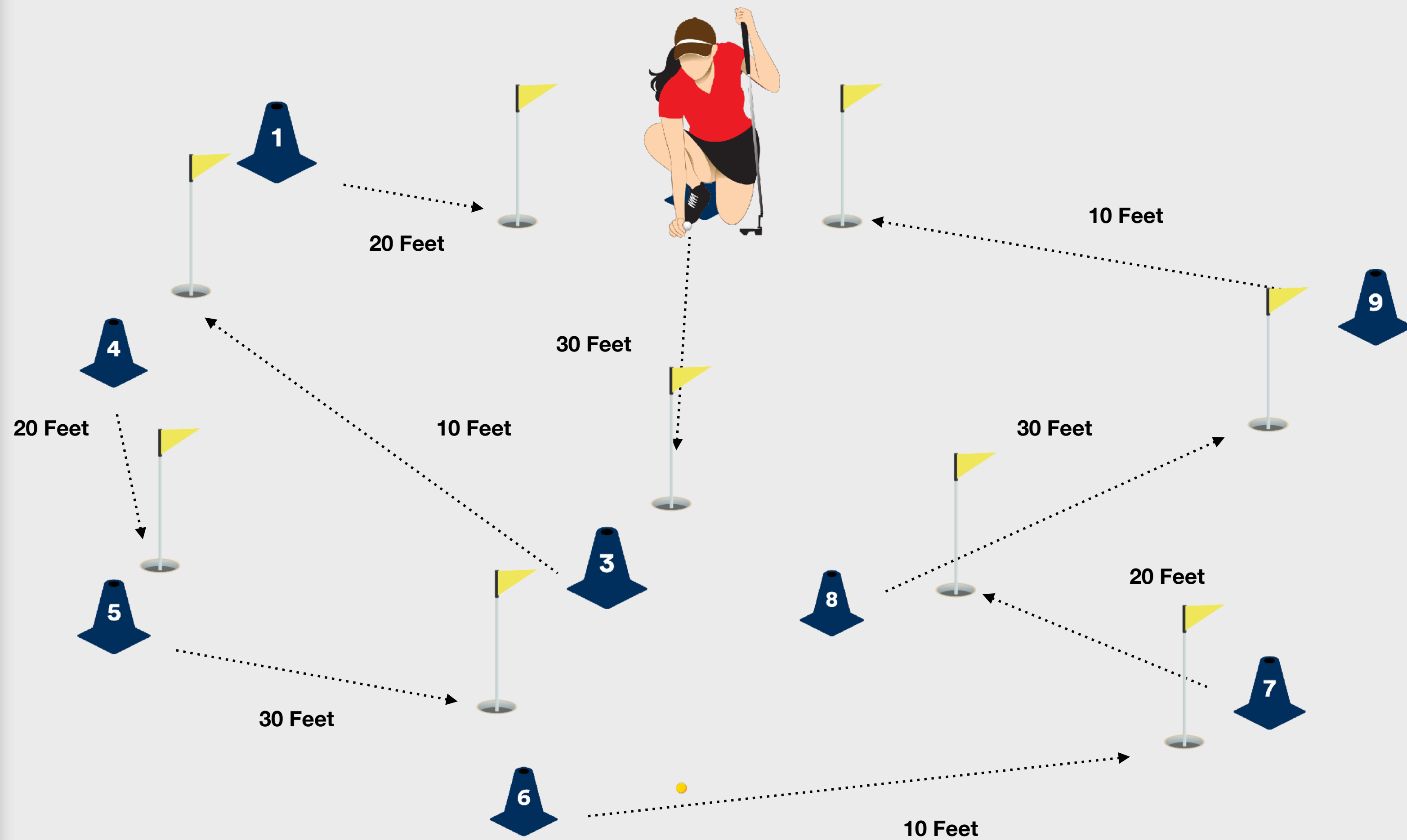
Station 2:
Practice Station
How many in a row?



Station 3:
Practice Station
Routine is Key



Scoring Challenge Setup



Equipment Needed

- 9 x Numbered Starting Cones
- Scorecard and Pencil
- 9 x Holes on the Green



Setting out the Challenge

- 9/18 holes should be selected on the putting green on an average sloped surface
- 3 cones are placed opposite 3 holes at 10 feet, 3 cones at 20 feet and 3 cones at 30 feet
- Students can attempt the challenge depending on the scoring level they are on by playing the required number of holes and distances

Practice Stations and Game Cards

11 Skills Pathway *Become a Putting Wizard*

Alignment to a T

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

Ball to Target Line

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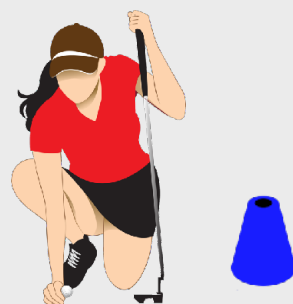
Routine Effect

Gathering Information

- Assessing the putt from multiple angles
- Analyzing the green surface at different points of the putt
- Analyzing how the ball may enter the hole
- Environmental and situation factors

Execute

- Aiming strategy
- Visualisation, positive self talk and
- Positive body language
- Build setup from the putter head and
- Final look at the hole
- Executing the stroke



Equipment Needed

- Putter
- 4x Cones
- 6 foot target circle

How to Practice

- Set up the student around a hole with a 6 foot diameter circle target around it and place 4 cones at varying distances and angles
- During this activity they should practice using a pre-shot routine for their putts compared to not using one
- For every other putt the student must perform their pre-shot routine they have developed, which should follow the checklist provided
- On the other putts they are not allowed to use any of these methods and must just walk up to the putt and hit it
- Students should take note of the proximity of their pre-shot routine putts and their non pre-shot routine putts

Technical Link

- Performing this activity should highlight to the student the effectiveness of a pre-shot routine and how it can improve the accuracy, decrease the proximity of second putts from longer range and avoid 3 putts
- Should inspire them to create their own checklist

How many in a row?



Equipment Needed

- Tee
- Putter

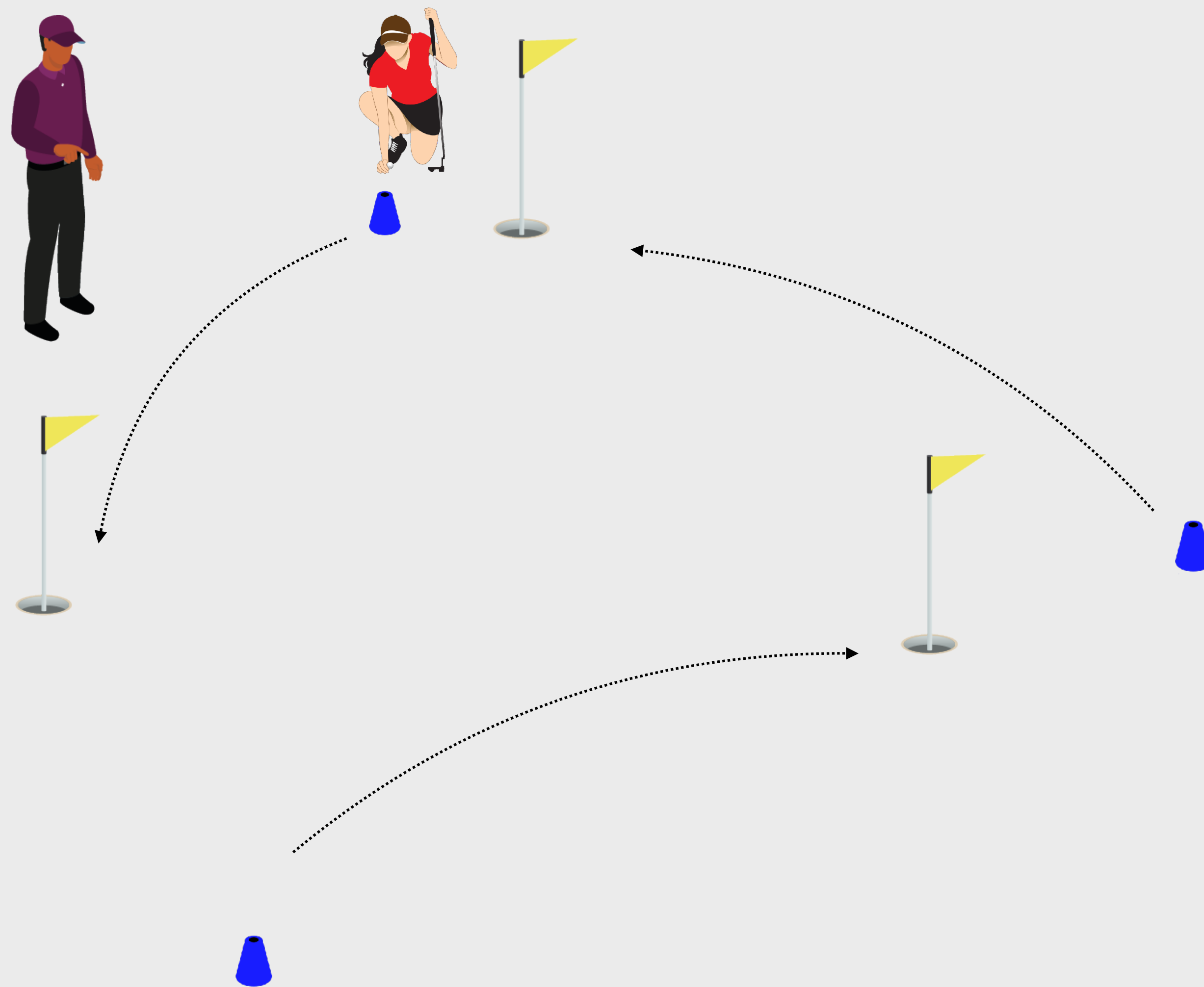
How to Practice

- Set this activity up by placing a tee 3 feet away from a hole on a flat surface with a few balls behind the tee
- Before each attempt to hole the putt, the student must perform their pre-shot routine
- See how many putts in a row the student can hole from 3 feet
- If they miss they have to start back at zero

Technical Link

- This activity will help the student to improve their consistency and concentration on short putts
- Repetition of technique and concentration is the key technical skill for this activity

Routine is Key



Equipment Needed

- Putter
- 3x Holes

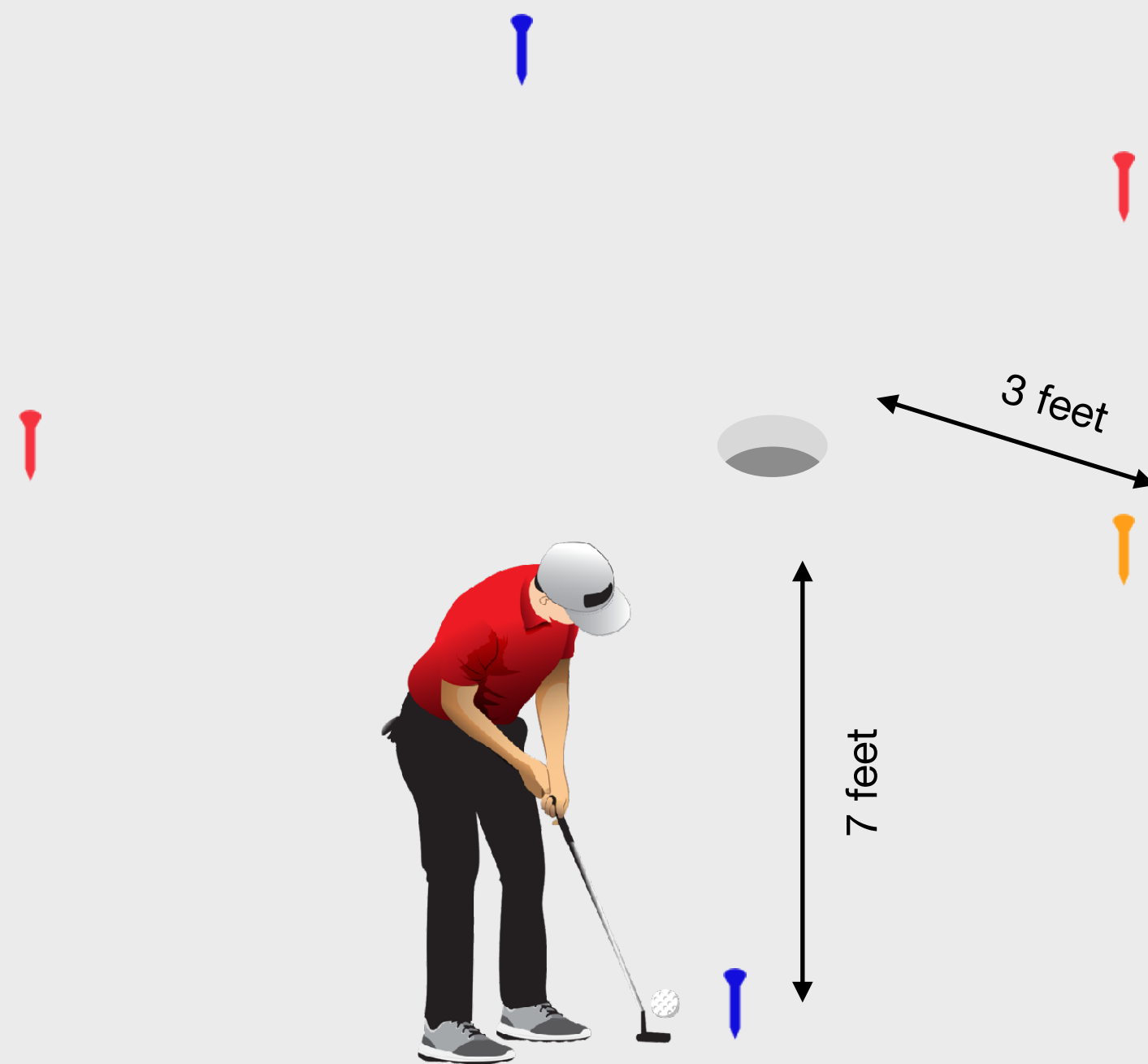
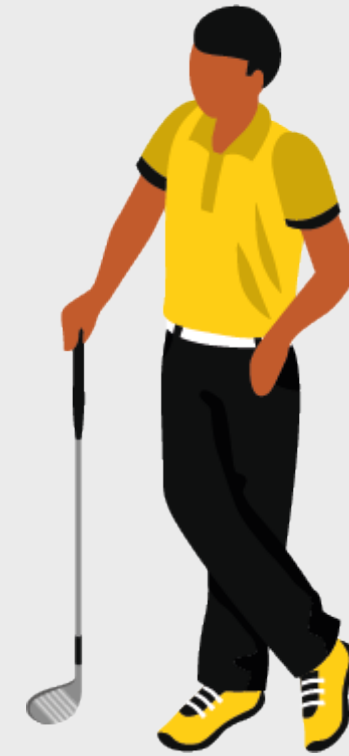
How to Practice

- Ask the students to develop a pre-shot routine that consists of a green reading stage, an aiming strategy stage, a practice putt stage and form of visualisation before the putt
- Students should also indicate whether they are using any marks on the putter or the ball to assist with alignment
- Once they have developed a full and repeatable routine they should rehearse this before each putt
- Have them practice around 3 holes that are a medium distance away from each other for variation
- They must try to hole out each time with as few putts as possible and try to avoid 3 putts

Technical Link

- A repeatable routine is key to more consistent and focused putting and can even help alleviate pressure on the course
- Routines could be recorded or wrote down in note form in order for students to remember them
- It could be impactful asking the students to try each others routines to experiment with different methods

See it, Feel it, Make it



Equipment Needed

- 5 x Tee Pegs
- Putter

How to Play

- Choose a hole with a sloped surface around it
- Set up 5 tee pegs around the hole at incremental distances from 3 feet to 7 feet
- The aim is for the student to hole the 5 putts consecutively
- However, for each putt the student must perform the 3 steps
- Firstly, read the green and visualise the putt
- Secondly, perform 2 practice strokes whilst looking at the hole to gain an idea of the right length and speed for the specific putt
- Lastly, attempt to hole the putt

Technical Link

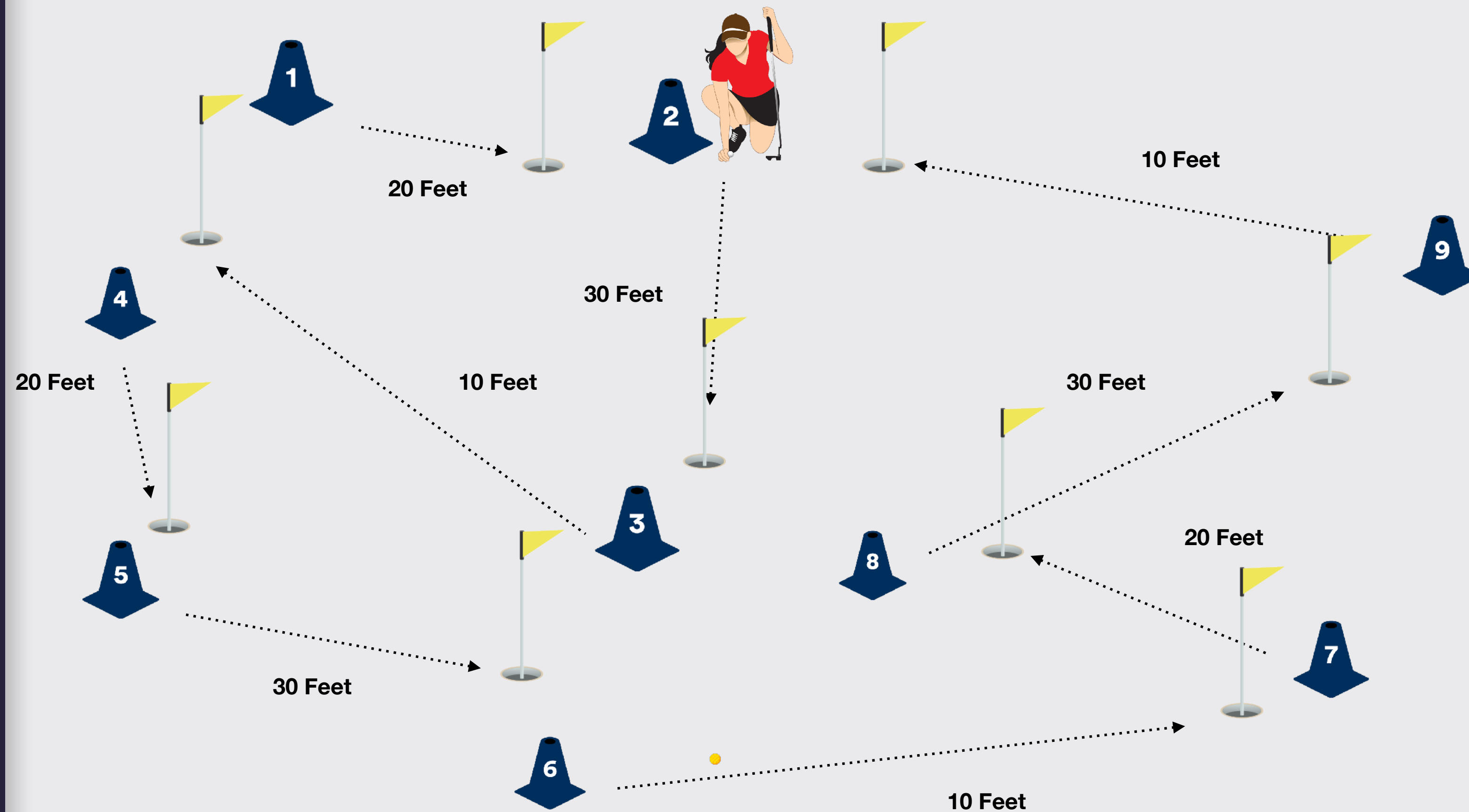
- This practice drill will reinforce good habits to have on the course
- The visualisation and green reading will create a more positive and focused mindset
- The practice strokes taken are all about gaining a rhythm and tempo to recreate for the actual putt

Scoring Goal Challenges

Putting



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

