

Become a Tee Shot Wizard

Graduate - Avoiding the Big Miss

Developing Setup Fundamentals



GRADUATE



ORBISgolf™

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Class Timetable

Skills Pathway *Become a Tee Shot Wizard*

Class Timetable - Week 1

Session Length:
60 Mins

Group Size:
1:8

Skills Pathway Name:
Become a Tee Shot Wizard

Skills Pathway Topic:
Avoiding the Big Miss

Skills Pathway Stage:
Graduate

Technical Focus
Understanding Driver Patterns

Scoring Challenge
Driver 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 'Becoming a Driving Wizard' skills pathway and give a broad content overview Describe the scoring challenge and how this will help the students map progress over time Explain how to play the game and attempt the practice station activities Explain how to attempt the Scoring Challenge 	<ul style="list-style-type: none"> Centre Strikes Army Golf Checkpoint What's your Pattern? Driver 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"> Centre Strikes Army Golf Checkpoint What's your Pattern? Driver 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"> Centre Strikes Army Golf Checkpoint What's your Pattern? Driver 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. Be aware of the next next skills pathway class Identify those that require additional help 	<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 Tee Shot Wizard	Skills Pathway Topic: Avoiding the Big Miss	Skills Pathway Stage: Graduate	Class Focus Developing Setup Fundamentals	Scoring Challenge Driver 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 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"> Get Some Stability Clubface Aim Shoulder Plane Fairway Finder Driver 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"> Get some Stability Clubface Aim Shoulder Plane Fairway Finder Driver 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 their **set up** to **avoid the big miss off the tee**. Some of technical content you may want to explore in this first session may include:

- **Stance** - Outline some basic stance changes for driver which may include:
 - Discuss how a wider stance improves stability and how this can improve consistency
 - Discuss how stance affects rotation during the swing
 - Discuss how foot position can play a vital role in encouraging rotation
 - Explain how a stable stance can allow for greater speed in the swing once direction is more controlled
- **Club Face Aim** - Introduce some club face aiming strategies which may include:
 - Explain to the students that club face aim and body alignment are key to starting the ball on the right line and encouraging the correct swing direction for the student
- **Ball and Upper Body Position** - Outline the contribution of ball position and the position of the upper body at address:
 - Demonstrate to the students changing the spine angle to lower the right shoulder at set up
 - Discuss how this will encourage the optimising the delivery of the club head into the ball
 - Discuss and demonstrate how ball position can impact the start line and trajectory of the golf ball.
 - Encourage the student to find the correct ball position for them



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.



Class Layout and Setup

Group Discussion:
Start, during and end
of class



Station 1:
Practice Station
Get some Stability

Station 2:
Practice Station
Shoulder Plane

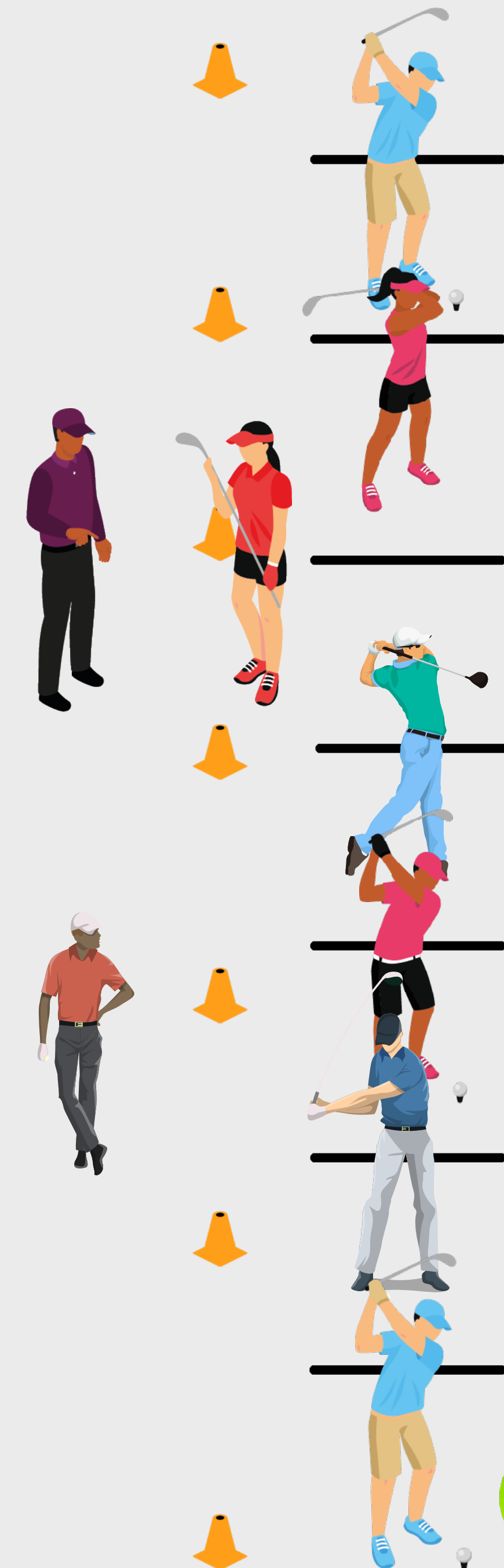
Station 3:
Practice Station
Club Face Aim

Station 4:
Free Practice Station

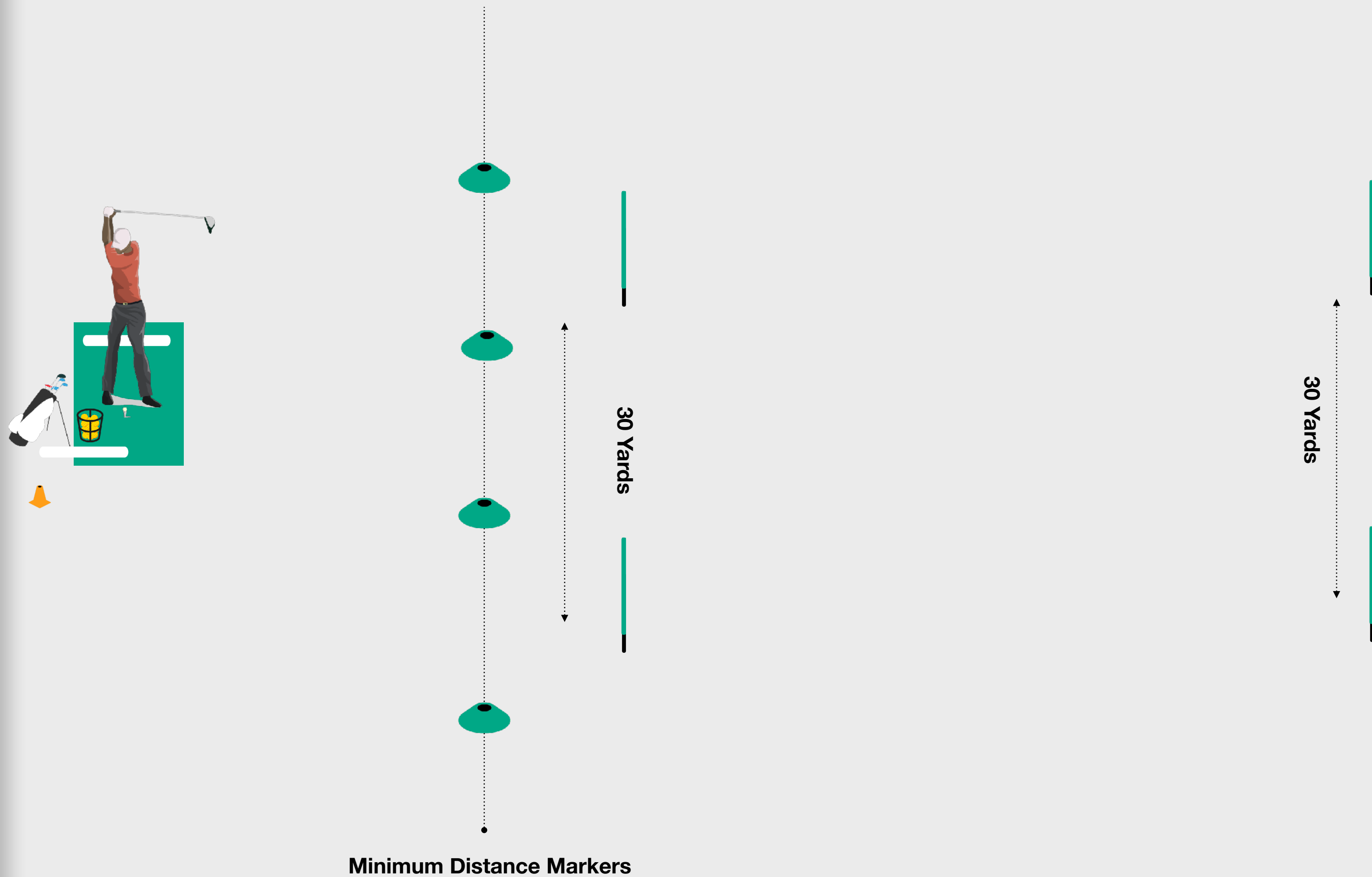
Station 5:
Free Practice Station

Station 6:
Game Station
Fairway Finder

Station 7:
Challenge Station
Driver Challenge

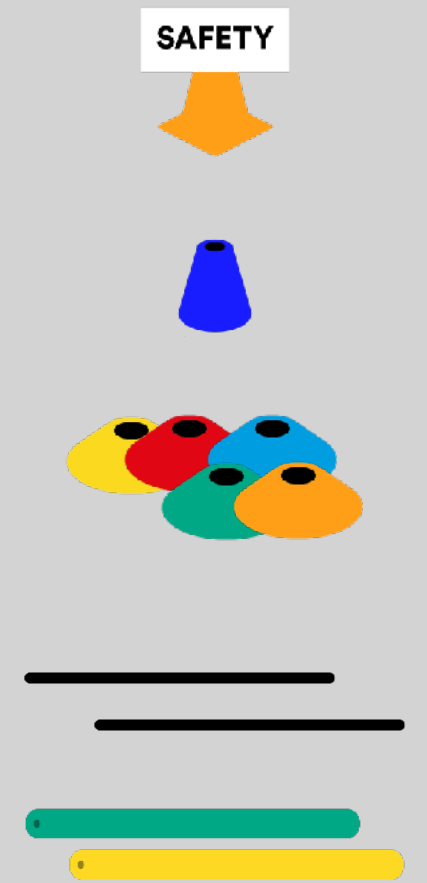


Driver Challenge Setup



Equipment Needed

- Orange safety cone
- 1x Marker cones
- Coloured Cones
- 4x Alignment Sticks
- 4x Foam Noodles



Setting out the Challenge

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Use the cones to mark out the carry distance lines or use features on the outfield
- Alignment sticks with foam noodles should be used to measure the gate 30 yards wide
- Set out all the markers to enable every student to attempt their challenge for their scoring goal.

Practice Stations and Game Cards

13 Skills Pathway *Become a Tee Shot Wizard*

What's your Pattern?

Dispersion Pattern

Equipment Needed

- Driver
- Pencil and Paper

How to Play

- Pick a fairway target on the driving range or practice ground
- The student hits 10-20 shots depending on the time available
- The student marks on paper the landing position of each shot relevant to the target
- After all shots have been hit the student will have a dispersion pattern
- The student can re-attempt this using an alternative strategy to compensate for their miss

Technical Link

- This activity will help the student to build an awareness of their dispersion patterns and help them produce a plan to improve it
- Knowing their common miss and general pattern should help them adjust their aim on the course

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Get Some Stability



Equipment Needed

- Tees
- Driver

How to Practice

- Ask the students to widen their stance for shots with the driver
- The stance should be slightly wider than the width of their shoulders
- Demonstrate to the students how widening and narrowing the stance will effect balance and consistency
- Use an alignment stick from each armpit so the student can visualise the width of the feet reparative to each shoulder

Technical Link

- Outline to the student that it will give them a more stable platform over which they can turn their upper body
- It will encourage the hips to stay level throughout the swing
- It will lower their centre of gravity so they are less likely to lose balance during a fast swing

Shoulder Plane



Equipment Needed

- Tees
- Driver
- Alignment stick

How to Practice

- Ask the student to lower their right shoulder at the address position
- They should create an angle of roughly 15 degrees in the shoulder line to the ground
- Explain to the students how lowering the right shoulder at address can shallow out the downswing and enable the student to hit up on the ball
- Use an alignment stick to show and gauge this alteration

Technical Link

- Explain how this change at address will give a higher launch angle, raise the centredness of strike on the club face and ultimately set them up for increased distance and control

Club Face Aim



Equipment Needed

- Driver
- Tees
- Alignment Sticks

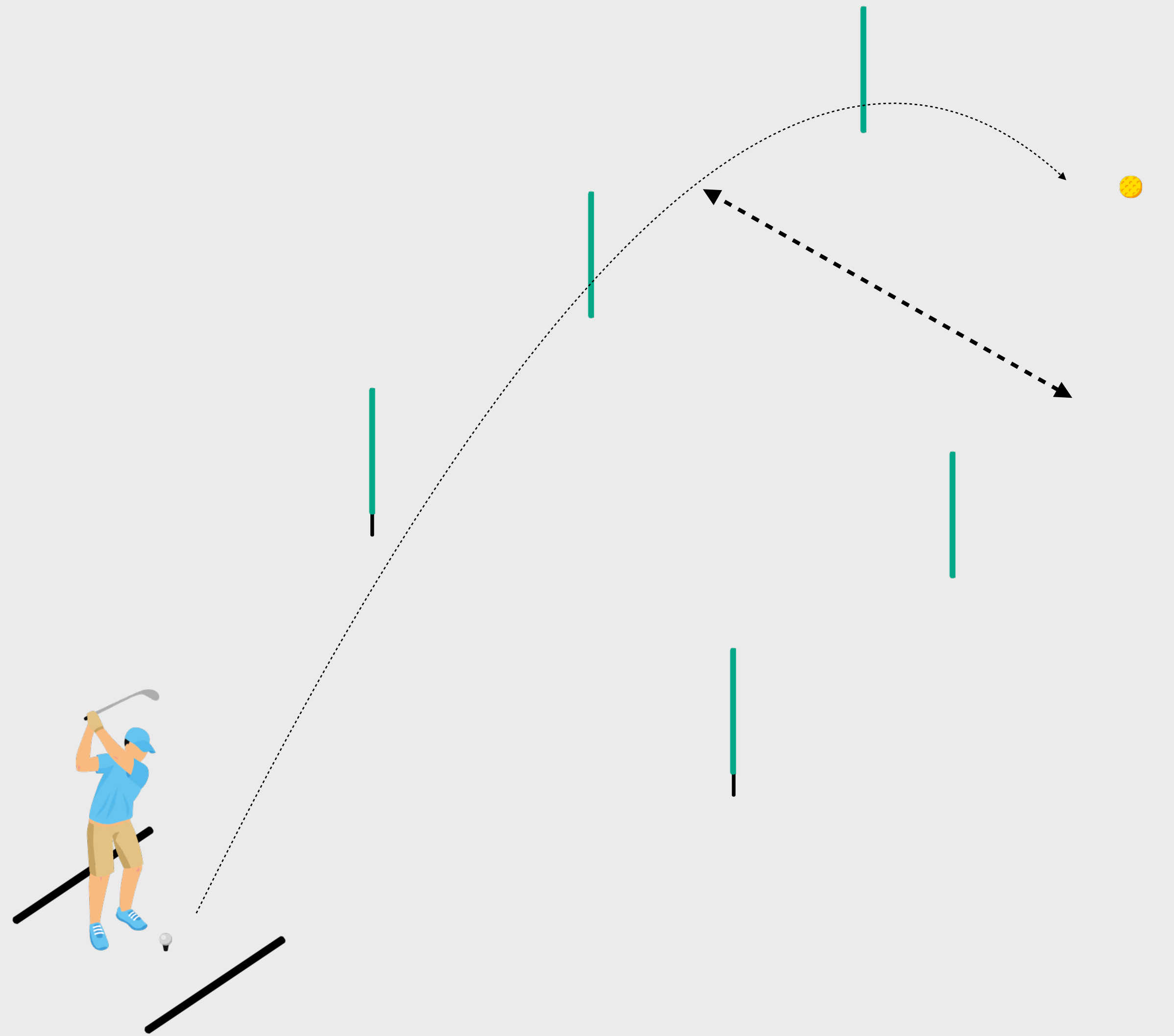
How to Practice

- The student should practice whilst using an alignment stick to aid them in making sure their club face aim is perfectly square before they start the swing
- If the ball starts left or right of target the student then knows either they have miss-hit the shot, or they have done something which has caused the club face to aim right or left at impact
- You should encourage the student to find the correct face aim and body position for them depending on their shot patterns

Technical Link

- This activity will help the student to build an awareness of what a square set-up looks like to them

Fairway Finder



Equipment Needed

- Driver
- Tees
- Alignment sticks, cones or other targets

How to Play

- Set up a fairway on the driving range using existing targets, cones or alignment sticks
- Ask students to hit golf balls and try and hit the fairway using their stock driver shot
- The students should hit 10 shots and see how many out of 10 they can hit the fairway with

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 shows them what an average fairway width of roughly 40 yards looks like

Scoring Goal Challenges

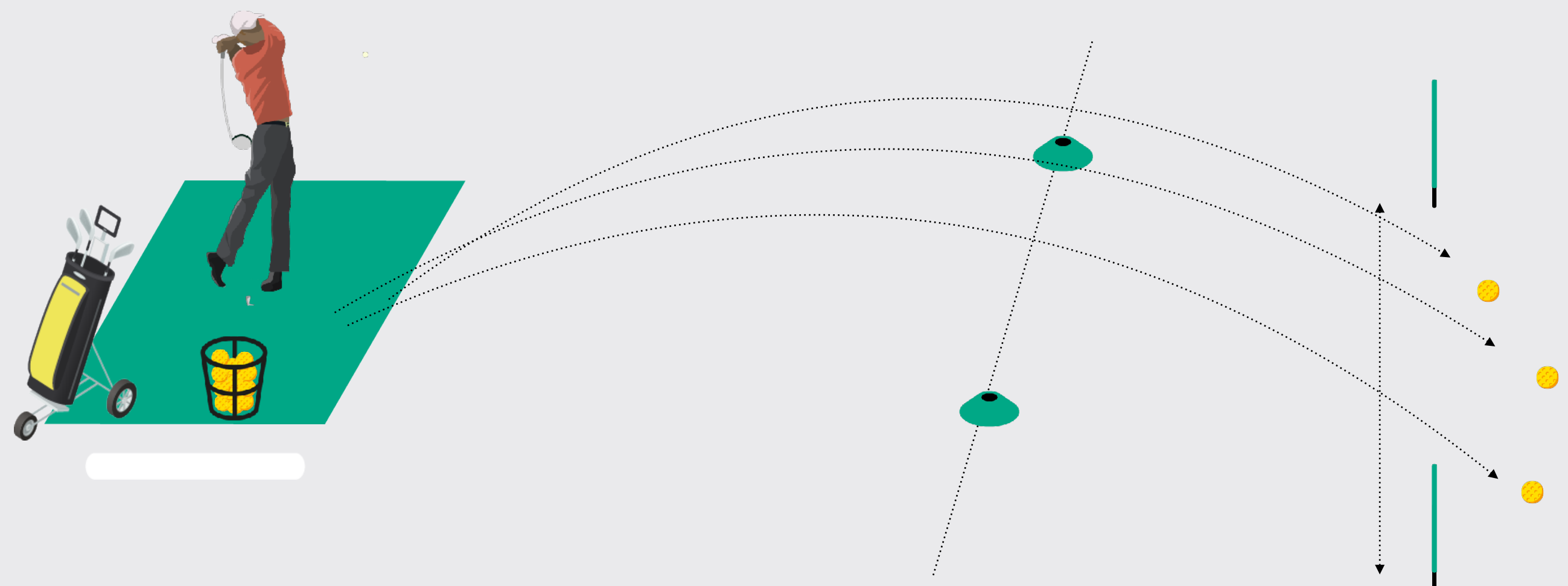
Driver



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 Markers

30 Yard Wide Target Gate



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
