

# Become a Tee Shot Wizard

## Graduate - Avoiding the Big Miss

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# Pre-Shot Routine



GRADUATE



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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"> <li>Set up the games and practice stations of your preference and the scoring challenges for the specific class</li> <li>Be ready to welcome participants 5 minutes before the session starts</li> </ul>	<ul style="list-style-type: none"> <li>Class Layout and Setup</li> </ul>
10 mins	Introduction	<ul style="list-style-type: none"> <li>Outline the 12 sessions that make up the 'Becoming a Driving Wizard' skills pathway and give a broad content overview</li> <li>Describe the scoring challenge and how this will help the students map progress over time</li> <li>Explain how to play the game and attempt the practice station activities</li> <li>Explain how to attempt the Scoring Challenge</li> </ul>	<ul style="list-style-type: none"> <li>Centre Strikes</li> <li>Army Golf</li> <li>Checkpoint</li> <li>What's your Pattern?</li> <li>Driver Challenge</li> </ul>
20 mins	Practice Stations Game Station Independent Practice Scoring Challenge	<ul style="list-style-type: none"> <li>Introduce and reinforce the technical focus points to students attending and provide private coaching</li> <li>Instruct students to rotate around the stations</li> <li>Students attempt the practice stations based around technical focus</li> <li>Game station can be attempted individually or in pairs</li> <li>Opportunity for students to attempt the scoring goal challenge</li> </ul>	<ul style="list-style-type: none"> <li>Centre Strikes</li> <li>Army Golf</li> <li>Checkpoint</li> <li>What's your Pattern?</li> <li>Driver Challenge</li> </ul>
5 mins	Breakout Session	<ul style="list-style-type: none"> <li>Opportunity to engage in group discussion and questions</li> <li>Opportunity to reinforce the technical learning outcomes</li> </ul>	<ul style="list-style-type: none"> <li>Centre Strikes</li> <li>Army Golf</li> <li>Checkpoint</li> <li>What's your Pattern?</li> <li>Driver Challenge</li> </ul>
20 mins	Practice Stations Game Station Independent Practice Scoring Challenge	<ul style="list-style-type: none"> <li>Introduce and reinforce the technical focus points to students attending and provide private coaching</li> <li>Instruct students to rotate around the stations</li> <li>Students attempt the practice stations based around technical focus</li> <li>Game station can be attempted individually or in pairs</li> <li>Opportunity for students to attempt the scoring goal challenge</li> </ul>	<ul style="list-style-type: none"> <li>GLF. Connect App</li> <li>Challenge Scorecard</li> </ul>
5 mins	Media on GLF. Connect	<ul style="list-style-type: none"> <li>Add any lesson media to the student's Student Connect area which may include notes, videos and documents</li> <li>Ask Students to update the GLF. Connect App if they have successfully completed a scoring goal challenge</li> <li>Take time after the class has finished to actively connect new students and build relationships.</li> <li>Be aware of the next next skills pathway class</li> <li>Identify those that require additional help</li> </ul>	<ul style="list-style-type: none"> <li>GLF. Connect App</li> </ul>

# Class Timetable - Week 4

<b>Session Length:</b> 60 Mins	<b>Group Size:</b> 1:8	<b>Skills Pathway Name:</b> Become a Tee Shot Wizard	<b>Skills Pathway Topic:</b> Avoiding the Big Miss	<b>Skills Pathway Stage:</b> Graduate	<b>Class Focus</b> Pre-Shot Routine	<b>Scoring Challenge</b> 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"> <li>Set up the games and practice stations of your preference and the scoring challenges for the specific class</li> <li>Be ready to welcome participants 5 minutes before the session starts</li> </ul>	<ul style="list-style-type: none"> <li>Class Layout and Setup</li> </ul>
5 mins	Introduction	<ul style="list-style-type: none"> <li>Outline the focus of session and give a broad content overview of what will be covered</li> <li>Link this to the class focus from the previous weeks</li> </ul>	
25 mins	Practice Stations Game Station Independent Practice Scoring Challenge	<ul style="list-style-type: none"> <li>Introduce and reinforce the technical focus points to students attending</li> <li>Briefly explain how to attempt the Scoring Goal Challenge</li> <li>Explain how to attempt the Practice Games and Stations</li> <li>Instruct students to rotate around the stations</li> <li>Opportunity to provide private coaching during Free Practice Stations</li> <li>Game stations and Scoring Goal Challenge can be attempted individually or in pairs</li> </ul>	<ul style="list-style-type: none"> <li>Little Step, Big Step</li> <li>Breath Control</li> <li>Gather and Execute</li> <li>Picture Perfect</li> <li>Driver Challenge</li> </ul>
5 mins	Breakout Session	<ul style="list-style-type: none"> <li>Opportunity to engage in group discussion and questions</li> <li>Opportunity to reinforce the technical learning outcomes</li> </ul>	
20 mins	Practice Stations Game Station Independent Practice Scoring Challenge	<ul style="list-style-type: none"> <li>Opportunity to re-cap on the technical points, introduce any additional information and discuss any questions from the group</li> <li>Instruct students to continue to rotate around the stations</li> <li>Opportunity to provide private coaching during Free Practice Stations</li> <li>Opportunity for students to continue to attempt the Game stations and Scoring Goal Challenge</li> </ul>	<ul style="list-style-type: none"> <li>Little Step, Big Step</li> <li>Breath Control</li> <li>Gather and Execute</li> <li>Picture Perfect</li> <li>Driver Challenge</li> </ul>
5 mins	Media on GLF. Connect	<ul style="list-style-type: none"> <li>Add any lesson media to the student's Student Connect area which may include notes, videos and documents</li> <li>Ask Students to update the GLF. Connect App if they have successfully completed a scoring goal challenge</li> </ul>	<ul style="list-style-type: none"> <li>GLF. Connect App</li> <li>Challenge Scorecard</li> </ul>
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> <li>Take time after the class has finished to actively connect new students and build relationships</li> <li>Ensure everyone is aware of the next skills pathway level and the focus of this progressing from the Graduate level</li> <li>Opportunity to upsell private lessons or additional programs to those that require additional help</li> </ul>	<ul style="list-style-type: none"> <li>GLF. Connect App</li> </ul>

# Class Objectives and Setup

7 Skills Pathway *Become a Tee Shot Wizard*

## Class Layout and Setup

The diagram illustrates a class layout with several stations and a group discussion area. A central vertical path is marked with horizontal bars and yellow cones. Stations are arranged along this path, with participants shown in various golfing poses. A black clipboard is positioned on the right side of the page, partially overlapping the diagram.

- Group Discussion:** Start, during and end of class
- Station 1:** Practice Station Centre Strikes
- Station 2:** Practice Station Army Golf
- Station 3:** Practice Station Checkpoint
- Station 4:** Free Practice Station
- Station 5:** Game Station What's your Pattern?
- Station 6:** Challenge Station Driver Challenge

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# 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 the big miss off the tee**. Some of technical content you may want to explore in this first session may include:

- **Pre Shot Routine** - Outline the implementation of a pre-shot routine which may include:
  - Explain to students the purpose of a pre-shot routine 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 shot. This stage includes:
  - Assessing the Yardage and Elevation
  - Wind Direction and Temperature
  - The lie of the ball
  - Strategy of the shot I.e risk or reward
  - Pin Position
  - Green Surface and surrounding hazards
- **Stage 2 - Execution** - This stage is about the physical behaviour and thoughts immediately prior and up until hitting the shot. The stage includes:
  - Start this phase away from the ball
  - Add a practice swing with purpose
  - Visualise, post self talk and breathing techniques
  - Pick an alignment focus
  - Focus on positive body language
  - Build setup from the ball and release tension



**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  
Little Step, Big Step

**Station 2:**  
Practice Station  
Breath Control

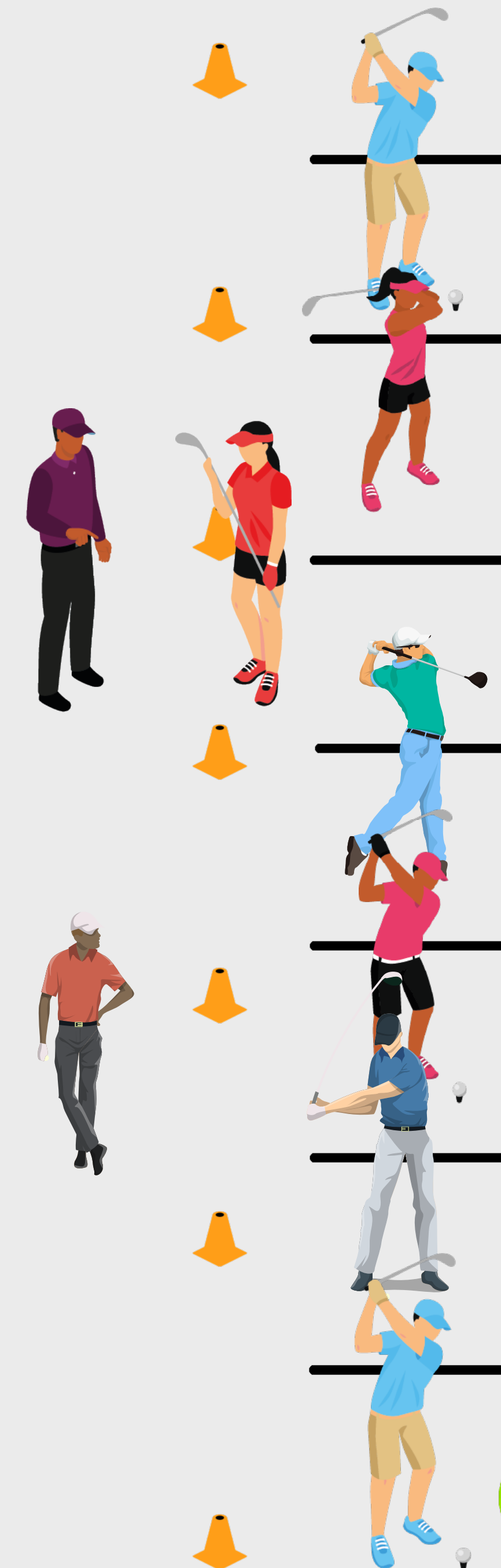
**Station 3:**  
Practice Station  
Gather and Execute

**Station 4:**  
Free Practice Station

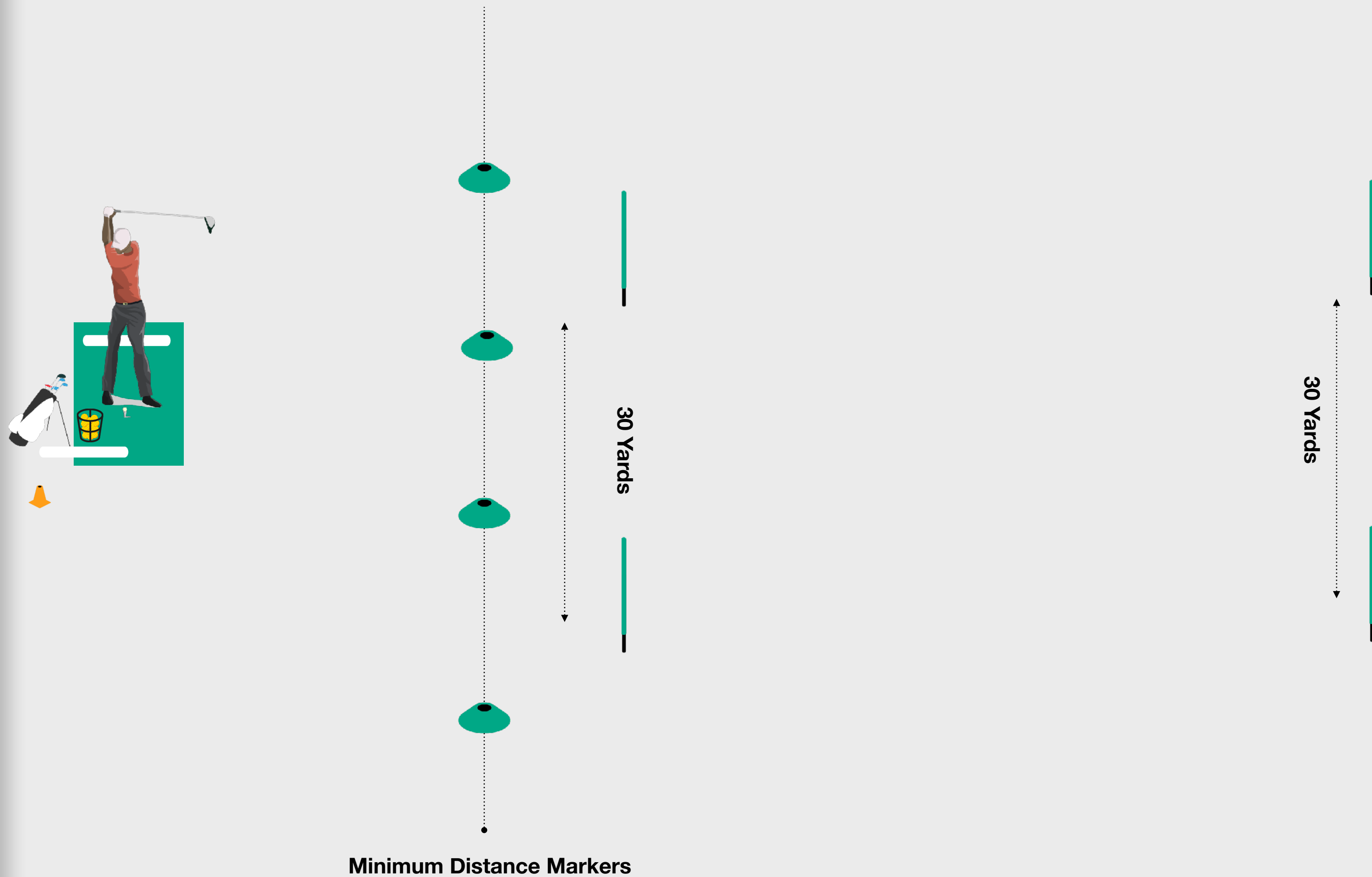
**Station 5:**  
Free Practice Station

**Station 6:**  
Game Station  
Picture Perfect

**Station 7:**  
Challenge Station  
Driver Challenge

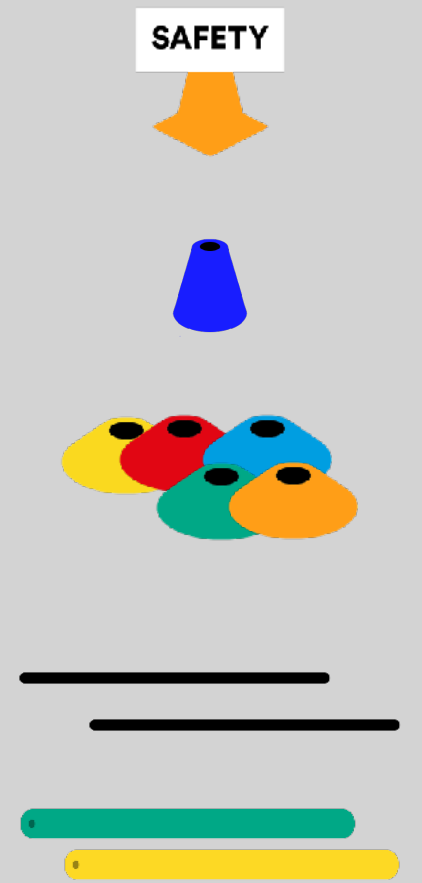


# Driver Challenge Setup



## Equipment Needed

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

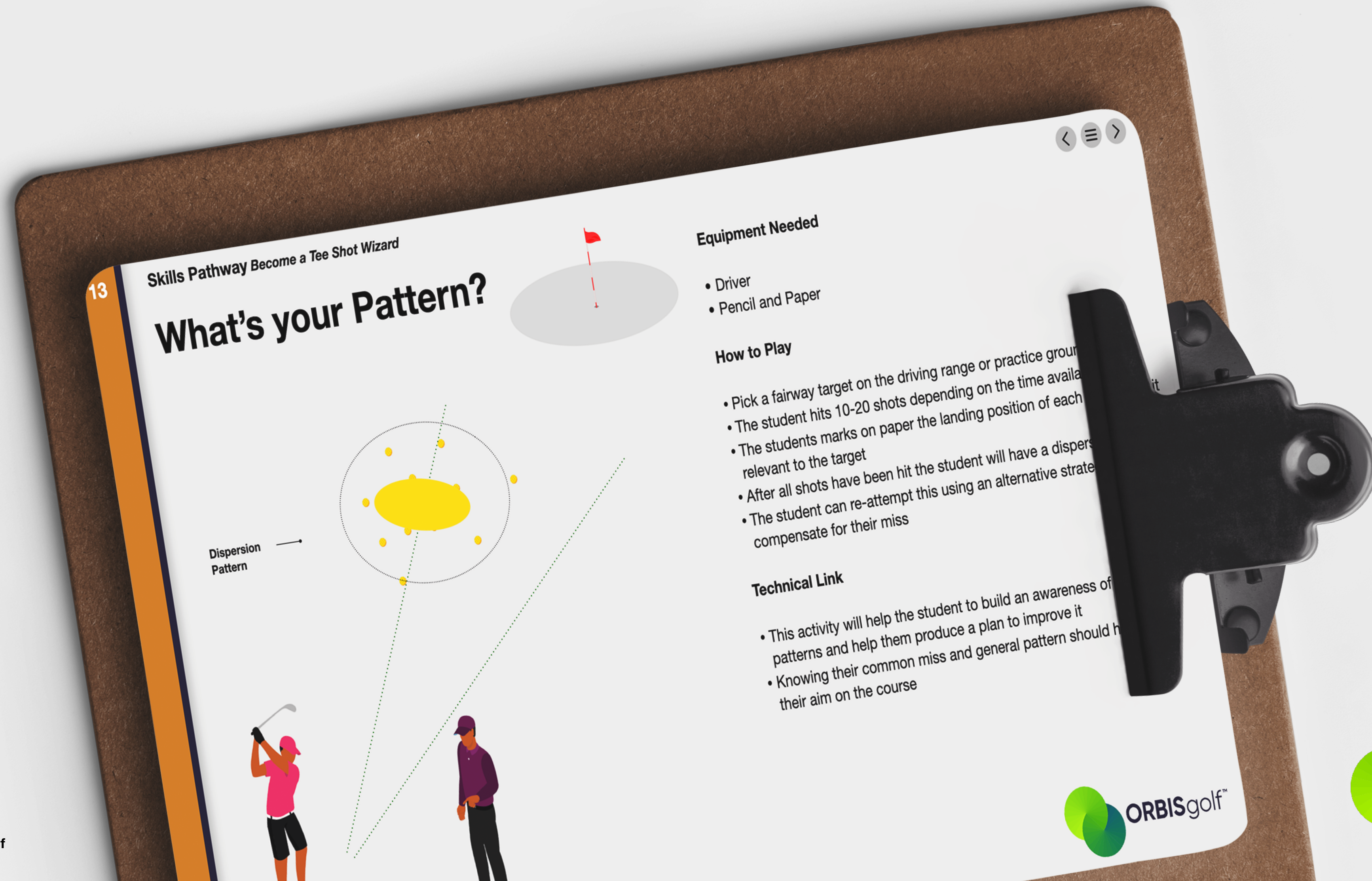


## Setting out the Challenge

- 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



# Little Step, Big Step



## Equipment Needed

- Tees
- Driver

## How to Practice

- Ask the students to stand at address with their feet together and in a vertical posture
- The student should take a small step to the left with the left foot ensuring it remains opposite the left arm pit
- The student should then take a big step to the right ensuring that the right foot position is wider than the right shoulder

## Technical Link

- Advise that implementing this into their pre-shot routine will ensure their ball position is set up optimally each shot
- Outline to the student how this ball position is required because the low point for a drive is different to an iron strike

# Breath Control



## Equipment Needed

- Tees
- Driver

## How to Practice

- The student should begin by running on the spot for 10 seconds to build their heart rate slightly
- After 10 seconds the student should attempt to process their current pre shot routine and hit their shot
- The student shouldn't using any form of breathing technique on the first attempt
- After hitting the shot the student should reflect on how challenging it was to produce an effective routine and shot itself
- The student re-attempts the exercise but this time implements a simple breathing technique before hitting
- The student should then reflect on the difference in how they felt and the outcome of the shot and their routine

## Technical Link

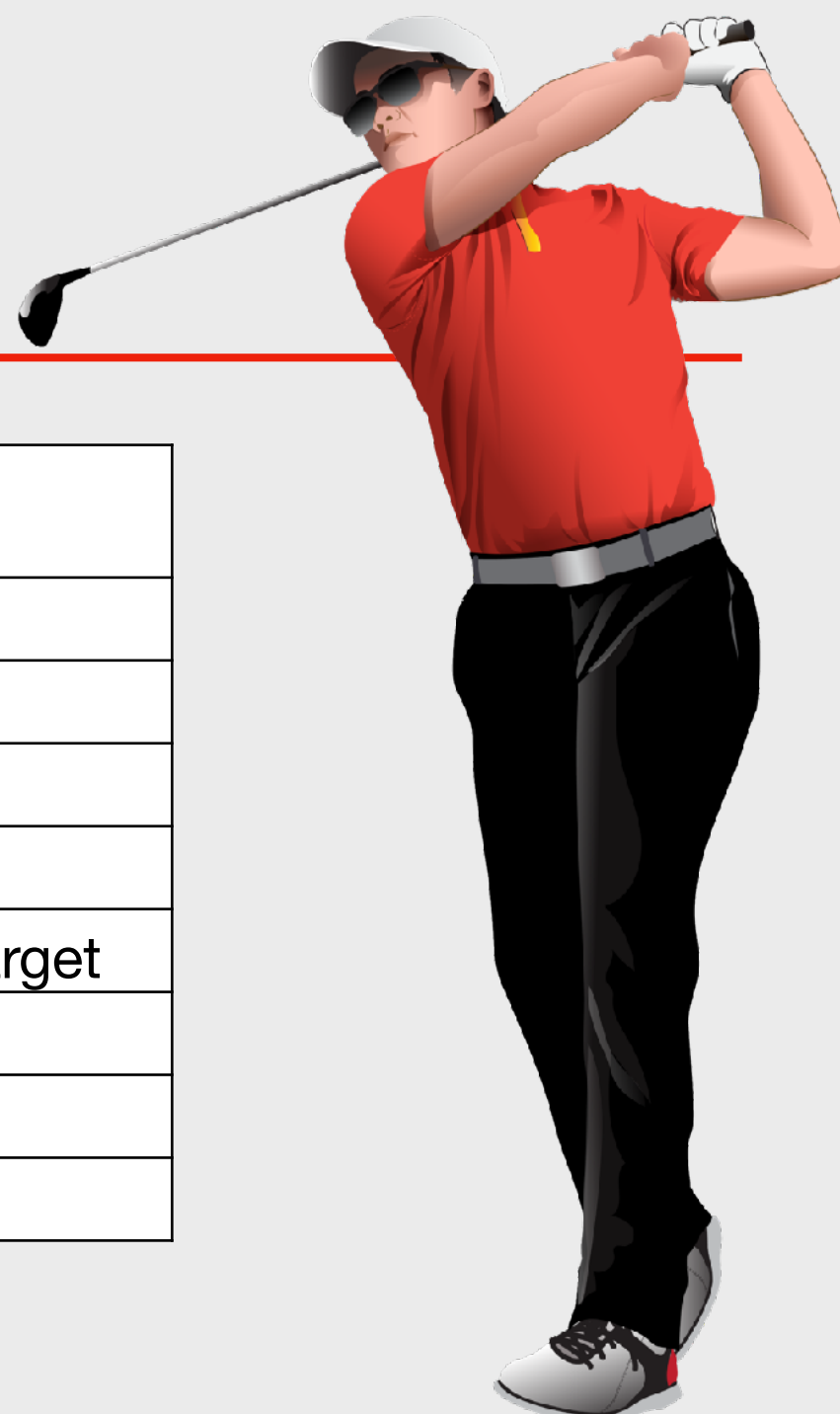
- Implementing a simple breathing technique during a pre-shot routine can be an effective way to overcome high pressure moments

# Gather and Execute



## Gathering Information

- Put bag down
- Walk up to the ball and check it's lie
- Scan for environmental factors such as wind or hazards
- Risk vs Reward of the shot
- Elevation
- Yardage
- Pin Position



## Execute

- Start away from the ball
- Take a practice swing
- Frame the shot & breath
- Demonstrate effective body language
- Pick an intimidate target between the ball and final target
- Build setup from the club head up
- Release tension
- Look & react

## Equipment Needed

- Driver
- Checklist
- Alignment Stick

## How to Practice

- Give the student this thorough pre-shot routine checklist and ask them to go through this process before each shot
- Outline to the student their are 2 stages to a pre-shot routine;
  - Data Capture - This stage is all about gathering data to make the correct decision for the shot
  - Execution - This stage is about the physical behaviour and thoughts immediately prior and up until hitting the shot
- After the student has understood each element of the checklist get them to create their own routine which they can rehearse
- The alignment stick acts as a defined line between both stages

## Technical Link

- Building a combined physical and mental pre-shot routine is key to improving consistency because it can help with controlling activation levels, concentration, building confidence and handling pressure

# Picture Perfect



## Equipment Needed

- Driver
- Golf Balls

## How to Play

- Ask the student to picture the shot they want to perform before/ during their setup
- They must then pick out a target on the range that resembles that target and attempt to play the shot
- After the shot is taken ask them to review whether they performed the shot as intended and mark down if it was successful
- They should repeat this activity around 10 times choosing different targets each shot and then repeat the whole activity without using imagery
- Keep a tally of each shot that lands/ finishes within the intended distance of a chosen target

## Technical Link

- Imagery is a powerful tool in golf for focusing the mind on the action it is about to perform, therefore the student should find it a useful tool they can implement into their pre-shot routine for improving consistency

# Scoring Goal Challenges

## Driver

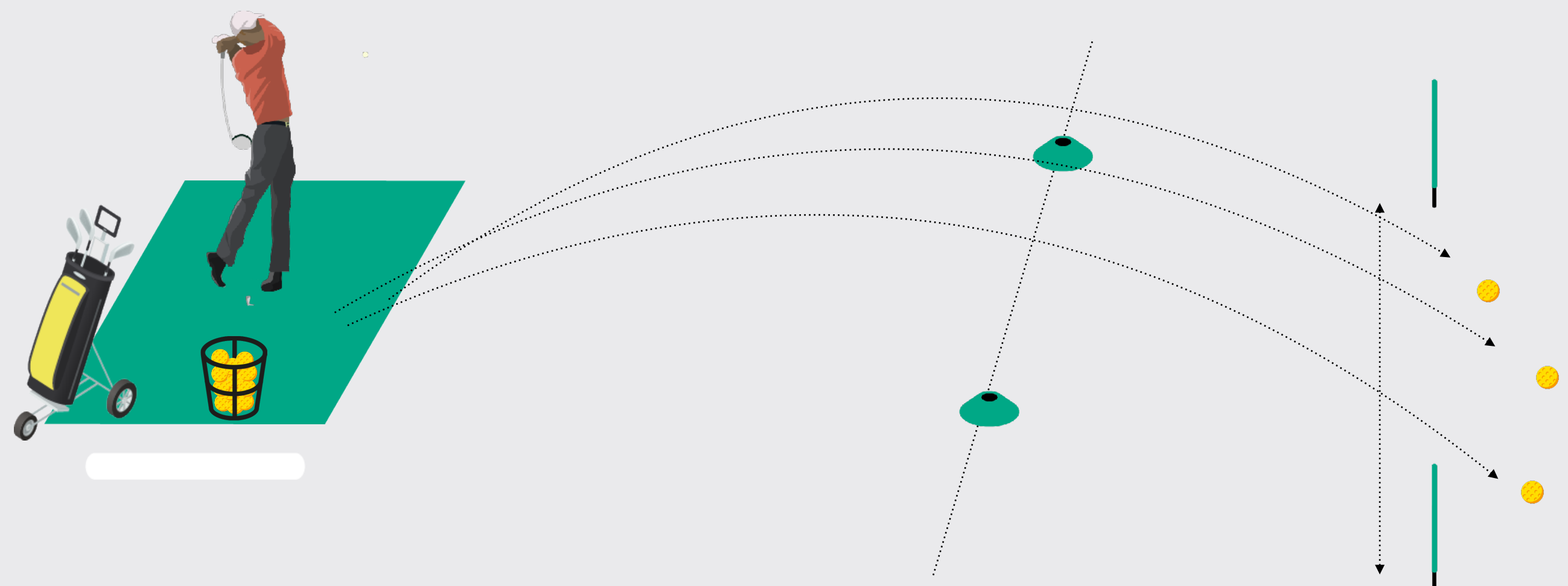


# Driver Challenge

**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.

<b>100</b>	<b>2/ 10 shots between a target gate</b>
<hr/>	
<b>90</b>	<b>4/ 10 shots between a target gate</b>
<hr/>	
<b>85</b>	<b>5/ 10 shots between a target gate</b>
<hr/>	
<b>80</b>	<b>6/ 10 shots between a target gate</b>
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<b>75</b>	<b>8/ 10 shots between a target gate</b>
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