## Stats and Effective Practice

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## Class Timetable



## Class Timetable - Week 4

| Session Length: 60 Mins | Group <br> Size: <br> 1:8 | Skills Path <br> Become a Wizard | way Name: Short Game | Skills Pathway Topic: Gaining Control | Skills Pathway Stage: Master | Class Focus <br> Stats and Effective | ctice | Scoring Challenge Pitching Challenge |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Time | Focus |  | Class Content |  |  |  | Games / Drills / Resource |  |
| 15 Mins Prior | Setup | Welcome | - Set up the games and practice stations of your preference and the scoring challenges for the specific class <br> - Be ready to welcome participants 5 minutes before the session starts |  |  |  | - Class Layout and Setup |  |
| 5 mins | Introduction |  | - Outline the focus of session and give a broad content overview of what will be covered <br> - Link this to the class focus from the previous weeks |  |  |  |  |  |
| 25 mins | Practice Stations Game Station Independent Practice Scoring Challenge |  | - Introduce and reinforce the technical focus points to students attending <br> - Briefly explain how to attempt the Scoring Goal Challenge <br> - Explain how to attempt the Practice Games and Stations <br> - Instruct students to rotate around the stations <br> - Opportunity to provide private coaching during Free Practice Stations <br> - Game stations and Scoring Goal Challenge can be attempted individually or in pairs |  |  |  | - Proximity Chip <br> - Know your Numbers <br> - Proximity Bunker <br> - Par 27 <br> - Pitching Challenge |  |
| 5 mins | Breako | Session | - Opportunity to engage in group discussion and questions <br> - Opportunity to reinforce the technical learning outcomes |  |  |  | - Proximity Chip <br> - Know your Numbers <br> - Proximity Bunker <br> - Par 27 <br> - Pitching Challenge |  |
| 20 mins | Practice Stations Game Station Independent Practice Scoring Challenge |  | - Opportunity to re-cap on the technical points, introduce any additional information and discuss any questions from the group <br> - Instruct students to continue to rotate around the stations <br> - Opportunity to provide private coaching during Free Practice Stations <br> - Opportunity for students to continue to attempt the Game stations and Scoring Goal Challenge |  |  |  |  |  |
| 5 mins | Media | GLF. Connect | - Add any lesson media to the student's Student Connect area which may include notes, videos and documents <br> - Ask Students to update the GLF. Connect App if they have successfully completed a scoring goal challenge |  |  |  | - GL <br> - Cha | Connect App lenge Scorecard |
| 15 Mins Post | Relationship Building |  | - Take time after the class has finished to actively connect new students and build relationships <br> - Ensure everyone is aware of the next skills pathway level and the focus of this progressing from the Master level <br> - Opportunity to upsell private lessons or additional programs to those that require additional help |  |  |  | - GLF. Connect App |  |

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## 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 skill of using stats and effective practice to gain control. Some of technical content you may want to explore in this first session may include:

- Data Collection / Strategy - Outline some key strategies to use data effectively in preparation for the course:
- Explain why taking average proximity data can help track practice progress and also guide shot selection on the course
- Discuss how knowing average pitching distances can help guide aim points and landing zones on the course
- Discuss the type of data they could collect on the course for short game such as up and downs, greens in regulation, number of bunker shots and chip ins
- Effective Practice - Outline the best ways for students to use their practice time effectively which may include:
- Discuss how pre-shot routine and set up should be rehearsed exactly how they would be on the course for each shot
- Advise using visual aids and targets to create course scenarios
- Explain why tracking and recording practice shots can place importance on them, which will simulate course pressures

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



## Pitching Challenge Setup



## Equipment Needed

- 2x Marker cones
- 1x Alignment Sticks
- 1x Flagstick
- Tee Pegs
- $6 x$ Colored Cones


## Setting out the Challenge

- Create a 30 foot diameter target circle around the flag/alignment stick using the colored cones
- Using marker cones create starting points positioned in a row at distances of 20-30 yards and $30-40$ yards


## Practice Stations and Game Cards



## Proximity Chip

## Equipment Needed

- Wedge
- Pencil and Paper
- 6 and 12 foot diameter hoop or cones
- Marker Cone


## How to Practice

- Set up the target circles on the green as proximity distance indicators - Position the student 10 yards from the edge of the green
- The student chips 10 shots towards the target pin with the intention of getting as close as possible
- After each shot they should note down roughly how many feet away the ball finished from the target using the target circles as an indicator
- At the end of the shots, the students average out how far away the 10 shots were from their chosen target


## Technical Link

- Builds awareness for the students about how accurate they can be from a the edge of the green and this can guide the types of shots they attempt on the course
- This can activity can be used to educate the students on their accuracy statistically and they can look to improve on this average proximity in future practice and compare data

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## Know your Numbers



## Equipment Needed

- Wedges
- 5 x Marker Cones


## How to Practice

- Set up 5 cone markers at 30-70 yards away from the green on a flat surface in 10 yard increments
- Ask the student to attempt stock shots to the pin from the markers
- The structure to this should be to hit 3 shots from each marker, starting with the shortest and moving back
- Student should be using the appropriate club for pitching the distance
- Once they have hit 3 balls from each marker, they should randomise the marker they hit from and keep note of which club they are using from which distance throughout the activity


## Technical Link

- This activity is an effective practice for giving the students a greater understanding of distance control for pitch shots and gathering information on their stock yardages
- The small yardage gaps between markers will really focus the student on subtle changes required to their swing length, speed and club selection


## Proximity Bunker



## Equipment Needed

- Wedges
- 6 and 12 foot diameter hoop or cones
- Pencil and Paper


## How to Practice

- Position the student in a bunker on the edge of the green
- The student attempts 10 shots towards the target pin from various positions in the bunker with the aim of getting as close as possible
- After each shot they should note down whether the ball finished:
- On the green
- Missed the green
- In the 12 foot target circle
- In the 6 foot target circle
- In the hole
- At the end of the 10 shots, the student will have their results recorded and have an understanding of how close their average bunker shot is in proximity to the target


## Technical Link

- This can activity can be used to educate the students on their accuracy statistically from the bunker and they can look to improve on this average proximity in future practice and compare data


## Par 18

## Equipment Needed

- Scorecard
- Pencil
- Putter and Wedge


## How to Play

- Get the students to choose a starting point for 'Hole 1' which can be a pitch, chip or bunker shot
- The student should drop their ball rather than placing
- Students must hit their shot and then proceed to putt out the ball once they are on the green
- The score should be recorded on the scorecard
- Students then find a new starting position for 'Hole 2' and continue to play up to 9 holes
- Reiterate to students they are trying to challenge themselves to get up and down each time but that this is a difficult task that they should work towards
- Ensure students pick a variety of approach shots for the 9 holes


## Technical Link

- This activity is effective practice for all areas of short game and challenges students to a variety of shot scenarios that they could expect to see on the course

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## Scoring Goal Challenges Short Game



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## Pitching Challenge



## Attempting the Challenge

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- Hit 10 shots in a random order from each starting position to finish with the target circle.
- Record the result of each attempt on the Challenge Scorecard.
- Drop the ball on each attempt.


## The Challenge

- Attempt to pitch the ball to within the target circle from each position around the green. You should attempt 10 shots from each starting position.


## What to do Next

- On the GLF. Connect App, mark the challenge as complete for the scoring goal you complete.

4/10 pitches within target circle from $20-30$ yards $3 / 10$ pitches within target circle from 30-40 yards

5/10 pitches within target circle from $20-30$ yards 3/10 pitches within target circle from 30-40 yards

6/10 pitches within target circle from 20-30 yards 3/10 pitches within target circle from $30-40$ yards

7/10 pitches within target circle from 20-30 yards 4/10 pitches within target circle from 30-40 yards


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[^1]:    © 2023 Powered by Orbis Golf

