

Become a Tee Shot Wizard

Wizard - Going Longer

Impact Factors Affecting Distance

WIZARD



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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

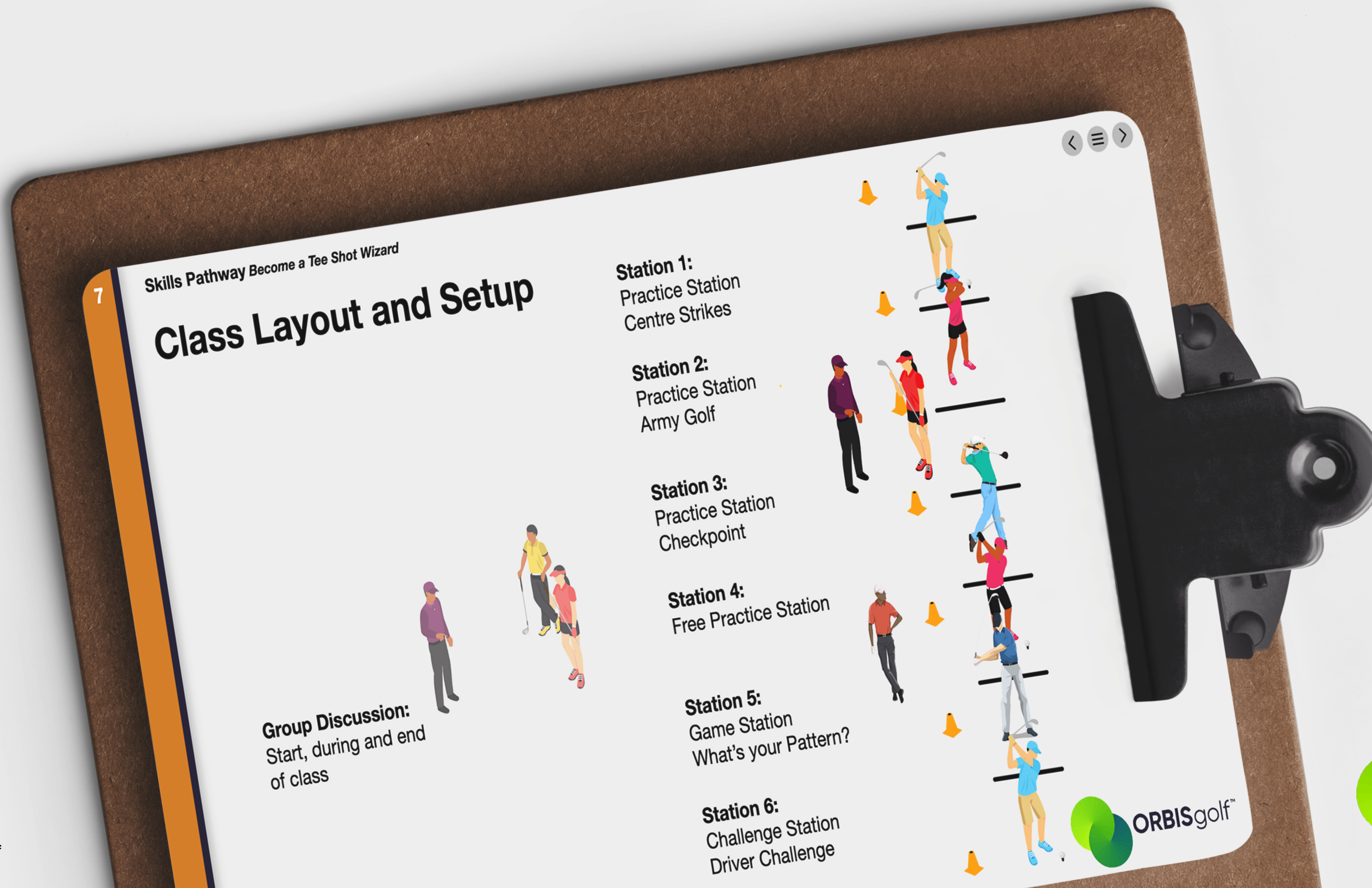
Time	Focus	Class Content	Games / Drills / Resources
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations of your preference and the scoring challenges for the specific class Be ready to welcome participants 5 minutes before the session starts 	<ul 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 	<ul style="list-style-type: none"> GLF. Connect App
5 mins		<ul style="list-style-type: none"> 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 	

Class Timetable - Week 1

Session Length: 60 Mins	Group Size: 1:8	Skills Pathway Name: Become a Driving Wizard	Skills Pathway Topic: Going Longer	Skills Pathway Stage: Wizard	Class Focus Impact Factors Affecting Distance	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
10 mins	Introduction	<ul style="list-style-type: none"> Outline the 4 remaining sessions that make up the 'Become a Tee Shot Wizard' Skills Pathway Outline the specific focus of the Wizard level and the topics of each class Describe the scoring challenge and how this will help the students map progress over time 	
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 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"> Launch it Long Make it Swoosh Tee Height for Better Flight Know Your Number 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"> Launch it Long Make it Swoosh Tee Height for Better Flight Know Your Number 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 with their **understanding impact factors affecting distance to hit longer and straighter**. Some of technical content you may want to explore in this first session may include:

- **Launch Angle and Spin** - Introduce some launch angle and spin principles which may include:
 - Discuss how an upwards attack angle is a speed promoting club head delivery
 - Explain what optimum spin looks like as well as excessively low and high spin
 - Explore the impact conditions that impact launch and spin
- **Speed** - Outline to students that maximising club head speed into the golf ball will help to promote distance. You may want to explore:
 - Demonstrate and explore how club head speed should be at its maximum at the golf ball
 - Outline some of the most common reasons for impacting speed to suit your preferences such as exploring how pressure moves through the feet
- **Strike** - Outline some key factors for solid club face contact and how this impacts ball speed and therefore distance. This may include:
 - Discuss the ideal impact point on the club face and how this positive impacts distance and direction
 - Explore how impacting different parts of the face affects distance



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
Launch it Long

Station 2:
Practice Station
Make it Swoosh

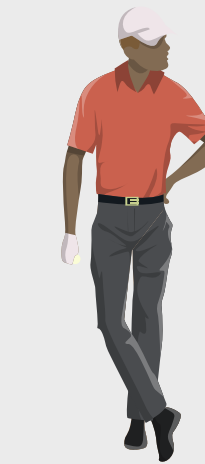
Station 3:
Practice Station
Tee Height for Better Flight

Station 4:
Free Practice Station

Station 5:
Free Practice Station

Station 6:
Game Station
Know your Number

Station 7:
Challenge Station
Driver Challenge

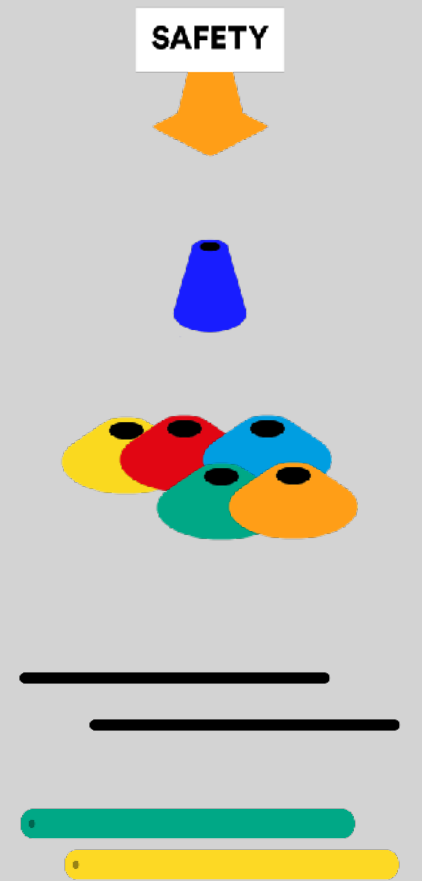


Driver Challenge Setup



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

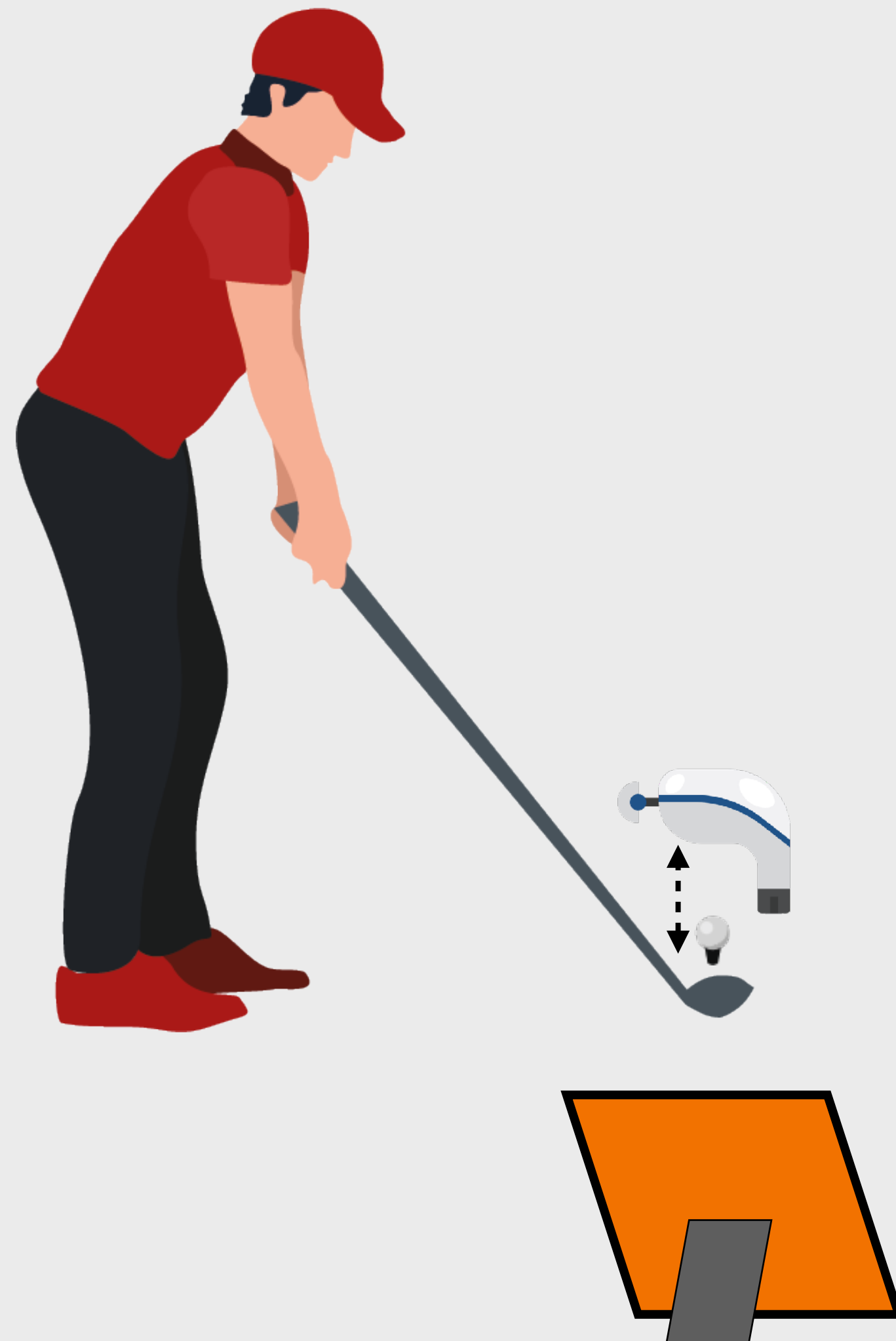
- Pick a fairway target on the driving range or practice ground
- The student hits 10-20 shots depending on the time available
- The student marks on paper the landing position of each shot relevant to the target
- After all shots have been hit the student will have a dispersion pattern
- The student 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

ORBISgolf™

Launch it Long



Equipment Needed

- Driver
- Driver Head Cover

How to Practice

- Set up a drill where a head cover is placed directly six inches in front of the ball
- The aim is for students to hit the ball and miss the head cover in front by hitting up on the ball
- If there is access to a launch monitor measure the student's launch angle so they understand their current tendency
- Then advise how they can improve their attack angle and increase their carry distance

Technical Link

- This activity will help the student to increase their carry distance with the driver because the head cover acts as a visual indicator forcing them into a higher launch angle
- It will encourage them to apply the relevant changes in their set up and swing to positively affect the launch angle

Make it Swoosh



Swoosh

Equipment Needed

- Driver
- Alignment Stick or Club Shaft

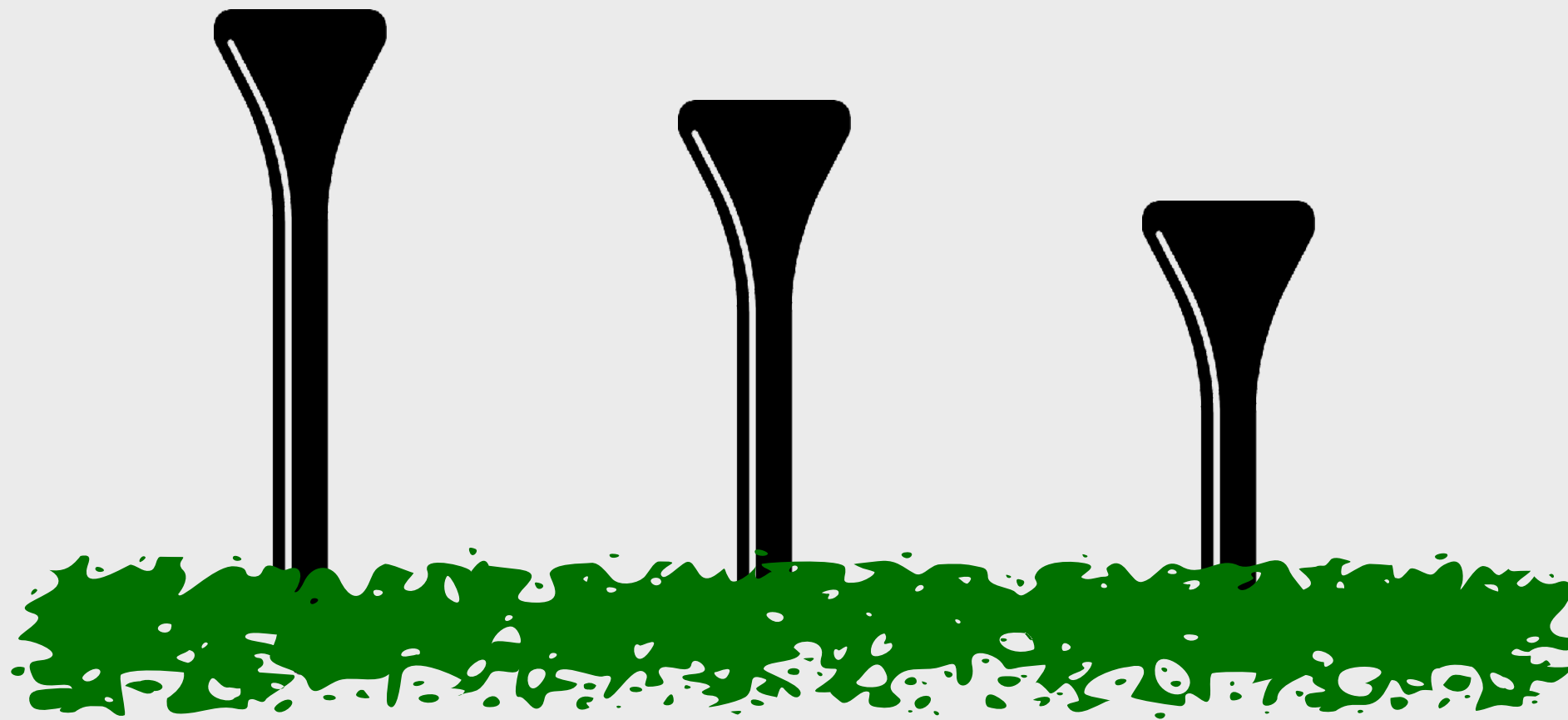
How to Practice

- Using an alignment stick as the club, the student should get into their setup position
- The student should attempt a few swings and listen for the sound of the alignment stick as it travels through the air
- The student is looking to tune in to the point in the swing in which the sound of the alignment stick is at its maximum
- The alignment stick should reach optimum speed and therefore sound at impact
- The student should repeat the exercise and look to try and get the sounds at impact as consistently as possible

Technical Link

- This drill should teach students how to properly understand club head speed sequencing during the golf swing

Tee Height for Better Flight



Equipment Needed

- Tees
- Driver
- Golf Balls
- Launch monitor or similar (optional)

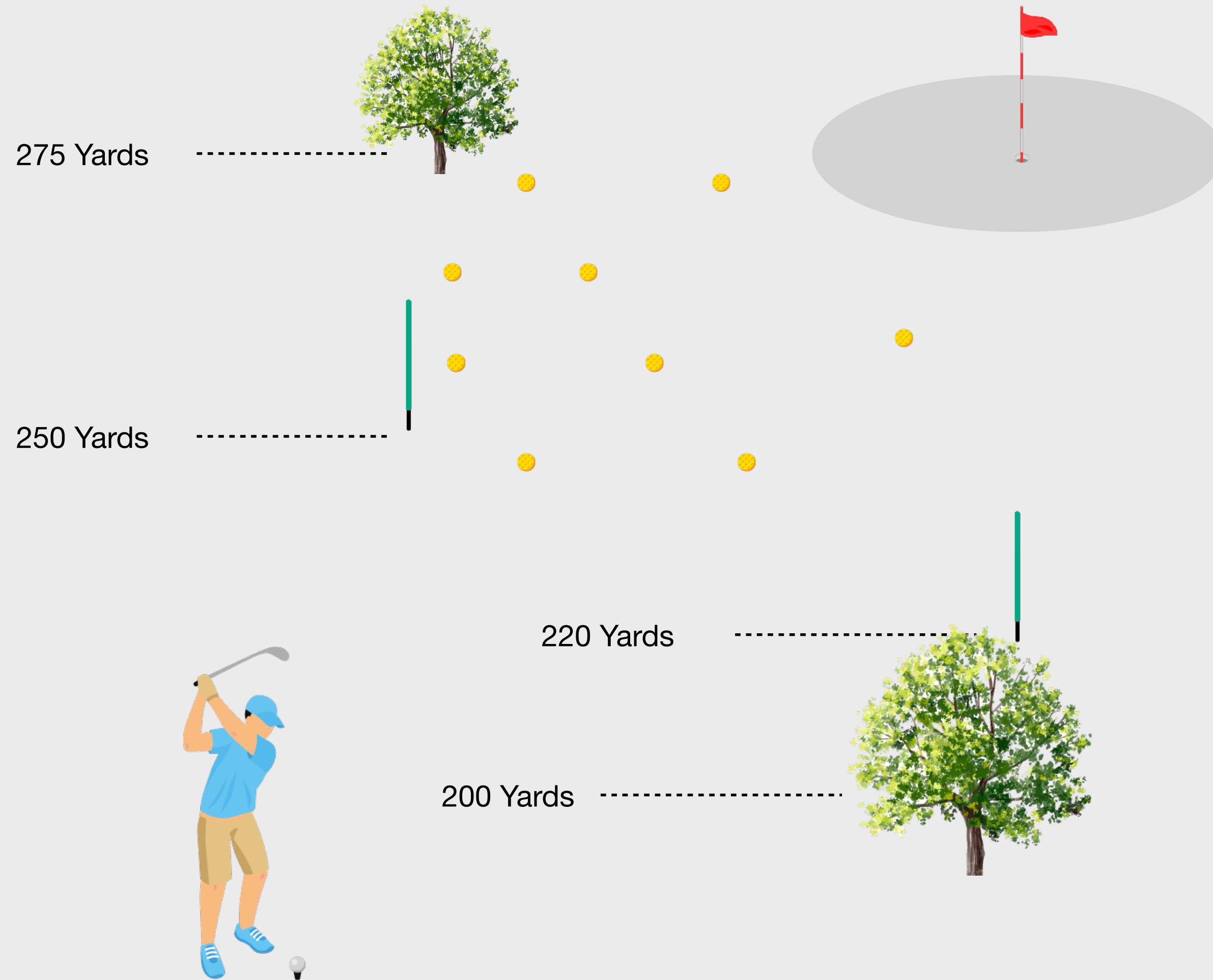
How to Practice

- Provide the student with a variety of tees so they can change the tee height during practice
- Ask the student to hit golf balls using 3 different tee heights
- Measure the height, carry and distance of the shot with the 3 different Tees

Technical Link

- Finding the correct tee height is crucial to enable the students to strike the ball from higher on the club face to maximise the strike potential and ultimately the distance of the shot
- It will help the students to better understand that face contact has a huge impact on carry and distance

Know your Number



Equipment Needed

- Cones, Alignment Sticks or Features on the Driving Range
- Pen and Paper or Launch monitor or similar (optional)
- Driver

How to Play

- Set up a number of targets or use existing targets on the driving range at different driving distances
- The students should attempt to hit 14 drives
- For each drive they should record the approximate landing distance
- They should mark this down on paper and at the end of this exercise this will give them a benchmark for their driving yardage
- If you have access to a launch monitor this exercise can also be completed giving extra useful insight relating to each drive

Technical Link

- This information will educate the students on their capabilities off the tee and knowing their average distance can help guide their decisions on the course when choosing a landing zone
- It will also highlight the difference in distance between their good strikes and their poor strikes



Scoring Goal Challenges

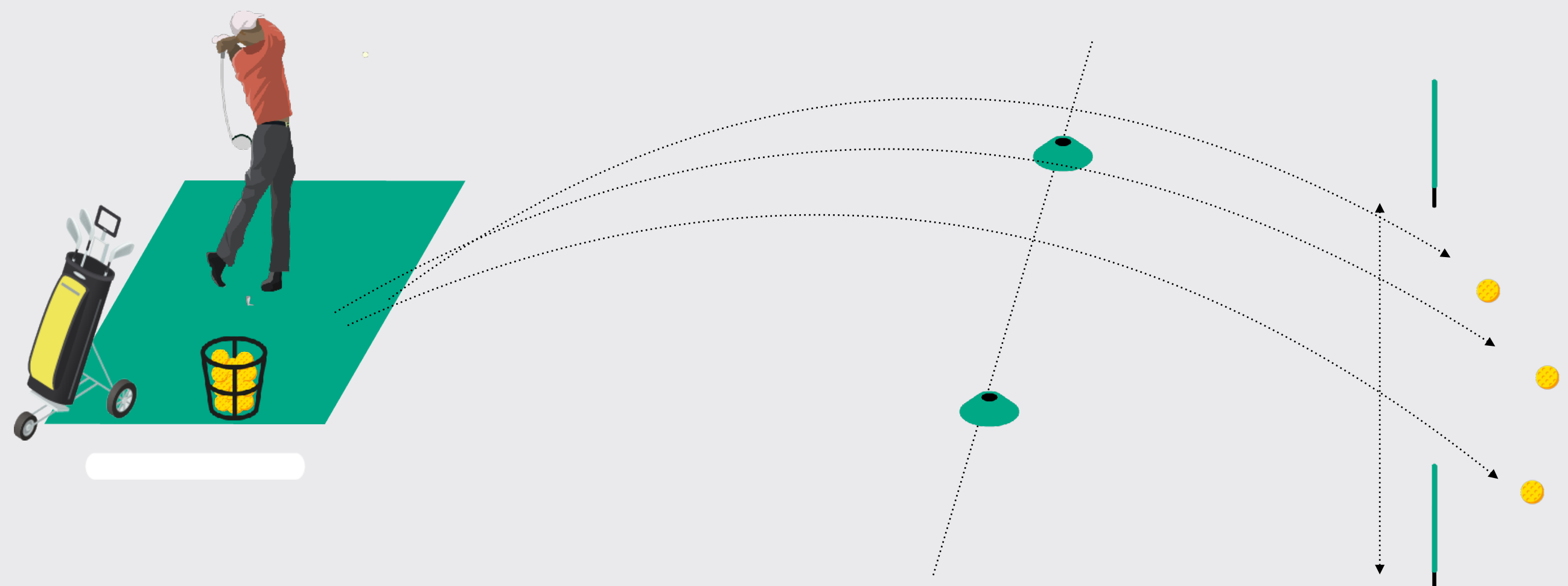
Driver



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