

Become a Tee Shot Wizard

Wizard - Going Longer

Optimising Setup for more Distance



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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

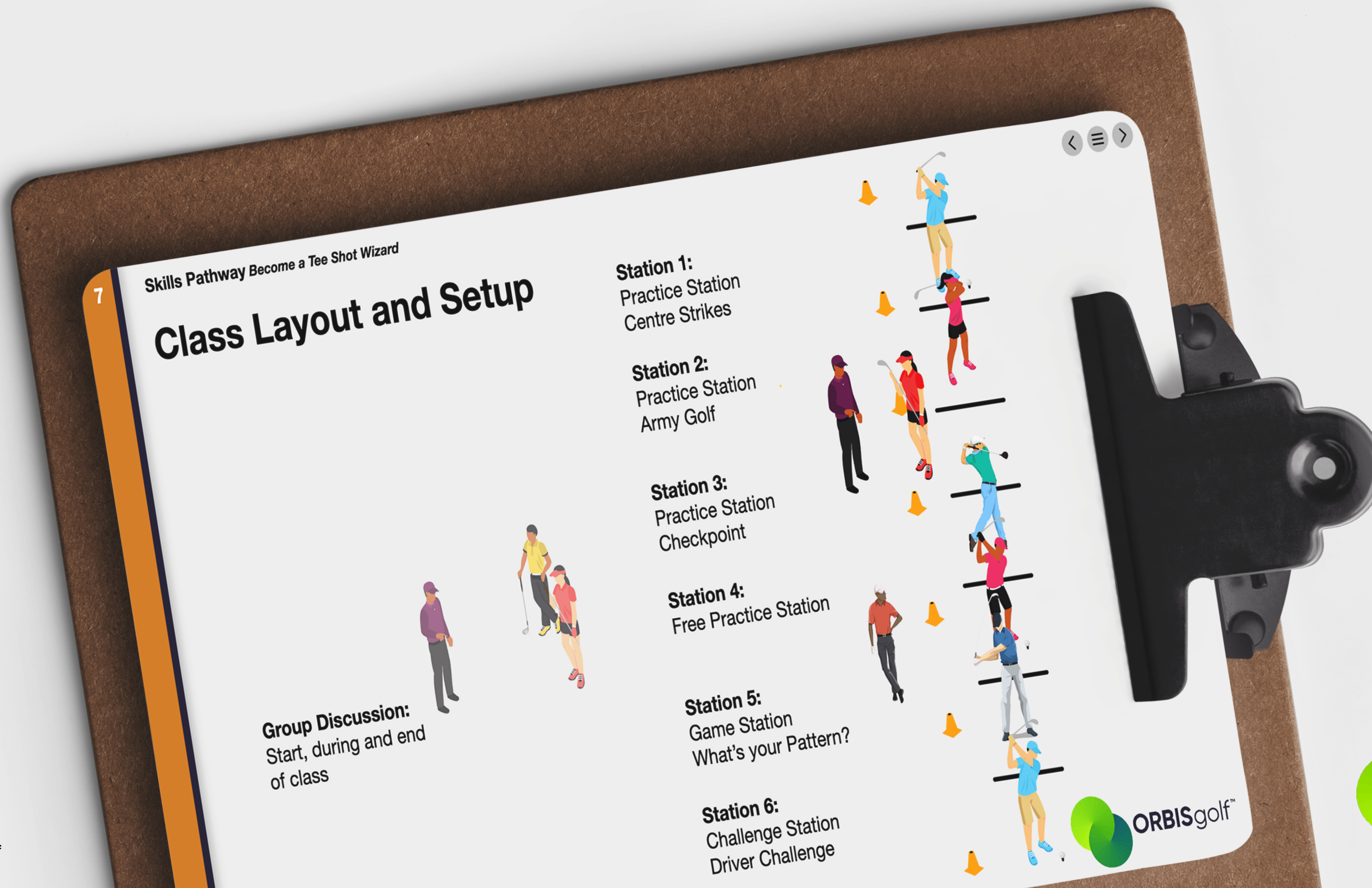
Time	Focus	Class Content	Games / Drills / Resources
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations of your preference and the scoring challenges for the specific class Be ready to welcome participants 5 minutes before the session starts 	<ul 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: Going Longer	Skills Pathway Stage: Wizard	Class Focus Optimising Setup for More 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
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"> Grip it Right Setup to a T Brush the Lead Thigh Bombs Away 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"> Grip it Right Setup to a T Brush the Lead Thigh Bombs Away 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 **optimise setup to go longer**. Some of technical content you may want to explore in this first session may include:

- **Moving Ball Position** - Outline the importance of ball position
 - Discuss how moving the ball position forward will increase the likelihood of optimising the delivery of the club head into the ball
 - Discuss the effect of this on the launch angle and ultimately the spin and distance imparted on the ball
 - Allow the learning to explore moving the ball position back and see how this effects height, ball speed, carry and total distance
- **Alter Spine Angle** - Outline the effect of spine angle
 - Discuss changing the students spine angle to lower the right shoulder at set up. Discuss how this will encourage the optimal delivery of the club head into the ball
 - Encourage the student to alter this by lowering the trail shoulder and seeing the effect it has on flight, carry and distance
- **Widen Stance** - Discuss the concept of widening the stance
 - Explain to the learners the benefit of widening their stance to increase stability and gain more control and distance by improving strike
- **Grip**- Introduce some grip changes that may help the student
 - Demonstrate the correct way to grip a club
 - Explain why it is important to have a consistently correct grip
 - Discuss how a severely weak or strong grip could affect a driver shot



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
Grip it Right

Station 2:
Practice Station
Setup to a T

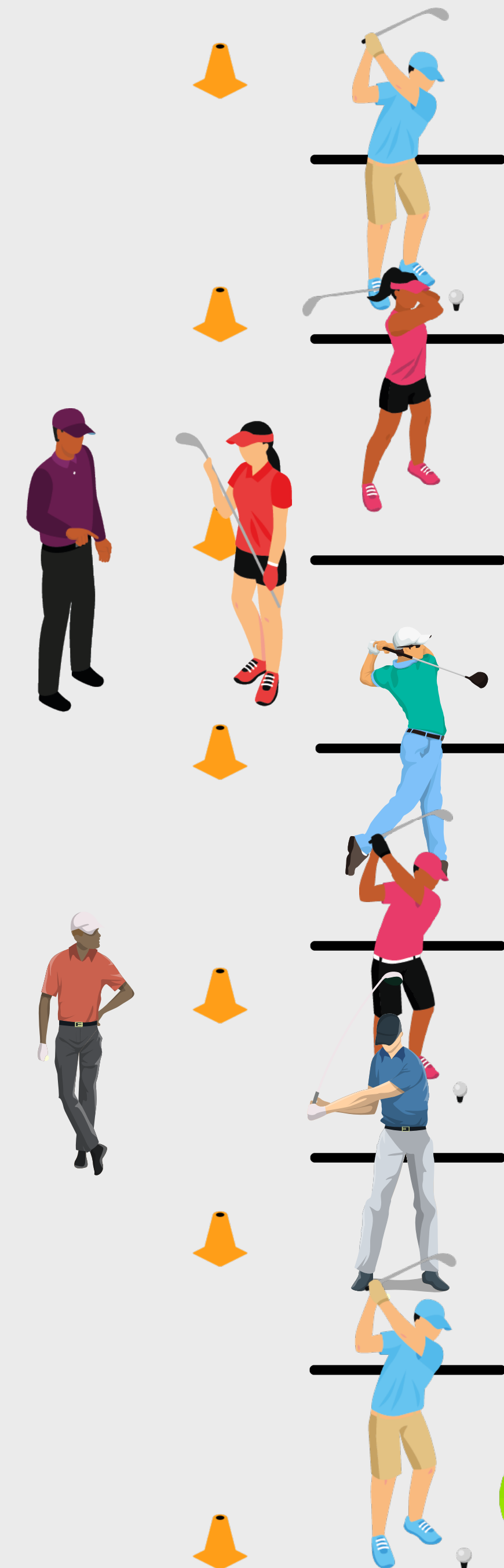
Station 3:
Practice Station
Brush the Lead Thigh

Station 4:
Free Practice Station

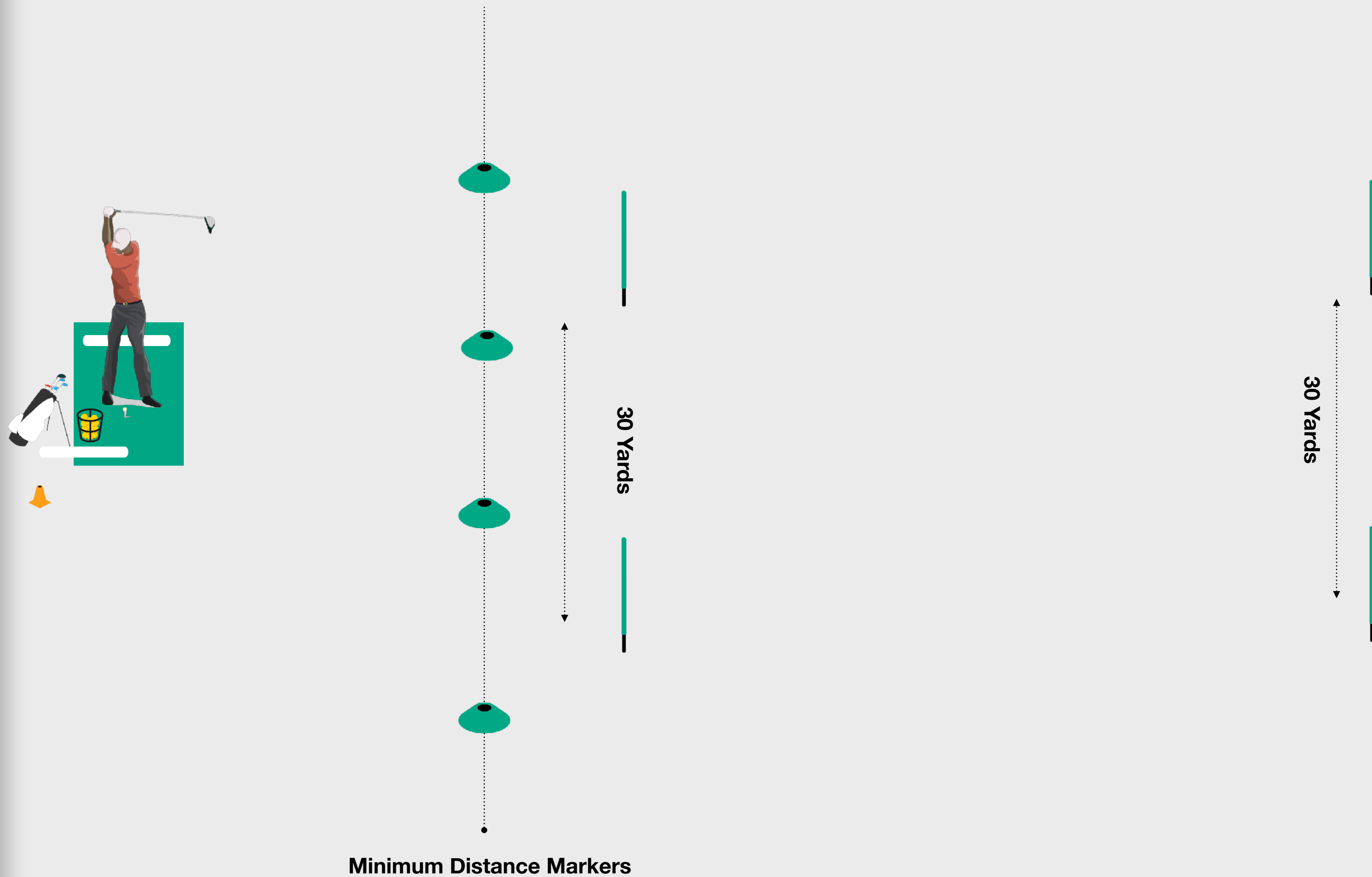
Station 5:
Free Practice Station

Station 6:
Game Station
Bombs Away

Station 7:
Challenge Station
Driver Challenge

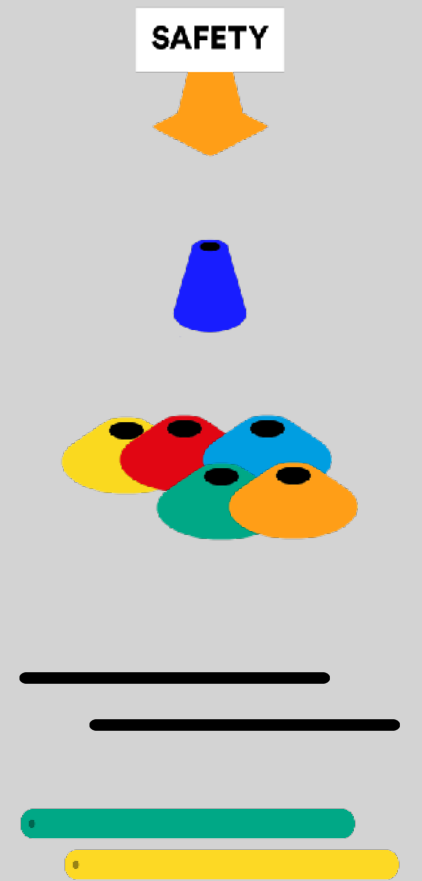


Driver Challenge Setup



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

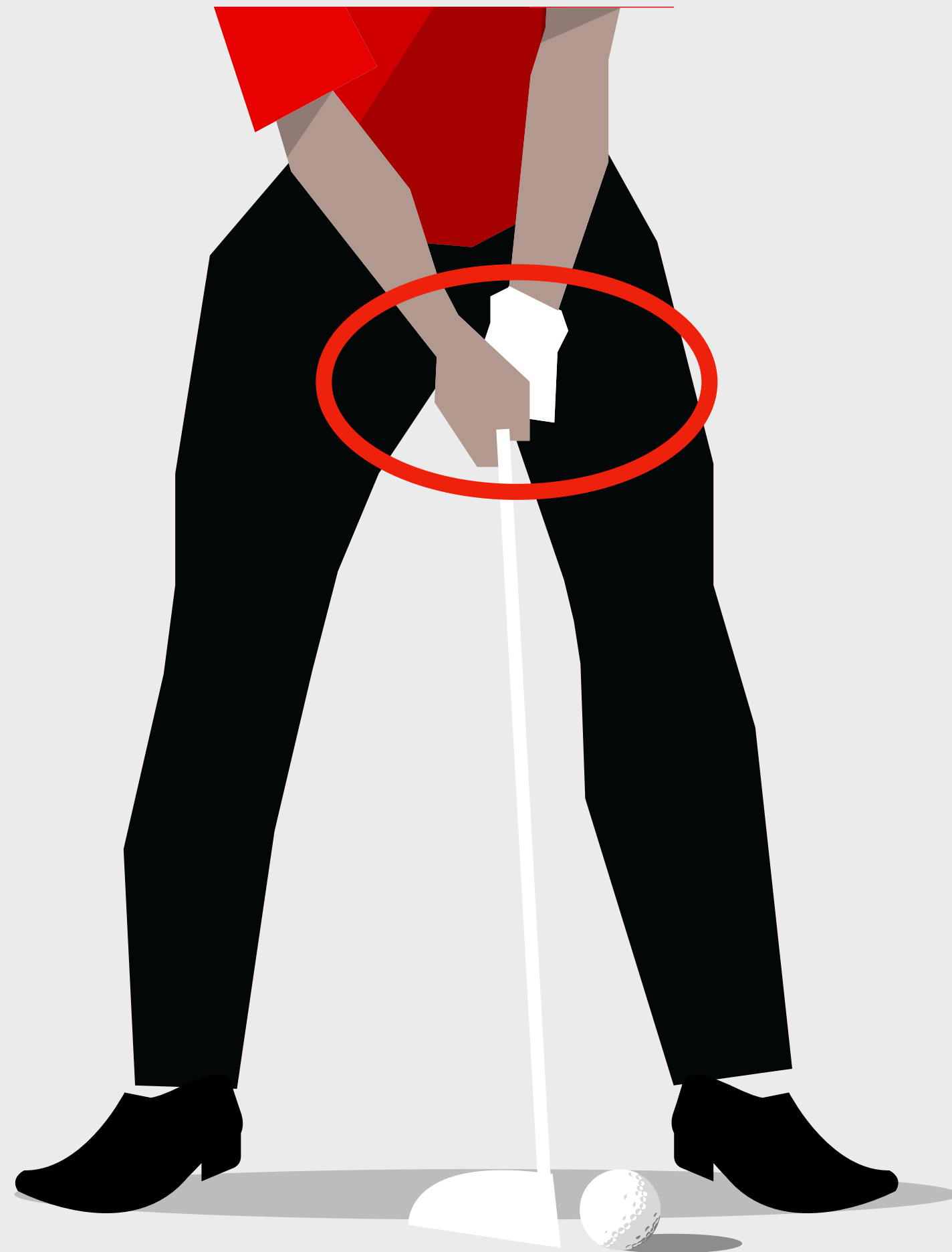
- Pick a fairway target on the driving range or practice ground
- The student hits 10-20 shots depending on the time available
- The student marks on paper the landing position of each shot relevant to the target
- After all shots have been hit the student will have a dispersion pattern
- The student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

Grip it Right



Equipment Needed

- Driver

How to Practice

- Ask the students to grip the club and spend a brief moment correcting their grip if required and make sure they know the process to repeat the new grip
- Once this has been learnt the student must implement this grip process before each shot and even check it in a mirror if possible
- Ask them to hit shots at a chosen target on the range to assess if there is an improvement
- Ask them to explore having a severely weak and strong grip to see the effects
- Encourage them to focus on the impact a correct grip has on the club face and subsequently distance

Technical Link

- A correct grip can contribute to better face control, which results in hitting the ball with a square face more regularly and this reduces sideways spin to maximise distance
- Having a process for adjusting the grip can also be helpful during the setup when trying to slow down before a shot

Setup to a T



Equipment Needed

- Driver
- 2 x Alignment Sticks

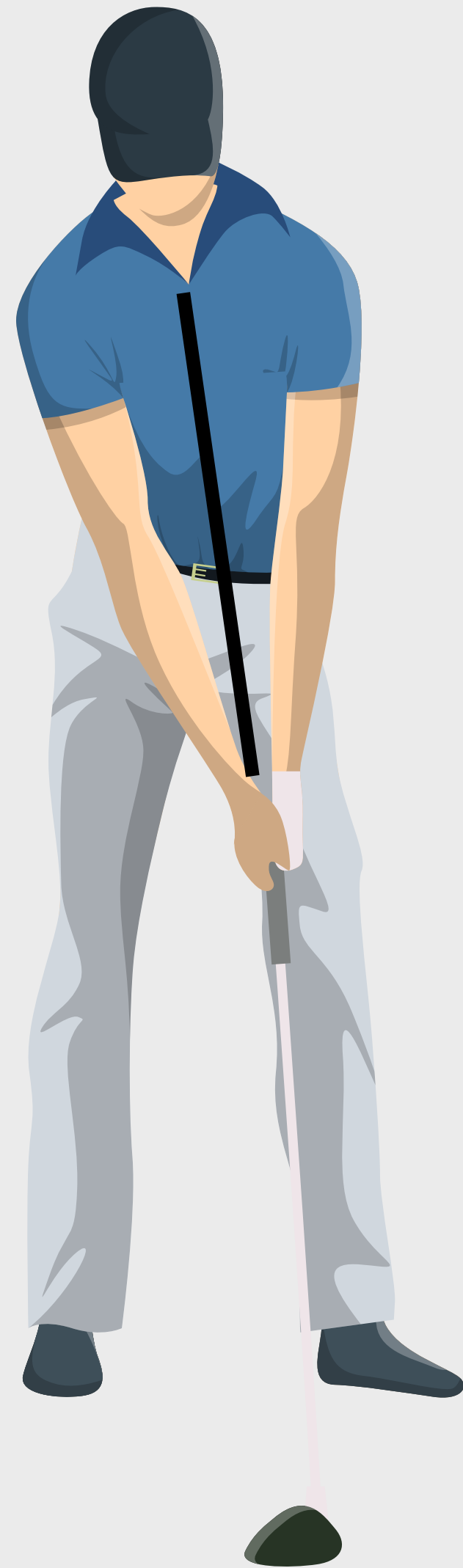
How to Practice

- Place an alignment stick facing towards a target on the range past the students average driver distance
- Set up another alignment stick in line with the ball and the student should position themselves with the alignment stick inside their lead foot
- Student should practice hitting balls towards the target and they must be positioned within the alignment sticks

Technical Link

- This activity will help students to understand the importance of ball position and alignment when trying to maximise distance off the tee
- This activity encourages the student into an optimal setup and will demonstrate to them how their perception of a good setup can often differ to a correct one

Brush the Lead Thigh



Equipment Needed

- Tees
- Driver
- Alignment Stick

How to Practice

- Ask the students to stand vertically at address with an alignment stick running from the centre of the chest vertically down through the belt buckle
- Ask the students to get into their comfortable driver posture making a tail with the other end of the alignment stick
- Ask the student to tilt the spine away from the target until the other end of the alignment stick brushes the lead thigh
- Explain to the students how lowering the trail shoulder at address can shallow out the downswing and enable the student to hit up on the ball

Technical Link

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

Bombs Away!

Get out there BALL!



Equipment Needed

- Equipment to measure driver distance (launch monitor or similar)
- Driver
- Tees

How to Play

- A student starts by attempting to hit a driver shot with a full swing
- When this shot distance is measured, ask the student to try and beat their previous shots distance
- Every shot that goes further counts as a level up
- If the student fails to hit it further they return back to level one
- The winner is the student that advances to the highest level

Technical Link

- An activity that will force students to swing out of their comfort zone, which could lead to them finding additional distance whilst maintaining control
- This will challenge their ability to adjust their setup in order to control distance

Scoring Goal Challenges

Driver

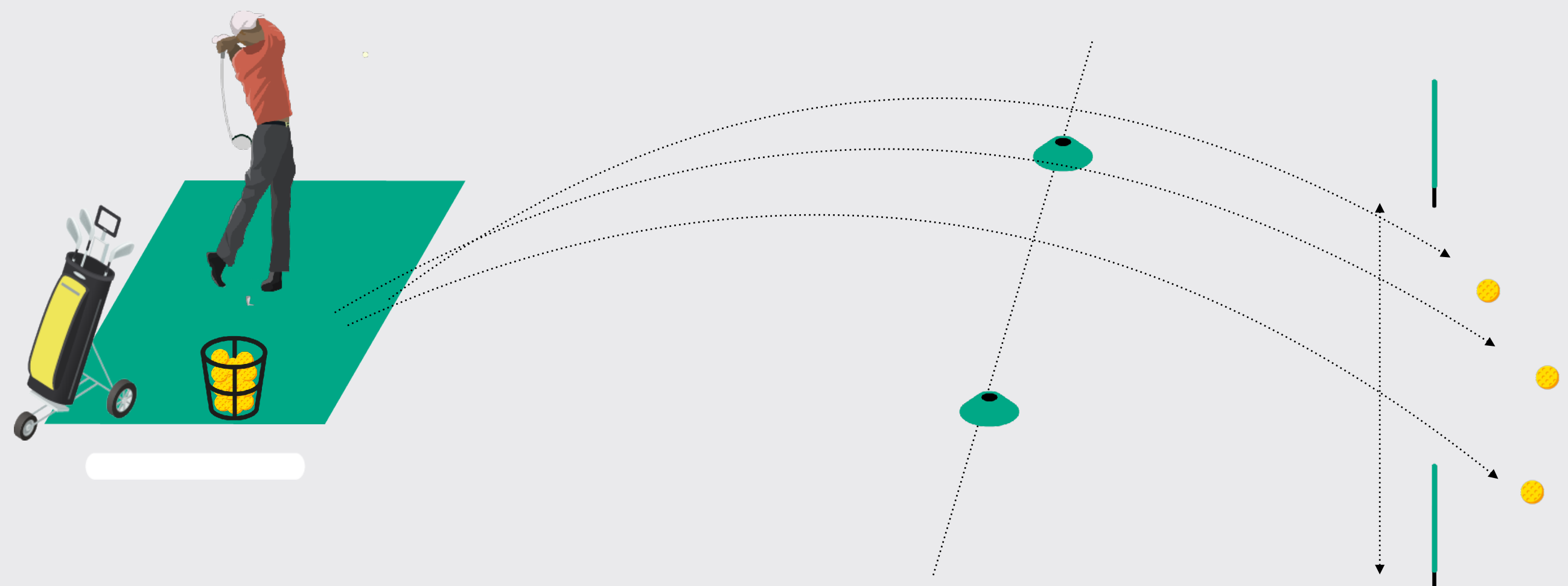


Driver Challenge

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