

# Become a Tee Shot Wizard

Wizard - Going Longer

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## Adding Speed through Swing Mechanics





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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>
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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> </ul>



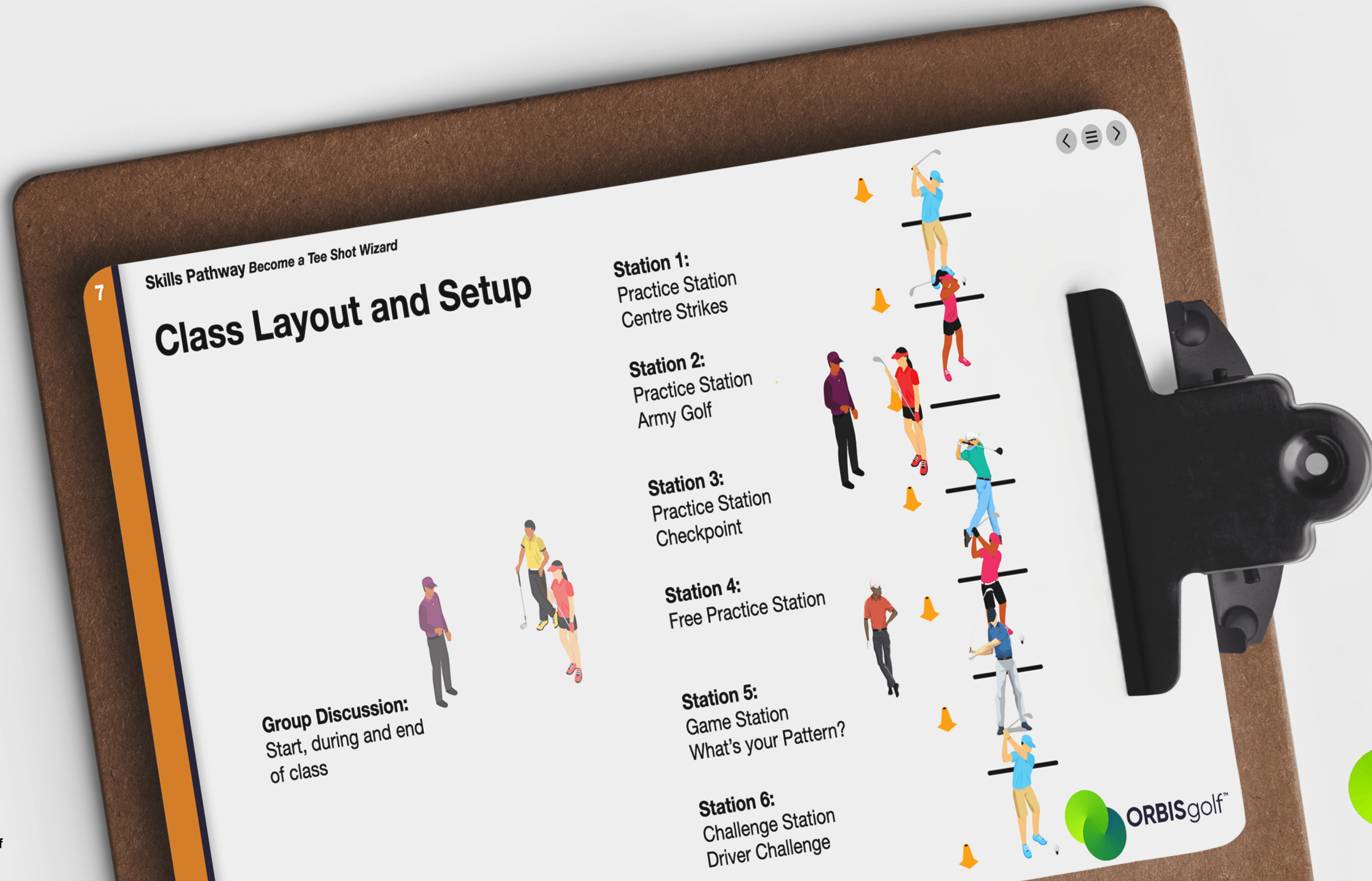
# Class Timetable - Week 3

<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> Going Longer	<b>Skills Pathway Stage:</b> Wizard	<b>Class Focus</b> Adding Speed through Swing Mechanics	<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 the 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>Shaft Horizontal</li> <li>Late Release</li> <li>Ground Force</li> <li>Need for Speed</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>Shaft Horizontal</li> <li>Late Release</li> <li>Ground Force</li> <li>Need for Speed</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 class</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





# 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 the key skills of **building and adding speed to hit longer and straighter drives**. Some of technical content you may want to explore in this first session may include:

- **Sequencing** - Introduce the concept and importance of sequencing for speed in the golf swing
  - Discuss the idea of winding and unwinding the body to generate speed
  - Demonstrate and explain where speed and force should be applied during the swing
- **Later Release** - Outline the basic premise of a later release in the golf swing:
  - Discuss how creating a later release in the golf swing can generate greater club head speed
  - Explain to the students a club head lagging behind the hands on the downswing will create that angle between forearm and club shaft
- **Ground Force** - Outline to the student the concept of 'Ground Force'
  - Discuss with the students how they can use the ground to create more speed by pushing off the ground on the downswing
  - Explore methods to maximise the energy created from this motion
- **Strength and Flexibility** - Explain to the student the importance of strength and flexibility when increasing speed
  - Discuss with the students how strength and conditioning training can improve speed within their swing
  - Discuss the parallels between flexibility training, preventing injury and increasing speed



**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  
Shaft Horizontal

**Station 2:**  
Practice Station  
Late Release

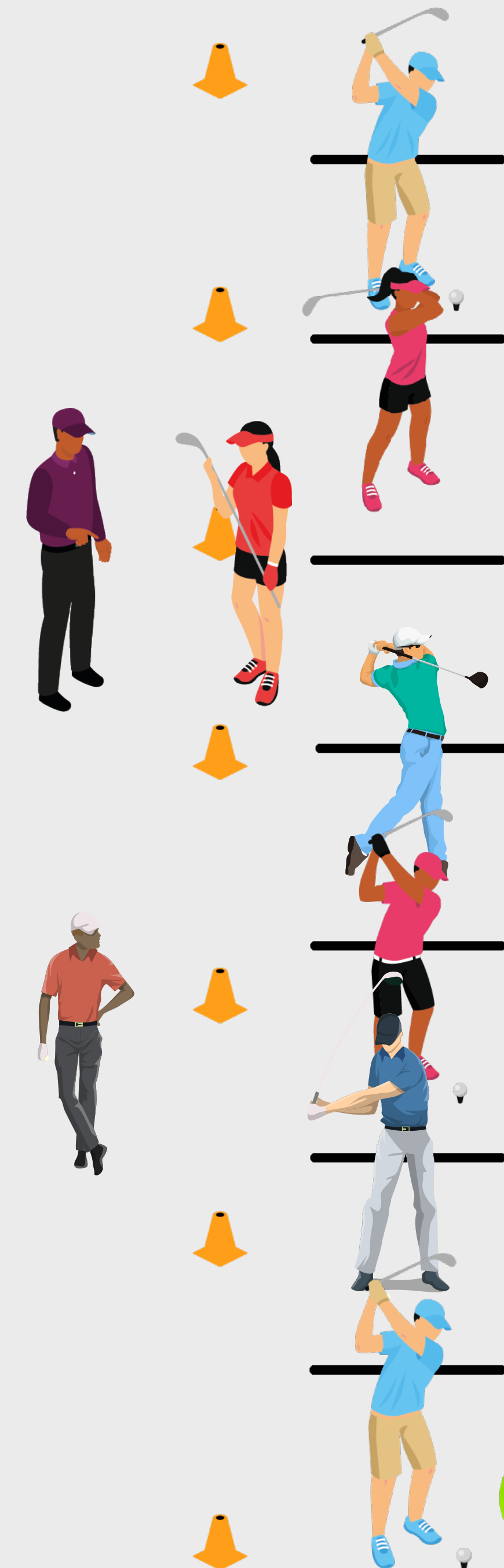
**Station 3:**  
Practice Station  
Ground Force

**Station 4:**  
Free Practice Station

**Station 5:**  
Free Practice Station

**Station 6:**  
Game Station  
Need for Speed

**Station 7:**  
Challenge Station  
Driver Challenge



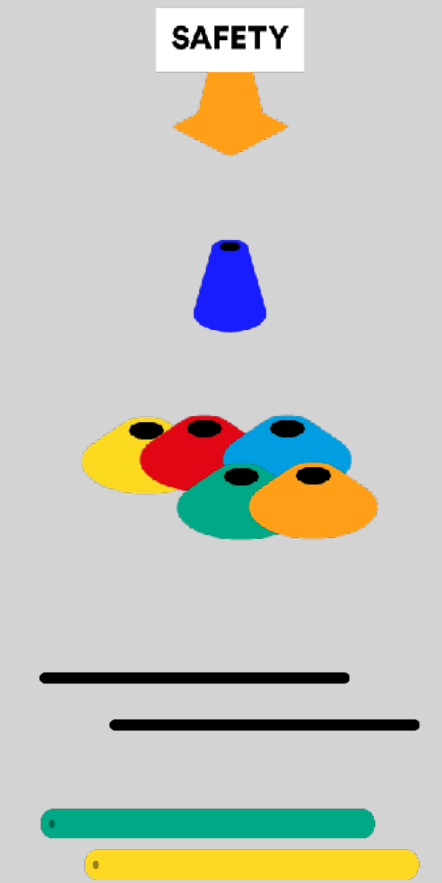


# Driver Challenge Setup



## 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?



**Equipment Needed**

- Driver
- Pencil and Paper


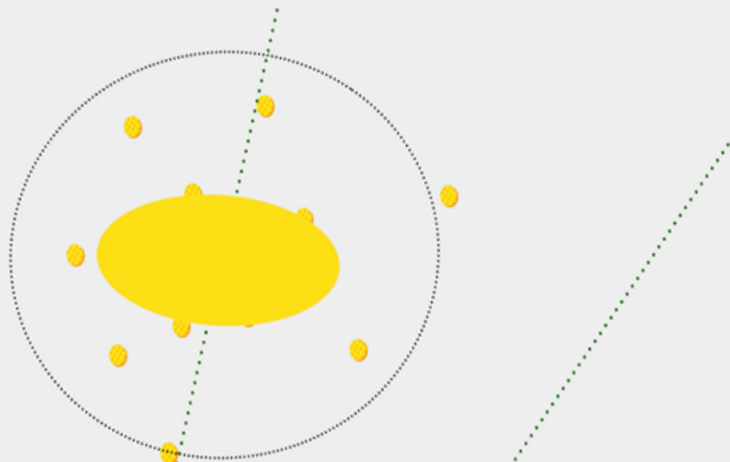
**How to Play**

- 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**

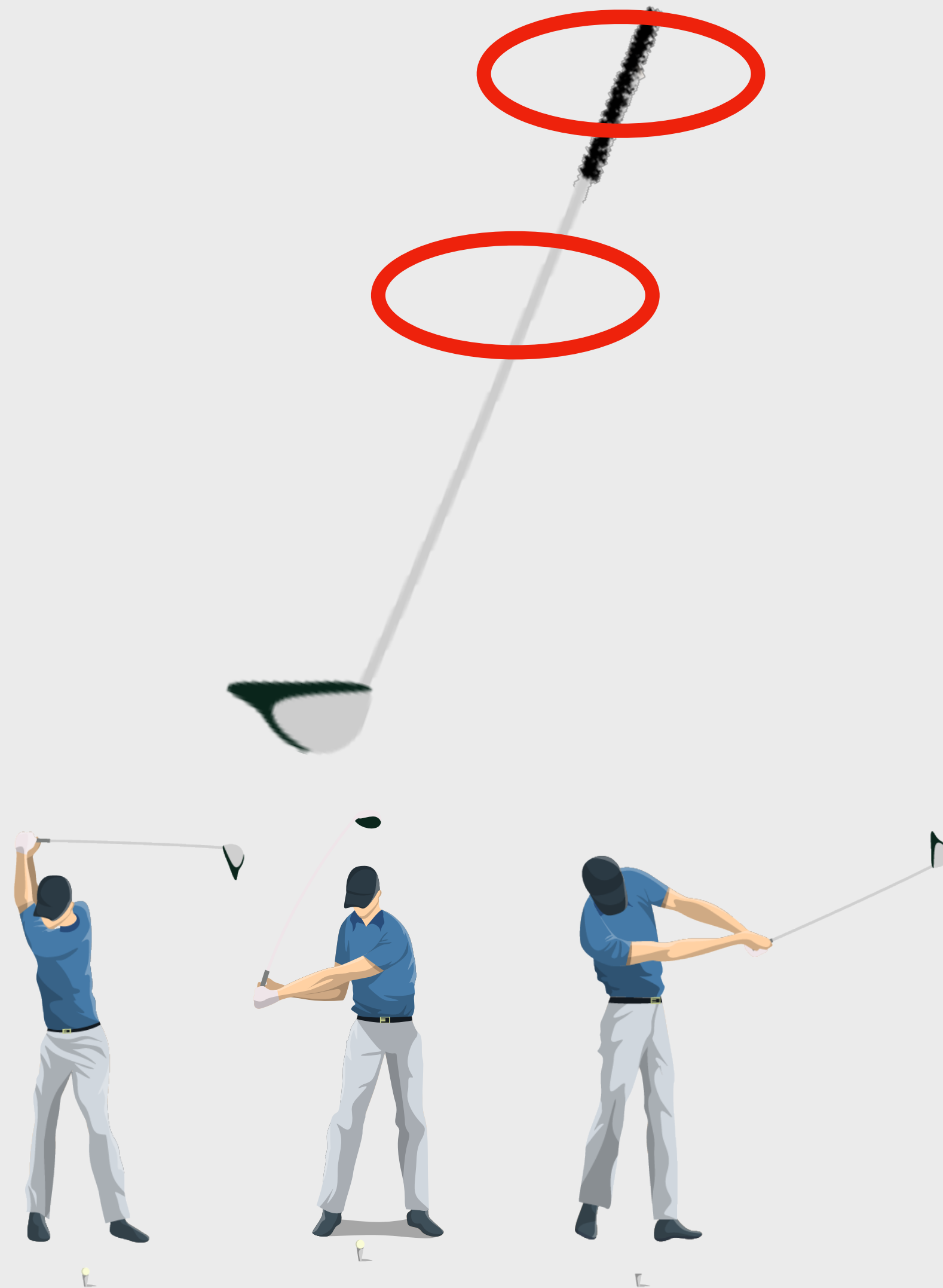
- This activity will help the student to build an awareness of their dispersion patterns and help them produce a plan to improve it
- Knowing their common miss and general pattern should help them adjust their aim on the course

**Dispersion Pattern**





# Split Hands



## Equipment Needed

- Driver

## How to Practice

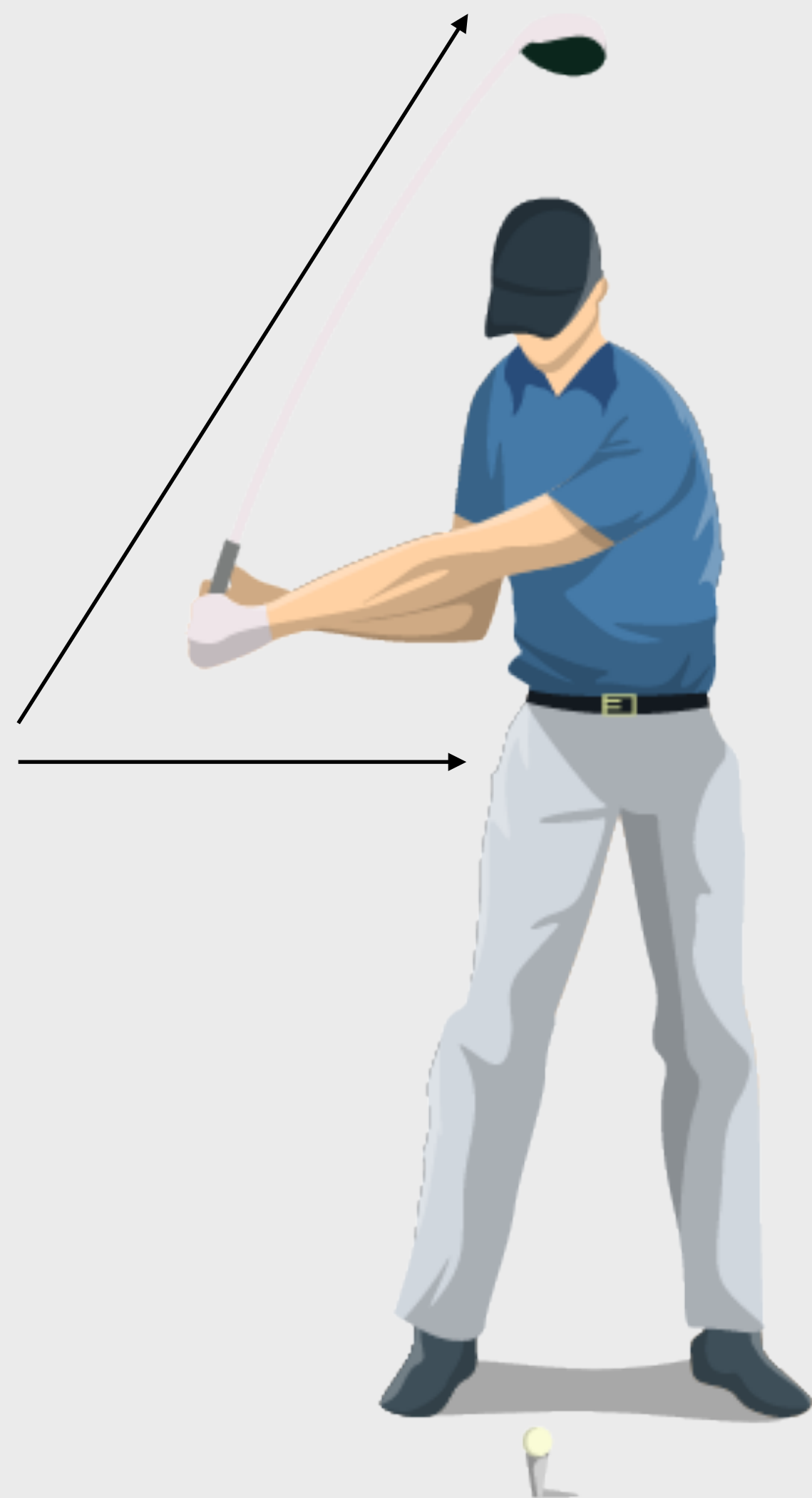
- Ask the student to set up for a drive without a golf ball
- The student should grip the club with their lead hand on the grip and their trail hand on the shaft (shown in the image)
- The aim is to practice sequencing through 3 positions
- The first is folding the arms correctly at the top of the backswing
- The second is pulling the arms down in the direction pre-impact
- The last is applying the force towards the target through impact
- The student should do this movement a few times without a ball and then implement it into normal shots

## Technical Link

- This activity will help the student to understand how to sequence the swing for maximal speed through impact
- Students are unable to flip at impact, due to the split hands grip making it impossible and this promotes a good feeling because flipping the hands results in speed loss



# Later Release



## Equipment Needed

- Driver

## How to Practice

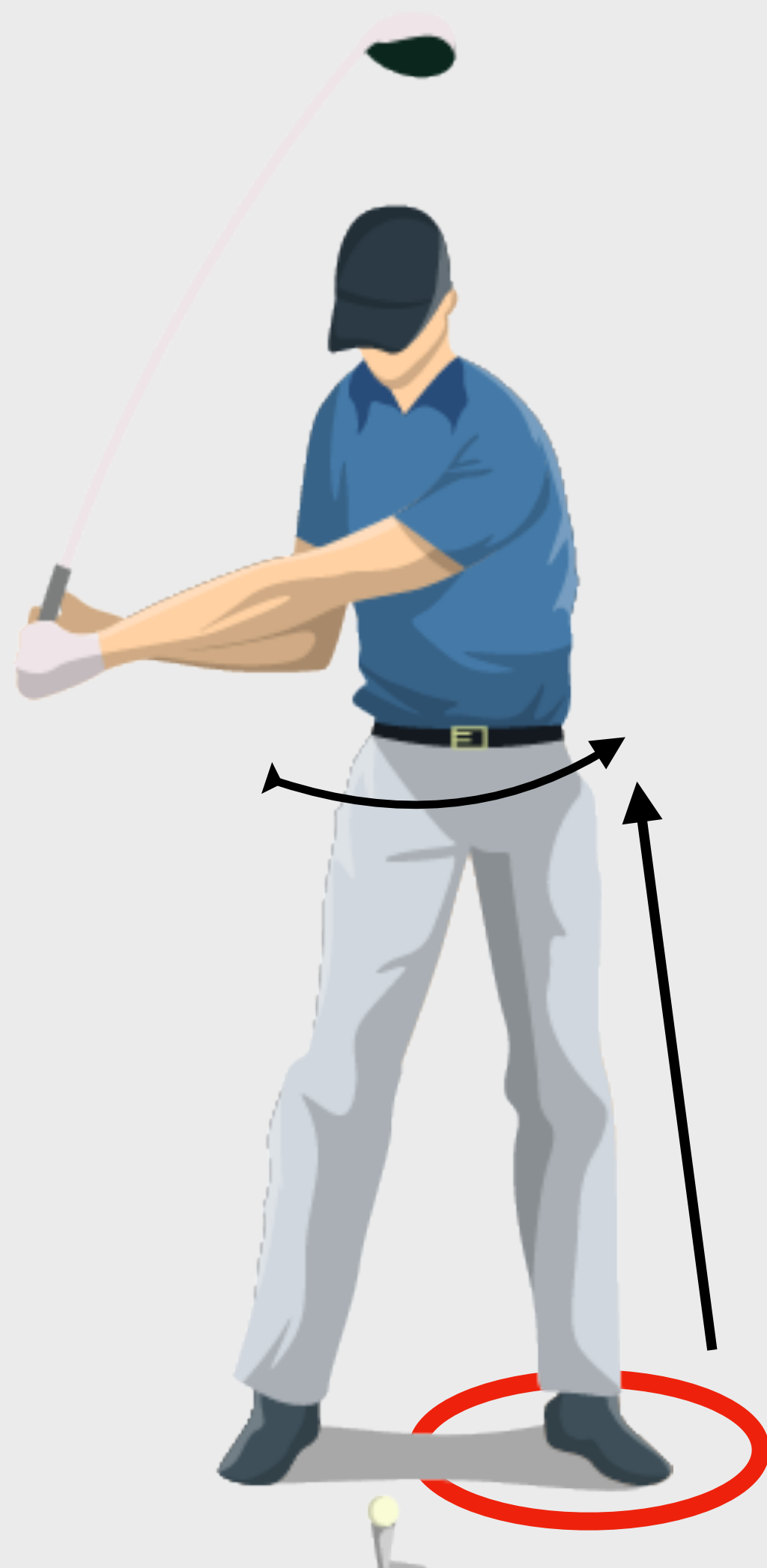
- Ask the student to create a later hit during the downswing
- Explain to the student their hand and arms must feel like they release the ball after your body has moved through
- Outline how this relates to the body pulling through the arms and then the club
- They must practice this feeling and can start slow, but aim to build speed as it becomes more comfortable

## Technical Link

- Explain to the students a club head lagging behind the hands on the downswing will create that angle between forearm and club shaft
- The club head will need to catch up the hands and this generates the additional speed



# Ground force



## Equipment Needed

- Driver

## How to Practice

- Ask the students to start by flexing the knees and make a big backswing whilst keeping balanced
- Start the downswing with an aggressive turn towards their target keeping the knees flexed
- Explain to the students to turn and open their hips and as the downswing develops, the ground force will come into play as they push off the turf and their legs straighten generating greater club head speed

## Technical Link

- The ground can help you generate more speed because you have the opportunity to push off the ground while swinging down into impact.



# Need for Speed



## Equipment Needed

- Driver
- Launch monitor or similar (optional)

## How to Play

- Students will play across 10 rounds and try and increase their club head speed in each round
- Each round consists of one-shot, recorded on a launch monitor similar
- The winner of the game will be the person that increases their club head speed the most between shot 1 and 10

## Technical Link

- The student will have to draw what they have learnt in class about methods to increase speed and use them to create a significant gap between their first and last drives



# Scoring Goal Challenges

## Driver



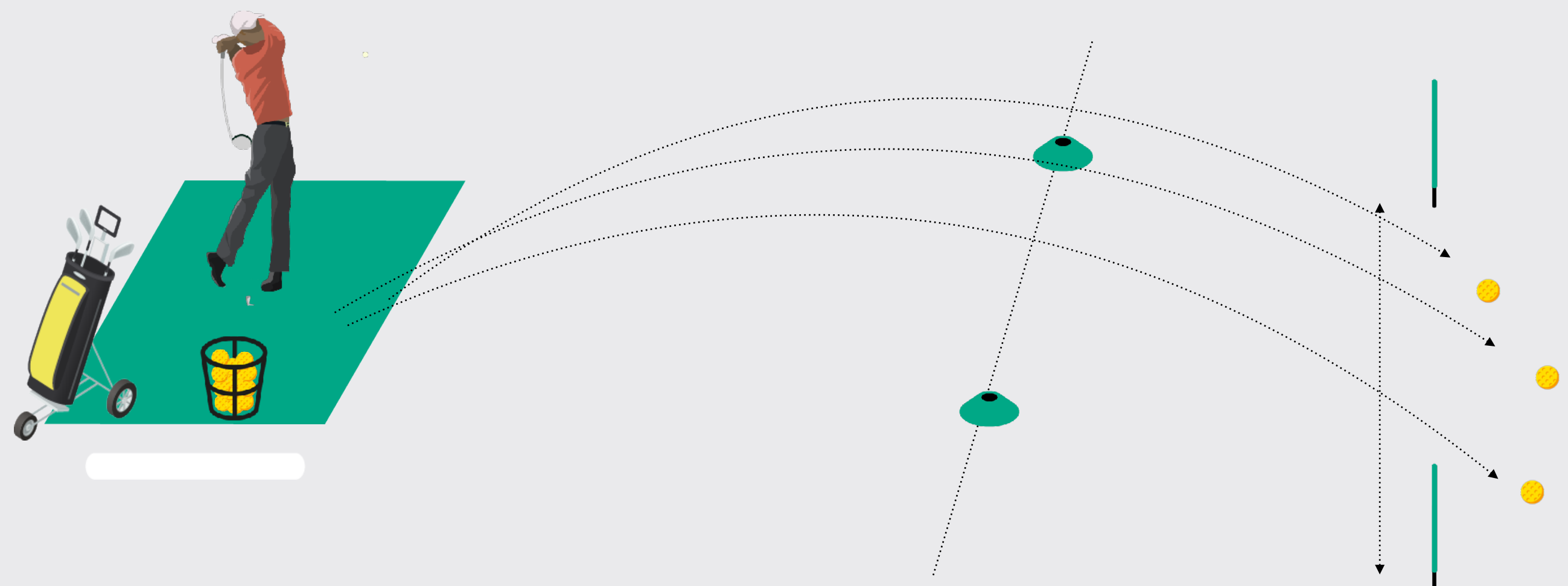


# Driver Challenge

**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