## **Become a Tee Shot Wizard** Wizard - Going Longer

# Optimising Driver, Tracking Stats and Effective Practice

### **ORBIS**golf<sup>™</sup>



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## **Class Timetable**

Ils Pathway Becor Class Ti Class C Classion Session Length: 60 Mins	Become a Tee Sh	Content
Time	Setup and Welcome	Set up the games and practice stations of your preference Be ready to welcome participants 5 minutes before the set Outline the 12 sessions that make up the 'Becoming a Di Describe the scoring challenge and how this will help the Explain how to play the game and attempt the practice Explain how to attempt the Scoring Challenge
10 mins 20 mins	Introduction Practice Stations Game Station Independent Practice Scoring Challenge	<ul> <li>Explain red</li> <li>Explain red</li> <li>Instruct and reinforce the technical focus points to s</li> <li>Instruct students to rotate around the stations</li> <li>Students attempt the practice stations based around</li> <li>Game station can be attempted individually or in pai</li> <li>Opportunity for students to attempt the scoring goa</li> </ul>
5 mins	Breakout Session	<ul> <li>Opportunity to engage in group discussion and quit.</li> <li>Opportunity to reinforce the technical learning out.</li> <li>Opportunity to reinforce the technical focus point.</li> <li>Instruct students to rotate around the stations.</li> <li>Students attempt the practice stations based at a station can be attempted individually or</li> </ul>
20 mins	Game Station Independent Prac Scoring Challeng Media on GLF.	e e Opportunity for students to attend Opportunity for students Opportunity for stude





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### **Class Timetable - Week 4**

Session	Group	Skills Pathway Name:	Skills Pathway Topic
Length:	Size:	Become a Tee Shot Wizard	Going Longer
60 Mins	1:8		

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Time	Focus	Class Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul> <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> <li>Class Layout and Setup</li> </ul>
5 mins	Introduction	<ul> <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> <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> <li>Try Before you Buy</li> <li>Dispersion Data</li> <li>Proximity Challenge</li> <li>Hit 9</li> <li>Driver Challenge</li> </ul>
5 mins	Breakout Session	<ul> <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> <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> <li>Try Before you Buy</li> <li>Dispersion Data</li> <li>Proximity Challenge</li> <li>Hit 9</li> <li>Driver Challenge</li> </ul>
5 mins	Media on GLF. Connect	<ul> <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><li>GLF. Connect App</li><li>Challenge Scorecard</li></ul>
15 Mins Post	Relationship Building	<ul> <li>Take time after the class has finished to actively connect new students and build relationships</li> <li>Ensure everyone is aware of the additional program opportunities including other Skills Pathway Programs.</li> <li>Opportunity to upsell private lessons or additional programs to those that require additional help</li> </ul>	GLF. Connect App

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**Skills Pathway Stage:** Wizard **Class Focus** Optimizing Driver, Tracking Stats and Effective Practice Scoring Challenge Driver Challenge



## **Class Objectives and Setup**

### Skills Pathway Become a Tee Shot Wizard **Class Layout and Setup**

Group Discussion: r 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?

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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 tracking of stats, optimising their driver and effective practice to hit longer drives. 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 dispersion pattern data into consideration when attempting a tee shot can improve their scores
  - Discuss how knowing average driving distance can help guide aim points and landing zones on the course
  - Discuss the type of data they could collect on the course for driving such as, fairways hit, misses left/right, out of bonds and distance
- **Effective Practice** Outline the best ways for students to use their practice time effectively:
  - 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 on the range to create course scenarios
  - Explain why tracking and recording practice shots can placing importance on them, which will simulate course pressures
  - **Optimising Driver -** Outline some of the ways in which students can optimise their driver to increase distance:
    - Reduce Spin Rate Explain to the students the importance of spin with a driver
    - Ball Speed Discuss with the students the importance of ball speed
    - Shaft Type Outline to the students how different shafts affect distance
    - Movable Weights Describe to students how modern weights in drivers have changed the game



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** Try Before you Buy

Station 2: **Practice Station Dispersion Data** 

Station 3: **Practice Station** Proximity Challenge

Station 4: **Free Practice Station** 

Station 5: Free Practice Station

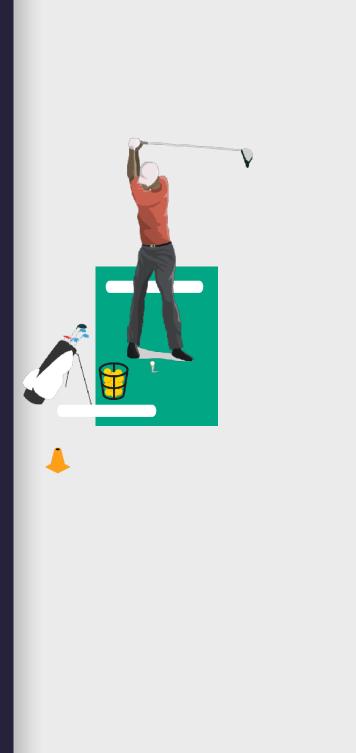
**Station 6:** Game Station Hit 9

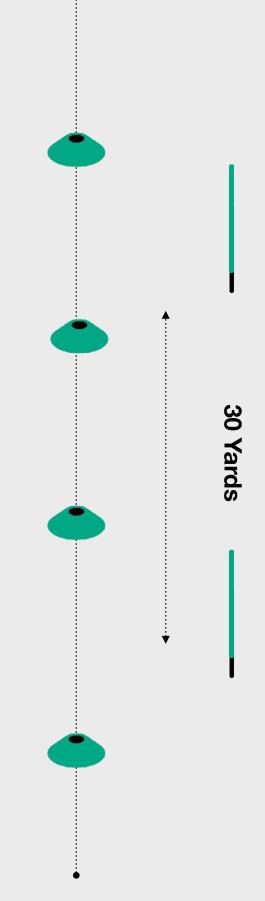
Station 7: Challenge Station Driver Challenge





## **Driver Challenge Setup**





**Minimum Distance Markers** 

## Equipment NeededOrange 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.



30

Yards

## **Practice Stations and Game Cards**



#### Equipment Needed

- Driver
- Pencil and Paper

#### How to Play

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- Pick a fairway target on the driving range or practice grour The student hits 10-20 shots depending on the time availa

- The students marks on paper the landing position of each After all shots have been hit the student will have a dispersion The student can re-attempt this using an alternative strate
  - compensate for their miss

- This activity will help the student to build an awareness of patterns and help them produce a plan to improve it Knowing their common miss and general pattern should h
  - their aim on the course
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## **Try Before you Buy**





#### **Equipment Needed**

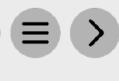
- Tees
- Drivers
- Selection of driver, shafts and movable weights
- Launch monitor or similar

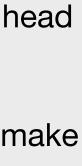
#### **How to Practice**

- Provide the students with a variety of different shaft types, lofts head types and moveable weights
- Allow the students to explore the difference that using modern technology and tailoring different components of the driver can make to their total carry and distance
- You can use the data collected at week 1 as a benchmark

- Explain to the students how the shaft is a critical part of their driver and getting it's weight and flex correct will have a big impact on their overall distance
- It is important for the student to understand the impact that weight distribution in the club head can have on the overall performance of their driver
- Show the students the impact that different equipment can have on the spin rate of the golf ball and ultimately the carry and distance





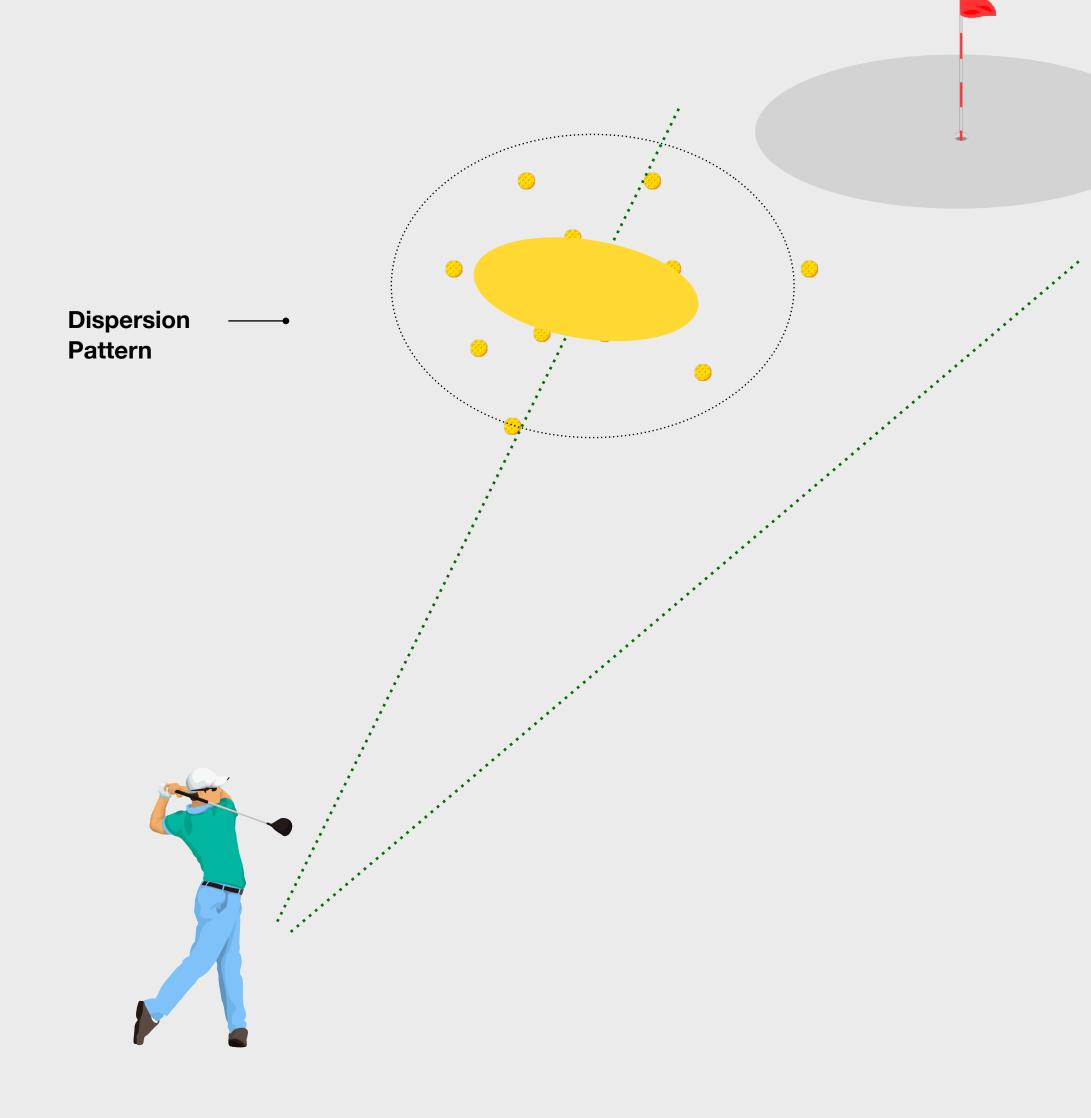








### **Dispersion Data**





#### **Equipment Needed**

- Driver
- Pencil and Paper

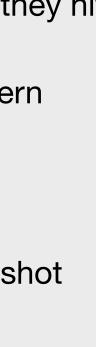
#### **How to Practice**

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

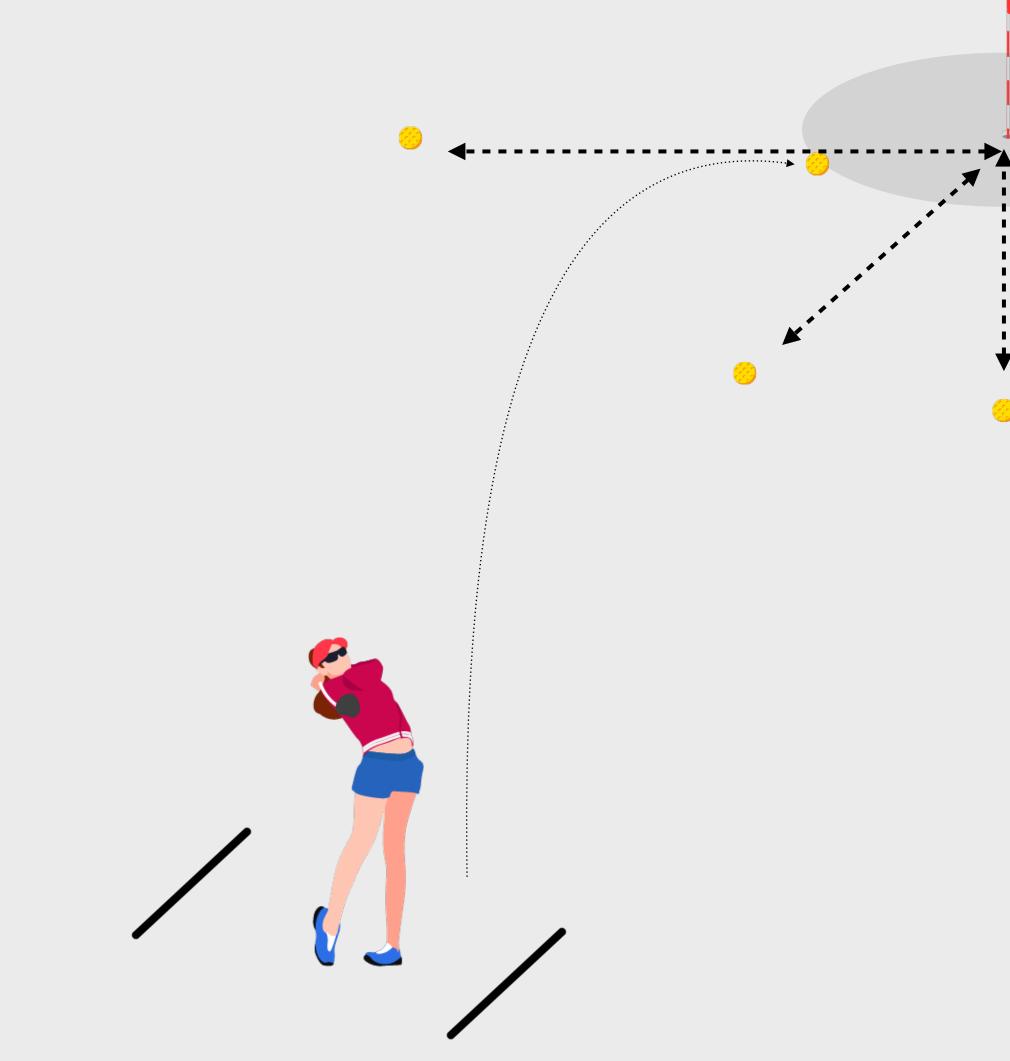
- This activity will help the student to build an awareness of their shot patterns and help them produce a plan to improve it
- Knowing their common miss and general pattern should help guide their aim when on the course







### **Proximity Challenge**





#### **Equipment Needed**

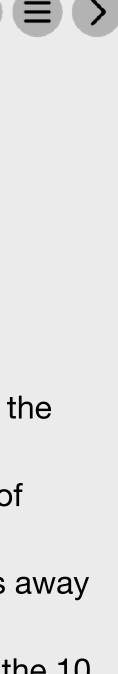
- Driver
- Pencil and Paper

#### **How to Practice**

- Ask the students to pick a target on the driving range at around the same distance as their average drive
- The student hits 10 shots towards this target with the intention of getting as close as possible
- After each shot they should note down roughly how many yards away the ball finished from this target
- At the end of the shots, the students average out how far away the 10 shots were from their chosen target

- Builds awareness for the students about how accurate they can be from a drive when among at a specific point 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



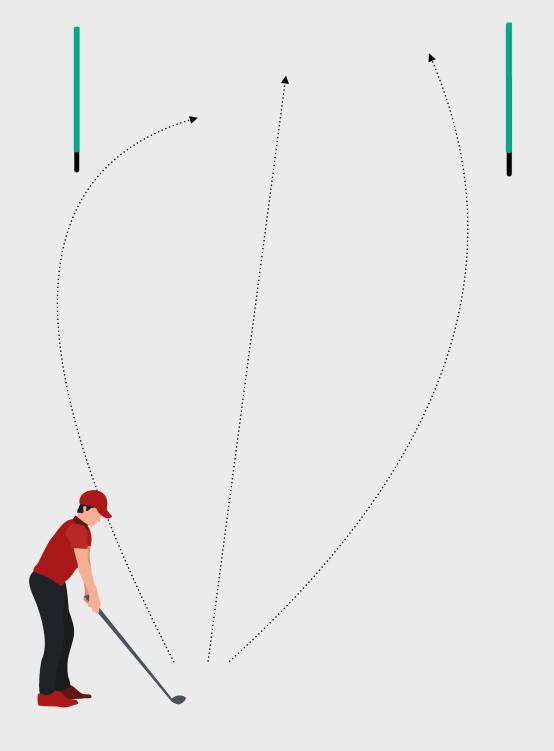


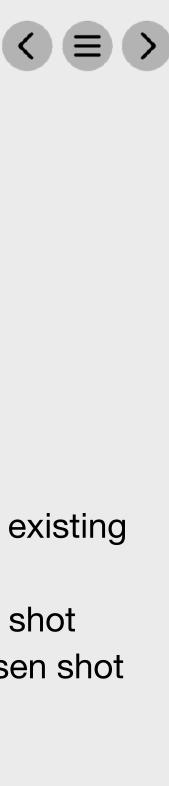




Hit 9
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Shot Type	Draw	Straight
Low		
Medium		
High		







#### **Equipment you Need:**

- Driver
- Marker Pen
- Whiteboard
- 2 x Alignment Sticks or existing targets on the range

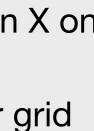
#### How to Play:

- Create the gates for a fairway using alignment sticks or existing range markers
- The challenge is to call a shot from the grid and hit that shot
- The ball must also pass through the gates for their chosen shot type from the grid
- Students are only allowed one attempt at each shot
- If they are successful hitting their chosen shot and the ball passes through the width of the gate then they can mark an X on the grid in the blank space for that shot
- The winner is the student who has the most marks on their grid after the 9 shots

#### **Technical Link**

• This activity is an effective practice for testing the students shot shaping ability, but also highlight any weaknesses in their direction control







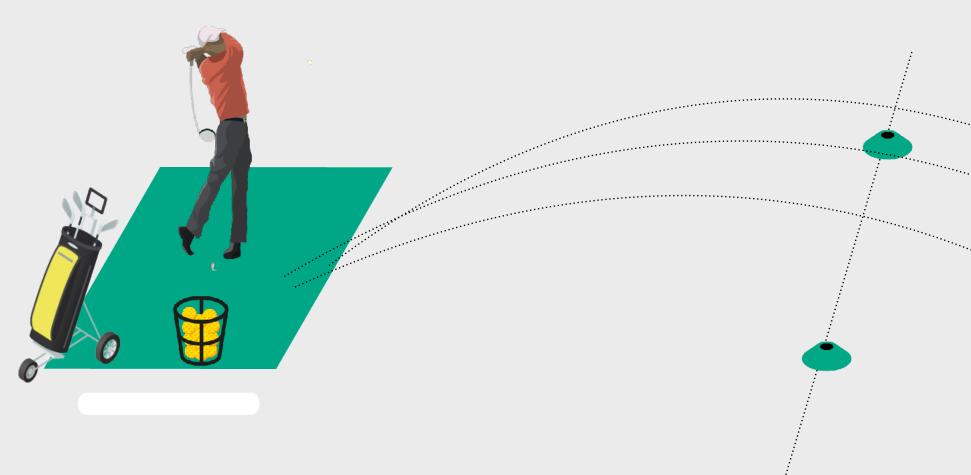
## **Scoring Goal Challenges** Driver



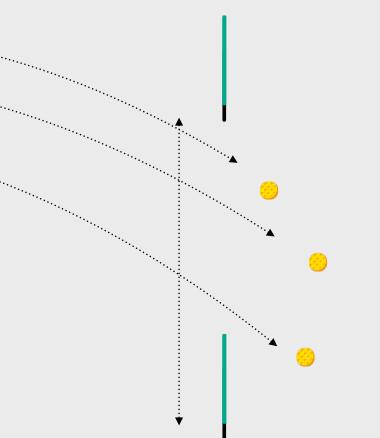


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<b>Driver Challenge</b>	Course Length	Break 100	Break 90	Break 85	Break 80	Break 75
	< 4500 Yards	120	130	140	150	160
Minimum	4500 -5500 Yards	160	170	180	190	200
TRACKMAN       Distance         Use the 'TOTAL', 'CARRY'       Distance	5500 -6500 Yards	180	190	200	210	220
and 'SIDE' features to provide accurate measurement	> 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.





