

# Become a Short Game Wizard Graduate - On the Green in One

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## Basics of Pitching Technique

GRADUATE



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# Class Timetable

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Skills Pathway *Become a Short Game Wizard*

## Class Timetable - Week 1

**Session Length:**  
60 Mins

**Group Size:**  
1:8

**Skills Pathway Name:**  
Become a Short Game Wizard

**Skills Pathway Topic:**  
On the Green in 1

**Skills Pathway Stage:**  
Graduate

**Technical Focus**  
Basics of Chipping Technique

**Scoring Challenge**  
Chipping 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 Short Game 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>Ball Position and Shaft</li> <li>Attack Angle</li> <li>Strike Point</li> <li>Speed Chipping</li> <li>Chipping 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>Ball Position and Shaft</li> <li>Attack Angle</li> <li>Strike Point</li> <li>Speed Chipping</li> <li>Chipping 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>Ball Position and Shaft</li> <li>Attack Angle</li> <li>Strike Point</li> <li>Speed Chipping</li> <li>Chipping 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>GLF. Connect App</li> <li>Challenge Scorecard</li> </ul>
	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 2

<b>Session Length:</b> 60 Mins	<b>Group Size:</b> 1:8	<b>Skills Pathway Name:</b> Become a Short Game Wizard	<b>Skills Pathway Topic:</b> On the Green in One	<b>Skills Pathway Stage:</b> Graduate	<b>Class Focus</b> Basics of Pitching Technique	<b>Scoring Challenge</b> Pitching 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 session and give a broad content overview of what will be covered</li> <li>Link this to the class focus from the previous week</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 and Ball Position Check</li> <li>Rear Heel Up</li> <li>Metronome</li> <li>Bullseye</li> <li>Pitching 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 and Ball Position Check</li> <li>Rear Heel Up</li> <li>Metronome</li> <li>Bullseye</li> <li>Pitching 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 their **pitching technique** to **hit the green**. Some of technical content you may want to explore in this first session may include:

- **Improving Contact** - Introduce some basic contact principles when pitching which may include:
  - Outline to the student the importance of ground interaction for achieving a solid strike
  - Discuss the design of the wedge the yard using and how effectively utilizing the sole of the club can be effective in improving contact
  - Explain to the student that by adjusting the ball position they may find it easier to make more consistent contact
  - Demonstrate the effect on flight and roll of the ball when good contact is made
  - Explore how attack angle affects contact as well as flight and spin
  - Highlight how a smooth tempo and rhythm can help improve consistency and reduce contact errors
  - Explore the position of the shaft at address relative to the golf ball and body
  - Explore the position of pressure at address through the feet
  - Build continuity from the week 1 chipping class into the Pitching discussion

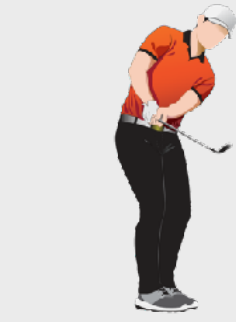


**Keep your technical instruction to less than 5 minutes to allow maximum time for play, practice, and for you to reinforce key skills through individual tuition. Encourage the use of different clubs for practice and exploration of skills through discovery and game-based learning.**



# Example Class Layout and Setup

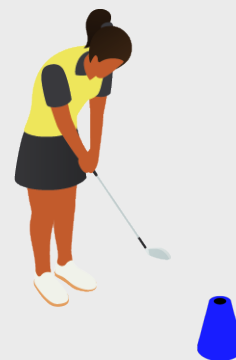
**Station 1:**  
Practice Station  
Rear Heel Up



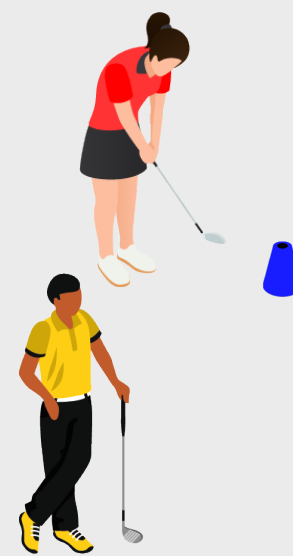
**Station 2:**  
Practice Station  
Ball and Shaft  
Position Check



**Station 3:**  
Practice Station  
Metronome

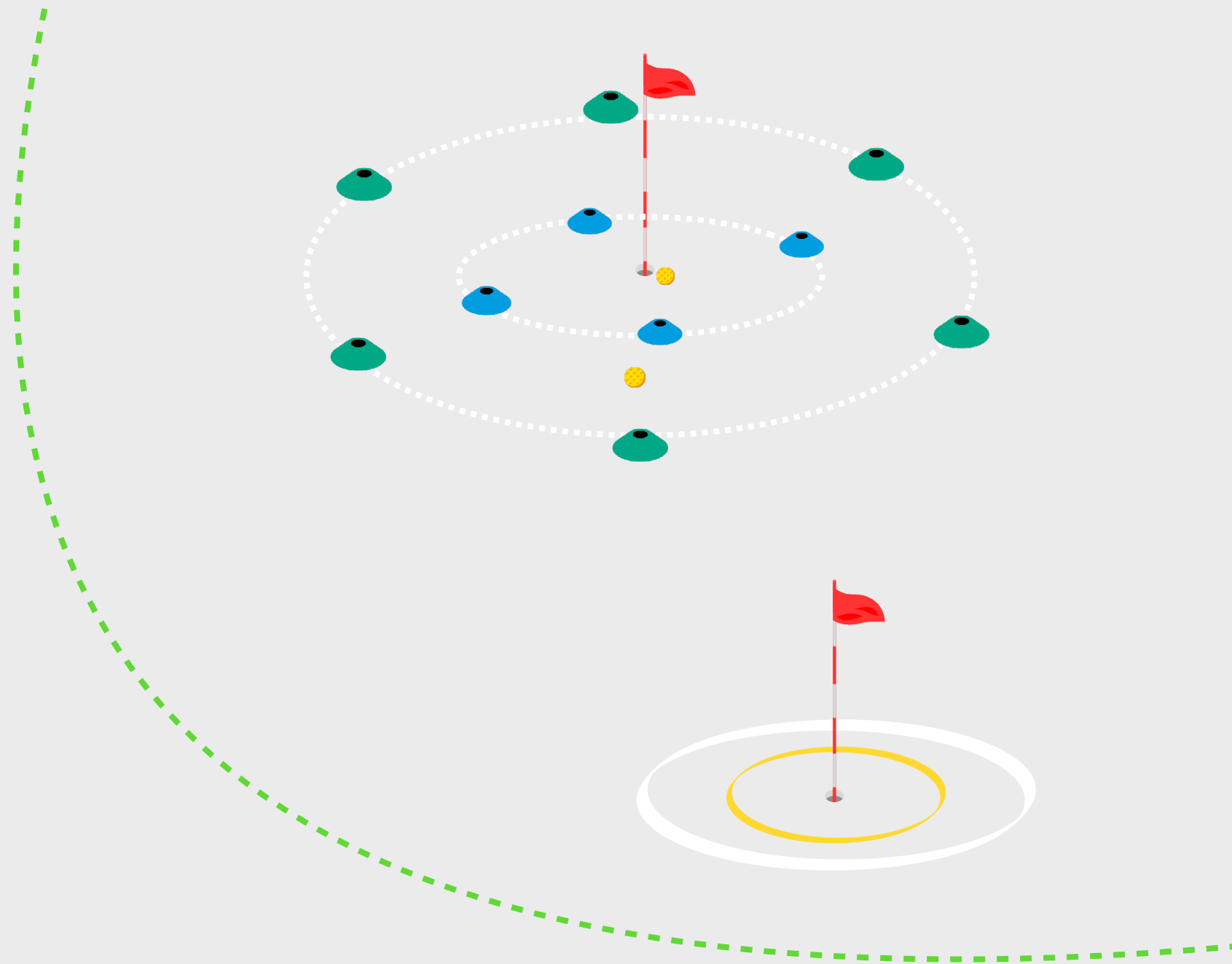


**Station 4:**  
Game Station  
Bullseye

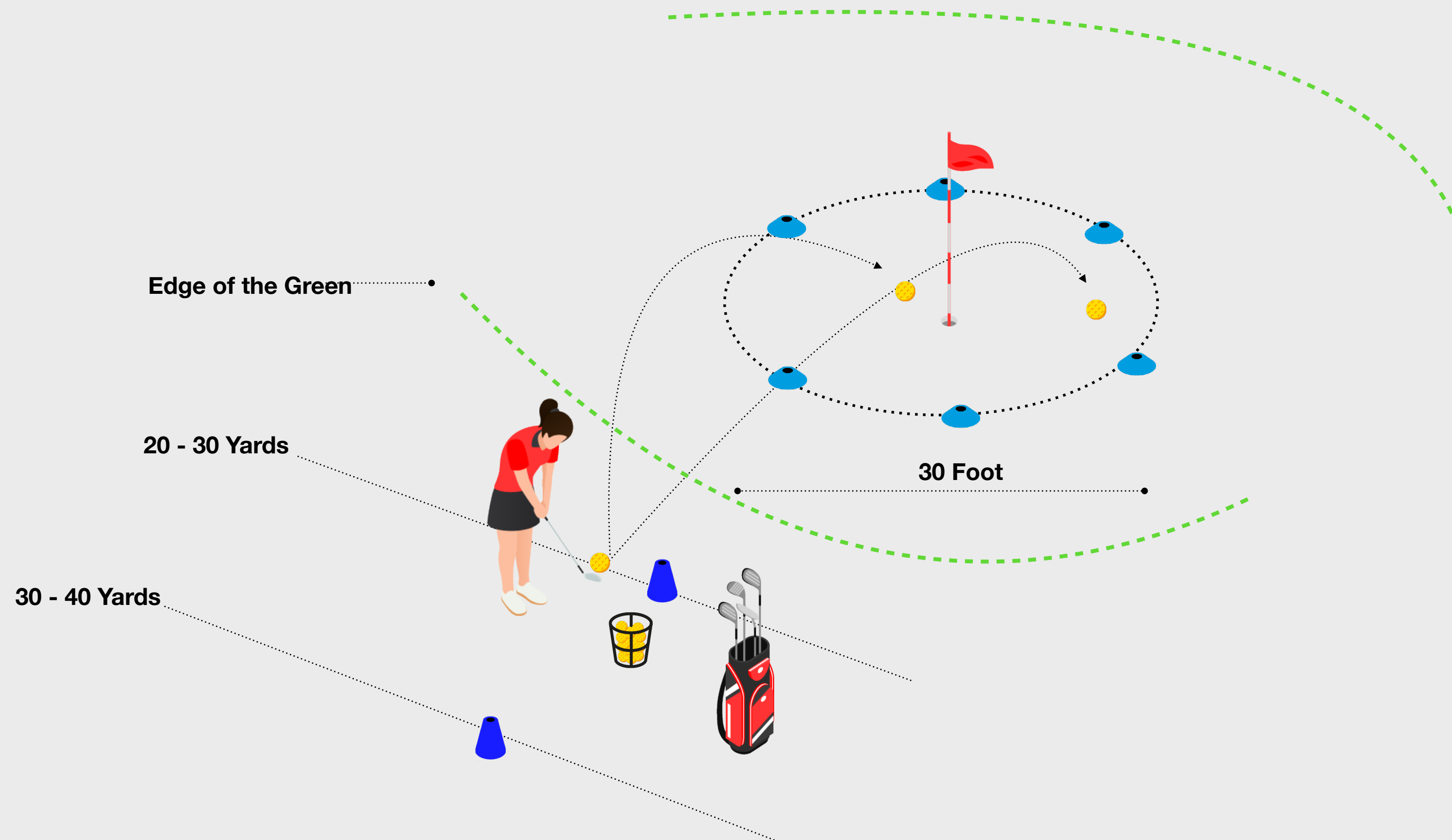


**Group Discussion:**  
Start, during and end of class

**Station 5:**  
Challenge Station

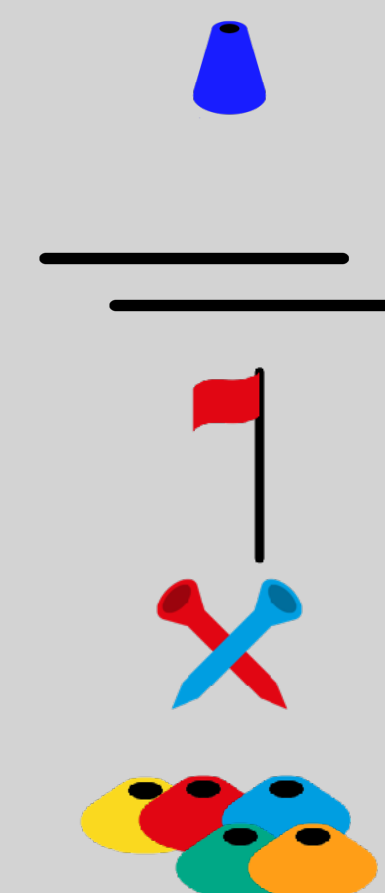


# Pitching Challenge Setup



## Equipment Needed

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

Skills Pathway *Become a Short Game Wizard*

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## Ball Position / Shaft Position

- Wedge
- Marker Cone

### Equipment Needed

- Wedge
- Marker Cone

### How to Practice

- Ask the students to chip balls from around 15 yards from the green
- Students should vary the ball position at set up from back of their stance to the centre of their stance and finally move towards the front of their stance
- Allow the students to see how changing the ball position can affect the initial trajectory and strike of their chip
- After exploring ball position, the students should keep ball position consistent, but explore changing the forward lean of the shaft and the vertical position of the shaft

### Technical Link

- This activity will help the students to understand how changing the ball position and shaft position at address can affect the trajectory and strike on the ball

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# Rear Heel Up



## Equipment Needed

- Golf Ball
- Wedge

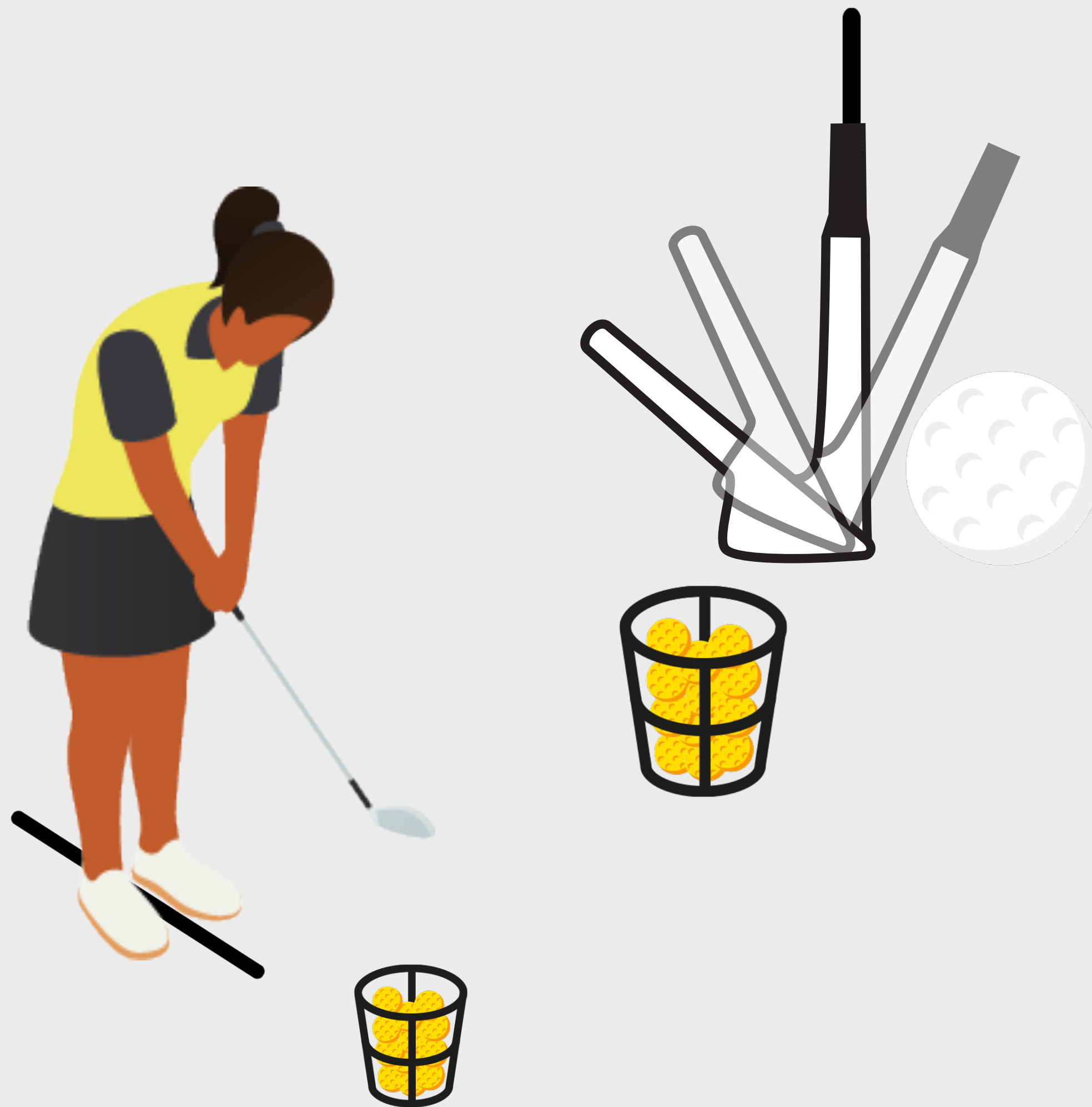
## How to Practice

- Ask the students to get into a comfortable pitching setup position
- The student should place a single golf ball under their right heel
- The student should focus on ensuring that pressure isn't applied to the golf ball through the right heel at address
- The student should explore where pressure is position at address
- The student should attempt some slow paced short swings focusing on avoiding pressure being placed on to the golf ball in backswing, through swing and following through

## Technical Link

- This activity will help the students to learn how pressure should be distributed through the feet at address and during the pitching motion itself

# Shaft and Ball Position Check



## Equipment Needed

- Wedge
- Alignment Stick

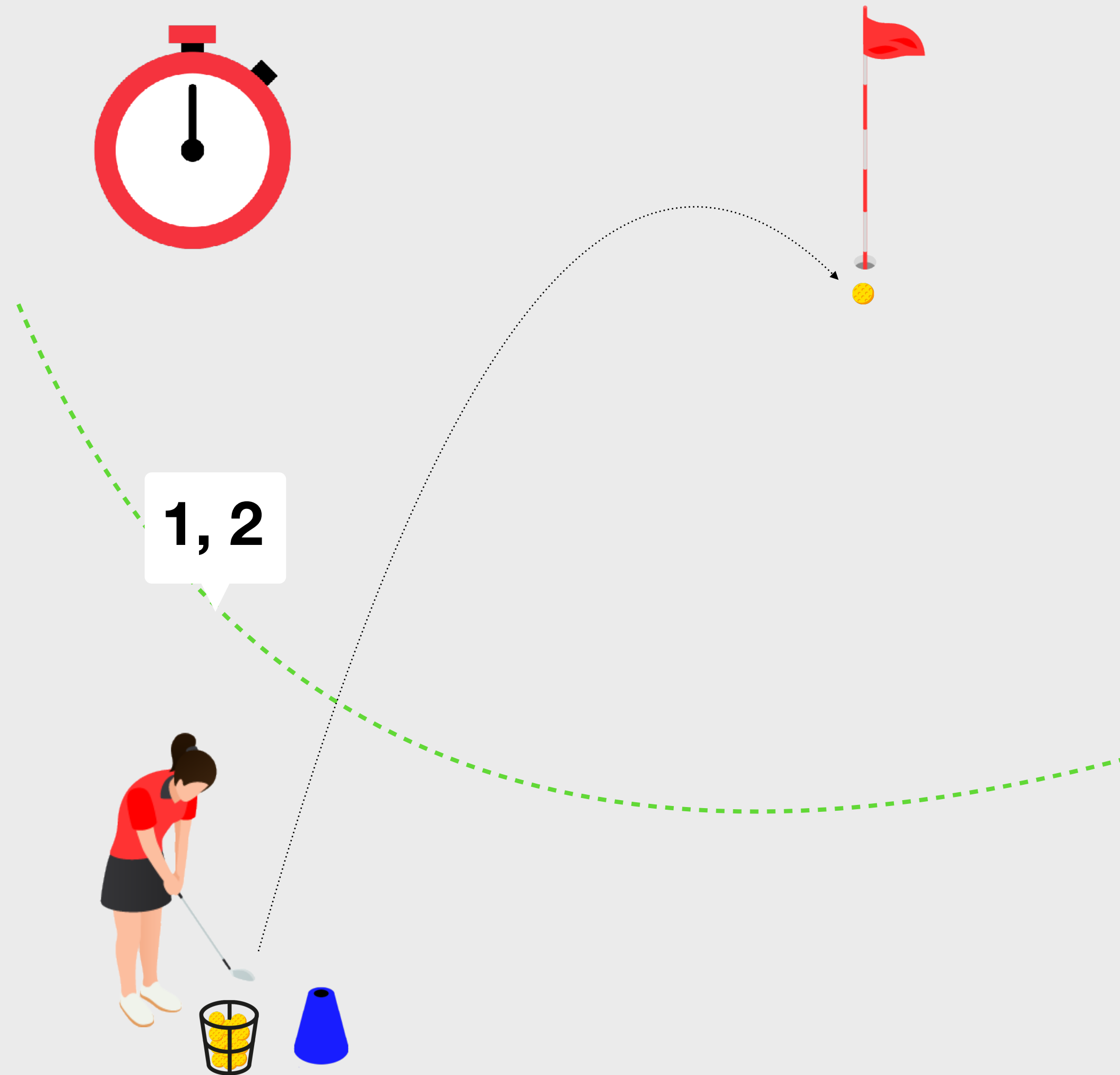
## How to Practice

- Set up the student 30 yards away from the green and aimed towards a pin
- Ask the student to get into their comfortable pitching setup position
- An alignment stick should be placed on the ground inside the back of golf ball and positioned between the feet
- The student should note where the ball is position and under guidance of the coach adjust accordingly
- Next the student should position the hands onto the club and note where the handle is relative to the alignment stick on the floor
- Depending on the students tendencies, the student should aim to minimise the distance between the handle and alignment stick on the ground

## Technical Link

- This activity will help the student to build awareness of ball position and shaft position at address. It will help the student to practice effectively

# Metronome



## Equipment Needed

- Wedge
- Phone / Timer
- Marker Cone

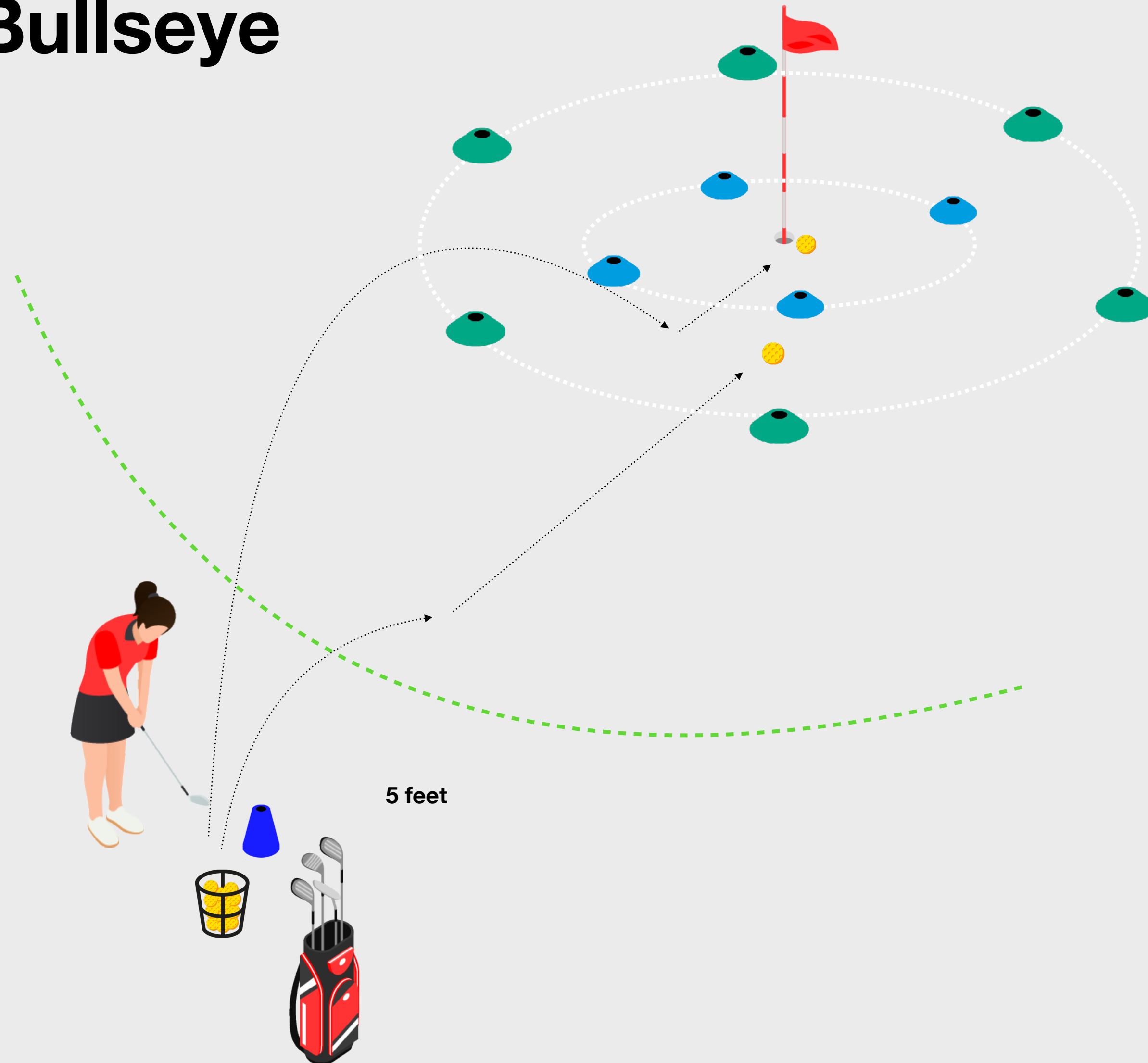
## How to Practice

- Set up student around 40 yards away from the green
- Ask students to use a metronome on their phone and set it at around 45 bpm
- Alternatively advise students to count to 2 in their heads as they are swinging
- Get students to swing in sync with this tempo
- Use the pin as a target, but the focus should be on having a consistent tempo to the swing

## Technical Link

- Maintaining a smooth and controlled tempo in the swing can help students avoid jerky movements and disrupted motions, which could lead to poor contact

# Bullseye



## Equipment Needed

- Cone to create 2 circles (5ft & 10ft)
- Wedge
- Mid Iron

## How to play

- Set up the student on the edge of the green where there is rough and fairway/ fringe
- Challenge them to hit 10 shots from the edge of the green
- 5 shots should be hit with a mid iron from a mixture of lies
- 5 shots to be hit with a wedge from a mixture of lies
- If the student gets the ball in the inner circle they score 10 points
- If the student gets the ball in the outer circle they score 5 points

## Technical Link

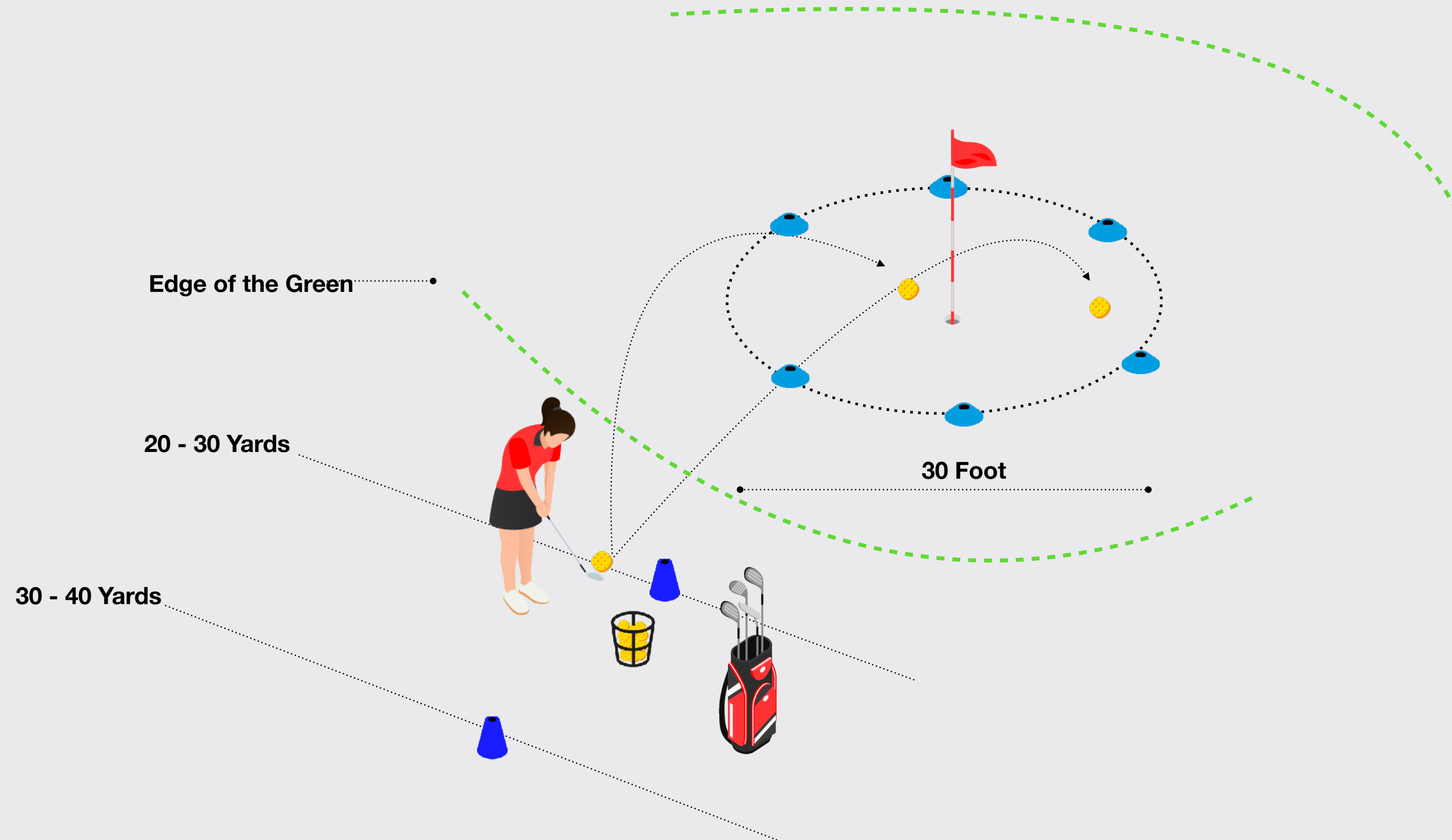
- Explain to the students how changing the club will effect the shot distance and trajectory
- Discuss how the lie can affect the shot intended and what adjustments can be made to compensate for a difficult lie

# Scoring Goal Challenges

## Short Game



# Pitching Challenge



## Attempting the Challenge

- 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.

100

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

90

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

85

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

80

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

75

7/10 pitches within target circle from 20 - 30 yards  
6/10 pitches within target circle from 30 - 40 yards

