

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



Basics of Bunker Play



Contents

- 3 **Class Timetable**
- 5 **Class Objectives and Setup**
- 9 **Practice Stations and Game Cards**
- 14 **Scoring Goal Challenges**



Class Timetable

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"> 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 Short Game 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"> Ball Position and Shaft Attack Angle Strike Point Speed Chipping Chipping 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"> Ball Position and Shaft Attack Angle Strike Point Speed Chipping Chipping 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"> Ball Position and Shaft Attack Angle Strike Point Speed Chipping Chipping 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
	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

Class Timetable - Week 3

Session Length: 60 Mins	Group Size: 1:8	Skills Pathway Name: Become a Short Game Wizard	Skills Pathway Topic: On the Green in One	Skills Pathway Stage: Graduate	Class Focus Basics of Bunker Play	Scoring Challenge Bunker Challenge
-----------------------------------	---------------------------	---	---	--	---	--

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 weeks 	
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"> Body in the Bunker Making a Splash Alignment and Club Face Splashing Time Bunker 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"> Body in the Bunker Making a Splash Alignment and Club Face Splashing Time Bunker 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 to improve their **bunker technique** to **hit the green**. Some of technical content you may want to explore in this first session may include:

- **Bunker Technique** - Introduce some basic bunker technique principles which may include:
 - Demonstrate how the students should set up for a bunker shot
 - Discuss basics of the body motion in green side bunker play, which could include exploring the turn of the hips, shoulders and feet during backswing and through swing
 - Focus the students on hitting the ball with sand between club face and golf ball
 - Outline the importance of the speed of the club face through the sand and some simple concepts to develop this
 - Discuss the design of the wedge the yard using and how effectively utilizing the sole of the club can be effective in improving contact
 - Build continuity from the week 2 pitching class into the Pitching discussion
 - Explore the shape of the swing including how the steepness of the club shaft will impact the entry point of the club into the sand and the amount of sand that is taken



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
Body in the Bunker



Station 2:
Practice Station
Making a Splash



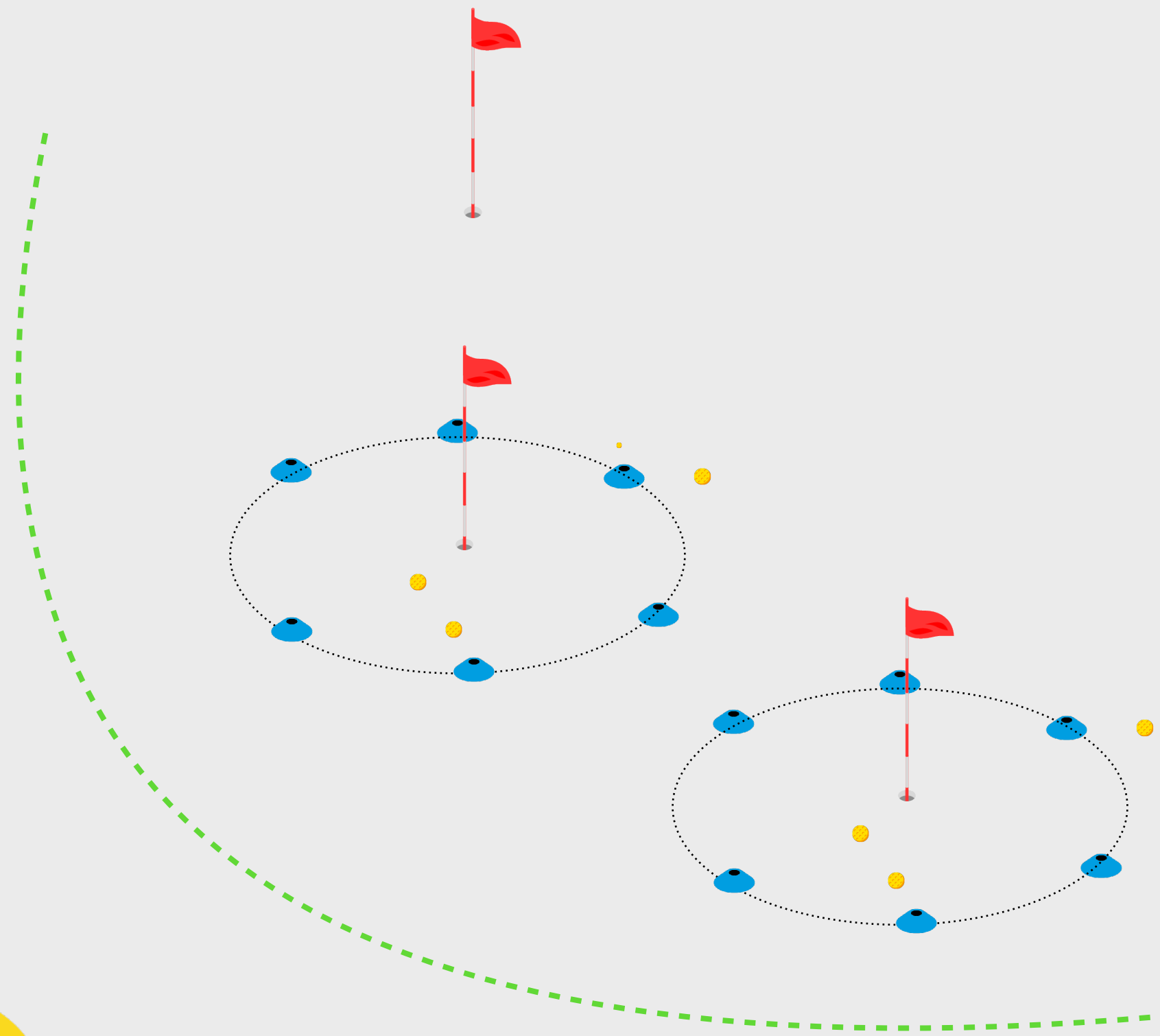
Station 3:
Practice Station
Alignment and Club Face



Station 4:
Game Station
Splashing Time



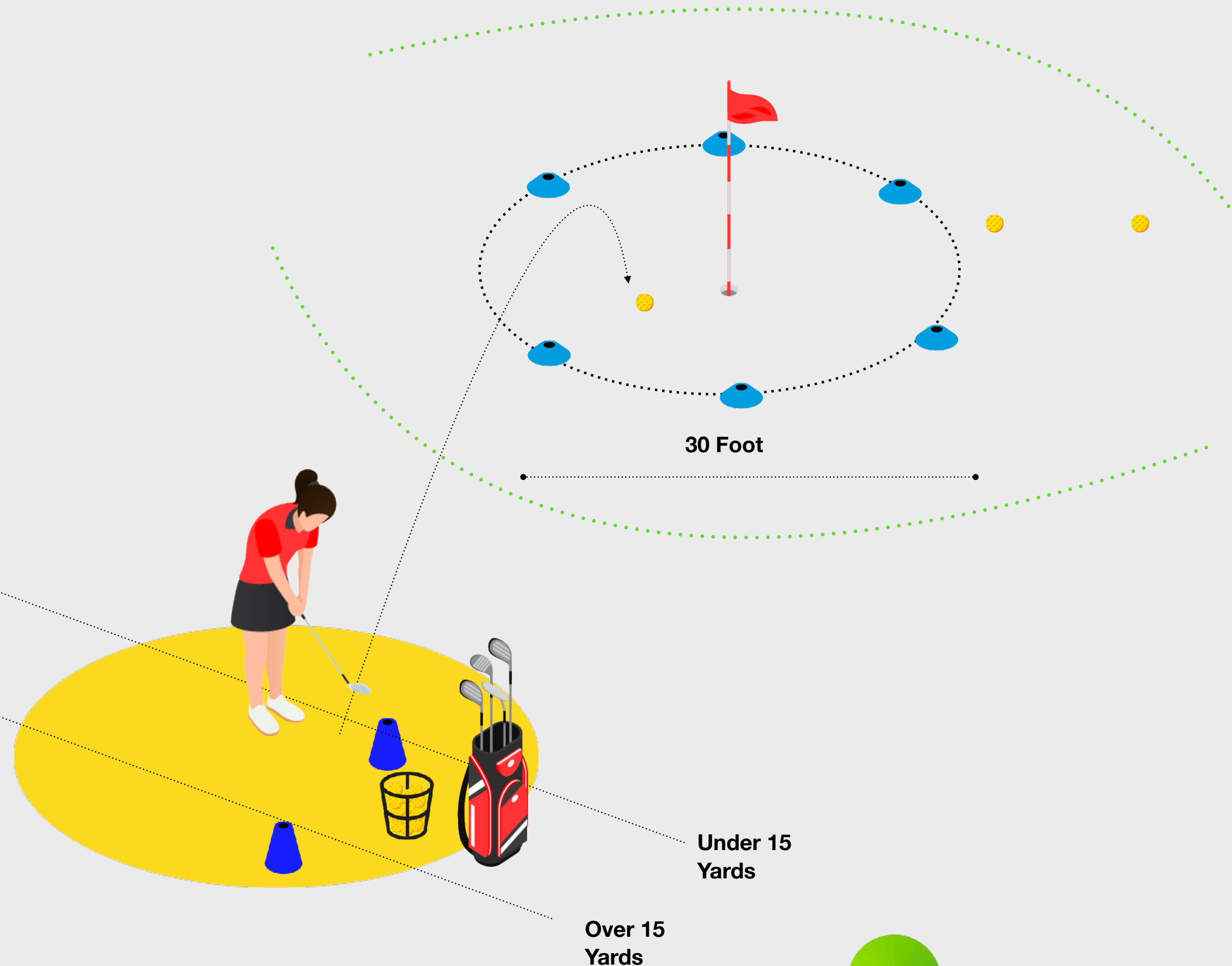
Group Discussion:
Start, during and end of class



Station 5:
Challenge Station

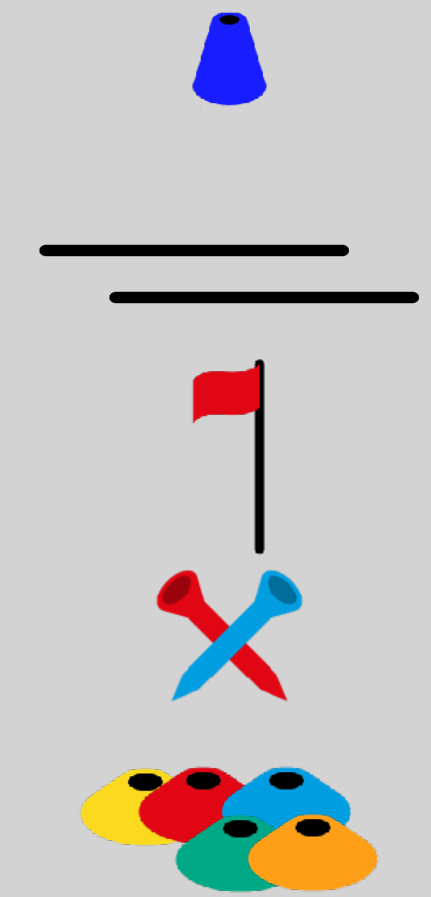


Bunker Challenge Setup



Equipment Needed

- 2x Marker cones
- 2x Alignment Sticks
- 2x 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 2 starting points positioned in the bunker at distances of under 15 yards and over 15 yards

Practice Stations and Game Cards

Skills Pathway *Become a Short Game Wizard*

10

Ball Position / Shaft Position

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

ORBISgolf™

Body in the Bunker



Equipment Needed

- Alignment Stick
- Bunker
- Sand Wedge

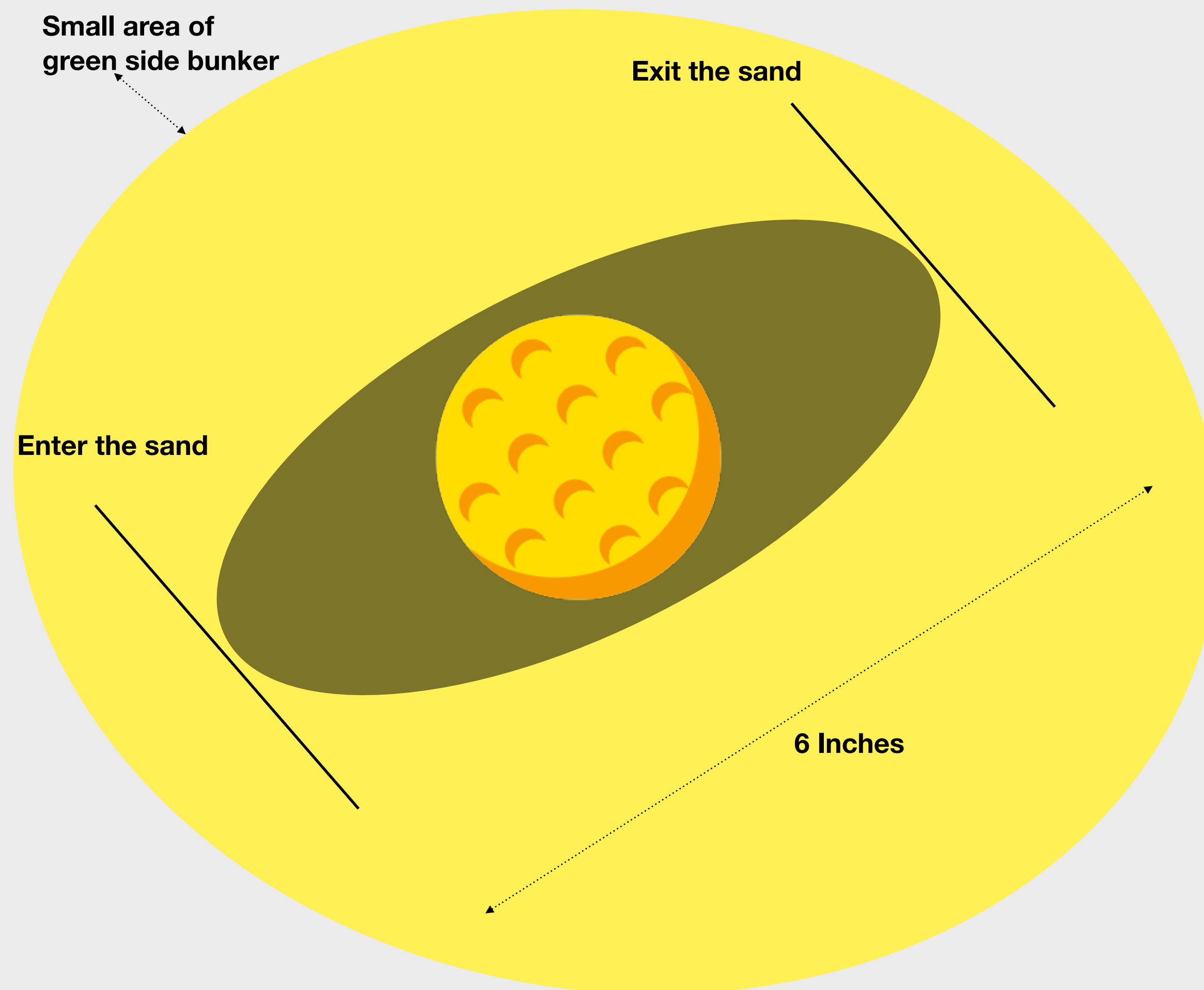
How to Practice

- This activity is all about using the correct body movements for a bunker shot in order to assist getting good contact
- Students should use an alignment stick to discover where their sternum is positioned at address
- Ask students to hold the club or alignment stick at one end, place it against the sternum and let it hang down naturally
- It will then be obvious whether they are set up correctly with their sternum behind the ball
- Once they are positioned with their sternum behind the ball they must attempt to play shots onto the green

Technical Link

- This activity will help the student to understand when the sternum is positioned behind the ball, they will be more likely to strike the sand first and get good contact
- A key factor for them to focus on when attempting the bunker shots is to use the body to accelerate through the ball because a halt in momentum can cause digging rather than a glide action

Making a Splash



Equipment Needed

- Bunker
- Sand Wedge

How to Practice

- In the bunker get the student to mark out the circle around the golf ball approximately 6 inches across
- When the student is hitting shots, encourage them to hit the sand on the first mark and leave the sand on the second mark
- This will encourage the student to splash the sand under the golf ball and have the desired contact

Technical Link

- This activity will encourage the student to splash the sand under the golf ball and achieve the desired contact
- By hitting the sand before it creates a nice splash shot, but if no sand is taken during a bunker shot, it can result in a shot way too powerful with no spin, due to the fast acceleration required to get through the intended sand

Alignment and Club Face

Equipment Needed

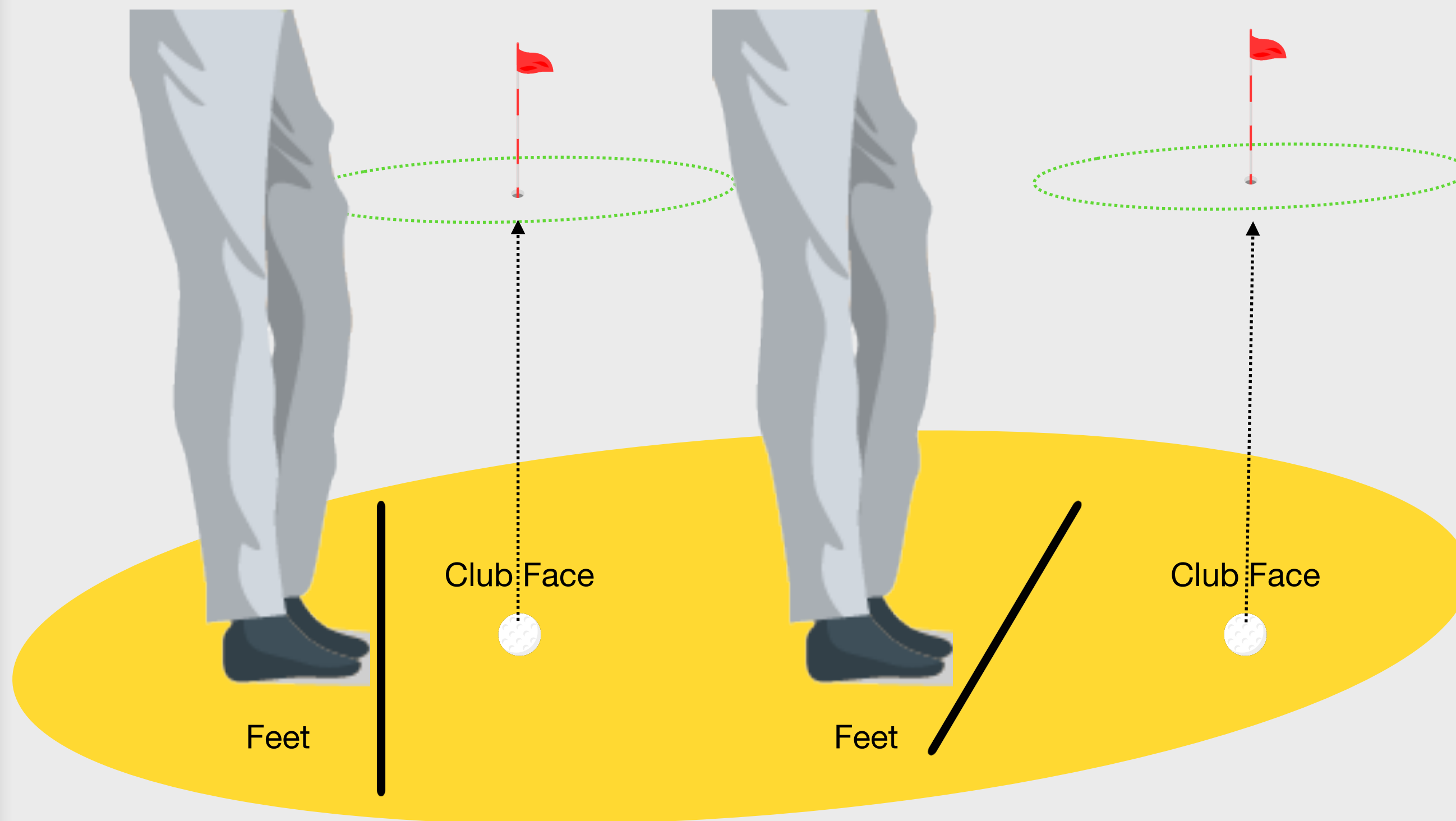
- Bunker
- Sand Wedge
- Alignment Stick

How to Practice

- Set up the student in the bunker with an alignment stick pointing towards the left side of the hole
- Ask the students to experiment with their alignment in relation to the target line
- Explain to the students that opening up their stance and aiming their feet, hips and shoulders to the side of the target will alter the club path
- Feet left of the target and club face at the target produces a more out to in club path
- Feet right of the target and club face at the target produces a more in to out club path

Technical Link

- It is key for the students to understand the relationship between alignment, club face and club path in a bunker shot



Splashing Time!



Equipment Needed

- Sand Wedge or similar
- Cones for target circle

How to Play

- Ask the student to hit 10 shots from the bunker
- The aim is to show the importance of splashing sand out of the bunker making a good contact
- The challenge is to hit the ball onto the green or 10 feet target circle whilst splashing sand out of the bunker onto the green
- Points are awarded as follows:
 - Ball on the green - 1 point
 - Ball in target circle - 5 points
 - Ball on the green with sand splashed out - 6 point
 - Ball in target circle with sand splashed out - 10 points

Technical Link

- This game is designed for the students to become more accurate out the bunker whilst getting good contact to create a splash of sand
- The key technical focus should be on getting sand on impact and students may have to adapt their technique to achieve this

Scoring Goal Challenges

Short Game



Bunker Challenge



Attempting the Challenge

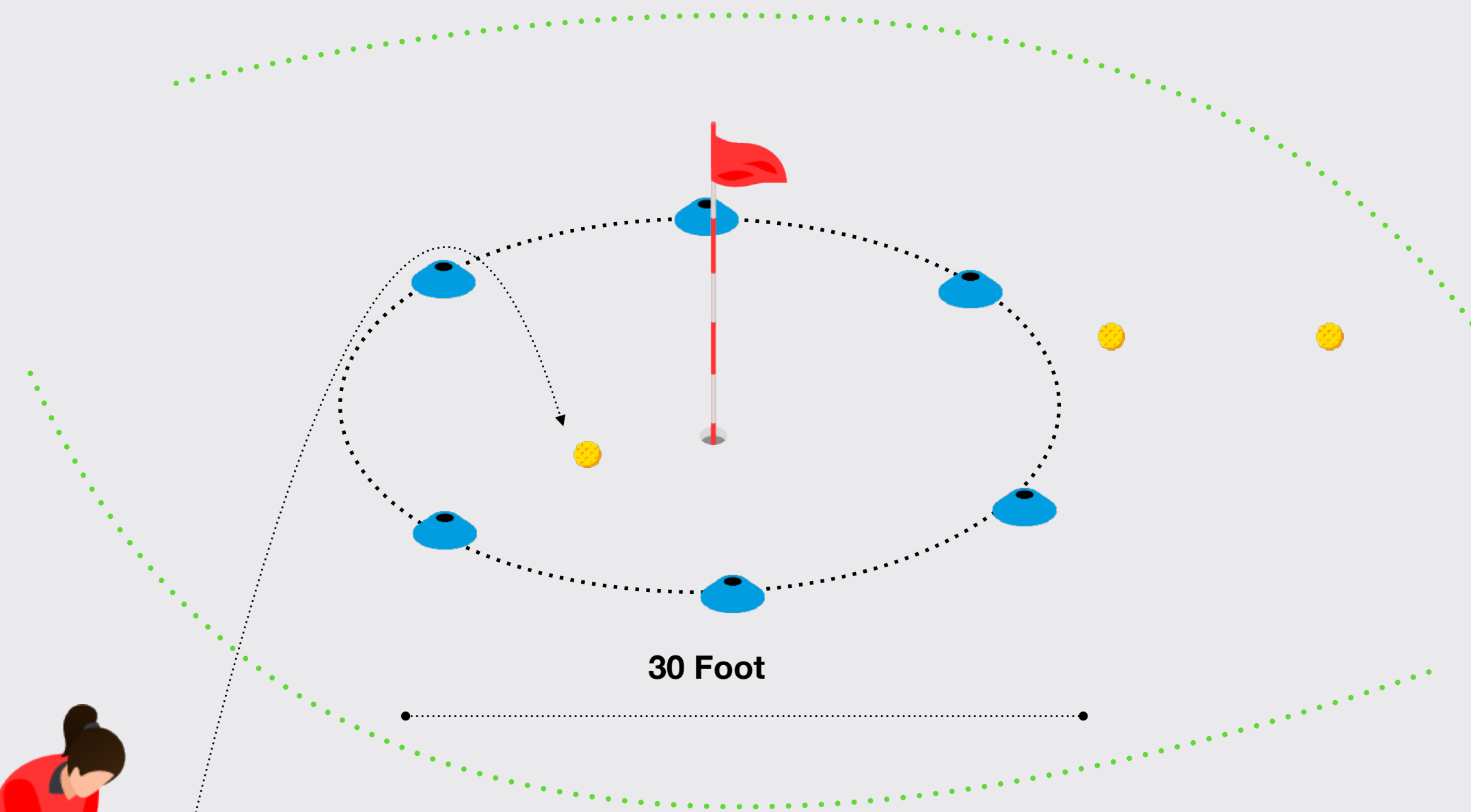
- Hit 10 shots in a random order from each starting position to finish with the target circle.
- Record the result of each attempt on the Challenge Scorecard.
- You can place the ball on each attempt.

The Challenge

- Attempt to pitch the ball to within the target circle from each position in the green side bunker. 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	3/10 shots in the target circle from under 15 yards 1/10 shots in the target circle from over 15 yards
90	4/10 shots in the target circle from under 15 yards 2/10 shots in the target circle from over 15 yards
85	6/10 shots in the target circle from under 15 yards 4/10 shots in the target circle from over 15 yards
80	7/10 shots in the target circle from under 15 yards 5/10 shots in the target circle from over 15 yards
75	7/10 shots in the target circle from under 15 yards 6/10 shots in the target circle from over 15 yards

