

On the Green - Level 2

Long Putts and Slopes on the Green



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Class Timetable

4 Themed Class Plans - Full
Class Timetable
Introduction to Swing

Session Length: 90mins

Learning the Game Focus: Whole Golfer Focus: Body
 Fit for Golf Introduction

Learning the Game Topic: Orientation

Learning the Game Focus: Orientation of the Game
 Orientation of Equipment

Mastering the Game Challenge: Iron Challenge

Time	Class Content	Learning the Game	Mastering the Game
15 Mins Prior	Introduction and Welcome		
10 mins	Introduction	<ul style="list-style-type: none"> Set up the games and practice stations of your preference and the challenges for the specific class. Be ready to welcome participants 5 minutes before the session starts 	
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<ul style="list-style-type: none"> Outline your preferred technical focus for the class Introduce the Learning the Game or Whole Golfer focus Explain how to play the games and attempt the practice station activities Explain how to attempt the Mastering the Game Challenges 	<ul style="list-style-type: none"> Class layout and Setup
5 Mins	Learning the Game and Whole Folder Focus	<ul style="list-style-type: none"> Learners play the games individually, in pairs or in groups Opportunity to provide private coaching to learners Learners may attempt the Mastering the Game challenges independently or socially 	<ul style="list-style-type: none"> Orientation of the Game Orientation of the Equipment Fit for Golf Introduction
30 Mins	Mastering the Game Independent and Social Practice	<ul style="list-style-type: none"> Get the group together to introduce the remaining Learning the Game or Whole Golfer focus Opportunity to engage in group discussion, questions and re-visit any technical elements 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station Mastering the Game Challenges
10 Mins	Challenges and Recap	<ul style="list-style-type: none"> Learners play the games individually, in pairs or in groups Opportunity to provide private coaching to learners Learners may attempt the Mastering the Game challenges if applicable independently or socially 	
15 Mins Post	MyGame+ Tracking on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the learner's Student Connect area Learners should be encouraged to mark their attendance at the Themed Class in the Journey to Club and Course Ready section of the MyGame+ area Encourage the learners to mark the challenge as complete for the Level they have attempted if they are successful within the Mastering the Game program wheel on the MyGame+ area Take time after the class has finished to actively connect new learners and build relationships. Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station Mastering the Game Challenges

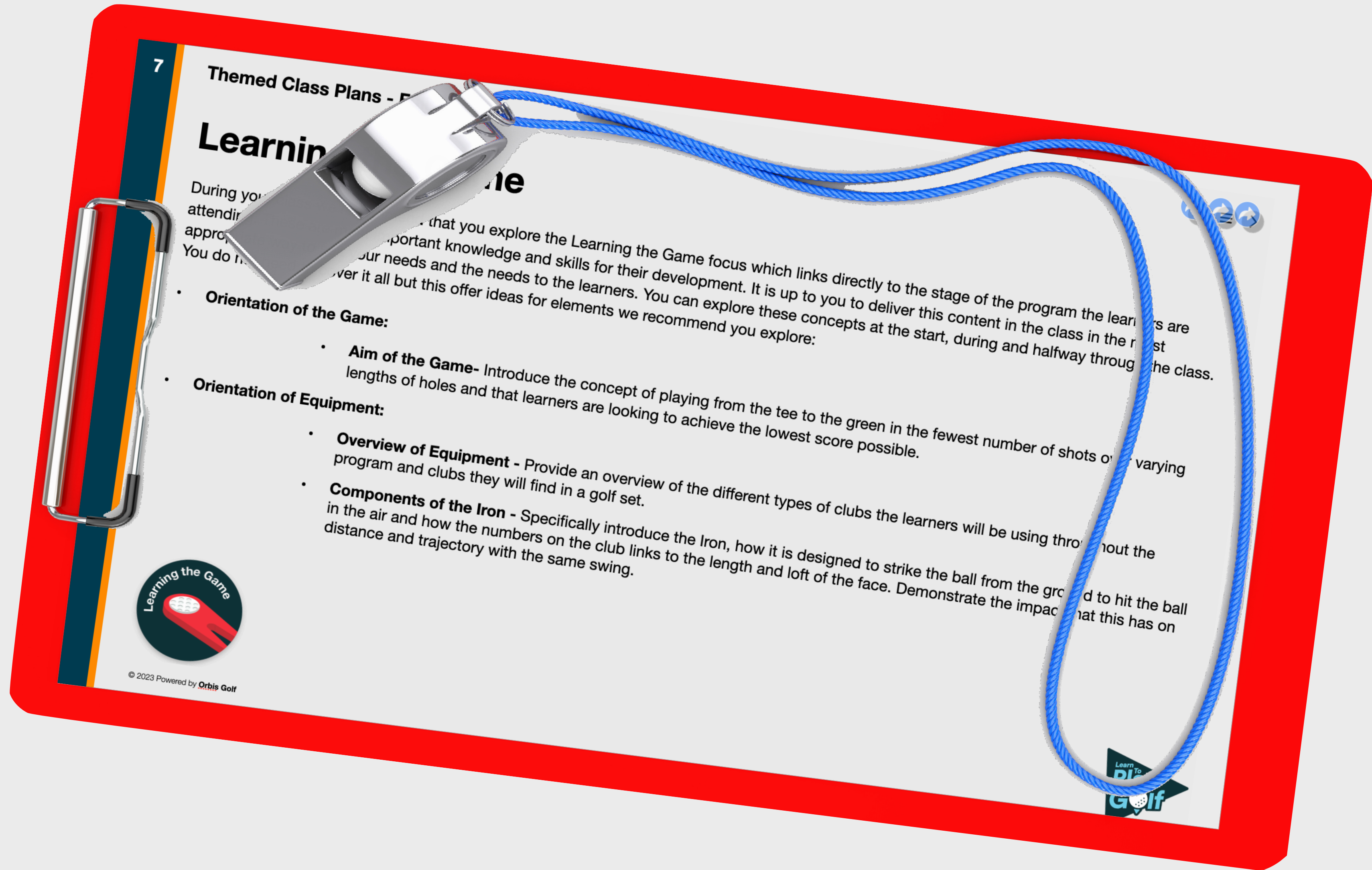
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Class Timetable - Long Putts and Slopes on the Green

Session Length: 90mins	Group Size: 1:8	Mastering the Game Focus: On the Green Long Putts and Slopes on the Green	Whole Golfer Focus: Mind Positive Self-Talk	Learning the Game Topic: Rules & Etiquette	Learning the Game Focus Rules & Etiquette on the Green	Mastering the Game Challenge: Long Putts
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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 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 technical focus for the class Introduce the Learning the Game or Whole Golfer focus Explain how to play the games and attempt the practice station activities Explain how to attempt the Mastering the Game Challenges if applicable 	<ul style="list-style-type: none"> Rules & Etiquette on the Green Positive self-talk
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<ul style="list-style-type: none"> Learners play the games individually, in pairs or in groups Opportunity to provide private coaching to learners Learners may attempt the Mastering the Game challenges independently or socially 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station Mastering the Game Challenges
5 Mins	Learning the Game and Whole Folder Focus	<ul style="list-style-type: none"> Get the group together to introduce the Learning the Game or Whole Golfer focus Opportunity to engage in group discussion and questions 	
30 Mins	Mastering the Game Independent and Social Practice Challenges and Recap	<ul style="list-style-type: none"> Learners play the games individually, in pairs or in groups Opportunity to provide private coaching to learners Learners may attempt the Mastering the Game challenges independently or socially 	<ul style="list-style-type: none"> Practice stations Game cards Secondary skill station Mastering the Game Challenges
10 Mins	MyGame+ Tracking on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the learner's Student Connect area Learners should be encouraged to mark their attendance at the Themed Class in the Journey to Club and Course Ready section of the MyGame+ area Encourage the learners to mark the challenge as complete for the Level they have attempted if they are successful within the Mastering the Game program wheel on the MyGame+ area 	<ul style="list-style-type: none"> MyGame+ on GLF. Connect App
15 Mins Post	Relationship Building	<ul style="list-style-type: none"> Take time after the class has finished to actively connect new learners and build relationships. Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help 	<ul style="list-style-type: none"> GLF. Connect App

Class Objectives & 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 learners to improve the key skills of **Strike and Distance Control**. Some of technical content you may want to explore in this first session may include:

- **Basics of Distance Control** - Introduce some basic setup concepts which may include:
 - How strike impacts the roll of the ball and the distance it will travel. Demonstrate how different contact points across the face will impact the balls role and travel distance.
 - Explore the concept of varying the length of the stroke either side of the golf ball to impact the total distance the ball will travel
 - Explore the speed of the stroke and how this will impact the distance the ball will travel. You may want to introduce some basic rhythm and tempo concepts based on your preferences.
- **Introduction Basics of Slopes** - Introduce some basic concepts which may include:
 - The varying tilts that may be present on the green and how this will impact the roll of the golf. You may want to demonstrate by rolling the ball across the green and show how the ball travels
 - Demonstrate changing where the initial starting travel of the golf ball needs to be changed to result in the ball finishing near the hole
 - Demonstrate how the distance the ball travels is impacted by travelling up and down a slope.
 - Demonstrate some basic concepts for feeling slopes through the feet or visually identifying slopes on the green.
 - Demonstrate how the amount the ball will move on the green will be impacted by the distance the ball is travelling. Explore rolling the green on the same sloping surface but over three different distances
- **Explore the Concept of Adjusting Aim and Distance Control on Slopes:**
 - Demonstrate how adjusting the aim of the putter face is required to accommodate for the ball traveling across slopes on the green
 - Demonstrate how distance control concepts covered in point 1 links to the ball travelling up and downhill



Keep your technical instruction to less than 5 minutes, in order to allow maximum time for play and practice and for you to reinforce the key skills with individual tuition. Exploring skills through discovery and games based learning.

Learning the Game

During your class we recommend that you explore the Learning the Game focus which links directly to the stage of the program the learners are attending. These are most important knowledge and skills for their development. It is up to you to deliver this content in the class in the most appropriate way to suit your needs and the needs to the learners. You can explore these concepts at the start, during and halfway through the class. You do not need to cover it all but this offer ideas for elements we recommend you explore:

- **Rules & Etiquette on the Green**
 - **Introduce the difference between a 'Rule' and 'Etiquette** - Get your learners familiar with the difference in terminology
 - **Use of a Putter Only** - Give an overview of why a putter is used on the Green and that other clubs should not be used to prevent damage and maintain safety of others when playing
 - **Leaving a Bag or Trolley** - Discuss on the approach to the green where it is appropriate to leave equipment used on the course
 - **Avoiding Walking on a Fellow Players Line** - Discuss how walking across the line of a fellow players putt is poor etiquette and how this will be impacted by conditions. Demonstrate the appropriate etiquette.
 - **Use of a Ball Marker** - Give learners an overview of a ball marker and how this can be used on the green
 - **Tending to the Flag** - Discuss the etiquette related to this and how this links to speed of play
 - **Order of Play** - Discuss with the learners how the order of play is managed on the green and how this links to speed of play
 - **Retrieving the Ball from the Hole** - Discuss with the learners how a ball should be retrieved from the hole to maintain the condition of the course



The Whole Golfer

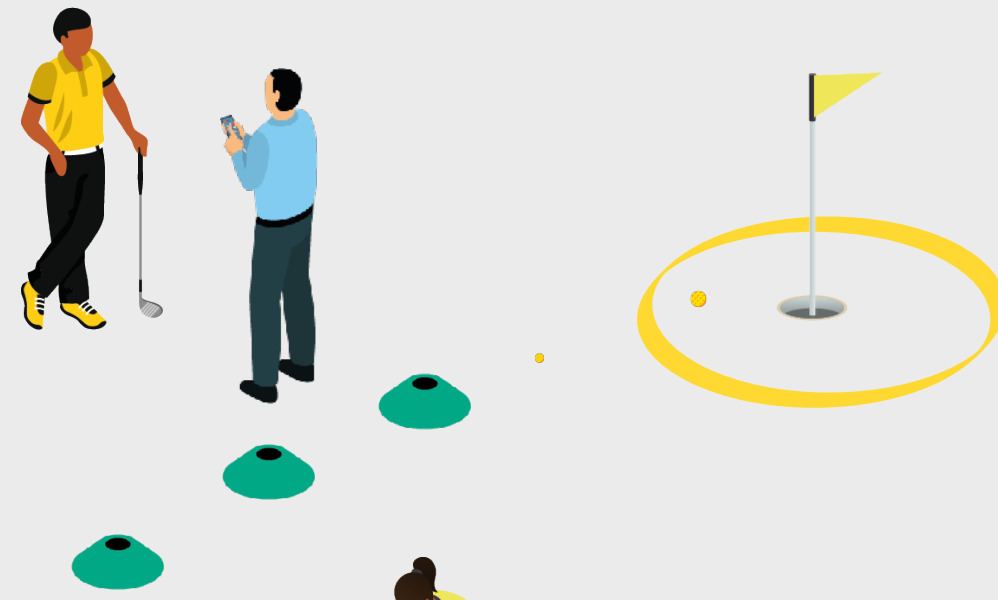
During your class we recommend that you explore the Whole Golfer focus which links directly to the stage of the program the learners are attending. This will help to build their confidence to play the game. It is up to you to deliver this content in the class in the most appropriate way to suit your needs and the needs to the learners. You can explore these concepts at the start, during and halfway through the class. You do not need to cover it all but this offer ideas for elements we recommend you explore:

- **Positive Self Talk**
 - Encourage participants to practice positive self talk is going to help them as they navigate their way through the ups and downs of learning the game of golf.
 - Practicing and getting into the habit of giving positive reinforcement will help to encourage learners to stick with the process of learning the game even when it becomes very difficult for them with a particular skill.
 - A great tip is to ask them how they would respond to a child that had hit a particularly poor shot, or had a negative reaction to their practice/play, and to mirror that in the way learners speak to themselves.

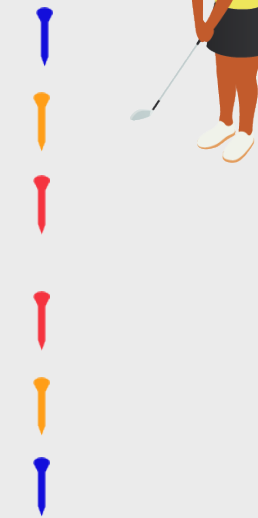


Example Class Layout and Setup

Station 1:
Practice Station
10, 20 and 30 Feet



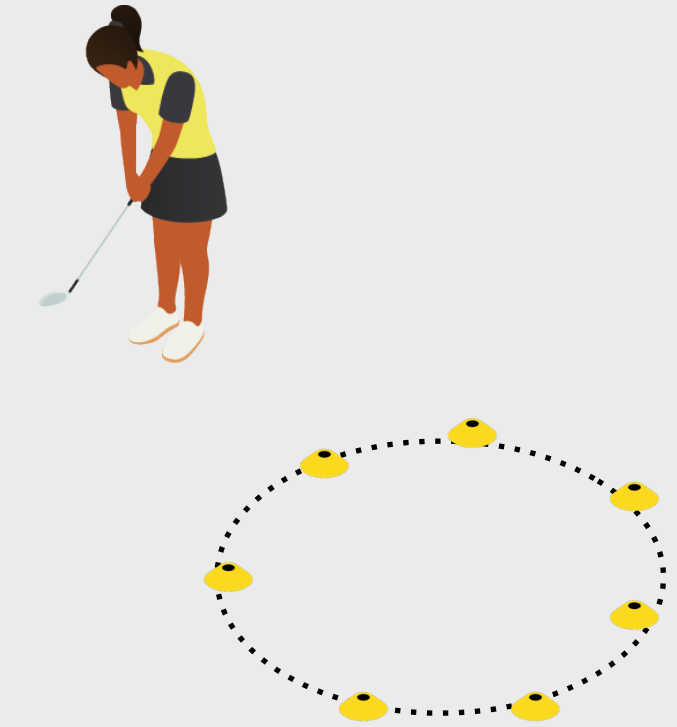
Station 2:
Practice Station
Swing Length Ladder



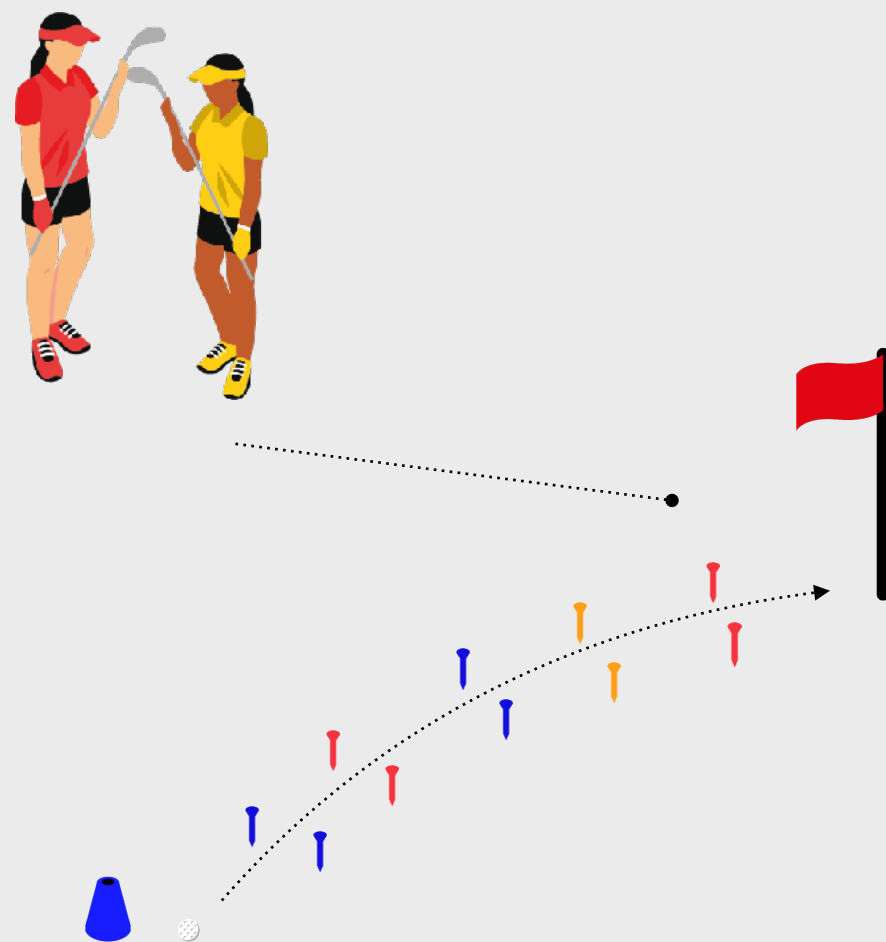
Group Discussion:
Stand, during and
end of class



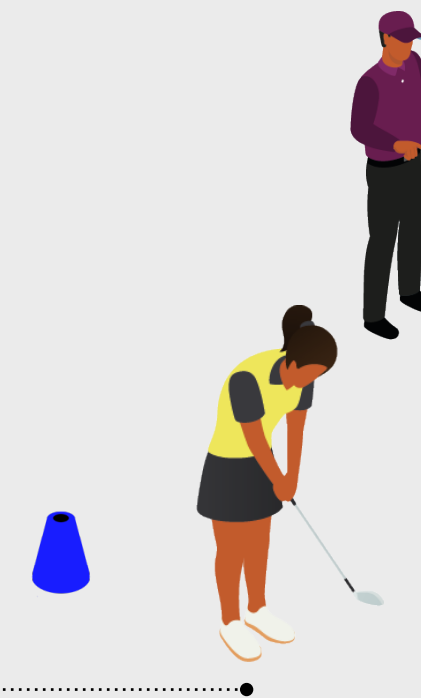
Station 6:
Secondary Skill
Chipping



Station 3:
Practice Station
Gate Challenge



Station 4:
Game Station
Guess the Break



Station 5:
Challenge Station
Long Putts



Practice Stations and Game Cards



Themed Class Plans

Control Distance

30 Yards

20 Yards

10 Yards

About
The Practice Station Activity has been built to provide an engaging practice element to your class around the themed class focus.

Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set this activity up with 3 different sized boxes at 10, 20 yards and 30 yards from the learner
- The learner should practice chipping the ball at these distances using the same club, by varying the speed of the swing
- Encourage them to start by controlling the length of the stroke, similarly to how they learnt to control the length of the stroke; and then gradually increase the length of the stroke and speed of the stroke to ball further
- This practice is learnt using the same club as a lower lofted club. e.g. a 7 iron would be best to use

Technical Learning Objectives

- This activity will help the learner to understand the relationship between the speed of the stroke and the distance of a shot based on the club used
- This activity will help the learner to gain consistency in their chipping around the green by becoming confident in using one particular type of club

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GAM
GOLF DEVELOPMENT



10, 20 and 30 Feet



Equipment Needed

- Putter
- Cones
- 6 feet diameter hoop
- Golf ball

How to Practice

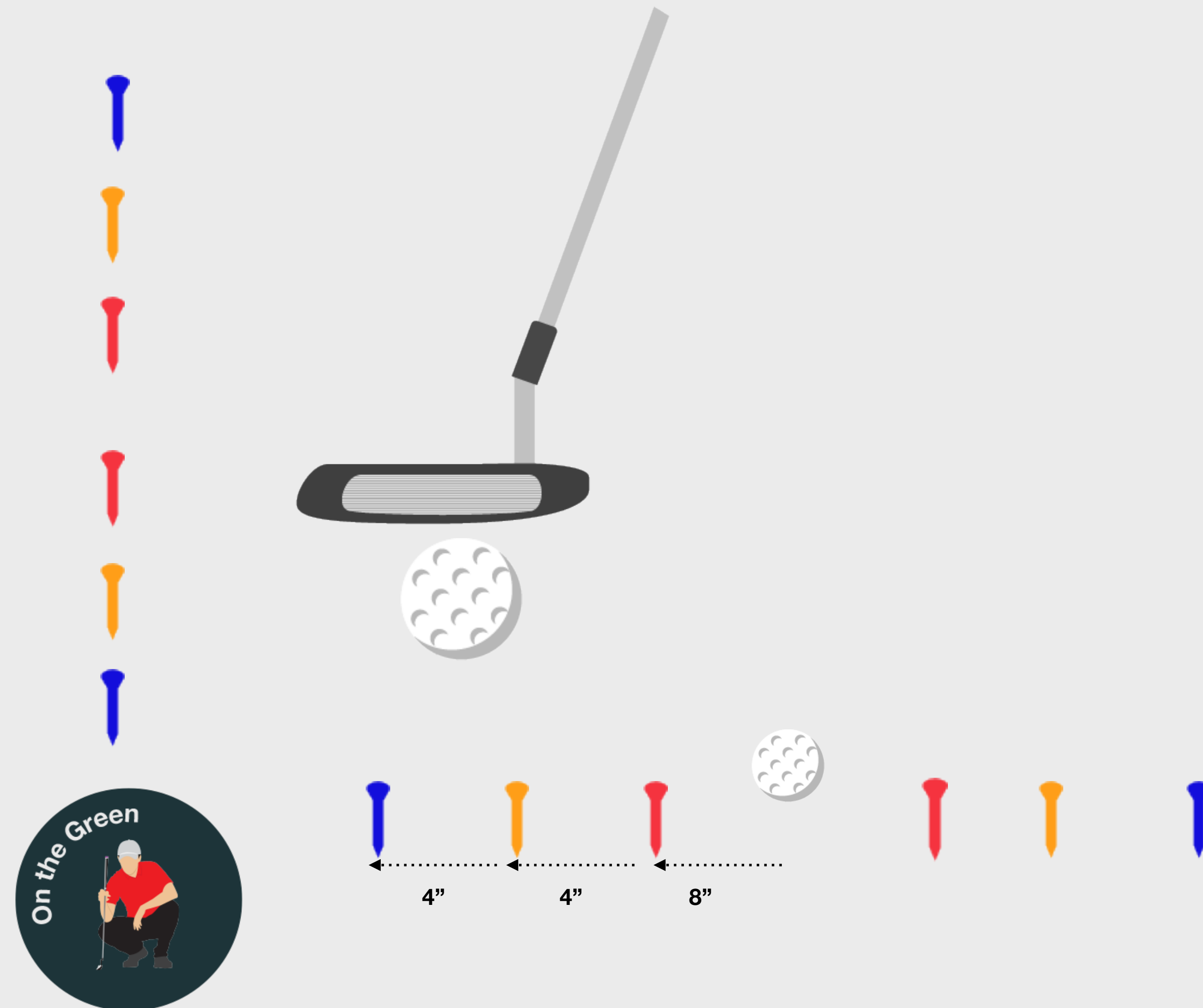
- Learners should attempt to putt the ball into the 6 feet circle from each distance
- Allow learners to practice from each distance whilst providing technical guidance to improve their distance control
- Once the learner has gained some confidence, allow them to play a competitive game in order to challenge their skills
- The challenge is to putt a ball from 10, 20 and 30 feet into the 6 foot circle, without missing

Technical Link

- This activity will help the learner to improve their long putting skills and appreciate the challenge of having to do this under pressure



Swing Length Ladder



Equipment Needed

- 6 Tee Pegs
- Putting
- Golf Ball

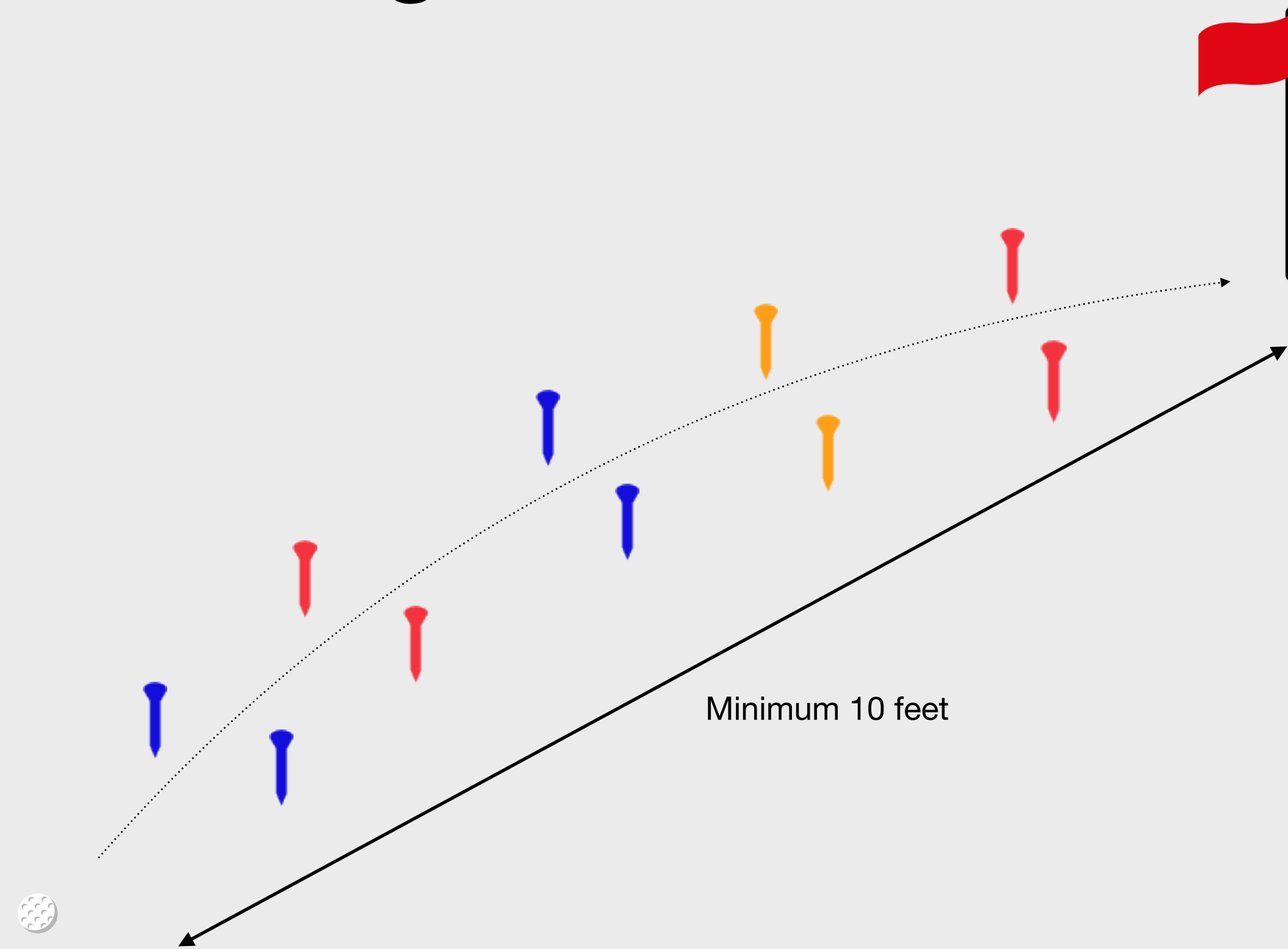
How to Practice

- Get the learner to practice swinging the putter from and to the first tee pegs either side of the ball (red)
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the the one count and the end of the through stroke with the two count
- Get them to hit a few putts and see how far the ball travels
- Next, get the learner to swinging the putter from and to the second tee pegs either side of the ball (red). Again they should reproduce the count of 1, 2.
- Get them to hit a few putts and see how the ball travels further
- Finally, replicate for the final set of tee pegs.

Technical Link

- This activity will help the learner to understand the concept of Swing Length, Rhythm and Tempo
- It will help the learner to understand that as swing length changes, the distance the ball travels changes
- It will help them to understand how length of swing transfers to distance

Gate Challenge



Equipment Needed

- 10 Tee Pegs
- Putter
- Golf Ball

How to Practice

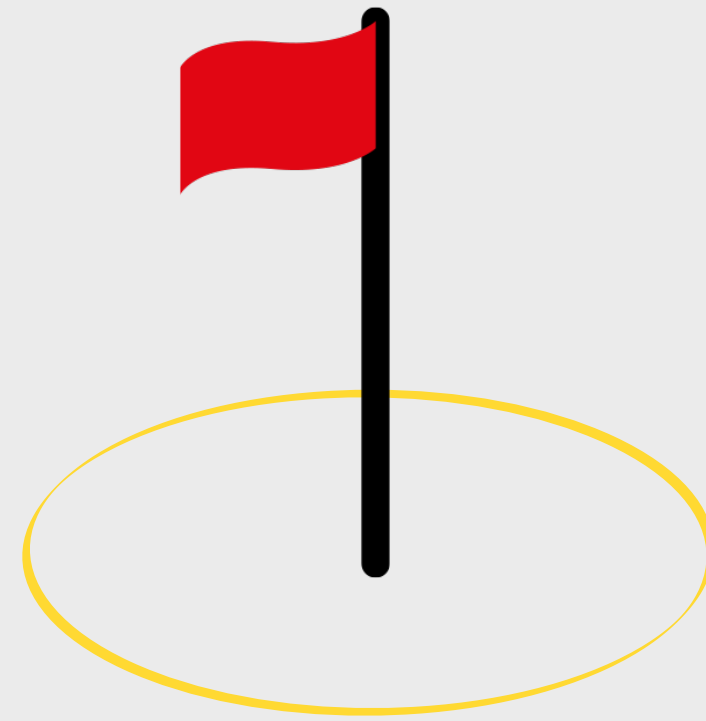
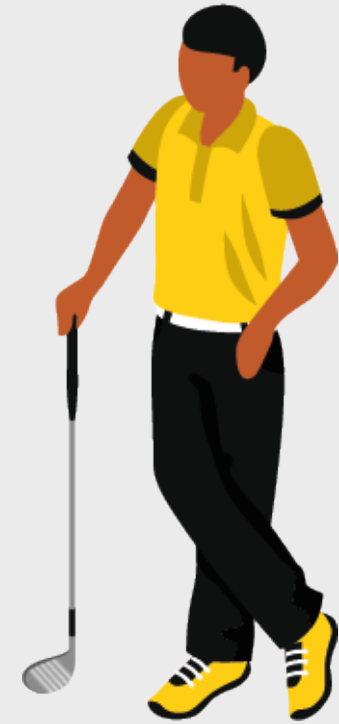
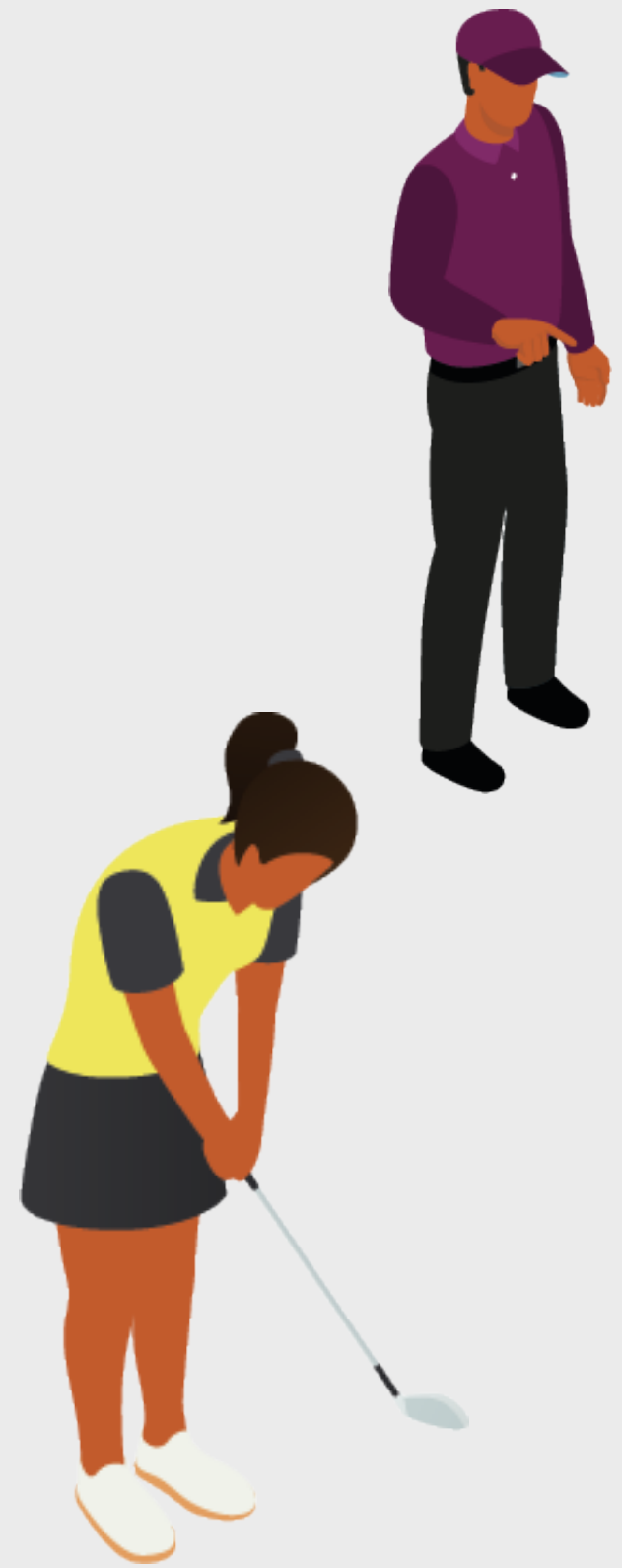
- Set up the tee pegs on a slope as gates for the learners to try and hit the putt through at the appropriate pace for the ball to miss the tees
- As the learner improves, narrow the size of the gates, or increase the number of gates/distance of the putt

Technical Link

- This activity will help the learner to understand the break of a putt over the length of the putt as a whole
- It will help them to understand how length of putt affects the break and how to aim appropriately



Guess the Break



Equipment Needed

- A coin or ball marker

How to Play

- A learner predicts the half-way point of the putt
- The purpose is to note how the slope changes around the hole and therefore the learner needs to adapt where they are aiming
- We suggest framing this as an opportunity to learn the slope on a green, although it can be played competitively, seeing how many putts each learner can hole
- This game can be played individually, in pairs or small groups

Progression Ideas

- Play on a more severely sloped surface
- Introduce a competitive element
- Increase or decrease the length of the putts



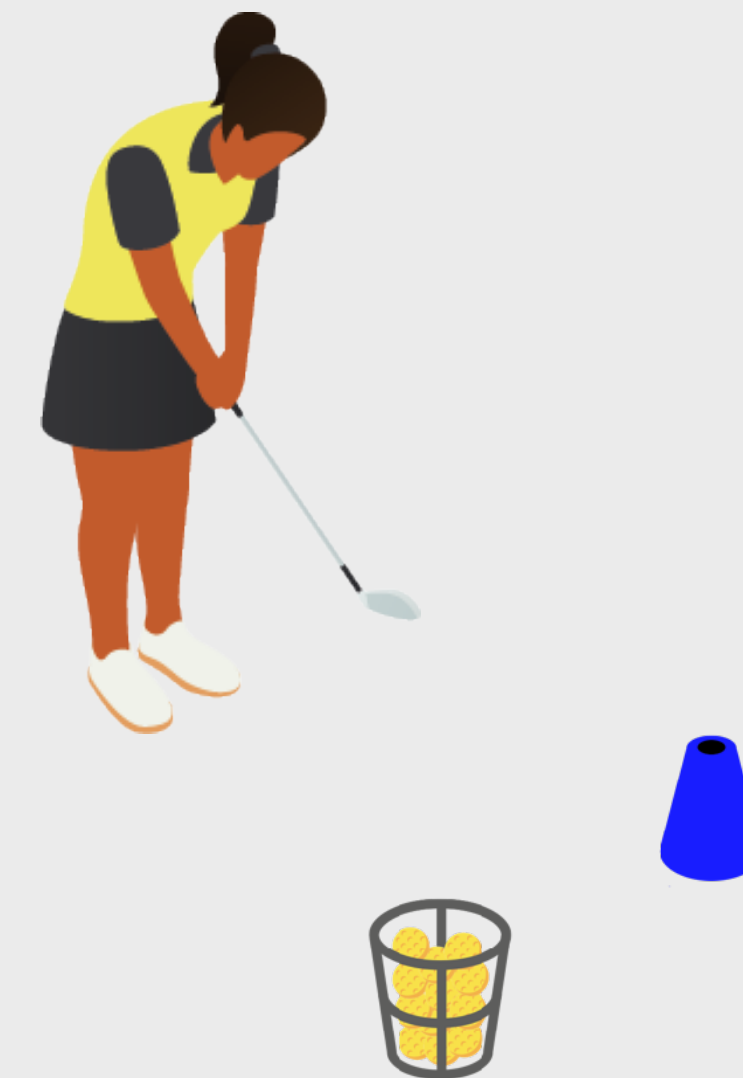
Secondary Skill



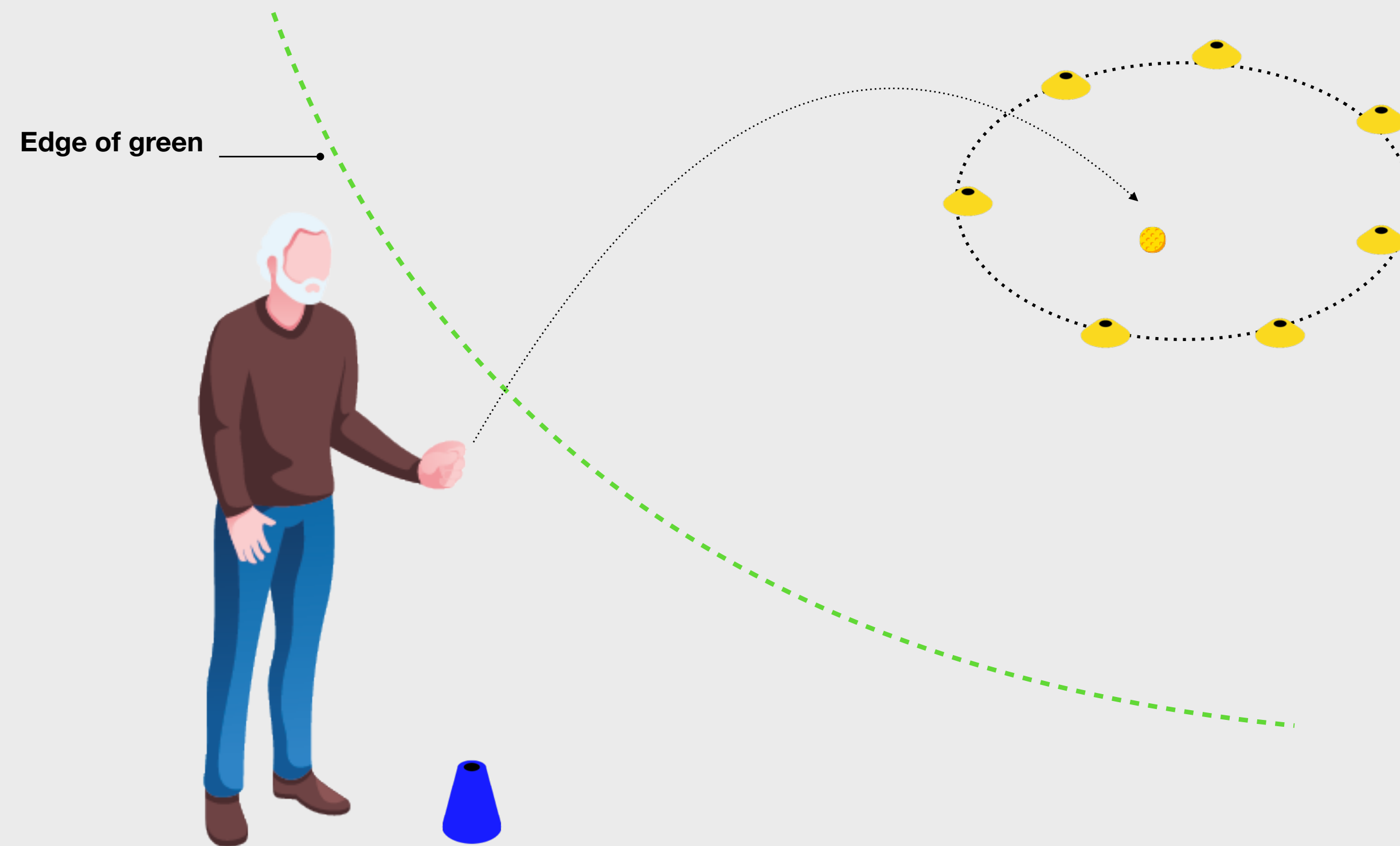
Secondary Skill

To allow for variety of practice during the session, and to enable those that may have missed a class to catch up on practicing some of the other skills we recommend having one of the stations set up as a secondary skill.

This week's secondary skill is **Chipping**, providing learners an opportunity to practice what was learnt in the Around the Green class. A number of games and practice stations are provided which you can use at your discretion.



Land and Roll



Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

How to Practice

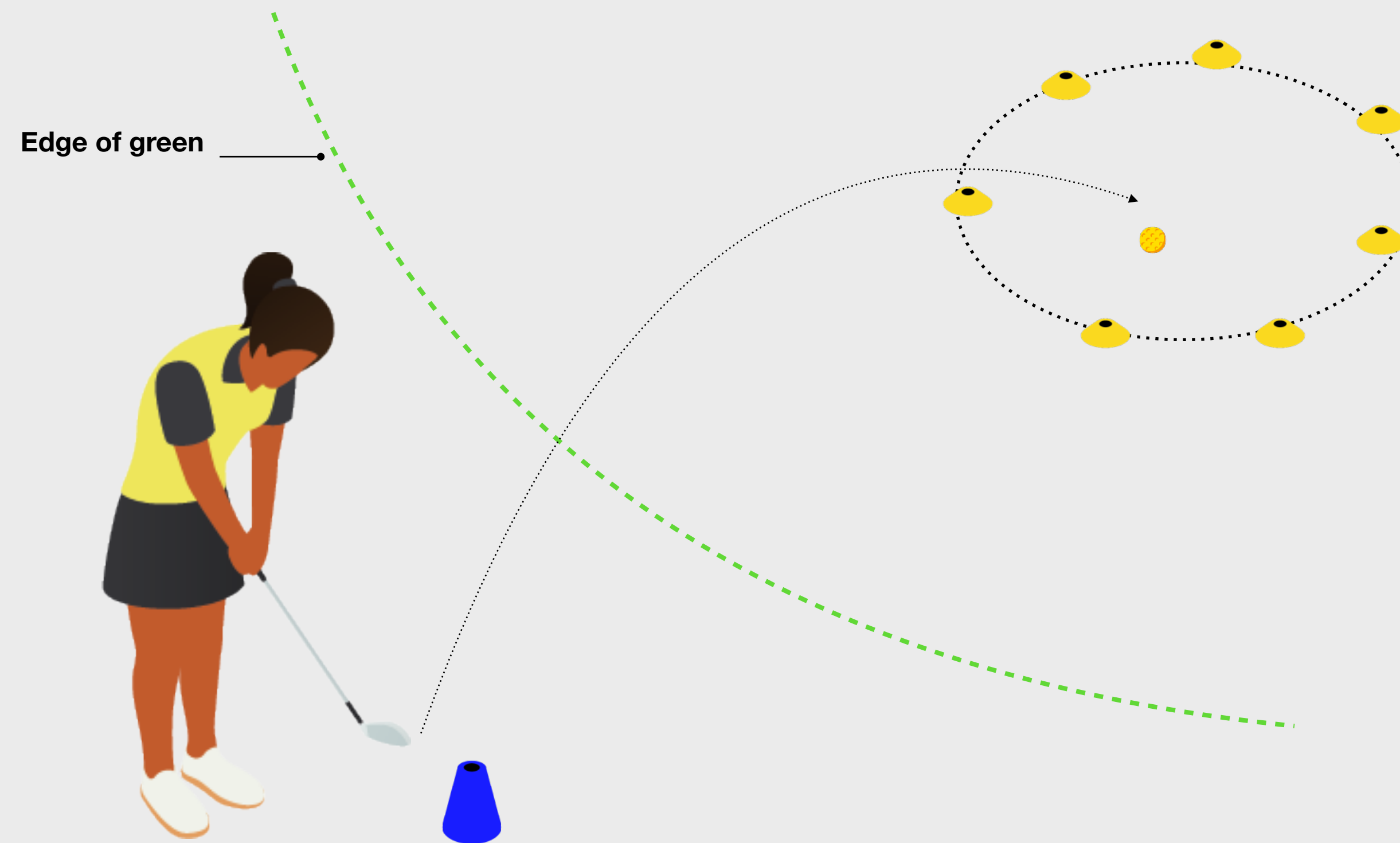
- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in
- Learner should stand sideways on and using right or left hand throw the ball into the air trying to land the ball in the circle
- Maintain the same speed of arm action and try and develop some consistent landing. To see how the trajectory affects the amount of roll throw the ball higher or lower
- Once the learner has achieved the ideal flight and roll by throwing the ball they should try to replicate the flight using a golf club

Technical Link

- This activity is designed to help the learner to understand about length of arm action versus where the ball lands
- It is used to mimic the action of chipping and controlling the trajectory of the flight and where the ball lands
- It will also show the learner that varying trajectory will increase or decrease the roll



Landing Circle



Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

How to Practice

- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in.
- Using the correct set up, swing in a pendulum action and chip the ball and try and land in the circle.
- Adjust the length of back swing and follow through to adjust the distance the ball flies through the air.

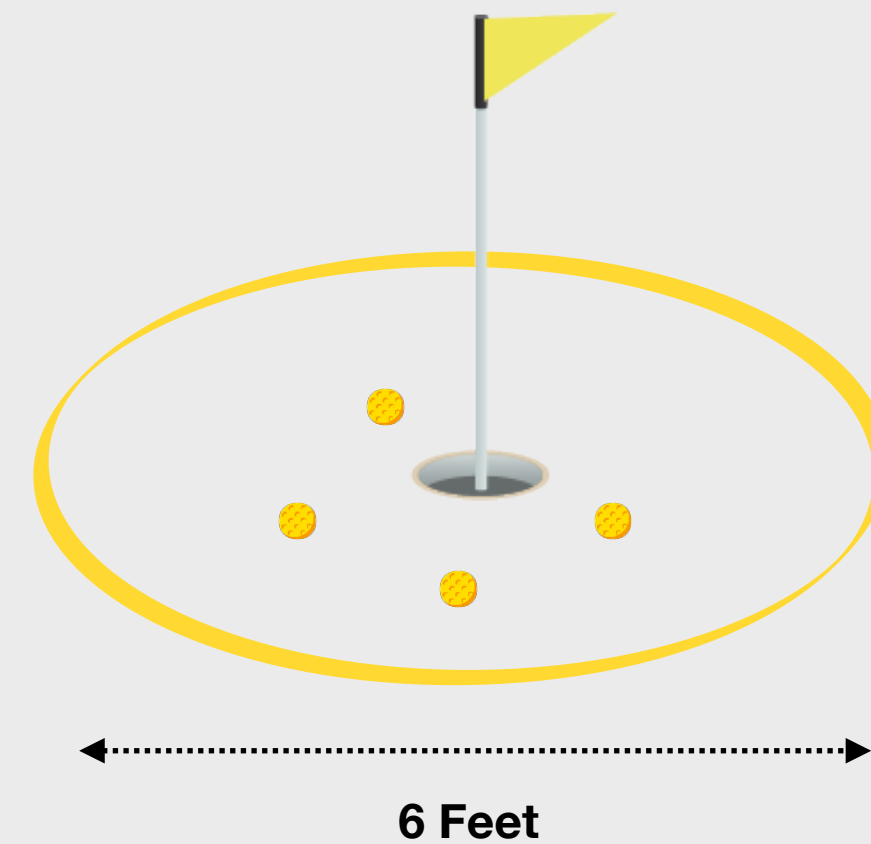
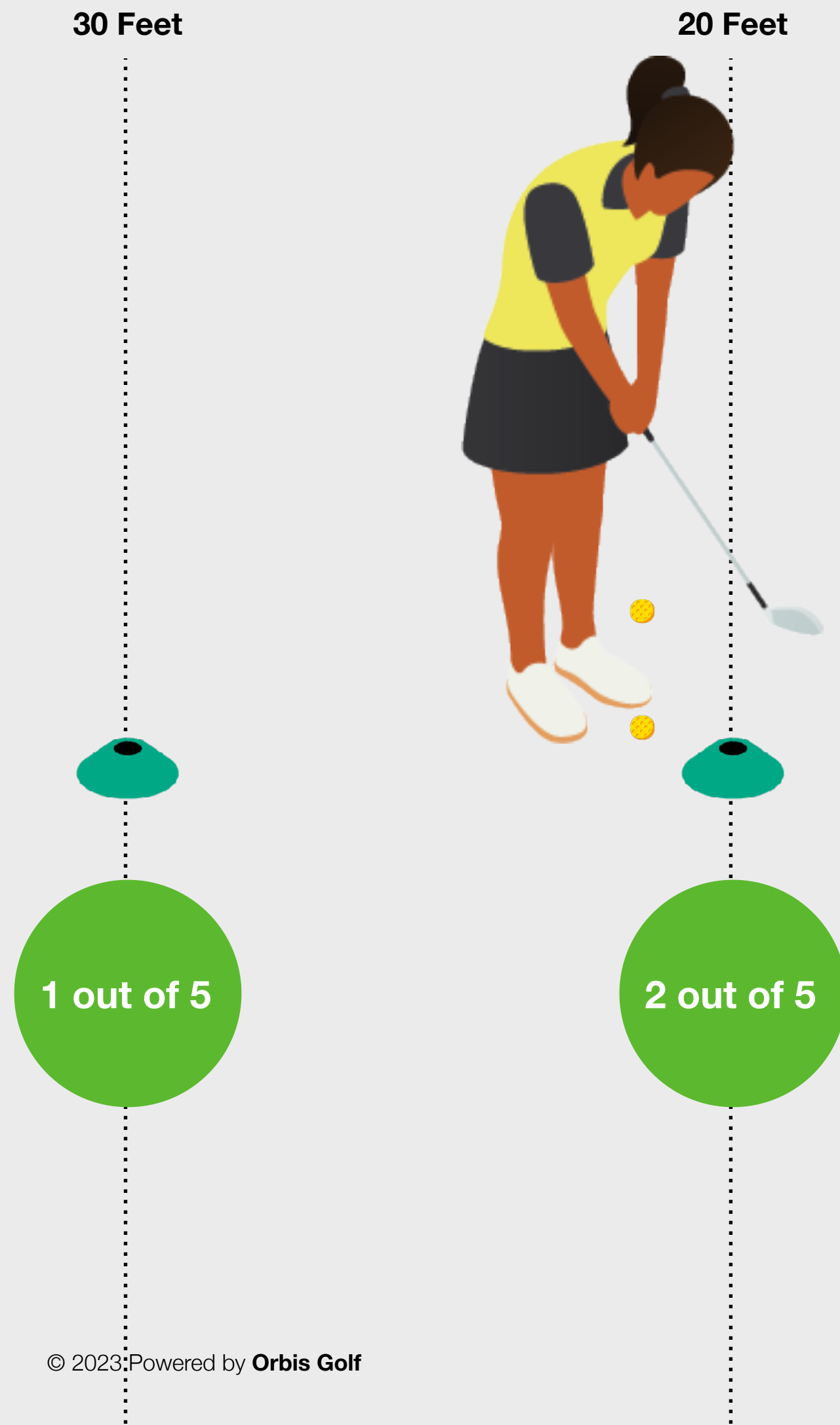
Technical Link

- This activity will help the learner to get a feel for which length swing produces which length of shot.
- Encourage the learner to visualise the ball lifting into the air and landing in the circle.
- This activity is designed to focus the learner on where the ball is landing as opposed to where it will finish. If the correct landing spot is chosen the result will take care of itself.

Mastering the Game Challenges



Long Putts Challenge



The Challenge

To complete the Level 2 Challenge the learner needs to putt 2 out of 5 putts from 20 feet and 1 out of 5 from 30 feet inside a 6-foot diameter target circle from one side of the hole.

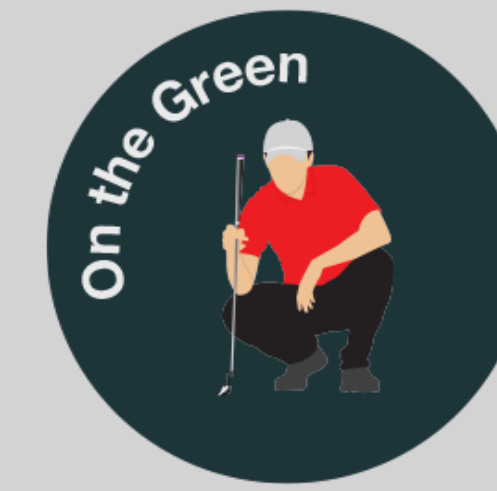
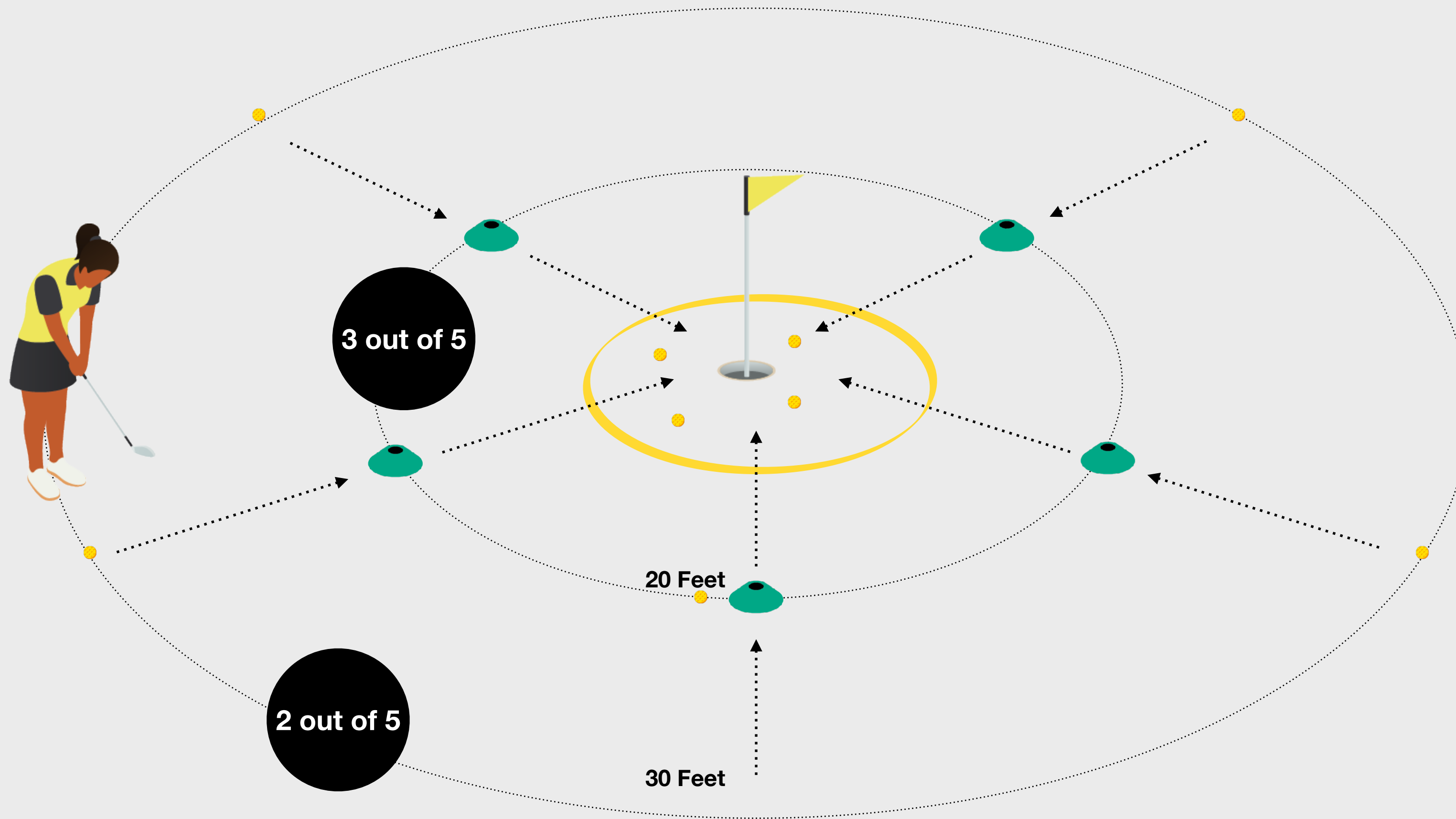
What should the Learner do next?

After attempting the challenge, the learner should:

- Log in to the GLF. Connect App
- If they complete the challenge, mark it as complete in the Challenge Section



Long Putts Challenge



The Challenge

To complete the Level 3 Challenge the learner needs to putt 3 out of 5 putts from 20 feet and 1 out of 5 from 30 feet within a 6-foot diameter circle from 5 positions around the hole.

What should the Learner do next?

After attempting the challenge, the learner should:

- Log in to the GLF. Connect App
- If they complete the challenge, mark it as complete in the Challenge Section

