

# On the Green - Level 2

## Long Putts and Slopes on the Green



# 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

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 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 technical focus for the class</li> <li>Introduce the Learning the Game or Whole Golfer focus</li> <li>Explain how to play the games and attempt the practice station activities</li> <li>Explain how to attempt the Mastering the Game Challenges if applicable</li> </ul>	<ul style="list-style-type: none"> <li>Rules &amp; Etiquette on the Green</li> <li>Positive self-talk</li> </ul>
30 mins	Mastering the Game Independent and Social Practice Mastering the Game Challenges	<ul style="list-style-type: none"> <li>Learners play the games individually, in pairs or in groups</li> <li>Opportunity to provide private coaching to learners</li> <li>Learners may attempt the Mastering the Game challenges independently or socially</li> </ul>	<ul style="list-style-type: none"> <li>Practice stations</li> <li>Game cards</li> <li>Secondary skill station</li> <li>Mastering the Game Challenges</li> </ul>
5 Mins	Learning the Game and Whole Folder Focus	<ul style="list-style-type: none"> <li>Get the group together to introduce the Learning the Game or Whole Golfer focus</li> <li>Opportunity to engage in group discussion and questions</li> </ul>	
30 Mins	Mastering the Game Independent and Social Practice  Challenges and Recap	<ul style="list-style-type: none"> <li>Learners play the games individually, in pairs or in groups</li> <li>Opportunity to provide private coaching to learners</li> <li>Learners may attempt the Mastering the Game challenges independently or socially</li> </ul>	<ul style="list-style-type: none"> <li>Practice stations</li> <li>Game cards</li> <li>Secondary skill station</li> <li>Mastering the Game Challenges</li> </ul>
10 Mins	MyGame+ Tracking on GLF. Connect	<ul style="list-style-type: none"> <li>Add any lesson media to the learner's Student Connect area</li> <li>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</li> <li>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</li> </ul>	<ul style="list-style-type: none"> <li>MyGame+ on GLF. Connect App</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 learners and build relationships.</li> <li>Ensure everyone has their next playing or practice session booked, and take the opportunity to upsell private lessons to those that require additional help</li> </ul>	<ul style="list-style-type: none"> <li>GLF. Connect App</li> </ul>



- **Technical Guidance**

- Basics of distance control
- Introduction to basics of slopes
- Explore concept of adjusting aim and distance control on slopes:



- **Rules & Etiquette on the Green:**

- Explore some of the most important rules and etiquette on the free which may include:
  - Rules vs Etiquette Terminology
  - Avoiding walking on a players line
  - Use of a Ball Marker
  - Tending the flag
  - Order of play



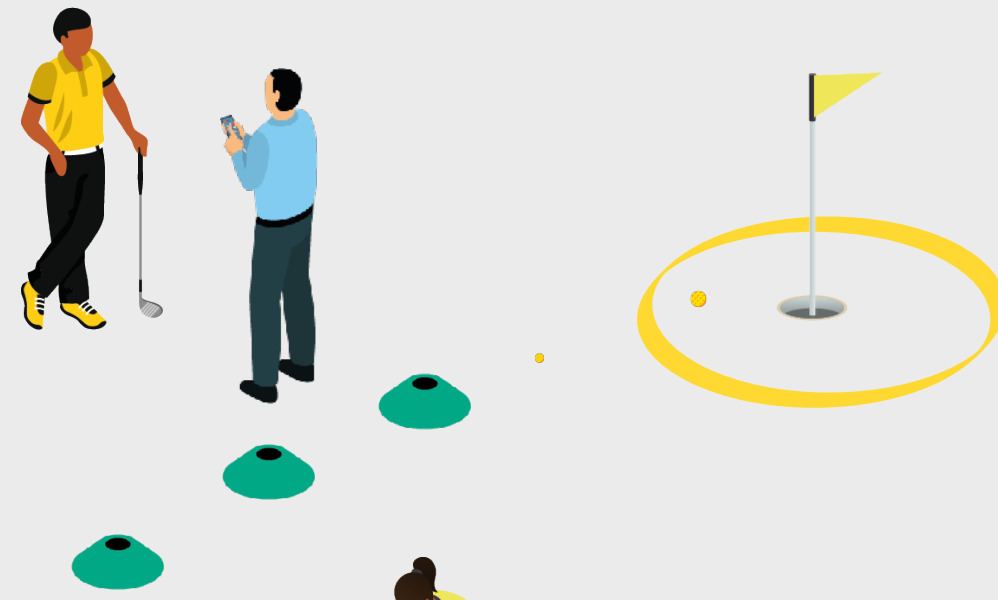
- **Positive Self Talk**

- 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.

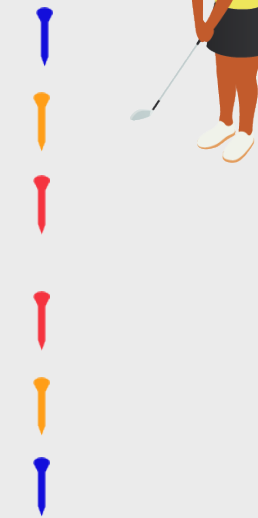


# Example Class Layout and Setup

**Station 1:**  
Practice Station  
10, 20 and 30 Feet



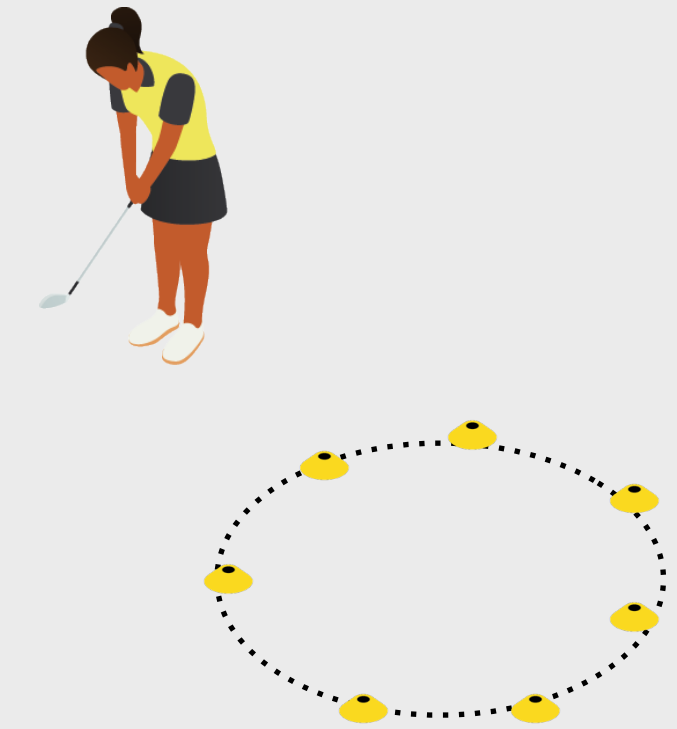
**Station 2:**  
Practice Station  
Swing Length Ladder



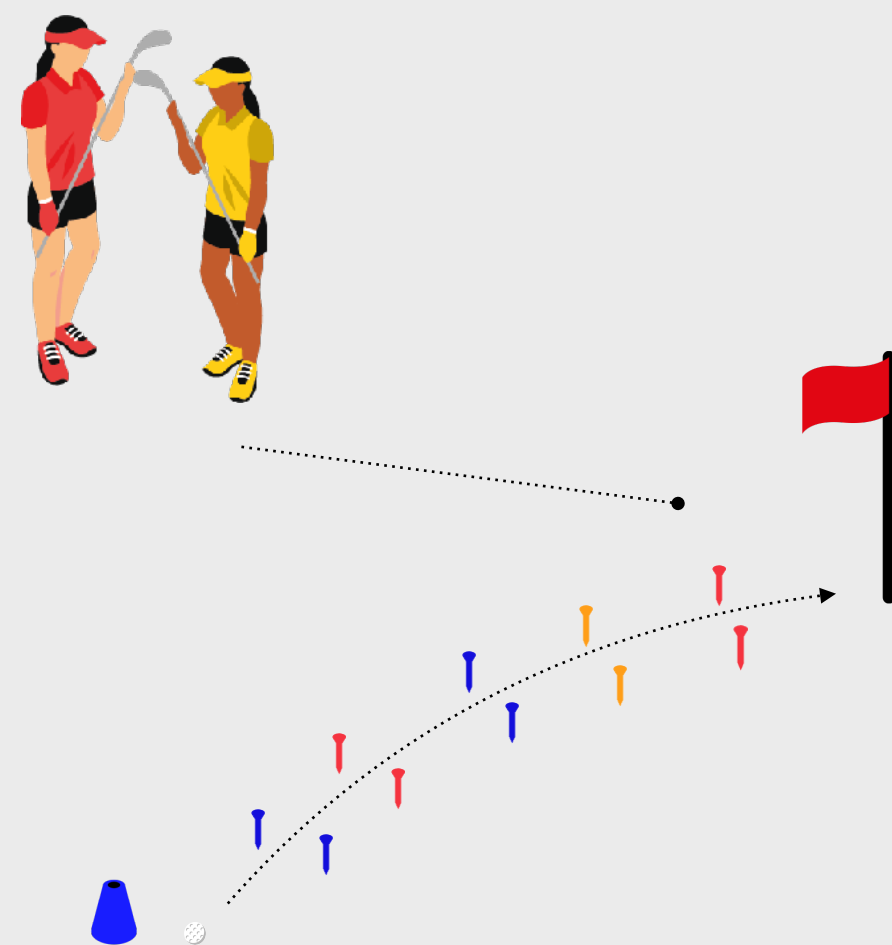
**Group Discussion:**  
Stand, during and  
end of class



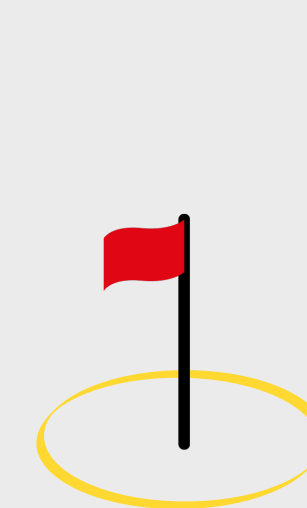
**Station 6:**  
Secondary Skill  
Chipping



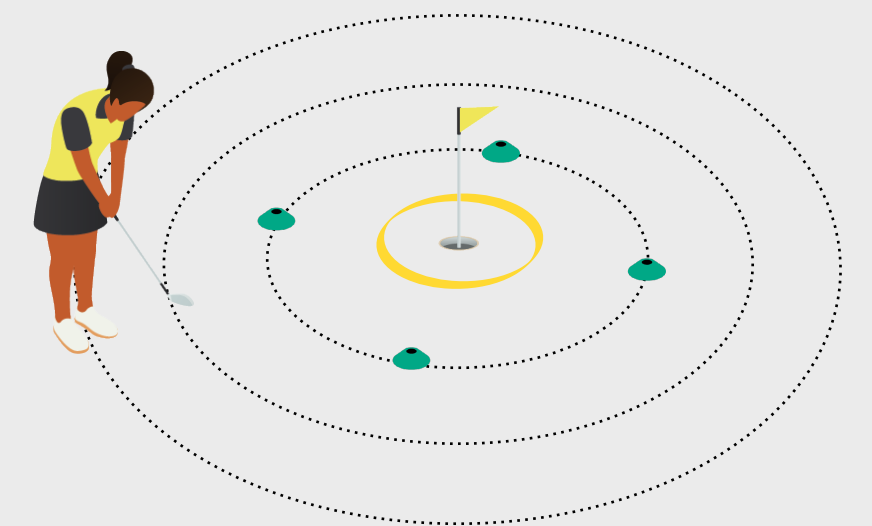
**Station 3:**  
Practice Station  
Gate Challenge



**Station 4:**  
Game Station  
Guess the Break



**Station 5:**  
Challenge Station  
Long Putts



# 10, 20 and 30 Feet



## Equipment Needed

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

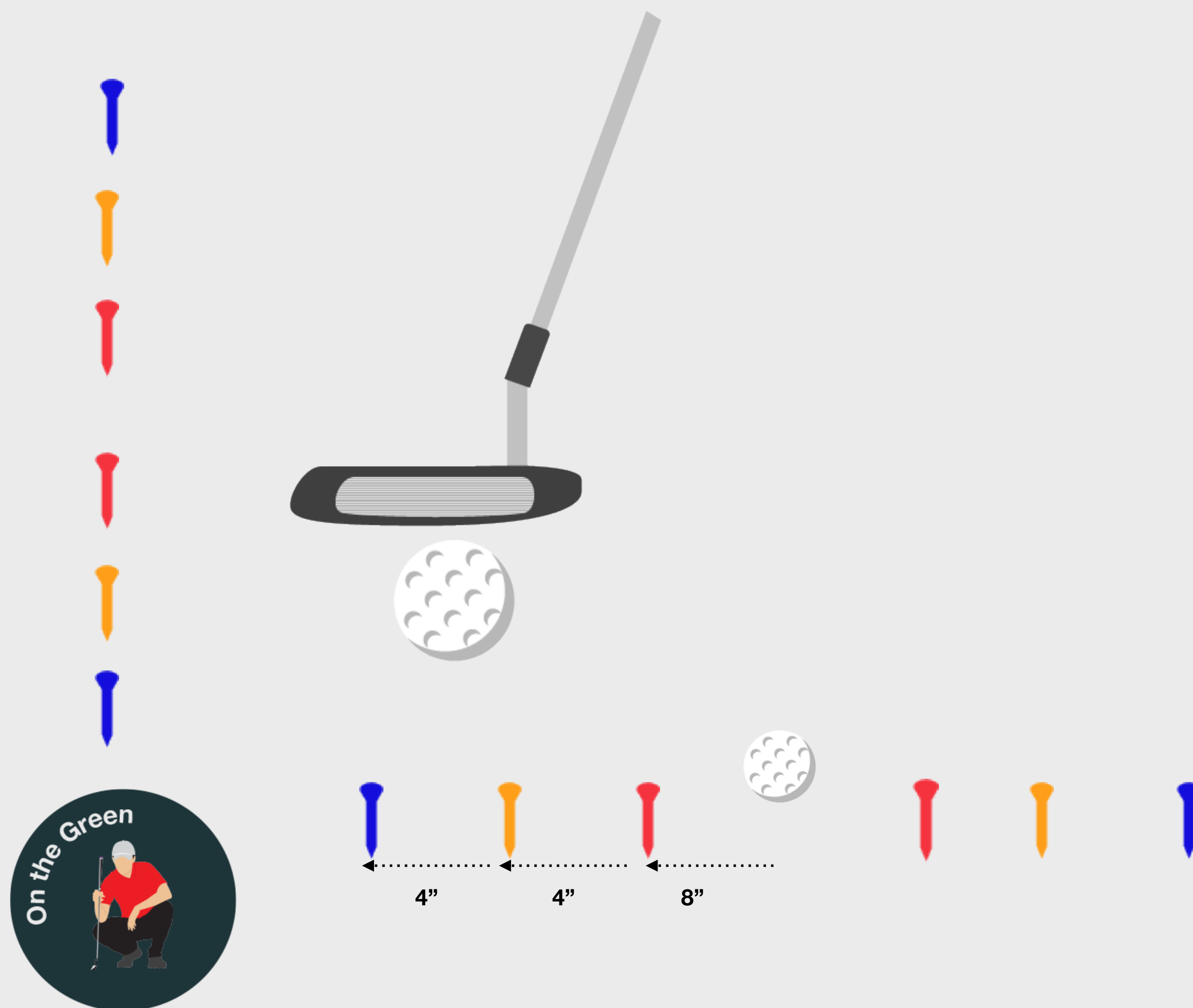
## How to Practice

- 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

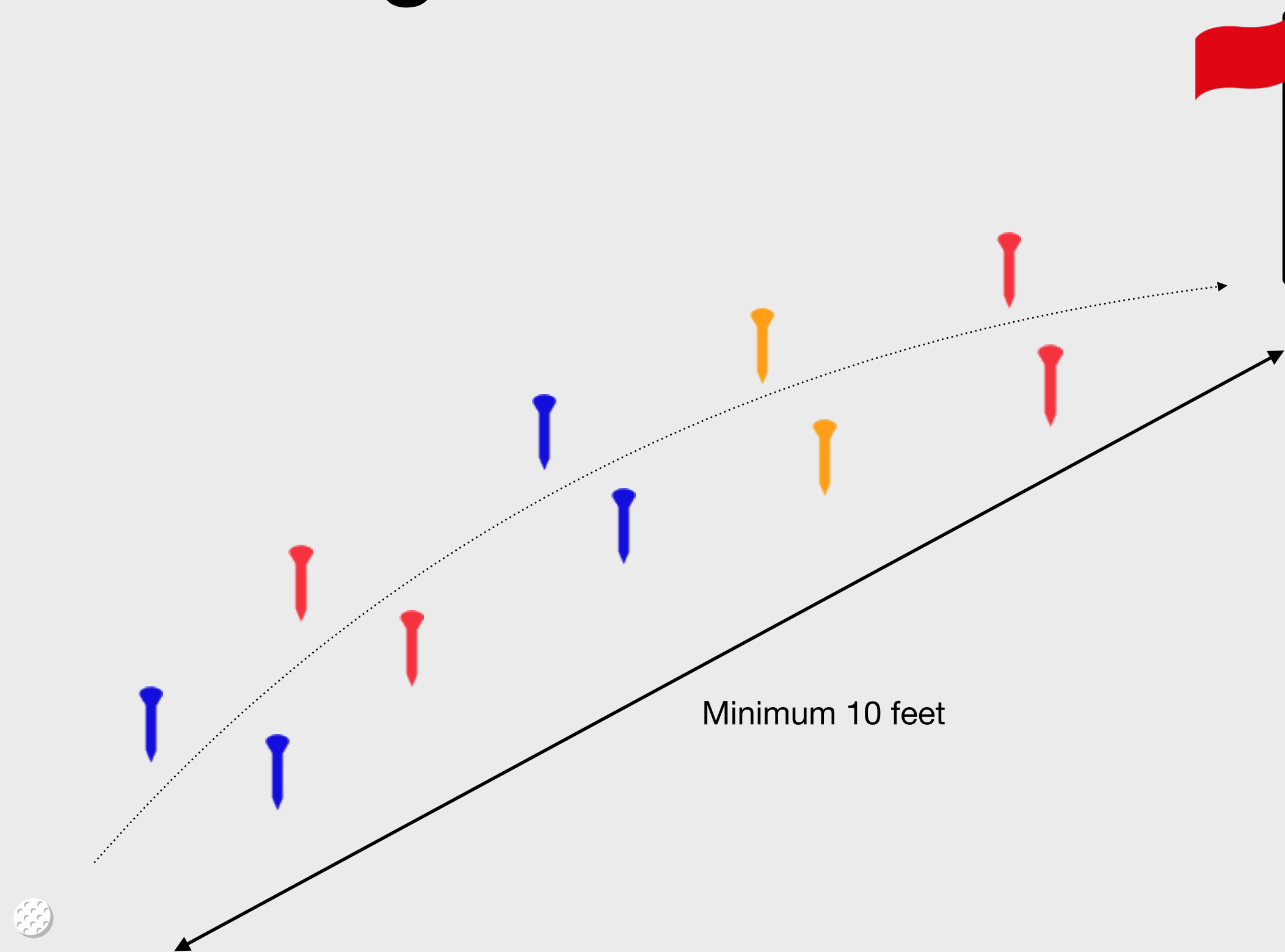
- Get the learner to practice swinging the putter from and to the first tee pegs either side of the ball (red)
- As they practice, get them to count 1, 2. They should time the end of the backstroke with the the one count and the end of the through stroke with the two count
- Get them to hit a few putts 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

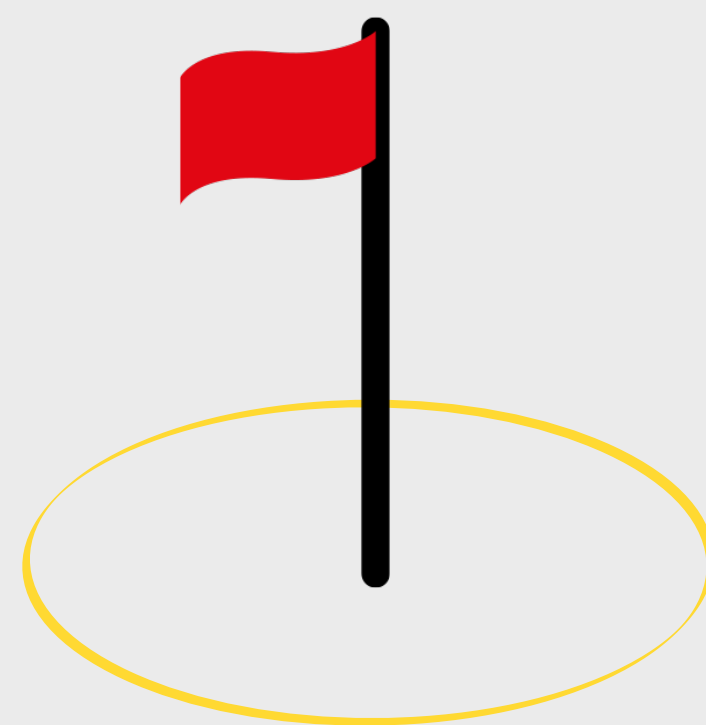
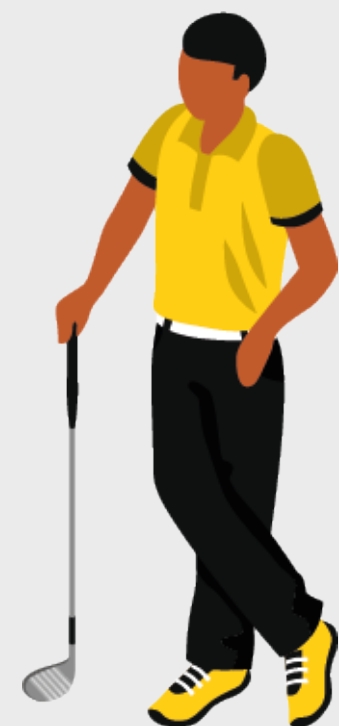
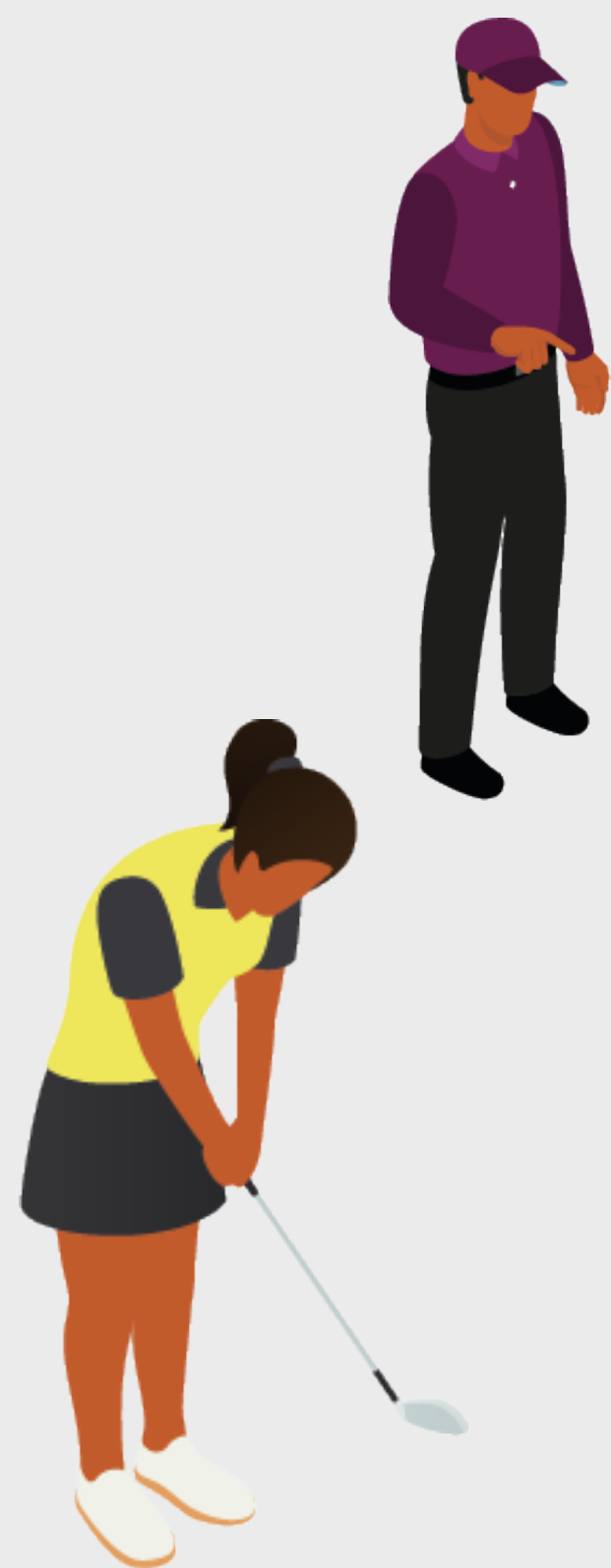
- Set up the tee pegs on a slope as gates for the learners to try and hit the putt through at the appropriate pace for the ball to miss the tees
- As the learner improves, narrow the size of the gates, or increase the number of gates/distance of the putt

## 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

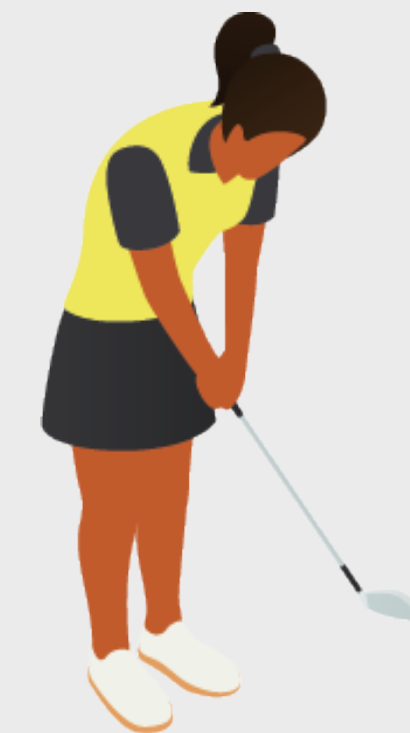




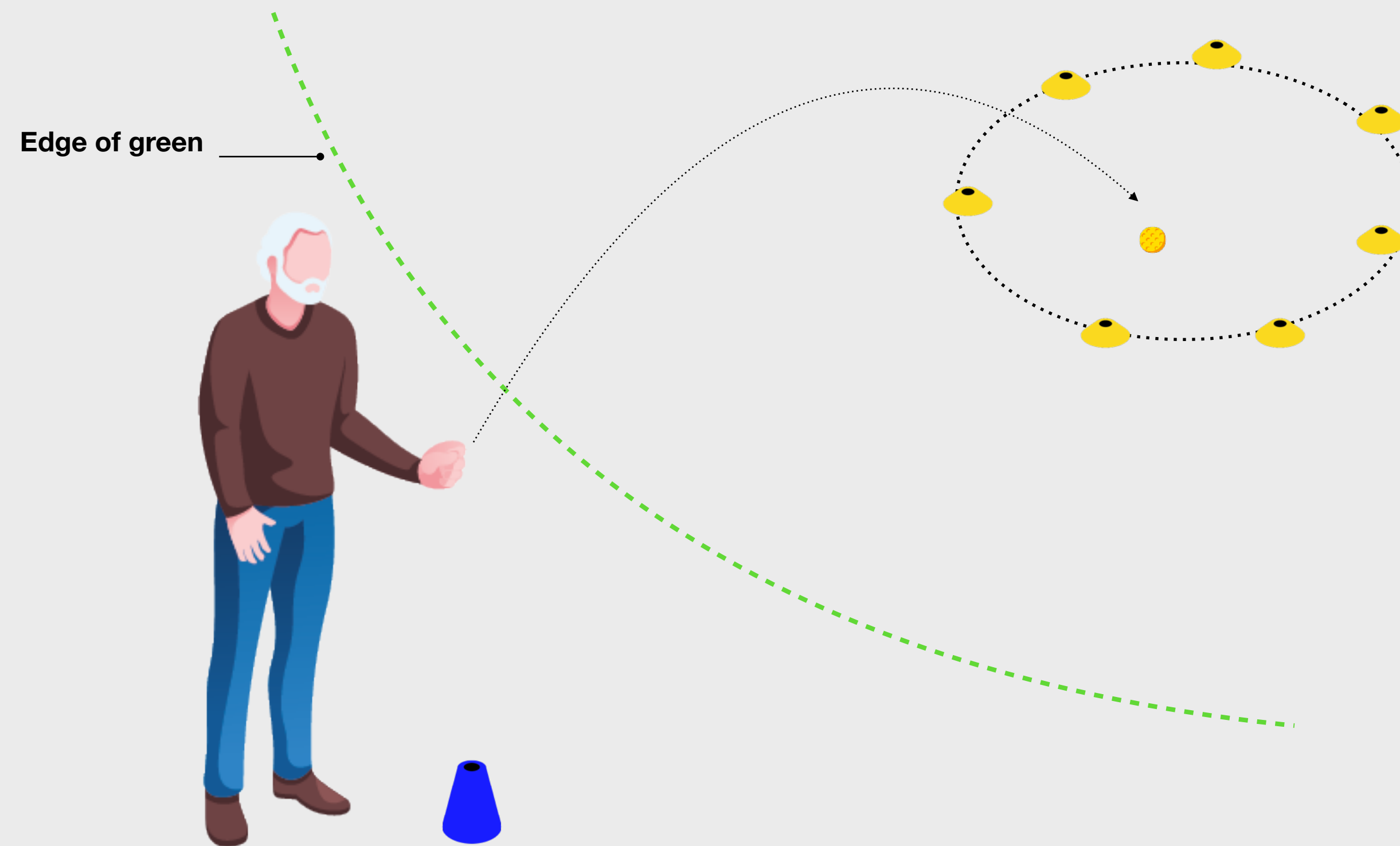
# Secondary Skill

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

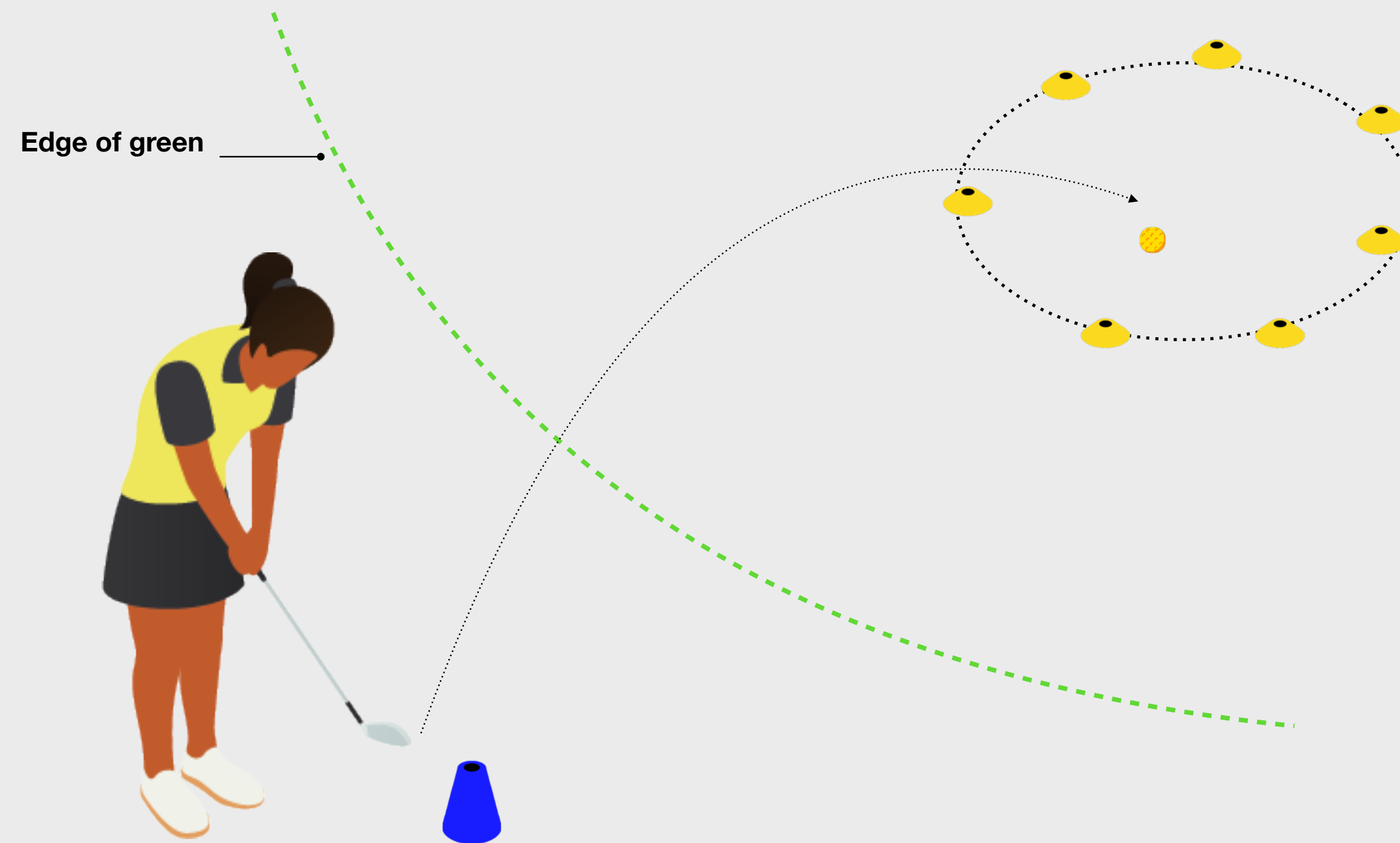
## How to Practice

- 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

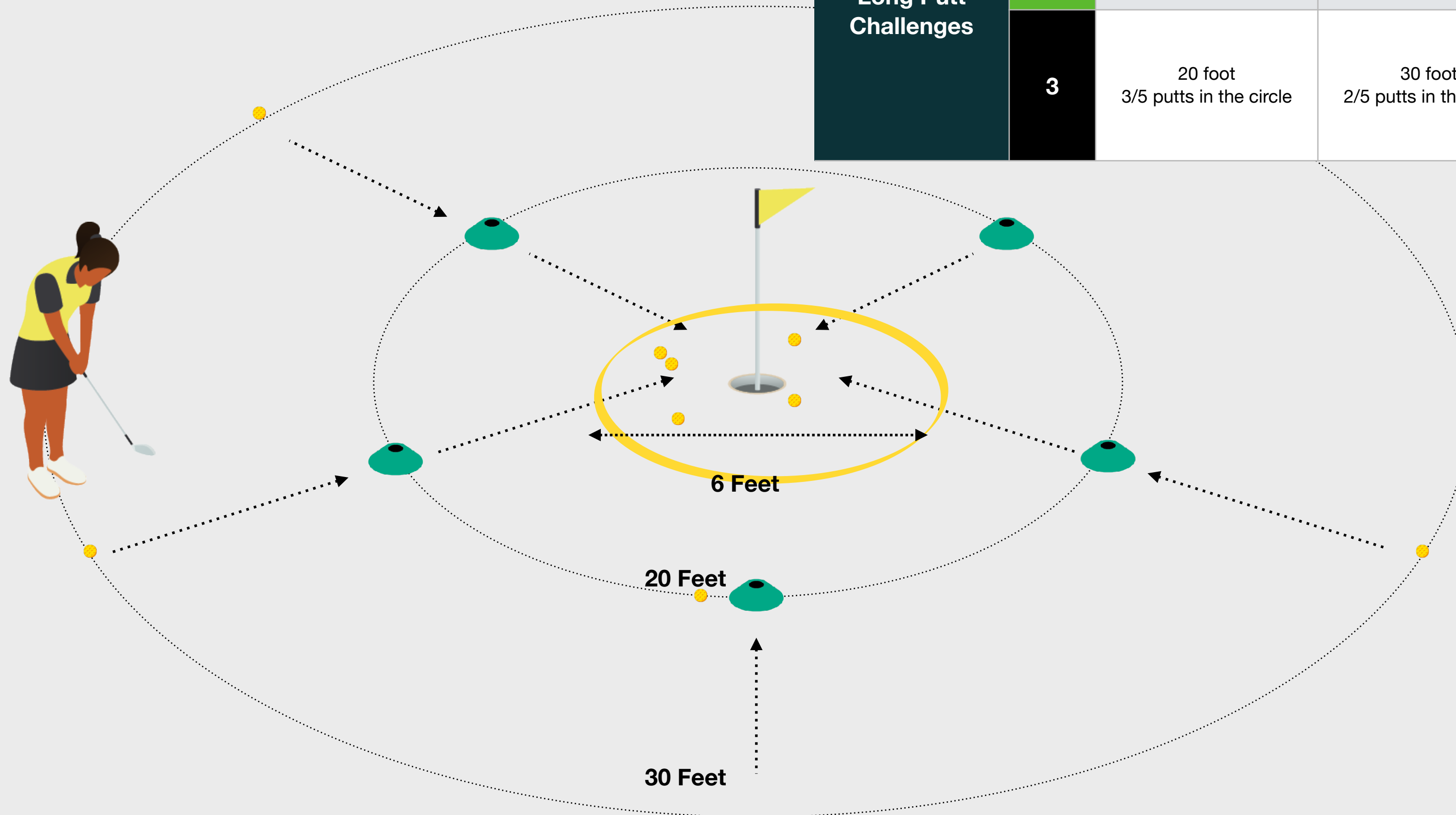
- The landing circle marked out in yellow cones is the target the learner is trying to land the ball in.
- Using the correct set up, swing in a pendulum action and chip the ball and try and land in the circle.
- Adjust the length of back swing and follow through to adjust the distance the ball flies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

# Long Putts Challenges

	Level	Challenges	
Long Putt Challenges	2	20 foot 2/5 putts in the circle	30 foot 1/5 putts in the circle
	3	20 foot 3/5 putts in the circle	30 foot 2/5 putts in the circle



## The Challenge

To complete the Level 2 and 3 Challenge the learner needs to complete various putting challenges from 20 and 30 feet within a 6-foot diameter circle from positions around the hole. Refer to the table for scoring for each Level.

## 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

