

Practice Club *Short Game - Bunker Play*

# Practice Club

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# Short Game Bunker Play



ORBISgolf™

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# Class Timetable

4 Practice Club Swing - Long Approach Shots

## Class Timetable

Session Length: 60mins    Group Size: 1:12    Skill Focus: Swing - Long Approach Shots    Technical Focus: Using Fairway, Hybrids and Long Irons for longer distance approach shots    Scoring Goal Challenge: Fairway Wood Challenge

Time	Focus	Class Content	Games / Drills / Res
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 skill focus of the session and give a broad content overview of what will be covered</li> <li>Explain how to attempt the Practice Games and Stations</li> <li>Briefly explain how to attempt the Scoring Goal Challenge</li> <li>Instruct students to rotate around the stations</li> </ul>	<ul style="list-style-type: none"> <li>Fairway Wood Attack Ang</li> <li>Yardage Finder</li> <li>Through the Gate</li> <li>Cluster Up</li> <li>Fairway Wood Challenge</li> </ul>
45 mins	Practice Stations Game Stations Independent Practice Scoring Goal Challenge	<ul style="list-style-type: none"> <li>Students time to attempt the Practice Stations, Game Stations and Scoring Goal Challenge</li> <li>Opportunity to provide private coaching on Practice Stations and Free Practice Station</li> <li>Stations can be attempted individually or in pairs depending on the size of class</li> </ul>	<ul style="list-style-type: none"> <li>GLF. Connect App</li> <li>Challenge Scorecard</li> </ul>
5 mins	Final Thoughts 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>
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 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>	<ul style="list-style-type: none"> <li>GLF. Connect App</li> </ul>

# Class Timetable

**Session Length:**  
60mins

**Group Size:**  
1:12

**Skill Focus:**  
Short Game - Bunker Play

**Technical Focus:**  
Practicing out of the bunker

**Scoring Goal Challenge:**  
Bunker Challenge

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>
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45 mins	Practice Stations Game Stations Independent Practice Scoring Goal Challenge	<ul style="list-style-type: none"> <li>Students time to attempt the Practice Stations, Game Stations and Scoring Goal Challenge</li> <li>Opportunity to provide private coaching on Practice Stations and Free Practice Station</li> <li>Stations can be attempted individually or in pairs depending on the size of class</li> </ul>	<ul style="list-style-type: none"> <li>Sandy Set Up</li> <li>High or Low...Bunker</li> <li>Piggy in the Middle</li> <li>Drop and Stop</li> <li>Bunker Challenge</li> </ul>
5 mins	Final Thoughts 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>
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# Layout and Setup



# Practice Club Class Layout and Setup

**Station 1:**  
Practice Station  
Sandy Set Up



**Station 2:**  
Practice Station  
High or Low...Bunker



**Station 3:**  
Game Station  
Piggy in the Middle



**Station 4:**  
Game Station  
Drop and Stop



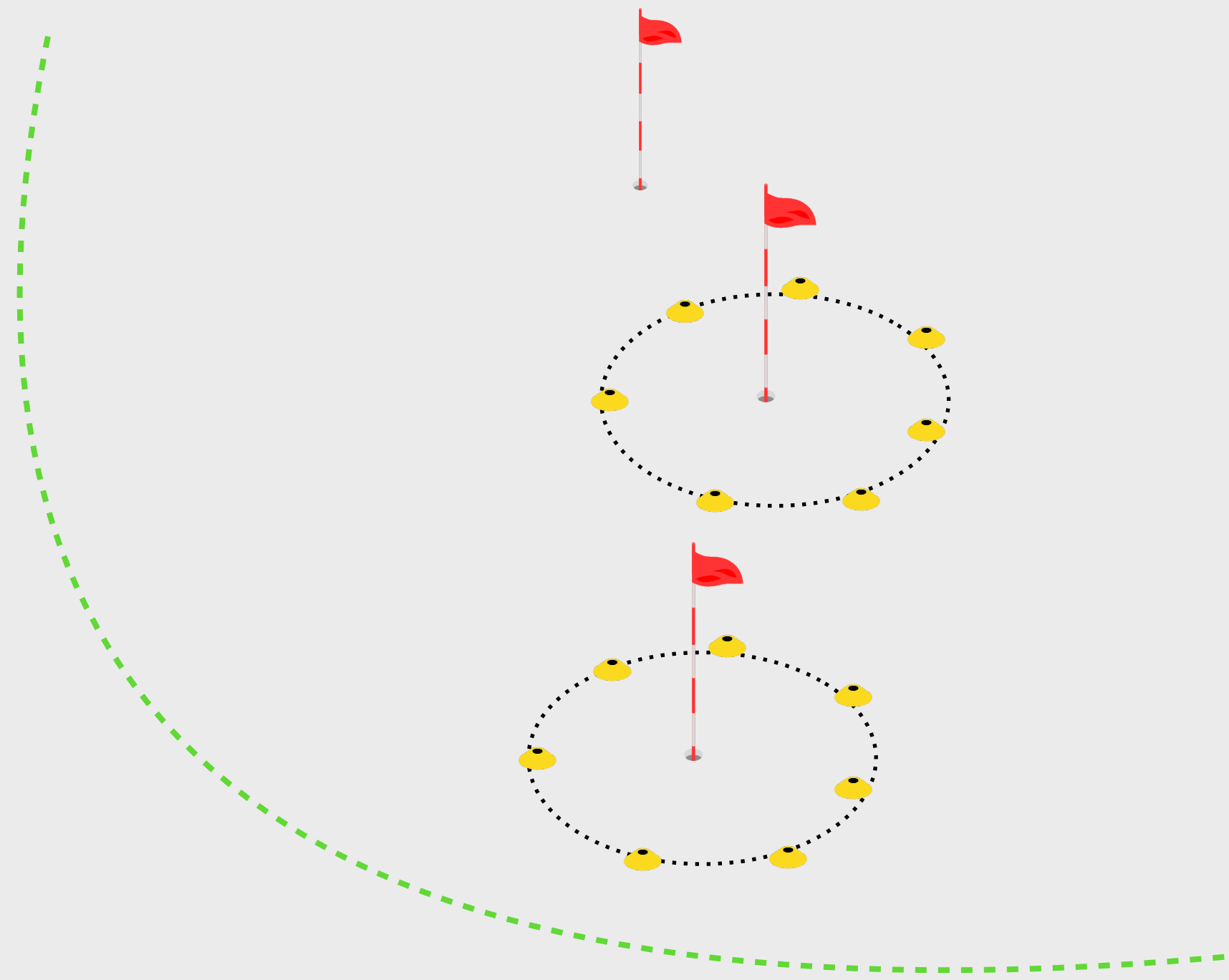
**Group Discussion:**  
Start and end of class



**Station 5:**  
Challenge Station



**Station 6:**  
Free Practice Station

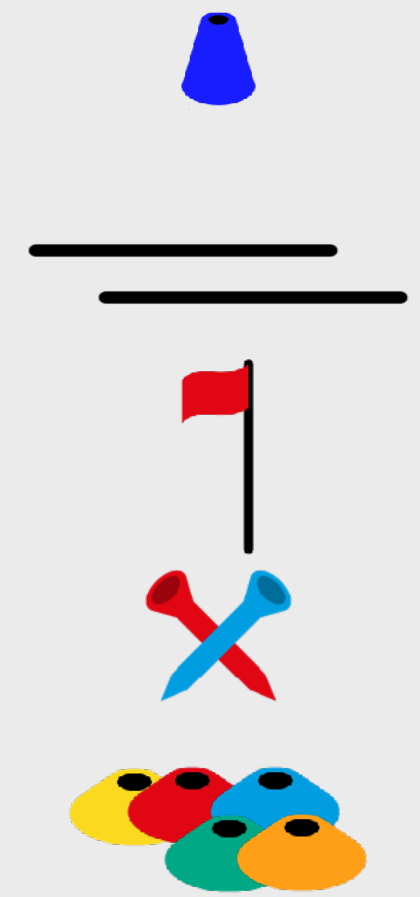


# Bunker Challenge Setup



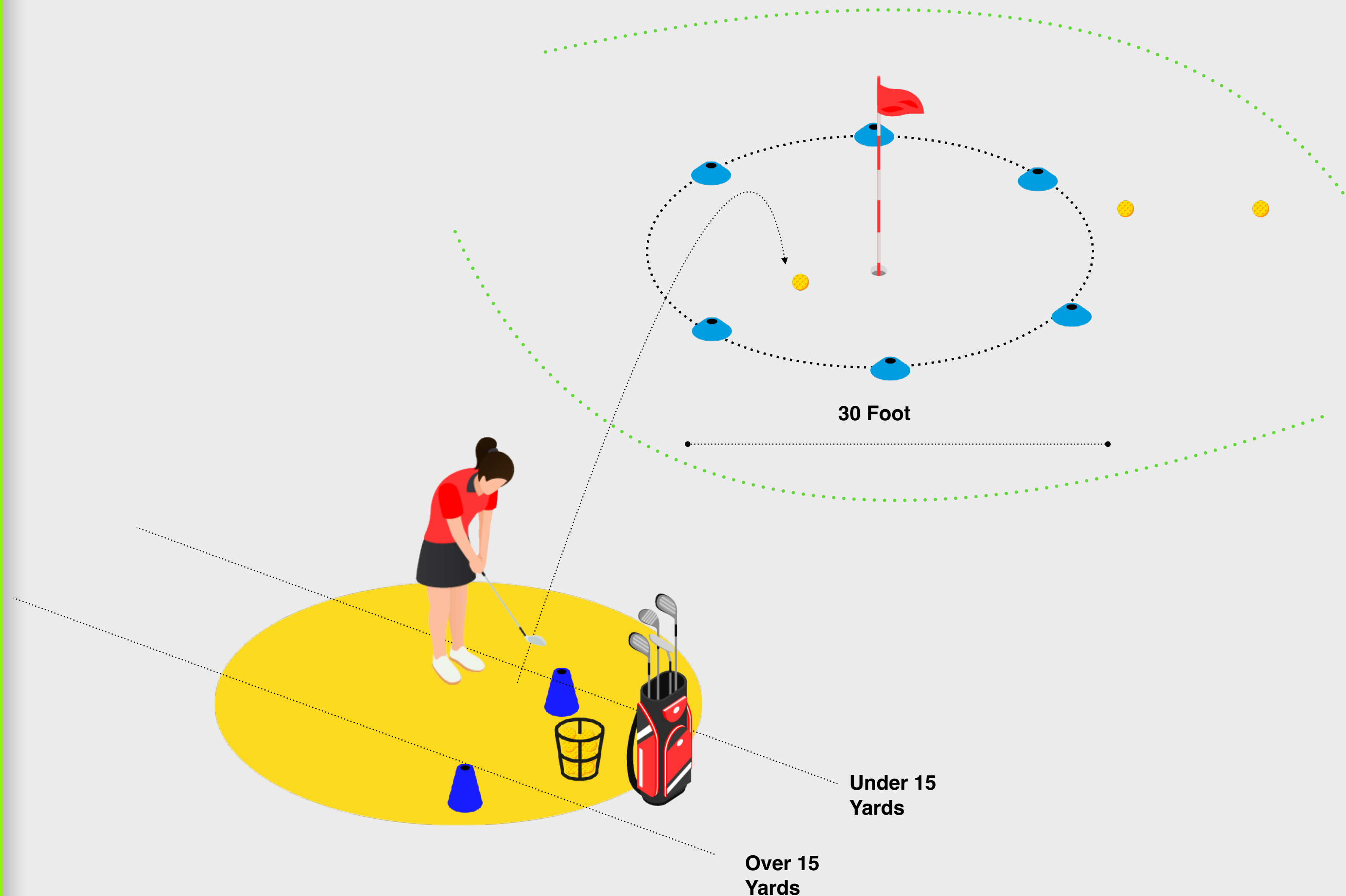
## Equipment Needed

- 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

9 Practice Club Swing - Tee Shots

## Down the Tunnel

Ball to Target Line  
Alignment Stick

### Equipment Needed

- Tees
- Driver
- Alignment Sticks

### How to Practice

- Students should place an alignment stick on the ball to target approximately 5-10 yards ahead of where the ball is tee'd
- The student will then have a better perspective of what a line is from their address position
- The student then place an alignment stick either side of the ball at a safe distance away parallel to the ball to target line
- The student should experiment with what it feels like to get the club head travelling through the alignment stick tunnel
- The student should then alter the alignment sticks so they are to the right of the target, but parallel to one another
- The student should experiment with getting the club to travel through the alignment sticks and see the resulting ball flights

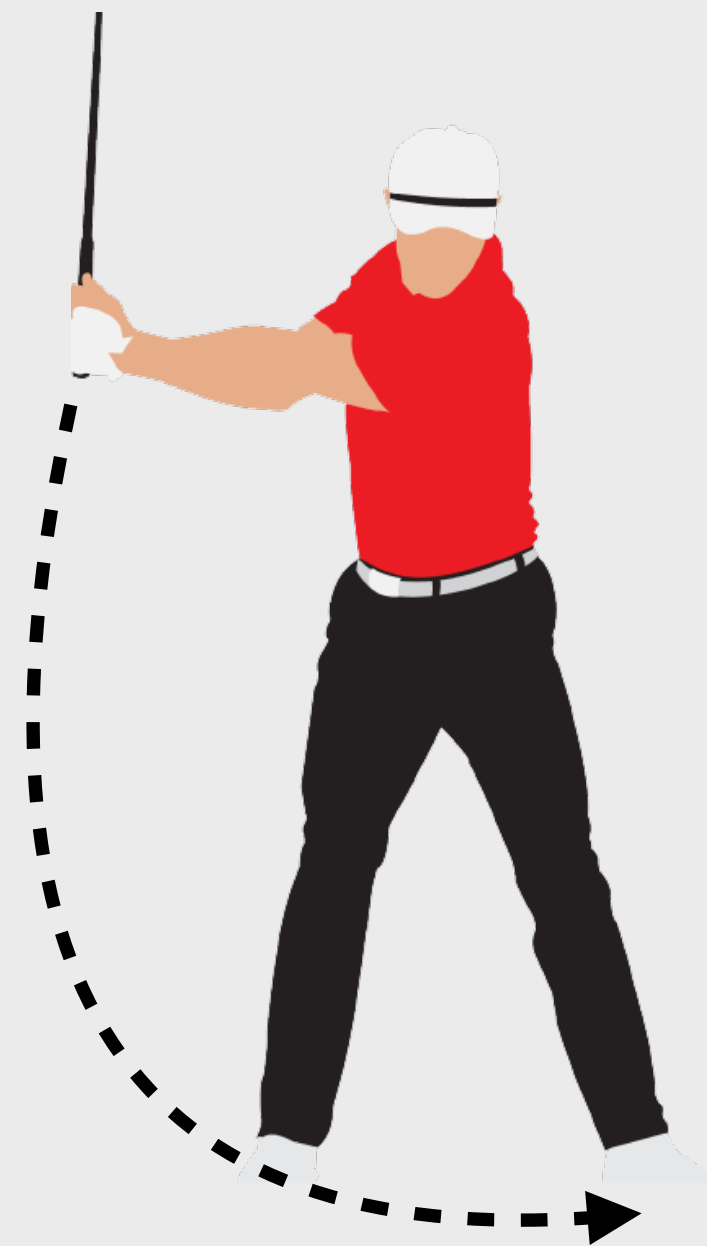
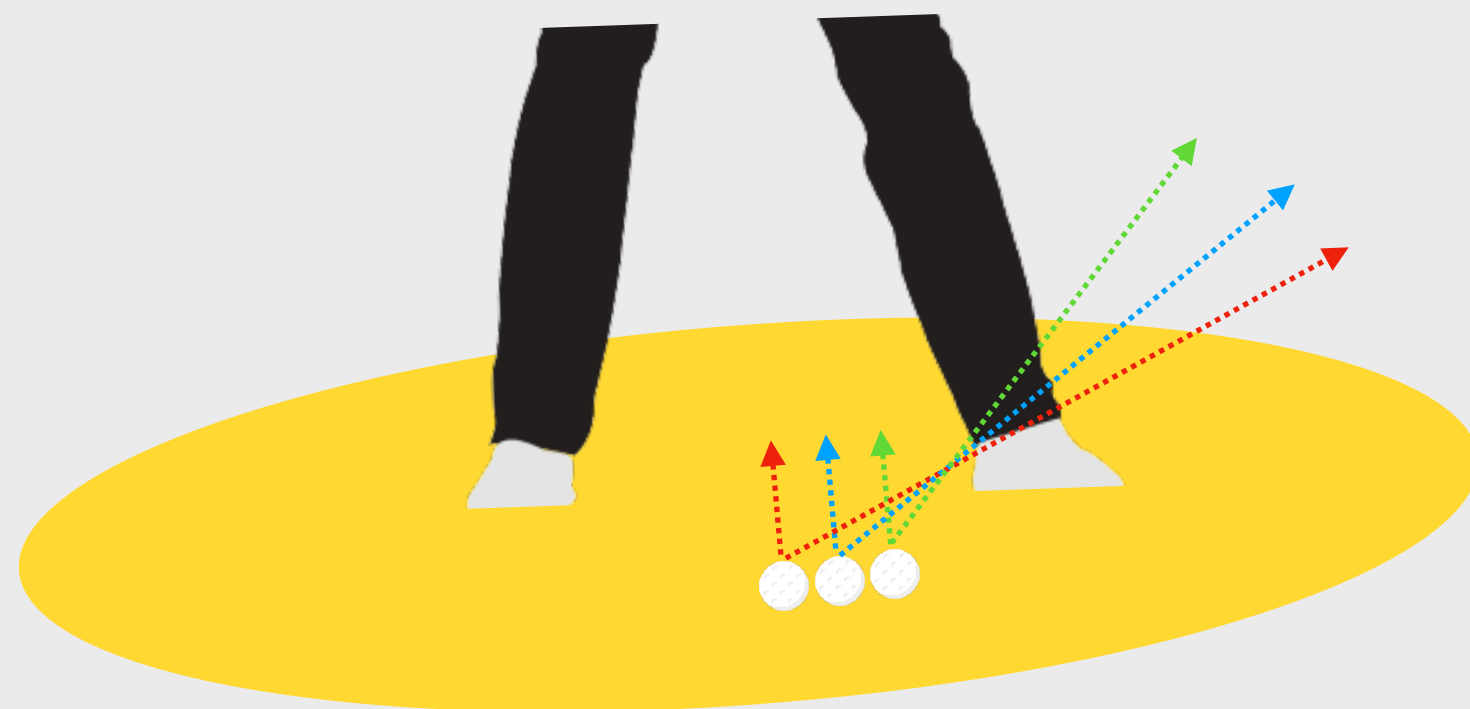
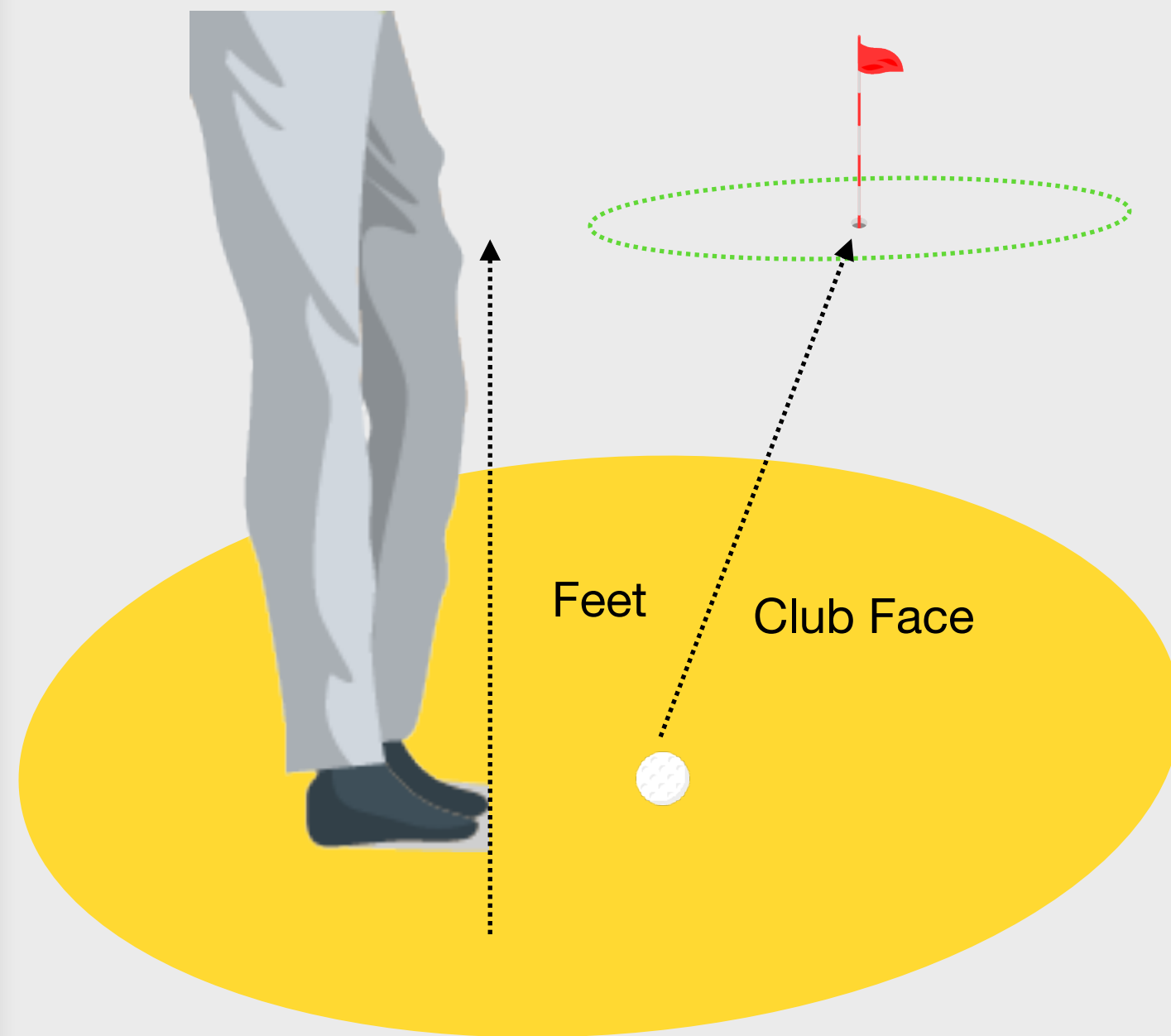
### Technical Link

- This activity will help the student to understand how the direction of the club head through impact effects the trajectory of the ball

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# Sandy Set Up



## Equipment Needed

- Wedge
- Bunker

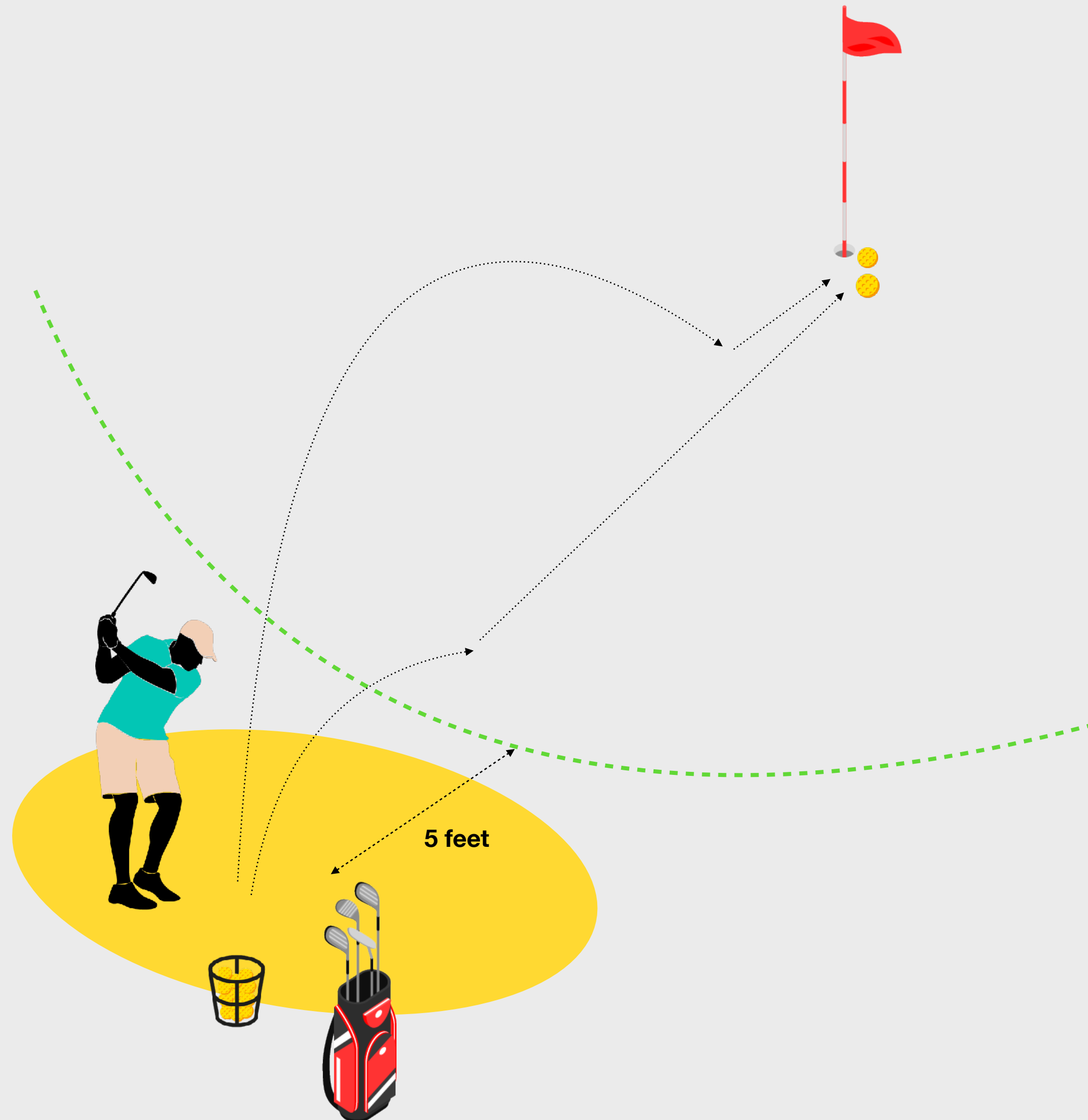
## How to Practice

- Position several balls in a bunker round the edge of the green
- Ask the student to attempt shots to the pin from the varying lies to experience the effect they have on the bunker shot
- Before each shot the student must go through a five factor set up check list that includes:
  - Shaft Lean (Lower Hands)
  - Swing Length
  - Ball Position
  - Face Direction
  - Body Alignment
- Technical advice must be provided as to what set up adjustments are required to produce higher/lower trajectory shot and more/less spin

## Technical Link

- This activity will show the student that different shots out of a bunker require changes in set up to achieve them successfully and these changes must be explained
- Students should experiment with performing each of the set up changes to the extreme in order to notice the full effects

# High or Low...Bunker



## Equipment Needed

- Bunker
- PW and SW

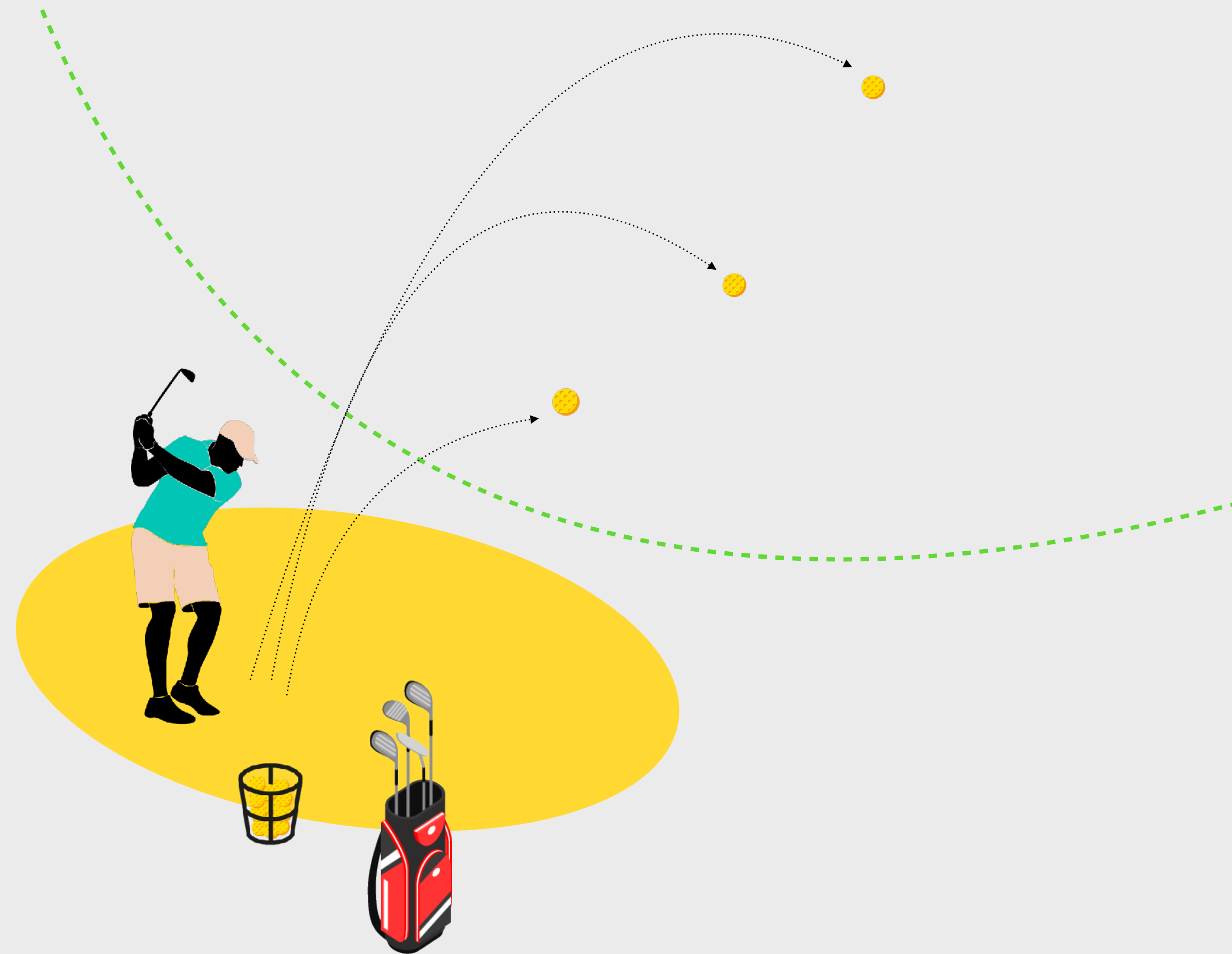
## How to Practice

- Position the student in a bunker on the edge of the chipping green
- Pick a shot on the edge of the green with lots of green to work with
- Demonstrate to the student two different ways to play the bunker shot
- Shot 1 will be with a PW. Demonstrate how the ball will leave the bunker at a slightly lower trajectory with increased roll
- Shot 2 will be played with a SW. Show how the increased loft on the SW allows the ball to leave the bunker with increased trajectory and have less roll more spin

## Technical Link

- Outline to the students the benefits of both shots and specifically where each shot should be used.
- Explain to the student the potential risks and percentage likelihood of success with each shot

# Piggy in the Middle



## Equipment Needed

- Bunker
- SW

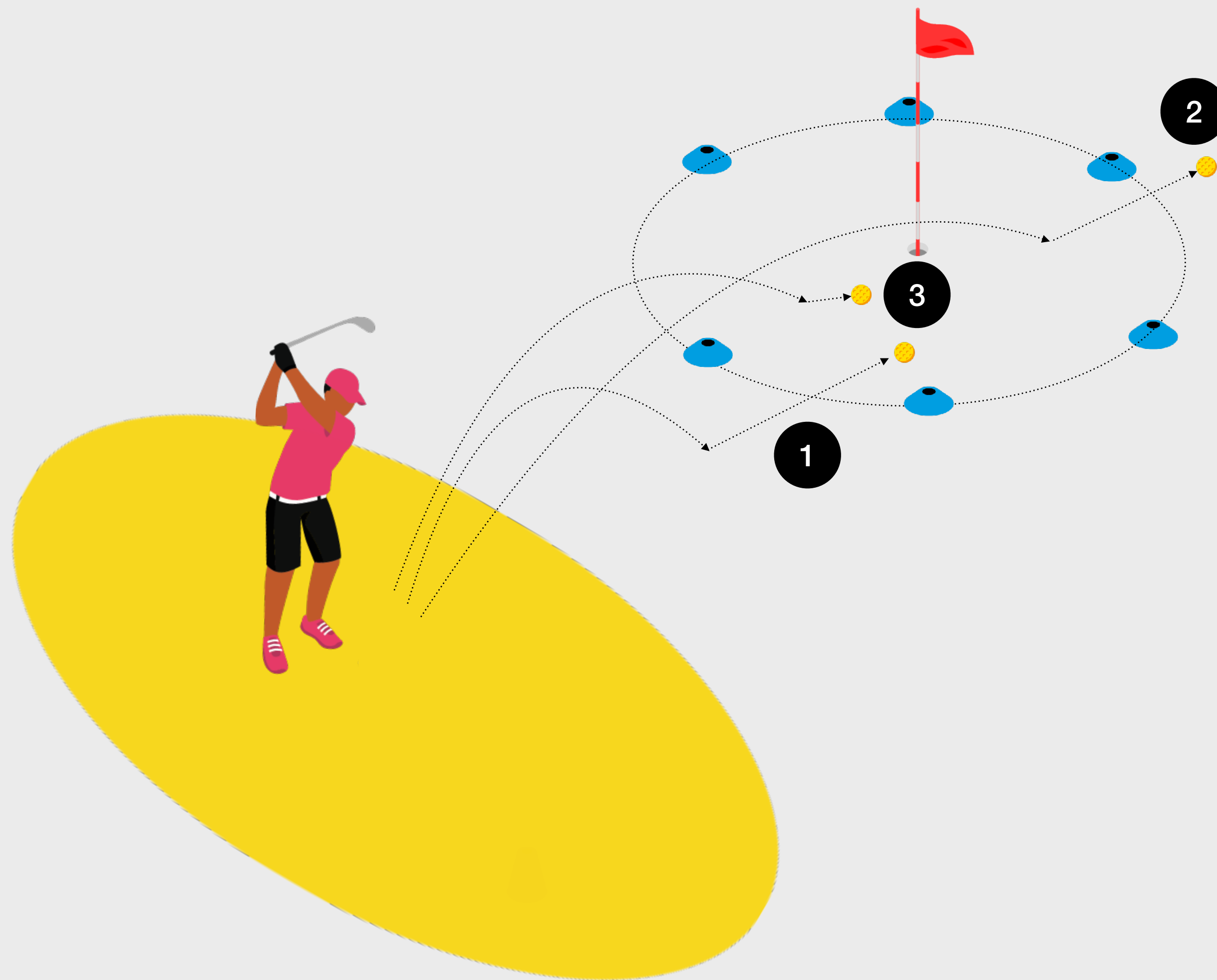
## How to Play

- Position the student in a bunker on the edge of the green
- The student requires 3 balls because they must attempt to hit the first ball short, the second ball long and then try to land the third ball in between the first two balls
- As their feel improves they must try to get the balls as close as possible to one another
- If they are playing the game with a partner they must perform the same task, but alternate shots

## Technical Link

- The students should gain a real feel for distance control in this drill
- It also encourages consistent contact to be good at this game

# Drop and Stop



## Equipment Needed

- Sand Wedge
- 12 foot diameter cones
- Pencil and Scorecard
- Bunker

## How to Play

- Set up cones in a 12 foot diameter circle around the hole
- Students aim to land the ball and keep it in the target circle
- They should record the result of each ball with a point system:
  - 1 point for landing the ball on the green and rolling it in the circle
  - 2 points if they land the ball into the circle and it rolls out
  - 3 points if they land the ball inside the circle and it stays in
- Students record their scores and can attempt to beat it during practice

## Technical Link

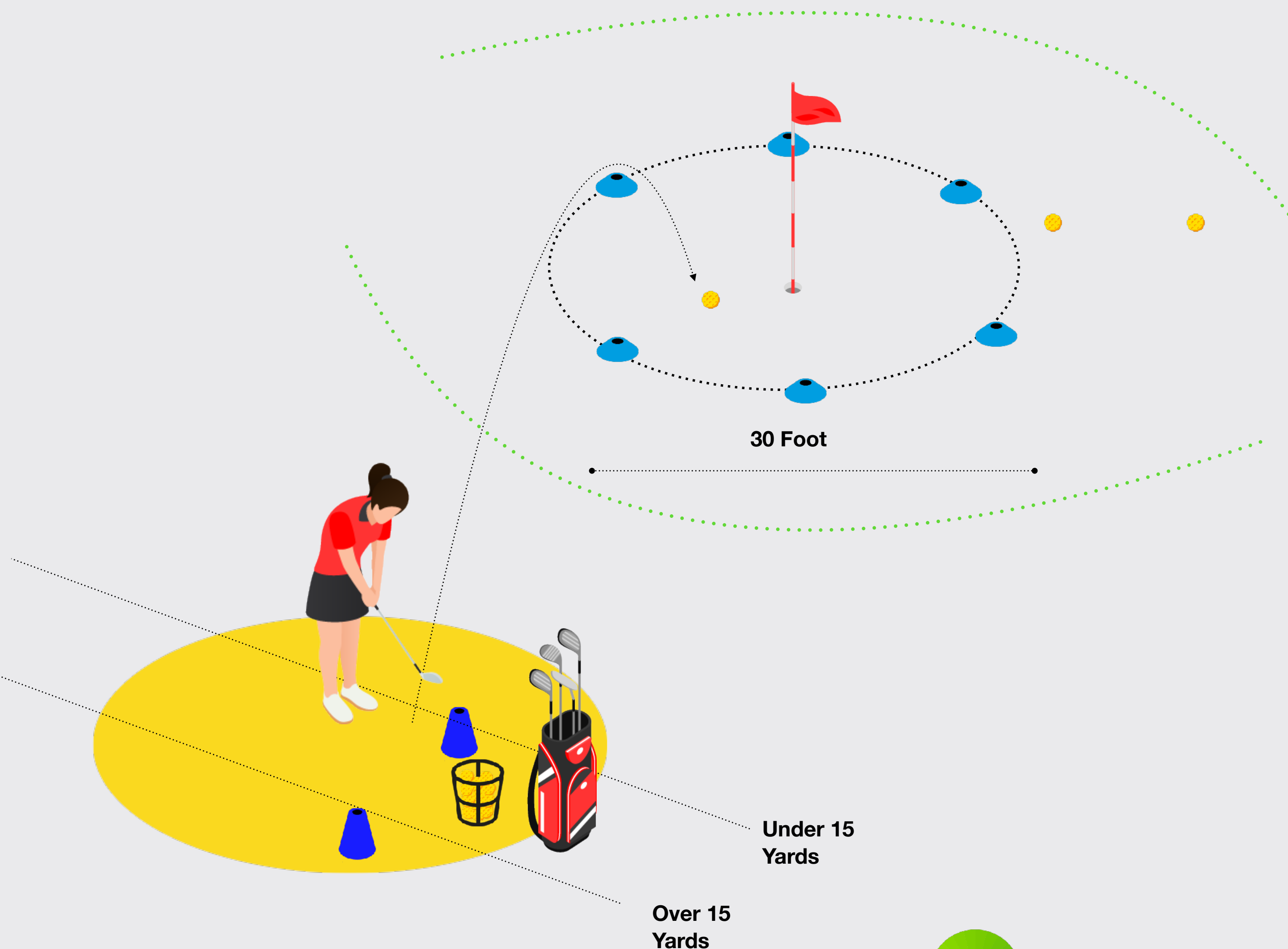
- By attempting these shots from the bunker, the student will gain a greater understanding of how to control trajectory and stop the ball close to their target
- Mastering this from varying positions in the bunker will better prepare the students for the course

# Scoring Goal Challenges

## Pitching



# 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

