

Practice Club *Short Game - Pitching*

Practice Club

Short Game Pitching



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"> 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 skill focus of the session and give a broad content overview of what will be covered Explain how to attempt the Practice Games and Stations Briefly explain how to attempt the Scoring Goal Challenge Instruct students to rotate around the stations 	<ul style="list-style-type: none"> Fairway Wood Attack Ang Yardage Finder Through the Gate Cluster Up Fairway Wood Challenge
45 mins	Practice Stations Game Stations Independent Practice Scoring Goal Challenge	<ul style="list-style-type: none"> Students time to attempt the Practice Stations, Game Stations and Scoring Goal Challenge Opportunity to provide private coaching on Practice Stations and Free Practice Station Stations can be attempted individually or in pairs depending on the size of class 	<ul style="list-style-type: none"> GLF. Connect App Challenge Scorecard
5 mins	Final Thoughts 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
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 additional program opportunities including other Skills Pathway Programs. Opportunity to upsell private lessons or additional programs to those that require additional help 	<ul style="list-style-type: none"> GLF. Connect App

Class Timetable

Session Length:
60mins

Group Size:
1:12

Skill Focus:
Short Game - Pitching

Technical Focus:
Pitching to the green

Scoring Goal Challenge:
Pitching Challenge

Time	Focus	Class Content	Games / Drills / Resource
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5 mins	Final Thoughts 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
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Layout and Setup

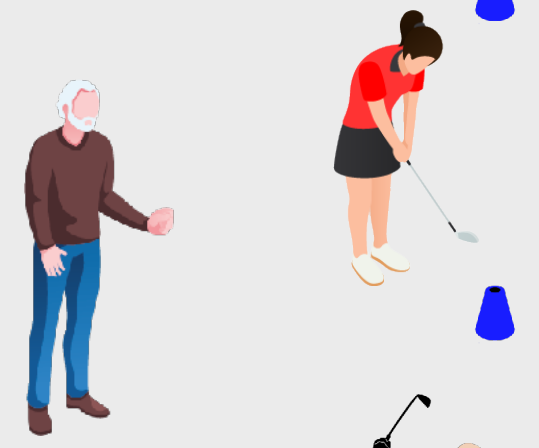


Practice Club Class Layout and Setup

Station 1:
Practice Station
Shaft and Ball
Position Check



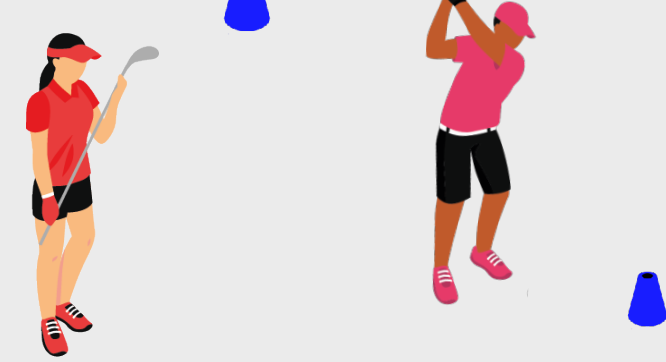
Station 2:
Practice Station
Power the Pitch



Station 3:
Game Station
Pitching Bullseye



Station 4:
Game Station
Safe or Not Safe?



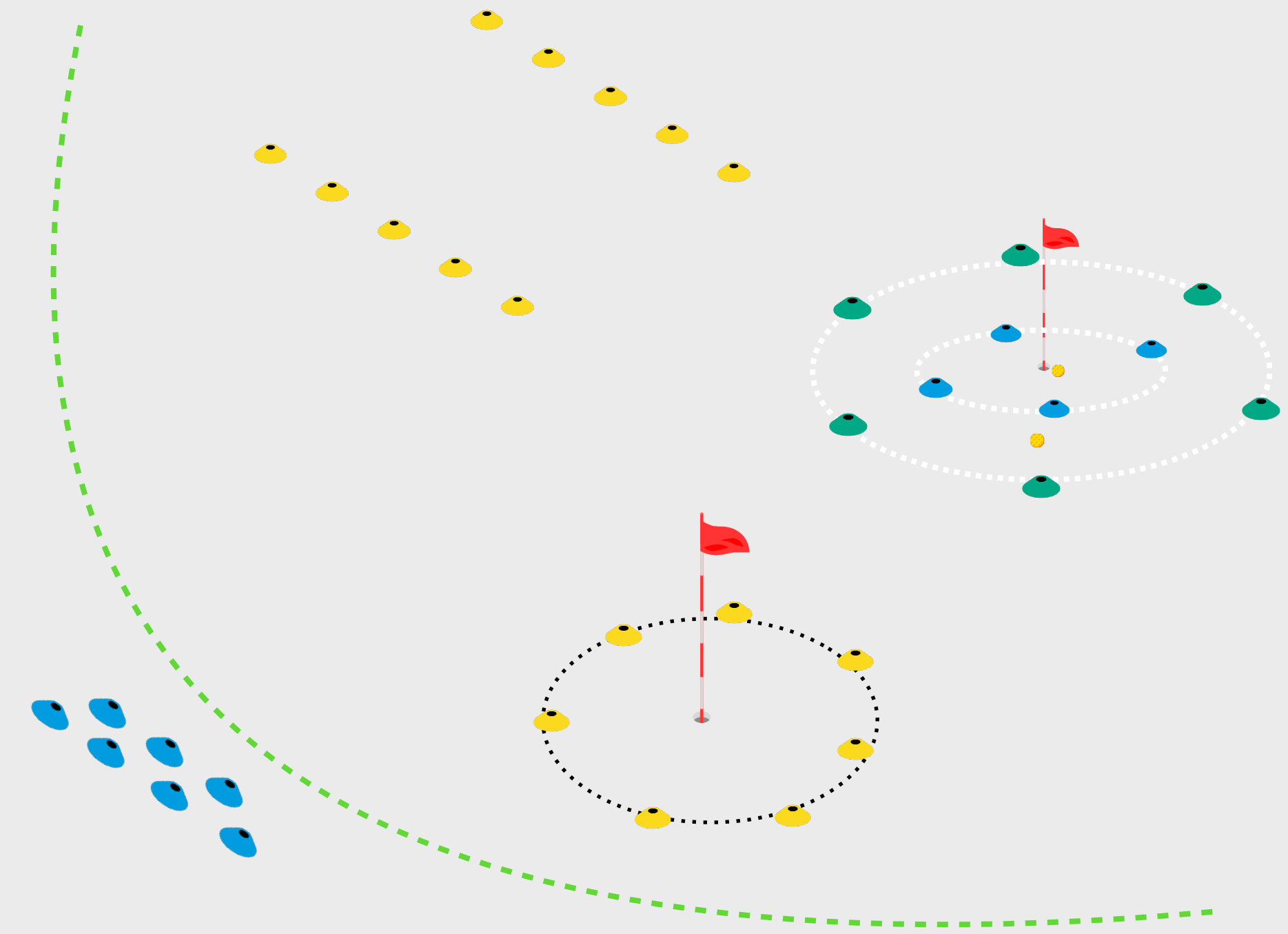
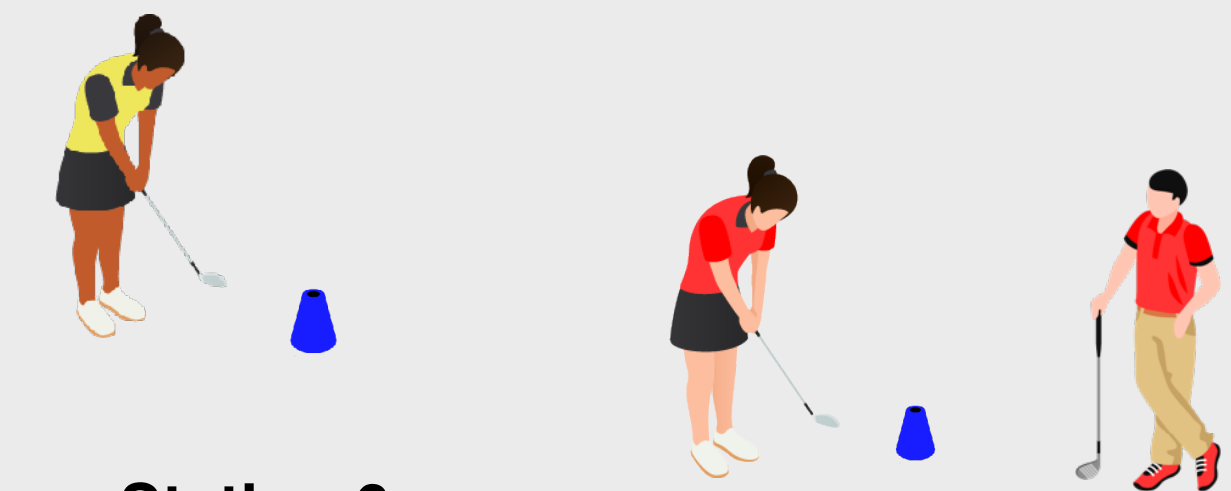
Group Discussion:
Start and end of class



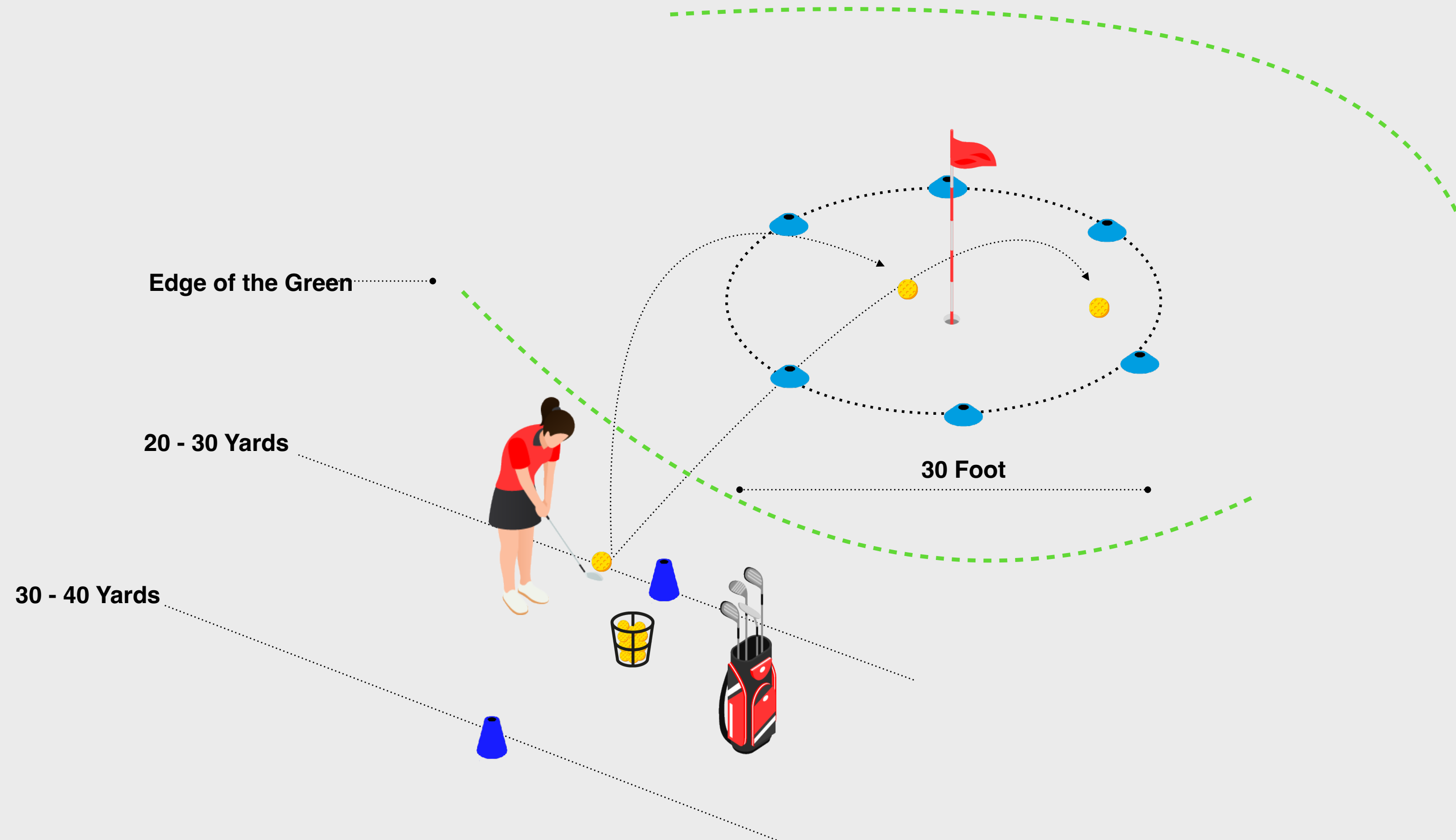
Station 5:
Challenge Station



Station 6:
Free Practice Station

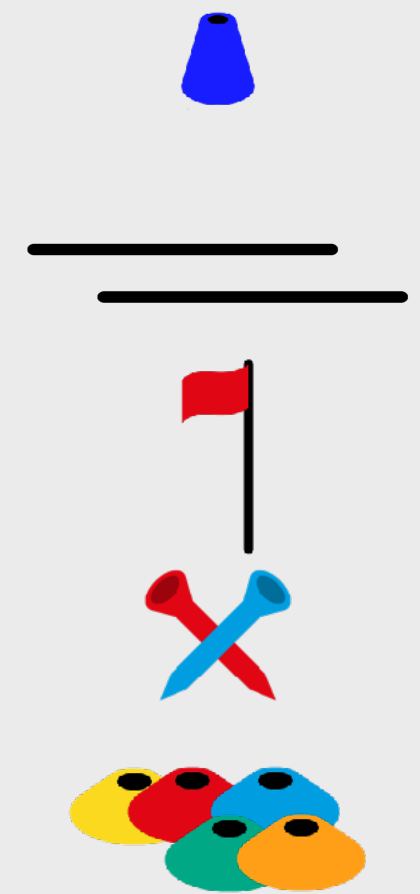


Pitching Challenge Setup



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

9

Practice Club Swing - Tee Shots

Down the Tunnel

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

Shaft and Ball Position Check



Equipment Needed

- Wedge
- Alignment Stick

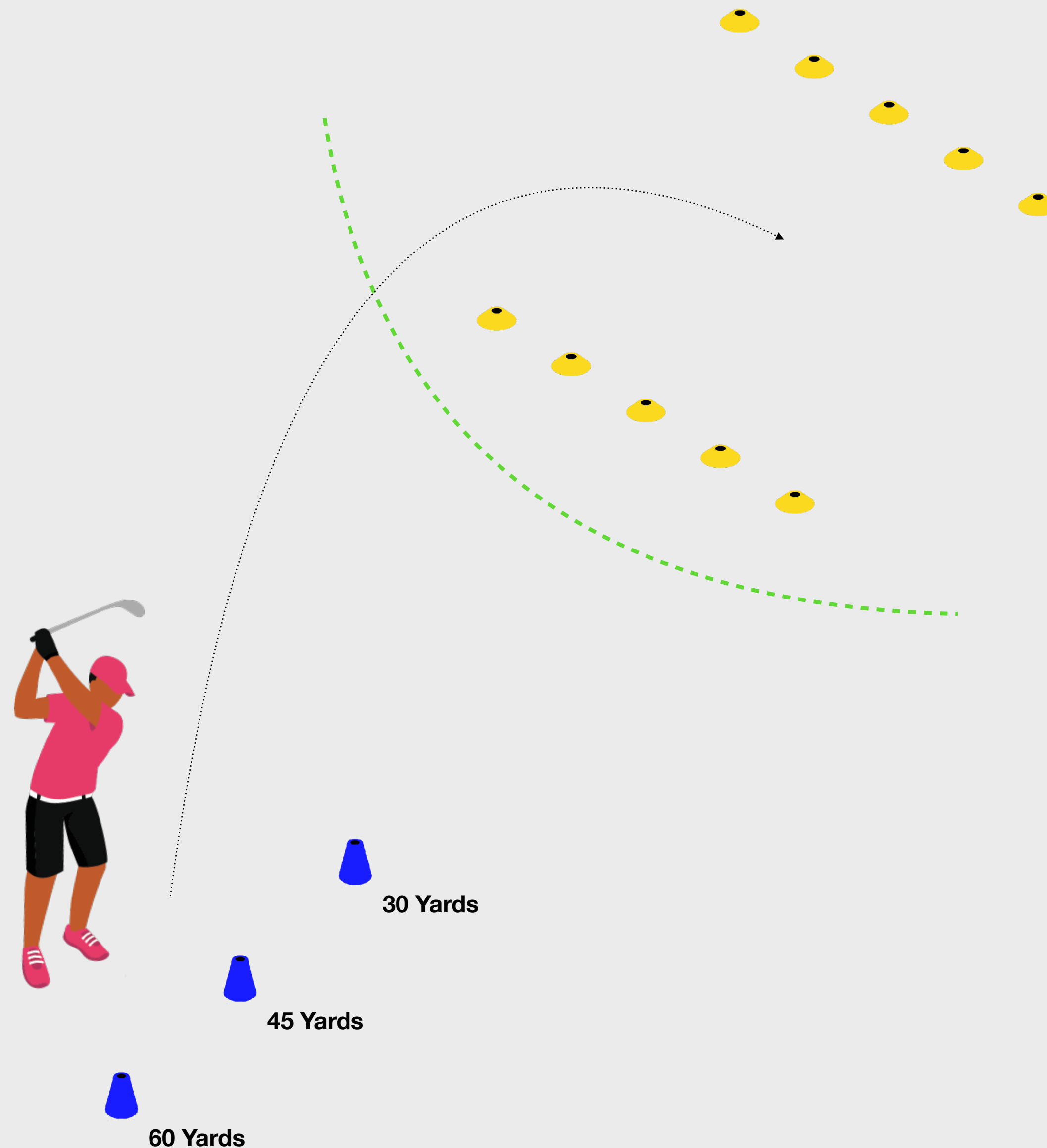
How to Practice

- 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

Power the Pitch



Equipment Needed

- 10 x Cones
- 3x Marker Cones
- Wedge

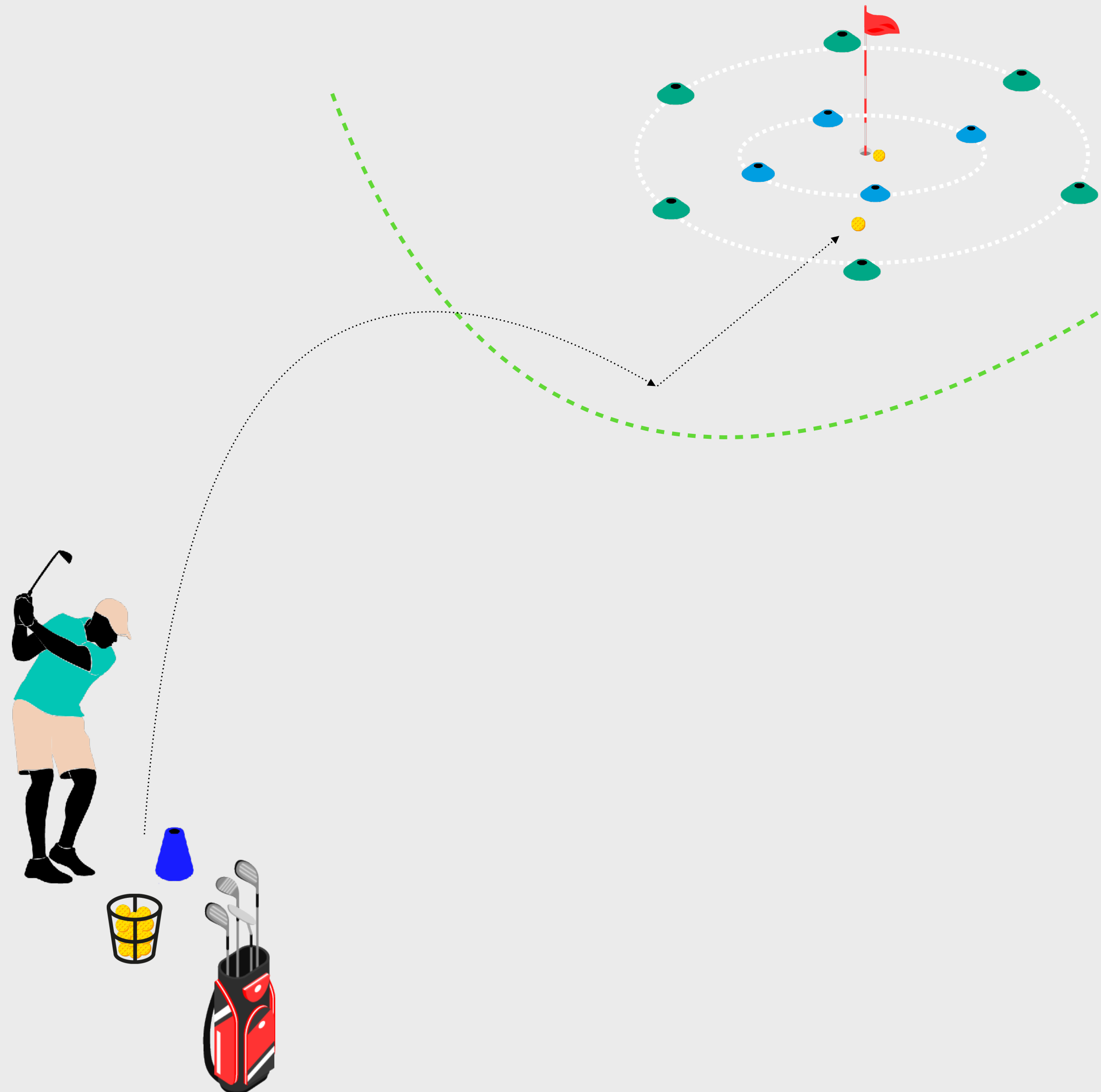
How to Practice

- Set up two lines of yellow cones, which marks out the zone the student is trying to finish the ball in
- Position 3 marker cones ranging from 30-60 yards away from the green
- Using the same club from each distance the student must adjust the length of back swing and follow through to control the distance the ball travels
- A good way to think about this could be like hands on a clock and trying to match the back swing and follow through length
- They should attempt 5 shots from each distance and rotate around the distance markers

Technical Link

- The focus is not on accuracy, but on distance control and so the only aim is to finish the ball between the two rows of cones on the green
- This activity will help the student to get a feel for which length swing and follow through produces the right amount of power whilst maintaining control

Pitching Bullseye



Equipment Needed

- Wedge
- Cones to create 2 circles (10ft & 20ft)
- Marker Cone

How to play

- Set up a Pitch shot from 30 - 40 yards
- Challenge the student to hit 10 shots from start point. 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 student how changing the club effects the result
- Ask the student which shot is the most effective and score the most points over 10 shots

Safe or Not Safe?



Equipment Needed

- Wedge and Putter
- Hazard or Cones for hazard
- Marker Cones

How to Play

- Set up pitch shot scenarios for the students around the green using cones for hazards or natural hazards if available
- Encourage students to take on the shots and choose the correct shot type and landing zone for avoiding the hazards and getting as close to the target as possible
- Point awarded to the students based on the decision they make
- Point awarded if they make the up and down
- This game can be played individually or in pairs

Technical Link

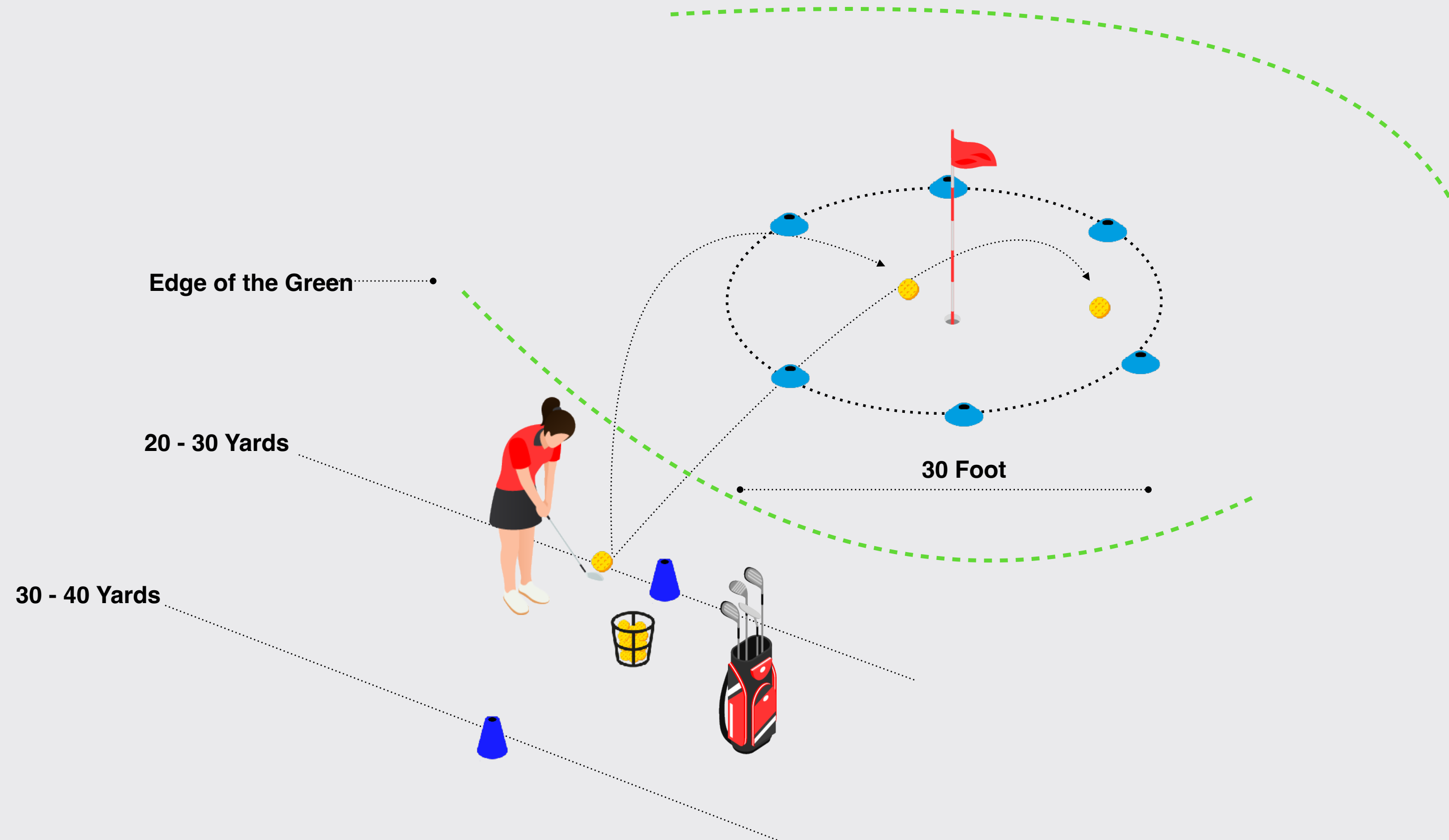
- This activity will challenge students to think about the type of shot they are trying to play, rather than hitting a stock shot as close to the pin as possible every time

Scoring Goal Challenges

Pitching



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

