

# Practice Club

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# Swing General



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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:**  
Swing - General

**Technical Focus:**  
Improving skill from tee and approach shots

**Scoring Goal Challenge:**  
Driver Challenge

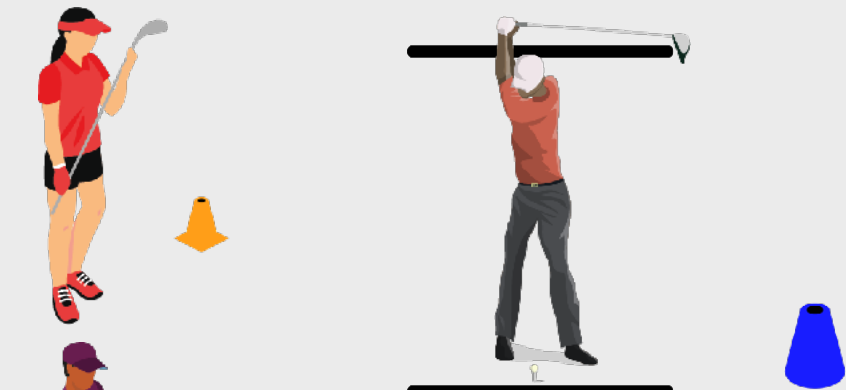
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# Layout and Setup

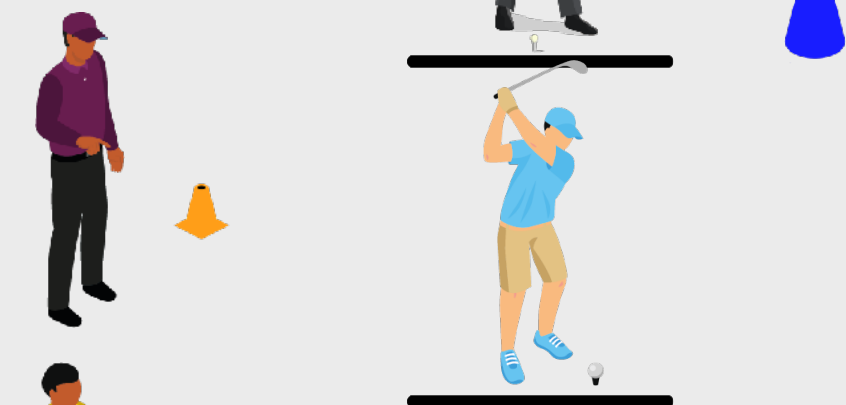


# Practice Club Class Layout and Setup

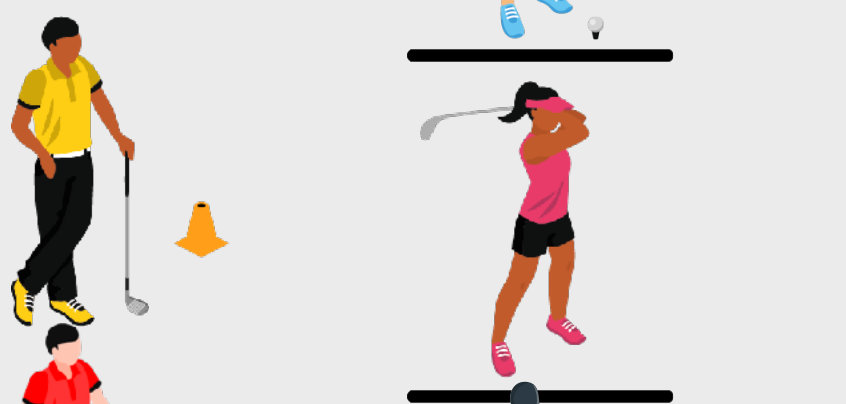
**Station 1:**  
Practice Station  
Target Trio



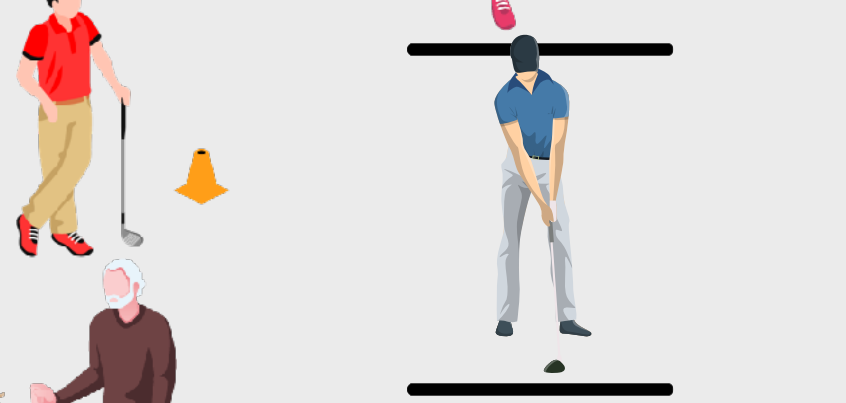
**Station 2:**  
Practice Station  
Shrinking Fairway



**Station 3:**  
Game Station  
Going for it in 2



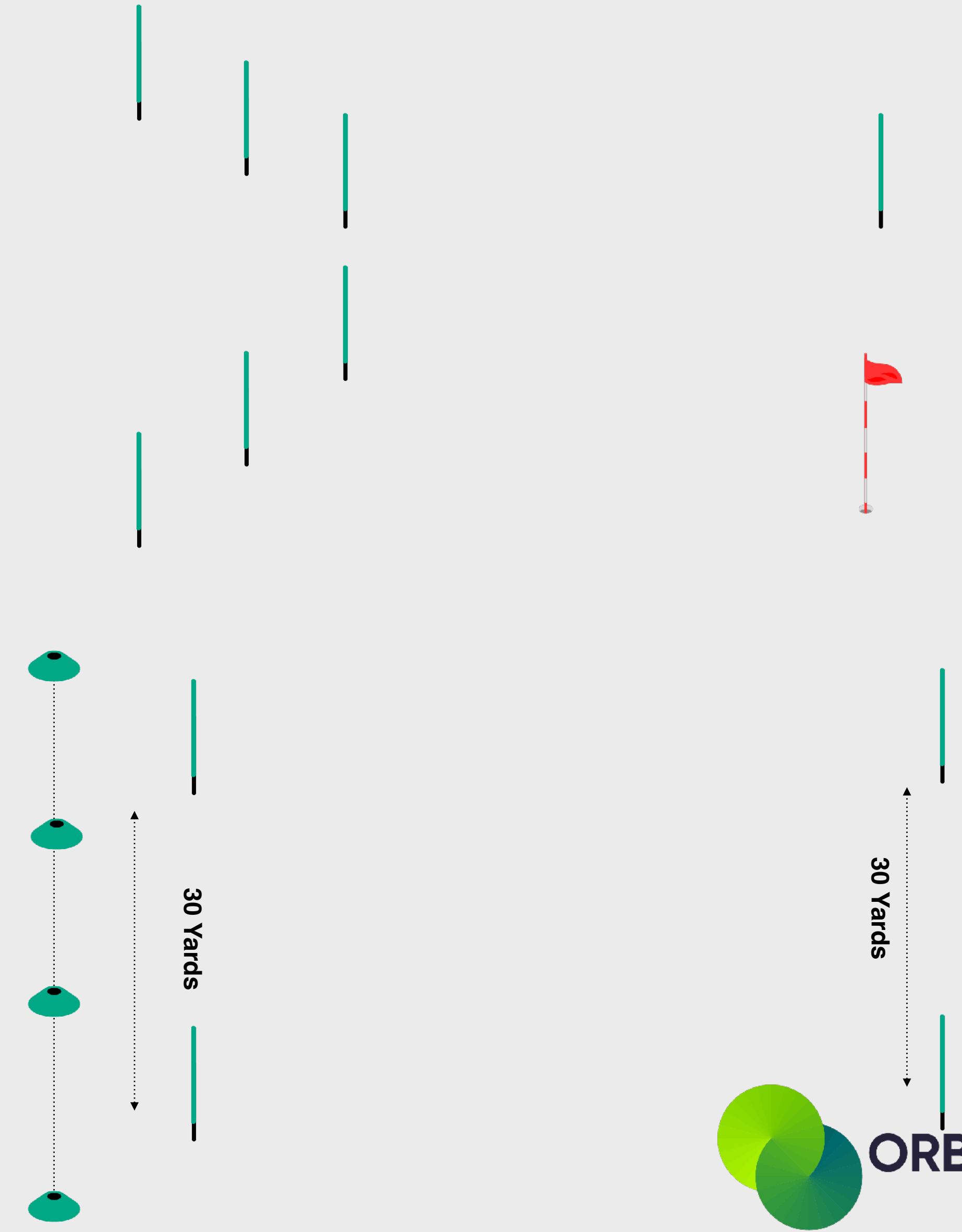
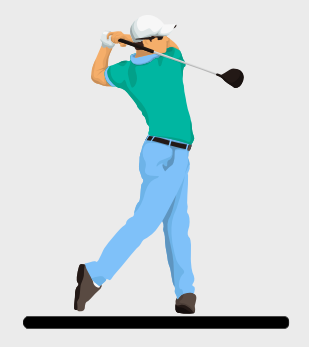
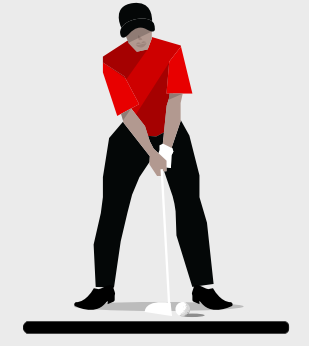
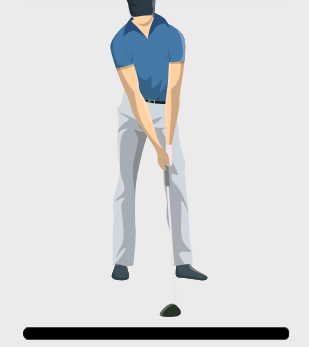
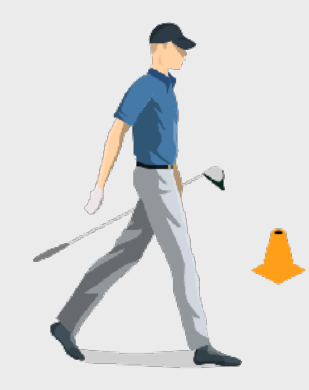
**Station 4:**  
Game Station  
Hit 9



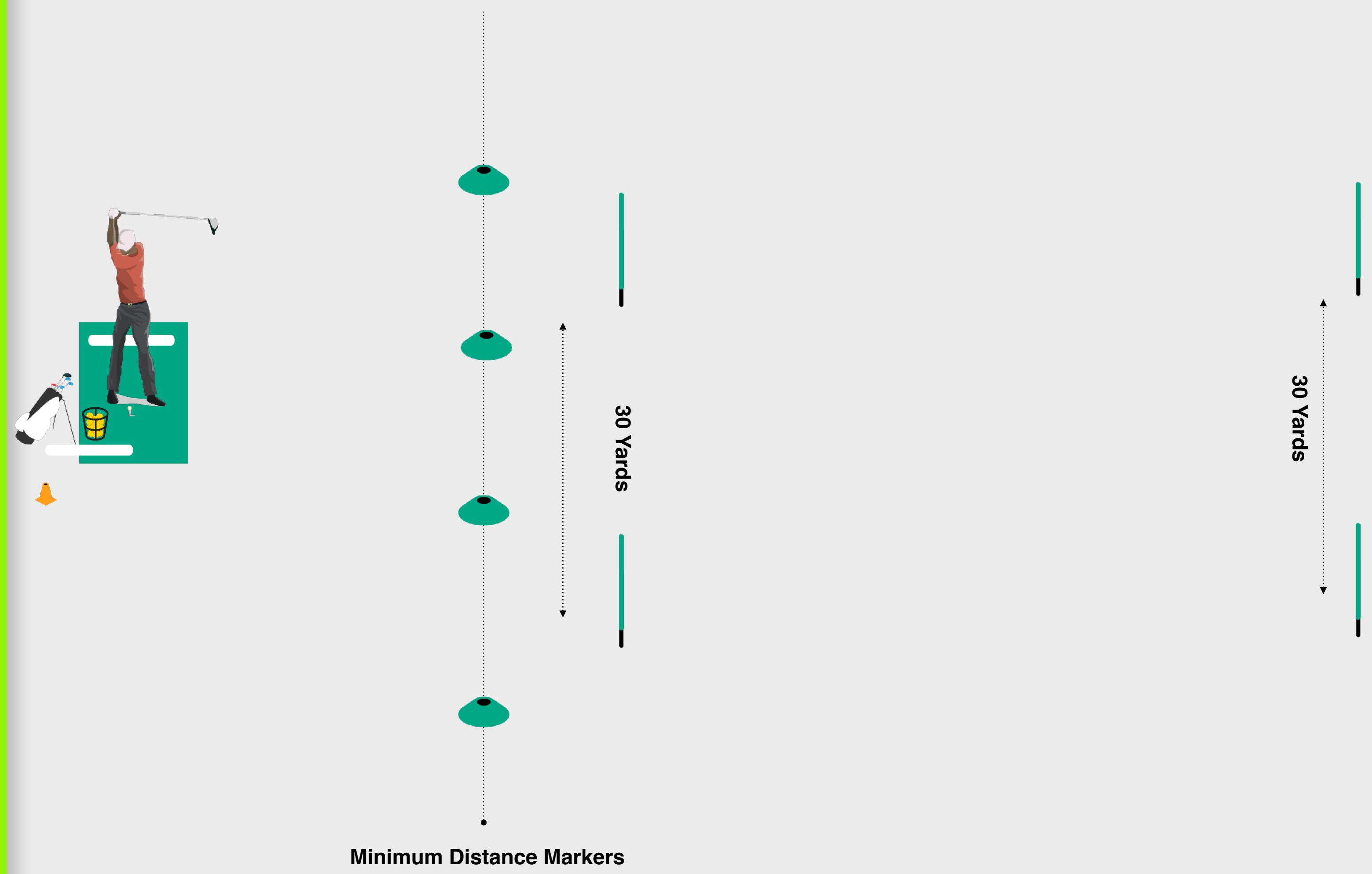
**Station 5:**  
Challenge Station  
Driving Challenge



**Station 6:**  
Free Practice

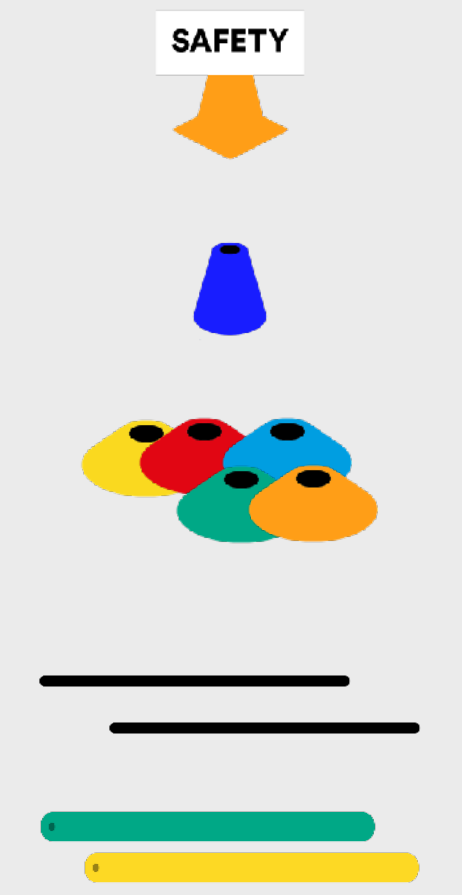


# Driver Challenge Setup



## Equipment Needed

- Orange safety cone
- 1x Marker cones
- Colored Cones
- 4x Alignment Sticks
- 4x Foam Noodles



## Setting out the Challenge

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Use the cones to mark out the carry distance lines or use features on the outfield
- Alignment sticks with foam noodles should be used to measure the gate 30 yards wide
- Set out all the markers to enable every student to attempt their challenge for their scoring goal.

# 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

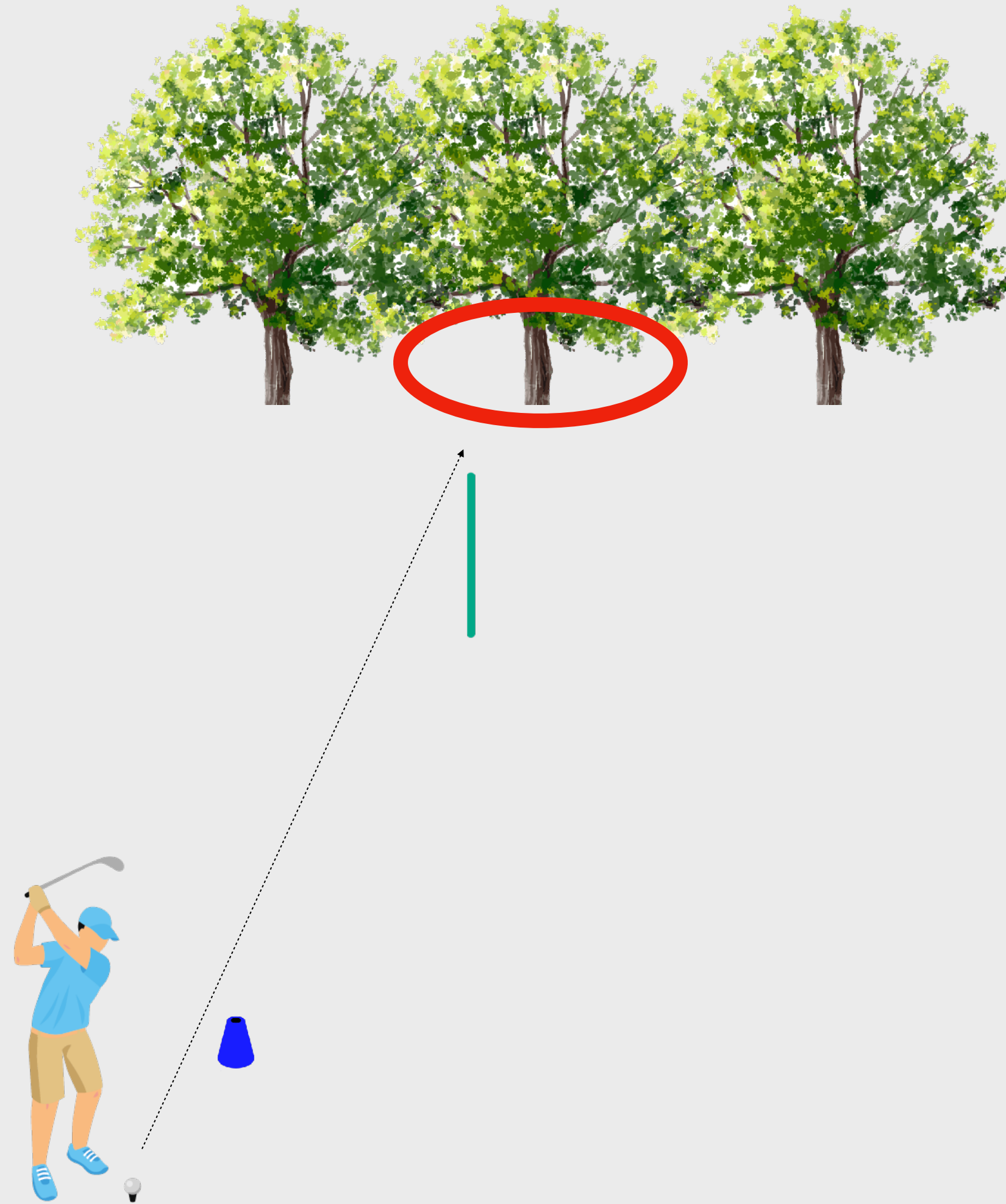
- Students should place an alignment stick on the ball to target approximately 5-10 yards ahead of where the ball is tee'd
- The student will then have a better perspective of what a straight line is from their address position
- The student then place an alignment stick either side of the ball at a 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



# Target Trio



## Equipment Needed

- Alignment Stick / Existing range targets
- Marker Cone
- Driver, Fairway Wood or Iron

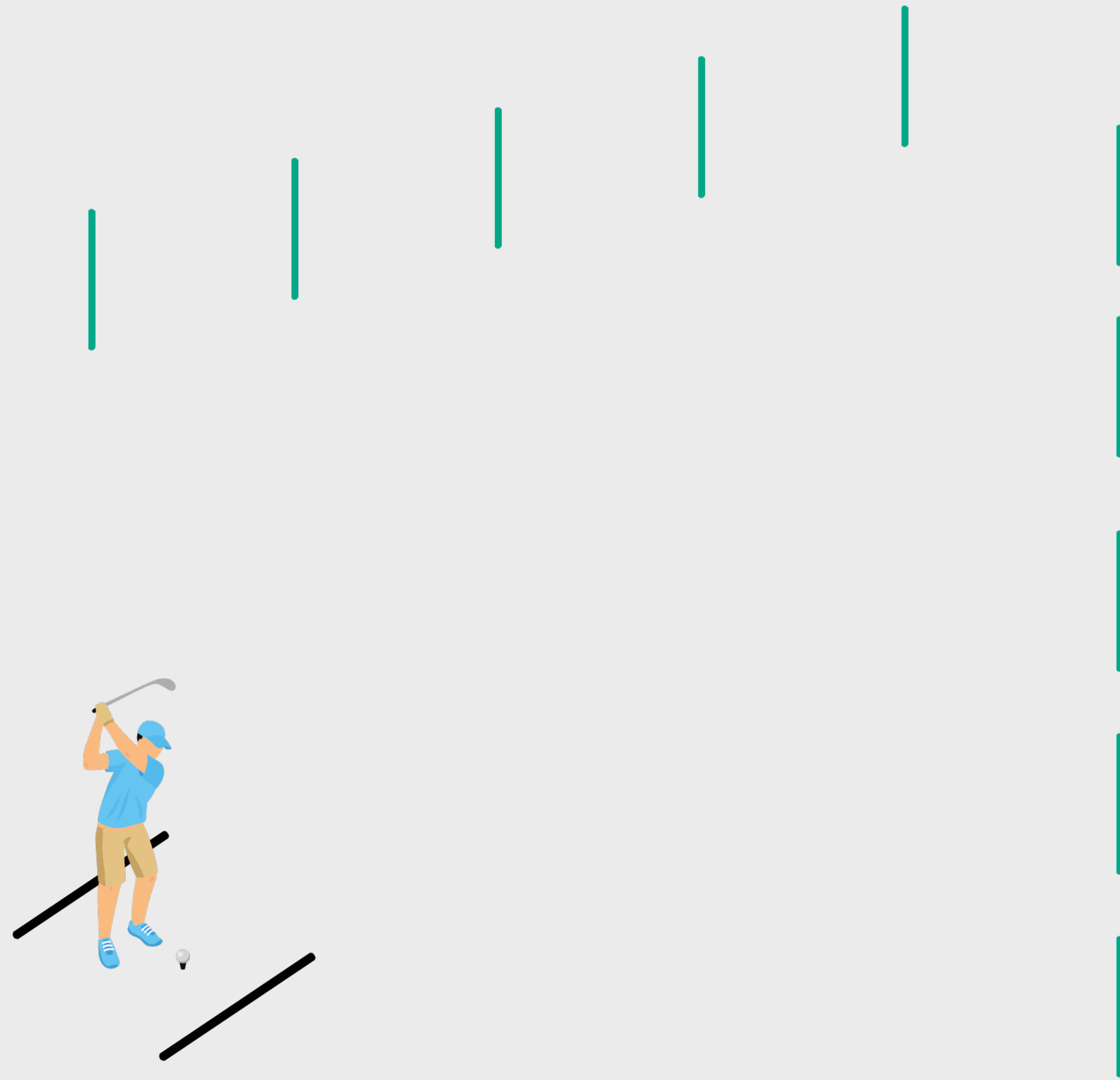
## How to Practice

- Set up an alignment stick to use as a reference for the pin in front of distant existing targets or alignment sticks
- To practice the correct aiming strategy the student before each shot should select a distant target in line with the alignment stick representing the pin
- Once they have selected a distant target they need to follow on with selecting an intermediate target by using a cone lined up with the distant target and placed around 2 feet in front of the student
- Once this is set up the focus for the student should be on aligning themselves and aiming at the intermediate target

## Technical Link

- The margin for error when setting up aim to a distant target is far higher than setting up to a target 2 feet away and that is why this aiming strategy can help students hit more fairways
- Understanding this means students will practice the correct aiming strategy on the course and this technique can be used for all shots

# Shrinking Fairway



## Equipment Needed

- Driver, Fairway Wood or Iron
- Tees
- 10 x Alignment sticks or existing range targets

## How to Practice

- Set up alignment sticks on the driving range to represent different sized fairways or use existing targets on the range of varying widths
- The aim is to hit consecutive shots through the fairway markers and aim for a smaller width fairway each time
- Students must hit a shot through all five sets of fairway markers in a row, starting with the widest markers first
- For this activity they must start with an iron and progress up to completing it with a driver

## Technical Link

- This activity will focus the student purely on accuracy of their shots and should encourage them to utilise all they know about direction control to win the game
- Aim strategy, alignment, swing path and club face control should all be tested during the activity

# Going for it in 2!

## Equipment Needed

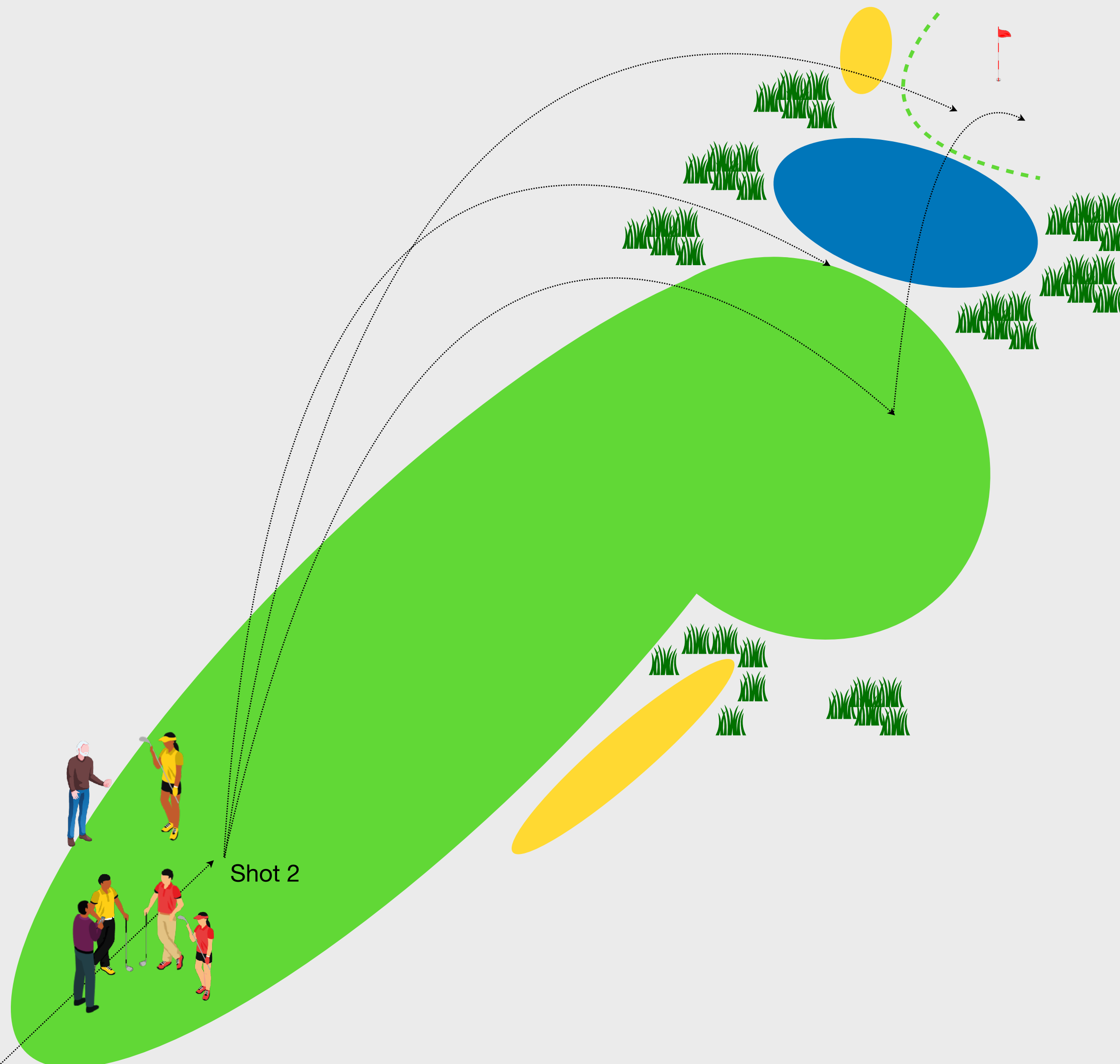
- Driver, Fairway Wood or Iron

## How to Play

- On the driving range using range based technology or on the golf course, find a shot of suitable length that is on the limit for a hybrid or fairway wood second shot to a par 5
- Ask the students to individually explain their shot selection for the approach shot ahead to their partner
- They must then play out the hole and on it's completion discuss how the strategy and shot selection played out

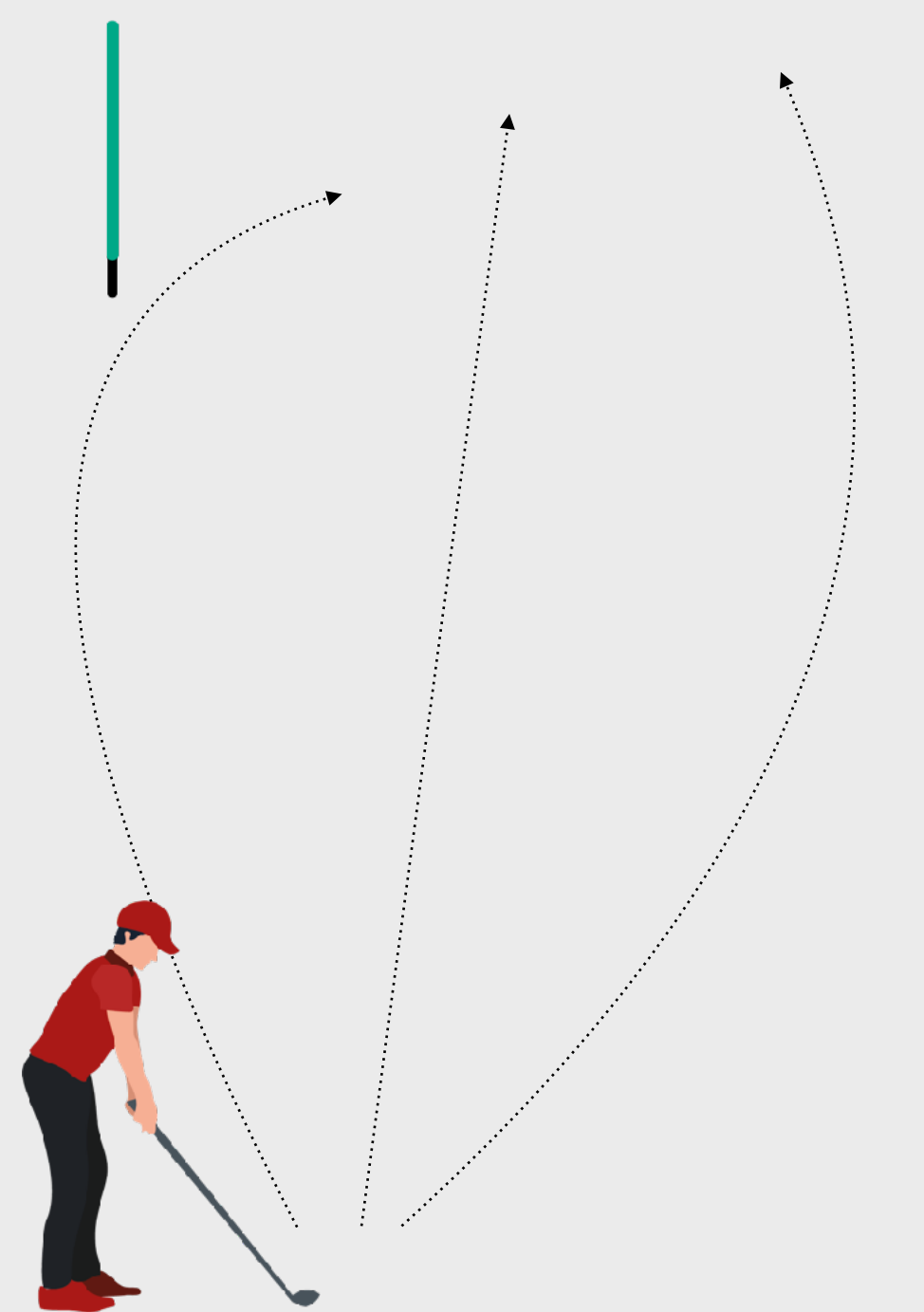
## Technical Link

- This activity will give the students an understanding of planning and execution of their 'Approach Shot' strategy and the positive or negative impact it has on their score



# Hit 9

Shot Type	Draw	Straight	Fade
Low	X		
Medium	X		
High			X



## Equipment you Need:

- Driver, Fairway Wood or Iron
- Marker Pen
- Whiteboard
- 2 x Alignment Sticks or existing targets on the range

## How to Play:

- Create the gates for a fairway using alignment sticks or existing range markers
- The challenge is to call a shot from the grid and hit that shot
- The ball must also pass through the gates for their chosen shot type from the grid
- Students are only allowed one attempt at each shot
- If they are successful hitting their chosen shot and the ball passes through the width of the gate then they can mark an X on the grid in the blank space for that shot
- The winner is the student who has the most marks on their grid after the 9 shots

## Technical Link

- This activity is an effective practice for testing the students shot shaping ability, but also highlight any weaknesses in their direction control

# Scoring Goal Challenges

## Iron

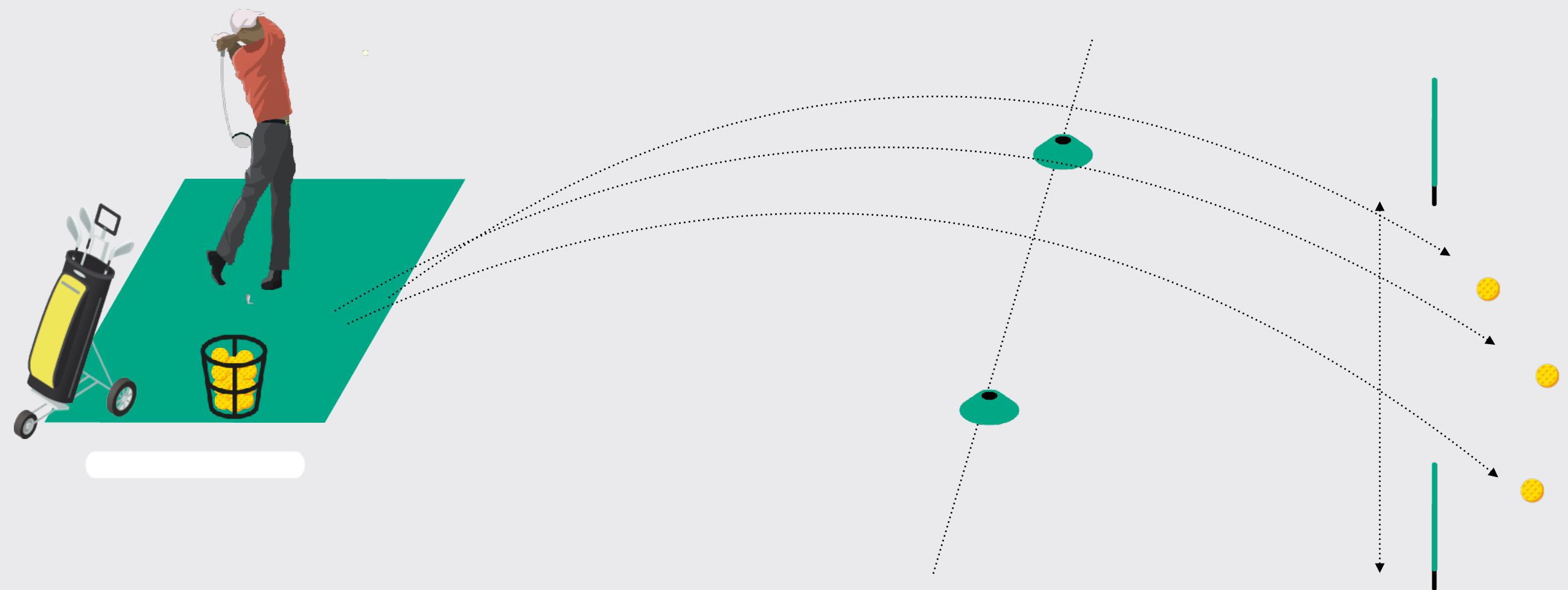


# Driver Challenge

**TRACKMAN**

Use the 'TOTAL', 'CARRY' and 'SIDE' features to provide accurate measurement

	Course Length	Break 100	Break 90	Break 85	Break 80	Break 75
Minimum Distance	< 4500 Yards	120	130	140	150	160
	4500 -5500 Yards	160	170	180	190	200
	5500 -6500 Yards	180	190	200	210	220
	> 6500 Yards	210	220	230	240	250



Minimum Distance Markers

30 Yard Wide Target Gate



## Attempting the Challenge



- Students should select the minimum distance based on their home club course length from the table opposite.
- Next, attempt to hit each shot to finish within the target gate and for each shot and note the total distance of each shot relative to the distance markers.
- Record the result of each attempt on the Challenge Scorecard.

## The Challenge

- Hit the number of required shots through the 30 yard wide target gate using a Driver. The student has a total of 10 attempts.

## What to do Next:

- On the GLF. Connect App, the student should mark the challenge as complete for scoring goal they complete to achieve their virtual reward.

<b>100</b>	<b>2/ 10 shots between a target gate</b>
<hr/>	
<b>90</b>	<b>4/ 10 shots between a target gate</b>
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<b>85</b>	<b>5/ 10 shots between a target gate</b>
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<b>80</b>	<b>6/ 10 shots between a target gate</b>
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<b>75</b>	<b>8/ 10 shots between a target gate</b>
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