

# Practice Club

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# Swing Long Approach Shots



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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 - Long Approach Shots

**Technical Focus:**  
Using Fairway, Hybrids and Long Irons  
for longer distance approach shots

**Scoring Goal Challenge:**  
Fairway Wood Challenge

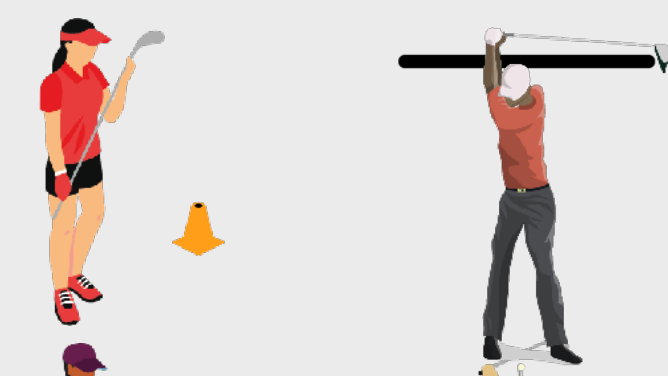
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# Layout and Setup

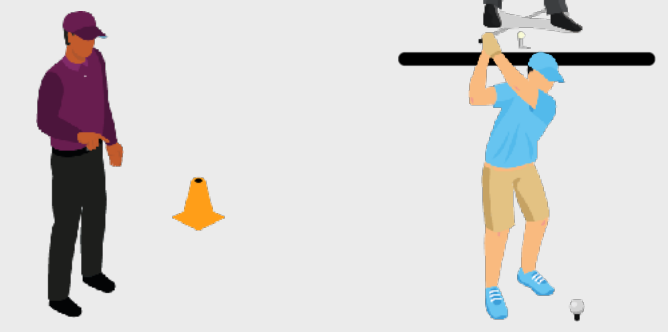


# Practice Club Class Layout and Setup

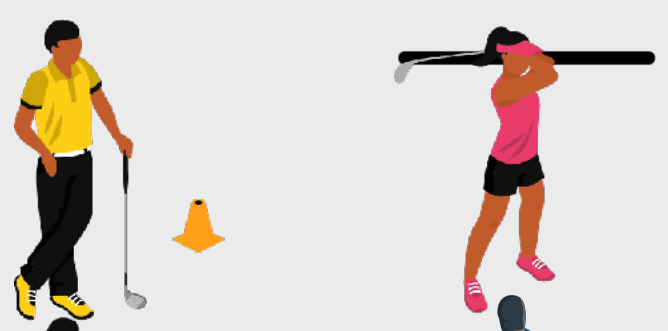
**Station 1:**  
Practice Station  
Fairway Wood Attack Angle



**Station 2:**  
Practice Station  
Yardage Finder



**Station 3:**  
Game Station  
Picture Perfect



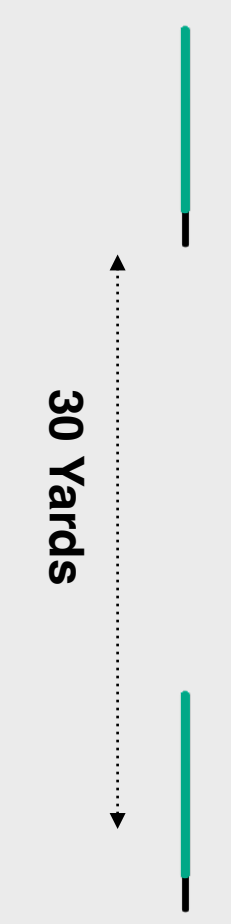
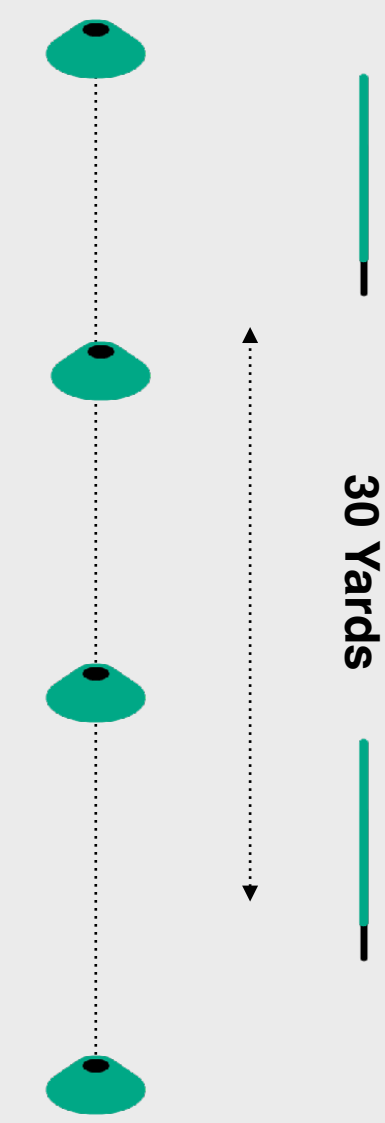
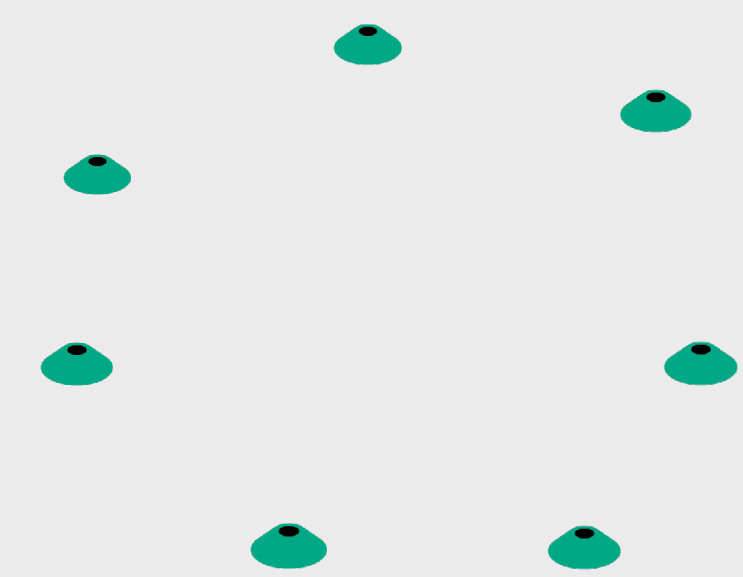
**Station 4:**  
Game Station  
Cluster Up



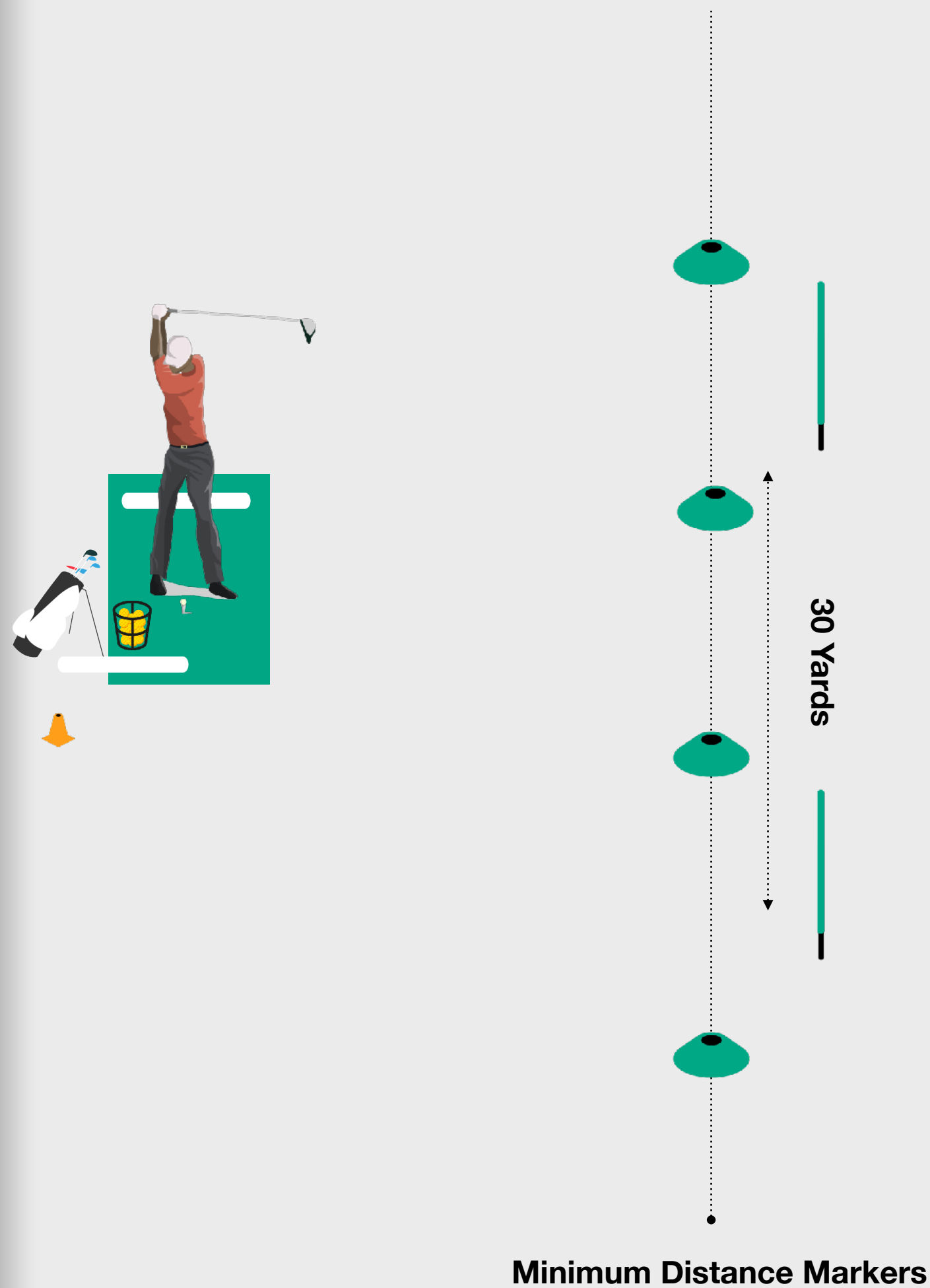
**Station 5:**  
Challenge Station  
Driving Challenge



**Station 6:**  
Free Practice

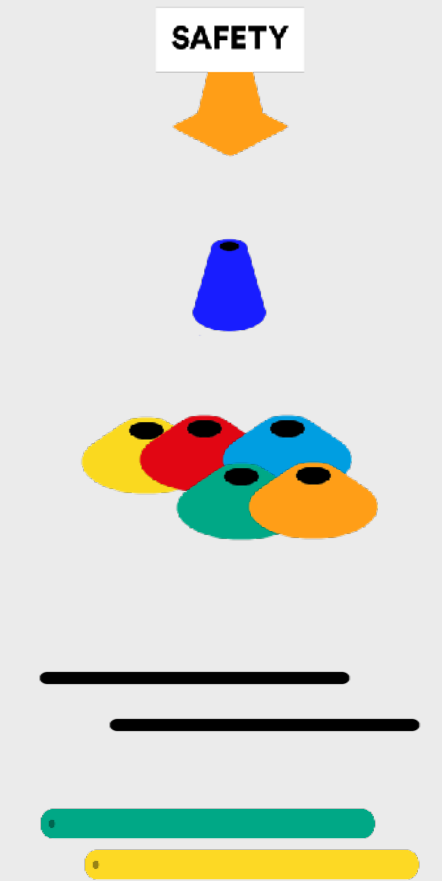


# Fairway Wood Challenge Setup



## 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

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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

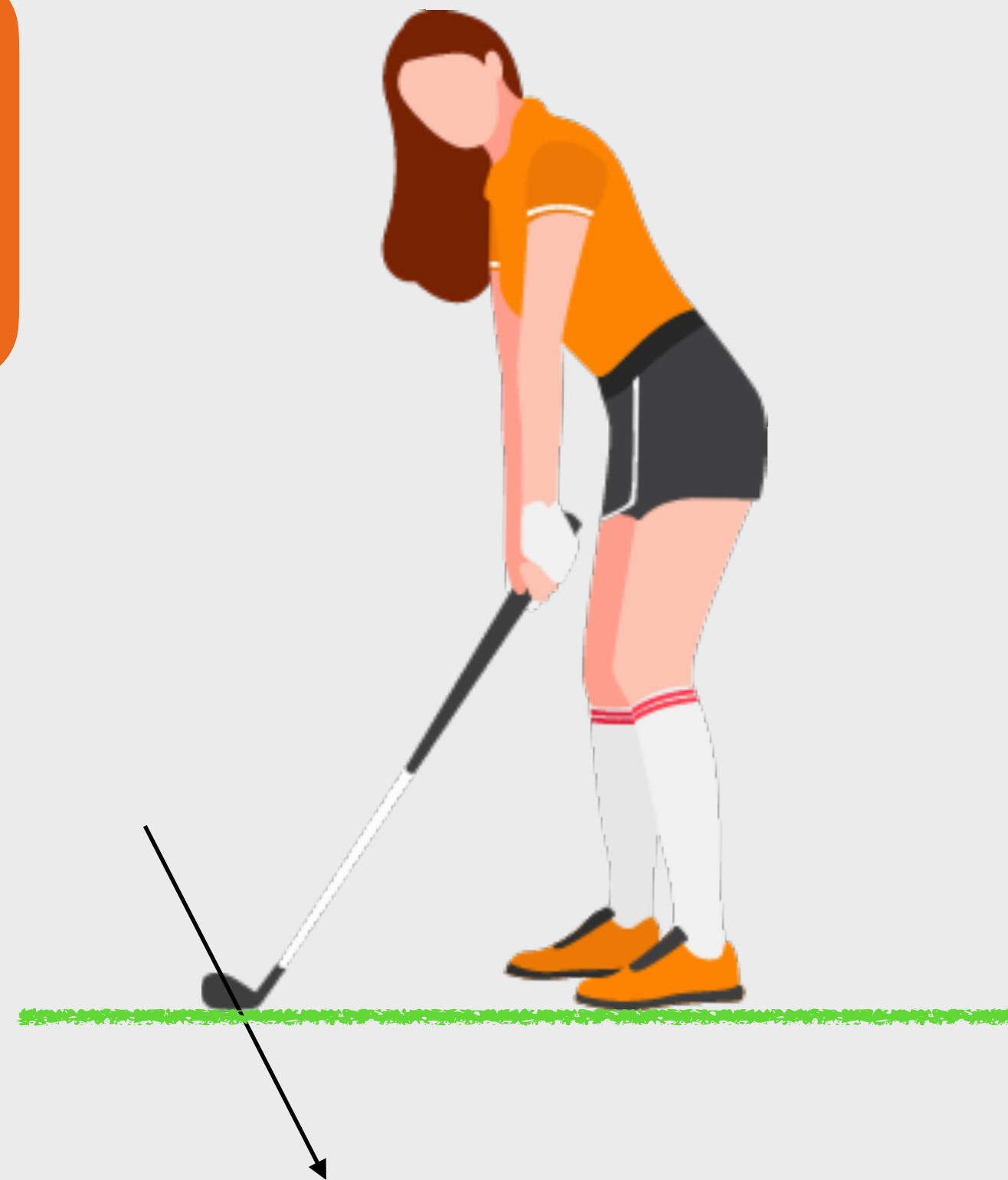
- This activity will help the student to understand how the direction of the club head through impact effects the trajectory of the ball



# Fairway Wood Attack Angle

## TRACKMAN

Use the 'ATTACK ANGLE', 'LAUNCH ANGLE' features to enhance the students experience and give some additional feedback.



## Equipment Needed

- Fairway Wood or Hybrid
- Launch Monitor (optional)

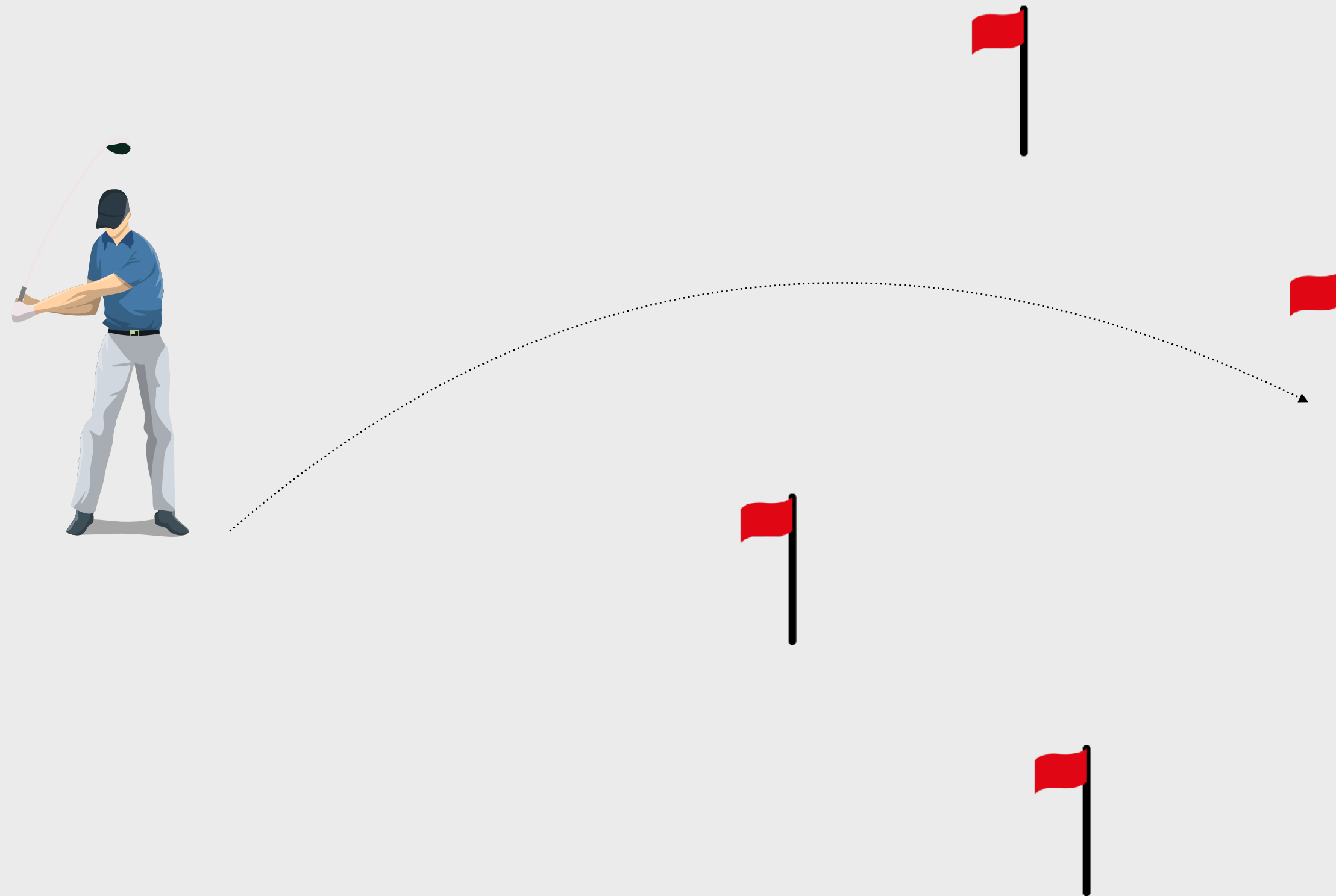
## How to Practice

- Introduce the best way to create an optimal launch angle for the fairway wood, include ball position and intention to hit the ball as the club is travelling down
- One posture tip could be to tilt the spine angle towards the target, to encourage the launch angle required to maximise distance
- If you have a launch monitor available measure the student's launch angle so they understand how they launch the ball and how they need to adjust to improve contact and distance

## Technical Link

- This activity will help the student to improve ball contact with the fairway wood or hybrid

# Yardage Finder



## Equipment Needed

- Fairway Wood or Hybrid
- Launch monitor or similar (optional)

## How to Practice

- Ask the student to get all of their Hybrids/ Fairway Woods out of their bag
- Using the launch monitor or similar distance measuring method hit shots with a full swing and record distances for each one
- Hit at least 10 shots to get an average
- Take shots from the ground as well as off the tee and look out for differences

## Technical Link

- Knowing your yardages is a critical element to making the right club selection decisions on the course
- This drill should give students an idea of not only their average distance for each Hybrid and Fairway Wood, but also the range of those distances, therefore they will know the result of a poor strike and a good strike

# Picture Perfect



## Equipment Needed

- Fairway Wood, Hybrid or Long Irons

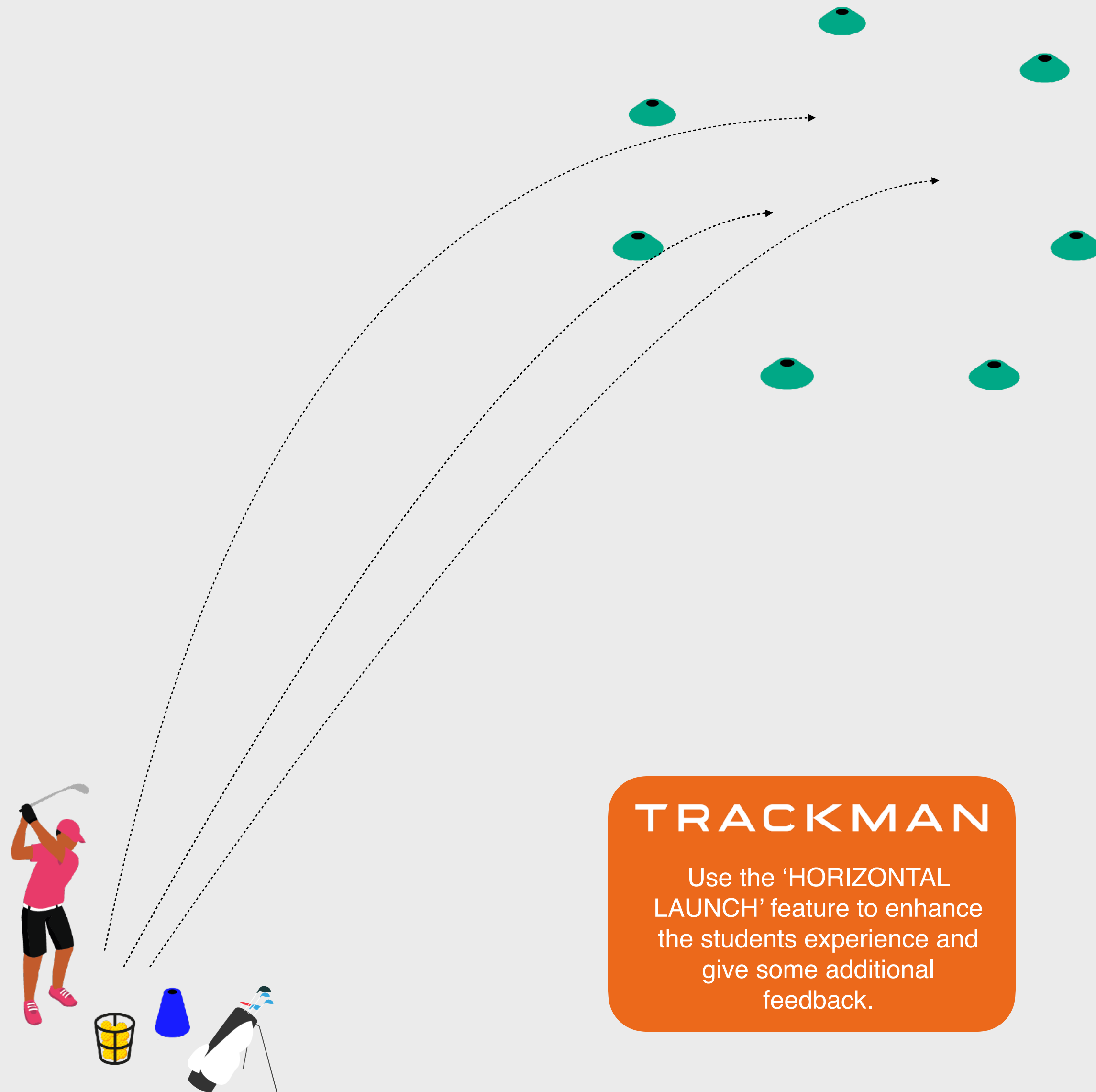
## How to Play

- Ask the student to picture the long approach shot they want to perform before/ during their setup
- They must then pick out a target on the range that resembles that target and attempt to play the shot
- If they are playing in a pair they must explain this shot to their partner before attempting it
- After the shot is taken ask them to review whether they performed the shot as intended and marked down if it was successful
- They should repeat this activity around 10 times choosing different targets each shot
- Keep a tally of each shot that lands/ finishes within the selected distance of a chosen target

## Technical Link

- Imagery is a powerful tool in golf for focusing the mind on the action it is about to perform, therefore the student should find it a useful tool they can implement into their pre-shot routine for improving consistency

# Cluster Up



## TRACKMAN

Use the 'HORIZONTAL LAUNCH' feature to enhance the students experience and give some additional feedback.

### Equipment Needed

- Fairway Wood, Hybrid or Long Irons
- 7 x Cones

### How to Play

- Set up a large green sized target on the range using cones around the distance of a fairway wood for the ability of the group
- The aim is for the student to land as many of their balls within that target area as possible
- They can have up to 20 attempts and should record the result of the shot after each one
- The student should try to keep their dispersion as tight as possible and at the end of the activity, work out the percentage of their shots that landed within the target zone
- The winner is the student with the highest percentage

### Technical Link

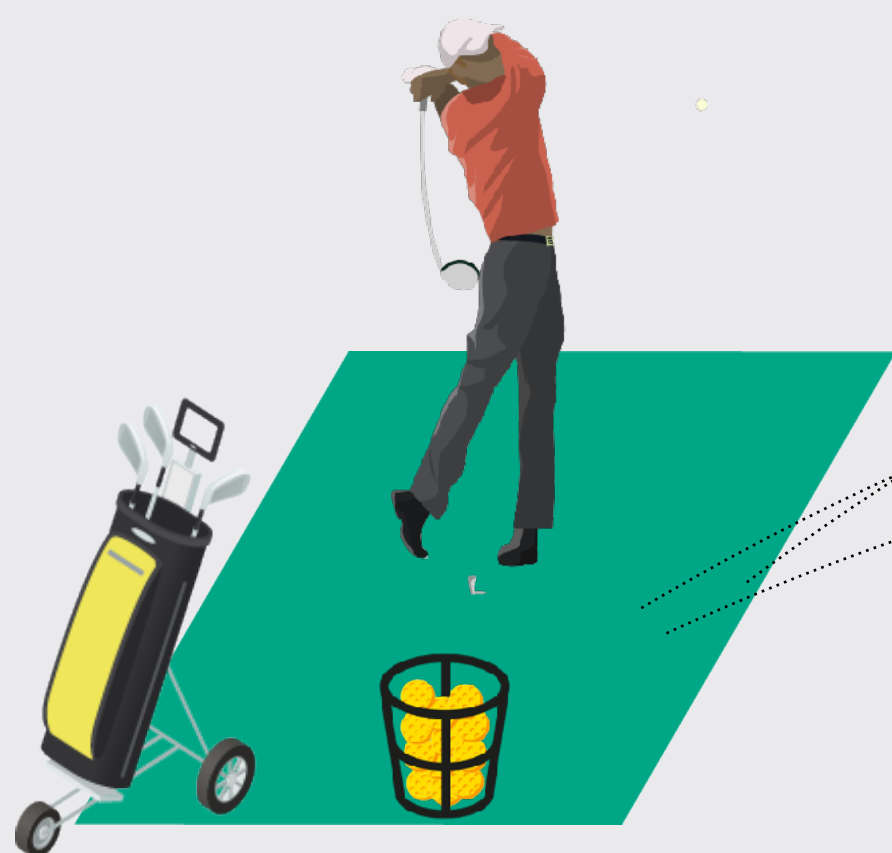
- This activity is a real test of accuracy and should identify and common faults in the students dispersion patterns
- Encourage students to still perform their pre-shot routine before each shot and best replicate how they would perform each shot on the course in order to keep practice focused

# Scoring Goal Challenges

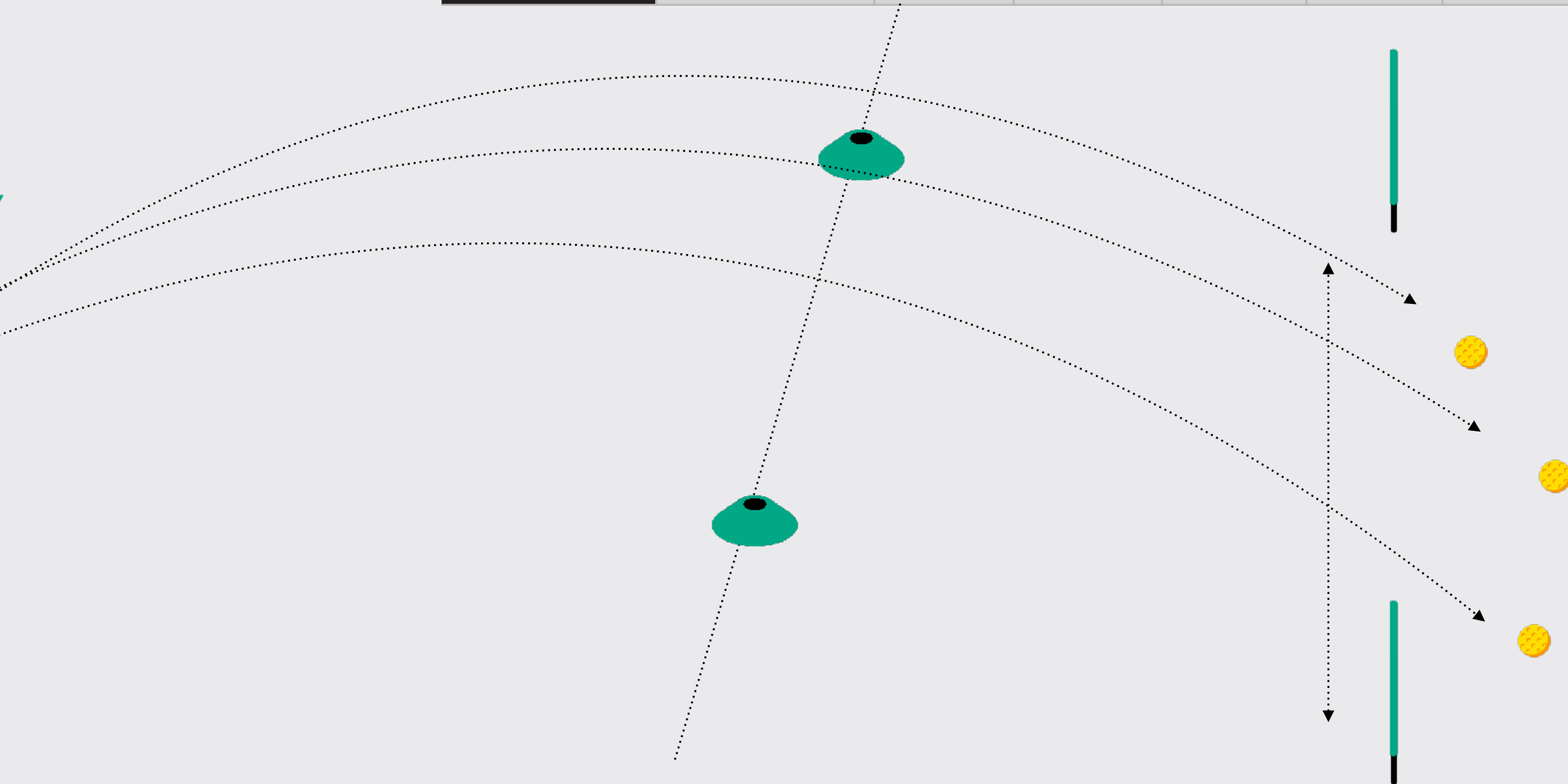
## Fairway Wood



# Fairway Wood Challenge



	Course Length	Break 100	Break 90	Break 85	Break 80	Break 75
Minimum Distance	< 4500 Yards	105	115	125	135	145
	4500 -5500 Yards	140	150	160	170	180
	5500 -6500 Yards	160	170	180	190	200
	> 6500 Yards	190	200	205	215	225



Minimum Distance Markers

30 Yard Wide Target Gate



## Attempting the Challenge



- Select the minimum distance based on your home club course length.
- Hit each shot to within the target gate and for each shot 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 Fairway Wood or Hybrid. You have a total of 10 attempts.

## What to do Next:

- On the GLF. Connect App, mark the challenge as complete for scoring goal you complete.



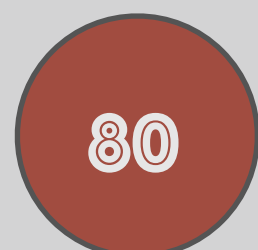
2/ 10 shots between a target gate



4/ 10 shots between a target gate



5/ 10 shots between a target gate



6/ 10 shots between a target gate



8/ 10 shots between a target gate