

Practice Club

Swing Short 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"> 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:
Swing - Short Approach Shots

Technical Focus:
Using Short Irons for approach shots to the green

Scoring Goal Challenge:
Iron Challenge

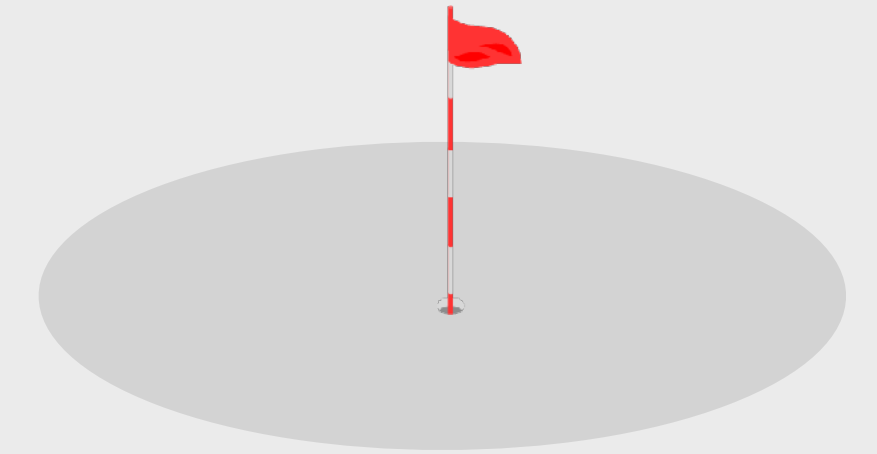
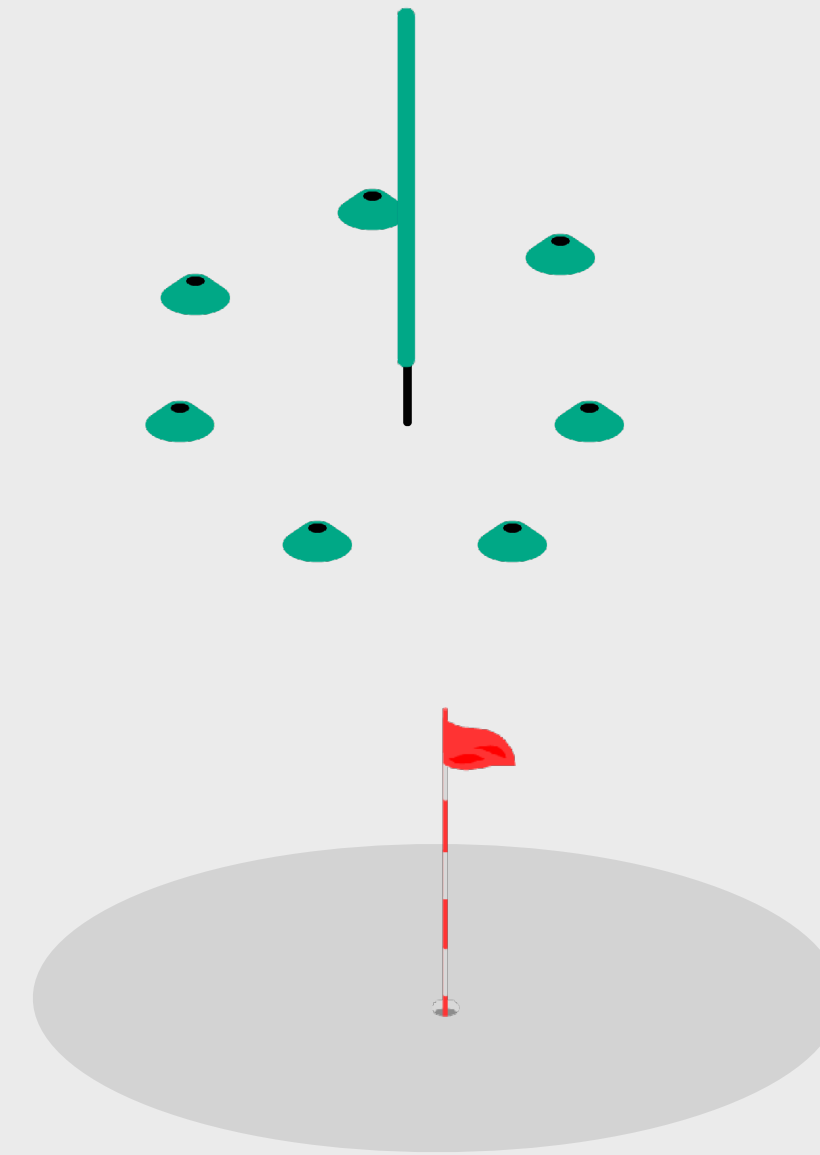
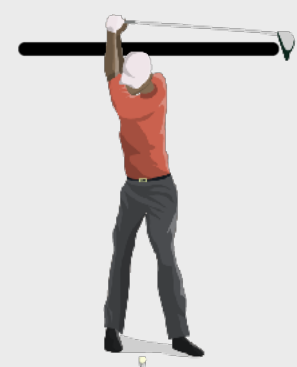
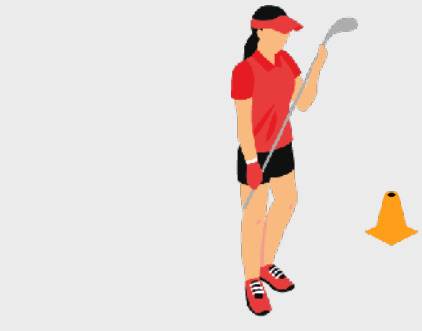
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5 mins	Final Thoughts Media on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the student's Student Connect area which may include notes, videos and documents Ask Students to update the GLF. Connect App if they have successfully 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

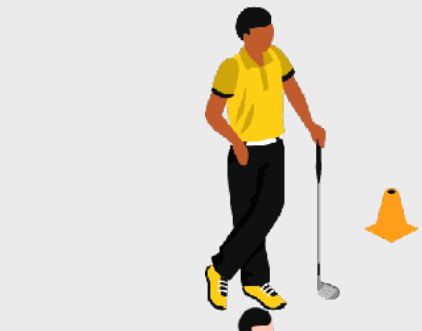
Station 1:
Practice Station
Flight it Up or Down



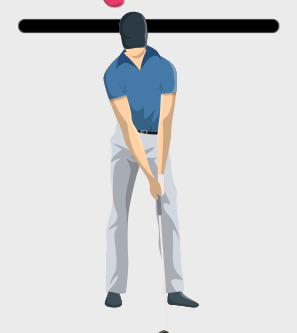
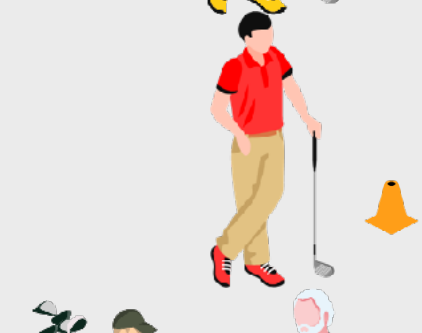
Station 2:
Practice Station
Shoulder Aim Check



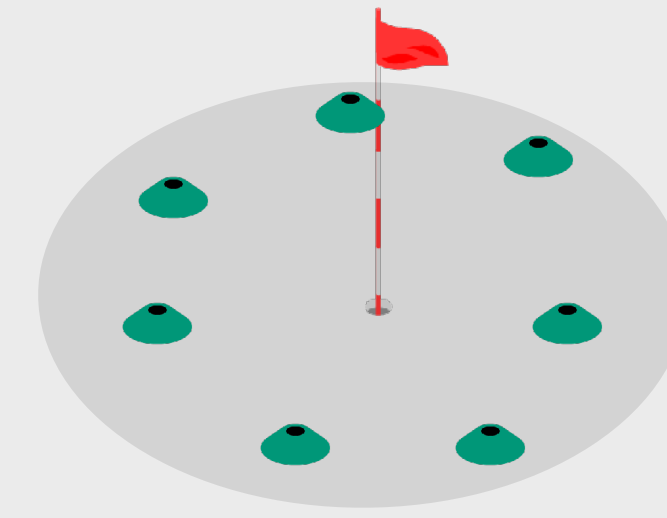
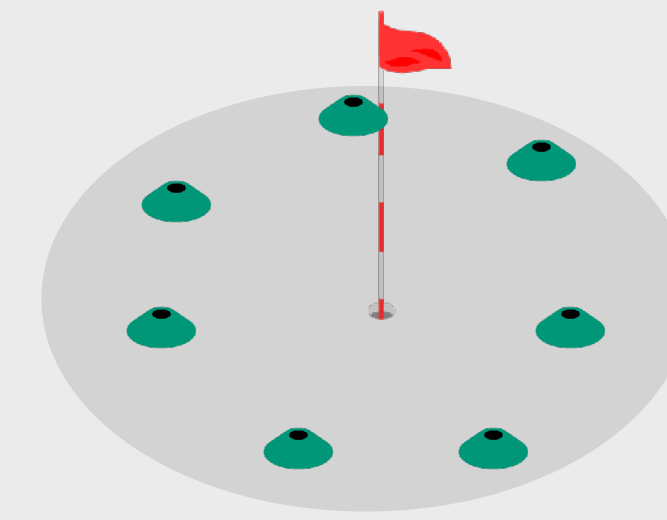
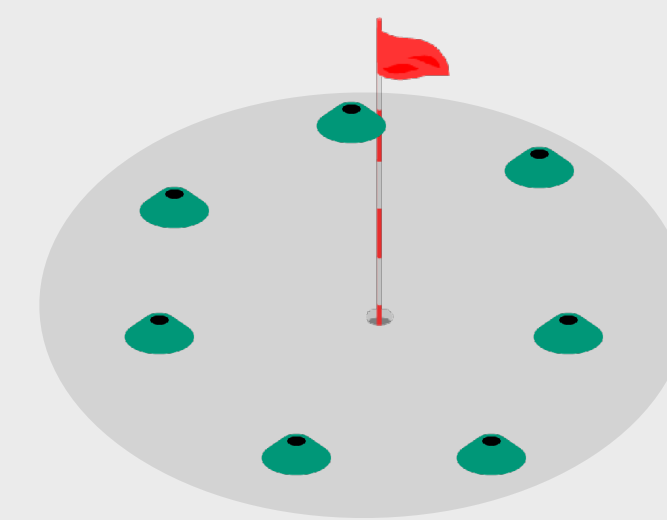
Station 3:
Game Station
Proximity Challenge



Station 4:
Game Station
G.O.L.F



Station 5:
Challenge Station
Driving Challenge



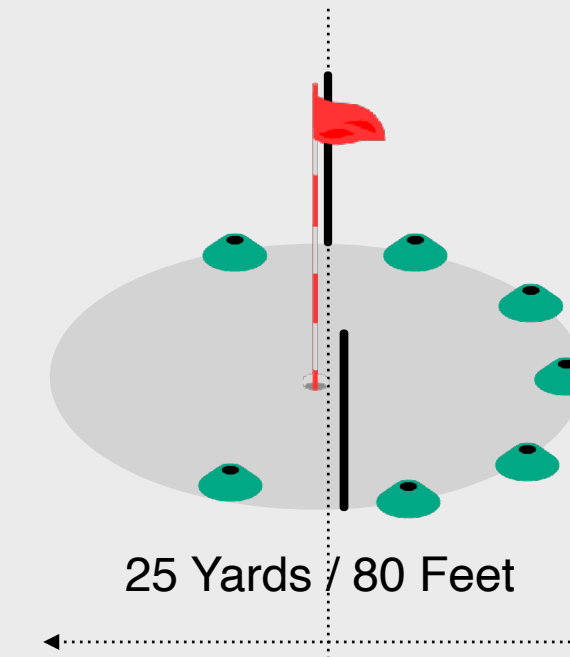
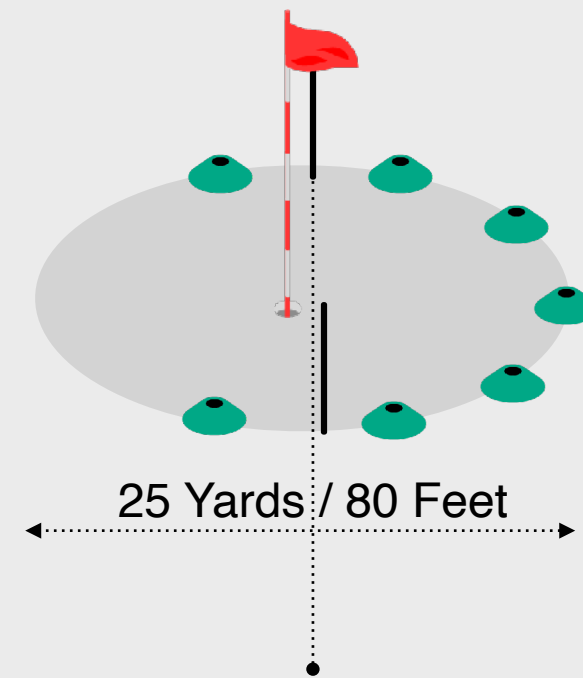
Station 6:
Free Practice



Iron Challenge Setup

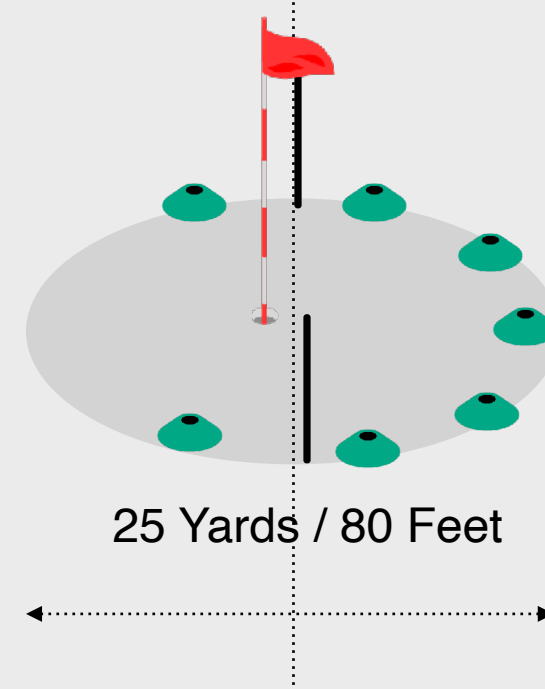
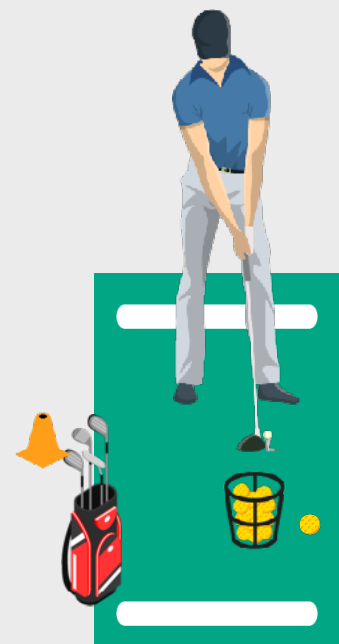
Middle Distance Green

- Under 4500 Yards> 70 - 100 Yards
- 4500 - 5500 Yards> 90 - 120 Yards
- 5500 - 6500 Yards> 100 - 130 Yards
- Over 6500 Yards> 110 - 140 Yards



Nearest Distance Green

- Under 4500 Yards> 50 - 70 Yards
- 4500 - 5500 Yards> 70 - 90 Yards
- 5500 - 6500 Yards> 80 - 100 Yards
- Over 6500 Yards> 90 - 110 Yards

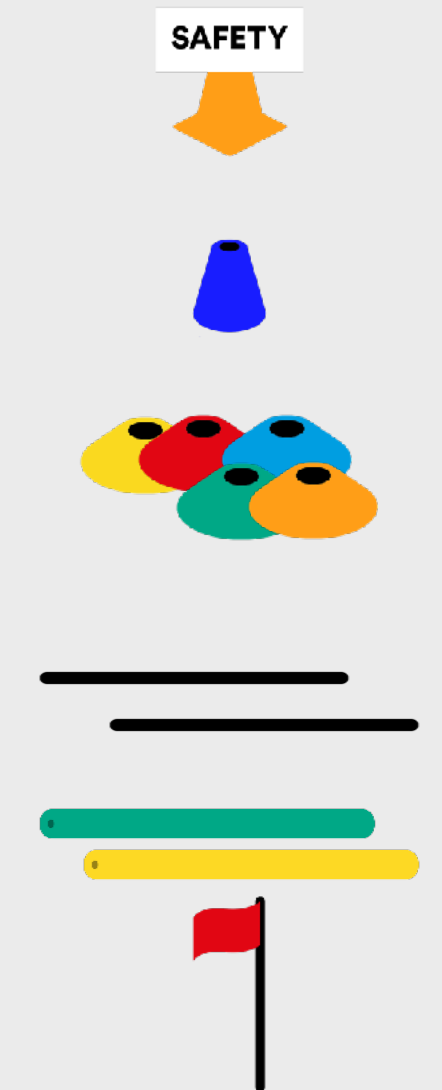


Furthest Distance Green

- Under 4500 Yards> 100 - 120 Yards
- 4500 - 5500 Yards> 120 - 150 Yards
- 5500 - 6500 Yards> 130 - 160 Yards
- Over 6500 Yards> 140 - 180 Yards

Equipment Needed

- Orange safety cone
- 1x Marker cones
- Colored Cones
- 9x Alignment Sticks
- 12x Foam Noodles
- 3x Flagstick



Setting out the Challenge

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Colored cones to mark out the three target greens
- Foam Noodles placed onto the alignment sticks used to mark the target widths
- Set out all the markers to enable every player to attempt their challenge for their scoring goal.
- Flag to be used as marker for middle of the target green (optional)



Practice Stations and Game Cards

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Practice Club Swing - Tee Shots

Down the Tunnel

Equipment Needed

- Tees
- Driver
- Alignment Sticks

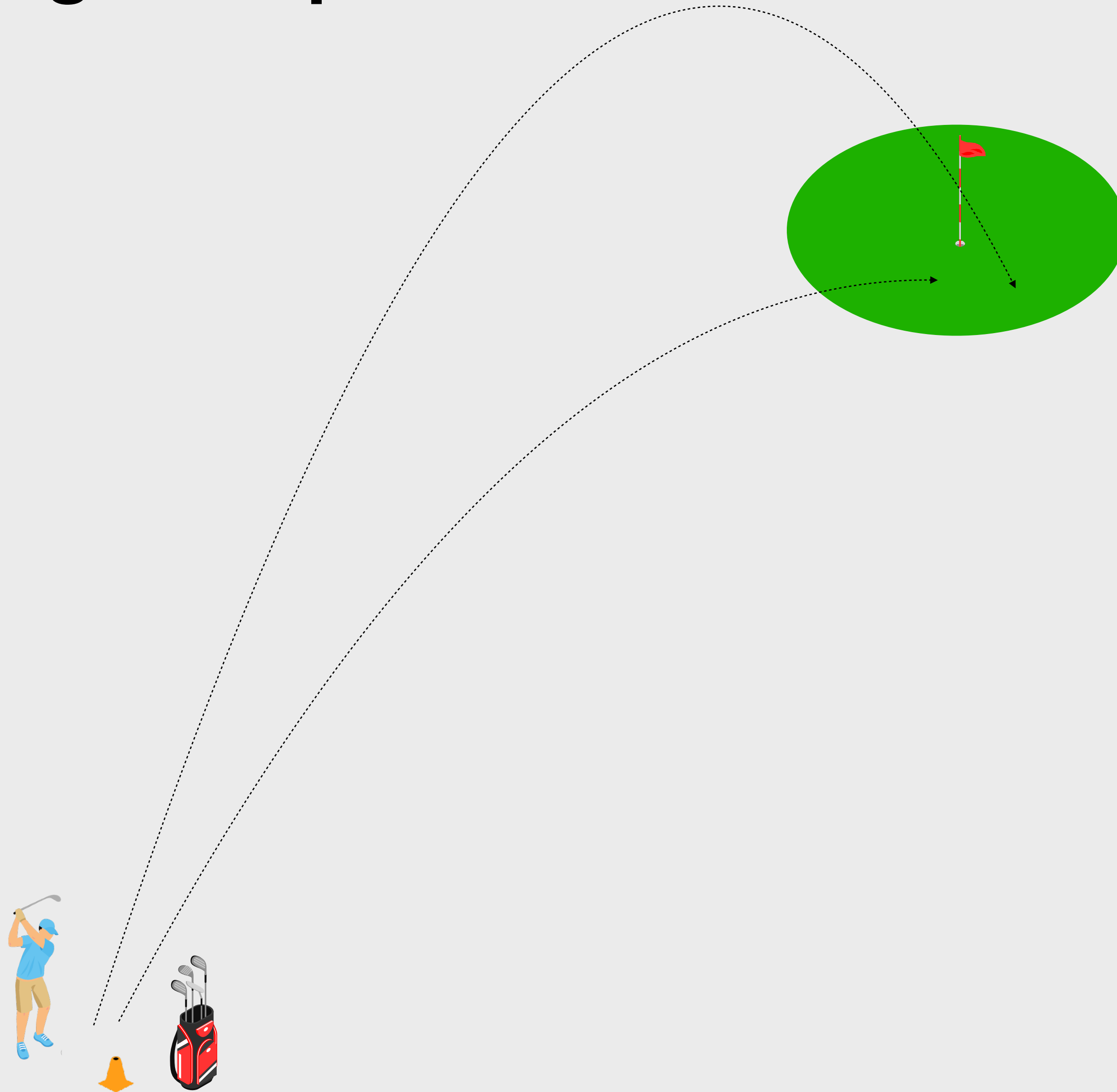
How to Practice

- 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

Flight it Up or Down



Equipment Needed

- Iron

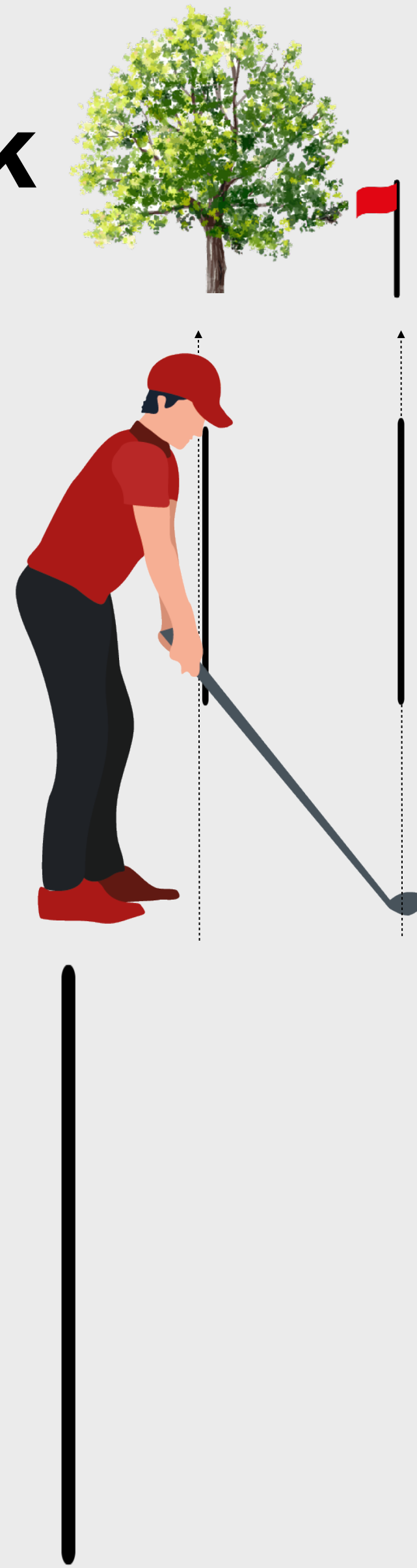
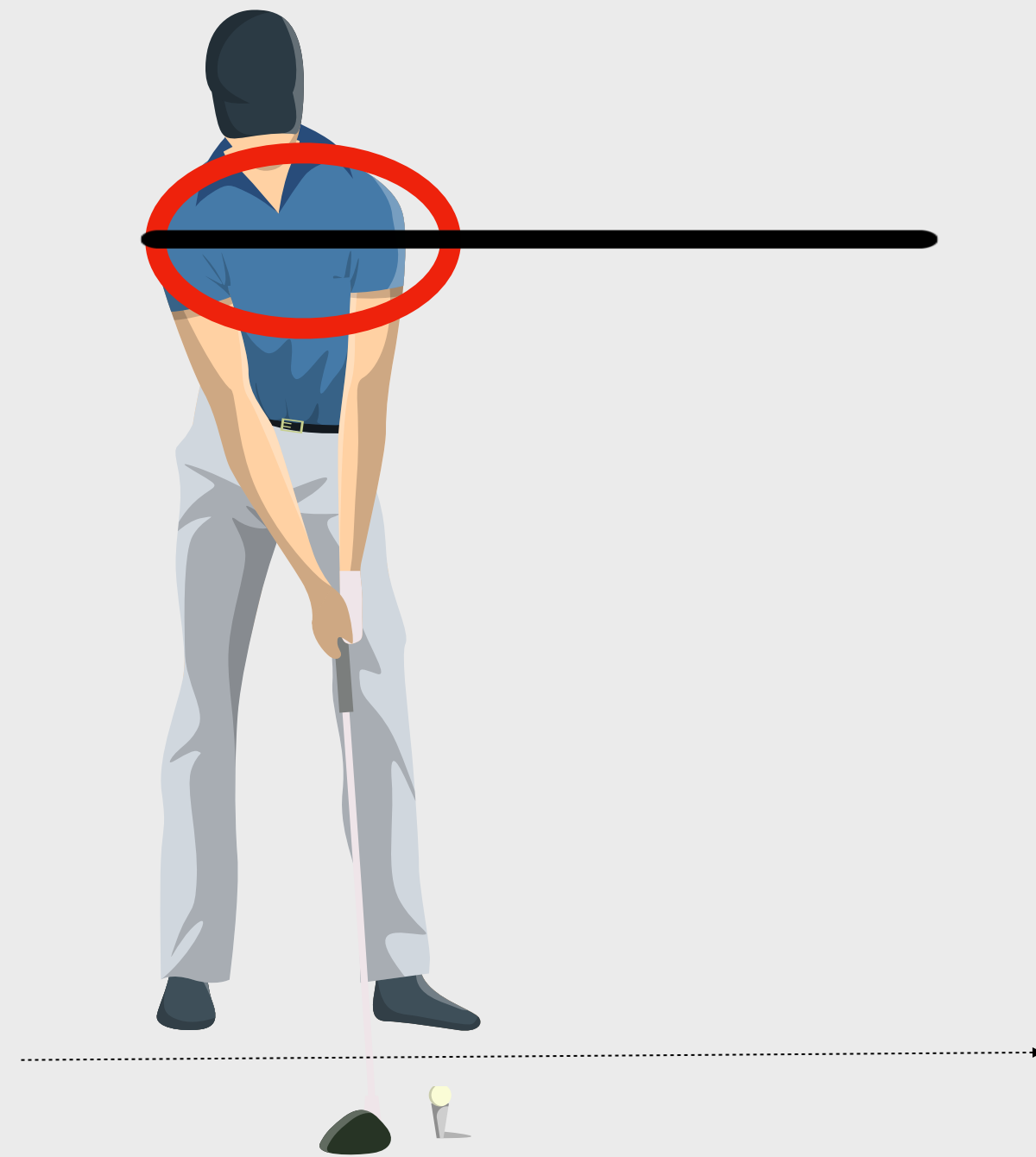
How to Practice

- Ask the students to hit to a target on a driving range or a Green on the course
- The student is to adjust their technique to flight the ball higher than they normally would
- Discuss with a student how to change their technique in order to increase or decrease the initial trajectory and overall height of shot
- They should aim to flight the ball high and low alternatively

Technical Link

- Encourages the student to be able to hit a high or low shot on demand
- This can be useful on the golf course when adjusting to conditions or trying to access a flag, which is guarded by a bunker or a hazard

Shoulder Aim Check



Equipment Needed

- Iron
- Alignment Sticks

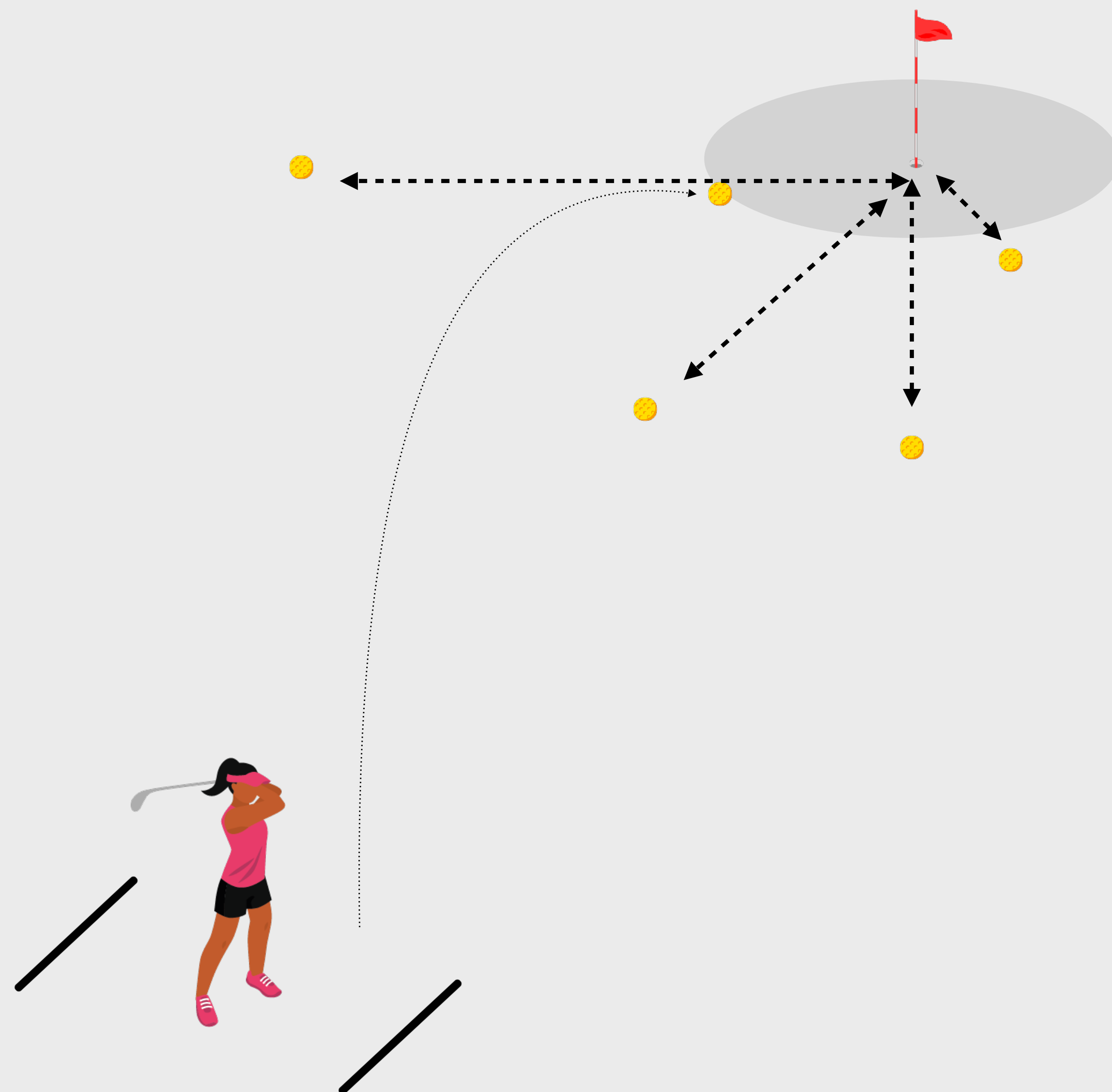
How to Practice

- The student should place an alignment stick in the ground 5-10 yards in front of the ball on their ball to target line
- The student then places another alignment stick on the inside of the alignment stick parallel to it and the approximate distance away that they stand from the ball at address
- The student should then get into their setup and place an alignment stick across their shoulder line
- The focus should be on getting the alignment stick to point towards the alignment stick on the ground and inside of the ball to target line
- Once they achieve this, they should pick the point adjacent to the target where the stick 'feels' like it is pointing towards
- The student should repeat this exercise until they can build an effectively strategy so they can align their body correctly

Technical Link

- This drill will help the student to understand correct body alignment and how the body 'may feel like it is aiming significantly left or right of the target when it is actually aligned correctly

Proximity Challenge



Equipment Needed

- Iron
- Pencil and Paper

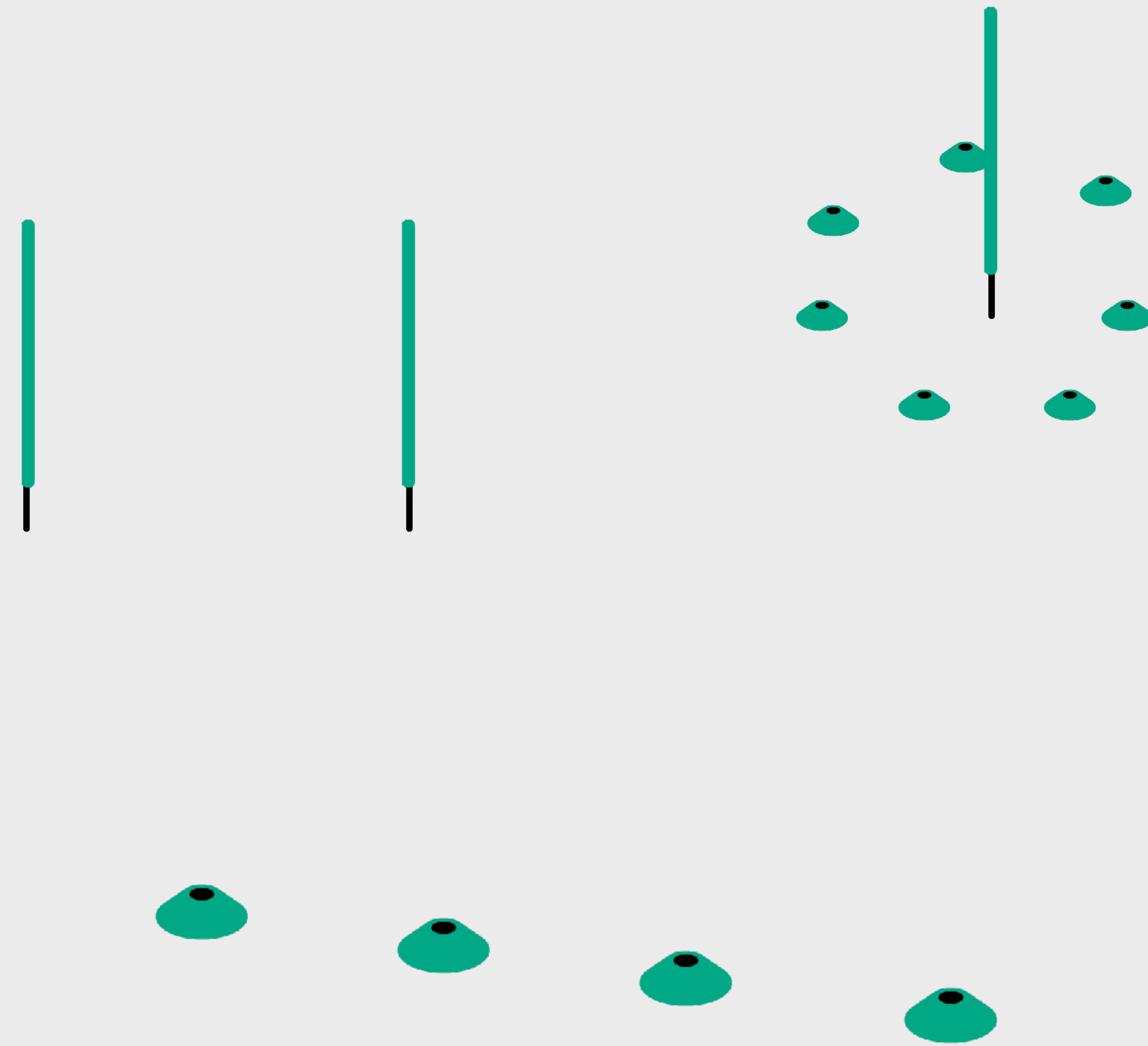
How to Play

- Ask the students to pick a target on the driving range at around the same distance as their average drive
- The student hits 10 shots towards this target with the intention of getting as close as possible
- After each shot they should note down roughly how many yards away the ball finished from this target
- At the end of the shots, the students average out how far away the 10 shots were from their chosen target

Technical Link

- Builds awareness for the students about how accurate they can be when aiming at a specific point and this can guide the types of shots they attempt on the course
- This activity can be used to educate the students on their accuracy statistically and they can look to improve on this average proximity in future practice and compare data

G.O.L.F.



Equipment Needed

- Cones
- Alignment Sticks and Foam Noodles
- Iron

How to Play

- Set up a number of targets on the driving range, at an appropriate distance for your students to aim at
- The students should take it in turns to choose and aim for a particular target, if they manage to get closer to their intended target than their partner they achieve a “G”
- The game continues until a student has completed the word “GOLF”

Technical Link

- This activity simulates the type of shot scenarios students will be faced with on the course and playing with a partner will simulate the course pressure

Scoring Goal Challenges

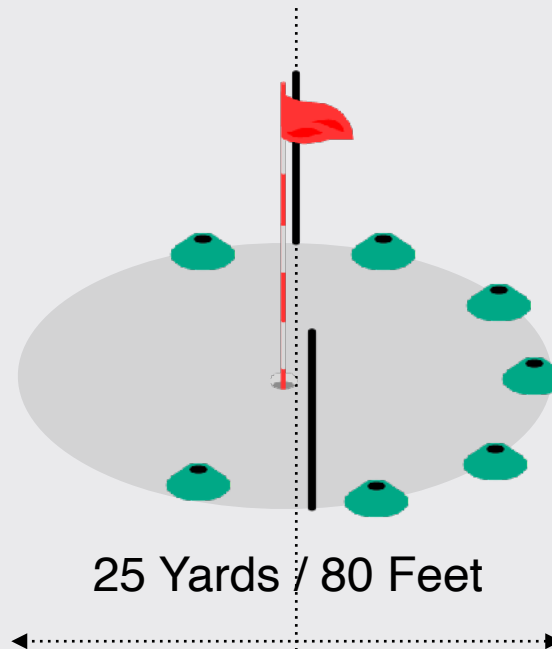
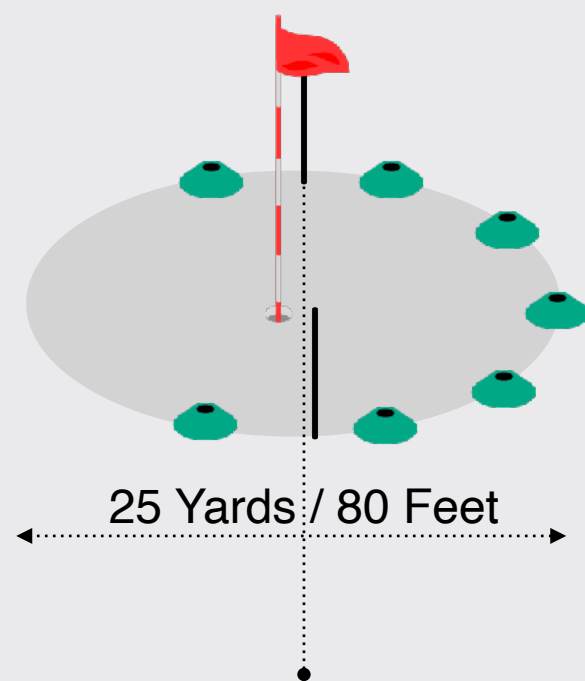
Iron



Iron Challenge

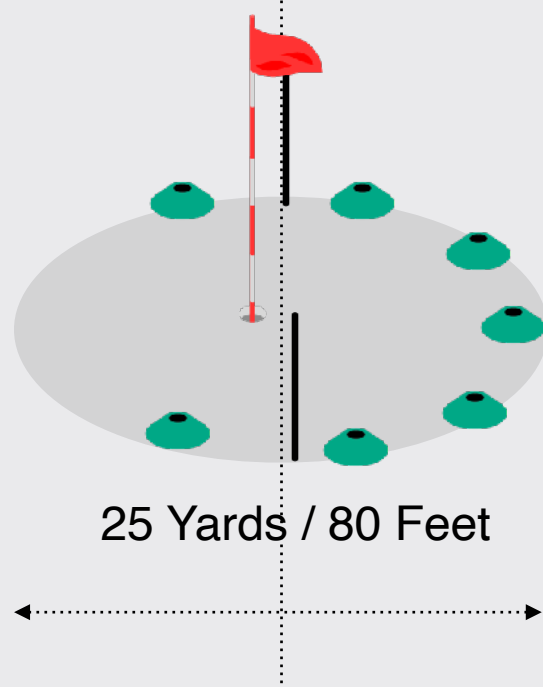
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Attempting the Challenge



- Select the three target distances based on your home club course length.
- Hit five shots to each target distance and for each shot note whether the ball landed within the target green.
- Record the result of each attempt on the Challenge Scorecard.

The Challenge

- Hit five shots to each target distance using whatever Iron/Hybrid you require to reach the given distance. You have a total of 5 attempts for each distance.

What to do Next:

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



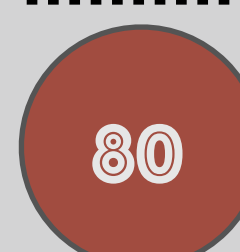
1/ 5 shots land on the nearest target green
1/ 5 shots land on the middle target green
2/ 5 shots land on the further target green



1/ 5 shots land on the nearest target green
2/ 5 shots land on the middle target green
3/ 5 shots land on the further target green



2/ 5 shots land on the nearest target green
3/ 5 shots land on the middle target green
4/ 5 shots land on the further target green



3/ 5 shots land on the nearest target green
3/ 5 shots land on the middle target green
4/ 5 shots land on the further target green



3/ 5 shots land on the nearest target green
4/ 5 shots land on the middle target green
5/ 5 shots land on the further target green

