

Practice Club Swing - Stock Yardages

Practice Club

Swing Stock Yardages



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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

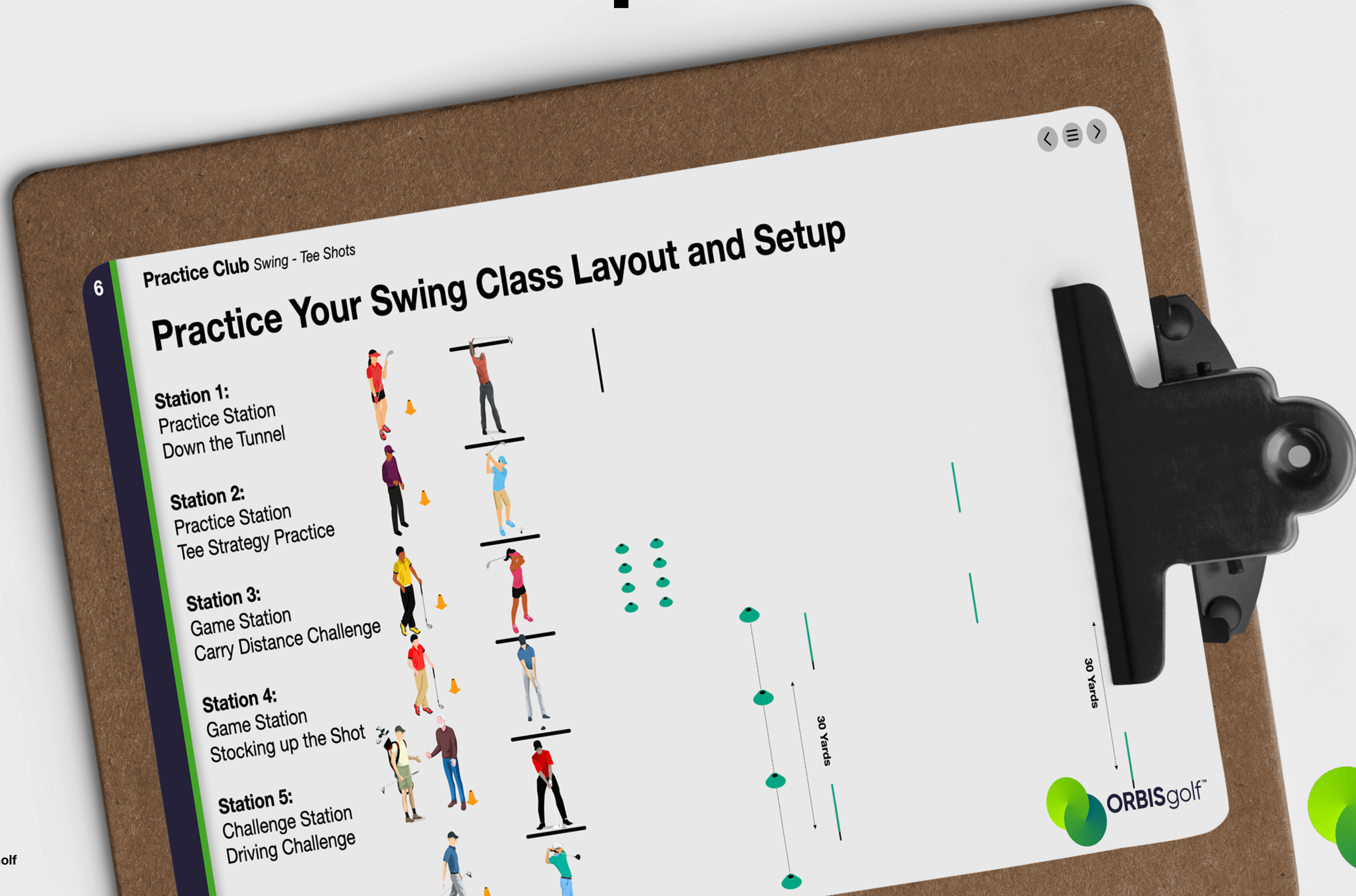
Skill Focus:
Swing - Stock Yardages

Technical Focus:
Distance Tracking and Control

Scoring Goal Challenge:
Driver Challenge
Fairway Wood Challenge
Iron Challenge

Time	Focus	Class Content	Games / Drills / Resource
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 Station Briefly explain how to attempt the Scoring Goal Challenge and let the group decide the scoring challenge 	
45 mins	Practice Station Scoring Goal Challenge	<ul style="list-style-type: none"> Students time to find their stock yardages and attempt the chosen Scoring Goal Challenge Opportunity to provide private coaching at Practice Stations Stations to be attempted individually 	<ul style="list-style-type: none"> Stock Yardages Driver Challenge Fairway Challenge Iron Challenge
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
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

Layout and Setup

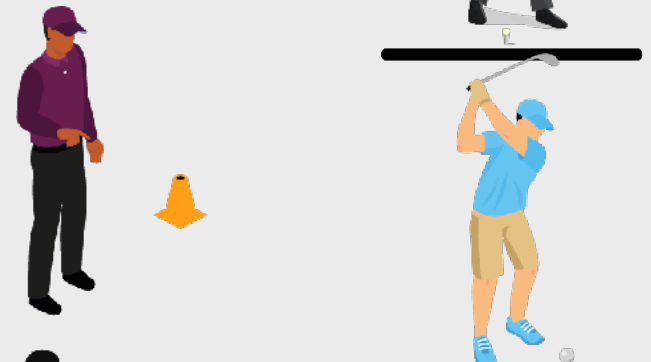


Practice Club Class Layout and Setup

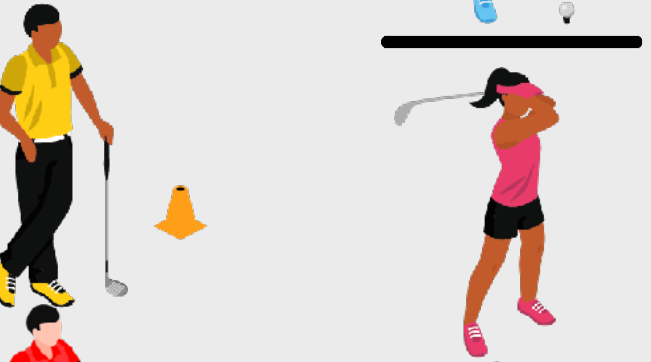
Station 1:
Practice Station
Stock Yardages



Station 2:
Practice Station
Stock Yardages



Station 3:
Practice Station
Stock Yardages



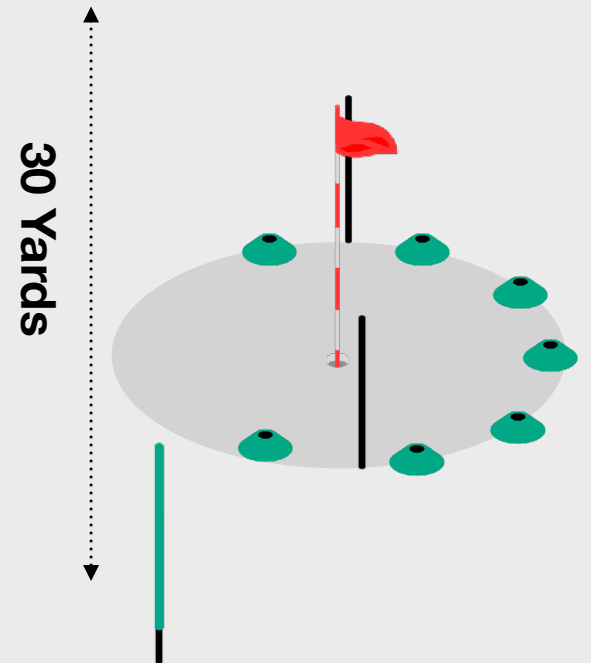
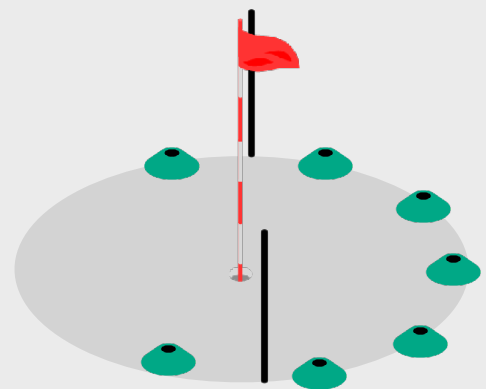
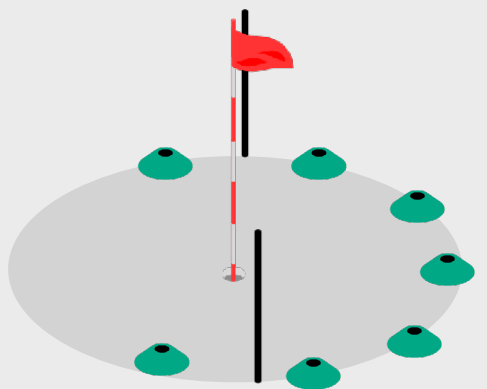
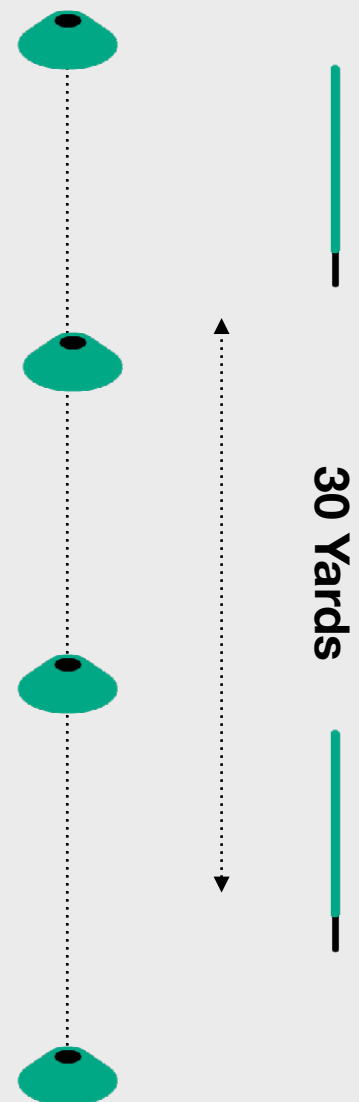
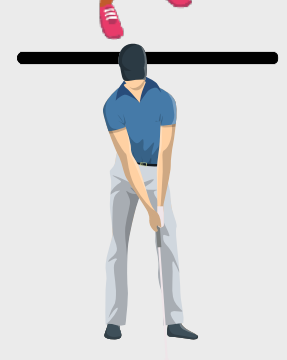
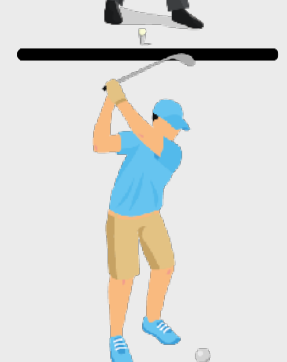
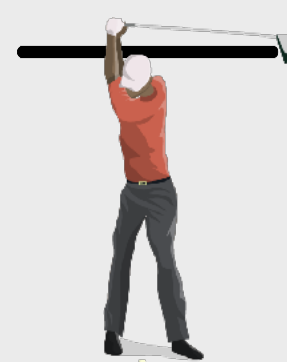
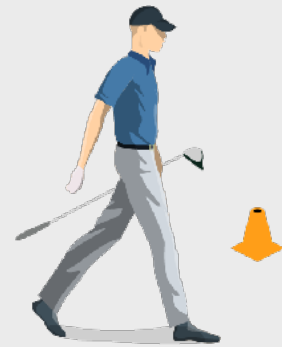
Station 4:
Practice Station
Stock Yardages



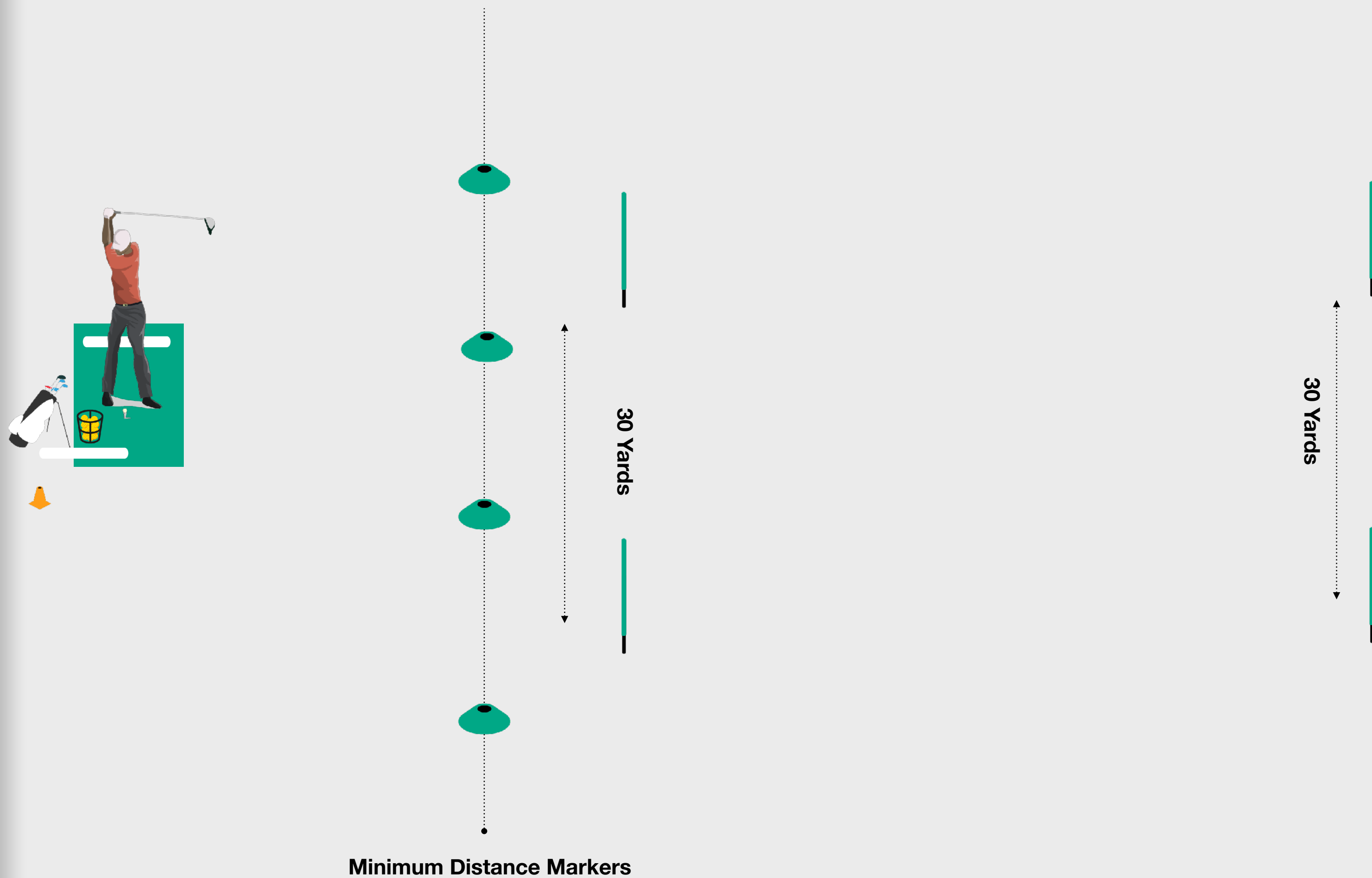
Station 5:
Challenge Station
Swing Challenge



Station 6:
Free Practice

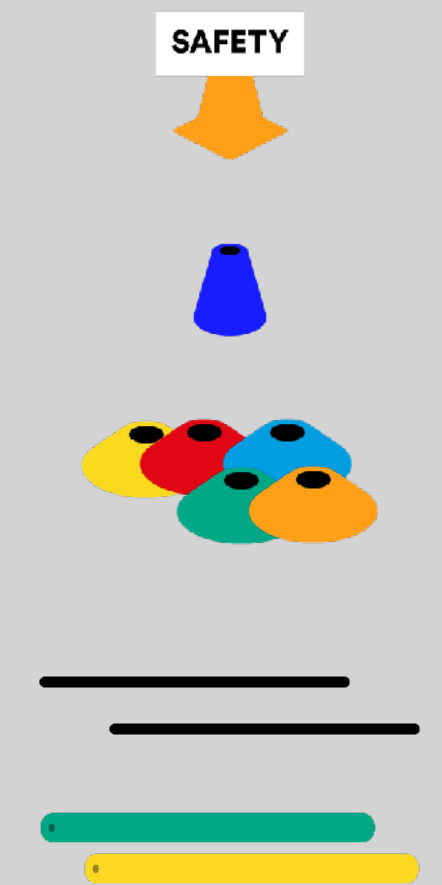


Driver Challenge Setup



Equipment Needed

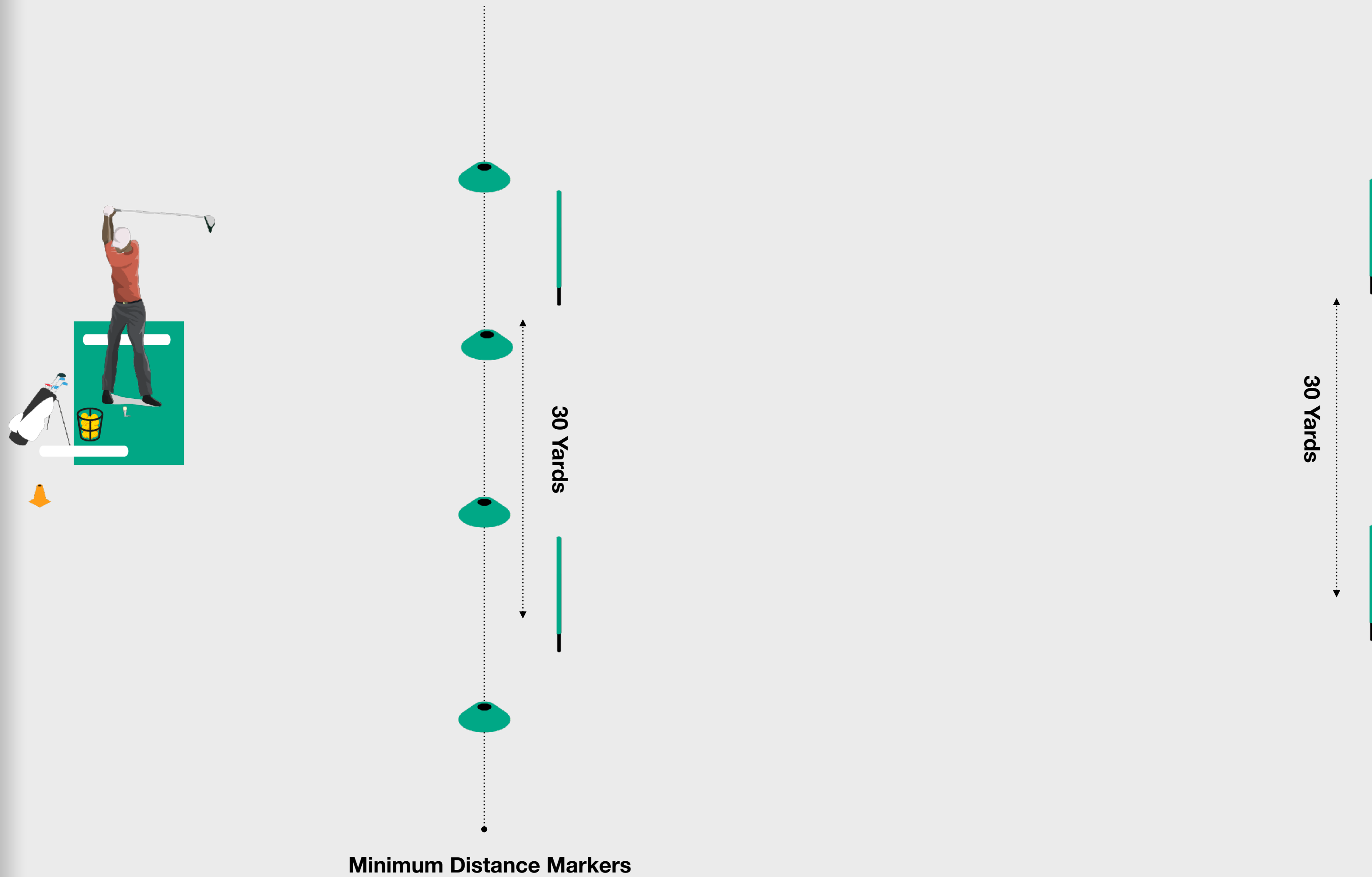
- Orange safety cone
- 1x Marker cones
- Colored Cones
- 4x Alignment Sticks
- 4x Foam Noodles



Setting out the Challenge

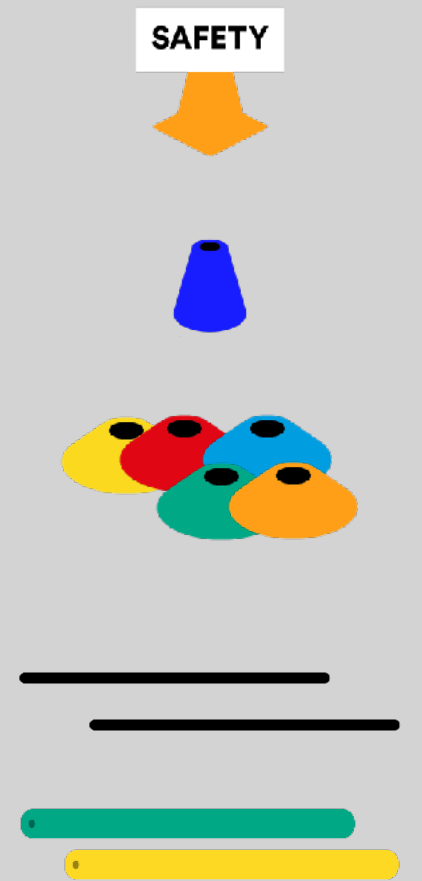
- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Use the cones to mark out the carry distance lines or use features on the outfield
- Alignment sticks with foam noodles should be used to measure the gate 30 yards wide
- Set out all the markers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

Fairway Wood Challenge Setup



Equipment Needed

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



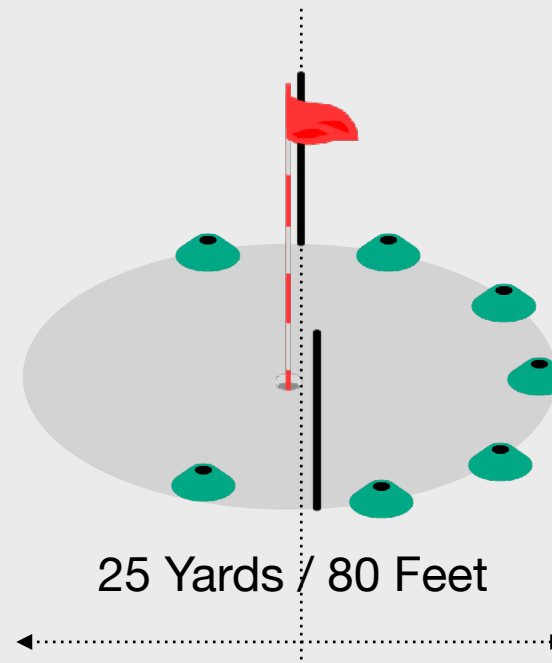
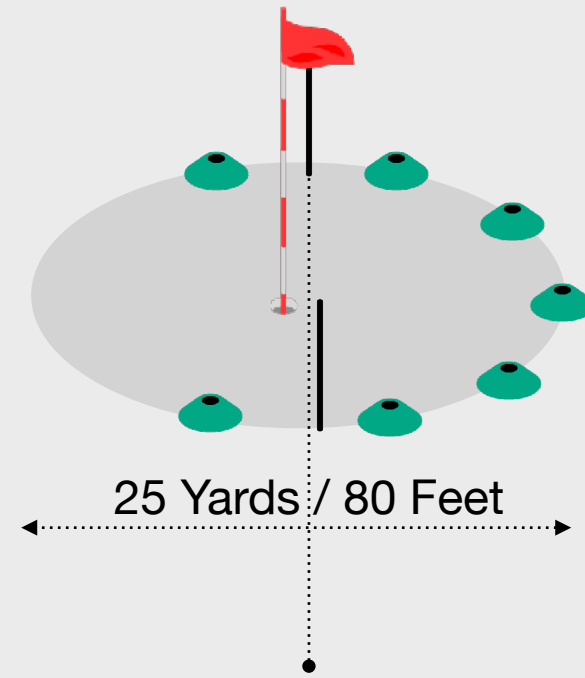
Setting out the Challenge

- 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.

Iron Challenge Setup

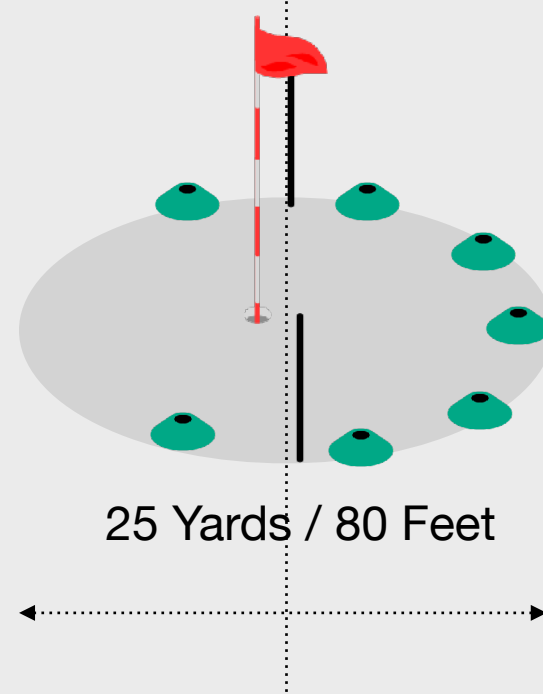
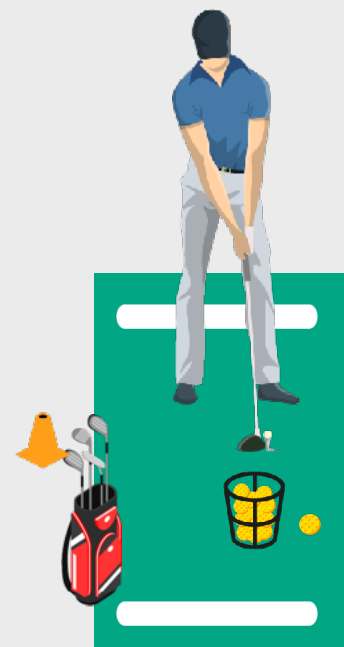
Middle Distance Green

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



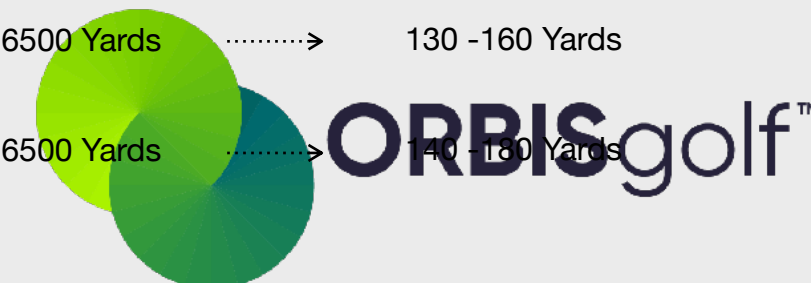
Nearest Distance Green

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



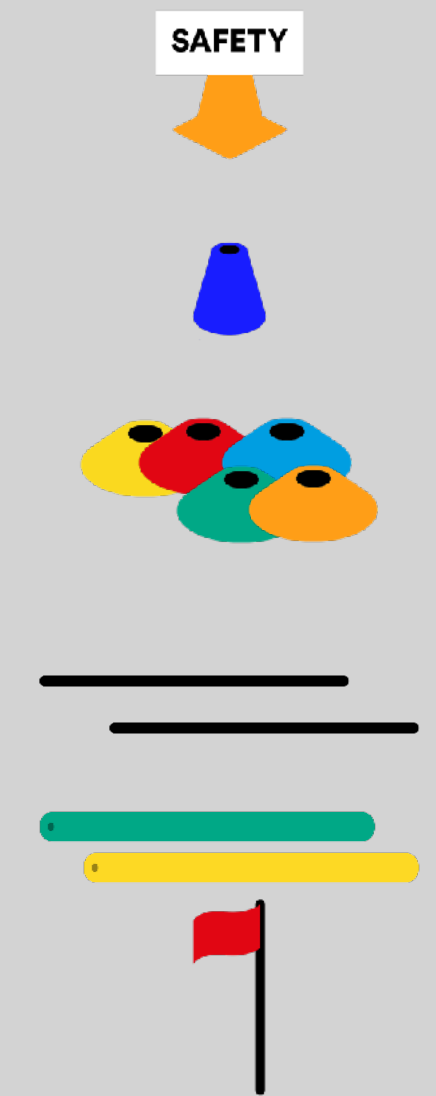
Furthest Distance Green

- Under 4500 Yards> 100 - 120 Yards
- 4500 - 5500 Yards> 120 - 150 Yards
- 5500 - 6500 Yards> 130 - 160 Yards
- Over 6500 Yards> 140 - 170 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

9 Practice Club Swing - Tee Shots

Down the Tunnel

Ball to Target Line
Alignment Stick

Equipment Needed

- Tees
- Driver
- Alignment Sticks

How to Practice

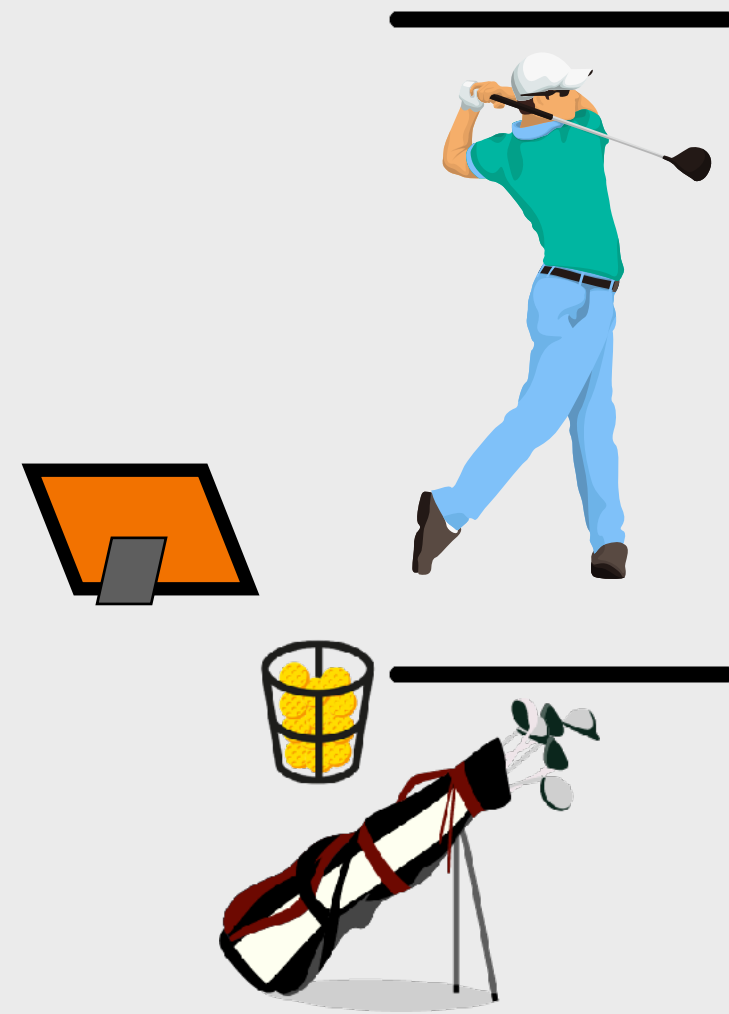
- Students should place an alignment stick on the ball to target approximately 5-10 yards ahead of where the ball is tee'd
- The student will then have a better perspective of what a straight line is from their address position
- The student then place an alignment stick either side of the ball at a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

ORBISgolf™

Stock Yardages



Club	Yardage
• Driver	
• Fairway Wood	
• Hybrid	
• 4 Iron	
• 5 Iron	
• 6 Iron	
• 7 Iron	
• 8 Iron	
• 9 Iron	
• Pitching Wedge	
• Gap Wedge	
• Sand Wedge	

Equipment Needed

- Whole bag of clubs
- Tees
- Launch monitor or similar
- Pen and Paper

How to Practice

- Provide the students with a pen and paper to note down their stock yardages for every club in their bag
- Ask the students to hit 5 shots with each club in their bag and note down the average distance for each one
- Advise them to start with their shortest distance club and work their way up
- Use the launch monitors for accurate distance finding or if unavailable use existing targets on the range
- Students can use the data collected this session as a benchmark for them to refer back to on the course

Technical Link

- This activity will help the students lower their scores on the course
- Explain to the students how knowing distances of their clubs on the course can be important for guiding their strategy, staying out of hazards and becoming more accurate from approach shots

Scoring Goal Challenges

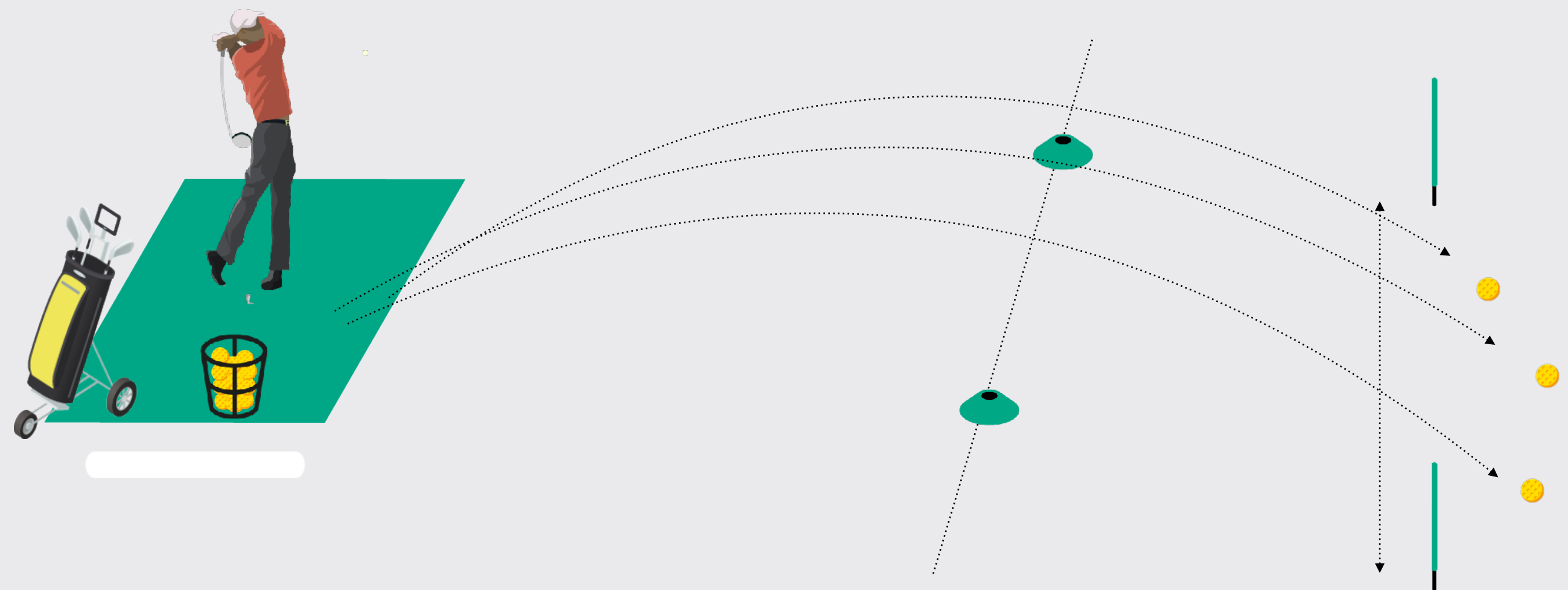
Swing



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.

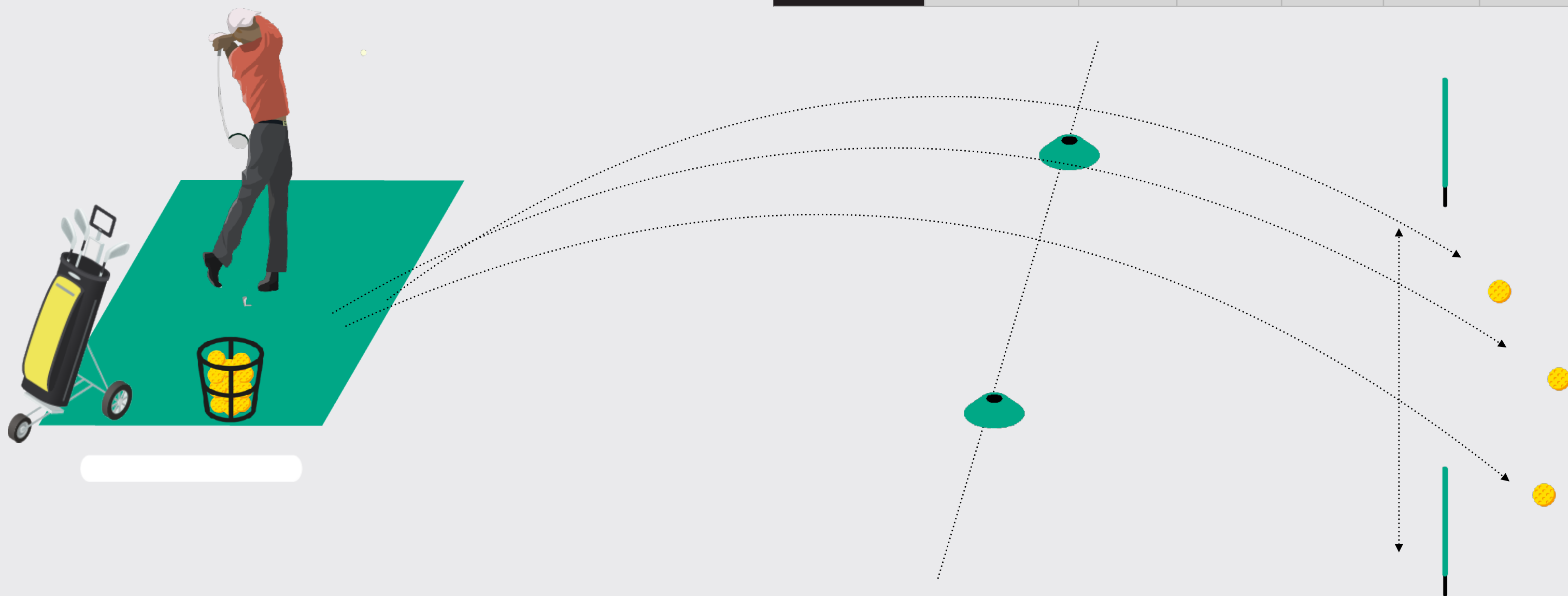
What to do Next:

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

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

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



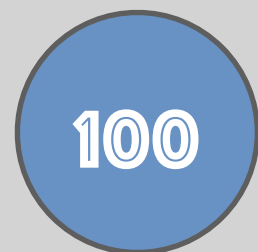
- Select the minimum distance based on your home club course length.
- Hit each shot to within the target gate and for each shot note the total distance of each shot relative to the distance markers.
- Record the result of each attempt on the Challenge Scorecard.

The Challenge

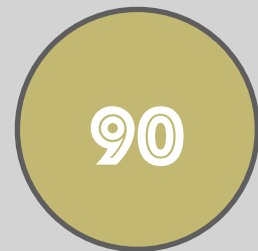
- Hit the number of required shots through the 30 yard wide target gate using a Fairway Wood or Hybrid. You have a total of 10 attempts.

What to do Next:

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



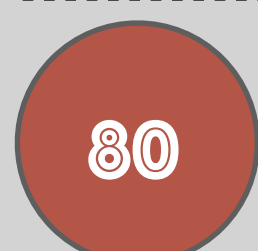
2/ 10 shots between a target gate



4/ 10 shots between a target gate



5/ 10 shots between a target gate



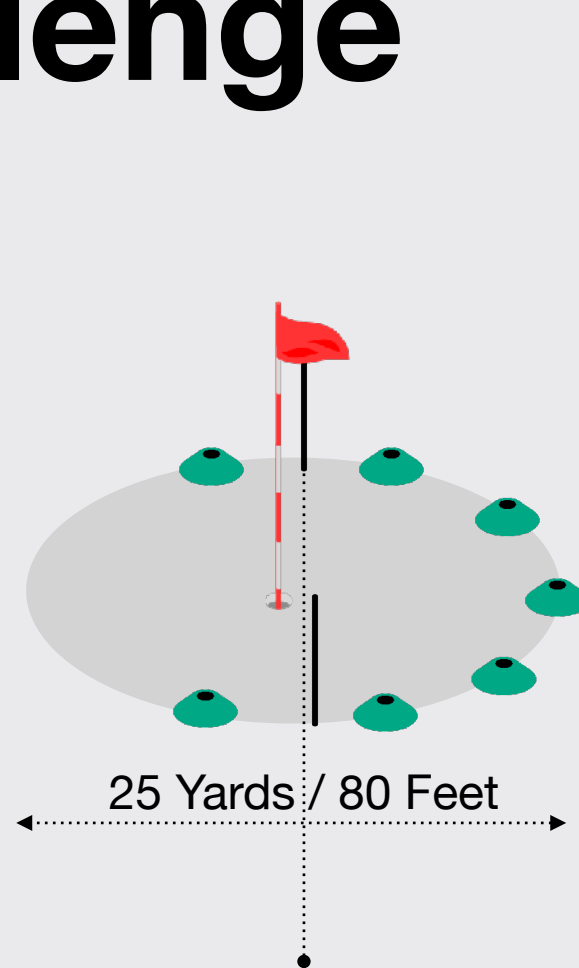
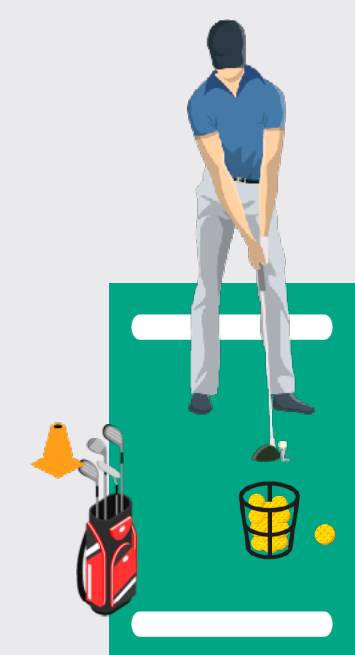
6/ 10 shots between a target gate



8/ 10 shots between a target gate



Iron Challenge

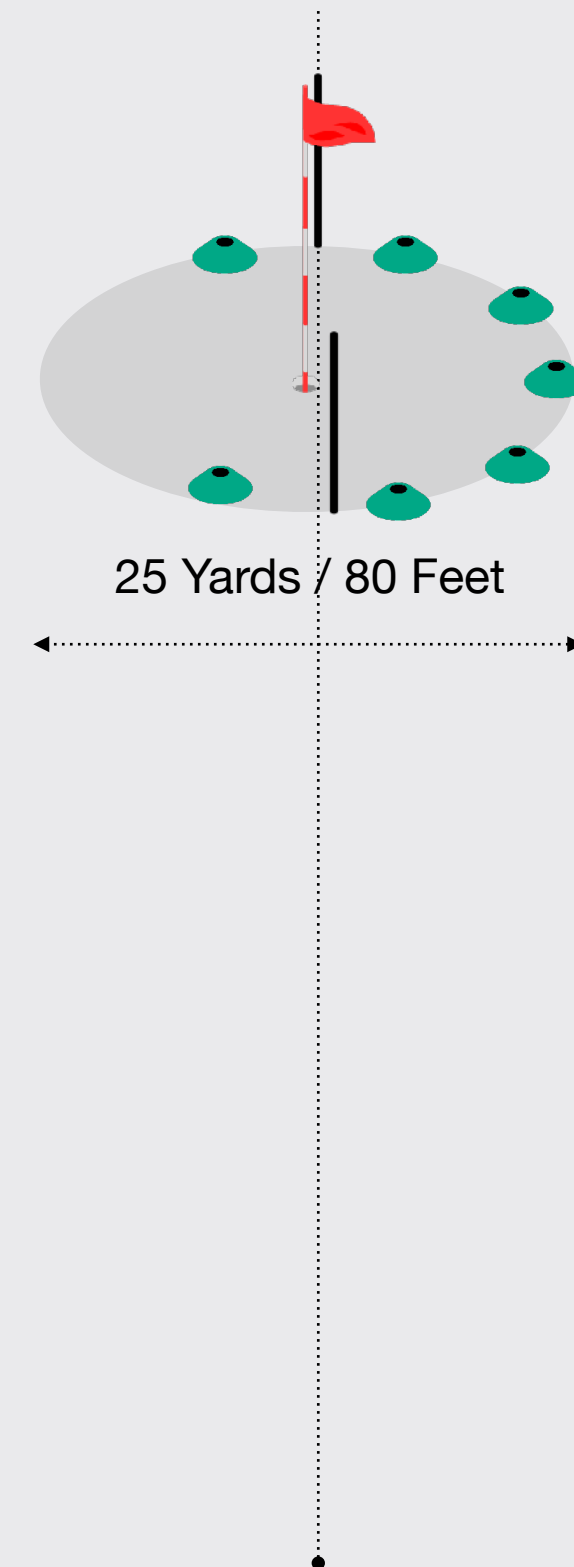
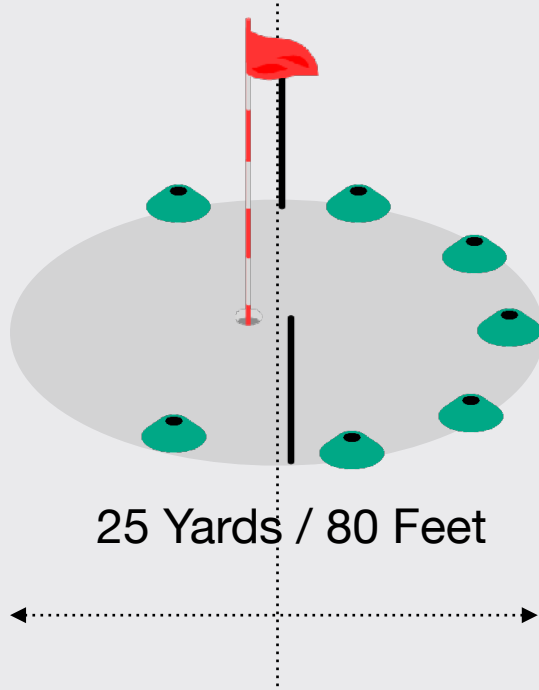


Nearest Distance Green

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

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



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

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.

100

- 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

90

- 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

85

- 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

80

- 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

75

- 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

