

Practice Club

Swing Tee 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 	

Class Timetable

Session Length:
60mins

Group Size:
1:12

Skill Focus:
Swing - Tee Shots

Technical Focus:
Using Driver and alternative clubs for
Tee Shots

Scoring Goal Challenge:
Driving Challenge

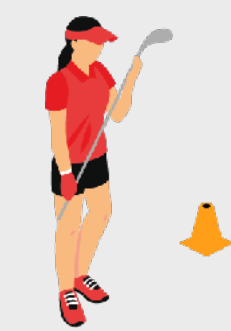
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5 mins	Final Thoughts Media on GLF. Connect	<ul style="list-style-type: none"> Add any lesson media to the student's Student Connect area which may include notes, videos and documents Ask Students to update the GLF. Connect App if they have successfully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

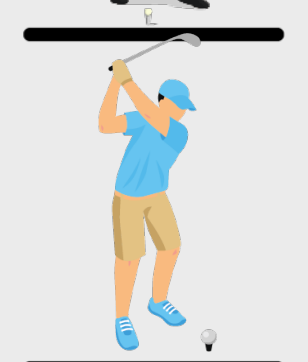
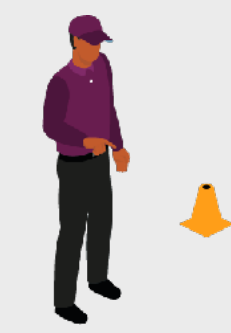


Practice Club Class Layout and Setup

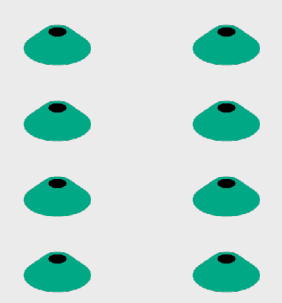
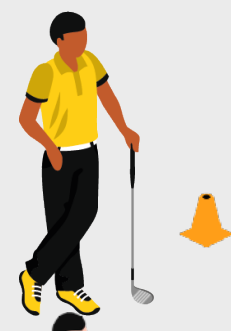
Station 1:
Practice Station
Down the Tunnel



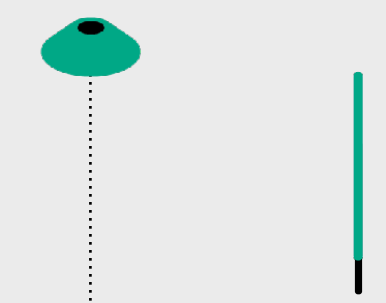
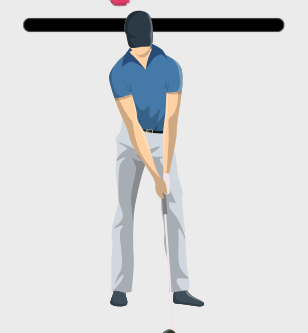
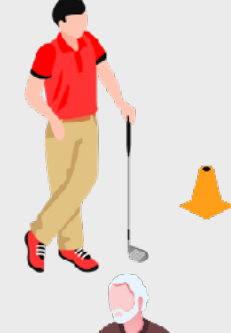
Station 2:
Practice Station
Tee Strategy Practice



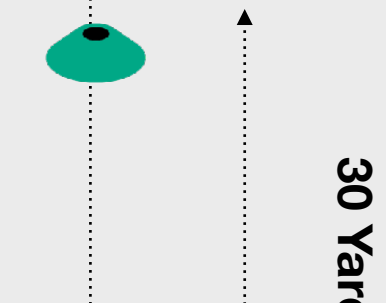
Station 3:
Game Station
Carry Distance Challenge



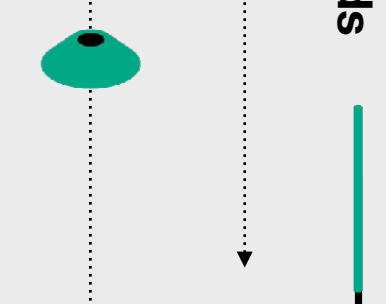
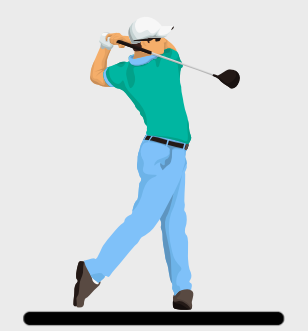
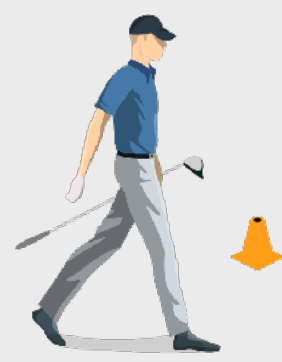
Station 4:
Game Station
Stocking up the Shot



Station 5:
Challenge Station
Driving Challenge



Station 6:
Free Practice



30 Yards

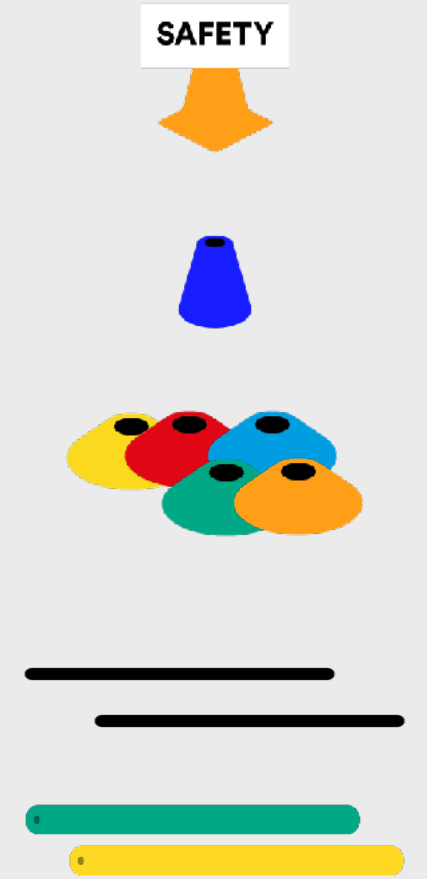
30 Yards

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

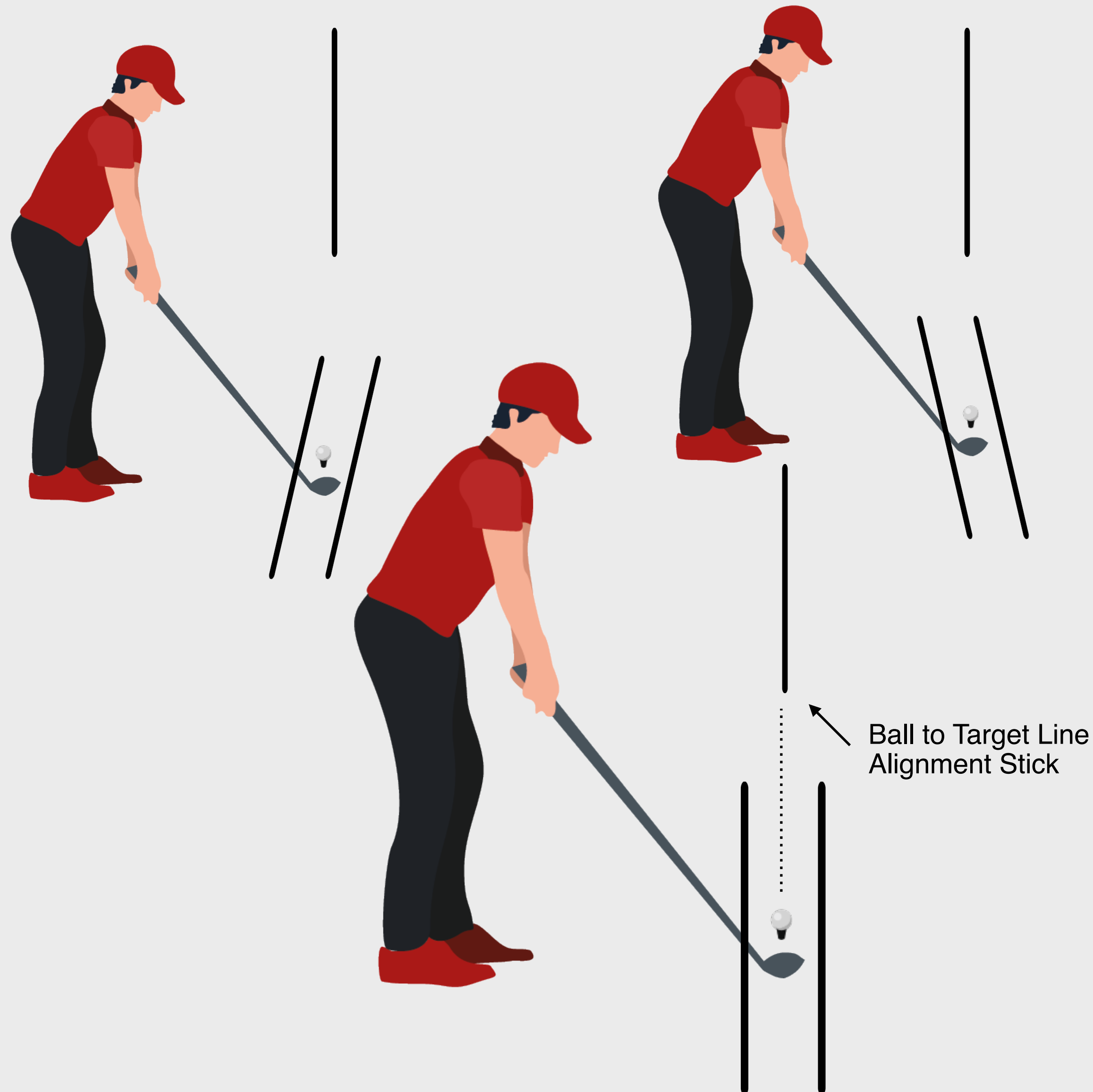
- Students should place an alignment stick on the ball to target approximately 5-10 yards ahead of where the ball is tee'd
- The student will then have a better perspective of what a straight line is from their address position
- The student then place an alignment stick either side of the ball at a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

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Down the Tunnel



Equipment Needed

- Tees
- Driver
- Alignment Sticks

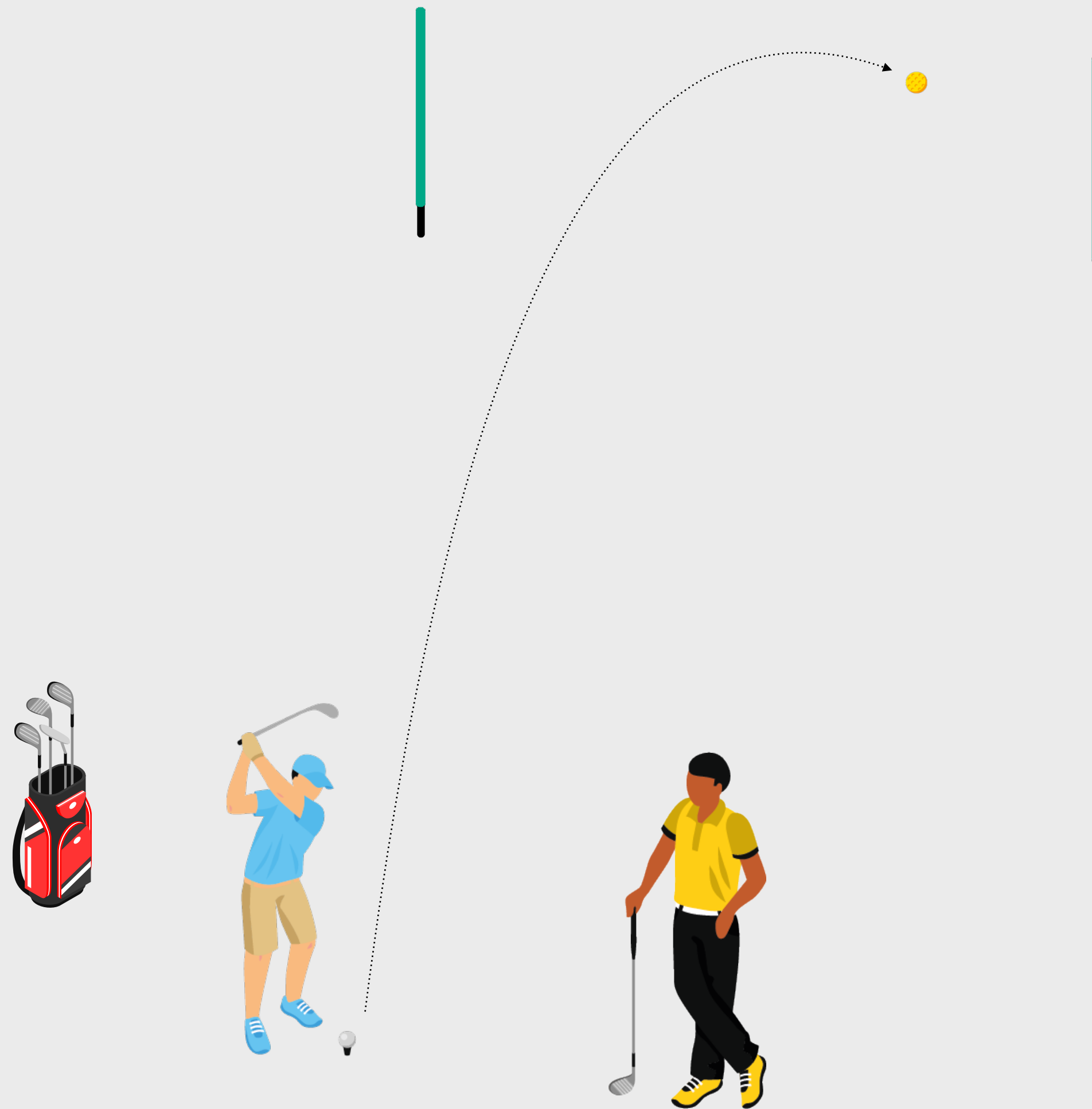
How to Practice

- Students should place an alignment stick on the ball to target line approximately 5-10 yards ahead of where the ball is tee'd up
- The student will then have a better perspective of what a straight start line is from their address position
- The student then place an alignment stick either side of the club head 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 aim left and right of the target, but parallel to one another
- The student should experiment with getting the club to travel down 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

Tee Strategy Practice



Equipment Needed

- Driver, Fairway Wood or Iron
- Tees

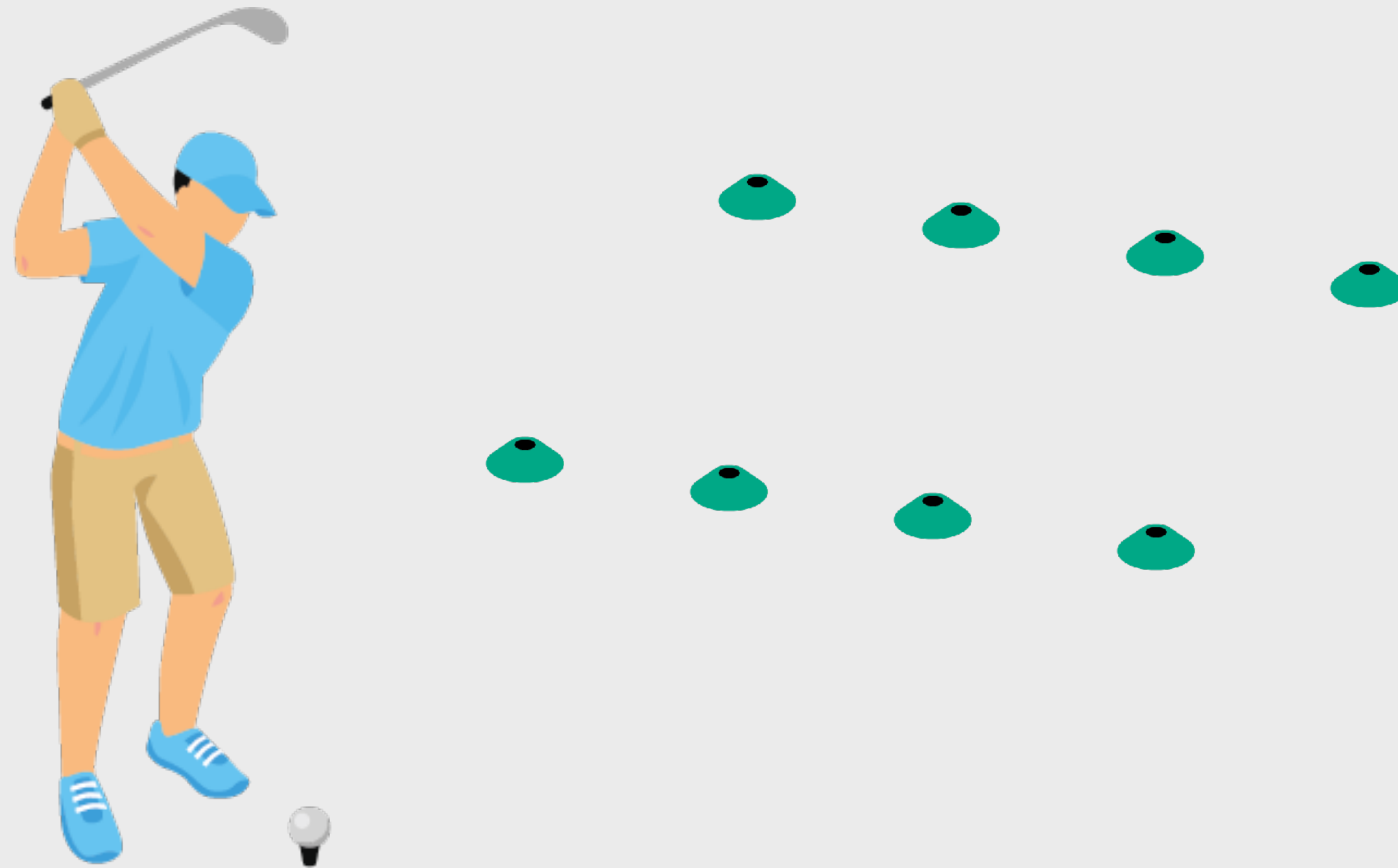
How to Practice

- Ask the students to work in pairs, and take it in turns to pick a hole on the course that the other one has to make a decision on which club to hit
- Pick out appropriate targets on the driving range that would simulate the width of the fairway on the hole that they have chosen and give the student **ONE** chance to hit the fairway with their choice of club
- Make this situation feel as real as possible, engage the wider group and have everyone watch as one person attempts to find the fairway

Technical Link

- This activity promotes an understanding of course strategy and planning, as well as performance under pressure

Carry Distance Challenge



Equipment Needed

- Cones
- Driver
- Tees

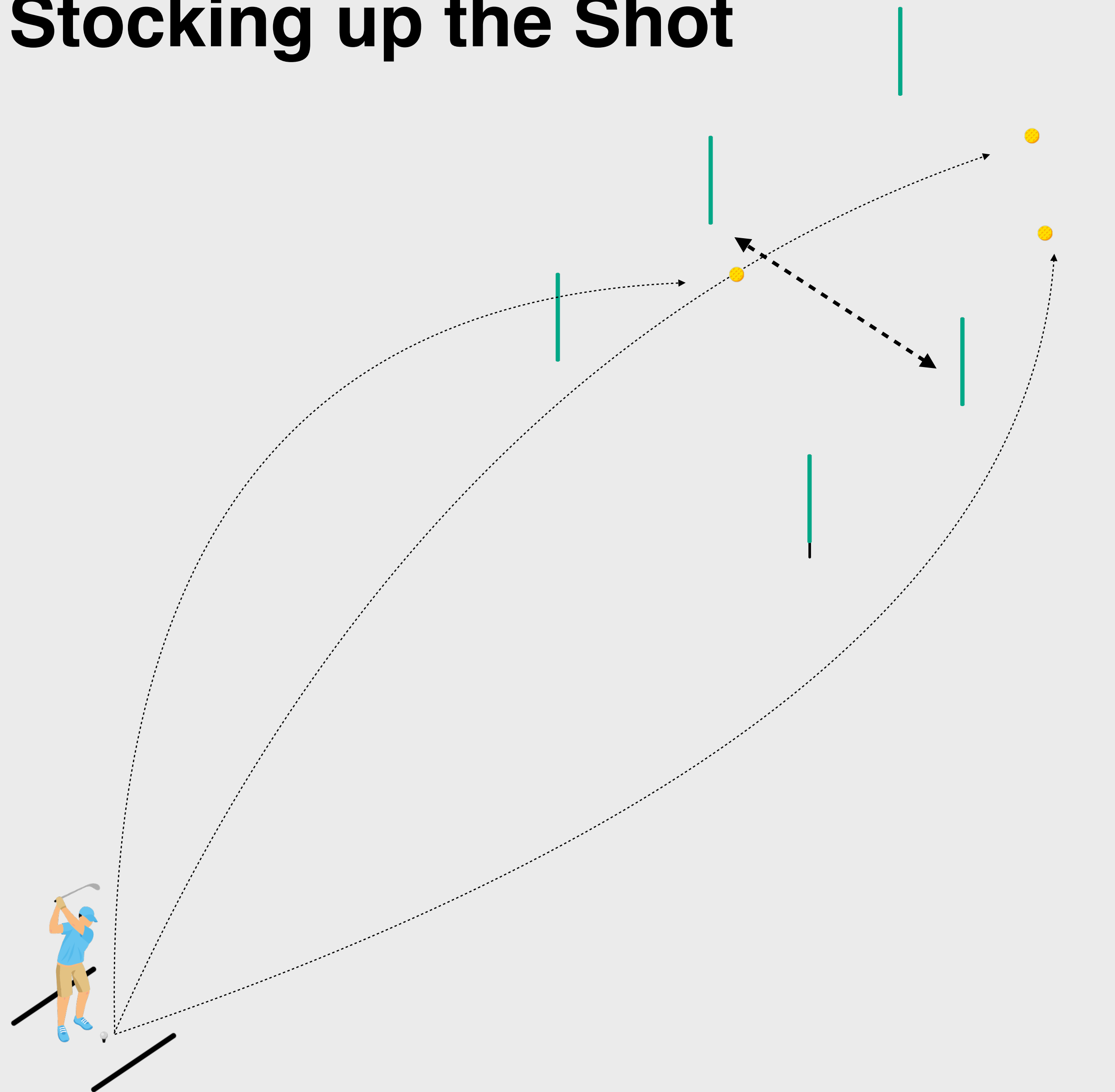
How to Play

- Set up a number of targets on the driving range, at different distances to enable students to know how far they are hitting the ball
- The students should take it in turns to hit each ball slightly further than their last shot
- The students should start with a small swing and see how many shots in a row they can increase the distance they carry the ball

Technical Link

- This activity is a good test of students ability to improve their distance and use their knowledge of impact factors on distance

Stocking up the Shot



Equipment Needed

- Driver
- Tees
- Alignment sticks or Existing Targets

How to Play

- Set up a fairway on the driving range using existing targets or alignment sticks
- The students attempt to hit golf balls on the target fairway using their stock shot
- Ask the students to hit 10 shot and see how many out of 10 they can hit the fairway
- After this they may repeat to try and beat their score

Technical Link

- By having visual aids on the driving range it focuses the students minds on their target and stock shot shape
- It shows them what an average fairway width of roughly 40 yards looks like and highlights how consistent they are at finding it

Scoring Goal Challenges

Driver

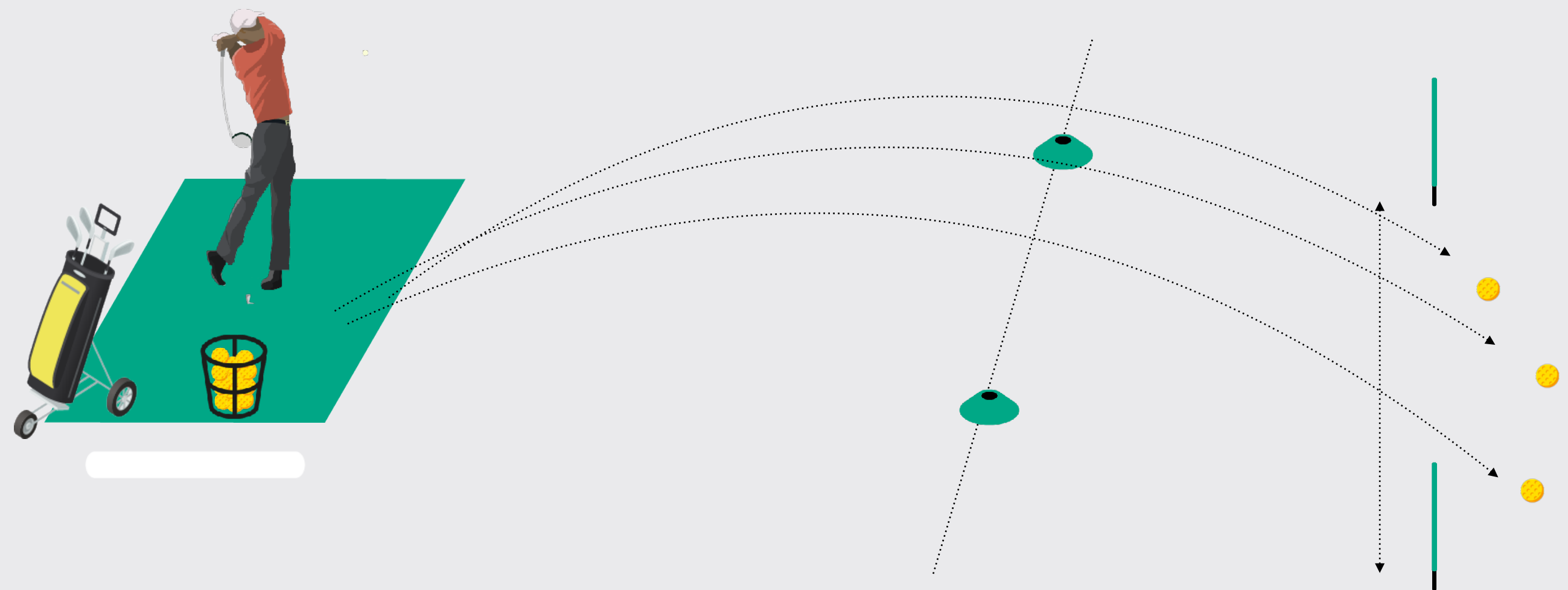


Driver Challenge

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