

Scoring School



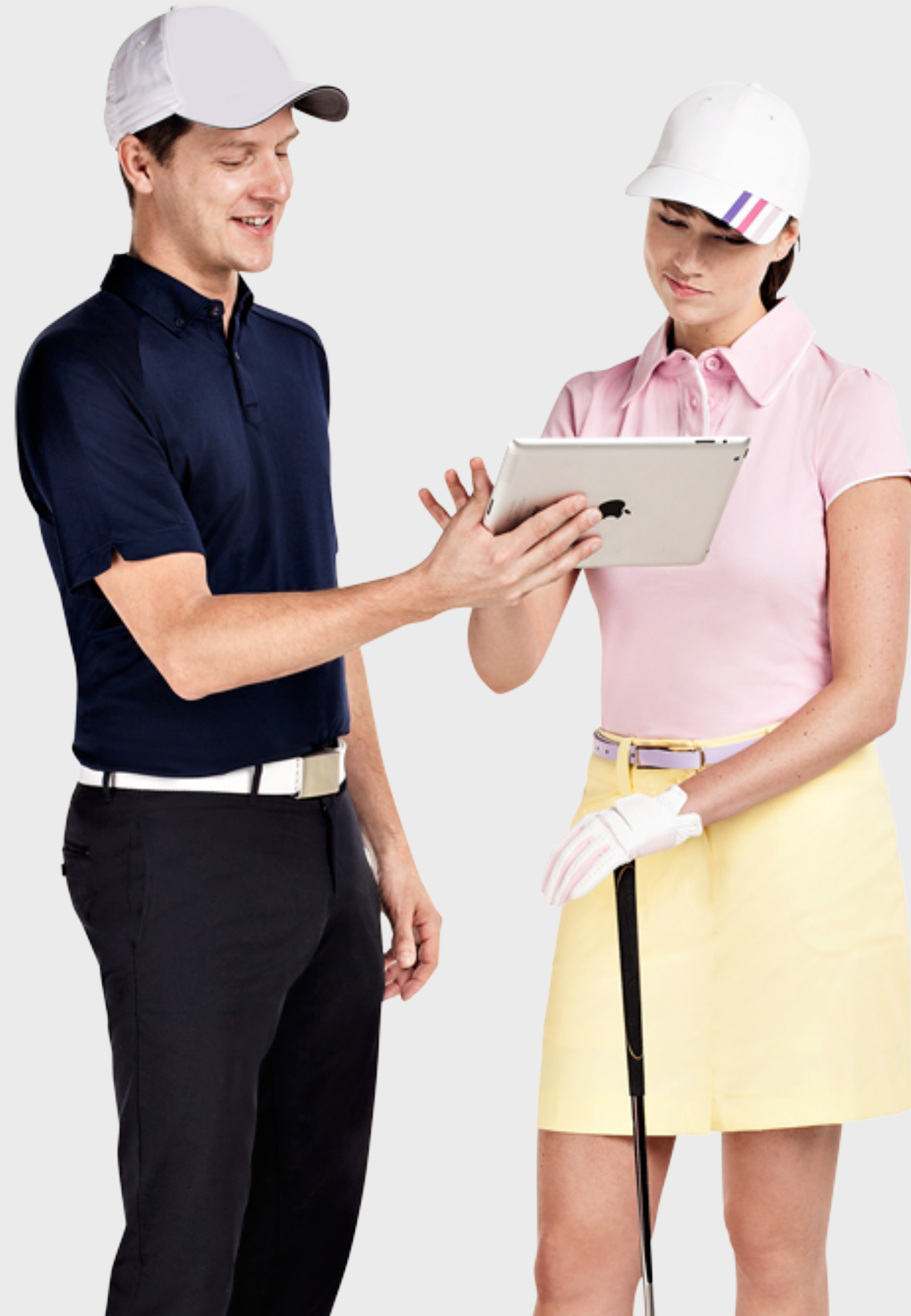
Driver



ORBISgolf™

Contents

- 3 **Class Timetable**
- 6 **Class Objectives and Setup**
- 9 **Practice Stations and Game Cards**
- 16 **Scoring Skills Challenges**



Session Timetable

4

Scoring School *Break 100 - Swing*

Class Timetable

< ≡ >

Session Length:
90 Mins

Group Size:
1:8

Session Focus:
Break 100
Swing

Topic:
Driver

Technical Focus
Set Up Fundamentals
Path and Face

Scoring Challenge
Driver

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
5 mins	Introduction	<ul style="list-style-type: none"> Outline to the students, the break 100 program and the structure and format of the week Introduce the students to the various scoring challenges, and how this will map out their strengths and weaknesses 	
25 mins	Practice Stations Set Up Fundamentals	<ul style="list-style-type: none"> Students play the practice stations individually, in pairs or in groups Opportunity to provide private coaching to those attending Introduce and reinforce the technical focus points along with reasons for implementing them 	<ul style="list-style-type: none"> Perfect Posture Little step, big step Get it forward
25 mins	Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> Outline to the students how to control the start line of the shot with the Driver Demonstrate to the student, how the combination of path and face will influence the direction of the shot 	<ul style="list-style-type: none"> Start Line Army Golf
25 mins	Driver Challenge	<ul style="list-style-type: none"> Set up the Driver Challenge and allow students to attempt this to see if they can achieve the Break 100 challenge 	<ul style="list-style-type: none"> Driver Challenge
10 mins	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. 	<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 next next skills series date Opportunity to upsell private lessons to those that require additional help 	<ul style="list-style-type: none"> GLF. Connect App

© 2023 Powered by Orbis Golf

Class Timetable

Session Length:
90 Mins

Group Size:
1:8

Session Focus:
Break 100
Swing

Topic:
Driver

Technical Focus
Set Up Fundamentals
Path and Face

Scoring Challenge
Driver

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
5 mins	Introduction	<ul style="list-style-type: none"> Outline to the students the break 100 program and the structure and format of the week Introduce the students to the various scoring challenges, and how this will map out their strengths and weaknesses 	
25 mins	Set Up Fundamentals Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> Students play the practice stations individually, in pairs or in groups Opportunity to provide private coaching to those attending Introduce and reinforce the technical focus points along with reasons for implementing them 	<ul style="list-style-type: none"> Perfect Posture Little step, big step Get it forward
25 mins	Path and Face Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> Outline to the students how to control the start line of the shot with the Driver Demonstrate to the student, how the combination of path and face will influence the direction of the shot 	<ul style="list-style-type: none"> Start Line Army Golf
25 mins	Driver Challenge	<ul style="list-style-type: none"> Set up the Driver Challenge and allow students to attempt this to see if they can achieve the Break 100 challenge Use the challenge scorecard to record the outcome of each attempt 	<ul style="list-style-type: none"> Driver Challenge Challenge Scorecard
10 mins	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 challenge across the scoring goals 	<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 next Scoring School themed class or challenge club class date Opportunity to upsell private lessons to those that require additional help 	<ul style="list-style-type: none"> GLF. Connect App

Technical Guidance

The technical guidance we are prescribing is to be delivered as you see fit, you should use your experience, preferences and be sure to link your technical advice to how this will help students to improve the key skill of putting. Some of technical content you may want to explore in this session may include:

- **Moving Ball Position** - Introduce some basic setup changes which may include:
 - Discuss how moving the ball position forward will increase the likelihood of optimising the delivery of the club head into the ball
 - Discuss the effect of this on the launch angle and ultimately the spin and distance imparted on the ball
- **Alter Spine Angle** - Introduce some basic setup changes which may include:
 - Discuss changing the leaners spine angle to lower the right shoulder at set up. Discuss how this will encourage the optimising the delivery of the club head into the ball
 - Encourage the student to alter this by lowering the trail shoulder and seeing the effect it has on flight, carry and distance
- **Wider Stance** - Introduce some basic setup changes which may include:
 - Explain to the students the benefit of widening their stance to increase stability and gain more control and distance by improving strike
- **Face and Path Relationship** - Explain the relationship between Face Angle and Club Path at impact, include the following points in your discussion:
 - Discuss the spin that is created when there is a difference between the face angle and swing path
 - Highlight how we are not looking for an absolute perfectly straight shot, but that by understanding the face angle and club path relationship we can start to control shot direction and shape



Keep your technical instruction to less than 5 minutes to allow maximum time for play, practice, and for you to reinforce key skills through individual tuition. Encourage the use of different clubs for practice and exploration of skills through discovery and game-based learning.



Objectives and Setup

7 Scoring School *Break 100 - Swing*

Example Class Layout and Setup

< ≡ >

Station 1:
Practice Station
Perfect Posture

Station 2:
Practice Station
Little Step, Big Step

Station 3:
Practice Station
Get it Forward

Station 4:
Practice Station
Start Line

Station 5:
Game Station
Army Golf

Station 6:
Challenge Station
Driver Challenge

Group Discussion:
Start, during and end
of class

© 2023 Powered by Orbis Golf

Orbis Golf Programmes

Example Class Layout and Setup

Group Discussion:
Start, during and end
of class



Station 1:
Practice Station
Perfect Posture

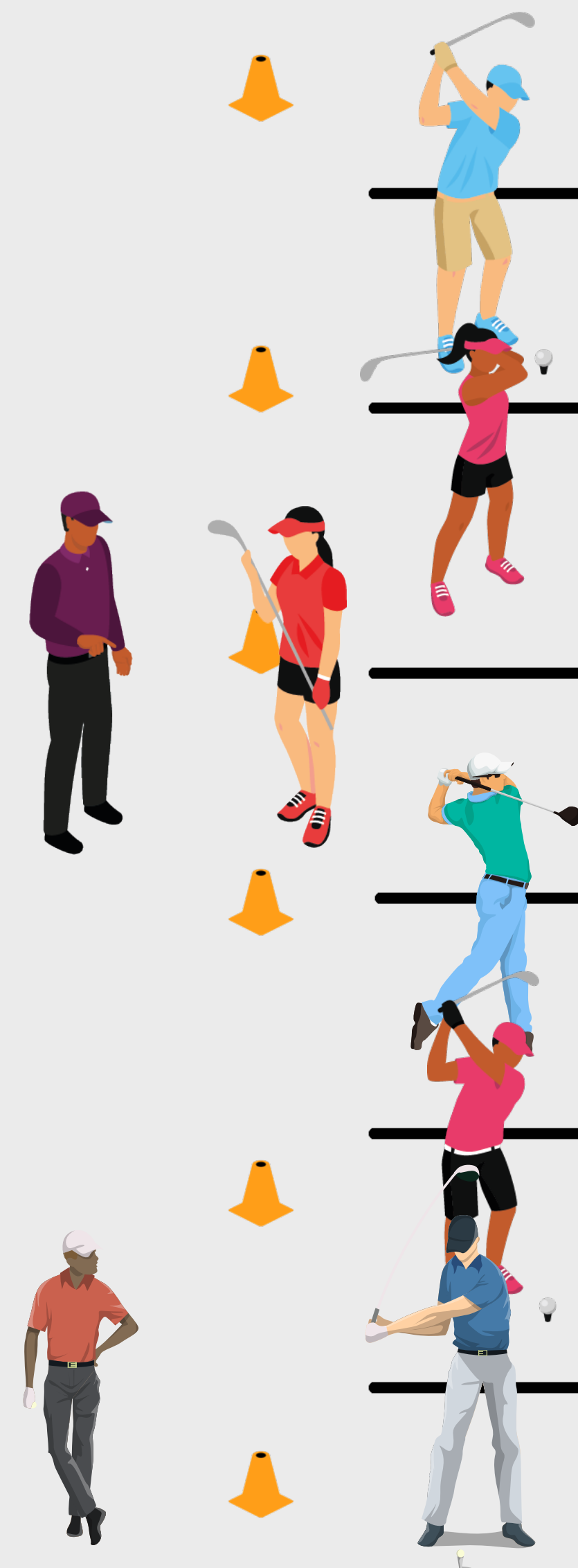
Station 2:
Practice Station
Little Step, Big Step

Station 3:
Practice Station
Get it Forward

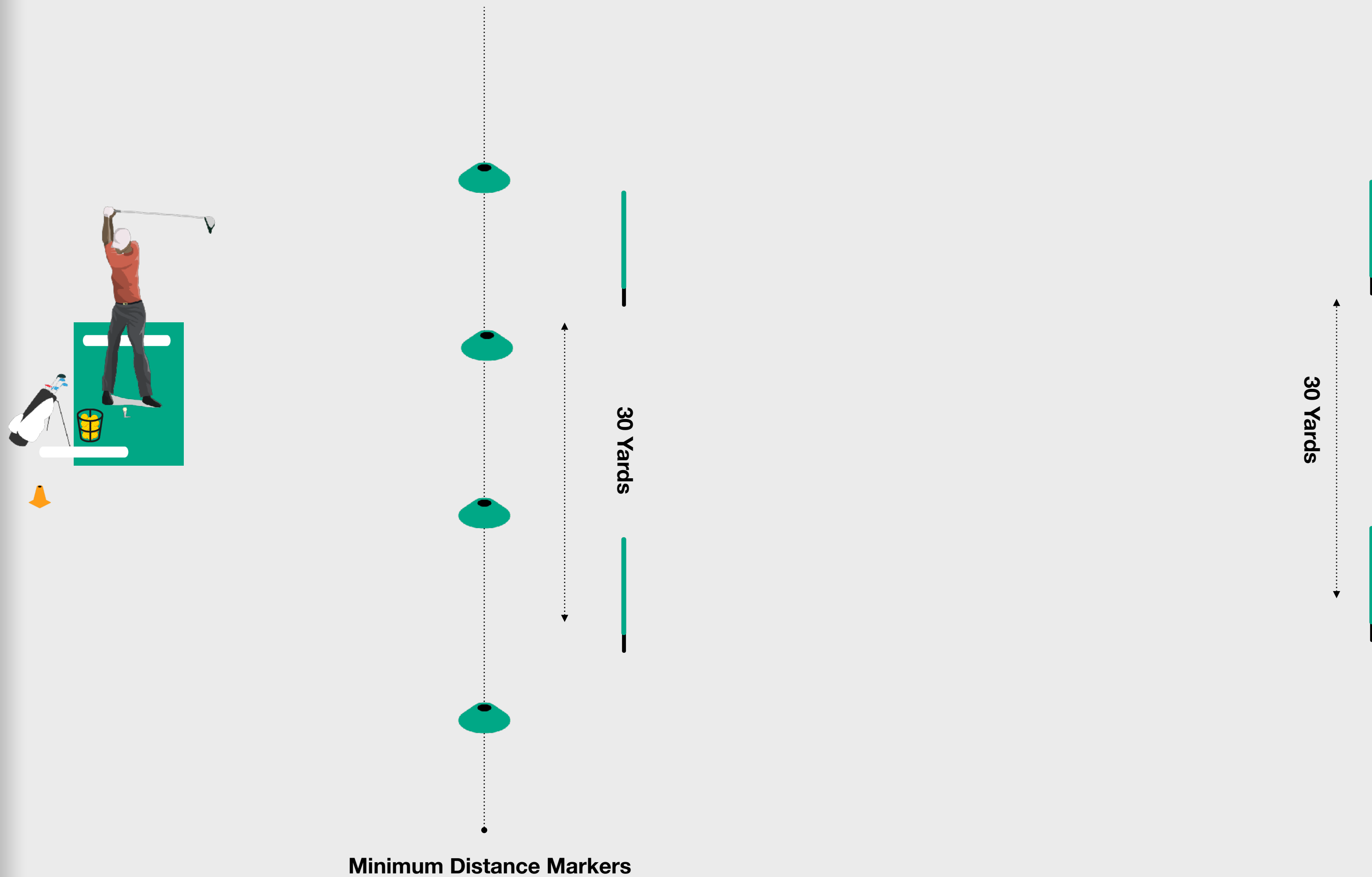
Station 4:
Practice Station
Start Line

Station 5:
Game Station
Army Golf

Station 6:
Challenge Station
Driver Challenge

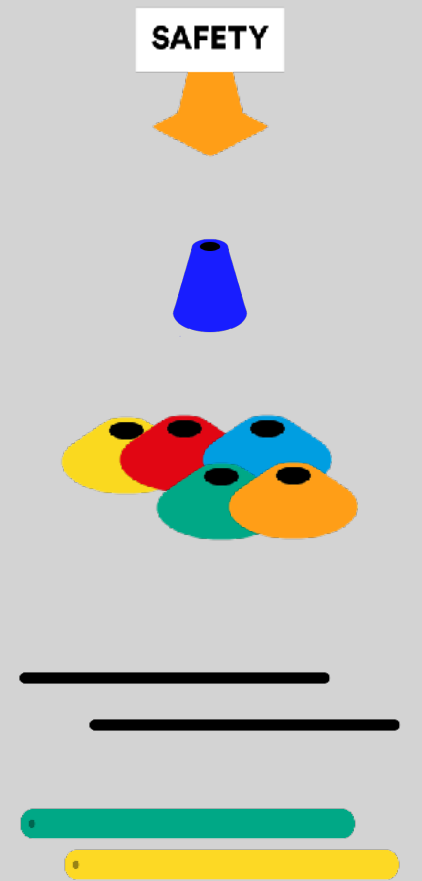


Driver Challenge Setup



Equipment Needed

- Orange safety cone
- 1x Marker cones
- Coloured 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

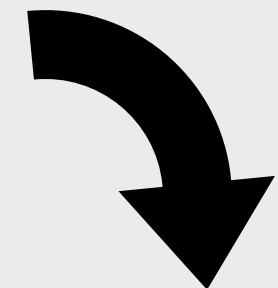
TRACKMAN Integration

Several of the games and challenges can be enhanced with the integration of a Trackman 4 radar. On the relevant slides you will see a Trackman sticker with the suggested data to enhance the challenge and the feedback to the customer. See below a summary of the key data Trackman 4 will produce.

Swing

<p>Club Speed</p> <p>The linear speed of the club head's center just prior to first contact with the golf ball</p>	<p>Attack Angle</p> <p>The up or down movement of the club head of contact between the club and ball</p>	<p>Launch Angle</p> <p>The vertical angle the golf ball takes off at relative to the horizon</p>	<p>Club path</p> <p>The in-to-out or out-to-in movement of the club head</p>	<p>Ball Speed</p> <p>The speed of the golf ball's center of gravity at impact</p>	<p>Carry</p> <p>The straight-line distance between where the golf ball was launched from and where it lands</p>
<p>Face Angle</p> <p>The direction the club face is pointing at the point of contact between the club and ball</p>	<p>Face to Path</p> <p>The angle difference between the reported face angle and club path</p>	<p>Low Point</p> <p>Distance from the club head to the lowest point on the swing arc at the time impact</p>	<p>Launch Direction</p> <p>The horizontal angle the golf ball takes off at relative to the target line</p>	<p>Side</p> <p>The perpendicular distance between the target line and where the ball crosses a point</p>	<p>Total</p> <p>The straight-line distance between where the golf ball was launched from and its resting position.</p>

Keep an eye out for the Trackman Sticker on the game or challenge cards



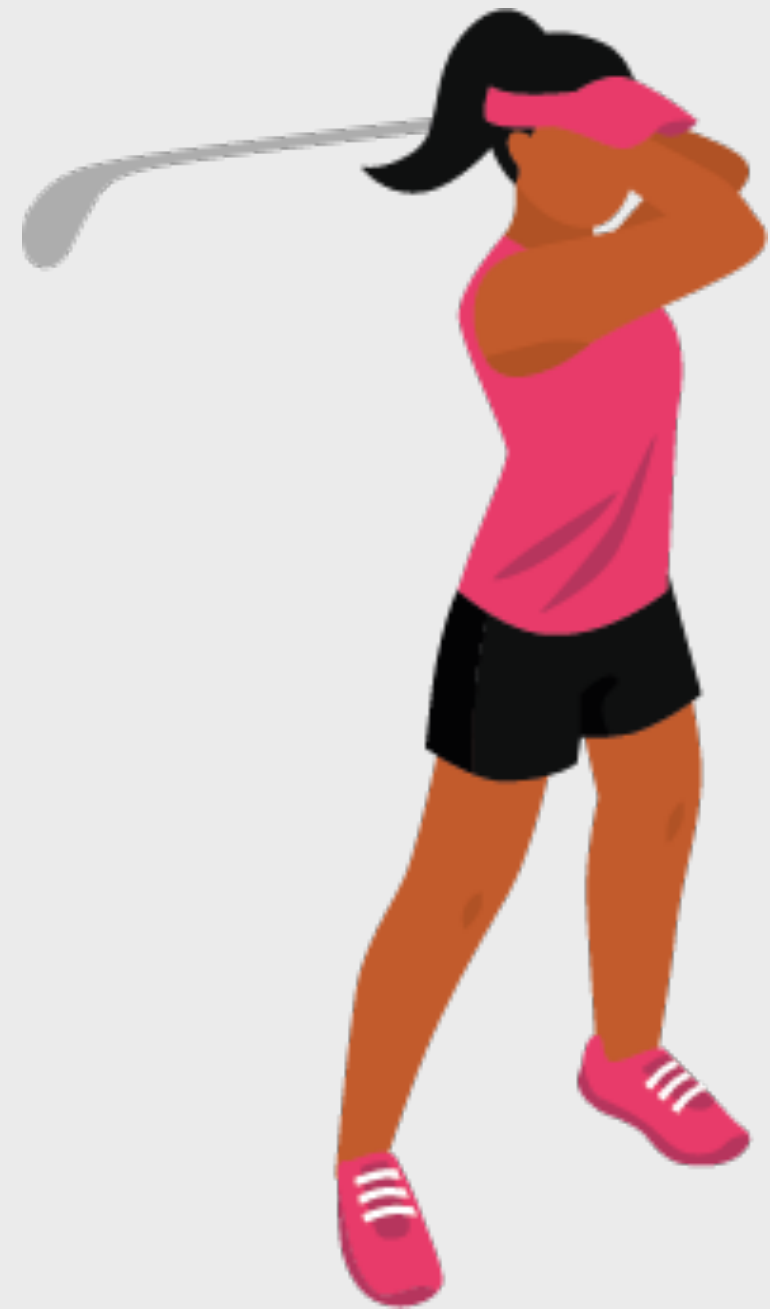
TRACKMAN

Use the 'TOTAL', 'CARRY' and 'SIDE' features to enhance the students experience and give some additional feedback.

Practice and Games Cards



Perfect Posture



Equipment Needed

- 7 Iron and Driver
- Golf Balls

How to Practice

- Demonstrate the differences between the posture for a 7 iron and a Driver
- Highlight how an athletic posture will help the student to generate more speed and prevent injury
- Make students aware that practicing for prolonged periods of time may result in a overuse injuries, advise short, regular practice sessions

Technical Link

- This activity will help the student to strike the ball more consistently and with more speed

Little Step, Big Step



Equipment Needed

- Tees
- Driver
- Golf Balls

How to Practice

- Ask the students to stand at address with their feet together and in a vertical posture
- The student should take a small step out with their front foot ensuring that the front heel remains opposite the arm pit
- The student should then take a big step with their back foot ensuring that the foot position is wider than the shoulder

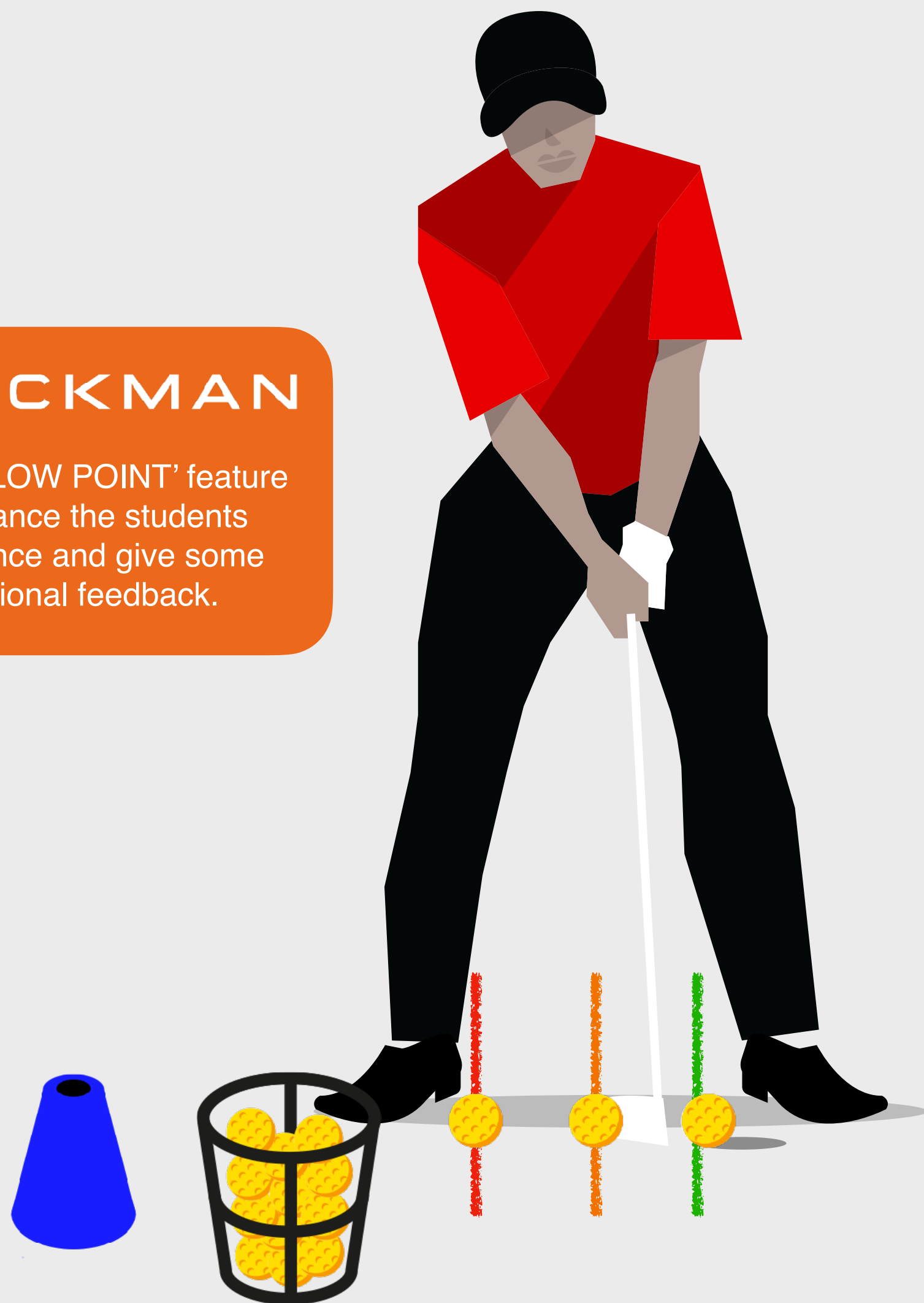
Technical Link

- Outline to the student that it will give them a more stable platform over which they can turn your upper body.
- It will encourages the hips to stay level throughout the swing
- It will lower their centre of gravity so playing in the wind is easier and are less likely to lose balance

Get it Forward!

TRACKMAN

Use the 'LOW POINT' feature to enhance the students experience and give some additional feedback.



Equipment Needed

- Tees
- Driver
- Golf Balls
- 2 x Alignment Sticks

How to Practice

- Students should understand how changing their setup will affect the flight and distance of their driver shots
- Ask the students to adjust their ball position forwards and back in their stance and see the difference that makes
- Use an alignment stick so that the student gets an increased perception of ball position

Technical Link

- This activity will help the student to understand how their perception relates to what is actually happening as they assume their set up
- This activity will help students to work together and gain a deeper understanding of how ball position helps to prepare for a good golf shot

Start Line



TRACKMAN

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

Equipment Needed

- Tees
- Driver
- Golf Balls

How to Practice

- Students should place an alignment stick on the ball to target line, approximately 1 yard ahead of where the ball is teed up
- The student will then have a better perspective of what a straight start line is from their address position
- The student should experiment with what it feels like to start the ball to the right and to the left of the ball to target line in order to build awareness

Technical Link

- This activity will help the student to understand how their perception relates to what is actually happening as they take aim
- This activity will help students to gain a deeper understanding of how to achieve the correct start line

Army Golf



Equipment Needed

- Alignment Stick
- Foam Noodle

How to Play

- The student addresses the ball in the same way each time, aided by the alignment stick which points directly at the foam noodle
- The student should then attempt to hit the ball alternately left of the noodle, and then right of the noodle by changing the direction of the swing and the path of the club head
- The student should try to build an awareness of how they control the club by swinging it in different directions

Progression Ideas

- Challenge the student to deliberately hit the ball left, then right then dead straight to hit the noodle
- If the student struggles with one direction more than the other encourage them to practice that one more

Driver Challenge



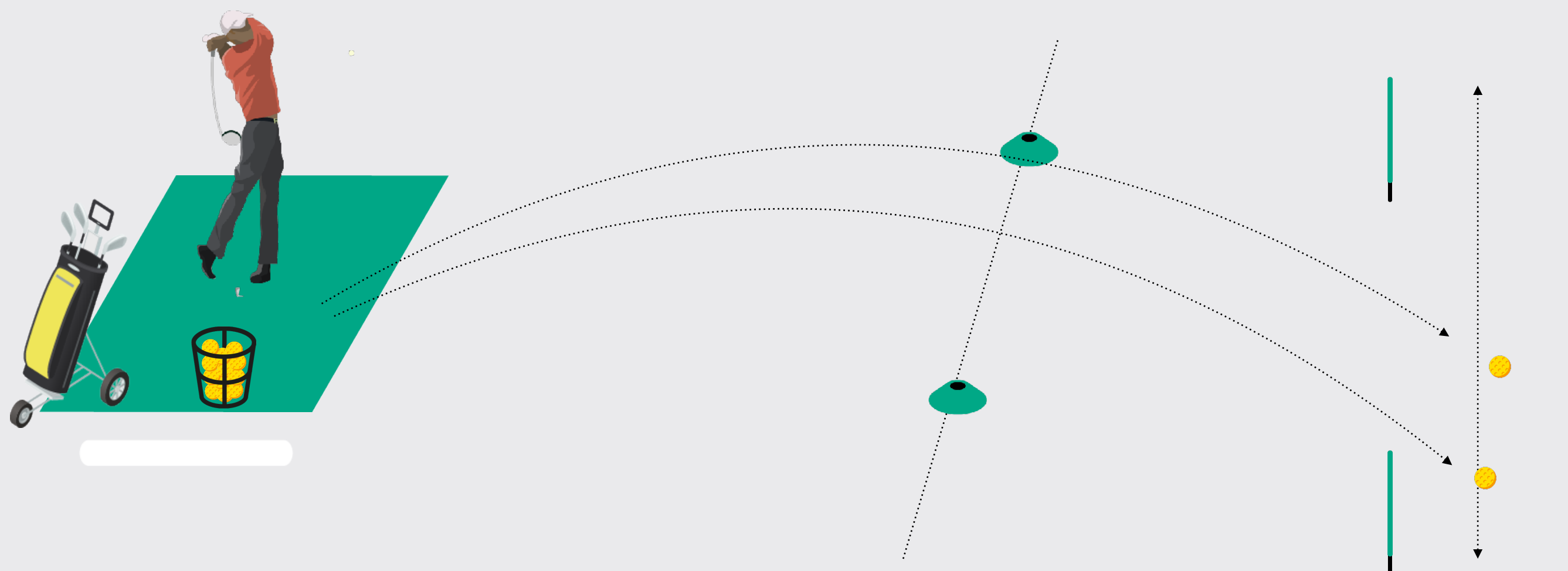
Driver Challenge

TRACKMAN

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

Select the Appropriate Minimum Distance for your chosen Course Length

	Course Length	Minimum Distance
Select the Appropriate Minimum Distance for your chosen Course Length	< 4500 Yards	120
	4500 -5500 Yards	160
	5500 -6500 Yards	180
	> 6500 Yards	210



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

- **2/ 10 shots between a target gate**

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

