

# Scoring School

**BREAK  
100**

**Irons**



**ORBISgolf™**

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

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# Class Timetable

**Session Length:**  
90 Mins

**Group Size:**  
1:8

**Session Focus:**  
Break 100  
Swing

**Topic:**  
Irons

**Technical Focus**  
Irons Set Up  
Basic Aim

**Scoring Challenge**  
Iron

Time	Focus	Class Content	Games / Drills / Resource
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>
5 mins	Introduction	<ul style="list-style-type: none"> <li>Outline to the students the break 100 program and the structure and format of the week</li> <li>Introduce the students to the various scoring challenges, and how this will map out their strengths and weaknesses</li> </ul>	
25 mins	Set Up Fundamentals Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> <li>Students play the practice stations individually, in pairs or in groups</li> <li>Opportunity to provide private coaching to those attending</li> <li>Introduce and reinforce the technical focus points along with reasons for implementing them</li> </ul>	<ul style="list-style-type: none"> <li>Alignment Check</li> <li>Clubface Aim</li> <li>Ball Position</li> </ul>
25 mins	Basic Aim Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> <li>Outline to the students how to control the start line of the shot with the Driver</li> <li>Demonstrate to the student, how the combination of path and face will influence the direction of the shot</li> </ul>	<ul style="list-style-type: none"> <li>Target Picker</li> <li>Swing Direction</li> </ul>
25 mins	Iron Challenge	<ul style="list-style-type: none"> <li>Set up the Iron Challenge and allow students to attempt this to see if they can achieve the Break 100 challenge</li> <li>Use the challenge scorecard to record the outcome of each attempt</li> </ul>	<ul style="list-style-type: none"> <li>Iron Challenge</li> <li>Challenge Scorecard</li> </ul>
10 mins	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 challenge across the scoring goals</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 next Scoring School themed class or challenge club class date</li> <li>Opportunity to upsell private lessons to those that require additional help</li> </ul>	<ul style="list-style-type: none"> <li>GLF. Connect App</li> </ul>

# 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:

- **Irons Basic Set Up** - Introduce some basic setup points which may include:
  - Discuss with the student the stance, they should adopt when hitting an iron shot. Include in this instruction: width of stance, weight distribution and variation with different irons.
  - Explain and demonstrate to the students ball position with an iron shot. Including this instruction: why they should alter the ball position for different iron shots
  - Outline to the students, a good posture position for an iron shot. Explain how this posture may change as the irons become shorter or longer in length
- **Irons Basic Aim** - Introduce some basic aim principles which may include:
  - Outline to the students, the importance of club face aim within an iron shot set up
  - Demonstrate to the students how altering the alignment of their knees, hips and shoulders to the target would affect the flight and destination of their golf shot



**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

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**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

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Orbis Golf Programmes

# Example Class Layout and Setup

**Group Discussion:**  
Start, during and end  
of class



**Station 1:**  
Practice Station  
Alignment Check

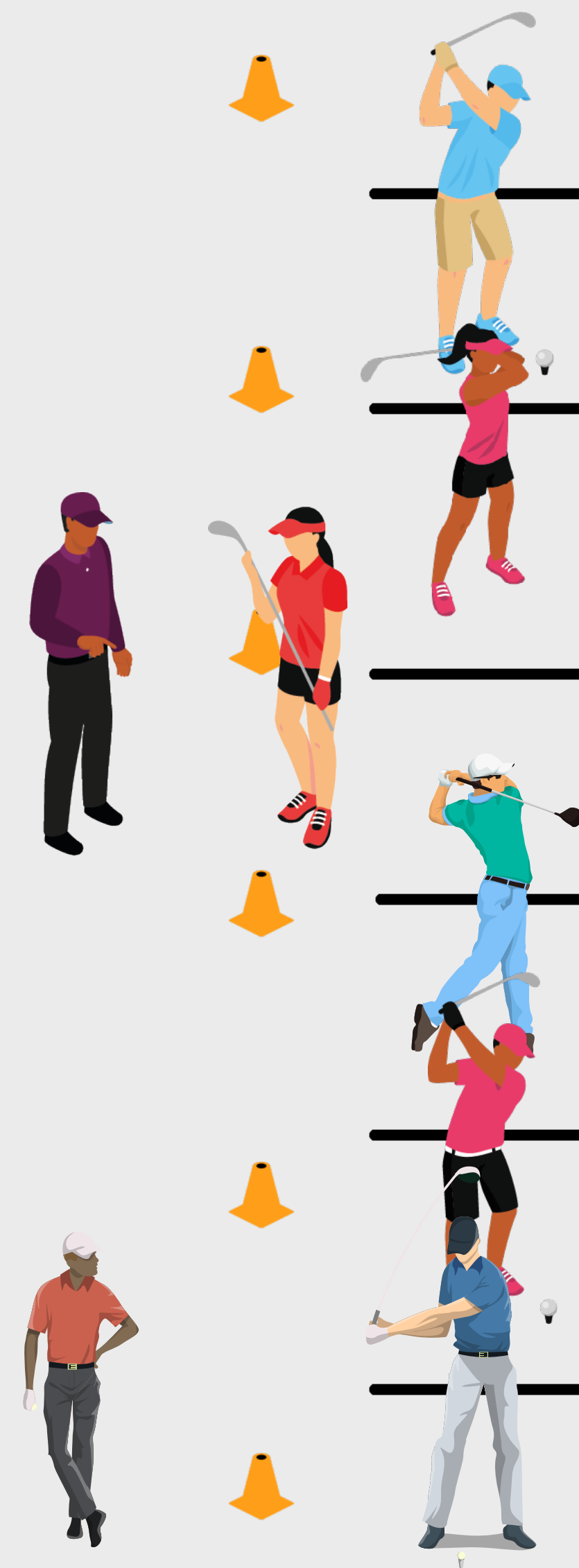
**Station 2:**  
Practice Station  
Clubface Aim

**Station 3:**  
Practice Station  
Ball Position

**Station 4:**  
Practice Station  
Target Picker

**Station 5:**  
Game Station  
Swing Direction

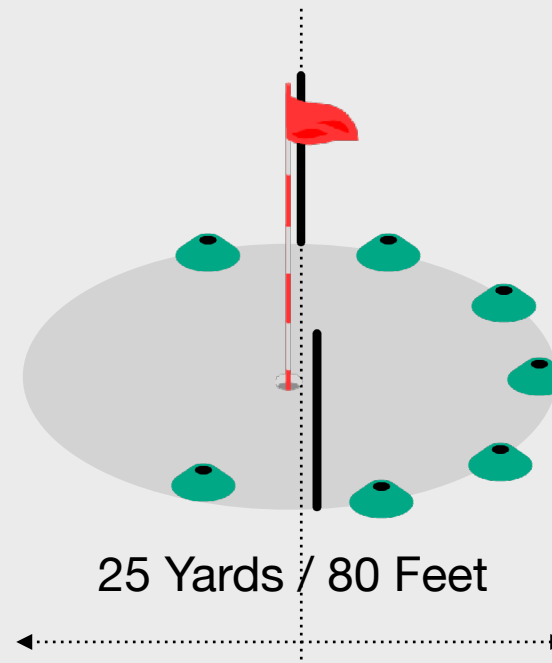
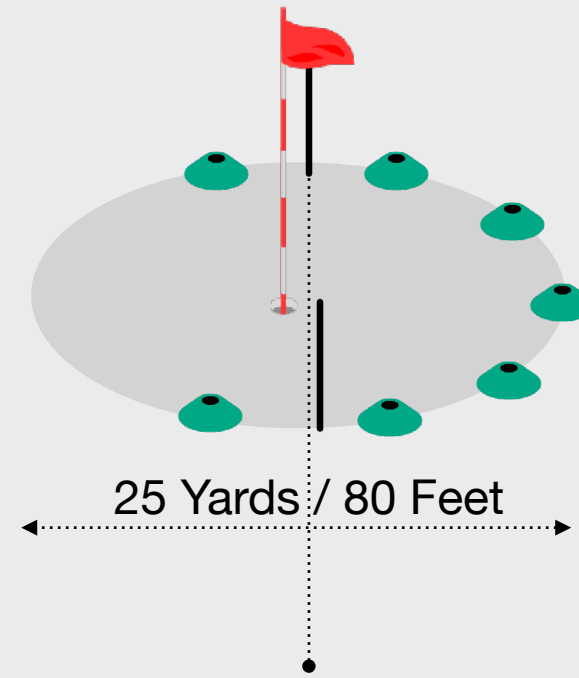
**Station 6:**  
Challenge Station  
Iron Challenge



# Iron Challenge Setup

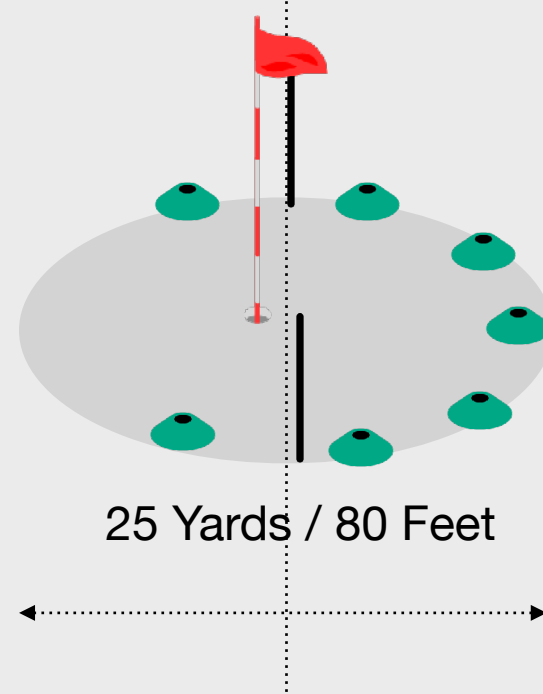
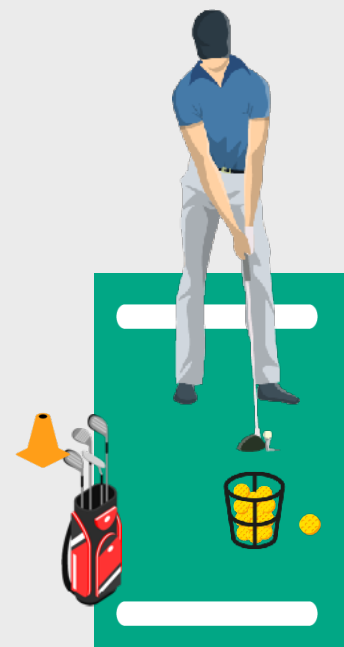
## Middle Distance Green

- 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

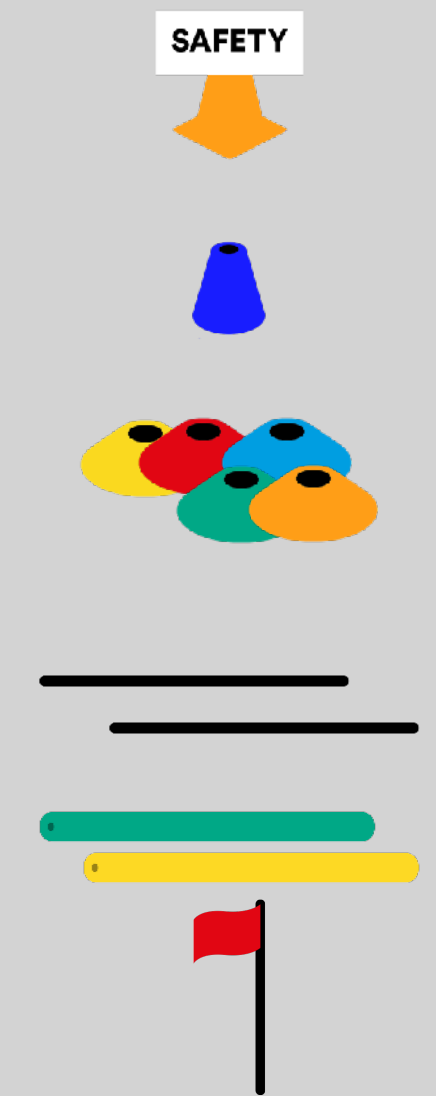


## Furthest Distance Green

- 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
- Coloured 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
- Coloured 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)





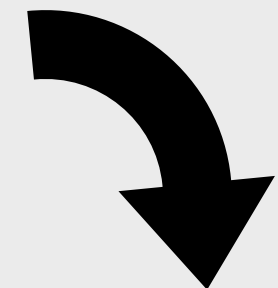
# TRACKMAN Integration

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



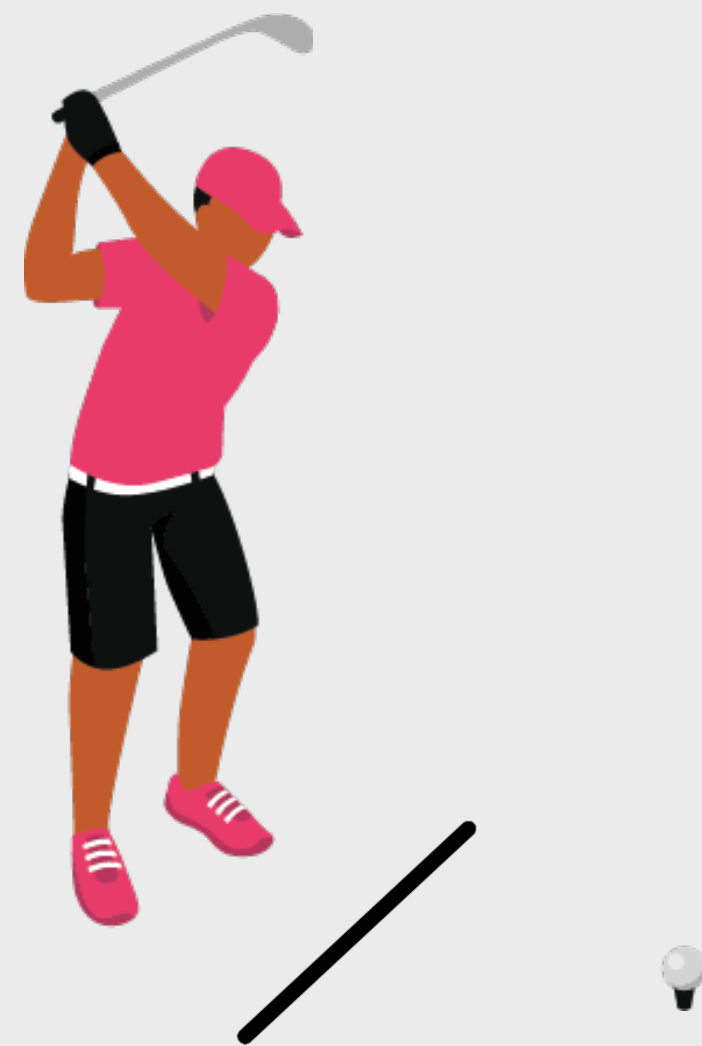
**TRACKMAN**

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

# Practice and Games Cards



# Alignment Check



## Equipment Needed

- Tees
- Driver
- Golf Balls

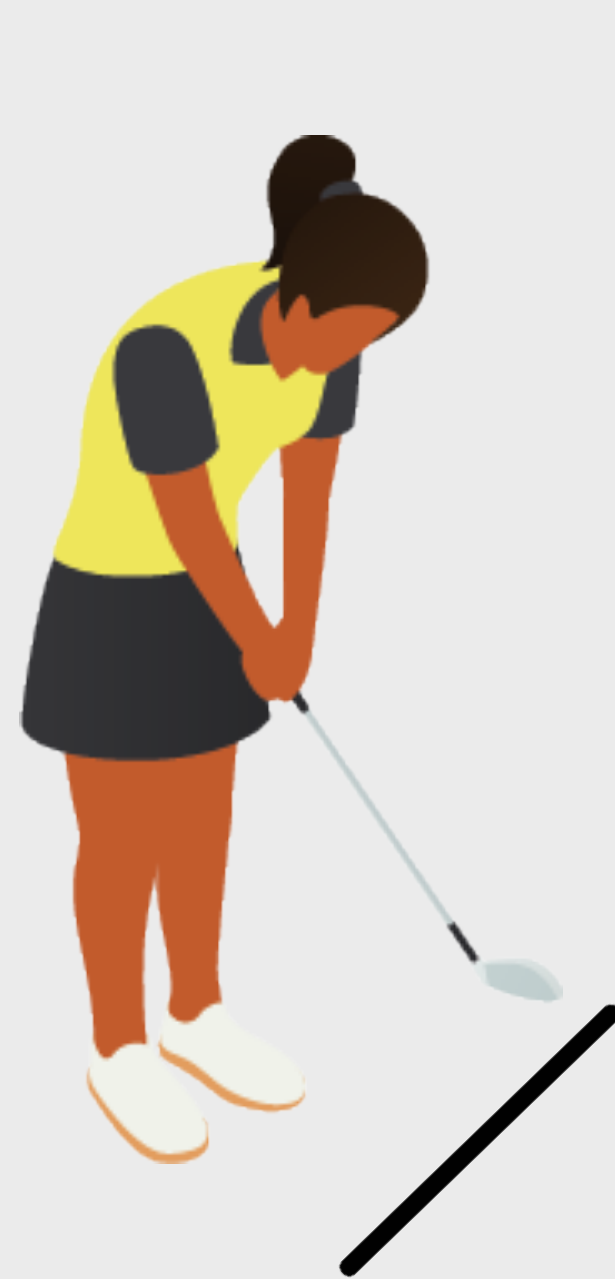
## How to Practice

- Students should work in pairs to check each other's alignment
- The student should use the alignment stick to make sure they are aligned roughly parallel to their intended target
- The student should experiment with what it feels like to align a long way right and left of target, to build a real sense of what aiming on target feels like

## 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 work together and gain a deeper understanding of how alignment helps to prepare for a good golf shot

# Clubface Aim



## TRACKMAN

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

### Equipment Needed

- Hybrid or Fairway Wood

### How to Practice

- The student should practice whilst using an alignment stick to aid them in making sure their club face aim is perfectly square before they start the swing
- If the ball starts left or right of target the student then knows either they have miss-hit the shot, or they have done something which has caused the club face to aim right or left at impact

### Technical Link

- This activity will help the student to build an awareness of what a square set-up looks like to them

# Ball Position



## Equipment Needed

- Alignment Stick
- Hybrid, 7 Iron and wedge
- Golf Balls

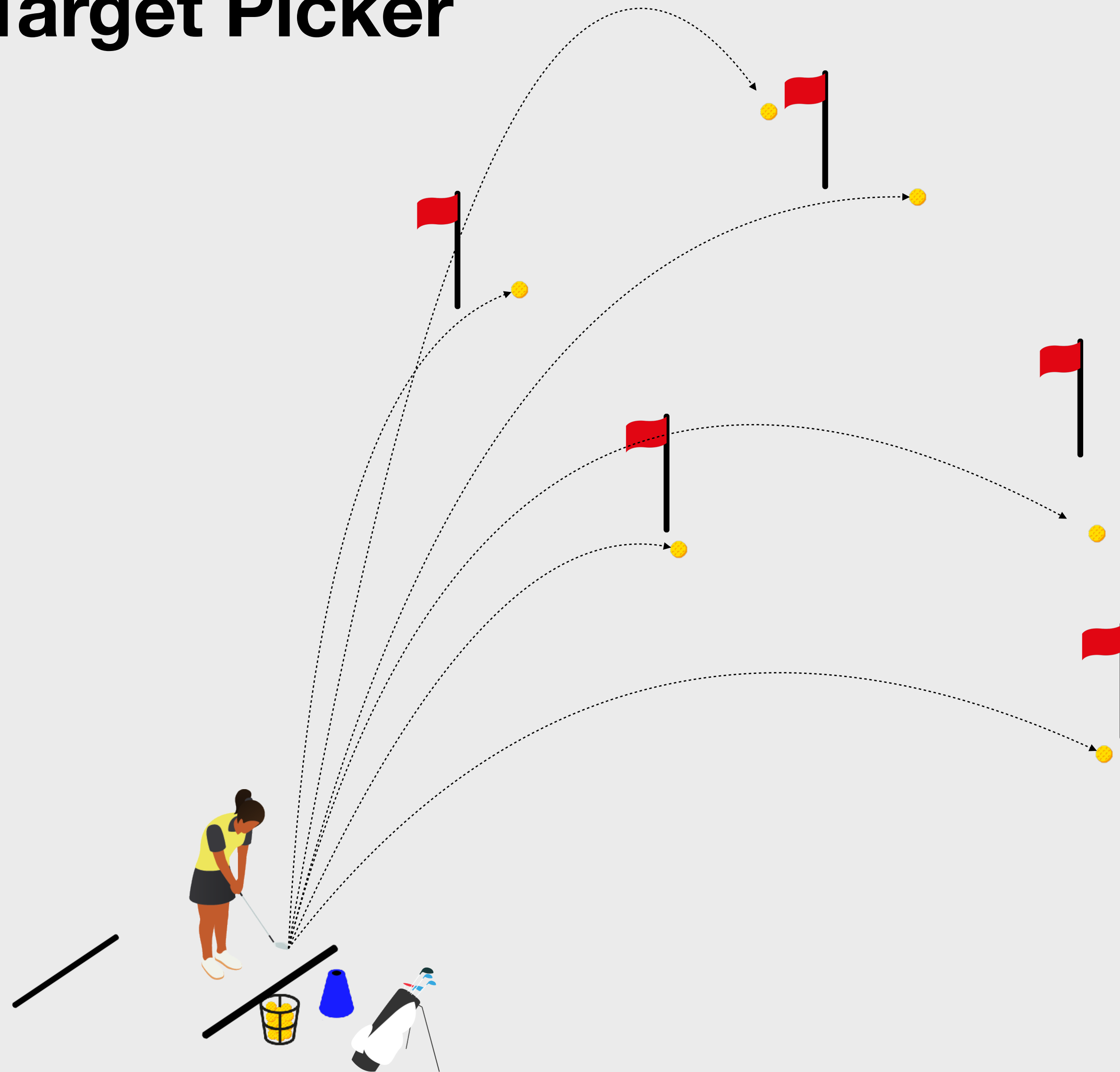
## How to Practice

- Students should understand that the ball position changes slightly depending on which clubs they use
- Use the alignment stick to mark the centre of the student's stance
- The student should experiment with a centered ball position for a wedge, an inch further forward for a 7 iron and an inch further forward still for the hybrid
- Make sure you highlight how important striking the ground in the appropriate place will ensure good contact, just having an improved ball position does not guarantee good contact

## Technical Link

- Understanding this means students will practice appropriately and strike the ball more consistently

# Target Picker



## Equipment Needed

- Driving range
- Golf balls
- Cones
- Driving range targets

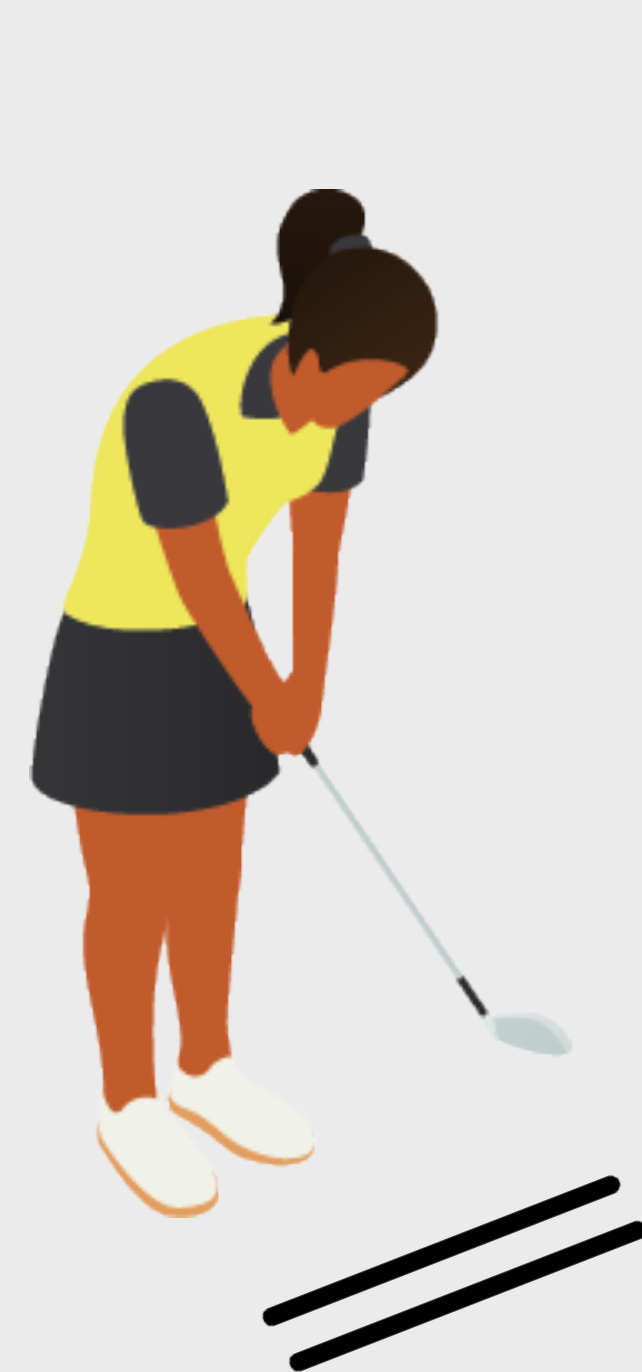
## How to Practice

- Students should alter their target with their stock shot so they are constantly adjusting their alignment and set up
- Pick up to 5 different targets and allow the students to hit one shot to each target
- Encourage the students to go through their pre-shot routine and try to imagine they are playing on the course and hitting the fairway

## Technical Link

- By changing the target it keeps the practice fresh for the student and allows them to make the required adjustments to hit their stock shot on their imaginary fairway

# Swing Direction



## TRACKMAN

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

## Equipment Needed

- 7 Iron

## How to Practice

- The student should practice whilst using alignment sticks to help them learn how to control the direction the club travels
- By moving the alignment sticks to aim left of target and then right of target the student will begin to control the direction of the swing
- Encourage students to start with small swings with this challenge and work up to fuller swings once confident in controlling swing direction

## Technical Link

- This activity will help the student to build an awareness of swing direction and how to improve their overall technique

# Iron Challenge

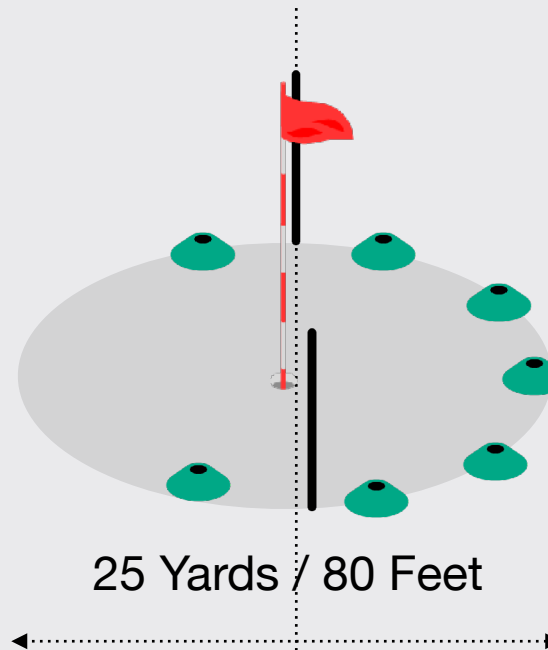
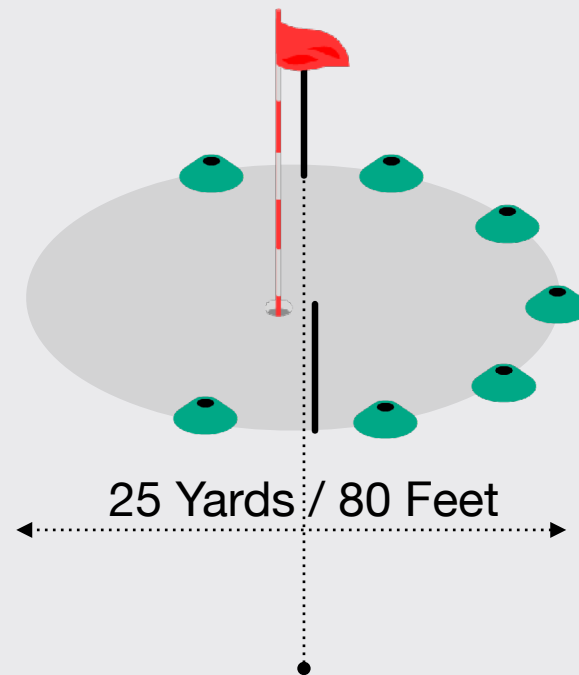




# Iron Challenge

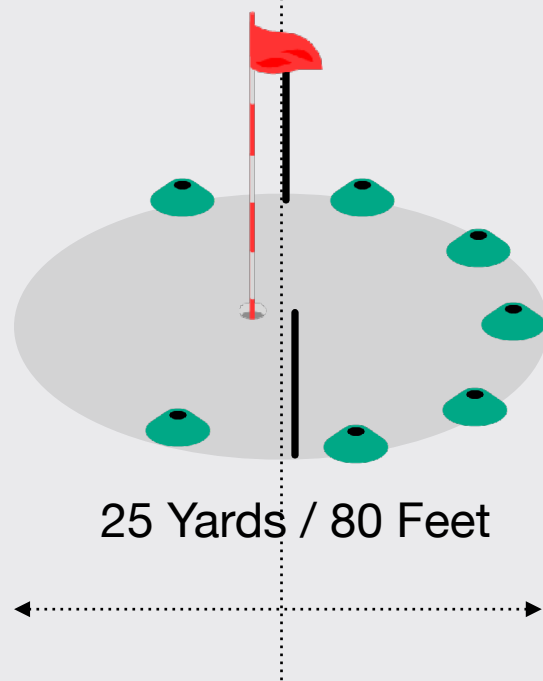
## Middle Distance Green

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## Nearest Distance Green

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- 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

## Attempting the Challenge

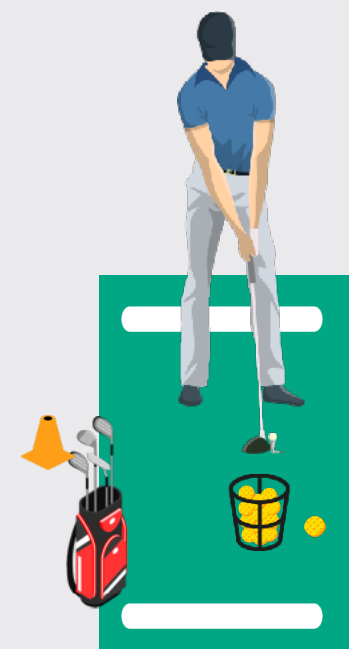
- Students should select the minimum distance based on their home club course length from the table opposite
- Next, attempt to hit each shot to finish within the target gate and for each shot and note the total distance of each shot relative to the distance markers
- Record the result of each attempt on the Challenge Scorecard

## The Challenge

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

## 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



**TRACKMAN**

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



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