

Scoring School

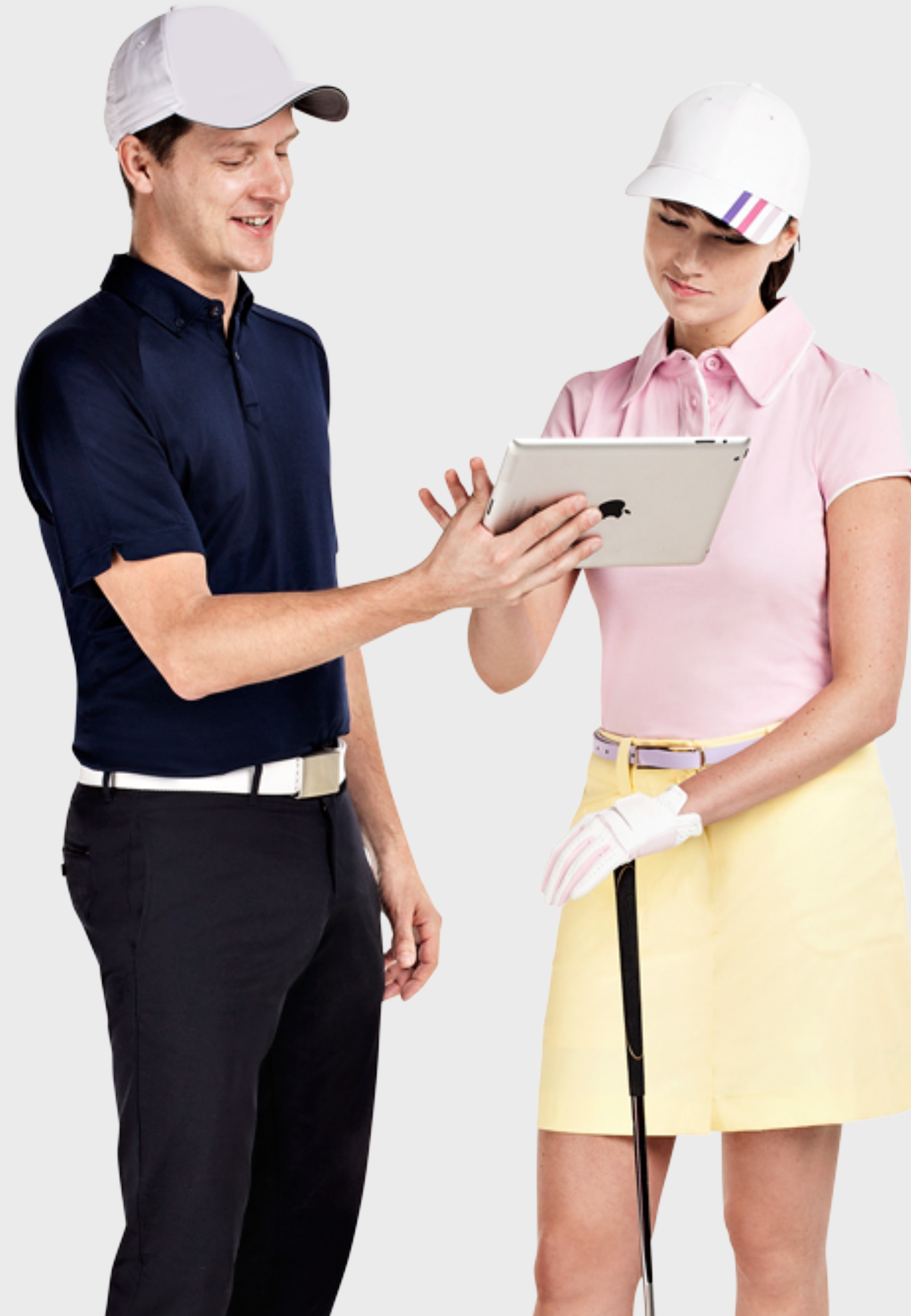
BREAK
100

Bunker



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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"> 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 		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 		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. 		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 		GLF Connect App

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Class Timetable

Session Length:
90 Mins

Group Size:
1:8

Session Focus:
Break 100
Short Game

Topic:
Bunker

Technical Focus
Set Up
Understanding Strike

Scoring Challenge
Bunker

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 short game class Introduce the students to the various scoring challenges, and how this will map out their strengths and weaknesses 	
25 mins	Set Up Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> Introduce the student to some top tips to improve strike when playing a bunker shot Keep your technical instruction to less than 5 minutes, in order to allow maximum time for play and practice and for you to reinforce the key skills with individual tuition 	<ul style="list-style-type: none"> Making a Splash Entry Point
25 mins	Understanding Strike Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> Outline to the student, the concept of land and roll with regards to the bunker Demonstrate to the student, how using different clubs can help them to become more effective in their ability to play a bunker shot 	<ul style="list-style-type: none"> Depth of Sand High or Low... Bunker
25 mins	Bunker Challenge	<ul style="list-style-type: none"> Set up the Bunker 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"> Bunker 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:

- **Bunker Set Up** - Introduce some basic bunker setup principles which may include:
 - Discuss how the students should set up for a bunker shot
 - Outline to the students, how the set up when changing between a high or low bunker shot
 - Focus the students on their weight distribution and ball position when changing depth of sand
- **Understanding Strike** - Introduce some basic bunker strike principles which may include:
 - Discuss the process of strike when hitting the ball with sand between club face and golf ball
 - Outline to the student the effect the sand will have on the distance and spin of the golf ball
 - Discuss how the attack angle may change depending on the lie of the golf ball in the bunker



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

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

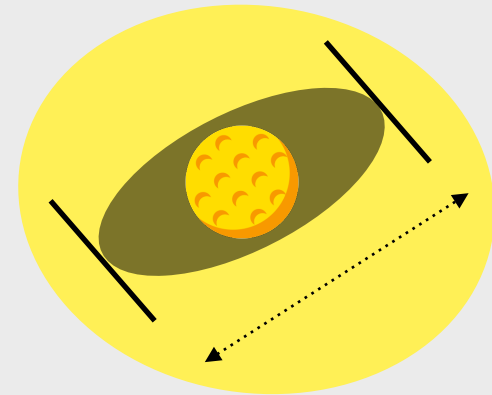
Station 6:
Challenge Station
Driver Challenge

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Orbis Golf Programmes

Example Class Layout and Setup

Station 1:
Practice Station
Making A Splash



Station 2:
Practice Station
Entry Point



Station 3:
Practice Station
Depth of Sand



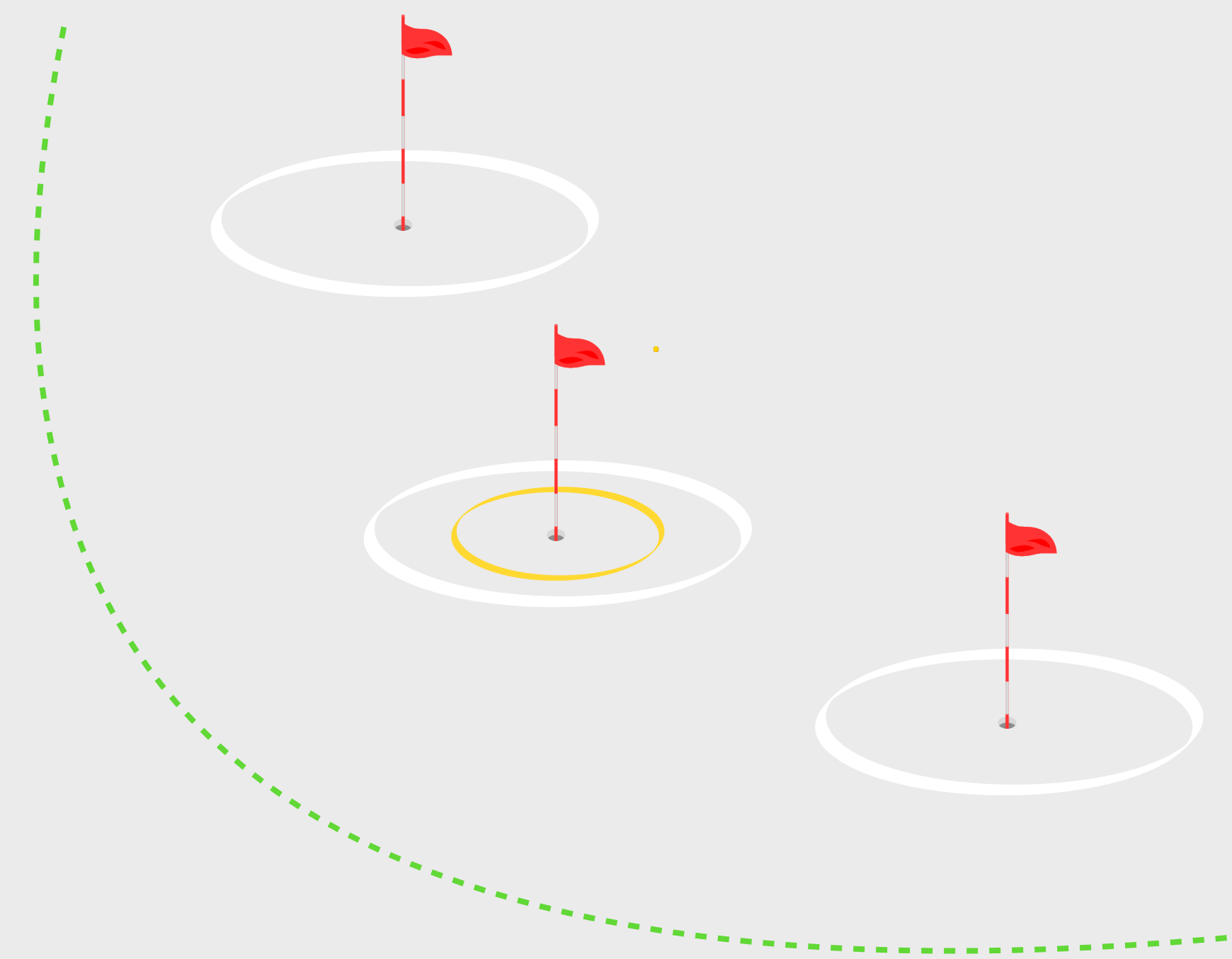
Group Discussion:
Start, during and end of class



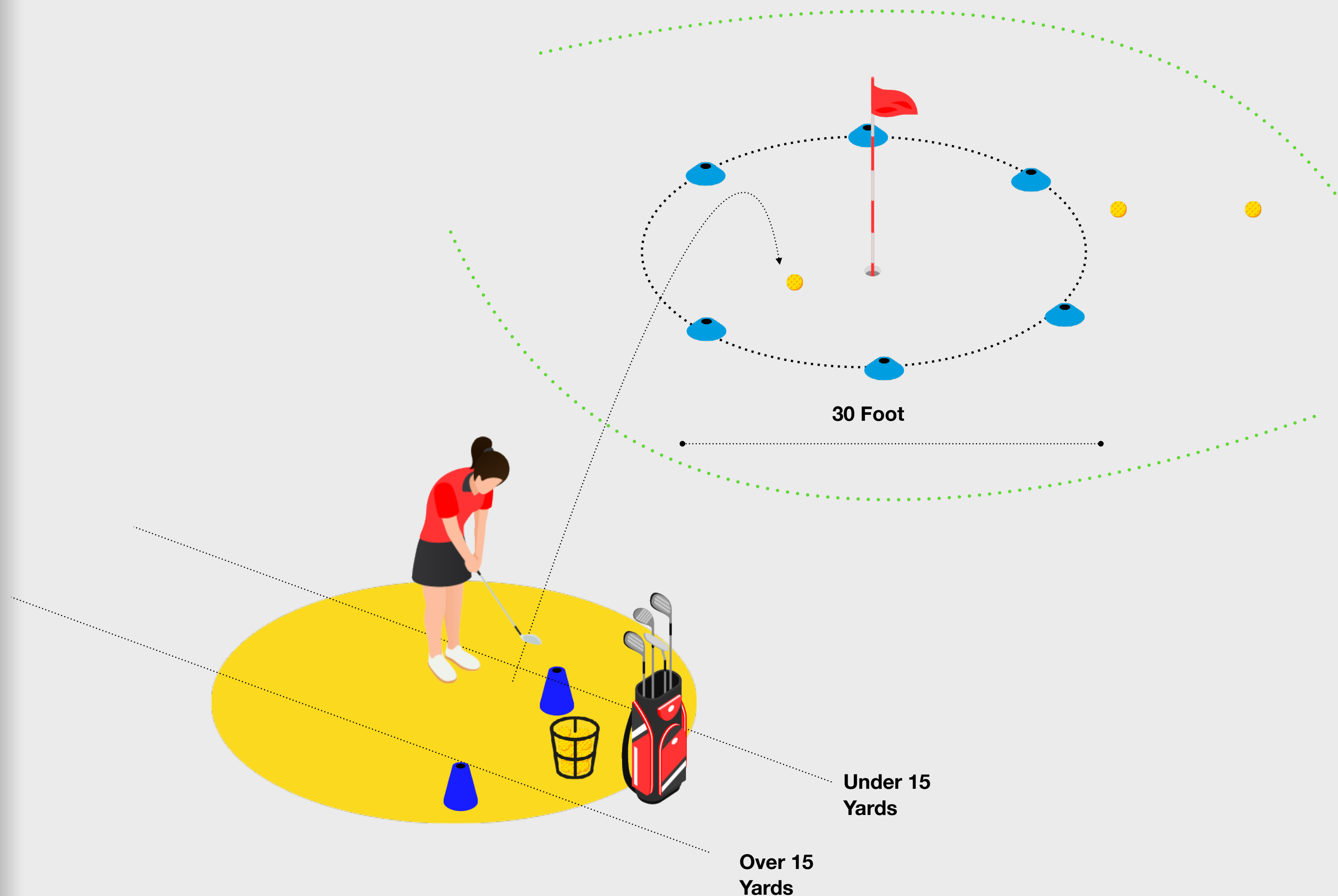
Station 4:
Practice Station
High or Low Bunker



Station 5:
Challenge Station

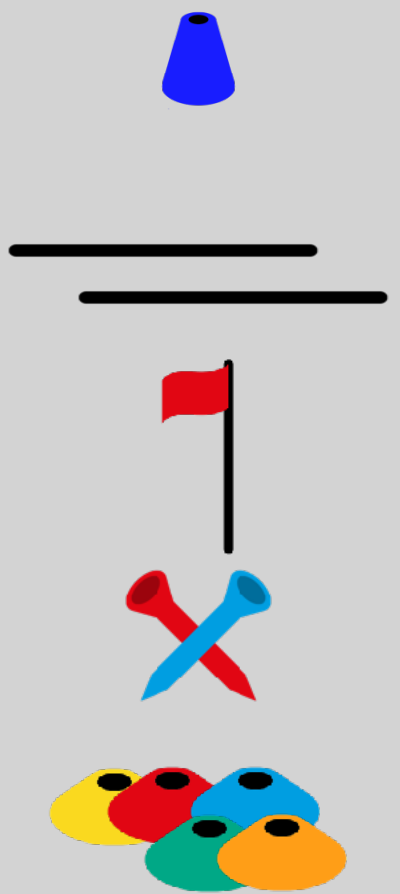


Bunker Challenge Setup



Equipment Needed

- 2x Marker cones
- 2x Alignment Sticks
- 2x Flagstick
- Tee Pegs
- 6x Coloured Cones



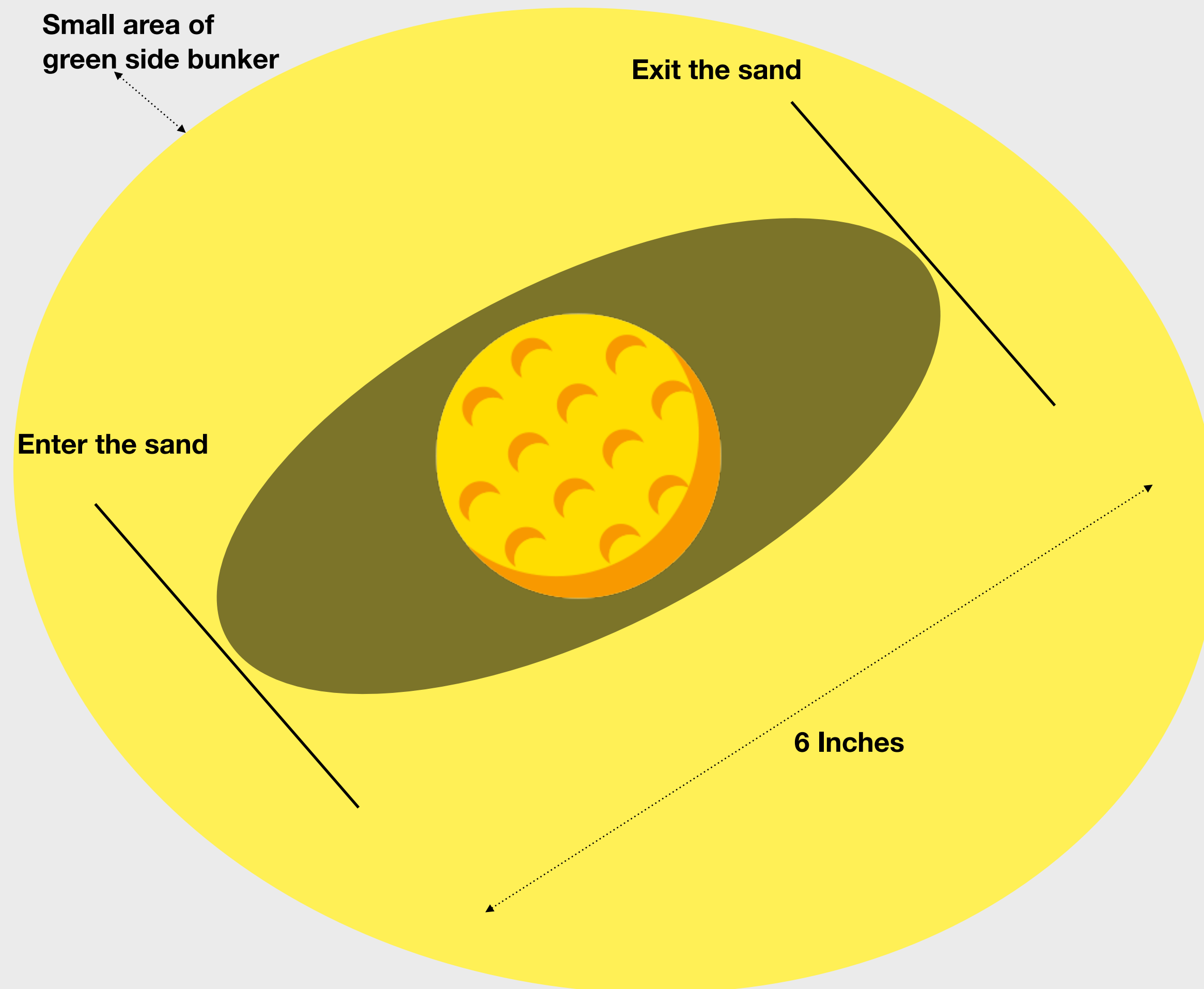
Setting out the Challenge

- Create a 30 foot diameter target circle around the flag/alignment stick using the coloured cones
- Using marker cones create 2 starting points positioned in the bunker at distances of under 15 yards and over 15 yards

Practice and Games Cards



Making a Splash



Equipment Needed

- Bunker
- Sand Wedge
- Golf balls

How to Practice

- In the bunker get the student to mark out the circle around the golf ball approximately 6 inches across
- When the student is hitting the shot, encourage them to hit the sand on the first mark and leave the sand on the second mark
- This will encourage the learner to splash the sand under the golf ball and have the desired contact

Technical Link

- This activity will encourage the student to splash the sand under the golf ball and have the desired contact
- Encourage the student to try PW to get a lower flight, less spin and more roll

Entry Point



Equipment Needed

- Sand Wedge
- Golf balls

How to Practice

- The student should draw a line in the sand, and then attempt to strike the line in order to practice getting the entry point consistent
- The student should hit two or three practice swings, hitting the line each time, and then place a ball just an inch ahead of the line and repeat their swing in order to hit the ball out of the sand

Technical Link

- This activity will help students build an awareness of where their club is entering the sand

Depth of Sand



Equipment Needed

- Sand Wedge
- Golf balls

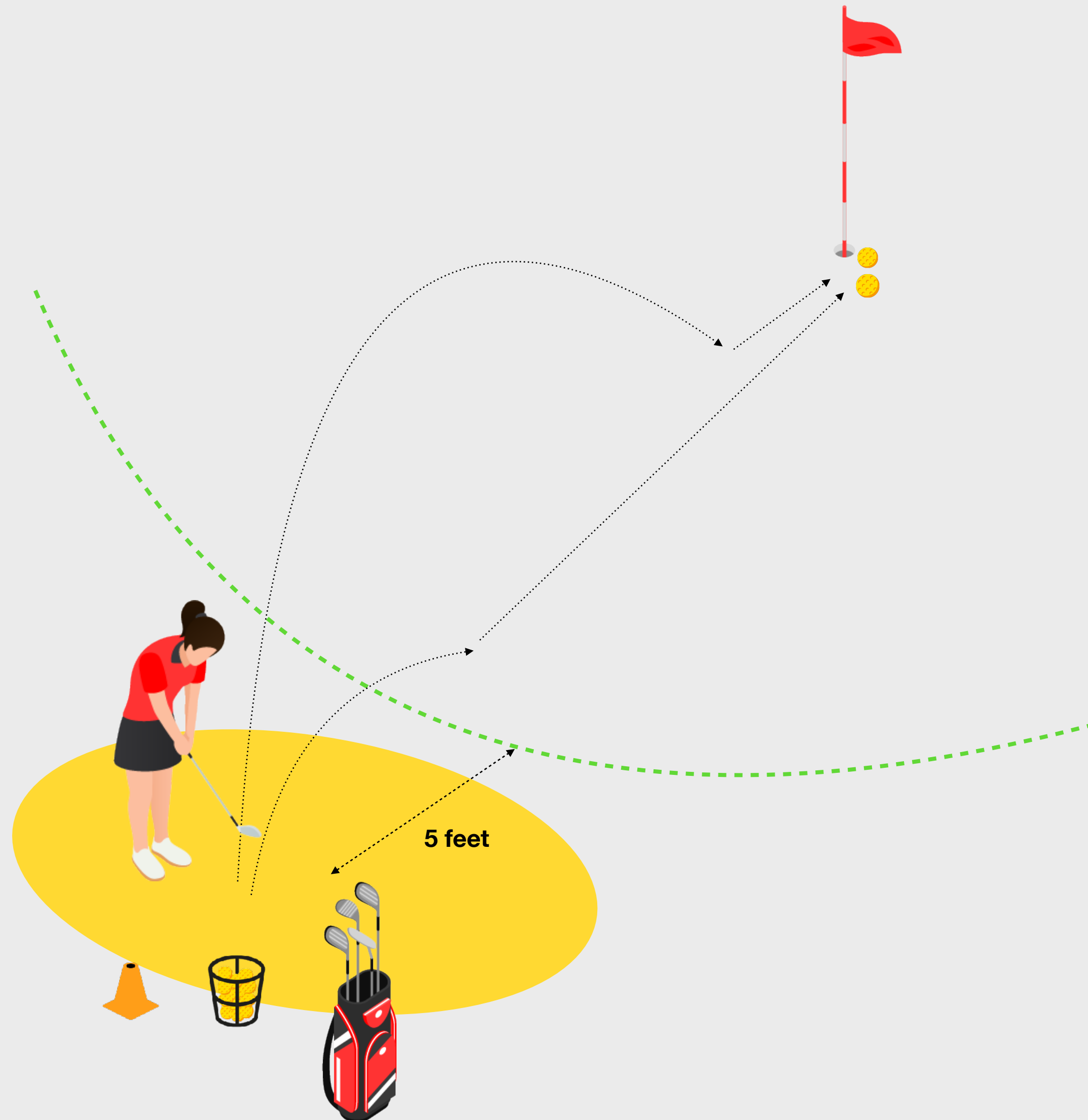
How to Practice

- Students should deliberately hit shallow and deep divots to enable them to start to build an awareness of how this effects the flight of the ball
- Once a student has hit a shallow divot, followed by a deep divot they should be able to decide which is more effective at hitting the ball out of the bunker

Technical Link

- This activity will help the student to understand depth of divot and the effect on ball flight

High or low... Bunker!



Equipment Needed

- Bunker
- PW and SW
- Golf balls

How to Practice

- Position the student in a bunker on the edge of the chipping green
- Pick a shot on the edge of the green with lots of green to work with
- Demonstrate to the student two different ways to play the bunker shot
- Shot 1 will be with a PW. Demonstrate how the ball will leave the bunker at a slightly lower trajectory with increased roll
- Shot 2 will be played with a SW. Show how the increased loft on the SW allows the ball to leave the bunker with increased trajectory and have less roll more spin

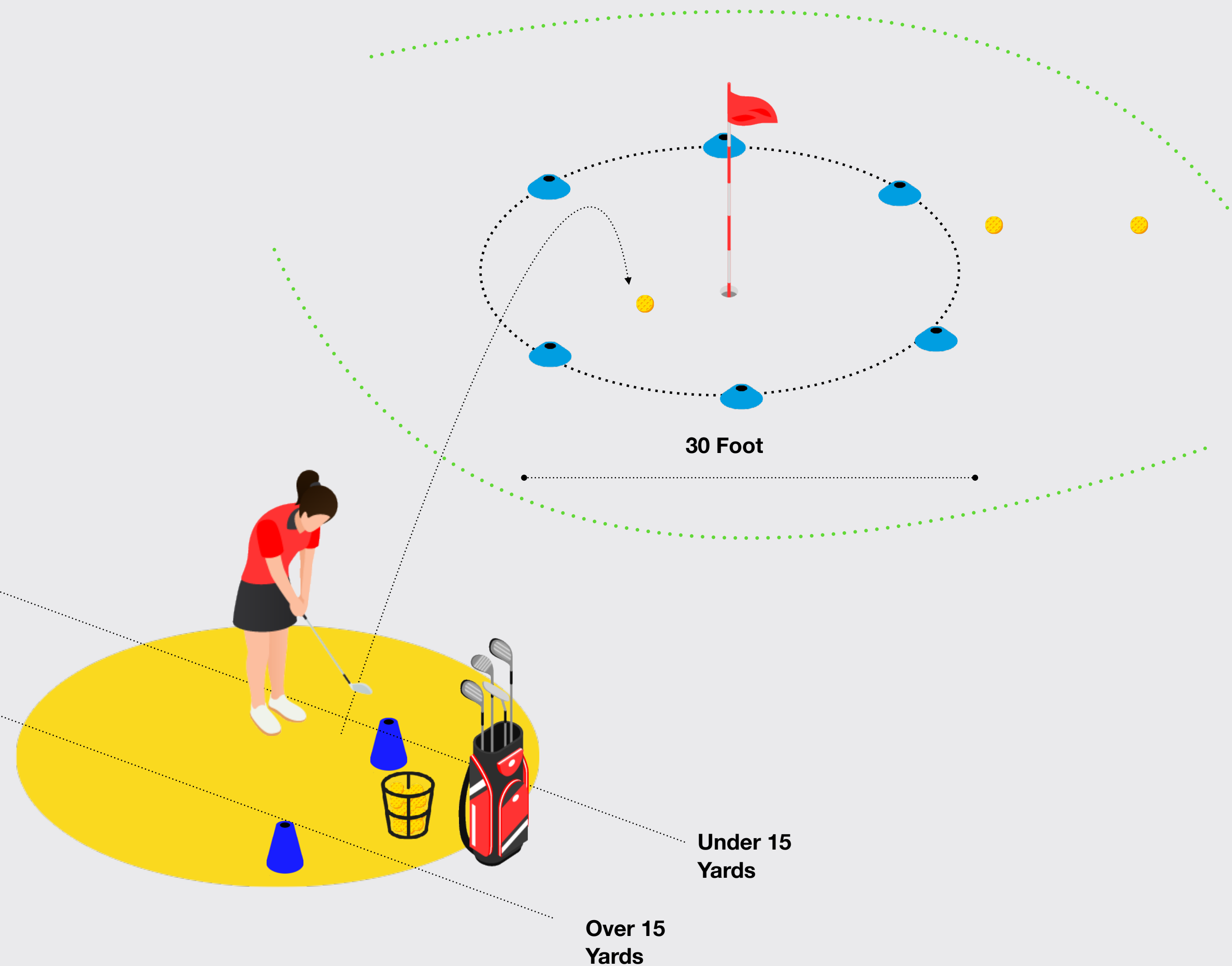
Technical Link

- Outline to the students the benefits of both shots and specifically where each shot should be used
- Explain to the student the potential risks and percentage likelihood of success with each shot

Bunker Challenge



Bunker Challenge



Attempting the Challenge



- Students hit 10 shots in a random order from each starting position to finish with the target circle
- Record the result of each attempt on the Challenge Scorecard
- Students can place or roll the ball into the bunker on each attempt

The Challenge

- Attempt to pitch the ball to within the target circle from each position in the green side bunker. Students should attempt 10 shots from each starting position

- **3/10 shots in the target circle from under 15 yards**
- **1/10 shots in the target circle from over 15 yards**

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



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