

# Scoring School

**BREAK  
80**

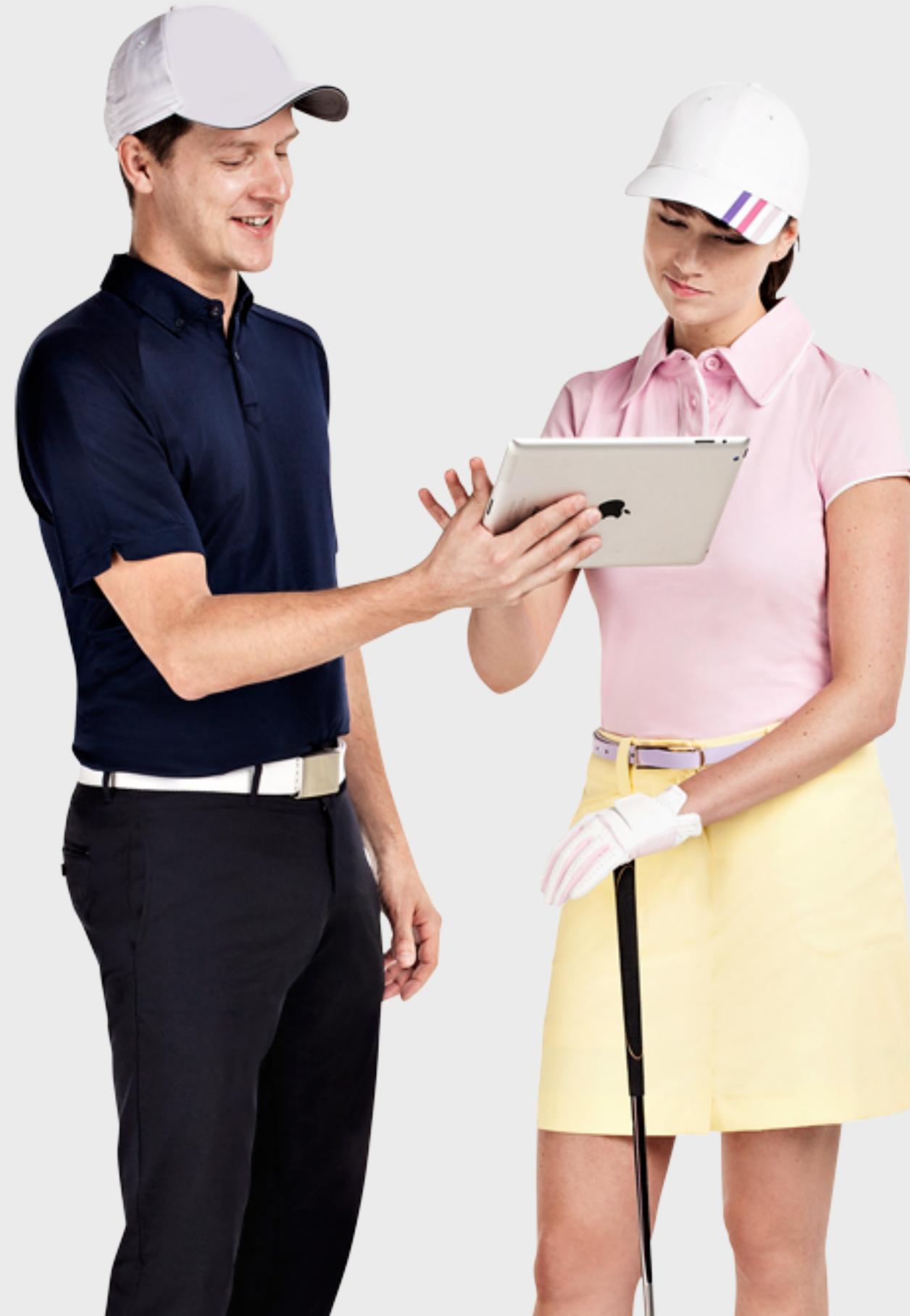


**Irons**



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- 15 **Scoring Skills Challenges**



# Session Timetable

4

**Scoring School** *Break 100 - Swing*

## Class Timetable

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**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>	<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	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>	<ul style="list-style-type: none"> <li>Driver Challenge</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> </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 next skills series 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>

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# Class Timetable

**Session Length:**  
90 Mins

**Group Size:**  
1:8

**Session Focus:**  
Break 80  
Swing

**Topic:**  
Irons

**Technical Focus**  
Dispersion Patterns

**Scoring Challenge**  
Iron Challenge

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 80 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>	
50 mins	Dispersion Patterns Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> <li>Give an introduction into how a more consistent dispersion pattern with irons can lead to hitting more greens in regulations and lower scores</li> <li>Demonstrate to the student techniques that can improve strike and help them find more consistency and an improved dispersion pattern</li> <li>Students play the practice stations individually, in pairs or in groups</li> <li>This is an 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>What's your Pattern?</li> <li>G.O.L.F</li> <li>Carry Distance Challenge</li> <li>Cluster Up</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 80 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 irons. Some of technical content you may want to explore in this session may include:

- **Dispersion Pattern** - Introduce some key principles and techniques to having a more consistent dispersion pattern. Some of the content you may want to explore includes:
  - Explain to students what a dispersion pattern is and how recent innovations in data collection and on course tracking has lead to an increased statistical approach to golf
  - Outline to the students some swing thoughts that can help guide them to a more clustered dispersion pattern
  - Explain how it is better for dispersion to have a one sided miss as it is more predictable and you can allow for it on the course
  - Discuss with the students how to gain more control over their dispersion through creating a more predictable swing/ strike
  - Explore how different dispersion patterns can then lead to better course management decisions and specifically the shot selection choice on Par 3'and approach into greens
  - During the class try to help students to learn their dispersion patters and give technical advice to help them improve this and apply this to their decision making on the course



**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

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



**Station 1:**  
Practice Station  
What's your Pattern

**Station 2:**  
Game Station  
G.O.L.F

**Station 3:**  
Practice Station  
Carry Distance Challenge

**Station 4:**  
Game Station  
Cluster Up

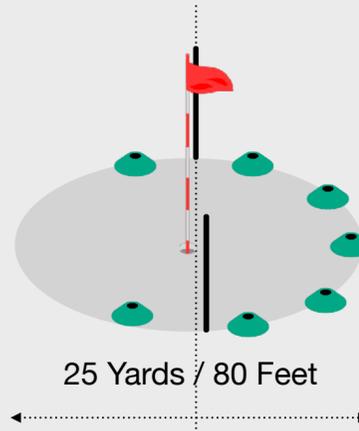
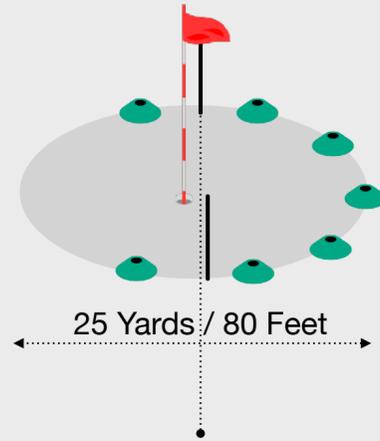
**Station 5:**  
Challenge Station  
Iron Challenge



# Iron Challenge Setup

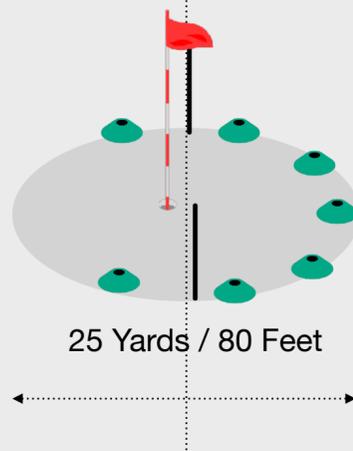
## Middle Distance Green

- 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

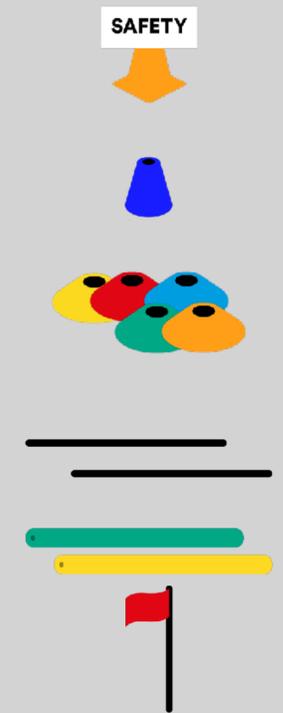


## Furthest Distance Green

- 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)



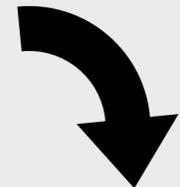
# TRACKMAN Integration

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



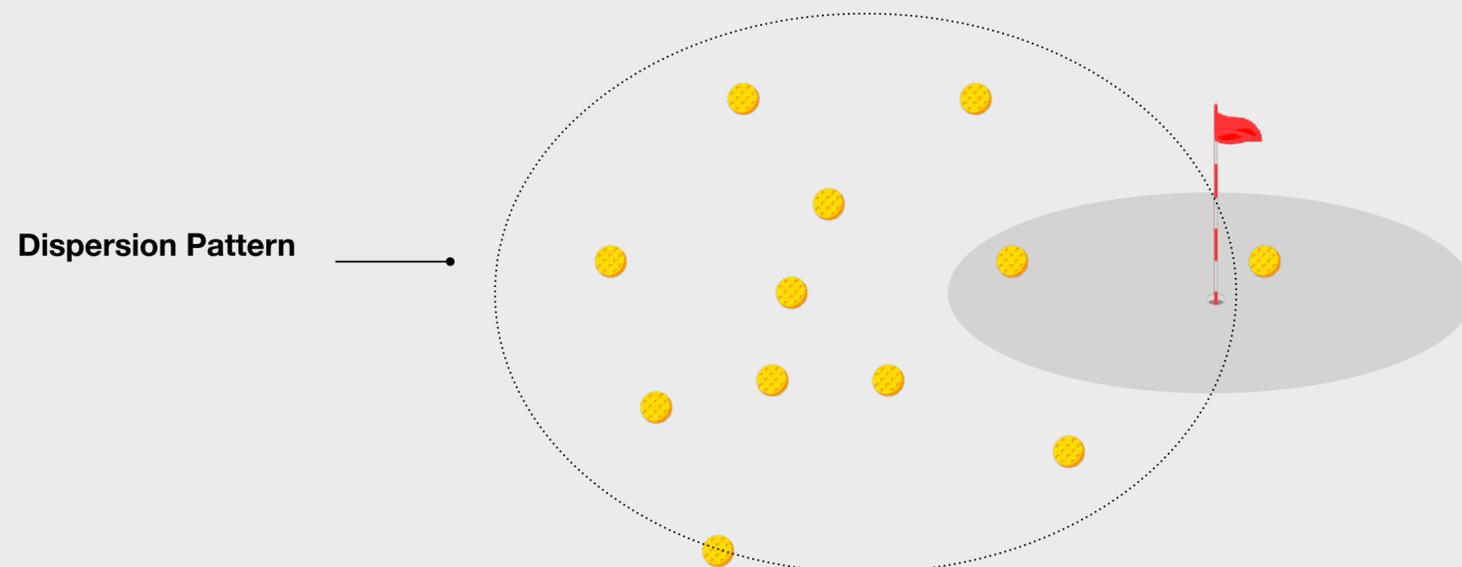
**TRACKMAN**

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

# Practice and Games Cards



# What's your Pattern?



*"I think it would be a good strategy on the course to look at aiming slightly right of the pin and hit one club more"*

## Equipment Needed

- 1 Target
- Golf Clubs
- Golf Balls
- Pencil and Paper

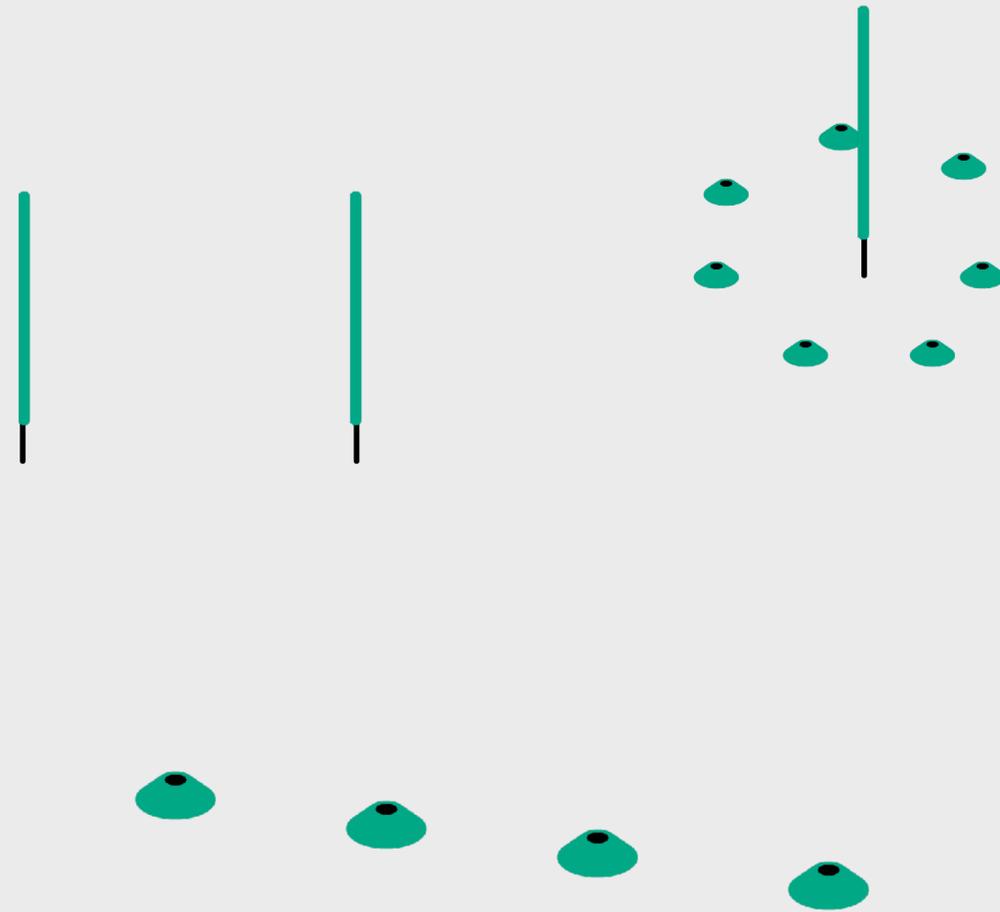
## How to Practice

- Set up two alignment sticks running parallel to each other and place a golf ball in the middle of them
- The student should practice hitting balls using alignment sticks to guide the swing path in order to control the direction the club travels better
- Encourage students to start with small swings and work up to fuller swings because it will focus them on getting through the alignment sticks without touching them

## Technical Link

- This activity will help the student to build an awareness of swing direction and path, which will improve the consistency of their dispersion

# G.O.L.F.



## TRACKMAN

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

### Equipment Needed

- Cones
- Alignment Sticks and Foam Noodles
- Irons

### How to Play

- Set up a number of targets on the driving range, at an appropriate distance for students to aim at
- The students should take it in turns to choose and aim for a particular target, if they manage to hit their intended target they achieve a "G"
- The game continues until a student has completed the word "GOLF"

### Technical Link

- This activity should focus the students attention on varied target based practice to emulate course scenarios
- This game should also highlight if a student has a common miss, which they can attempt to correct in their technique during practice

# Carry Distance Challenge



## TRACKMAN

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

## Equipment Needed

- Golf balls
- Irons
- Equipment to measure driver distance (launch monitor or similar)

## How to Practice

- Identify a number of targets on the driving range, at different distances
- Students should aim to carry their shots over the intended targets using any irons in their bag
- The targets should be seen as hazards in order to encourage the students to hit shots with sufficient distance
- Ask them to start with closer range targets and then advance to further targets each time they achieve one

## Technical Link

- This activity will give the student an idea of how far they can carry each iron, which is an integral part to keeping dispersion patterns tighter

# Cluster Up



## TRACKMAN

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

### Equipment Needed

- Iron
- 7 x Cones
- Balls

### How to Play

- Set up a green sized target on the range using cones around the distance of a mid iron for the ability of the individual/ group
- The aim is for the student to land as many of their balls within that target area as possible
- They can have up to 20 attempts and should record the result of the shot after each one
- The student should try to keep their dispersion as tight as possible and at the end of the activity, work out the percentage of their shots that landed within the target zone
- The winner is the student with the highest percentage

### Technical Link

- This activity is a real test of accuracy and should identify and common faults in the students dispersion patterns
- Encourage students to still perform their pre-shot routine before each shot and best replicate how they would perform each shot on the course in order to keep practice focused

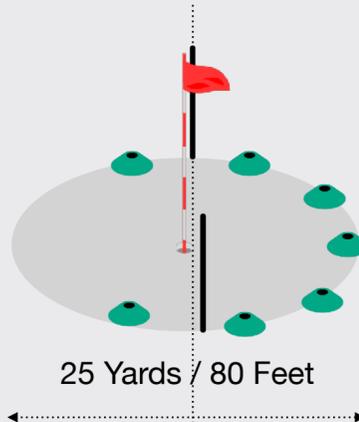
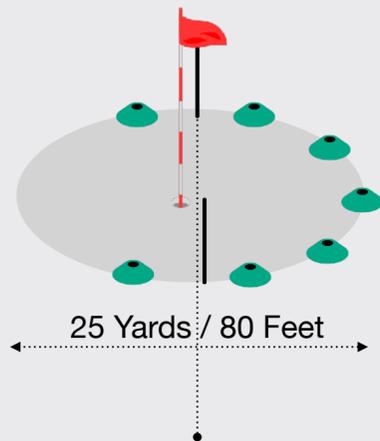
# Iron Challenge



# Iron Challenge

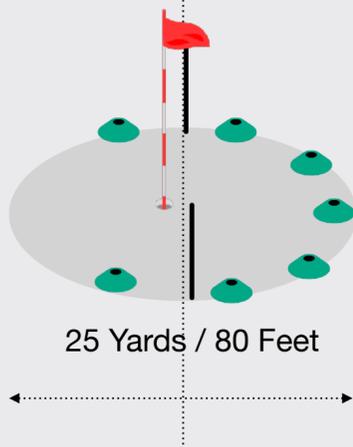
## Middle Distance Green

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- 4500 - 5500 Yards .....> 120 - 150 Yards
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**TRACKMAN**

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

## Attempting the Challenge



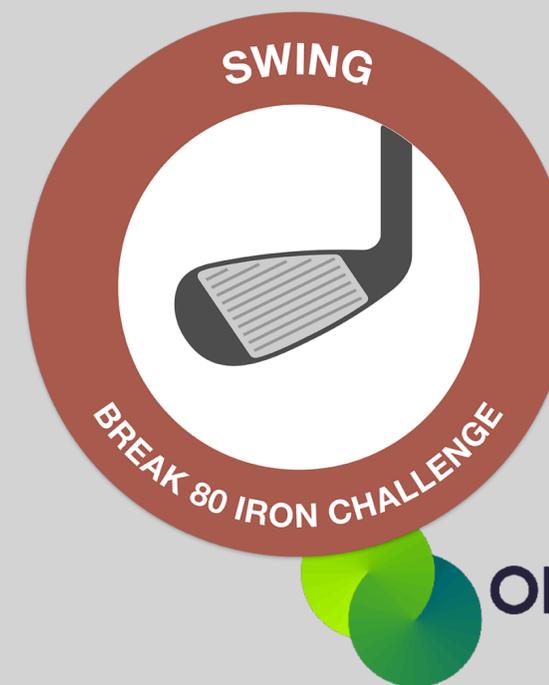
- Students should select the minimum distance based on their home club course length from the table opposite
- Next, attempt to hit each shot to finish within the target gate and for each shot and note the total distance of each shot relative to the distance markers
- Record the result of each attempt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

## 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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