

# Scoring School

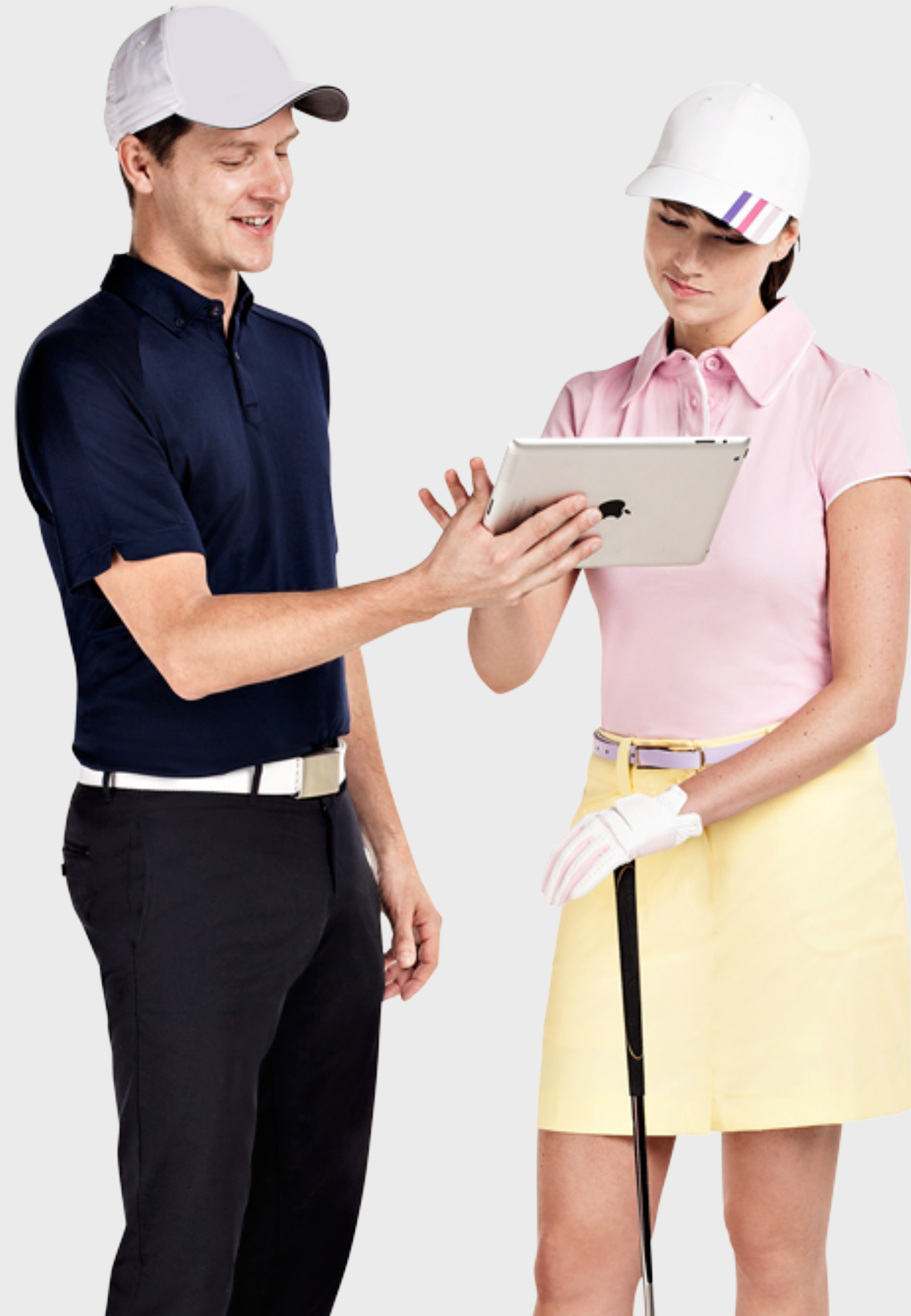
**BREAK**  
80

## Pitching



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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 80  
Short Game

**Topic:**  
Pitching

**Technical Focus**  
Flight and Spin Control

**Scoring Challenge**  
Pitching 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 short game class</li> <li>Introduce the students to the various scoring challenges, and how this will map out their strengths and weaknesses</li> </ul>	
50 mins	Flight and Spin Control Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> <li>Introduce the student to some tips on how to improve their flight and spin control when pitching</li> <li>Outline to the student ideas on how they can adjust their technique to change flight and spin for different shots</li> <li>Outline to students how they wedge and ball they use can impact their ability to control the light and spin when pitching</li> <li>Demonstrate to the student, how adjusting the length of their swing affects the shot created</li> <li>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</li> </ul>	<ul style="list-style-type: none"> <li>Landing Circle</li> <li>Hurdles</li> <li>Ball Position</li> <li>Single Club</li> </ul>
25 mins	Pitching Challenge	<ul style="list-style-type: none"> <li>Set up the Pitching 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>Pitching 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 pitching. Some of technical content you may want to explore in this session may include:

**Flight and Spin Control** - Explain the concepts of spin control and flight to the students. Some of the content you may want to explore includes:

- Demonstrate how to play shots with varying flights and spin which may include adapting the setup fundamentals and pitching motion to suit your coach preferences
- You can explore how students can utilise different wedges and clubs in different situations rather than changing their technique. You should outline to the students the benefits and challenges of doing this.
- Highlight where spin can be utilised, where it isn't useful and what impact conditions impact creating spin when pitching
- Explain how understanding the relationship between flight and spin is vital for controlling pitch shots and assessing the correct shot to play in certain situations
- Outline how the golf ball can play a vital role in the spin produced when pitching



**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  
Landing Circle



**Station 2:**  
Game Station  
Hurdles



**Station 3:**  
Practice Station  
Ball Position



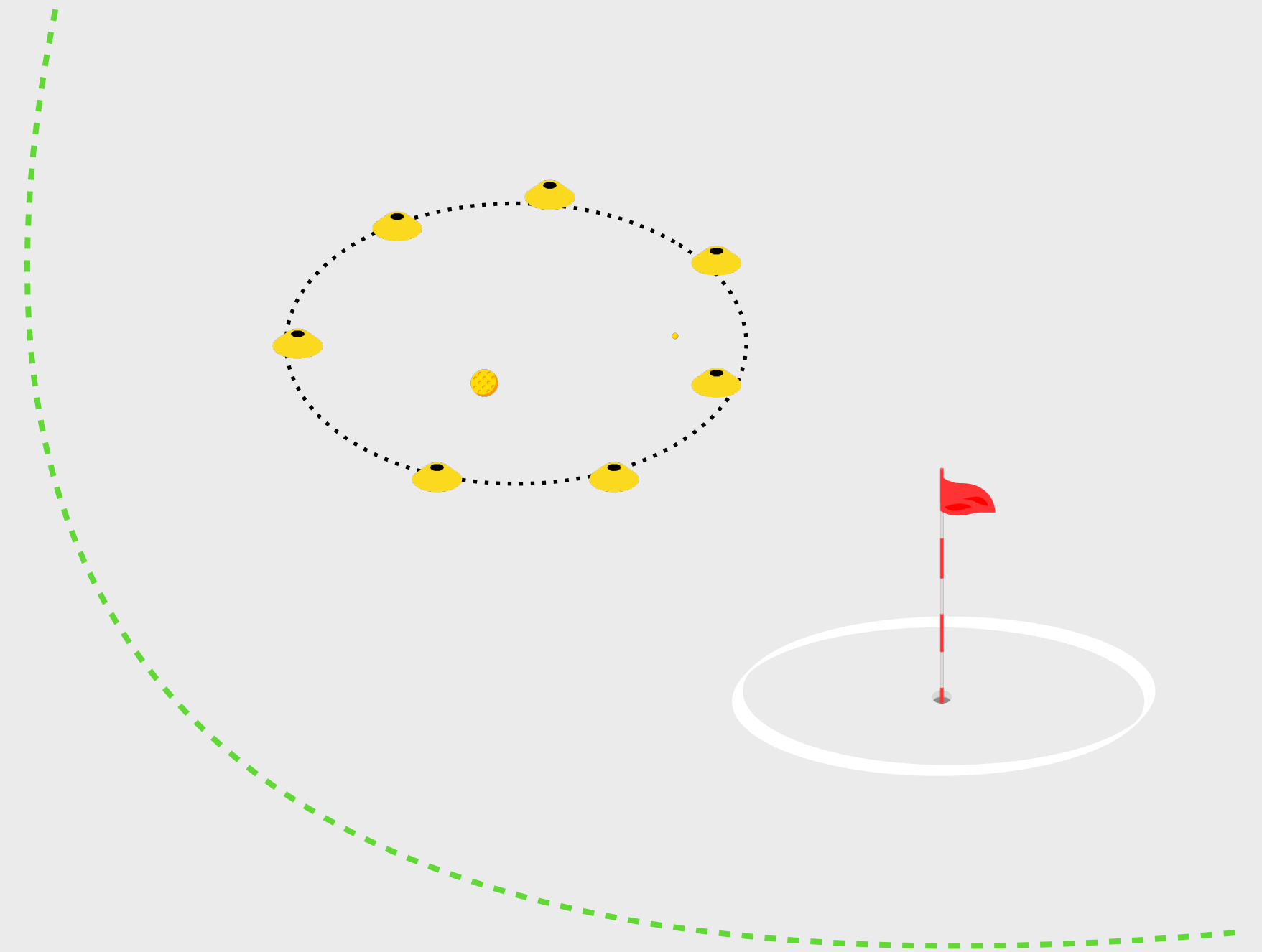
**Station 4:**  
Game Station  
Single Club



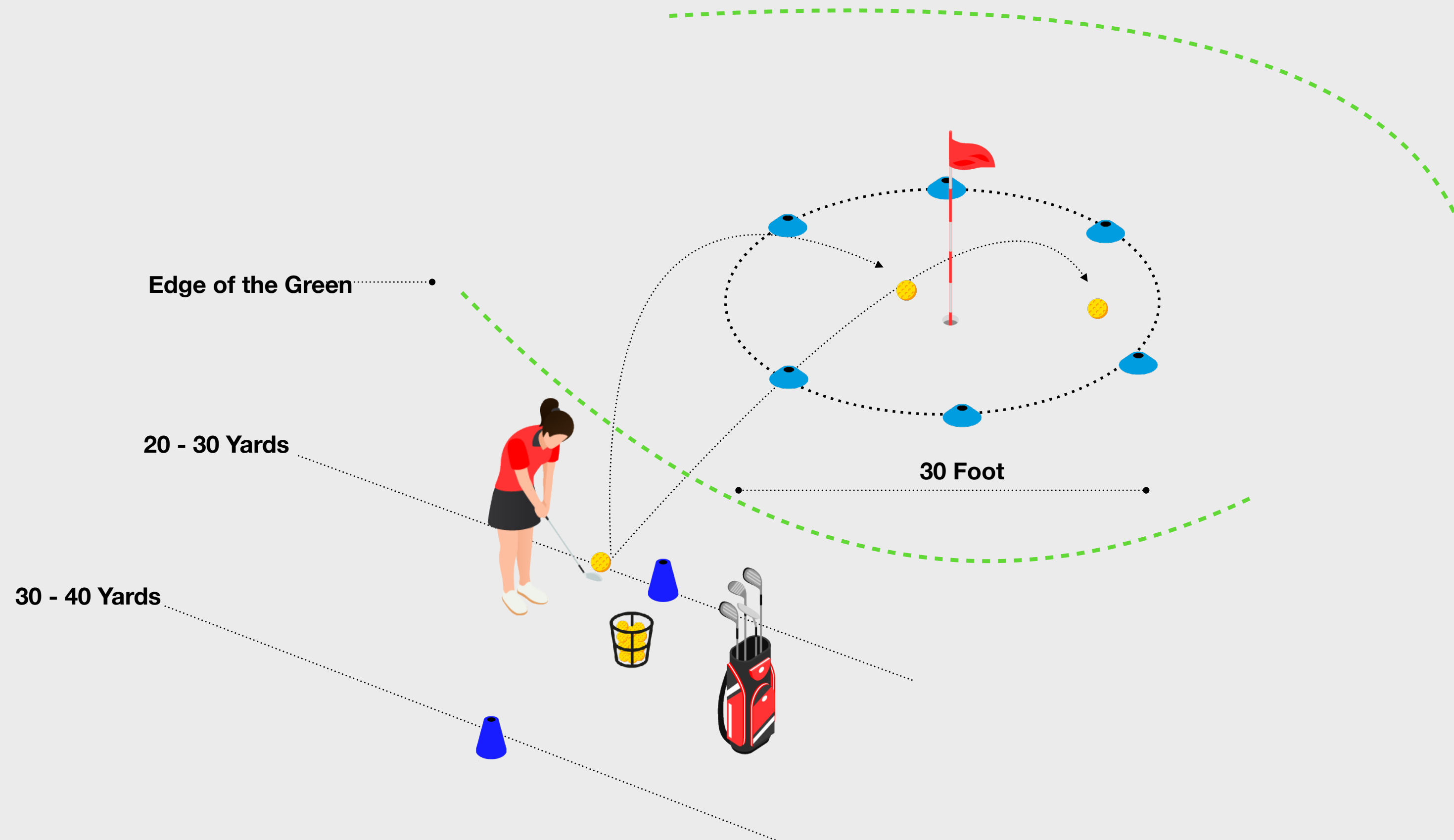
**Group Discussion:**  
Start, during and end of class



**Station 5:**  
Challenge Station

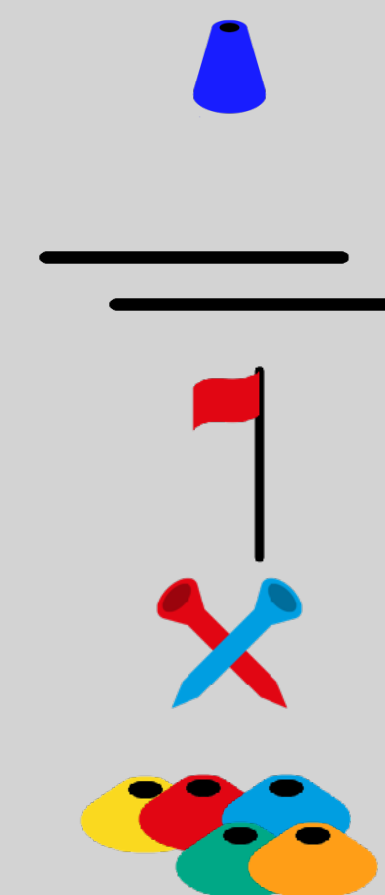


# Pitching Challenge Setup



## Equipment Needed

- 2x Marker cones
- 1x Alignment Sticks
- 1x Flagstick
- Tee Pegs
- 6x Coloured Cones



## Setting out the Challenge

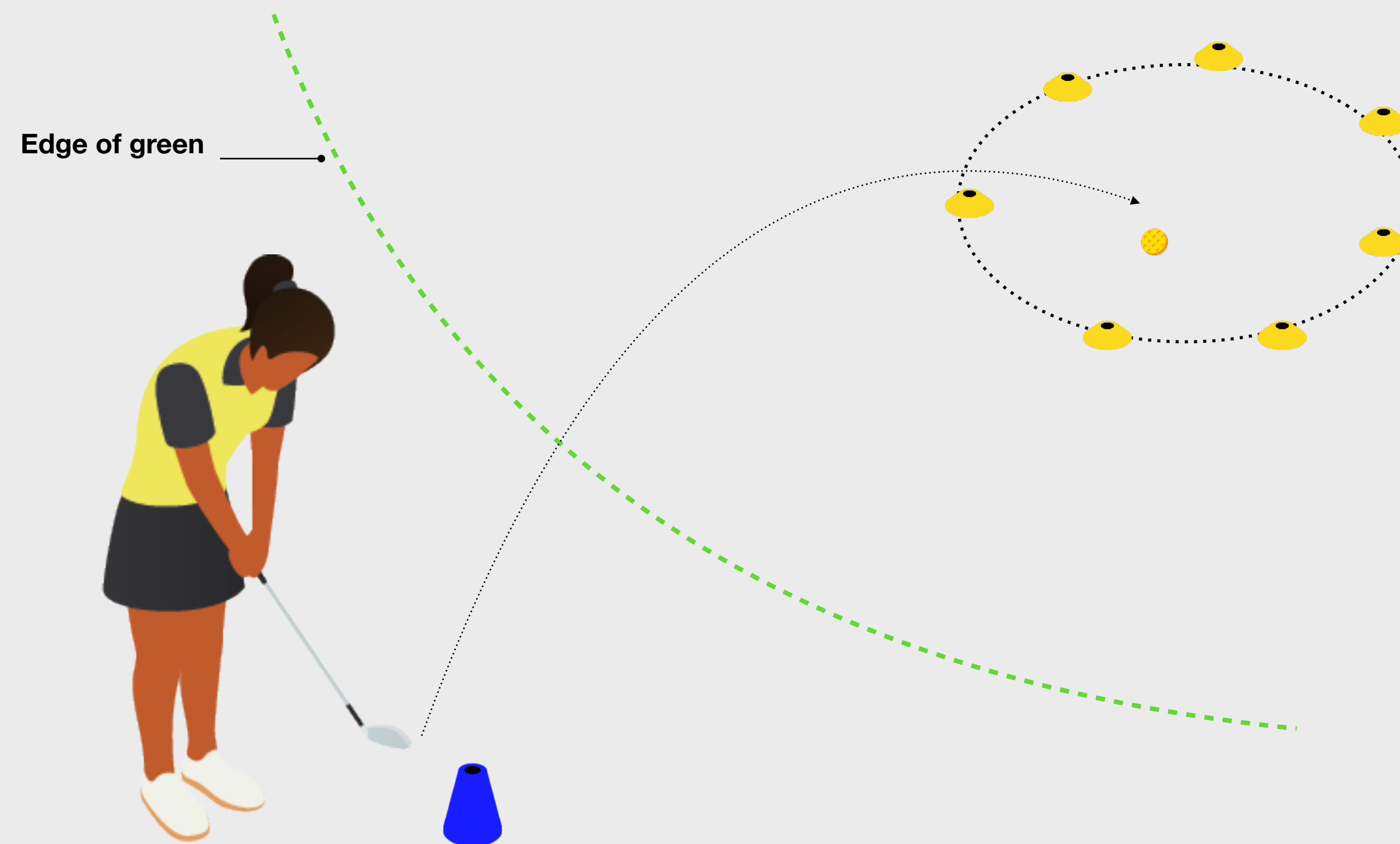
- Create a 30 foot diameter target circle around the flag/alignment stick using the coloured cones
- Using marker cones create starting points positioned in a row at distances of 20 - 30 yards and 30 - 40 yards



# Practice and Games Cards



# Landing Circle



## Equipment Needed

- 7 x Cones
- Wedge
- Golf balls

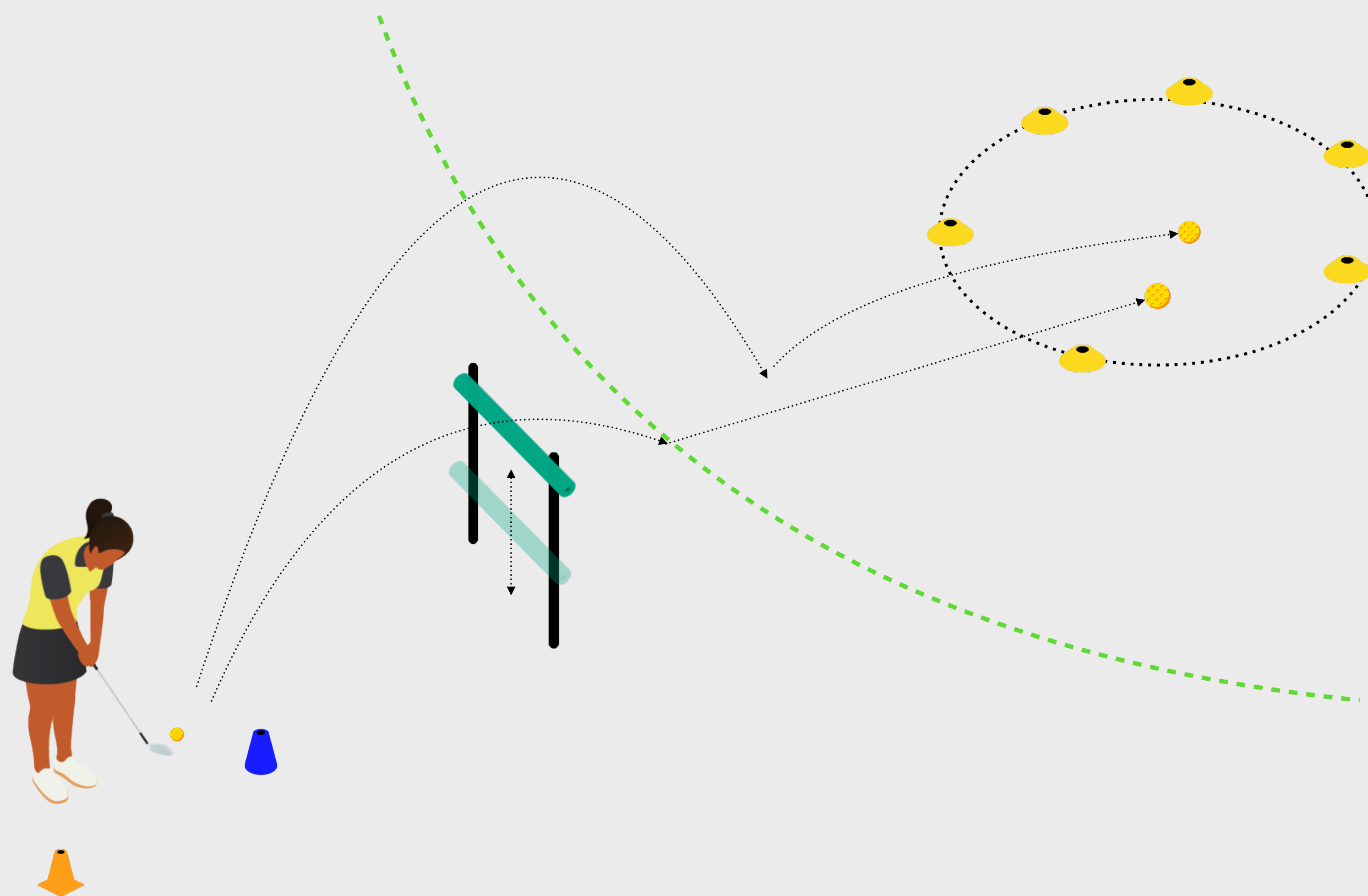
## How to Practice

- The landing circle marked out in yellow cones is the target the student is trying to land the ball in
- Using the correct set up for a high flighted shot the student must attempt land the ball in the circle
- Adjustments in technique will be required such as the length of back swing and follow through to adjust the distance the ball flies through the air

## Technical Link

- This activity will help the student to get a feel for which length swing produces which length of shot and the type of spin that will be imparted onto the ball from that type of swing
- This activity is designed to focus the student on where the ball is landing as opposed to where it will finish

# Hurdles



## Equipment Needed

- Alignment sticks and foam noodle to create the hurdles
- Golf balls
- 7 x Cones

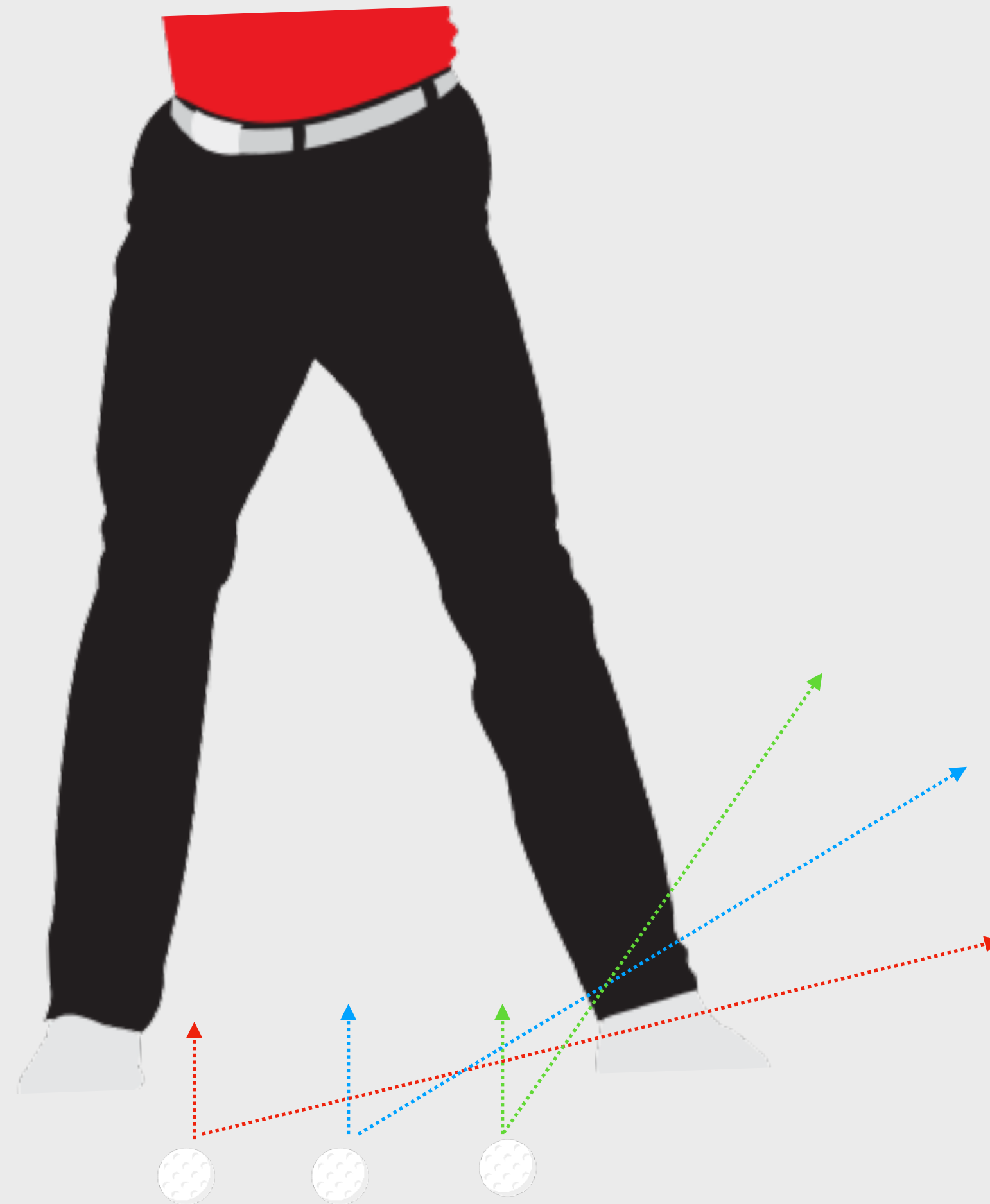
## How to Play

- Place the hurdle around 5 feet from the student
- Aim is to pitch the ball over the crossbar and land in the appropriate place for the ball to roll into the circle
- The student receives 5 attempts to chip the ball over the hurdle before the hurdle position is changed to a different distance
- They then receive 5 more attempts with the hurdle in the new position
- One point is awarded for getting the ball over the hurdle
- One point is awarded for getting the ball on the green
- Three points are awarded for getting the ball in the target circle

## Technical Link

- This activity will test the student ability to flight the ball optimally for it to finish close to the intended target
- The hurdle forces students to strike the ball with a trajectory that could lead to spin and so they will learn how to control this spin

# Ball Position / Shaft Position



## Equipment Needed

- Wedge
- Golf balls

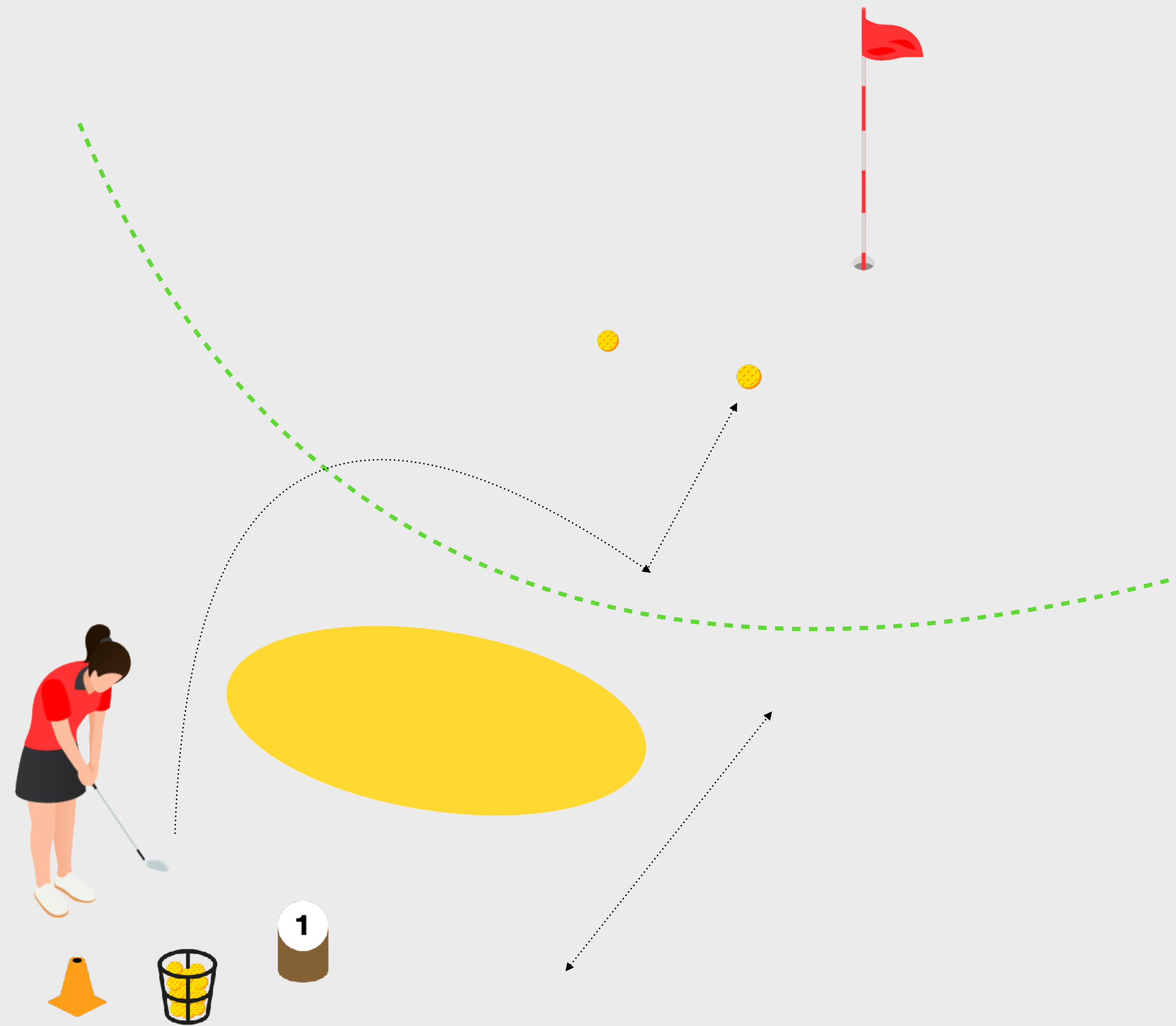
## How to Practice

- Ask the students to hit balls from around 20-30 yards away from the green
- Students should vary the ball position at set up from the back of their stance to the centre of their stance and finally move towards the front of their stance
- Allow the students to see how changing the ball position can affect the initial launch angle of their pitch shot
- Highlight to them the amount of spin imparted on the ball from each position too and encourage them to find methods of controlling that spin
- The students should also then keep the ball position consistent but then explore change the forward lean of the shaft and the vertical portion of the shaft

## Technical Link

- This activity will help the students to understand how changing the ball position and shaft position at address can affect the flight and spin on the pitch shot

# Single Club or Change Technique



## Equipment Needed

- Golf ball for each player
- Scorecard
- Pencil
- Cones for safety
- Wedges and Irons
- 3 or 6 positions around the green

## How to Play

- Get the students to choose a starting point for 'Hole 1' around the green a minimum of 20 yards from the edge of the green surface
- The student should drop their ball rather than placing
- The students first attempts this round with a single wedge or their choice. They need to adapt their technique to the shot they need to play
- The player then proceeds to putt out the ball and the score should be recorded on the scorecard
- Students should find a new starting positions and continue for up to six holes depending on their time available
- The students repeats the course but on the second attempt they can vary the club to the situation.
- The outcome of the task should be to compare scores but all subjectively assess the students preference

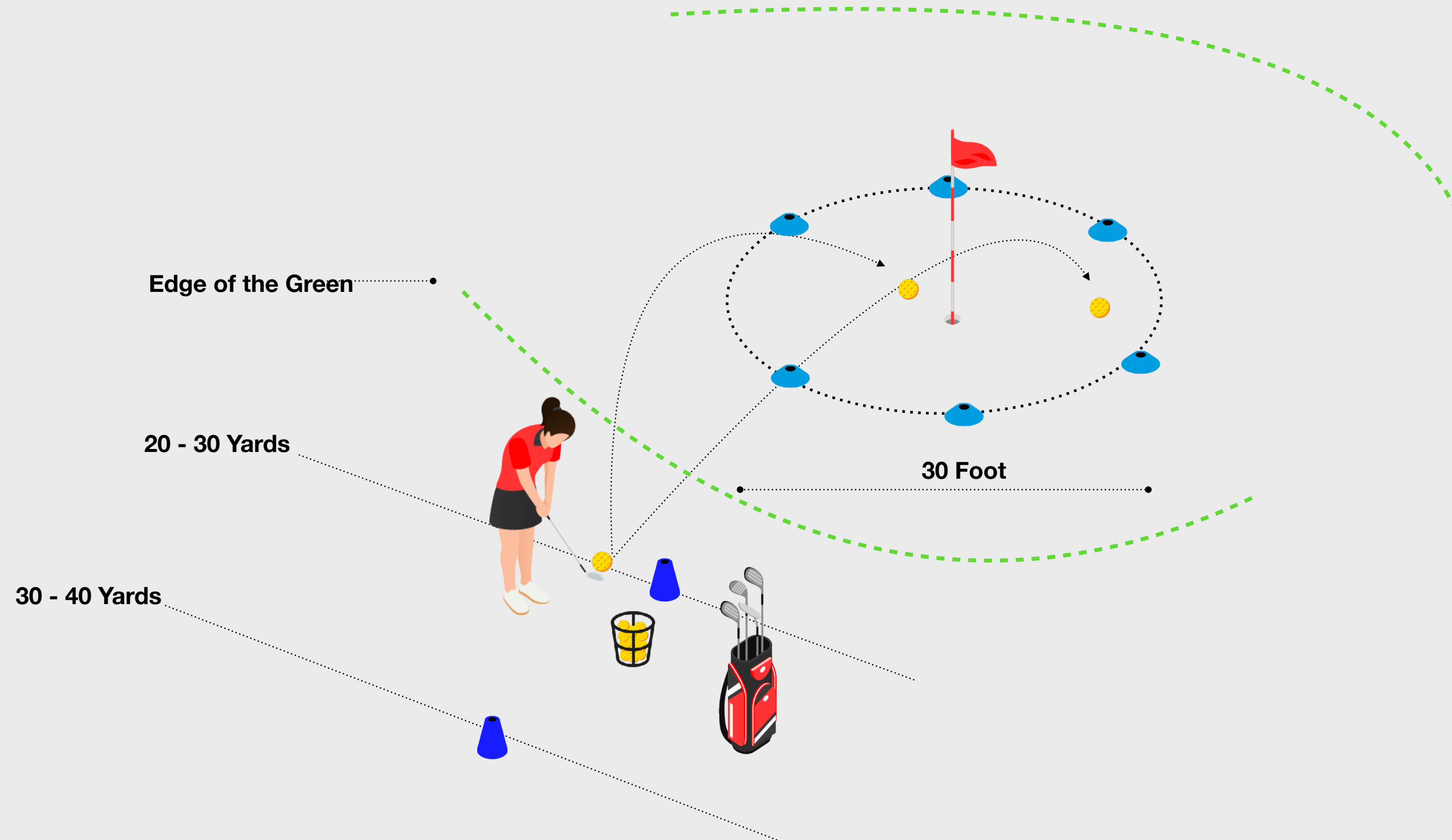
## Progression Ideas

- Choose a variation of lies and situations around the green

# Pitching Challenge



# Pitching 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 should drop the ball on each attempt

## The Challenge

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

- **7/10 pitches within target circle from 20 - 30 yards**
- **4/10 pitches within target circle from 30 - 40 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

