

Scoring School

**BREAK
85**



Swing Challenge Week



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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"> 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

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Class Timetable - Challenge Week

Session Length:
90 Mins

Group Size:
1:12

Session Focus:
Break 85
Challenge Week

Topic:
Challenges and Benchmarking

Technical Focus
Swing

Scoring Challenge
Swing Challenge

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 learners the break 85 program and the structure and format of the challenges week Introduce the students to the various scoring challenges, and how this will map out their strengths and weaknesses 	
25 mins	Swing challenges Individual coaching Rotation around set up	<p>Allow the students to take part in the first rotation of three parts of scoring challenges</p> <p>During this time the students will attempt the iron challenges</p> <p>Allow the students to rotate around the various challenges, allowing time for breaks and discussions</p>	<ul style="list-style-type: none"> Iron Challenge Challenge Scorecard
25 mins	Swing challenges Individual coaching Rotation around set up	<p>Allow the students to take part in the first of three parts of scoring challenges</p> <p>During this time the students will attempt the fairway woods challenges</p> <p>Allow the students to rotate around the various challenges, allowing time for breaks and discussions</p>	<ul style="list-style-type: none"> Fairway Woods Challenge Challenge Scorecard
25 mins	Swing challenges Individual coaching Rotation around set up	<p>Allow the students to take part in the first of three parts of scoring challenges</p> <p>During this time the students will attempt the driver challenges</p> <p>Allow the students to rotate around the various challenges, allowing time for breaks and discussions</p>	<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 	<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

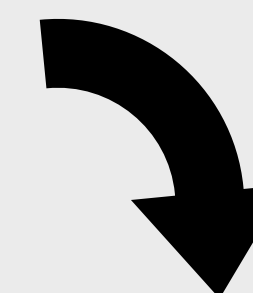
TRACKMAN Integration

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.

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

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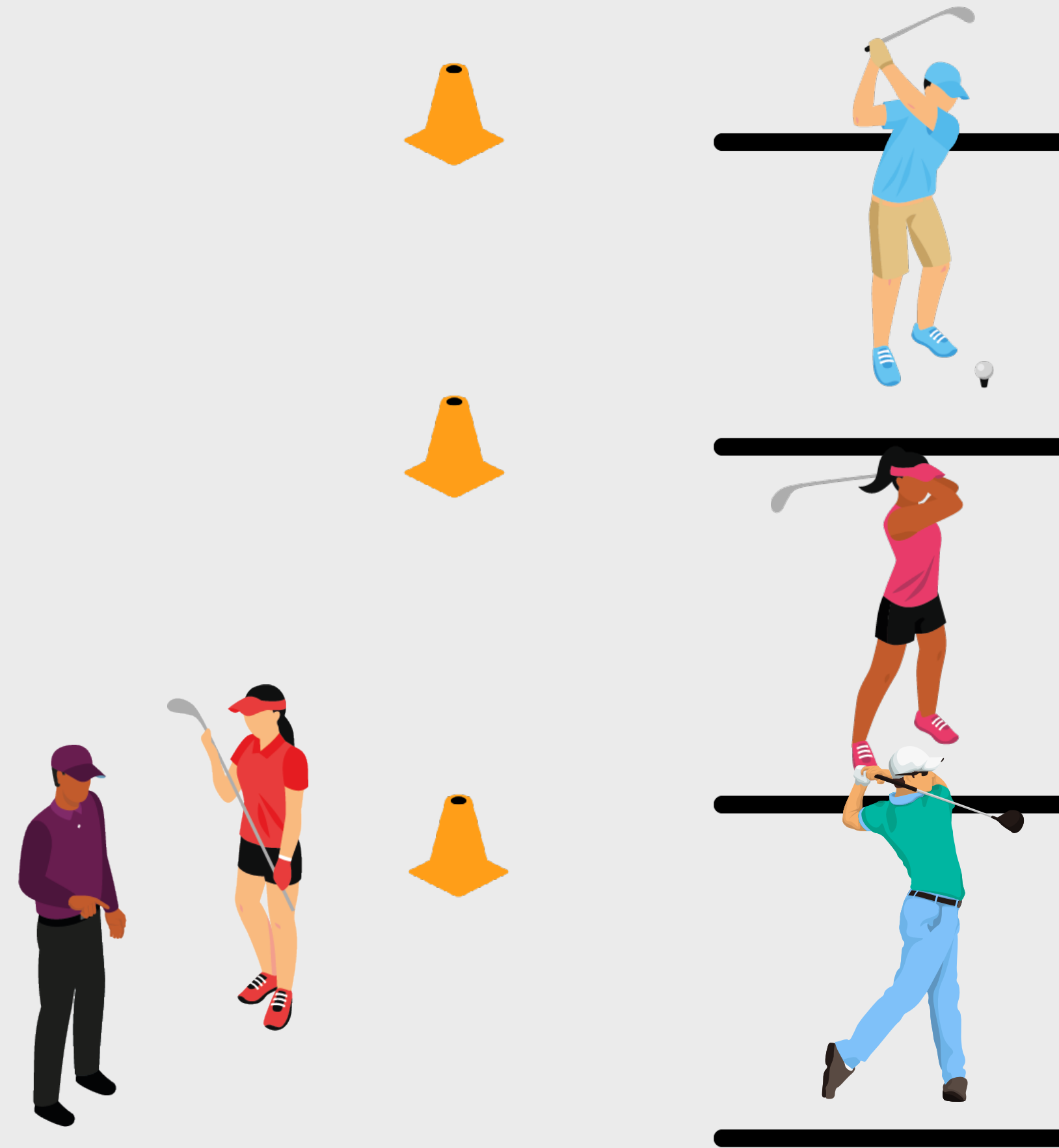
Class Layout and Setup

Station 1:
Iron Challenge

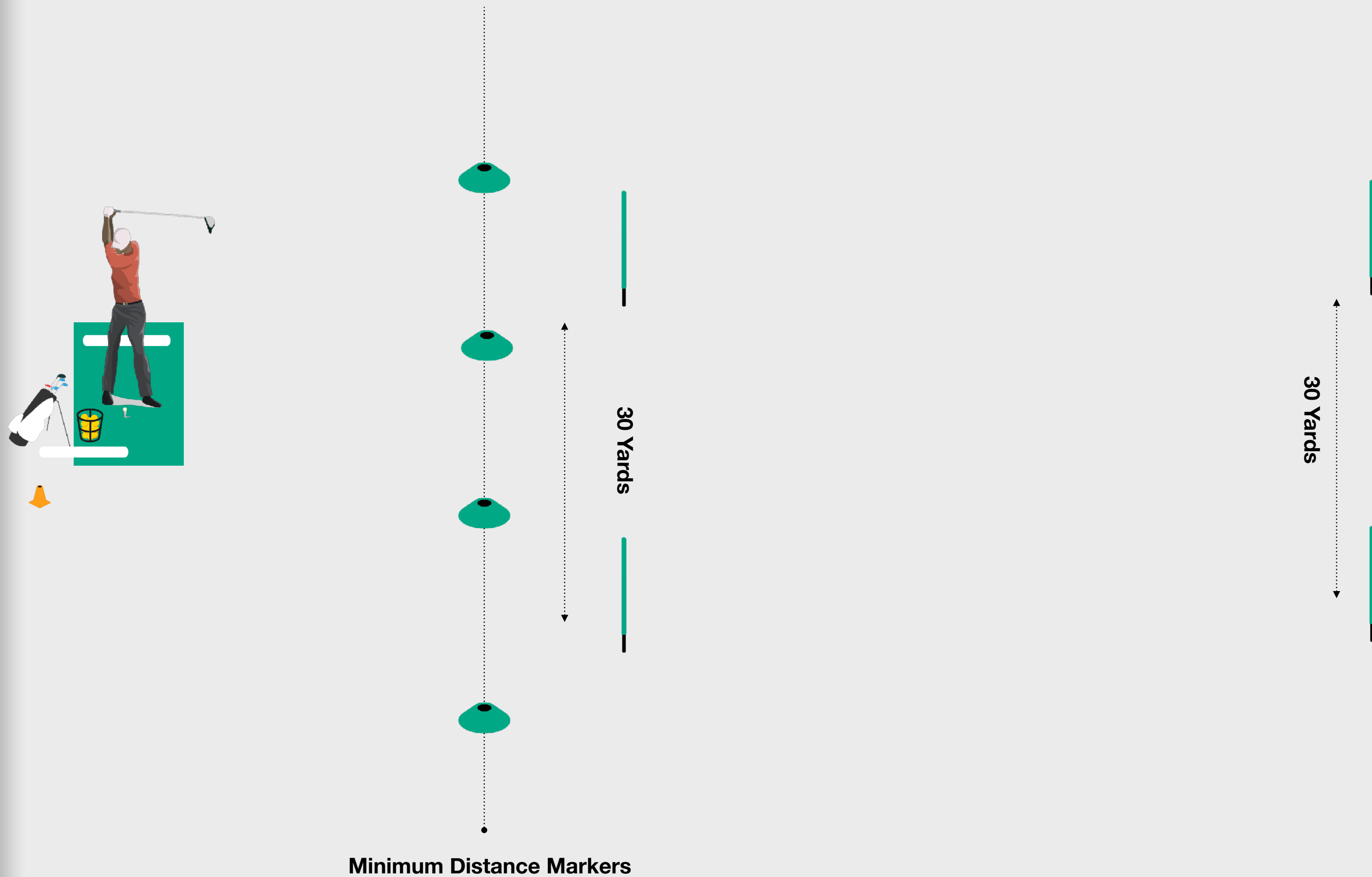


Station 2:
Fairway Wood Challenge

Station 3:
Driver Challenge

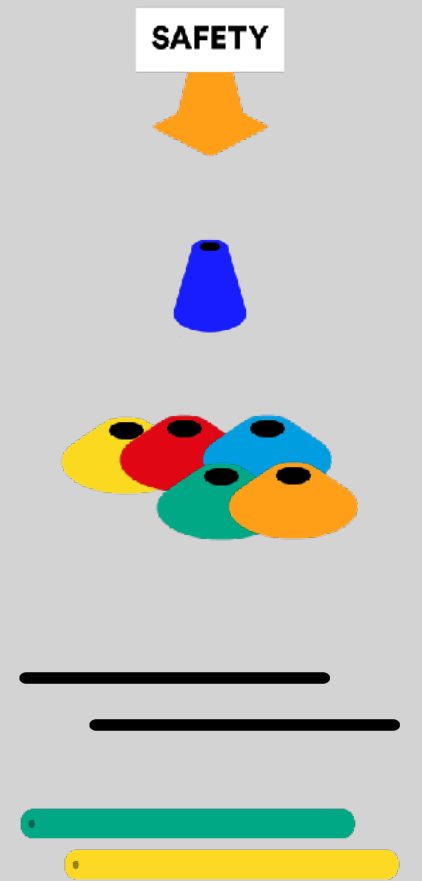


Driver Challenge Setup



Equipment Needed

- Orange safety cone
- 1x Marker cones
- Coloured Cones
- 4x Alignment Sticks
- 4x Foam Noodles



Setting out the Challenge

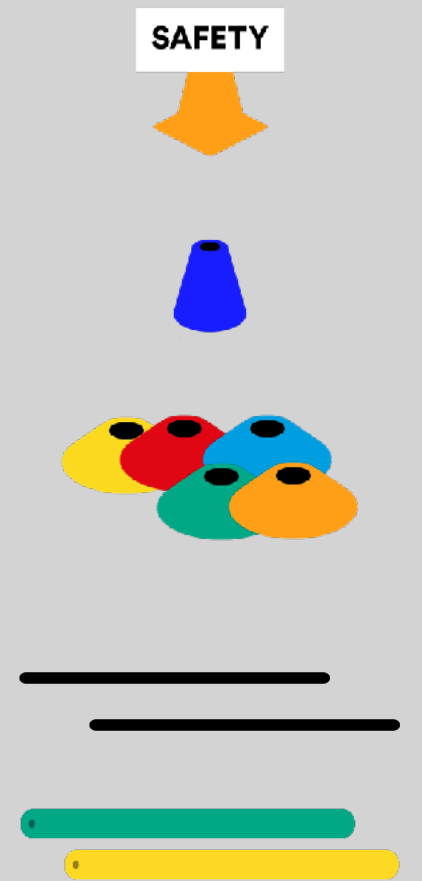
- Orange cones to mark out a safety line
- Marker cones to represent the tee markers at the challenge station
- Use the cones to mark out the carry distance lines or use features on the outfield
- Alignment sticks with foam noodles should be used to measure the gate 30 yards wide
- Set out all the markers to enable every student to attempt their challenge for their scoring goal

Fairway Wood Challenge Setup



Equipment Needed

- Orange safety cone
- 1x Marker cones
- Coloured Cones
- 4x Alignment Sticks
- 4x Foam Noodles



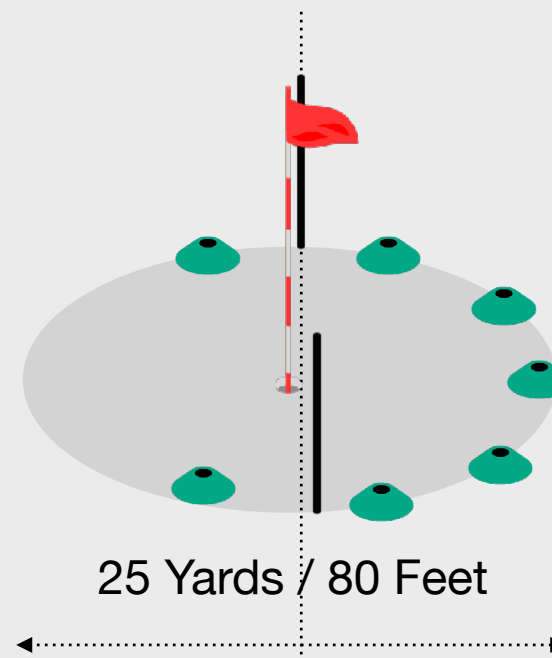
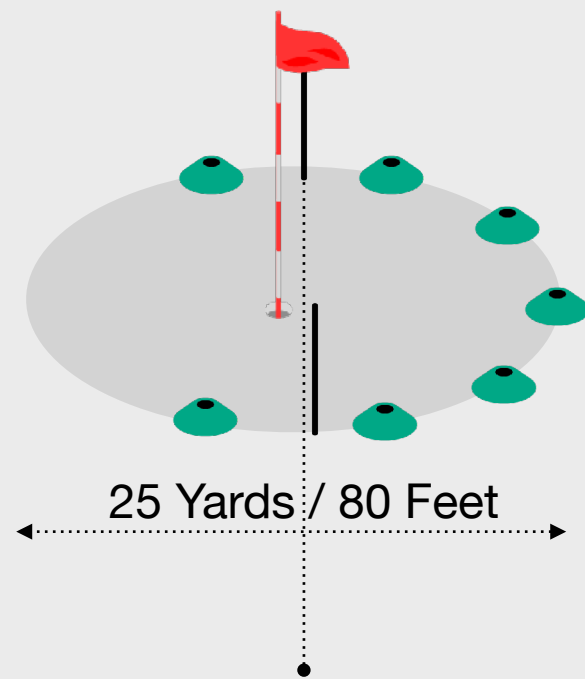
Setting out the Challenge

- 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

Iron Challenge Setup

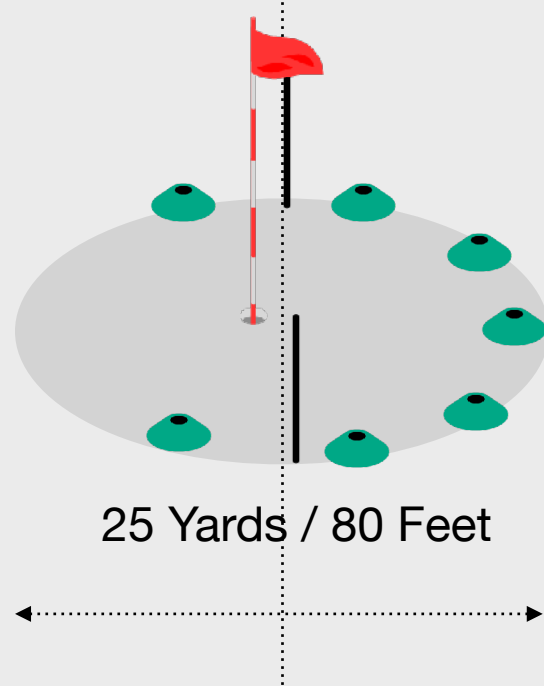
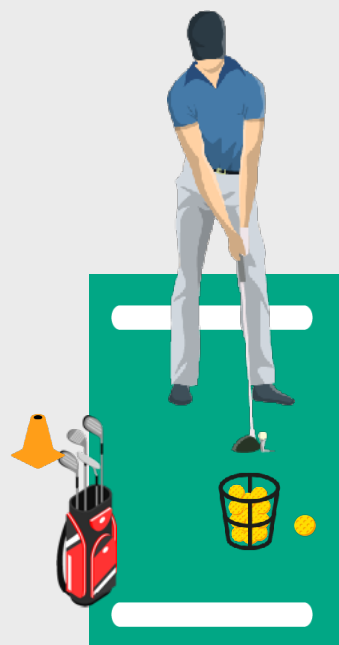
Middle Distance Green

- Under 4500 Yards> 70 - 85 Yards
- 4500 - 5500 Yards> 90 - 120 Yards
- 5500 - 6500 Yards> 85 - 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 - 85 Yards
- Over 6500 Yards> 90 - 110 Yards

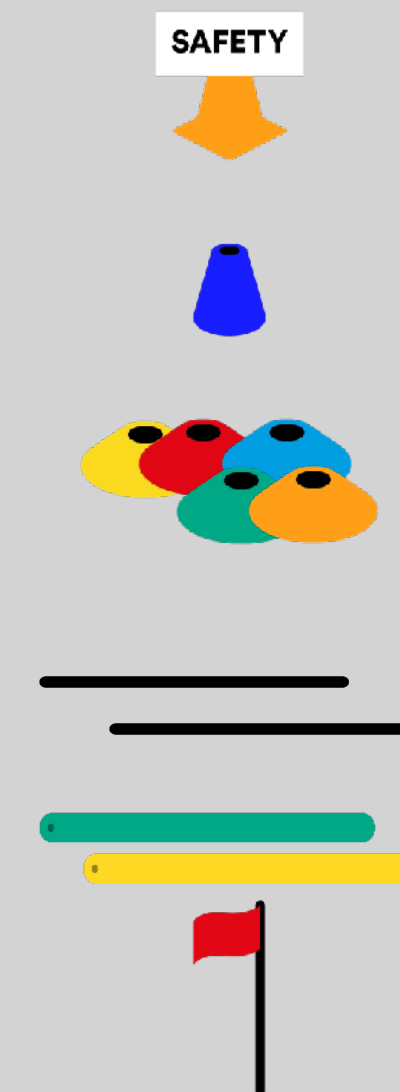


Furthest Distance Green

- Under 4500 Yards> 85 - 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)



Swing Challenges



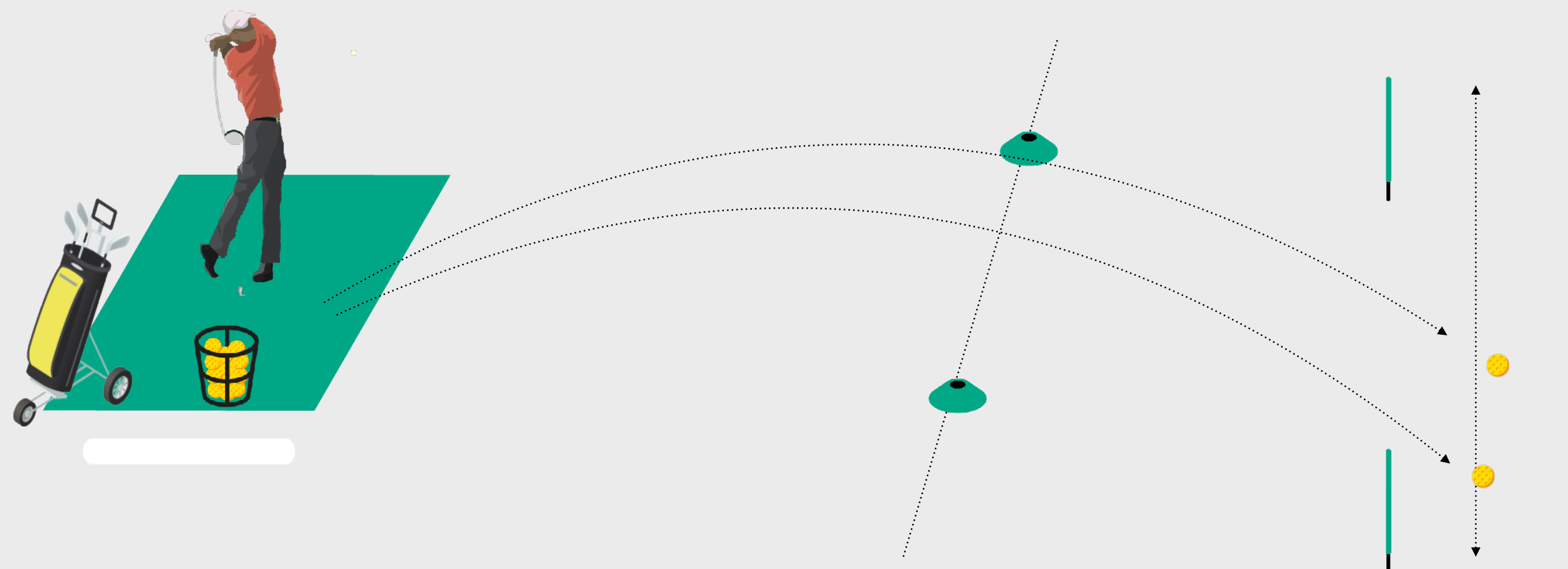
Driver Challenge

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
< 4500 Yards	140
4500 -5500 Yards	180
5500 -6500 Yards	200
> 6500 Yards	230



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

- **5/ 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



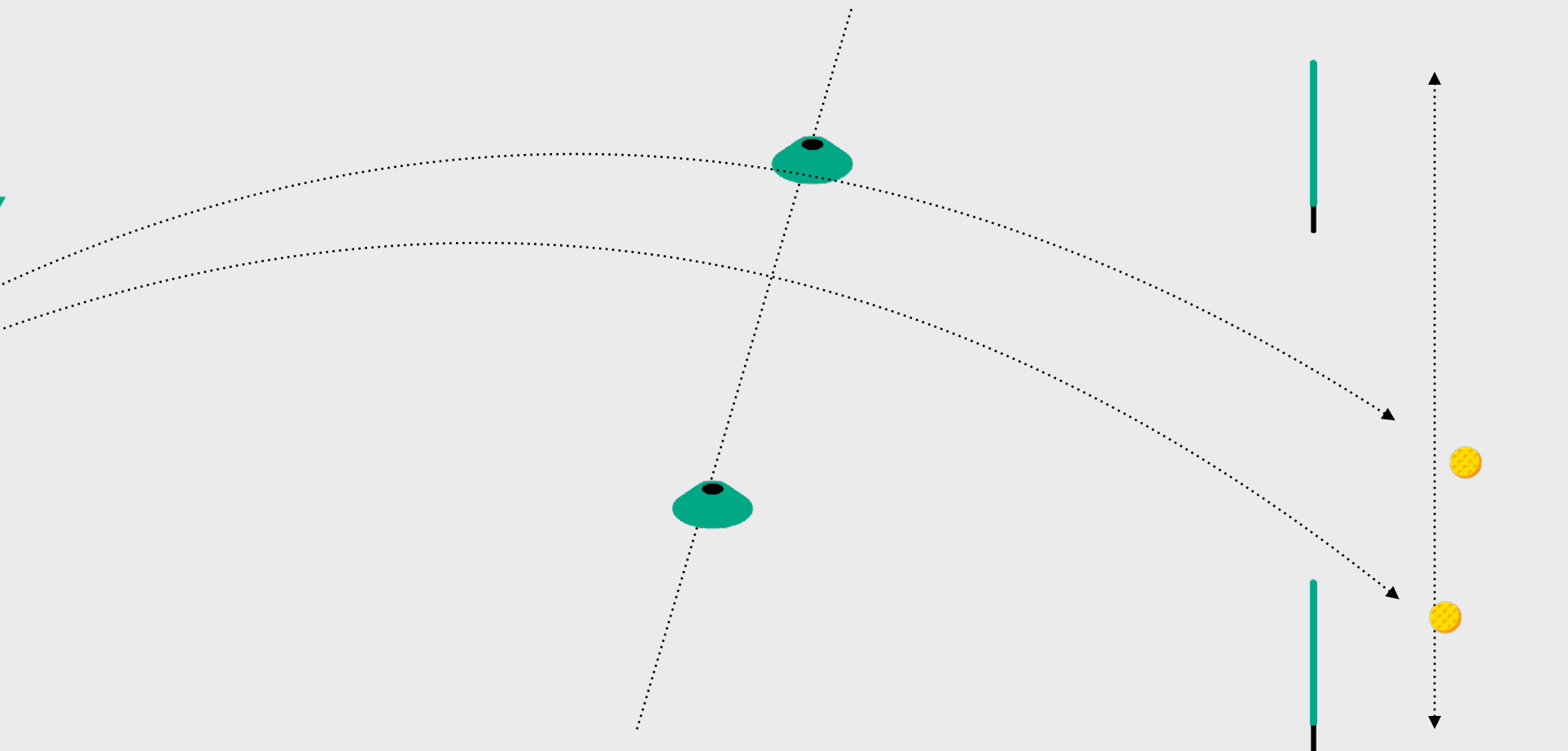
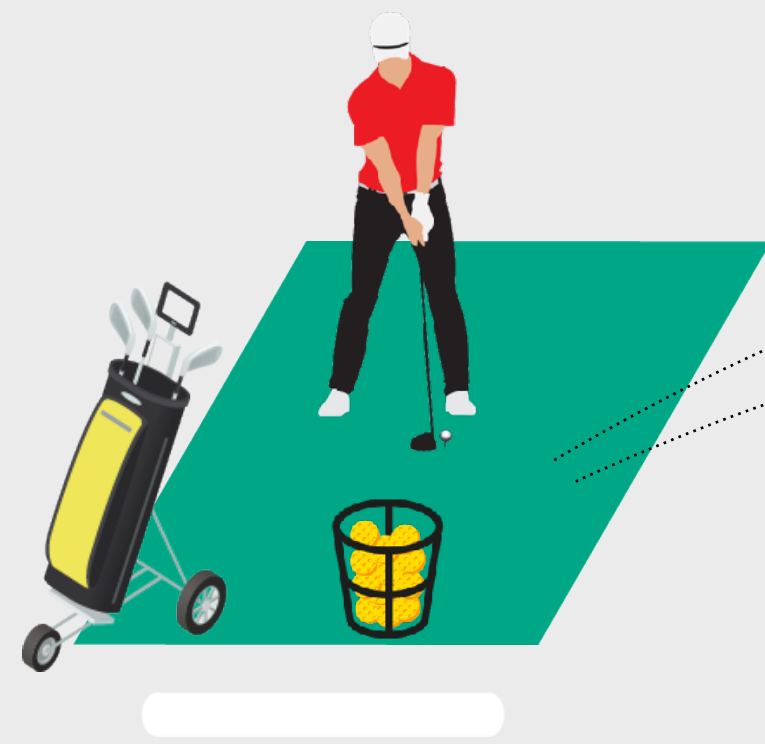
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Fairway Wood Challenge

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
< 4500 Yards	125
4500 -5500 Yards	160
5500 -6500 Yards	180
> 6500 Yards	205



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 Fairway Wood/Hybrid. The student has a total of 10 attempts
- **5/ 10 shots between a target gate**

What to do Next:

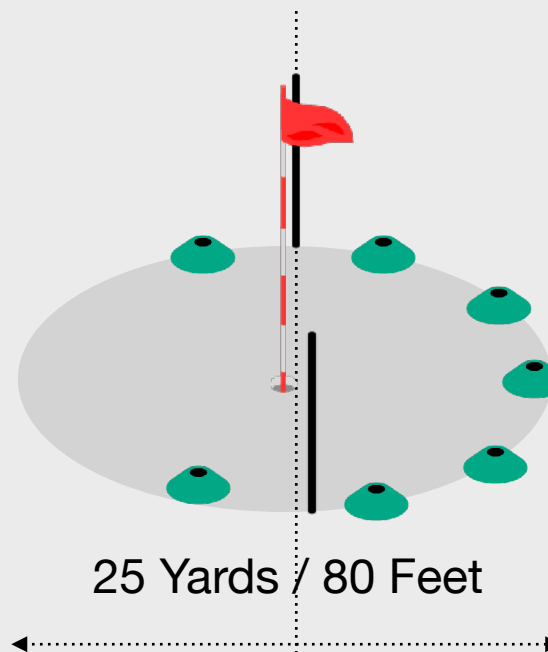
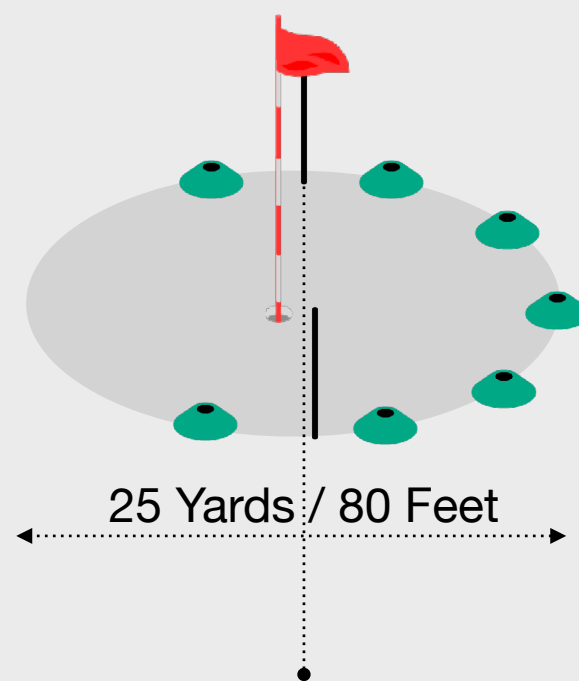
- On the GLF. Connect App, the student should mark the challenge as complete for scoring goal they complete to achieve their virtual reward



Iron Challenge

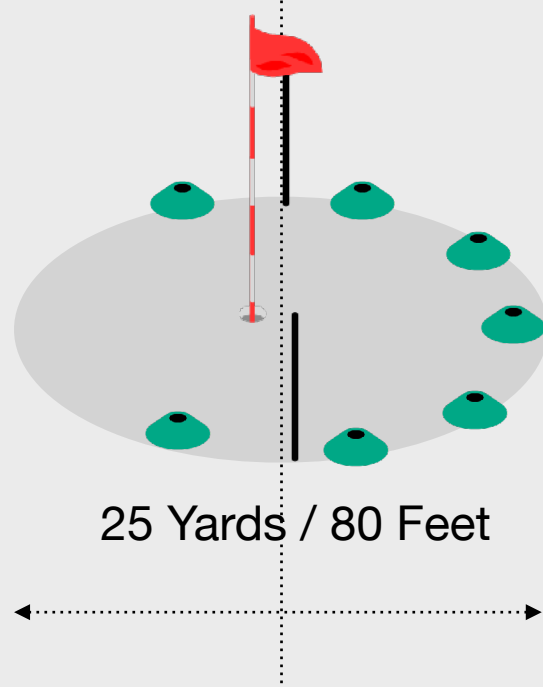
Middle Distance Green

- Under 4500 Yards> 70 - 85 Yards
- 4500 - 5500 Yards> 90 - 120 Yards
- 5500 - 6500 Yards> 85 - 130 Yards
- Over 6500 Yards> 110 - 140 Yards



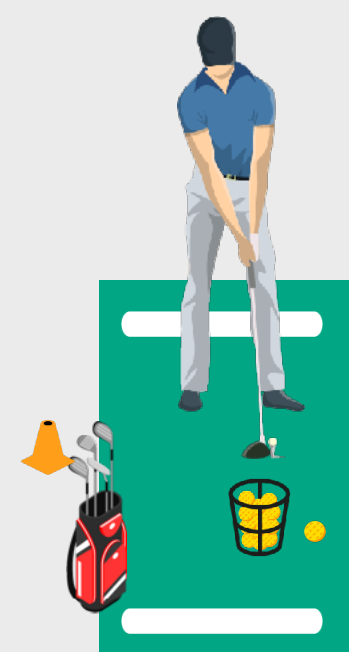
Nearest Distance Green

- Under 4500 Yards> 50 - 70 Yards
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Furthest Distance Green

- Under 4500 Yards> 85 - 120 Yards
- 4500 - 5500 Yards> 120 - 150 Yards
- 5500 - 6500 Yards> 130 - 160 Yards



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:
 - 2/ 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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