

Scoring School

**BREAK
85**

Pitching



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Session Timetable

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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

Session Length:
90 Mins

Group Size:
1:8

Session Focus:
Break 85
Short Game

Topic:
Pitching

Technical Focus
Landing Zones
Getting Dialed in

Scoring Challenge
Pitching

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	Landing Zones 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 pitching around the green 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"> Pitch and Land Pitching Bullseye
25 mins	Getting Dialed In 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 pitching Demonstrate to the student, how using different clubs can help them to become more effective in their ability to pitch 	<ul style="list-style-type: none"> Landing Zone - Pitching Control Distance
25 mins	Pitching Challenge	<ul style="list-style-type: none"> Set up the Pitching Challenge and allow students to attempt this to see if they can achieve the Break 85 challenge Use the challenge scorecard to record the outcome of each attempt 	<ul style="list-style-type: none"> Pitching 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 pitching. Some of technical content you may want to explore in this session may include:

Landing Zones - Introduce to the students the principle of 'landing zones' in pitching:

- Discuss how landing zones can give the students a focus to their pitching
- Explain how to set the landing zones and how roll will feature in the shot to produce the end result
- Explain to the students how to adjust the distance through the air in hitting varying landing zones

Getting Dialed In - Explain the concept of getting 'Dialed In', include an explanation on:

- The mentality required, and how getting 'dialed in' is a result of good practice routines and on course execution
- Explain to the student the process required to hit the best shot possible and how to execute this on the golf 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

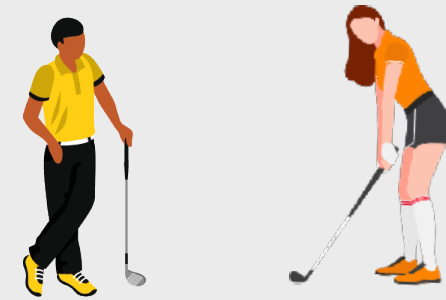
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Example Class Layout and Setup

Station 1:
Practice Station
Pitch and Land



Station 2:
Practice Station
Pitching Bullseye



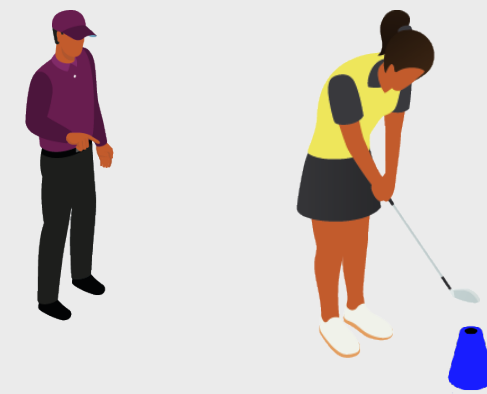
Station 3:
Practice Station
Landing Zones - Pitching



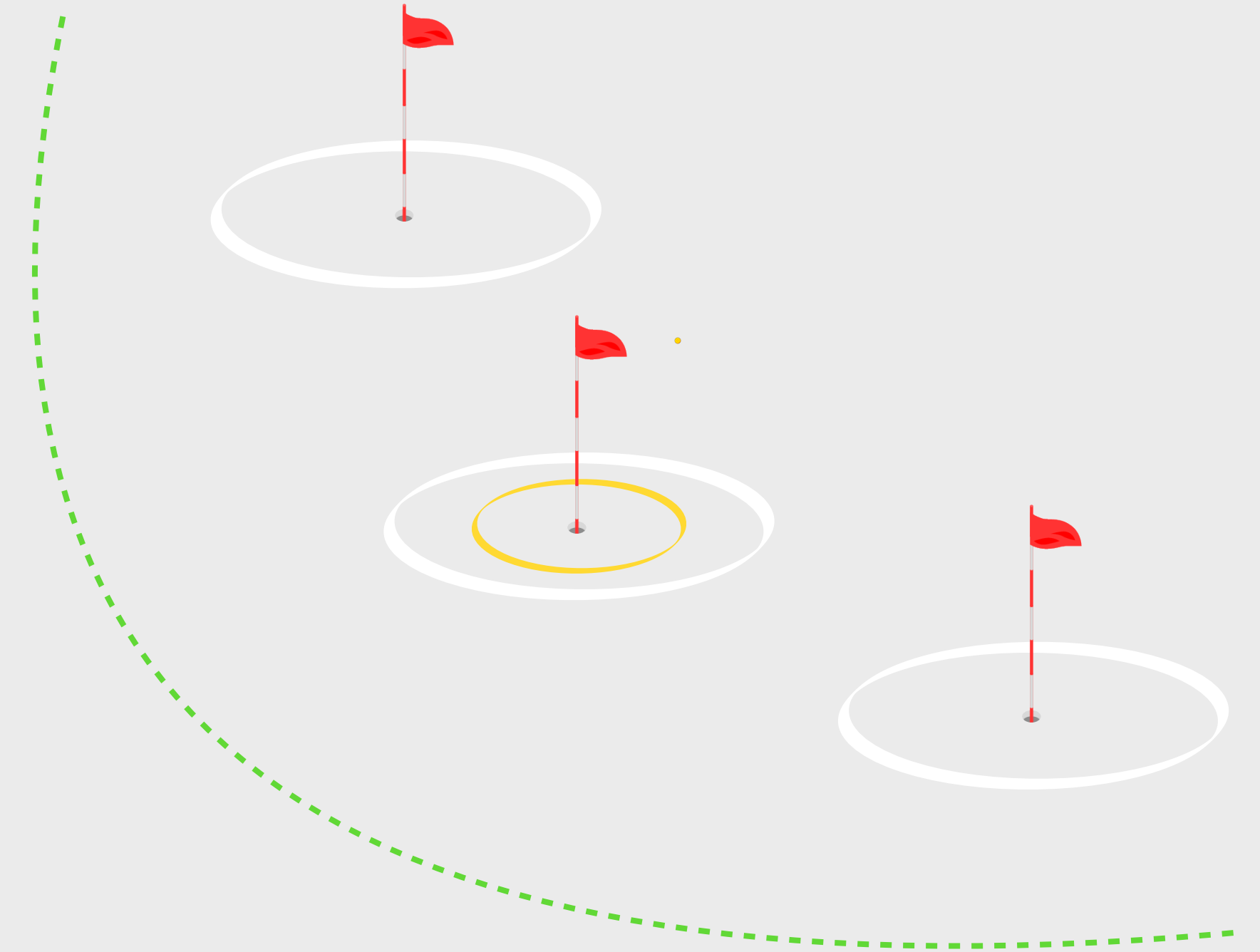
Station 4:
Practice Station
Control Distance



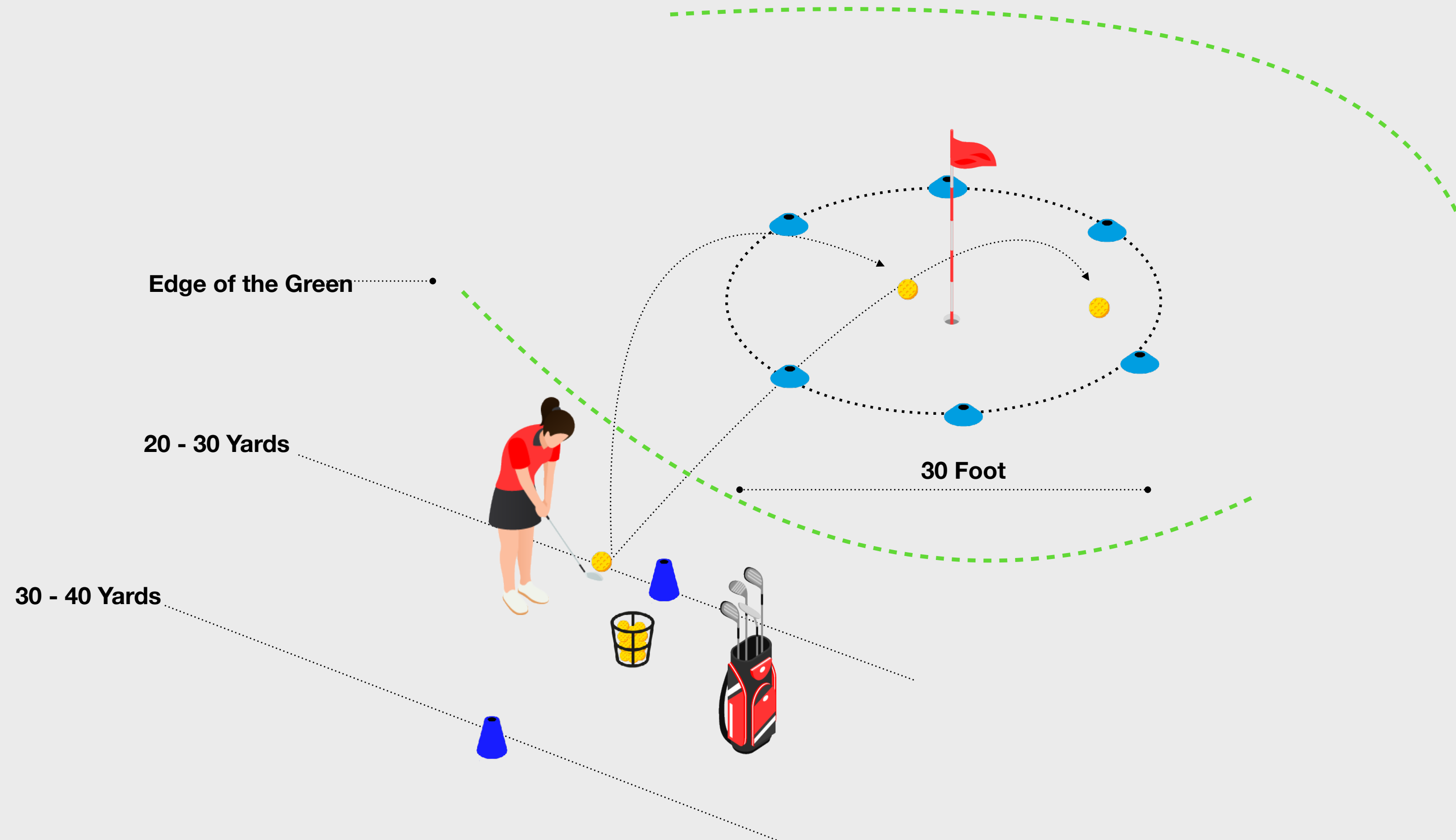
Group Discussion:
Start, during and end of class



Station 5:
Challenge Station

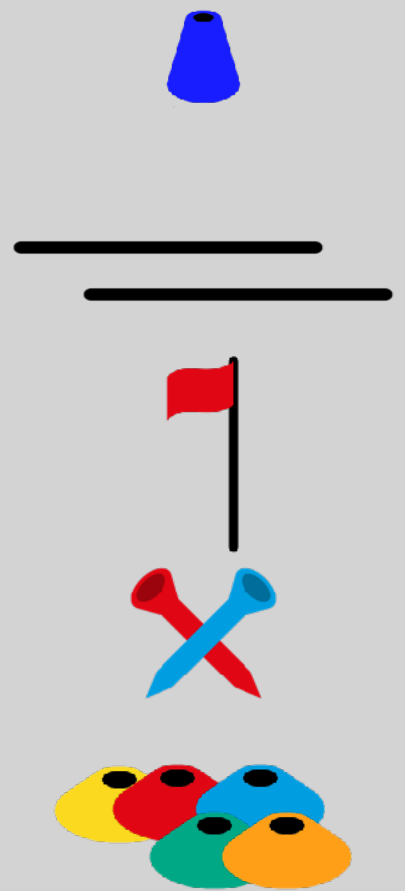


Pitching Challenge Setup



Equipment Needed

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



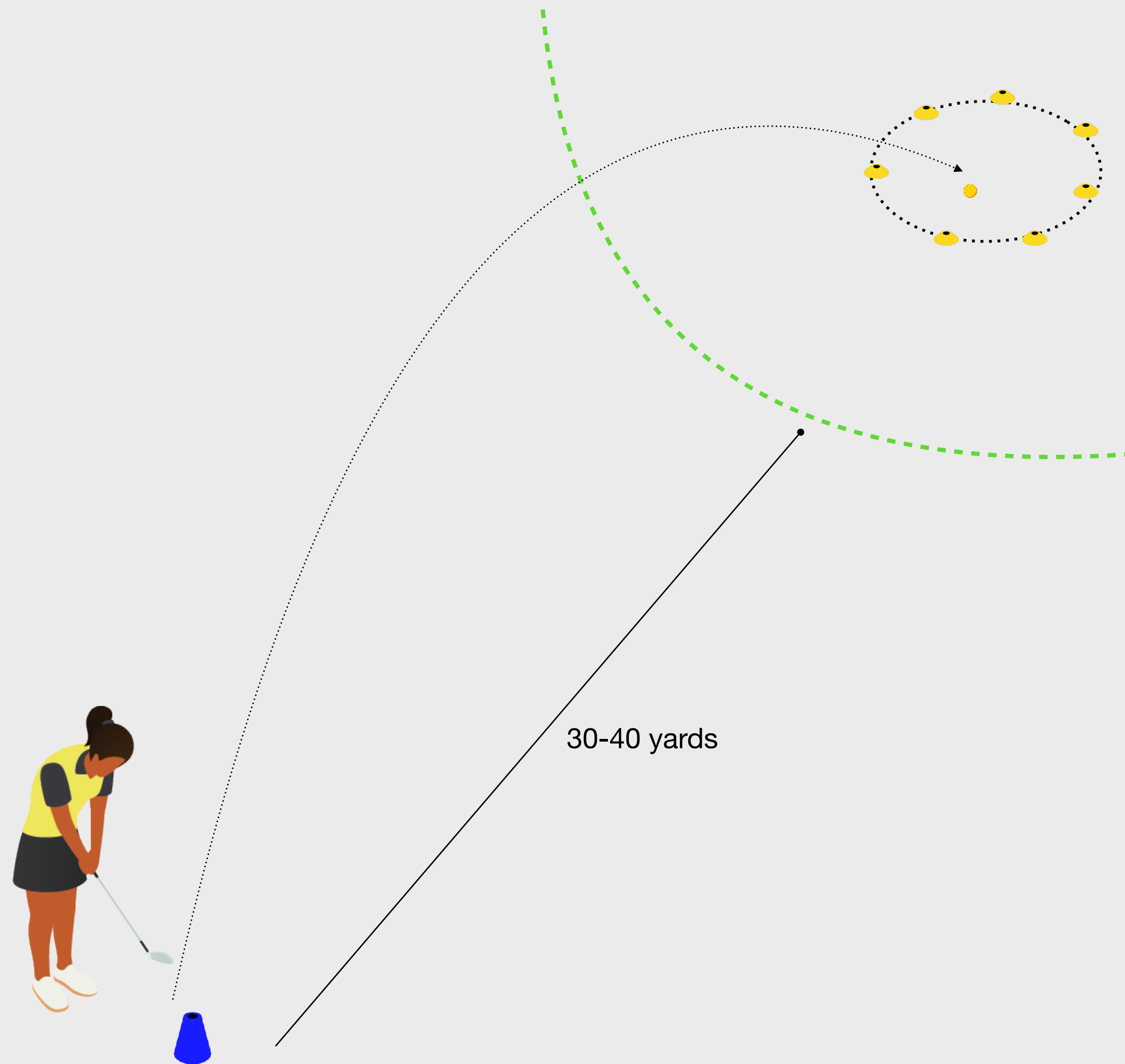
Setting out the Challenge

- 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



Pitch and Land



Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Golf balls

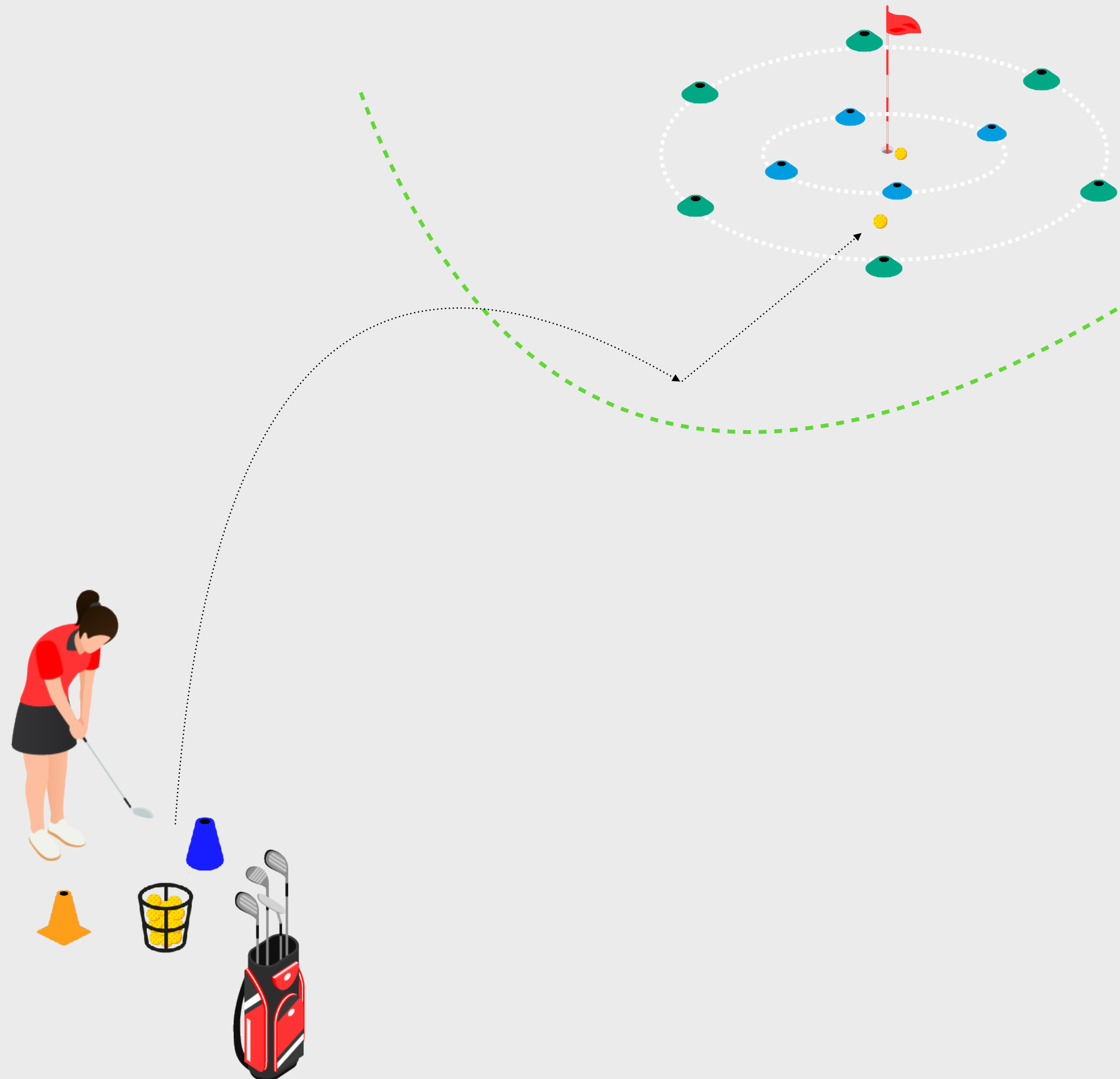
How to Practice

- 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, swing in a pendulum action and chip the ball and try and land in the circle.
- Adjust 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.
- Encourage the student to visualise the ball lifting into the air and landing in the circle.
- This activity is designed to focus the student on where the ball is landing as opposed to where it will finish. If the correct landing spot is chosen the result will take care of itself.

Pitching Bullseye



Equipment Needed

- Pitch shot from 30 - 40 yards
- Golf balls
- Cones for safety
- Cones to create 2 circles (10ft & 20ft)

How to play

- Challenge the student to hit 10 shots from start point. If the student gets the ball in the inner circle they score 10 points
- If the student gets the ball in the outer circle they score 5 points

Technical Link

- Explain to the student how changing the club effects the result
- Ask the student which shot is the most effective and score the most points over 10 shots

Landing Zones - Pitching

Equipment Needed

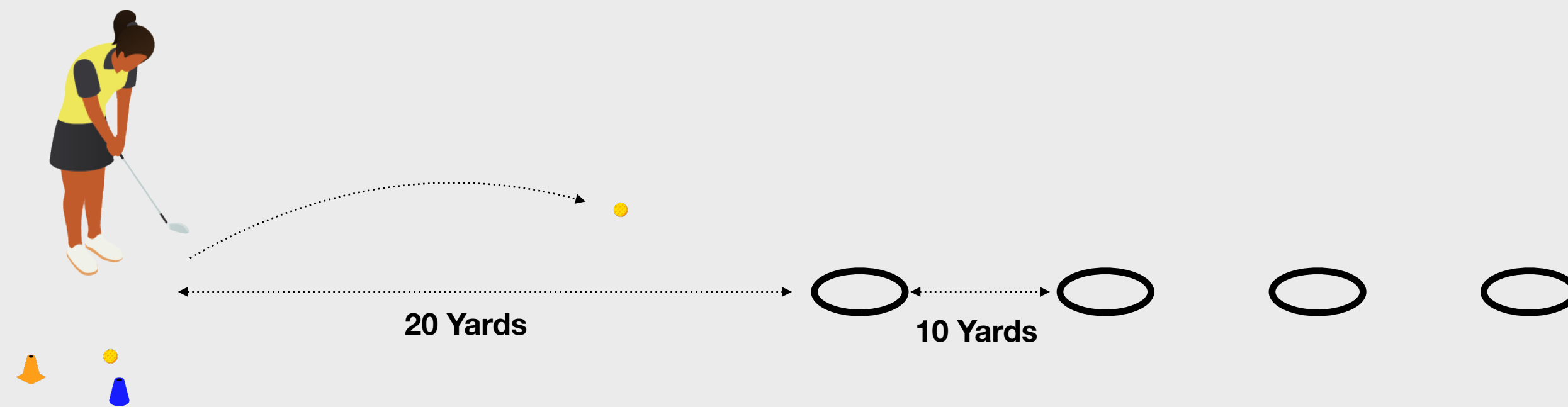
- Hoops
- Golf balls

How to Play

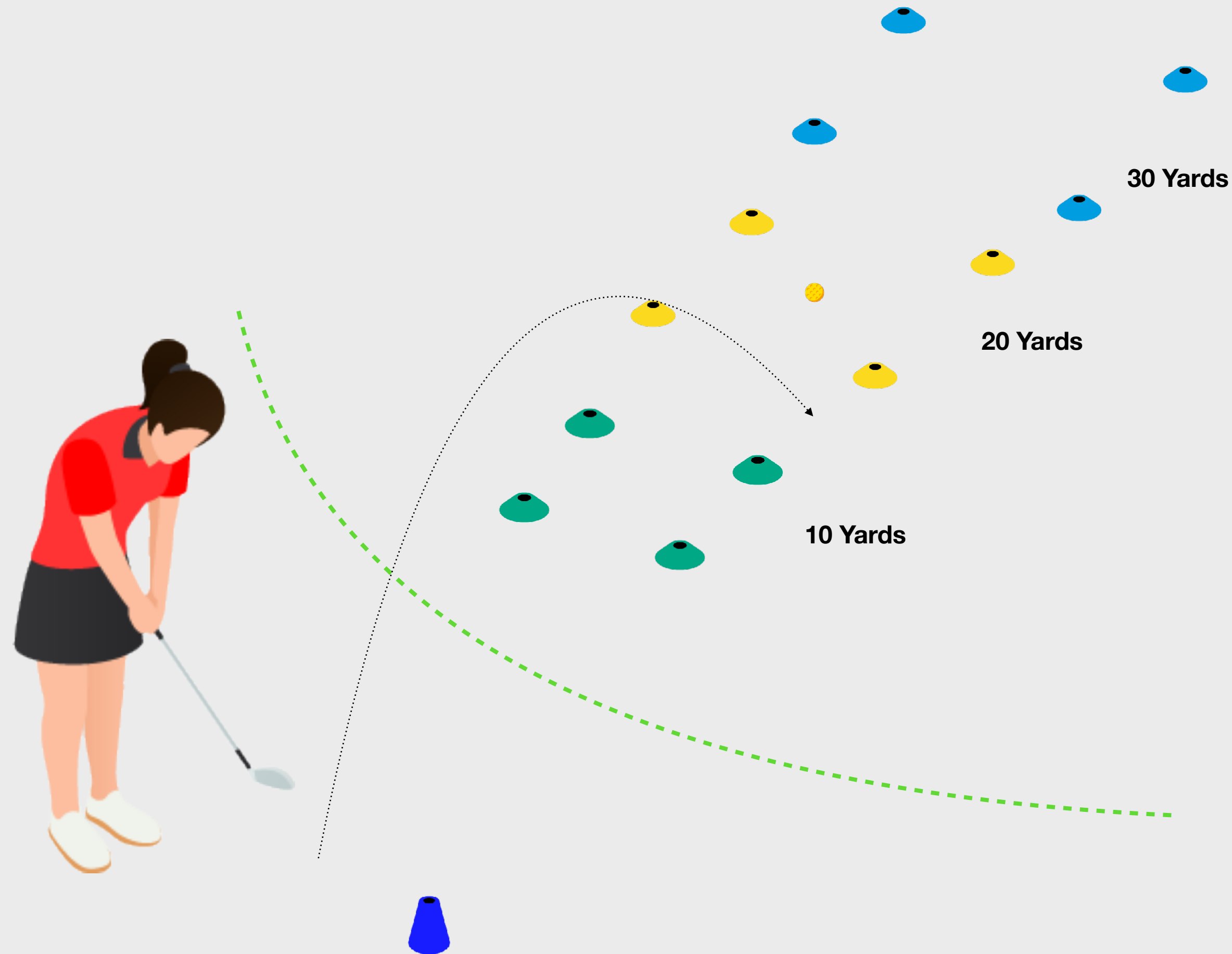
- Place the hoops on the ground from 20 to 50 yards
- The aim is to pitch the ball to land in or near the first hoop, and then each consecutive hoop thereafter
- The student counts how many shots it takes to pitch the ball to land in each hoop

Progression Ideas

- Provide a limit on the number of attempts to complete the challenge
- Extend the challenge by adding more hoops, or asking students to land the ball in each hoop consecutively to the furthest hoop, and then back to the closest hoop again



Control Distance



Equipment Needed

- 12 cones
- Golf balls

How to Practice

- Set this activity up with 3 different sized boxes at 10 yards, 20 yards and 30 yards from the student
- The student should practice pitching the ball different distances using the same club, by varying the length and speed of the swing
- The aim is to get the ball to land in the relevant box that they are aiming for

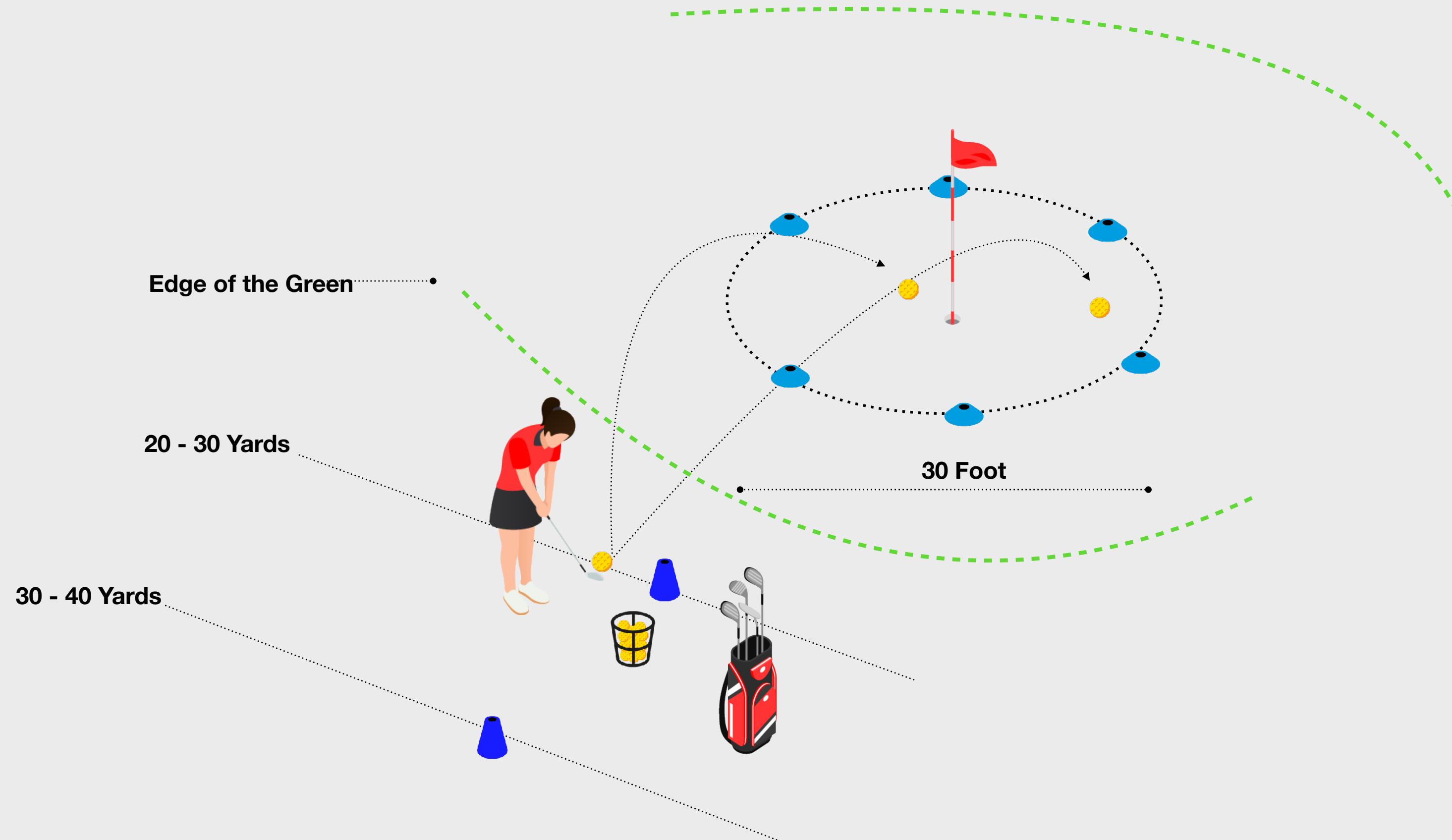
Technical Link

- This activity will help the student to understand how to control the distance of a shot based on the length and speed of the stroke
- This activity will help the student to gain some consistency around the green by becoming more confident using a longer wing for short shots

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

- **6/10 pitches within target circle from 20 - 30 yards**
- **3/10 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



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