

Scoring School

**BREAK
85**

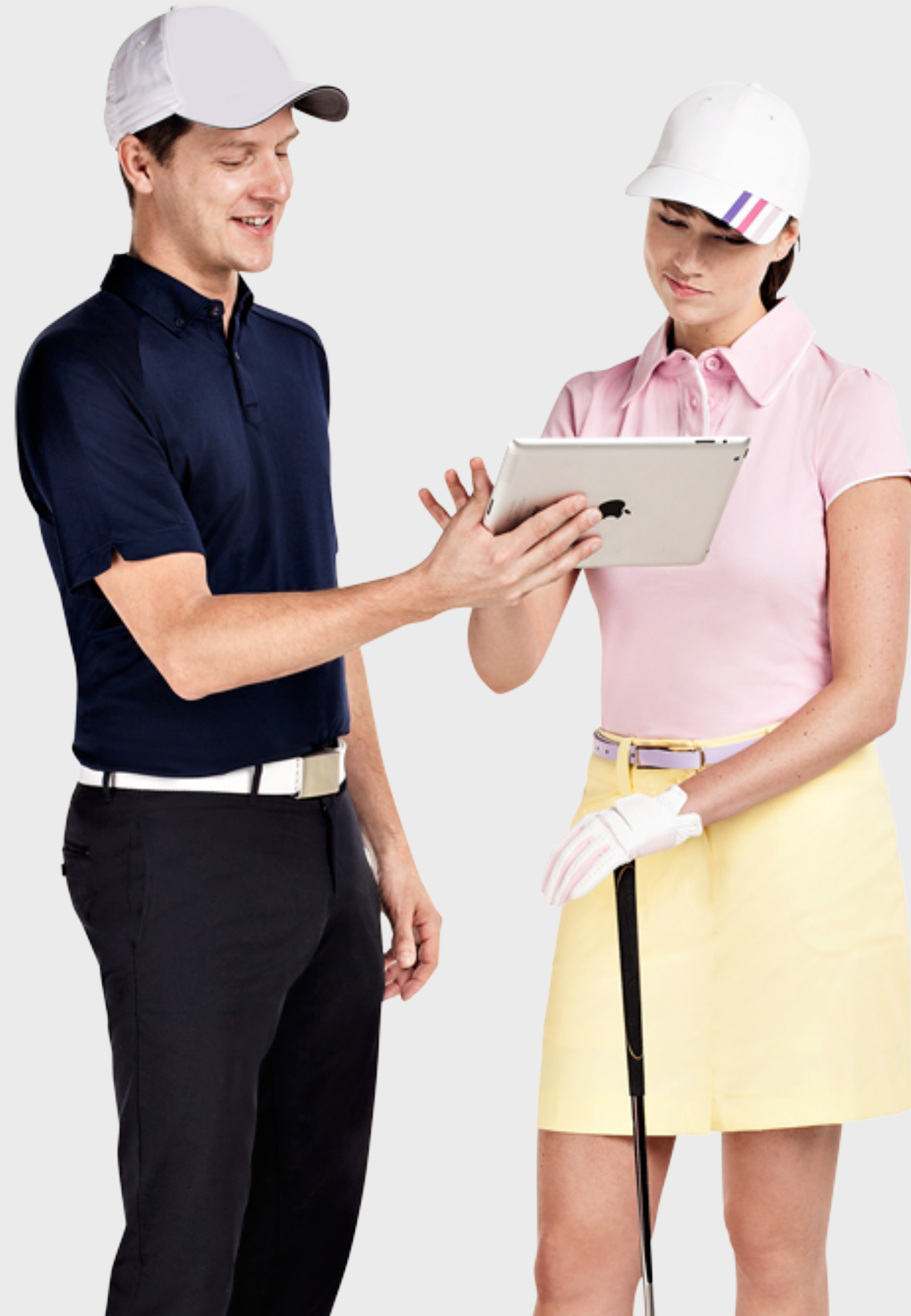


Hybrid and Fairway Woods



Contents

- 3 **Class Timetable**
- 6 **Class Objectives and Setup**
- 10 **Practice Stations and Game Cards**
- 15 **Scoring Skills Challenges**



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

© 2023 Powered by Orbis Golf

Class Timetable

Session Length:
90 Mins

Group Size:
1:8

Session Focus:
Break 85
Swing

Topic:
Hybrids and Fairway Woods

Technical Focus
Attack Angle
Flight Control

Scoring Challenge
Hybrids and Fairway Woods

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 85 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	Attack Angle Practice Stations Challenges and Games One to One Coaching Group Discussion	<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"> Fairway Wood Attack Angle Position and Flight
25 mins	Flight Control 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 Hybrid and Fairway Wood Demonstrate to the student, how the combination of path and face will influence the direction of the shot 	<ul style="list-style-type: none"> Top, Middle, Bottom Face Contact - High or Low
25 mins	Hybrid and Fairway Wood Challenge	<ul style="list-style-type: none"> Set up the Hybrid and Fairway Wood 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"> Hybrid and Fairway Wood 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 fairway woods and hybrids. Some of technical content you may want to explore in this session may include:

- **Attack Angle** - Introduce some discussion and demonstration around the subject of attack angle
 - Discuss how the attack angle will affect the flight and total distance of the golf ball
 - Demonstrate to the students how making the attack angle steeper can improve the contact and flight of a shot with the fairway wood
 - Demonstrates using practical examples of how poor attack angle will affect the contact and flight of the golf ball
- **Flight Control** - Demonstrate to the students how controlling the flight will improve scores. Include:
 - Discuss what elements control the flight of a golf ball
 - Outline to the students where controlling the flight of the golf ball will be useful for their scoring strategy
 - Explain to the students how this will benefit them in windy conditions, and also when the ground conditions change



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

© 2023 Powered by Orbis Golf

Orbis Golf Programmes

Example Class Layout and Setup

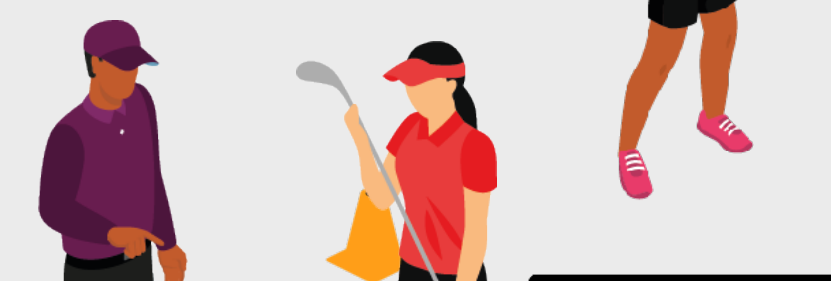
Group Discussion:
Start, during and end
of class



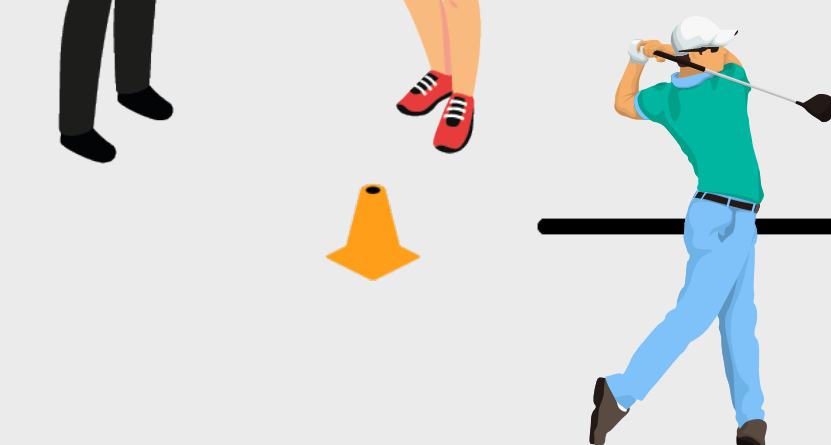
Station 1:
Practice Station
Fairway Wood Attack Angle



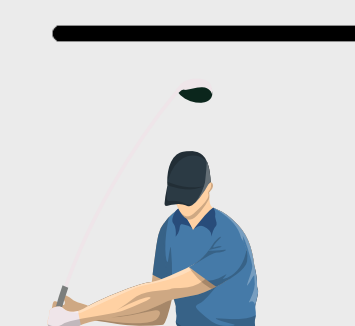
Station 2:
Practice Station
Position and Flight



Station 3:
Practice Station
Top, Middle, Bottom



Station 4:
Practice Station
Face Contact - High or Low



Station 5:
Challenge Station
Fairway Wood Challenge

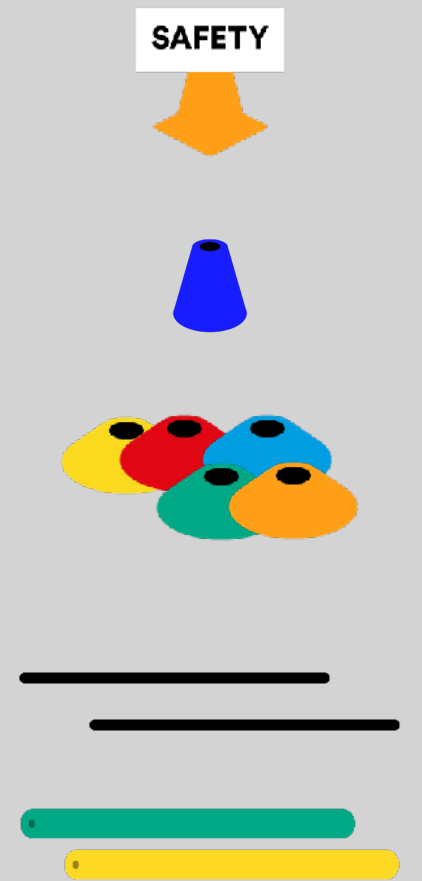


Fairway Wood Challenge Setup



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

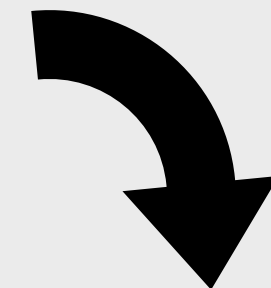
TRACKMAN Integration

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.

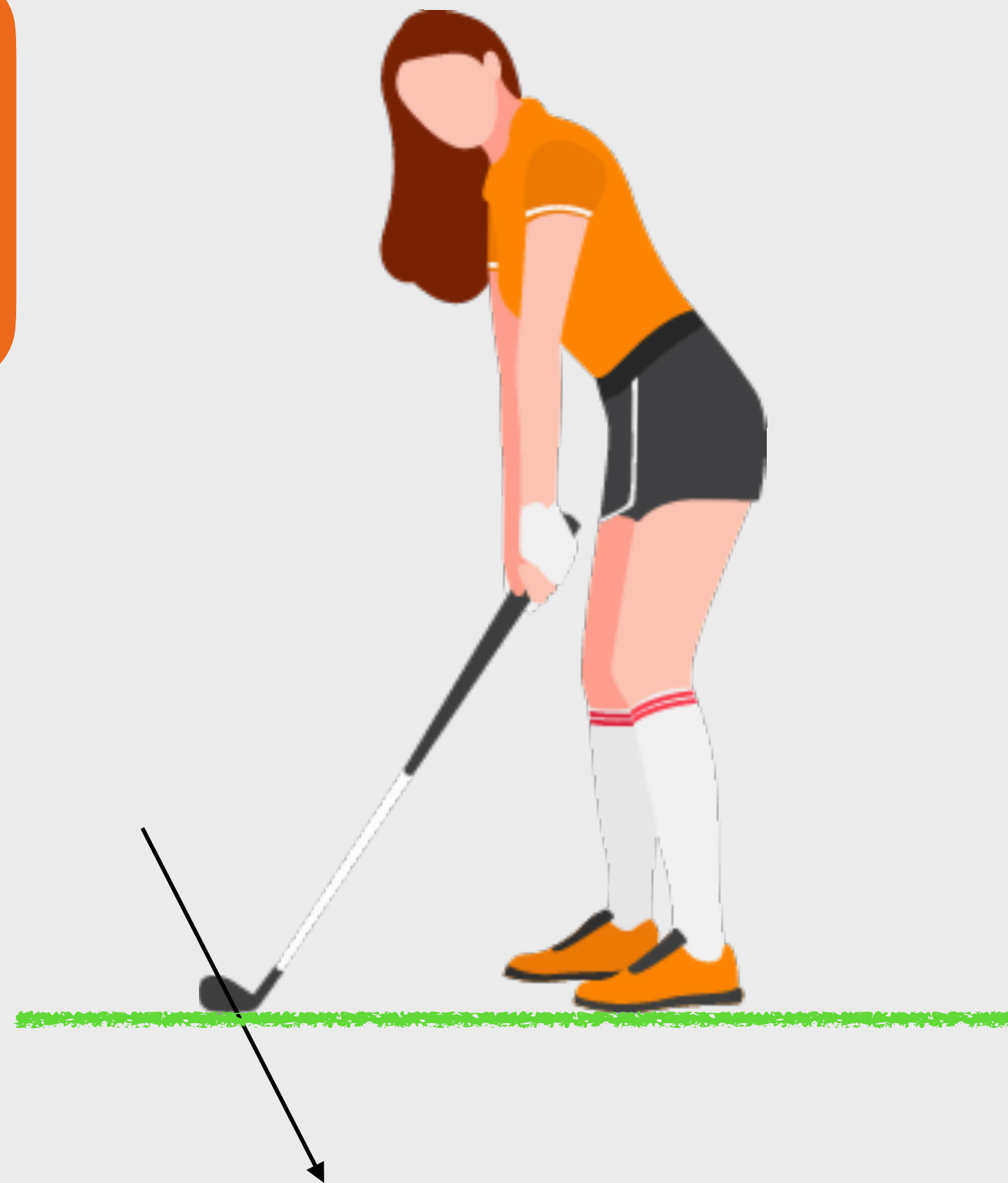
Practice and Games Cards



Fairway Wood Attack Angle

TRACKMAN

Use the 'ATTACK ANGLE', 'LAUNCH ANGLE' features to enhance the students experience and give some additional feedback.



Equipment Needed

- Alignment Stick
- Fairway Wood
- Golf balls

How to Practice

- Introduce the best way to create an optimal launch angle for the fairway wood, include ball position and intention to hit the ball as the club is travelling down
- One posture tip could be to tilt the spine angle towards from the target, to encourage the launch angle required to maximise distance
- If you have a launch monitor available measure the student's launch angle so they understand how they launch the ball and what they need to do differently to increase their carry distance

Technical Link

- This activity will help the student to improve contact with the fairway wood

Position and Flight

Equipment Needed

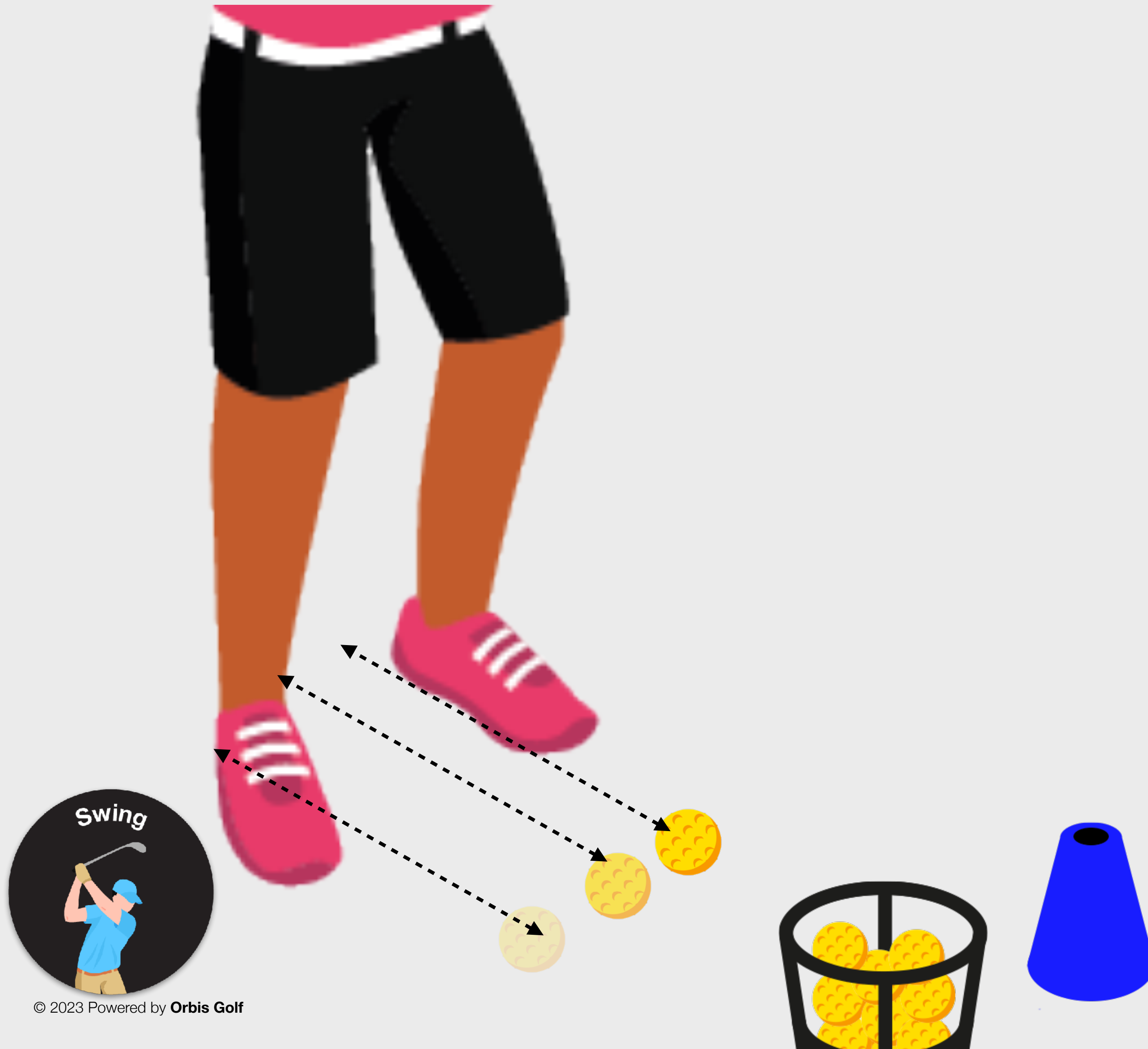
- Fairway Wood

How to Practice

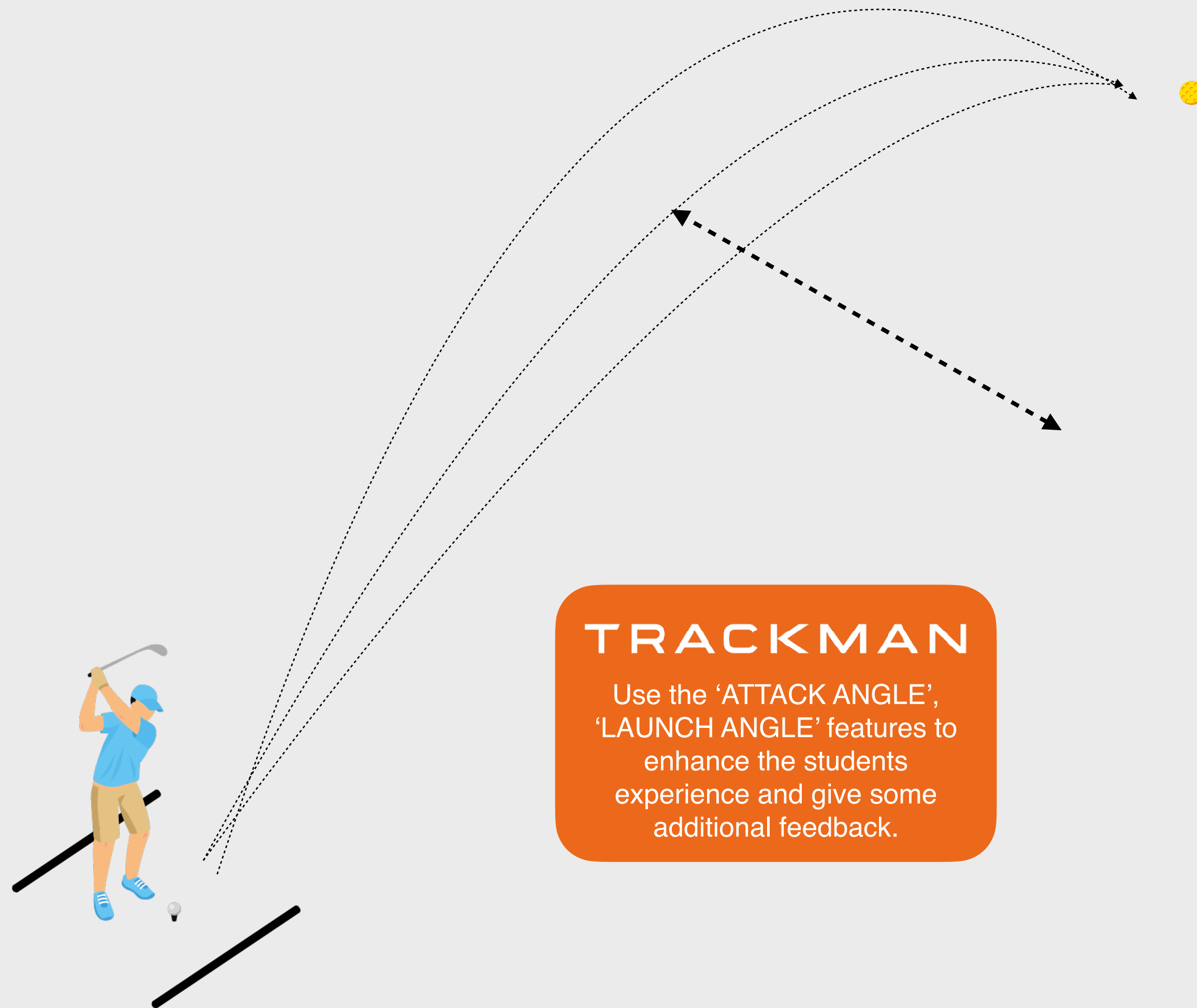
- Students should understand how changing their setup will affect the attack angle of the fairway wood
- Ask the students to adjust their ball position forwards and back in their stance and see the difference that makes not eh flight of the ball

Technical Link

- Allowing the learning to change and adjust their setup will help them understand how ball position will effect attack angle and flight of the ball



Top, Middle, Bottom



TRACKMAN

Use the 'ATTACK ANGLE', 'LAUNCH ANGLE' features to enhance the students experience and give some additional feedback.

Equipment Needed

- Fairway Wood

How to Practice

- Ask students to hit golf balls and try and hit one demand and low, medium and high shot
- Ask the learners to hit 10 shot and see how many out of 10 they can hit to the task given

Technical Link

- By calling out the task of top, middle or bottom it allows the students to hit shots on demand
- This will give them the confidence to start to produce these types of shots on the golf course when required

Face Contact - High or Low

TRACKMAN

Use the 'FACE CONTACT' features to enhance the students experience and give some additional feedback.



Equipment Needed

- Impact Tape
- Fairway Wood

How to Play

- A student starts by attempting to strike the ball using a club that has impact tape on the face
- After each shot they should check to see where the ball was struck on the face
- The student should try to hit the ball, higher or lower on the face of the fairway, and see the impact this has on flight
- Ask the student to adjust their attack angle and see the impact this has on the centerness of strike on their fairway wood

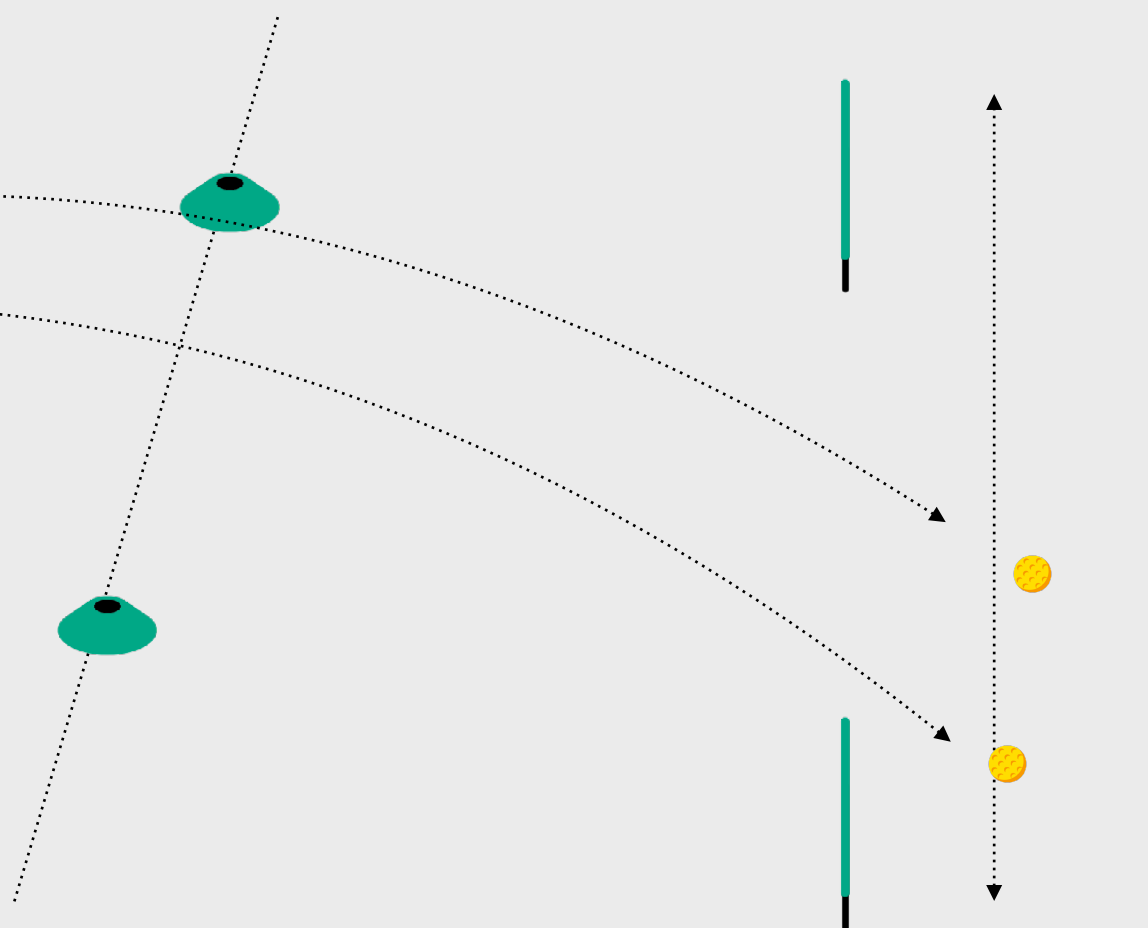
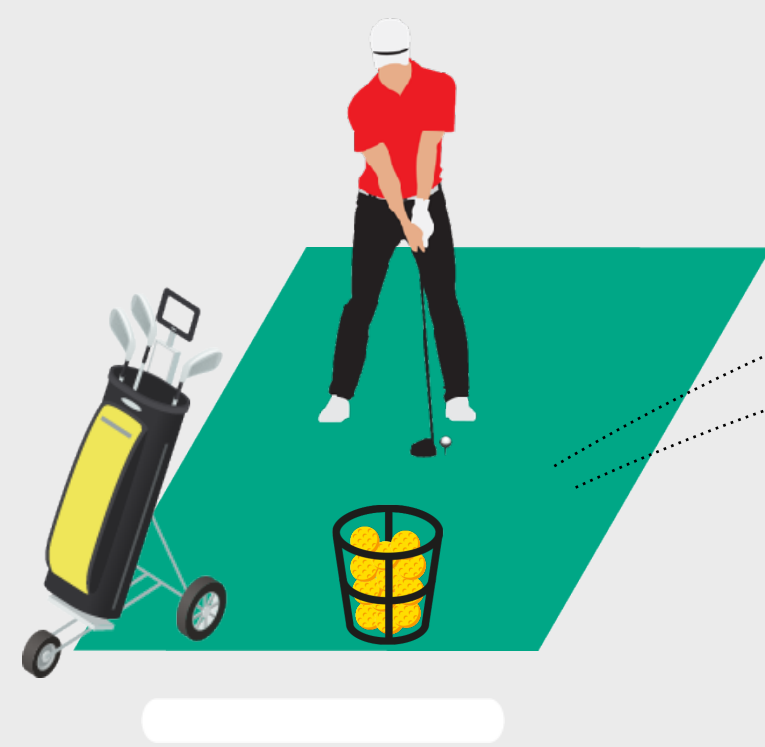
Hybrid and Fairway Wood Challenge



Fairway Wood Challenge

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

	Course Length	Minimum Distance
Select the Appropriate Minimum Distance for your chosen Course Length	< 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

