

Scoring School

**BREAK
85**

Bunker



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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

Session Length:
90 Mins

Group Size:
1:8

Session Focus:
Break 85
Short Game

Topic:
Bunker

Technical Focus
Club Selection
Distance Control

Scoring Challenge
Bunker

| 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 short game class Introduce the students to the various scoring challenges, and how this will map out their strengths and weaknesses | |
| 25 mins | Club Selection 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 playing a bunker shot 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"> High or Low... Bunker Depth of Control |
| 25 mins | Distance Control 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 the bunker Demonstrate to the student, how using different clubs can help them to become more effective in their ability to play a bunker shot | <ul style="list-style-type: none"> Piggy in the Middle Fly it High or Low |
| 25 mins | Chipping Challenge | <ul style="list-style-type: none"> Set up the Bunker 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"> Bunker 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 bunker play. Some of technical content you may want to explore in this session may include:

- **Club Selection** - Introduce some understanding of club selection for a bunker shot
 - Discuss with the students when they might want to vary the club selection for a bunker shot
 - Demonstrate to the students how reducing the loft will reduced height and increased roll
 - Discuss with the students, the types of wedges you would recommend for different sand and depth of sand categories
- **Distance Control** - Introduce some basic bunker distance control principles which may include:
 - Discuss the process of varying the distance of a bunker shot using different technique or changing clubs
 - Demonstrate to the students where varying the distance and amount of flight and roll would be useful on a golf course setting



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

The diagram illustrates a class layout on a whiteboard. On the left, a 'Group Discussion' area is shown with three people. To the right, six stations are arranged vertically, each with a title, description, and an illustration of a person performing a golf-related activity. Station 1 shows a person in a blue shirt and yellow shorts in a golf stance. Station 2 shows a person in a pink shirt and black shorts in a similar stance. Station 3 shows a person in a red shirt and black shorts in a golf stance. Station 4 shows a person in a light blue shirt and dark pants in a golf stance. Station 5 shows a person in a pink shirt and black shorts in a golf stance. Station 6 shows a person in a blue shirt and grey pants in a golf stance. Yellow cones are placed around the stations. A silver clipboard is attached to the right side of the whiteboard.

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Example Class Layout and Setup

Station 1:
Practice Station
High or Low... Bunker



Station 2:
Practice Station
Depth of Control



Station 3:
Practice Station
Piggy in the Middle



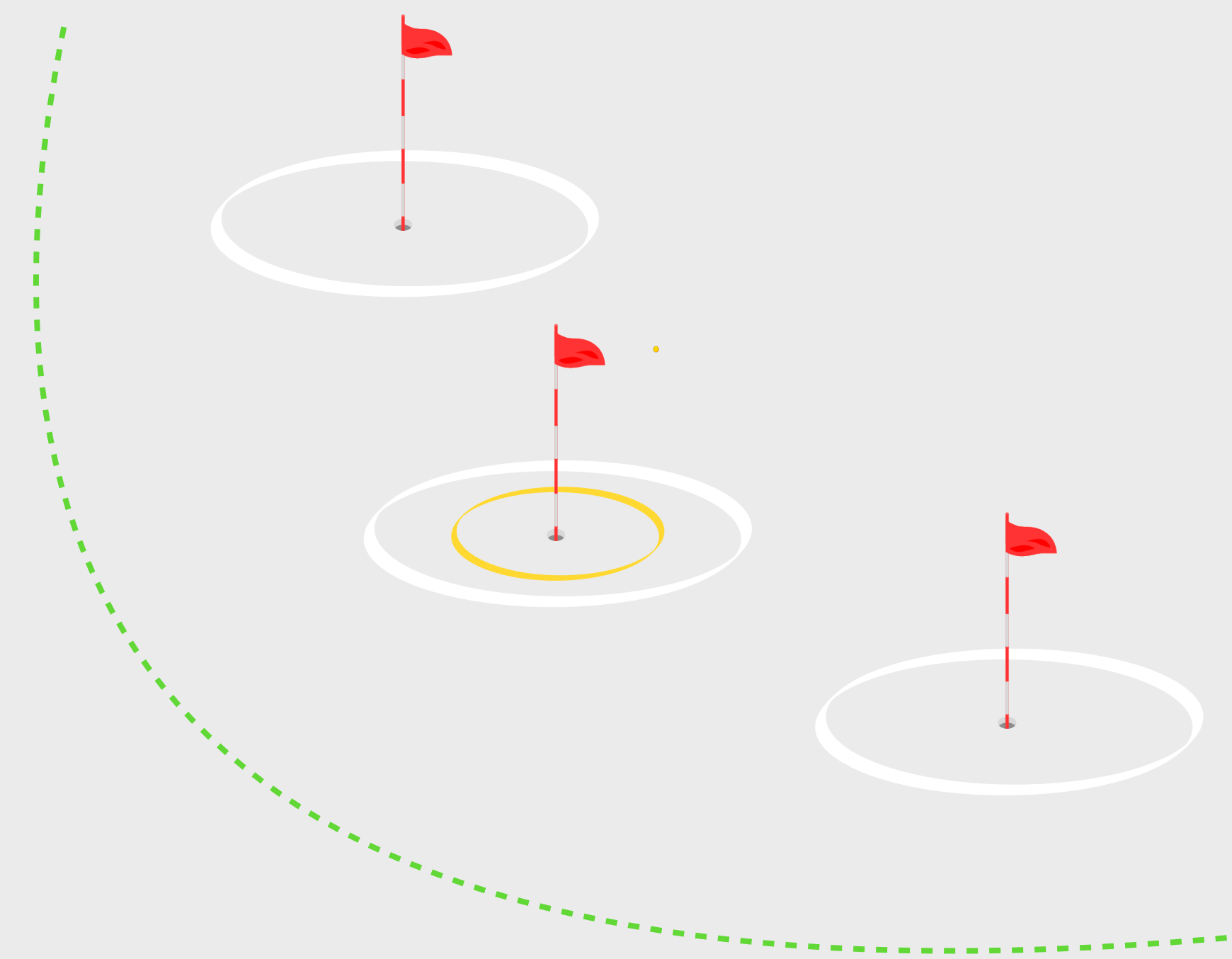
Group Discussion:
Start, during and end of class



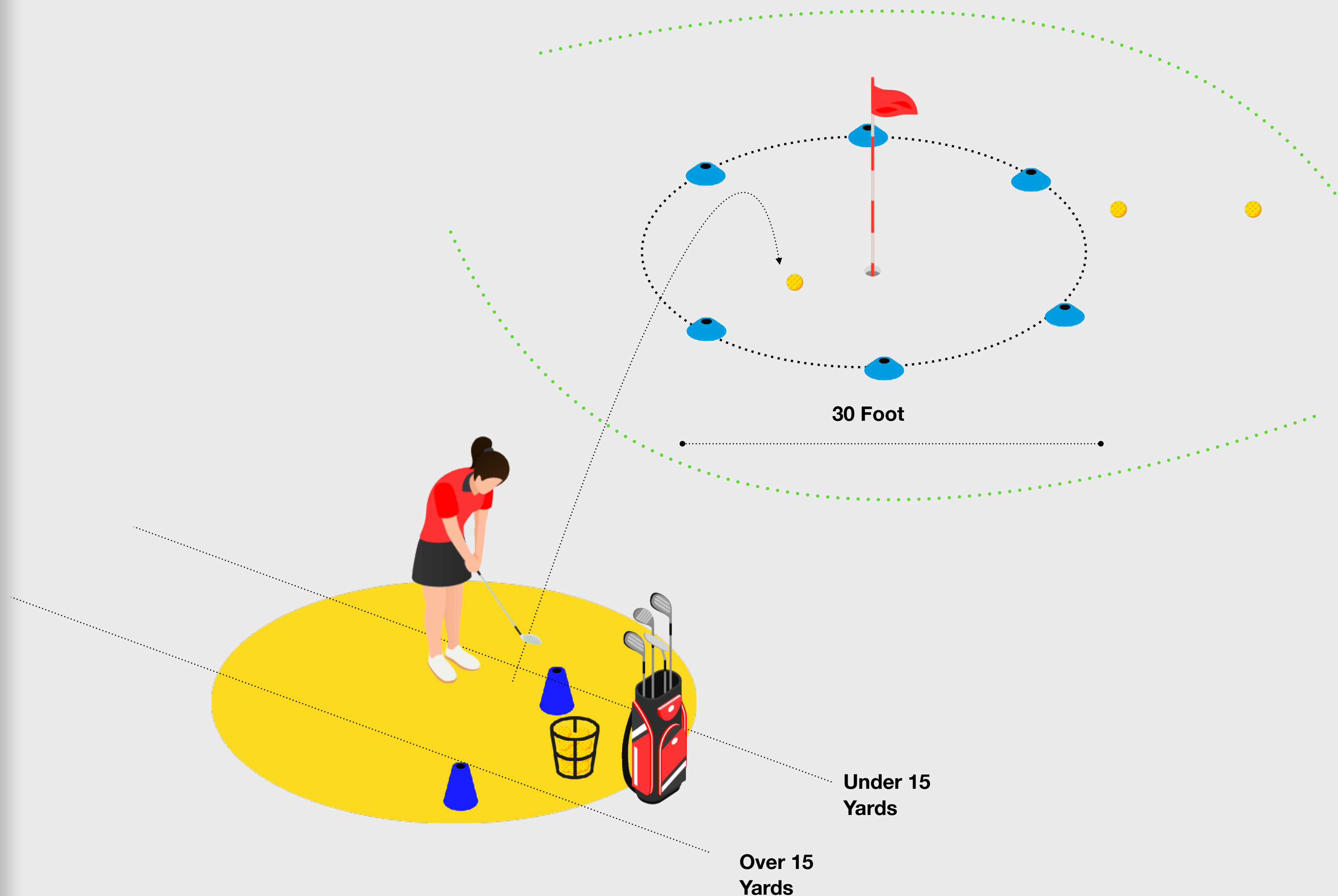
Station 4:
Practice Station
Fly it High or Low



Station 5:
Challenge Station

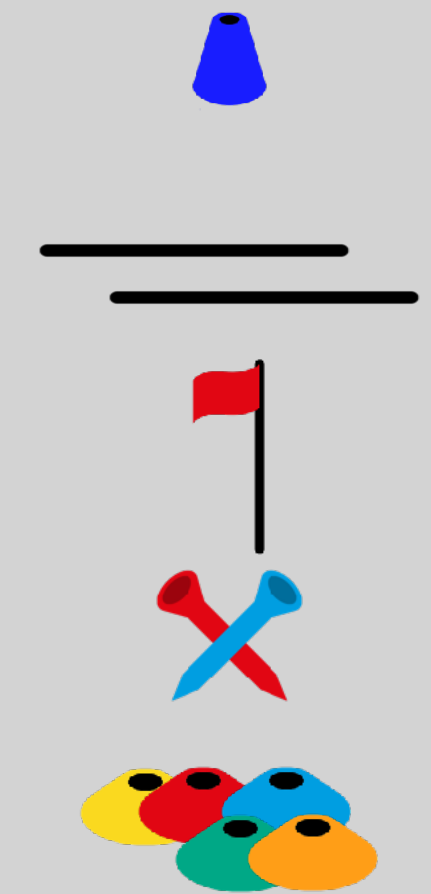


Bunker Challenge Setup



Equipment Needed

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



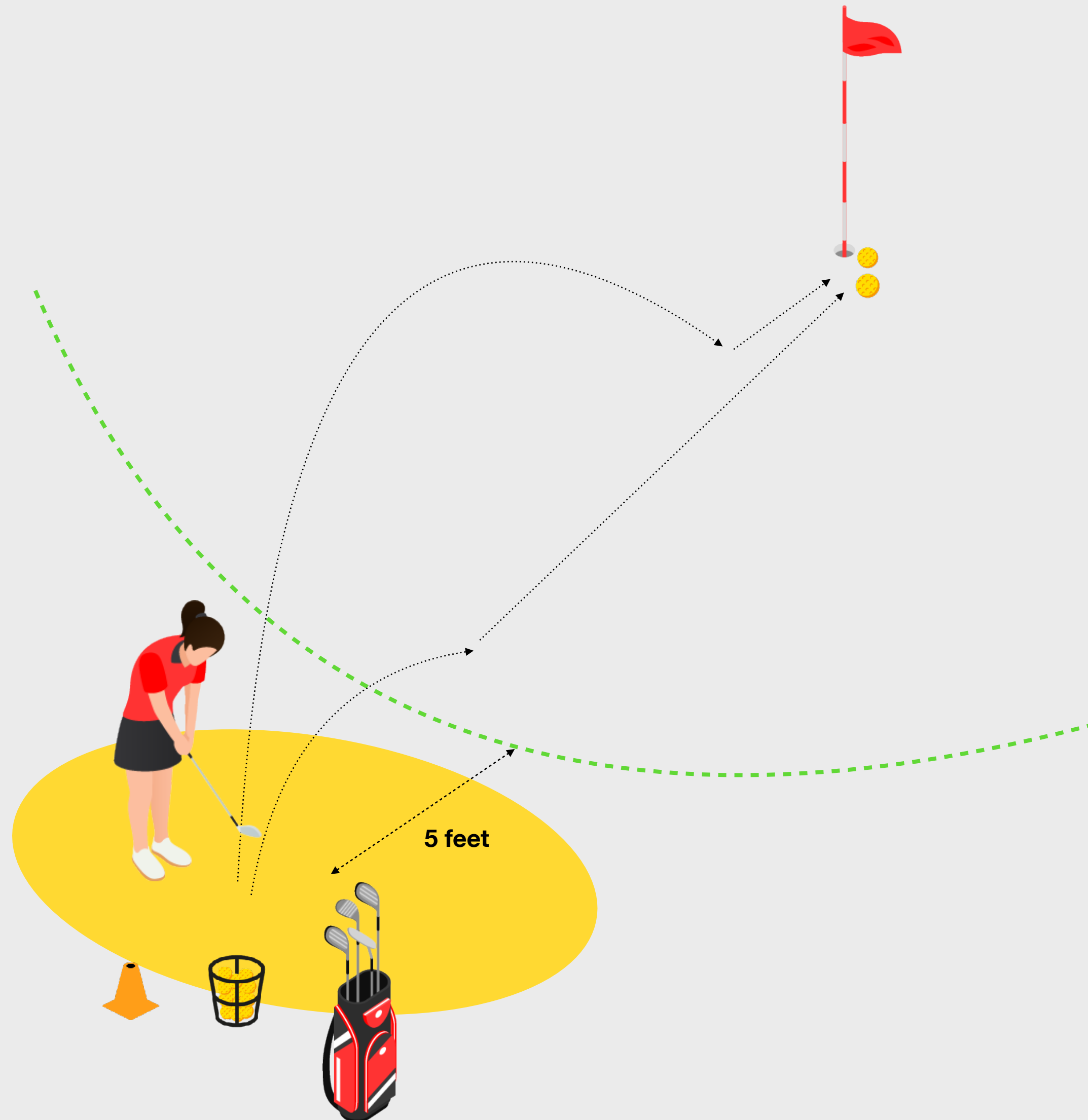
Setting out the Challenge

- Create a 30 foot diameter target circle around the flag/alignment stick using the coloured cones
- Using marker cones create 2 starting points positioned in the bunker at distances of under 15 yards and over 15 yards

Practice and Games Cards



High or low... Bunker!



Equipment Needed

- Bunker
- Various Wedges
- Golf balls

How to Practice

- Position the student in a bunker on the edge of the chipping green
- Pick a shot on the edge of the green with lots of green to work with
- Demonstrate to the student two different ways to play the bunker shot
- Shot 1 will be with a PW. Demonstrate how the ball will leave the bunker at a slightly lower trajectory with increased roll
- Shot 2 will be played with a SW. Show how the increased loft on the SW allows the ball to leave the bunker with increased trajectory and have less roll more spin

Technical Link

- Outline to the students the benefits of both shots and specifically where each shot should be used
- Explain to the student the potential risks and percentage likelihood of success with each shot

Depth of Control



Equipment Needed

- Various Wedges
- Golf balls

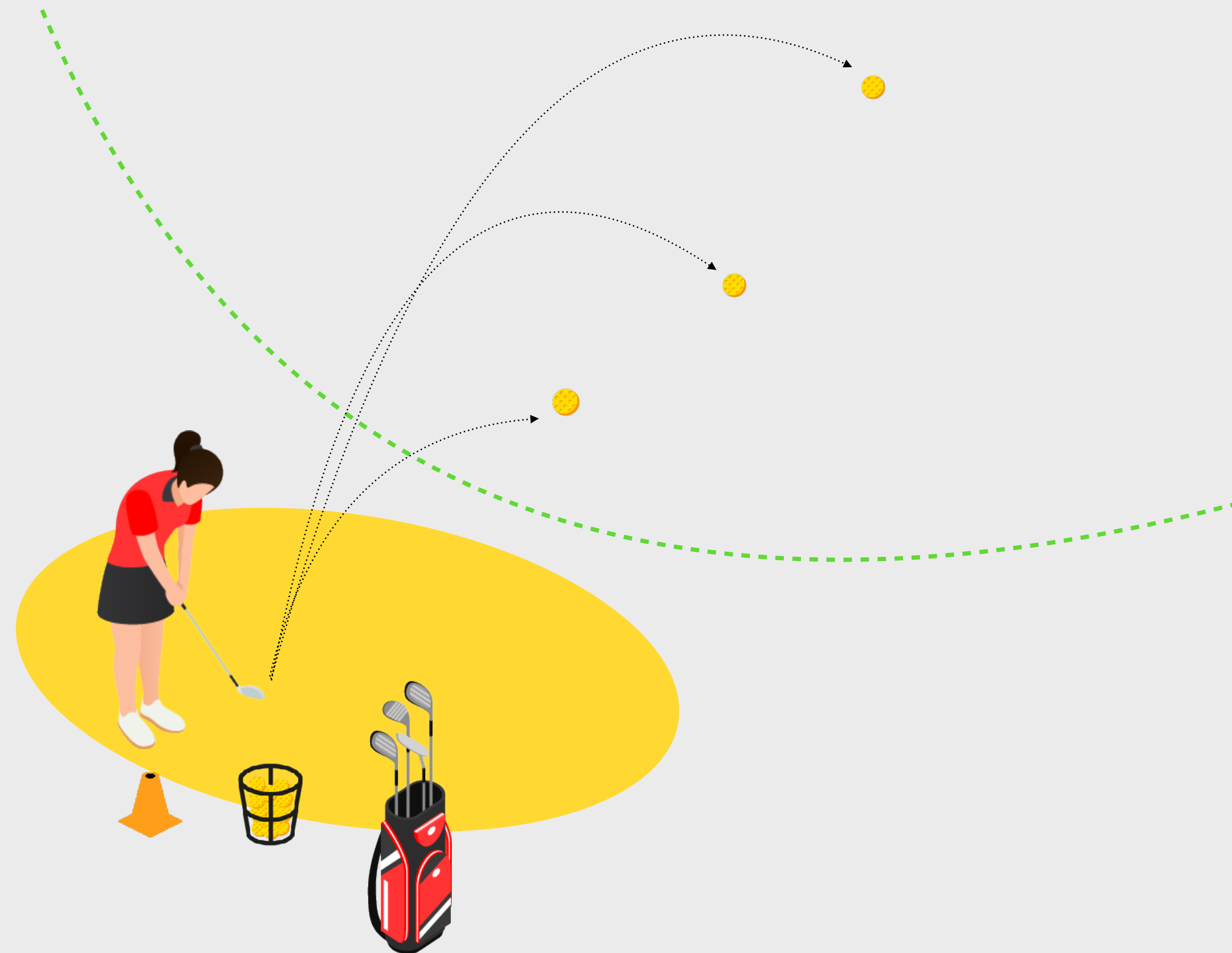
How to Practice

- Students should deliberately hit shallow and deep divots to enable them to start to build an awareness of how this effects the distance and flight of the bunker shot
- Once a student has hit a shallow divot, followed by a deep divot they should be able to decide which is more effective at hitting short or longer shots

Technical Link

- This activity will help the student to understand depth of divot and the effect on ball flight and distance of the shot

Piggy in the Middle



Equipment Needed

- Bunker
- Various Wedges
- Golf balls

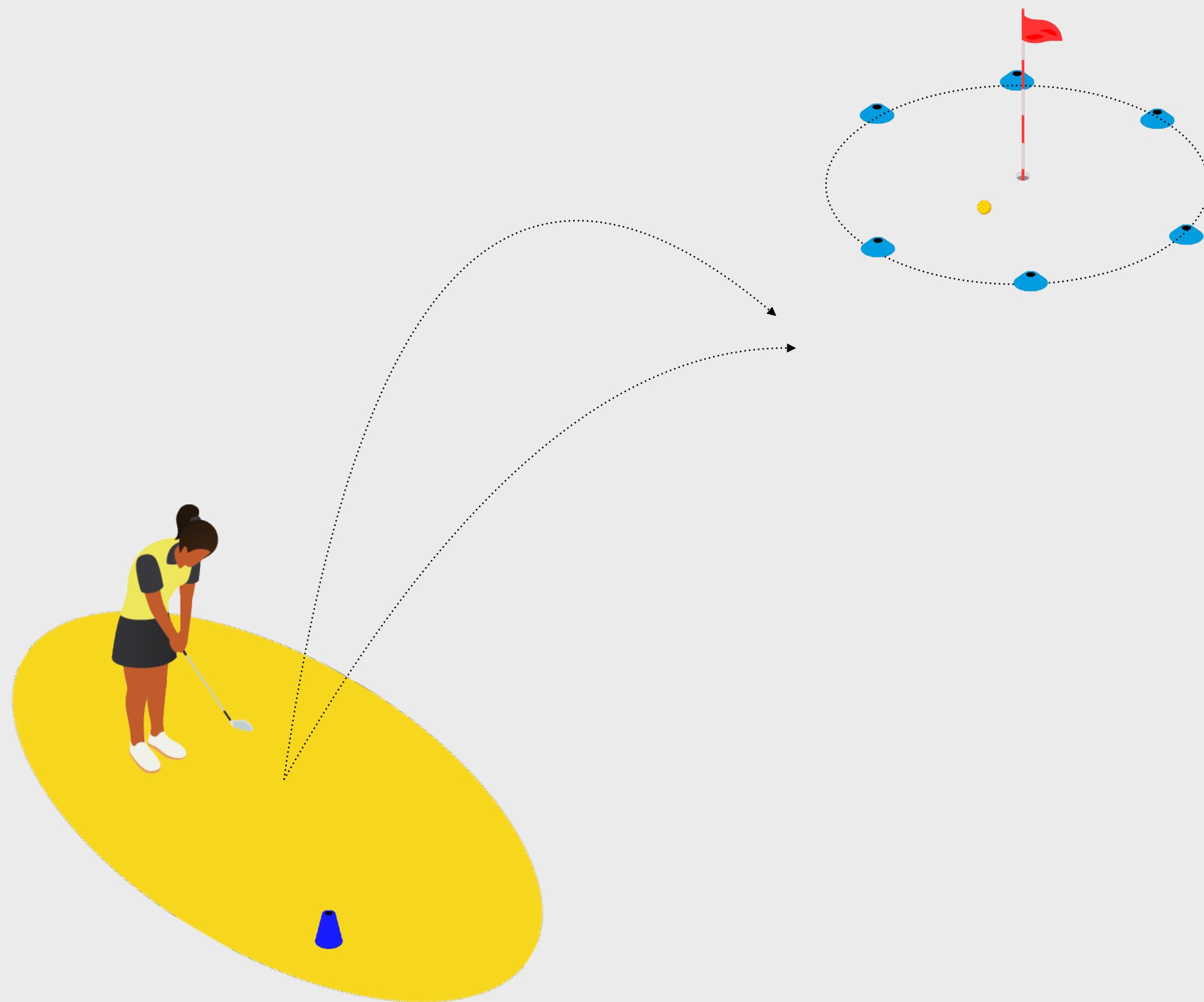
How to Practice

- Position the student in a bunker on the edge of the green
- The student requires 3 balls because they must attempt to hit the first ball short, the second ball long and then try to land the third ball in between the first two balls.
- As their feel improves they must try to get the balls as close as possible to one another.

Technical Link

- The students should gain a real feel for distance control by using this drill
- It also encourages consistent contact to be good at this game

Fly it High or Low



Equipment Needed

- Various Wedges
- Cones
- Golf balls

How to Play

- Players take it in turns to hit their shots, they can have either 1, 2 or 3 attempts each turn
- A partner or coach will ask the student to hit it high or low into the cone circle
- A shot in the circle will score 10 points
- If the student chose to have just 1 attempt they get to triple the points scored, if they chose 2 attempts they double the points scored for that round
- The winner is the student that scores the most points each round

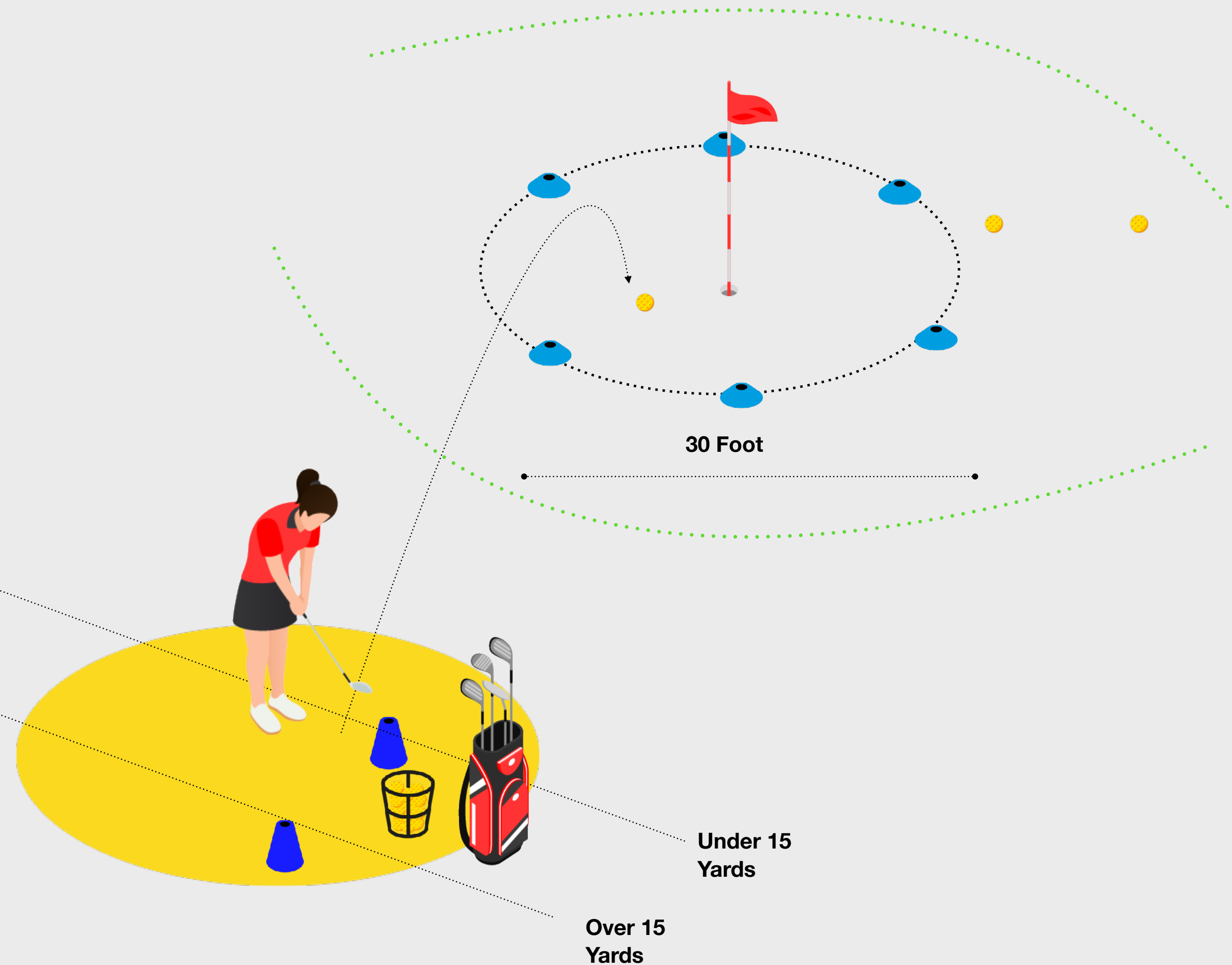
Progression Ideas

- Increase the difficulty of the challenge by asking students to choose how many attempts their opponent needs to take each round

Bunker Challenge



Bunker 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 can place or roll the ball into the bunker on each attempt

The Challenge

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

- **6/10 shots in the target circle from under 15 yards**
- **4/10 shots in the target circle from over 15 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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