

Scoring School

BREAK
90



Irons



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Session Timetable

4 Scoring School Break 75 - Swing

Class Timetable

Session Length: 90 Mins | Group Size: 1:8 | Session Focus: Break 75 Swing | Topic: Driver

Technical Focus: Shot Shaping, Developing a Stock Shot | 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 the break 75 program to the students 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	Practice Stations Shot Shaping and Stock Shot	<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"> X's & O's Stocking up the shot
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 shot shape of the shot with the Driver Demonstrate to the student, how the combination of path and face will influence their shot shape 		<ul style="list-style-type: none"> Draw it in Fade it in
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 75 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 90
Swing

Topic:
Irons

Technical Focus
Developing Consistent Strike

Scoring Challenge
Iron 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 students the break 90 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 	
50 mins	Developing consistent strike Practice Stations Challenges and Games One to One Coaching Group Discussion	<ul style="list-style-type: none"> Outline to the students the key principles for achieving a consistent iron strike 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 Demonstrate to the student techniques that can improve strike and help them find more consistency Outline the various practice stations and allow the students to rotate around these. You may want to get the group back together after 25 minutes for further discussion, demonstration and questions 	<ul style="list-style-type: none"> Train Tracks Miss Tee On the Right Plane Army Golf
25 mins	Iron Challenge	<ul style="list-style-type: none"> Set up the Iron Challenge and allow students to attempt this to see if they can achieve the Break 90 challenge Use the challenge scorecard to record the outcome of each attempt 	<ul style="list-style-type: none"> Iron 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 striking their irons. Some of technical content you may want to explore in this session may include:

- **Developing Consistent Strike-** Introduce some key principles and techniques to striking irons more consistently outlining that to Break 90 this is an essential skill to improve. You may want to include discussion and demonstration on the following:
 - Outline how strike differs between an iron and a driver. Outline how the design of the club influences this
 - Outline the concept of strike with an iron, including the positions of the low point and how this may vary for different irons
 - Discuss with the students some key setup fundamentals that will help with optimising strike, specifically help them to avoid excessive ground first contact as well as strikes high on the golf ball
 - Outline to the students some key swing thoughts for them that can help guide them to better strikes with their irons



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

9 Scoring School *Break 75 - Swing*

Driver Challenge Setup

30 Yards

Minimum Distance Markers

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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

SAFETY

30 Yards

Orbis Golf

Example Class Layout and Setup

Group Discussion:
Start, during and end
of class



Station 1:
Practice Station
Train Tracks

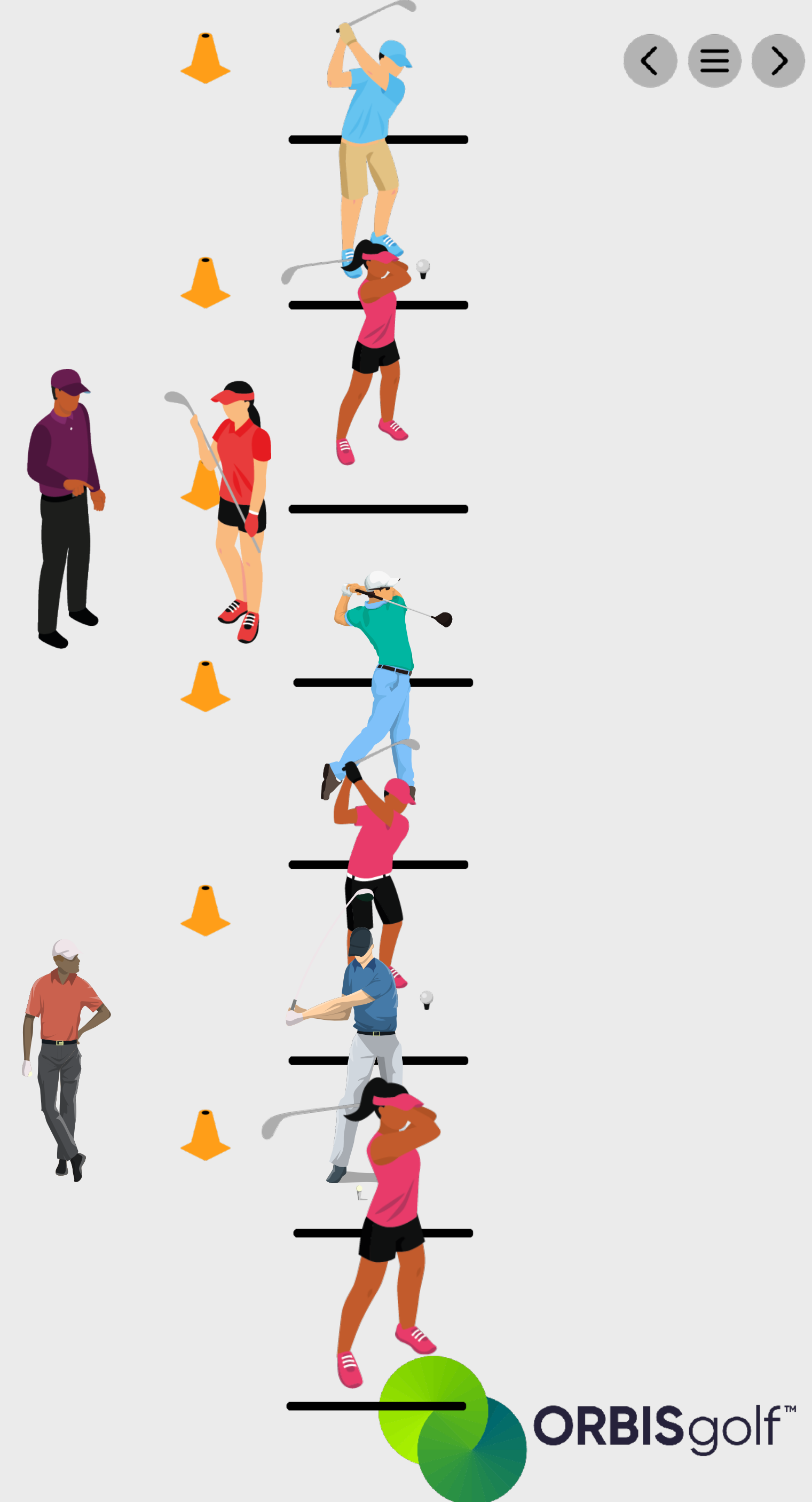
Station 2:
Game Station
Miss Tee

Station 3:
Practice Station
On the Right Plane

Station 4:
Game Station
Army Golf

Station 5:
Challenge Station
Iron Challenge

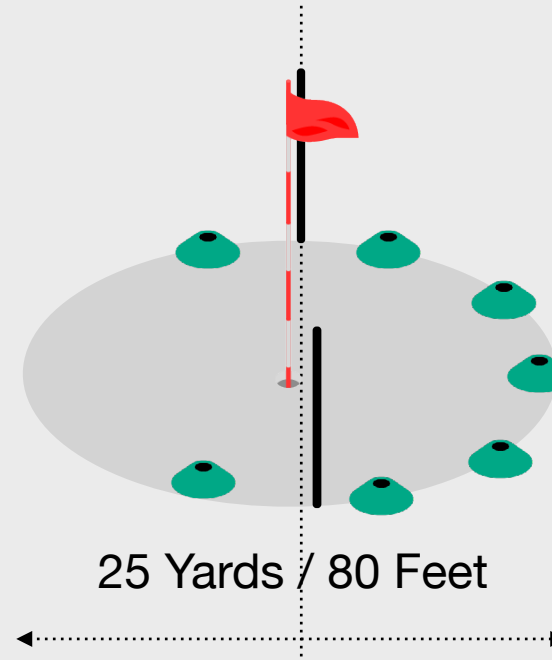
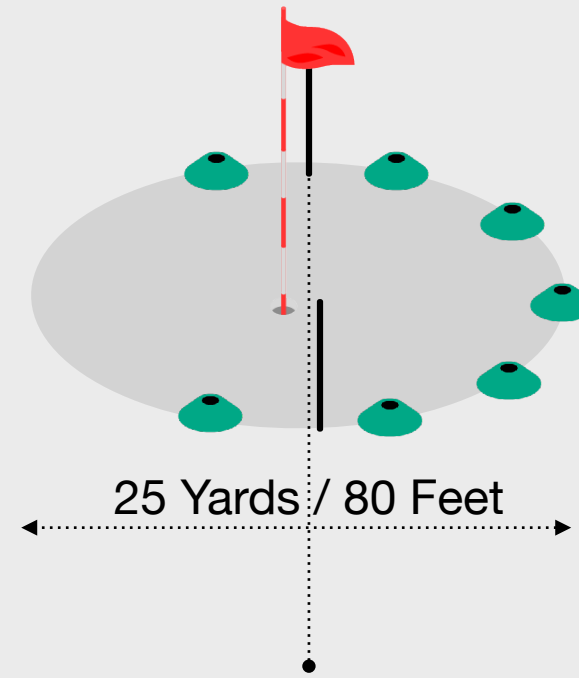
Station 6:
Practice Station
Ball Position



Iron Challenge Setup

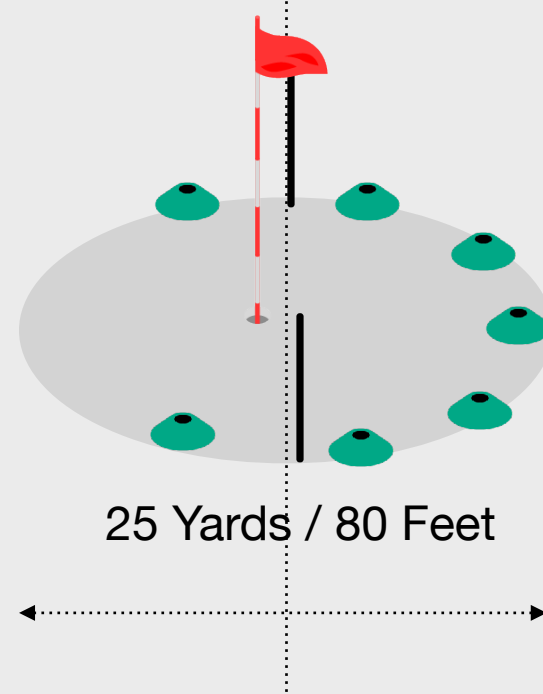
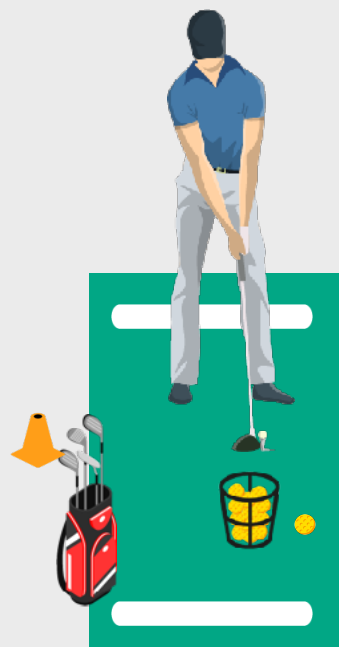
Middle Distance Green

- Under 4500 Yards> 70 - 100 Yards
- 4500 - 5500 Yards> 90 - 120 Yards
- 5500 - 6500 Yards> 100 - 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 - 100 Yards
- Over 6500 Yards> 90 - 110 Yards

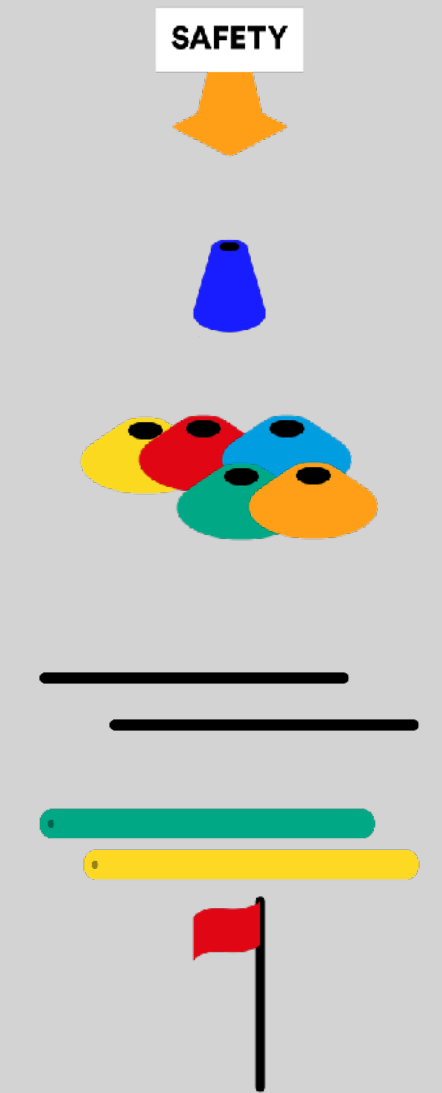


Furthest Distance Green

- Under 4500 Yards> 100 - 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)



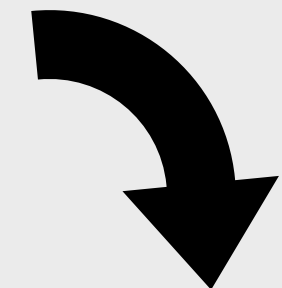
TRACKMAN Integration

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



Train Tracks



Equipment Needed

- 2 x Alignment Sticks
- Iron
- Golf Balls

How to Practice

- Set up two alignment sticks running parallel to each other and place a golf ball in the middle of them
- The student should practice hitting balls using alignment sticks to guide the swing path
- This should help them learn how to control the direction the club travels better
- This activity can be progressed by moving the alignment sticks to aim left of target and then right of target
- Encourage students to start with small swings and work up to fuller swings because it will focus them on getting through the alignment sticks without touching them

Technical Link

- This activity will help the student to build an awareness of swing direction and path, which will improve the consistency of their strike

Miss Tee



Equipment Needed

- Iron
- Alignment Stick
- Golf Balls
- Tees

How to Play

- Set up two tees right behind one another and only high enough for an iron strike (small tees)
- The aim is to strike the ball off the second tee without hitting the first because this promotes a downward motion on the ball and results in good ball flight
- There should be an existing target to aim at on the range for the challenge or cones representing a green
- A point is awarded for every shot that finishes on the green
- Another point is awarded for a strike that doesn't touch the first tee and leaves a divot after the ball
- This game can be played individually or in pairs

Technical Link

- The focus on not hitting the first tee also causes a ball then turf impact, which is key to hitting a consistent and solid spike with irons

On the right Plane



Equipment Needed

- Iron
- Alignment Stick
- Golf Balls

How to Practice

- Set up an alignment stick behind the student positioned for the swing plane the backswing/downswing needs to follow
- Place a foam noodle on the alignment stick to protect it and the student from any damage
- This is a simple drill to clearly highlight if the students shaft is on plane
- Ask the student to take their backswing and check if the shaft angle is too steep or shallow using the alignment stick as reference
- Once the student is used to swinging on the right plane, introduce a ball and allow them to take shots

Technical Link

- This activity will help the student to build an awareness of how to swing on a different swing plane
- Adapt the angle to suit the adjustment the student is trying to make

Army Golf



TRACKMAN

Use the 'HORIZONTAL LAUNCH' feature to enhance the students experience and give some additional feedback.

Equipment Needed

- Iron
- Alignment Stick
- Golf Balls

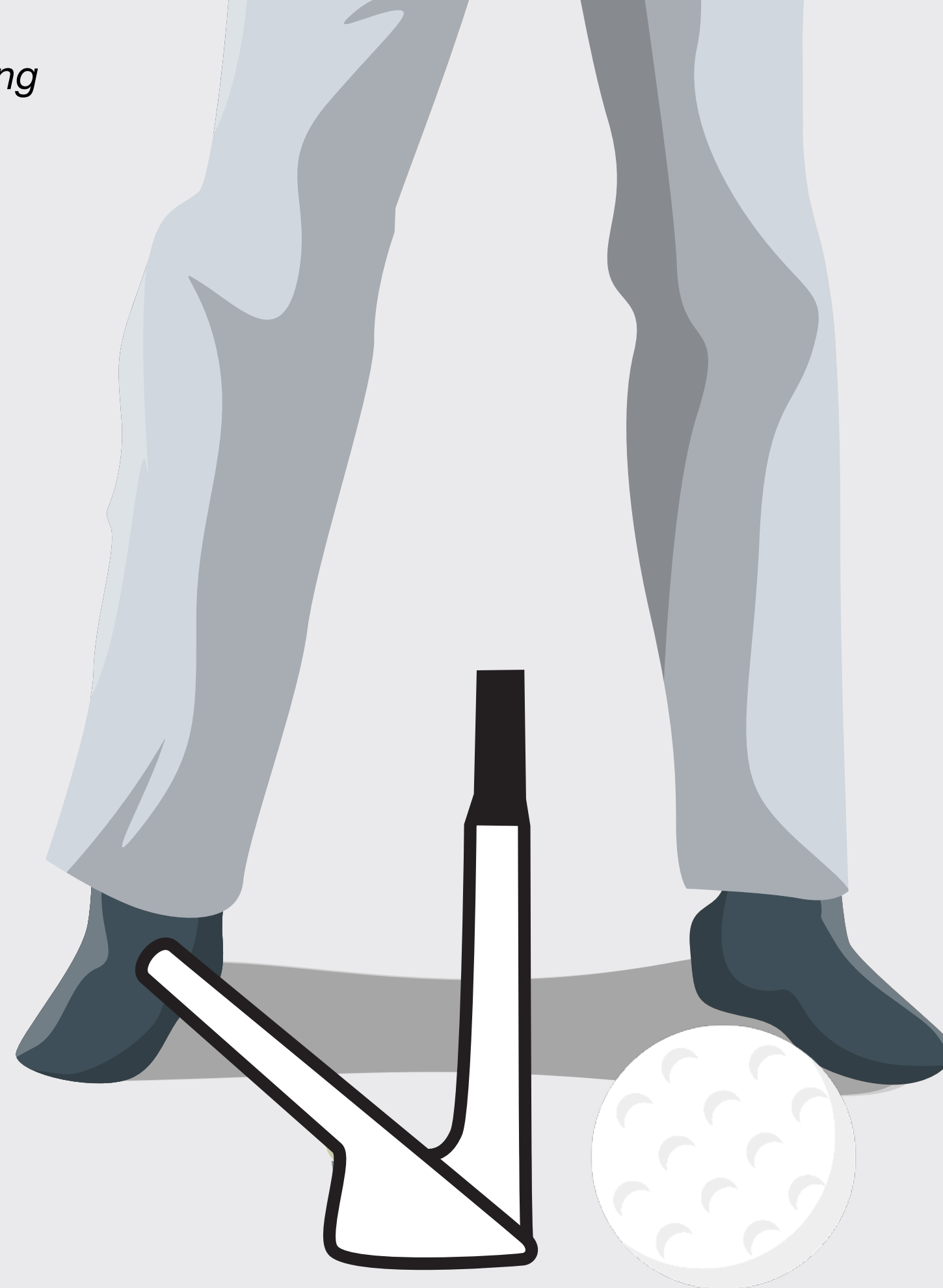
How to Play

- Set up an alignment stick directly in front of the student 10 yards from them and lay another alignment stick aiming towards this
- The student should then attempt to hit the ball alternately left of the noodle, and then right of the noodle by changing the direction of the swing and the path of the club head
- This should build an awareness of how they control shots by swinging it in different directions and controlling the club face
- For each correct implementation of the a shot, the student gets a point and the winner is the student who finishes on the highest number of points

Technical Link

- This should build an awareness of how they control shots by swinging it in different directions and controlling the club face

Ball Position



Equipment Needed

- Alignment Stick
- Hybrid, 7 Iron and wedge
- Golf Balls

How to Practice

- Students should understand that the ball position can play a vital role in optimizing strike with irons
- Use the alignment stick to mark the centre of the student's stance
- The student should experiment with ball position depending on the iron they use
- They should understand how ball position can impact the position of the head and spine and how this will impact the low point of the swing
- Make sure you highlight how important striking the ground in the appropriate place will ensure good contact, just having an improved ball position does not guarantee good contact
- The students should aim to create a system for ball position and routine that suits their needs so they can optimize strike

Technical Link

- Understanding this means students will practice appropriately and strike the ball more consistently

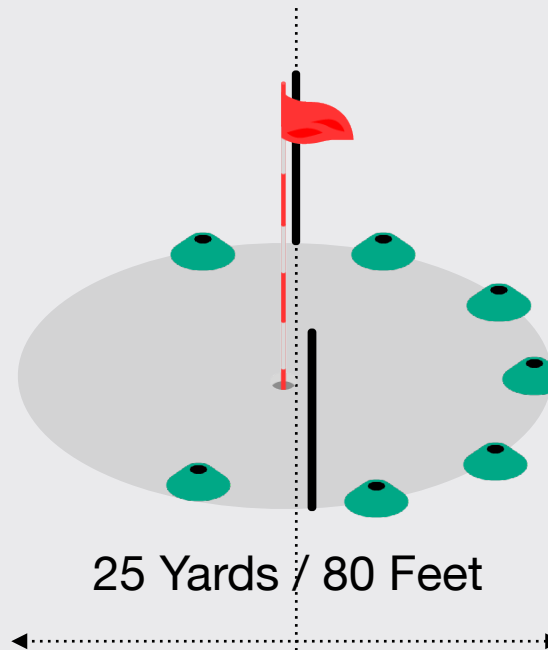
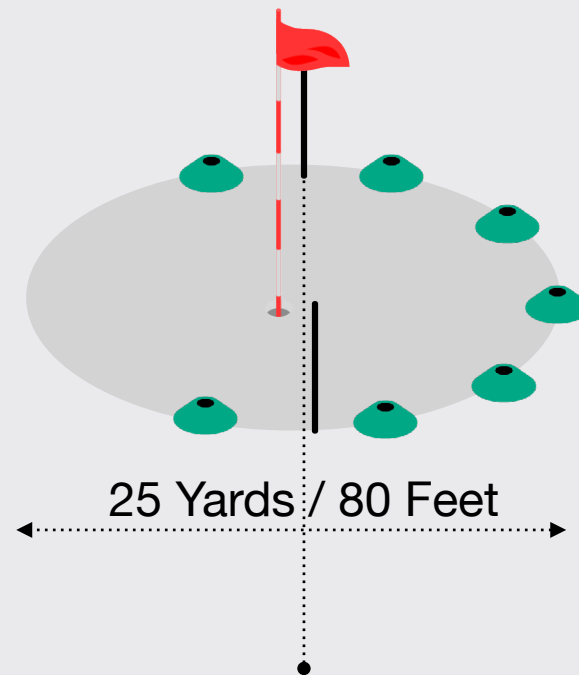
Iron Challenge



Iron Challenge

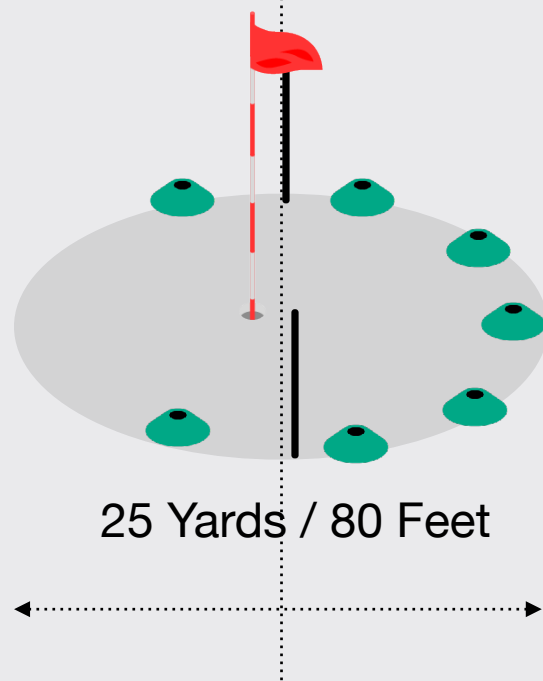
Middle Distance Green

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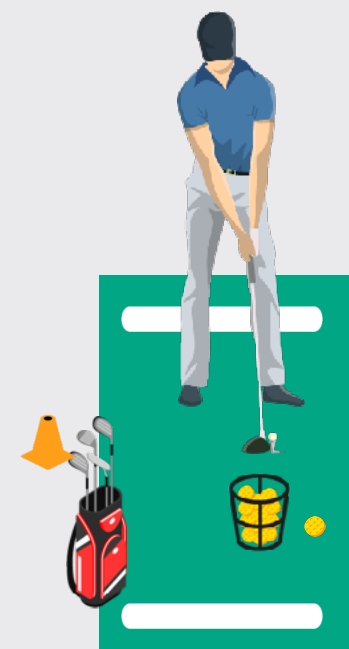
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Furthest Distance Green

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- 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:
 - 1/ 5 shots land on the nearest target green
 - 2/ 5 shots land on the middle target green
 - 3/ 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

