

# Short Game Practice Stations



# Rear Heel Up



## Equipment Needed

- Golf Ball
- Wedge

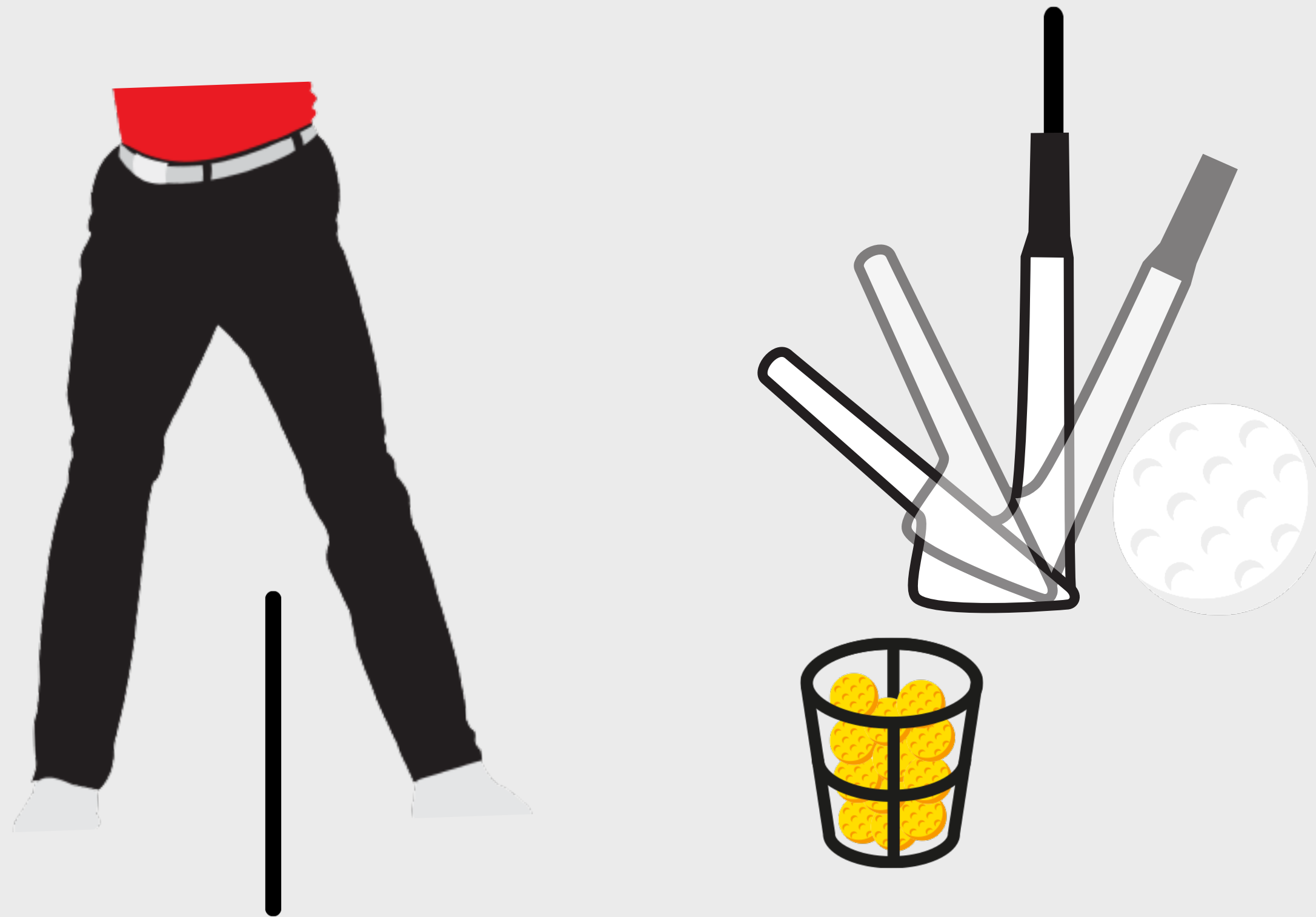
## How to Practice

- Ask the students to get into a comfortable pitching setup position
- The student should place a single golf ball under their right heel
- The student should focus on ensuring that pressure isn't applied to the golf ball through the right heel at address
- The student should explore where pressure is position at address
- The student should attempt some slow paced short swings focusing on avoiding pressure being placed on to the golf ball in backswing, through swing and following through

## Technical Link

- This activity will help the students to learn how pressure should be distributed through the feet at address and during the pitching motion itself

# Shaft and Ball Position Check



## Equipment Needed

- Wedge
- Alignment Stick

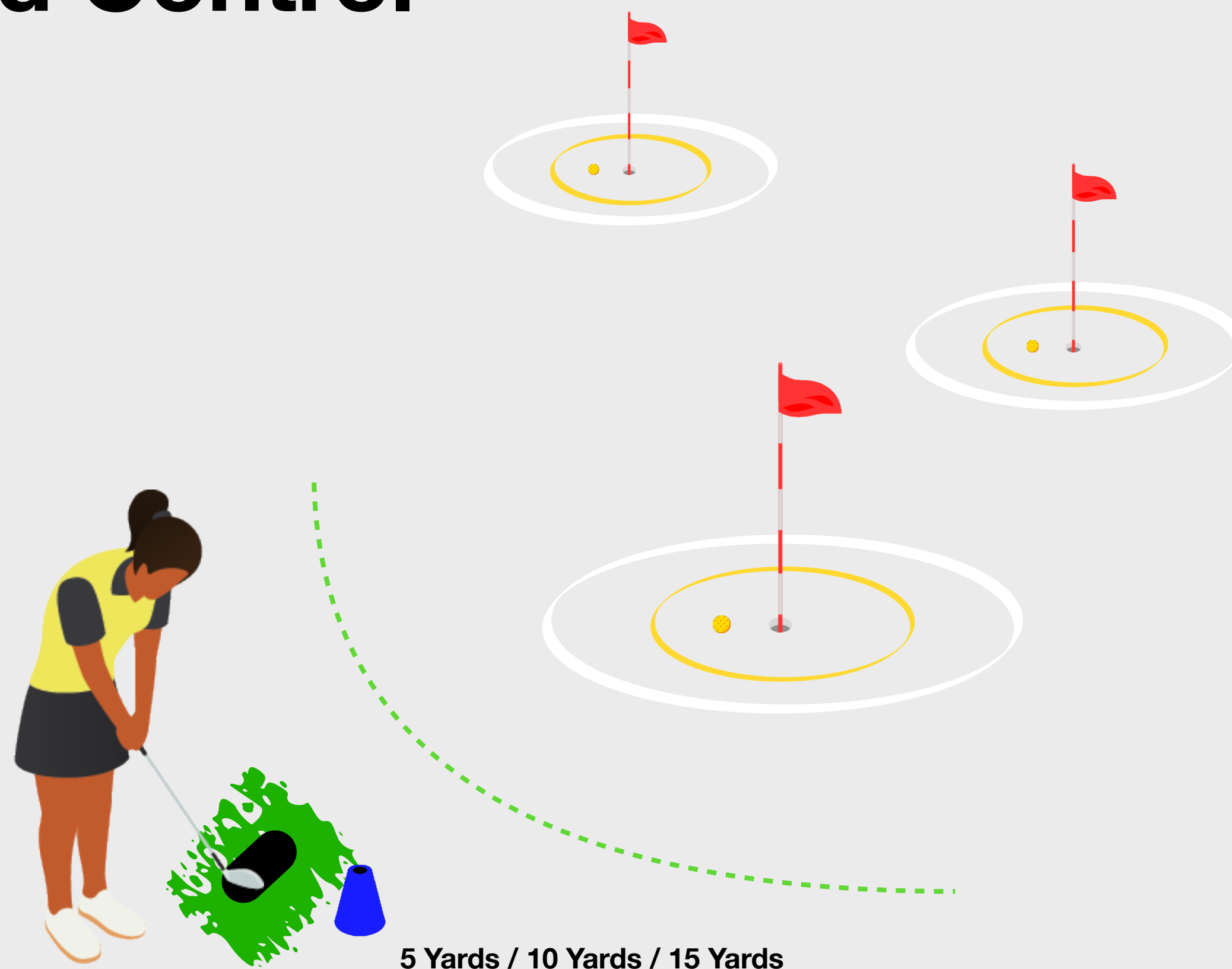
## How to Practice

- Set up the student 30 yards away from the green and aimed towards a pin
- Ask the student to get into their comfortable pitching setup position
- An alignment stick should be placed on the ground inside the back of golf ball and positioned between the feet
- The student should note where the ball is position and under guidance of the coach adjust accordingly
- Next the student should position the hands onto the club and note where the handle is relative to the alignment stick on the floor
- Depending on the students tendencies, the student should aim to minimise the distance between the handle and alignment stick on the ground

## Technical Link

- This activity will help the student to build awareness of ball position and shaft position at address. It will help the student to practice effectively

# Ground Control



## Equipment Needed

- Wedge
- 6 and 12 Foot Diameter Hoop / Cones
- 3 x Marker Cones

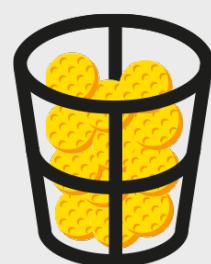
## How to Practice

- Set up 3 marker cones the edge of the green ranging from 5, 10 and 15 yards from the pin
- Ask students to attempt 3 shots from each marker cone using a wedge and aim towards the target circle
  - The first shot they must try to clip off the ground
  - The second shot they must try to impact the ground 1 or 2 inches behind the ball
  - The third shot they must try to impact the ground 3 or 4 inches behind the ball
- After they have performed 3 shots from that marker they can move on to the next one

## Technical Link

- This activity will help students understand how the turf interaction affects the distance and feel of a chip and improve their control
- Attack angle may have to be adjusted in order to still make solid contact for the different impact positions

# Clockwork



## Equipment Needed

- Wedge, 9 Iron and 7 Iron

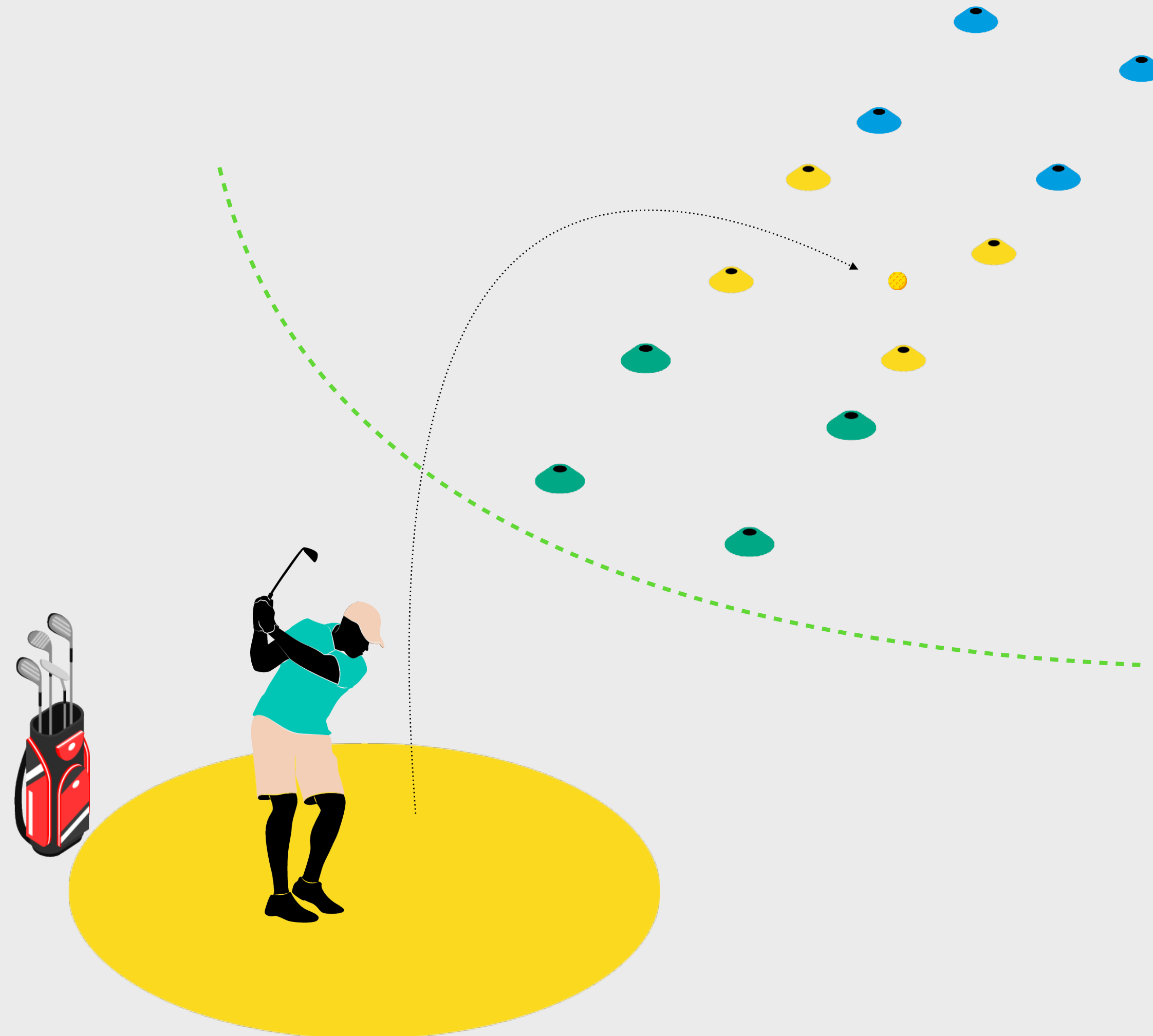
## How to Practice

- The student should select a club of their choice
- The student should attempt to create a backswing and through swing that mirrors 7pm to 5pm on a clock face
- The student should attempt to strike a chip and observe the distance the ball flies and then rolls
- The student should attempt a longer backswing and through swing, to 8pm and 4pm
- The student should attempt to strike a chip and observe the distance the ball flies and then rolls in comparison to the previous swing lengths
- The student should attempt different clubs and observe the differences

## Technical Link

- This activity will help students understand how by varying swing length and keep a consistent tempo/ rhythm the carry distance and resulting total distance will vary
- This will help the student gain awareness and system for distance control when chipping

# Club Control



## Equipment Needed

- 12 cones
- Wedges
- Bunker

## How to Practice

- Set up the student in a green side bunker
- Using cones, create 3 evenly sized boxes on the green in a line
- The student should practice hitting the ball out the bunker to different distances using different wedges
- The structure to do this must be to finish one ball in each of the boxes they are aiming for with one club and then move onto the next club

## Technical Link

- This activity will help the student to understand how to control the distance of bunker shots with different clubs and become more consistent using a range of wedges for different distances

# Chip Control



## Equipment Needed

- 5x Marker Cones
- 2x Alignment Sticks

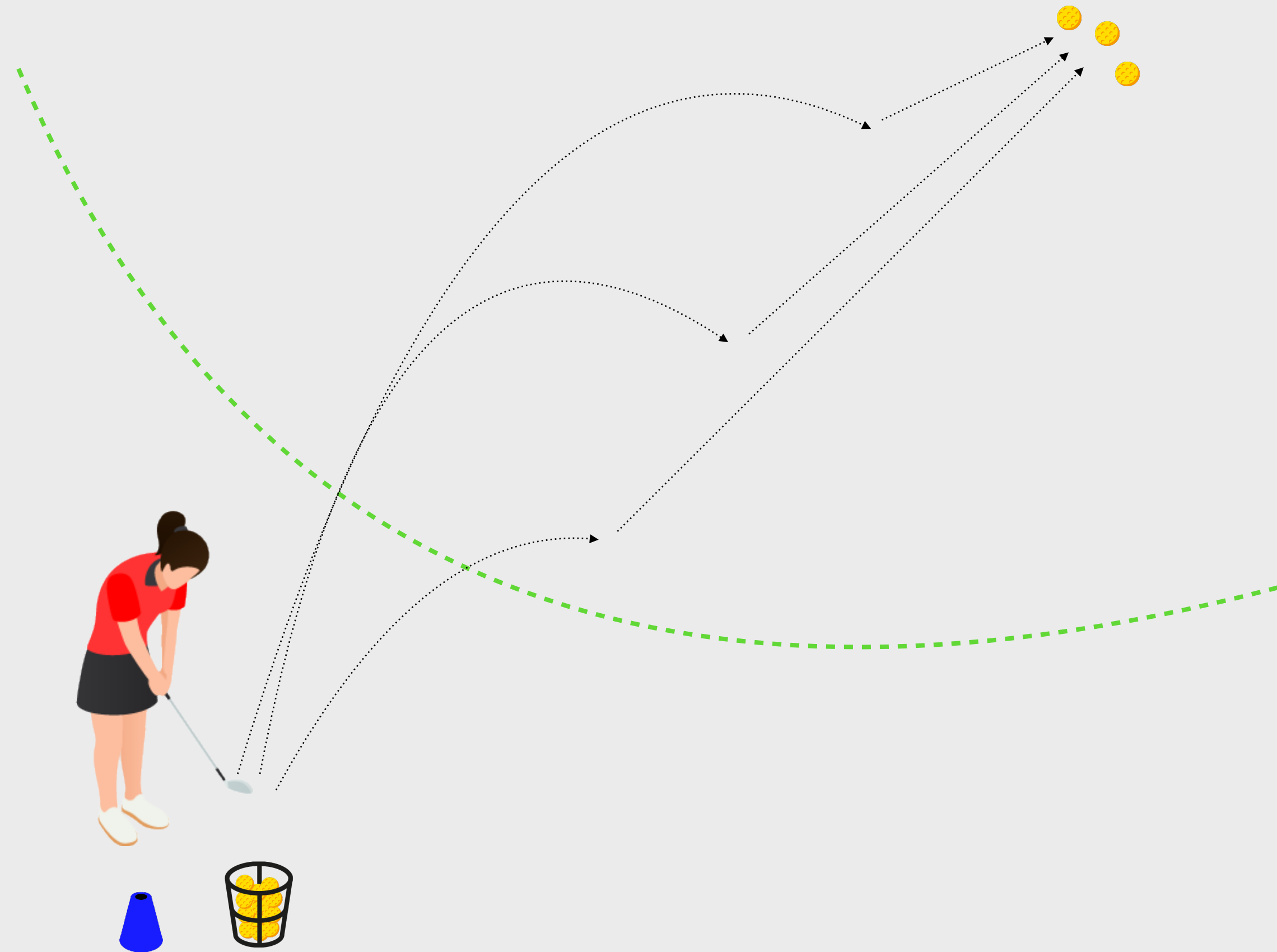
## How to Practice

- Position the student on the edge of the green with lots of green to work with
- Place 2 alignment sticks on the green marking out an area 7 yards long
- Using cones mark out in a line 3-15 yards in 3 yard increments
- The student must attempt a chip shot from the nearest distance marker first and try to land it past the first alignment stick, but finish short of the second alignment stick
- If they are successful in doing this, they can move on to the next marker and attempt the same task, but if they miss they must return to the start

## Technical Link

- This activity will help the student to understand how to control the landing zone of their shots and the roll
- The consequence of having to return to the start should add pressure to the practice and increase students focus each shot

# Roll Out



## Equipment Needed

- Bunker
- Wedge
- Marker Cone

## How to Practice

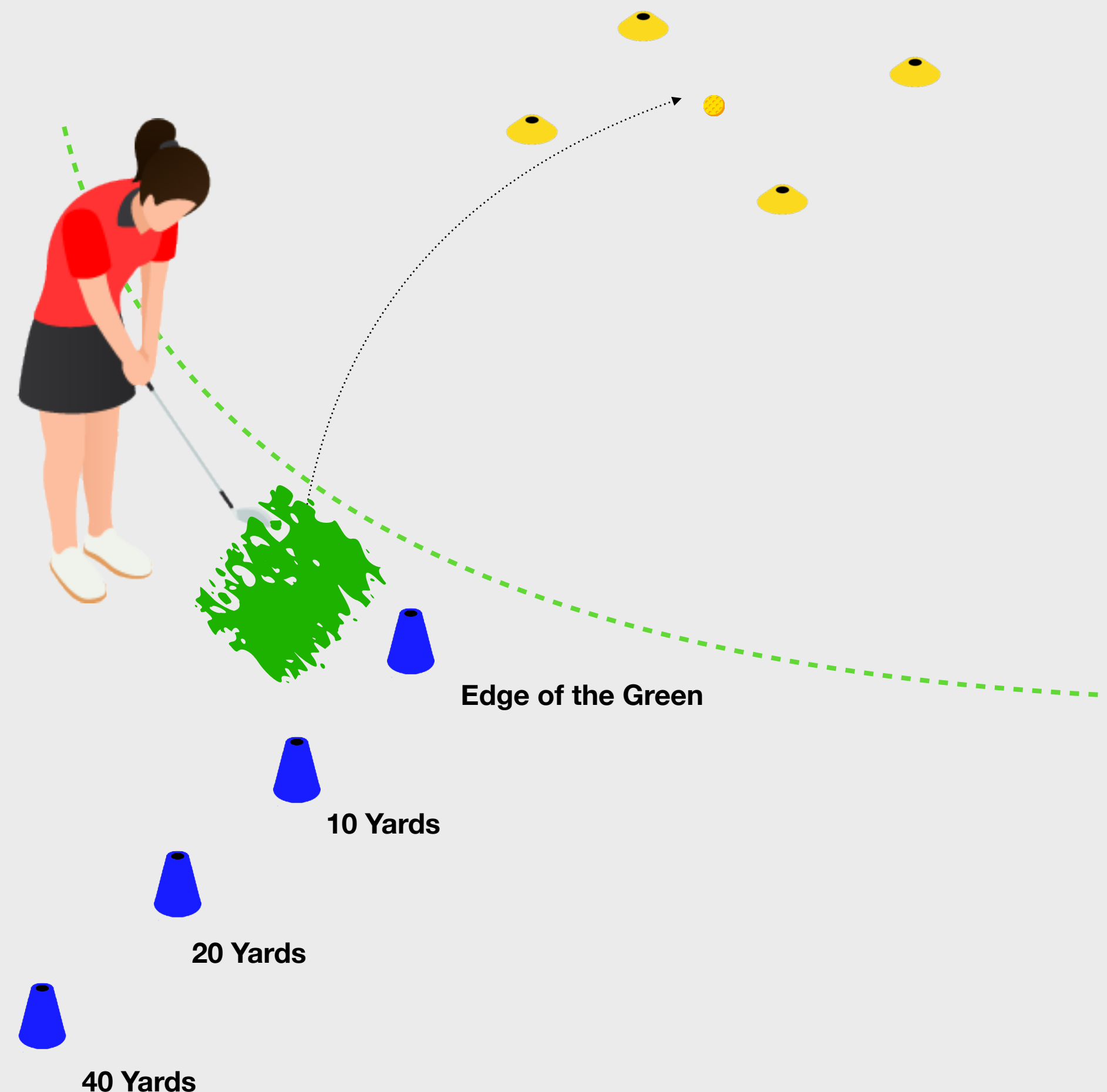
- Position the student 15 yards away on the edge of the green
- The student attempts 3 different types of shots:
- First ball 25% flight and 75% roll
- Second ball 50% flight 50% roll
- Third ball 75% flight and 25% roll
- Once they have hit all 3 they can repeat the circuit

## Technical Link

- The students should gain a real feel for distance control, flight and spin control whilst only using the same club
- This activity should give the student greater control over the type of shot they want to play, which allows them to pick the appropriate shot for situation



# Box Drill



## Equipment Needed

- 4 cones
- Wedge
- 4x Marker Cones

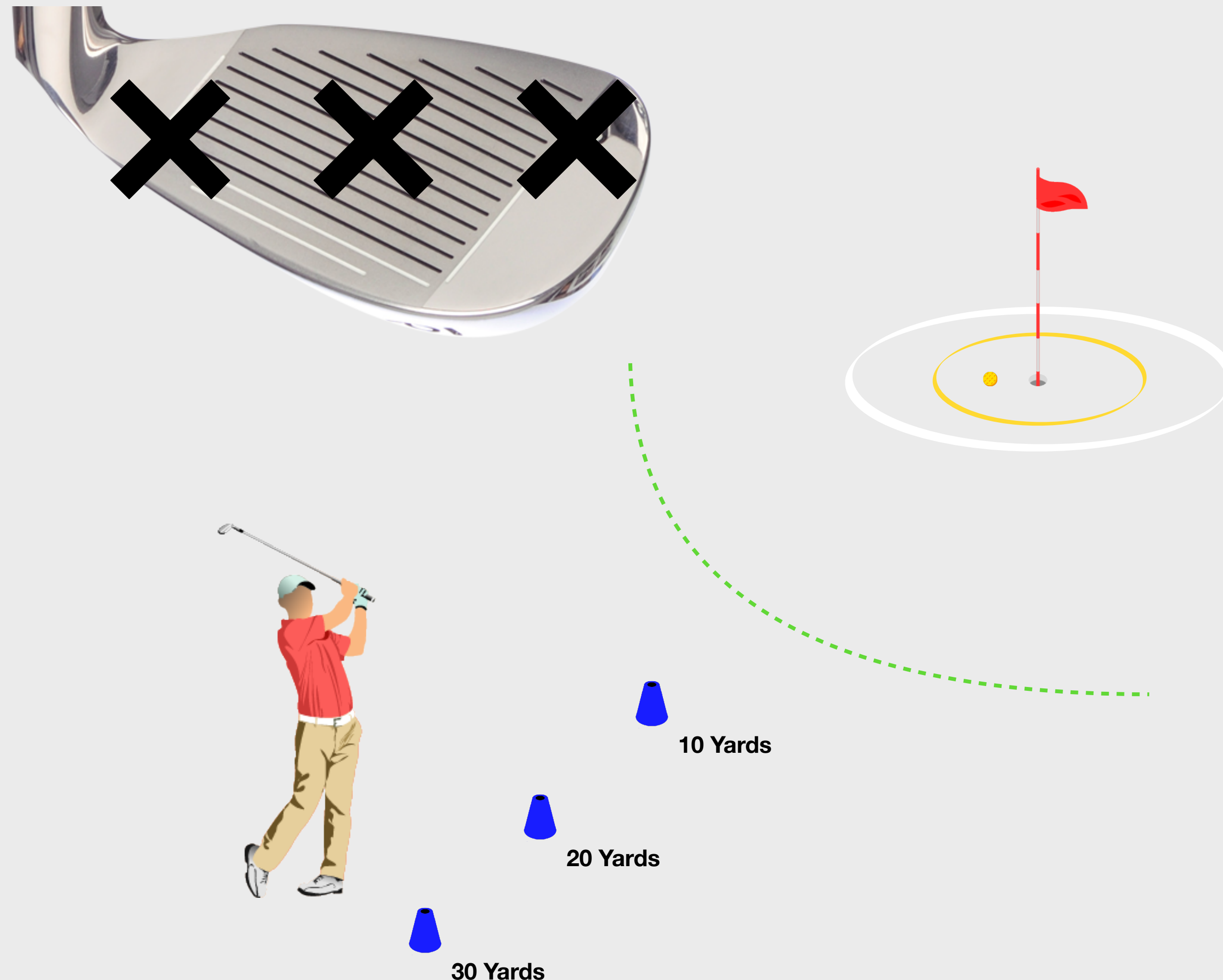
## How to Practice

- Set this activity up with a box marked out on the green
- Then place 4 cones marking different distances from the green
- The student should practice pitching the ball from different distances using the same club by varying the type of shot they hit
- The aim is to finish the ball in the box each time, but each shot will require a different shot to achieve this

## Technical Link

- This activity will help the student to understand how to adapt their shot based on the distance presented
- This activity will help the student to gain some consistency in their short game by becoming more confident from a variety of scenarios around the green

# Full Face Control



## Equipment Needed

- Wedge
- 6 and 12 Foot Diameter Hoop / Cones
- 3 x Marker Cones

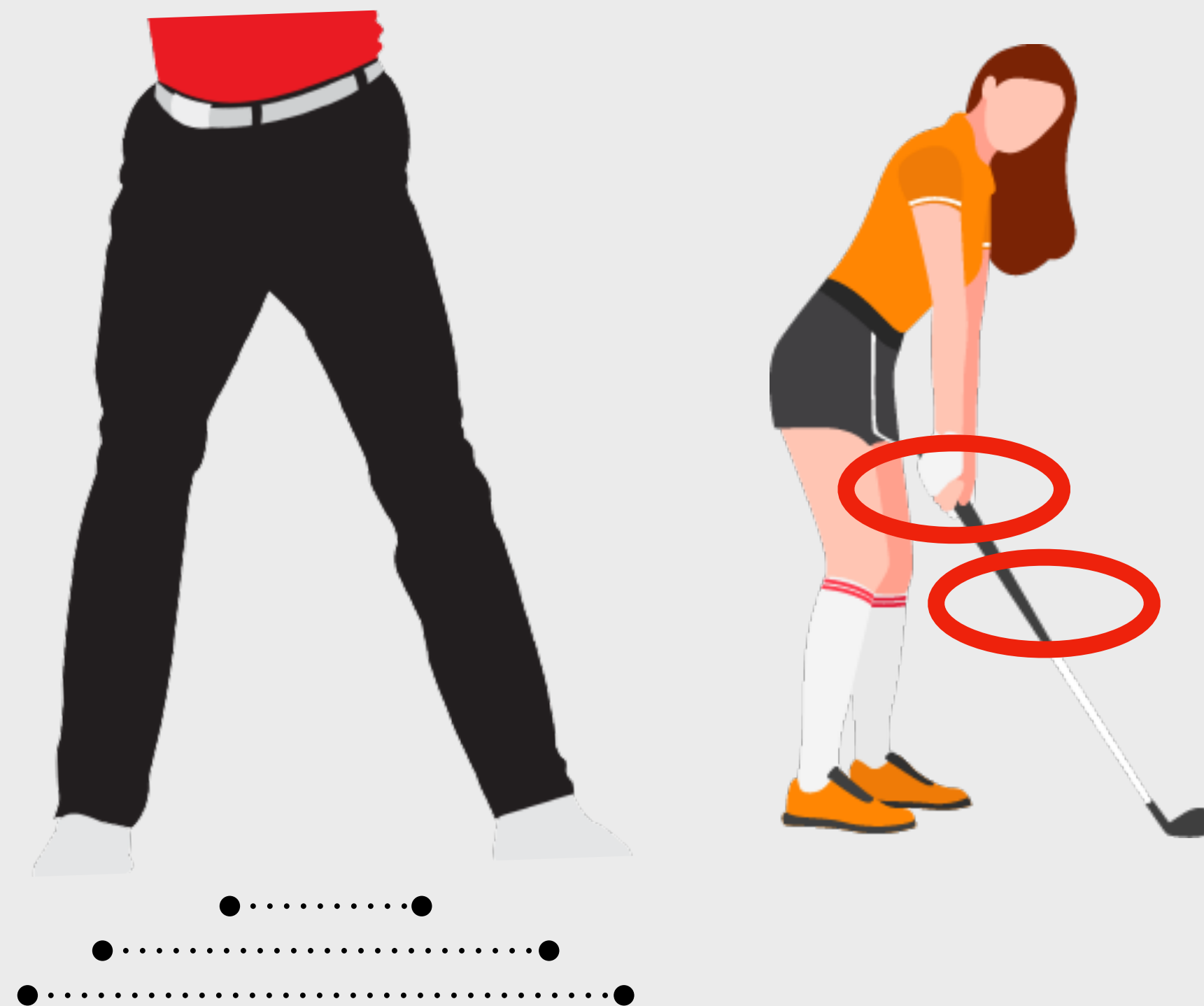
## How to Practice

- Set up 3 marker cones the edge of the green ranging from 10-30 yards from the pin
- Ask students to attempt 3 shots from each marker cone using a wedge and aim towards the target circle
  - The first shot they must try to strike off the heel
  - The second shot they must try to strike off the toe
  - The third shot they must try to hit out the middle
- After they have performed 3 shots from that marker they can move on to the next one

## Technical Link

- This activity will help students understand how the club face affects the distance and feel of a chip shot, which should help them to gain more control
- It may also teach them to have a heel or toe bias when hitting a stock chip shot

# Set Up for Success



## Equipment Needed

- Wedge

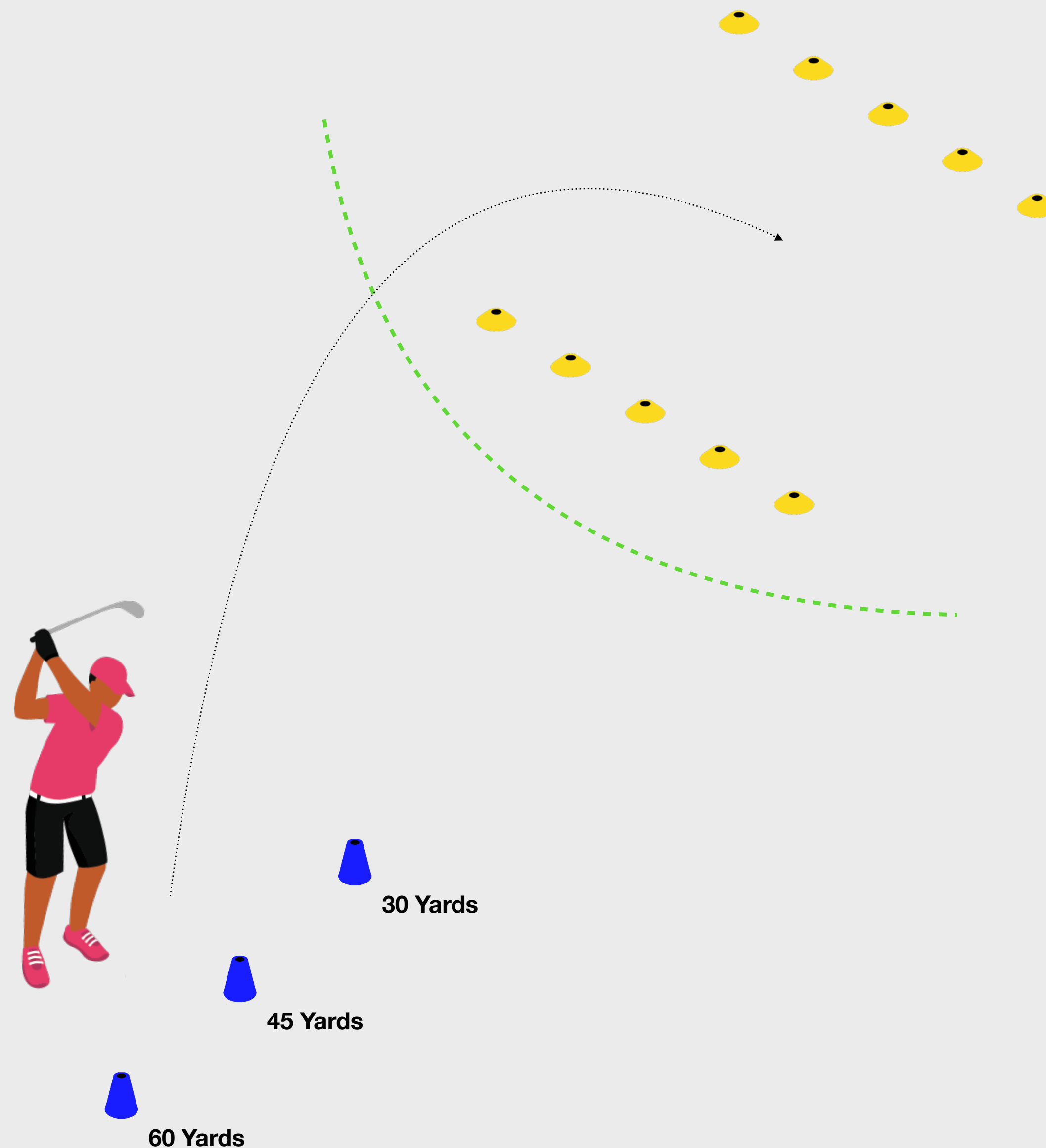
## How to Practice

- Set up 3 cone markers ranging from 40-60 yards from the pin
- For each starting position the student must adapt their technique for producing distance
- On the shortest distance the student must keep feet close together and hold the club further down the grip
- The further out they get, the wider their feet must be and the closer to the top of the grip they hold it
- These two alterations to the set up will physically increase/decrease the amount of power capable of being generated
- The aim is to get the distance of the shot as close to pin high as possible on the green

## Technical Link

- This activity will help the student to understand how to control the distance of pitch shots through their set up

# Power the Pitch



## Equipment Needed

- 10 x Cones
- 3x Marker Cones
- Wedge

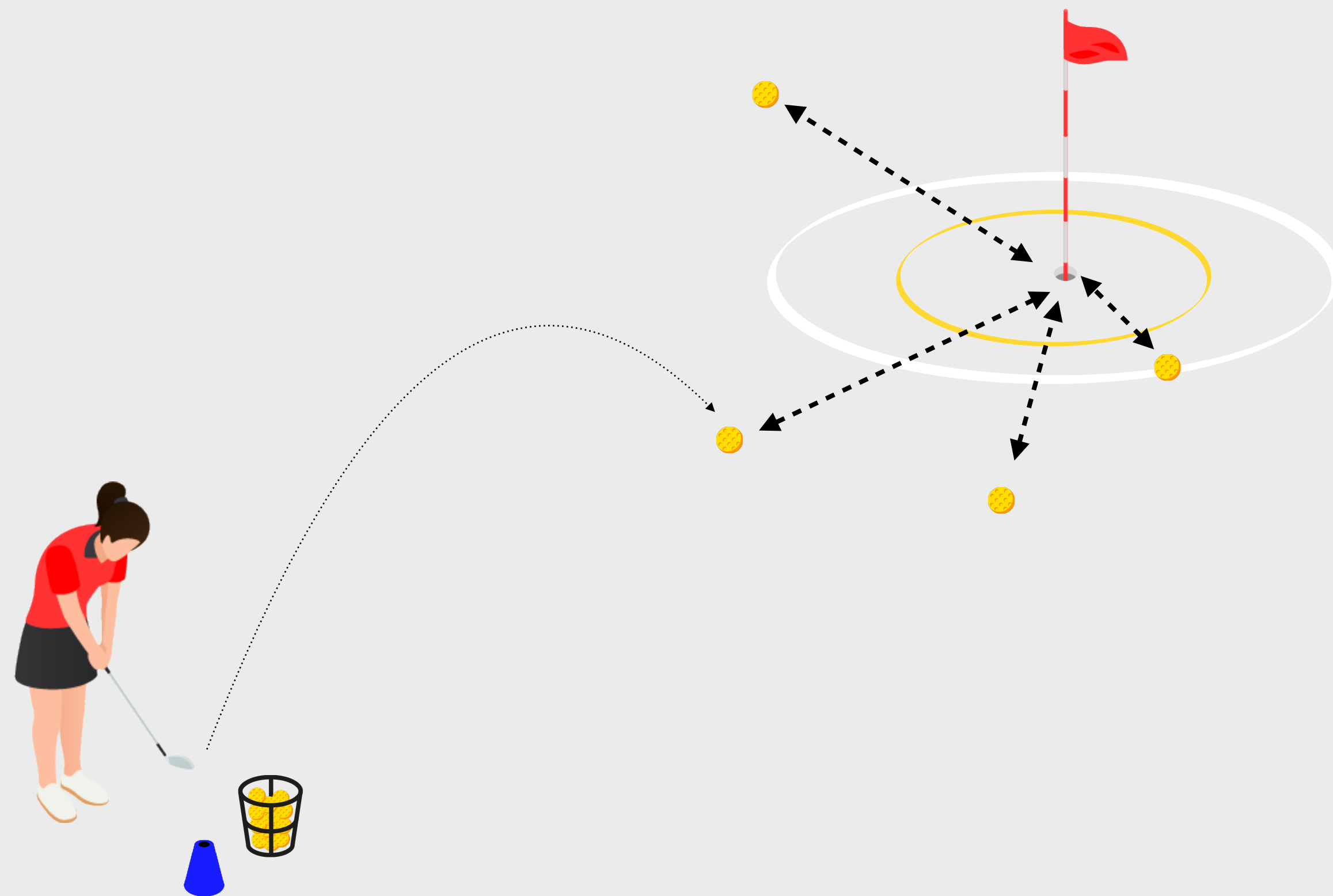
## How to Practice

- Set up two lines of yellow cones, which marks out the zone the student is trying to finish the ball in
- Position 3 marker cones ranging from 30-60 yards away from the green
- Using the same club from each distance the student must adjust the length of back swing and follow through to control the distance the ball travels
- A good way to think about this could be like hands on a clock and trying to match the back swing and follow through length
- They should attempt 5 shots from each distance and rotate around the distance markers

## Technical Link

- The focus is not on accuracy, but on distance control and so the only aim is to finish the ball between the two rows of cones on the green
- This activity will help the student to get a feel for which length swing and follow through produces the right amount of power whilst maintaining control

# Proximity Chip



## Equipment Needed

- Wedge
- Pencil and Paper
- 6 and 12 foot diameter hoop or cones
- Marker Cone

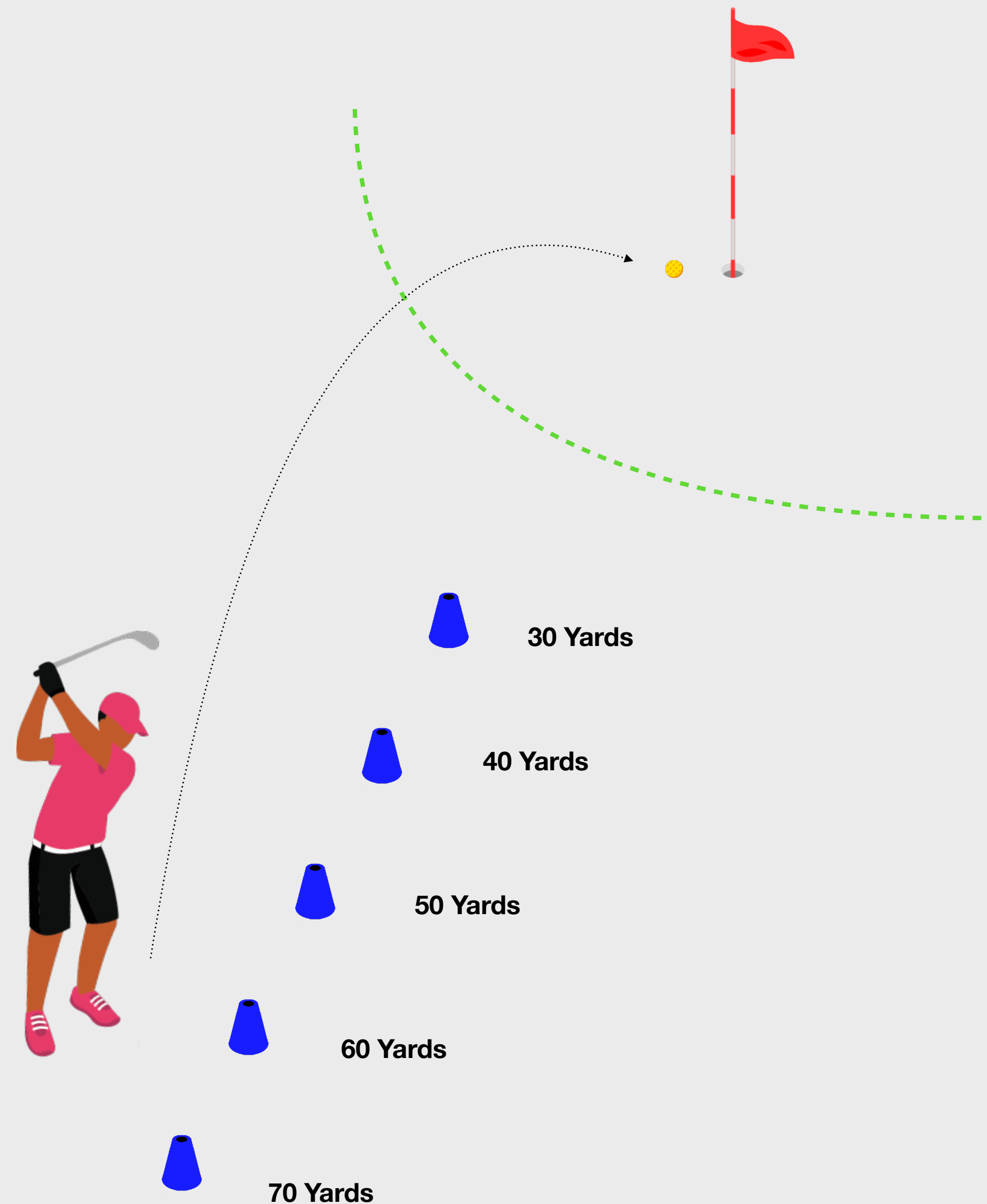
## How to Practice

- Set up the target circles on the green as proximity distance indicators
- Position the student 10 yards from the edge of the green
- The student chips 10 shots towards the target pin with the intention of getting as close as possible
- After each shot they should note down roughly how many feet away the ball finished from the target using the target circles as an indicator
- At the end of the shots, the students average out how far away the 10 shots were from their chosen target

## Technical Link

- Builds awareness for the students about how accurate they can be from a the edge of the green and this can guide the types of shots they attempt on the course
- This can activity can be used to educate the students on their accuracy statistically and they can look to improve on this average proximity in future practice and compare data

# Know your Numbers



## Equipment Needed

- Wedges
- 5 x Marker Cones

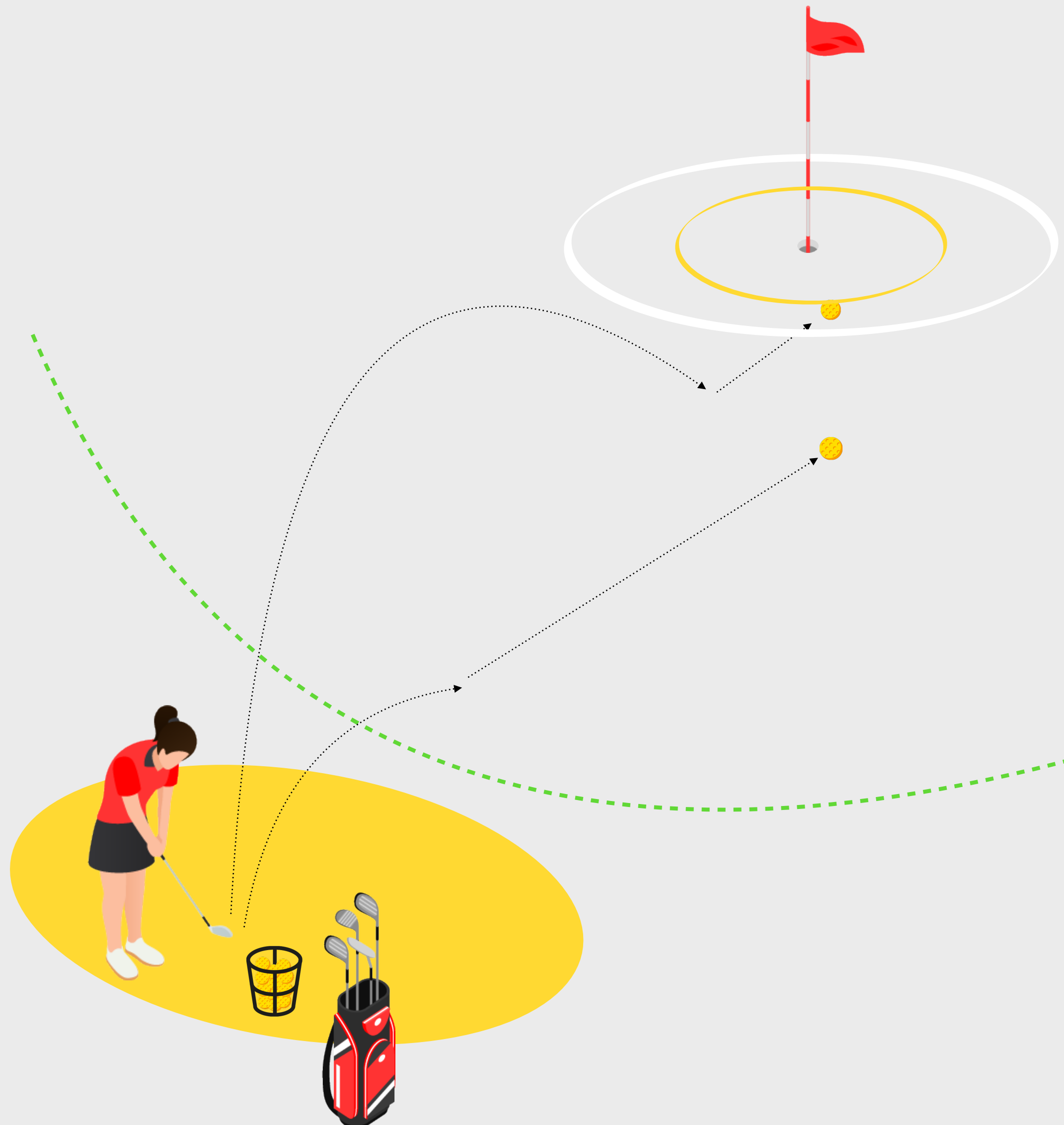
## How to Practice

- Set up 5 cone markers at 30-70 yards away from the green on a flat surface in 10 yard increments
- Ask the student to attempt stock shots to the pin from the markers
- The structure to this should be to hit 3 shots from each marker, starting with the shortest and moving back
- Student should be using the appropriate club for pitching the distance
- Once they have hit 3 balls from each marker, they should randomise the marker they hit from and keep note of which club they are using from which distance throughout the activity

## Technical Link

- This activity is an effective practice for giving the students a greater understanding of distance control for pitch shots and gathering information on their stock yardages
- The small yardage gaps between markers will really focus the student on subtle changes required to their swing length, speed and club selection

# Proximity Bunker



## Equipment Needed

- Wedges
- 6 and 12 foot diameter hoop or cones
- Pencil and Paper
- Bunker

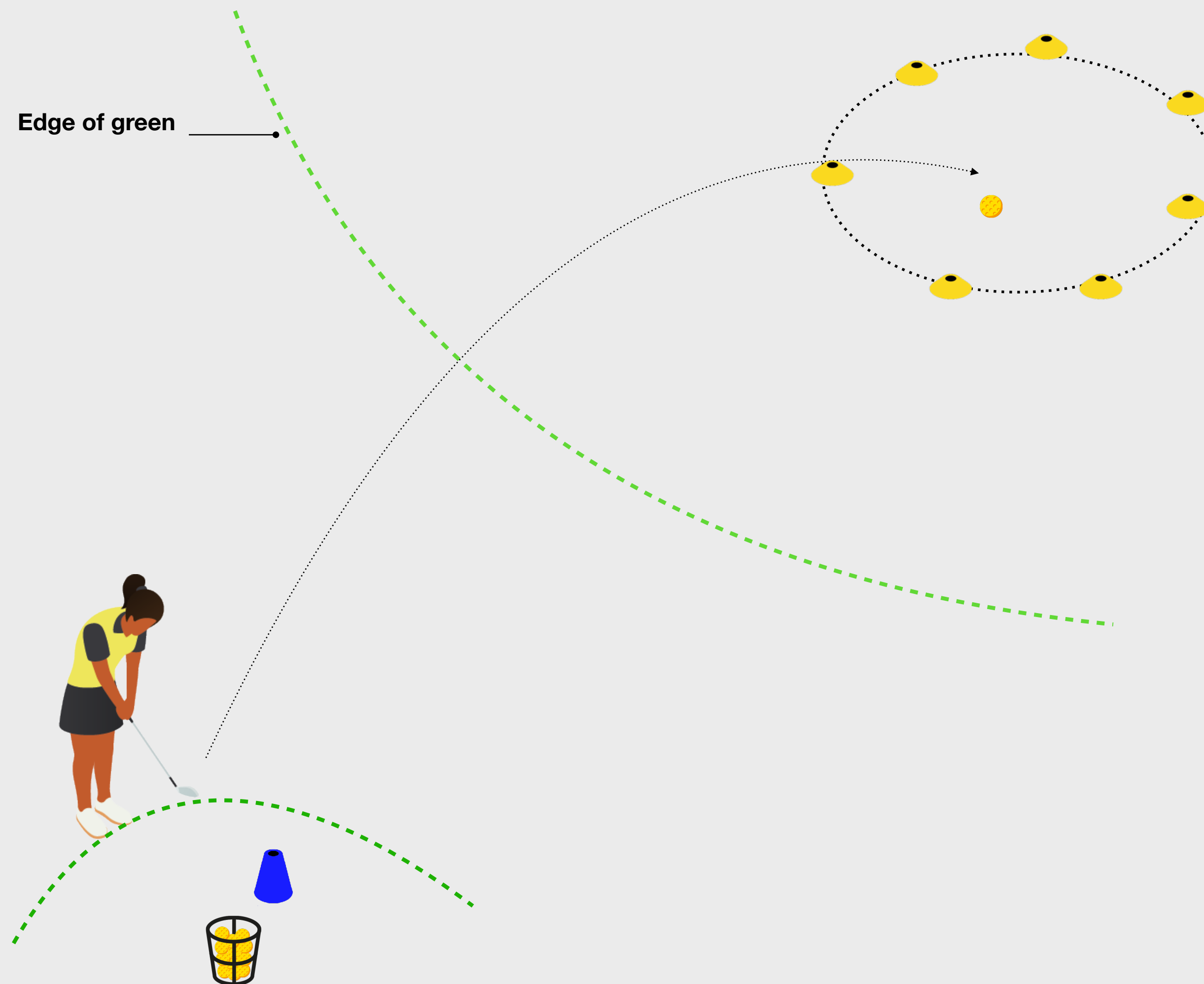
## How to Practice

- Position the student in a bunker on the edge of the green
- The student attempts 10 shots towards the target pin from various positions in the bunker with the aim of getting as close as possible
- After each shot they should note down whether the ball finished:
  - On the green
  - Missed the green
  - In the 12 foot target circle
  - In the 6 foot target circle
  - In the hole
- At the end of the 10 shots, the student will have their results recorded and have an understanding of how close their average bunker shot is in proximity to the target

## Technical Link

- This activity can be used to educate the students on their accuracy statistically from the bunker and they can look to improve on this average proximity in future practice and compare data

# Slope to Circle



## Equipment Needed

- 7 x Cones
- Wedge
- Marker Cone on Slope

## How to Practice

- Position the student on the edge of the green on a slope
- Mark out a target circle with yellow cones 12 foot in diameter
- Using an adjusted set up for the sloped lie, students attempt to chip the ball and try and finish it in the circle
- They should try both ball below the feet and ball above the feet
- Explain to the student how to adjust their technique for these shots in order to produce the optimal result

## Technical Link

- This activity will help the student to get a feel for chipping from slopes
- It is designed to make the student aware of the relationship between lie and it's affect on the flight of the ball
- For a downhill slope the distance increases and flight is lower
- For an uphill slope the distance decreases and flight is higher



# Over or Under

## Equipment Needed

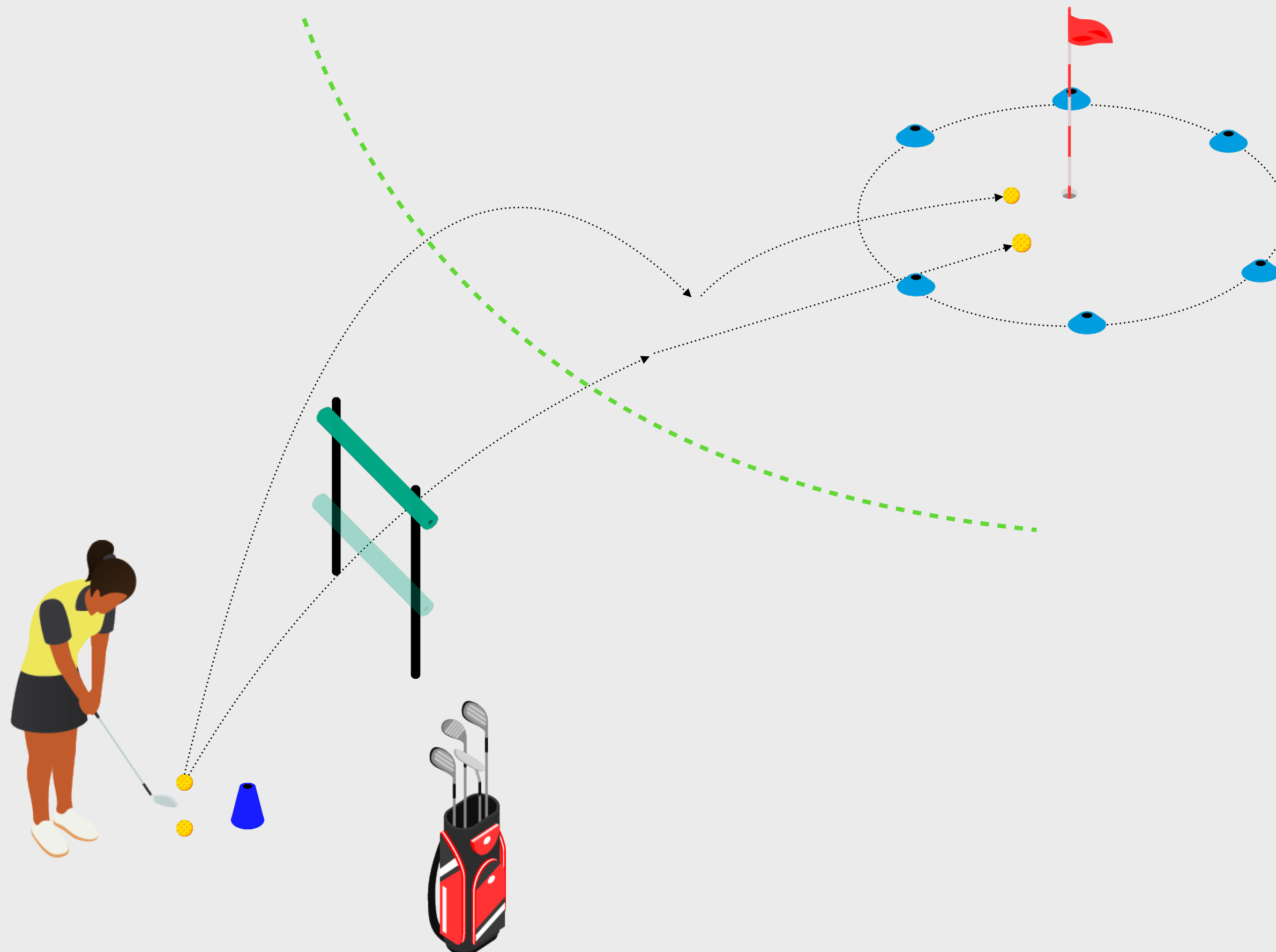
- Alignment sticks and a noodle to create the hurdle
- Wedges
- 6 x Cones
- Marker Cone

## How to Practice

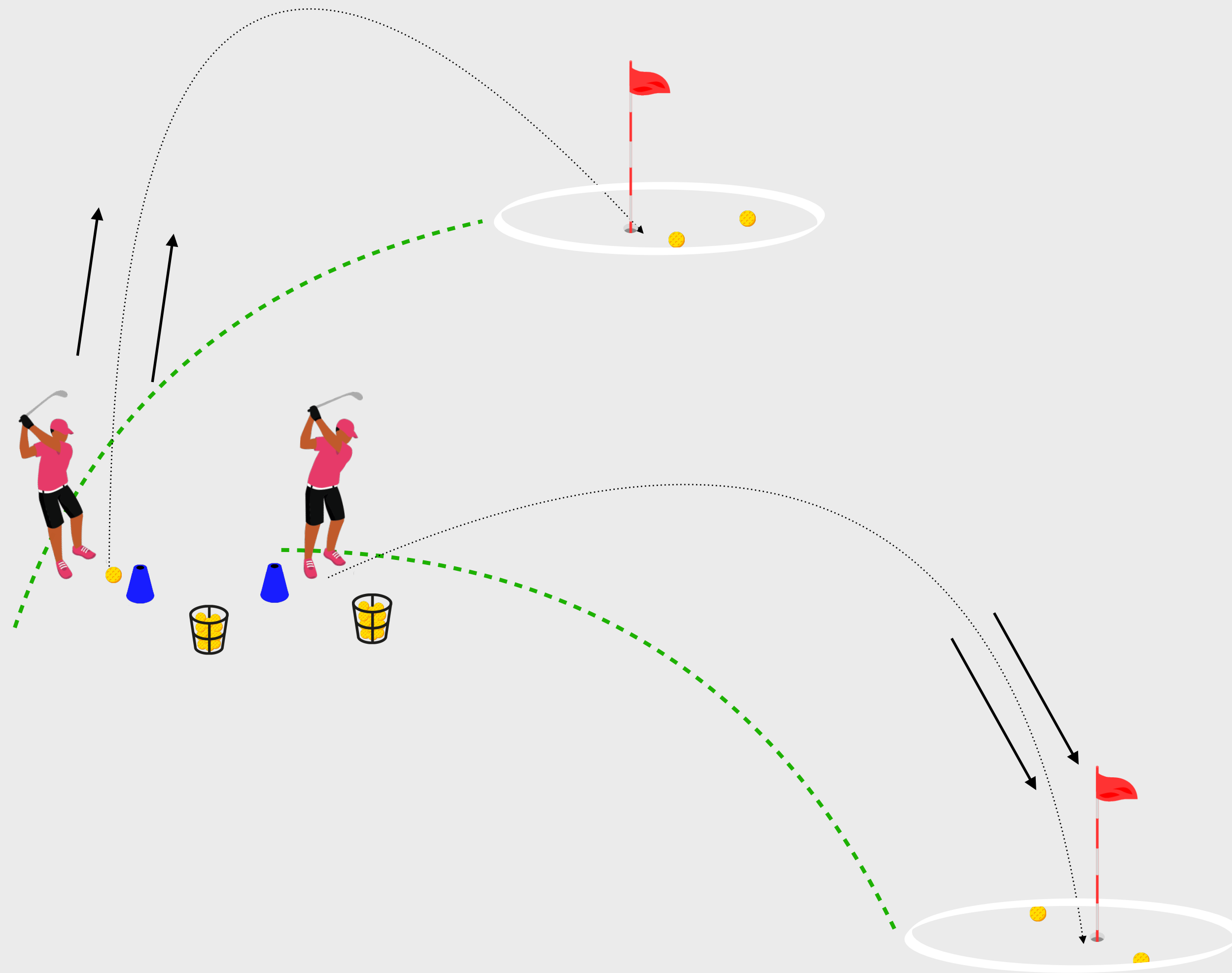
- Place the hurdle around 5 feet ahead of the student
- The aim is to flight the chip shot over or under the crossbar depending on the lie and land in the appropriate place for the ball roll into the circle
- The students should practice by dropping the ball on different lies behind the hurdle and assessing whether it is more difficult to attempt a shot over or under the hurdle based on the lie
- Once they have decided their trajectory they should choose the most appropriate club to carry out this shot the most accurately

## Technical Link

- This activity will ensure the students understand the trajectory of shot that works best with what lies
- Some difficult lies will dictate what shot is possible and other less challenging lies will allow more freedom for the type of shot that is able to be produced



# Up and Down the Hill



## Equipment Needed

- Uphill and Downhill
- Wedge
- Marker Cone

## How to Practice

- Set up the student around 40-60 yards away from the green on a downhill or uphill slope
- Explain to the students how to adjust their technique and club selection to allow for the change in distance caused by the slope
- The aim of the activity is for students to pitch as close as they can to the pin and learn the necessary adjustments for each shot

## Technical Link

- This activity will help the students understand how an uphill or downhill lie will affect the flight of a pitch shot and adjustments that can be made to mitigate the effect
- Explain how an uphill lie will shorten the shot because of the additional height
- Explain how a downhill lie will add length to the shot because of the angle of the terrain

# Awkward Set Up



## Equipment Needed

- Varying grass length
- Wedge

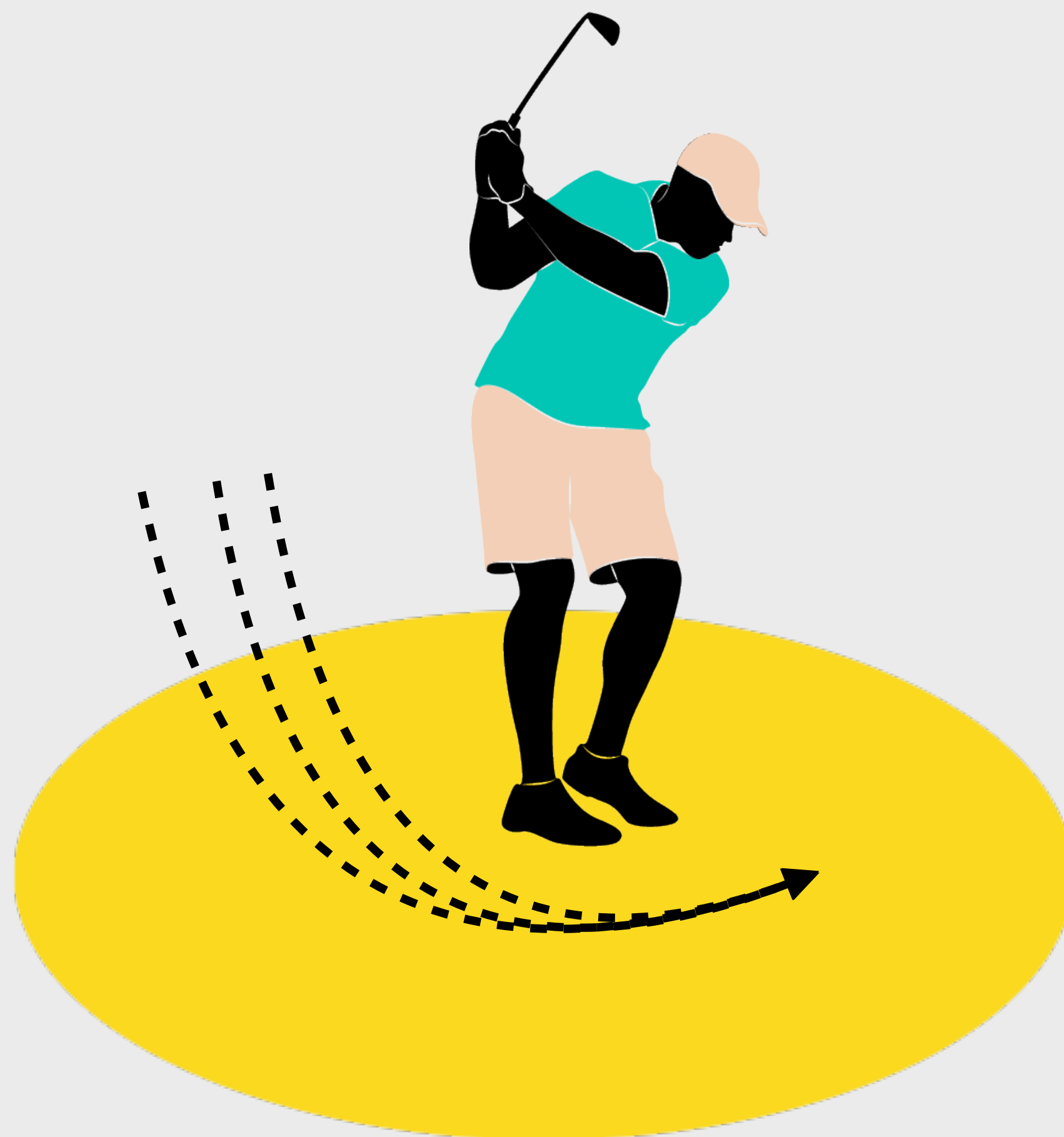
## How to Practice

- Position several balls around 40 yards from the green on varying lies that should include thick rough, fairway and bare lie
- Ask the student to attempt shots to the pin from the varying lies to experience the effect they have on the pitch
- Before each shot the student must go through a five factor set up check list that includes:
  - Shaft Lean
  - Swing Length
  - Ball Position
  - Face Direction
  - Body Alignment
- Technical advice must be provided as to what set up adjustments are required for the challenging lie presented

## Technical Link

- This activity will show the student that different lies require changes in set up to achieve optimal results and these must be explained
- Students should experiment with performing each of the set up changes to the extreme in order to notice the full effects

# Angle of Attack



## Equipment Needed

- Wedges
- Bunker

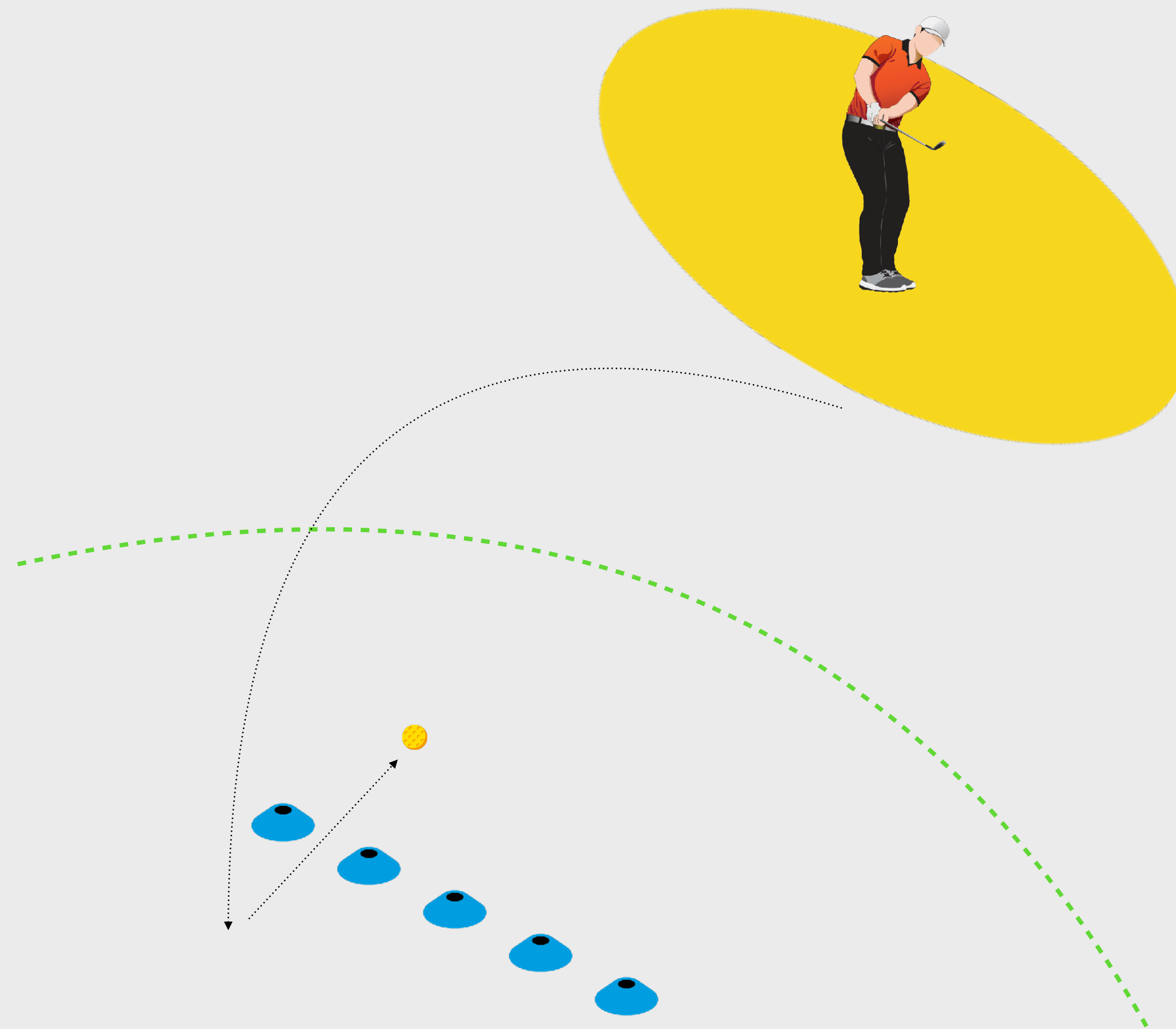
## How to Practice

- Ask the student to alter their angle of attack from bunker shots
- Students should experiment with varying the attack angle by steepening and shallowing it and focus on how this change in attack angle affects the ball's flight and spin
- Once they have found the optimal attack angle for creating spin they should move on to the next club and see how the flight and spin is affected whilst maintaining the same technique

## Technical Link

- This activity will help the students to understand how to produce a consistent contact, manipulate flight and how to achieve more or less spin through altering the attack angle
- The change in clubs throughout the activity will give the students a greater understanding of how loft can assist in gaining spin

# Quick Sand



## Equipment Needed

- Sand Wedge
- 5 x Cones
- Bunker

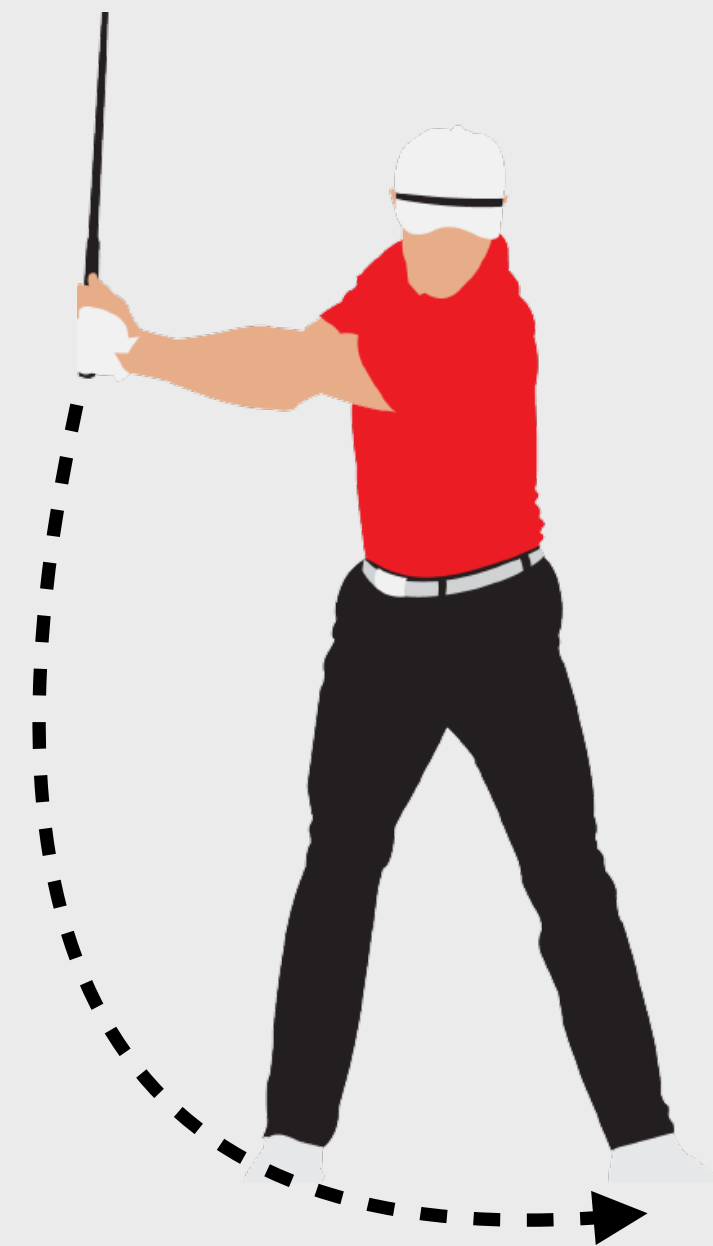
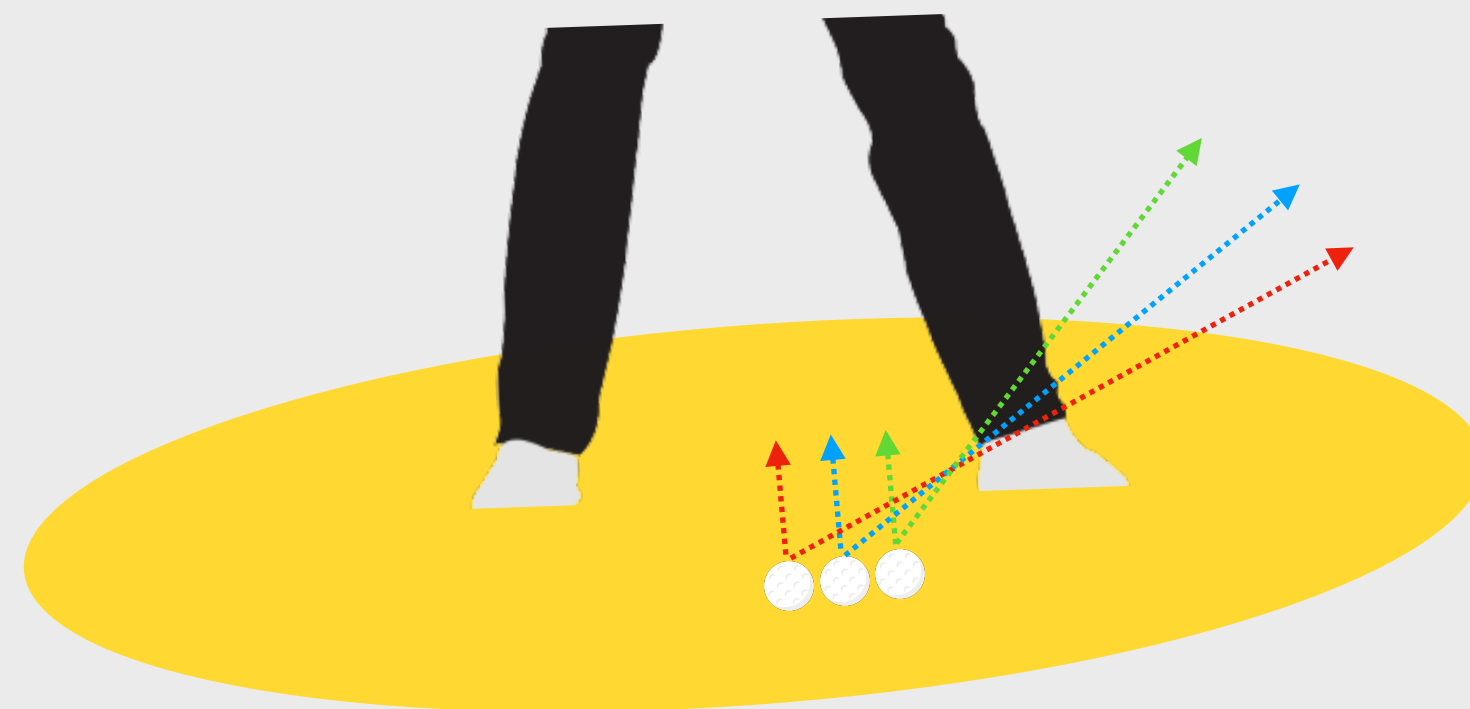
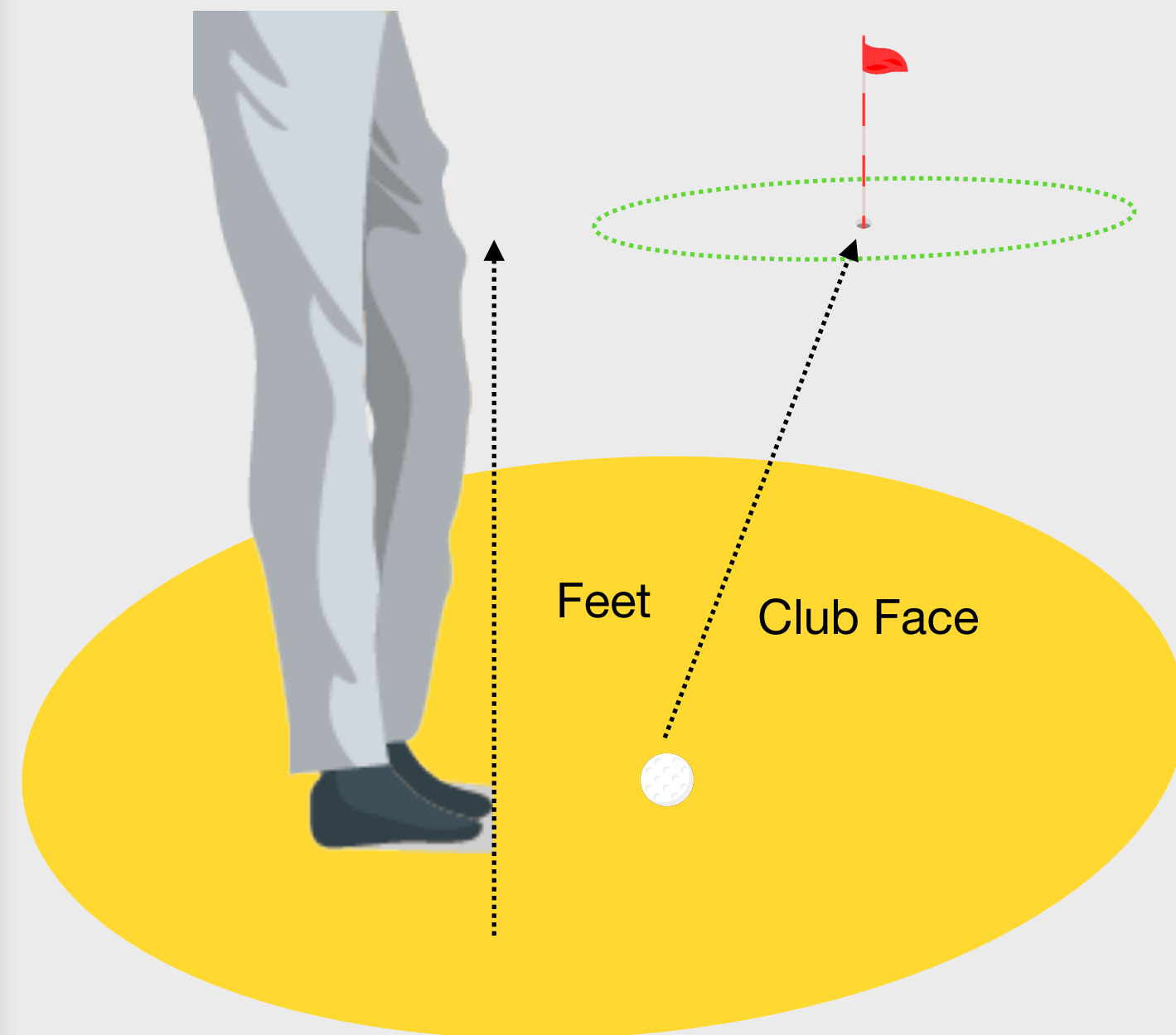
## How to Practice

- Position the student in a bunker on the edge of the green
- This activity is all about getting speed through the sand when striking the ball out of the bunker in order to create spin on the ball
- Ensure students experiment with having an open and closed club face when performing this drill to understand the effect this has on spin
- The aim when they are attempting these high speed shots is to produce enough spin to land it after the cone line and spin it back before the cone line

## Technical Link

- A key factor when attempting the bunker shot is to use the body to accelerate through the ball because a halt in momentum can cause digging rather than a glide through the sand
- If speed is applied with an open club face then and the correct set up then spin will be imparted on the ball that can cause it to spin back shorter than it's landing distance

# Sandy Set Up



## Equipment Needed

- Wedge
- Bunker

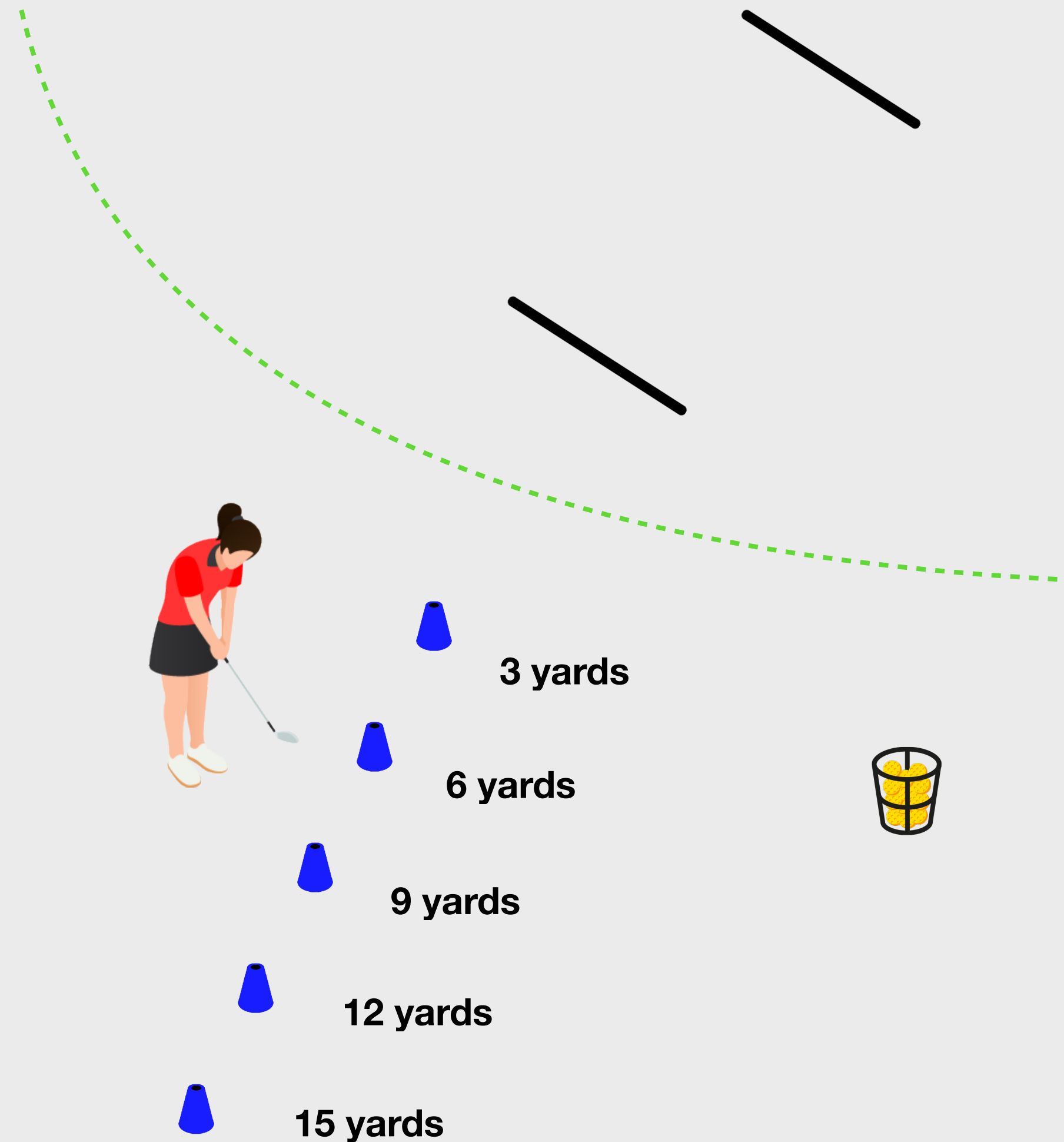
## How to Practice

- Position several balls in a bunker round the edge of the green
- Ask the student to attempt shots to the pin from the varying lies to experience the effect they have on the bunker shot
- Before each shot the student must go through a five factor set up check list that includes:
  - Shaft Lean (Lower Hands)
  - Swing Length
  - Ball Position
  - Face Direction
  - Body Alignment
- Technical advice must be provided as to what set up adjustments are required to produce higher/lower trajectory shot and more/less spin

## Technical Link

- This activity will show the student that speciality shots out of a bunker require changes in set up to achieve them successfully and these changes must be explained
- Students should experiment with performing each of the set up changes to the extreme in order to notice the full effects

# Chip Control



## Equipment Needed

- 5x Marker Cones
- 2x Alignment Sticks

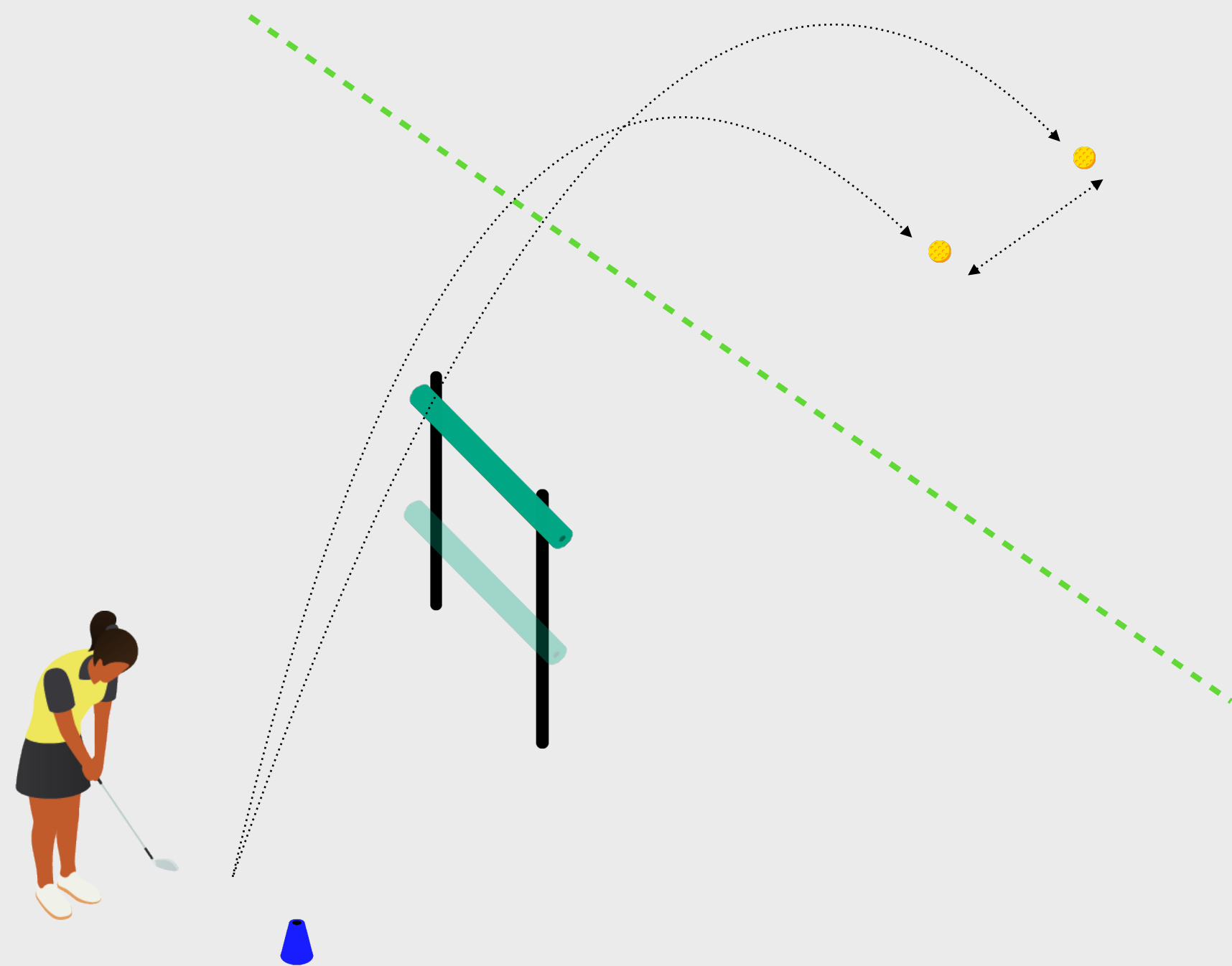
## How to Practice

- Position the student on the edge of the green with lots of green to work with
- Place 2 alignment sticks on the green marking out an area 7 yards long
- Using cones mark out in a line 3-15 yards in 3 yard increments
- The student must attempt a chip shot from the nearest distance marker first and try to land it past the first alignment stick, but finish short of the second alignment stick
- If they are successful in doing this, they can move on to the next marker and attempt the same task, but if they miss they must return to the start

## Technical Link

- This activity will help the student to understand how to control the landing zone of their shots and the roll
- The consequence of having to return to the start should add pressure to the practice and increase students focus each shot

# Pitching Increments



## Equipment Needed

- Alignment sticks and a noodle to create the hurdles
- Wedge
- Marker Cone

## How to Play

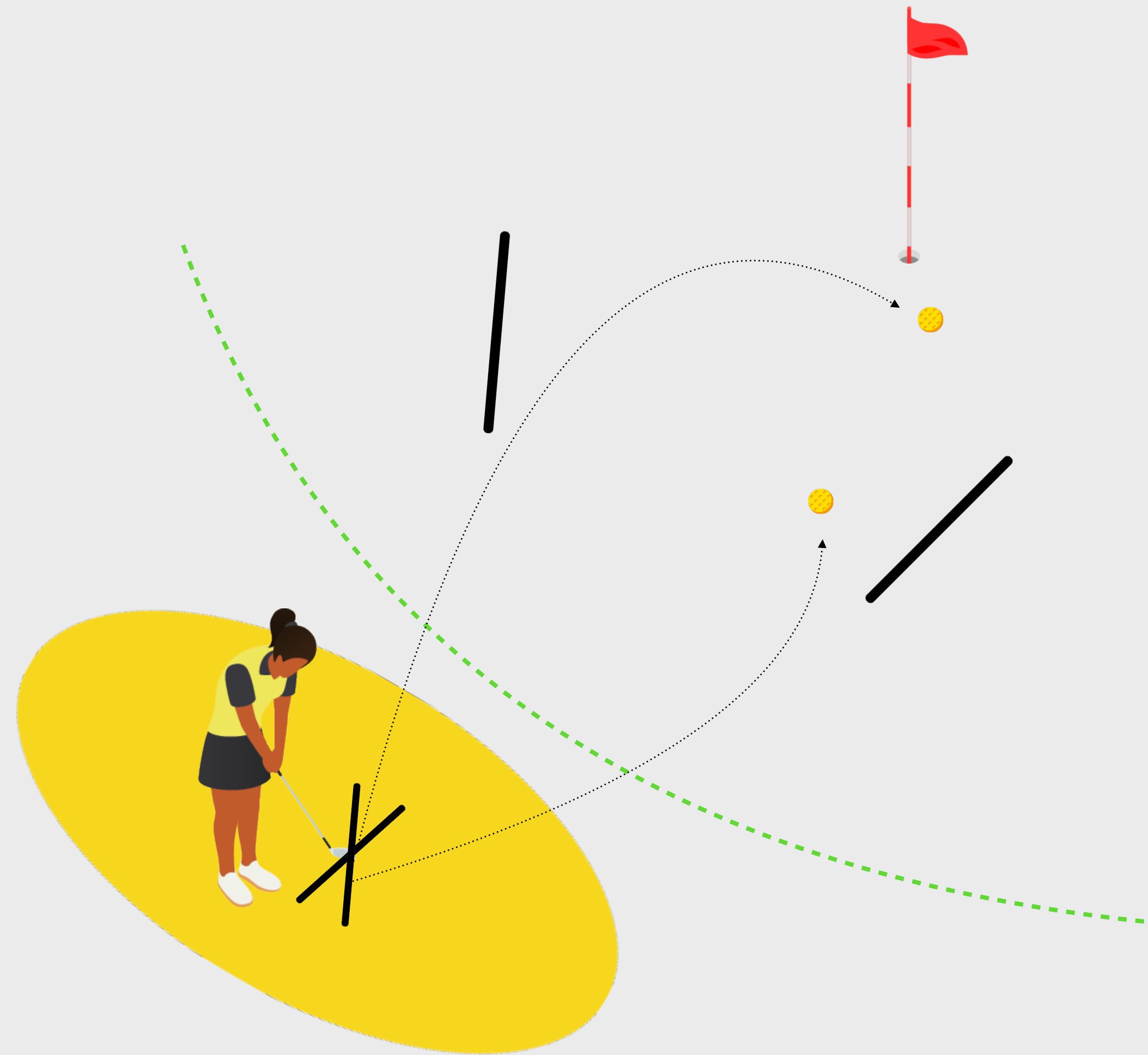
- Place the hurdle 6 feet ahead of the student
- The aim of the first shot is to pitch it over the hurdle and land it on the range / fairway aiming away from the green
- The aim of the next shot is to pitch it over the hurdle again, but this time the ball must land past where the last ball finished
- Ask them to continue this process until they can't land it any further, but they should record how many times they are successful getting the ball incrementally further
- To be successful at this game the first shots must be as short as possible

## Technical Link

- This activity is designed to give students a better feel for how to control distance with their pitch shots, whilst maintaining a high trajectory
- The drill will promote technical changes from the students such as club face angle, swing length and speed into the ball



# Bunker V



## Equipment Needed

- Wedge
- 2x Alignment Sticks
- Bunker

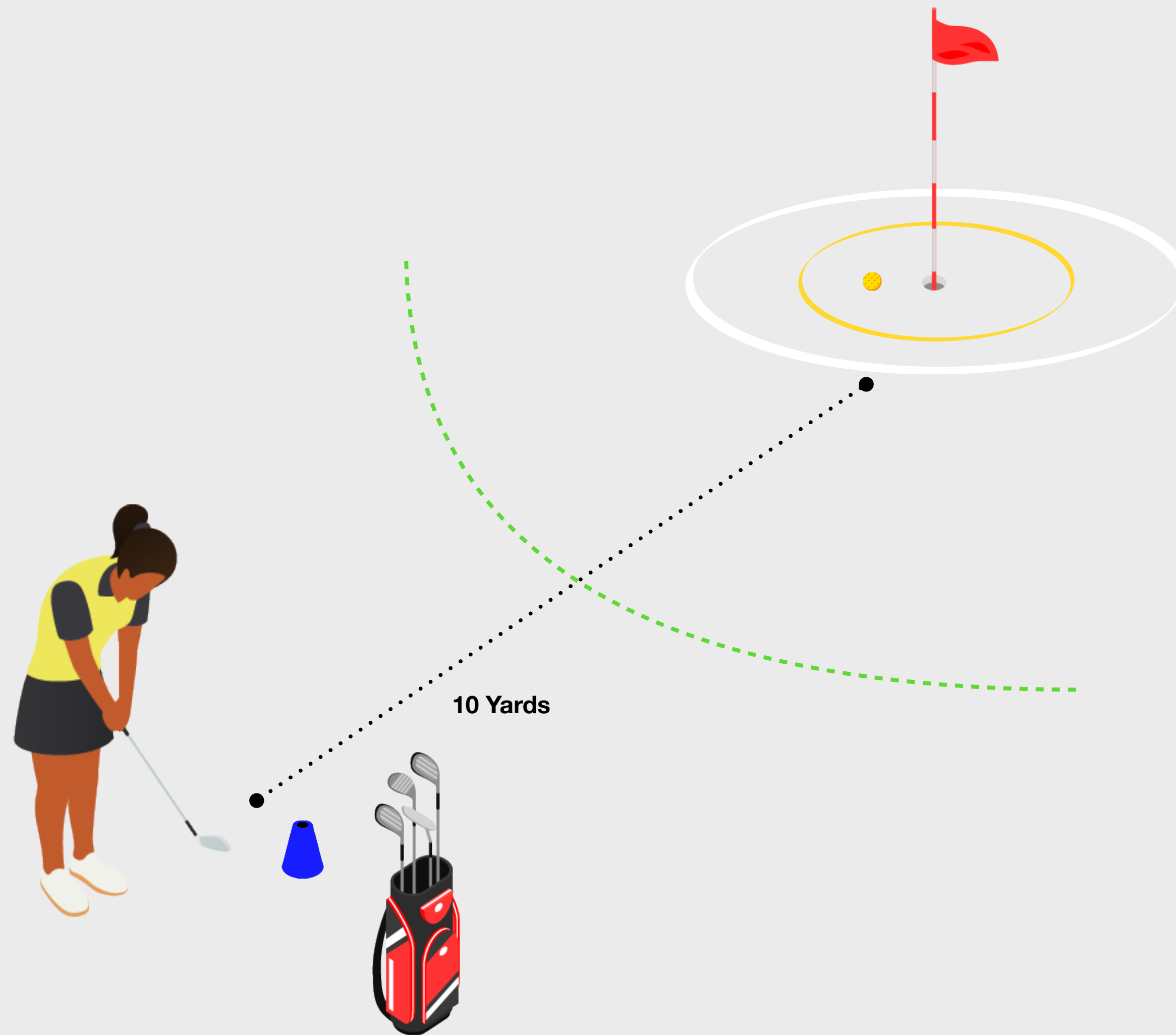
## How to Practice

- Set up two alignment sticks on the green in the shape of a V
- Now ask students to draw two lines in the bunker aiming slightly left and right of the pin to represent swing paths
- The task is to alternately attempt shots with those two swing paths, however they must also point the face the opposite way to the club path
- The combination of these two technical changes should lead to bunker shots finishing between the two alignment sticks on the green, but with different trajectories
- The aim is for as many balls to finish in the marked area as possible whilst switching between these two techniques

## Technical Link

- By attempting these shot types from the bunker, the student will gain a greater understanding controlling trajectory and direction
- By practicing these shots they will be able to apply the right one on the golf course when faced with varying scenarios

# Using Different Clubs



## Equipment Needed

- Wedges, 9 Iron and 7 Iron
- 6 and 12 Foot Diameter Hoop / Cones
- Marker Cone

## How to Practice

- Set up the student 10 yards away from the hole on the edge of the green
- Students start by hitting a few chips with a wedge, aiming towards the target circle and attempting to replicate the same stroke
- After this ask them to recreate the same stroke, but using different clubs to learn how the ball flight and roll is affected by the different lofts of the clubs
- The students should progress to being able to alternate clubs between each shot
- Highlight how distance is affected by the loft and suggest appropriate shot scenarios for each club

## Technical Link

- This activity will help students understand how a lower lofted club will produce a lower ball flight and cover more distance rolling

# Body in the Bunker



## Equipment Needed

- Alignment Stick
- Bunker

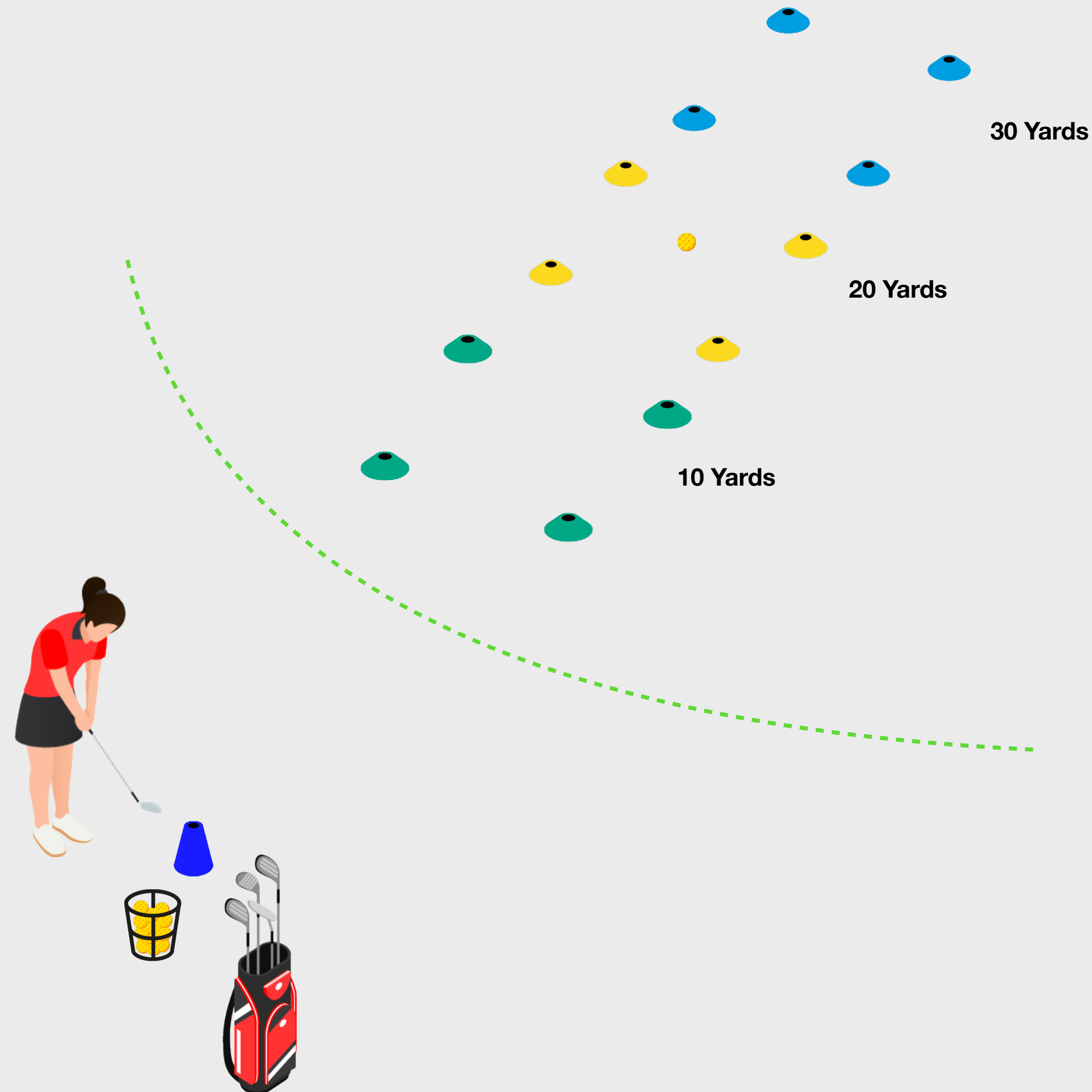
## How to Practice

- This activity is all about using the correct body movements for a bunker shot
- Students should use an alignment stick to discover where their sternum is positioned at address
- Hold the club or alignment stick at one end, place it against the sternum and let it hang down naturally
- It will then be obvious whether the student is set up correctly with their sternum behind the ball
- Once they are positioned with their sternum behind the ball they must attempt to hit some shots taking plenty of sand

## Technical Link

- This activity will help the student to understand when the sternum is positioned behind the ball, they will be more likely to strike the sand first and hit a nice splash shot out
- A key factor when attempting the bunker shot is to use the body to accelerate through the ball because a halt in momentum can cause digging rather than a nice glide through the sand

# Club Control



## Equipment Needed

- 12 cones
- Marker Cone

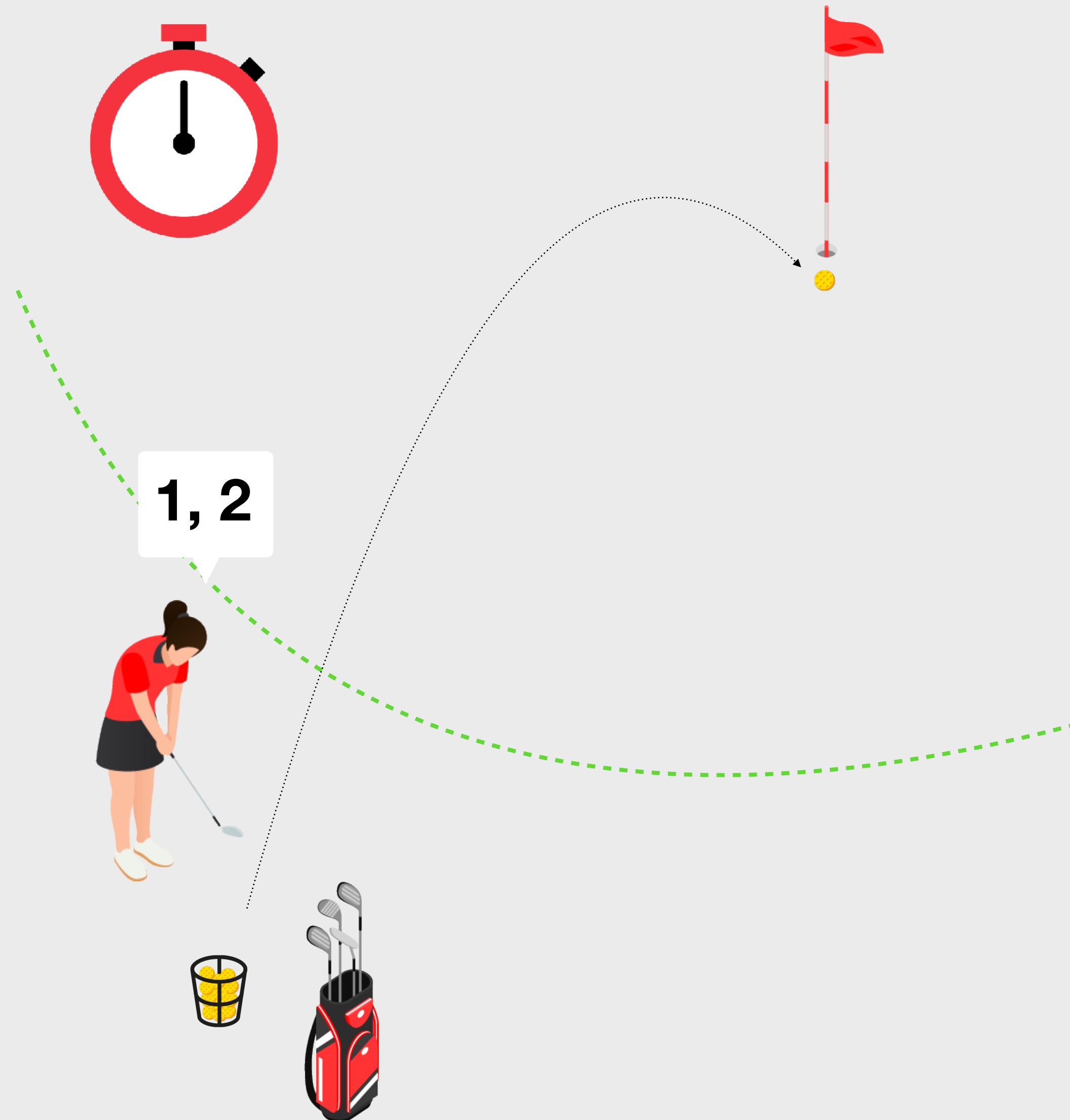
## How to Practice

- Position the student on the edge of the chipping green
- Pick a shot 5 ft from the edge of the green with lots of green to work with
- Create using cones 3 evenly boxes on the green in line at different distances
- The student should practice chipping the ball different distances using the different clubs
- The aim is to get the ball to land in the box that they are aiming for at least once with 3 different clubs

## Technical Link

- This activity will help the student to understand how to control the distance of shots with different clubs
- This activity will help the student to gain some consistency around the green by becoming more confident using a range of clubs for different distances

# Metronome



## Equipment Needed

- Wedge
- Phone / Timer

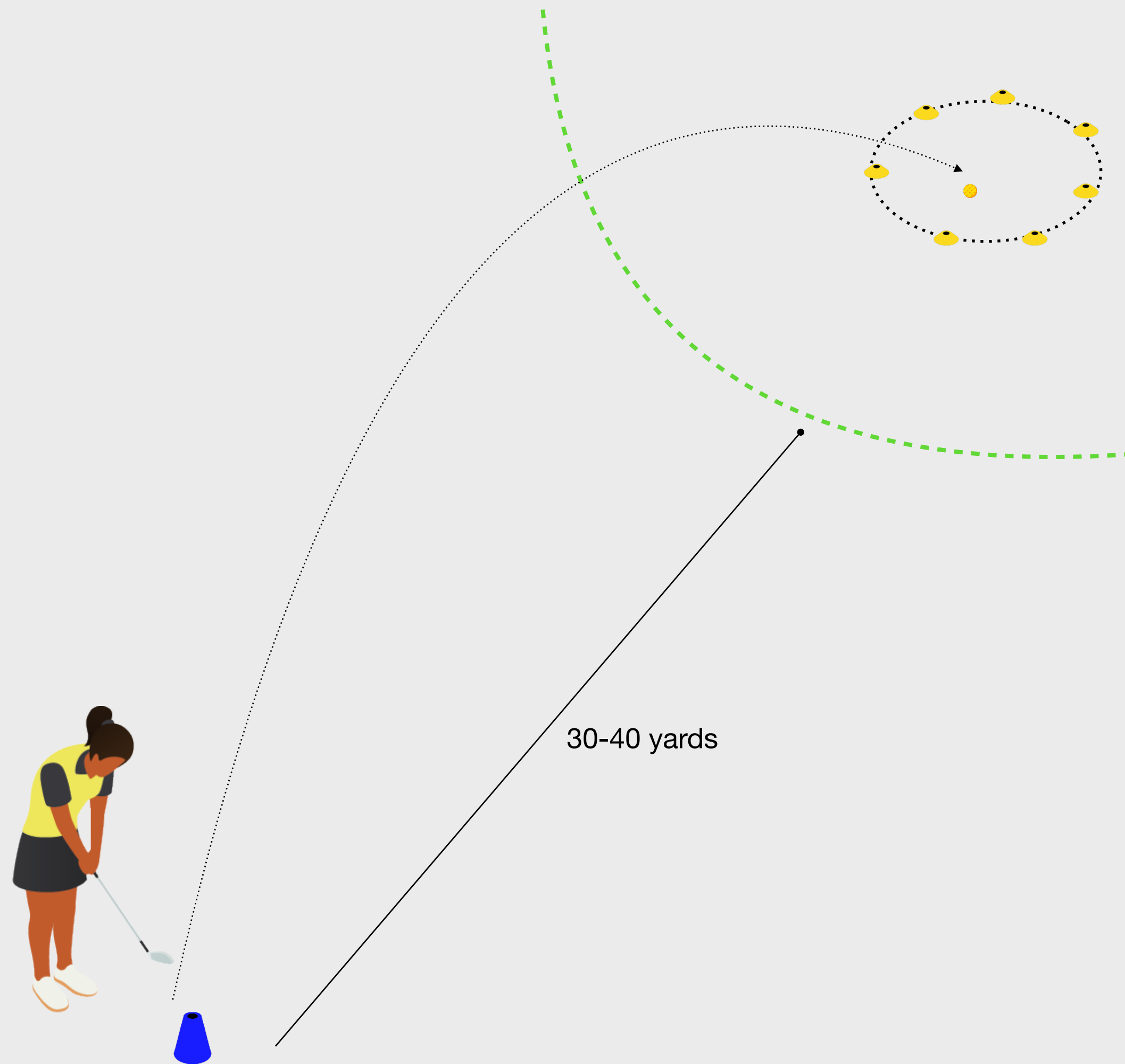
## How to Practice

- Set up student around 40-60 yards from the green
- Use a metronome on your phone and set it at around 45 bpm
- Alternatively advise students to count to 2 in their heads as they are swinging
- Get students to swing in sync with this tempo
- Use the pin as a target, but the focus should be on the tempo of the swing

## Technical Link

- Maintaining a smooth and controlled tempo in the swing can help students avoid jerky movements and disrupted motions

# Pitch and Land



## Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Marker Cone

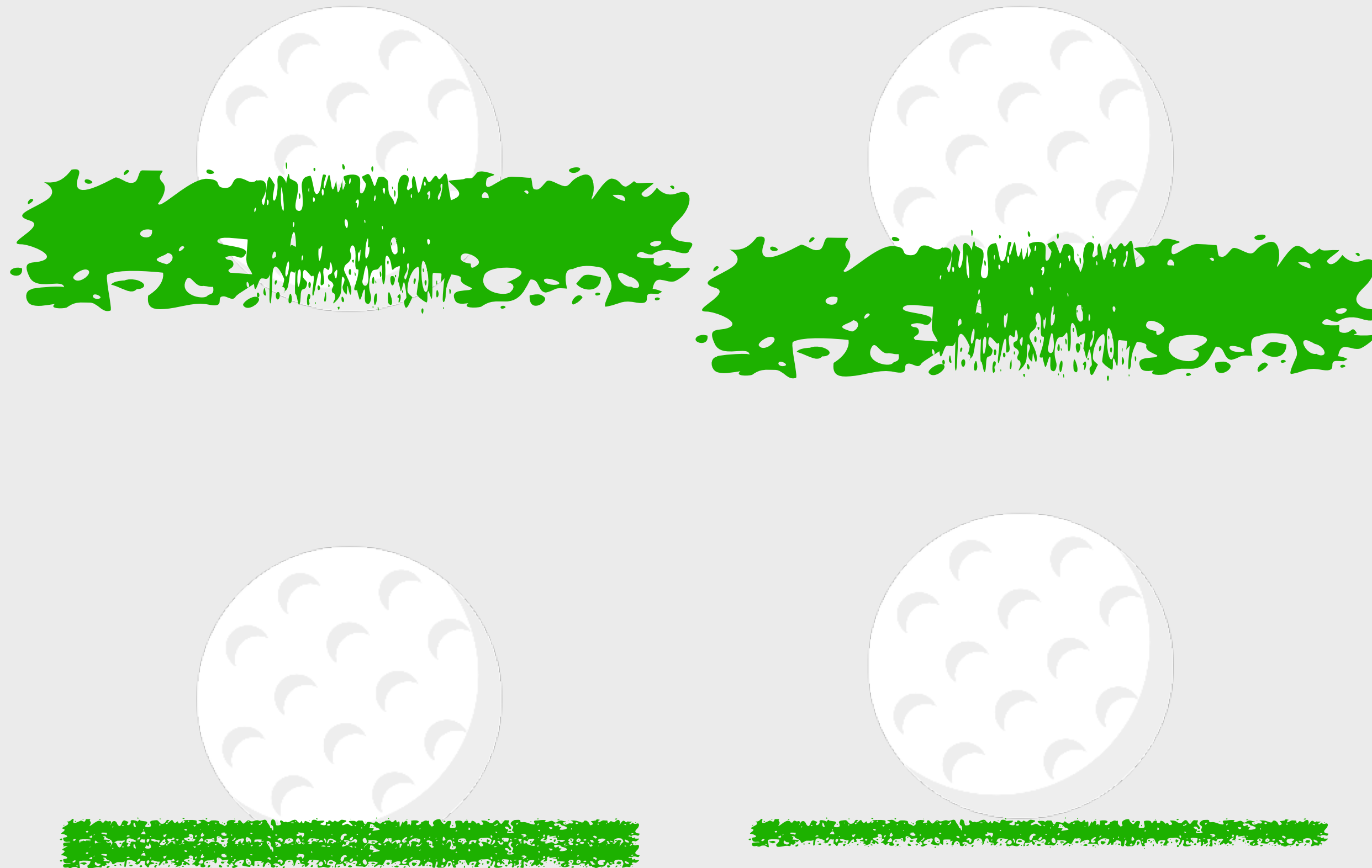
## How to Practice

- 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.

# How's your Lie?



## Equipment Needed

- Varying grass length
- Wedge

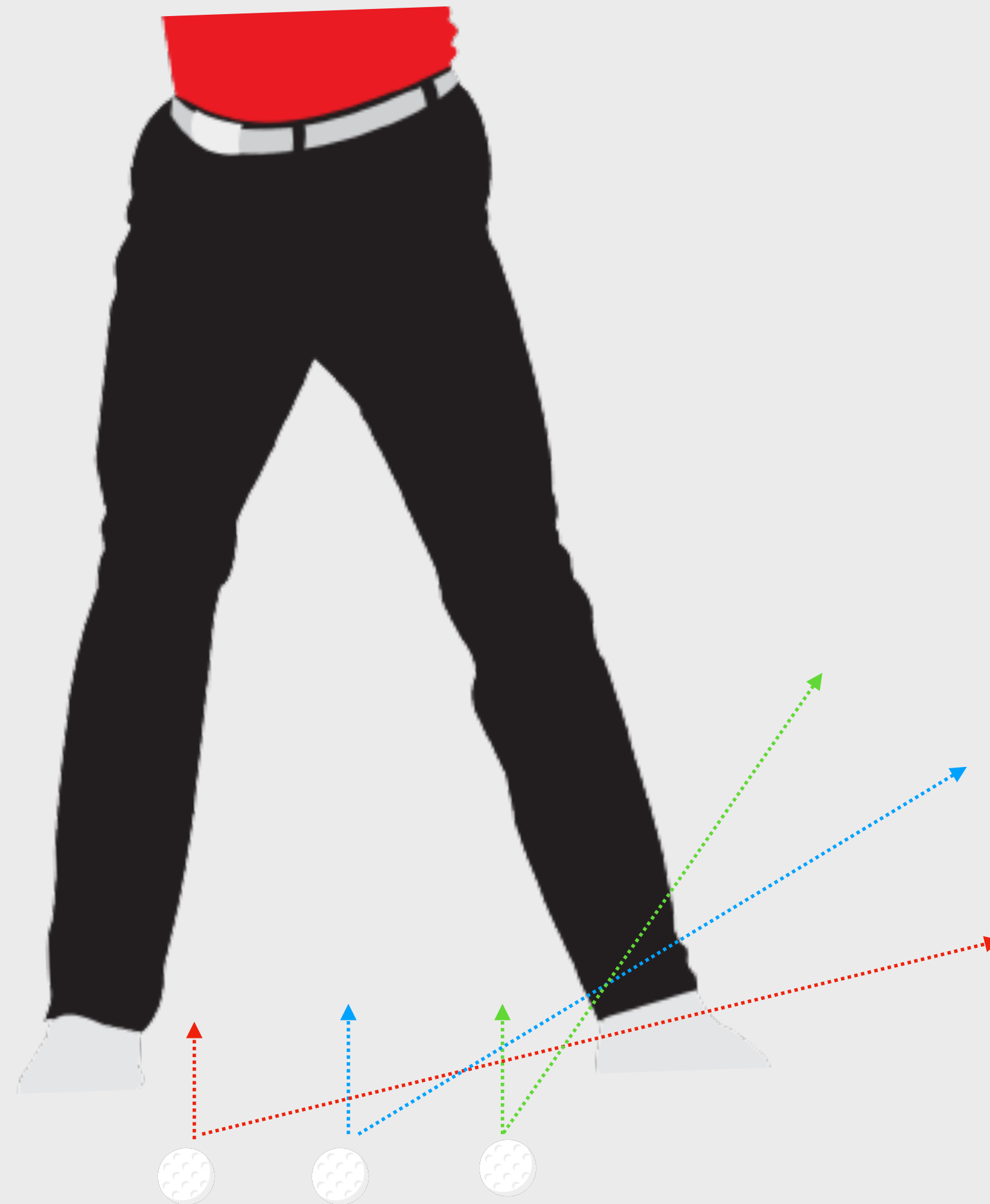
## How to Practice

- Position several balls around the green on varying lies that should include at least the rough, fairway and fringe
- Allow the student to move around the green experiencing the effect the different lies have on the golf shot
- Encourage the student to try different clubs from different lies and see what effect that has on the shot

## Technical Link

- Explain to the student that different lies require different shots with different clubs to achieve optimal results
- Demonstrate using a sand wedge off a bare lie and then out of the rough to show how the turf interaction affects the shot produced

# Ball Position / Shaft Position



## Equipment Needed

- Wedge

## How to Practice

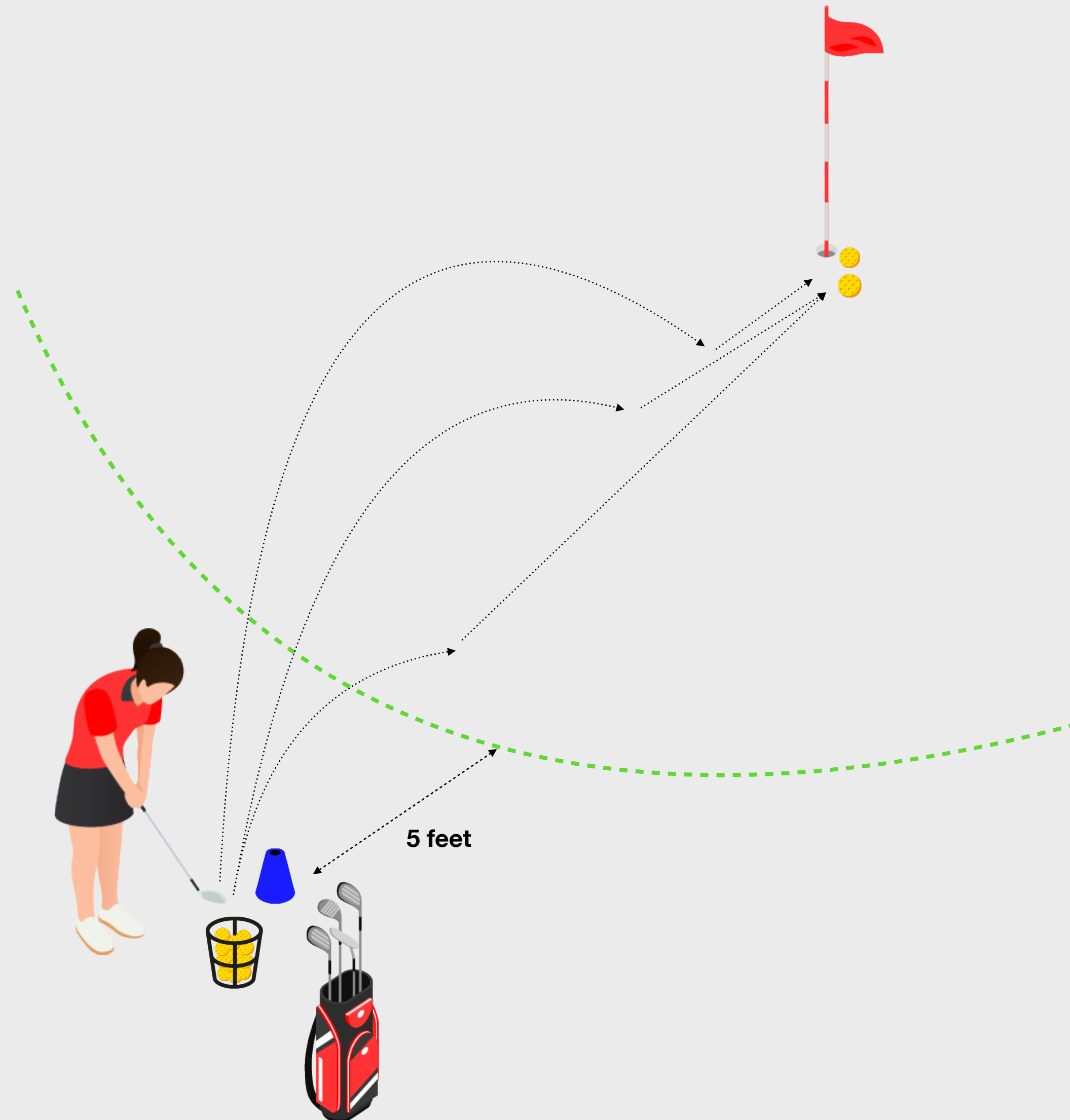
- Ask the students to hit balls from around 20-30 yards away from the green
- Students should vary the ball position at set up from the back of their stance to the centre of their stance and finally move towards the front of their stance
- Allow the students to see how changing the ball position can affect the initial launch angle of their pitch shot
- Highlight to them the amount of spin imparted on the ball from each position too and encourage them to find methods of controlling that spin
- The students should also then keep the ball position consistent but then explore change the forward lean of the shaft and the vertical portion of the shaft

## Technical Link

- This activity will help the students to understand how changing the ball position and shaft position at address can affect the flight and spin on the pitch shot



# Fight or Flight



## Equipment Needed

- Cones for safety
- Various lofted wedges and short irons
- Marker Cone

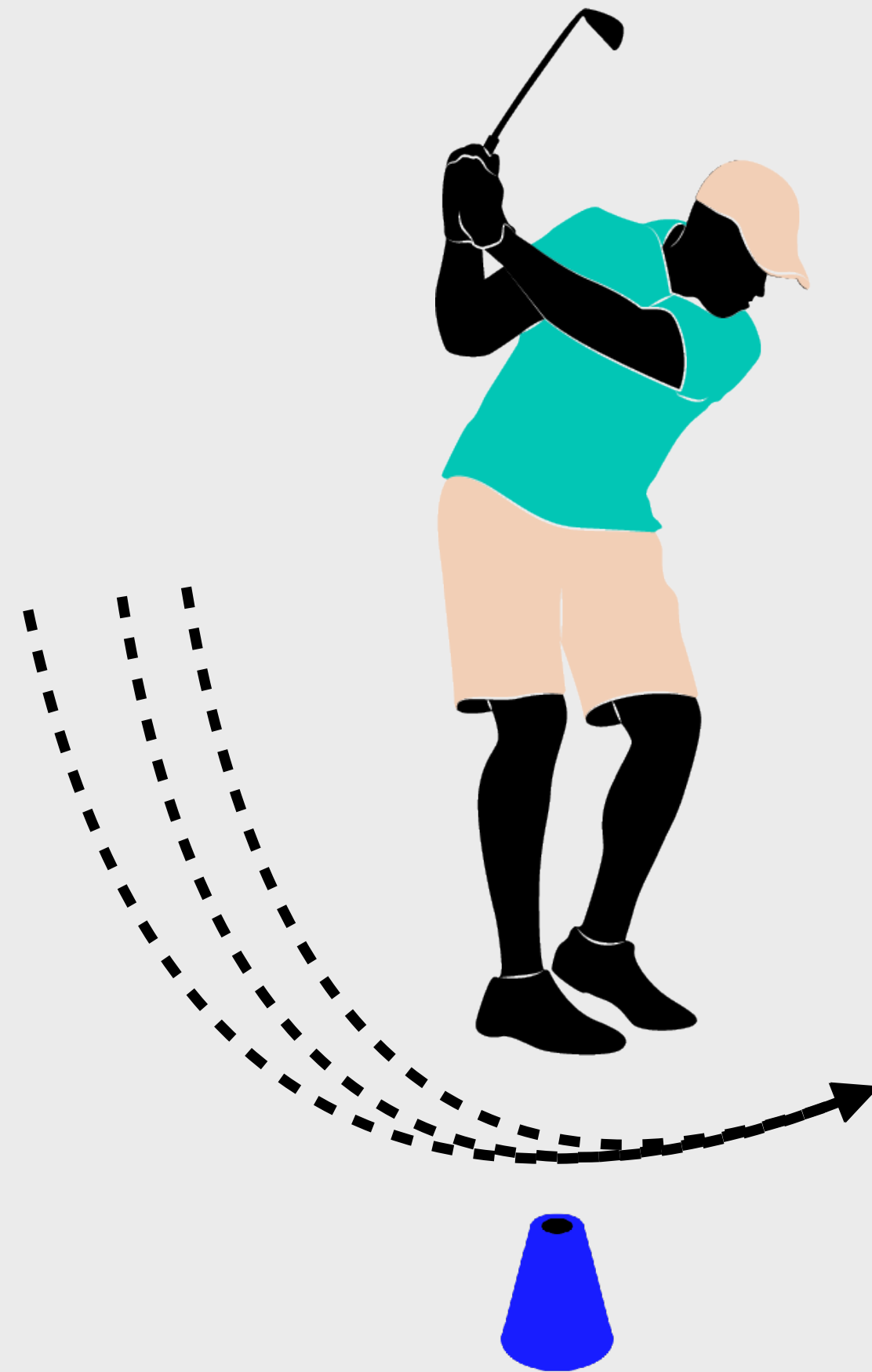
## How to Practice

- Position the student on the edge of the chipping green
- Pick a shot 5 feet from the edge of the green with lots of green to work with
- Demonstrate to the students how to change the flight of the golf ball
- Suggest changes in their set up, club selection and the effect the lie can have on contact and ultimately flight and spin

## Technical Link

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

# Angle of Attack



## Equipment Needed

- Sand Wedge

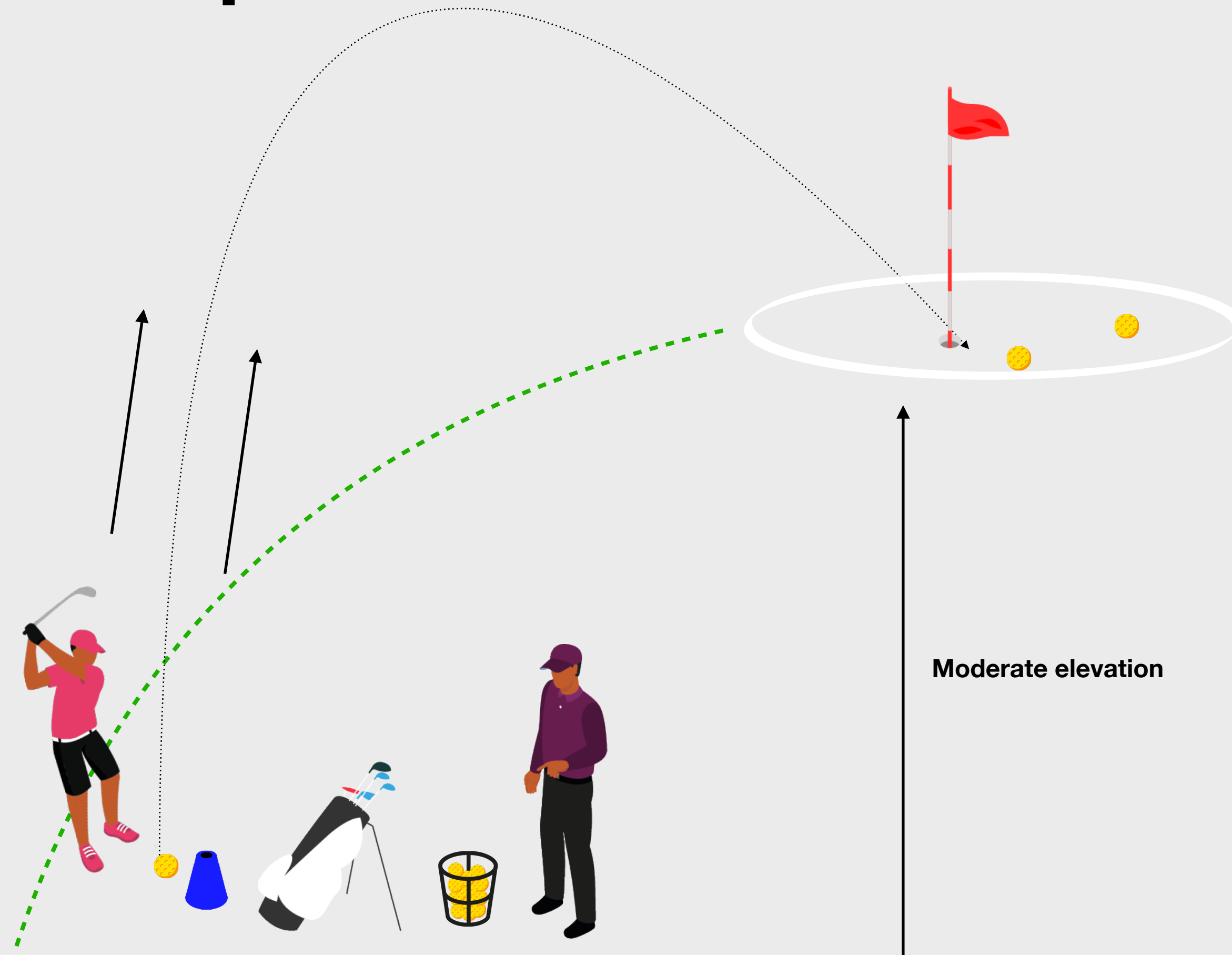
## How to Practice

- Ask the student to alter their angle of attack with a chip shot
- Vary the attack angle by steepening and shallowing it, and ask them to explain to the group or in pairs how this change in angle of attack affects the ball's flight and spin
- Change clubs and see if this is replicated through the range of wedges the student has in their bag

## Technical Link

- This activity will help the students to understand how to get a good contact and flight and how to achieve more or less spin through altering the technique
- This activity will help the students to understand the flight of a good chip shot when struck well

# Pitch Uphill



## Equipment Needed

- Uphill shot on course or on range
- Various Wedges
- Marker Cone

## How to Practice

- Students should understand how an uphill lie will affect the flight of a pitch shot and adjustments that can be made to mitigate the effect
- Explain how an uphill lie will shorten the shot because of the additional height
- Explain to the students how to adjust their technique and to change club to allow for the change in distance

## Technical Link

- By making adjustments to the setup and club selection explain to the students how these changes will affect their result

# Pitch Downhill

## Equipment Needed

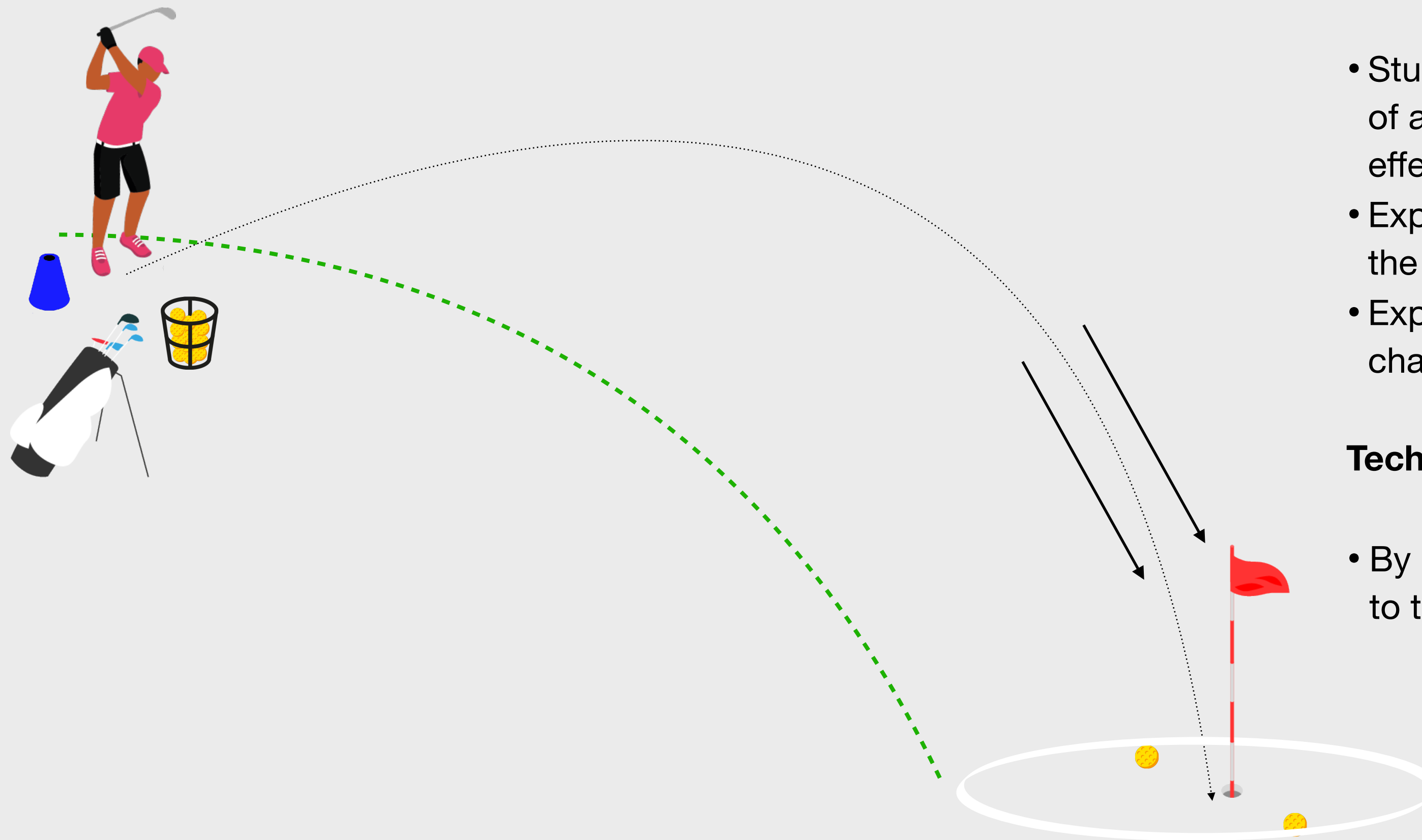
- Downhill shot on course or on range
- Various Wedges
- Marker Cone

## How to Practice

- Students should understand how an downhill will affect the flight of a pitch shot and adjustments that can be made to mitigate the effect
- Explain how a downhill lie will add length to the shot because of the angle of the terrain
- Explain to the students how to adjust their technique and to change club to allow for the change in distance

## Technical Link

- By making adjustments to the setup and club selection, explain to the students how these changes will affect their result.



# Pitch Ball Below



## Equipment Needed

- Side slope shot on course or on range with ball below the students feet
- Various Wedges
- Marker Cone

## How to Practice

- Students should understand how the ball below their feet will affect the flight of a pitch shot and adjustments that can be made to mitigate the effect
- Explain how having the ball below their feet will make the ball go to the right for a right handed golfer
- Explain to the students how to adjust their technique and to change club to allow for the potential change in distance

## Technical Link

- By making adjustments to the setup and club selection explain to the students how these changes will affect their result

# Pitch Ball Above



## Equipment Needed

- Side slope shot on course or on range with ball above the students feet
- Various Wedges
- Marker Cone

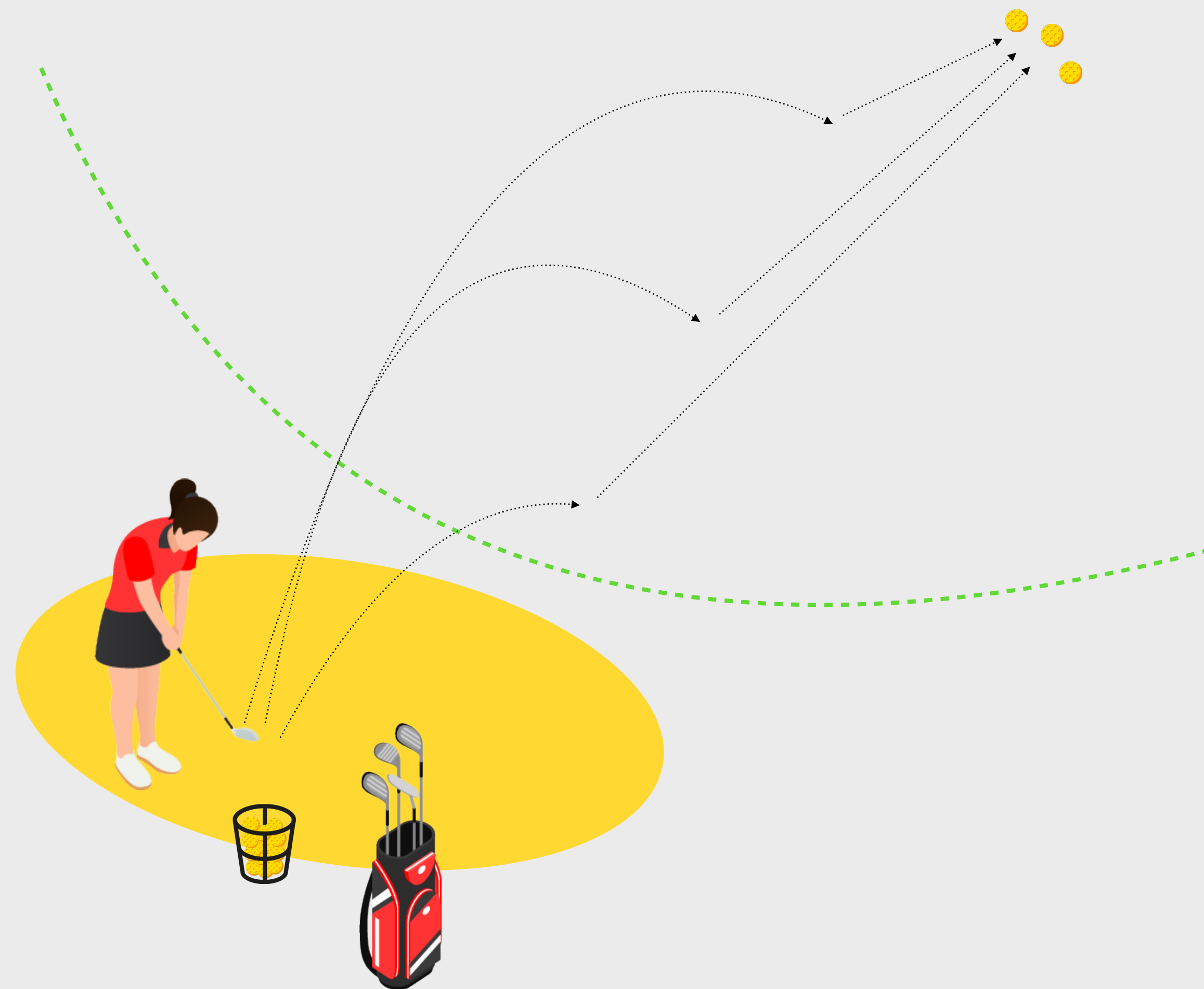
## How to Practice

- Students should understand how the ball above their feet will affect the flight of a pitch shot and adjustments that can be made to mitigate the effect
- Explain how having the ball above their feet will make the ball go to the left for a right handed golfer
- Explain to the students how to adjust their technique and to change club to allow for the potential change in distance

## Technical Link

- By making adjustments to the setup and club selection explain to the students how these changes will affect their result

# Top, Middle or Bottom



## Equipment Needed

- Bunker
- SW

## 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 25% flight and 75% roll
  - Second ball 50% flight 50% roll
  - Third ball 75% flight and 25% roll

## Technical Link

- The students should gain a real feel for distance control, flight and spin control

# Lift the Heel



## Equipment Needed

- Golf Ball
- Wedge

## How to Practice

- Help the student to set into a suitable address position
- Depending on the length of the shot and width of stance, get the student to place a golf ball under their trail heel
- The student should take an address position and avoid putting excessive force onto the golf ball with the trail foot
- The student should practice making a swing and avoiding adding pressures to the golf ball
- The student should produce a follow through and either maintain or reduce the pressure on the golf ball

## Technical Link

- This activity will help the student to understand how pressure should be distributed through the feet at setup
- It will help the student to understand how pressure moves during the backswing, impact and through swing
- It will help the student to the understand the fundamentals of a effective follow through



# Draw the L Shape



## Equipment Needed

- Wedge

## How to Practice

- Depending on the equipment you have available, this station should help the student explore the shape of the swing when pitching
- They may do this with a partner and mirror the shape of the swing
- A mirror on the ground may also be suitable or an electronic device
- The student should practice making L Shape swings and then repeat with the golf ball

## Technical Link

- This activity will help the student to understand how a pitch shot begins to differ from a chip shot in regards to the body, arm and club motion
- This activity will be the building block to begin to understand how the motion produces flight and distance

# Strike Point



## Equipment Needed

- 1 Alignment sticks
- Pitching Wedge or Sand Wedge
- Marker Cone

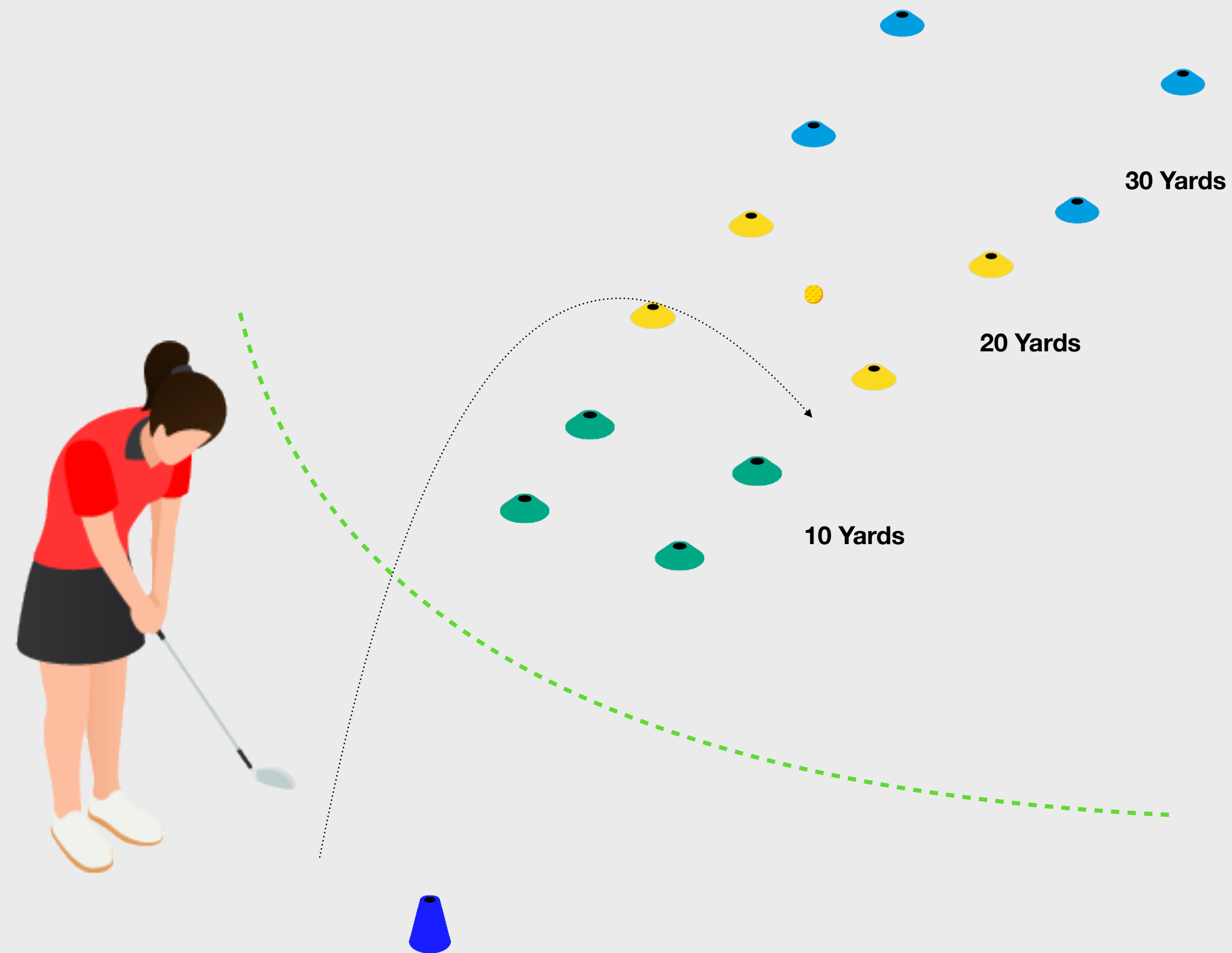
## How to Practice

- The alignment stick should be placed opposite the center of the student's stance to provide some feedback as to where they brush the ground when taking their pitch shot
- The student should take a couple of practice swings, adjusting their stroke if they do not brush the ground opposite where the alignment stick is placed
- Once they have completed a couple of practice swings, place a ball in the same place and ask them to repeat the action in order to get a good strike
- Do not worry about aiming at a target, encourage them to practice getting as many good contacts in a row as possible and notice how the ball flies and how far it rolls when they do make good contact

## Technical Link

- This activity will help the student to understand how to get a good contact and how to adjust if they are not being successful straight away
- This activity will help the student to understand the flight of a good pitch shot when struck well

# Control Distance



## Equipment Needed

- 12 cones
- Marker Cone

## 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

# Ball Position



## Equipment Needed

- Pitching Wedge or Sand Wedge

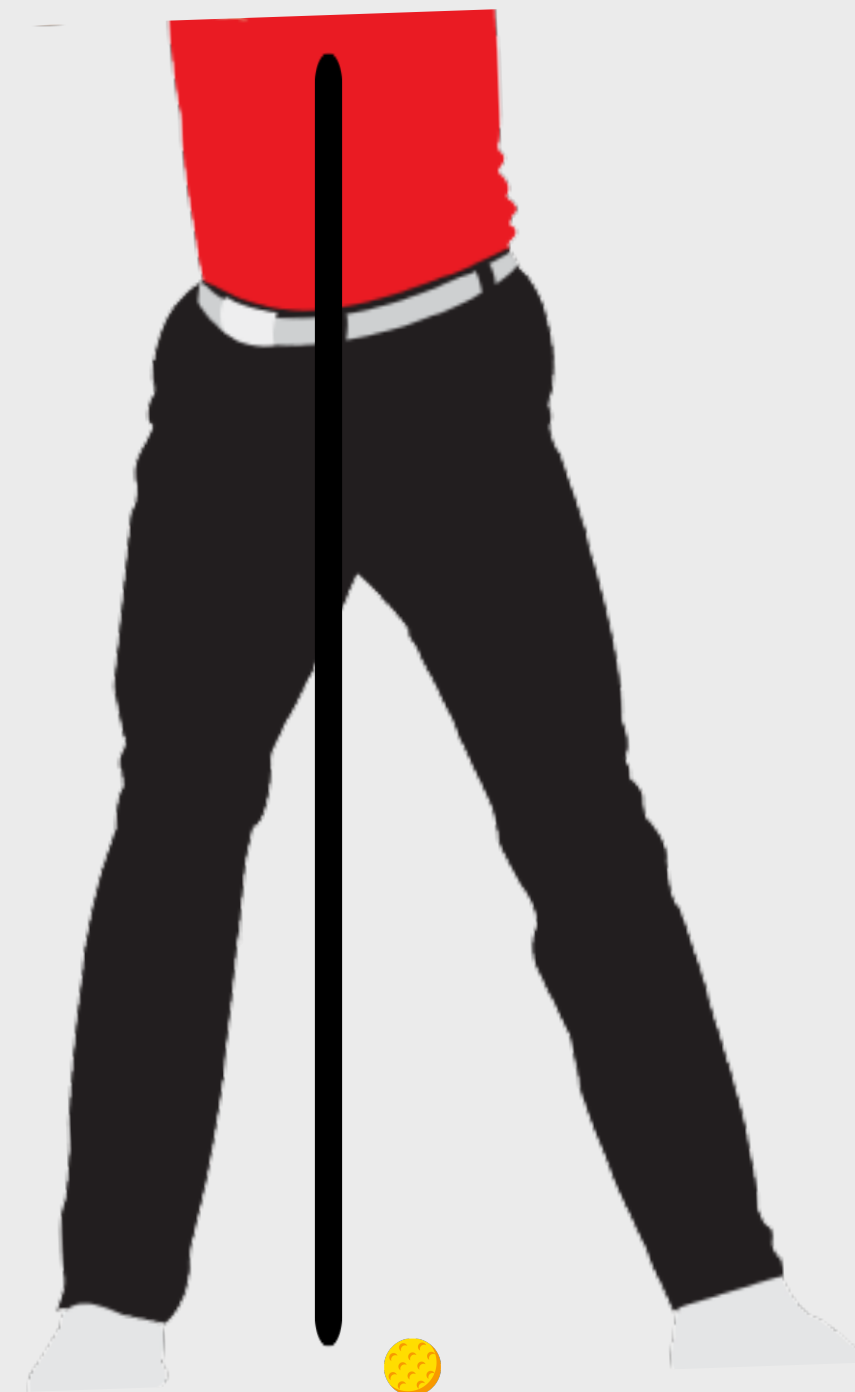
## How to Practice

- The student should attempt to hit the same chip shot three times, but use a different ball position each time
- The student should play one ball from the center of their stance, one an inch or two forward of center and one an inch or two behind

## Technical Link

- This activity will help students build an awareness of the different ball positions and the impact on strike, flight and roll

# Sternum



## Equipment Needed

- Alignment Stick

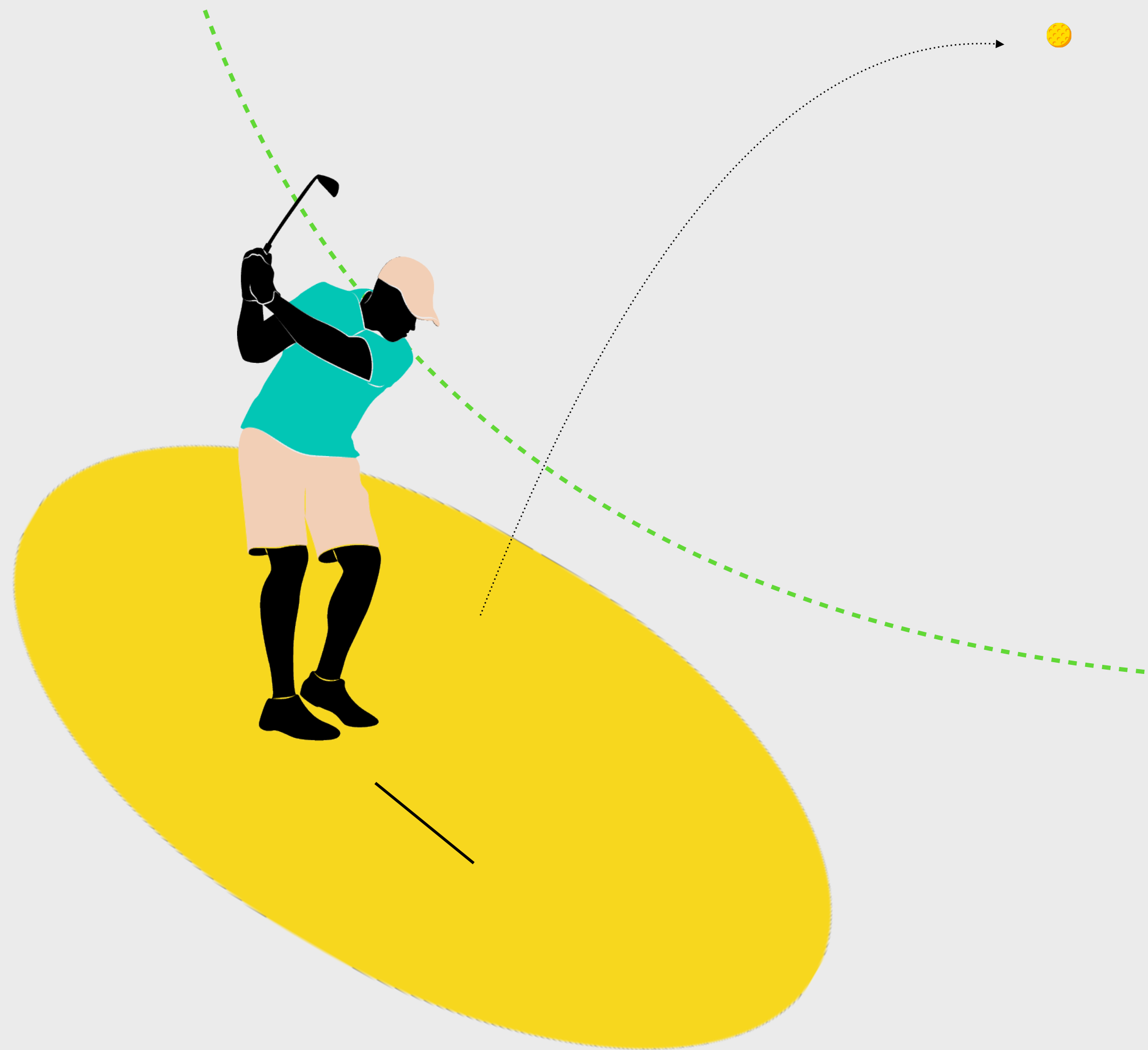
## How to Practice

- Students should use an alignment stick or their golf club to discover whether their sternum is positioned at address
- Hold the club or alignment stick at one end, place it against the sternum and let it hang down naturally
- It will then be obvious whether the student is set up with their sternum before, level with, or in front of the ball

## Technical Link

- This activity will help the student to understand their position at set up and how, when the sternum is positioned behind the ball, they will be more likely to strike the ground first

# Entry Point



## Equipment Needed

- Sand Wedge
- Bunker

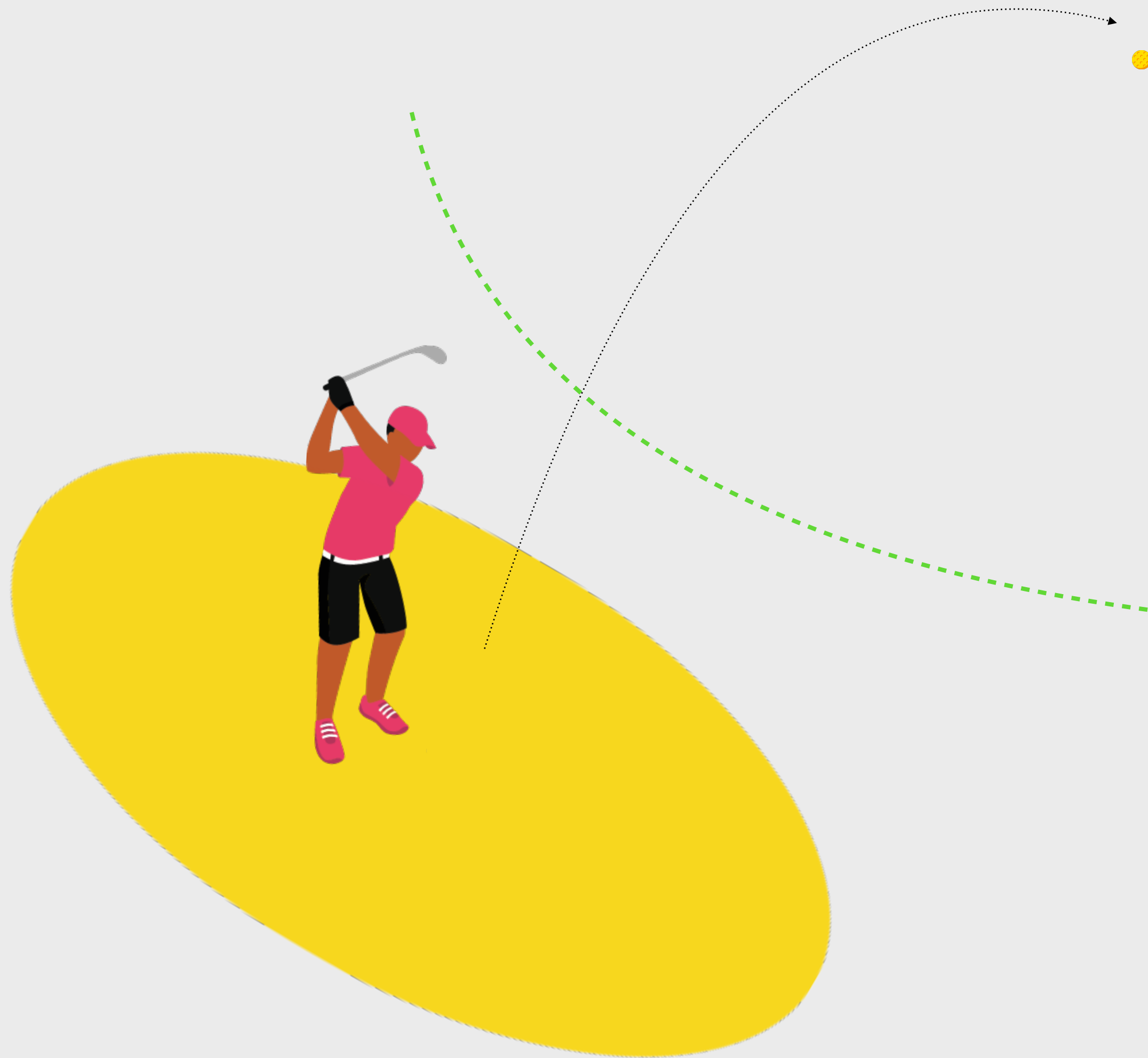
## How to Practice

- The student should draw a line in the sand, and then attempt to strike the line in order to practice getting the entry point consistent
- The student should hit two or three practice swings, hitting the line each time, and then place a ball just an inch ahead of the line and repeat their swing in order to hit the ball out of the sand

## Technical Link

- This activity will help students build an awareness of where their club is entering the sand

# Depth of Sand



## Equipment Needed

- Sand Wedge
- Bunker

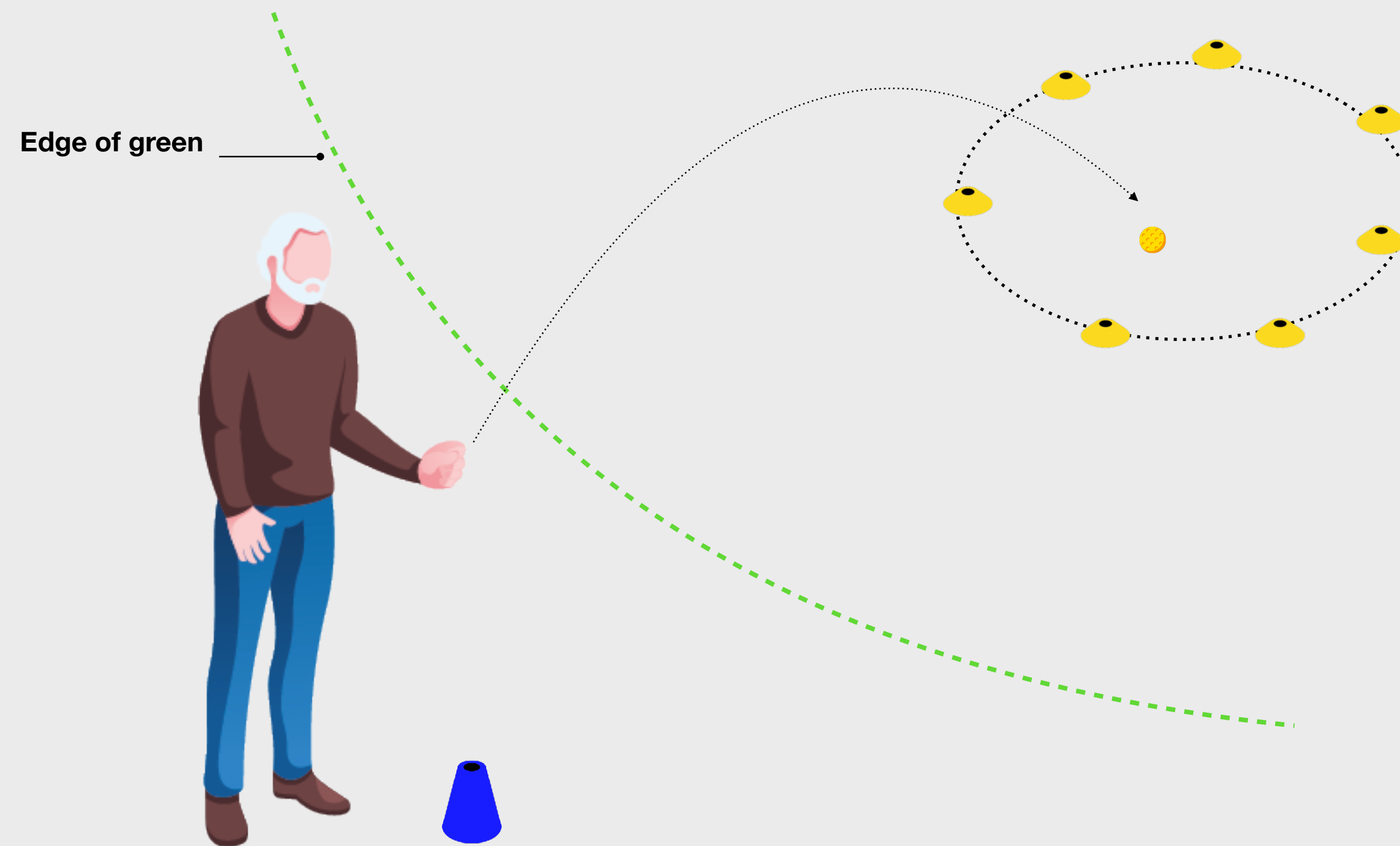
## How to Practice

- Students should deliberately hit shallow and deep divots to enable them to start to build an awareness of how this effects the flight of the ball
- 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 the ball out of the bunker

## Technical Link

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

# Land and Roll



## Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Marker Cone

## How to Practice

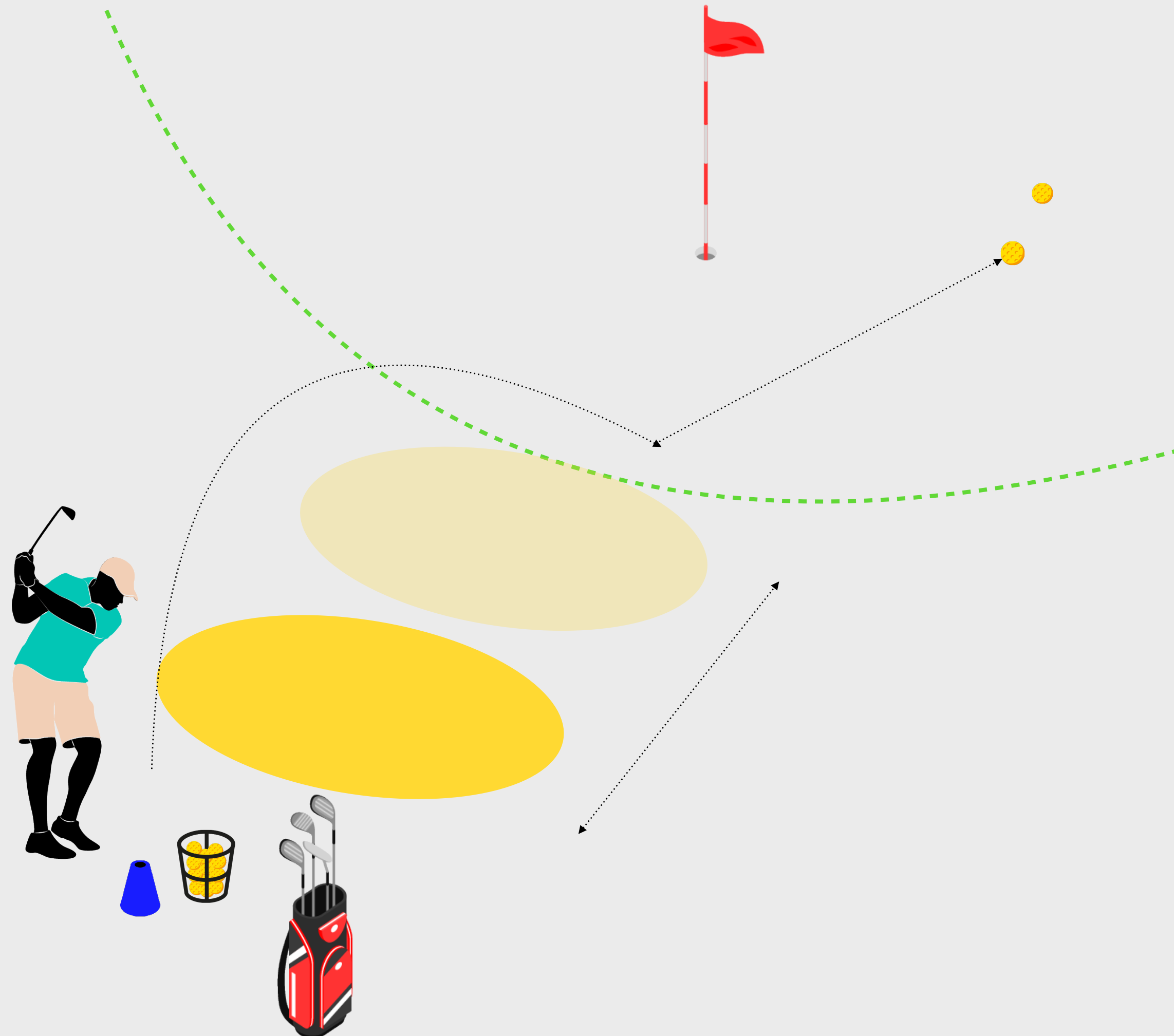
- The landing circle marked out in yellow cones is the target the student is trying to land the ball in
- Student should stand sideways on and using right or left hand throw the ball into the air trying to land the ball in the circle
- Maintain the same speed of arm action and try and develop some consistent landing. To see how the trajectory affects the amount of roll throw the ball higher or lower
- Once the student has achieved the ideal flight and roll by throwing the ball they should try to replicate the flight using a golf club

## Technical Link

- This activity is designed to help the student to understand about length of arm action versus where the ball lands
- It is used to mimic the action of chipping and controlling the trajectory of the flight and where the ball lands
- It will also show the student that varying trajectory will increase or decrease the roll



# Up and Over



## Equipment Needed

- Cones for safety
- Pitching Wedge or Sand Wedge
- Hazard
- Marker Cone

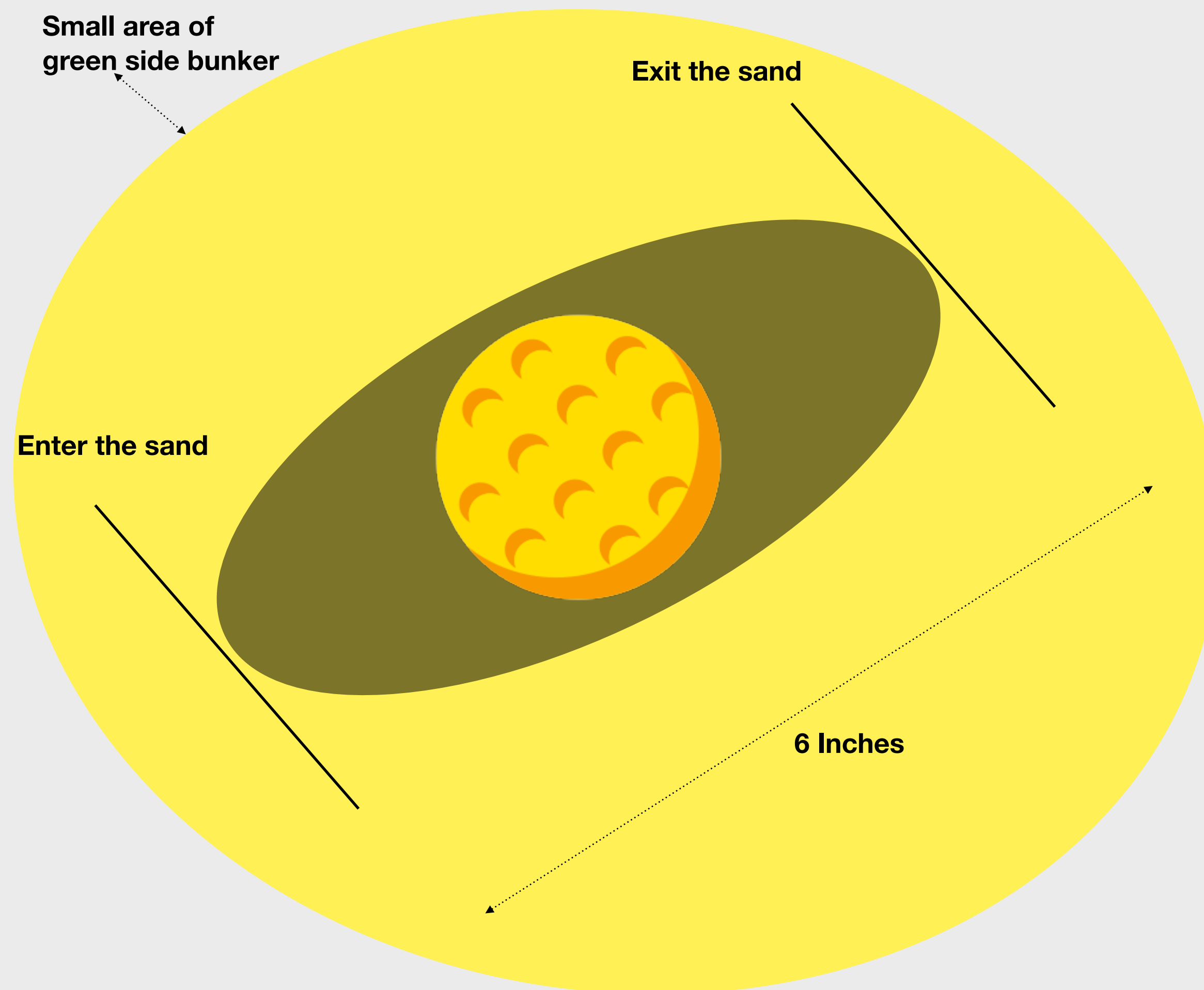
## How to Practice

- Position the student in front of a hazard. For example a bunker or a small water hazard. Allow the student to experiment with different clubs
- Encourage the student to walk up to the flag and look back at the shot. This will give them an understanding of the depth of shot and how much green they have to work with
- Move the student into another position where they have less green to work with and get them to adjust the club selection.

## Technical Link

- This activity will demonstrate to the student how a change of loft will affect the roll and spin on the golf ball
- This activity will also demonstrate the importance of walking around the shot to better understand the depth and space the student has to play with

# Making a Splash



## Equipment Needed

- Bunker
- Sand Wedge

## How to Practice

- In the bunker get the student to mark out the circle around the golf ball approximately 6 inches across
- When the student is hitting the shot, encourage them to hit the sand on the first mark and leave the sand on the second mark
- This will encourage the student to splash the sand under the golf ball and have the desired contact

## Technical Link

- This activity will encourage the student to splash the sand under the golf ball and have the desired contact
- Encourage the student to try PW to get a lower flight, less spin and more roll

# How's your lie?



## Equipment Needed

- Varying grass length
- Green side medium to deep rough, fairway and green fringe
- Cones for safety

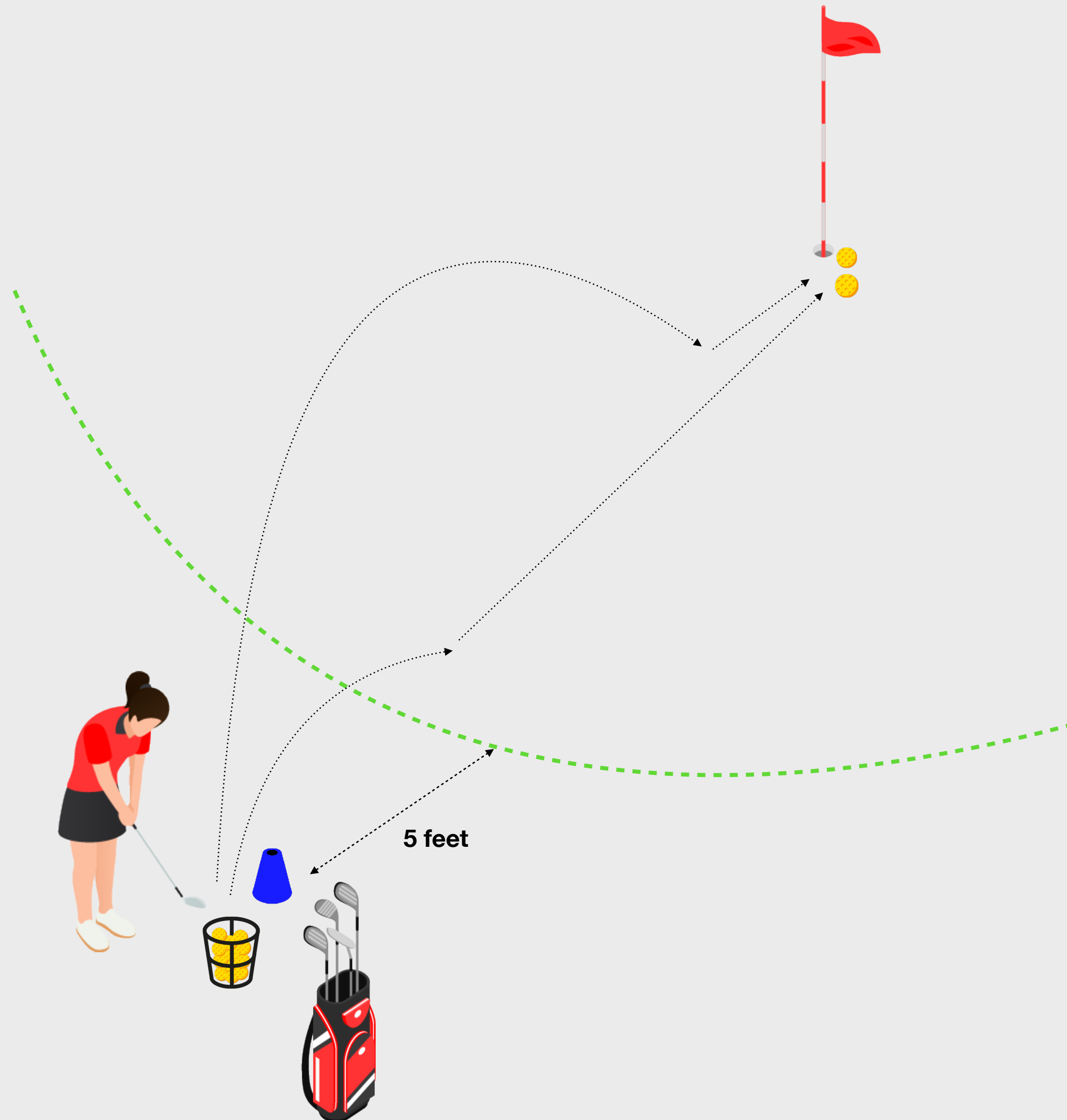
## How to Practice

- Position several balls around a green and drop them randomly in different lies
- Allow the student to move around the green experiencing the effect the different lies have on the golf shot
- Encourage the student to try different clubs and see what effect that has on the shot

## Technical Link

- Explain to the student how changing the attack angle of the downswing can improve contact in longer grass
- Demonstrate this on fairway and fringe grass and see the effect that a change in attack angle can have on contact and overall shot

# High or low?



## Equipment Needed

- Cones for safety
- 8 Irons and Sand Wedge
- Marker Cone

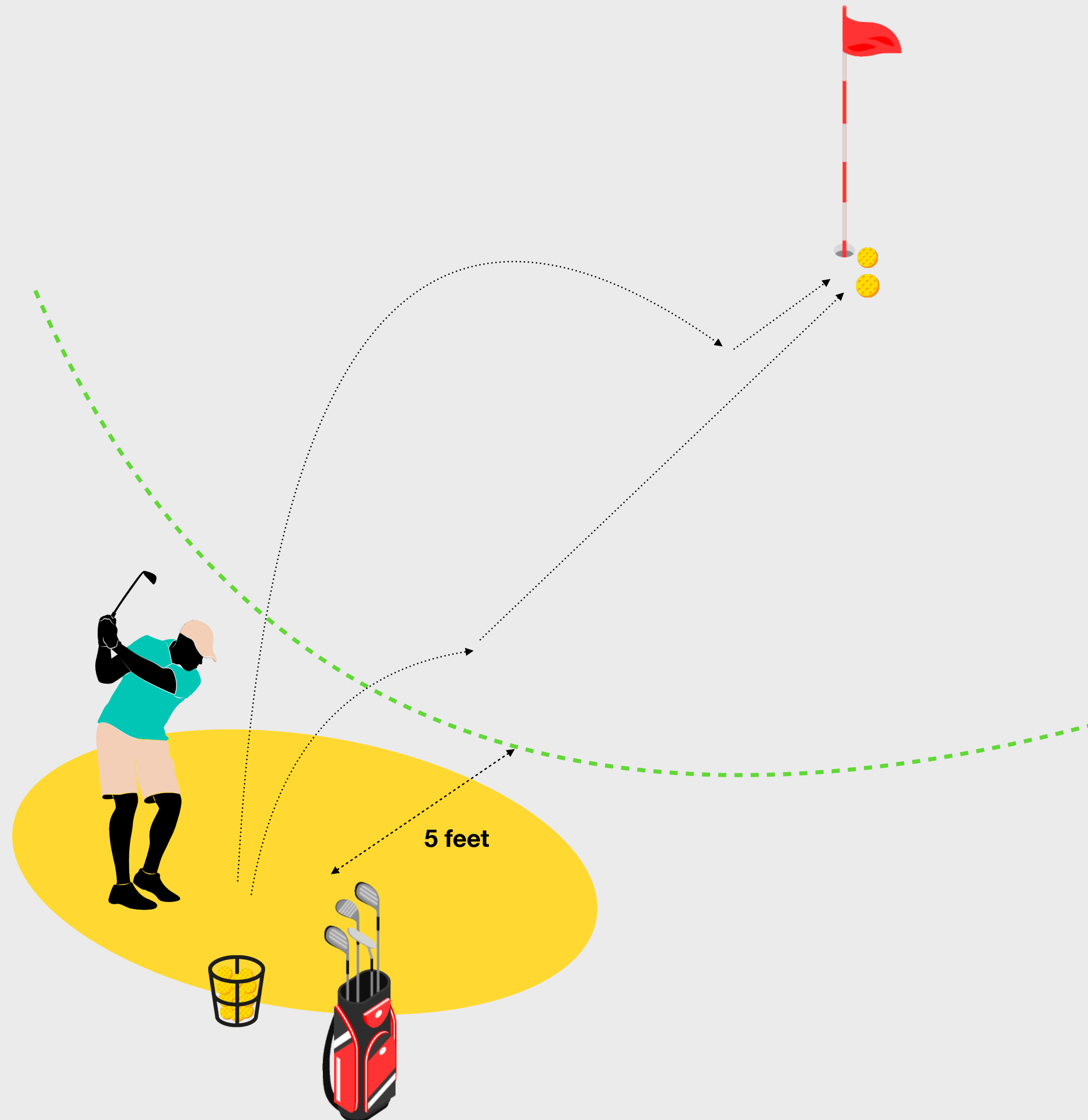
## How to Practice

- Position the student on the edge of the chipping green.
- Pick a shot 5 ft from the edge of the green with lots of green to work with.
- Demonstrate to the student two different ways to play the shot.
- Shot one will be with a SW with a longer swing with the ball spending 80% of its time in the air 20% of its time rolling.
- Shot two will be played with an 8 iron with a shorter swing with the ball spending 20% of its time in the air 80% of its time rolling.

## 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

# High or low... Bunker!



## Equipment Needed

- Bunker
- PW and SW

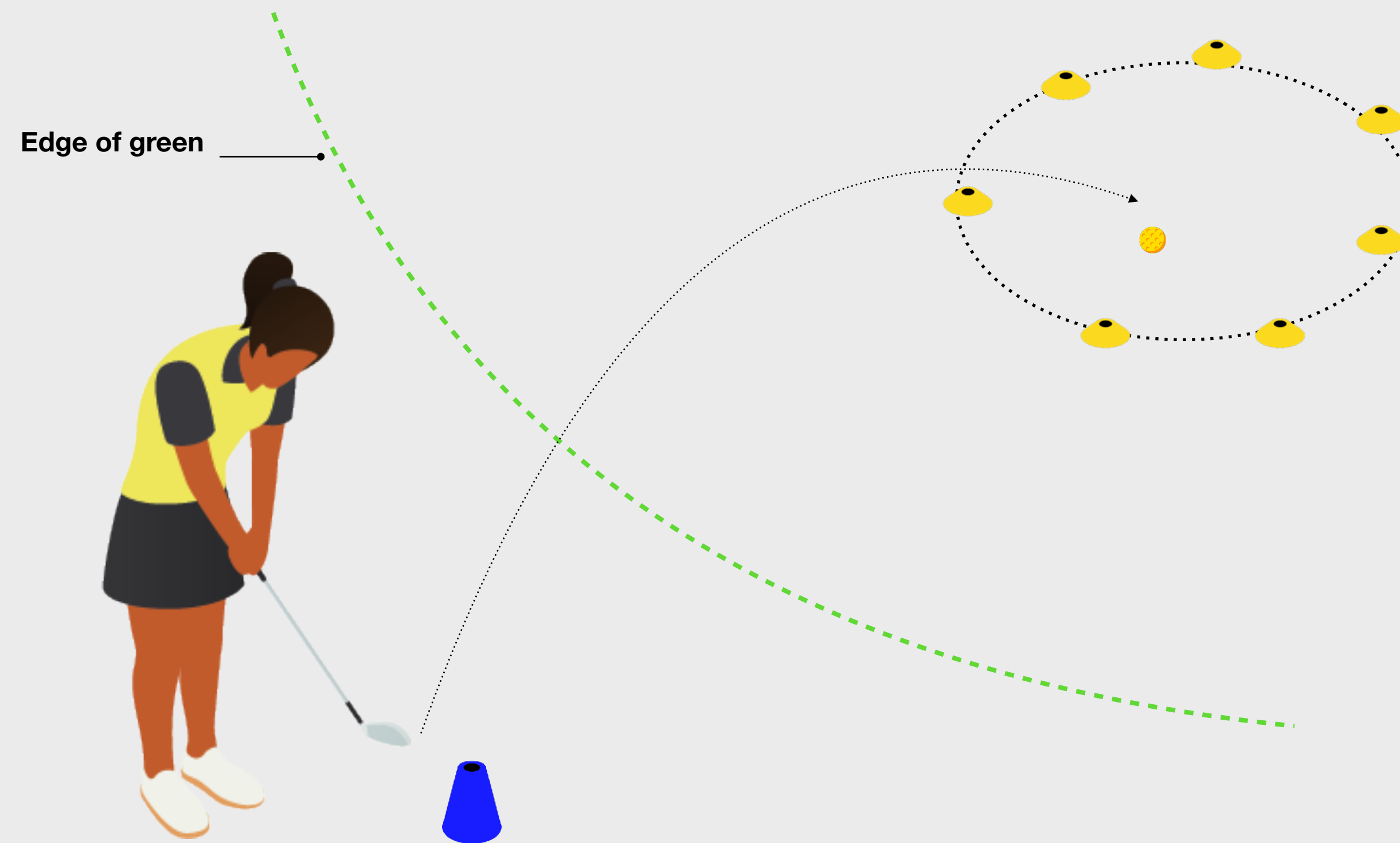
## How to Practice

- 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

# Landing Circle



## Equipment Needed

- 7 Cones
- Pitching Wedge or Sand Wedge
- Marker Cone

## 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.

# Piggy in the Middle



## Equipment Needed

- Bunker
- SW

## 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 in this drill
- It also encourages consistent contact to be good at this game

# Alignment and Club Face

## Equipment Needed

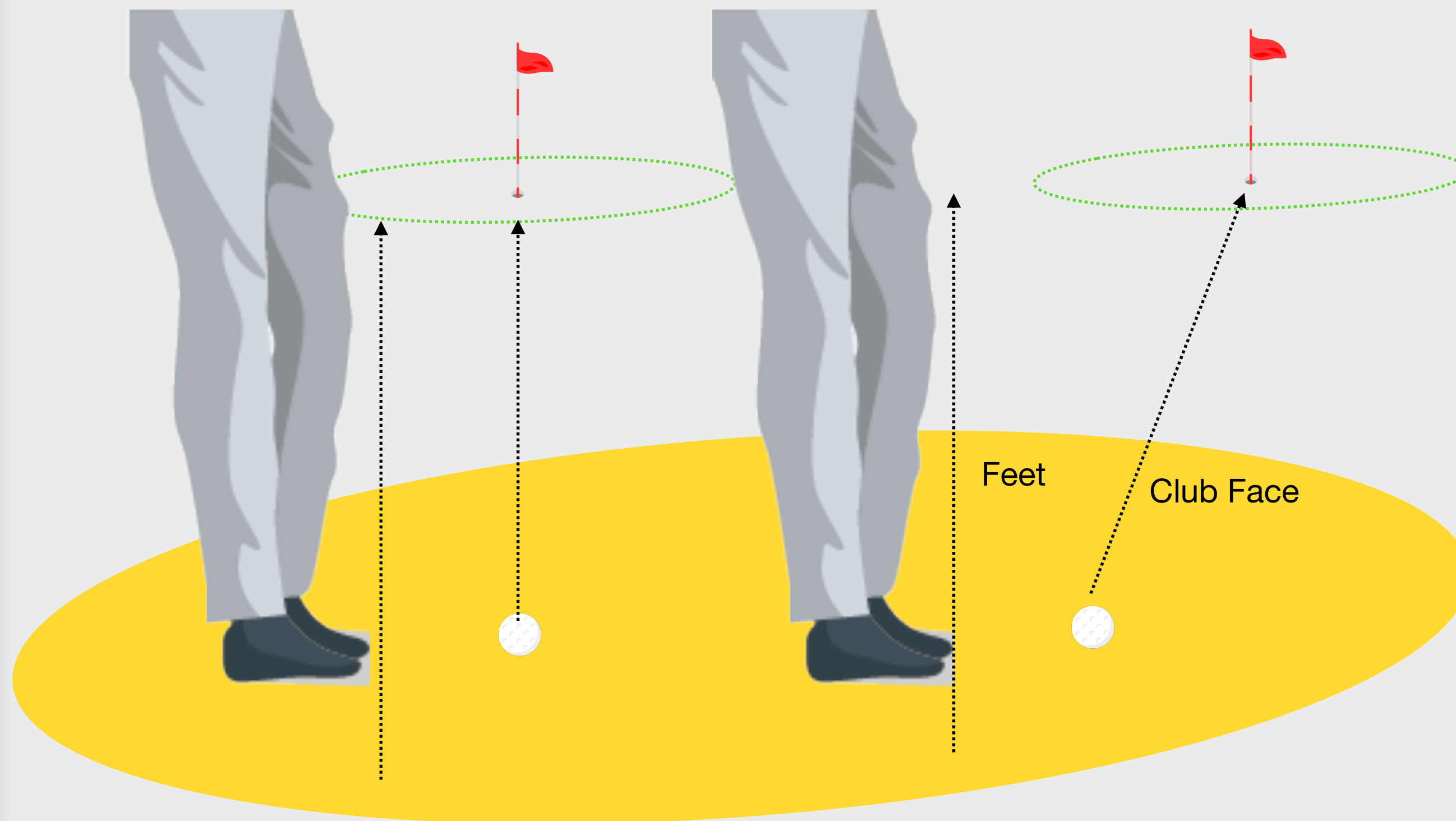
- Bunker
- SW or similar

## How to Practice

- Ask the students to vary their alignment in relation to the target line
- Explain to the students that opening up their stance and aiming their feet, hips and shoulders to the side of the target will change the club path
- Outline to the students of the importance of maintaining the club face alignment to the target

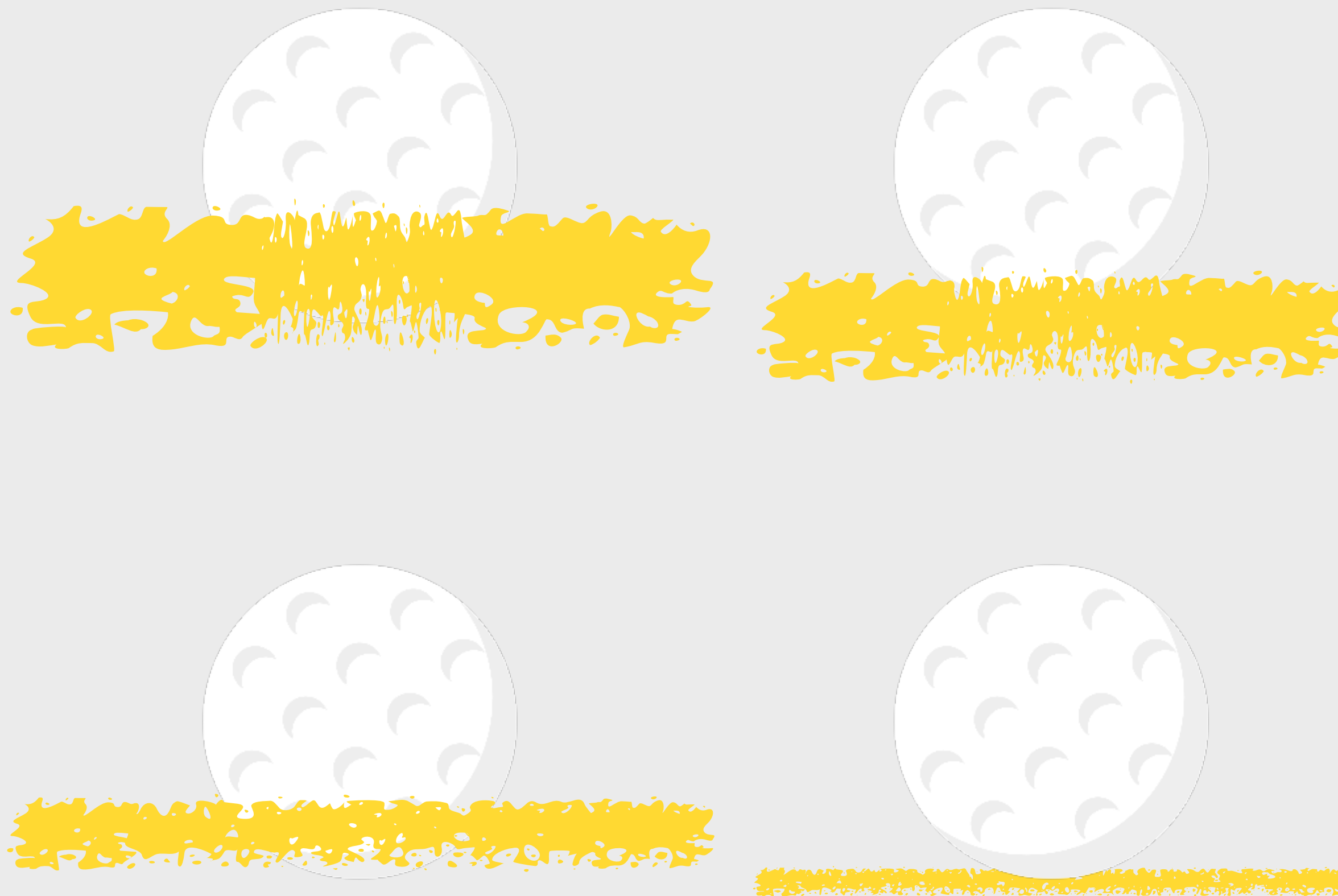
## Technical Link

- It is keen for the students to understand the relationship between alignment, club face and club path in a bunker shot





# How's your Bunker Lie?



## Equipment Needed

- Varying sand length
- Bunker

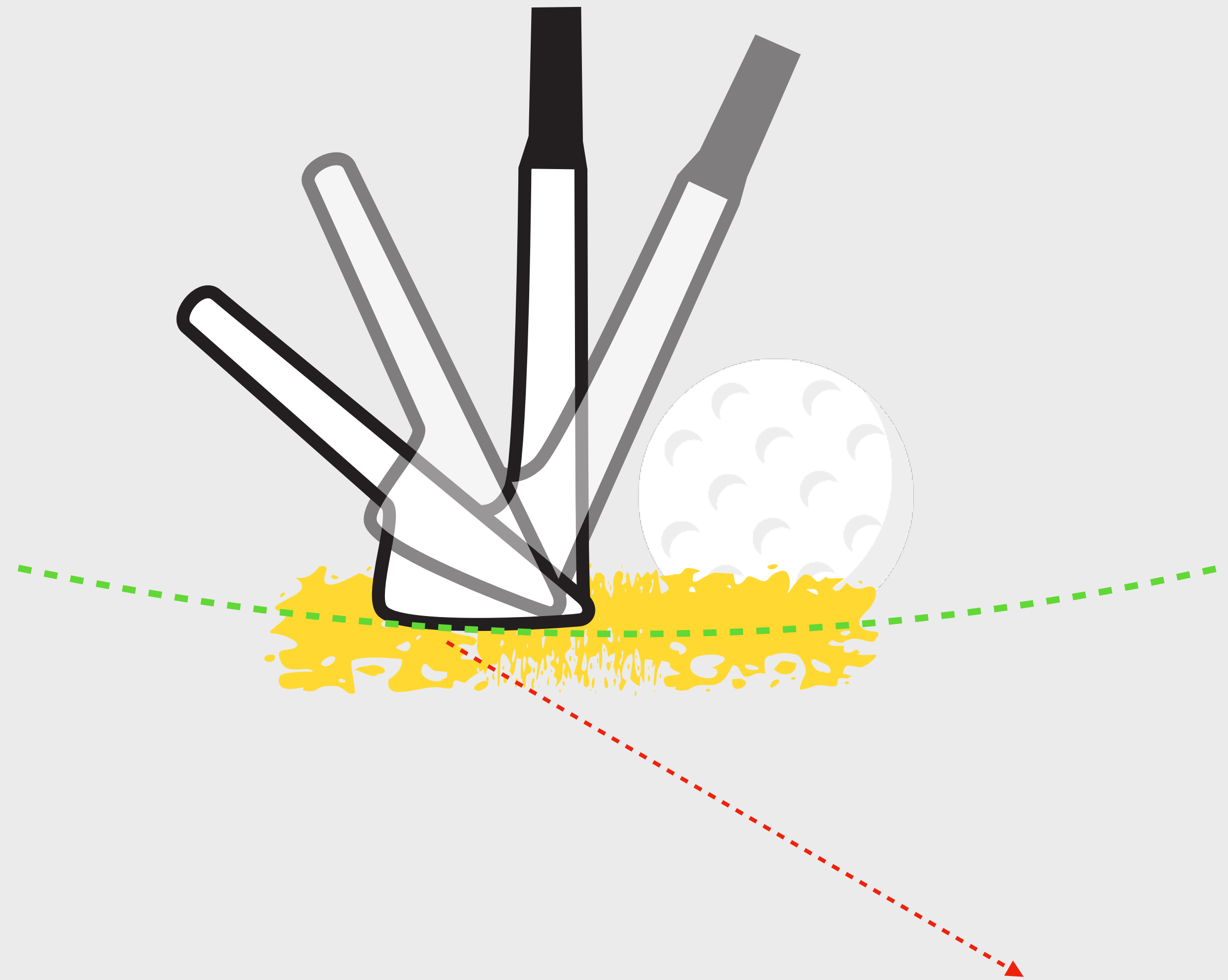
## How to Practice

- Position several balls around a bunker and drop them randomly in different lies
- Allow the student to move around the green experiencing the effect the different lies have on the golf shot
- Encourage the student to try different clubs and see what effect that has on the shot

## Technical Link

- Explain to the student how changing the attack angle of the downswing can improve contact in deeper sand
- Demonstrate this on fairway and fringe grass and see the effect that a change in attack angle can have on contact and overall shot

# Slide or Dig



## Equipment Needed

- Bunker
- Pitching Wedge or Sand Wedge

## How to Practice

- This exercise is about getting the student to understand the correct depth of sand required on a bunker shot
- The student should be introduced to the leading edge and sole of the club
- The student should experiment with the leading edge travelling steeply down into the sand and the sole of the club skimming the top of the sand
- Encourage the student to listen to the change in sand and the amount of sand taken from the bunker
- Encourage the student to learn to use the sole of the club and shallow amount of sand is preferred

## Technical Link

- This activity will demonstrate to the student how they can present the club effectively into the sand
- This activity will demonstrate to the student how using loft of the club and the sole can be effective in bunker play

# It's all About That BOUNCE!



## Equipment Needed

- Bunker
- Selection of wedges, lofts and bounce

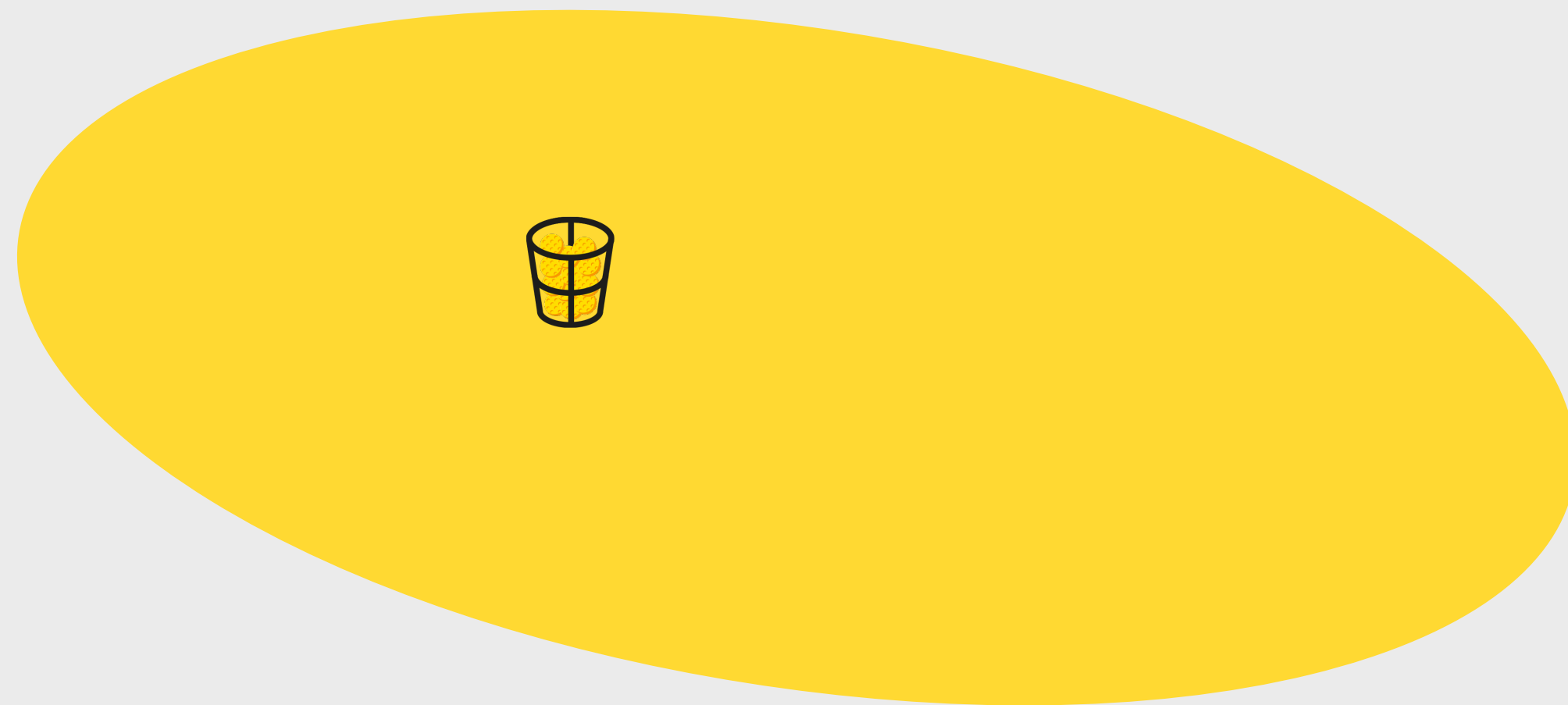
## How to Practice

- Provide the student with a selection of different wedges with various bounce and aim to improve launch and contact
- Allow the student to try different wedge in order to improve connection and spin
- The student should experiment with the leading edge travelling steeply down into the sand and the sole of the club skimming the top of the sand
- Encourage the student to listen to the change in sand and the amount of sand taken from the bunker
- Encourage the student to learn to use the sole of the club and shallow amount of sand is preferred

## Technical Link

- Show the students the impact that different equipment can have on the contact of the golf ball and ultimately the performance of the bunker shot

# Lofty Ambitions



## Equipment Needed

- Bunker
- Selection of wedges, lofts and bounce

## How to Practice

- Provide the student with a selection of different lofted wedges and aim to improve launch and contact
- Allow the student to try different wedge in order to improve connection and spin

## Technical Link

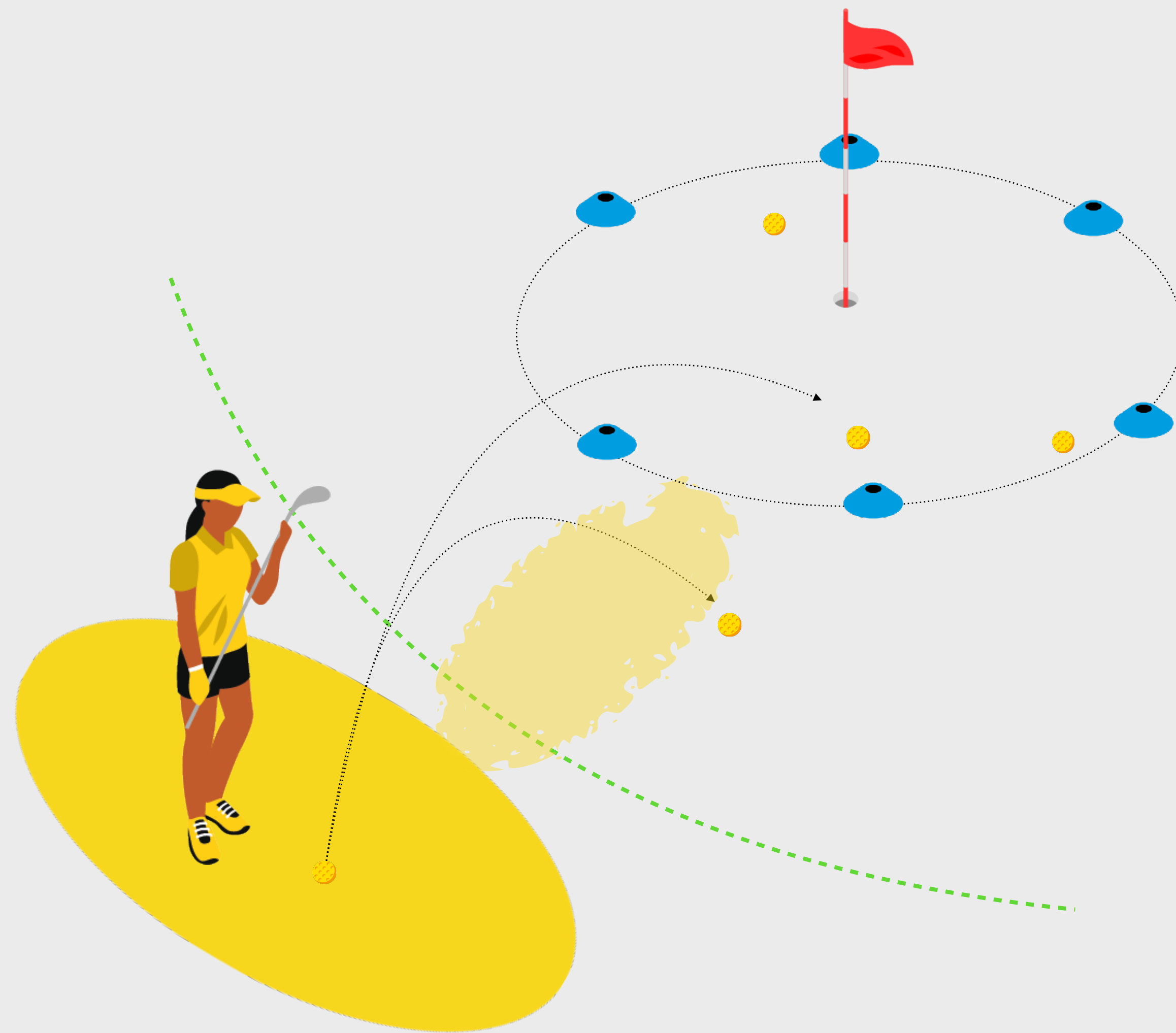
- Show the students the impact that different equipment can have on the spin rate of the golf ball and ultimately the carry and distance of a driver shot

# Short Game

## Game Stations



# Splashing Time!



## Equipment Needed

- Sand Wedge or similar
- Cones for target circle
- Bunker

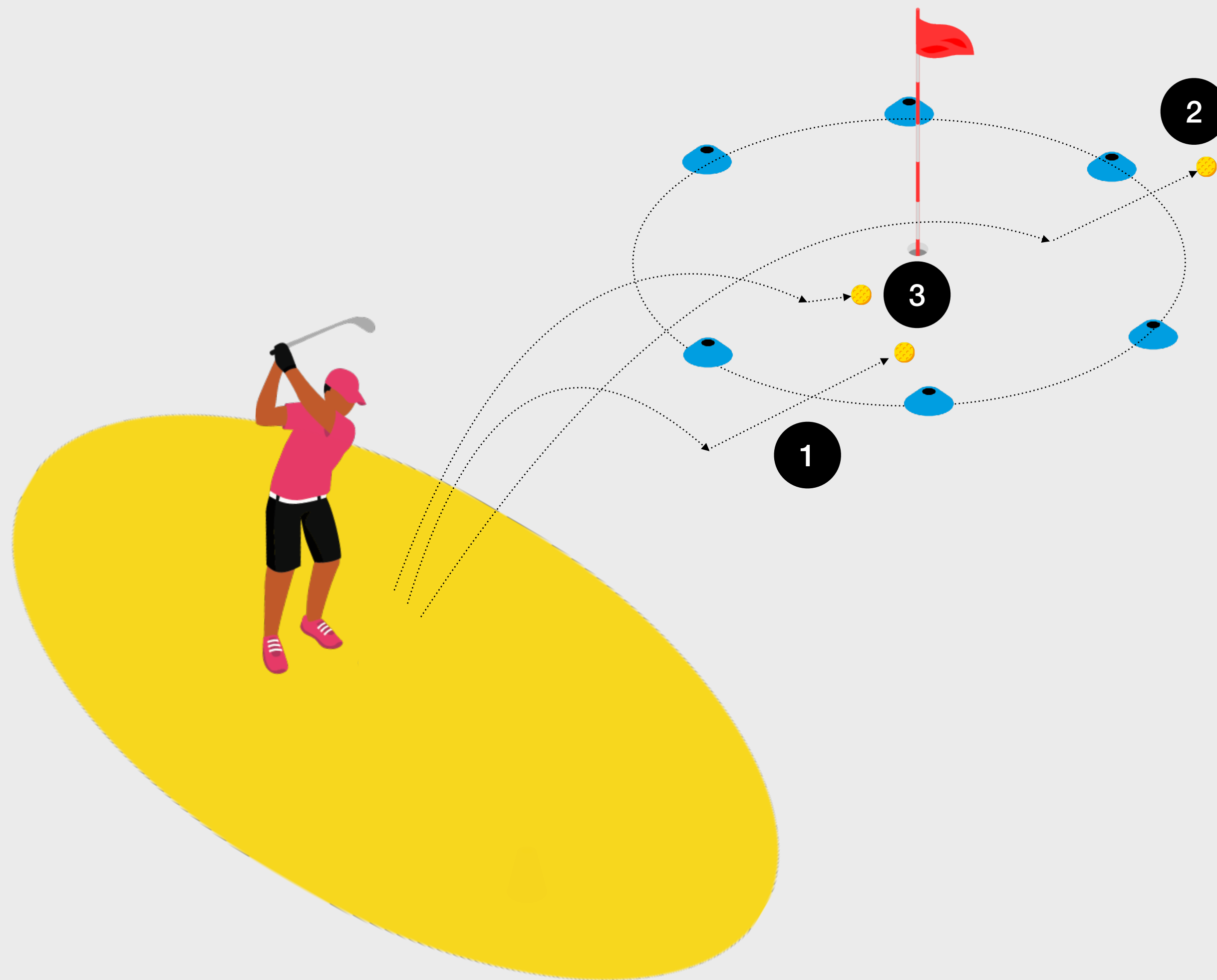
## How to Play

- Ask the student to hit 10 shots from the bunker
- The aim is to show the importance of splashing sand out of the bunker making a good contact
- The challenge is to hit the ball onto the green or 10 feet target circle whilst splashing sand out of the bunker onto the green
- Points are awarded as follows:
  - Ball on the green - 1 point
  - Ball in target circle - 5 points
  - Ball on the green with sand splashed out - 6 point
  - Ball in target circle with sand splashed out - 10 points

## Technical Link

- This game is designed for the students to become more accurate out the bunker whilst getting good contact to create a splash of sand
- The key technical focus should be on getting sand on impact and students may have to adapt their technique to achieve this

# Drop and Stop



## Equipment Needed

- Sand Wedge
- 12 foot diameter cones
- Pencil and Scorecard
- Bunker

## How to Play

- Set up cones in a 12 foot diameter circle around the hole
- Students aim to land the ball and keep it in the target circle
- They should record the result of each ball with a point system:
  - 1 point for landing the ball on the green and rolling it in the circle
  - 2 points if they land the ball into the circle and it rolls out
  - 3 points if they land the ball inside the circle and it stays in
- Students record their scores and can attempt to beat it during practice

## Technical Link

- By attempting these shots from the bunker, the student will gain a greater understanding of how to control trajectory and stop the ball close to their target
- Mastering this from varying positions in the bunker will better prepare the students for the course

# Crossbar Challenge



## Equipment Needed

- Alignment sticks
- Noodle to create the crossbar
- Marker Cone

## How to Play

- Place the crossbar just five feet ahead of the student
- The aim is to pitch the ball over the crossbar from this close proximity
- The student receives 5 attempts to pitch the ball over the noodle
- If unsuccessful they can move a foot further away, if they are successful they can move a foot closer, and they then attempt the challenge again

## Technical Link

- This activity challenges the students ability to control trajectory, either with technique or by club choice



# Landing Zones

## Equipment Needed

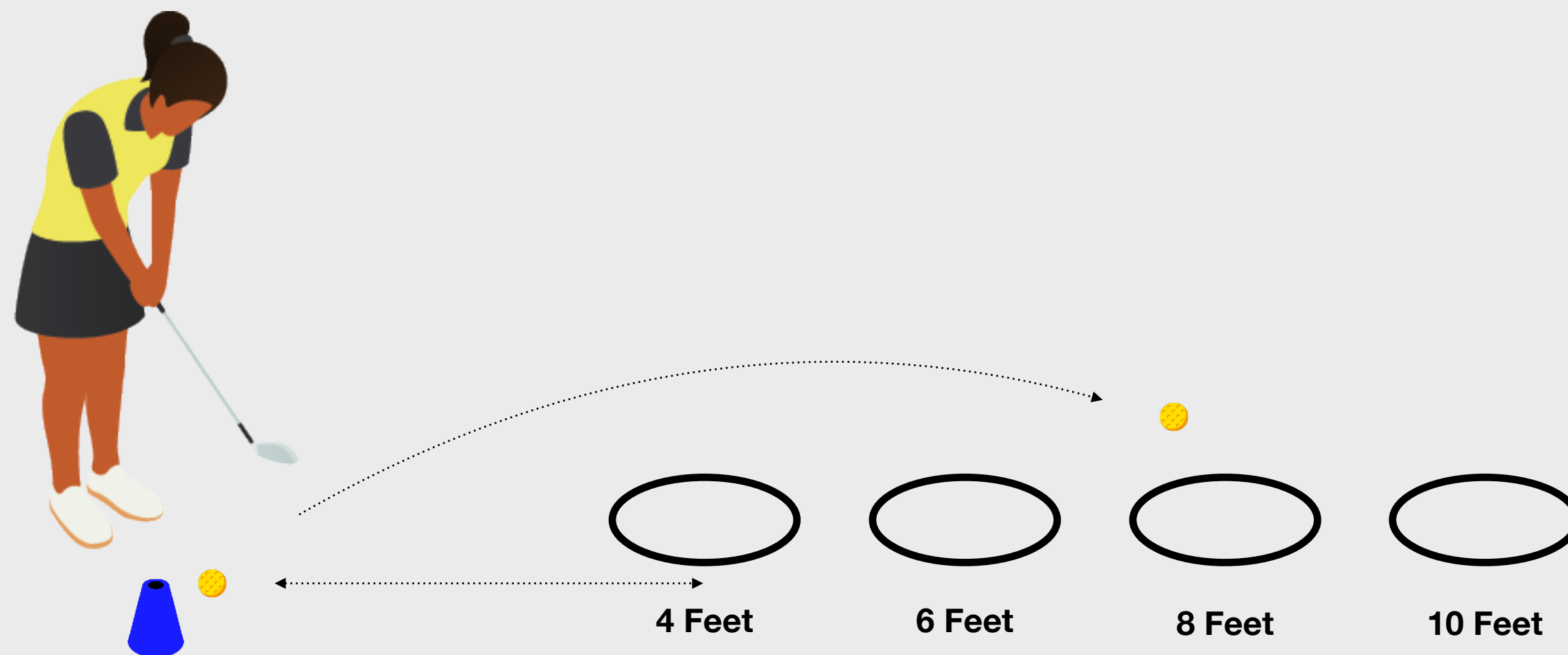
- Hoops
- Wedge
- Marker Cone

## How to Play

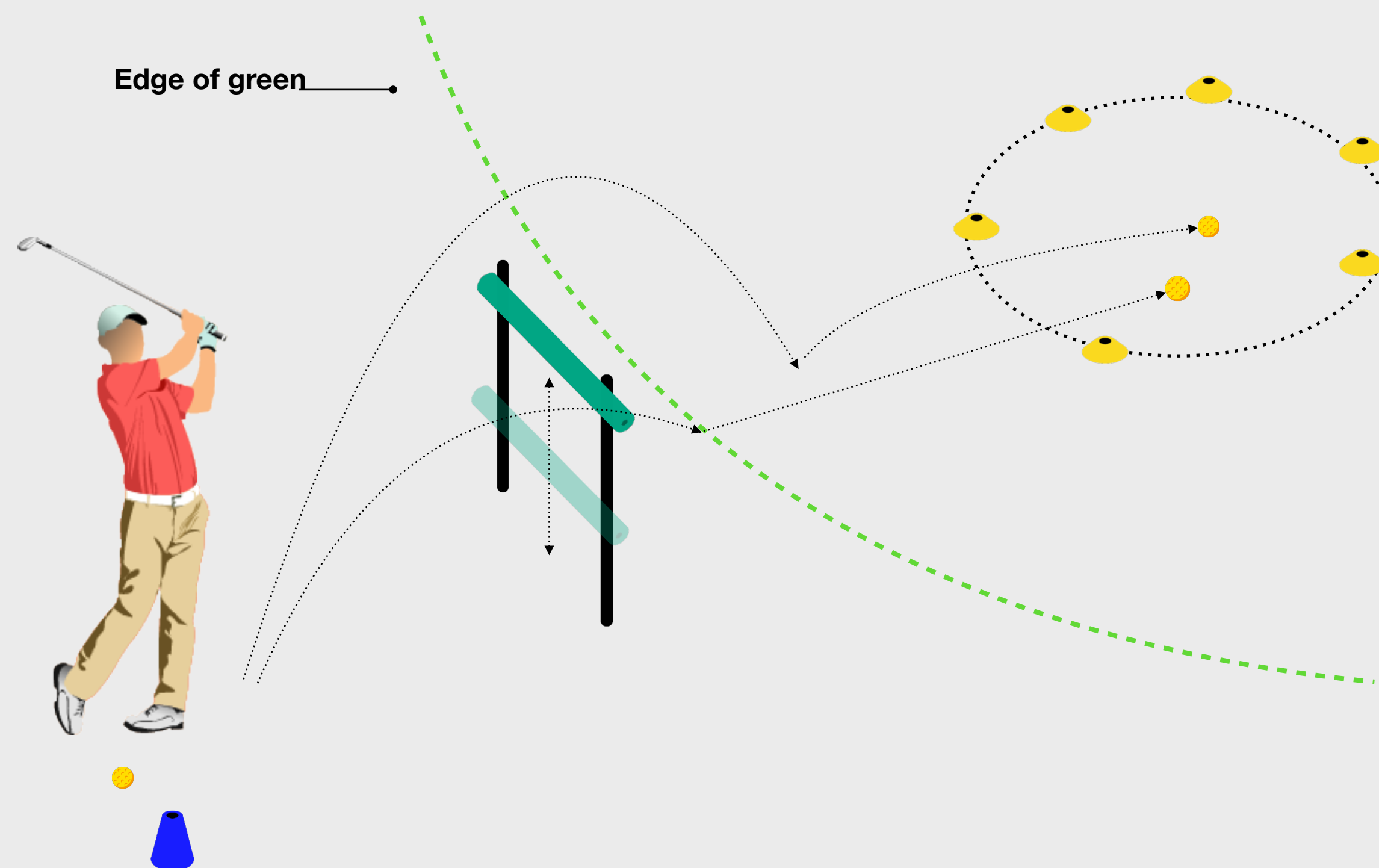
- Place the hoops on the ground from 4 to 10 feet
- The aim is to chip the ball to land in the first hoop, and then each consecutive hoop thereafter
- The student counts how many shots it takes to chip the ball to land in each hoop

## Technical Link

- This activity tests the students distance control when targeting a landing zone for their chip to roll out from
- Improving accuracy from this will help them on the course when trying to land shots in a certain area of the green



# Hurdles



## Equipment Needed

- Alignment sticks
- Noodle to create the hurdles
- 7 Cones to create target circle
- Marker Cone

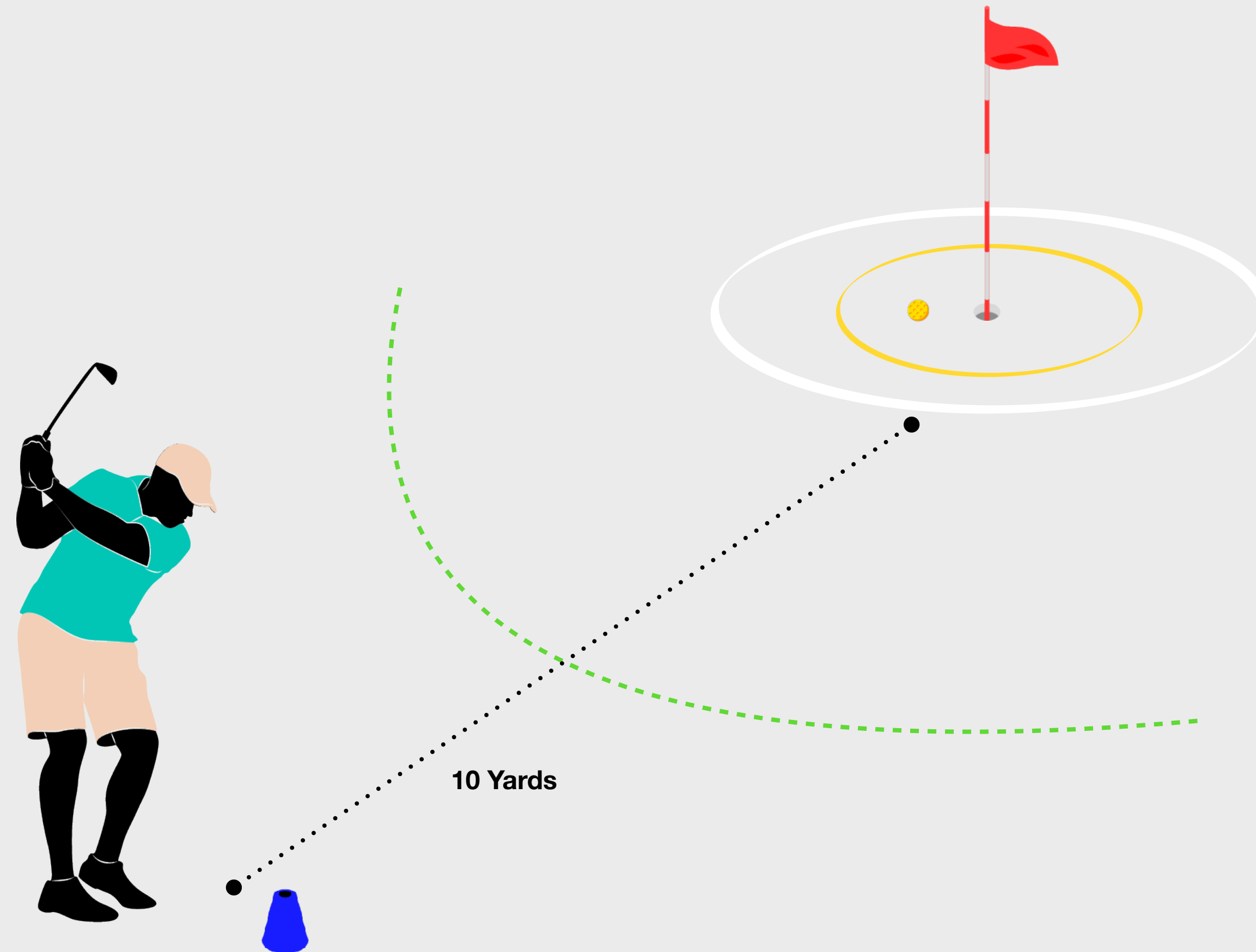
## How to Play

- Place the hurdles 5 feet ahead of the student
- Aim is to chip the ball over or under the crossbar and land in the appropriate place for the ball roll into the circle
- The student receives 10 attempts to chip the ball over or under the hurdle with 2 different clubs over 2 different hurdle heights
- 5 shots with a 8 iron with 30% through the air and 70% rolling
- 5 shots with a SW with 70% through the air and 30% rolling

## Technical Link

- This activity challenges the students ability to hit two types of shot that finish in the same place, but using two opposite trajectories to achieve this

# Closest to the Pin Challenge



## Equipment Needed

- 6 foot ring
- 10 foot ring
- Wedge or Iron
- Marker Cone

## How to Play

- Play this fun game for the duration of this session
- The students attempt to chip their ball towards the hole
- They have 10 attempts to chip the ball as close to the hole as possible
- Mark the closest position to the pin by using a tee or ball marker
- The winner is the student that chips the ball closest at the end of the session

## Technical Link

- This activity is all about accuracy by any means necessary when chipping and this simulates how the course works because the finishing position is the most important part of the shot
- Students can use any club or technique they like to attempt the challenge and the pressure to beat their opponent is another course related feature of the game

# Single, Double, Triple



## Equipment Needed

- Sand Wedge
- 2x Cones
- Bunker

## How to Play

- Students take it in turns to hit their shots, they can have either 1, 2 or 3 attempts each turn
- The student receives 1 point if they hit the ball out of the bunker, 2 points if they hit the ball onto the green and 3 points if they hit the ball inside the 10 yard circle of cones
- 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
- Alternatively, it can be played individually and the student attempts to beat their previous scores

## Technical Link

- This activity will help the student experience some more target based bunker shots and gain a greater understanding of how bunkers affect on how the ball can roll out on the green

# Par 27



## Equipment Needed

- Golf ball for each player
- Scorecard
- Pencil
- Bunker
- Putter and SW

## How to Play

- Get the students to choose a starting point for 'Hole 1' in the bunker
- The student should drop their ball rather than placing but this should be tailored to each student
- Each player hits their shot and then proceeds to putt out the ball or if they leave the ball in the bunker continue until they get the ball out
- The score should be recorded on the scorecard
- Students should find a new starting positions for Hole 2 and continue to play up to 9 holes
- Reiterate to students that out in 1 and 2 putts is acceptable from green side bunker play depending on their scoring goals.

## Technical Link

- This activity is effective practice for all areas of short game and challenges students to a variety of shot scenarios that they could expect to see on the course

# Safe or Not Safe?



## Equipment Needed

- Bunker
- Wedge and Putter
- Hazard or Cones for hazard
- Marker Cones

## How to Play

- Set up shot scenarios for the students around the green using cones for hazards or natural hazards if available
- Encourage students to take on the shots and choose the correct shot type and landing zone for avoiding the hazards and getting as close to the target as possible
- Award points to the students based on the decisions they make and get them to putt out to a finish to access the decision they made
- This game can be played individually or in pairs

## Technical Link

- This activity will challenge students to think about the type of shot they are trying to play, rather than hitting a stock shot as close to the pin as possible every time

# Divot Maker



## Equipment Needed

- Wedge
- Cones or hoops for target circle
- Marker Cone

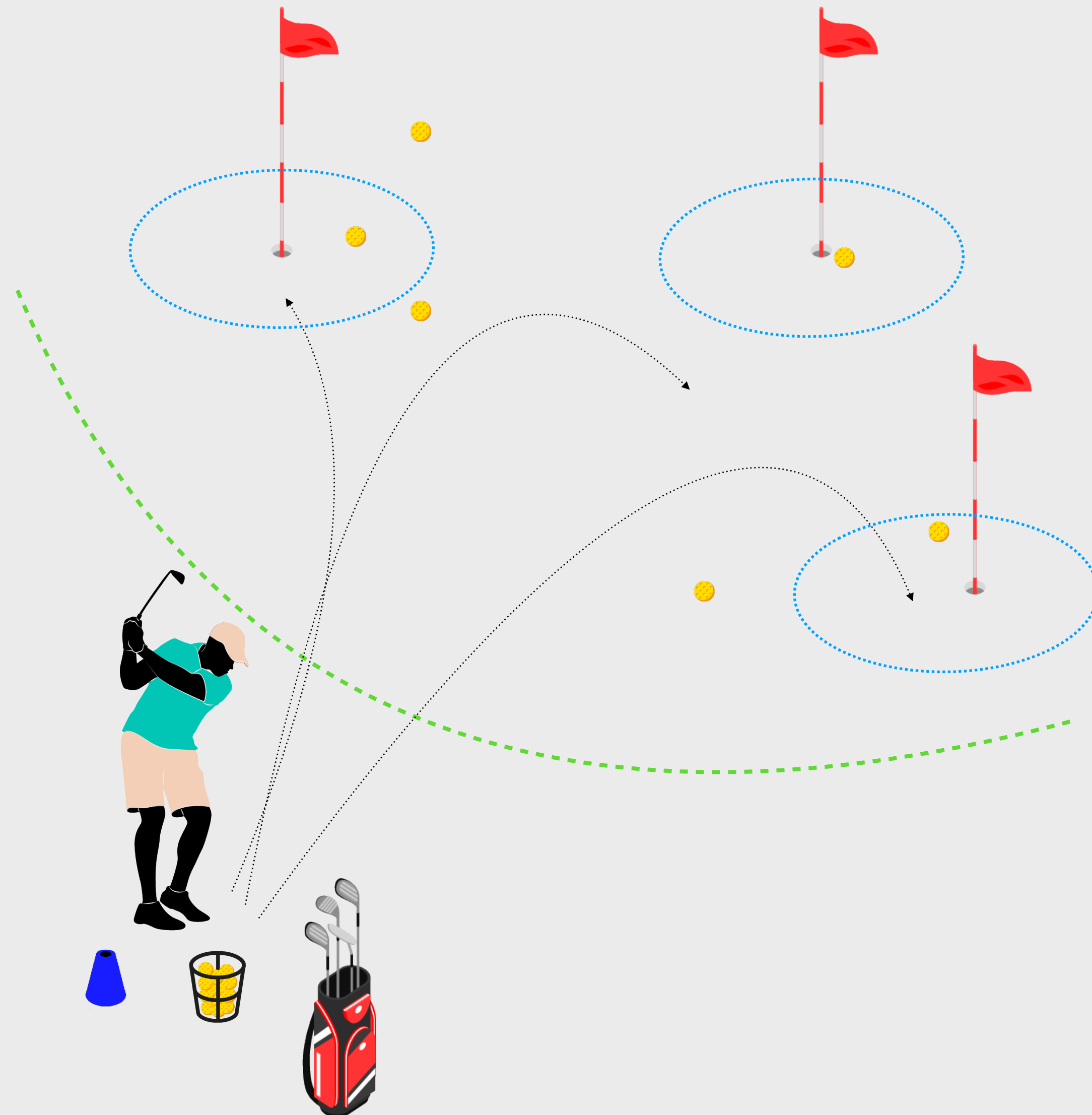
## How to Play

- Set up student around 40-60 yards from the green
- Ask them to hit shots varying between a deep divot, small divot and no divot
- They should alternate between these strikes with the aim of getting the ball into the target circle
- Adjust the target circle to the students ability
- The scoring shot is the one where a small divot is taken
- Award one point for on the green, three points for in the target circle and five points if it is holed

## Technical Link

- A stock pitch shot should leave a small divot in front of the ball after it has been struck
- This activity gives the student a sense for how to get the perfect strike by forcing them to do both the extremes on the strike spectrum

# Aim, Load and Fire



## Equipment Needed

- Wedge
- Cones or hoops for target circles
- Marker Cone

## How to Play

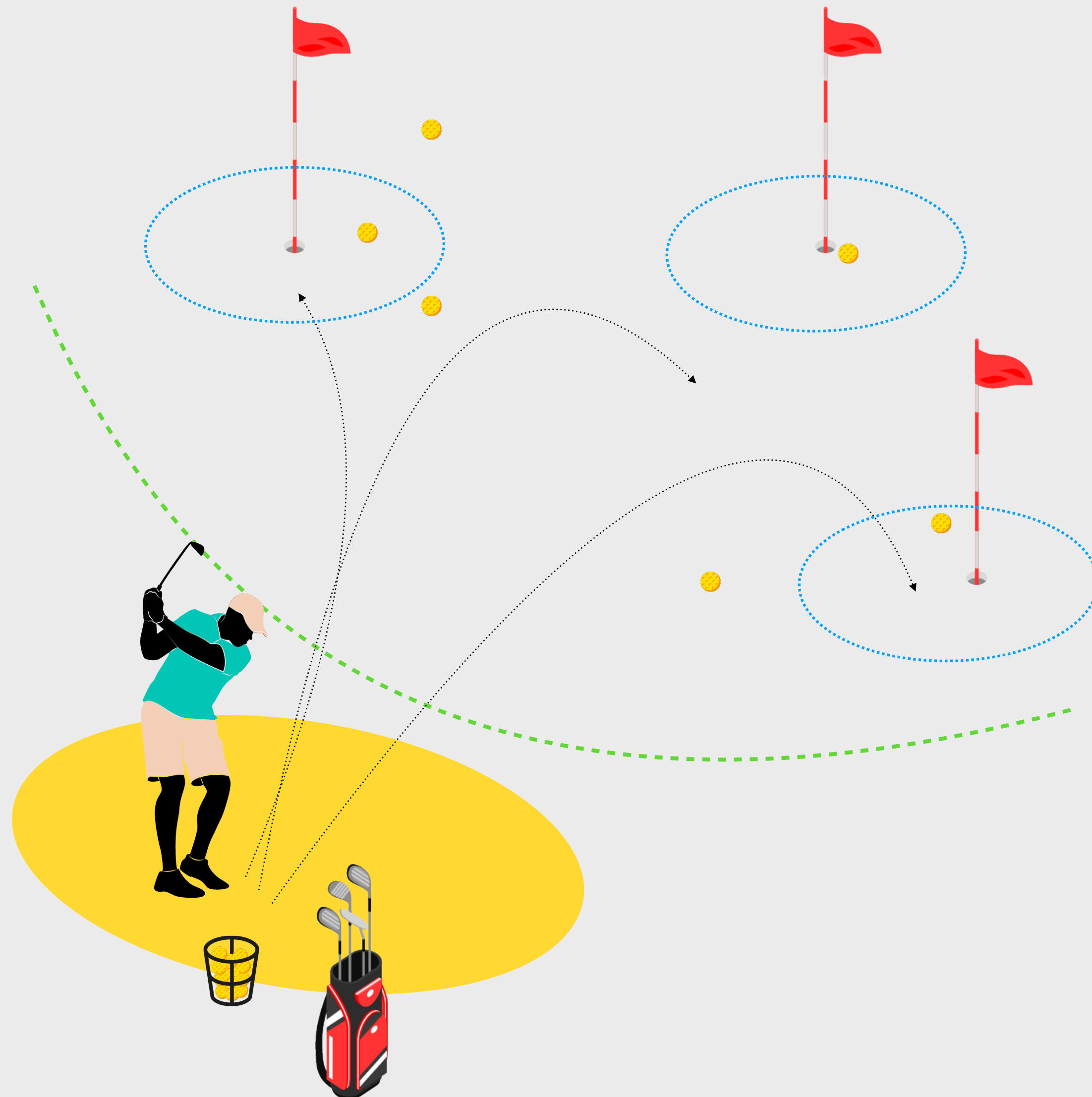
- Position students 40-60 yards from the green
- Taking it in turns allow the students to hit shots to 3 targets on the green
- Ask students to call out left, right or middle and the students will need to hit to the corresponding target changing their aim when necessary
- If the student hits the ball onto the green they score 1 point
- If the student hits the ball into one of the target circles which has been called out a score 5 points
- Play 10 rounds and the student with the most points is the winner

## Technical Link

- Explain to students how a stock pitch shot typically involves a shorter backswing and follow-through compared to a full swing
- The length of the backswing should correspond to the distance they want the ball to travel



# Aim, Load and Fire!



## Equipment Needed

- Wedges
- Cones or Hoops for target circle
- Bunker

## How to Play

- Position students in a green side bunker
- Taking it in turns the students hit shots to 3 pins, which are varied distances away on the green
- Ask students to call out before each shot whether they are aiming for the left, right or middle target
- If the student hits the ball onto the green they score 1 point
- If the student hits the ball into one of the target circles which has been called out they score 5 points
- Students play 10 rounds and see how many points they can score
- This game can be played individually or in pairs

## Technical Link

- This game tests the students ability to produce accurate shots to a range of differently distanced targets
- Students are allowed to use different wedges or simply change their technique to adjust to targets

# Higher or lower... Bunker!



## Equipment Needed

- Wedge
- Hoop or Cones for 6 foot diameter target circle
- Bunker

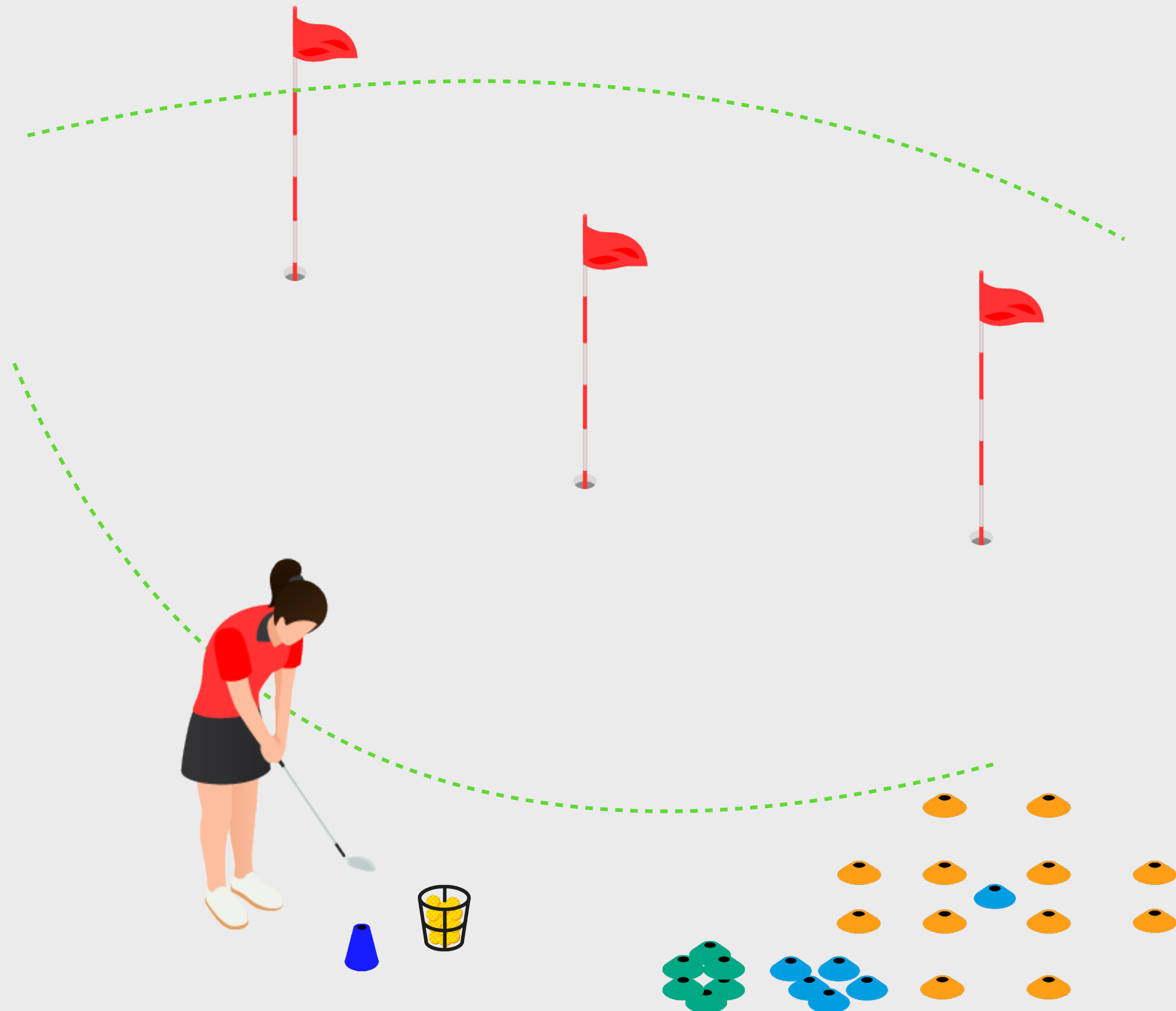
## How to Play

- Position the student in a bunker 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 with a PW at a lower trajectory with increased roll
  - Shot 2 with a SW at a higher trajectory, with less roll and more spin
- Once the demonstration is over they must take it in turns to hit one high and one low shot, with the intention of finishing it in the target circle
- A point is awarded each time the ball finishes in the target circle

## Technical Link

- Outline to the students the benefits of both shots and specifically where each shot would be used on the course
- Explain to the student the potential risks and likelihood of success with each shot
- This activity will test students ability to hit two types of shot with a degree of accuracy and under pressure

# Naughts and Crosses



## Equipment Needed

- Wedge, 9 Iron and 7 Iron
- Pile of Coloured Cones for the Crosses
- Pile of Coloured Cones in a second Colour for the Naughts
- Cones for the Naughts and Crosses Grid
- Marker Cone

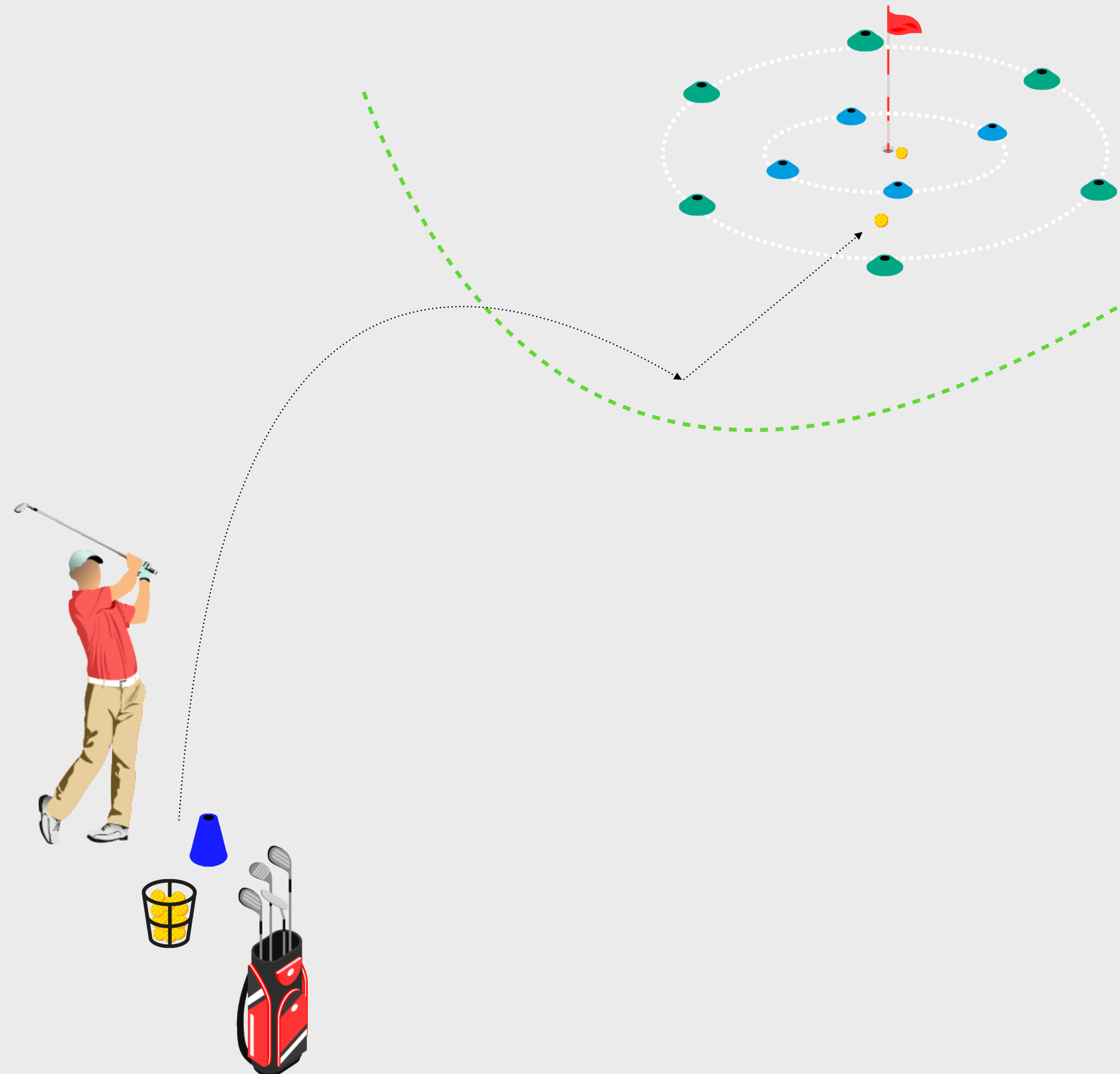
## How to Play

- Get the student to choose a pile of coloured cones to decide whether they are 'Naughts' or 'Crosses'
- Players take it in turns to choose a challenging lie for the shot and the club used
- Both players hit their shots and the closest to the flag wins and places a coloured cone on the Naughts and Crosses grid

## Technical Link

- This game is a fun and competitive way to test the students skills from challenging lies
- By allowing them to choose the club for the shot, it will challenge them to produce accurate shots with a club that may not be optimal and this will help them gain a full understanding of how to adjust their technique for a variety of lies

# Pitching Bullseye



## Equipment Needed

- Wedge
- Cones to create 2 circles (10ft & 20ft)
- Marker Cone

## How to play

- Set up a Pitch shot from 30 - 40 yards
- 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

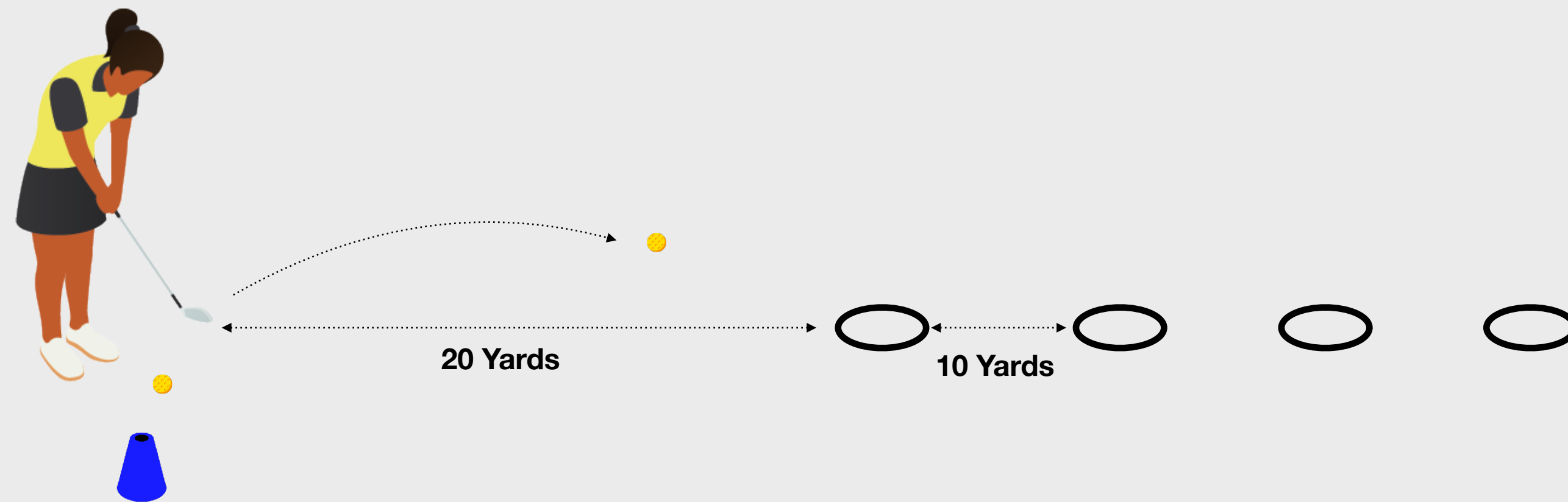
- Hoops
- Wedge or Iron
- Marker Cone

## How to Play

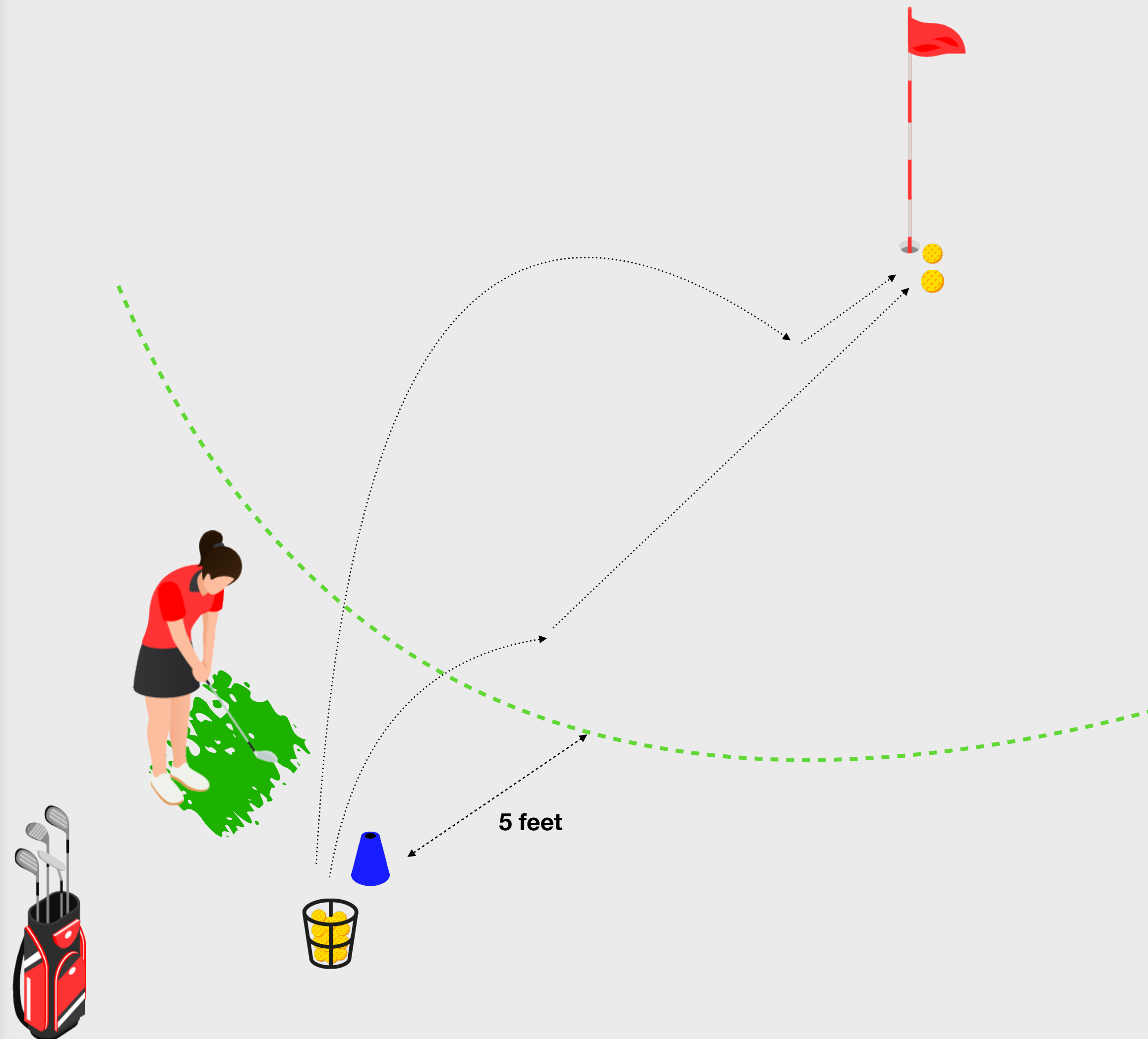
- Place the hoops on the ground from 20 to 50 yards
- The aim is to pitch the ball to land in or near the first hoop, and then each consecutive hoop thereafter
- The student counts how many shots it takes to pitch the ball to land in each hoop

## Technical Link

- This activity tests the students distance control when targeting a landing zone for their pitch to roll out from
- Improving accuracy from this will help them on the course when trying to land shots in a certain area of the green



# Higher or Lower?



## Equipment Needed

- Iron and Wedge
- Varying grass length
- Marker Cone

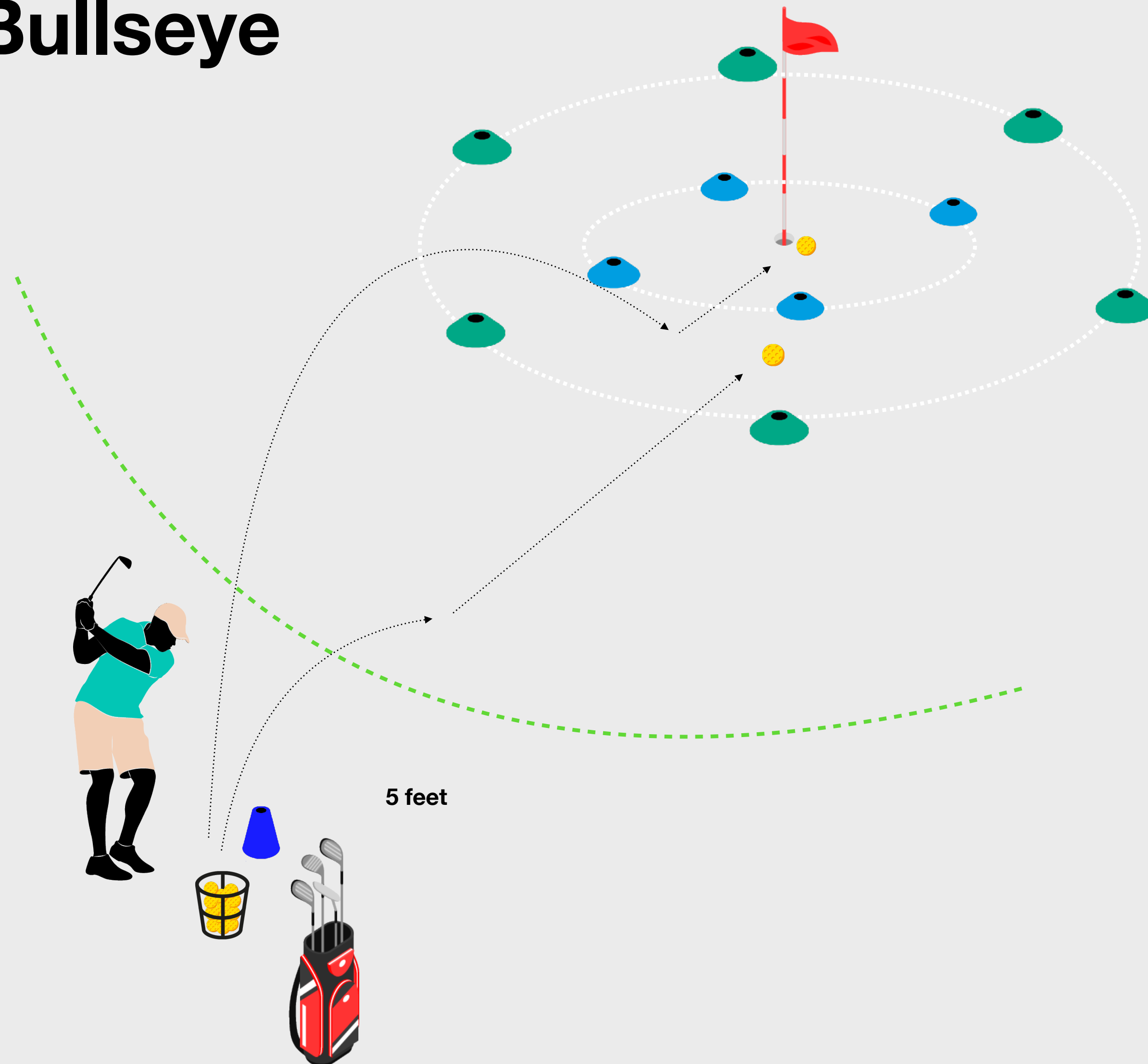
## How to Play

- Position the student on the edge of the chipping green where there is rough and fairway/ fringe and lots of green to work with
- Demonstrate to the student two different ways to play the shots from the two different lies using both clubs
- Shot one will be with a high lofted wedge and a longer swing for a more aerial approach
- Shot two will be played with a mid iron and a shorter swing for a lower flighted approach
- See which shot ends the closest each time and keep score to explore which club works best from each lie and whether a higher or lower approach is best suited from those lies

## 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

# Bullseye



## Equipment Needed

- Cone to create 2 circles (5ft & 10ft)
- Wedge or Iron
- Marker Cone

## How to play

- Set up the student on the edge of the green where there is rough and fairway/ fringe
- Challenge them to hit 10 shots from the edge of the green
- 5 shots should be hit with a mid iron from a mixture of lies
- 5 shots to be hit with a wedge from a mixture of lies
- 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 students how changing the club will effect the shot distance and trajectory
- Discuss how the lie can affect the shot intended and what adjustments can be made to compensate for a difficult lie

# Par 18



## Equipment Needed

- Golf ball for each play
- Scorecard
- Pencil
- Cones for safety
- Putter
- 7 iron, 9 Iron and SW

## How to Play

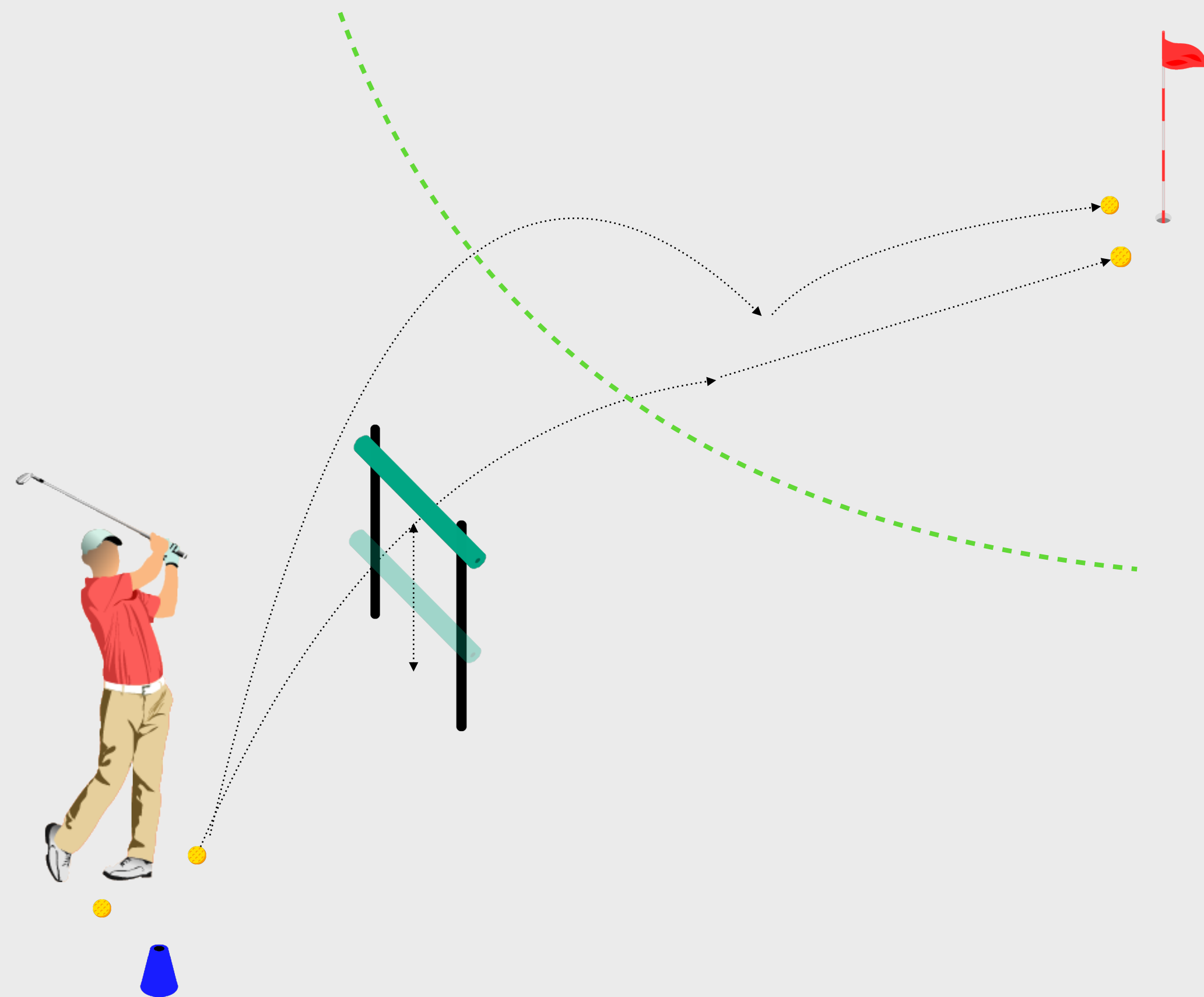
- Get the students to choose a starting point for 'Hole 1' around the green no more than 10 yards from the edge of the green surface
- The student should drop their ball rather than placing
- Each player hits their shot and then proceeds to putt out the ball
- The score should be recorded on the scorecard
- Students should find a new starting position for Hole 2 and continue to play up to 9 holes
- Each hole should include a new situation and lie

## Technical Link

- This activity is effective practice for all areas of short game and challenges students to a variety of shot scenarios that they could expect to see on the course



# Hurdles +



## Equipment Needed

- Alignment sticks and a noodle to create the hurdles
- Low lofted wedge and high lofted wedge
- Marker Cone

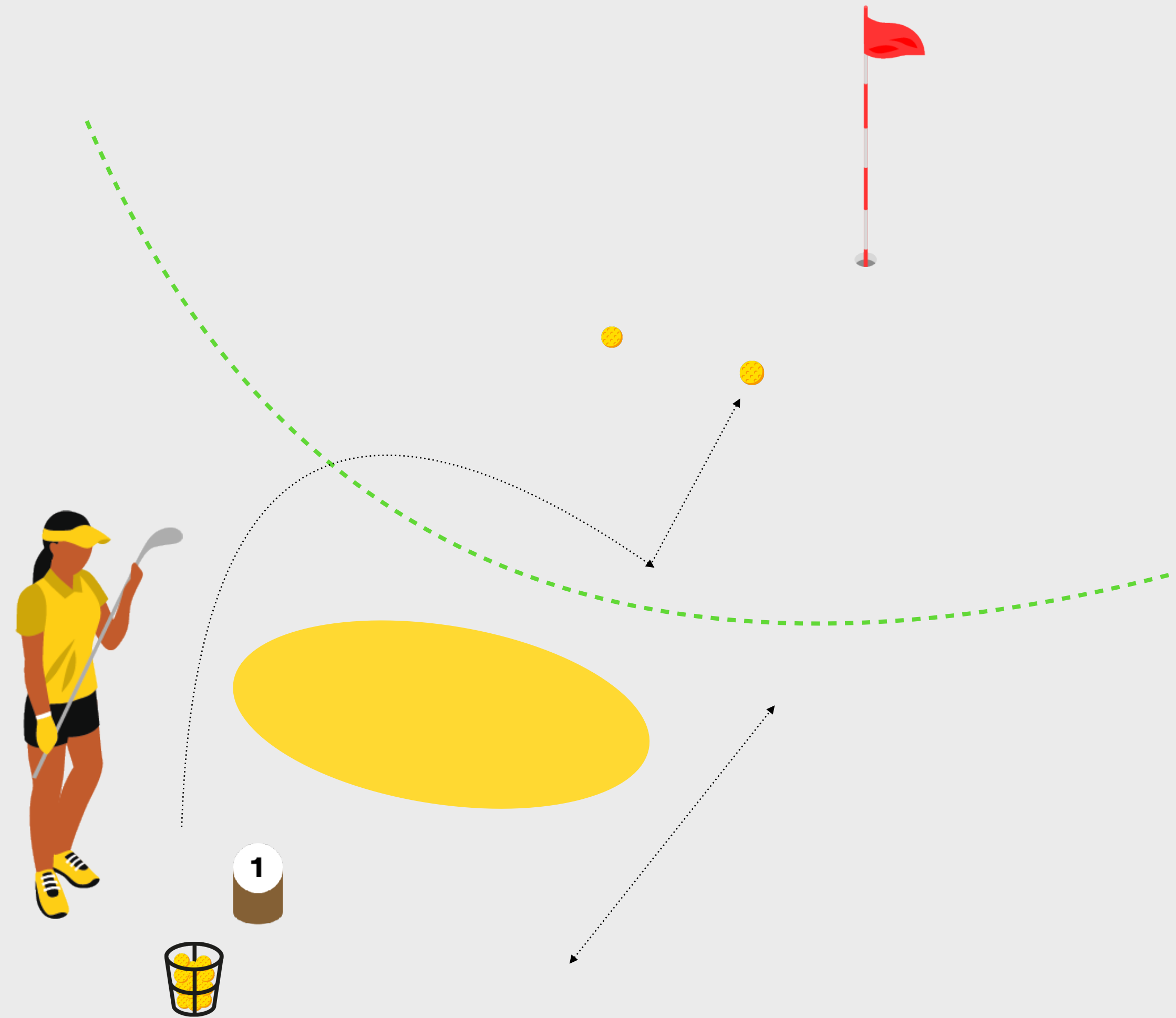
## How to Play

- Place the hurdles 5 feet ahead of the students
- Aim is to flight the chip shot over the crossbar and land in the appropriate place for the ball roll into the circle
- The students receives 10 attempts to chip the ball over the hurdle with 2 different clubs over 2 different hurdle heights
- 5 shots with a 48 degree wedge with 30% through the air and 70% rolling
- 5 shots with a 56 degree wedge with 70% through the air and 30% rolling

## Technical Link

- This activity challenges the students ability to hit two types of shot that finish in the same place, but using two opposite trajectories to achieve this

# Change Club or Technique



## Equipment Needed

- Scorecard
- Pencil
- Wedges, Irons and Putter
- Bunker

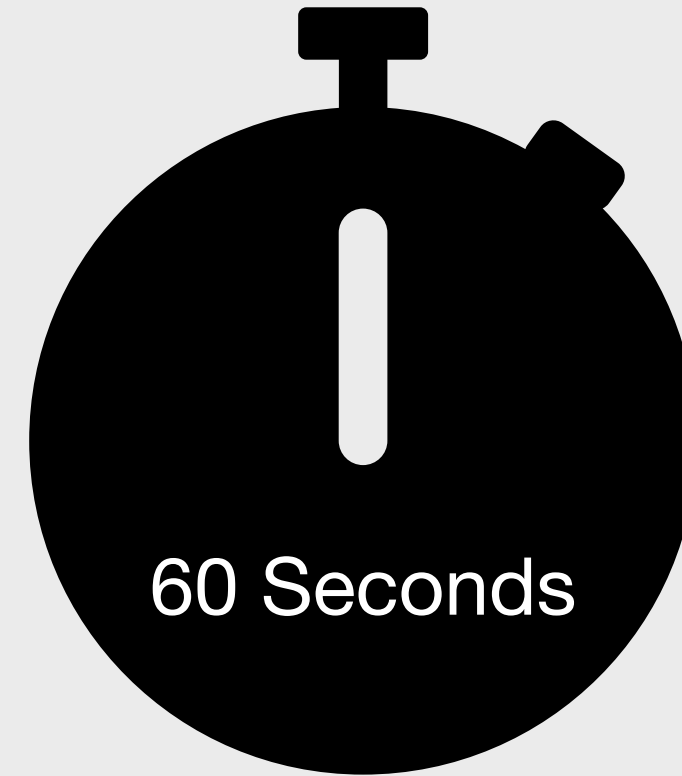
## How to Play

- Get the students to choose a starting point for 'Hole 1' around the green
- The student should drop their ball and attempt a shot to the pin with a club and technique of their choice
- The student must proceed to putt out the ball and record on the scorecard
- A new starting position should be attempted each hole and the distance should be varied for each shot
- Students continue for up to six holes depending on the time available
- The aim is to record the lowest score possible

## Technical Link

- This activity will challenge the students to adapt their club choice to the shot presented to them
- Depending on the range the first shot is positioned at, the student may choose to alter their technique with the same club they are using or switch to another which is more suited

# Speed Chipping



## Equipment Needed

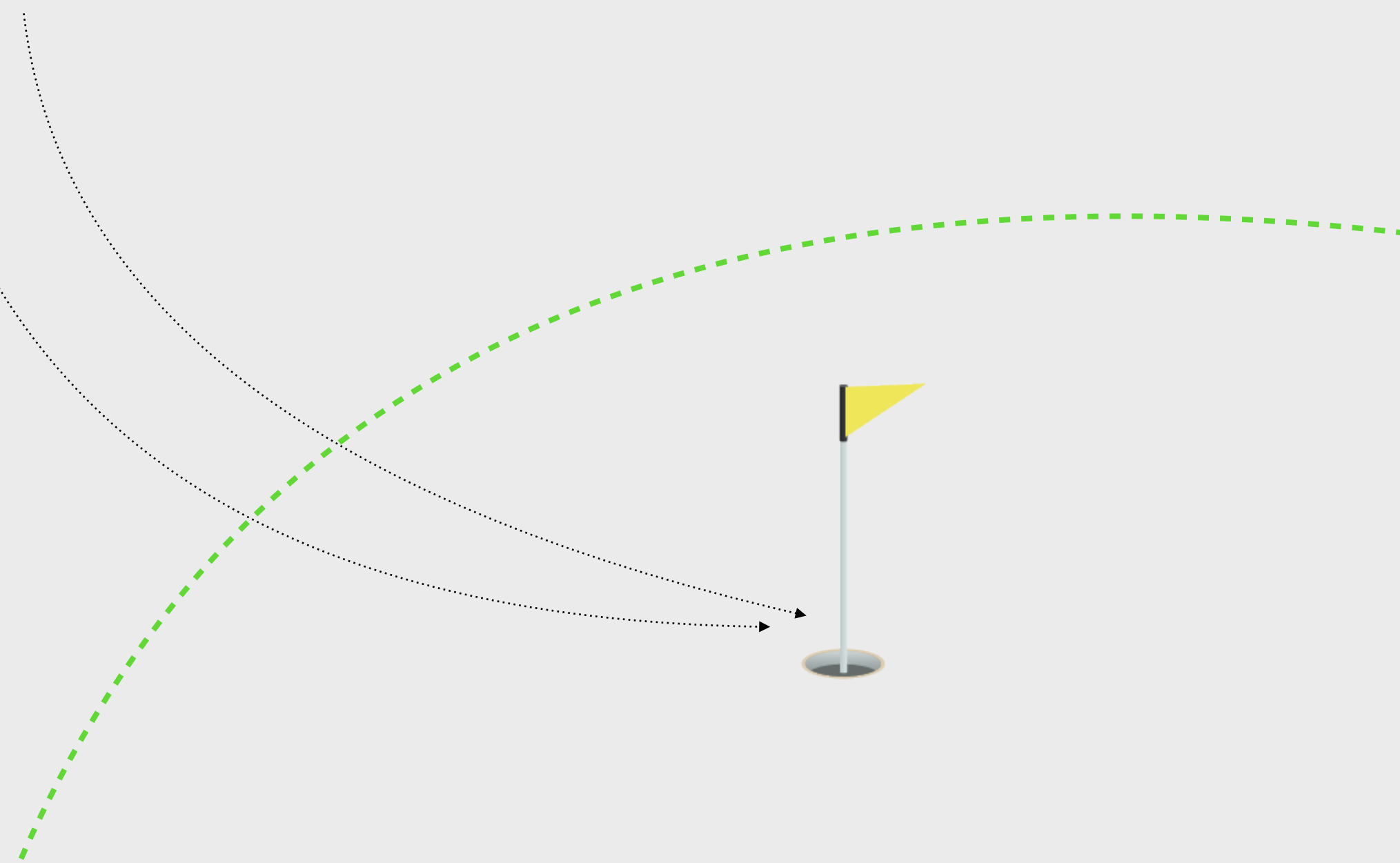
- Wedge
- Timer
- Marker Cone

## How to Play

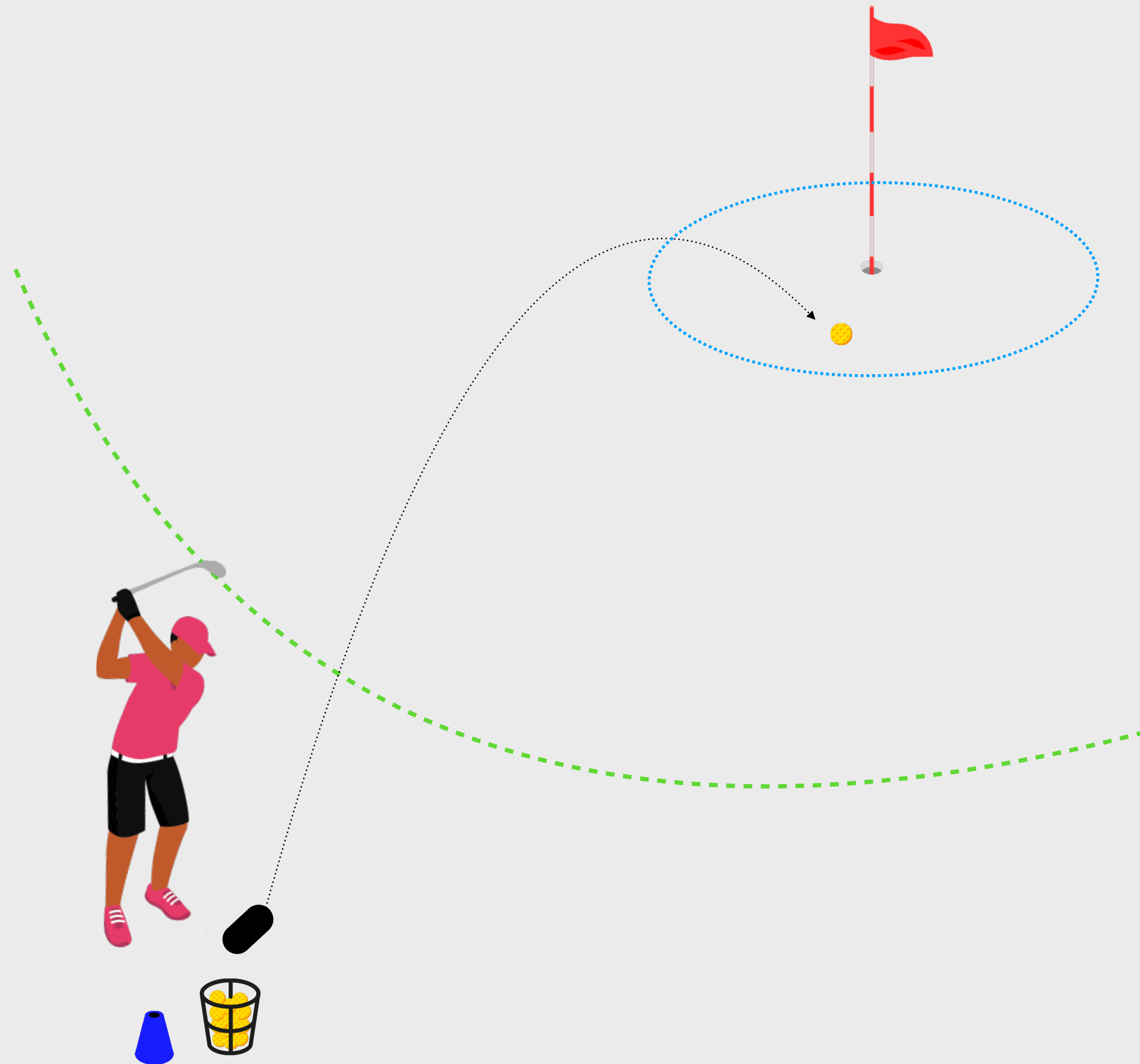
- Set up by spreading up to 30 balls around the green at varying distances ranging from edge of the green to 20 yards away
- Start a timer for 60 seconds and ask the student to hit as many balls as possible onto the green
- After 60 seconds ask the student to count all the balls on the green
- Game can be played individually or in pairs
- The winner is the student with the most balls on the green

## Technical Link

- This game is designed for the students to play under pressure whilst creating a fun and competitive atmosphere
- The key technical focus should be on getting good contact because accuracy and distance control are less important when just trying to get it onto the green



# Divot Maker



## Equipment Needed

- Wedge
- Cones or hoop for target circle
- Marker Cone

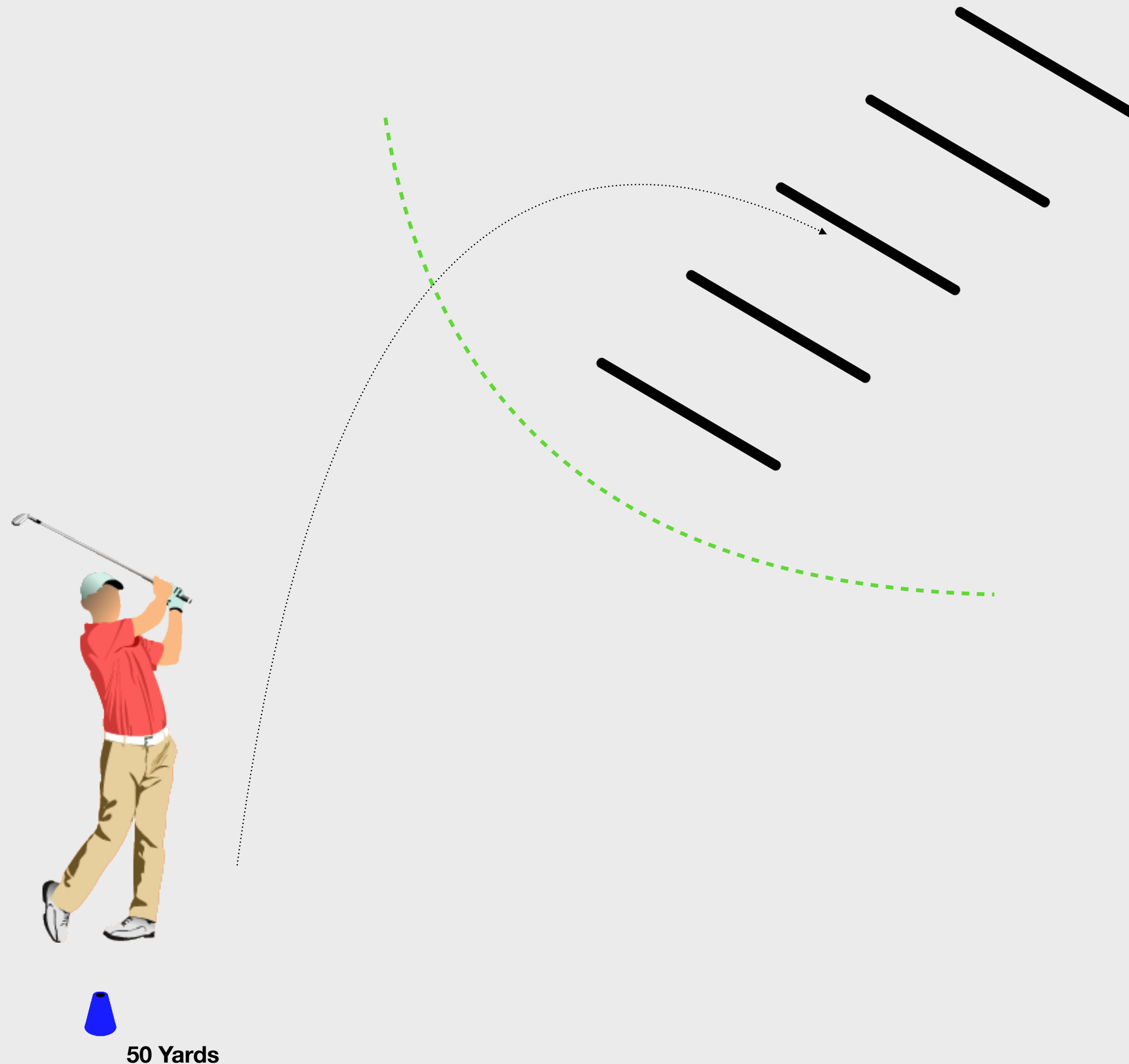
## How to Play

- Set up student around 40 yards away from the green
- Ask them to attempt pitch shots varying between a deep divot, shallow divot and no divot
- They should start by alternating between these strikes to get a feel for the appropriate divot for good contact
- After this they begin scoring by attempting to get the ball in the target circle, taking a consistent divot each time
- Award one point for on the green, three points for in the target circle and five points if it is holed
- Shots where a divot is not taken do not count towards score

## Technical Link

- This activity gives the student a sense for how to get the perfect strike by forcing them to do both the extremes on the strike spectrum
- A stock pitch shot should leave a small divot in front of the ball after it has been struck and students should focus on this to get a good strike

# Climb the Ladder



## Equipment Needed

- 5 x Alignment Sticks
- Marker Cone
- Wedge

## How to Play

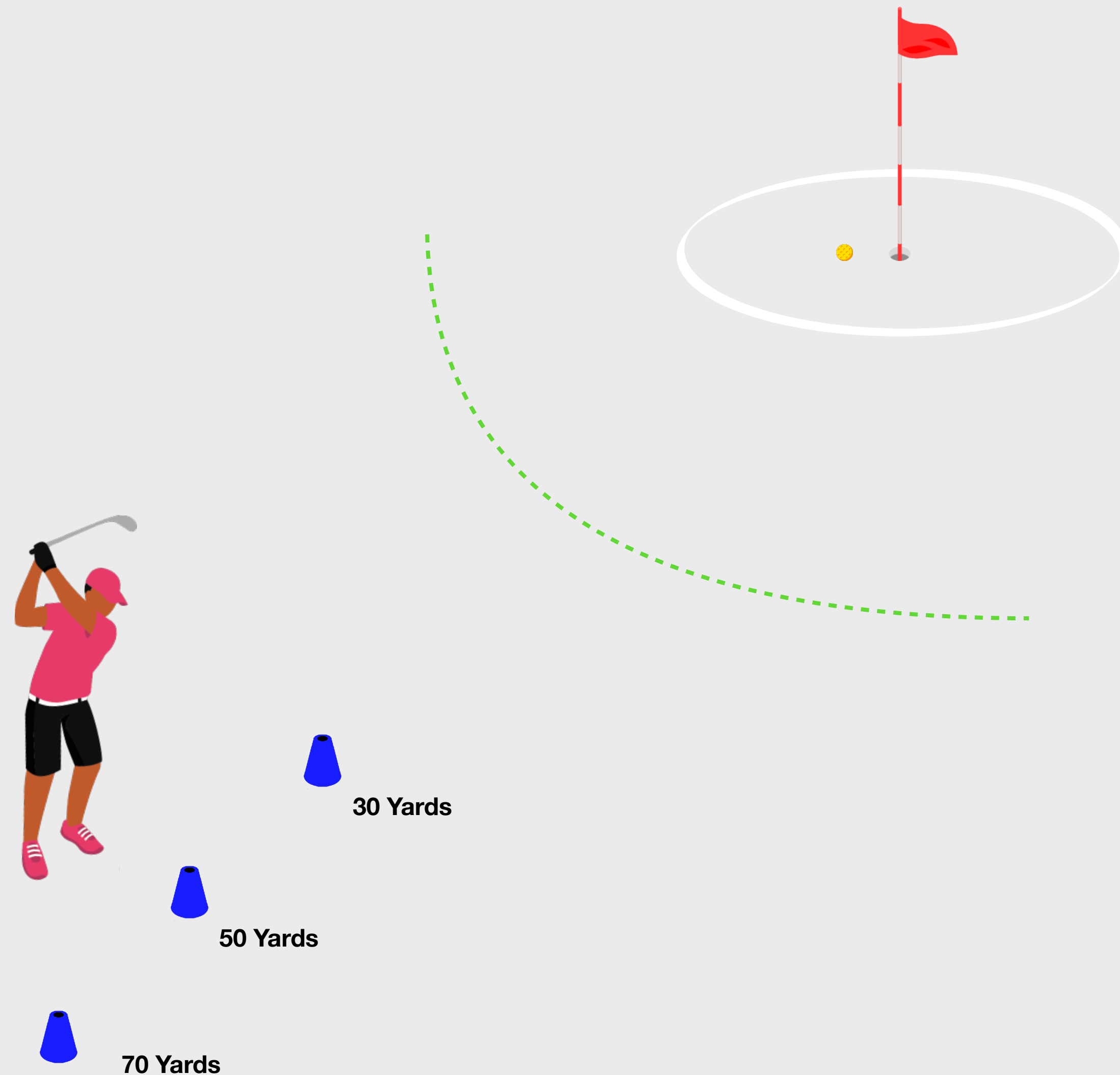
- Set up 5 alignment sticks on the green evenly spaced apart
- Position a marker cone 50 yards away from the green
- Using the necessary club students must attempt to land it in the first part of the ladder in as few attempts as possible
- The ball does not need to stay in that part of the ladder
- After they have completed the first part of the ladder they can move on to the next part until they reach the end
- This game can be played individually or in pairs with the winner being the first to complete the ladder

## Technical Link

- The focus is not on accuracy, but on distance control and so the only aim is to land the ball between the alignment sticks
- Students have the option to use any club they are comfortable with, but a higher lofted club would be recommended as the aim is to land the ball in the gaps, which requires a higher trajectory

50 Yards

# Beat the Stock



## Equipment Needed

- Varying grass length
- Wedge
- Hoop or Cones for 12 foot diameter target circle
- 3 x Marker Cones

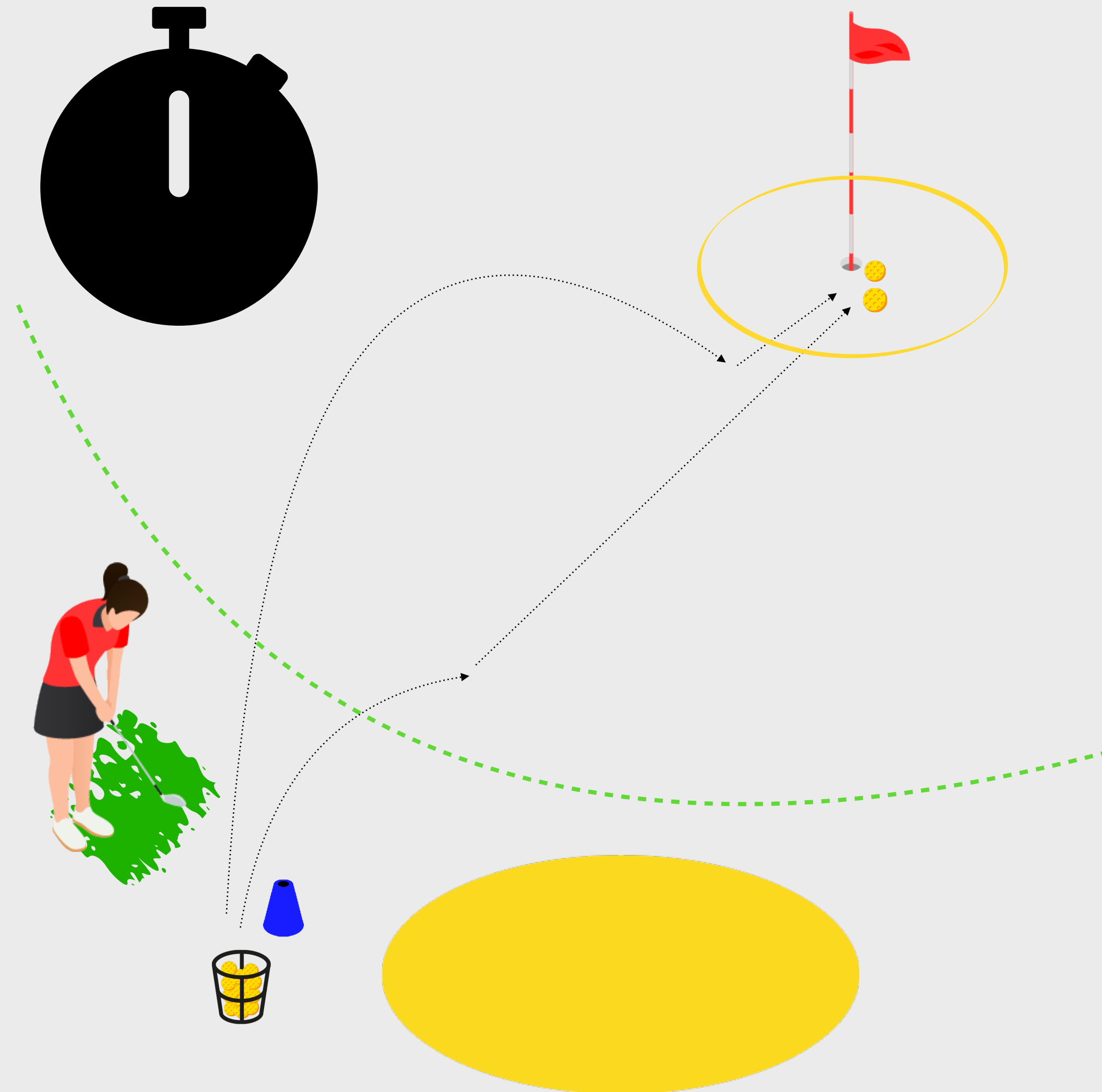
## How to Play

- Set up 3 cone markers 30, 50 and 70 yards away from the green on a flat surface
- Ask the student to attempt 5 stock shots to the pin from the marker cone and they should place the ball on good lies
- After the first 5 shots have been hit from the closest marker, the student must attempt to beat those shots by finishing them closer, but from challenging and awkward lies
- Following from this ask them to pick all the balls up and repeat the exercise from the next furthest marker cone

## Technical Link

- This activity will challenge the student to try and hit not only escape shots from bad lies, but accurate shots and use what they know about how to adjust themselves for these lies
- The different distances will provide the student with a greater understanding of distance control from difficult lies and changes they need to make in speed and power to allow for this

# Against the Clock



## Equipment Needed

- 6 foot diameter hoop or cones
- Wedges
- Bunker
- Marker Cone

## How to play

- Set up a 6 foot target circle around a pin on the green
- Position the student on the edge of the green for a short chip to start the game
- The challenge is for the student to get a ball into the target circle as quickly as possible before moving onto the next position
- To complete the game the student must complete all the listed short game shots:
  - Short Chip (5 yards)
  - Tough Lie Pitch Shot (around 30 yards)
  - Bunker Shot
  - Tough Lie Chip (5 yards)
  - Sloped Pitch Shot (30-50 yards)
  - Tough Lie Bunker Shot
  - Long Chip (10 yards)

## Technical Link

- This activity is a full test of the students short game and challenges their technique and ability to perform a range of shots under time pressure