

# Lesson Plan

## Orange Level

SESSION



### AT A GLANCE



	Location - Practice Ground		Club (s) - 7 iron
Topic	General	Focus	Time
Introduction	Safety - Stay in place, do not venture forward to pick up tees or balls		5 mins
Swing	Set up	Hold	35 mins
Etiquette	Saving time	Tips	5 mins
Rules	Tees	Teeing area	5 mins
Knowledge	Essentials	Tees & balls	5 mins
Challenge	No challenges this week		0 mins
Close	Go through what's been learned, line up next weeks session		5 mins

### OBJECTIVES



#### Swing

- Explain absolute basics of the address position
- Demonstrate the correct hold
- Demonstrate 3 ways of holding the club
- Stress importance of correct hold
- Discuss tension
- Discuss use of golf glove

#### Etiquette

- Stress importance of playing with haste
- Ask the class why they think some people play more slowly than others?
- Discuss being ready to play when it's your turn
- Walking briskly in between shots
- Not too many practice swings
- Where to leave your bag when you get to the green

#### Rules

- Talk about the various coloured tees and what they mean
- Explain the fact that you're allowed to go behind the tees a maximum of 2 club lengths
- Not to tee up in front of markers
- Imagine a line between markers

#### Knowledge

- Part of the 10 essential items required to play the game of golf
- Tees, discuss the various types and styles now available
- Golf balls, no other sport has such a variation of playing object, discuss the basic differences between softer, high spin balls and harder, low spin ones

# **Lesson Plan** **Orange Level**

SESSION  
1



## COACHING TIPS

Keep things relaxed and focus on making sure pupils remain focussed, engaged and having fun. Keep asking plenty of questions, it keeps pupils on their toes and listening to what you're saying.

### First things first

Outline the contents of this new Orange level, plenty of new topics to learn and the quiz at the end, so best pay attention to what's being said.

3 minutes

Mention the challenges get a little tougher now they are more experienced players

2 minutes

### Swing

- Keep underlining the importance of establishing a pre-shot routine - aim - take hold - build stance - think posture - get grounded - check target 5 minutes
- Focus once again on holding the club in the correct manner - very young pupils may not have the strength to adopt what's considered to be the perfect grip on the club. Don't be afraid to make allowances, the hold can be developed over time, simply working on having the hands close together may be enough in the early stages 5 minutes
- Introduce a period of warm up where stretches and practice swings are taken - ask why this might be important 5 minutes
- Send pupils to their stations - begin the lesson - spend equal time with each pupil - be aware of all pupils efforts and good shots - keep looking for good points within the swing such as set up, balance or rhythm 20 minutes

### Etiquette

- Speed of play is so important it's worth discussing again and again - ask plenty of questions about how slower play is caused and what can be done to speed things up
- Discuss how order of play is decided with the players farthest from the target having to play first
- Get pupils thinking about getting ready for their shot before it's actually their turn to play - having tee and ball ready when they get to the teeing area - selecting which club they're going to use whilst their opponent is taking their stroke
- Walking briskly in between shots - young players often have little concept of time slipping by and this will be a subject that is continuously revisited
- Leaving the golf bag between the hole and the next tee is another small time-saver
- If a pupil is taking too many practice swings this might have to be limited 5 minutes

# Lesson Plan

## Orange Level



### COACHING TIPS

#### Rules

- Explain the teeing area and what the different colour markers determine
- Show the class how the area is determined as 2 club lengths behind the markers and state that it's the ball that has to be within this area, not necessarily the player
- Explain the fact that they must not tee the ball up ahead of the markers or they may be asked to play again or incur a penalty stroke

5 minutes

#### Knowledge

- Top 10 pieces of essential equipment is highlighted in the centre pages - You can discuss the various types of tee peg and golf balls that are available

5 minutes

#### Close

Same time next week - all done very well - all listened well and worked hard - any questions

5 minutes

### MY NOTES



Good - What was good about this session?	Better - what can I do to make the session better?
Best - What was the best thing about this session?	How - What could I do to improve the session?

# Lesson Plan

## Orange Level

### SESSION 2

#### AT A GLANCE



	Location - Practice Ground		Club (s) - 7 iron
Topic	General	Focus	Time
Introduction	Safety - Be aware of other players around you		2 mins
Swing	Set up	Ball position	35 mins
Etiquette	Thoughtfulness	Consideration	2 mins
Rules	Features of the course	General	2 mins
Knowledge	Essentials	Irons & woods	2 mins
Challenge	25 metres - 3 shots from 5		15 mins
Close	Go through what's been learned, line up next weeks session		2 mins

#### OBJECTIVES



##### Swing

- Explain absolute basics of the address position
- Demonstrate the ball position and discuss why it's important to have the ball in the right place
- Show the contrast between PW and Driver to exaggerate the theory

##### Etiquette

- Not to take trolleys onto greens and tees - explain they leave ruts and marks
- Not to scoop ball out of golf hole as it breaks the sides of the hole
- Lay the flag on the green gently - not to throw or chuck it down

##### Rules

- Not exactly a ruling but start a discussion regarding various fetures of the course
- Introduce golf terms like apron, fringe, cup, pin, trap, lateral water hazard, casual water, loose impediment
- Explain golf has it's special terms known as jargon

##### Knowledge

- Top 10 essentials 3 & 4, irons and woods
- Stress why it's important to have clubs that are suitable
- Talk about the length and weight of golf clubs
- Mention shaft flex and why it's important to have the right ones in your clubs

# Lesson Plan

## Orange Level

SESSION

2



### COACHING TIPS

The first few sessions are all about having fun, learning little bite-sized pieces of knowledge about golf and making new friends.

### Session introduction

- Underline important safety rules - explain that golf balls can fly off at all angles 1 minute
- Outline the highlights of today's session 1 minute

### Swing

- Explain how the length of club varies between each one and the irons and woods, this is considered to be the reason for varying the position of the ball 2 minutes
- Some coaches like to play the ball from a set position and vary the width of stance, this is entirely your preference and you should coach the one you prefer 5 minutes
- Place 3 or 4 balls on the ground and demonstrate the club and ball positions for the pitching wedge through to the drive 5 minutes
- Get the class to start the set up routine with their feet together and then adopt their stance and ball position by placing their feet either side of the ball according to which club they're using 3 minutes
- Send the class to their stations to focus on stance and position of the ball 5 minutes

Begin to introduce fun competitions to your sessions  
Check out some ideas in the manual

5  
LIVES



### Etiquette

- Always a good idea to discuss how players can take care of the course - taking trolleys and bags onto tees and greens is not a good thing, ask your class why this might be so?
- Sometimes the cup is filled with water and pupils may be tempted to scoop the ball out with the putter head - Explain how this destroys the hole and will affect others playing the course
- Even laying the flag down gently goes a long way to preserving the condition of the greens and showing thoughtfulness and consideration for other players and the course 2 minutes

# Lesson Plan

## Orange Level

SESSION  
**2**



### COACHING TIPS

#### Rules

- Stand on the practice ground or the range and have a look out at the course - discuss the various features that can be seen
- Introduce golf terminology and jargon to the class - have some fun asking questions 2 minutes

#### Knowledge

- Having equipment that suits the player is important, with youngsters it's vital
- Educate the class on the parts of the club and how they can vary - focus on length, weight and shaft flex so they can advise their parents 2 minutes

#### Challenge

- Let pupils have 5 golf balls in front of them - one at a time, get them to play their 5 shots - tick each shot on the challenge score sheet - all players should pass this challenge - allow them to play from a tee peg 15 minutes

#### Close

- Same time next week - brief outline of next sessions activities - all done very well - all listened well and worked hard - any questions 2 minutes

### MY NOTES



Good - What was good about this session?	Better - what can I do to make the session better?
Best - What was the best thing about this session?	How - What could I do to improve the session?

# Lesson Plan

## Orange Level

SESSION  
**3**

### AT A GLANCE



	Location - Practice Ground		Club (s) - 3 / 5 wood
Topic	General	Focus	Time
Introduction	Safety - Be aware of where the ball is going and no one's in the way		2 mins
Swing	Swing	Away and through	35 mins
Etiquette	Safety	Keep your distance	2 mins
Rules	Scorecard	introduction	2 mins
Knowledge	Essentials	Putter & pitch repairer	2 mins
Challenge	50 metres - 3 shot from 5		15 mins
Close	Go through what's been learned, line up next weeks session		2 mins

### OBJECTIVES



#### Swing

- Focus on creating a triangle with the arms
- Explain how pupils can find the correct distance from the ball
- Reiterate the feet together and one step away from the target
- Encourage a 1 piece start to the swing away
- Imagine a clock, swing away, make an 'L', swing through, make an 'L', face target

#### Etiquette

- Stress the importance of keeping away from the swinging clubs of other players
- Demonstrate just how wide the swing arc can be
- Get your pupils into the habit of standing and watching other players
- Get pupils to listen as well as watch when they are around the club

#### Rules

- Show the class a scorecard
- Explain the various columns
- Show how par relates to length of hole
- Explain the stroke index and briefly mention how it works
- Explain that golfers swap their cards before they play
- Stress the importance of signing the card

#### Knowledge

- Show the class some different styles of putter - mallet - centre-shafted - blade
- Stress once again how important putting is in the game of golf - the percentage of the score - 50% of the game with 36 putts in a score of 72
- Discuss the importance of having more than 1 pitch repairer in the bag



# Lesson Plan

## Orange Level

SESSION  
**3**



### COACHING TIPS

You and your class are well into the rhythm of the lessons by now, by studying your lesson plans each week you have more than enough good quality information at your fingertips.

### Session introduction

- Underline important safety rules - stay at least 3 metres from any player 1 minute
- Outline the highlights of today's session 1 minute

### Swing

- Explain in a little more detail how to set up for a shot with the wood 2 minutes
- Explain how high to tee the ball with different woods 5 minutes
- Discuss where you would use different woods and hybrids 3 minutes
- Try using letters and number cues - stand like the letter 'A' - swing away and make the letter 'L' - swing through to face the target - make an 'L' - finish in balance 2 minutes
- Use the clock metaphor to give another perspective on the learning process 3 minutes
- Use simpler language for swifter results - delete backswing, downswing, wrist hinge, weight transference, resistance and rotation from your vocabulary until later in the levels 5 minutes
- Send pupils to their stations and begin the ball striking 15 minutes

At the end of the session call everyone to an imaginary first tee and get them to drive off in front of everyone

**TEE  
TIME**



### Etiquette

- Demonstrate just how wide the arc of a swinging club can be and ensure players stay aware of others and keep at least 3 metres apart
- Explain the player cannot see other approaching from behind or to the side
- Pupils should watch some other players and learn how to be aware of all other players on the course. Those who are gaining ground behind, those who might be playing on a parallel fairway and those putting out as you walk along a noisy path behind the green
- General awareness using ears and eyes at all times 2 minutes



# Lesson Plan

## Orange Level

SESSION  
**3**



### COACHING TIPS

#### Rules

- Introduce the scorecard to your pupils but do not swamp them in too much details or too many facts and figures. The scorecard looks complicated and full of confusing numbers. Give a general overview of what the main columns mean 2 minutes

#### Knowledge

- Talk about putting, putters and putting styles of past and present champions. Stress the importance of developing a good putting stroke and regular practice. Mention the importance of having at least a couple of pitch repairers in the bag. Show them some signs that say 'Please repair your pitch marks' 2 minutes

#### Challenge

- Each pupil should have 5 golf balls in front of them - one at a time, get them to play their shots - tick each shot on the challenge score sheet - all players should pass this challenge - allow them to play from a tee peg - 1, 3, or 5 woods allowed 15 minutes

#### Close

- Same time next week - brief outline of next sessions activities - all done very well - all listened well and worked hard - any questions 2 minutes

### MY NOTES



Good - What was good about this session?	Better - what can I do to make the session better?
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# Lesson Plan

## Orange Level

SESSION  
**4**

### AT A GLANCE



	Location - Practice Green		Club (s) - wedge
Topic	General	Focus	Time
Introduction	Introduce the short game		2 mins
Swing	Swing	away and through	35 mins
Etiquette	Care of course	Bunkers	2 mins
Rules	Bunker	Simple bunker rules	2 mins
Knowledge	Essentials	rule book & golf bag	2 mins
Challenge	Pitch onto putting surface from 3 metres - 2 shots from 5		15 mins
Close	Go through what's been learned, line up next weeks session		2 mins

### OBJECTIVES



#### Swing

- Outline once more the short game strokes, pitch, chip and run, lob shots
- Explain how to set up for a pitch shot with the wedge
- Stress the importance of short game
- Demonstrate simple pitch onto the green
- Show length of swing and slower speed of club head

#### Etiquette

- Discuss bunkers and how to care for them
- Show pupils how to rake over footprints
- Show pupils how and where to enter the bunker
- demonstrate how to rake the bunker as you leave it

#### Rules

- Demonstrate how to address the ball without touching the surface
- Moving stones has to be a local rule, well worth discussing at this point
- Ask what would happen if the bunker was full of water

#### Knowledge

- Show the class a rule book and explain they can get their own copy free from the golf club
- Take a look but explain they will learn the rules in more detail as they progress through the levels of Bitesize Golf
- Suggest they always carry a rule book in their golf bag and keep it in a plastic bag so it stays dry

# Lesson Plan

## Orange Level

SESSION  
**4**



### COACHING TIPS

The short game is very important and this should be emphasised. It's a great part of the game to practice and have fun. Encourage some home practice with plastic (soft) golf balls

### Session introduction

- Explain how the short game calls for great imagination and vision 1 minutes
- Outline the highlights of today's session 1 minutes

### Swing

- Explain how the pitch shot is played 5 minutes
- Demonstrate the shot by throwing the ball onto the putting surface and watch it stop 2 minutes
- Demonstrate the set up and explain the open stance - encourage pupils to stand closer to the ball 3 minutes
- Demonstrate how the wrists hinge to give a steeper angle of attack and the finish position with the face of the club looking to the sky 3 minutes
- Convert this natural tendency into the golf set up position 2 minutes
- Begin the lesson - make sure pupils have designated safe spaces to play from - stop play immediately if anyone is swinging too hard or striking the ball too hard - put an incentive on getting close to the target 20 minutes

Challenge the pupils to get 5 balls out of 10 onto the putting surface, you can do this as a team if you prefer

# PITCH PERFECT



### Etiquette

- Care for the course is a very important subject and every opportunity should be taken to demonstrate good practice in this area of the game
- Demonstrate how to rake a bunker correctly taking sand from the centre outwards
- Discuss where to leave the rake so it doesn't cause a problem for other players
- Discuss where would be the best place to enter and leave the bunker and the reasons for this 2 minutes

# Lesson Plan

## Orange Level

SESSION

4



### COACHING TIPS

#### Rules

- ▶ Use a bunker to explain the main rule of not touching the sand whilst addressing the ball - discuss moving stones and what might happen if the bunker was full of water 2 minutes

#### Knowledge

- ▶ Discuss the importance of having a rule book in your golf bag - keep it in a plastic bag for waterproofing - can get one from any golf club for free
- ▶ Golf bag should have dual straps for carrying - trolleys are better than carrying to prevent damage being caused to their backs 2 minutes

#### Challenge

- ▶ Short game challenge - each pupil has 5 balls in front of them - let the pupils play one at a time - the pupil has to pitch the ball from the fairway onto the putting surface 15 minutes

#### Close

- ▶ Same time next week - brief outline of next sessions activities - all done very well - all listened well and worked hard - any questions 2 minutes



### MY NOTES

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# Lesson Plan

## Orange Level

SESSION  
**5**

### AT A GLANCE



	Location - Putting Green		Club - Putter
Topic	General	Focus	Time
Introduction	Introduce the putting surface		2 mins
Swing	Set up	Eyes over ball	35 mins
Etiquette	Consideration	Where you step and stand	2 mins
Rules	Recap	Marking on the green	2 mins
Knowledge	Essentials	marker & pencil	2 mins
Challenge	Set up 5 balls 1.5 metres from the hole - 2 shots from 5		15 mins
Close	Go through what's been learned, line up next weeks session the quiz		2 mins

### OBJECTIVES



#### Swing

- Focus on setting up correctly
- Eyes over the ball - try dropping a ball from the between your eyes onto the top of the ball to give the idea
- Keep mentioning pendulum action
- Demonstrate slight acceleration towards the hole

#### Etiquette

- Discuss standing still and quiet whilst players take their shots
- Explain about stepping over someone's line of putt as a matter of courtesy
- Discuss why casting a shadow across someone's line of putt might be bad etiquette
- Explain why you're not allowed to have someone stand directly behind you as you putt

#### Rules

- Go through the marking a ball on the green routine
- Show the class how you can then move the marker
- Ask the class why you would want to mark the position of the ball - clean it - move it from a player's line of putt - make sure the ball is not in a mark

#### Knowledge

- Last of the 10 essential items you should have, pencils and ball markers
- Demonstrate what you have in your golf bag and include some other items - water - sticking plasters - shoe laces - safety pins - fruit - muesli bar

# Lesson Plan

## Orange Level

SESSION  
**5**



### COACHING TIPS

The short game is very important and this should be emphasised often. It's a great part of the game to practice and have fun.

### Session introduction

- Explain how putting is so important to keeping scores down 1 minute
- Outline the highlights of today's session 1 minute

### Swing

- Explain once again how the putt is played 5 minutes
  - Demonstrate the set up with eyes over the ball - may need to shorten some putters so they are the correct length 1 minutes
  - Explain consistency of distance can be achieved by having a balanced stroke with swing away and swing through roughly the same length with slight acceleration through 1 minutes
  - Briefly run through marking the ball on the green - players do this because their ball may be one another player's line of putt - mark the ball to clean it - mark the ball and set it down with the name aiming down the line of putt 3 minutes
  - Begin the lesson and practice short putts to get used to holding out - set 10 balls equal distance around the hole and let pupils tap them in 5 minutes
- 20 minutes

This is a proven favourite with young golfers of all ages and standards of play from complete novice to county champions. Give it a try



### Etiquette

- Demonstrate how stepping on a player's line of putt can indent the putting surface and would be considered to be bad etiquette or poor manners. Show the class how to make an exaggerated step over the imaginary line or better still, walk around the player
  - Discuss how casting a shadow across the line can be off-putting for a player - movement - judging pace between light and dark
  - Ask the class if they think you're allowed to have your caddy stand behind you while you putt?
- 2 minutes

# Lesson Plan

## Orange Level

SESSION  
5



### COACHING TIPS

#### Rules

- Going through the ball marking routine try nudging the ball and ask if this is a penalty
- Pick the ball up and then place the marker, see if anyone notices anything wrong
- demonstrate how to move the marker and discuss why you might need to

2 minutes

#### Knowledge

- A quick and simple discussion focussing on two more essential pieces of equipment, the pencil or pen and the ball maker. You can discuss other forms of ball marker like coins or tee pegs and the fact you don't have to mark behind the ball

2 minutes

#### Challenge

- Set up 5 balls at 1.5 metres distance on a flat putting surface - let players play one at a time - all players should pass this challenge - let them have another go if necessary - you can also start the challenge when they actually hole the first ball to give them a good chance of success

15 minutes

#### Close

- Same time next week - brief outline of next sessions activities - all done very well - all listened well and worked hard - any questions

2 minutes

### MY NOTES



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# Lesson Plan

## Orange Level

### SESSION 6

#### AT A GLANCE



	Location - Clubhouse	Pen / pencil
Topic	General	Time
Introduction	Hand out books	2 mins
Read	Let the pupils read and study the books	15 mins
Quiz	Allow parents / guardians to help with reading	20 mins
Answers	Swap books and go through the answers	15 mins
Certificates	Have certificates ready and signed or save until start of new level	5 mins
Reports	This is a really important part of Bitesize Golf and adds a tremendous amount of value to the courses	Home
Close	Go through what's been learned, line up start of new level	3 mins

#### OBJECTIVES



##### Quiz session

- Put pupils at ease, it's a quiz not an exam
- Hand out books and let them have time to read and ask questions
- Go through the pages with them
- Let parents / guardians help them with reading the questions
- Swap books and go through the answers
- Swap back and get results
- 5 or more correct answers to pass
- Add scores to the challenge sheet to work out which certificate should be awarded

##### Follow up

- Make sure you take the time to write the reports for each pupil
- This acts as massive incentive to continue
- Pupils take these to school, which is great marketing
- Parents show them to friends and family
- Only takes 5 minutes per pupil
- Can be handed out with certificates at start of new level or posted to those who do not continue

# Lesson Plan

# Orange Level

## SESSION 6



### COACHING TIPS

This is the culmination of all the hard work and tuition included in the first level. Take some time to go through the book with the class and ask plenty of questions to help lead the pupils to knowing what the answers to the 10 quiz questions might be.

### Session introduction

- Explain how multiple choice works
  - Ask pupils to place A, B or C in the box provided
  - Hand out books to each pupil
- 1 minute  
1 minute

### Read through

- Let all pupils relax and read through the books
  - Let them ask any questions
  - Guide pupils towards picking up correct answers by hinting at what they will need to know for the quiz
- 15 minutes

Create an informal atmosphere, don't worry about sitting the pupils too far apart or sitting in silence. Help all of them achieve the minimum marks required, even if it means correcting a wrong answer.



### Quiz time

- Ask the pupils to work out their own answers
  - Let parents / guardians help read out the questions but not help with guiding towards the correct answers
  - Let the pupils ask you questions if they don't understand any words or questions
  - Wait until all pupils have finished
  - Tell those who've finished early to do some of the puzzles to fill in time
- 20 minutes

# Lesson Plan

## Orange Level

SESSION  
**6**



### COACHING TIPS

#### Answers

- Go through each question and ask pupils to give their own answers
- Discuss the answers in a little more detail so those who might not have got it correct will still learn
- Get pupils to write the correct answer beside their incorrect one so they will always have a record of what it should have been

15 minutes

#### Certificates

- You can have certificates signed and ready to present as soon as you know the results
- Better to congratulate everyone, let them know their results and explain certificates will be handed out during the next level - This assumes all will move up to Orange
- You could hold a special evening and present all certificates in front of all the families
- Make sure you take pictures and write an article for the local press

5 minutes

#### Reports

- Cannot stress the importance and impact these have on the success of your academy

Home

#### Close

- Same time next week - brief outline of next sessions activities - all done very well - all listened well and worked hard - any questions

3 minutes

### MY NOTES



Good - What was good about this session?	Better - what can I do to make the session better?
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