

Lesson Plan

Green Level

SESSION



AT A GLANCE

	Location - Practice Ground		Club (s) - 7 iron
Topic	General	Focus	Time
Introduction	Warm up		2 mins
Swing	Set up	Posture	30 mins
Etiquette	The 1st tee	Practice swings, safety, get ready	2 mins
Rules	Rule book	Rule 1	2 mins
Drill	Balance	Feet together	2 mins
Challenge	Iron - 75 metres 7 shots from 10		20 mins
Close	Go through what's been learned, line up next weeks session		2 mins

OBJECTIVES



Swing

- Explain methods for achieving correct posture.
- Help the class understand why good posture is important.
- Demonstrate why bad posture cannot work effectively.
- Hold a golf club up and show how rotation is easily achieved when it's turned to the right and left.

Etiquette

- This part of the session deals with a pupil's approach to the first tee. For some it may be the first time out on the course, this helps them stay relaxed and gives them some idea of what it's all about.
- Limit practice swings so they don't make too many divots.
- Make sure player in front are out of range
- Be prepared to play in plenty of time.

Rules

- Starting with Rule 1 - The Game.
- Rules 1 - 1 to 1 - 4
- There is a colour coded system for Matchplay and Strokeplay games to help pupils understand the various penalties and how they differ.

Drills

- Balance drill
- Swing the club with feet touching each other
- Swing the club without stopping 20 times.
- Try this exercise with eyes closed.
- Try hitting shots.
- Explain how the top half rotates more than the lower half.

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COACHING TIPS

Ask plenty of questions, this keeps pupils engaged, keen and paying attention to what you're saying.

Spend a few minutes warming up and ask why this might be important.

First things first

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

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

2 minutes

Swing - Posture

- Keep underlining the importance of establishing a pre-shot routine - aim - take hold - build stance - think posture - get grounded - check target.
- Get pupils to stand upright with the club held at waist high and horizontal to the ground.
- Bring the arm in so they make a triangle
- Now 'tip from the hip' or 'bow to the ball'
- Relax at the knees, so they are 'flexed' not bent.
- Lift the chin slightly, this helps straighten the spine and allows shoulder rotation without knocking the head about during the swing.
- Hold a club along their spine so they can feel what it's like to have the correct posture.
- Explain that as the top goes forward the hips pull back so the weight goes through the middle of their feet or through the shoe laces.

30 minutes

Etiquette - The first tee

- It can be a daunting experience approaching the first tee of the course especially when you've never done it before.
- Pupils have already learned to look out for the different coloured tee markers. You could show them once again and ask them if they remember which ones are which.
- Get them to prepare quickly so they are ready to play, they should have tee pegs, their glove and a ball out of their bag and ready for use.
- You could ask if the ball has their own distinctive markings on it, have a pen handy so you can help them with this.
- Ask why they shouldn't take too many practice swings on the tee.
- Show them to practice away from the teeing area and in a safe zone. They shouldn't practice swing towards others. Check to see if they can work out why this is not a good thing to do.
- Explain that they should wait until players in front are well out of range of their best ever shot.

2 minutes

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COACHING TIPS



Rules - Rule 1 - The game

- Keep it simple and brief
- Point 1 - You have to play to the rules of the game
- Point 2 - You mustn't touch the ball unless the rules permit it.
- Point 3 - You're not allowed to agree to change any rules
- Point 4 - If the rules don't cover an incident, you do what seems fairest

2 minutes

Drill - Using guides.

- Show the class how they should swing with their feet together, hit some shots and then close your eyes to demonstrate.
- Explain the purpose of this drill and its benefits.

2 minutes

Challenge - Irons

- Let pupils have 10 golf balls in front of them - one or two at a time, get them to play their shots - tick each shot on the challenge score sheet - It is not essential that all player pass this challenge, you might try again another day or get them to practice before a retake. - allow them to play from a tee peg.

20 minutes

Close

Same time next week - 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

Green Level

SESSION 2

AT A GLANCE



	Location - Practice Ground		Club (s) - 3 wood
Topic	General	Focus	Time
Introduction	Warm up routines - stretches		2 mins
Swing	Woods	Timing	30 mins
Etiquette	Sportsmanship	Looking for lost balls, being encouraging	2 mins
Rules	Rule 2	Matchplay	2 mins
Drill	Feel	Eyes closed	2 mins
Challenge	100 metres - 7 shots from 10		20 mins
Close	Go through what's been learned, line up next weeks session		2 mins

OBJECTIVES



<p>Swing</p> <ul style="list-style-type: none"> Talk about the various metals and their purposes. Emphasise accuracy is more important than pure distance. Players should not be trying to hit the ball as hard as they can, this section discusses the art of timing and working on a smooth rhythm. 	<p>Etiquette</p> <ul style="list-style-type: none"> Good sportsmanship is a major part of the game, have a chat about what the pupils think this means. Ask them for examples of good sportsmanship in golf and other sports. Lead them towards helping look for an opponent's ball, waiting for their turn and being encouraging.
<p>Rules</p> <ul style="list-style-type: none"> Rule 2 is about Matchplay. Where players play each other rather than the course. Use a scorecard to show how it works. Use golf balls to show how a player wins a hole and get a ball, wins another and get another ball, loses a hole and loses a golf ball. Explain a drawn hole is called a half. Explain how the finish of a game can be 6 & 5 Explain what 'Dormie' means. 	<p>Drill</p> <ul style="list-style-type: none"> Demonstrate the drill for keeping your eyes closed. Start with practice swings. Swing away and through without stopping. Try hitting shots and feeling the golf swing.

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SESSION 2

COACHING TIPS



Warm up and stretching exercises for a couple of minutes

Session introduction

- Underline important safety rules - explain that the golf swing is very wide especially with the longer clubs.
- Outline the highlights of today's session. 2 minutes

Swing - Timing with the woods

- A lot of new golfers feel they have to hit the ball hard to get it to go a long way, this is even more common with the longer clubs and the woods.
- Emphasise the ball position again.
- Demonstrate some wood shots with a relatively slow, relaxed swing action, this will show them that club head speed is achieved gradually on the down and through swing.
- Get pupils to count as they swing, or think about music with a 4 beat, like a waltz, Blue Danube works well - Dah - dah - dah - dah - DAH (hit) - dum dum
- Think up a 5 syllable word or celebrity name like Just in Timberlake 30 minutes

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



Etiquette

- Chat about examples of good sportsmanship in golf and other sports.
- Discuss examples of bad sportsmanship like kicking the ball away in football, playing for time or disrespecting the referee or umpire.
- The best example in golf is where players encourage each other, even at the highest levels of the sport. How they help each other to look for a lost ball.
- You can ask them how long they have to look for this lost ball as it helps to reiterate the points made in earlier sessions. 2 minutes

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SESSION 2

COACHING TIPS



Rules - Rule 2 - Matchplay

- Matchplay is where you play against opponents rather than the course.
 - Explain a halved hole.
 - Explain how results are expressed.
 - Explain what 'Dormie' means.
 - Talk about the option to concede a putt or a hole.
 - Breach of any rule in matchplay is loss of hole.
- 2 minutes

Drill - Takeaway

- Demonstrate how to play with your eyes closed
- 2 minutes

Challenge

- Let pupils have 10 golf balls in front of them - one or two at a time, get them to play their 10 shots - tick each shot on the challenge score sheet - Not all players should pass this challenge unless they make the grade - allow them to play from a tee peg.
- 20 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

Green Level

SESSION 3

AT A GLANCE



	Location - Practice Ground		Club (s) - 7 iron / pw
Topic	General	Focus	Time
Introduction	Warm up and stretches		2 mins
Swing	Swing	Distance control	30 mins
Etiquette	Local rules	What are they?	2 mins
Rules	Rule 3	Strokeplay	2 mins
Drill	Chipping	Left wrist firm	2 mins
Challenge	Chip onto putting surface 7 from 10		20 mins
Close	Go through what's been learned, line up next weeks session		2 mins

OBJECTIVES



<p>Swing</p> <ul style="list-style-type: none"> Discuss the scoring zone, what it is and why the short game or approach game is so important to low scoring. This part of the game is black or white, you're good at it or you're not. You can waste a lot of shots around the green. Discuss various wedges, pitching, lob, gap, and their uses. 	<p>Etiquette</p> <ul style="list-style-type: none"> Explain what local rules are and why there's a need for them. Discuss any local rules at your club. Show these rules on the back of the scorecard. Explain that they should look for these when they visit other clubs.
<p>Rules</p> <ul style="list-style-type: none"> Strokeplay is where the players plays the course. Handicaps are explained in more details in the centre spread, you can look at these pages with the class. 	<p>Drill</p> <ul style="list-style-type: none"> Use a 6" ruler or comb and place it on the left wrist with an elastic band or put it under their watch strap if they are wearing one. Pupils can hold a short stick under their left hand and keep this against their forearm as they chip the ball.

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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

- Go through safety procedures and emphasise the key points of keeping their distance from each other and not going forward to pick up balls until told to do so. 2 minutes

Swing

- Explain the pitching stroke again and underline how important it is.
- Demonstrate the set up and stroke.
- Explain when this is the most appropriate stroke to play.
- Change clubs and explain how the carry and roll ratios change.
- Show the difference in loft on the clubs and how it affects the shot.
- Discuss how the stroke can vary by holding up the grip, in the middle and down near the shaft.
- Varying the length of stroke and type of wedge give even more variations. 30 minutes

Get 2 teams and play one player against another. The one who pitches closest to the target wins the point for their team. The first team to reach 5 or 7 points wins the match. Use matchplay type scoring to help them learn golf scoring.



Etiquette

- Get a scorecard to demonstrate the local rules of the course.
- Show the class some local rules in the clubhouse.
- Discuss why we have local rules. 2 minutes

Rules

- Rule 3 - 1 - Explain the difference between gross and nett scores.
- Rule 3 - 2 - You must hole out properly to avoid DQ.
- Rule 3 - 3 - Play 2 balls if you're not sure what to do.
- Rule 3 - 4 - Players must follow the rules or face DQ.
- Rule 3 - 5 - General penalty is a 2 stroke penalty. 2 minutes

COACHING TIPS



Drill

- Using physical objects are always a good way of engaging your young audience and a resistance object is a great way of restricting the wrist action and preventing cupping, flipping or 'chilli dipping' from occurring. 2 minutes

Challenge

- Each pupil should have 10 golf balls in front of them - one at a time, get them to play their shots - tick each shot on the challenge score sheet. 20 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

Green Level

SESSION 4

AT A GLANCE



	Location - Practice Green		Club (s) - sand wedge
Topic	General	Focus	Time
Introduction	More detail re the bunker shot		2 mins
Swing	Swing	Commitment	30 mins
Etiquette	Taking turns	When to play	2 mins
Rules	Rule 4	Clubs	2 mins
Drill	Bunker	Practice without the ball	2 mins
Challenge	Pitch out of bunker - 7 shots from 10		20 mins
Close	Go through what's been learned, line up next weeks session		2 mins

OBJECTIVES



Swing

- This is a bunker session and an opportunity to concentrate in detail, how to play the splash shot.
- Try balancing a bottle of water on the clubface or explain how to open the face.
- Draw lines in the sand to show the club path and the open stance.

Etiquette

- Discuss who plays the shot and when.
- Who has the honour on the first tee? Is it a draw, lowest handicap, the visitor.
- Who tees off first on the next hole? These are all things new golfers need to learn.
- Who plays first on the green and on the fairway?

Rules

- This section is about golf clubs and their playability.
- 14 clubs allowance is the key point, ask the pupils to count how many clubs they have and what clubs they would like to have to make up their 14.

Drill

- Start from a standard address position and show the class how to modify it to play the 'splash' bunker shot.
- Practice hitting the sand with the back of the club face.
- Draw lines at the start and end of the divot to show length and depth of it.
- All about acceleration and commitment to a full follow through.

Lesson Plan

Green Level

SESSION 4

COACHING TIPS



Stay positive about bunker play, explain that top players would rather be in the sand than the longer grass around the green because they can get more control over the ball coming out of the bunker.

Session introduction

- Talk about bunker shots being fun.
- Ask about the fundamental rule of not grounding the club at address. 2 minutes

Swing

- Demonstrate several bunker shots
- Focus on laying the face open and making a full swing with the ball coming out on a cushion of sand.
- Demonstrate the difference between a chipping action and the fuller sand shot.
- Play a couple of 'duff' shots to show how different the stroke has to be to lift the ball out. 30 minutes

Line 10 balls in a row in the bunker and challenge the pupils to see how many balls they can get out of the bunker in a row.

GREAT ESCAPE



Etiquette

- Discuss who plays first off the first tee, ask the class what they think and discuss each answer they give.
- Explain how, in a knockout match, the first player drawn or the one at the top of the list would go first.
- In a club match the visitor will be shown the courtesy of playing first.
- Players might flip a coin or the lower handicap plays first.
- Talk about whose turn it is when they are on the fairway and when they get onto the putting surface.
- What happens if a player plays out of turn in strokeplay (nothing) or matchplay (can be asked to replay the stroke) 2 minutes

Lesson Plan

Green Level

SESSION 4

COACHING TIPS



Rules

- Rule 4 - 1 - Golf clubs have to be legal according to the rules of the game.
 - Rule 4- 2 - Not allowed to change them once your game has started.
 - Rule 4- 3 - You may change a club if it breaks during play.
 - Rule 4 - 4 - No more than 14 clubs, keep asking this question just like the 5 minute lost ball rule.
- 2 minutes

Knowledge

- Simple drill of using golf clubs or drawing lines in the sand to guide the pupil into playing the correct swing path and outline where the club head enters the sand and leaves it.
- 2 minutes

Challenge

- Bunker challenge - each pupil has 10 balls in front of them - let the pupils play one at a time - the pupil has to splash the ball out of the bunker 7 times out of 10. Make sure the ball is placed on a suitable lie.
- 20 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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SESSION 5

AT A GLANCE



	Location - Putting Green		Club - Putter
Topic	General	Focus	Time
Introduction	Mention care for the putting green		2 mins
Swing	Putting	Staying still	30 mins
Etiquette	On the green	Care for the greens	2 mins
Rules	Rule 5	The ball	2 mins
Drill	Chase the ball	Reading greens	2 mins
Challenge	Set up 5 balls 3 metres from the hole - 3 from 5 in 2 putts or less		20 mins
Close	Go through what's been learned, line up next weeks session the quiz		2 mins

OBJECTIVES



<p>Swing</p> <ul style="list-style-type: none"> Focus on setting up correctly. Discuss arm position so the pupil can adopt the correct posture for putting. Emphasise the importance of keeping the lower half of the body still throughout the stroke. 	<p>Etiquette</p> <ul style="list-style-type: none"> Demonstrate how to repair a pitch mark and discuss how these are made. Walk don't run on the greens. Think about shadows and staying still and out of eye line. Demonstrate a step over someone's line of putt and discuss why.
<p>Rules</p> <ul style="list-style-type: none"> Rule 5 is all about the ball. Talk about how golf balls were made and how expensive they used to be because it took nearly a days work to make one. 	<p>Drill</p> <ul style="list-style-type: none"> Place a golf ball on a tee peg and get pupils to try and knock it off. Go around the green to learn different lies and slopes. Place several balls on tees and have a shooting gallery.

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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.
- Outline the highlights of today's session.

2 minutes

Swing

- Explain once again how the putt is played.
- Demonstrate the set up with eyes over the ball - Focus on posture, cradling the club with the arms bent at the elbows.
- Get the class to practice their putting stroke whilst playing a few strokes and watch for any movement of the waist or legs. This is a good area to draw attention to and work on to improve consistency of the stroke.
- Watch for a balanced swing action where the swing away and the swing through are of similar length.

30 minutes

See drill section in the 'At a glance' section. Put a ball on a tee peg and get pupils to try and knock it off. If they do, they could win the ball. You can take the group around the putting green bringing in different lengths and lines for each putt.

CHASE THE BALL



Etiquette

- Discuss why we should walk carefully when on the green, if players run they will make deeper footprints.
- Explain why players will walk around the line of their partner's or their opponent's line of putt. Putting a footprint on someone's line is bad etiquette and shows a lack of consideration.
- Keep carts, trolleys and golf bags off the putting surface.
- Demonstrate why casting shadows can cause distractions for other players.

2 minutes



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COACHING TIPS



Rules

- Rule 5 - 1 - The ball must be legal according to stipulated guidelines.
 - Rule 5- 2 - Players must not add things to the ball to change its performance.
 - Rule 5- 3 - Players are allowed to lift the ball to see if it's damaged, if it breaks, a players can replay the stroke without penalty.
- 2 minutes

Drill

- Focussing on hitting a ball off the tee helps players to make the distance and concentrate on direction.
- 2 minutes

Challenge

- Set up 5 balls at 3 metres distance on a flat putting surface - let players play one at a time - they can play each ball to a finish or send all 3 first strokes away and then try and hole out their second shots.
 - You might want to give pupils 10 strokes to hole all 5 balls, this takes care of any holes in one they might get.
- 20 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

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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.
- 14 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

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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 20 quiz questions might be.

Session introduction

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

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 sit quietly and respect the ones who have yet to finish. 20 minutes



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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 stil 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 Green.
 - 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?
Best - What was the best thing about this session?	How - What could I do to improve the session?