

SIMULATOR & INDOOR SHORT GAMES CHALLENGES 2014 (2)



MARCH - APRIL







RULES:

- Use the simulator on PRACTICE RANGE mode.
- Record the CARRY DISTANCE of 5 well struck shots (Using Tape Provided)
- Add all 5 numbers up and then divide by 5 (This will give you your AVERAGE CARRY DISTANCE)
- Multiply this number by 0.9 (90%) and then you will have your target distance for your challenge!
- E.g. 78+85+83+87+80 = 413

413 ÷ 5 = 82.6 ~ 83

83 x 0.9 = 75

75 yards = Joe Blogg's Challenge Carry Distance

THEN – With a new piece of tape you have to carry 3 past this distance and the ball mark is to stay within the 'Sweet Spot' of the tape.



Toe Struck

Center Struck

Heel Struck

NOW IT'S TIME

When complete please fill out the table above (provide number of attempts and a signature of the coach available on the day). PLEASE NO CHEATING, if you struggle WE CAN HELP.

TEE SHOTS (DRIVER)

'DISTANCE CARRIED'

NAME	COMPLETE?	DATE	SIGNED

What is your average carry distance for your driver? GET YOUR CALCULATOR OUT!!!

FAIRWAY WOOD

'DISTANCE CARRIED'

NAME	COMPLETE?	DATE	SIGNED

NAME	COMPLETE?	DATE	SIGNED

LONG IRON – 4 IRON

'DISTANCE CARRIED'

Completed FAIRWAY WOOD 'Distance Carried: Part 1'?



NO

Read the rules and attempt LONG IRON: Part 1!

Please go back to FAIRWAY WOOD

1

NAME	COMPLETE?	DATE	SIGNED

NAME	COMPLETE?	DATE	SIGNED

MID IRON – 6 IRON

'DISTANCE CARRIED'

Completed LONG IRON 'Distance Carried: Part 1'?





Read the rules and attempt MID IRON: Part 1!

Please go back to LONG IRON

NAME	COMPLETE?	DATE	SIGNED

NAME	COMPLETE?	DATE	SIGNED

SHORT IRON – 8 IRON

'DISTANCE CARRIED'

Completed MID IRON 'Distance Carried: Part 1'?





Read the rules and attempt SHORT IRON: Part 1!

Please go back to MID IRON

NAME	COMPLETE?	DATE	SIGNED



INDOOR SHORT SHOT CHALLENGES 2014



MARCH - APRIL



PGA Pro The golf "



PITCHING - (ANY WEDGE)

'DISTANCE CONTROLLED'

Completed SHORT IRON 'Distance Carried: Part 1'?



NO

Read the rules and attempt PITCHING: Part 1!

Please go back to SHORT IRON

NAME	COMPLETE?		BEST	ATTEMPTS		DATE	SIGNED
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		

NAME	COMPLETE?		BEST A	ATTEMPTS		DATE	SIGNED
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
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		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		
		50% =	/ 60% =	/ 70% =	/ 80% =		

RULES:

- Use the simulator on PRACTICE RANGE mode.
- Record the CARRY DISTANCE of 5 well struck shots FOR YOUR PITCHING OR SAND WEDGE (They don't need to be perfect!)
- Add all 5 numbers up and then divide by 5 (This will give you your AVERAGE CARRY DISTANCE)
- Multiply this number by: 0.5 (50%) / 0.6 (60%)/ 0.7 (70%) & 0.8 (80%) and then you will have your target distance for your challenge!
- E.g. 78+85+83+87+80 = 413

413 ÷ 5 = 82.6 ~ 83

83 x 0.8 = 66

66 yards = Joe Blogg's Challenge Carry Distance

Once you have your percentage distances,

THEN – With a new piece of tape you have complete the test. The ball mark is to stay within the 'Sweet Spot' of the tape.

UNDERSTAND?

.. If not ask one of the coaches (Mike or John) to help you, they will be more than happy!!!

Once you have your percentage distances

You have 3 attempts per yardage, if you get within 3 yards (short or long)(e.g 50% = 15 yds: if you hit the ball 13 yards you are within the SCORING ZONE) you have passed that yardage. The aim is to hit your required distance with each yardage to pass! However please record your best attempt at each yardage

SHORT GAME - (ALL CHIPPING CLUBS)

PAR 18

Completed PITCHING 'Distance Carried & Controlled:



NO Please go back to PITCHING

Read the rules and attempt SHORT GAME

NAME			BE	ST /	ATT	EMP	PTS			TOTAL	COMPLETE?	SIGNED
	w	Ι	W	Т	W	Т	W	Т	w			

NAME	BEST ATTEMPTS									TOTAL	COMPLETE?	SIGNED
	w	Т	W	Т	w	Т	W	Т	W			

RULES:

- Lay down 9 cones around the green (With a mixture of short, medium and long range stations)
- Have 5 W (Wedge of Your Choice) Stations and 4 I (Iron of your choice 9i to 7i)
 Stations.
- Put one flag into a hole of your choice
- Hit one chip from each station and finish the hole by putting (Up + Down)
- 1 shot = birdie (-1) / 2 shots = par (0) / 3 shots = bogey (+1) / 4 shots = double bogey (+2) / 5 shots = triple bogey (+3).
- For each individual station note your score in the boxes provided (EXAMPLE IN FIRST ROW)
- -

UNDERSTAND?

.. If not ask one of the coaches (Mike or John) to help you, they will be more than happy!!!