

## RAS CURRICULUM – TECHNICAL AND TACTICAL

National Framework Technical Competency	Skill	Principle delivery points and student understandings	Test Set-Up	Skill Levels
Has a standard and reliable ball flight.	The ability of the player to consistently control the flight of the ball with full swings using short irons, mid irons, long irons, fairway woods and driver.	<ul style="list-style-type: none"> <li>✓ Prioritising sound set-up (i.e. grip, alignment, posture, ball position etc.) with home/squad coach</li> <li>✓ Has an understanding of own cause and effect cues in relation to swing technique and ball flight with home/squad coach</li> </ul>	<ul style="list-style-type: none"> <li>✓ Short iron – Target size 11m at 110m</li> <li>✓ Mid iron – Target size 14m at 140m</li> <li>✓ Long iron or hybrid – Target size 17m at 170m</li> <li>✓ F/way wood and Driver – Target size 20m at 200m</li> <li>✓ 10 balls each club</li> <li>✓ Record score out of 50</li> <li>✓ Note – Clubs used may vary, but should stay in the same category</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70%- 80% - State Level Representative Player Level 3 40%- 60% - Regional Level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Ability to manoeuvre ball flight; shape and trajectory.	The ability of the player to be able draw the ball and finish in the target area.	<ul style="list-style-type: none"> <li>✓ Grip effect on club face angle</li> <li>✓ Club face angle and swing path</li> <li>✓ Alignment</li> <li>✓ Ball position</li> </ul>	<ul style="list-style-type: none"> <li>✓ Target size 15m at 150m – Player to select club used</li> <li>✓ Players hit 10 balls and record how many balls draw and finish in the target area</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70%- 80% - State Level Representative Player Level 3 40%-60% - Regional Level Player – <b>RAS Player</b> Level 4 0% -30% - Club Level Player
Ability to manoeuvre ball flight; shape and trajectory.	The ability of the player to be able fade the ball and finish in the target area.	<ul style="list-style-type: none"> <li>✓ Grip effect on club face angle</li> <li>✓ Club face angle and swing path</li> <li>✓ Alignment</li> <li>✓ Ball position</li> </ul>	<ul style="list-style-type: none"> <li>✓ Target size 15m at 150m – Player to select club used</li> <li>✓ Players hit 10 balls and record how many balls fade and finish in the target area.</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70%-0% - State Level Representative Player Level 3 40%-60% - Regional Level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Ability to manoeuvre ball flight; shape and trajectory.	The ability of the player to be able to hit the ball higher than standard trajectory and finish in the target area.	<ul style="list-style-type: none"> <li>✓ Ball Position</li> <li>✓ Angle of attack</li> <li>✓ Weight Distribution at address and impact</li> <li>✓ Shaft lean</li> </ul>	<ul style="list-style-type: none"> <li>✓ Target size 15m at 150m – Player to select club used</li> <li>✓ Establish visual average of players standard trajectory</li> <li>✓ Player to hit 10 balls higher than standard trajectory and record how many go higher than standard trajectory and finish in the target area</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70%-80% - State Level Representative Player Level 3 40% -60% - Regional Level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Ability to manoeuvre ball flight; shape and trajectory.	The ability of the player to be able to hit the ball lower than standard trajectory and finish in the target area.	<ul style="list-style-type: none"> <li>✓ Ball Position</li> <li>✓ Angle of attack</li> <li>✓ Weight Distribution at address and impact</li> <li>✓ Shaft lean</li> </ul>	<ul style="list-style-type: none"> <li>✓ Target size 15m at 150m – Player to select club used</li> <li>✓ Establish visual average of players standard trajectory</li> <li>✓ Player to hit 10 balls lower than standard trajectory and record how many go lower than standard trajectory and finish in the target area.</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70%-80% - State Level Representative Player Level 3 40% -60% - Regional Level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Ability to manoeuvre ball flight; shape and trajectory.	The ability of the player to be able to control the distance they hit the ball with the same club.	<ul style="list-style-type: none"> <li>✓ Swing length</li> <li>✓ Swing speed</li> </ul>	<ul style="list-style-type: none"> <li>✓ Target size 15m at 150m – Player to select club used</li> <li>✓ Establish with player the club they hit</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70%-80% - State Level Representative Player Level 3 40% -60% - Regional Level Player – <b>RAS Player</b>

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			<ul style="list-style-type: none"> <li>✓ 150m</li> <li>✓ Player to hit 5 balls 10m longer and 5 balls 10m shorter than average with same club and record how many finish inside the target area</li> </ul>	Level 4 0% - 30% - Club Level Player
Has a high level of competency with basic chip, chip and run, bunker, lob and distance wedges.	The ability of the player to play a greenside chip shot (approx. 50-50 carry vs. roll ratio)	<ul style="list-style-type: none"> <li>✓ Set –up – Ball position, stance, weight distribution</li> <li>✓ Single lever action</li> <li>✓ Landing zone</li> </ul>	<ul style="list-style-type: none"> <li>✓ Target area size 1.0m radius</li> <li>✓ Relatively flat area on the green</li> <li>✓ Player to chip 10 balls from the edge of the green to a hole 10-15m away</li> <li>✓ Record the number of shots that finish inside the target area</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70%-80% - State Level Representative Player Level 3 40% -60% - Regional Level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Has a high level of competency with basic chip, chip and run, bunker, lob and distance wedges.	The ability of the player to play a greenside chip and run shot (approx. 25- 75 carry vs. roll ratio)	<ul style="list-style-type: none"> <li>✓ Set –up – Ball position, stance, weight distribution</li> <li>✓ Single lever action</li> <li>✓ Landing zone</li> </ul>	<ul style="list-style-type: none"> <li>✓ Target area size 1.5m radius</li> <li>✓ Relatively flat area on the green</li> <li>✓ Player to chip and run 10 balls from the fringe of the green to a hole 20-25m away</li> <li>✓ Record the number of shots that finish inside the target area</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level2 70%-80% - State Level Representative Player Level3 40% -60% - Regional Level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Has a high level of competency with basic chip, chip and run, bunker, lob and distance wedges.	The ability of the player to play a standard greenside pitch shot with a S.W.	<ul style="list-style-type: none"> <li>✓ Set-up – Ball position, stance, weight distribution</li> <li>✓ Wrist hinge – 2 lever</li> <li>✓ Landing zone</li> </ul>	<ul style="list-style-type: none"> <li>✓ Target area size 2.5m radius</li> <li>✓ Player to hit 10 pitch shots from a flat lie and fairway cut grass with a sand wedge 30m from the hole</li> <li>✓ Record the number of shots that finish inside the target area</li> </ul>	Level1 >80% - National Level/Elite Amateur Player Level 2 70%-80% - State Level Representative Player Level3 40% -60% - Regional level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Has a high level of competency with basic chip, chip and run, bunker, lob and distance wedges.	The ability of the player to play a standard greenside lob shot with a LW/SW. (approx. 75-25 carry vs. roll ratio)	<ul style="list-style-type: none"> <li>✓ Set-up – Ball position, stance, weight distribution, loft</li> <li>✓ Wrist hinge – 2 lever</li> <li>✓ Swing path</li> <li>✓ Landing zone</li> </ul>	<ul style="list-style-type: none"> <li>✓ Target area size 2m radius</li> <li>✓ Player to hit 10 lob shots from a flat lie and fairway cut grass with a lob wedge/sand wedge 20m from the hole.</li> <li>✓ Record the number of shots that finish inside the target area</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70%-80% - State Level Representative Player Level 3 40% -60% - Regional Level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Has a high level of competency with basic chip, chip and run, bunker, lob and distance wedges.	The ability of the player to play a standard greenside bunker shot.	<ul style="list-style-type: none"> <li>✓ Set-up – Ball position, stance, weight distribution, loft, bounce</li> <li>✓ Wrist hinge – 2 lever</li> <li>✓ Swing path</li> <li>✓ Impact</li> </ul>	<ul style="list-style-type: none"> <li>✓ Target area size 2m radius</li> <li>✓ Player to hit 10 bunker shots from a greenside bunker (reasonable lie) with a sand wedge/lob wedge 10-20m from the hole</li> <li>✓ Record the number of shots that finish inside the target area</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70%-80% - State Level Representative Player Level 3 40% -60% - Regional Level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Has a high level of competency with basic chip, chip and run, bunker, lob and distance wedges.	The ability of the player to hit distance wedge shots.	<ul style="list-style-type: none"> <li>✓ Set-up – Ball position, stance, weight distribution,</li> <li>✓ Wrist hinge – 2 lever</li> <li>✓ Swing length</li> <li>✓ Pivot</li> </ul>	<ul style="list-style-type: none"> <li>✓ Targets are set-up at 40m, 50m, 60m, 70m</li> <li>✓ Target areas are a 10% diameter of the distance (i.e. 40m target area is 4m)</li> <li>✓ Players are to hit five balls to each distance</li> <li>✓ Record the score out of 20</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70% - 80% - State Level Representative Player Level 3 40% -60% - Regional Level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Short game: Able to hit multiple shots with a variety of clubs.	Although players will not be tested on these particular shots during the Academy Program, they should	<b>Chipping</b> <ul style="list-style-type: none"> <li>✓ Chip and run with different clubs</li> </ul>		

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	be introduced to these shots and conditions, instructed how and when to play them, and have the opportunity to practice under supervision of the academy coach.	<ul style="list-style-type: none"> <li>✓ Bump and run</li> <li><b><u>Pitching</u></b> <ul style="list-style-type: none"> <li>✓ Spinning</li> <li>✓ Running – Lower and more run than standard</li> <li>✓ Cut Pitch – Higher softer landing, less run than standard</li> </ul> </li> <li><b><u>Bunkers</u></b> <ul style="list-style-type: none"> <li>✓ Spinning</li> <li>✓ Fried egg lie</li> <li>✓ Buried lie</li> <li>✓ Varying distance</li> <li>✓ Running</li> </ul> </li> <li><b><u>Varying conditions</u></b> <ul style="list-style-type: none"> <li>✓ Uphill, sidehill and downhill lies</li> <li>✓ Different types of grasses and sand conditions</li> <li>✓ Bare lies</li> <li>✓ Wet lies</li> <li>✓ Divot</li> </ul> </li> </ul>		
Capable of reading greens and good control of line and pace.	The ability of the player to hole short putts.	<ul style="list-style-type: none"> <li>✓ Clubface alignment</li> <li>✓ Body alignment</li> <li>✓ Swing path</li> </ul>	<ul style="list-style-type: none"> <li>✓ Player to hit 10 putts from a 1m radius circle around the hole</li> <li>✓ Player to hit 10 putts from a 2m radius circle around the hole</li> <li>✓ Record the numbers of putts holed out of 20</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70%-80% - State Level Representative Player Level 3 40% -60% - Regional Level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Capable of reading greens and good control of line and pace.	The ability of the player to either hole or hit the correct holing speed on medium length putts.	<ul style="list-style-type: none"> <li>✓ Tempo</li> <li>✓ Swing length</li> </ul>	<ul style="list-style-type: none"> <li>✓ Set up a circle around the hole with ball markers with a 1/2m radius</li> <li>✓ Player hits 5 putts between 3m and 5m (i.e. 3m, 3.5m, 4.0m, 4.5m, 5.0m)</li> <li>✓ Putts are hit from compass points around the hole (i.e. N, S, E, W)</li> <li>✓ Record the number of putts out of 20 holed or finish in a semi-circle behind the hole</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70%-80% - State Level Representative Player Level 3 40% -60% - Regional Level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Capable of reading greens and good control of line and pace.	The ability of the player to lag putts the correct speed on long putts.	<ul style="list-style-type: none"> <li>✓ Tempo</li> <li>✓ Swing length</li> <li>✓ Centeredness of contact</li> </ul>	<ul style="list-style-type: none"> <li>✓ Set up a circle around the hole with ball markers with a 1m radius</li> <li>✓ Player hits 5 putts between 6m and 14m (e.g. 6m, 8m, 10m, 12m, 14m)</li> <li>✓ Putts are hit from compass points around the hole (i.e. N, S, E, W)</li> <li>✓ Record the number of putts out of 20 holed or finish inside the circle</li> </ul>	Level 1 >80% - National Level/Elite Amateur Player Level 2 70%-80% - State Level Representative Player Level 3 40% -60% - Regional Level Player – <b>RAS Player</b> Level 4 0% - 30% - Club Level Player
Uses practice rounds to scout course and prepare a yardage	The ability of the player to utilise practice rounds to gather	<ul style="list-style-type: none"> <li>✓ Systematic approach to gathering</li> </ul>	<ul style="list-style-type: none"> <li>✓ Player is complete a yardage book for home course and prepare a game plan</li> </ul>	<b>Level 1 – National Level Player Elite Amateur</b> <ul style="list-style-type: none"> <li>✓ Have detailed knowledge of overall course</li> </ul>

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<p>book and game plan.</p>	<p>information about the course and devise a game plan based on this information</p>	<p>information on golf courses</p> <ul style="list-style-type: none"> <li>✓ Knowledge of strengths and weaknesses of the course</li> <li>✓ Knowledge of personal strengths and weaknesses</li> <li>✓ Understanding of how to match personal strengths and weakness against course</li> </ul>	<p>for a typical Monthly Medal competition round (difficult course set-up).</p>	<p>conditions (e.g. Grass type, sand type, weather conditions, design etc.)</p> <ul style="list-style-type: none"> <li>✓ Detailed drawing of each hole indicating hazards, trouble areas and landmarks</li> <li>✓ Have compass points indicating direction of holes</li> <li>✓ Have detailed distances from tees indicating fairway run outs, carries, corner of doglegs etc.</li> <li>✓ Have measured target widths on fairways and greens</li> <li>✓ Have a Plan A and Plan B tee shots depending on conditions and level of play</li> <li>✓ Have identified landmarks for distances</li> <li>✓ Have measurements to front and back off green and other notable carries (e.g. Bunker lips, tiers)</li> <li>✓ Have identified best place to miss the green</li> <li>✓ Have detailed knowledge of shape, contours on and around the green</li> <li>✓ Have an idea of typical green speed, firmness, grain</li> <li>✓ Have identified green, amber and red light shots into greens</li> <li>✓ Adapts set make-up to conditions</li> <li>✓ Plays practice rounds to confirm game plan</li> </ul> <p><b>Level 2 – State Level Player</b></p> <ul style="list-style-type: none"> <li>✓ Have detailed knowledge of overall course conditions (e.g. Grass type, sand type, weather conditions, design etc.)</li> <li>✓ Detailed drawing of each hole indicating hazards, trouble areas and landmarks</li> <li>✓ Have compass points indicating direction of holes</li> <li>✓ Have detailed distances from tees indicating fairway run outs, carries, corner of doglegs etc.</li> <li>✓ Have measured target widths on fairways and greens</li> <li>✓ Have a Plan A and Plan B tee shots depending on conditions and level of play</li> <li>✓ Have identified landmarks for distances</li> <li>✓ Have measurements to front and back off green and other notable carries (e.g. Bunker lips, tiers)</li> <li>✓ Have identified best place to miss the green</li> <li>✓ Have detailed knowledge of shape, contours on and around the green</li> <li>✓ Have an idea of typical green speed, firmness, grain</li> <li>✓ Have identified “go for it” and “centre of</li> </ul>
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				<p>green" shots</p> <p><b>Level 3 – Regional Level Player – RAS Player</b></p> <ul style="list-style-type: none"> <li>✓ Learning the importance of practice rounds in tournament preparation</li> <li>✓ Begins to use yardage book</li> <li>✓ Drawing of each hole indicating hazards, trouble areas and landmarks</li> <li>✓ Have distances from tees indicating fairway run outs, carries, corner of doglegs etc.</li> <li>✓ Have Plan A tee shots and learning to develop Plan B tee shots depending on conditions and level of play</li> <li>✓ Have identified landmarks for distances</li> <li>✓ Have measurements to front and back off green</li> <li>✓ Learning to identify best place to miss the green</li> <li>✓ Have an idea of typical green speed and firmness</li> <li>✓ Have identified "go for it" and "centre of green" shots</li> </ul> <p><b>Level 4 – Club Level Player</b></p> <ul style="list-style-type: none"> <li>✓ No yardage book or game plan</li> <li>✓ Only Plan A tee shot</li> <li>✓ Only uses established distances markers (i.e. 150m marker)</li> <li>✓ No idea of green conditions</li> </ul>
<p>Able to execute a specific game plan in competition.</p>	<ul style="list-style-type: none"> <li>✓ The ability of the player to able to stick to a game plan in competition.</li> </ul>	<ul style="list-style-type: none"> <li>✓ How competitive pressure affects your decision making process</li> <li>✓ How changing your game plan during the round can affect your performance</li> </ul>	<ul style="list-style-type: none"> <li>✓ Player to complete a post round self reflection sheet and discuss with the coach areas of improvement</li> </ul>	<p><b>Level 1 – National Level Player Elite Amateur</b></p> <ul style="list-style-type: none"> <li>✓ Able to stick to game plan in all competitive situations</li> </ul> <p><b>Level 2 – State Level Player</b></p> <ul style="list-style-type: none"> <li>✓ Can stick to game plan in low pressure situations</li> </ul> <p><b>Level 3 – Regional Level Player- RAS player</b></p> <ul style="list-style-type: none"> <li>✓ Will defer from game plan when not playing well or is placed under peer pressure</li> </ul> <p><b>Level 4 – Club level player</b></p> <ul style="list-style-type: none"> <li>✓ Has no game plan</li> </ul>