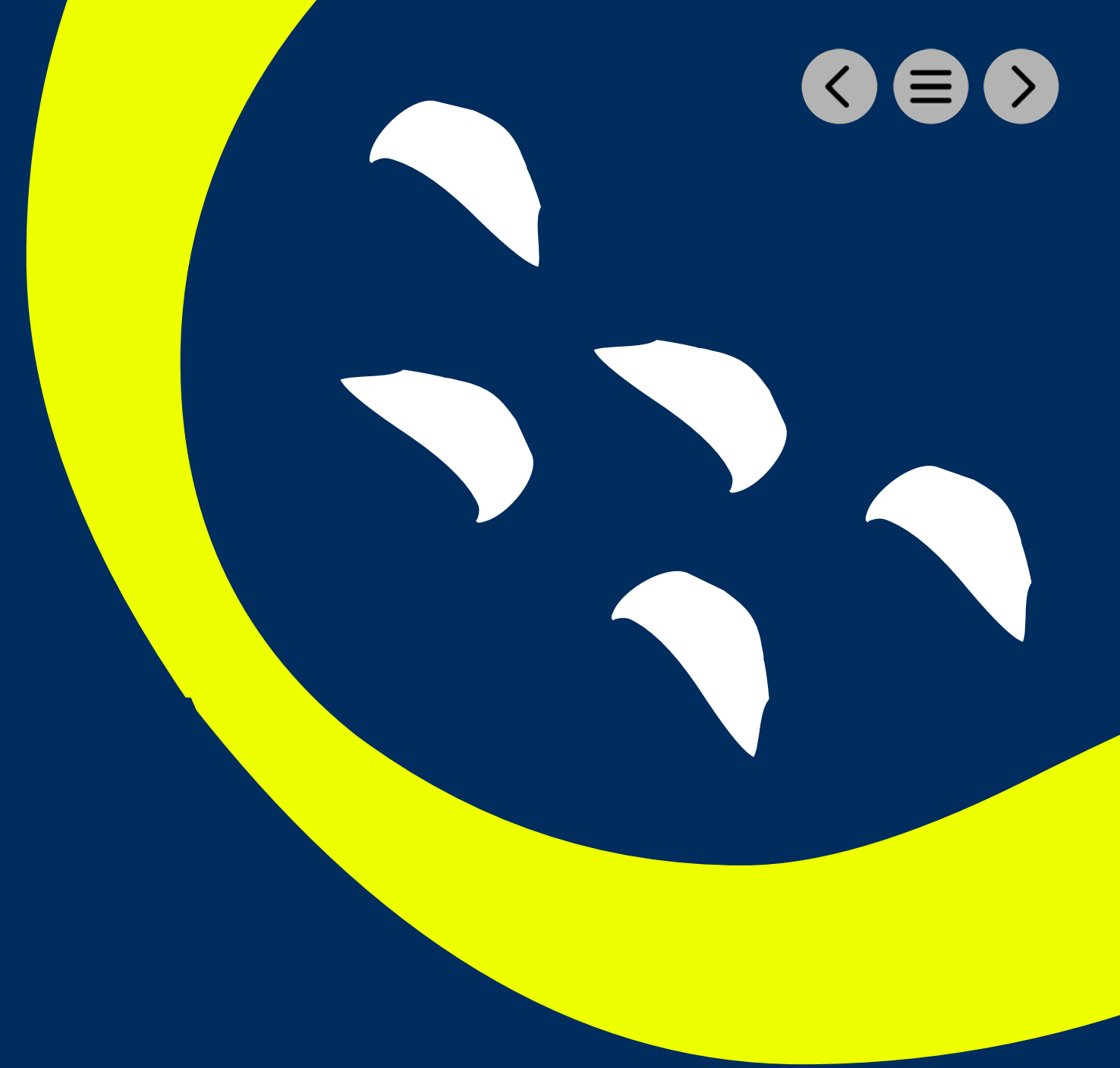


# Mini-Camp Class Plan

## Day 2



# Contents

- 3 Overview
- 7 Implementation
- 11 Camp Options
- 15 Scheduling Expectations
- 23 Pricing & Revenue Projections
- 31 Next Steps





# Class Timetable

4

Class Plans

Playing

Course Progression Levels

Session  
60mins

Group Size:  
1:6

Mastering the focus:  
Swing

Element:  
Irons

Learning the game focus:  
Orientation

myJunior Challenge:  
Iron Challenge

| Time    | Focus                       | Suggested Theme Content                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Games / Drills / Resources                                                                                                           |
|---------|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| 10 Mins | Introduction & Warm Up Game | <ul style="list-style-type: none"><li>Outline the lesson objectives to the group</li><li>Introduce the warmup game to the group</li><li>Introduce FMS and Physical Literacy focus</li><li>Split into teams &amp; demonstrate warm up game</li><li>Play the warmup game</li></ul>                                                                                                                                                                                                      | <ul style="list-style-type: none"><li>Relay Race</li></ul>                                                                           |
| 5 Mins  | Learning the Game Focus     | <ul style="list-style-type: none"><li>Introduce the components of the Golf Bag</li><li>Introduce the Iron &amp; components of the club</li></ul>                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                      |
| 35 Mins | Mastering the Game Focus    | <ul style="list-style-type: none"><li>Outline the safety instructions &amp; class layout</li><li>Introduce games, tasks &amp; challenges</li><li>Deliver one to one &amp; group coaching on the Mastering the Game learning outcomes</li><li>Children can attempt the Iron Challenge</li><li>Children rotate around the stations</li></ul>                                                                                                                                            | <div>Coming Soon</div>                                                                                                               |
| 10 Mins | myJunior Track & Reward     | <ul style="list-style-type: none"><li>Recap Mastering the Game and Learning the Game Focus from the session to check for understanding</li><li>Distribute Learning the Game Resource if appropriate</li><li>Children can complete myProgress Wheel and add stickers where appropriate</li><li>Add any lesson notes to the child's myProgress section</li><li>Award the Achiever Reward to a student in front of the parents and the group</li><li>Award any Pins &amp; Hats</li></ul> | <ul style="list-style-type: none"><li>The Iron Challenge</li><li>Tug of War</li><li>Stepping Stones</li></ul> <div>Coming Soon</div> |

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# Day 2 - Event Timetable

Session Length:  
90 mins

Group Size:  
1:8

Mastering the Game Focus:  
Swing  
Around the Green

| Time    | Focus                                                                                 | Suggested Theme Content                                                                                                                                                                                                                          | Games / Drills / Resource                                                                                                                                                   |
|---------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 15 Mins | Introduction                                                                          | <ul style="list-style-type: none"><li>• Welcome and allocate children their teams for the week.</li></ul>                                                                                                                                        | <ul style="list-style-type: none"><li>• Team Register</li></ul>                                                                                                             |
| 15 Mins | Warm Up Games                                                                         | <ul style="list-style-type: none"><li>• Introduce the Warm Up game, play in teams and record scores</li></ul>                                                                                                                                    | <ul style="list-style-type: none"><li>• Head, Shoulders, Knees and Toes</li><li>• Team Points Tally Sheet</li></ul>                                                         |
| 25 Mins | Mastering the Game <ul style="list-style-type: none"><li>• Around the Green</li></ul> | <ul style="list-style-type: none"><li>• Outline the safety instructions and class layout</li><li>• Introduce games, tasks and challenges</li><li>• Deliver one to one and group coaching</li><li>• Children rotate around the stations</li></ul> | <ul style="list-style-type: none"><li>• Closest to the Line</li><li>• Battleships</li><li>• Splash Shot</li><li>• Over or Under</li><li>• Team Points Tally Sheet</li></ul> |
| 25 Mins | Mastering the Game <ul style="list-style-type: none"><li>• Swing</li></ul>            | <ul style="list-style-type: none"><li>• Outline the safety instructions and class layout</li><li>• Introduce games, tasks and challenges</li><li>• Deliver one to one and group coaching</li><li>• Children rotate around the stations</li></ul> | <ul style="list-style-type: none"><li>• Stepping Stones</li><li>• Tug of War</li><li>• Up the Ladder</li><li>• Flamingo Shots</li><li>• Team Points Tally Sheet</li></ul>   |
| 10 Mins | End of Day Recap                                                                      | <ul style="list-style-type: none"><li>• Recap the games, find out the children’s favourites and announce the points total for the day</li></ul>                                                                                                  | <ul style="list-style-type: none"><li>• Team Points Tally Sheet</li></ul>                                                                                                   |

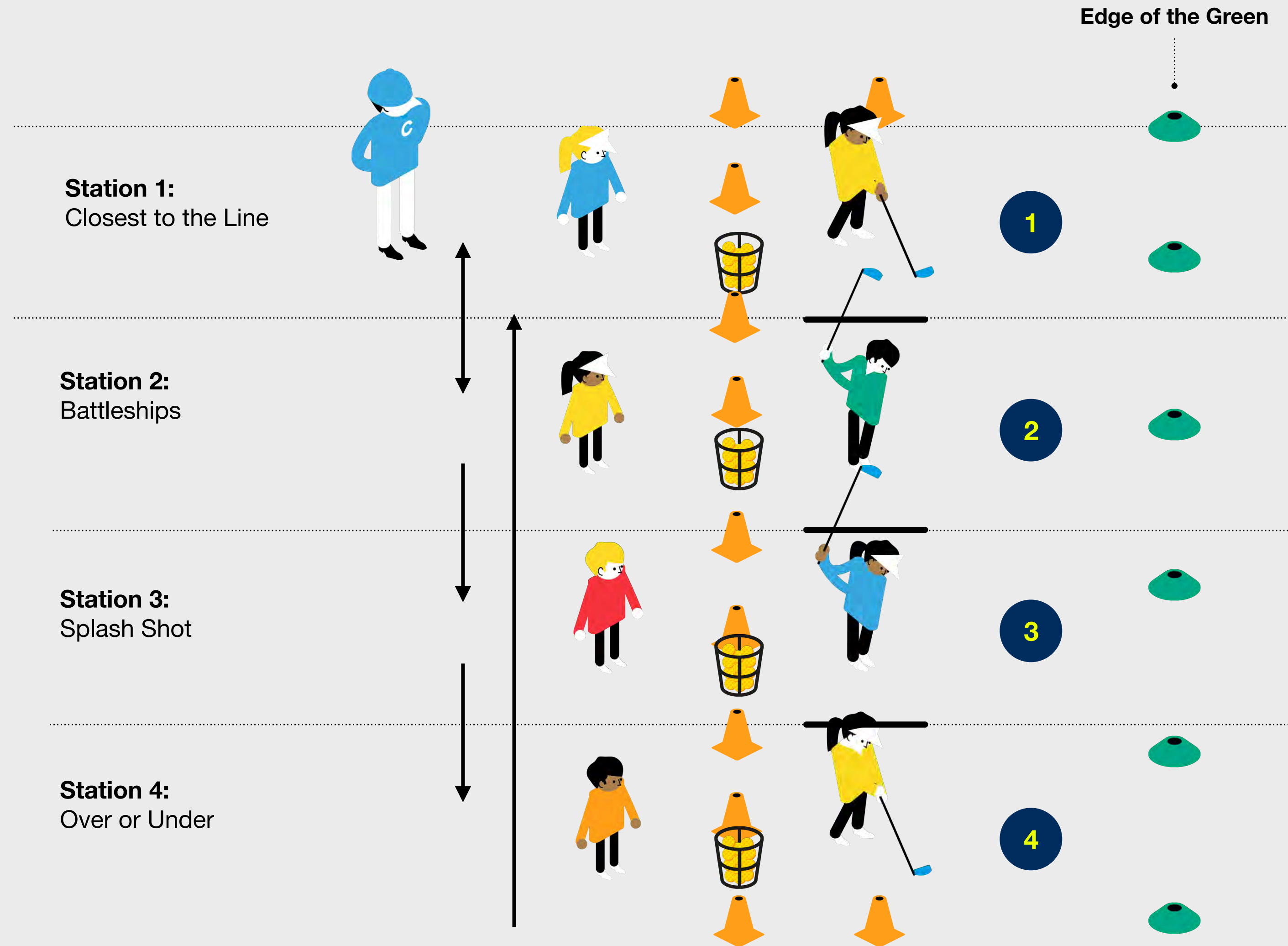
# Layout and Setup



# Around the Green Games - Layout and Setup

The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **5-7 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to the class
- Safety is your top priority when running your class, please remember to;
  - Add your orange safety cones behind each station to identify to the children where they are required to stand when not hitting from within the hitting station
  - Dividers should be used to identify to hitting stations
  - Baskets should be placed to right to the side of the children and behind the hitting area
  - Children should never go in front of the hitting stations to collect a golf ball or golf club
  - Children should always exit the hitting stations from the rear by crossing the orange safety cones
  - Children should collect the golf balls in a group with all equipment left at the stations

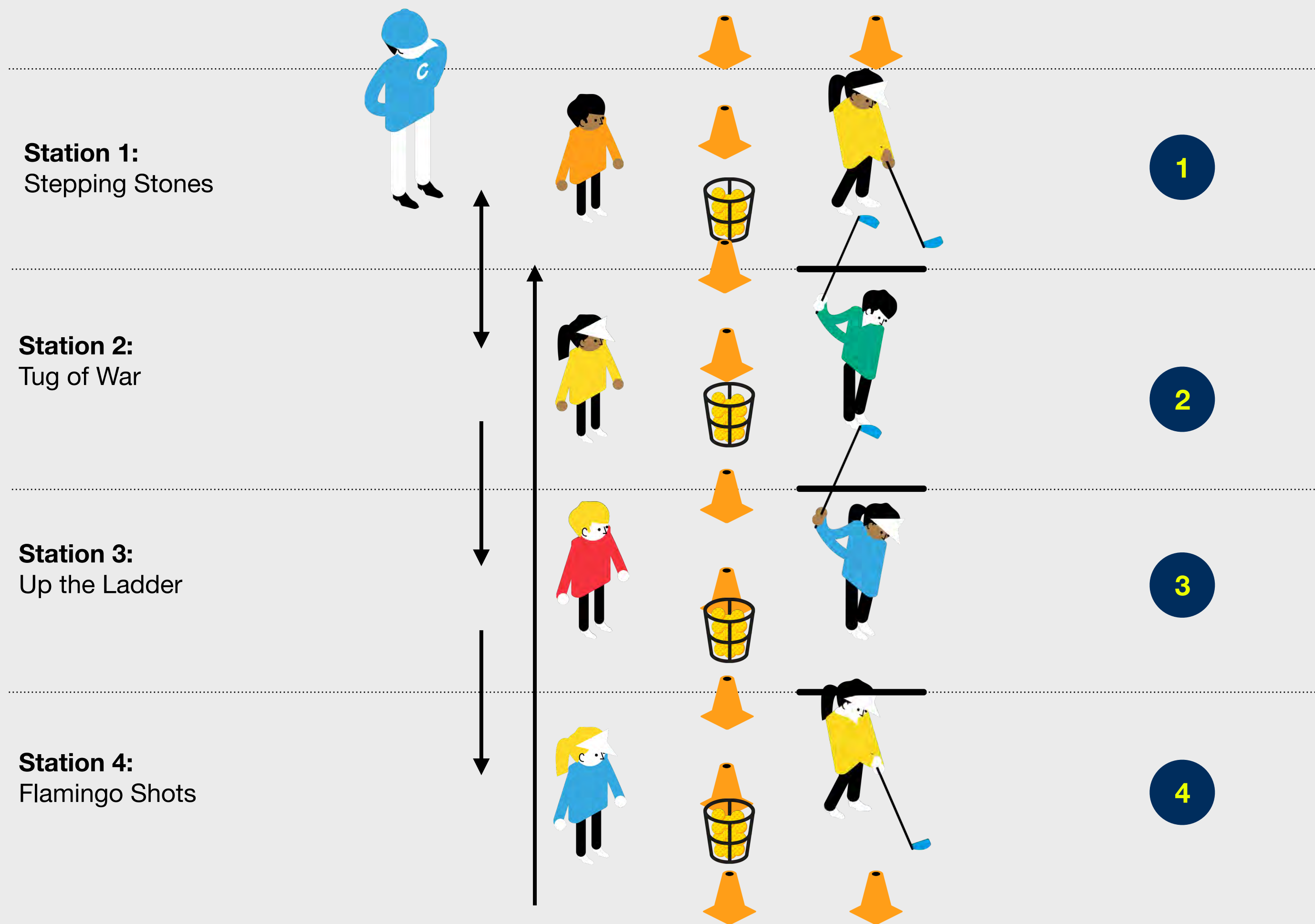




# Swing Games - Layout and Setup

The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to the class
- Safety is your top priority when running your class, please remember to;
  - Add your orange safety cones behind each station to identify to the children where they are required to stand when not hitting from within the hitting station
  - Dividers should be used to identify to hitting stations
  - Baskets should be placed to right to the side of the children and behind the hitting area
  - Children should never go in front of the hitting stations to collect a golf ball or golf club
  - Children should always exit the hitting stations from the rear by crossing the orange safety cones
  - Children should collect the golf balls in a group with all equipment left at the stations



# Physical Literacy





# Head, Shoulders, Knees and Toes - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

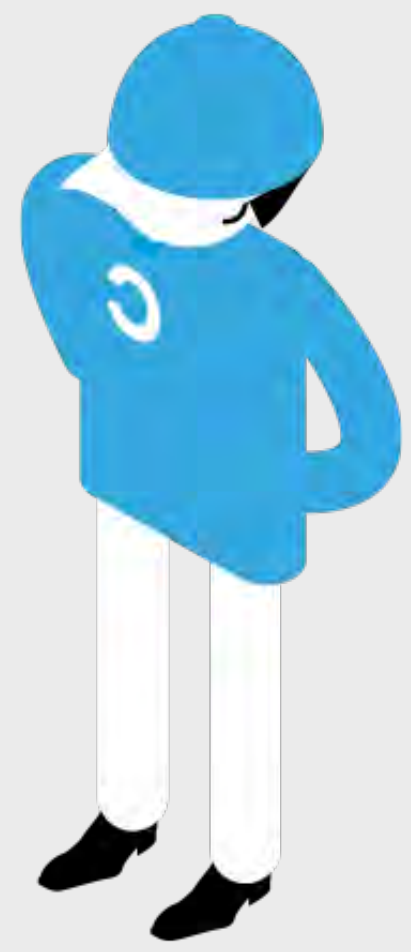
Golf Balls



# Head, Shoulders, Knees and Toes



5!



About

The Warm Up Games are an opportunity for you to develop the child’s Physical Literacy. During these games, a focus should be made on the developing key Fundamental Movement Skills (FMS) and athleticism components identified within the Physical Literacy Learning Outcome. Use the guidance below for how the warm up game should be laid out and played:

How to Play

Each child has a golf ball that they place at their feet. The coach calls out a number between 1 and 5. If the coach calls “1” the juniors have to place their hands on their head. If “2” is called, the juniors have to place their hands on their shoulders, “3” is knees, “4” is feet and if the coach calls “5” the children need to pick up the ball and jump into the air.

The coach should call slowly at first, then faster and faster before finishing the round by calling “5”.

The winner is the first child to pick up their ball and jump into the air!

Progression Ideas

- Allow the children to call the numbers
- Add in additional actions with more numbers



# Around the Green



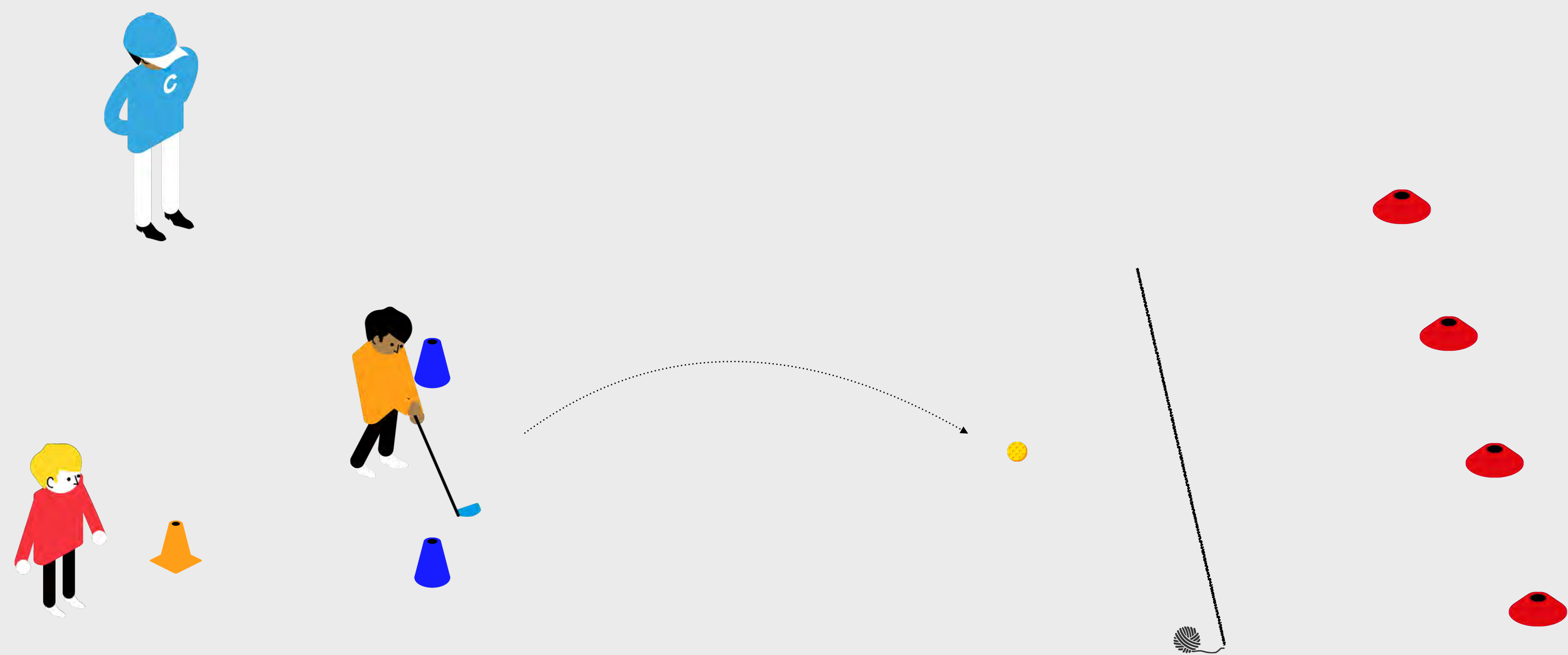
# Closest to the Line - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

|                                 |                                                                                      |                                                               |                                                                                     |
|---------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Orange Safety Cones             |    | Spare equipment that may be required for the group attendees. |  |
| Cones to mark starting position |     | Golf Balls                                                    |  |
| String to mark the target line  |  |                                                               |                                                                                     |
| Red cones to mark the end zone  |  |                                                               |                                                                                     |



# Closest to the Line



About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

How to Play

- Children take it in turns to hit their chip shot towards the string
- The child that chips the ball closest wins the point for that round
- If the child chips the ball too far and it goes past the red cones then they lose a point
- The winner is the child that gets to 5 points first

Progression Ideas

- Vary the distance of the chip shot
- Let each child nominate which club the other has to use when doing their shot
- Introduce a fringe in front of the player and the ball only counts if the first bounce lands over the fringe

Learning Outcomes

- Ability to control distance on a chip shot
- How to react to winning or losing the round

# Battleships - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones



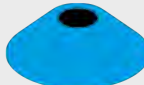
8 x Yellow Colored Cones



Cones to mark out the necessary hitting station



8 x Blue Colored Cones



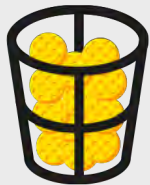
Spare equipment that may be required for the group attendees.



8 x Green Colored Cones

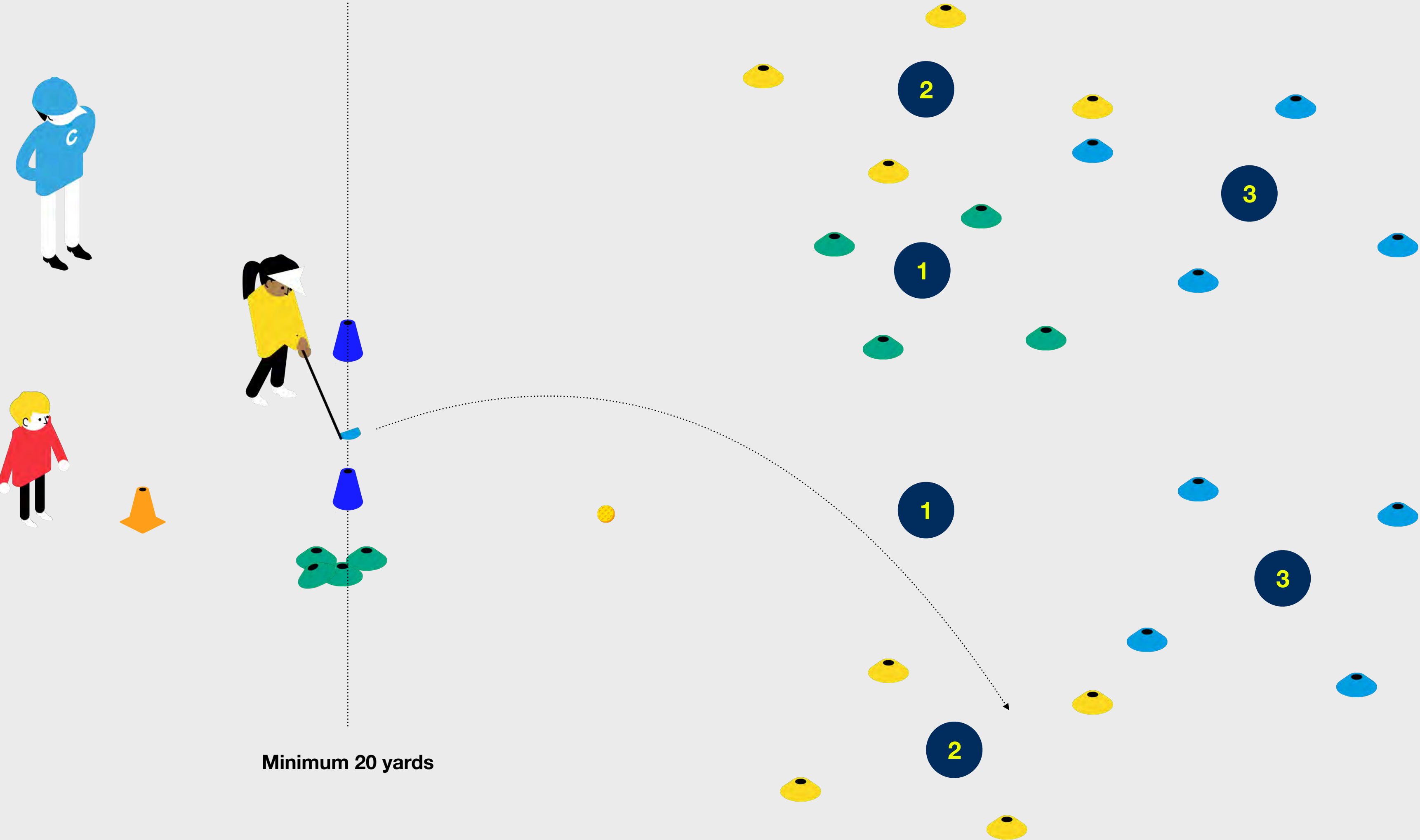


Golf Balls





# Battleships



### About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

### How to Play

- One player is assigned one side as their ships and the other child is assigned the opposite. The aim of the game is for players to destroy the opposing player's ships by landing the ball into the box
- Players must nominate the ship they are attempting to destroy. If they are successful, they pick up the cones and return it to the start
- The game continues until one player has destroyed all of the opposing players ships

### Progression Ideas

- Vary the starting point around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the distance between the starting point and the ships
- Change the size of the target ships
- Change the number of target ships

# Splash Shot - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones



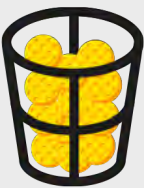
Spare equipment that may be required for the group attendees.



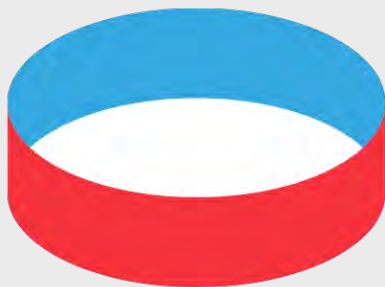
Cones to mark starting position



Golf Balls

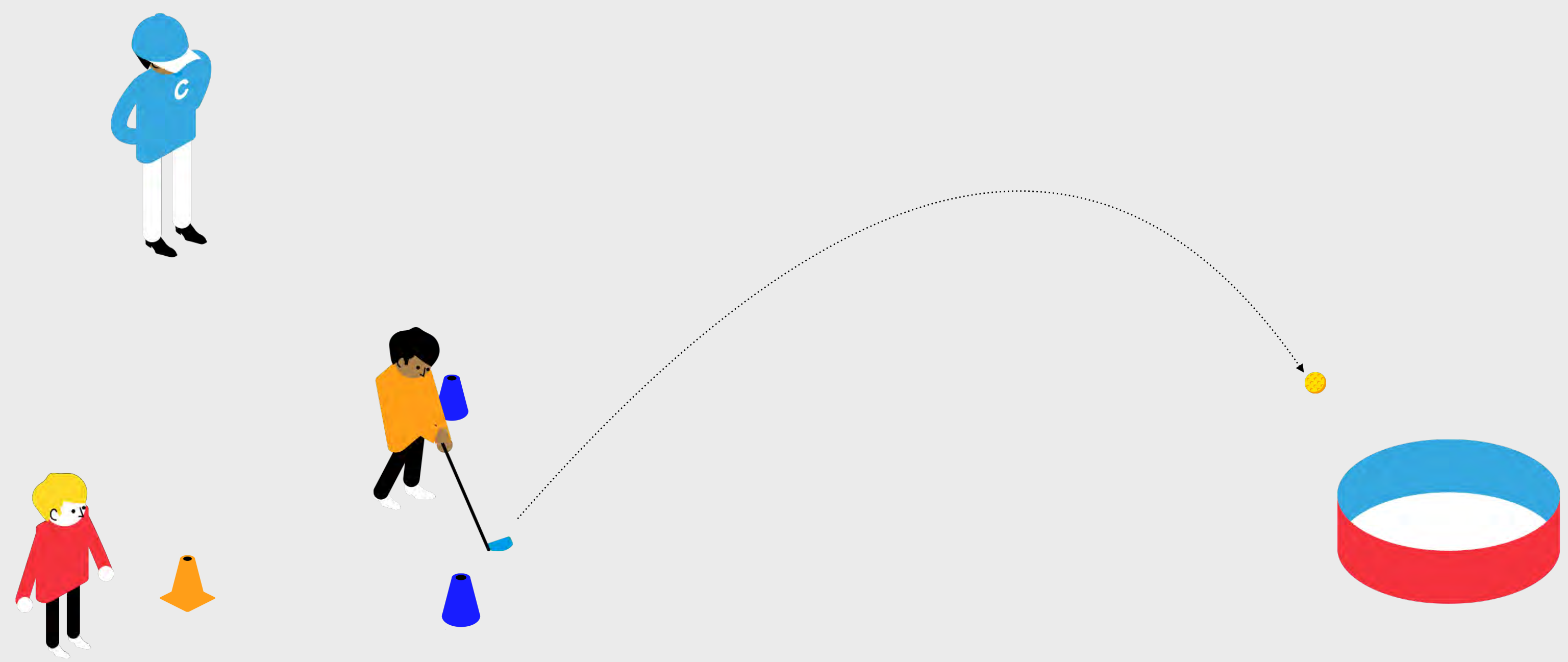


1 x Pool, filled with a small amount of water





# Splash Shot



### About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

### How to Play

- Children take it in turns to hit their shots
- The aim of the game is to pitch the ball into the pool
- The children have 10 shots each, the winner is the child who gets the most shots into the pool

### Progression Ideas

- Vary the distance to the pool
- Add or reduced the number of shots
- Add a rule that the ball has to land in the pool without bouncing

### Learning Outcomes

- Ability to control distance on a pitch shot
- Ability to control direction

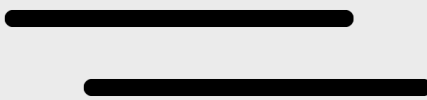
# Over or Under - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones



Alignment Sticks



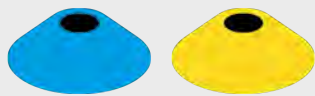
Cones to mark out the necessary hitting station



Foam Noodle



Colored Cones for Target Circles



Spare equipment that may be required for the group attendees.

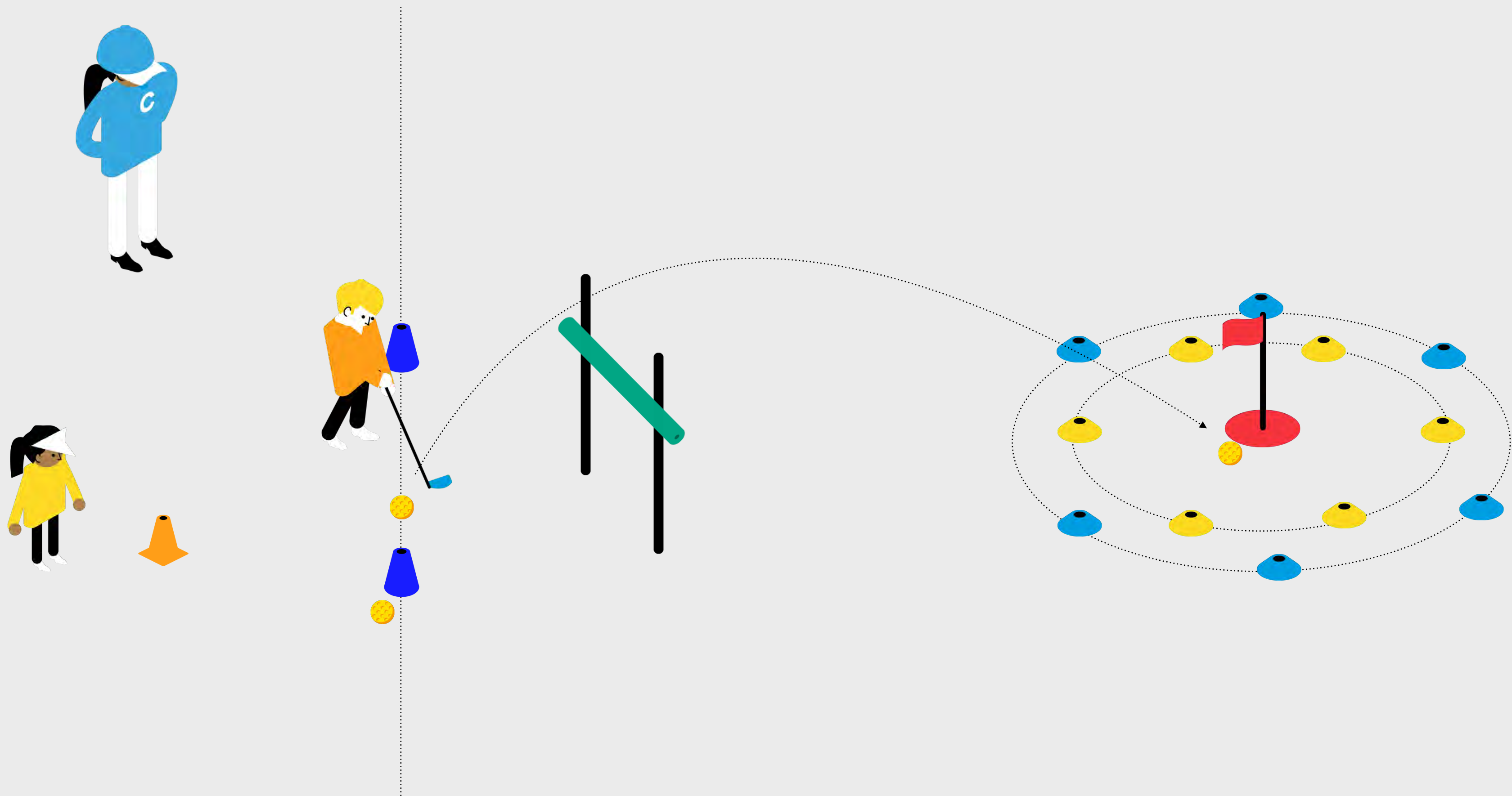


Golf Balls





# Over or Under



### About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

### How to Play

- Nominate a player to play first. Each child has 2 shots per round
- The first player attempts their first shot over the foam noodle and aims to get their ball as close to the flag as possible
- On their second go they try to chip the ball under the foam noodle and aims to get their ball as close to the flag as possible
- Players score points for getting as close to the flag as possible, 1 point for the outer circle 2 points for the inner circle
- Players hit 10 shots each and the child with the highest points total wins

### Progression Ideas

- Vary the starting point from around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the size of the target circles
- Change the distance between the starting position and the target circles

### Learning Outcomes

- Change the distance between the cones and the hole
- Add a sloped surface to the game
- Introduce a rule that after a certain number of attempts the player must move back a step or go back to the start

# Swing



# Stepping Stones - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

2 x Orange Safety Cones



Golf Balls



2 x Cones



Spare equipment that may be required for the group attendees.



1 x White Cone



5 x Yellow Cones





# Stepping Stones



## About

The Mastering the Game Cards have been designed to add a fun element to your classes and to aid engagement in the class focus. Use the graphic opposite and the guidance below to understand how to play the game:

## Equipment Needed

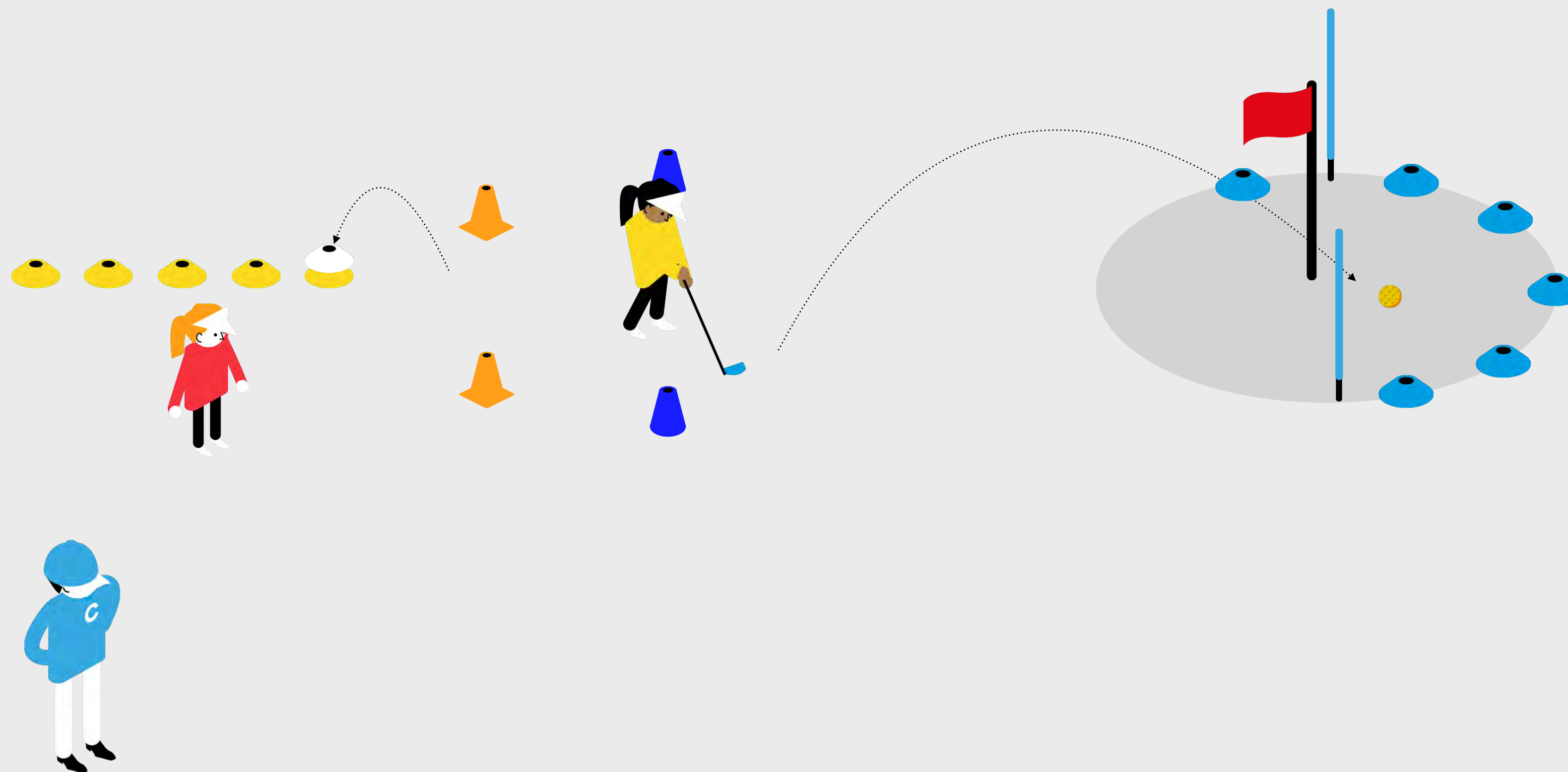
- Orange safety cones for a safety line
- 5 cones or markers in one color
- 1 white cones

## How to Play

- Child number 1 starts and attempts to hit their shot onto the green
- If the child hits it onto the green, then the child moves the white cone to the first colored cone (stepping stone). If the child misses, the cone stays where it is
- The next child attempts their shot and moves the cone if successful
- The children complete the challenge if they manage to get the white cone to the end before it is time to switch games

## Progression Ideas

- Vary the size of the green
- Vary the distance between the tee box and the green
- Add Hazards to act as a penalty
- Add additional targets to increase the number of moves up the stepping stones



# Tug of War - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

2 x Orange Safety Cones



Golf Balls



2 x Cones



Spare equipment that may be required for the group attendees.



1 x White Cone



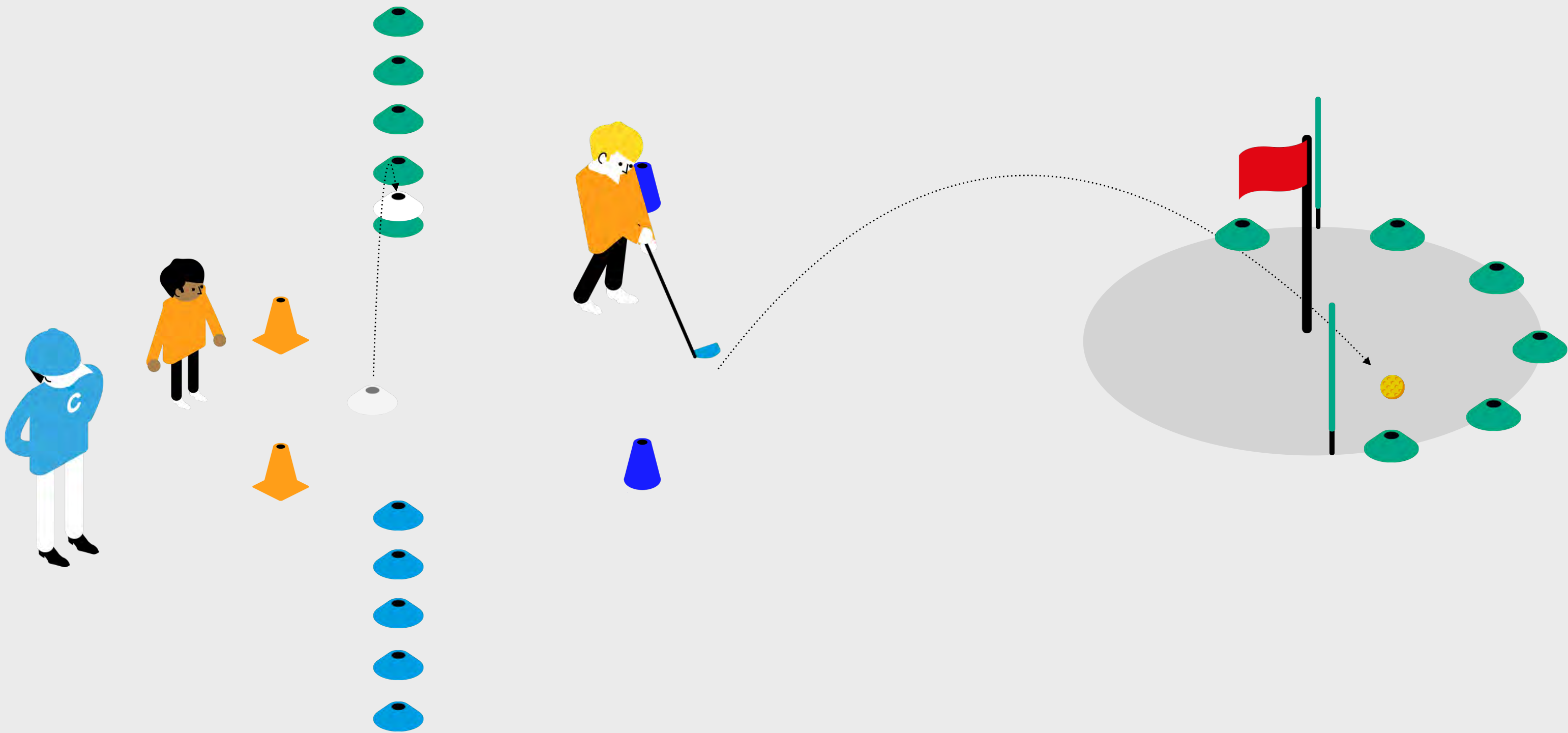
5 x Green Cones



5 x Blue Cones



# Tug of War



About

The Mastering the Game Cards have been designed to add a fun element to your classes and to aid engagement in the class focus. Use the graphic opposite and the guidance below to understand how to play the game:

How to Play

- Child number 1 starts and attempts to hit their shot to the target
- Then the next child attempts their shot. The player who hits it nearest to the target moves the cone one place to their side
- The winner is the one who gets the centre white cone to their end cone

Progression Ideas

- Vary the target on each shot
- Vary the distance between the tee box and the green
- Add hazards for penalty cones
- Add different targets to increase the number of moves across the cones



# Up the Ladder - Equipment you need

Listed below is the equipment you will need to run this class. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones



10 x Alignment Sticks



Cones to mark out the necessary hitting stations



10 x Foam Noodles



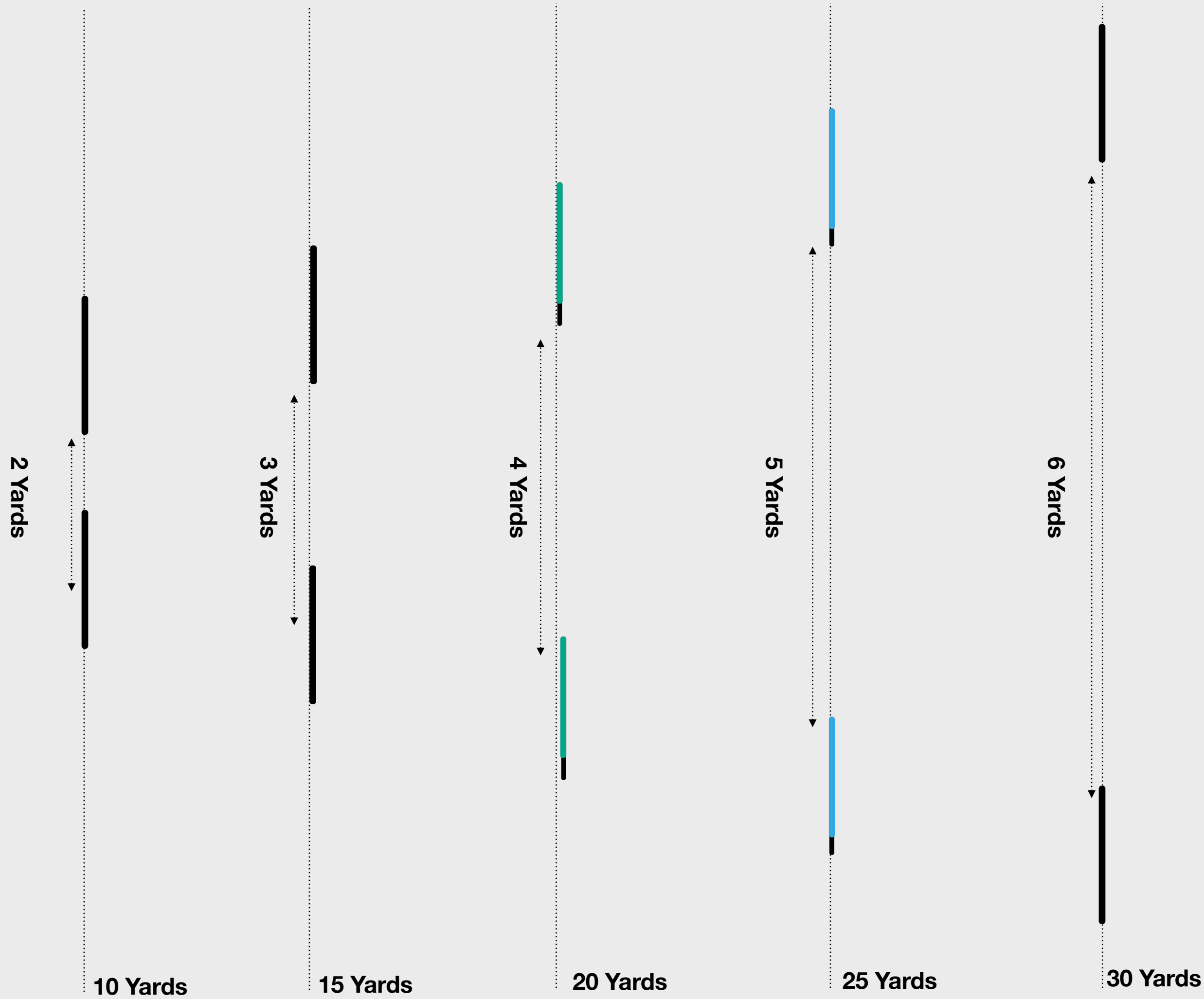
Spare equipment that may be required for the group attendees.



Golf Balls



# Up the Ladder



### About

The Mastering the Game Cards have been designed to add a fun element to your classes and to aid engagement in the class focus. Use the graphic opposite to understand how to lay out the game and the guidance below to play the game:

### How to Play

- Players attempt to work their way up the ladder in order, starting by trying to hit their shots through the nearest gate
- If a child misses, the team remain on that gate
- If a child successfully hits the ball through the gate, they progress to the next step of the ladder
- The game is complete when the team have completed every step of the ladder in order

### Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets to hit the ball through the gate
- Change the width of the target gates
- Introduce a rule where the ball must fly through the air and through the gate

# Flamingo Shots - Equipment you need

Listed below is the equipment you will need to run this game. We recommend that you take the time to prepare this equipment prior to the day of delivery to ensure that you can set up the class prior to the arrival of the group.

Orange Safety Cones



1 x Foam Noodle



2 x Cones



Golf Balls

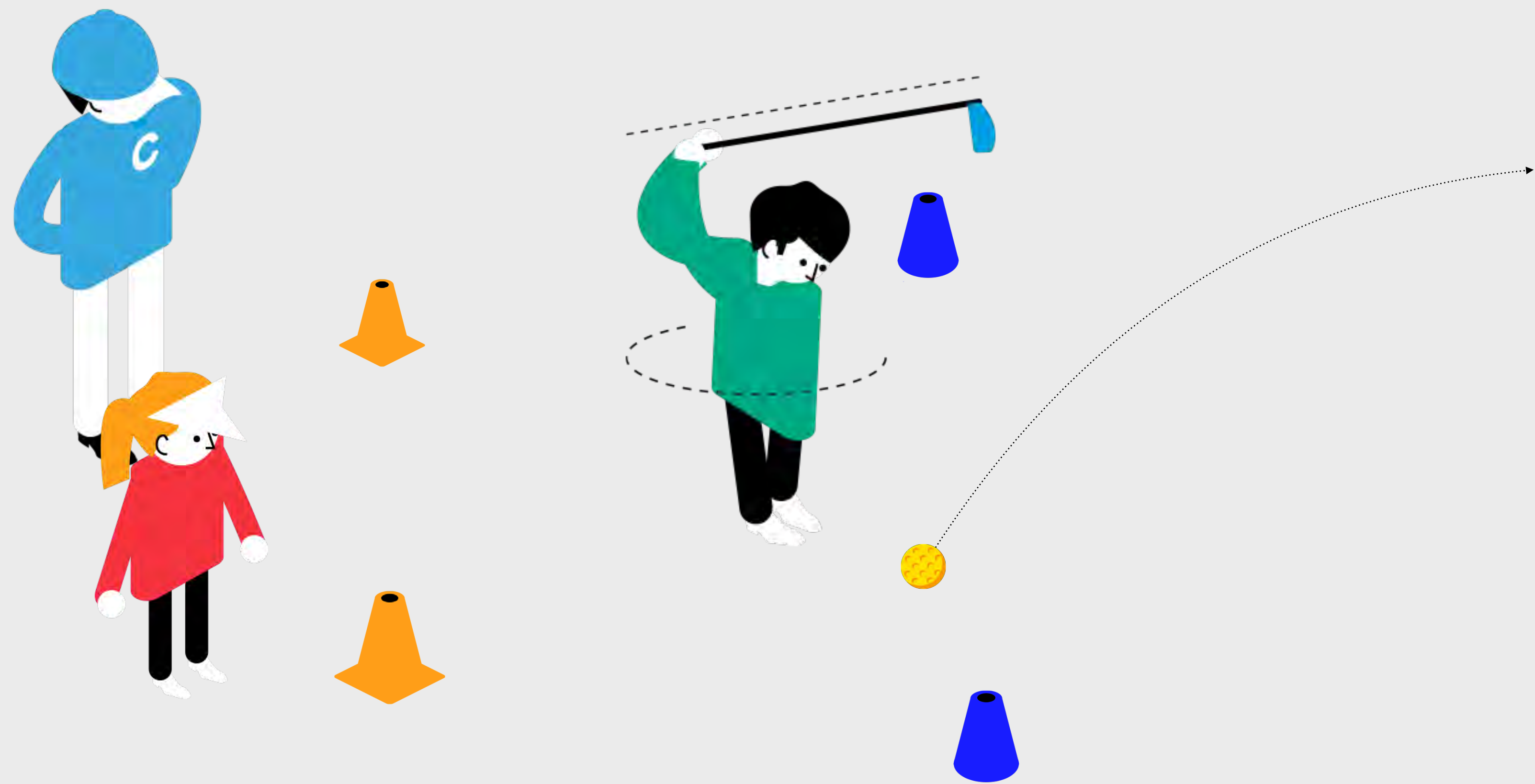


Spare equipment that may be required for the group attendees.





# Flamingo Shots



### About

The Mastering the Game Cards have been designed to add a fun, competitive element to your classes and to aid engagement in the class focus. Use the graphic opposite and the guidance below to understand how to play the game:

### How to Play

- The children take it in turns to hit shots, whilst keeping their balance
- The challenge is for children to make good contact with the golf ball whilst standing on one foot like a flamingo
- The children should try one shot on each leg, and if they struggle they should try with their feet together

### Progression Ideas

- Further difficulty can be added by standing on a noodle
- If the children find the challenge easy then add in direction and distance targets
- Allocate points for hitting certain targets

### Learning Outcomes

- Learn to control strike from challenging situations
- Improve balance and coordination by making the initial challenge more difficult