

Swing Week 16



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

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Class Timetable - Week 16

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Swing:
Driver

Whole Child Focus
Creative:
Don't be afraid to make mistakes

Learning the Game Focus:
Orientation:
The Driver

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Capture the Cone
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Introduce to the group the Learning the Game focus of the class 	<ul style="list-style-type: none"> The Driver
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> Introduce to the group the Whole Child focus of the class 	<ul style="list-style-type: none"> Don't be afraid to make mistakes
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions and class layout Introduce games, tasks and challenges Deliver one to one and group coaching on the Mastering the Game learning outcomes Children can attempt the Challenge in pairs Children rotate around the stations Opportunity for free practice if appropriate 	<ul style="list-style-type: none"> Clubface Contact Create your own Game G.O.L.F
5 Mins	myAcademy Folder Track and Reward	<ul style="list-style-type: none"> Recap Mastering the Game and Learning the Game Focus from the session to check for understanding Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder Present the Achiever Award to a student in front of the parents and the group 	<ul style="list-style-type: none"> myAcademy Folders

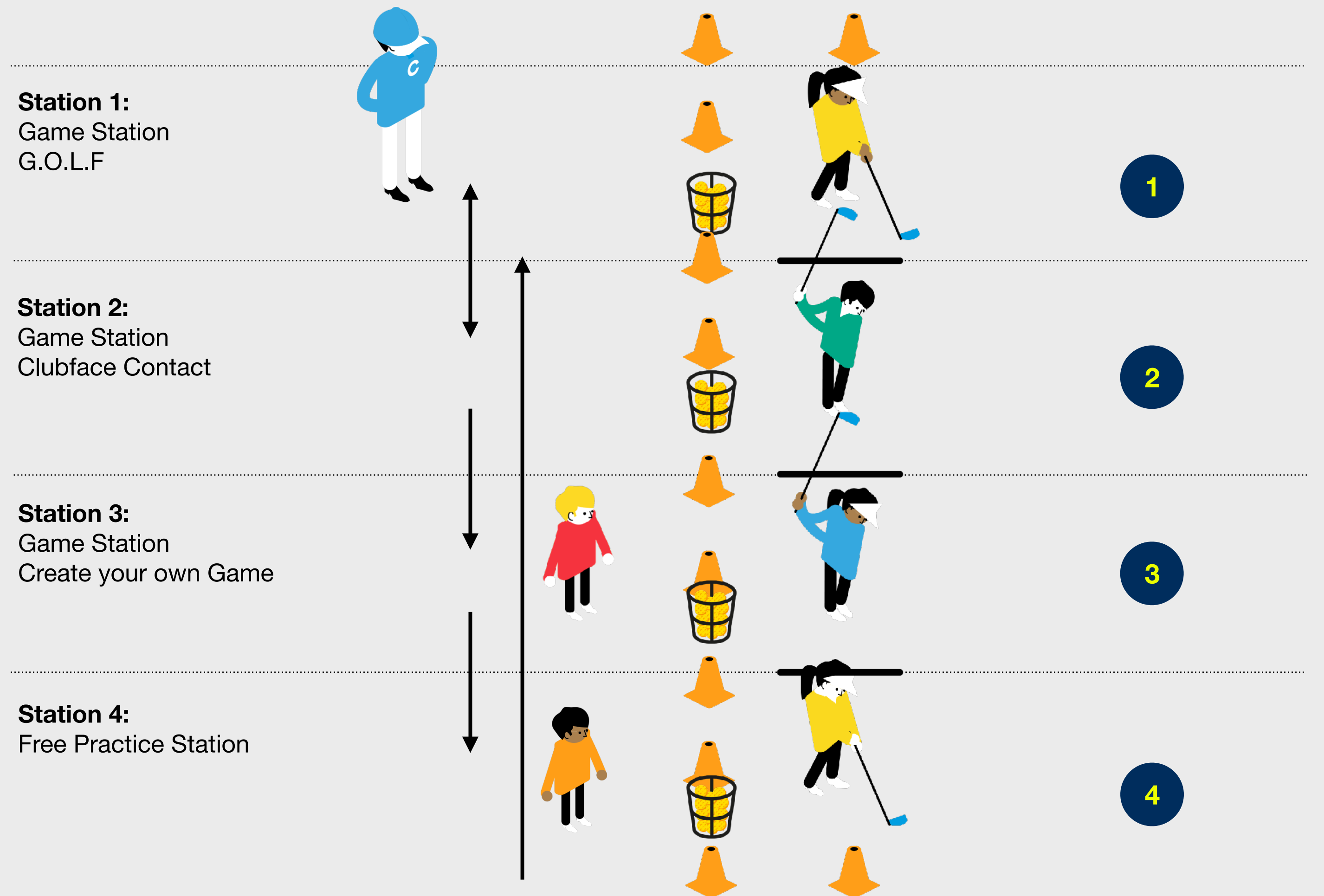
Layout and Setup



Class 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 and 3 are **Game Stations**. At these stations the children play in pairs or play the games independently with occasional supervision from the coach
- Station 4 is the **Free Practice Station**. It is at this station the child can develop their fundamentals under guidance from the coach, away from any form of game or competitive play. You may decide the lay out a technical drill if appropriate for the child
- Children should play in pairs, with stations 1 and 2 being a pair, another pair at station 3 and the last pair at station 4
- Children should rotate around the stations, with each pair spending approximately **8 minutes** to spend at each station. Each child should get an opportunity at each station during 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 juniors where they are required to stand when not hitting from the hitting station
 - Dividers should be used to identify the hitting stations
 - Baskets should be placed to the side of the golfers and behind the hitting area
 - Juniors should never go in front of the hitting stations to collect a golf ball or golf club
 - Juniors should always exit the hitting stations from the rear by crossing the orange safety cones



Physical Literacy Warm Up Game



Capture the Cone

Team 1's Safety Zone

Team 1's Base

Halfway Line

Team 2's Safety Zone

Team 2's Base



How to Play

- This game is best played in two teams. Split the children evenly and allocate each team a base on opposite sides of the playing area
- Team 1 is trying to capture Team 2's "JGA" cone and vice versa
- When a player ventures over the halfway line they are at risk of being tagged by the opposing team. If they are tagged they must go back to their safety zone and wait there until a member of their team tags them back in or for a designated period of time, e.g. 5 seconds
- The game is won when a player manages to capture the opposing team's "JGA" cone and return it to their base without being tagged

Progression Ideas

- Increase or decrease the area that the game is played depending on the number of players
- Introduce different FMS such as jumping, hopping or side steps

Equipment Needed

4 x Orange Safety Cones to mark out the safety zones

SAFETY



2 x JGA Cones



8 x Colored cones to mark the center line



4 x Colored cones to mark Team 1's base



8 x Colored cones to mark Team 2's base



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JUNIOR GOLF

Fundamental Movement Skills (FMS)



During your Warm Up Game, explore a range of Fundamental Movement Skills (FMS). The children should be encouraged to experiment and develop these movements and you can tailor the difficulty of the specific movement to each child or warm up game.



Kick

Explore this skill using both feet, different parts of the foot and kicking in the air and on the ground



Throw

Explore this skill using both arms, underarm and overarm throws as well as at a range of heights



Skip

Explore this skill using a rope and in dynamic motion at a range of speeds



Run

Explore this skill at a range of speeds, and going backwards



Hop

Explore this skill by alternating legs on the spot and in dynamic motion



Side-step

Explore this skill by alternating sides, touching heels and crossing legs



Dodge

Explore this skill by getting the child to dodge static and dynamic obstacles at a range of heights



Jump

Explore this skill by exploring the movement in multiple directions



Stand on one leg

Explore this skill by exploring balancing on both legs



Crawl

Explore this skill by exploring using different segments of the body

The Whole Child



Creative

Don't be afraid to make mistakes

The Whole Child theme this week is focussed on viewing mistakes as a learning opportunity.

Carry this theme into the class by explaining to the children that mistakes help you grow as a player and improve your skill. A simple error and fix presentation could be a good way of displaying this.

It should be highlighted that the Achiever Award is presented to the child that displays an attitude of not worrying about the mistakes they make, is able to learn from them and improve.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the Crush It program.

An Achievement Sticker can be added to the myAcademy Folder if applicable to your program.



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Reinforcing positive behaviours

There are lots of ways to reinforce the positive behaviours we want to see in your junior golfers.

Non-verbal reinforcement:

- Thumbs up
- Nod of your head
- A smile

Personal verbal reinforcement:

- “Love that attitude”
- “That’s the attitude we’re looking for”
- “Great effort, keep it up”

Group reinforcement:

- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the Achiever reward at the end of the lesson is a great opportunity to reinforce positive behaviours
- Be sure to pinpoint two or three moments in the lesson that stood out to you and praise the children involved

Learning the Game Focus



Orientation

The Driver

The Learning the Game focus this week is to introduce the Driver and how it differs from other clubs in the bag.

You should also introduce the children to the specific rules and etiquette when using a driver on the tee.

For more advanced groups highlight the specific design of the driver and how the design helps us to launch the ball at an improved angle and flight the ball for maximum carry and consistency.

Carry this theme throughout the class and reward any behaviours with an achievement sticker.



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Questions to Ask

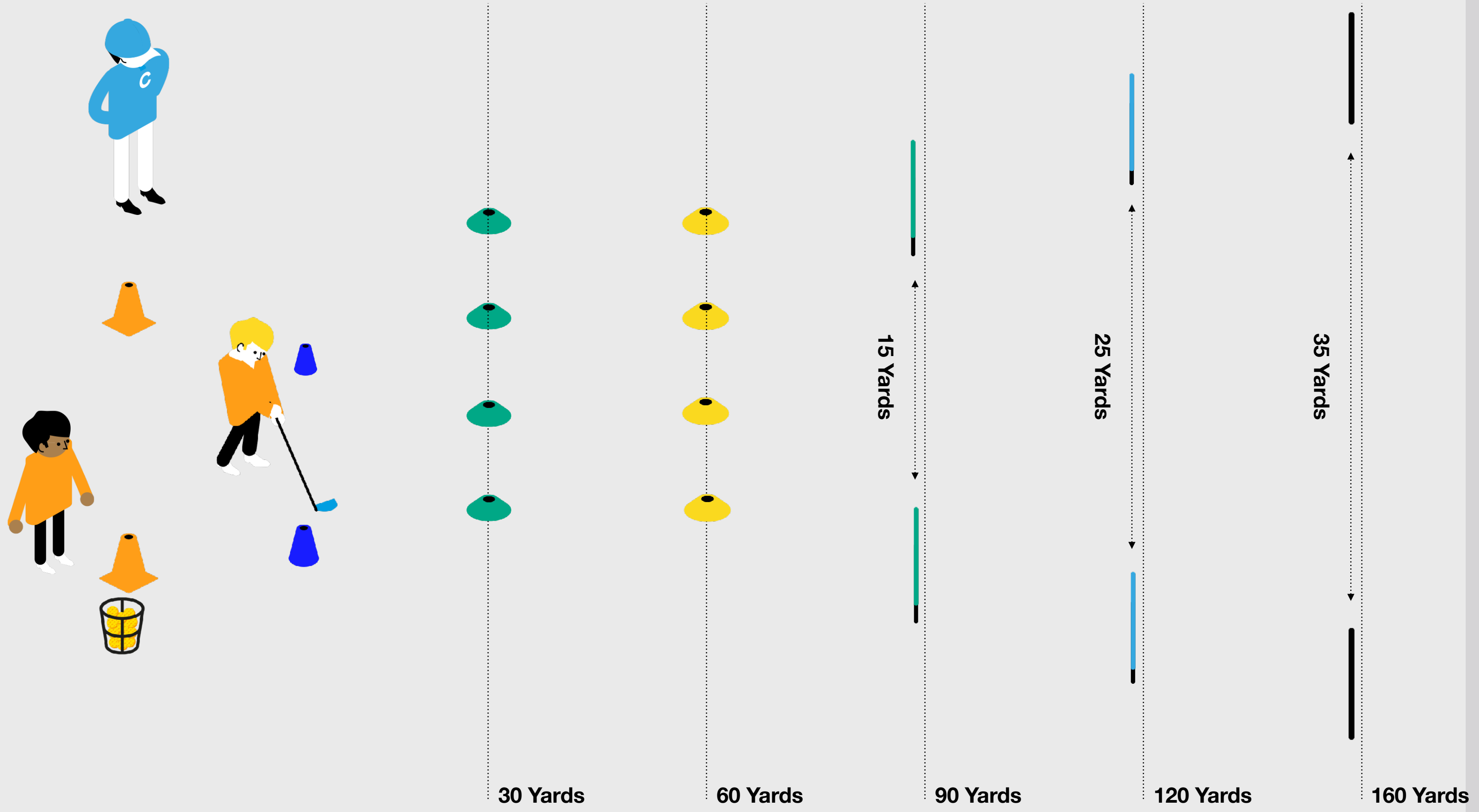
- Who knows what a driver is designed to do?
- What is it about the driver that helps us to hit the ball high and far?
- How does the driver differ from other clubs in the bag?
- What rules do we need to be aware of on the tee box when using the driver or any other club in the bag?

Mastering the Game Cards





Create Your Own Game



How to Play

- Using the targets that are set out on the outfield, challenge the children to be creative and come up with their own game
- Try not to give too many instructions
- So long as the game is safe, and the children play sensibly they should be allowed the freedom to come up with whatever game they like









Progression Ideas

- Provide more cones, alignment sticks and foam noodles for additional targets

Learning Outcomes

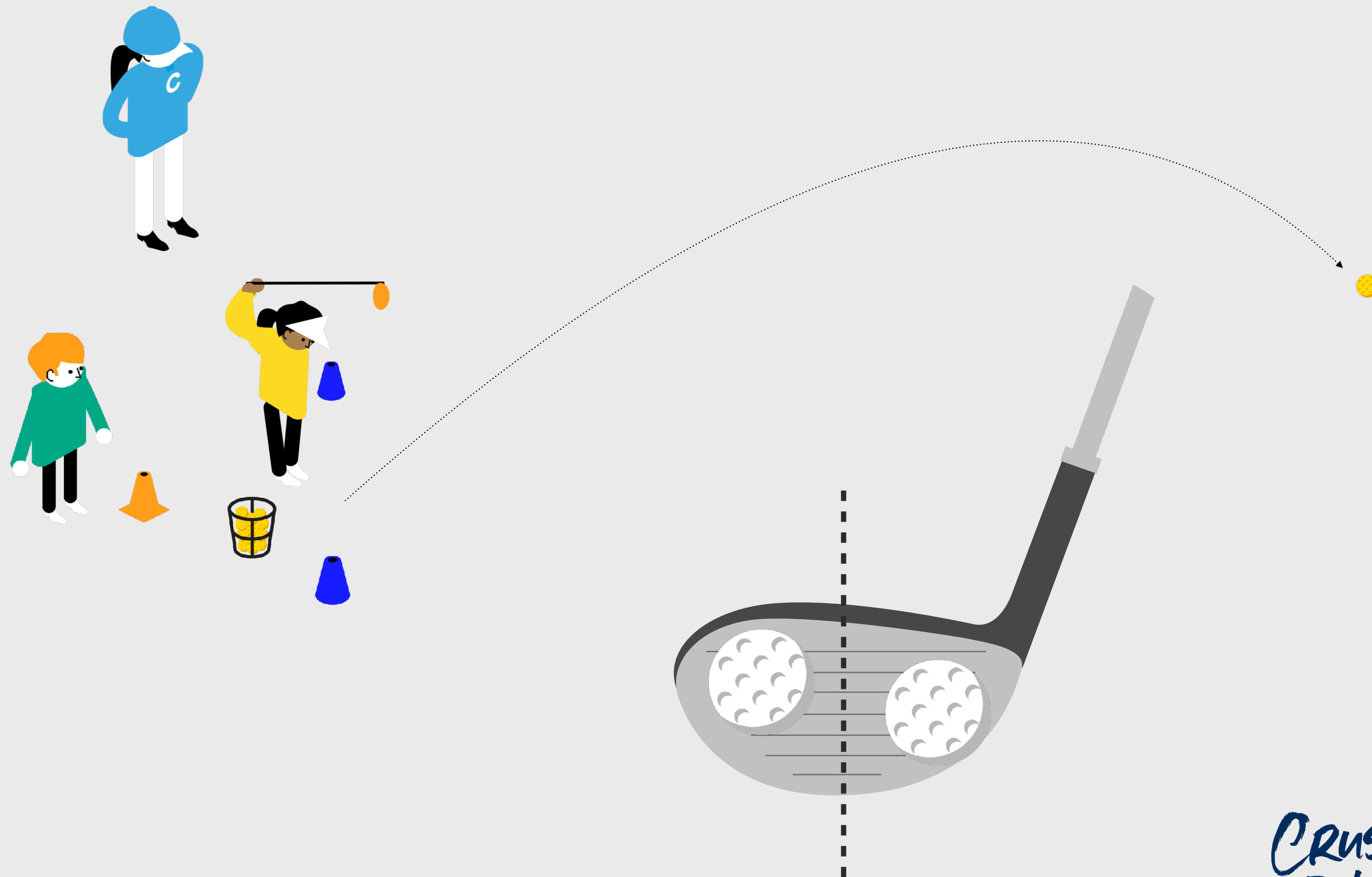
- To encourage creativity in practice and play
- To empower the children to come up with their own rules and play safely, fairly and sensibly

Equipment needed

- 2 x Orange Safety Cones 
- 2 x Cones 
- Golf Balls 
- Spare equipment that may be required for the group attendees. 
- 6 x Alignment Sticks to mark the target fairway 
- 6 x Foam Noodles to mark the target fairway 
- 6 x Colored Cones to mark the 30 yard distance line 
- 6 x Colored Cones to mark the 60 yard distance line 



Clubface Contact



How to Play

- Players take it in turns to hit a shot with impact tape on the clubface in order to see where they made contact
- Draw a line down the middle of the impact tape
- The aim is to be able to deliberately strike the ball with the toe and then the heel
- The challenge is complete when the child successfully strikes the ball using the toe and the heel of the club

Progression Ideas

- Draw quarters on the impact tape and challenge the juniors to hit each quarter of the club face
- If the juniors aren't able to generate enough clubbed speed to make a mark on the impact tape then use foot spray as an alternative
- Swap out the golf ball for marshmallows - a fun alternative that will engage the juniors and still make a mark on the club face

Equipment needed

Orange Safety Cones

SAFETY



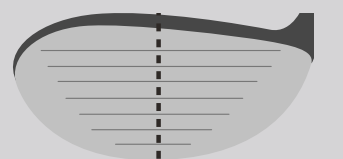
Cones to mark out the necessary hitting stations.



Golf balls

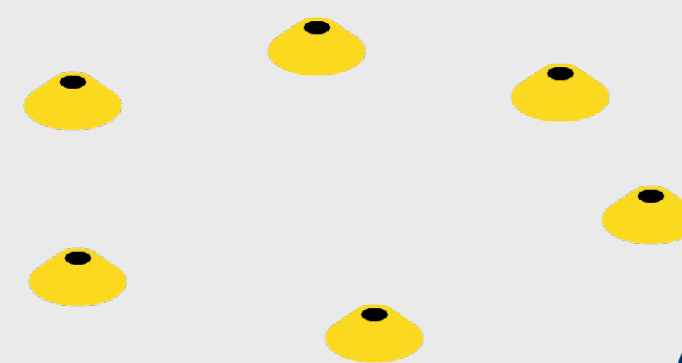
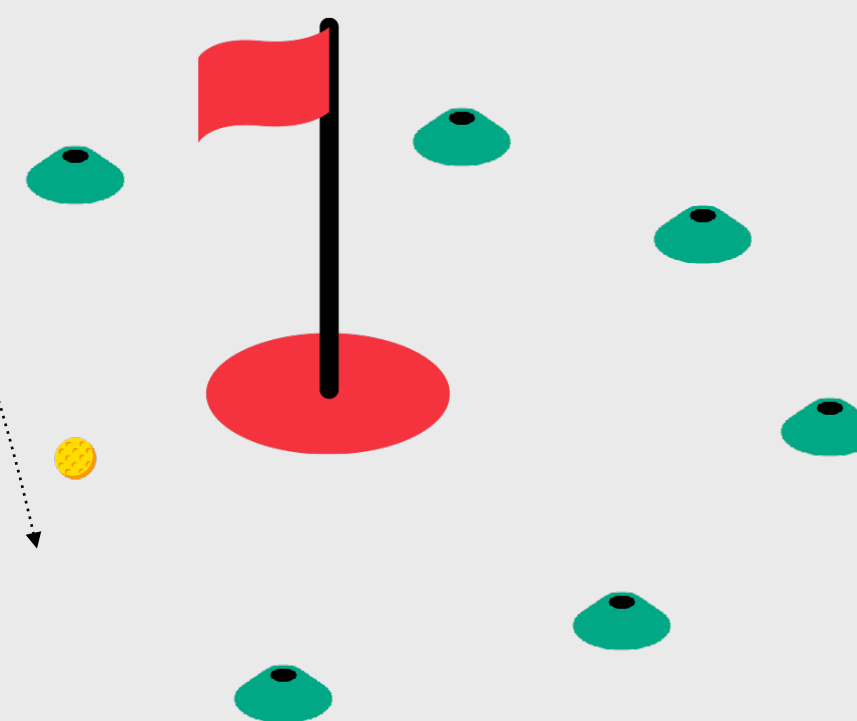
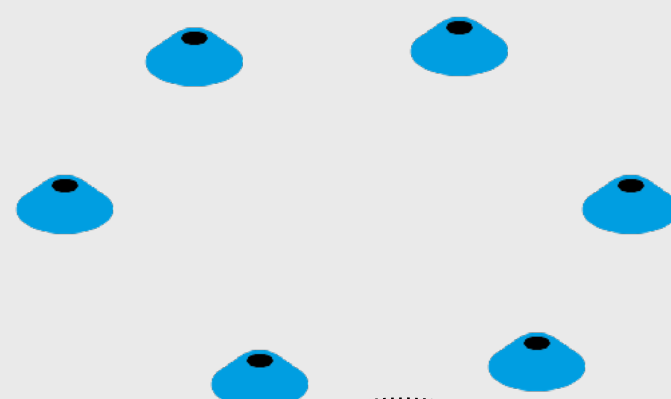
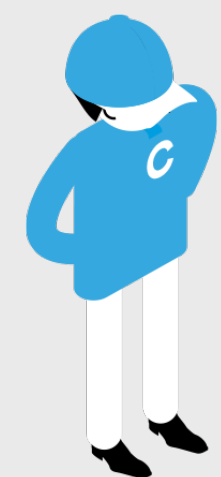


Impact tape and a marker pen to draw the lines



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G.O.L.F



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How to Play

- Nominate one of the children to play first
- The first player nominates the area of the golf course they are trying to hit, the green, the lake or the bunker. If one of the children hits the target the team get the first letter "G"
- The second player then nominates the next target and the game continues until the team spells 'G.O.L.F.'

Progression Ideas

- Vary the size of the targets
- Vary the distance to the targets
- Increase the number of letters in the game i.e 'G.O.L.F.E.R'
- Adapt the shot types when playing to the targets i.e depending on skill level change the trajectory or shot shape

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



6 x Yellow Cone



8 x Green Cones



6 x Blue Cones



Spare equipment that may be required for the group attendees.



Golf Balls

