

# On the Green

## Week 20





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# Class Timetable

**4** Class Plans  
Playing Golf 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>	Coming Soon
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>

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# Class Timetable - Week 20

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
On the Green:  
Short Putts

**Whole Child Focus**  
Creative:  
Independence

**Learning the Game Focus:**  
Preparing to Play:  
Putting Warm-Up

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and 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 and demonstrate the warm up game</li> <li>Play the warm up game in groups, pairs or individually</li> </ul>	<ul style="list-style-type: none"> <li>“PGA Pro” says</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Learning the Game focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Putting Warm-Up</li> </ul>
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Whole Child focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Independence</li> </ul>
35 Mins	Mastering the Game Focus	<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 on the Mastering the Game learning outcomes</li> <li>Children can attempt the Challenge in pairs</li> <li>Children rotate around the stations</li> <li>Opportunity for free practice if appropriate</li> </ul>	<ul style="list-style-type: none"> <li>Putting Pool</li> <li>Finders Keepers</li> <li>Round the Clock Spiral</li> </ul>
5 Mins	myAcademy Folder Track and 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>Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> </ul>	<ul style="list-style-type: none"> <li>myAcademy Folders</li> </ul>



# Layout and Setup

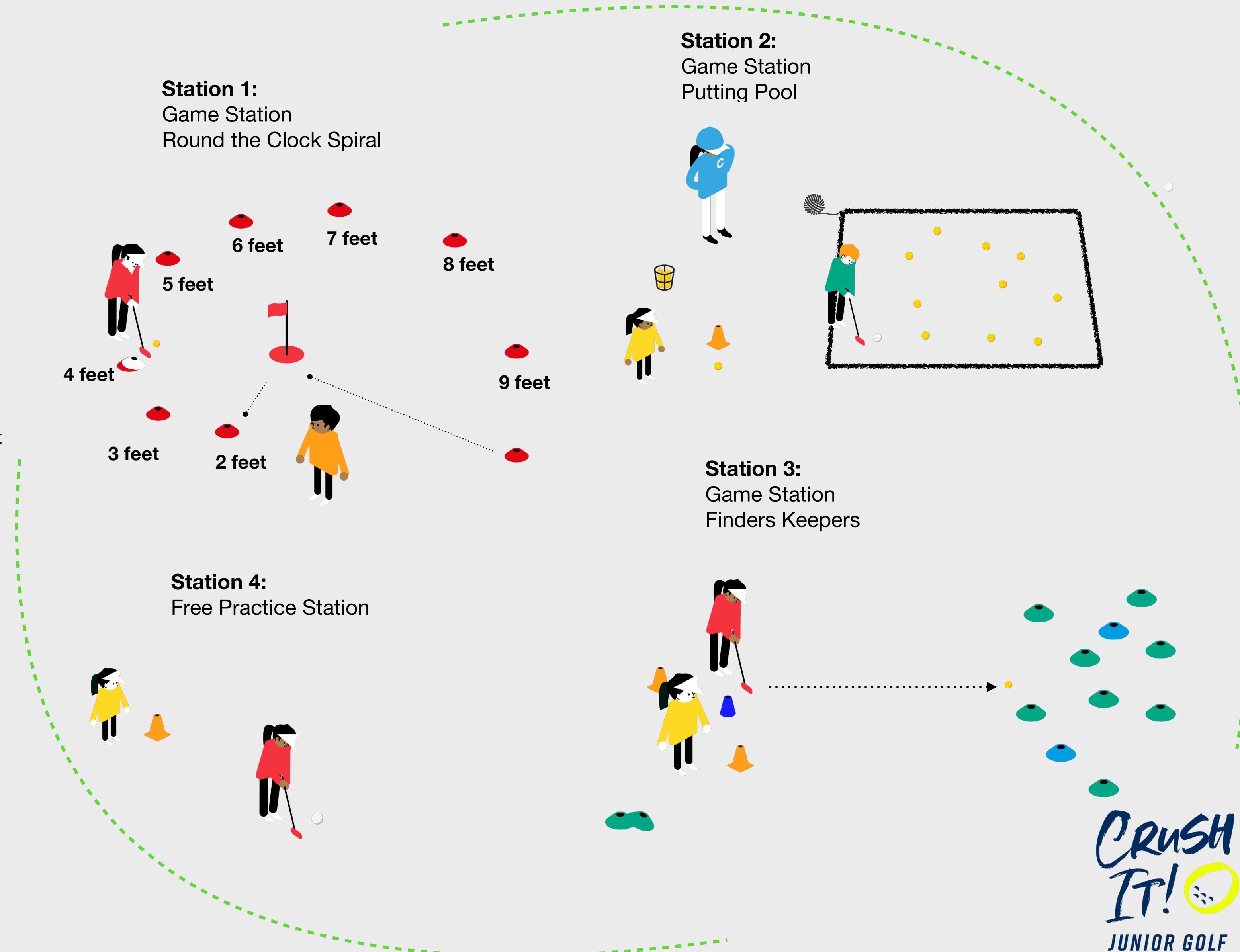




# Class Layout and Setup

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





# “PGA Pro” Says



## How to Play

- This game is played individually and is similar to 'Simon Says'
- Introduce the children to the golf course areas marked out with the cones
- The coach starts every command with either "PGA Pro says....run to the green" or "run to the green"
- When a child follows the command without the "PGA Pro" saying it, they drop out of the game
- The child who wins is the one left at the end after following what the "PGA Pro" says

## Progression Ideas

- Explore FMS skills during the game
- Ask the children if they know any Professional golfers and use their name instead of "PGA Pro"

## Equipment Needed

Orange Safety Cones



10 x Green colored cones



10 x Blue colored cones



2 x Red colored cones



6 x Yellow colored cones



6 x White colored cones



# 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 Independence

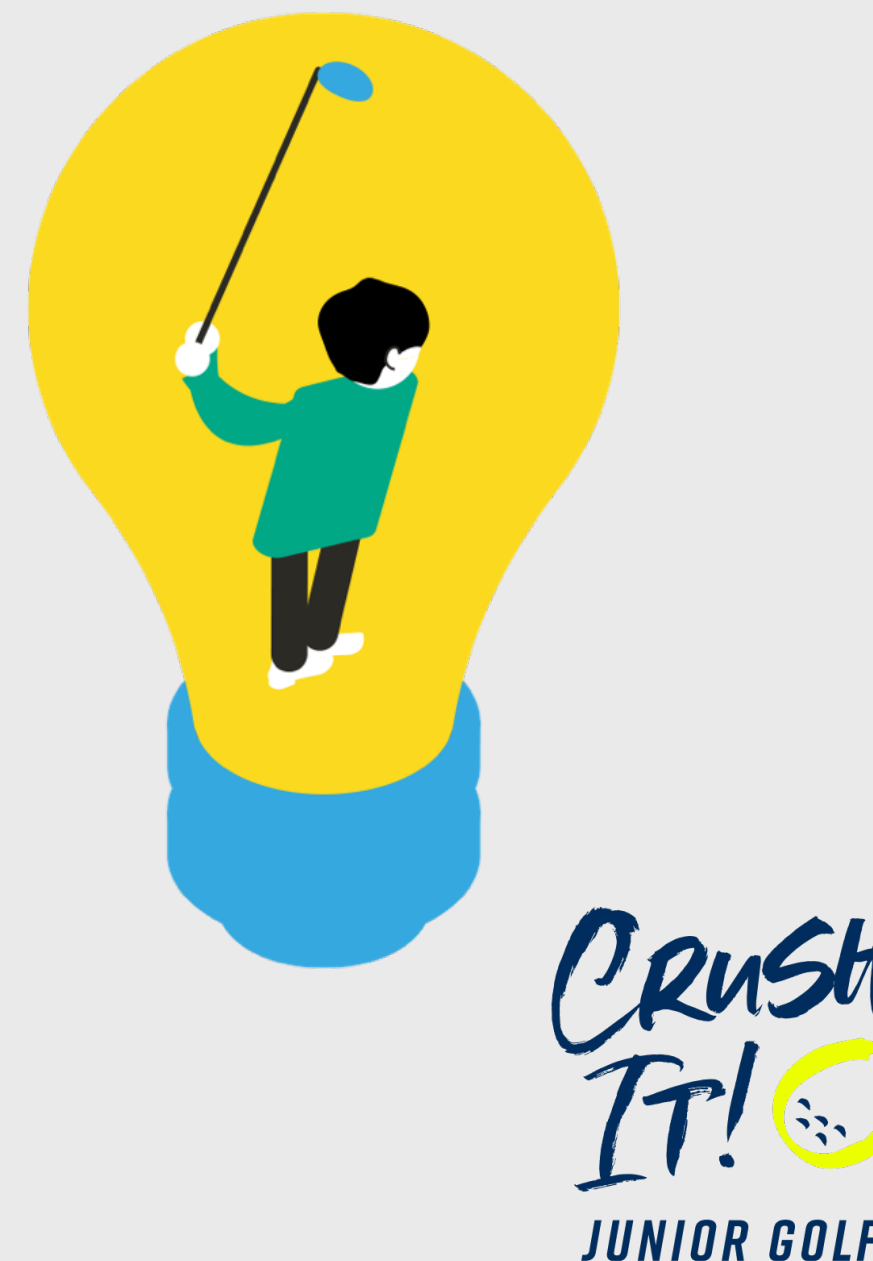
The Whole Child theme this week is to encourage children to make their own decisions, both on the golf course and in life.

Carry this theme into the class by getting the children to play the games as individuals in this session because it will help test their individual skill.

It should be highlighted that the Achiever Award is presented to the child that demonstrates some level of independence throughout the class.

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.



## 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 award 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



# Preparing to Play

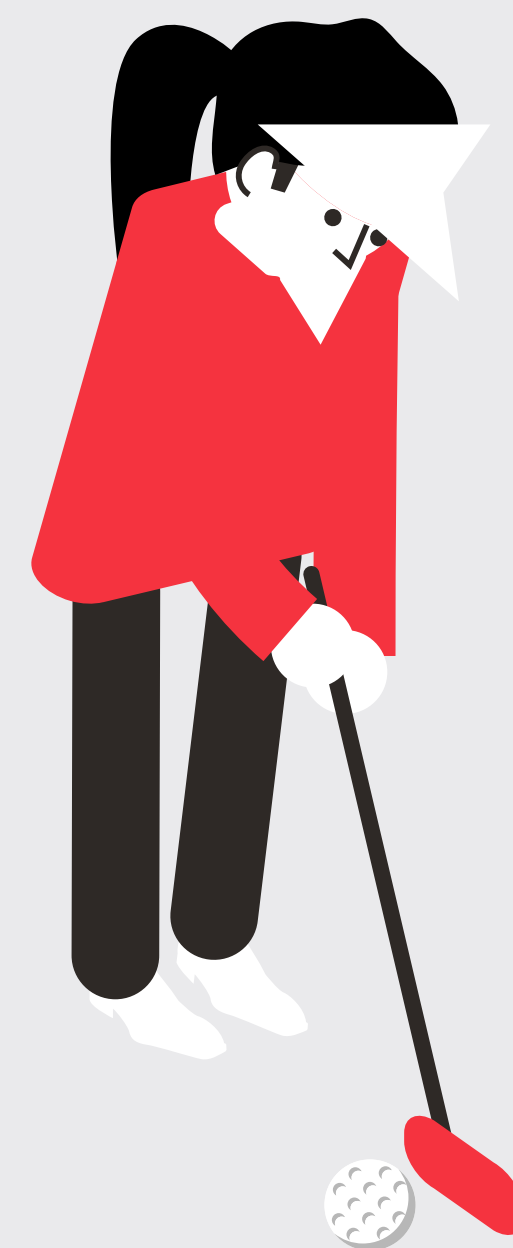
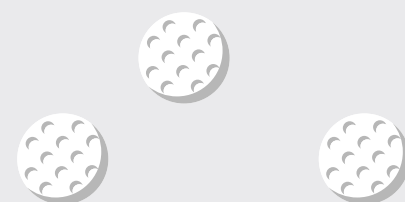
## Putting Warm-Up

The Learning the Game focus this week is about preparing to play, and how to best use your time before the round on the putting green.

You should highlight to the children best practice of learning the pace of the green and getting confident hitting different lengths of putt.

Introduce your own putting routine or practice drills to help the children develop theirs.

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



**CRUSH  
IT!**   
JUNIOR GOLF



### Questions to Ask

- Why do we need to practice before we head out onto the course?
- What putting games or drills would be good to do in order to prepare?

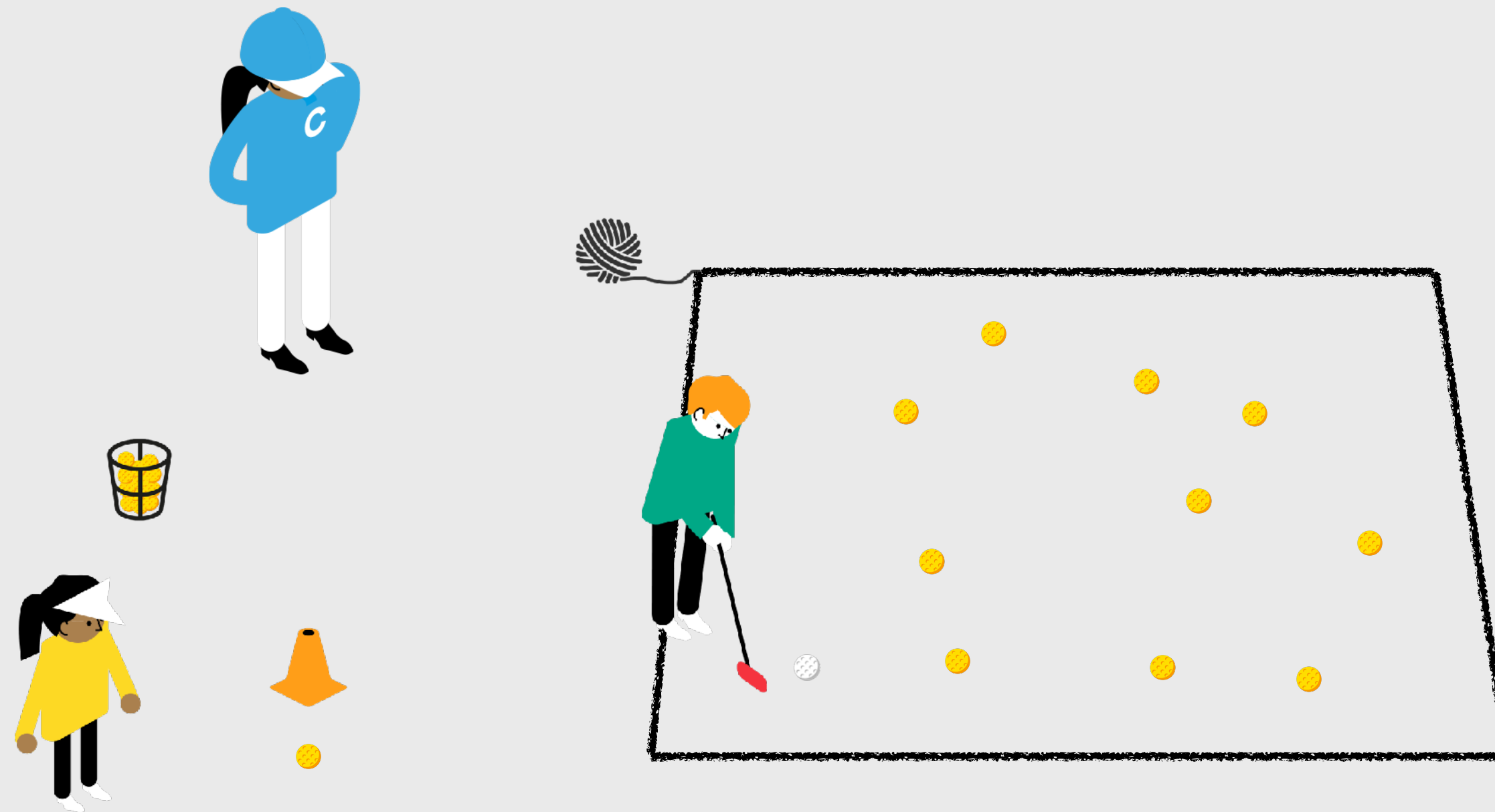


# Mastering the Game Cards





# Putting Pool



## How to Play

- Children work together to 'pot' all of the balls in the rectangle (pool table)
- The first player attempts to putt the cue ball and hit one of the golf balls
- If they hit the golf ball, they pick it up and bring it back to the safety cone for the team
- The players cannot hit the sides of the rectangle, if they do they have to put a ball back into the middle
- The game is complete when all the balls have been collected or when the time runs out

## Progression Ideas

- Increase or decrease the size of the rectangle
- Play the game on a sloped surface
- Introduce a rule that the players have to nominate the ball they are aiming for before they hit the putt, if they miss the ball they have to put one of the balls that have been collected back into the middle

## Learning Outcomes

- This game is great for learning distance control on short putts
- Accuracy is of key importance
- Strategy comes into play, as the children have to assess which shot they will go for next

## Equipment needed

2 x Orange safety cones

SAFETY



Golf balls



1 x String



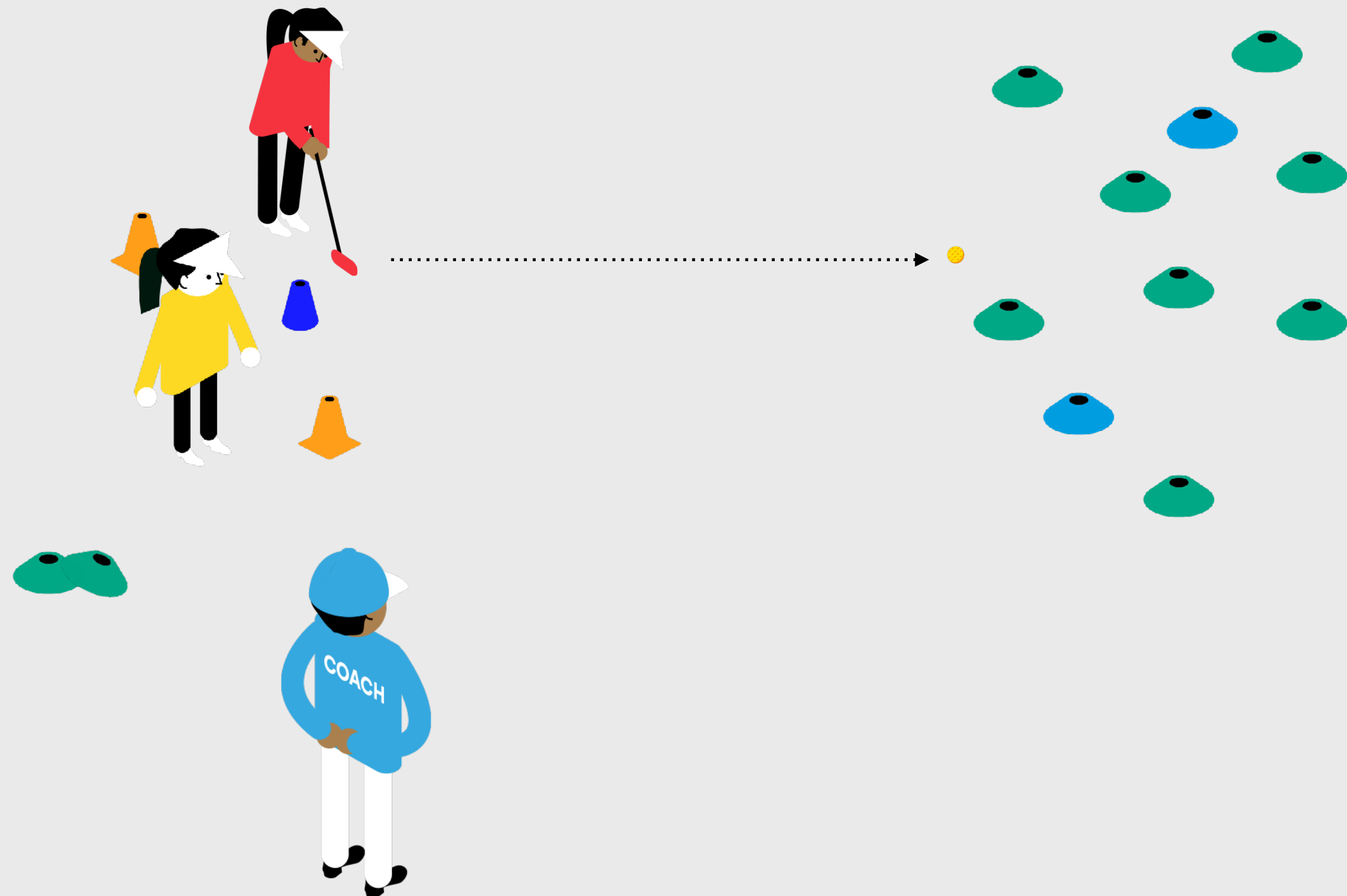
4 x Tees



CRUSH  
IT!  
JUNIOR GOLF



# Finders Keepers



## How to Play

- Children take it in turns to attempt to putt their ball to hit one of the colored cones. If successful they collect the cone
- If a player hits one of the two alternative colored cones, they must put one of the cones back into the middle
- The children complete the game when they have collected all of the coloured cones

## Progression Ideas

- Vary the size of the targets
- Vary the distance between the cones and the starting point
- Vary the distance between the target cones
- Increase the number of cones that the children need to collect
- Introduce a sloping surface to the game

## Learning Outcomes

- This game is great for improving accuracy of putts
- Children have to think which cones to aim for, strategic thinking is improved as they navigate the cones that are of a different color

## Equipment needed

2 x Orange safety cones

SAFETY



Golf balls



1 x String



4 x Tees



10 x Cones in one color



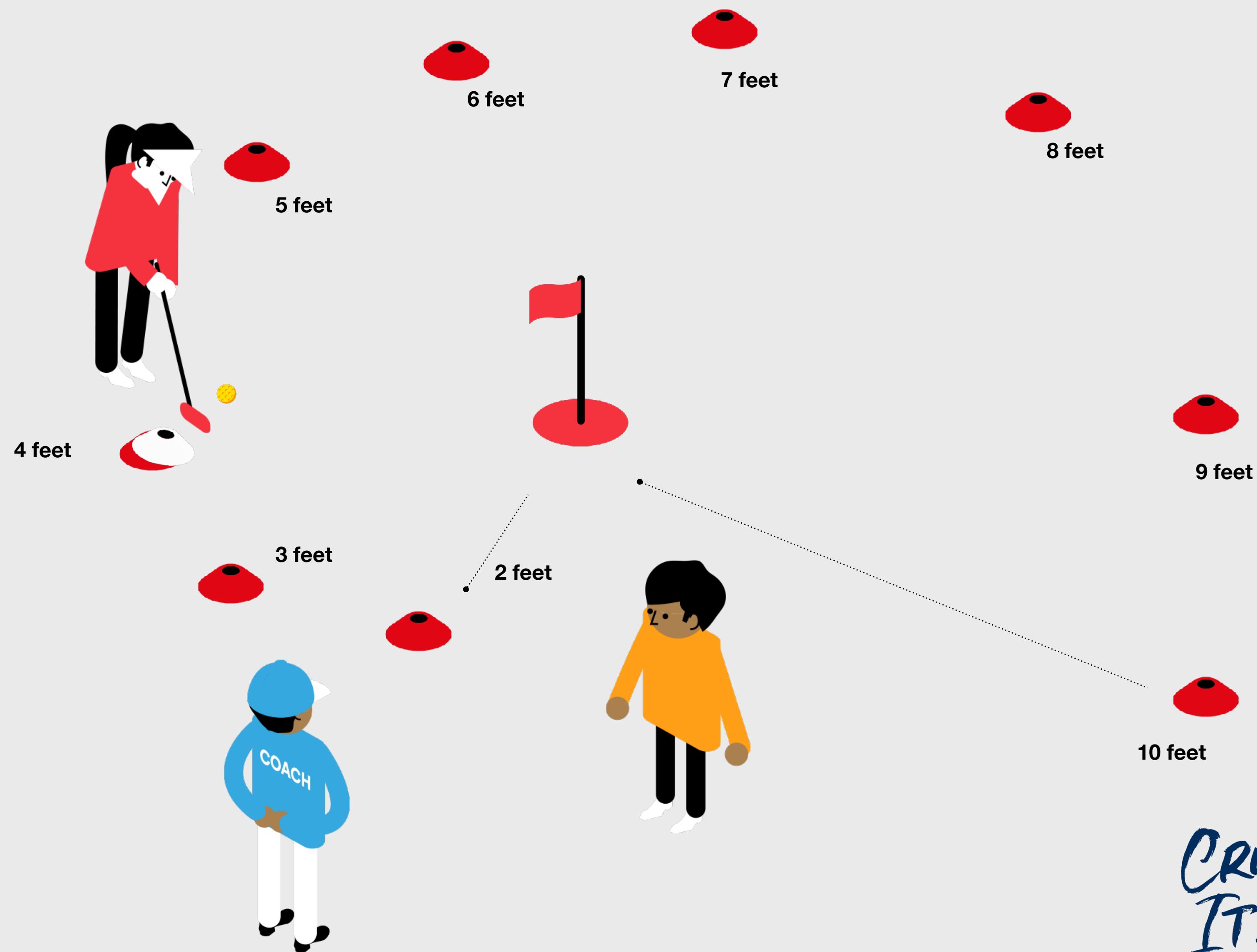
2 x Cones in another color



CRUSH  
IT!  
JUNIOR GOLF



# Round the Clock Spiral



**CRUSH  
IT!**  
JUNIOR GOLF



## How to Play

- Nominate one of the children to play first and nominate a colored cone for the team. This cone is to track their progress around the spiral
- The player attempts to hole their putt from the 1<sup>st</sup> cone nearest to the hole
- If the player misses, the team stays where they are and their partner has a turn. If they successfully hole the putt, they move to the next cone
- The next player then goes and the game continues until the team completes the spiral

## Progression Ideas

- 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 players must move back a step or go back to the start

## Learning Outcomes

- Perseverance is needed to complete the challenge
- Direction, distance control, and ability to read greens are all being tested in this game
- Improves the player's ability to adapt from one direction of putt to another

## Equipment needed

### Orange Safety Cones

SAFETY



9 x Colored Cones to mark distance from 2-10 feet



Spare equipment that may be required for the group attendees.



2 x different Colored Cones



Golf Ball

