JUNIOR GOLF



Around the Green

Week 21





₩ ZUZU I UWGIGU NY UINIO UUII







Class Timetable - Week 21

Session Length: Group Size: Mastering the Game Focus: Whole Child Focus Learning the Game Focus: Mastering the Game Challenge: Around the Green: Rules and Etiquette: 60mins Cognitive: Chipping Challenge Who plays first? Chipping vs Chipping Play in the now Putting

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	 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 	Pitch vs Chip
5 Mins	Learning the Game Focus	Introduce to the group the Learning the Game focus of the class	Who plays first? Chipping vs Putting
5 Mins	Whole Child Focus	Introduce to the group the Whole Child focus of the class	Play in the now
35 Mins	Mastering the Game Focus	 Outline the safety instructions and class layout Introduce games and challenge 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 	Finders KeepersClosest to the LineChipping Challenge
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	 Recap Mastering the Game and Learning the Game Focus from the session to check for understanding Children can complete <i>my</i>Progress Wheel and add stickers where appropriate to the <i>my</i>Academy folder The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app Present the Achiever Award to a student in front of the parents and the group Award any Pins and Hats that may have been achieved 	 <i>my</i>Academy Folders GLF. Connect myGame+





Class Layout and Setup

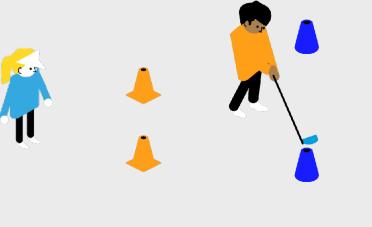
Station 3: Game Station Finders Keepers



Station 4: Free Practice Station

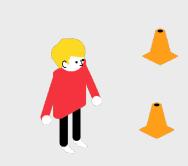


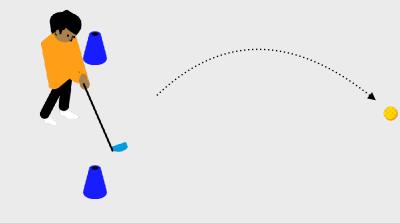
Station 1: Challenge Station

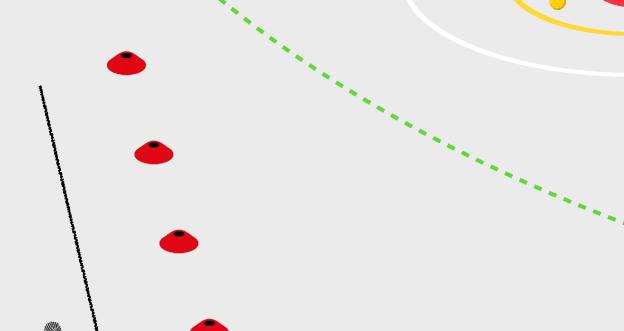


Station 2: Game Station

Closest to the Line







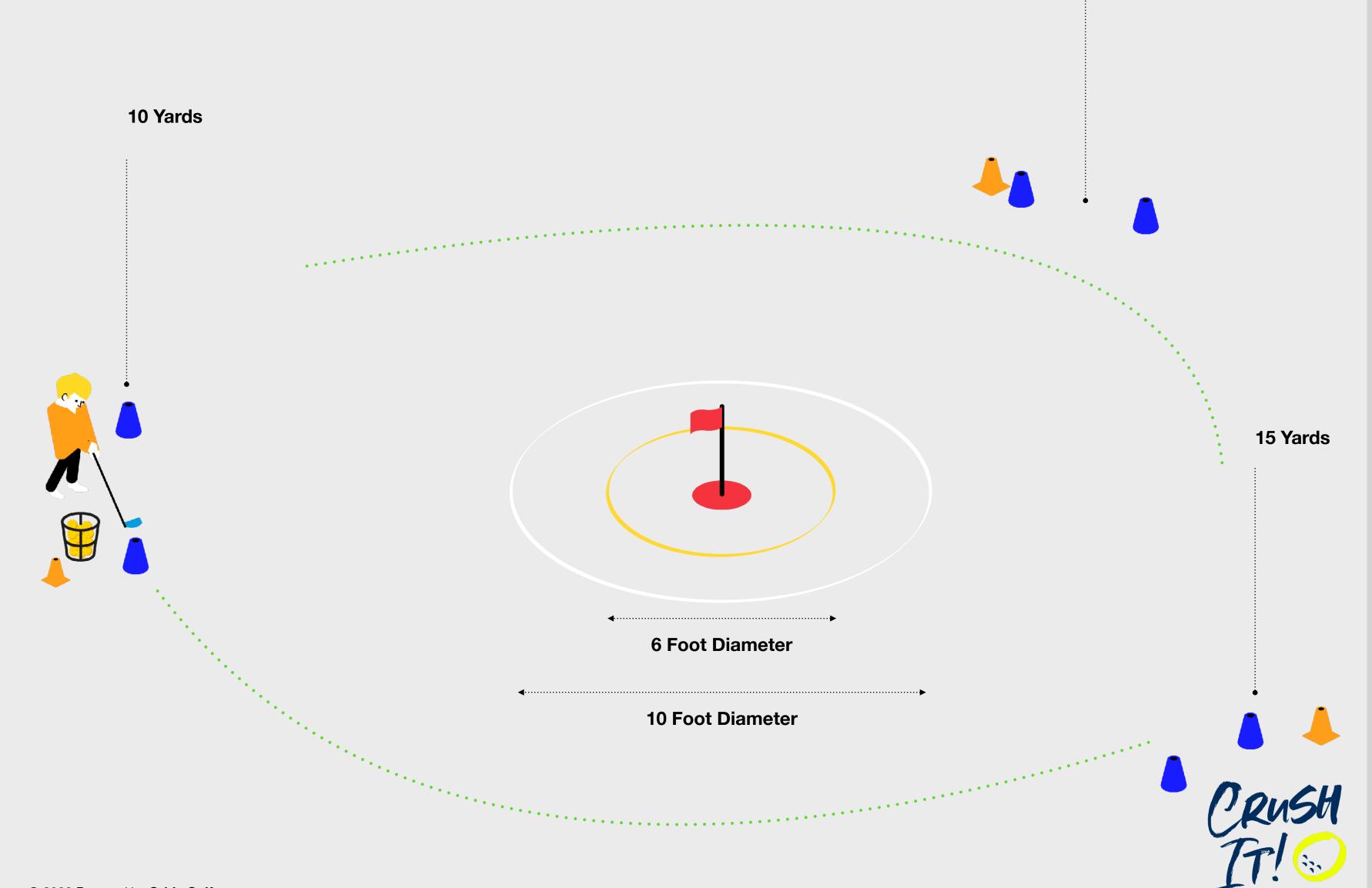














20 Yards

Setting out the Challenge

- 1 flag should be selected on the green. Alignment sticks could be used where this isn't possible
- 2 target circles from your equipment bag are placed around the flag at the diameters in the graphic opposite
- Three starting points are positioned around the green for level 3-6 challenges
- These should offer variation and at the approximate distance indicated in the graphic

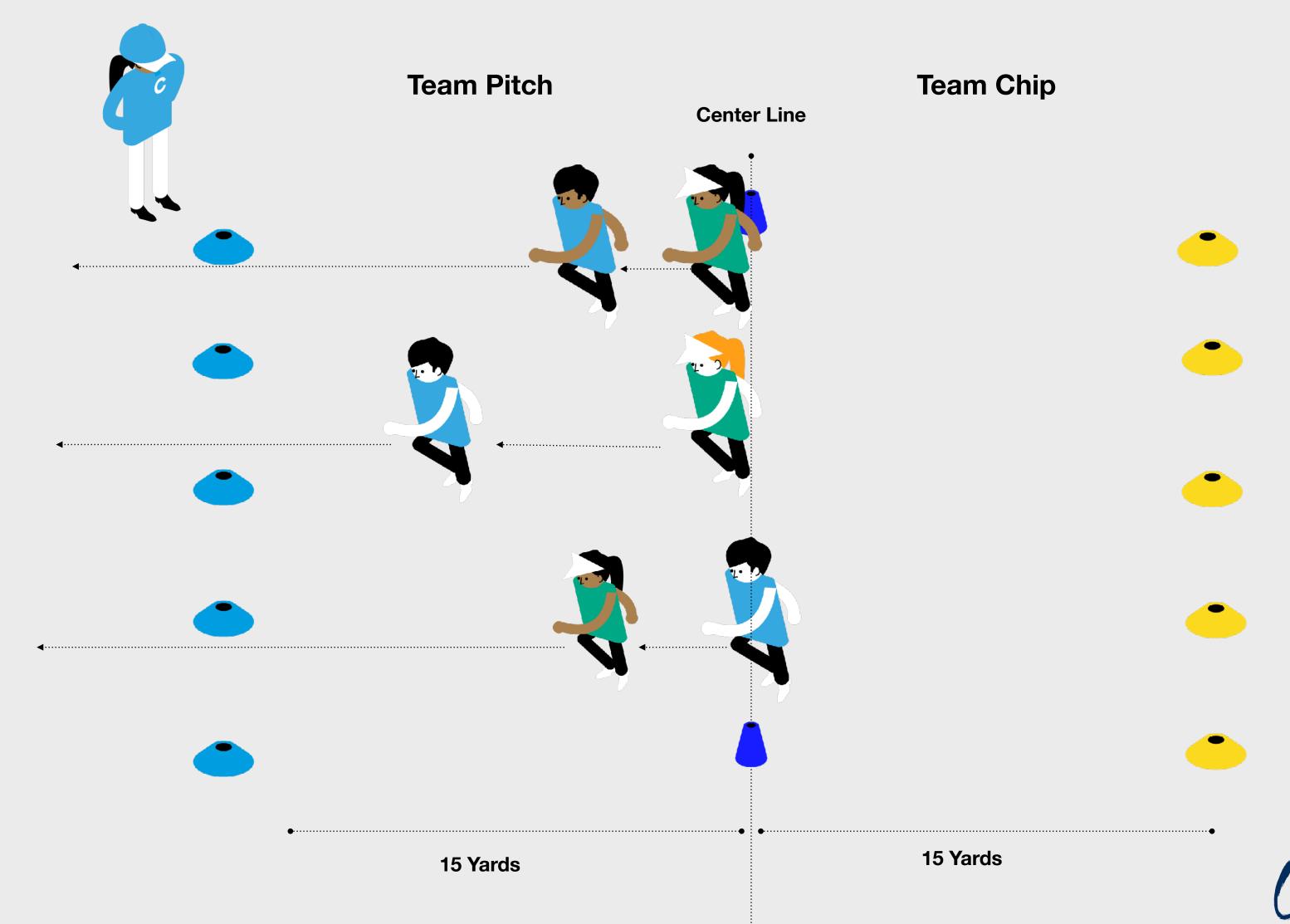
Equipment Required

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers
- Target circles
- Flag

JUNIOR GOLF

 Alignment Sticks for a flag if this isn't possible

Pitch vs Chip













How to Play

- This game is best played in two teams. Split the children evenly. One team is named the 'Pitch' and one team is named the 'Chips'
- Players stand at the center line, side by side, spaced an arms length apart. Players stand next to a player from the opposing team
- If the coach shouts "Pitch", this team runs to make it back to their finish line before their partner from the opposing team
- A point is awarded for each player that passes the finish line first
- The team that wins is the team that gets to 11 points first

Progression Ideas

- Increase the distance to the finish line
- Introduce different FMS such as jumping, hoping or side steps

Equipment Needed

Orange Safety Cones	SAFETY
2 x Cones	
5 x Yellow colored cones	
5 x Blue colored cones	











Cognitive Play in the Now

- The Whole Child theme this week is to encourage children to focus on the present. Not thinking too much about what is to come or dwelling on what has already happened.
- Carry this theme into the class by keeping the session really fast paced and making sure everyone is as involved and active as possible throughout.



Rules and Etiquette Who plays first? Chipping vs Putting

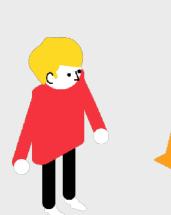
- The Learning the Game focus this week is learning about who plays first when someone is on the green and the other player is off the green.
- You should highlight to the children that in competition the player that is furthest away plays first, which can be confusing when that player is on the green.



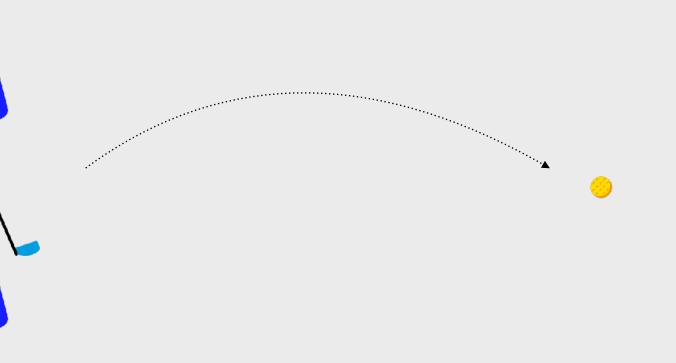
Closest to the Line

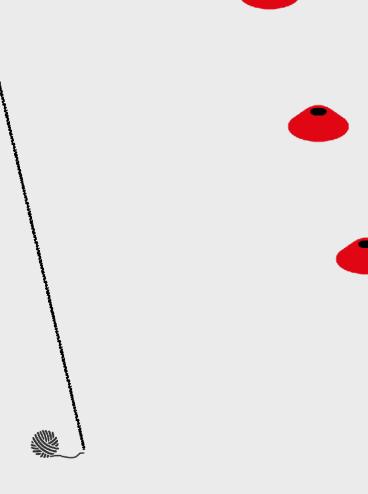




















How to Play

- Children take it in turns to hit their chip shot towards the string line
- The child that chips the ball closest puts a ball marker down to mark the team's best shot so far
- When the coach calls to switch games they should make a note of how close the best shot was to see which team was able to chip the ball closest

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

Equipment needed

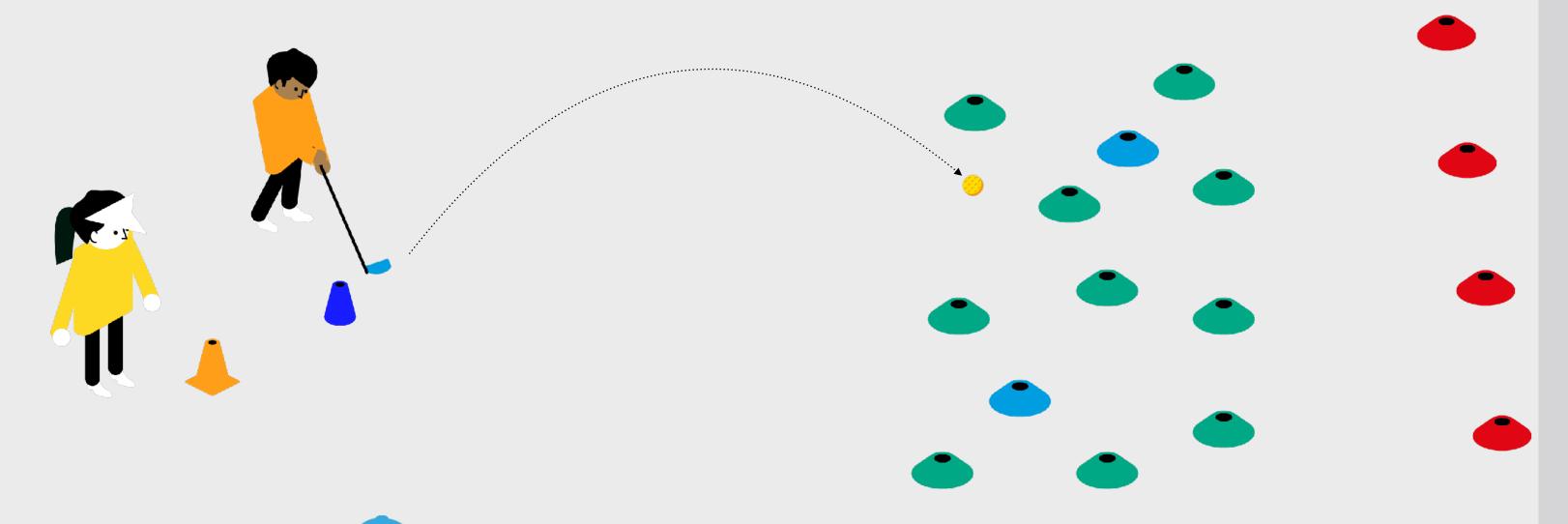
Orange Safety Cones	SAFETY
Cones to mark starting position	_
String to mark the target line	
Red cones to mark the end zone	
Spare equipment that may be required for the group attendees.	





Finders Keepers













How to Play

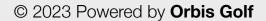
- Children take it in turns to attempt to chip their ball to hit one of the colored cones. If successful they collect the cone
- If a player hits one of the two alternative colored cones, they must put one of the cones back into the middle
- If the players chip their ball past the line of red cones they have to put one of their collected cones back into the middle
- The winner is the player who has collected the most cones once all the cones have been collected

Progression Ideas

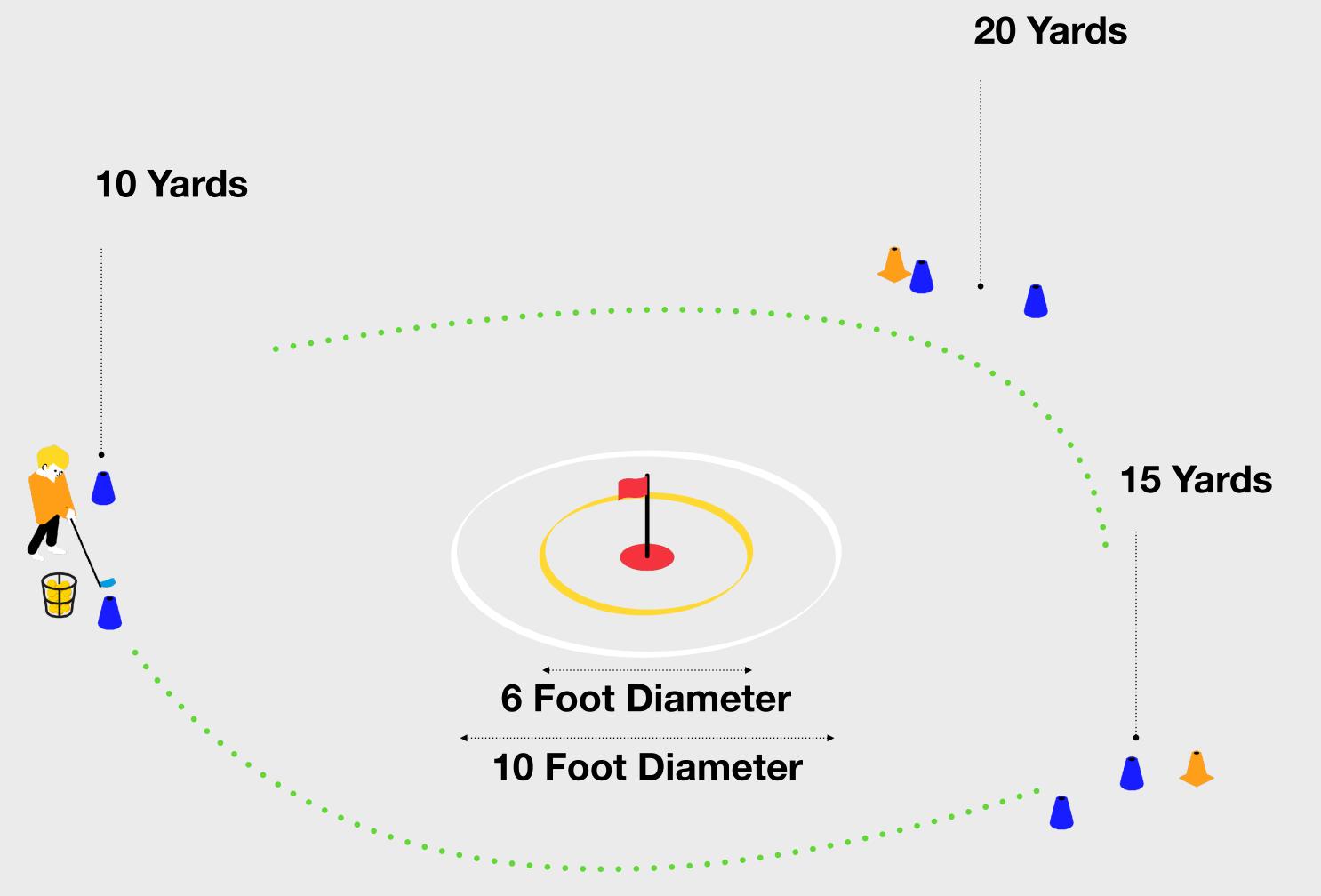
- Vary the size of the targets
- Vary the distance between the cones and the starting point
- Vary the distance between the target cones
- Increase the number of cones that the children need to collect
- Introduce a sloping surface to the game.

Equipment needed

2 x Orange Safety Cones	SAFETY
1 x Cone for starting position	_
2 x Blue Colored Cone	
10 x Green Colored Cone	
Spare equipment that may be required for the group attendees.	
Golf Balls	9
Red cones to mark the end zone	



Chipping Challenge





Attempting the Challenge

- Juniors have 5 attempts at the Challenge
- Juniors should attempt the Challenge for the level they are aiming to complete
- Juniors get 1 point for every successful attempt for the team challenge

The Challenges

- Juniors complete this Level 1 Challenge by chipping 3 balls on the green from a starting distance of 10 yards from the flag. You have 5 attempts.
- Juniors complete this Level 2 Challenge by chipping 2 balls within a 10-foot circle from a starting distance of 10 yards from the flag. You have 5 attempts.
- Juniors complete this Level 3 Challenge by chipping 3 balls within a 10-foot circle from a starting distance of 10 yards from the flag. Chipping 1 ball within a 10-foot circle from a starting distance of 15 yards from the flag. You have 5 attempts from each starting position.
- Juniors complete this Level 4 Challenge by chipping 4 balls within a 10-foot circle from a starting distance of 10 yards from the flag. Chipping 2 balls within a 10-foot circle from a starting distance of 15 yards from the flag. Chipping 1 ball within a 10-foot circle from a starting distance of 20 yards from the flag. You have 5 attempts from each starting position and all shots must finish on
- Juniors complete this Level 5 Challenge by chipping 5 balls within a 10-foot circle from a starting distance of 10 yards from the flag, Chipping 4 balls within a 10-foot circle from a starting distance of 15 yards from the flag, Chipping 3 balls within a 10-foot circle from a starting distance of 20 yards from the flag. You have 5 attempts from each starting position and all attempts must finish on the green. You have 5 attempts.
 - Juniors complete this Level 6 Challenge by chipping 3 balls within a 6-foot circle from a starting distance of 10 yards from the flag. Chipping 2 balls within a 6-foot circle from a starting distance of 15 yards from the flag. Chipping 1 ball within a 6-foot circle from a starting distance of 20 yards from the flag. You have 5 attempts from each starting position and all shots must finish within the 10 foot circle.