

Around the Green

Week 27



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Class Timetable



Class Timetable - Week 27

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Bunker Play

Whole Child Focus
Social:
Teamwork

Learning the Game Focus:
Preparing to Play:
Keep your clubs clean

Mastering the Game Challenge:
Bunker Challenge

| 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"> Golf Ball Dribbling |
| 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"> Keep your clubs clean |
| 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"> Teamwork |
| 35 Mins | Mastering the Game Focus | <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> Sandshots Beat the Bunker Bunker Challenge |
| 5 Mins | myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect | <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 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 | <ul style="list-style-type: none"> myAcademy Folders GLF. Connect myGame+ |

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:

- Station 1 is the **Challenge Station**. This is where the child, under the supervision of the coach, can attempt the Mastering the Game Challenge to achieve their Achiever Sticker, virtual reward on GLF. Connect and work towards their pins and hats
- Stations 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. Those in the Practice Station rotate with their partner in the Challenge Station. You may decide the layout 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

Station 3:
Game Station
Sand Shots



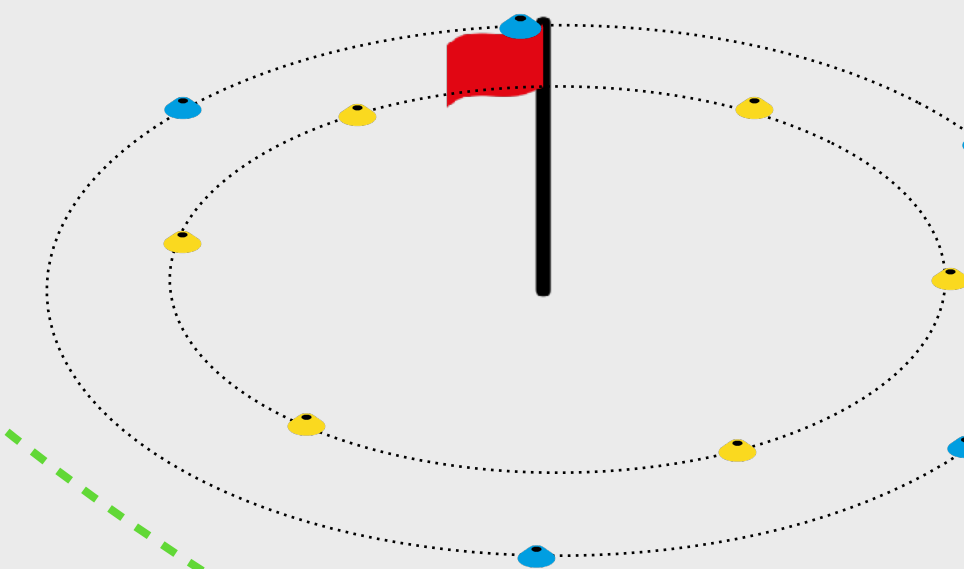
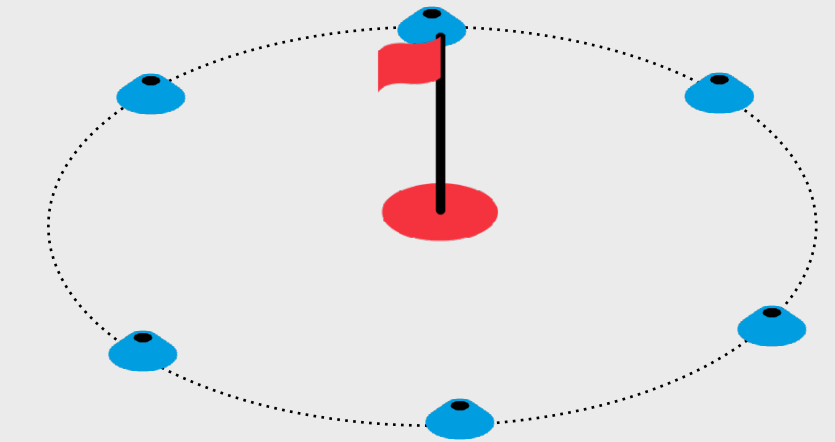
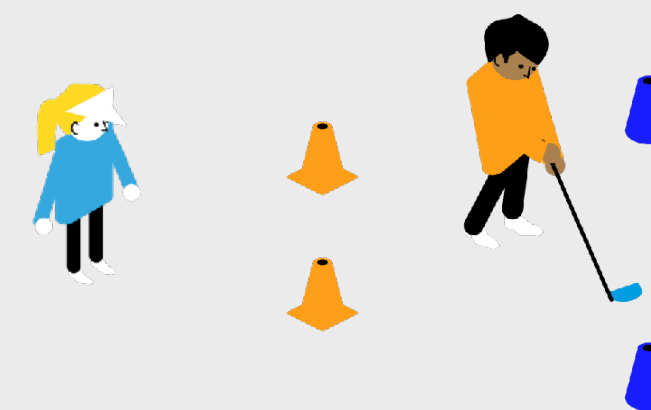
Station 2:
Game Station
Beat the Bunker



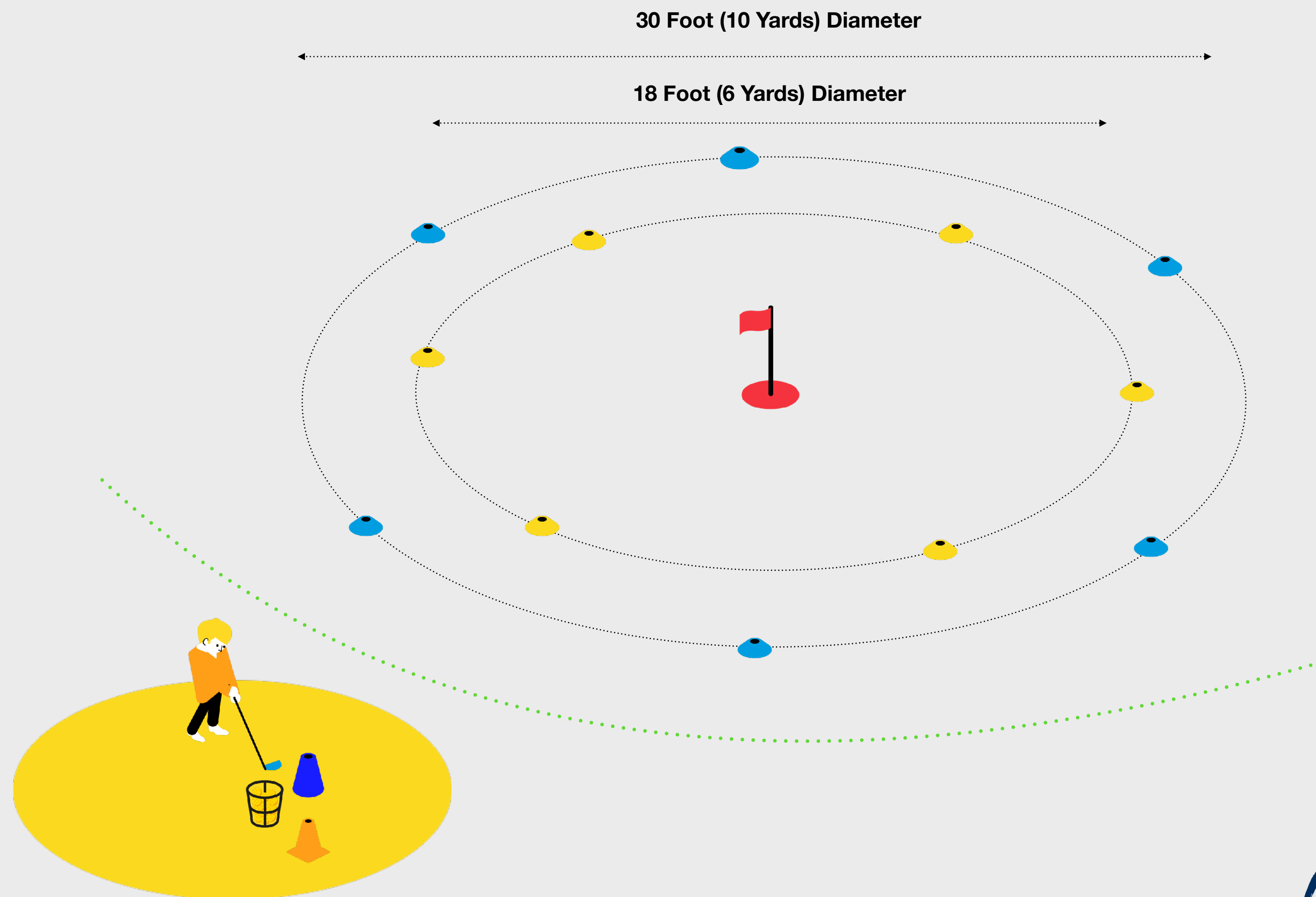
Station 1:
Challenge Station



Station 4:
Free Practice Station



Bunker Play Challenge Setup



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 are placed around each of these targets at the diameters in the graphic opposite
- One starting position is marked in the bunker using cones

Equipment Required

- Orange cones to mark out a safety line
- Marker cones to represent the tee markers
- Cones to mark target circles
- Flag
- Alignment sticks for a flag if this isn't possible

Physical Literacy Warm Up Game



Golf Ball Dribbling



How to Play

- Play this game on the driving range or practice area
- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child dribbles the ball in and out of the cones, round the end cone and back to the start
- The team that wins is the one that gets all players home first.

Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with fundamental movements such as crawling, side steps, skipping, jumping or backwards running
- Increase the number of cones to weave in and out

Equipment Needed

Orange Safety Cones



4 x Cones



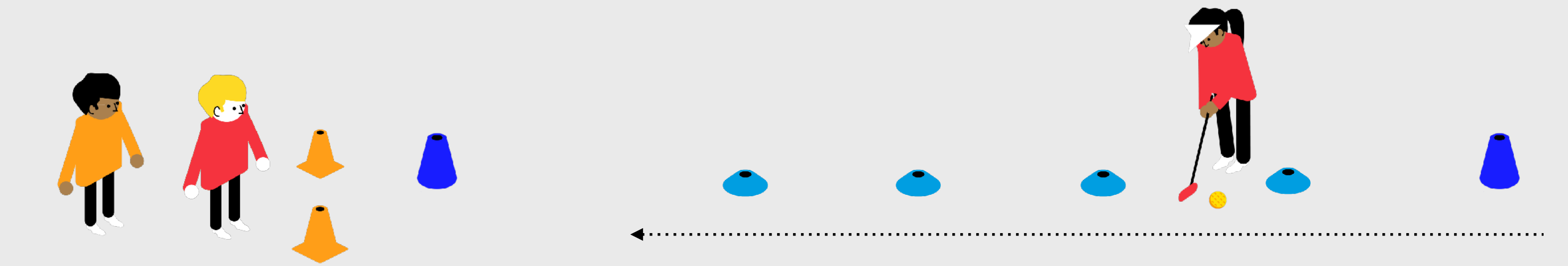
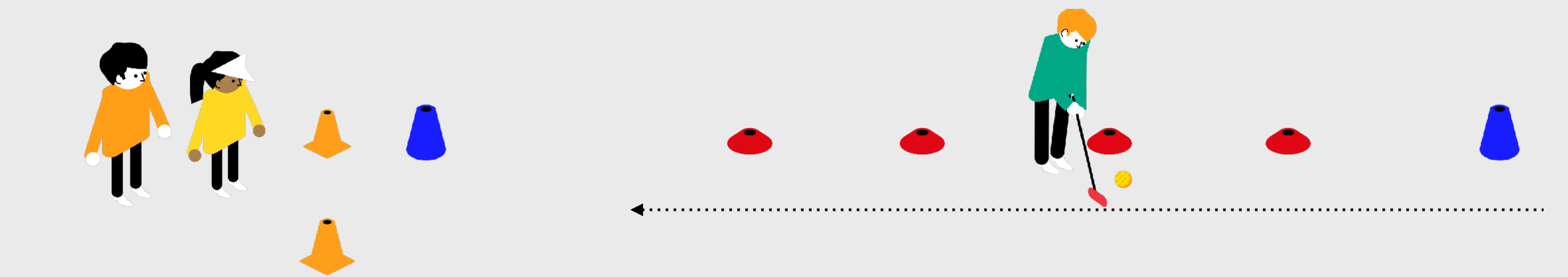
Golf Putter



Soft Ball



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



Social Teamwork

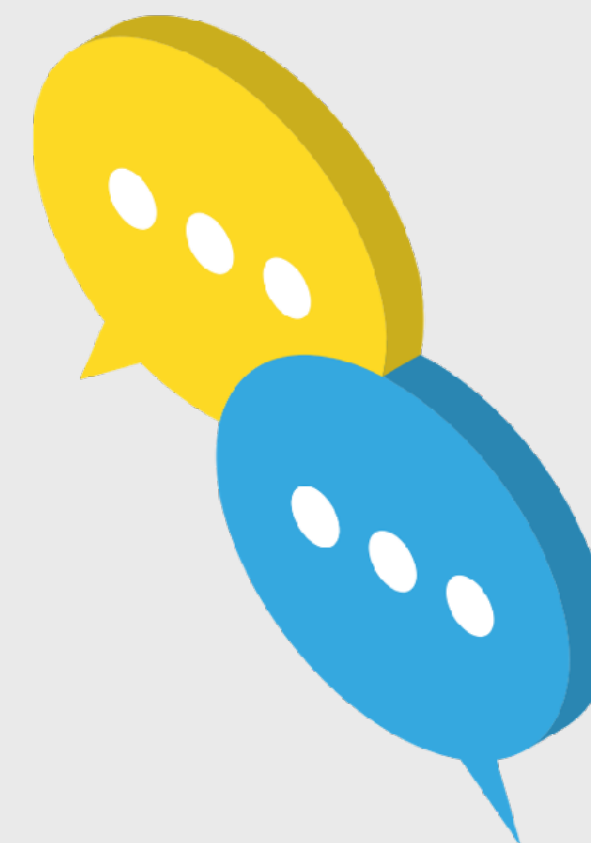
The Whole Child theme this week is focussed on working as a team.

Carry this theme into the class by ensuring children are playing the games in pairs and if there is an odd amount then partner up with them yourself. Encourage the children to share each others thoughts and advice too.

It should be highlighted that the Achiever Award is presented to the child that displays great teamwork throughout the lesson.

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 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



Preparing to Play

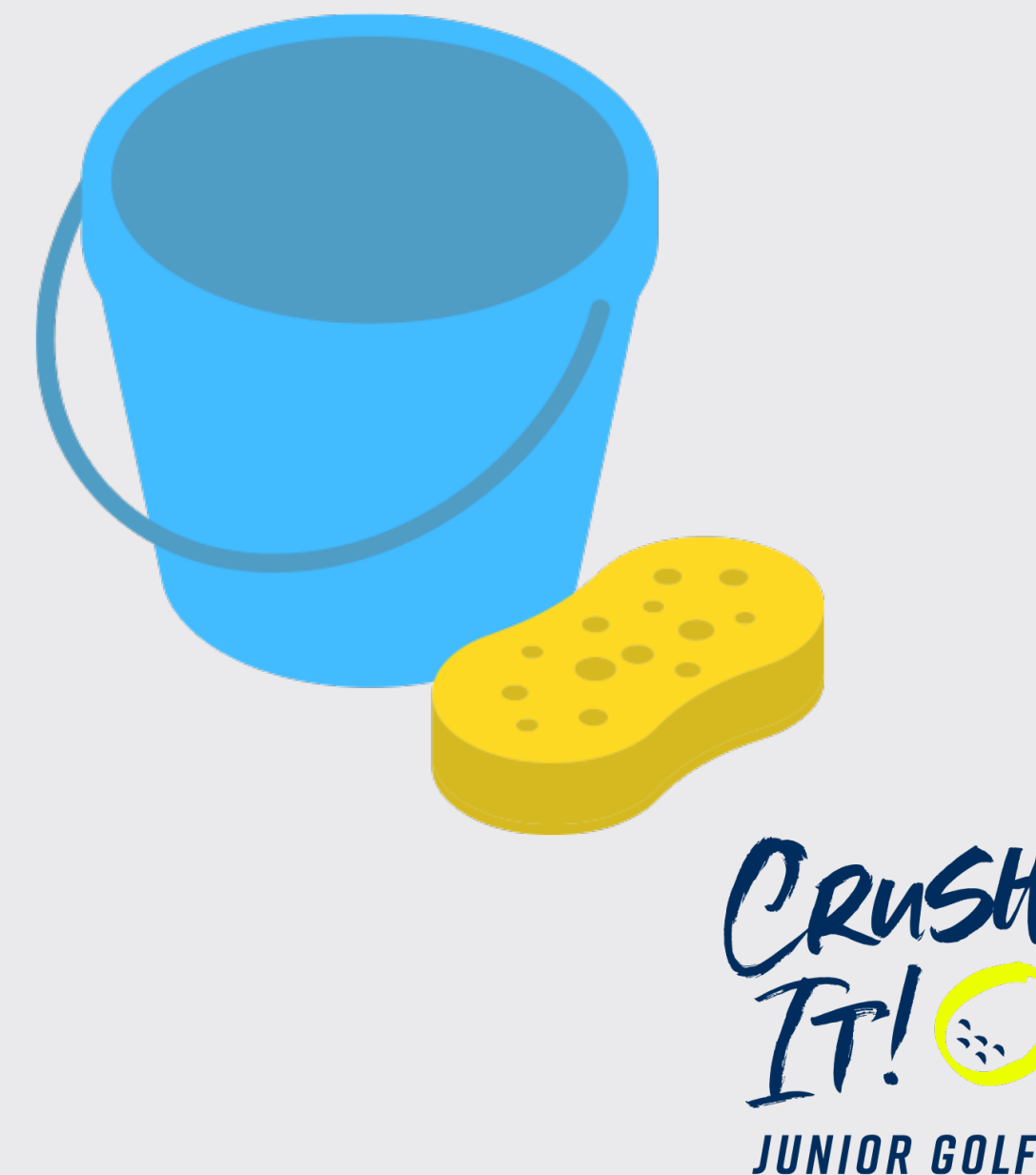
Keeping your Clubs Clean

The Learning the Game focus this week is to make sure you are prepared to play by keeping your golf equipment in great condition.

You should highlight to your juniors that it is their responsibility to keep their golf equipment clean and in good condition.

Use the lesson to highlight how important it is to clean your clubs after a shot in the sand.

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



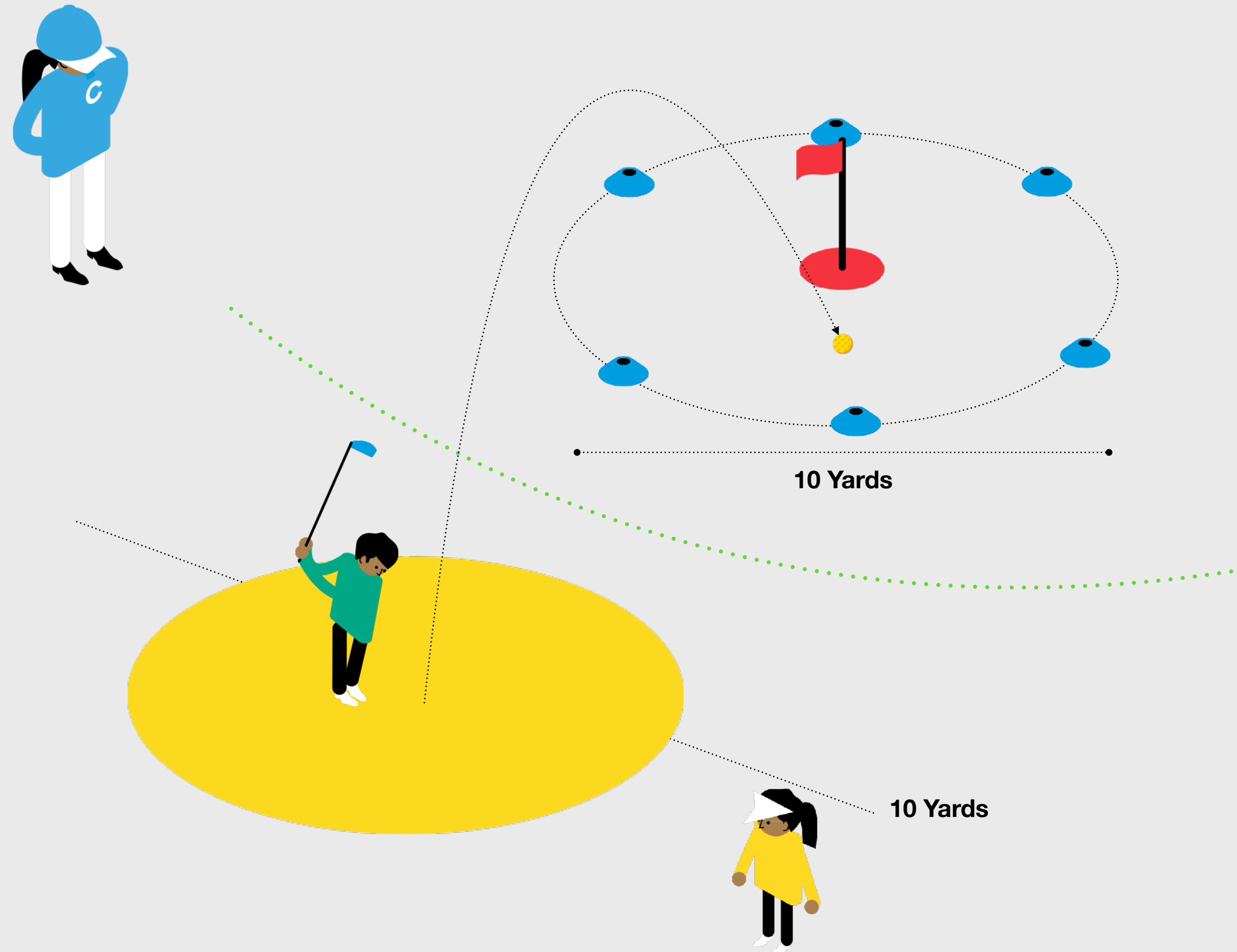
Questions to Ask

- Who is responsible for keeping your clubs clean?
- What effect does having mud on your club face or golf ball on your shot?
- How often should you clean your golf clubs?
- How do you clean your golf clubs?

Mastering the Game Cards



Beat the Bunker



How to Play

- Nominate a player to play first. Each team has 10 shots per round
- The first player attempts their first shot and aims to get their ball out of the bunker
- Players score a point for getting the ball out of the bunker first time
- Players hit 5 shots each to get a total score for the round
- The aim is to beat your team's best score each time

Progression Ideas

- Vary the starting point in the bunker
- Vary the club that is being used
- Add additional points for getting the ball inside target circle

Equipment needed

Orange Safety Cones

SAFETY



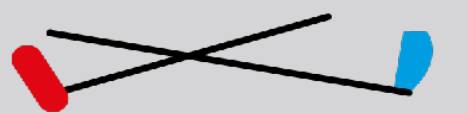
Cones to mark out the necessary hitting station



Colored Cones for Target Circles



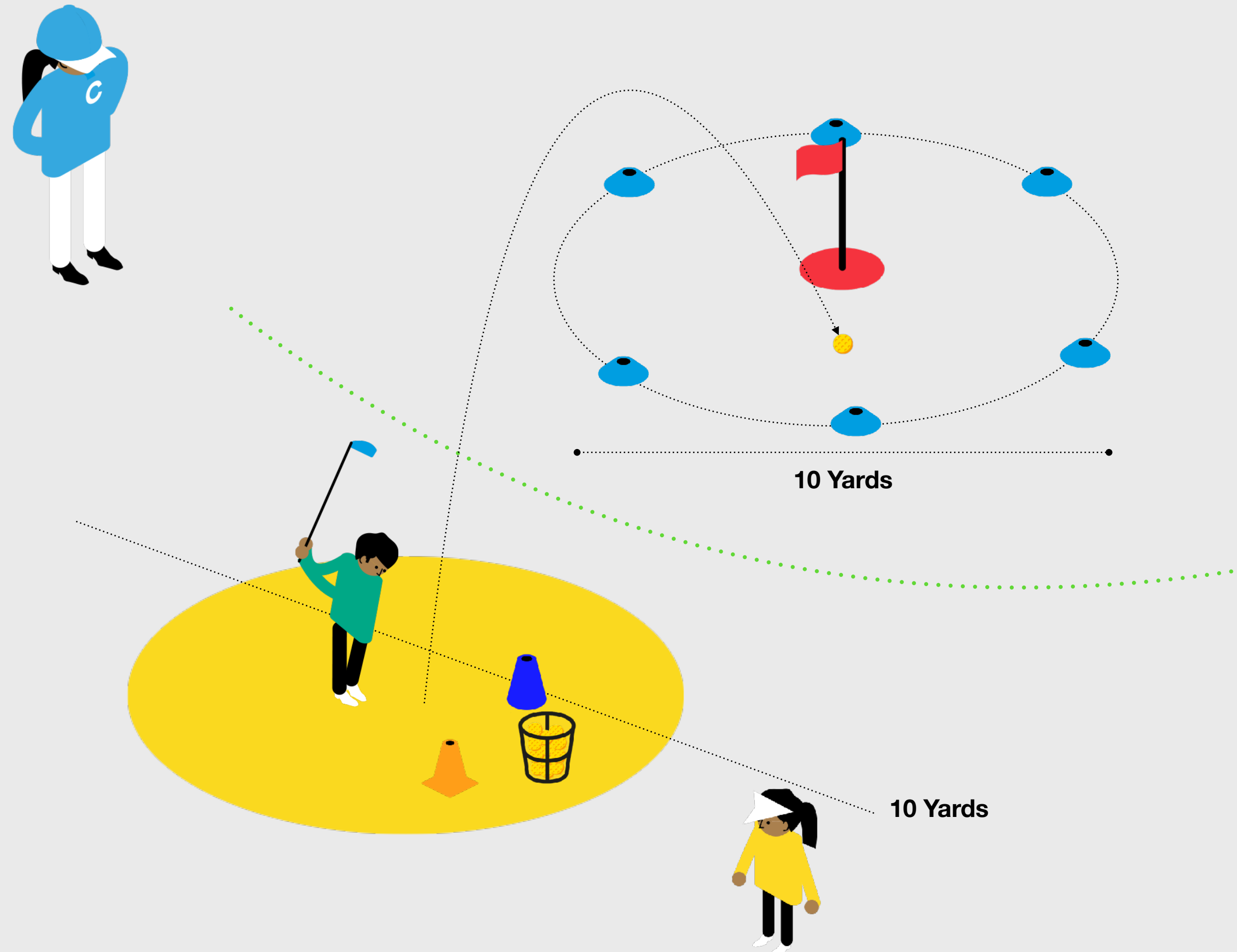
Spare equipment that may be required for the group attendees.



Golf Balls



Sand Shots



How to Play

- Nominate a player to play first. Each team has 10 shots per round
- The first player attempts their five shots, in a row, without stopping their swing
- Players score a point for getting the ball out of the bunker first time, and 2 points if they get it into the circle
- Players hit 5 shots each to get a total score for the round
- The aim is to beat your team's best score each time

Progression Ideas

- Vary the starting point in the bunker
- Vary the club that is being used
- Add additional points for getting the ball inside target circle

Equipment needed

Orange Safety Cones

SAFETY



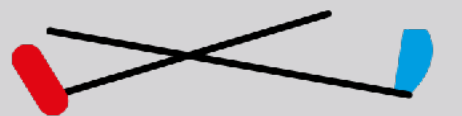
Cones to mark out the necessary hitting station



Colored Cones for Target Circles



Spare equipment that may be required for the group attendees.



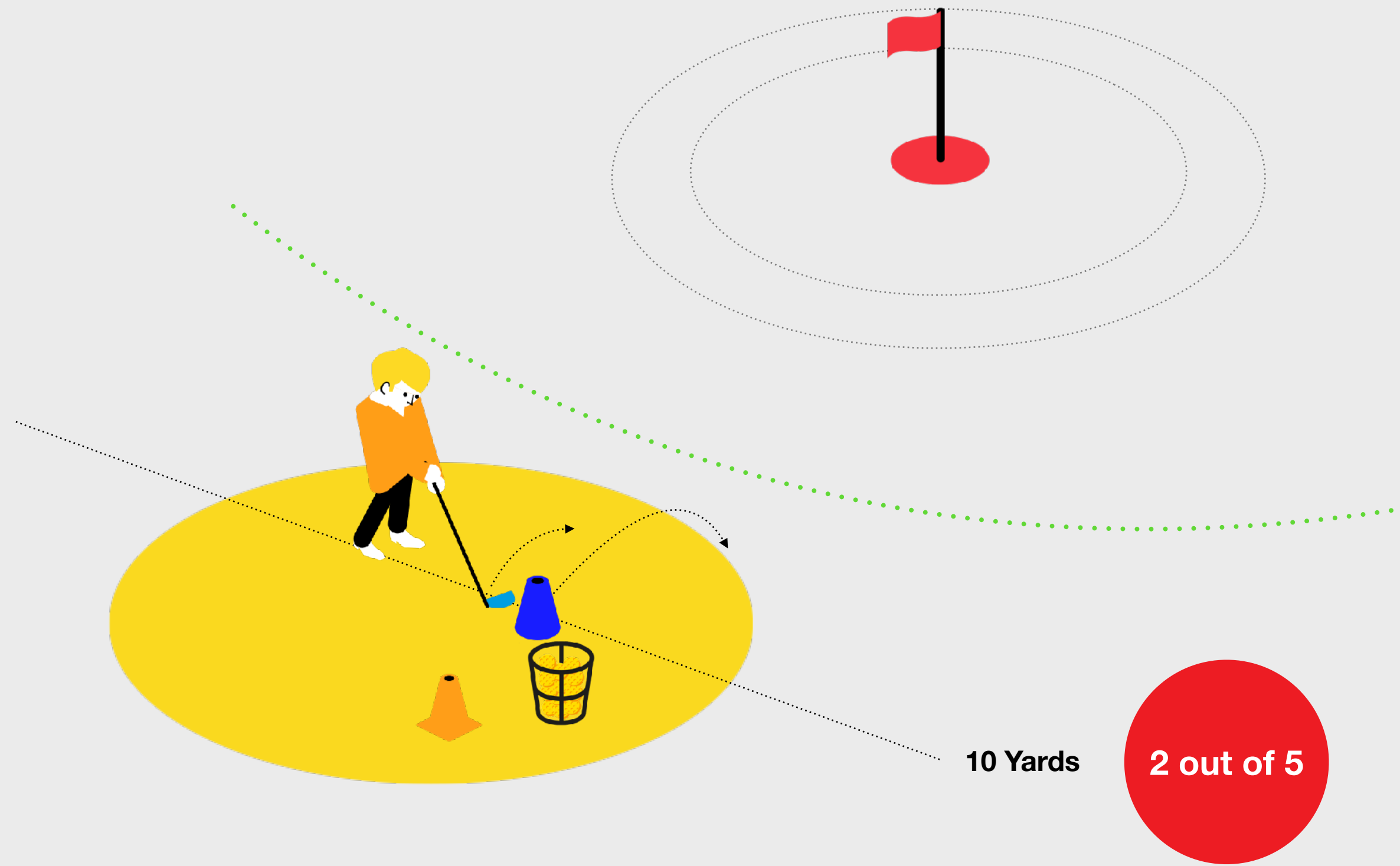
Golf Balls



Mastering the Game Challenge Cards



Bunker Play Challenge



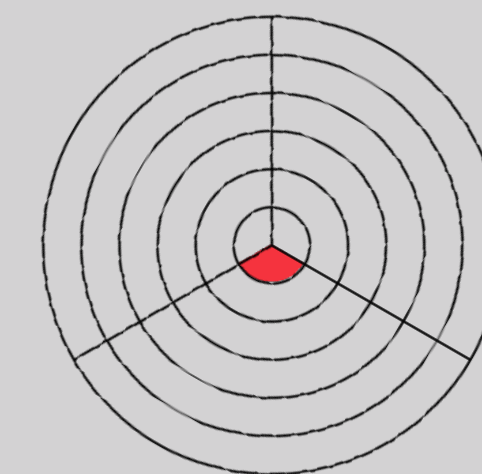
The Challenge

To complete the Level 1 Challenge within the Bunker skill element, the child needs to contact the ball in the sand 2 out of 5 times.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

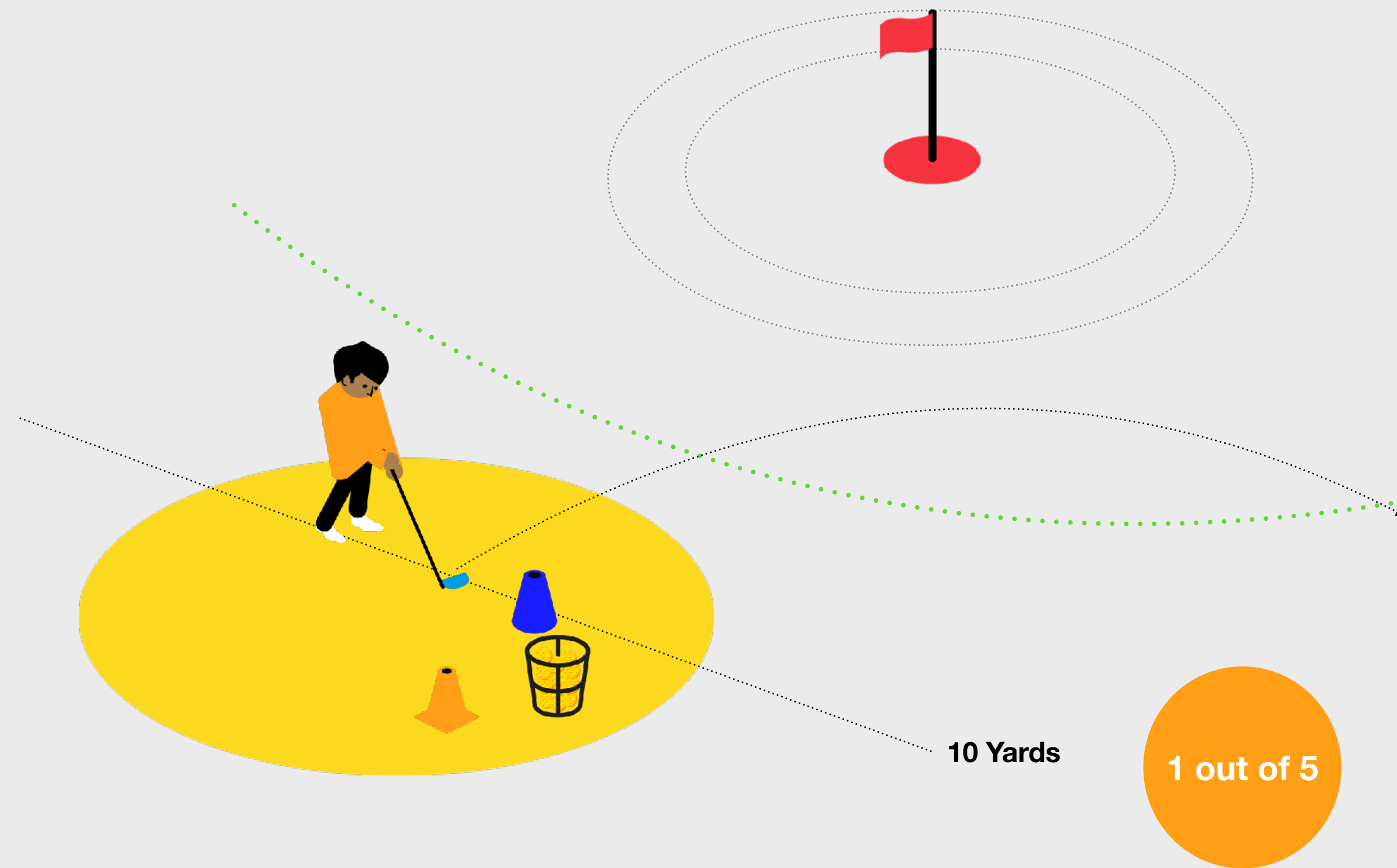
If they are also assigned to the *Crush It myGame+* program on GLF, Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Bunker Play



Bunker Play Challenge



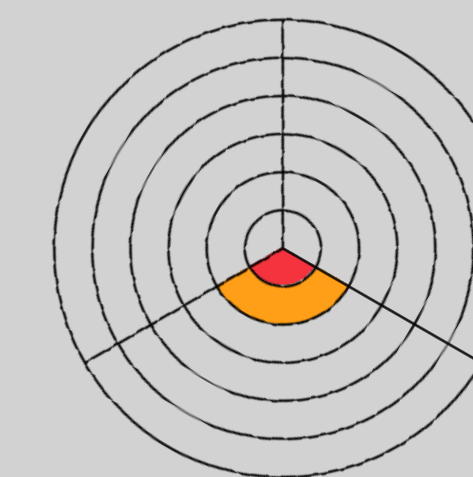
The Challenge

To complete the Level 2 Challenge within the Bunker skill element, the child needs to get 1 out 5 shots out of the greenside bunker. They should make contact with the ball on all other attempts.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

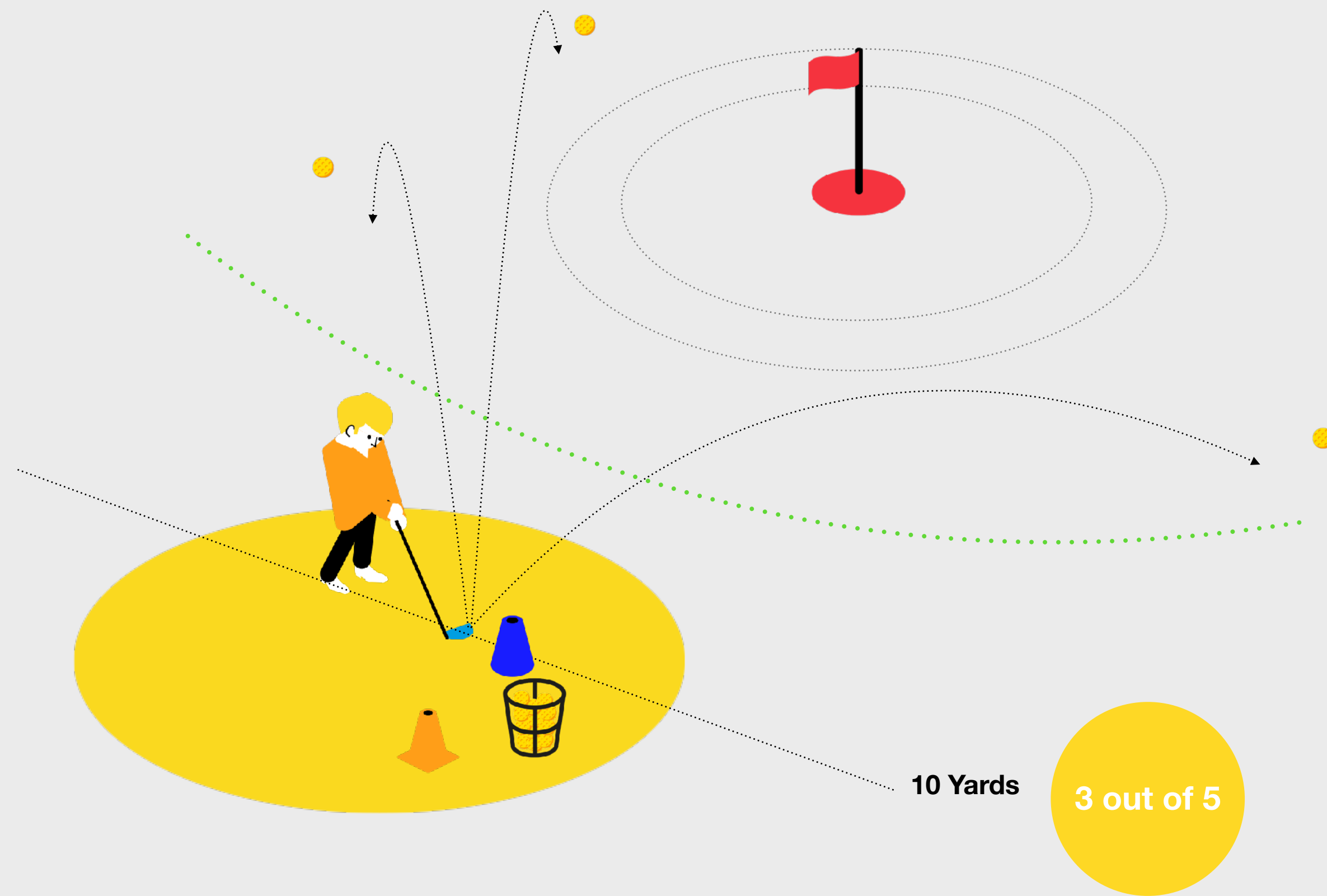
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Bunker Play



Bunker Play Challenge



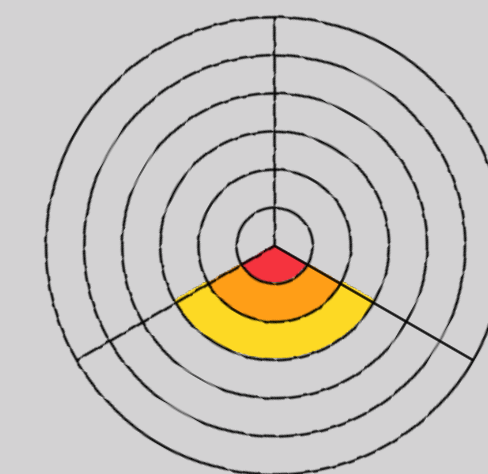
The Challenge

To complete the Level 3 Challenge within the Bunker skill element, the child needs to get 3 out of 5 shots anywhere on the green. All attempts should finish out of the bunker.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

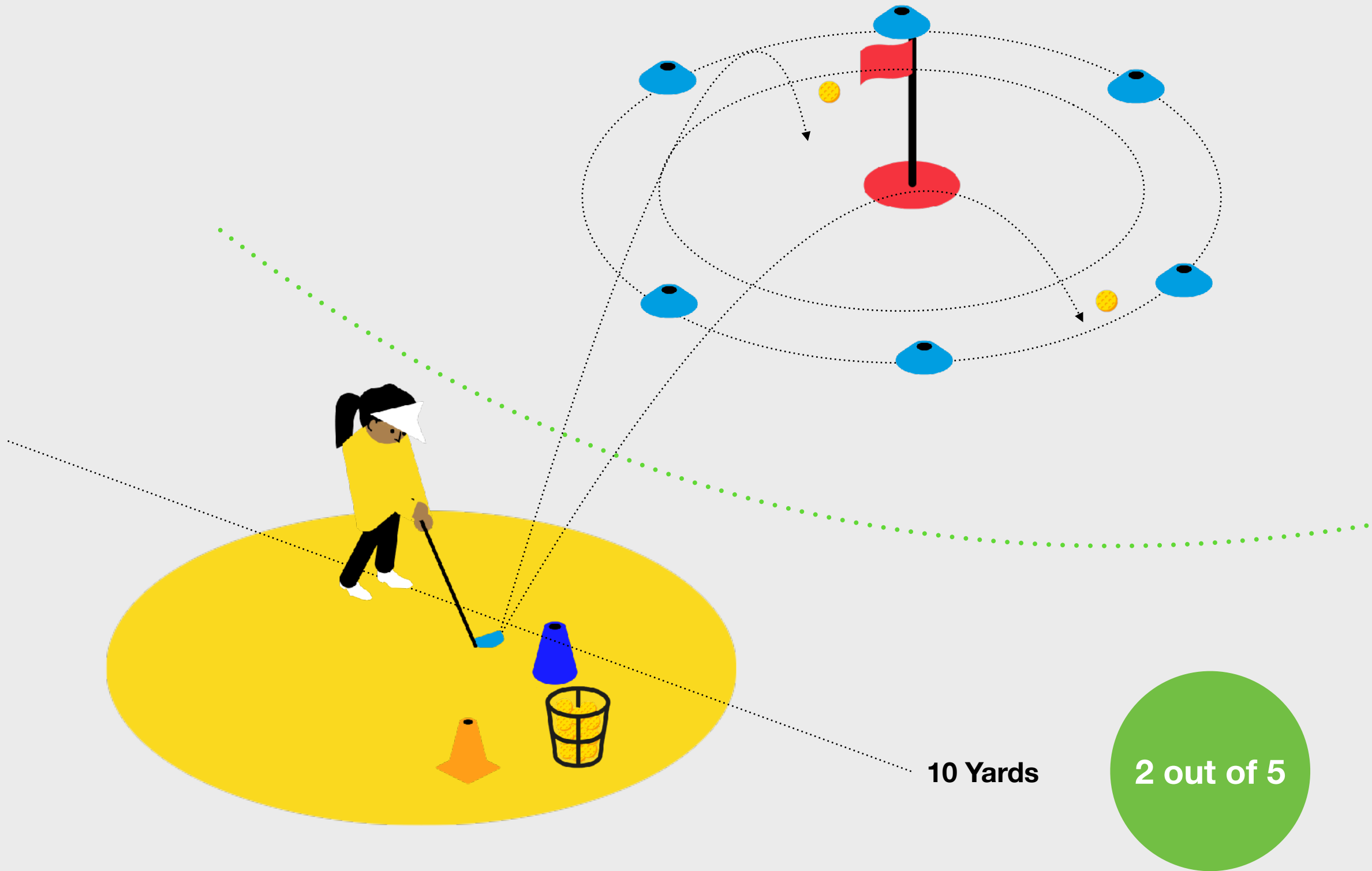
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Bunker Play



Bunker Play Challenge



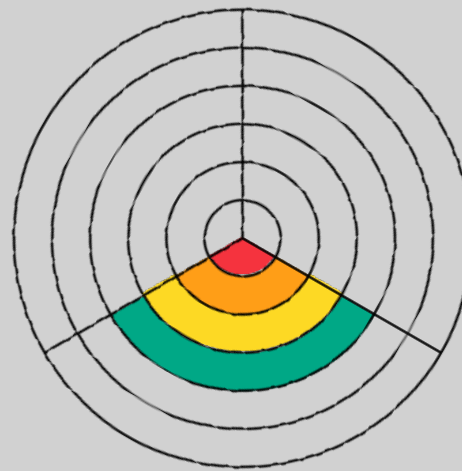
The Challenge

To complete the Level 4 Challenge within the Bunker skill element, the child needs to get 2 out 5 shots within a 10 yard diameter target circle. All shots must finish out of the bunker.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame* Wheel in there junior folder. They can also add a Sticker to the correct level tracker sheet.

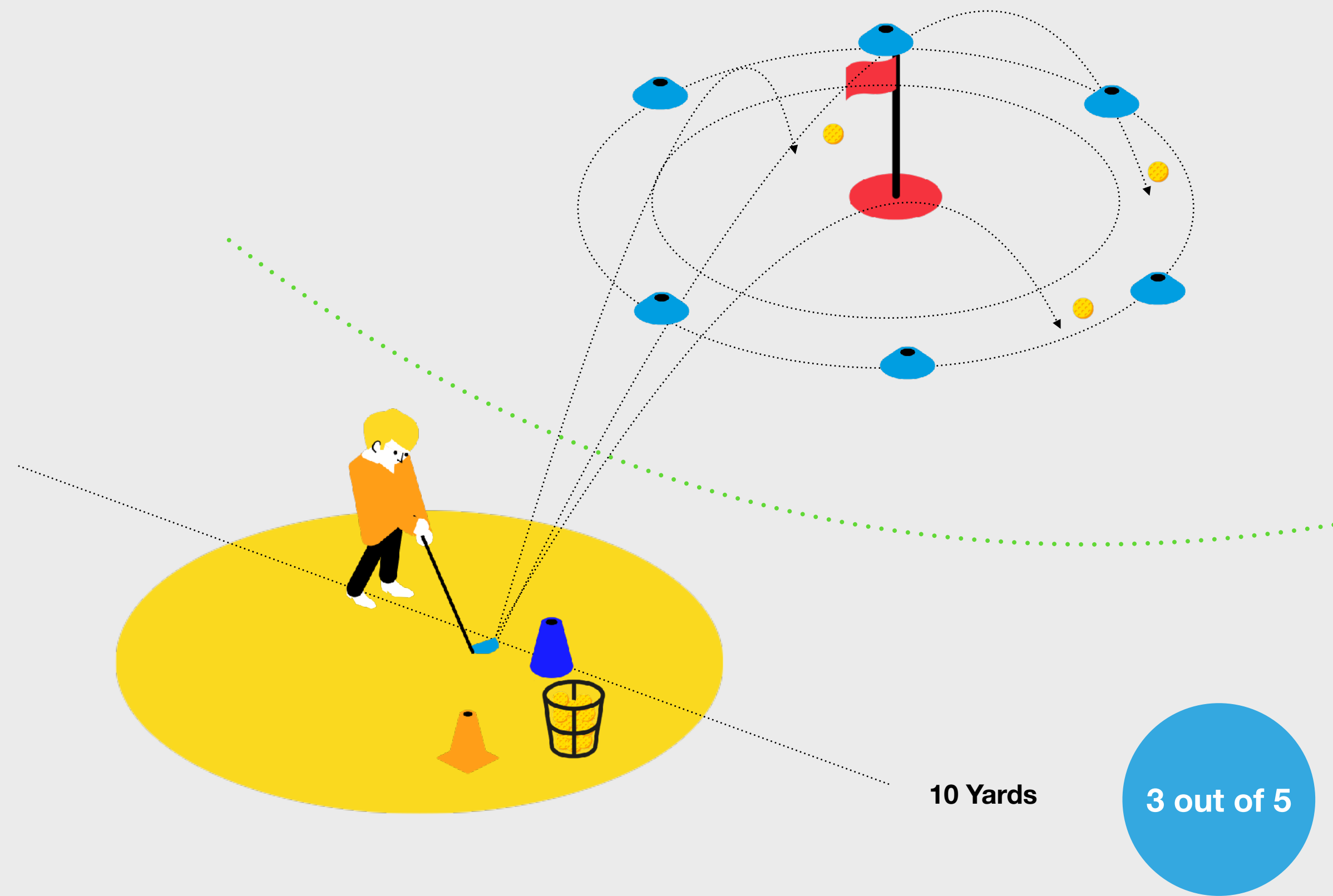
If they are also assigned to the Crush It *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Bunker Play



Bunker Play Challenge



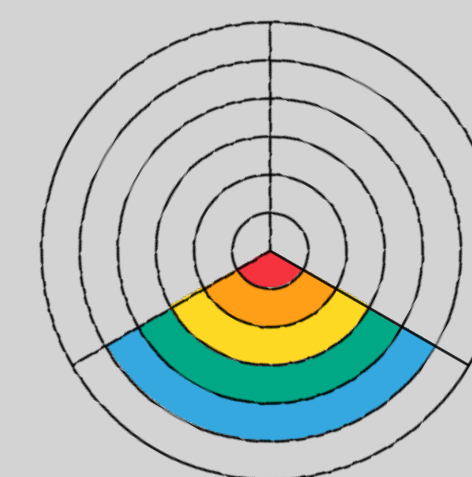
The Challenge

To complete the Level 5 Challenge within the Bunker skill element, the child needs to get 3 out 5 shots within a 10 yard diameter target circle. All shots must finish on the green.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

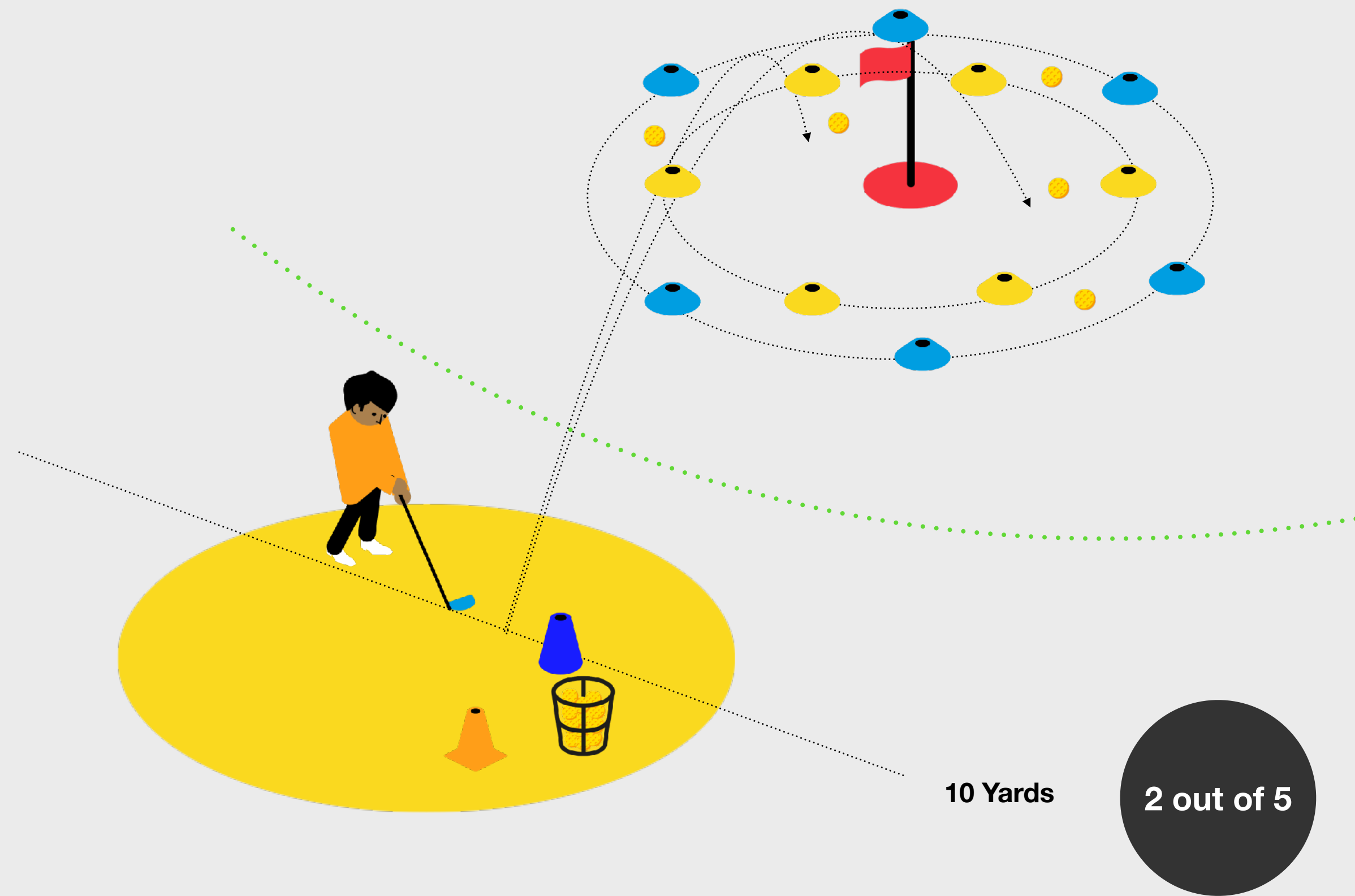
If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Bunker Play



Bunker Play Challenge



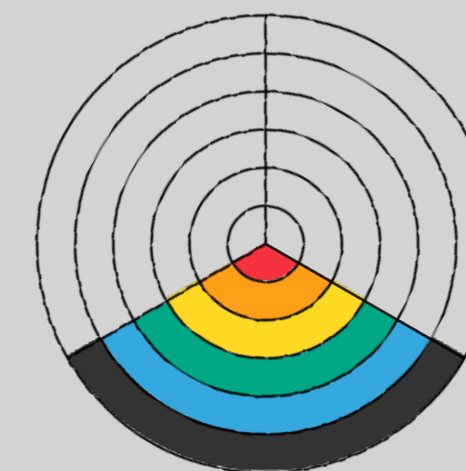
The Challenge

To complete the Level 6 Challenge within the Bunker skill element, the child needs to get 2 out of 5 shots within a 6 yard diameter target circle. All shots should finish within the 10 yard target circle.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Crush It myGame+ program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Bunker Play

