

Around the Green

Week 36



Contents

- 3 **Class Timetable**
- 5 **Class Setup and Layout**
- 7 **Physical Literacy Warm Up**
- 10 **The Whole Child Focus**
- 12 **Learning the Game Focus**
- 14 **Mastering the Game Cards**



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"> 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

© 2020 Powered by Orbis Golf

Class Timetable - Week 36

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green:
Bunker Play

Whole Child Focus
Creative:
Ambitious

Learning the Game Focus:
Rules and Etiquette:
Play the ball as it Lies

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"> Wedge and Ball
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"> Play the ball as it Lies
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"> Ambitious
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"> Bullseye Erase the Face Closest to the Pin
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

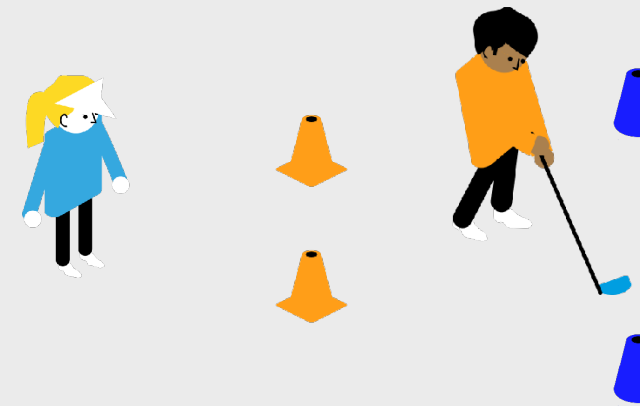


Class Layout and Setup

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

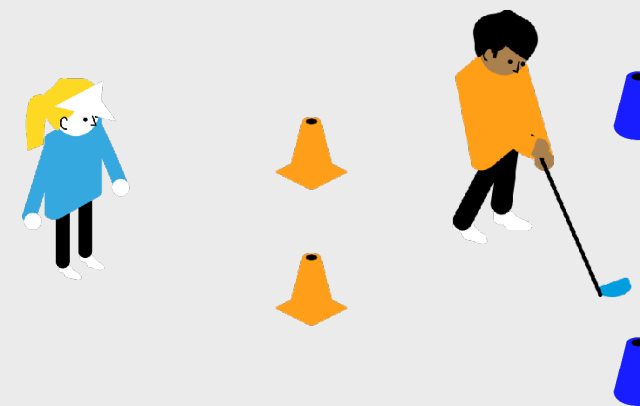
Station 3:
Game Station
Bullseye



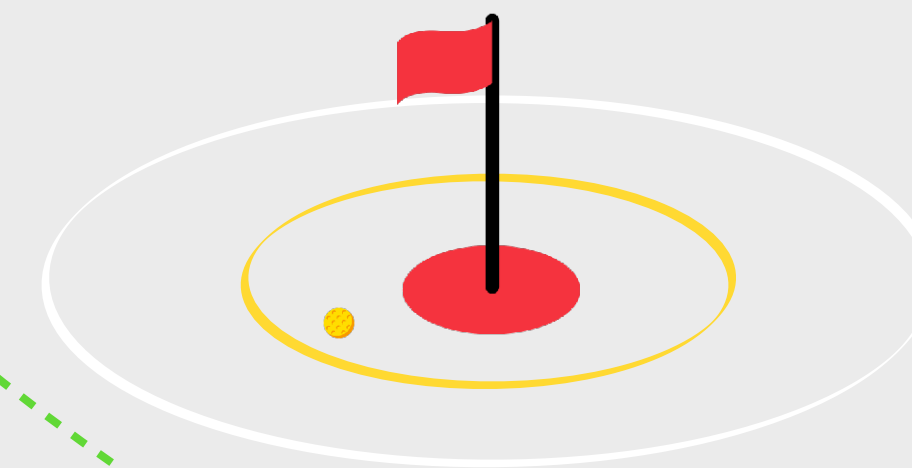
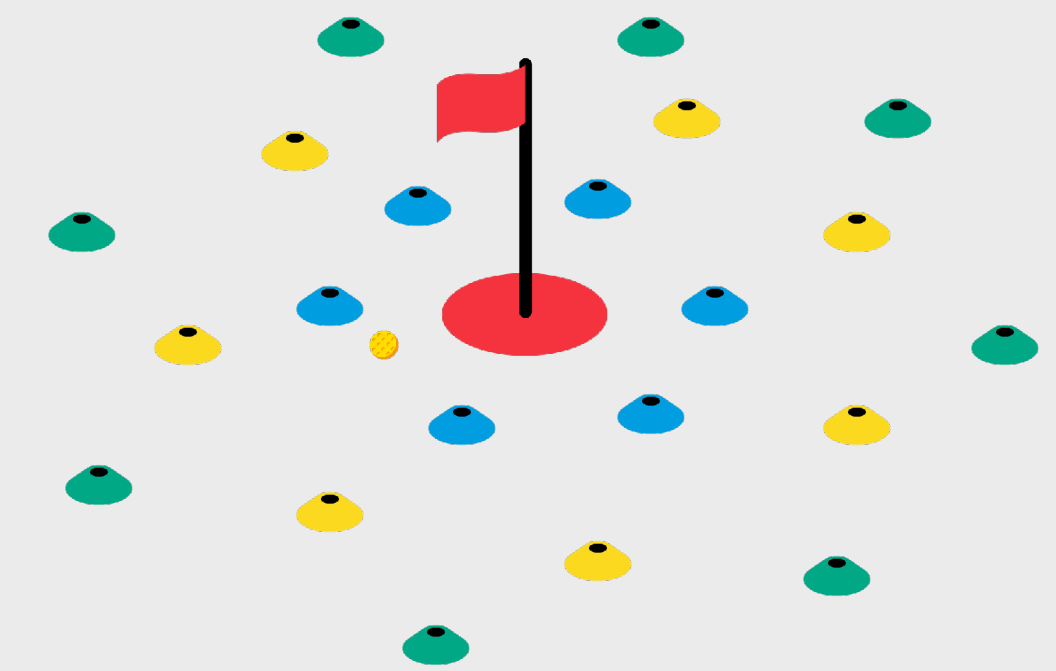
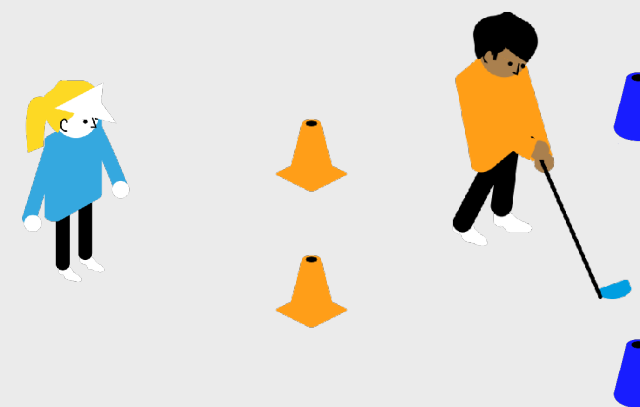
Station 2:
Game Station
Erase the Face



Station 1:
Game Station
Closest to the Pin



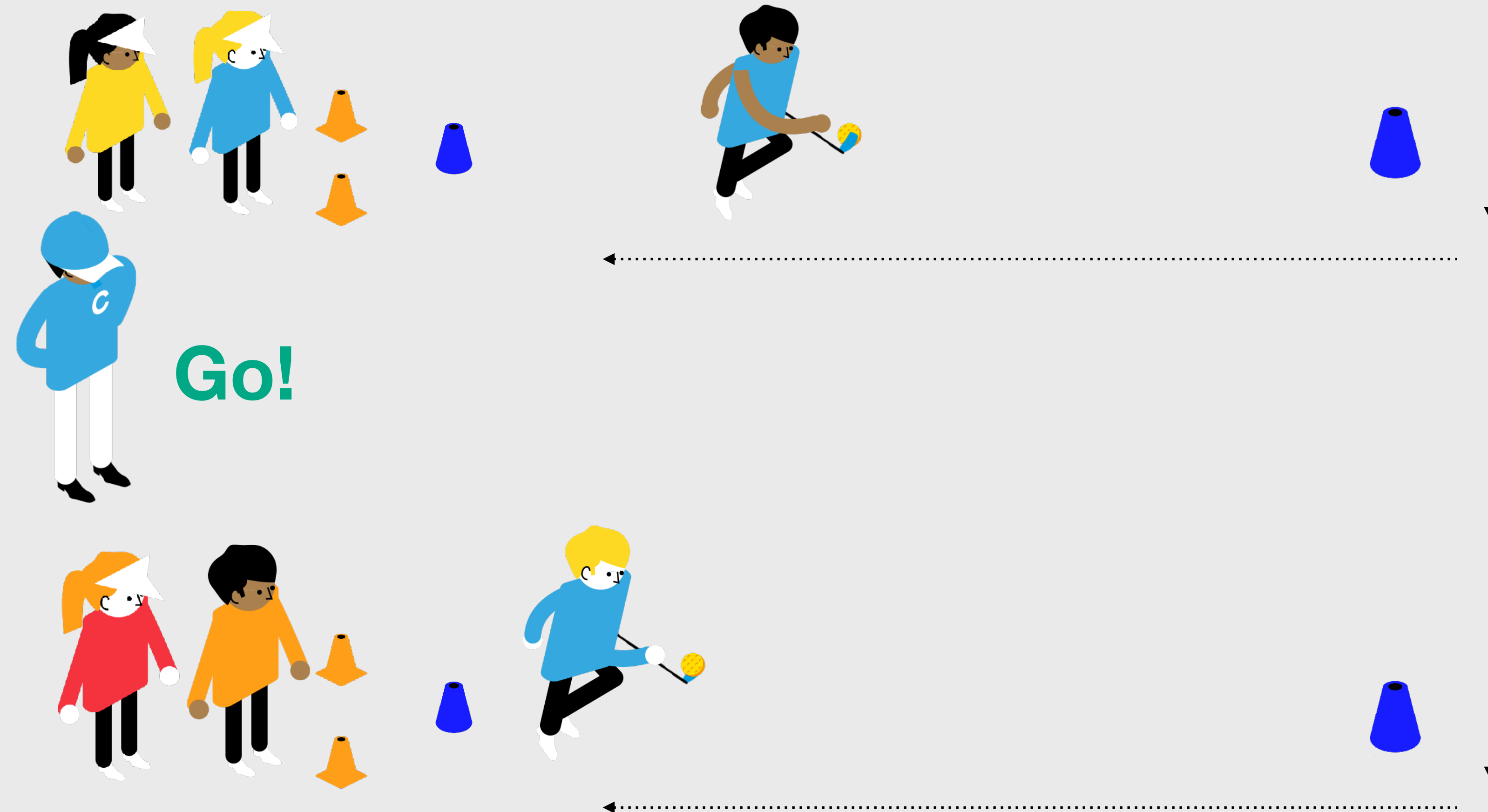
Station 4:
Free Practice Station



Physical Literacy Warm Up Game



Wedge and Ball



How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 with the wedge in one hand and the golf ball in the other
- On go, the child tries to walk and balance the golf ball on the club face
- The team that wins is the one who gets all players home first.

Progression Ideas

- Add extra goes for each child
- Increase the distance between the markers
- Play the game with different fundamental movements such as running or hopping
- Attempt to play the game bouncing the ball on the clubface as the child moves
- When the ball is dropped, the child returns to the start

Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



Golf Wedge



Golf Ball



CRUSH
IT!
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 Ambitious

The Whole Child theme this week is focussing on developing an ambitious attitude.

Carry this theme into the class by prompting the children to take on a tougher shot or set a more difficult goal within the session that they wouldn't usually attempt, and even talk about future ambitions.

It should be highlighted that the Achiever Award is presented to the child that displays ambition either within the challenges or in conversation with the coach or other players.

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.



**CRUSH
IT!** 
JUNIOR GOLF



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



Rules and Etiquette

Play the ball as it lies

The Learning the Game focus this week is about playing the ball as it lies

You should highlight to your juniors the importance of practicing from difficult lies, not improving your lie to make life easier

Make sure you cover the ruling of what happens if you do improve your lie on the golf course

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



**CRUSH
IT!** 
JUNIOR GOLF



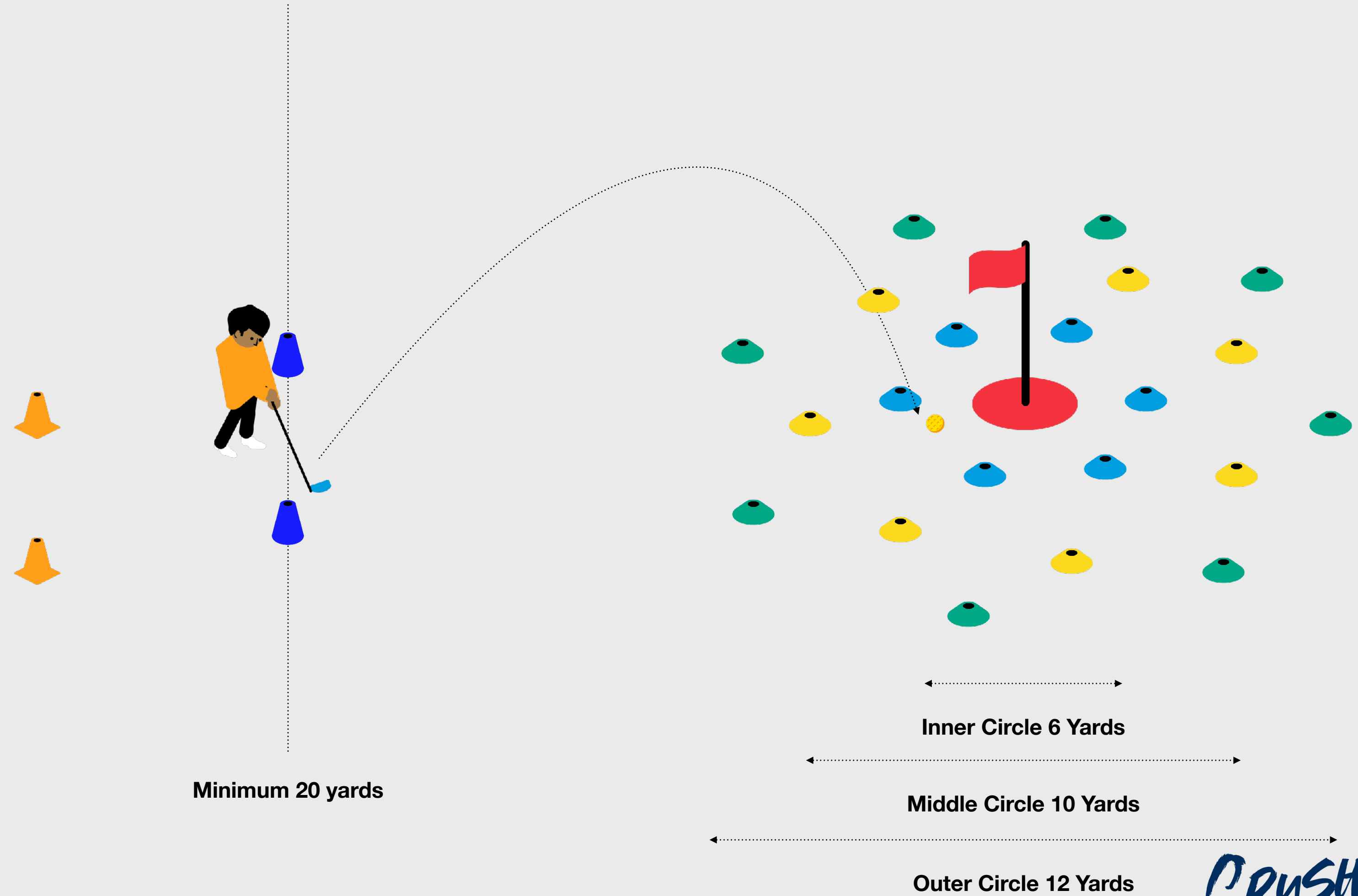
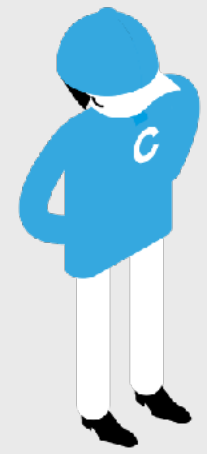
Questions to Ask

- Why should we practice from difficult lies?
- What is a good attitude to have if you find yourself in a difficult lie?
- What is the ruling if you are found to be improving your lie on the golf course?
- If you're not sure about a ruling or if you're allowed to take relief on the course?

Mastering the Game Cards



Bullseye



How to Play

- Allocate the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible based on where the ball finishes
- The winner is the player who gets the most points from their 10 shots

Progression Ideas

- Change the size of the target circles
- Vary the starting point from around the green
- Introduce a rule that the ball must land over the fringe to count
- Add penalty points if the child is unsuccessful on getting the ball onto the green or in the target circles

Learning Outcomes

- Control of distance and direction when pitching

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



6 x Blue colored cones to mark the inner circle



8 x Yellow colored cones to mark the middle circle



10 x Green colored cones to mark the outer circle



Spare equipment that may be required for the group attendees.



Golf Balls



Erase the Face



**CRUSH
IT!**
JUNIOR GOLF



How to Play

- Children take it in turns to draw a smiley face in the bunker
- The aim of the games to try and erase the face in one shot with your most lofted club
- Children are then asked what is missing... The nose!
- Children add the ball (the nose) to the face, and try to erase the face once more
- The challenge is complete when the children erase the face and successfully accomplish

Progression Ideas

- Add in a target on the green
- Aim to hit a certain number of shots out of the bunker in a row

Learning Outcomes

- Ability to hit a successful bunker shot

Equipment needed

Orange Safety Cones

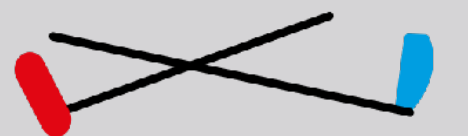
SAFETY



Cones to mark starting position



Spare equipment that may be required for the group attendees.

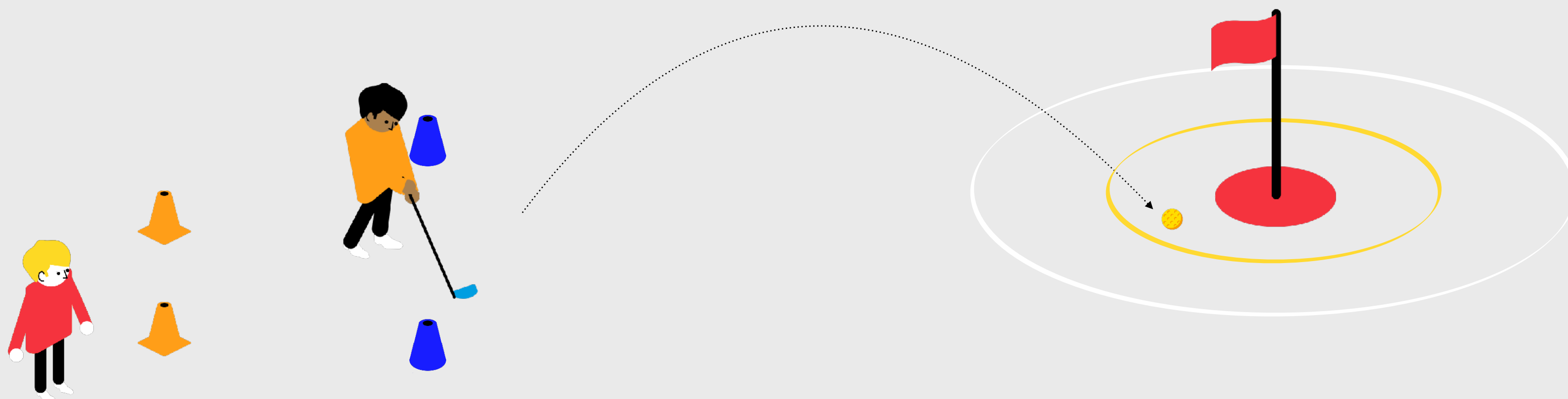
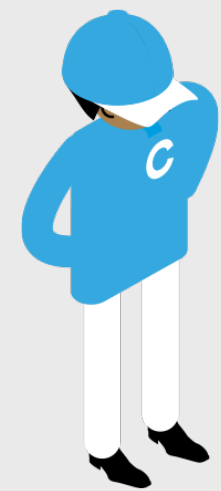


Golf Balls





Closest to the Pin - Play it as it Lies



How to Play

- Give the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible based on where the ball finishes
- Children take it in turns to drop the ball in different positions around the green
- The ball must be played from where it lands

Progression Ideas

- Vary the distance of each shot
- Allow 1 re-drop out of the 10 shots
- Define whether the ball lands or rolls into the box
- Introduce a fringe in front of the player and the ball only counts if it lands over the fringe

Learning Outcomes

- Ability to adapt to the conditions
- Understand there is an element of luck in golf that you cannot control
- React well to bad luck and you will perform better more often
- Variability in your practice helps to improve your skills and is realistic to how the game is played on the course

Equipment needed

Orange Safety Cones

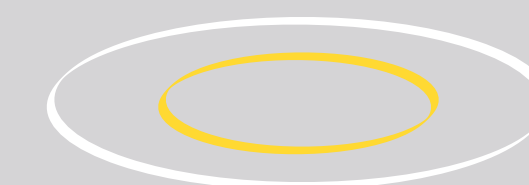
SAFETY



Cones to mark starting position



Target Rings



Spare equipment that may be required for the group attendees.



Golf Balls



CRUSH
IT!
JUNIOR GOLF