

On the Green

Week 41



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Class Timetable



Class Timetable - Week 41

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Long Putts

Whole Child Focus
Cognitive:
Attitude towards learning

Learning the Game Focus:
Preparing to Play:
What time do you arrive?

| 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"> Cone Collector |
| 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"> What time do you arrive? |
| 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"> Attitude towards learning |
| 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"> Putting Partners Single, Double, Triple Stick Shift |
| 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 |

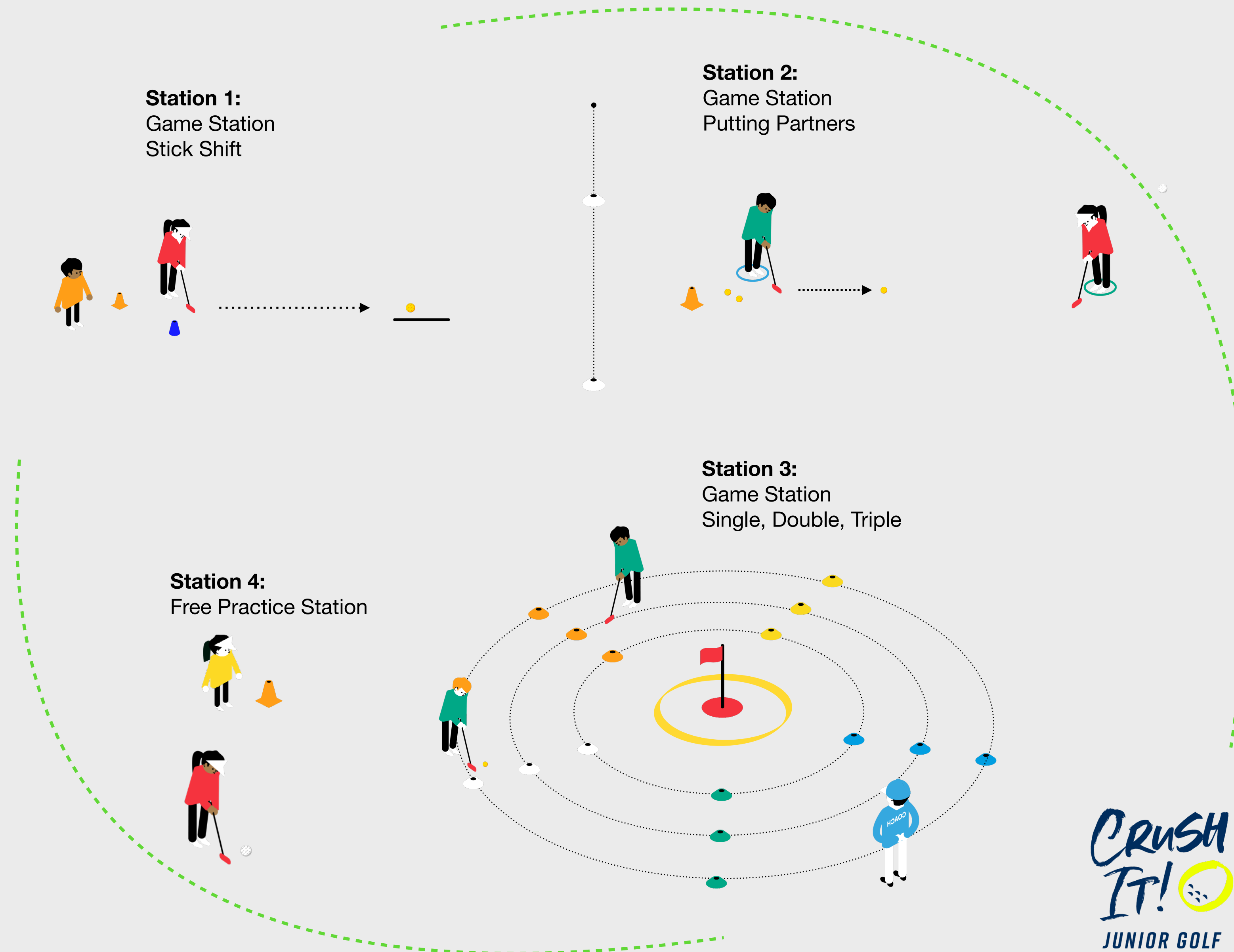
Layout and Setup



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:

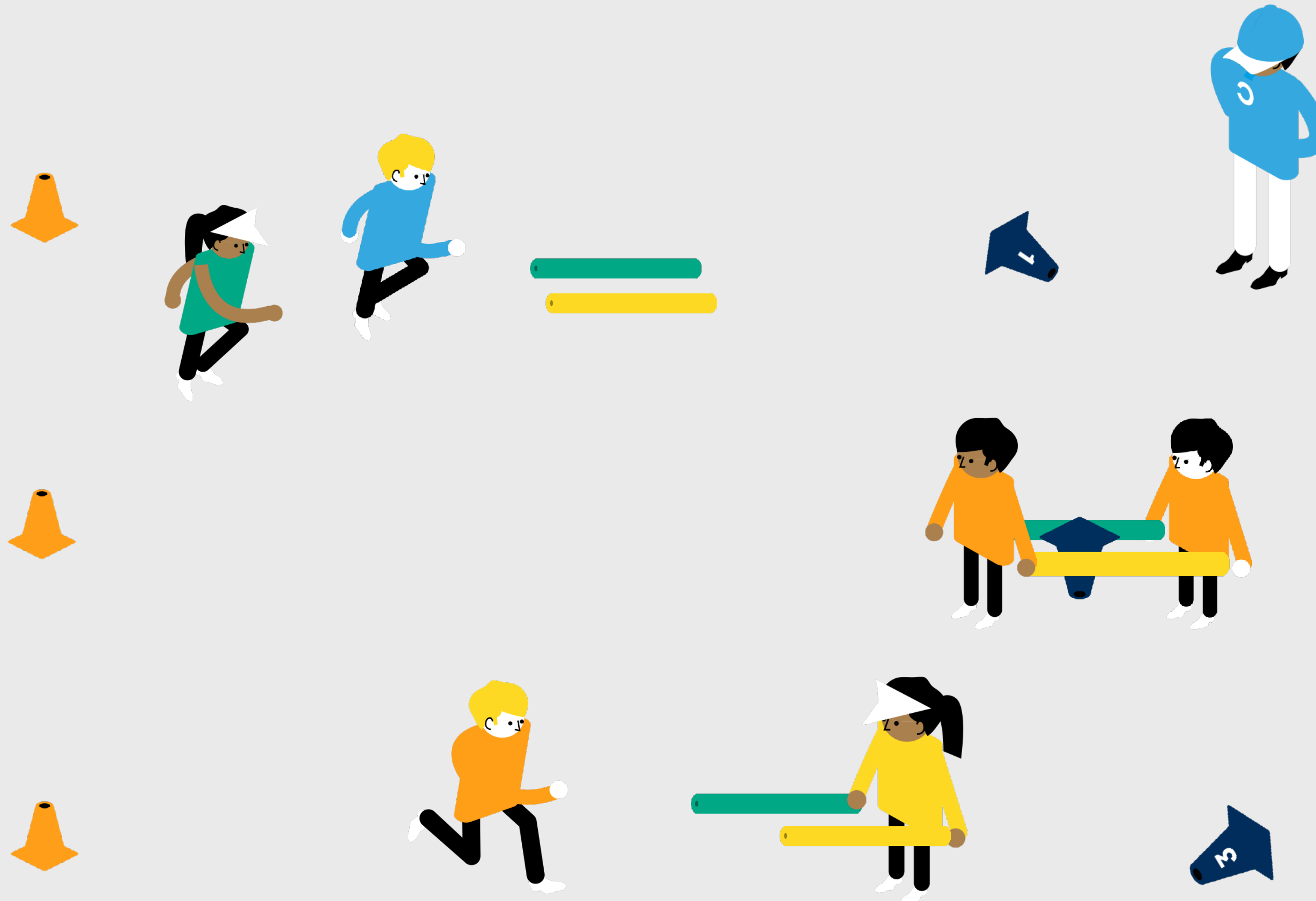
- Stations 1, 2 and 3 are **Game Stations**. At these stations the children play in pairs or play the games independently with occasional supervision from the coach
- Station 4 is the **Free Practice Station**. It is at this station the child can develop their fundamentals under guidance from the coach, 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



Cone Collector



How to Play

- Split the children into pairs, and line them up behind their safety cones
- When the coach shouts GO! The children run out and pick up the foam noodles
- One child must hold one end of the noodles and their partner must hold the other end
- The pair then have to work together to pick up the JGA cone without touching it with their hands
- The winning pair are the ones that can carry the JGA cone back to their safety cone

Progression Ideas

- Add in obstacles
- Introduce a time penalty for dropping the cone
- Introduce other objects to pick up using the noodles

Equipment Needed

3 x Orange safety cones

SAFETY



3 x JGA cones



6 x Foam noodles



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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



Cognitive

Attitude towards learning

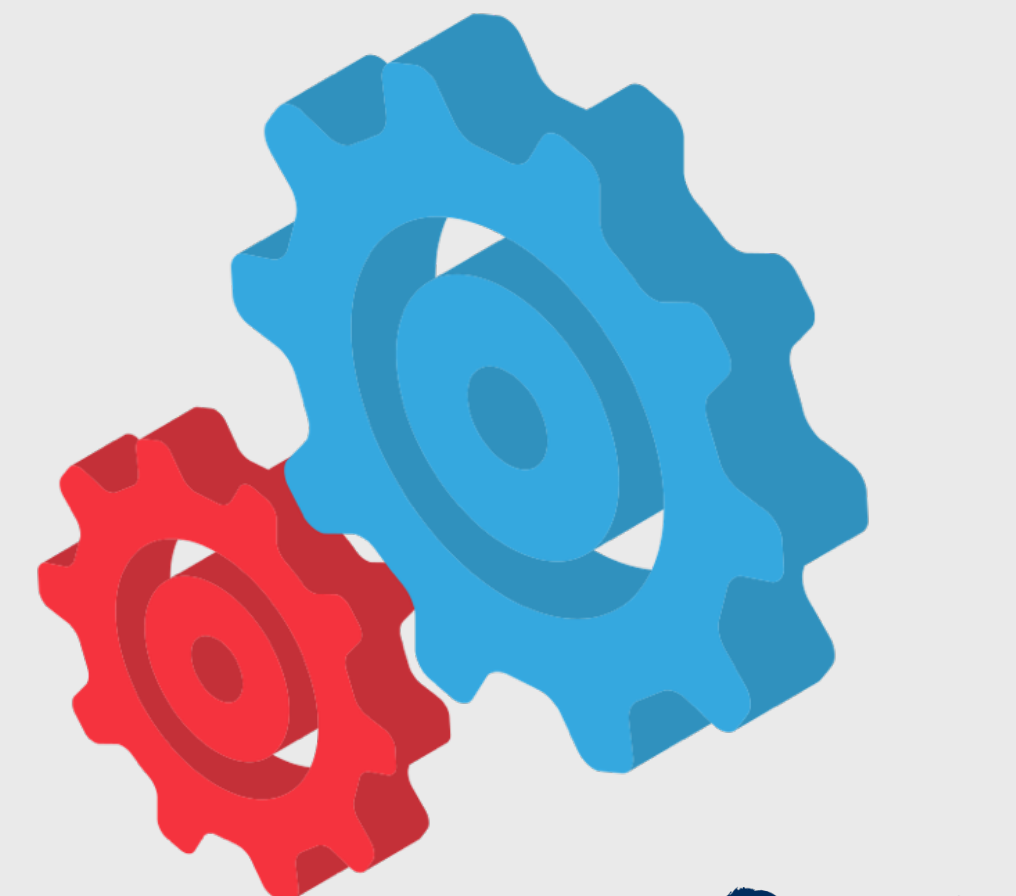
The Whole Child theme this week is to develop a great attitude towards learning.

Carry this theme into the class by hosting a mini quiz on some of the content and topics that have been shared over the previous classes.

It should be highlighted that the Achiever Award is presented to the child that displays a great attitude towards learning during 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.



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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



Preparing to Play

What Time do you Arrive?

The Learning the Game focus this week is about preparing to play, knowing when to arrive at the club, and when to be on the tee ready to play.

You should highlight to the children that you should arrive at the tee at least 5 minutes before it is your tee time.

Make sure you highlight the importance of getting to the golf club in plenty of time to warm up and prepare before having to arrive at the tee.

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



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Questions to Ask

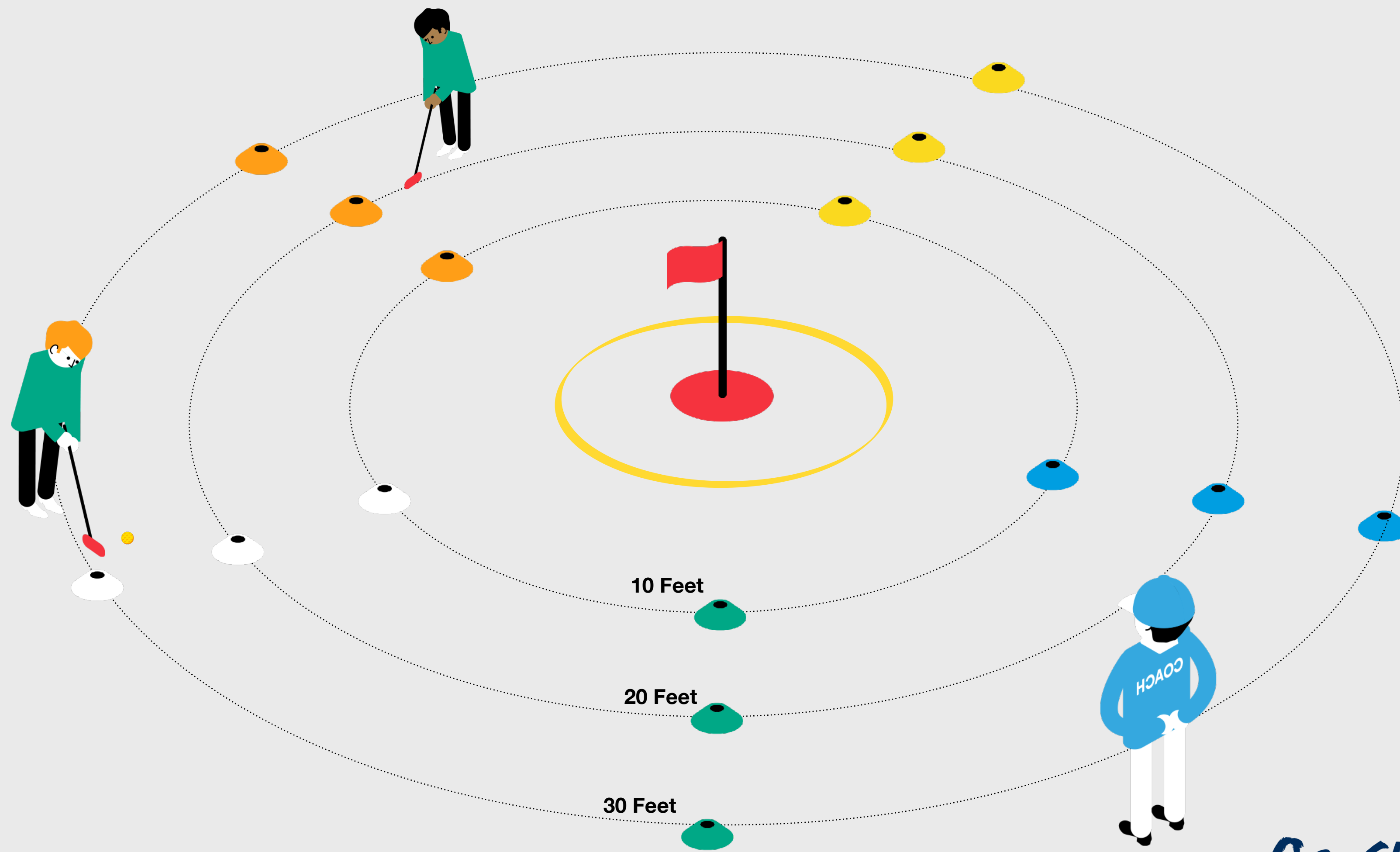
- When do you arrive at the tee?
- How long before your tee time should you arrive at the golf club?
- What do you need to do in the time between arriving at the golf club and teeing off?

Mastering the Game Cards





Single, Double, Triple - Putting



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How to Play

- Children take it in turns to choose which distance they want to start from
- If the player starts from the 10 foot line and they putt the ball inside the 6 foot circle they score 1 point, 2 points if they hole the putt
- If the player starts from the 20 foot line they score double points; 2 points inside the 6 foot circle, 4 points if they hole the putt
- If the player chooses to start from the 30 foot line they score triple points; 3 points if they putt the ball into the 6 foot circle, 6 points if they hole the putt
- The game continues until both players have hit 5 putts, one from each color cone.
- The winner is the player who has the most points after 5 shots

Progression Ideas

- Change the distance between the cones
- Attempt the game on a sloped surface

Learning Outcomes

- Distance control
- Strategic thinking
- Understand risk and reward

Equipment needed

Orange Safety Cones

SAFETY



3 x Blue cones



3 x Green cones



3 x Yellow cones



3 x Orange cones



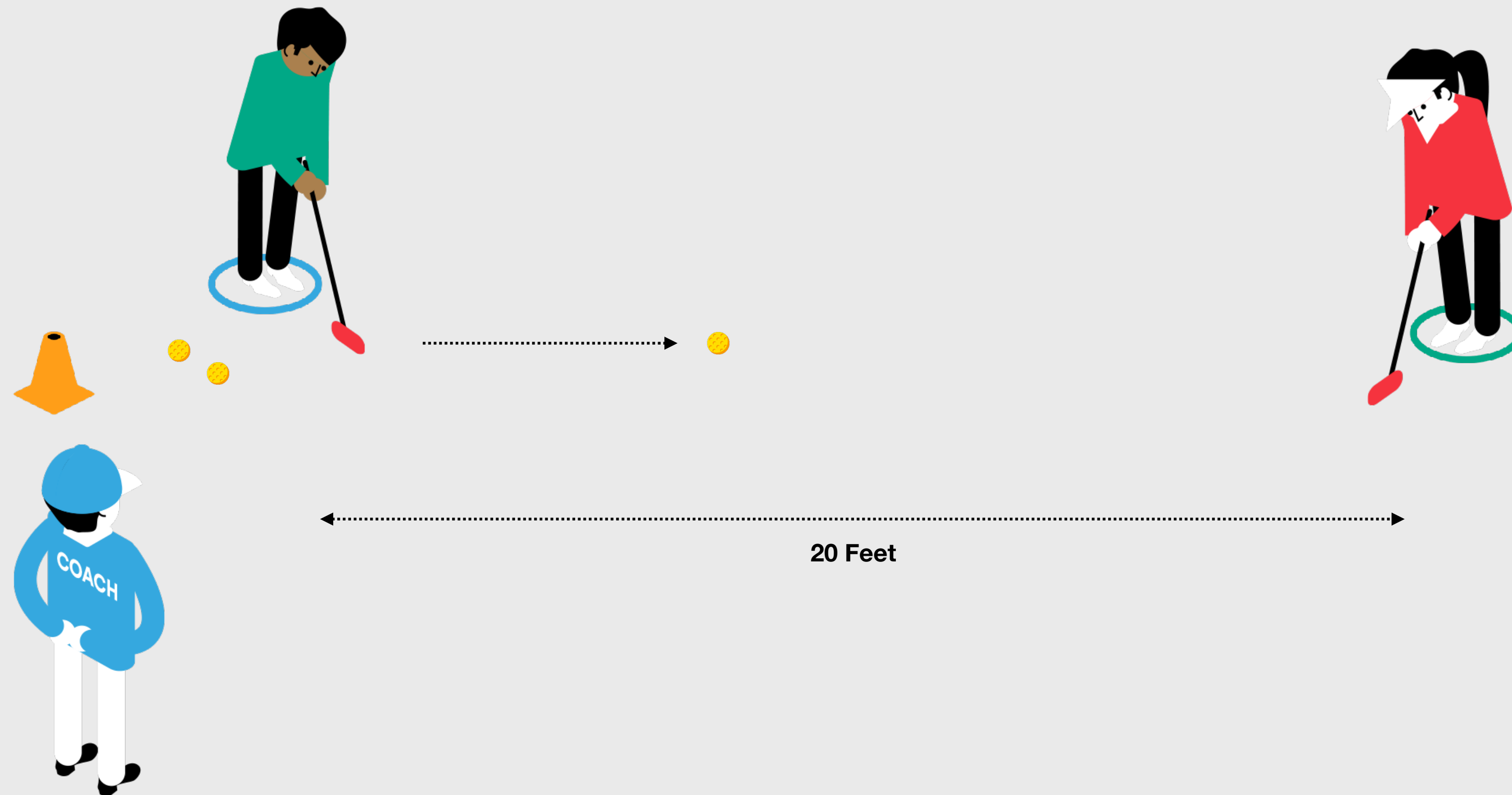
3 x White cones



6 foot diameter target ring



Putting Partners



How to Play

- In this game the players are working as a team. The aim is to keep their 3 golf balls in play for as long as possible
- Each player has to remain in their circle at all times
- The first player putts the balls towards their partner, who has to remain motionless in the circle
- Once the balls have come to rest the partner has to reach out and retrieve the balls without leaving the circle or touching the ground with their knees or elbows
- The second player is only allowed to putt back the balls they can reach
- The game ends when no balls are remaining

Progression Ideas

- Change the distance between the hoops
- Don't allow players to use their putter when retrieving balls
- Introduce a sloped surface when playing the game
- Change the number of balls being used

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- Also a great game to promote team work

Equipment needed

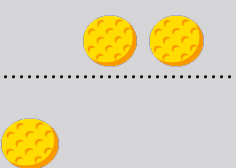
Orange Safety Cones

SAFETY

2 x Hoops



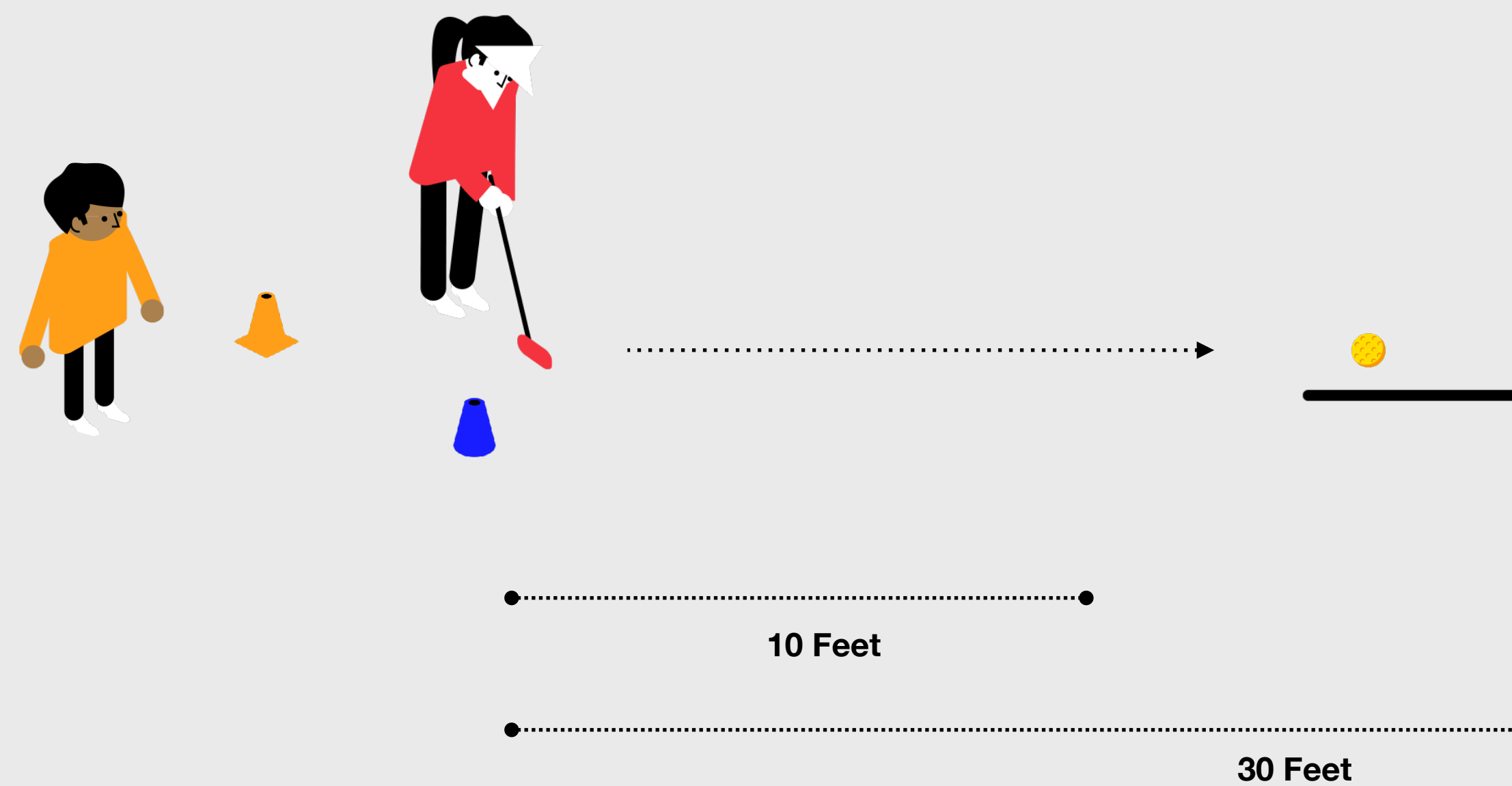
3 x Golf Balls



Stick Shift



Finish Line



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How to Play

- The children are working together to move the alignment stick from its starting point 10 feet away, to the finish line
- The children take it in turns to hit a putt towards the alignment stick
- The aim is to get the ball to stop within the length of the alignment stick. If they are successful they get to move the alignment stick one length further on
- If the player is not successful in putting the ball inside the length of the alignment stick they have to try again when it is their turn
- The team complete the game when they get the alignment stick past the finish line

Progression Ideas

- Increase or decrease the starting distance and the finish line distance
- Add in a rule whereby the player has to move the alignment stick back one distance if they are not successful

Learning Outcomes

- The primary learning outcome is control of distance
- Consistency of distance control

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



Spare equipment that may be required for the group attendees.



1 x Golf ball



1 x Alignment Sticks



2 x White cones for the finish line

