Around the Green

Week 9

Junior Monthly
COACH

CRUSH IT!
JUNIOR GOLF

Contents

Class Timetable

Class Timetable - Week 9

Session Length: 60mins	**Group Size:** 1:8

Mastering the Game Focus:
Around the Green:
Bunker Play

Whole Child Focus
Cognitive:
Feeling Nervous

Learning the Game Focus:
Rules and Etiquette:
Introduce Rules in a bunker

| 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	• Launch Pads
5 Mins	Learning the Game Focus	• Introduce to the group the Learning the Game focus of the class	• Introduce Rules in a bunker
5 Mins	Whole Child Focus	• Introduce to the group the Whole Child focus of the class	• Feeling Nervous
35 Mins	Mastering the Game Focus	• Outline the safety instructions and class layout • Introduce games, tasks and challenges • 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 if appropriate	• Throw then Chip • Beat the Bunker • Make it Splash
5 Mins	*my*Academy Folder Track and Reward	• Recap Mastering the Game and Learning the Game Focus from the session to check for understanding • Children can complete *my*Progress Wheel and add stickers where appropriate to the *my*Academy folder • Present the Achiever Award to a student in front of the parents and the group	• *my*Academy Folders

JUNIOR GOLF

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

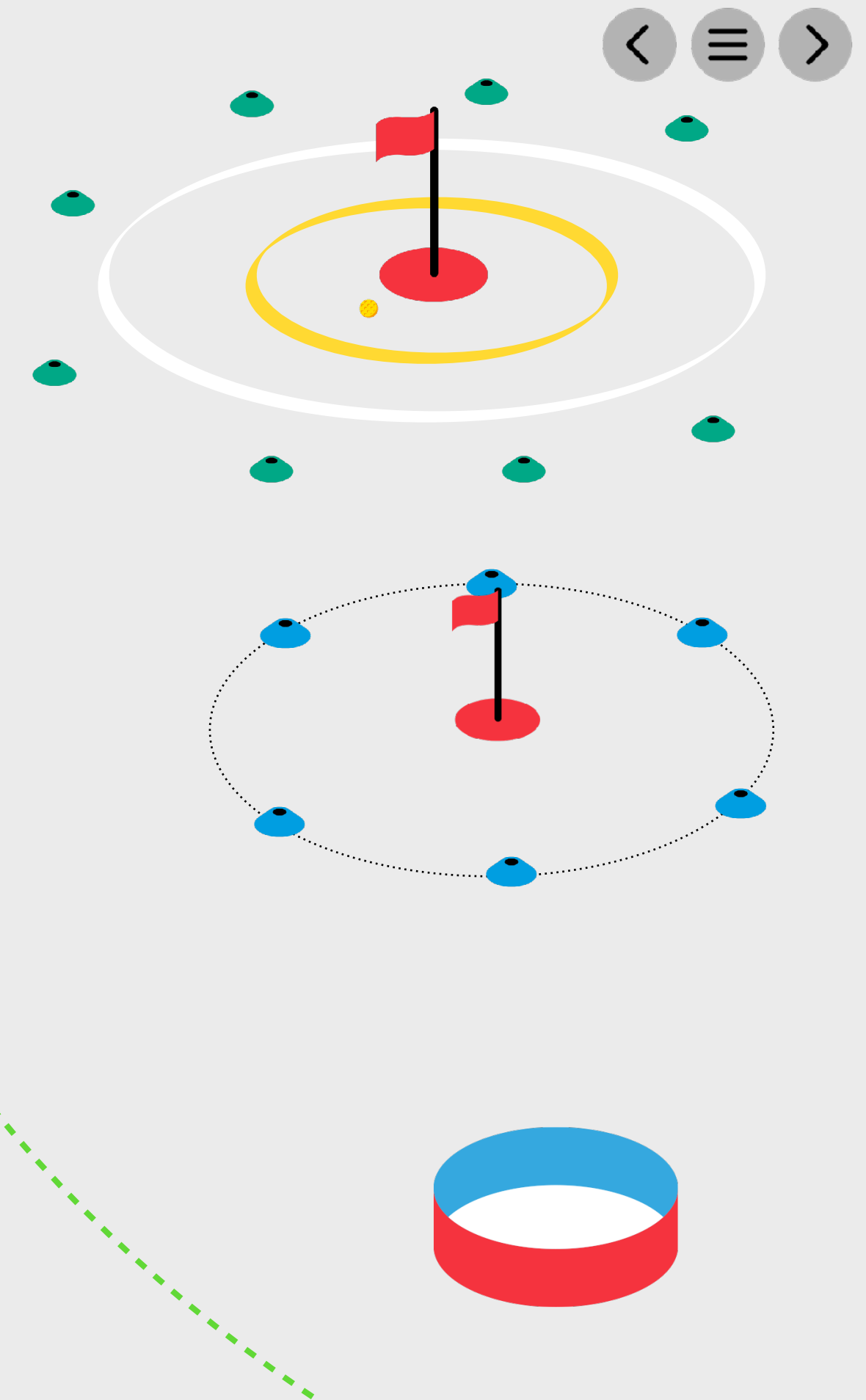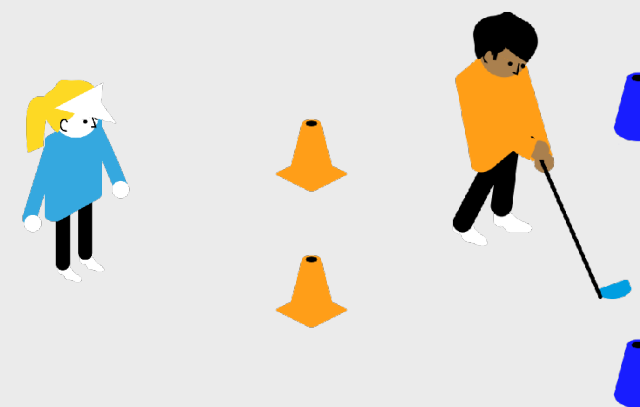**Station 3:**
Game Station
Throw then Chip
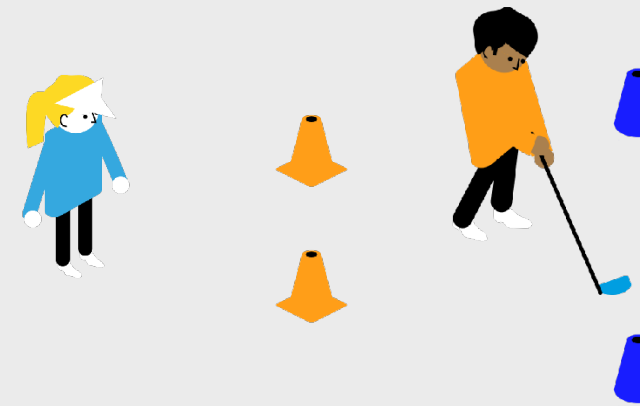
Station 2:
Game Station
Beat the Bunker

Station 1:
Make it Splash

Station 4:
Free Practice Station

CRUSH IT!
JUNIOR GOLF

Physical Literacy Warm Up Game

Physical Literacy

CRUSH IT!
JUNIOR GOLF

Launch Pads

Go!

Physical Literacy

How to Play

- Split the children into pairs
- Both players must stay in their hoop. The challenge is to launch the noodle and for their partner to catch It without stepping out of the hoop
- The pair that manage the most consecutive catches without dropping the noodle

Progression Ideas

- Try using two noodles at a time and the partner has to catch both at the same time
- Decrease or increase the distance between the hoops
- Add in additional rules, for example standing on one leg, or catching with one hand
- Put a time limit on each round and switch partners after each round

Equipment Needed

3 x Orange Safety Cones

SAFETY

6 x Hoops

3 x Foam Noodles

CRUSH IT!

JUNIOR GOLF

Fundamental Movement Skills (FMS)

Physical Literacy

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

CRUSH IT! JUNIOR GOLF

The Whole Child

# Cognitive
Feeling Nervous

The Whole Child theme this week is to learn that feeling nervous is normal and actually can be beneficial to performance.

Carry this theme into the class by encouraging children to be open to sharing with the group a time that they have felt nerves and not let it affect them negatively.

It should be highlighted that the Achiever Award is presented to the child that reacts positively to feeling nervous.

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.

The Whole Child
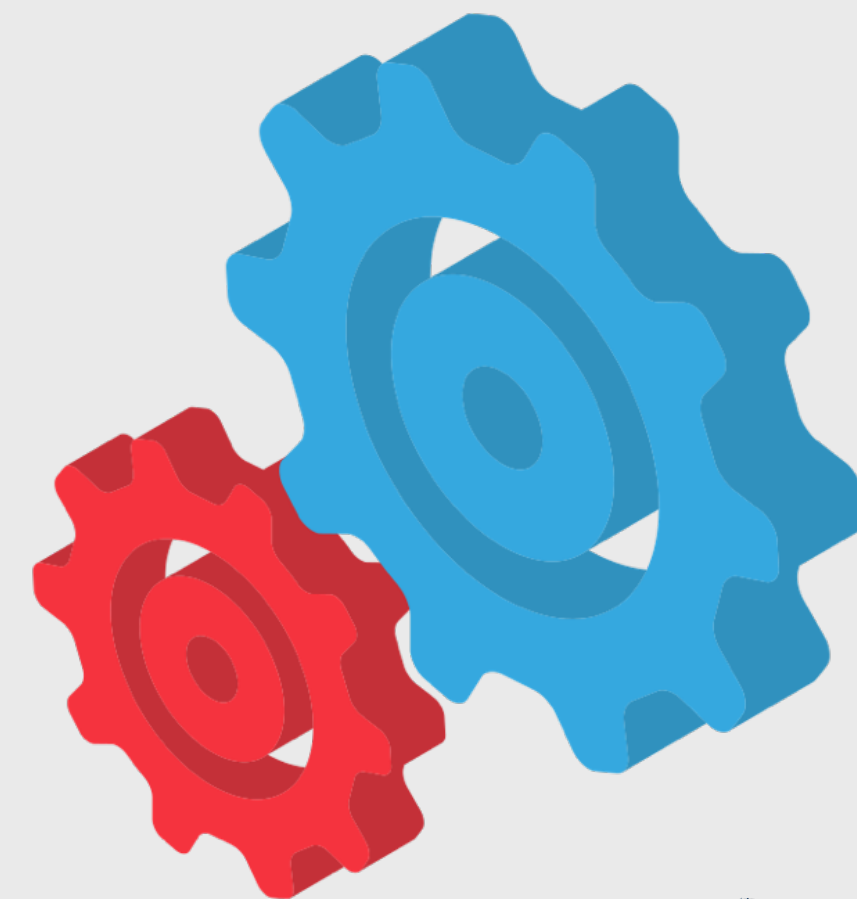
Reinforcing positive behaviours

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

CRUSH IT!
JUNIOR GOLF

Learning the Game Focus

# Rules and Etiquette
Introduce Rules in a Bunker

The Learning the Game focus this week is about the rules we need to know when playing from a Bunker.

You should highlight to your juniors that it is ok to move loose impediments, however you must not take a practice swing or touch the sand in front of or behind your ball.

Make sure you show your junior golfers how to rake the bunker properly to ensure it is in good condition for the next player.

Take the time to ask your juniors to think about how else they could look after the golf course.

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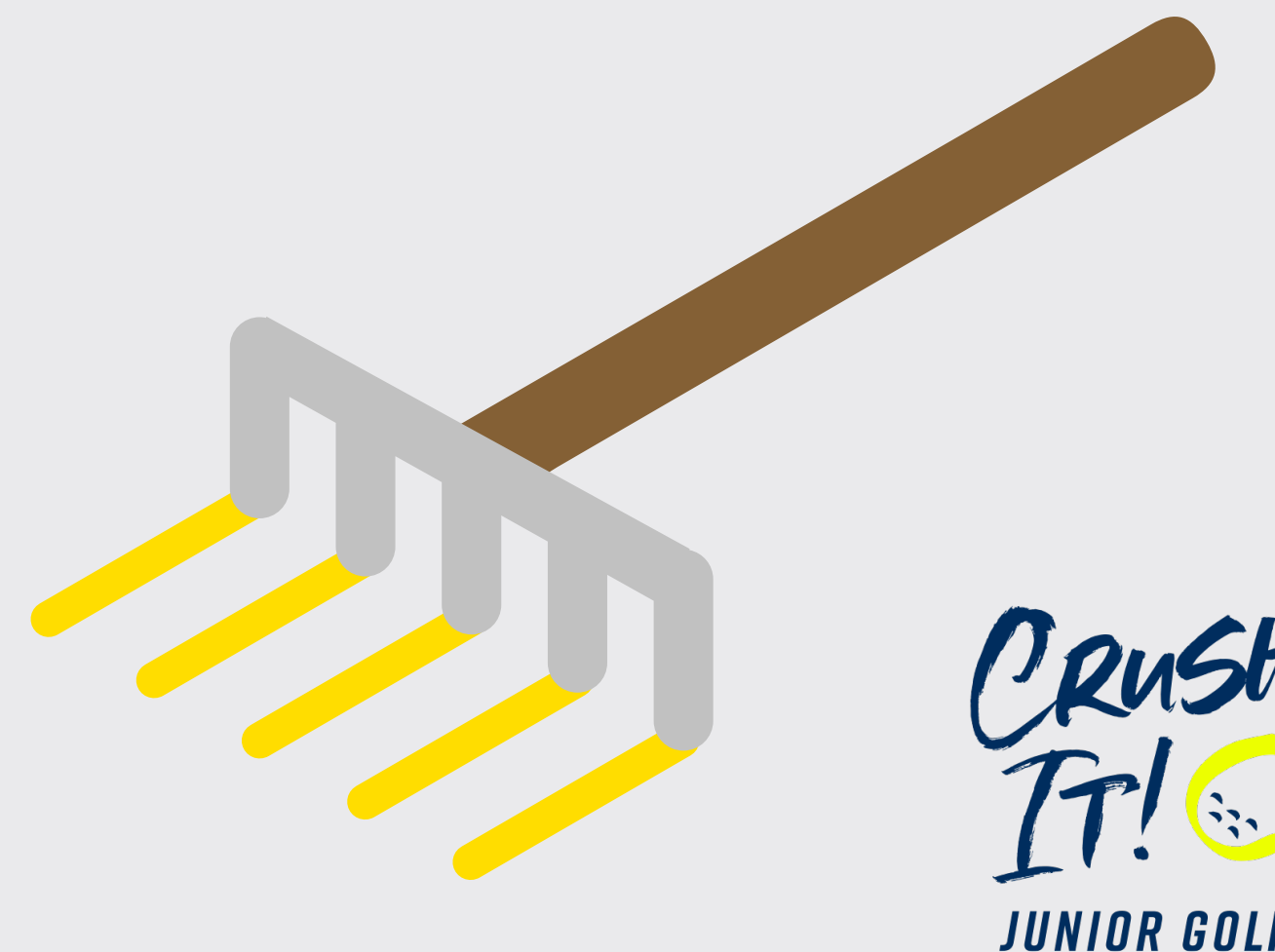
Questions to Ask

• What are the rules about touching the sand in a bunker?

• If you see someone has left a bunker and not raked it what should you do?

• Should you try to play the bunker shot the same as a normal shot?

• If not, what is different about it?

• What should you do after you've played your ball out of the bunker?

Mastering the Game Cards

Throw then Chip

Mastering the Game
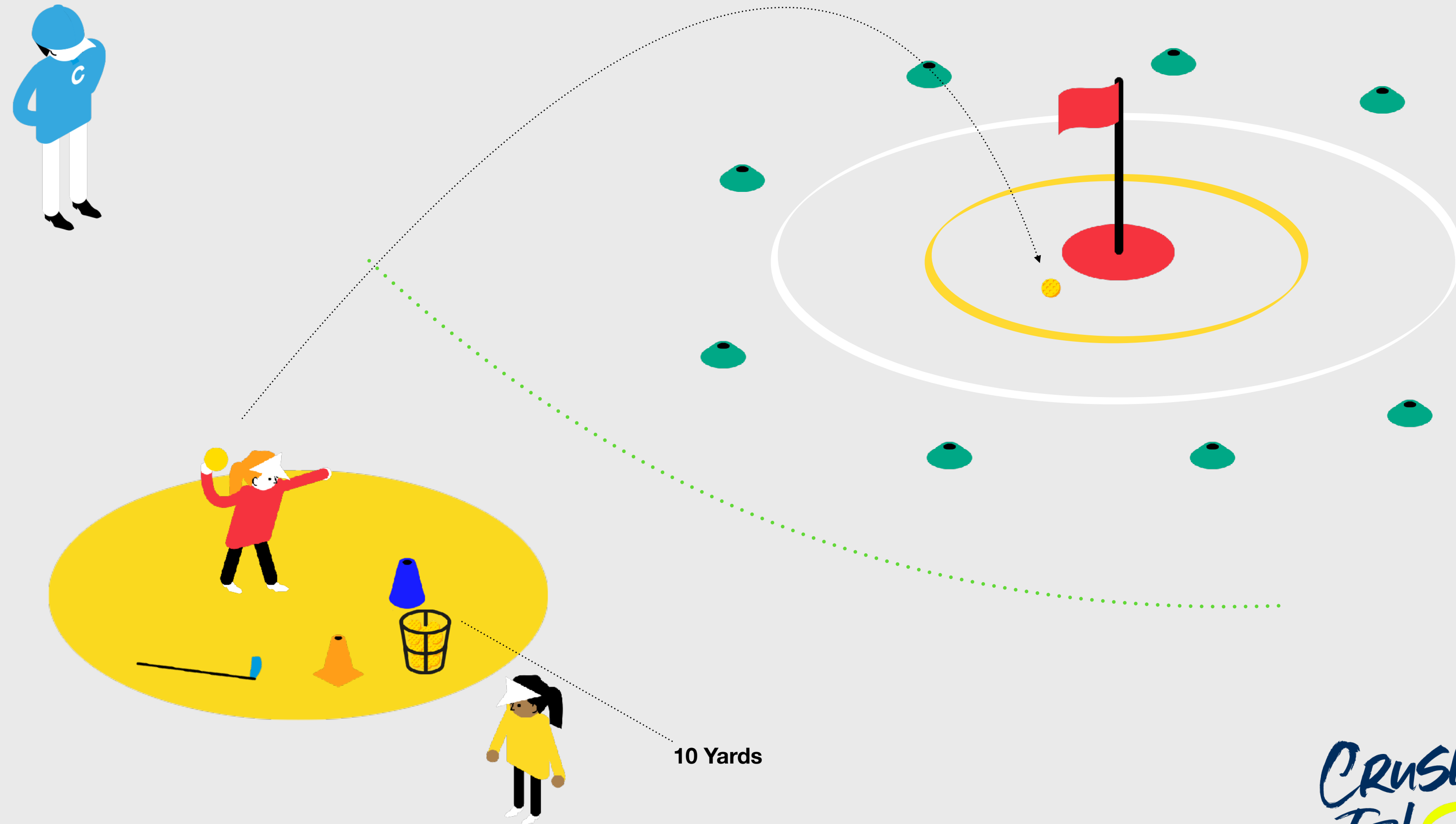
How to Play

- Give the target circles different points
- Each child has 5 throws and 5 bunker shots
- The aim is to accumulate as many points as possible as a team, based on where the ball finishes
- The pair should try to beat their personal best score each time

Progression Ideas

- Change the size of the target circles
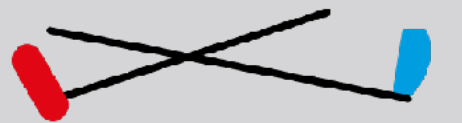- Introduce a rule that the ball must land over the fringe to count

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark out the necessary hitting station

Spare equipment that may be required for the group attendees.

Golf Balls

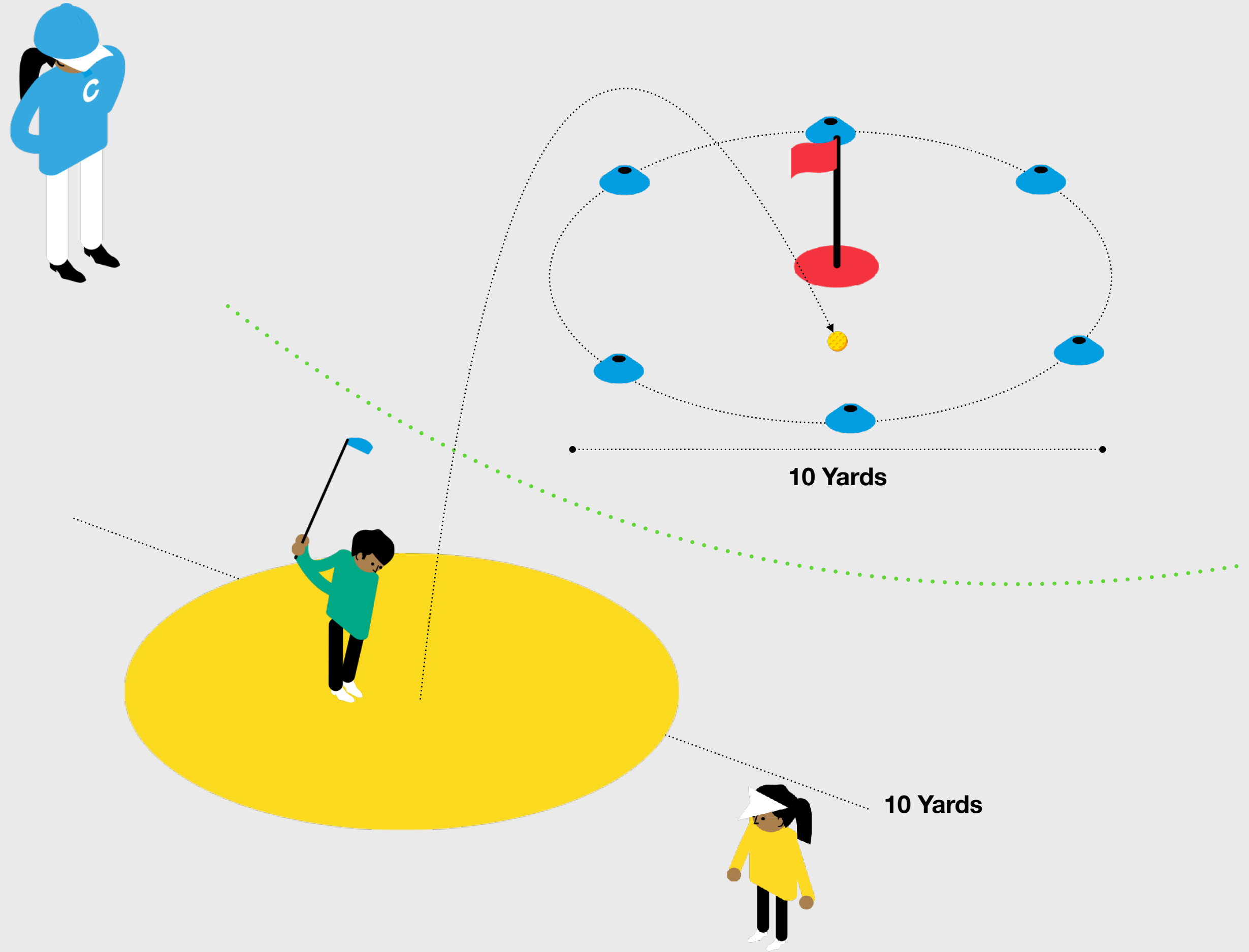1 x 6 feet Target Circle

1 x 10 feet Target Circles

10 x Green Colored Cones for Outer 12 feet Target Circle

10 Yards

CRUSH IT! JUNIOR GOLF

Beat the Bunker
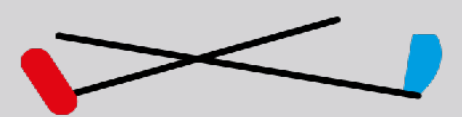
Mastering the Game

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

10 Yards

10 Yards

CRUSH IT!

JUNIOR GOLF

Make it Splash

Mastering the Game
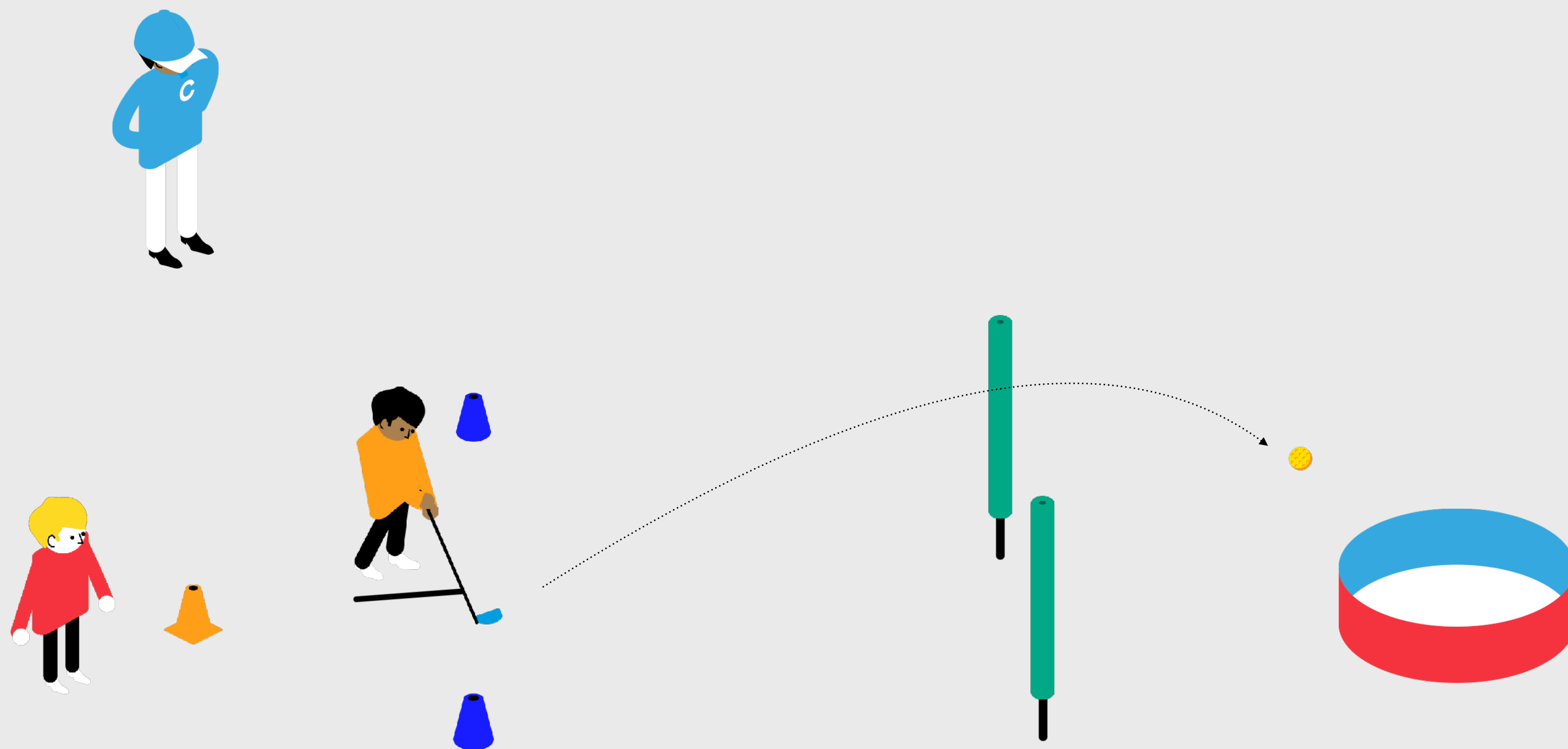
How to Play

- Children take it in turns to hit their shots, using the alignment stick to aid their alignment and club face aim
- The aim of the game is to pitch the ball into the pool
- Children score two points for pitching the ball straight into the pool, and one point if it bounces in
- The children aim to score as many points as possible before switching games

Progression Ideas

- Vary the distance to the pool
- Add or reduced the number of shots
- Add a rule that the ball has to land in the pool without bouncing

Junior Learning Outcomes

- Ability to control distance on a pitch shot
- Ability to control direction

Equipment needed

4 x Orange Safety Cones

SAFETY

2 Alignment Sticks

2 x Foam Noodles

Pool

CRUSH IT!
JUNIOR GOLF