



Australian Government

Australian Sports Commission

ACTIVE AFTER-SCHOOL COMMUNITIES

playing for life

Golf

COMPANION BOOK



Acknowledgments

The Australian Sports Commission wishes to acknowledge the contribution of the following people and organisations to the production of this resource.

A significant number of the activities included within the Golf Companion Book have been adapted from the Playing for Life Resource Kit, with the assistance of Golf Australia, The PGA of Australia, Gareth Jones (PGA Member) and Tony Meyer (PGA Member). These contributors also provided suggestions for the inclusion of new activities and the sport specific content.

Gayle Rogers (ACHPER/Schools Network), Sue Cormack (ACHPER/Schools Network), Bruce Knights (Keilor Downs Secondary College) and Les Bee developed the content for the introduction and principles for how and when to change activities.

The editorial team of Creating Excellence Consulting, Wenda Donaldson (AASC), Teena Jackson (AASC), Lainie Houston (AASC), Melissa Backhouse (Junior Sport Unit) and Ashley Beaver (AASC) developed, proofread and edited written materials and significantly contributed to the overall content and format of the final product.

Disclaimer

The Playing for Life companion books have been designed for use with students aged 4–12. Each book assumes that each student is healthy and has no medical condition, disability, illness, impairment or other reason that may impact, limit or restrict their involvement in sport or other physical activity. A student should not be allowed to participate in an activity if any medical, physical or other factor indicates that they are not suited to that activity. Where there are any queries or concerns about such matters, the consent of the student's parent or guardian should be obtained before allowing participation. While care has been taken in the preparation of these books, the publisher and authors do not accept any liability arising from the use of the books including, without limitation, from any activities described in the books.

© Australian Sports Commission 2007

This work is copyright. Apart from any fair dealing for the purpose of private study, research, criticism or review as permitted under the *Copyright Act 1968* and subsequent amendments, no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission from the Australian Sports Commission. Requests and enquiries concerning reproduction should be addressed to the copyright officer (email: copyright@ausport.gov.au).

For general enquiries:

Tel: (02) 6214 1111

Fax: (02) 6251 2680

Email: asc@ausport.gov.au

Web site: www.ausport.gov.au

For a complete listing of Australian Sports Commission publications, visit www.ausport.gov.au/publications/catalogue/.

ISBN 978 1 74013 093 6

Unless otherwise specified, all images are the property of the Australian Sports Commission.

Cover illustrations by Kathryn Wright Design

Content illustration by Five Fold Creative

Design by Swell Design Group

Editorial consultants McLeod Marketing & Management

Printed by Paragon Printers

Contents

»	About this book	ii
»	Playing for Life – what is it?	iii
»	How do I know when to CHANGE IT?	v
»	Tips for delivery	vii
»	Introduction to golf	1
»	What you need from the kit...	7
»	Overview of lessons	8
»	How to use this book	9
	LESSON 1	10
	LESSON 2	15
	LESSON 3	20
	LESSON 4	25
	LESSON 5	29
	LESSON 6	34
	LESSON 7	40
	LESSON 8	45
»	Where to from here?	50
»	For more information	52

About this book



The Playing for Life companion books have been developed to complement the Active After-school Communities (AASC) Playing for Life resource kit. They are primarily designed for members of the local community who will be delivering programs to participating primary school-aged children.

More specifically, they are designed to help people with minimal experience in the sport to deliver activities in line with the Playing for Life philosophy. This places an emphasis on providing safe, fun, engaging activities that ensure maximum participation from all children, regardless of their level of ability.

Playing for Life – what is it?

The Playing for Life philosophy adopts a ‘game sense’ approach to physical activity.

- » **THE GAME IS THE FOCUS** — Players develop skills through fun, game-like activities (by ‘playing the game’) rather than through traditional skills and drills.
- » **COACH IS A FACILITATOR** — Coaches play more of a facilitator role than a director’s role. Rather than instructing players how to perform a particular skill, coaches provide key coaching points for performing the skill then set the players a challenge that they must solve through activity. For example, they might ask:
 - » How many different jumps can you perform in 30 seconds?
 - » Where will you stand to field the ball?
 - » How can you work together to stop the opponents scoring?
 - » How can you include everyone?

This engages players in the activity at a level that suits their own ability, and players learn through self-discovery rather than coach direction.

- » **DISCRETE COACHING** — Coach instructions and demonstrations are kept to a minimum. Allow play to continue and support players to develop their skills on the side in an unobtrusive way during the course of the activity. This maximises player participation and allows players to receive one-on-one coach support where required.
- » **ROLE MODELS** — Use player role models during the activities to demonstrate and emphasise good technique or strategies. Be aware of cultural considerations when adopting this strategy.

Remember!

The activity sets
the challenge

The game asks the
questions, and

The players' response
is the answer

» **ASK THE PLAYERS** —

The use of player questioning is a valuable strategy to engage the players themselves in changing the activity to increase participation and to make the activity more or less challenging.

- » **CHANGE IT** — Simple variations to activities are introduced to make the activities easier or harder in order to accommodate all player ability levels and backgrounds. Use the CHANGE IT acronym to assist you in modifying the activities, and remember to 'Ask the players':

C

Coaching style e.g. deciding when to direct activities and when to ask the players. Knowing when to provide discrete coaching and when to 'just let the kids play'

H

How you score or win e.g. introduce zones for batting or target games

A

Area (playing area) e.g. make the playing area smaller or larger; alter distances to targets or between players

N

Number of players e.g. consider different team sizes to keep all players active. Have several games of 2 v 2 or, if focusing on defence skills, change to 3 v 2 or 2 v 1 etc

G

Game rules e.g. allow 2 bounces before catching or stopping a ball, or introduce a no-go zone

E

Equipment e.g. use a larger or softer ball; rackets instead of bats; bins or markers for targets

I

Inclusion e.g. modify the game to maximise the involvement of all players. Ask the players how to change the game

T

Time e.g. reduce or extend the time to perform actions; change the number of passes within a time limit; vary the length of time a player can hold the ball

It is more important to follow the concept of **CHANGE IT** than to remember what each letter represents.

If it is not working.... CHANGE IT!!

How do I know when to **CHANGE IT**?

The first step is to play the game and observe player involvement and responses.

When observing the game being played, and player involvement and responses, ask yourself the following questions:

- » Is the game safe?
- » Are all players having fun?
- » Are all players engaged in the game?
- » Is the game working?
- » Do all players understand the game?
- » Is the objective of the game being achieved?
- » Are all the players being included?
- » Is participation being maximised?
- » Is the game appropriate to the ability level of each player?
- » Are all players being challenged?

If the answer to any of the above questions is No, then **CHANGE IT**.

The diagram on the following page provides a step-by-step guide about when and how to apply the **CHANGE IT** principles.



When and how to apply the CHANGE IT principles



PLAY THE GAME AGAIN · OBSERVE RESPONSES · MAKE FURTHER VARIATIONS AS NECESSARY

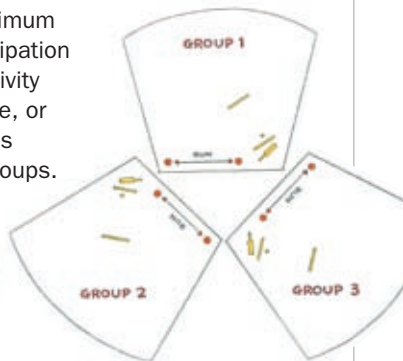
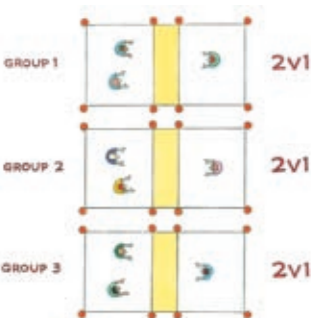
OBSERVATION

Play the game
 Observe player involvement and responses:

- Is the purpose being achieved?
- Are all players engaged?
- Are players coping with the skills required?
- Is it safe?
- Are players enjoying the game?

Tips for delivery

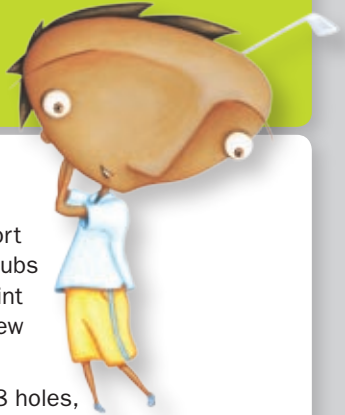
- » Do not limit yourself to the structure of the lesson plans provided. Be creative and add your own flair as you become more confident as a deliverer.
- » Use the Easier and Harder variations to modify the games to suit the ability levels of the players. Remember to use your own CHANGE IT variations and 'Ask the players'.
- » Use the Tips section to provide discrete coaching where needed to develop players' skill levels.
- » As the lessons progress, the games evolve to become more complex and similar to the sport itself. However, remember to match the game with the ability of the players and modify it as necessary.
- » On the other hand, if the players grasp the games quickly, you may find you complete them in a shorter timeframe than estimated. In these circumstances, introduce games that the children enjoyed from previous lessons, to fill in time.
- » Remember some games may not work with one group, whereas they could work really well with another. Don't be afraid to CHANGE IT to suit the needs of your group or even replace the game completely.
- » Keep group sizes to a minimum to ensure maximum participation of all children. Run the activity with several groups at once, or set up stations with various activities and rotate the groups.





GOLF

Introduction to golf



What is golf

- » An international, individual sport in which players use various clubs to hit a ball from a starting point called a tee into a hole in as few strokes as possible.
- » A golf course is usually 9 or 18 holes, with each having a tee-off area, a fairway, rough and hazards and a green (where the flag sits in the hole).

Golf provides a stimulating challenge as well as healthy exercise that can be:

- » played by people of all ages
- » adapted to fit your availability
- » played alone or in groups, and
- » played at different levels — socially or competitively.

The rules are uniform the world over and the unique handicapping system allows people of different abilities to play with and against each other on an equal basis.

Tips for delivering golf

Some specific tips for delivering Playing for Life golf are:

- » Go Go Golf equipment (golf clubs, pvc balls, tees and discs specially designed for children aged 9–15) are preferred. Go Go Golf clubs have a similar head but they are shorter than regular golf clubs. Go Go Golf balls are the same size, only much lighter. Other balls, such as tennis balls or soft low impact balls, can also be used. Tennis balls are larger

and softer than real golf balls, so they are easier to hit, travel a shorter distance and are safer.



GO GO GOLF TEE, HOLE AND BALL

- » If golf equipment is not available, the rotational movement required for golf and the act of moving around a course can also be achieved using teeball equipment or similar (eg bats, balls, batting tees) or frisbees.
- » In this book, the shorter swing and short game shots are practised before moving onto the full swing.
- » Golf clubs and balls are potentially dangerous, so safety must come first. When conducting golf sessions, always observe the five golden rules of safety and use safe formations.

Five golden rules of safety

1. Check the playing surface for hazards such as stones, holes etc.
2. Stop, look then swing.
3. Three metre rule—swing at least three metres apart.
4. No practice swings unless instructed.
5. Clubs down when not in use.



Introduction to basic golf terms and skills

General

- » **HAZARDS** — physical aspects of the course such as sand bunkers or water that are designed to add difficulty to the course.
- » **OUT-OF-BOUNDS** — the outer boundary of a golf course usually marked by a fence, line or stakes. A ball must not be played from out-of-bounds. If a ball is hit out-of-bounds, it must be hit again from the same (original) spot.

Game formats

- » **AMBROSE FORMAT** — a team play format whereby each player plays a shot and the ball finishing in the best position is chosen by the team captain. All players then take a shot from this position, and so on. This form of play continues until the ball is holed out.
- » **FOUR-BALL** — a team play format where players form pairs and play against each other. There are four balls in play at any time, one for each player. Only the better score of each pair on each hole counts.
- » **GO GO GOLF** — a modified skills development program designed by Golf Australia for junior golfers. The program comprises fun games using modified balls and clubs that can be played safely in a range of environments away from the golf course (e.g. on the school oval or even indoors).
- » **SHOTGUN START** — a method of starting play where each group of players starts from different holes at the same time, rather than queuing up at the first tee.

Equipment

- » **GRIP** — the top section of the club, where the player holds the club. Also describes how to hold the club. A good grip on the club is essential to good golf. The 'ten finger' or 'baseball' grip is recommended for young golfers — thumbs on top and no gap between the hands.



- » **CLUB** — the implement used by the player to hit the ball, consisting of a grip, a shaft and a head.



- » **PUTTER** — a golf club with a very low loft or straight face that makes the ball roll. Mainly used on the green, for striking the ball into the hole (putting).
- » **TEE** — a small implement (usually wood or plastic) used to support a ball on the teeing ground. The teeing ground itself is also referred to as the tee.



Shots

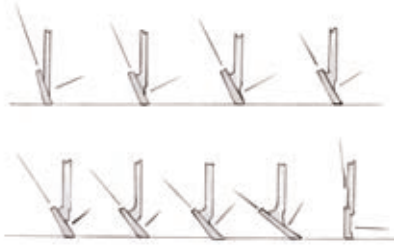
- » **SET UP** — the method of getting ready to take a shot. A good swing is impossible without a correct set up. The key points to ensure correct set up include the following:
1. Assume correct posture, stance and ball position. Stand with your feet shoulder-width apart and your back straight, then bend at the hips and flex your knees slightly. The ball should be positioned slightly to the left of the middle of your stance (if you are right-handed).
 2. Take the recommended grip.
 3. Aim the club head towards the target with your body parallel to the target.



- » **SWING** — the action of hitting the ball. A short swing (chip, pitch or putt) is used to make short shots (chipping or putting), while a full swing is used to make long shots.
- » **FULL SWING** — a continuous circular motion around a steady swing centre. It is used for making long game shots (hitting for distance). Players may start by swinging the golf club like a baseball bat, gradually lowering the club until it starts brushing the ground. The body rotation and hand action for golf and baseball swings are very similar.



- » **LOFT** — the angle of elevation of the ball in the air. Also means the angle at which each clubface is set from the vertical, which determines the lift of the ball into the air. The greater the loft, the greater the lift. The standard club in the Go Go Golf kit is the 7-iron. This club has a reasonably high degree of loft which makes it easier for children to hit the ball into the air.



- » **CHIP** — a short, controlled shot with a low trajectory and roll, usually used around the green. The ball generally spends more time on the ground than in the air. The backswing and follow-through should not go above the height of the hands and should be roughly equal in length. A 7-iron is an ideal club for practising chipping.



- » **PUTT** — a shot played on the green to roll the ball towards the hole, keeping the face of the putter square to the hole. The length of the stroke (i.e. the backswing) and the follow-through vary depending on the length of the putt, but they should be roughly equal.



What you need from the kit...



START OUT

WILDCARD

- START OUT WC 05B **Stork tag**
- START OUT WC 06 **How many bean bags?**
- START OUT WC 07 **Tunnel and laps**
- START OUT WC 08A **Partner tag**
- START OUT WC 08B **Low 5s, high 5s**
- START OUT WC 10A **Fun on the spot**

COOPERATIVE PLAY

- START OUT CP 01A **Shuttle ball**
- START OUT CP 02B **Untie the knot**
- START OUT CP 03 **Run the circle**
- START OUT CP 05 **Kai**
- START OUT CP 07 **Hit the square**
- START OUT CP 08 **Back to back pass**

INVASION GAMES

- START OUT INV 04 **Boundary pass**

STRIKING & FIELDING

- START OUT SF 02 **Bucket and hoop**
- START OUT SF 03 **Hit & catch**

TARGET GAMES

- START OUT TG 02 **Bullseye**
- START OUT TG 03 **Snakes alive**
- START OUT TG 04 **Kolap**

GET INTO IT

STRIKING & FIELDING

- GET INTO IT SF 01 **6 or safe**
- GET INTO IT SF 02 **Engage all**
- GET INTO IT SF 03 **Runners vs passers**
- GET INTO IT SF 04 **Continuous cricket**
- GET INTO IT SF 06 **Beat the bucket**
- GET INTO IT SF 09 **In the zone**
- GET INTO IT SF 10 **Beat the ball**

NET & COURT

- GET INTO IT NC 08 **Continuous tennis**

TARGET GAMES

- GET INTO IT TG 01 **Corner Bowls**
- GET INTO IT TG 02 **Boccia**
- GET INTO IT TG 03 **Weme**
- GET INTO IT TG 04 **Throff**
- GET INTO IT TG 05 **Roll a course**
- GET INTO IT TG 08 **Bombard**
- GET INTO IT TG 09 **Hit the target**
- GET INTO IT TG 13 **Footy golf**
- GET INTO IT TG 14 **Mini golf**

FINISH UP

FINISH UP

- FINISH UP 01 **Put it away!
Great work!
What did you learn?
Let's see it!**
- FINISH UP 03 **Stay tuned...**

Remove or print each of the above cards from the Playing for Life resource kit and add to the ring-bound holder provided.



This companion book cross-references these cards throughout the 8-week lesson plan.



Overview of lessons

LESSON	1	2	3	4	5	6	7	8
OBJECTIVE	Introduction to golf	Introduction to chipping/putting and the golf course	Chipping & putting	Chipping & putting	Chipping & putting	Introduction to the full swing	Full swing and short game	Playing a golf course
START OUT	Kai START OUT CP 05 Stork tag START OUT WC 05B	Untie the knot START OUT CP 02B Boundary pass START OUT INV 04	Fun on the spot START OUT WC 10A Tunnel and laps START OUT WC 07	Stork tag START OUT WC 05B Back to back pass START OUT CP 08	Partner tag START OUT WC 08A Continuous tennis GET INTO IT NC 08	How many bean bags? START OUT WC 06 Bucket and hoop START OUT SF 02	Fun on the spot START OUT WC 10A Run the circle START OUT CP 03	Shuttle ball START OUT CP 01A Back to back pass START OUT CP 08
GET INTO IT	Kolap START OUT TG 04 Snakes alive START OUT TG 03 Bombard GET INTO IT TG 08	Hit the square START OUT CP 07 Throlf GET INTO IT TG 04	Weme GET INTO IT TG 03 Boccia GET INTO IT TG 02 Engage all GET INTO IT SF 02	Bullseye START OUT TG 02 Hit & catch START OUT SF 03 Corner bowls GET INTO IT TG 01	Hit the target GET INTO IT TG 09 6 or safe GET INTO IT SF 01 Beat the bucket GET INTO IT SF 06	Runners vs passers GET INTO IT SF 03 Continuous cricket GET INTO IT SF 04	Roll a course GET INTO IT TG 05 Footy golf GET INTO IT TG 13 Beat the ball GET INTO IT SF 10	In the zone GET INTO IT SF 09 Mini golf GET INTO IT TG 14
FINISH UP	Put it away! FINISH UP 01	Great work! FINISH UP 01 Put it away! FINISH UP 01	What did you learn? FINISH UP 01 Put it away! FINISH UP 01	Let's see it! FINISH UP 01 Put it away! FINISH UP 01	Low 5s, high 5s START OUT WC 08B Put it away! FINISH UP 01	What did you learn? FINISH UP 01 Put it away! FINISH UP 01	Untie the knot START OUT CP 02B Put it away! FINISH UP 01	Stay tuned... FINISH UP 03 Put it away! FINISH UP 01

How to use this book

- 1 Read the introductory pages to make sure you have an understanding of the Playing for Life philosophy and a basic understanding of the sport, including terms and skills, safety considerations and equipment requirements.
 - 2 Read through each lesson plan to make sure you understand the objectives and requirements for each lesson.
 - 3 Collect and review the required Playing for Life activity cards referred to in each of the lessons.
 - 4 Add the loose-leaf activity cards to the ring-bound holder (shown). A companion book can sit alongside the activity cards — just slide the cover into the holder.
-
- 5 Before conducting each lesson, organise an appropriate and safe playing area and the necessary equipment (based on the number, ability levels and backgrounds of the players and the available area and equipment). A full equipment kit for this companion book has been prepared and is available through the Active After-school Communities preferred supplier. To order, visit our web site at www.ausport.gov.au/aasc.
 - 6 Deliver the lesson, using the indicated Playing for Life activity cards and the instructions provided in the book. Remember to vary the activities, where required, to cater for the needs of different players. If the activity is not working, remember to CHANGE IT.
 - 7 Review the lesson immediately afterwards so you can identify what worked well/what didn't, what level the players are at, and what you need to remember for next time. The outcome of this review will influence what you include in the next lesson and how you deliver it.

While this book is primarily designed to help people with minimal experience in the sport to deliver activities in line with the Playing for Life philosophy, we do encourage you to consider attending a coaching course to improve your knowledge and skills. Information about the relevant coaching courses can be found in the 'Where to from here' section of the book.

Lesson 1

OBJECTIVE	Introduction to golf
TIME	60 minutes
AREA	Volleyball court size area, divided into 2 (1 group of 4–6 per half court)
EQUIPMENT	<ul style="list-style-type: none"> » Marker cones to define playing areas » 1 target per pair (e.g. a mat or towel) » 1 small beach ball and 1 large target ball per group of 4–6 » 1 light, medium-sized ball per team of 4 » 1 tennis ball per pair » 1 putter or 7-iron per player (or other lightweight hitting implement) » 3-4 Go Go Golf balls per pair (or similar balls) » Coloured bibs

Card summary

- » **Start Out CP 05**
- » **Start Out WC 05B**
- » **Start Out TG 04**
- » **Start Out TG 03**
- » **Get Into It TG 08**
- » **Finish Up 01**

Remember, if the game isn't working **CHANGE IT**



Kai

START OUT CP 05
5 MINUTES

Players stand in a circle and hit a ball up in the air with the palm of their hands. (Play with teams of 4 or more.)

SKILL FOCUS *Ice breaker, warm up***Refer to the activity card...****ASK THE PLAYERS** » How can you make sure the ball stays in the air?

Stork tag

START OUT WC 05B
5 MINUTES

Taggers chase runners. If runners are tagged, they have to stand on the spot in a stork stand. A tagged runner can be freed by a fellow runner by exchanging a ball with an underarm throw. Either a stork or a free runner can throw the ball. (Play with 8 or more.)

SKILL FOCUS *Energiser that promotes teamwork/rotational movement (throwing)***Refer to the activity card...**

Kolap

START OUT TG 04
15 MINUTES

This is a modification of a throwing (target) game that was played on Mer Island in the Torres Strait. Objects (kolaps) are hit (chipped or putted) onto a target such as a mat. Players aim to reach a set score. (Play in teams of 2.)

SKILL FOCUS *Introduces the chipping and putting actions*

ADDITIONAL EQUIPMENT *3 or 4 Go Go Golf balls per pair (or similar balls) · 1 or 2 clubs per pair (e.g. a putter and a 7-iron) or a bat or racquet*

Use the activity card, PLUS...

Instructions:

- » Players use a putter or a 7-iron to hit or chip a ball onto the target.
- » Vary the type of club according to ability.



Easier:

- » Use a lightweight bat and a tennis ball, or use a frisbee.

Harder:

- » Increase the distance to the target or reduce the size of the target.

- TIPS** » When players are chipping, make sure their swing is between 7 o'clock and 5 o'clock.



- » The putting stroke should only use arms and shoulders (no body or wrist action). The head should be over the ball.
- » Use role models to highlight good technique.

ASK THE PLAYERS » How can you make sure the ball lands on the target?

SAFETY » Make sure there is sufficient space between groups.
» Observe the 'Five golden rules of safety' (see page 2).

Snakes alive

START OUT TG 03
15 MINUTES

The first ball hit becomes the head of the snake. Players then hit one ball at a time, aiming to place each ball behind the previous one. The aim is to form the longest snake. (Play in teams of 4 or more.)

SKILL FOCUS *Practises the chipping and putting actions, and improves accuracy*

ADDITIONAL EQUIPMENT *1 Go Go Golf ball (or similar ball) per player · 1 or 2 putters (or a bat or racquet) per team*

Use the activity card, PLUS...

- » Use a putter to hit the ball.



PUTTING

Easier:

- » Use a lightweight bat and a tennis ball or frisbee.

Harder:

- » Use a 7-iron to chip the ball.

- TIPS**
- » Make sure the club face is square to the target.
 - » The putting stroke is like a pendulum — equal length back-swing and follow-through.
 - » The length of the stroke should vary according to the length of the putt.
 - » Wrists should not bend during the putt.

- ASK THE PLAYERS**
- » How can you make sure your ball stops before the previous one?
 - » How can you make the longest snake?

- SAFETY** » Observe the 'Five golden rules of safety'.

Bombard

GET INTO IT TG 08
15 MINUTES

With teams working in parallel, players hit smaller balls at a large target ball and try to move the target ball over a goal line. (Play with 2 or more teams of 4–6.)

SKILL FOCUS Promotes rotational movement and teamwork

ADDITIONAL EQUIPMENT 2 Go Go Golf balls (or similar balls) per player · 1 putter or 7-iron per player (or a bat or racquet)

Use the activity card, PLUS...

- » Players chip or putt the balls at the target.
- » Vary the type of club according to ability.

Easier:

- » Players use a bat or racquet to hit the ball.
- » Increase the size of the target ball.

**EXERCISE BALL****BEACH BALL****SOCCER BALL**

ASK THE PLAYERS » What type of hit works best – chipping or putting?

SAFETY » Ensure teams work in parallel to avoid balls hitting players.

Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.



Lesson 2

OBJECTIVE Introduction to chipping/putting and the golf course

TIME 60 minutes

AREA Area big enough to set up a mini golf course with 5–6 targets and a safe distance between targets

- EQUIPMENT**
- » Marker cones to define playing areas
 - » A range of 5 or 6 targets (at different heights)
 - » If indoors, 1 rubber mat, towel or bucket per player
 - » 1 medium-sized ball per pair
 - » 1 Go Go Golf ball per player (or similar ball)
 - » 1 lightweight hitting implement (e.g. a putter, 7-iron or other implement) per player
 - » Optional: obstacles, 1 frisbee per player

Card summary

- » **Start Out CP 02B**
- » **Start Out INV 04**
- » **Start Out CP 07**
- » **Get Into It TG 04**
- » **Finish Up 01**

Remember, if the game isn't working **CHANGE IT**

2

Untie the knot

START OUT CP 02B
5 MINUTES

Each player holds the hands of 2 different players. The aim is to untangle the knot without letting go. Encourages communication and cooperation.

SKILL FOCUS *Cooperative game, disguised stretching*

Refer to the activity card...



Boundary pass

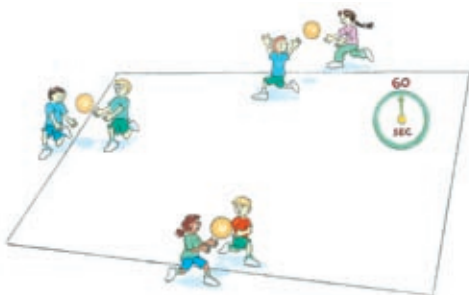
START OUT INV 04
10 MINUTES

In pairs, players try to make as many passes to each other as they can in 60 seconds. To add a challenge, the pass has to be across a different boundary line every pass.

SKILL FOCUS *Warm up, rotational movement*

Use the activity card, PLUS...

» Ask players to change directions every 20 seconds.



Hit the square

START OUT CP 07
10 MINUTES

Two pairs of players are on opposite sides of a square. A light weight ball is chipped/putted between the pairs. Each player attempts to land their shots in the middle of the square. (Play in groups of 4.)

SKILL FOCUS *Practises chipping and putting*

ADDITIONAL EQUIPMENT 1 Go Go Golf ball per player (or similar ball) · 1 7-iron or putter per player (or alternative bat/racquet)

Use the activity card, PLUS...

- » Ask players to chip or putt the ball into the target.
- » Vary the type of club according to ability.

Easier:

- » Use a lightweight bat and a larger, lightweight ball.

Harder:

- » Increase the size of the playing area.
- » Place a bucket in the middle of the target, and ask players to chip balls into the bucket.
- » Vary the targets.



ALTERNATIVE TARGETS

- TIPS**
- » When chipping, make sure players strike the ball with a downward blow rather than scooping the ball up.
 - » When chipping, the club head should not rise above the level of the hands after the shot.
 - » Provide individual skill instruction on the side if necessary.

- ASK THE PLAYERS**
- » How can you make sure your ball finishes in the target?
 - » What do you need to remember when you chip or putt the ball?

Great work!

FINISH UP 01
5 MINUTES

Pat on the back feedback and encouragement.



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.



Lesson 3

OBJECTIVE	Chipping and putting
TIME	60 minutes
AREA	Size depends on player numbers and ability
EQUIPMENT	<ul style="list-style-type: none"> » Marker cones to define playing areas » 4 Go Go Golf balls (or similar balls) per player » 1 jack (a target ball) » 1 7-iron or putter per player (or other hitting implement) » Optional: 1 frisbee per player » One tennis ball per group of 10

Card summary

- » **Start Out WC 10A**
- » **Start Out WC 07**
- » **Get Into It TG 03**
- » **Get Into It TG 02**
- » **Get Into It SF 02**
- » **Finish Up 01**



3

Remember, if the game isn't working **CHANGE IT**

Fun on the spot

START OUT WC 10A
5 MINUTES

A quick energiser with the emphasis on short bursts of fun. You call 3 or 4 running on the spot variations.

SKILL FOCUS *Warm up/energiser*

Refer to the activity card...

Tunnel and laps

START OUT WC 07
10 MINUTES

A member of the striking team hits (chips or putts) a light weight ball then runs around team-mates, who are standing shoulder to shoulder, to score points. At the same time, the fielders come together to make a tunnel. The ball is rolled through the tunnel, and the last person runs to the front with the ball and calls 'STOP!'. (Play in groups of 8.)

SKILL FOCUS *An energiser that promotes teamwork and practises hitting a ball (chipping or putting)*

ADDITIONAL EQUIPMENT *1 Go Go Golf ball (or similar ball) per game · 1 7-iron or putter per player*

Refer to the activity card...

- » The striking team chips or putts a Go Go Golf ball (or other ball) into the playing area.

Easier:

- » Use a bigger, lighter ball and a lightweight bat.

Harder:

- » The fielding team must putt the ball through the tunnel.



ALTERNATIVE BALLS

ASK THE PLAYERS » Does a putt or a chip allow you to score more runs?

SAFETY » Instruct hitters to place, not throw, the bat/club on the ground.
» Fielders should stand well clear of hitters.

Weme

GET INTO IT TG 03
10 MINUTES

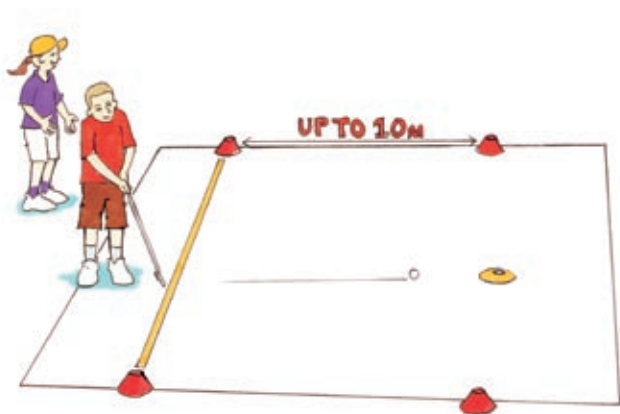
The Walbiri people of central Australia played a stone bowling game called Weme. One player threw a stone which was used as a target by the second player. Players alternate turns with each aiming at the other's stone. In the variations described, balls replace stones and the balls are hit (chipped or putted) rather than thrown.

SKILL FOCUS *Improves putting accuracy*

ADDITIONAL EQUIPMENT *1 Go Go Golf ball (or similar ball) per player · 1 putter per player*

Use the activity card, PLUS...

- » Putt each of the balls.



Easier:

- » Use a lightweight bat, tennis or foam ball.

Harder:

- » Make the target smaller and/or the distance to the target longer.

TIPS » Use occasional role modeling and cue words to emphasise good technique.

SAFETY » Observe the 'Five golden rules of safety'.

Boccia

GET INTO IT TG 02
15 MINUTES

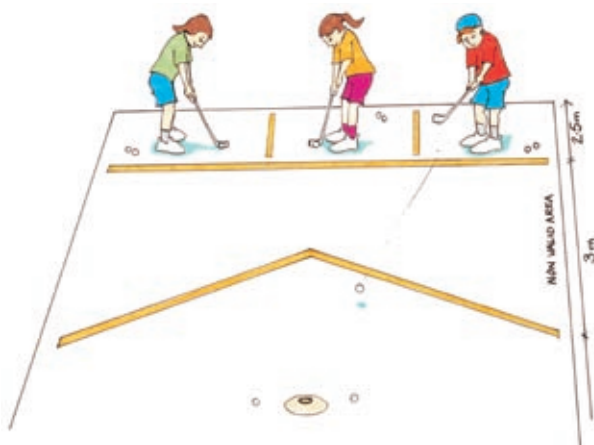
Pronounced botch-ya. A target game requiring players to chip or putt as many of their balls as close to a target ball as possible.

SKILL FOCUS *Improves putting and chipping accuracy and promotes teamwork*

ADDITIONAL EQUIPMENT *4 Go Go Golf balls per player · 1 jack (target ball) · 1 7-iron or putter per player · Optional: 1 frisbee per player*

Use the activity card, PLUS...

- » Putt or chip the ball towards the target.



Easier:

- » Make the target bigger.
- » Use a frisbee.

Harder:

- » Increase the distance to the target.

TIPS » When chipping, ensure players have a narrow stance (feet approx. 10cm apart) with weight distribution more on the front foot, to minimise weight transference.

SAFETY » Observe the 'Five golden rules of safety'.

Engage all

GET INTO IT SF 02
10 MINUTES

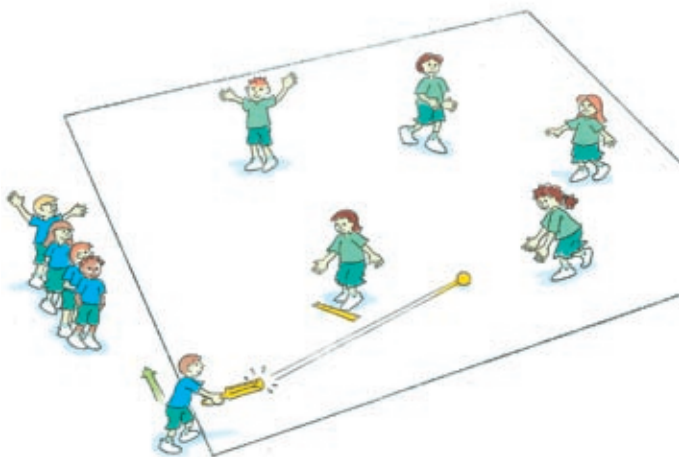
A batting team and a fielding team. A ball is hit (chipped or putted) into the field. The batter runs around team-mates and all fielders run to the ball to touch it at the same time. The batter keeps running until someone from the fielders calls 'STOP'. (Play with no more than 5 per team).

SKILL FOCUS *Improves putting and chipping accuracy and promotes teamwork*

ADDITIONAL EQUIPMENT *1 tennis ball per game · 1 7-iron or putter per player or alternative such as a bat or racquet · Optional: 1 frisbee per player*

Use the activity card, PLUS...

- » The batting team chips or putts a tennis ball (or other soft ball) into the playing area.



Easier:

- » Throw a frisbee into the playing area using non dominant arm.
- » Use an alternative hitting implement such as a bat or racquet.

Harder:

- » Batter chips one-handed or standing on one foot.

SAFETY » Observe the 'Five golden rules of safety'.

Lesson 4

OBJECTIVE	Chipping and putting
TIME	60 minutes
AREA	Approx. 10m x 4m per group of 4
EQUIPMENT	<ul style="list-style-type: none"> » Tape or chalk » Hoops, markers or ropes (4–6 markers per group) » 1 medium-sized ball per pair » 2 Go Go Golf balls (or other suitable balls e.g. tennis balls or foam balls) per player » 1 putter or 7-iron per player (or other lightweight hitting implement) » Coloured bibs (2 or more) » 1 cricket ball

Card summary

- » **Start Out WC 05B**
- » **Start Out CP 08**
- » **Start Out TG 02**
- » **Start Out SF 03**
- » **Get Into It TG 01**
- » **Finish Up 01**

Remember, if the game isn't working **CHANGE IT**

4

Stork tag

START OUT WC 05B
10 MINUTES

Taggers chase runners. If runners are tagged, they have to stand on the spot in a stork stand. A tagged runner can be freed by a fellow runner by exchanging a ball with an underarm throw. Either a stork or a free runner can throw the ball. (Play with 8 or more.)

SKILL FOCUS *An energiser that promotes teamwork and rotational movement (throwing)*

Refer to the activity card...

Back to back pass

START OUT CP 08
5 MINUTES

In pairs, players are back to back and pass a ball to one another. (Play with 4 or more.)

SKILL FOCUS *Improves rotational movement, important in the golf swing*

Use the activity card, PLUS...

» Ask players to change directions after 20 seconds.



ASK THE PLAYERS » How can you make sure you keep the ball moving?
» Where should you stand to make quicker passes?

SAFETY » Make sure there is sufficient space between pairs.

Bullseye

START OUT TG 02
10 MINUTES

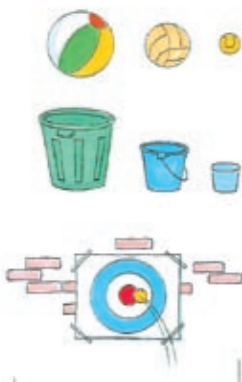
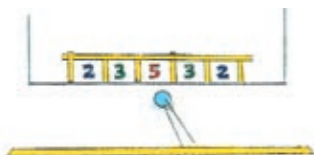
Players in small groups hit (chip or putt) the ball to a target, aiming to score maximum points.

SKILL FOCUS *Chipping and putting accuracy*

ADDITIONAL EQUIPMENT 1 Go Go Golf ball (or suitable ball e.g. a tennis ball or foam ball) per player · 1 putter or 7-iron per player (or other lightweight hitting implement)

Use the activity card, PLUS...

» Putt or chip the ball at the target.



ALTERNATIVE TARGETS AND BALLS

Easier:

» Use a lightweight bat and a tennis ball or foam ball.

Harder:

» Make the target smaller and/or the distance to the target longer.

TIPS » When chipping, ensure players have a narrow stance (feet approx. 10cm apart) with weight distribution more on the front foot (to minimise weight transference).

SAFETY » Make sure there is sufficient space between pairs.

Hit & catch

START OUT SF 03
15 MINUTES

Form pairs. One partner plays a chip shot so the other one can catch it without moving from a spot.

SKILL FOCUS *Practises chipping*

ADDITIONAL EQUIPMENT 1 Go Go Golf ball (or suitable ball e.g. a tennis ball or foam ball) per player · 1 7-iron per player (or other lightweight hitting implement)

Use the activity card, PLUS...

- » Players use a 7-iron to chip the ball to their partner.



Corner bowls

GET INTO IT TG 01
10 MINUTES

Two players work together to out-score opponents by accurately placing balls close to the target and displacing opponents' balls to deny access to the target. (Play in groups of 4.)

SKILL FOCUS *Practises putting*

ADDITIONAL EQUIPMENT 2 Go Go Golf balls (or suitable ball e.g. a tennis ball or foam ball) per player · 1 putter per player (or other lightweight hitting implement)

Use the activity card, PLUS...

- » Each player in turns putts one ball at a time towards the target until all players have had 2 turns.



Lesson 5

OBJECTIVE	Chipping and putting
TIME	60 minutes
AREA	Size depends on player numbers, ability and mobility
EQUIPMENT	<ul style="list-style-type: none"> » 4 markers per pair » 1 net or alternative (e.g. a bench) per group of 8 » A variety of targets per group of 3 or 4 e.g. 2-litre (or larger) plastic bottles with some sand in the bottom, buckets or bases » 1 tennis ball or similar per group of 8 » 2 Go Go Golf balls (or other suitable balls) per player » 1 7-iron or putter per player (or other lightweight hitting implement) » 1 paddle bat per player » Go Go Golf tees » Hoop » Bucket

Card summary

- » **Start Out WC 08A**
- » **Get Into It NC 08**
- » **Get Into It TG 09**
- » **Get Into It SF 01**
- » **Get Into It SF 06**
- » **Start Out WC 08B**
- » **Finish Up 01**

Remember, if the game isn't working **CHANGE IT**

5

Partner tag

START OUT WC 08A
5 MINUTES

Players are paired off. On your signal, 1 player, the **tagger**, tries to tag the other player. At the same time, all the other pairs are doing the same thing — taggers are trying to tag their partners.

SKILL FOCUS *Energiser***Refer to the activity card...**

- ASK THE PLAYERS** » How can you make it easier to tag a player?
» How can you avoid getting tagged?

SAFETY » No tagging above shoulder height.

Continuous tennis

GET INTO IT NC 08
5 MINUTES

Players in small groups hit a ball over an obstacle and run to the back of the line, making way for the next player to receive a ball and hit it.

SKILL FOCUS *Energiser that encourages rotational movement***Refer to the activity card...****Harder:**

- » Use a frisbee.

ASK THE PLAYERS » How can you keep the game going without stops?

Hit the target

GET INTO IT TG 09
15 MINUTES

Targets are set up away from a hitting line. Players score points by chipping or putting a ball at the targets. (Play in groups of 3 or 4 or as individuals.)

SKILL FOCUS *Improves chipping and putting accuracy and promotes cooperative play as well as decision-making to optimise scoring*

ADDITIONAL EQUIPMENT *2 Go Go Golf balls (or other suitable balls) per player · 1 7-iron or putter per player (or other lightweight hitting implement)*

Use the activity card, PLUS...

» Putt or chip the ball towards the targets.

Easier:

» Use a lightweight bat, tennis or foam ball.

Harder:

» Make the targets smaller and/or the distance to the target longer.



TIPS » When chipping, ensure the arms and the club maintain a 'Y' formation throughout the entire action.



» When putting, the player's eyeline should be directly over or slightly inside the ball.

SAFETY » Observe the 'Five golden rules of safety'.

6 or safe

GET INTO IT SF 01
10 MINUTES

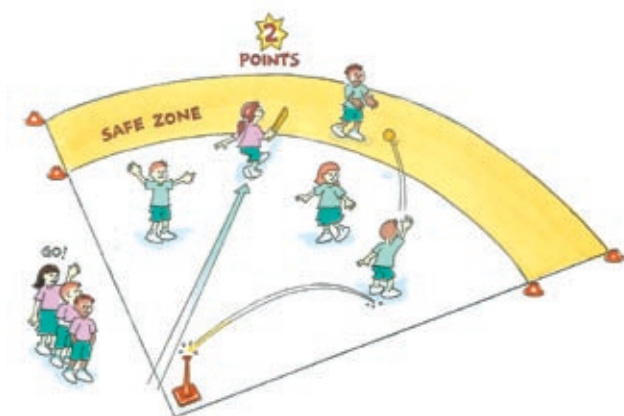
The hitting team has 6 hits. Hitters have the choice of running to a safe zone for 2 points or completing the round trip for 6 points. (Play with 2 teams — 4 hitters and 4 fielders.)

SKILL FOCUS *Practises hitting skills (chipping, putting and full swing), improves distance and accuracy, and promotes decision-making skills*

ADDITIONAL EQUIPMENT *2 tennis balls per group · 1 7-iron or putter per player (or other lightweight hitting implements) · Go Go Golf tees or marker cones*

Use the activity card, PLUS...

- » Players chip, putt or hit (using the full swing) the ball into the playing area.



Easier:

- » Players hit off a marker cone or a Go Go Golf tee.

SAFETY » Observe the 'Five golden rules of safety'.

Beat the bucket

GET INTO IT SF 06
15 MINUTES

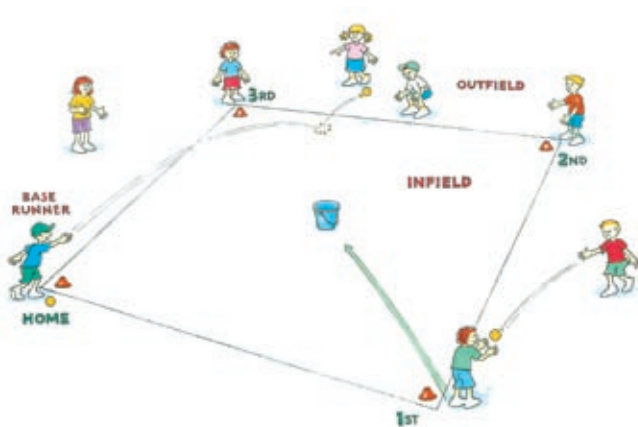
A base runner and up to 6 fielders. A base runner chips or putts 3 balls into the field and then attempts to run around 4 markers before fielders place all 3 balls in a bucket and call 'STOP!'. (Play in groups of 6–10).

SKILL FOCUS *Practises hitting skills (chipping and putting) and team work*

ADDITIONAL EQUIPMENT *3 tennis balls per game or alternative soft balls · 1 wedge or putter per game (or other lightweight hitting implement) · Go Go Golf tees or marker cones*

Use the activity card, PLUS...

- » Base Runner chips or putts 3 tennis balls into the field.
- » Fielders cannot move to start collecting the balls until the last ball has been hit.



Easier:

- » Players hit off a marker cone or a Go Go Golf tee.

TIPS » When chipping, make sure players have a narrow stance (feet approx. 10cm apart) with weight distribution more on the front foot, to minimise weight transference.

SAFETY » Observe the 'Five golden rules of safety'.

Low 5s, high 5s

START OUT WC 08B
5 MINUTES

Players perform the nominated low 5s or high 5s with 4 other players.

SKILL FOCUS *Cool down activity, disguised stretching*

Use the activity card, PLUS...

- » Emphasise the 'disguised stretching' — nominate a range of actions that will achieve this (e.g. high 5s, low 5s, hi-low combo, low-high combo).
- » Encourage players to perform actions in gradually decreasing speed or in slow motion.



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Lesson 6

OBJECTIVE	Introduction to the full swing
TIME	60 minutes
AREA	Size depends on player numbers and ability but approx. 20m wide x 40m long per group of 3 players
EQUIPMENT	<ul style="list-style-type: none"> » 4 markers per group of 3 » 3–4 hoops or tape » Chalk » Bins or buckets » 15–20 small balls » 4 Go Go Golf balls (or other suitable balls) per pair » 1 putter and 7-iron per player (or other lightweight hitting implement) » 1 Go Go Golf tee per pair » Optional: 1 frisbee per player

Card summary

- » **Start Out WC 06**
- » **Start Out SF 02**
- » **Get Into It SF 03**
- » **Get Into It SF 04**
- » **Finish Up 01**

Remember, if the game isn't working **CHANGE IT**



How many bean bags?

START OUT WC 06
5 MINUTES

Players work in pairs. One player from each pair runs to a central point to collect 1 ball at a time and throw the ball back to their team-mate at their base and then tag the next player. The aim is to collect the most number of balls. (4 pairs per playing area.)

SKILL FOCUS Warm up, rotational movement

Refer to the activity card...



Easier:

» Shorten the distance between the central point and the bases.

Harder:

» Decrease the time limit.

SAFETY » If balls are used on a hard (e.g. indoor) surface, use a mat or bucket to ensure they do not roll into the path of players.

Bucket and hoop

START OUT SF 02
10 MINUTES

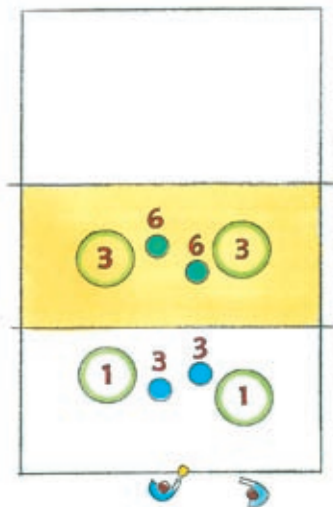
A ball is hit into a hoop or a bucket to score points. There are 2 roles – a hitter and a collector. (Play in pairs.)

SKILL FOCUS *Improves chipping or putting accuracy*

ADDITIONAL EQUIPMENT *4 Go Go Golf balls (or other suitable balls) per pair · 1 7-iron per player (or other lightweight hitting implement) · Optional: 1 frisbee per player · Go Go Golf tees*

Use the activity card, PLUS...

- » Ask players to chip the ball towards the targets.
- » Set up targets at varying distances, worth different points.



Easier:

- » Use lightweight hitting implements and tennis balls.
- » Allow players to chip the ball off a Go Go Golf tee or marker cone.

Harder:

- » The ball must stay in the hoop to score points.

SAFETY » Emphasise that feeders must be at least 3m clear before the hitter hits the ball.

Runners vs passers

GET INTO IT SF 03
15 MINUTES

Form a hitting team and a fielding team. The first hitter hits the ball and the entire team runs around markers. The fielders gather the ball and pass it to everyone in their team. When all the fielders have touched the ball, they call out 'STOP!'. (Play with 4 or more per team.)

SKILL FOCUS *Practises hitting (using a full swing) and promotes teamwork and thoughtful placement of the ball*

ADDITIONAL EQUIPMENT *Tennis balls or similar soft balls · 1 7-iron per team or similar lightweight bats · Go Go Golf tees or marker cones*

Use the activity card, PLUS...

- » Players use a full swing to hit the ball into the field, from a tee or marker cone.



FULL SWING ACTION

Easier:

- » Use a bat or racquet with a full swing.

TIPS » Ensure the swing is a continuous circular motion.

SAFETY » Observe the 'Five golden rules of safety'.

Continuous cricket

GET INTO IT SF 04
20 MINUTES

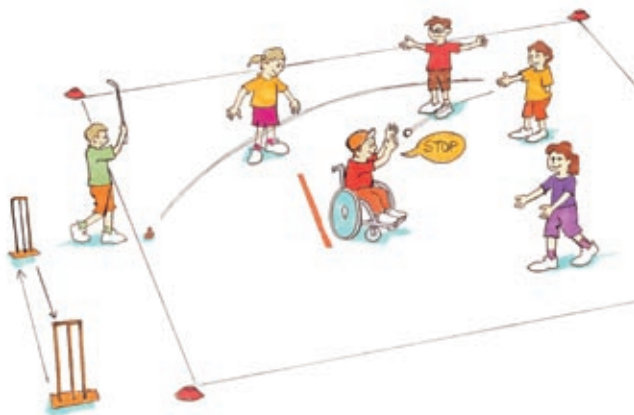
The hitter hits the ball off the tee and runs between 2 wickets. (Play with 2 teams of 3–5.)

SKILL FOCUS *Keeps players moving, develops hitting skills (including the full swing) and encourages thoughtful ball placement*

ADDITIONAL EQUIPMENT *1 tennis ball or other soft ball per playing area · 1 7-iron per playing area (or other suitable hitting implement) · 1 Go Go tee per playing area*

Use the activity card, PLUS...

- » The ball is hit off a tee using a full swing.
- » The fielders must return the ball to the bowler, who calls stop. If the hitter is not back in time, they are out.



Easier:

- » Increase the size of the ball.

Harder:

- » Increase the distance between the wickets.
- » Establish scoring zones.

SAFETY » Observe the 'Five golden rules of safety'.

What did you learn?

FINISH UP 01
5 MINUTES

Questions and answers. Reinforce key skills or tactical points. Link back to previous experiences.

Refer to the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Lesson 7

OBJECTIVE Full swing and short game

TIME 60 minutes

AREA Size depends on player numbers and ability

- EQUIPMENT**
- » Goal posts (e.g. football goals, flags, cricket stumps, stakes etc)
 - » Ropes
 - » Targets (e.g. marker cones, buckets, cricket stumps, mini tramp, skittle)
 - » 1 medium-sized ball per group of 5 or 6 players
 - » 2 Go Go Golf balls per pair (or other suitable balls)
 - » 1 seven-iron or putter per player (or other similar hitting implement)
 - » Markers
 - » Optional: a wall, chalk, 1 frisbee per player

Card summary

- » **Start Out WC 10A**
- » **Start Out CP 03**
- » **Get Into It TG 05**
- » **Get Into It TG 13**
- » **Get Into It SF 10**
- » **Start Out CP 02B**
- » **Finish Up 01**

Remember, if the game isn't working **CHANGE IT**

7

Fun on the spot

START OUT WC 10A
5 MINUTES

A quick energiser. 3 or 4 running on the spot variations are called. The emphasis is on short bursts of fun.

SKILL FOCUS Warm up/energiser

Refer to the activity card...



Run the circle

START OUT CP 03
5 MINUTES

Players form a circle and have 2 balls. The balls are thrown from player to player. The aim is for one ball to catch up to the other. (Play in groups of 5 or 6.)

SKILL FOCUS Warm up, rotational movement that promotes cooperative passing

Use the activity card, PLUS...

- » Swap directions so players get to throw to both sides.



ASK THE PLAYERS » How can you make sure you keep everyone moving and everyone can catch the ball?

Roll a course

GET INTO IT TG 05
20 MINUTES

Three activities are set out. In pairs, players move cooperatively through the course, completing each activity: putt to a target for points (Bullseye); chip a smaller ball into a marked area or cone (Hit the target); and hit some skittles (Skittles down). (Play in groups of 8.)

SKILL FOCUS *Improves chipping and putting accuracy and promotes teamwork*

ADDITIONAL EQUIPMENT *4 Go Go Golf balls per group (or similar balls) · 1 putter and 7-iron per pair (or similar hitting implements) · Optional: 1 frisbee per player*

Use the activity card, PLUS...

- » Chip or putt a tennis ball or a Go Go ball.
- » Replace the activity 'Herd the sheep' with 'Hit the target'.



SAFETY » Observe the 'Five golden rules of safety'.

Footy golf

GET INTO IT TG 13
10 MINUTES

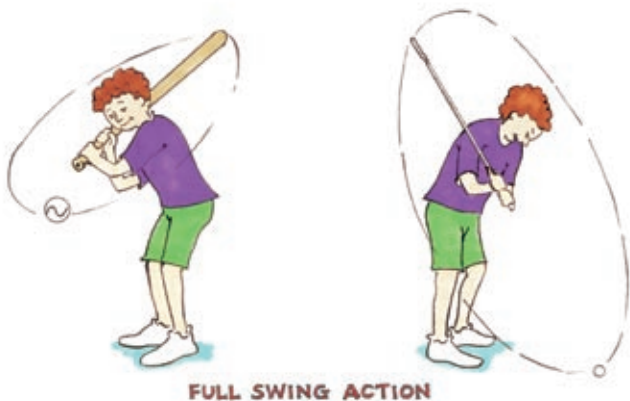
Players aim to score by hitting a ball through goal posts.
(Play in teams of 2–4.)

SKILL FOCUS *Improves the accuracy of ball placement*

AREA *Size depends on player numbers and ability*

Use the activity card, PLUS...

- » Use full swings to hit ball at goals.



Easier:

- » Use a frisbee

- TIPS**
- » The golf swing is a rotation, like in baseball. Make sure players swing back and follow through to make the ball go further.
 - » Swing smoothly with balance.

- SAFETY** » Observe the 'Five golden rules of safety'.

Beat the ball

GET INTO IT SF 10
10 MINUTES

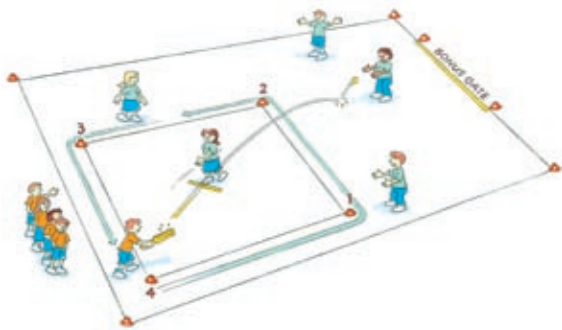
A batting team, a fielding team and 4 bases. A batter hits (chips or putts) a ball into the field. The batter runs around the bases while the fielders pass the ball around the bases in the opposite direction.

SKILL FOCUS *Practises hitting skills (chipping and putting), and team work*

ADDITIONAL EQUIPMENT *1 tennis ball or alternative soft ball per game · 1 7-iron or putter per player (or other lightweight hitting implements) · Go Go Golf tees or marker cones · Optional: frisbee*

Use the activity card, PLUS...

» The batter hits (chips or putts) a ball into the field.



Easier:

» Players hit off a marker cone or a Go Go Golf tee.

TIPS » When chipping, ensure players have a narrow stance (feet approx. 10cm apart) with weight distribution more on the front foot (to minimise weight transference).

ASK THE PLAYERS » Where is the best place to hit the ball to score the most points?

SAFETY » Observe the 'Five golden rules of safety'.

Untie the knot

START OUT CP 02B
5 MINUTES

Each player holds the hands of 2 different players.
The aim is to untangle the knot without letting go.

SKILL FOCUS *Improves the accuracy of ball placement*

Refer the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer the activity card...



Lesson 8

OBJECTIVE	Playing a golf course
TIME	60 minutes
AREA	Size depends on player numbers, ability and mobility
EQUIPMENT	<ul style="list-style-type: none"> » Marker cones and tape » Golf greens e.g. hoops, ropes or similar » Stakes or flags » Hazards e.g. roped areas or mats » Obstructions e.g. milk crates, bins, chairs » 1 medium-sized ball per pair » 2 Go Go Golf balls per pair (or similar balls) » 1 putter and 7-iron per group (or other suitable hitting implement) » Optional: 1 frisbee per player

Card summary

- » **Start Out CP 01A**
- » **Start Ou CP 08**
- » **Get Into It SF 09**
- » **Get Into It TG 14**
- » **Finish Up 03**
- » **Finish Up 01**

Remember, if the game isn't working **CHANGE IT**



Shuttle ball

START OUT CP 01A
5 MINUTES

A ball is thrown to a catcher. The thrower runs to take the place of the catcher and the catcher, in turn, runs to join players at the thrower's line. (Play in teams of 3 or more.)

SKILL FOCUS *A cooperative energiser that encourages rotational movement*

Refer to the activity card...

ASK THE PLAYERS » How can you keep the game going without stops?

Back to back pass

START OUT CP 08
5 MINUTES

In pairs, players are back to back and pass a ball to one another. (Play with 4 or more.)

SKILL FOCUS *Encourages rotational movement (important in the golf swing).*

Use the activity card, PLUS...

» Change the direction every 20 seconds.



ASK THE PLAYERS » How can you make sure you keep the ball moving?
» Where should you stand to make quicker passes?

In the zone

GET INTO IT SF 09
10 MINUTES

Players attempt to hit the ball into a zone that will maximise points. (Play in teams of 6.)

SKILL FOCUS *Improves hitting accuracy*

AREA *Size depends on player numbers and ability*

ADDITIONAL EQUIPMENT *2 Go Go golf balls per group (or similar balls) · 1 putter and/or 7-iron per group (or other suitable hitting implement)*

Use the activity card, **PLUS...**

- » Players hit, chip or putt the ball into the scoring zones.
- » If the hitter elects to run for a bonus point, the fielders must return the ball to the bowler and call 'STOP!'. If the hitter is not back in time, they are out.

Easier:

- » Hit off a marker cone or a Go Go Golf tee.

Harder:

- » Add obstacles and/or targets.

- TIPS**
- » Use role models to demonstrate good technique.
 - » Vary the hitting implement, ball, use of a tee, and size of the playing area according to the ability and mobility of the players.

- SAFETY** » Observe the 'Five golden rules of safety'.

Mini golf

GET INTO IT TG 14
30 MINUTES

Players play a course set out like a real course. Scoring is in Ambrose format (explained in the 'Introduction').

SKILL FOCUS *Improves hitting distance and accuracy, and promotes teamwork and strategic thinking*

Refer to the activity card...



ASK THE PLAYERS » When should you use a full swing versus a short game shot?

TIPS » This game involves a mix of full swing and short game shots – discuss this choice with players.

Stay tuned!

FINISH UP 03
5 MINUTES

Short announcements and handouts about where to from here, provide information on how to get involved in golf in the local area.

Refer to the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Where to from here?

Golf Australia is responsible for developing policies and programs that increase participation in junior golf. There are many ways to become more involved in the game, as outlined below. For further information refer to the contact details below.

Modified junior program

Go Go Golf is a fun, safe and comprehensive introduction to golf for children at golf clubs and schools. It is designed for upper primary and lower secondary school children aged 9–15. The program is very versatile, with specially designed equipment and activities allowing it to be delivered in a variety of locations — golf courses, practice ranges, ovals, school courtyards, even inside.

Combining the resources of Go Go Golf and the Golf for Schools program with existing school equipment, such as hula-hoops, tennis balls and gym mats, enables a complete session of golf to be offered in almost any school environment. Contact Golf Australia for more information.

Clubs and public facilities

Many clubs are seeking new members and will welcome beginners into the game. Being a club member gives you the opportunity to gain a Golf Australia handicap, meet other golfers, access a course regularly and play in competitions. For a list of clubs, visit the Golf Australia web site at **www.golfaustralia.org.au** and click on 'Clubs and industry' then 'Club directory'.

There are many public courses and driving ranges that anybody can access without becoming a member. Apart from playing facilities, these courses often run clinics and tuition for golfers of all levels. Check the Yellow Pages for locations.

Coaching and officiating

Golf offers a variety of coaching programs endorsed by the National Coaching Accreditation Scheme. These range from an introductory course for volunteers, club mentors, school teachers etc through to a professional coaching qualification with the Professional Golfers Association (PGA) of Australia. Contact Golf Australia for more information.

Golf Australia administers the rules of golf in Australia and has a variety of resources for officials. State golf associations offer rules seminars and accreditation courses at a variety of levels. Details of resources available and state association contacts can be found at the Golf Australia web site.

Indigenous golf programs

Golf Australia is a participant in the Australian Sports Commission's Indigenous Sport Program and, through state golf associations and junior foundations, operates grass roots programs for Indigenous communities.

Golf for players with a disability

Golf is an inclusive sport capable of being enjoyed by a wide range of participants. The golf handicapping system is a unique form of classification that allows golfers of all abilities to compete on a level playing field and the rules of golf include modifications for athletes with a disability. Professional golf coaches are trained to work with players of all capabilities.

State golf associations and junior foundations

State associations operate throughout Australia and are committed to developing and promoting golf participation. You will find contact details at www.golfaustralia.org.au and below.

For more information

A number of junior golf foundations have been established to conduct junior golf activities within states. These activities include school and club introductory coaching, tournaments, events, coaching accreditation and 'Come 'n' try' days.

Golf Australia

Level 3, 95 Coventry Street
SOUTH MELBOURNE, VIC 3205
Phone: (03) 9626 5050
Fax: (03) 9626 5052
info@golfaustralia.org.au
www.golfaustralia.org.au

The PGA of Australia

National Office
Sandhurst Club
600 Thompson Road
SANDHURST VIC 3977
Phone: (03) 8320 1911
Fax: (03) 9783 0000
info@pga.org.au
www.pga.org.au

NSW — Jack Newton Junior Golf Foundation

Phone: (02) 9738 0777
Fax: (02) 9738 0999
Email: jnjgf@jnjgf.com
Web: www.jnjgf.com

QLD — Greg Norman Golf Foundation

Phone: (07) 3216 0552
Fax: (07) 3216 0754
Email: gnjuniorgolf@gregnorman.com.au
Web: www.gngf.org.au

WA — Graham Marsh Junior Golf Foundation

Phone: (08) 9474 1005
Fax: (08) 9368 2255
Email: gmjgf@echidna.id.au
Web: www.gmjgf.com

VIC — Stuart Appleby Junior Golf

Phone: (03) 9577 7600
Fax: (03) 9577 7666
Email: info@stuartappleby.com.au
Web: www.stuartappleby.com.au