

# Full-Day Camp Class Plan

## Day 2





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# Class Timetable

**4** Class Plans  
**Playing** 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"> <li>Outline the lesson objectives to the group</li> <li>Introduce the warmup game to the group</li> <li>Introduce FMS and Physical Literacy focus</li> <li>Split into teams &amp; demonstrate warm up game</li> <li>Play the warmup game</li> </ul>	<ul style="list-style-type: none"> <li>Relay Race</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce the components of the Golf Bag</li> <li>Introduce the Iron &amp; components of the club</li> </ul>	
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions &amp; class layout</li> <li>Introduce games, tasks &amp; challenges</li> <li>Deliver one to one &amp; group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Iron Challenge</li> <li>Children rotate around the stations</li> </ul>	Coming Soon
10 Mins	myJunior Track & Reward	<ul style="list-style-type: none"> <li>Recap Mastering the Game and Learning the Game Focus from the session to check for understanding</li> <li>Distribute Learning the Game Resource if appropriate</li> <li>Children can complete myProgress Wheel and add stickers where appropriate</li> <li>Add any lesson notes to the child's myProgress section</li> <li>Award the Achiever Reward to a student in front of the parents and the group</li> <li>Award any Pins &amp; Hats</li> </ul>	<ul style="list-style-type: none"> <li>The Iron Challenge</li> <li>Tug of War</li> <li>Stepping Stones</li> </ul>

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# Day 2 Morning | Full-Day Camp Timetable

**Session Length:**  
420 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around the Green

**Mastering the Game Focus Cont:**  
On the Green  
Course Play

Time	Focus	Suggested Theme Content	Games / Drills / Resource
15 Mins	Introduction	<ul style="list-style-type: none"> <li>Welcome and review Teams for the week and Team Scores</li> </ul>	<ul style="list-style-type: none"> <li>Team Register</li> </ul>
15 Mins	Warm Up Games	<ul style="list-style-type: none"> <li>Introduce the Warm Up game, play in teams and record scores for the Junior Camp Games on the Team Scorecard</li> </ul>	<ul style="list-style-type: none"> <li>Cone Collector (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>
40 Mins	Mastering the Game <ul style="list-style-type: none"> <li>Around the Green</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>Field Goal</li> <li>Beat the Bunker</li> <li>Ladder Challenge (<b>Junior Camp Competition Game</b>)</li> <li>Crossbar Challenge</li> <li>Team Scorecard</li> </ul>
40 Mins	Mastering the Game <ul style="list-style-type: none"> <li>Swing</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>The Masters Challenge (<b>Junior Camp Competition Game</b>)</li> <li>Power Play</li> <li>Flamingo Shots</li> <li>Create Your Own Game</li> <li>Team Scorecard</li> </ul>
10 Mins	Mid-Morning Break	<ul style="list-style-type: none"> <li>Time to rest, enjoy a drink and snack</li> </ul>	
45 Mins	Mastering the Game <ul style="list-style-type: none"> <li>On the Green</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games, tasks and challenges</li> <li>Deliver one to one and group coaching</li> <li>Children rotate around the stations</li> <li>Use one of the Games in the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>Curling</li> <li>10 Pin Bowling (<b>Junior Camp Competition Game</b>)</li> <li>Cat and Mouse</li> <li>Stick Shift</li> <li>Team Scorecard</li> </ul>
15 Mins	End of Morning Recap	<ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites and announce the points total for the morning</li> </ul>	<ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>



# Day 2 Afternoon | Full-Day Camp Timetable

**Session Length:**  
420 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around the Green

**Mastering the Game Focus Cont:**  
On the Green  
Course Play

Time	Focus	Suggested Theme Content	Games / Drills / Resource
60 Mins	Lunch	<ul style="list-style-type: none"> <li>Enjoy lunch and provide indoor activity to complete</li> </ul>	<ul style="list-style-type: none"> <li>Crossword</li> </ul>
20 Mins	Warm Up Games	<ul style="list-style-type: none"> <li>Introduce the Warm Up game and play in teams</li> </ul>	<ul style="list-style-type: none"> <li>Launch Pads</li> </ul>
150 Mins	On Course Play <ul style="list-style-type: none"> <li>Team Betterball</li> </ul>	<ul style="list-style-type: none"> <li>Outline the safety instructions</li> <li>Introduce the format</li> <li>Let the children play in teams and record scores for as many holes completed</li> <li>Contribute this to the Junior Camp Competition</li> </ul>	<ul style="list-style-type: none"> <li>Scorecards</li> <li>Team Scorecard</li> </ul>
10 Mins	End of Day Recap	<ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites</li> <li>Give out the Achiever Award for the day</li> <li>Announce the points total</li> </ul>	<ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>



# Layout and Setup

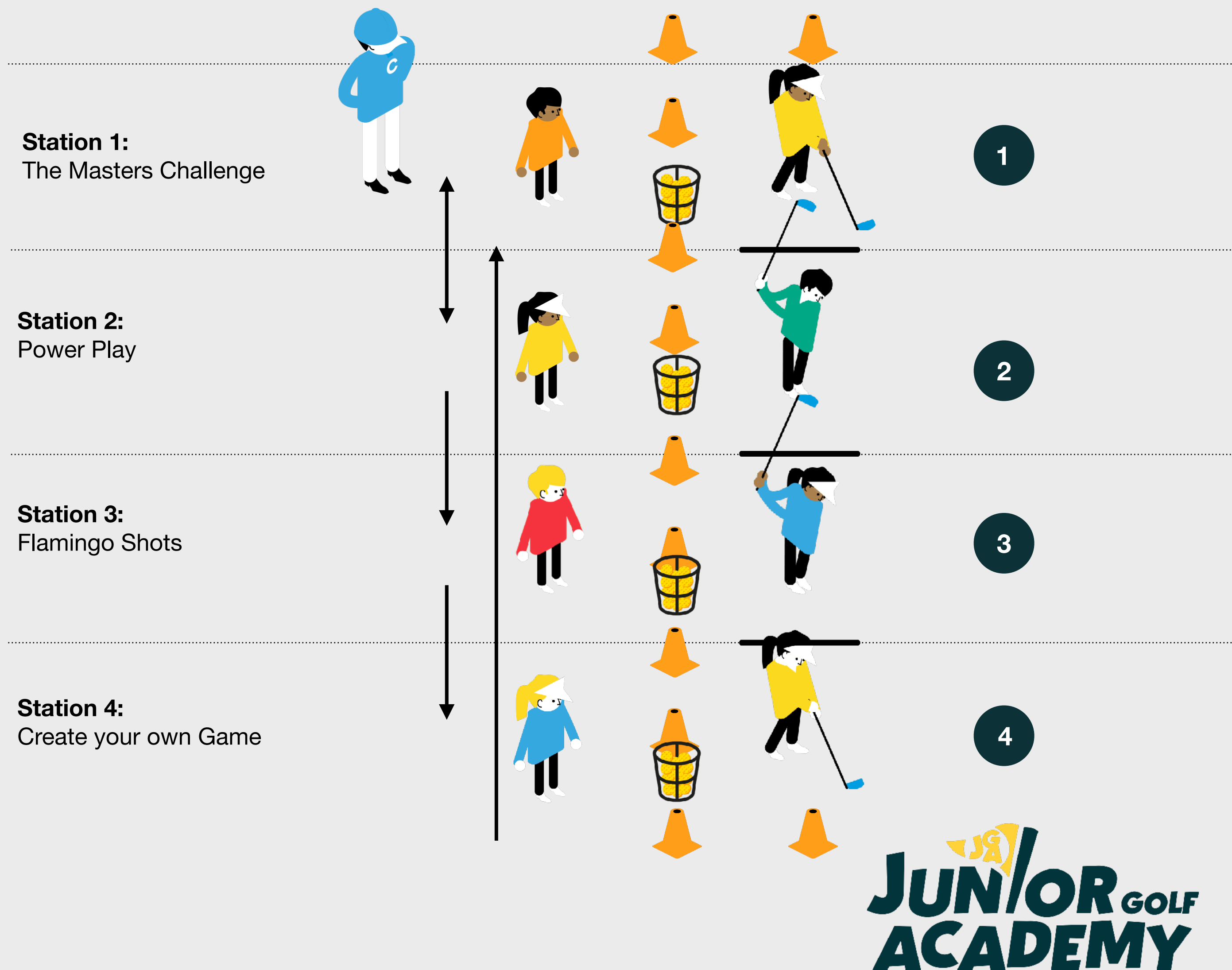




# Swing Games - Layout and Setup

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, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to 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 children where they are required to stand when not hitting from within the hitting station
  - Dividers should be used to identify to hitting stations
  - Baskets should be placed to right to the side of the children and behind the hitting area
  - Children should never go in front of the hitting stations to collect a golf ball or golf club
  - Children should always exit the hitting stations from the rear by crossing the orange safety cones
  - Children should collect the golf balls in a group with all equipment left at the stations

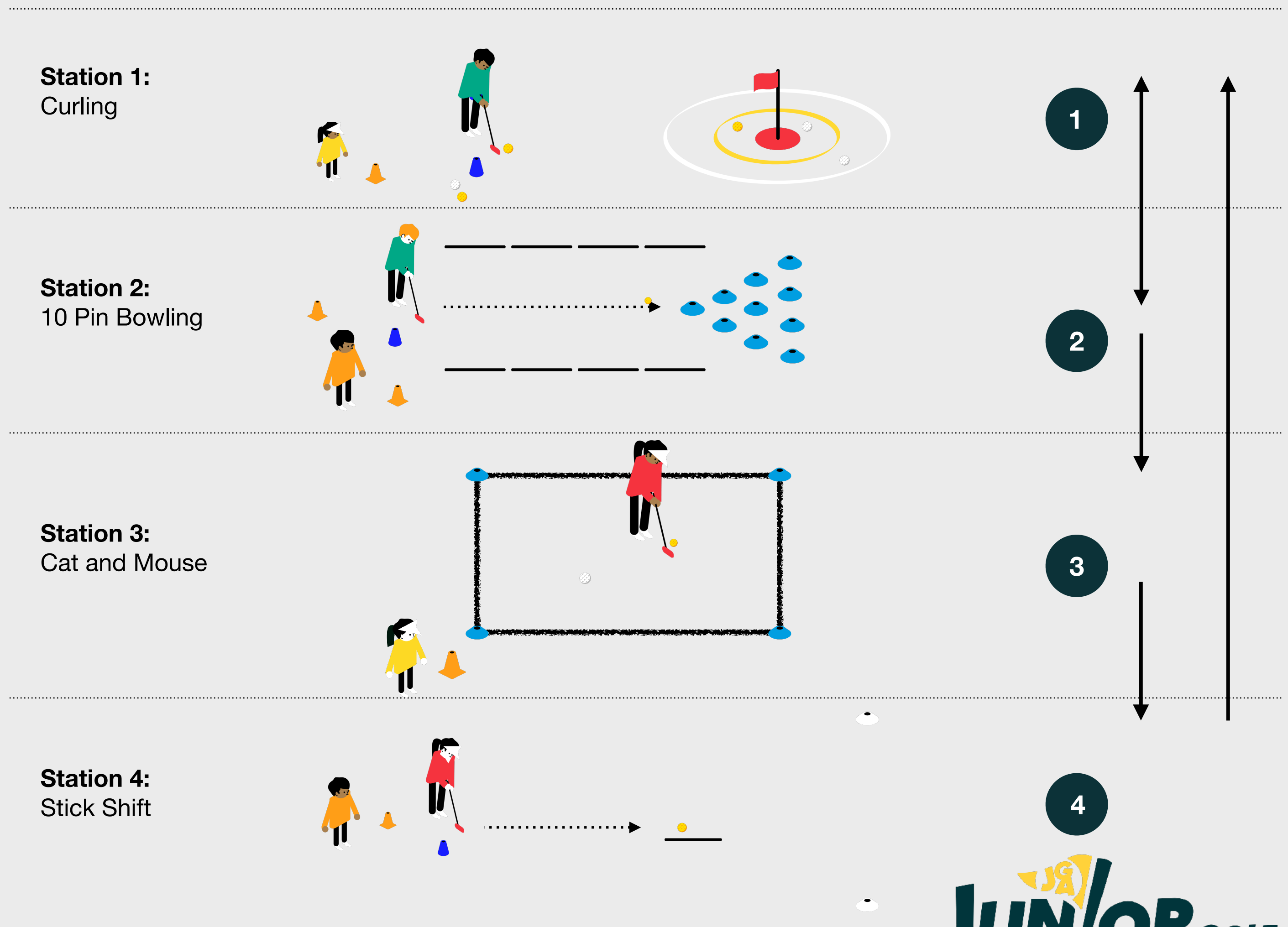




# On the Green Games - Layout and Setup

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, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to 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 children where they are required to stand when not putting within a station
  - Children not putting from within their station should place the putter on the ground
  - Only one golf ball is required for each junior

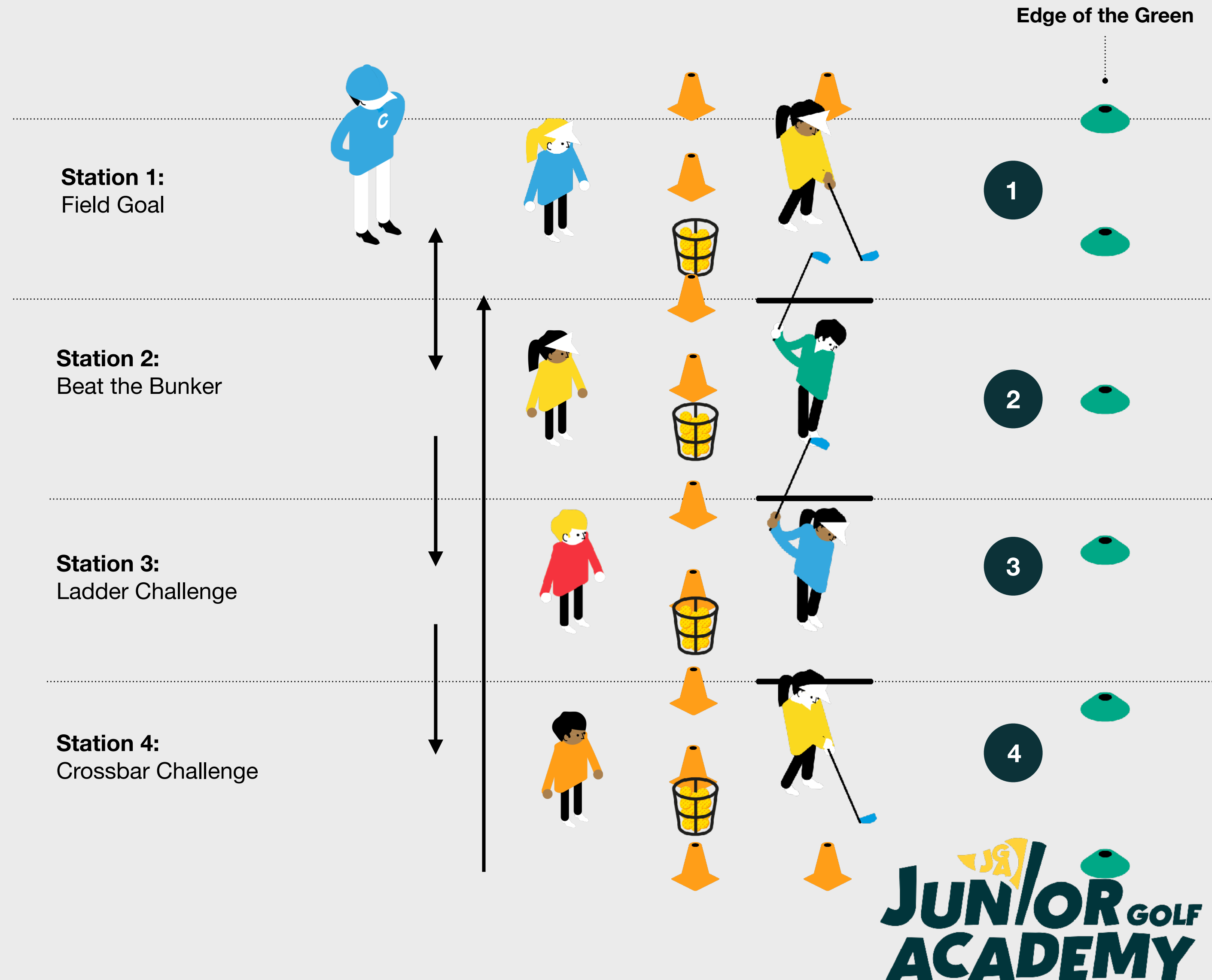




# Around the Green Games - Layout and Setup

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, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **5-7 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to 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 children where they are required to stand when not hitting from within the hitting station
  - Dividers should be used to identify to hitting stations
  - Baskets should be placed to right to the side of the children and behind the hitting area
  - Children should never go in front of the hitting stations to collect a golf ball or golf club
  - Children should always exit the hitting stations from the rear by crossing the orange safety cones
  - Children should collect the golf balls in a group with all equipment left at the stations

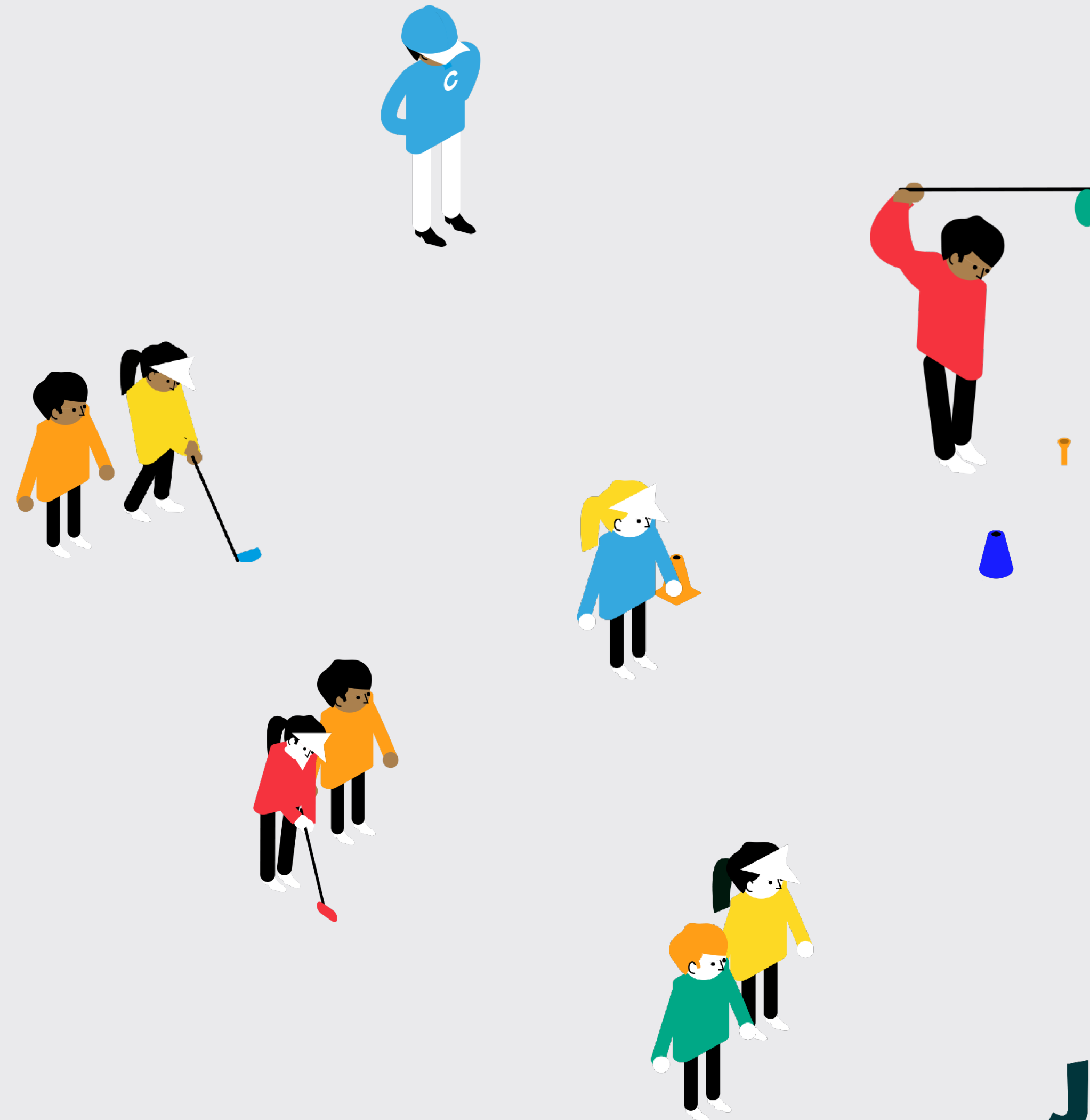




# Course Play - Layout and Setup

The graphic opposite provides an example image of how we suggest you manage your group on the course so that the course play activities can be delivered in a safe, fun and engaging manner:

- Take a cone onto the course to indicate where the children have to play from. Make sure you take a safety cone so that children are aware of where they should be stood when not playing their shots
- Children should take it in turns to hit their shots and be praised for standing safely and encouraging each other when it's not their turn
- Safety is your top priority when running your class, please remember to remind the group;
  - Children should never go in front of the child hitting the shot
  - Children should always be aware of other golfers on the course
  - Children should make sure they leave equipment on the floor if they are not using them





# Physical Literacy

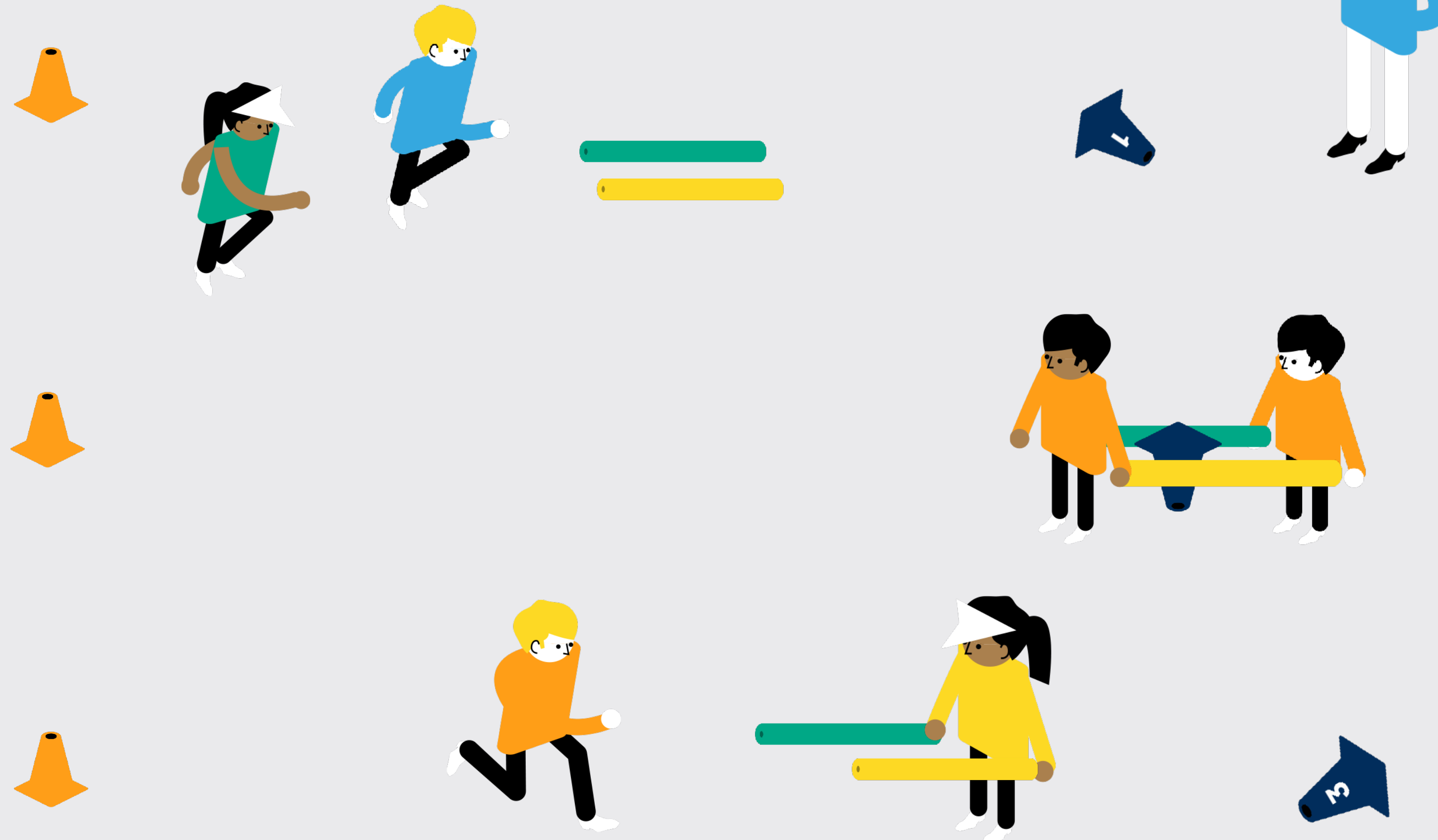




Use in the Junior Camp Games



# Cone Collector - JUNIOR CAMP GAMES



## 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 Crush It cone without touching it with their hands
- The winning pair are the ones that can carry the Crush It 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 Crush It cones



6 x Foam noodles





# Launch Pads



## 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



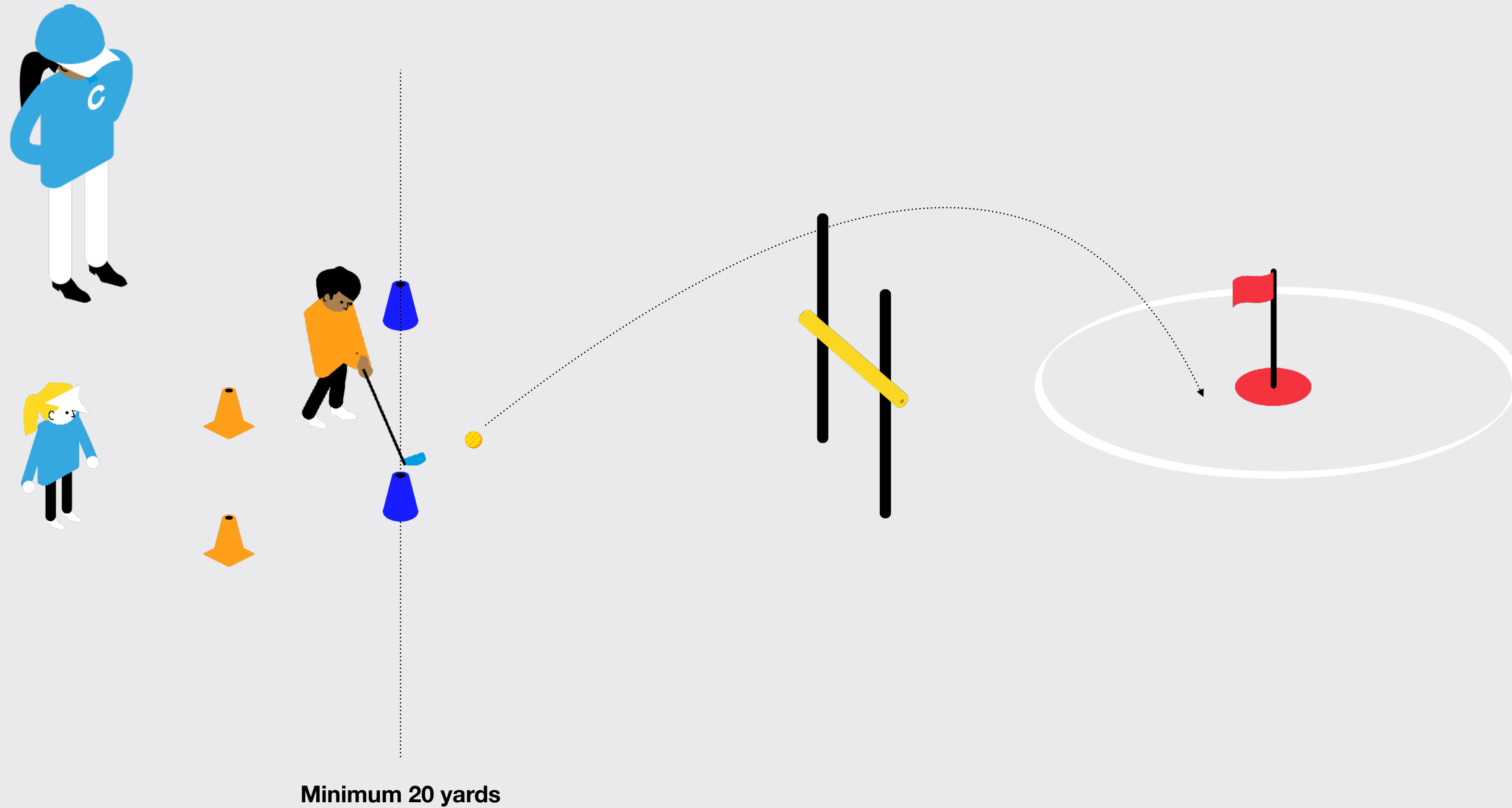
# Around the Green Game Cards







# Field Goal



## How to Play

- Players work as a team to accumulate the most points possible
- Nominate a player to play first.
- The first player attempts their shot and aims to get the ball through the posts to score a field goal
- If the player gets the ball through the posts they score 3 points. If they land the ball into the target circle too they score a touchdown, and a further 6 points
- The team reports their score at the end of the time allowed

## Progression Ideas

- Vary the starting point from around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the size of the target circle
- Change the distance between the starting position and the posts

## Equipment needed

Orange safety cones

SAFETY

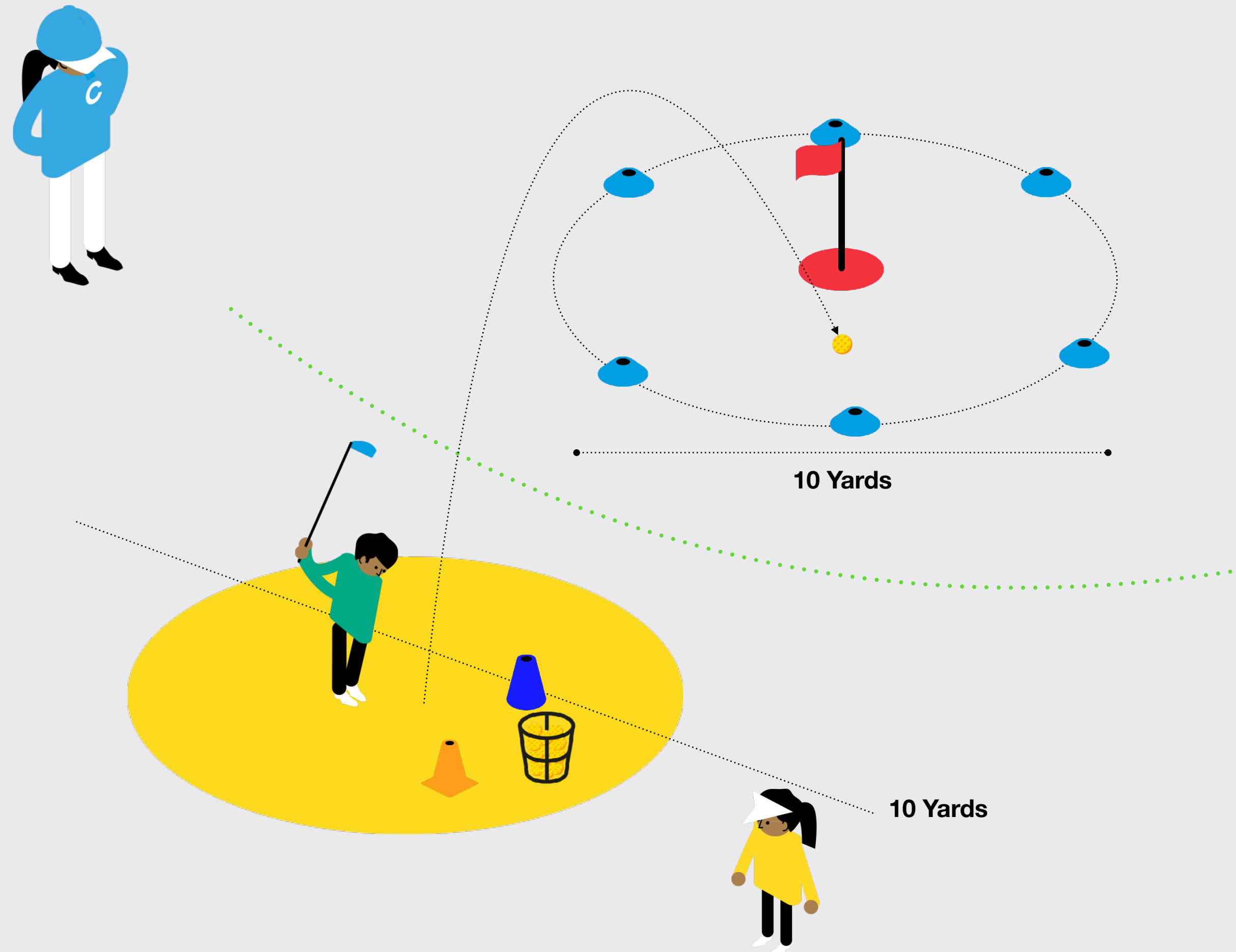
10 ft target circle

2 x Foam Noodles

2 x Alignment Stick



# Beat the Bunker



## How to Play

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

## Progression Ideas

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

## Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



Colored Cones for Target Circles



Spare equipment that may be required for the group attendees.



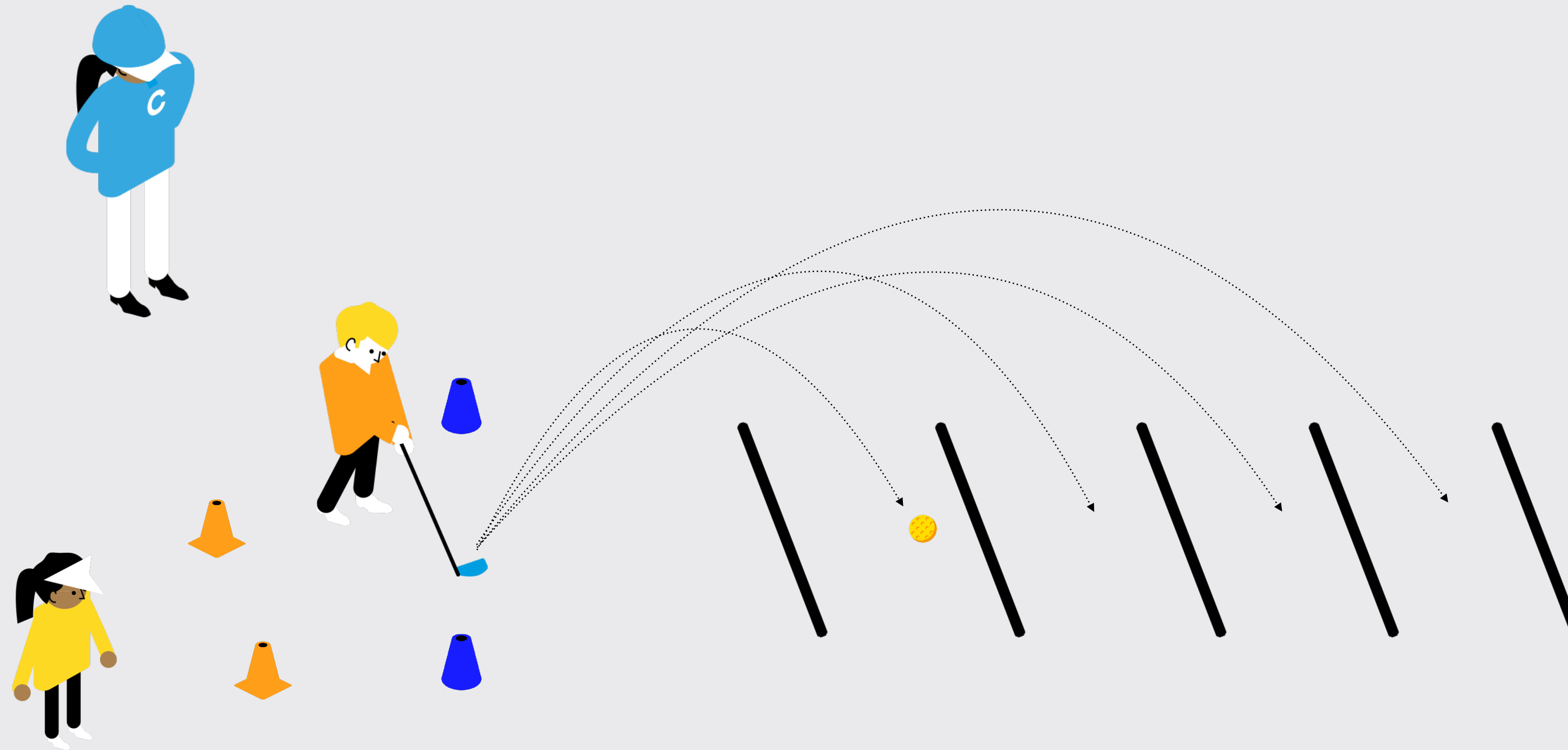
Golf Balls







# Ladder Challenge



## How to Play

- Nominate a player to play first. Each child has 10 shots per round
- The first player attempts to pitch their ball into the gap between the first and second alignment stick
- If successful, then their partner aims for the gap between the second and third alignment sticks
- If they miss the gap the team have to aim for the same gap until they are successful
- The aim is to pitch the ball into each gap on the ladder before they run out of golf balls
- The game is complete if players have successfully hit each rung of the ladder after taking 10 shots each

## Progression Ideas

- Vary the distance from the first alignment stick
- Vary the gap between alignment sticks
- Add in more alignment sticks to create a longer ladder

## Equipment needed

2 x Orange safety cones

SAFETY



2 x Cones



5 x Alignment sticks

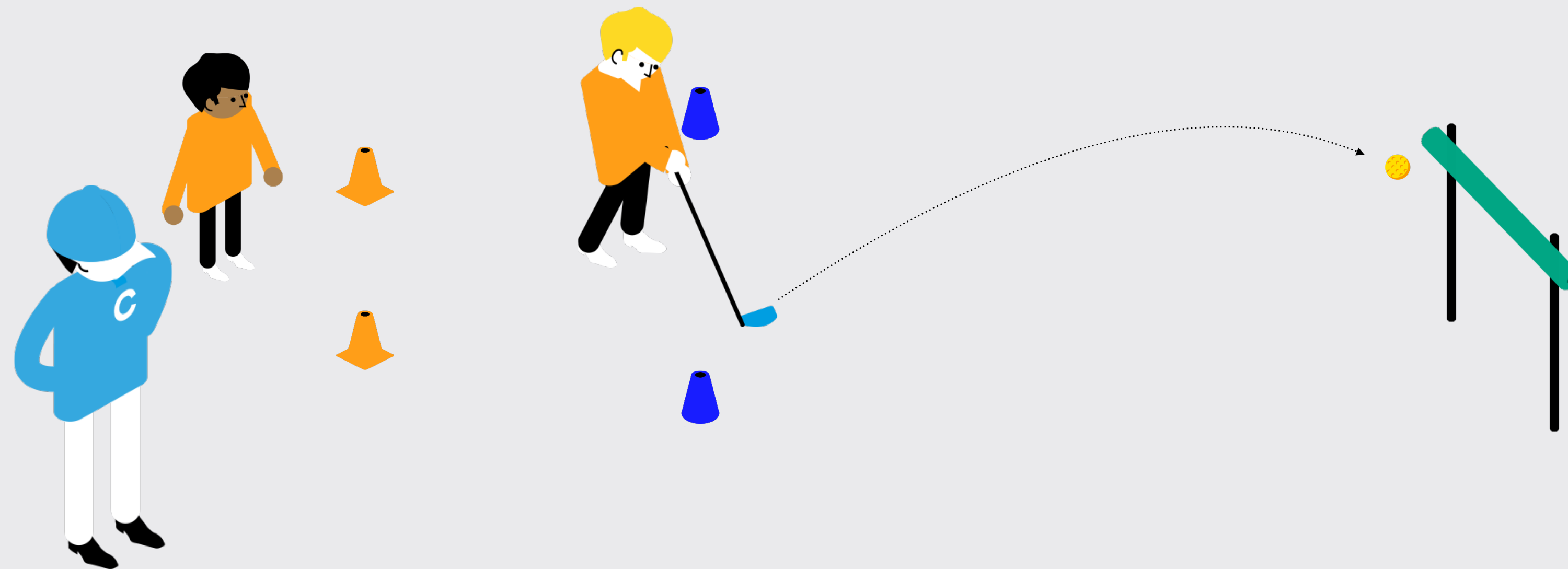


Golf balls





# Crossbar Challenge



## How to Play

- Set a target score for the children to achieve
- The first child attempts to either throw or hit their shot to hit the foam noodle (crossbar)
- The children receive 1 point for hitting the crossbar with a throw, and 2 points with a golf shot
- Players take it in turns, until both have hit 10 shots, the aim is to achieve the target score as a team

## Progression Ideas

- Vary the distance to the crossbar
- Make multiple crossbars
- Specify which club to use

## Learning Outcomes

- Learn to control the distance the ball travels
- Understand how different trajectories can be successful

## Equipment needed

Orange Safety Cones

SAFETY

Cones to mark out hitting stations

1 x Foam Noodles

2 x Alignment Sticks

Spare equipment that may be required for the group attendees.

Golf Balls

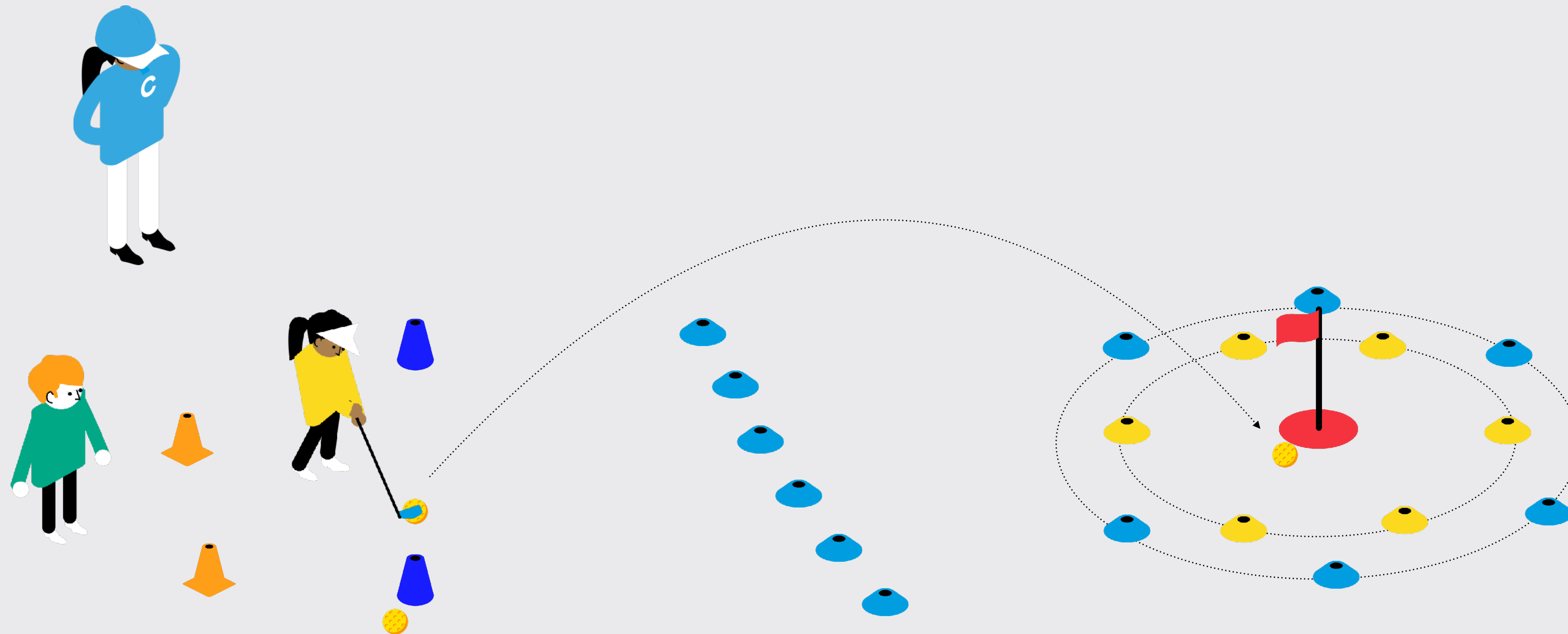


# Swing Game Cards





# The Masters Challenge - JUNIOR CAMP GAMES



## How to Play

- Explain how the line of blue cones represents a river, just like the famous 12th hole at The Masters
- Players take it in turns to hit shots over the “river” and into the target circles
- If their ball doesn’t go in the air over the line of blue cones then any points scored do not count
- Players score 2 points for the inner circle and 1 point for the outer circle
- The aim is to score the most points after each player has hit 10 shots

## Progression Ideas

- Vary the distance to carry the ball over the river
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the size of the target circles
- Change the distance between the starting position and the target circles

## Equipment needed

4 x Orange Safety Cones

SAFETY

9 x Numbered Cones

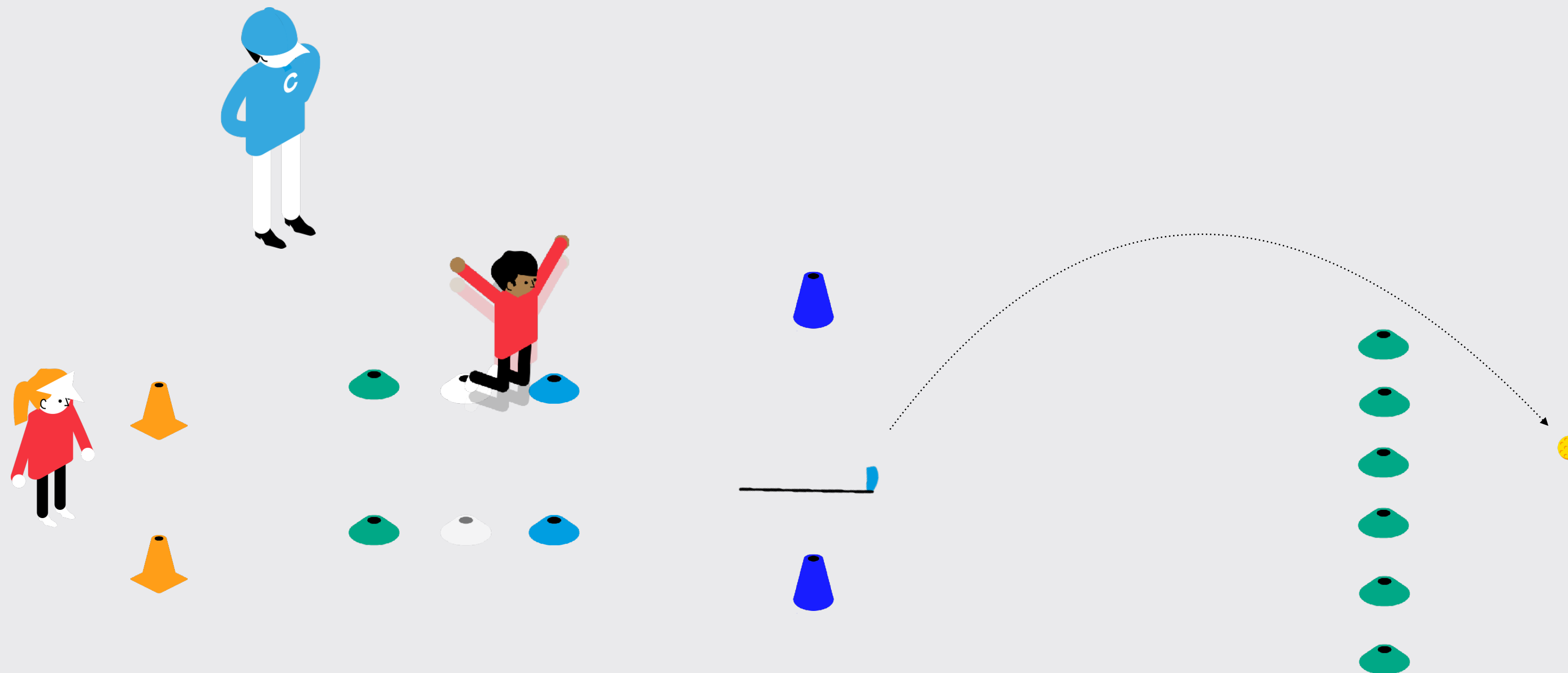
1

2 x Foam Noodles





# Power Play



## How to Play

- Children take it in turns to do a standing long jump from the first set of cones, seeing if they can jump past the next two sets of cones
- After jumping as far as possible they then try to hit the ball as far as possible
- The children take it in turns to do this, each time trying to beat their personal best long jump, and furthest shot

## Progression Ideas

- Vary the movement before each shot, furthest hop, throw, etc.
- Add different targets to aim for when hitting
- Use different clubs to see which ones go the furthest

## Learning Outcomes

- Improve strength and power
- Learn how Improving different movement skills can improve their golf shots

## Equipment needed

Orange Safety Cones

SAFETY

Cones to mark out hitting stations

2 x Foam Noodles

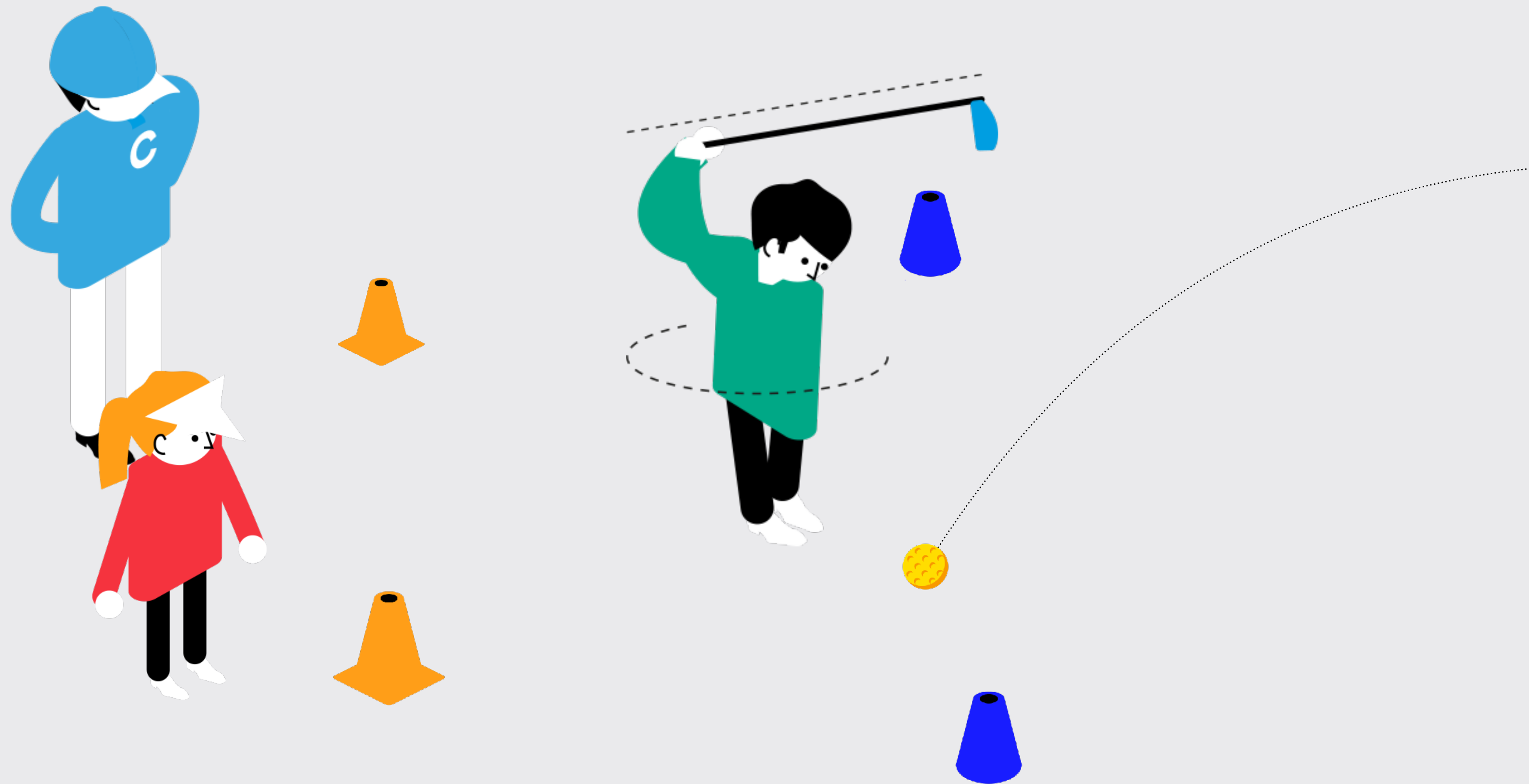
2 x Alignment Sticks

Golf Balls

Spare equipment that may be required for the group attendees.



# Flamingo Shots



## How to Play

- The children take it in turns to hit shots, whilst keeping their balance
- The challenge is for children to make good contact with the golf ball whilst standing on one foot like a flamingo
- The children should try one shot on each leg, and if they struggle they should try with their feet together

## Progression Ideas

- Further difficulty can be added by standing on a noodle
- If the children find the challenge easy then add in direction and distance targets
- Allocate points for hitting certain targets

## Learning Outcomes

- Learn to control strike from challenging situations
- Improve balance and coordination by making the initial challenge more difficult

## Equipment needed

Orange Safety Cones

SAFETY

2 x Cones

Golf Balls

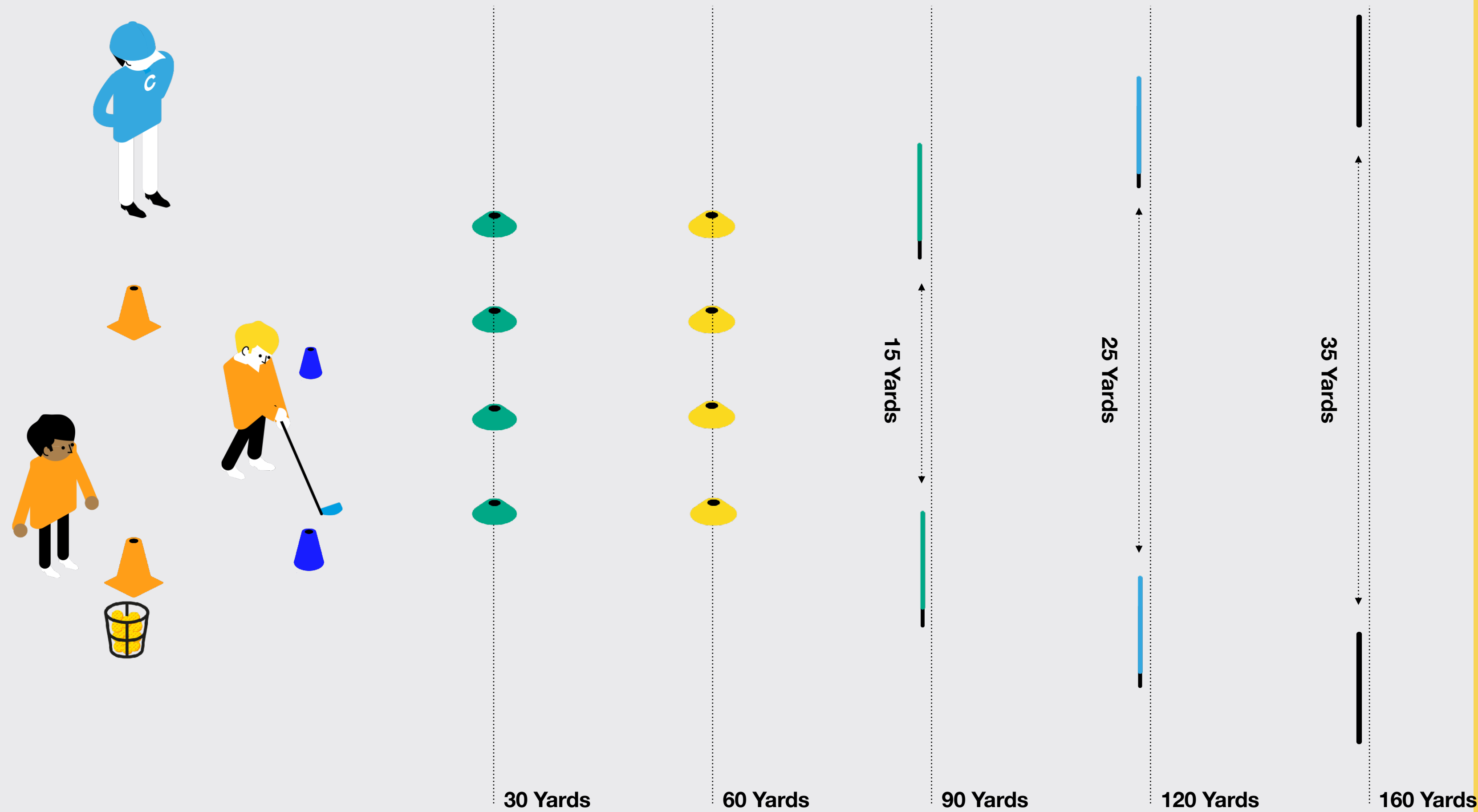
Spare equipment that may be required for the group attendees.

1 x Foam Noodle





# Create Your Own Game



## How to Play

- Using the targets that are set out on the outfield, challenge the children to be creative and come up with their own game
- Try not to give too many instructions
- So long as the game is safe, and the children play sensibly they should be allowed the freedom to come up with whatever game they like

## Progression Ideas

- Provide more cones, alignment sticks and foam noodles for additional targets

## Learning Outcomes

- To encourage creativity in practice and play
- To empower the children to come up with their own rules and play safely, fairly and sensibly

## Equipment needed

2 x Orange Safety Cones

SAFETY

2 x Cones

Golf Balls

Spare equipment that may be required for the group attendees.

6 x Alignment Sticks to mark the target fairway

6 x Foam Noodles to mark the target fairway

6 Colored Cones to mark the 30 yard distance line & 6 x Colored Cones to mark the 60 yard distance line

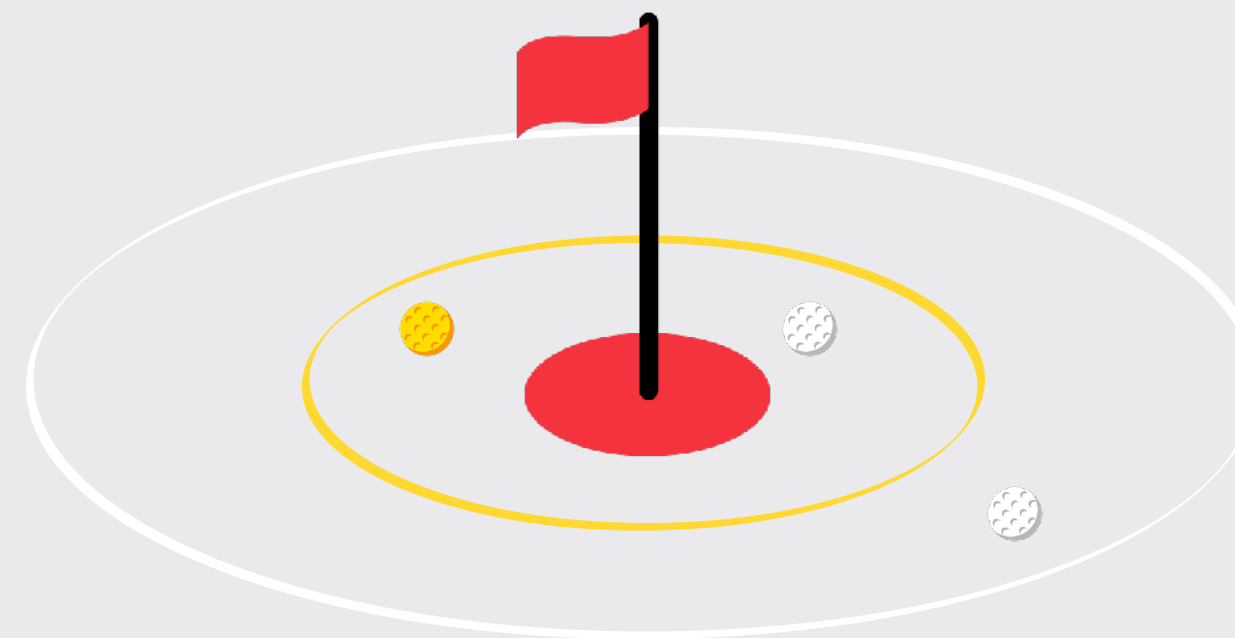
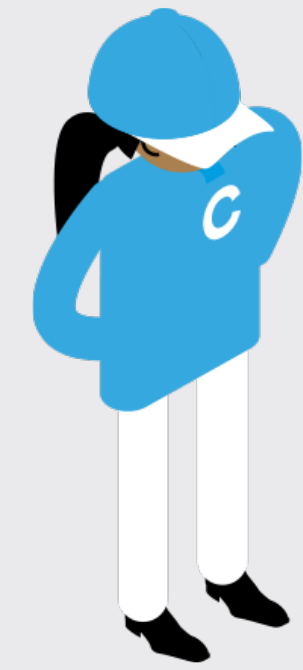
# On the Green Game Cards







# Curling



20 Feet

## How to Play

- Nominate a player to play first. Each child is given 3 golf balls of different colors
- The first player attempts their first shot and aims to get their ball as close to the flag as possible
- Players alternate turns until all of the golf balls have been used
- The closest ball to the flag wins the round

## Progression Ideas

- Introduce the game on a slope
- Change the size of the target circles
- Change the distance between the starting position and the target circles
- Play with more or fewer balls

## Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure
- This game will also explore green reading skills

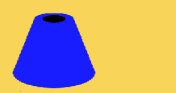
## Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



3 x Yellow Golf Balls



3 x White Golf Balls



10 x Yellow Colored Cones for Middle 6 Yard Target Circle



10 x Blue Colored Cones for Outer 10 Yard Target Circle

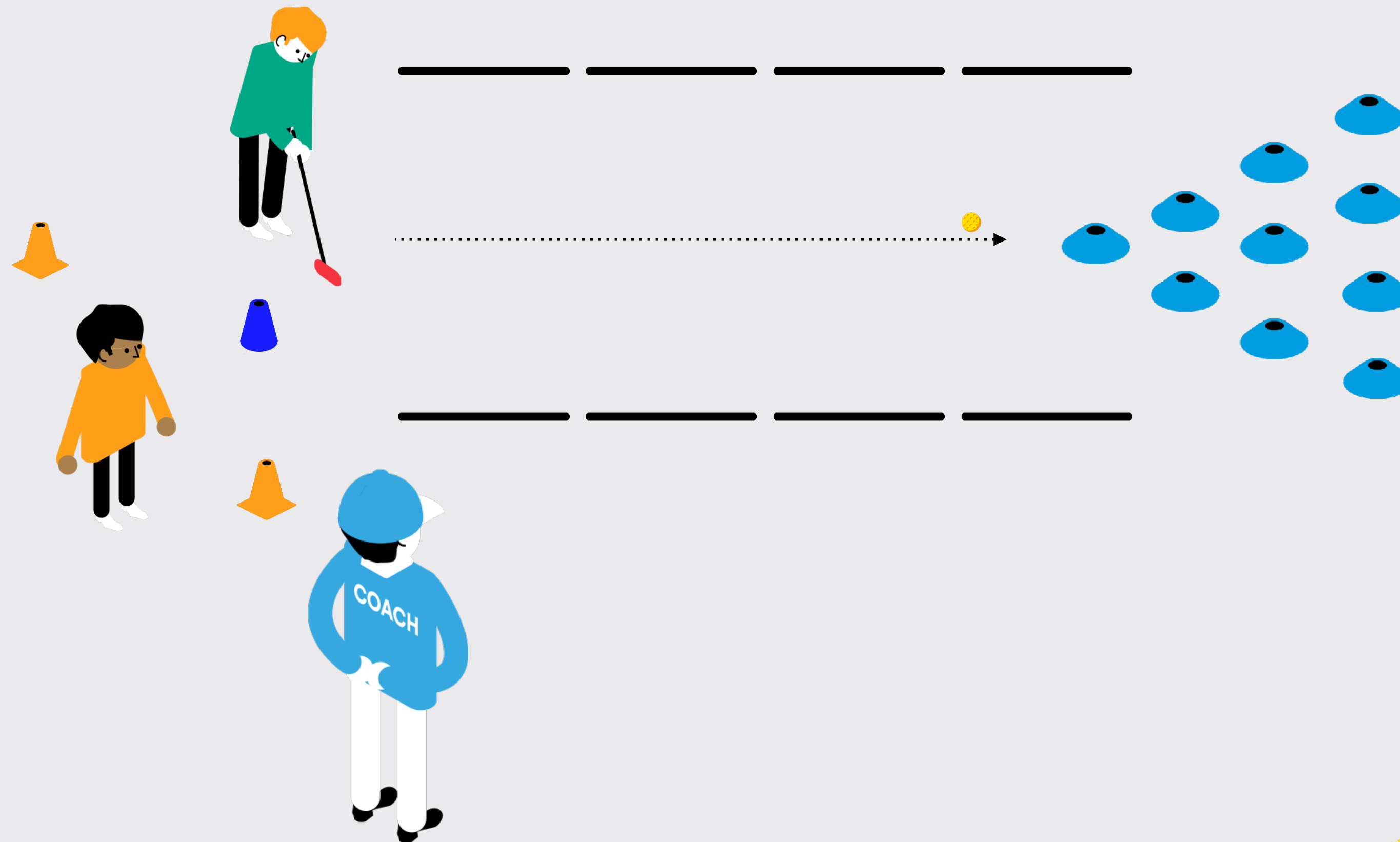


8 x Green Colored Cones for Inner 3 Yard Target Circle





# 10 Pin Bowling



## How to Play

- Nominate one of the children to play first
- Player number 1 attempts to putt the ball and hit one of the bowling pins
- If they hit the bowling pin, they pick it up and bring it back to the start. The child cannot hit the sides marked with the alignment sticks
- The children complete the game when they've collected all of the pins

## Progression Ideas

- Change the size of the target bowling pins such as turning a cone upside down or placing a golf ball on a tee
- Vary the distance and the direction of the starting point
- Add a rule that it doesn't count if the ball hits another pin
- Add a gate that the child must hit the ball through at the start
- Introduce the game on a sloping surface

## Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure
- This game will also explore green reading skills

## Equipment needed

2 x Orange Safety Cones

SAFETY

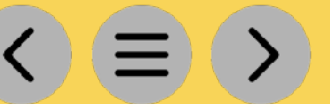
2 x Cones to mark out the necessary hitting stations.

10 x Blue Cones

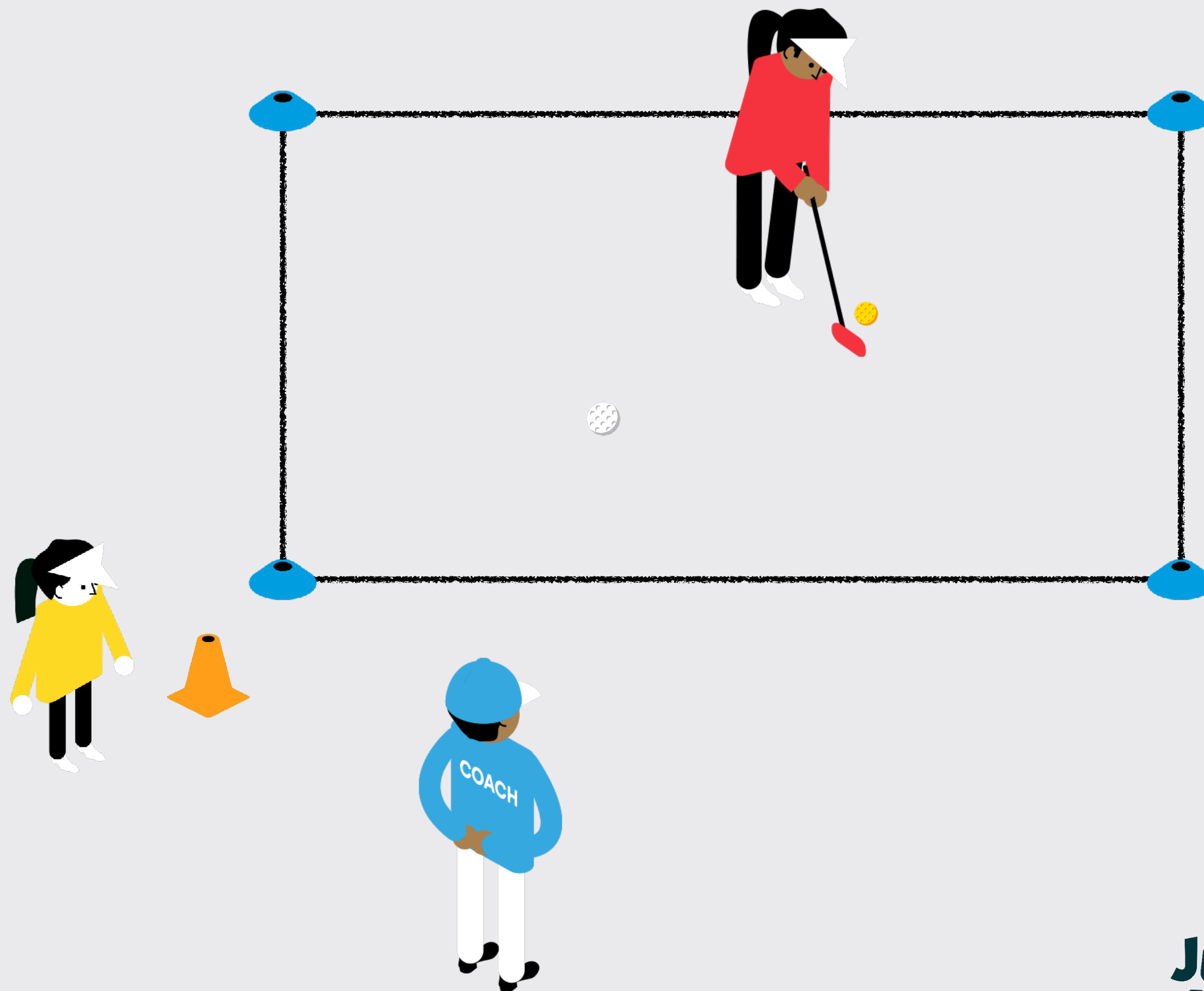
Spare equipment that may be required for the group attendees.

8 x Alignment Sticks





# Cat and Mouse



## How to Play

- Nominate one player as the cat and one player as the mouse. The mouse plays first and attempts to putt their ball anywhere inside the box. The ball must remain in the box
- The cat plays next and attempts to putt their ball and hit the mouse
- If the cat misses, the mouse plays next and putts their ball to another place in the box
- The game continues until the cat catches the mouse by hitting the cat or the mouse escapes when the cat escapes the box
- The players take it in turns to be the cat

## Progression Ideas

- Play as a matchplay game
- Change the size of the box
- Introduce a sloped surface when playing the game
- Add in obstacles, other cones that the players need to putt around
- Play the game in teams with multiple cats and mice

## Learning Outcomes

- A brilliant game to work on controlling distance on short putts
- Improves accuracy as the ball is a smaller target
- Develops strategic thinking, planning ahead for the next shot

## Equipment needed

Orange Safety Cones

SAFETY

String and 4 x Tees to create the playing area



Cones to mark the corners or to add in as obstacles

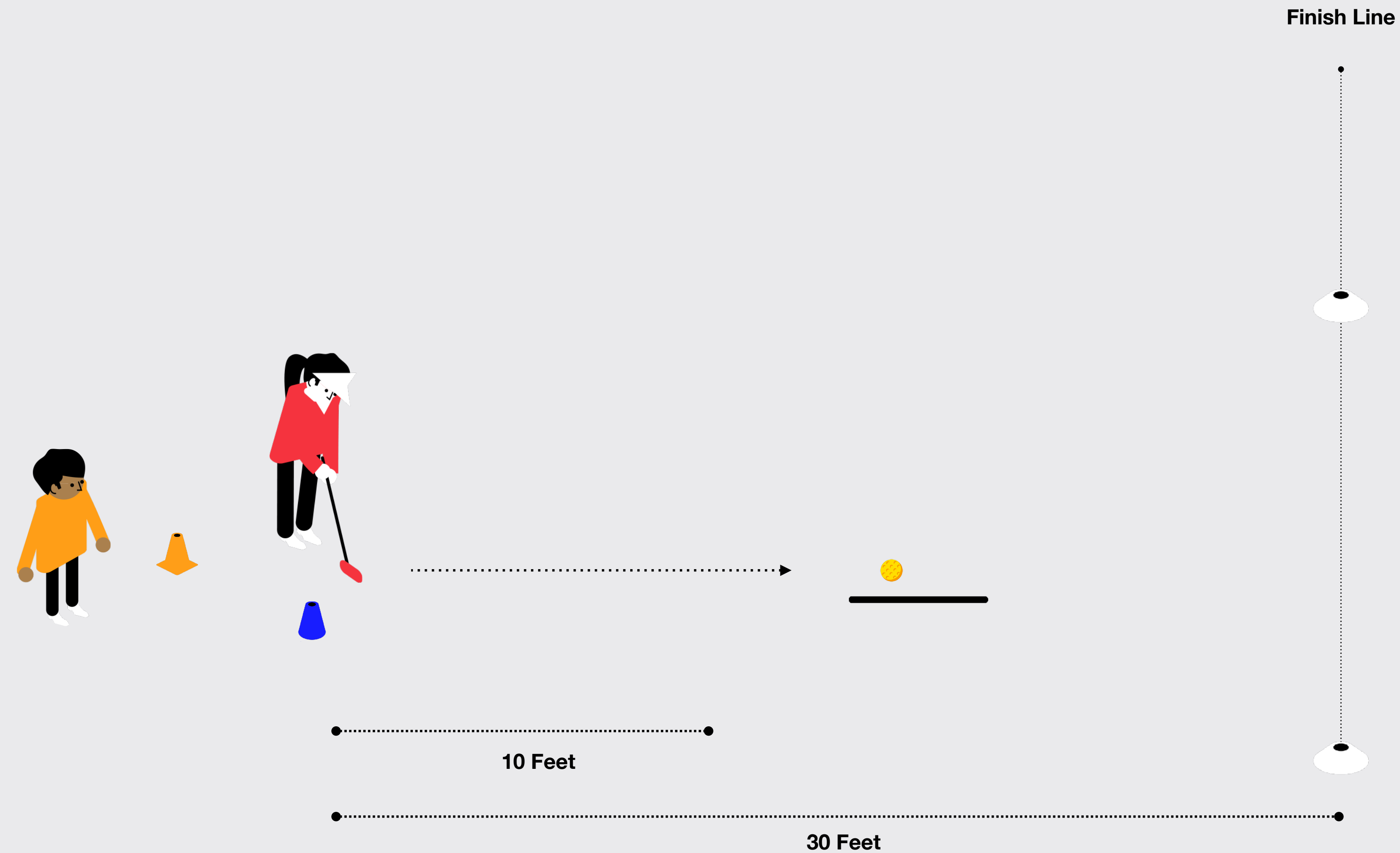


2 x Golf Balls of different colours





# Stick Shift



## 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.

1 x Golf ball

1 x Alignment Sticks

2 x White cones for the finish line