

# Half-Day Camp Class Plan

## Day 2





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# Class Timetable





# Day 2 | Camp Timetable

**Session Length:**  
180 mins

**Group Size:**  
1:8

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

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

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>Hurdles (<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>G.O.L.F</li> <li>Crossbar Challenge (<b>Junior Camp Competition Game</b>)</li> <li>Mouse Trap</li> <li>Tic Tac Toe - Rings</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>Slalom (<b>Junior Camp Competition Game</b>)</li> <li>Clubface Contact</li> <li>Power Play</li> <li>Happy Shots</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>Waterfall</li> <li>Zone Ball (<b>Junior Camp Competition Game</b>)</li> <li>Putting Pool</li> <li>Closest to the Line</li> <li>Team Scorecard</li> </ul>
15 Mins	End of Day Recap	<ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites and announce the points total for the day</li> </ul>	<ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>



# Layout and Setup

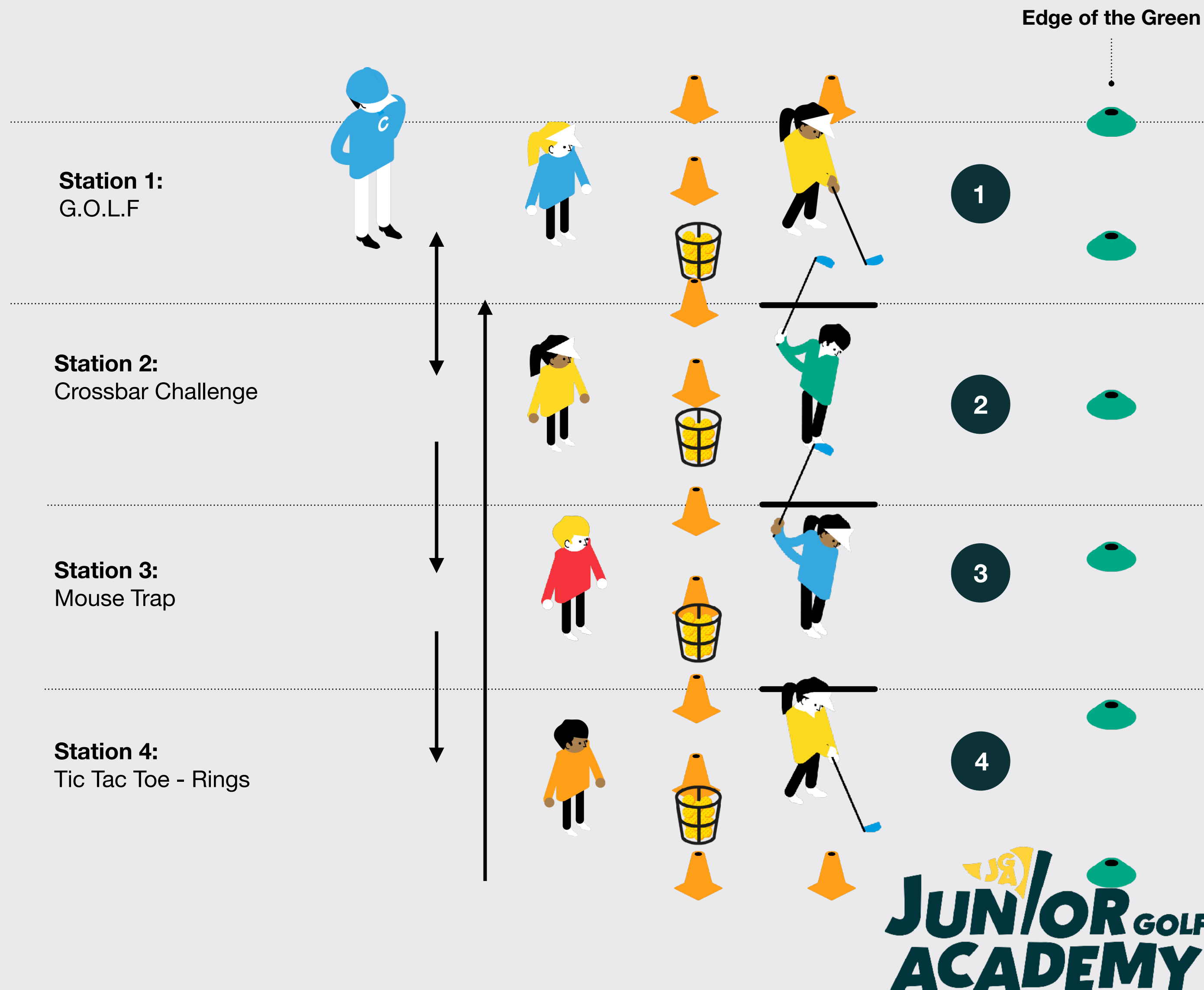




# Around the Green Games - Layout and Setup

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

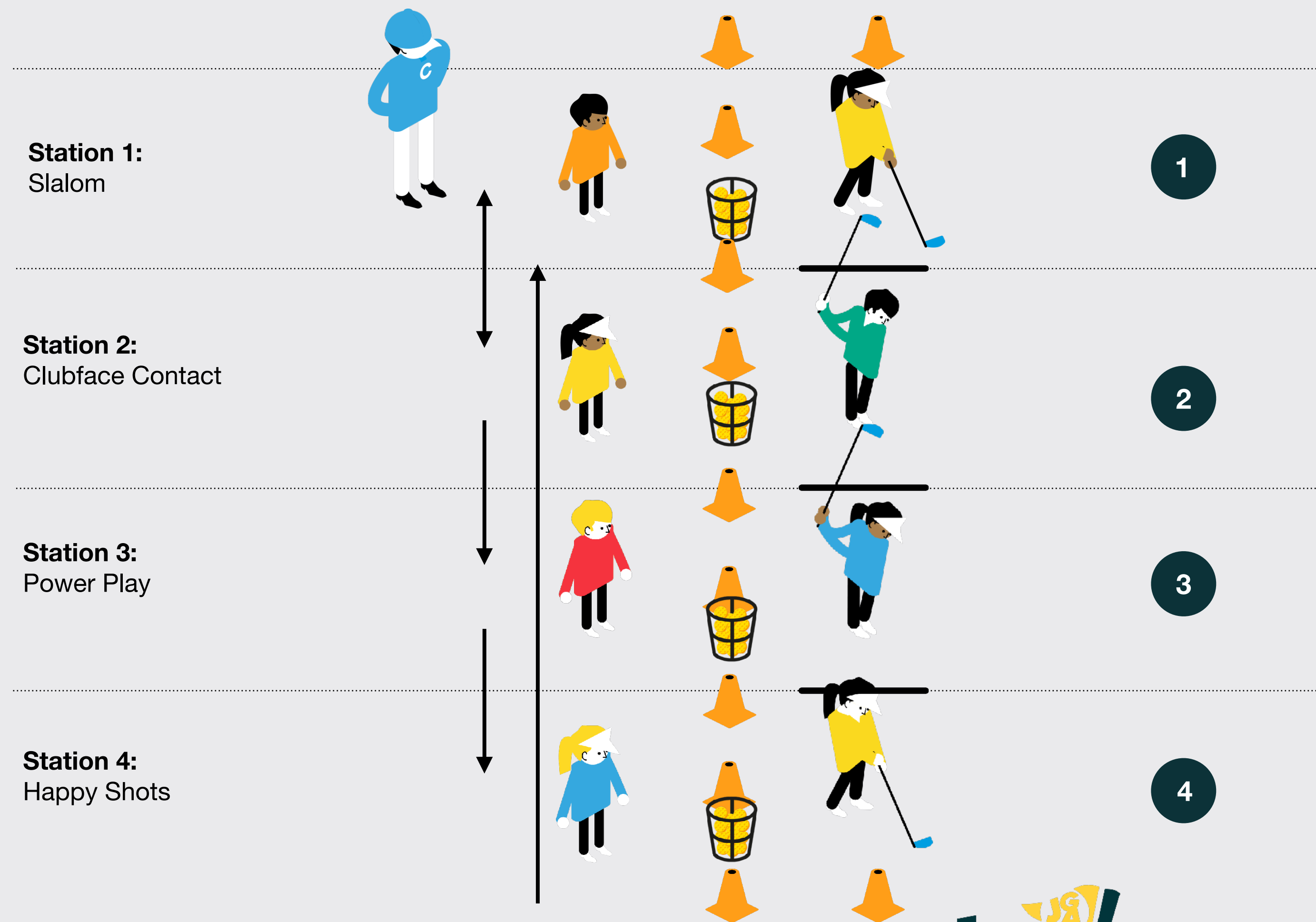




# Swing Games - Layout and Setup

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
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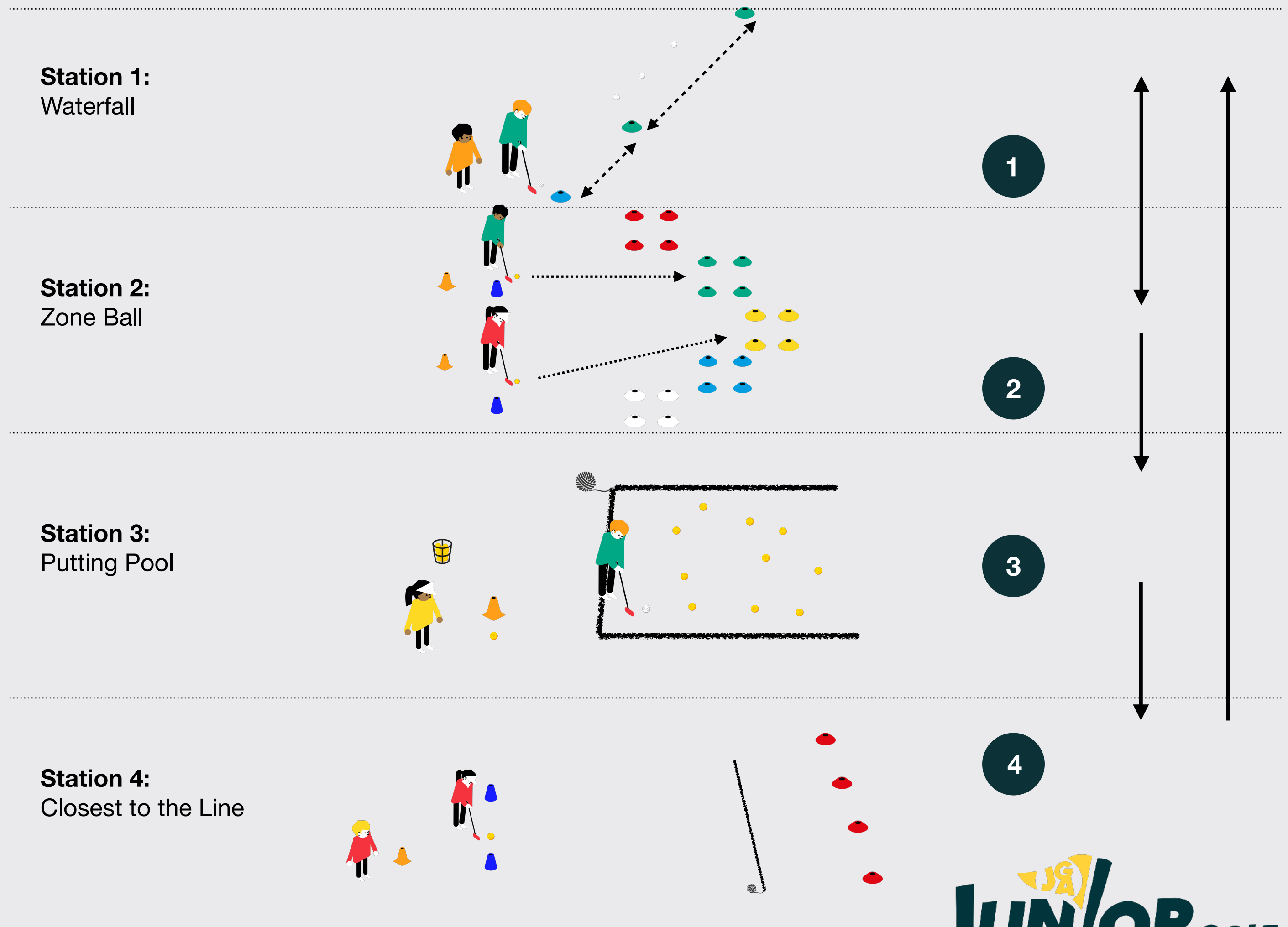




# On the Green Games - Layout and Setup

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





# Physical Literacy

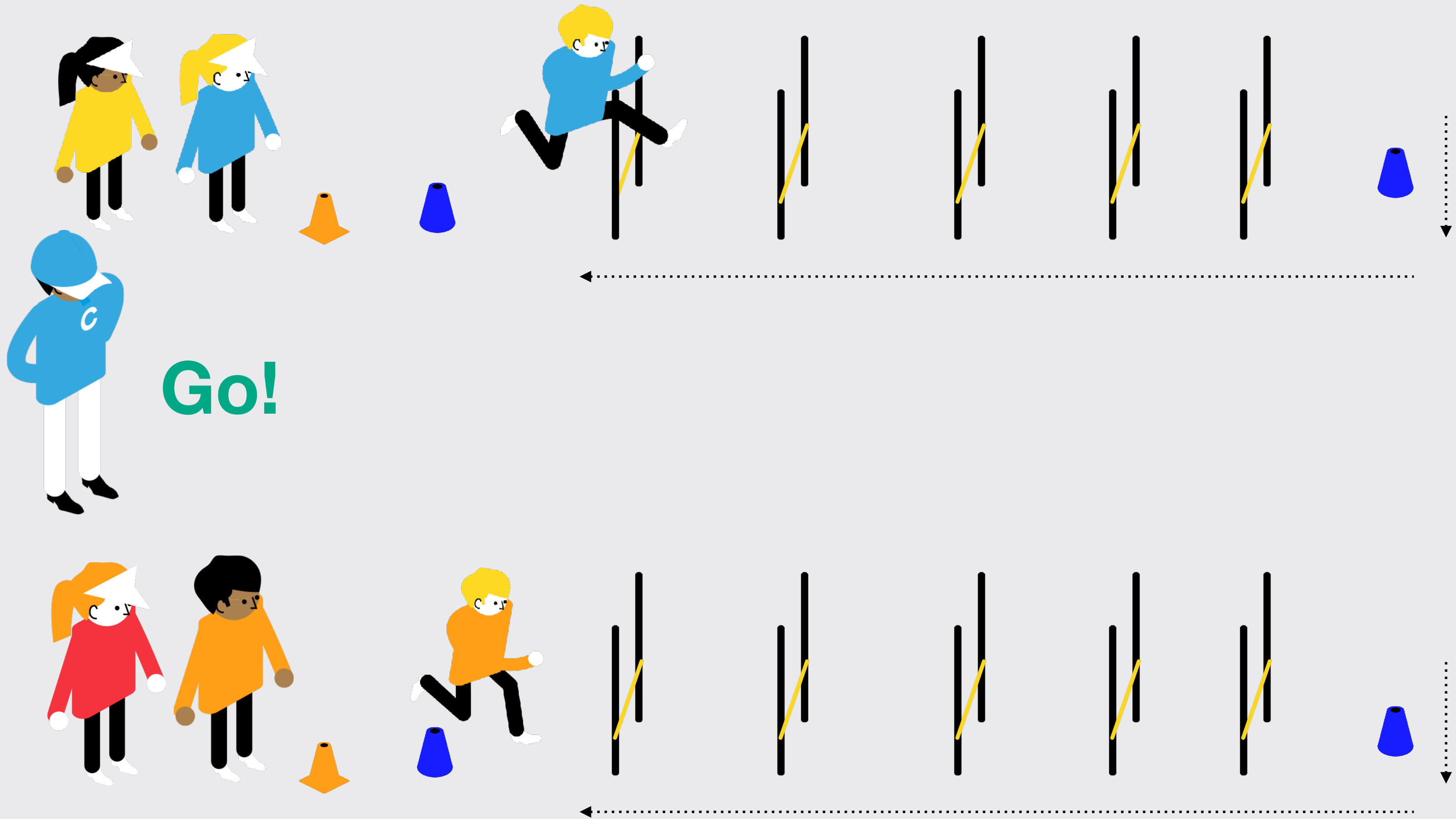




Use in the Junior Camp Games



# Hurdles - JUNIOR CAMP GAMES



### How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child attempts to step or hurdle over the 5 hurdles, around the end cone and back to the start
- Once the first player returns the next player on the team goes
- The team that wins is the one who gets all players home first

### Progression Ideas

- Add extra goes for each child
- Raise the height of the hurdles
- Introduce different FMS skills such as jumping, or hopping
- Raise the foam noodles all the way up and play Limbo as an alternative

### Equipment Needed

4 x Orange Safety Cones

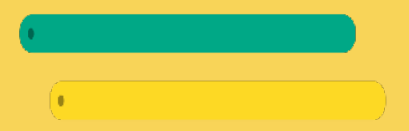
SAFETY



4 x Cones to mark starting positions and end cones



10 x Foam Noodles



20 x Alignment Sticks





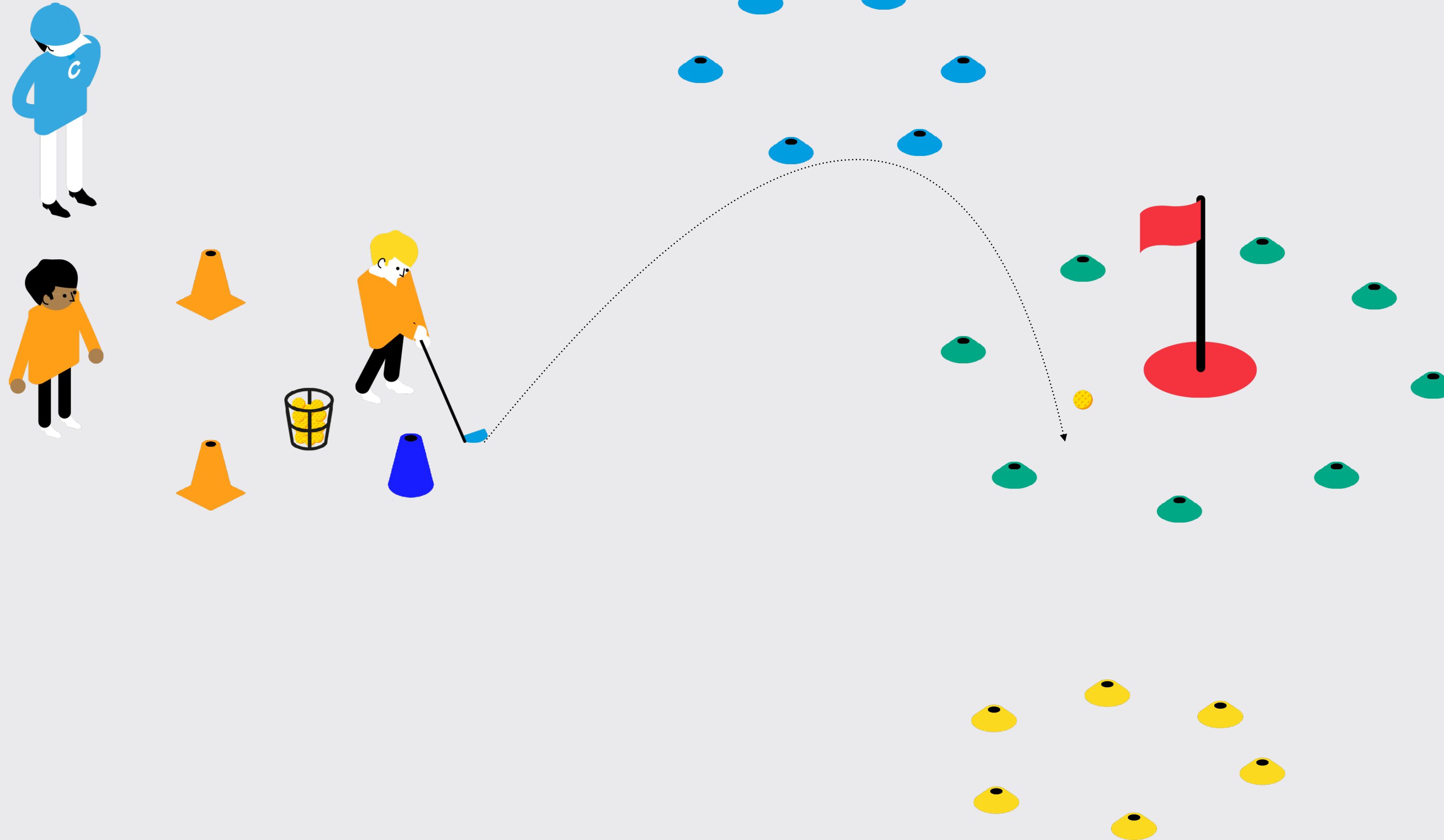
# Around the Green Game Cards







# G.O.L.F



## How to Play

- Nominate one of the children to play first
- The first player nominates the area of the golf course they are trying to hit, the green, the lake or the bunker. If the child hits the target, the opposing player needs to match them.
- If the opposing player doesn't hit the target, they get the first letter "G"
- The second player then nominates the target and the game continues until one player spells 'G.O.L.F.'

## Progression Ideas

- Vary the size of the targets
- Vary the distance to the targets
- Increase the number of letters in the game i.e 'G.O.L.F.E.R'
- Adapt the shot types when playing to the targets i.e depending on skill level change the trajectory or shot shape

## Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



Yellow cones to mark out a bunker



Green cones to mark out the green



Blue cones to mark out a bunker



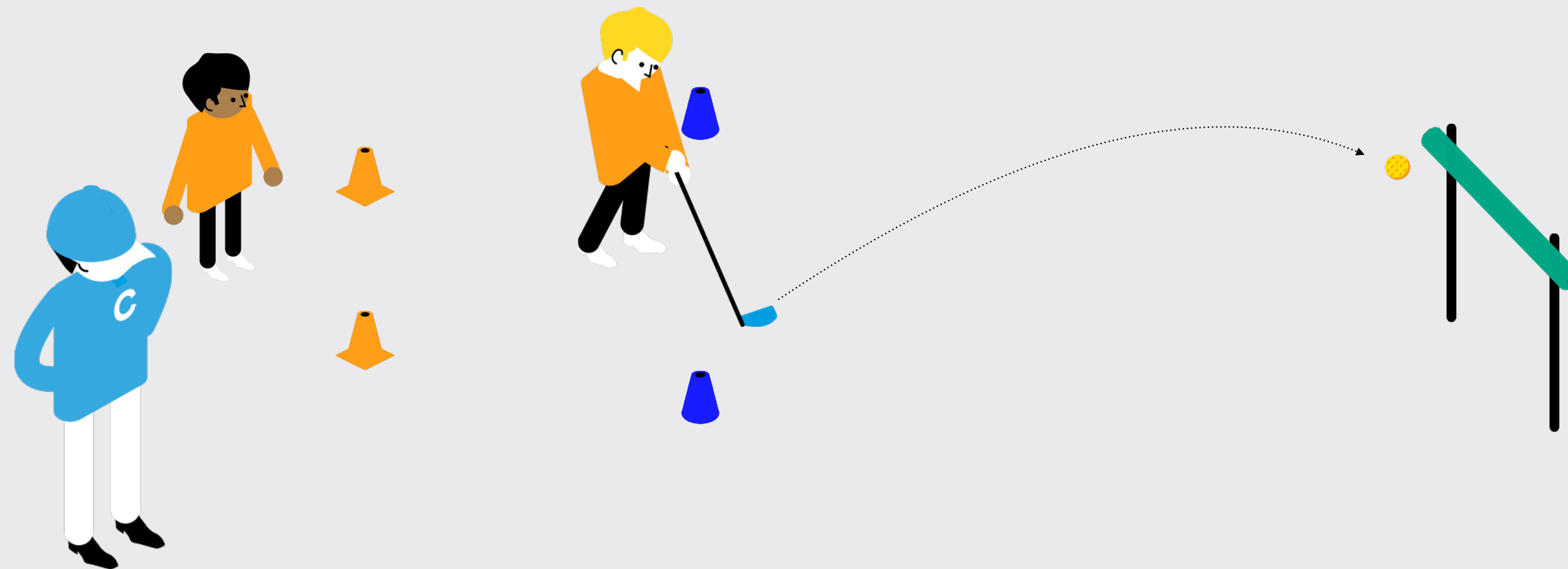
Golf Balls







# Crossbar Challenge - JUNIOR CAMP GAMES



## 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

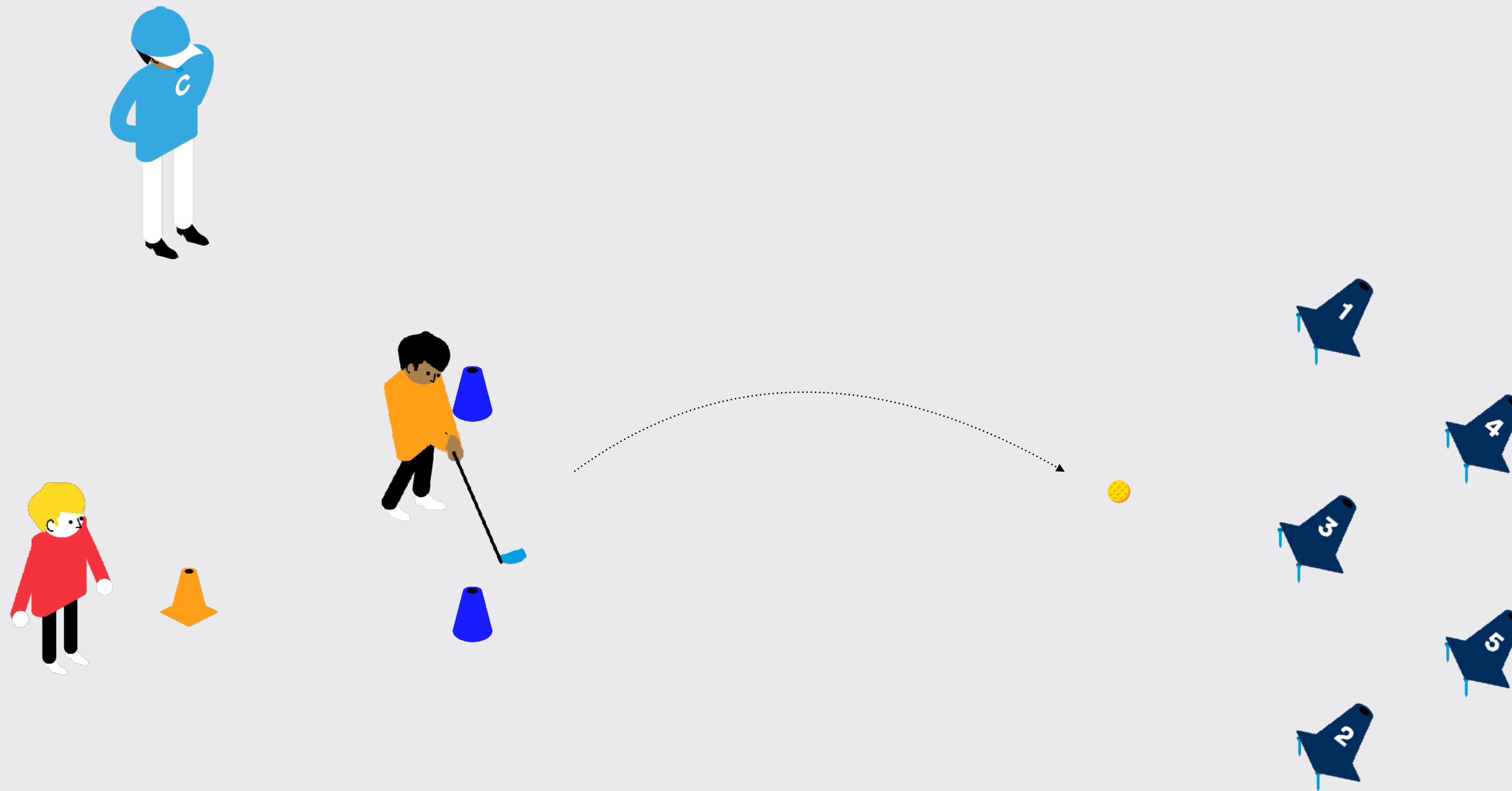
Spare equipment that may be required for the group attendees.

Golf Balls





# Mouse Trap



## How to Play

- Children take it in turns to hit their chip shot towards the cones that have been propped up with tees
- The aim of the game is to knock the cone so it traps the golf ball
- The children take it in turns to hit their shots
- The challenge is complete when the team manage to trap all the balls using the cones available

## Progression Ideas

- Vary the distance of the chip shot
- Add or reduced the number of traps
- Let the children roll the ball to trap it if chipping is too difficult

## Learning Outcomes

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

## Equipment needed

Orange Safety Cones

SAFETY



Cones to mark starting position



5 x Crush It cones and tees for the mouse traps



Spare equipment that may be required for the group attendees.



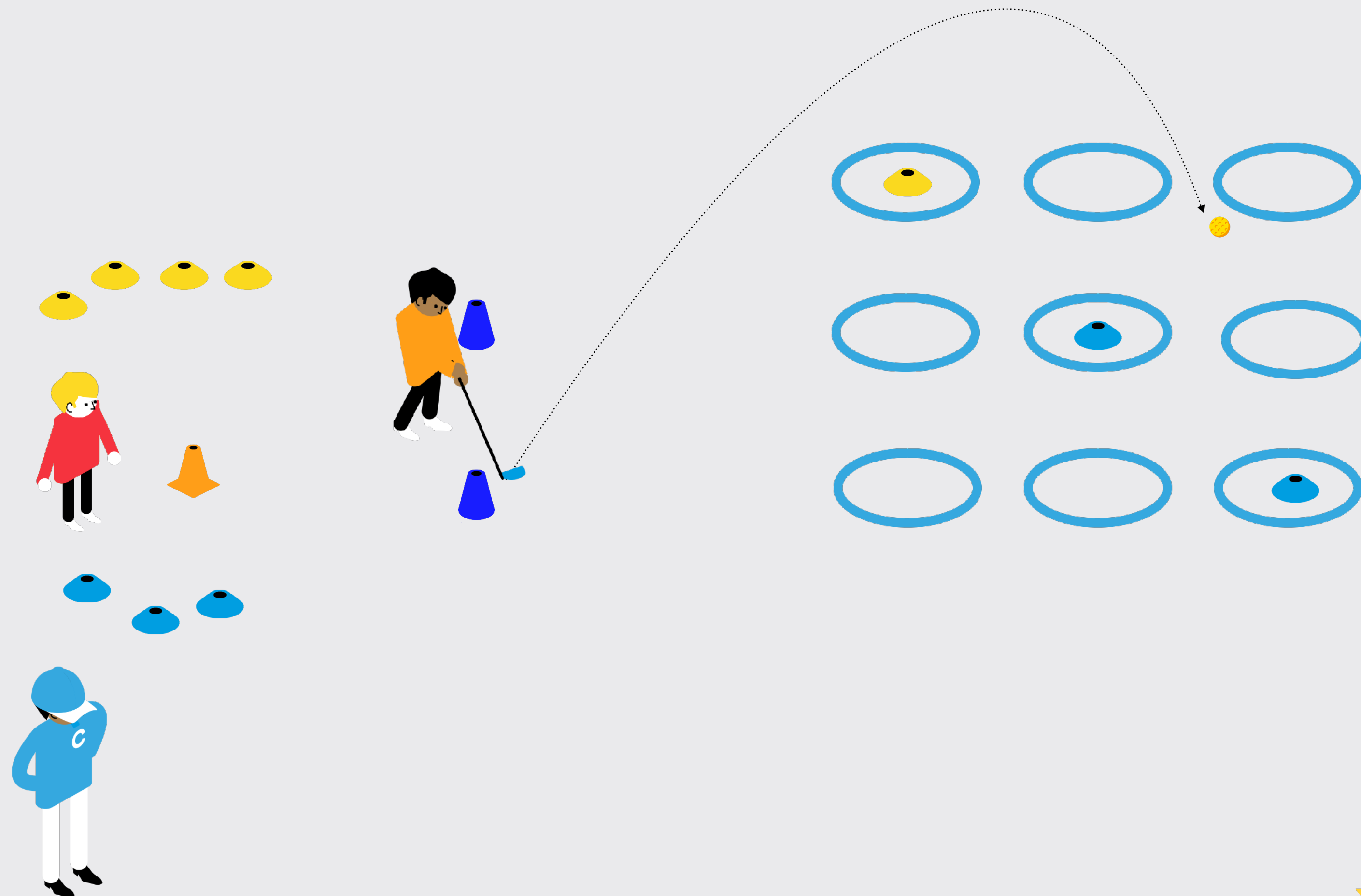
Golf Balls







# Tic Tac Toe - Rings



## How to Play

- One child is the X's and the other child is the O's
- The objective is for the child to place their colored cones into the center of the hoop by either landing or rolling the ball into the hoop. This should be defined at the start of the game by the coach
- When the child successfully gets the ball into the hoop that has been nominated, they place their colored cone into the centre of the hoop
- The child who wins is the one who makes 3 in a row in one direction

## Progression Ideas

- Vary the distance between the hoops
- Vary the distance between the starting point around the green and the hoops
- Increase the number of shots that must go into the hoops before the hoop is owned
- Define whether the ball lands or rolls into the hoop
- Introduce a fringe in front of the player and the ball only counts if it lands over the fringe

## Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



String and 16 tees to create the grid or rings



Colored cones for one team



Colored cones for the other team



Golf Balls





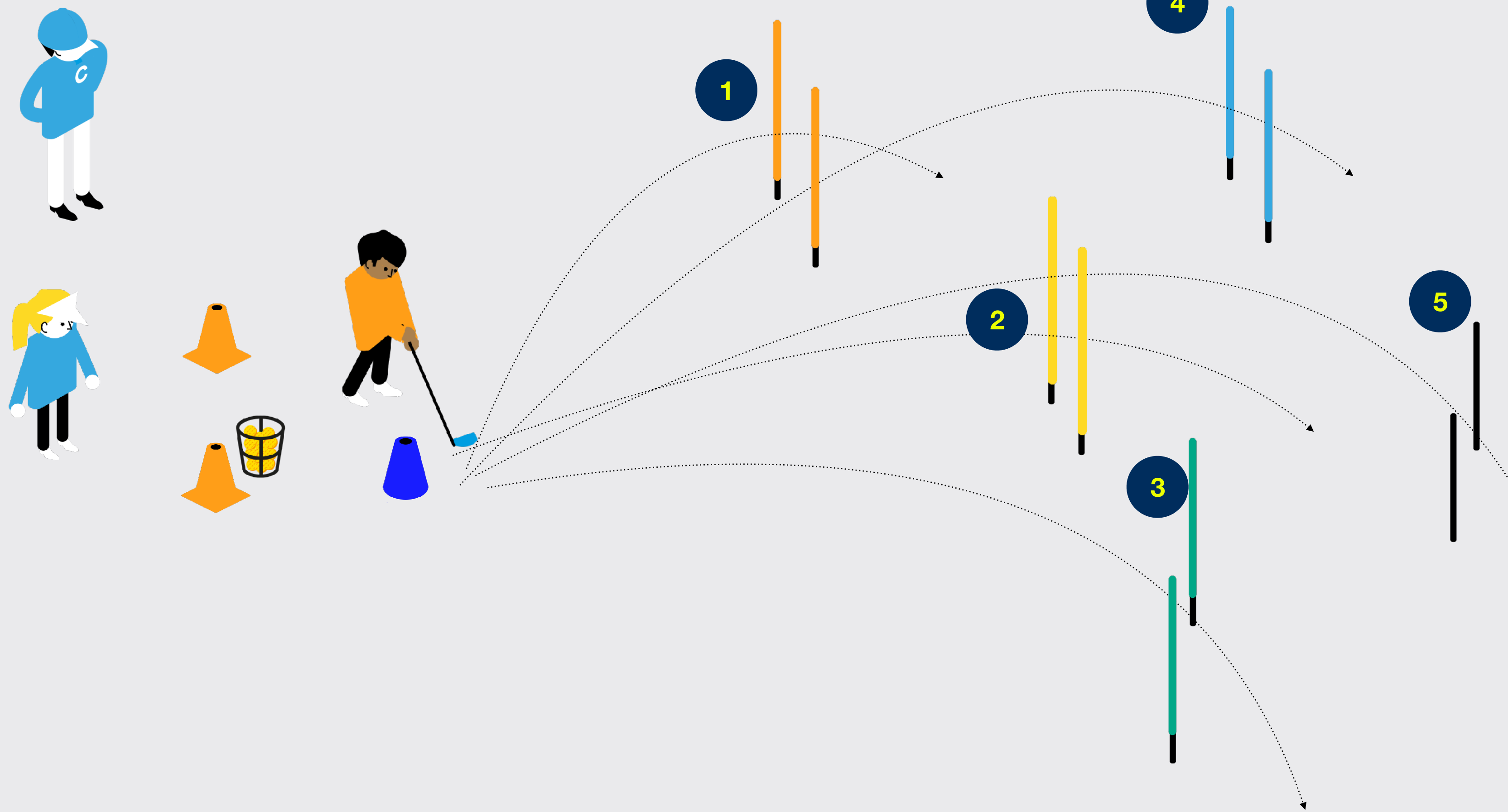
# Swing Game Cards







# Slalom - JUNIOR CAMP GAMES



## How to Play

- Push the alignment sticks or foam noodles into the ground to create the posts or fairways at different distances
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to hit through the gates in order
- When a child hits the ball through the gate they move to the next gate
- The children take it in turns to hit their shots
- The winner is the child who gets their ball through the final gate first

## Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets at each gate
- Change the width of the target gates
- Introduce a rule whereby the child has a certain number of attempts before moving back a gate or back to the start

## Equipment needed

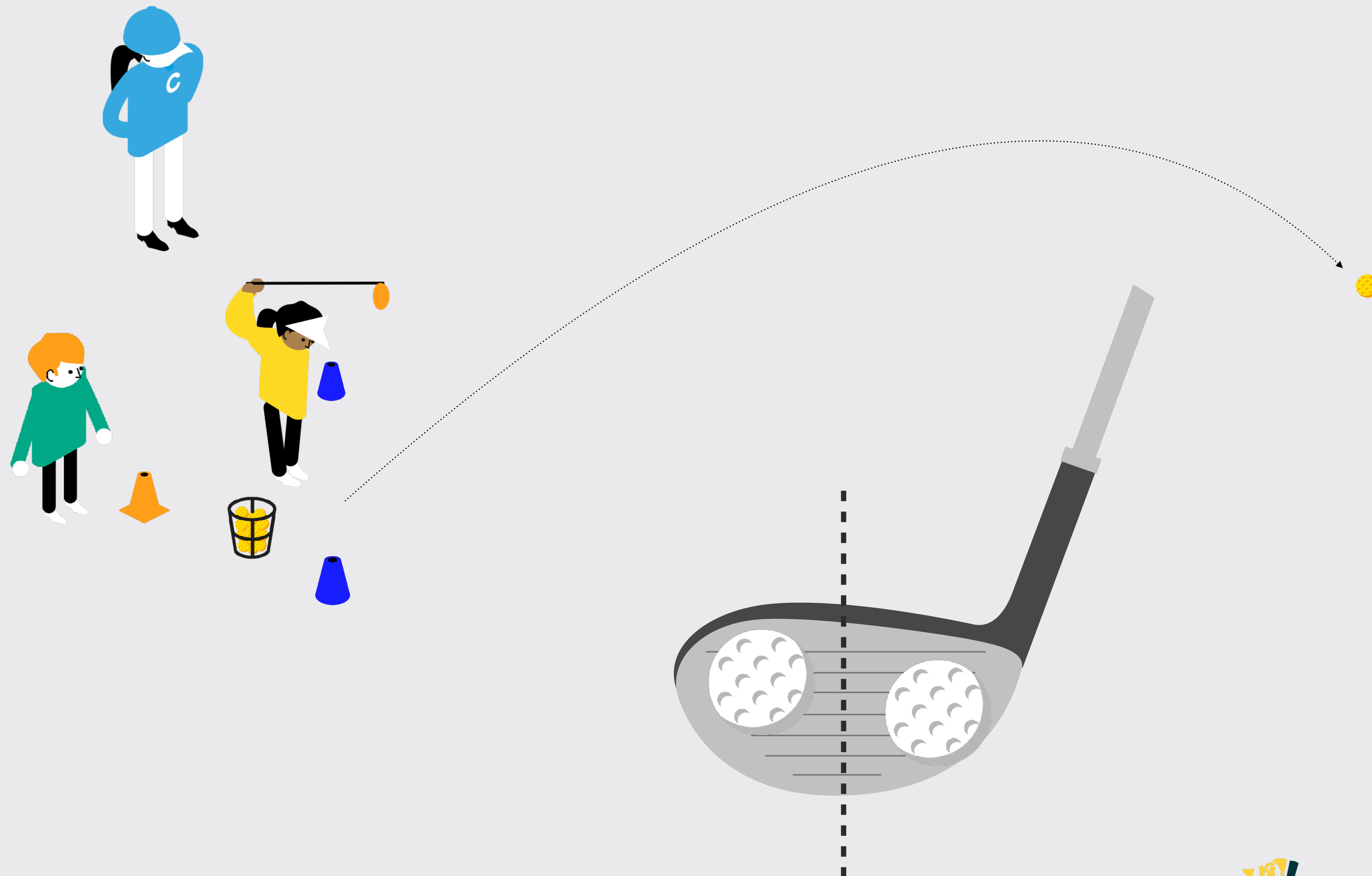
4 x Orange Safety Cones

SAFETY

10 x Alignment Sticks

10 x Foam Noodles

# Clubface Contact



## How to Play

- Players take it in turns to hit a shot with impact tape on the clubface in order to see where they made contact
- Draw a line down the middle of the impact tape
- The aim is to be able to deliberately strike the ball with the toe and then the heel
- The challenge is complete when the child successfully strikes the ball using the toe and the heel of the club

## Progression Ideas

- Draw quarters on the impact tape and challenge the juniors to hit each quarter of the club face
- If the juniors aren't able to generate enough clubbed speed to make a mark on the impact tape then use foot spray as an alternative
- Swap out the golf ball for marshmallows - a fun alternative that will engage the juniors and still make a mark on the club face

## Equipment needed

Orange Safety Cones

SAFETY



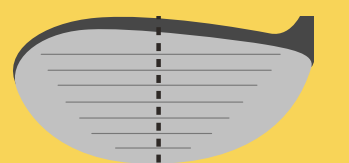
Cones to mark out the necessary hitting stations.



Golf balls



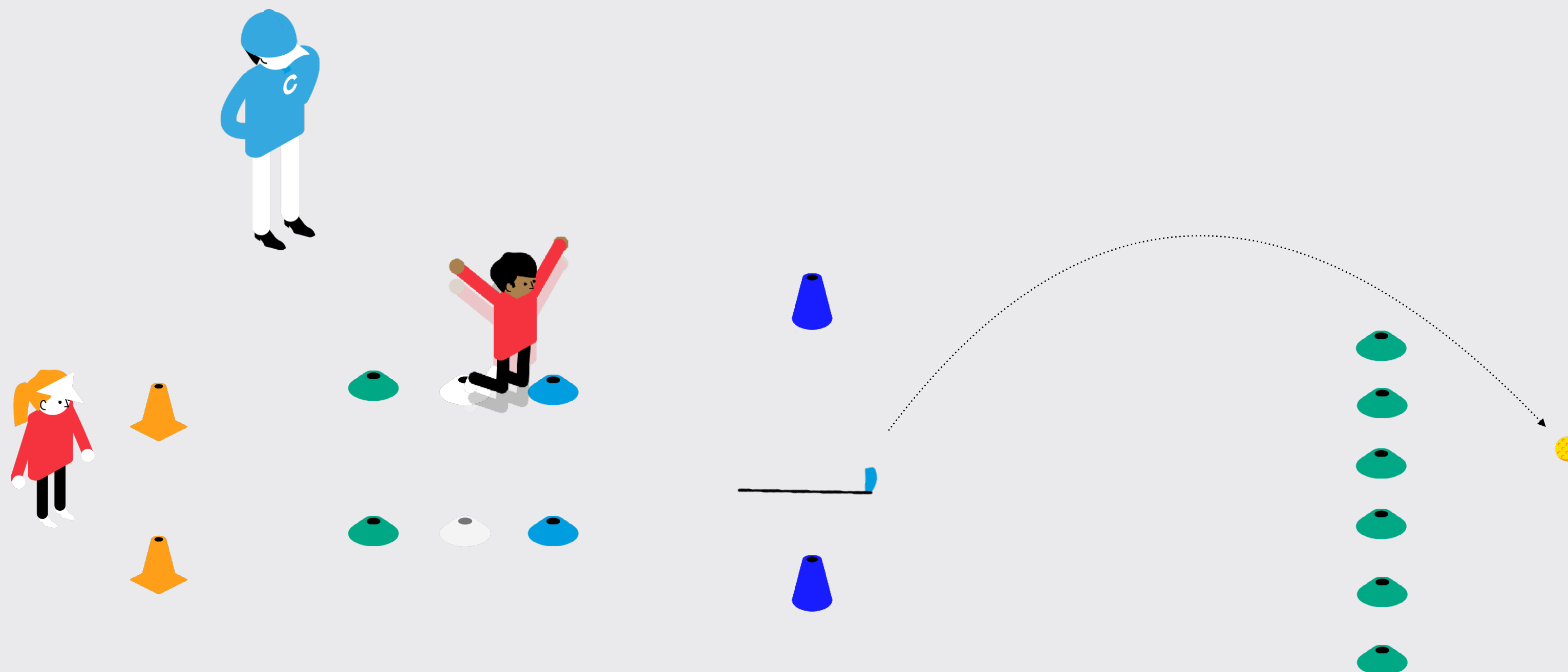
Impact tape and a marker pen to draw the lines







# 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

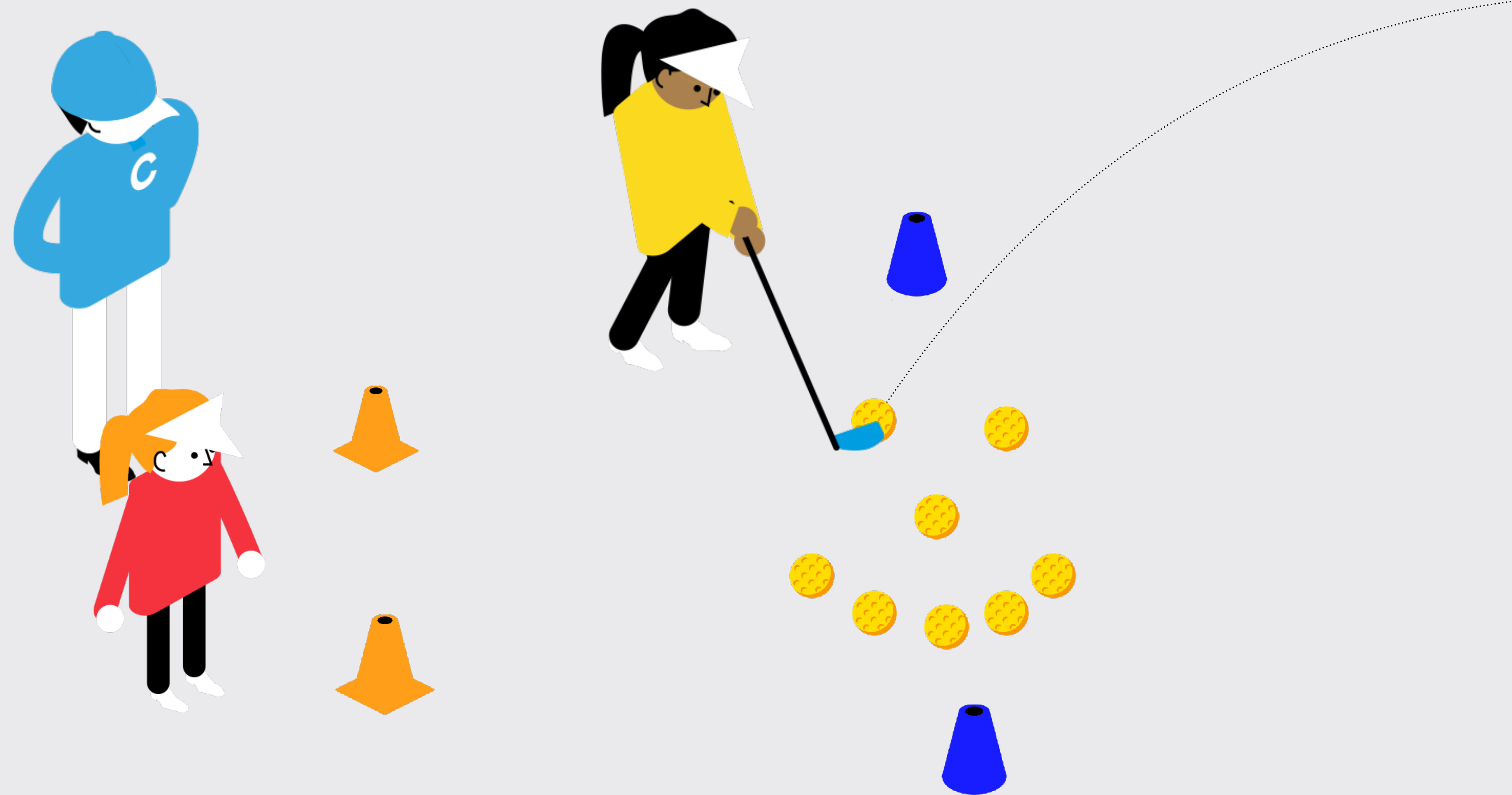
2 x Foam Noodles

2 x Alignment Sticks

Golf Balls



# Happy Shots



## How to Play

- Let the children design a smiley face with 8 golf balls
- The children take it in turns to hit their shots, they choose which ball they want to hit and mustn't move any of the other balls in the process.
- The children complete the challenge if they can hit all the shots one at a time, without moving any of the other balls

## Progression Ideas

- Make the smiley face smaller
- Add a rule that the player must stand in the same place to hit all their shots
- Add a target to aim for, allocate points for hitting the target

## Learning Outcomes

- Learn to control the direction the club is swinging
- Learn to control strike with variability of distance from the ball, and direction of swing

## Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



Golf Balls



Spare equipment that may be required for the group attendees.



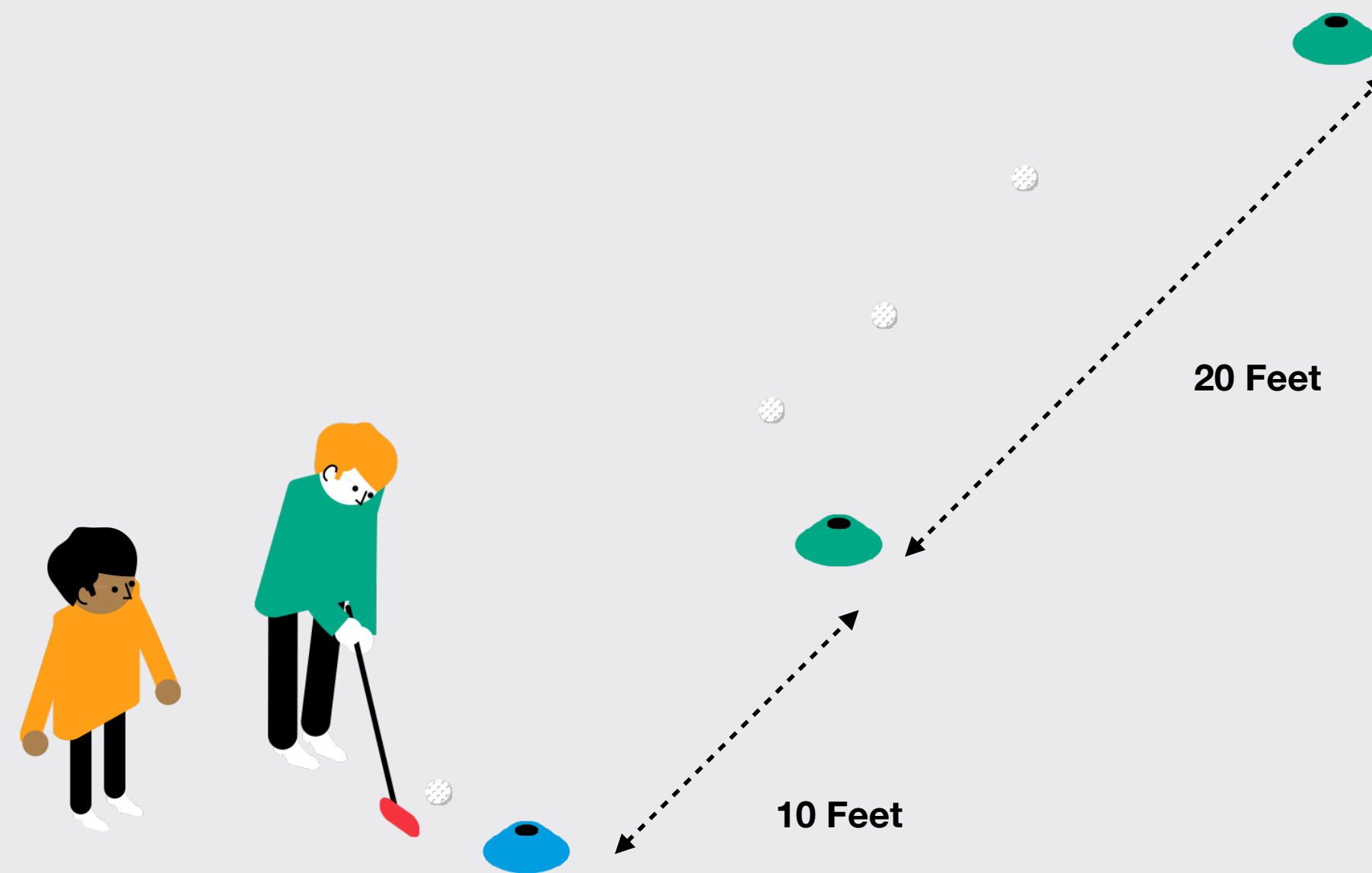


# On the Green Game Cards





# Waterfall



## How to Play

- Set up two cones 10 feet and 30 feet away
- The aim of the game is to get as many balls between the cones as possible
- The children should start from the blue cone and should attempt to putt their first ball just past the first cone, 10 feet away
- If successful their partner then attempts to putt the next ball just past the first ball, but as close as possible
- The children continue until either they fail to get their ball past their previous attempt, or they putt it past the furthest cone

## Progression Ideas

- Decrease the area between target cones
- Add direction cones as well as the distance control cones

## Learning Outcomes

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

## Equipment Needed

Orange safety cones

SAFETY



Golf balls



Spare equipment that may be required for the group attendees.



1 x Cone in one color



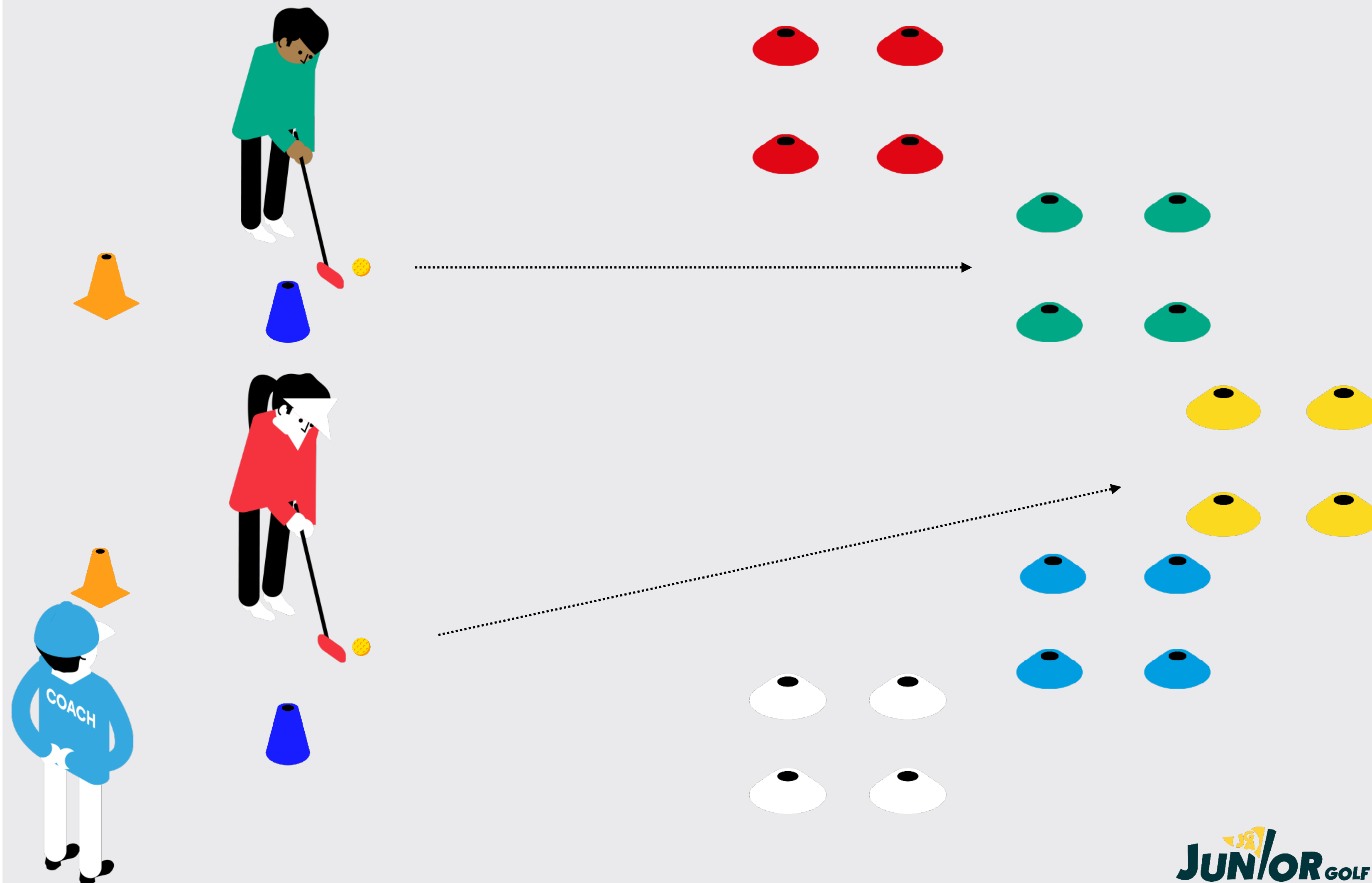
2 x Cones in another color







# Zone Ball - JUNIOR CAMP GAMES



## How to Play

- Children take it turns to putt from their station and the aim is to finish the ball within a coloured zone from their putt.
- The zones marked out by cones are worth a different amount of points

Red = 1 point - White = 1 point - Blue = 2 points - Green = 2 points - Yellow = 5 points

## Progression Ideas

- Change the distance between the starting cone and the target cones
- Change the size of the targets

## Learning Outcomes

- A great game to explore the concept of distance control and direction control

## Equipment needed

Orange Safety Cones

SAFETY

4 x Blue cones

4 x Green cones

4 x Yellow cones

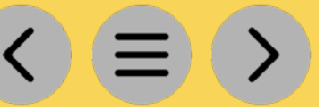
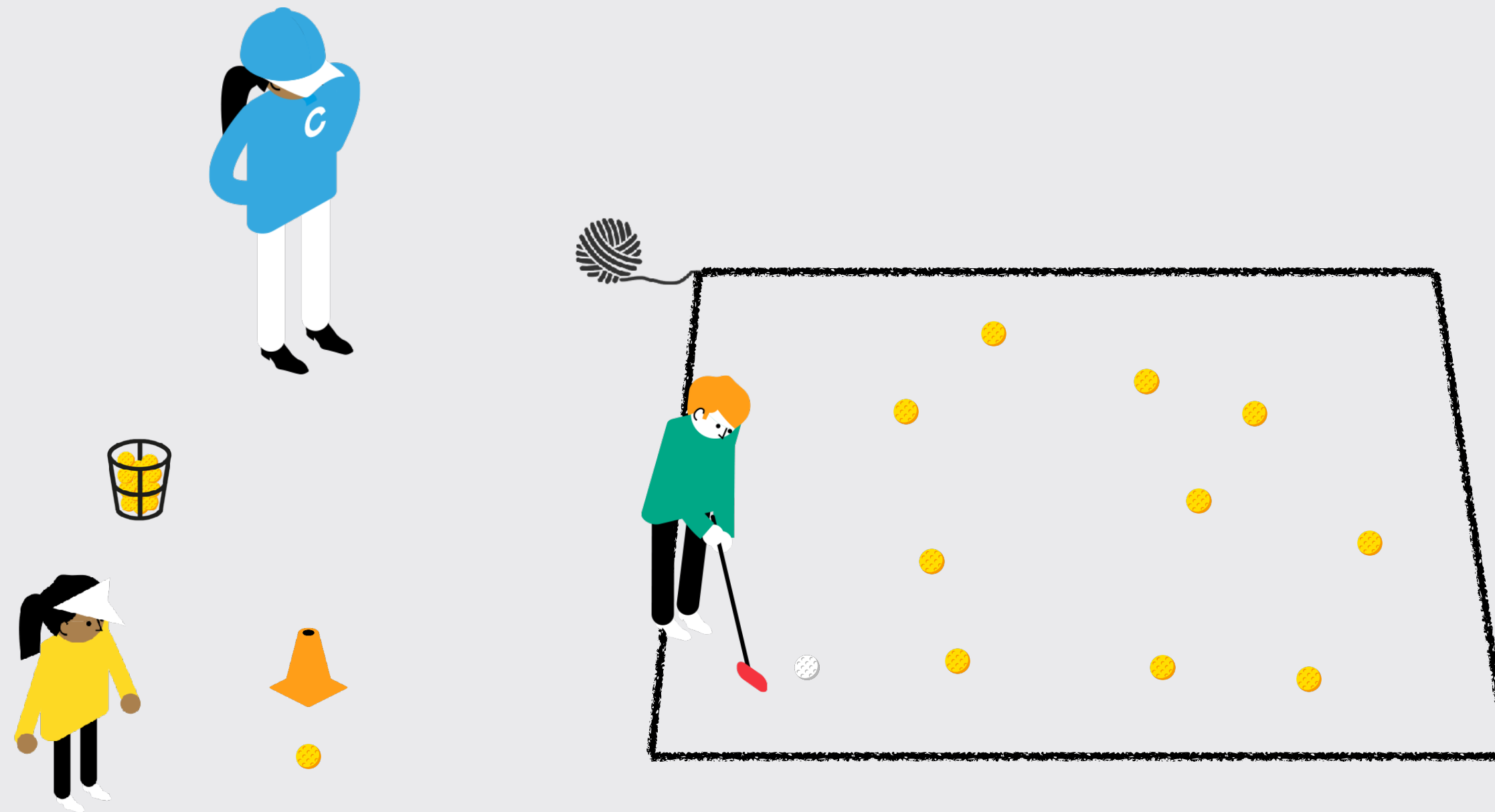
4 x Red cones

4 x White cones

2 x Starting Cones



# Putting Pool



## How to Play

- Children work together to 'pot' all of the balls in the rectangle (pool table)
- The first player attempts to putt the cue ball and hit one of the golf balls
- If they hit the golf ball, they pick it up and bring it back to the safety cone for the team
- The players cannot hit the sides of the rectangle, if they do they have to put a ball back into the middle
- The game is complete when all the balls have been collected or when the time runs out

## Progression Ideas

- Increase or decrease the size of the rectangle
- Play the game on a sloped surface
- Introduce a rule that the players have to nominate the ball they are aiming for before they hit the putt, if they miss the ball they have to put one of the balls that have been collected back into the middle

## Learning Outcomes

- This game is great for learning distance control on short putts
- Accuracy is of key importance
- Strategy comes into play, as the children have to assess which shot they will go for next

## Equipment needed

2 x Orange safety cones

SAFETY



Golf balls



1 x String

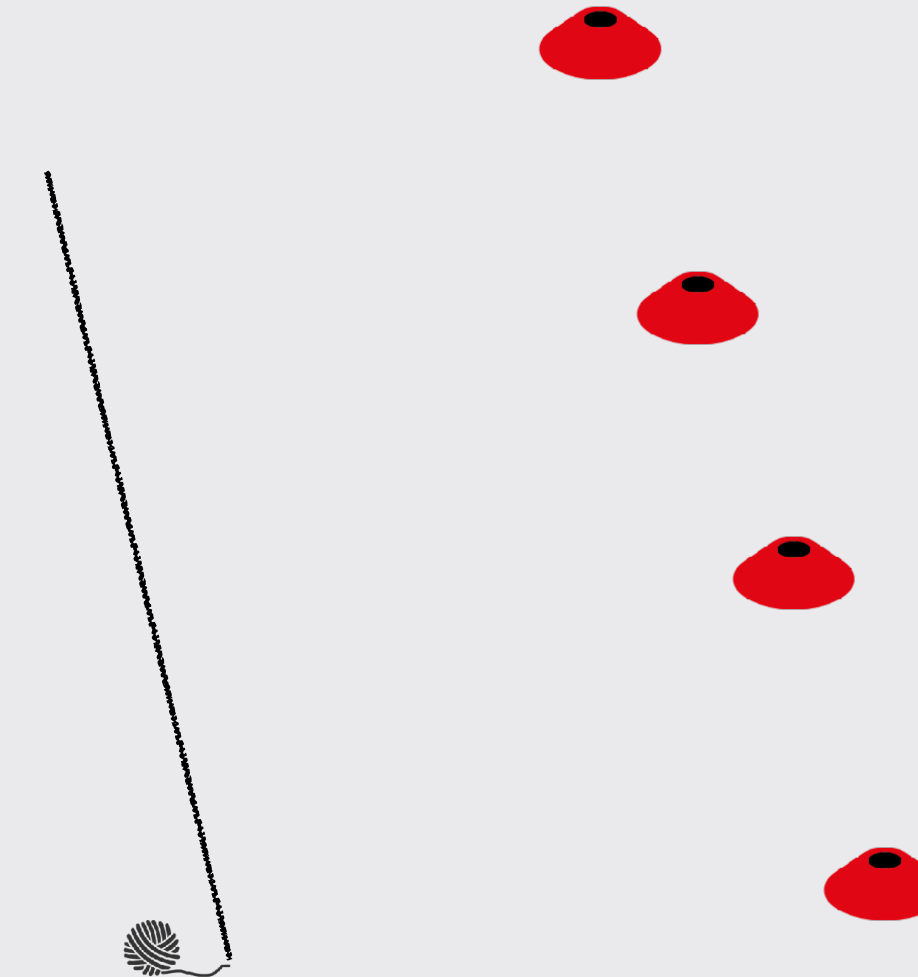
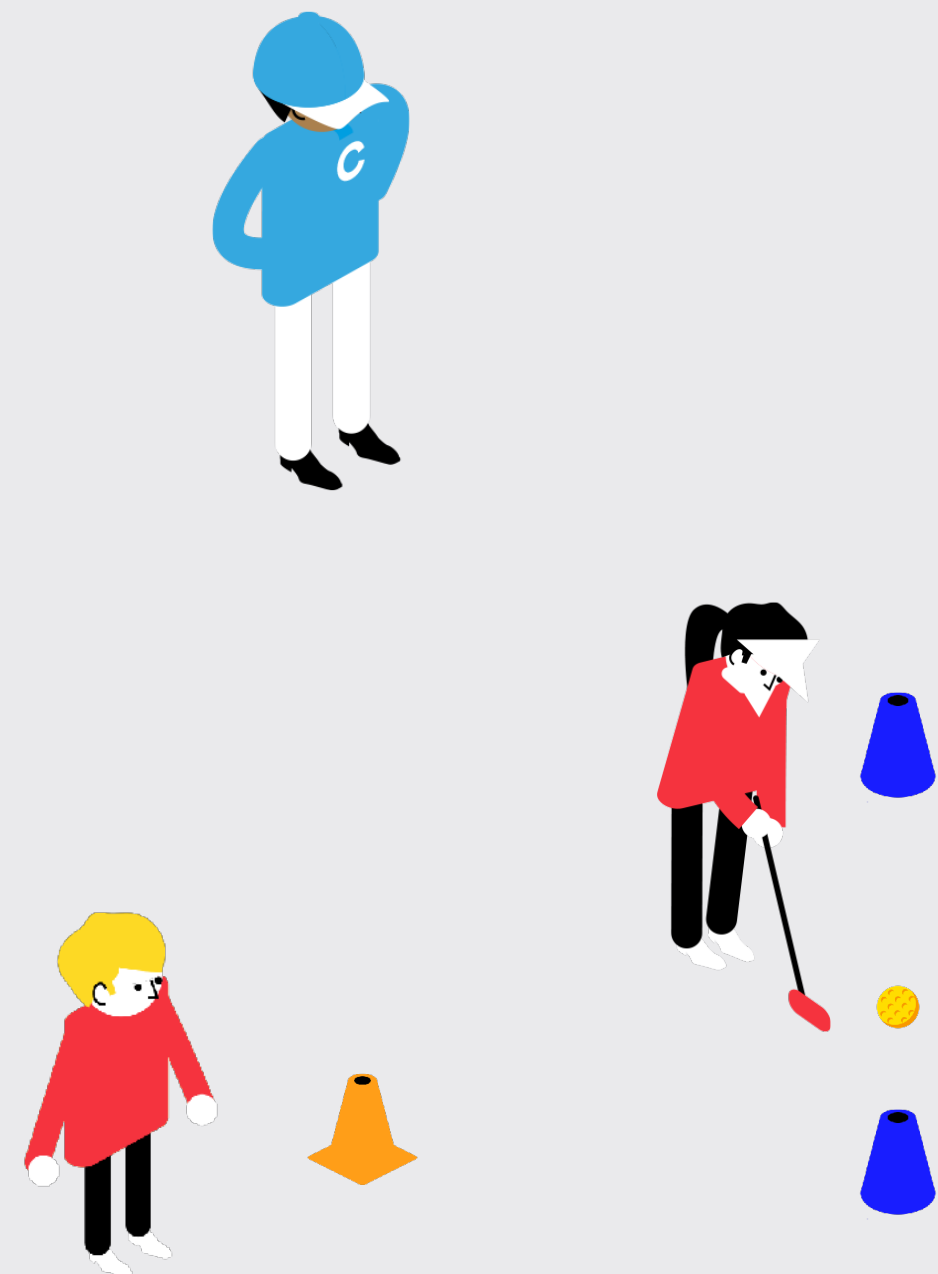


4 x Tees





# Closest to the Line



## How to Play

- Children take it in turns to hit their chip shot towards the string line
- The child that chips the ball closest puts a ball marker down to mark the team's best shot so far
- When the coach calls to switch games they should make a note of how close the best shot was to see which team was able to chip the ball closest

## Progression Ideas

- Vary the distance of the chip shot
- Let each child nominate which club the other has to use when doing their shot
- Introduce a fringe in front of the player and the ball only counts if the first bounce lands over the fringe

## Learning Outcomes

- Ability to control distance on a chip shot
- How to react to winning or losing the round

## Equipment needed

Orange Safety Cones

SAFETY



Cones to mark starting position



String to mark the target line



Red cones to mark the end zone



Golf Balls

