

# Half-Day Camp Class Plan

## Day 5





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# Class Timetable





# Day 5 | 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>Hand Volleyball (<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> </ul>	<ul style="list-style-type: none"> <li>Flop Shot Challenge</li> <li>Matchplay Pitch</li> <li>Curling (<b>Junior Camp Competition Game</b>)</li> <li>Tic Tac Toe - Squares</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> </ul>	<ul style="list-style-type: none"> <li>G. O. L. F</li> <li>Tug of War (<b>Junior Camp Competition Game</b>)</li> <li>Happy Gilmore</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> </ul>	<ul style="list-style-type: none"> <li>Putting Partners</li> <li>Through the Gates</li> <li>Compass (<b>Junior Camp Competition Game</b>)</li> <li>Two Putt challenge</li> <li>Team Scorecard</li> </ul>
15 Mins	End of Week Prize Presentation	<ul style="list-style-type: none"> <li>Recap the games, find out the children's favourites and announce the points total for the day / Announce the winners for the week, present prizes, Provide information on the Junior Monthly Program and Thank everyone for coming</li> </ul>	<ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>



# Layout and Setup

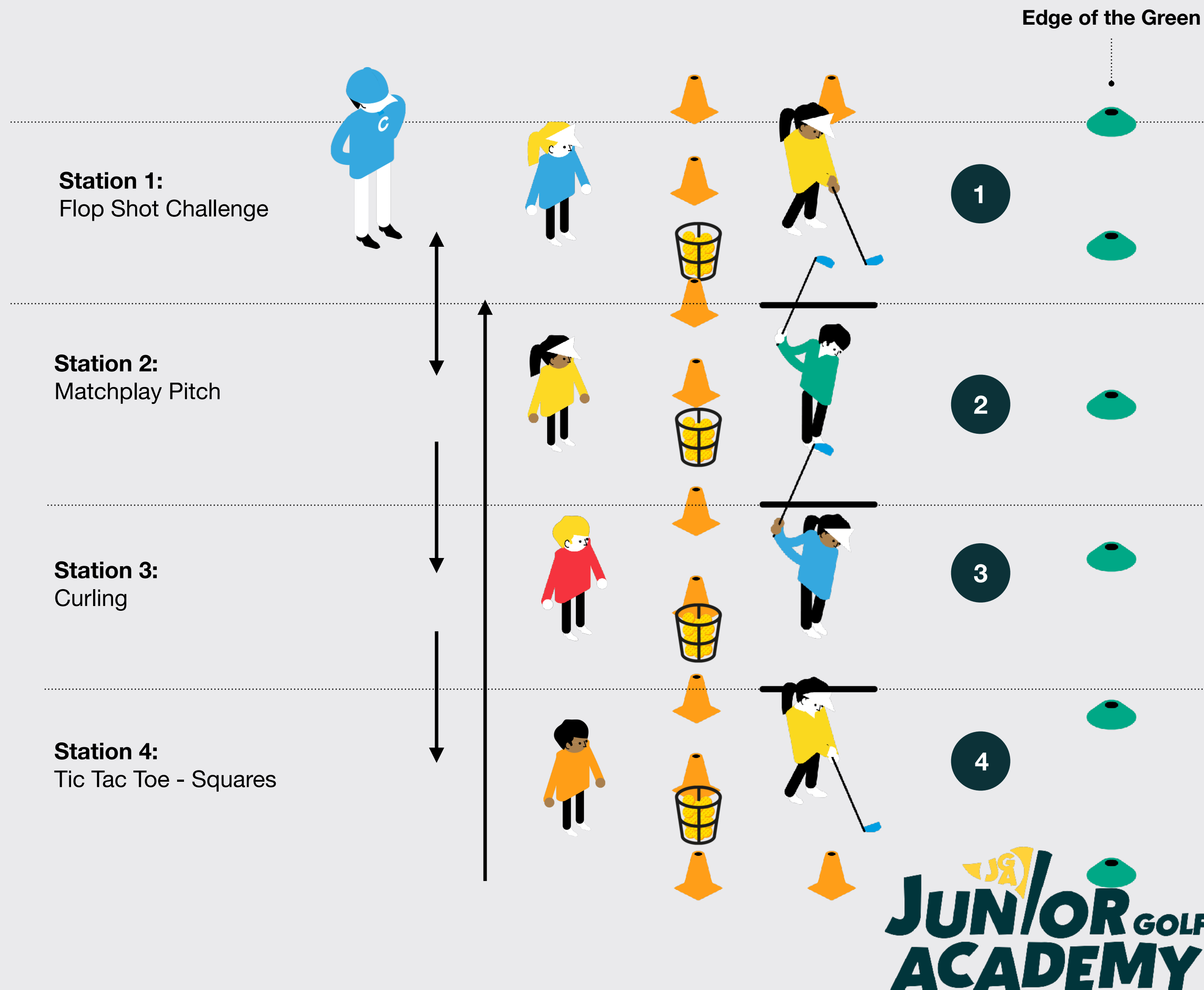




# Around the Green Games - Layout and Setup

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

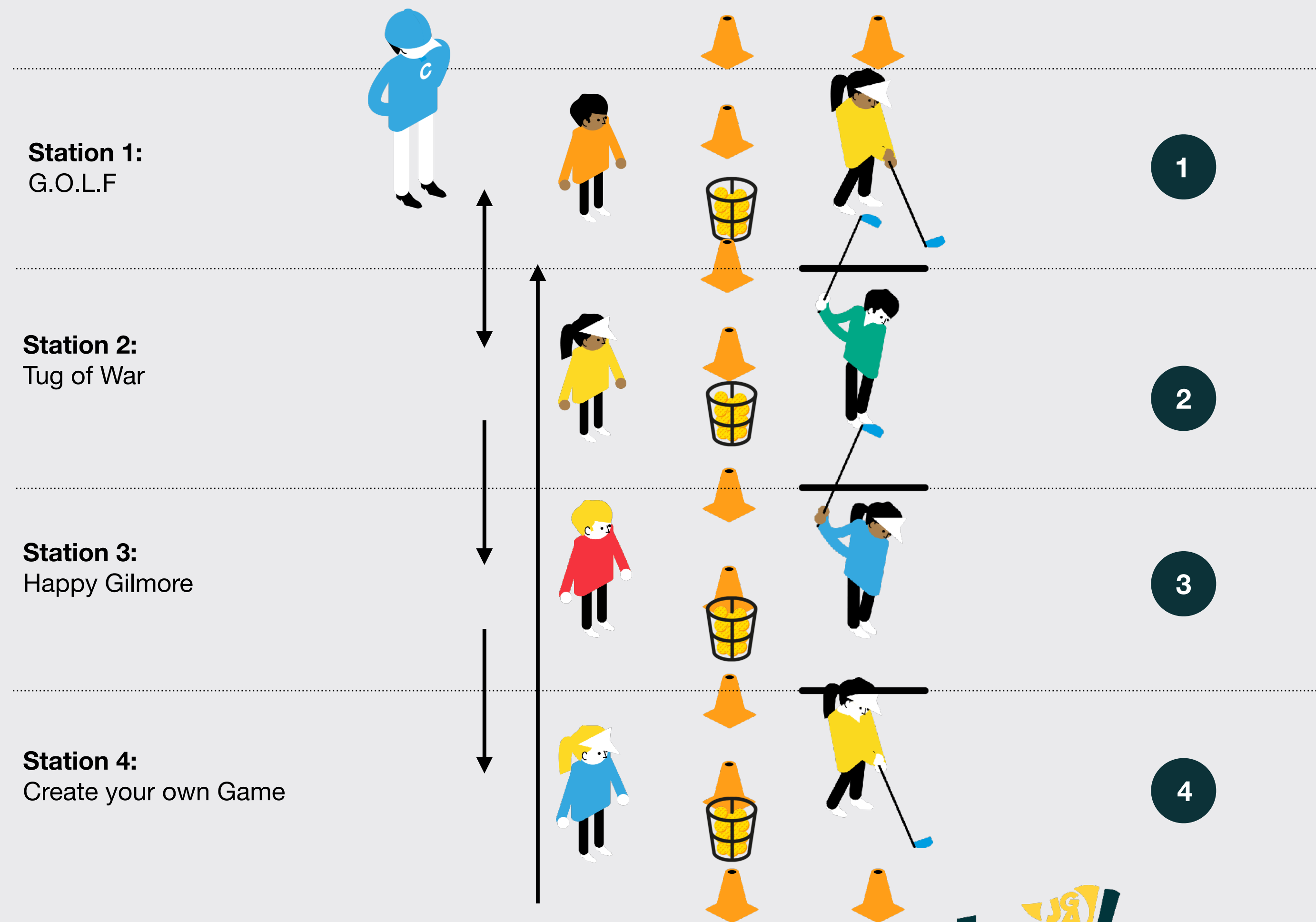




# Swing Games - Layout and Setup

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;
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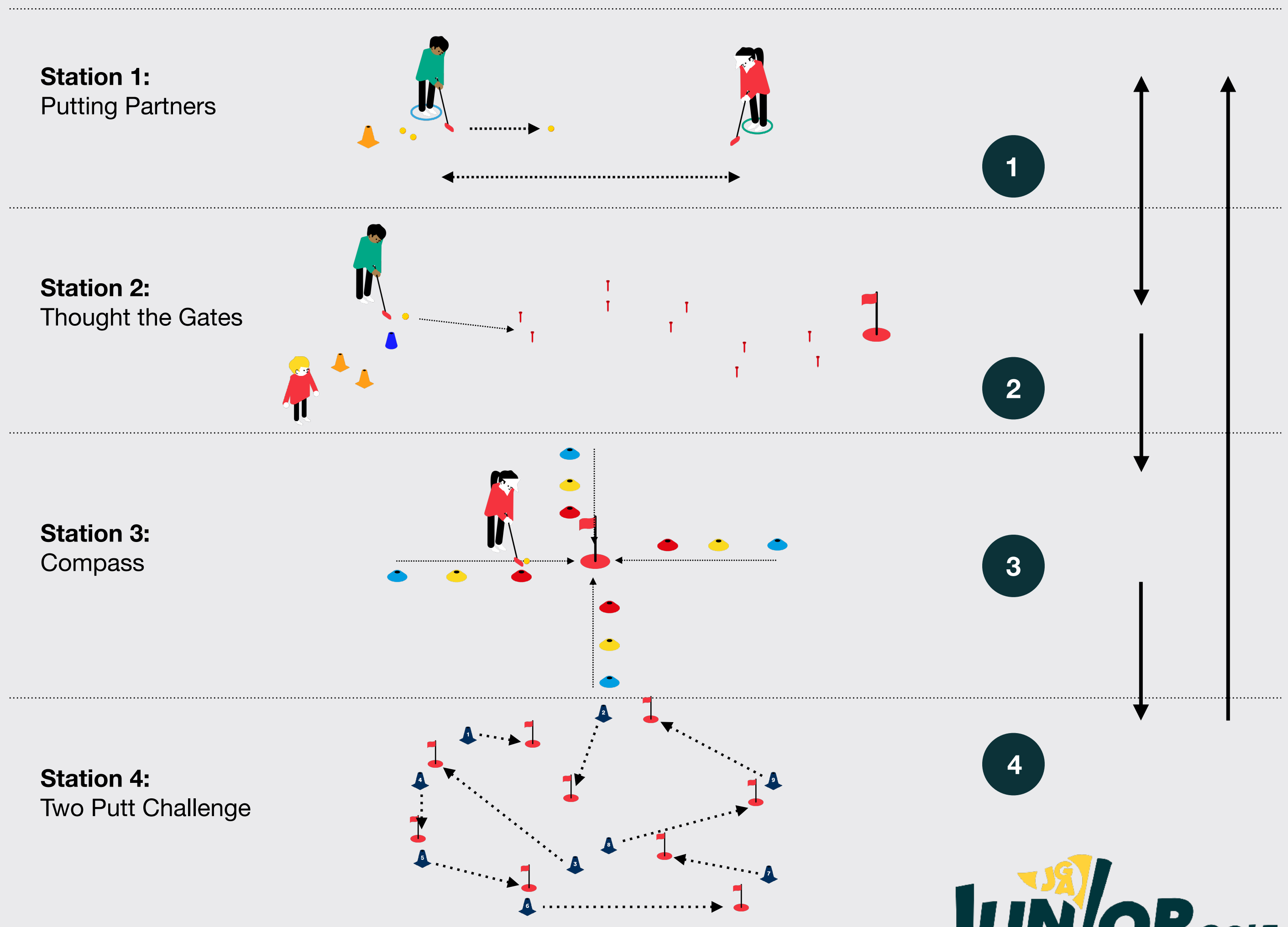




# On the Green Games - Layout and Setup

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





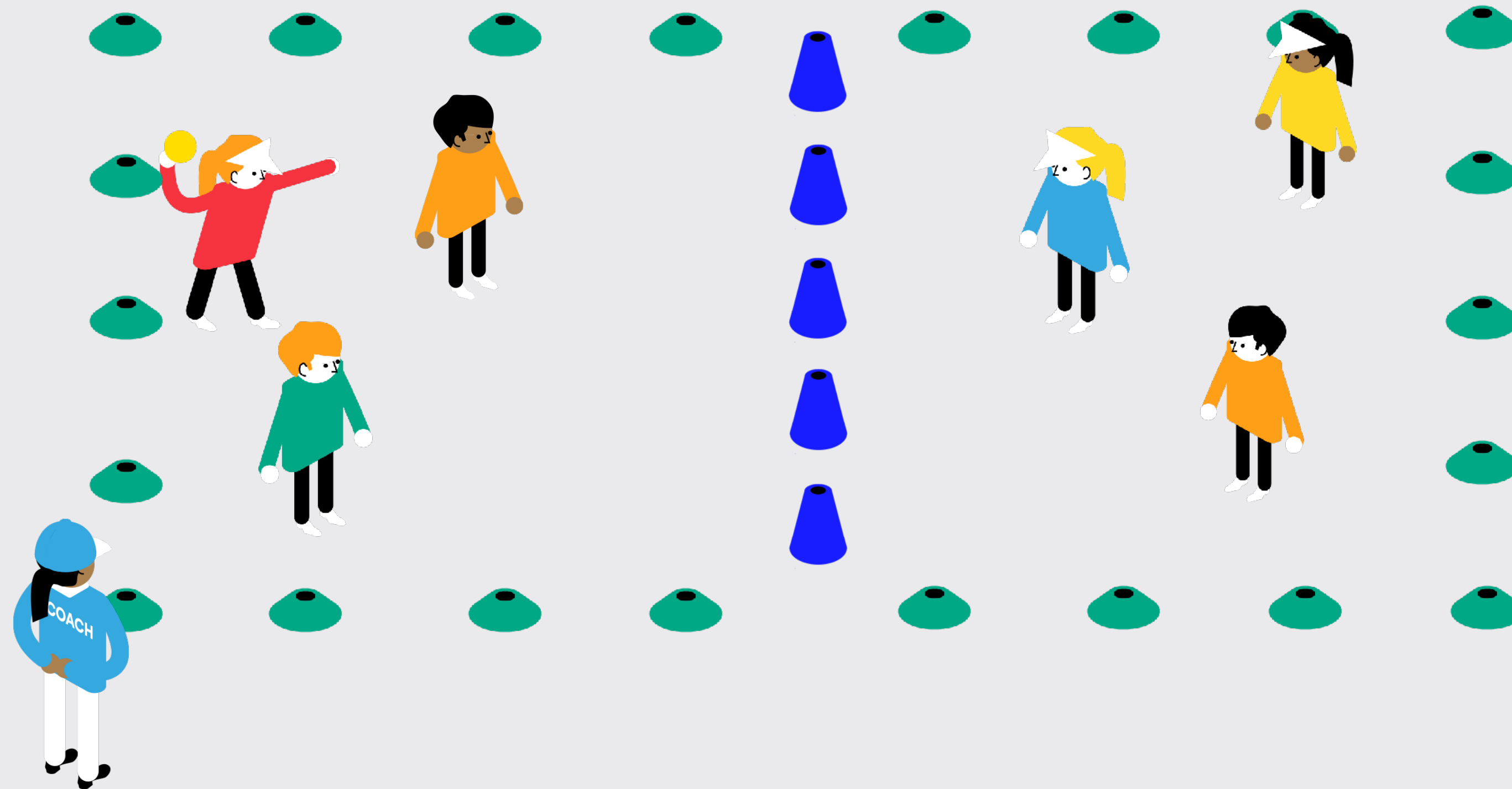
# Physical Literacy







# Hand Volleyball - JUNIOR CAMP GAMES



## How to Play

- This game is played in two teams. Players are split evenly and one team starts on one side of the court and one team starts on the other side of the net.
- The player serves by using the palm of their hand to hit the ball over the net.
- The ball is able to bounce once and the opposing team attempt to return the ball over the net using their hand.
- Players may pass the ball between team mates but are unable to let the ball drop.
- A team scores a point when the opposing team is unable to return the ball or hits it outside of the cones.

## Equipment Needed

Cones for the Net Line



Colored cones for the Court



Large Soft Ball





# Around the Green Game Cards







# Flop Shot Challenge



## How to Play

- Line up four or five noodles, just two yards from the starting position
- The aim of the game is to hit a flop shot over the noodles and get the ball to land and stay on the green
- Children take it in turns to attempt the shot, if successful, they move one foot closer to the noodles and attempt the challenge again

## Progression Ideas

- Add in a target on the green
- Add a rule whereby you have to move one foot further away if you're unsuccessful

## Learning Outcomes

- Ability to hit a flop shot
- Controlling launch, height and distance of a flop shot

## Equipment needed

### Orange Safety Cones

SAFETY



### Cones to mark starting position



### Spare equipment that may be required for the group attendees.



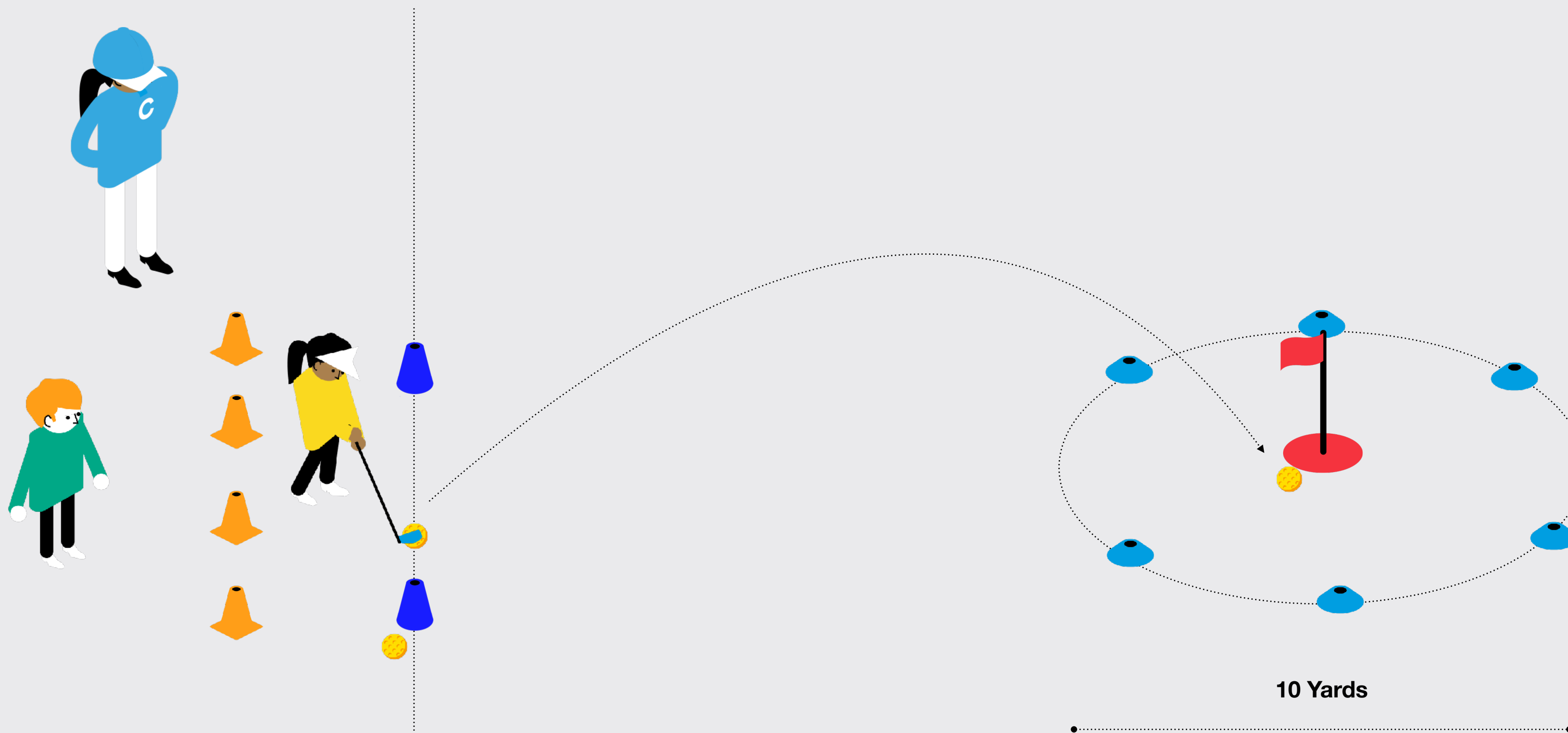
### Golf Balls







# Matchplay Pitch



## How to Play

- Nominate a player to go first, they try to hit their shot into the target circle
- The next player then takes their shot. If neither player hits their shot into the circle they lose the round and go 1 DOWN
- If both players manage to hit the ball into the inner target circle they win that round and the team scores 1UP
- If only one player pitches the ball into the target circle the game remains ALL SQUARE
- The game is played over 9 or 18 attempts, scoring in a matchplay format

## 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 circles
- Change the distance between the starting position and the target circles

## 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.



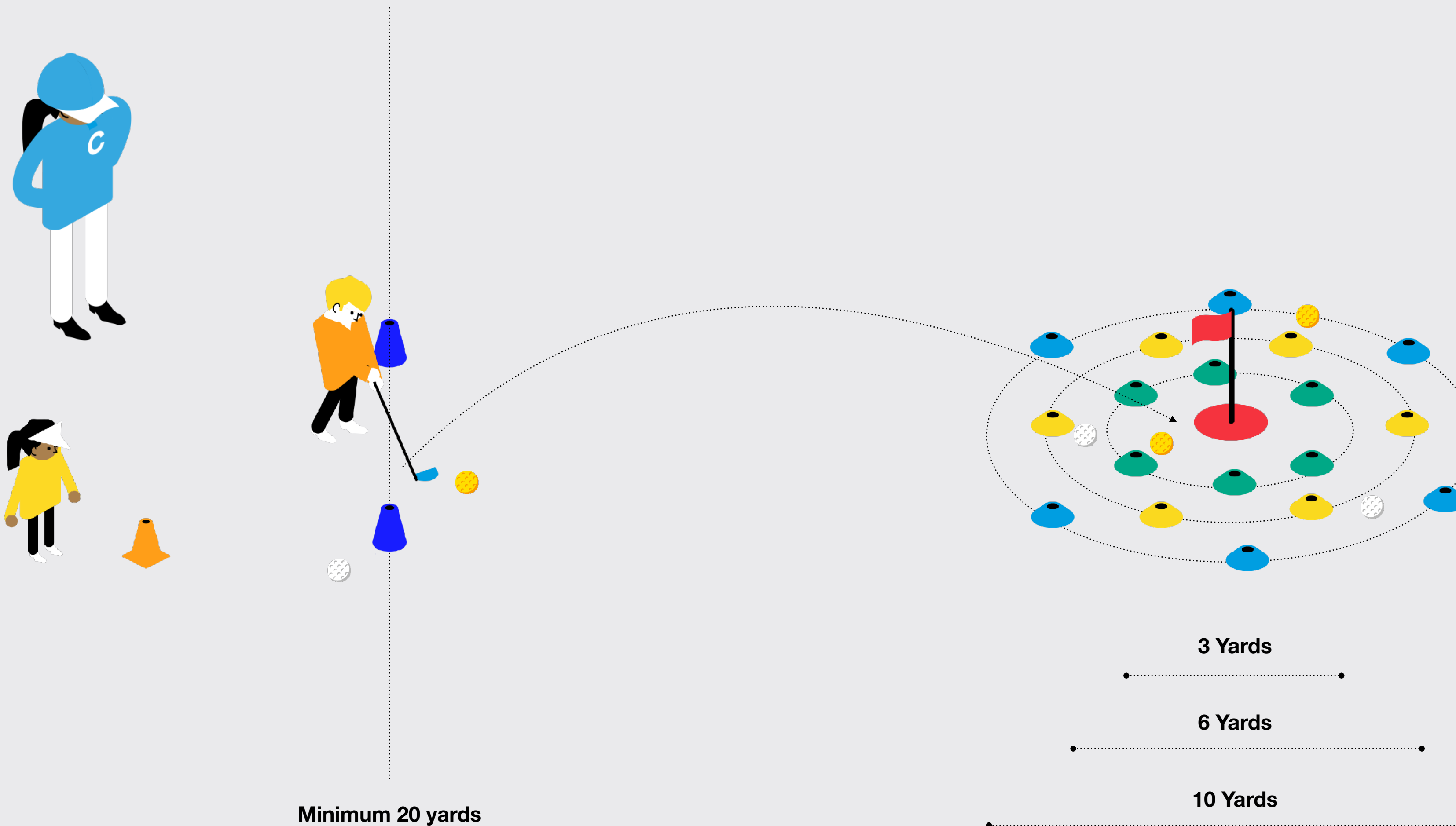
### Golf Balls







# Curling - JUNIOR CAMP GAMES



## 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 3 golf balls nearest to the hole score a point each. Only 3 points can be scored in any round of the game
- Players then attempt the next round and the game continues until one player reaches 11 or 21 points

## 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 circles
- Change the distance between the starting position and the target circles

## Equipment needed

Orange Safety Cones



Cones to mark out the necessary hitting station



3 x Yellow Golf Balls



3 x White Golf Balls



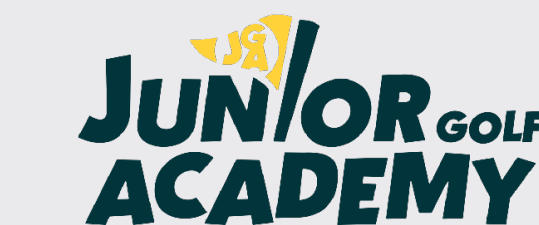
10 x Yellow Colored Cones for Middle 6 Yard Target Circle



10 x Blue Colored Cones for Outer 10 Yard Target Circle



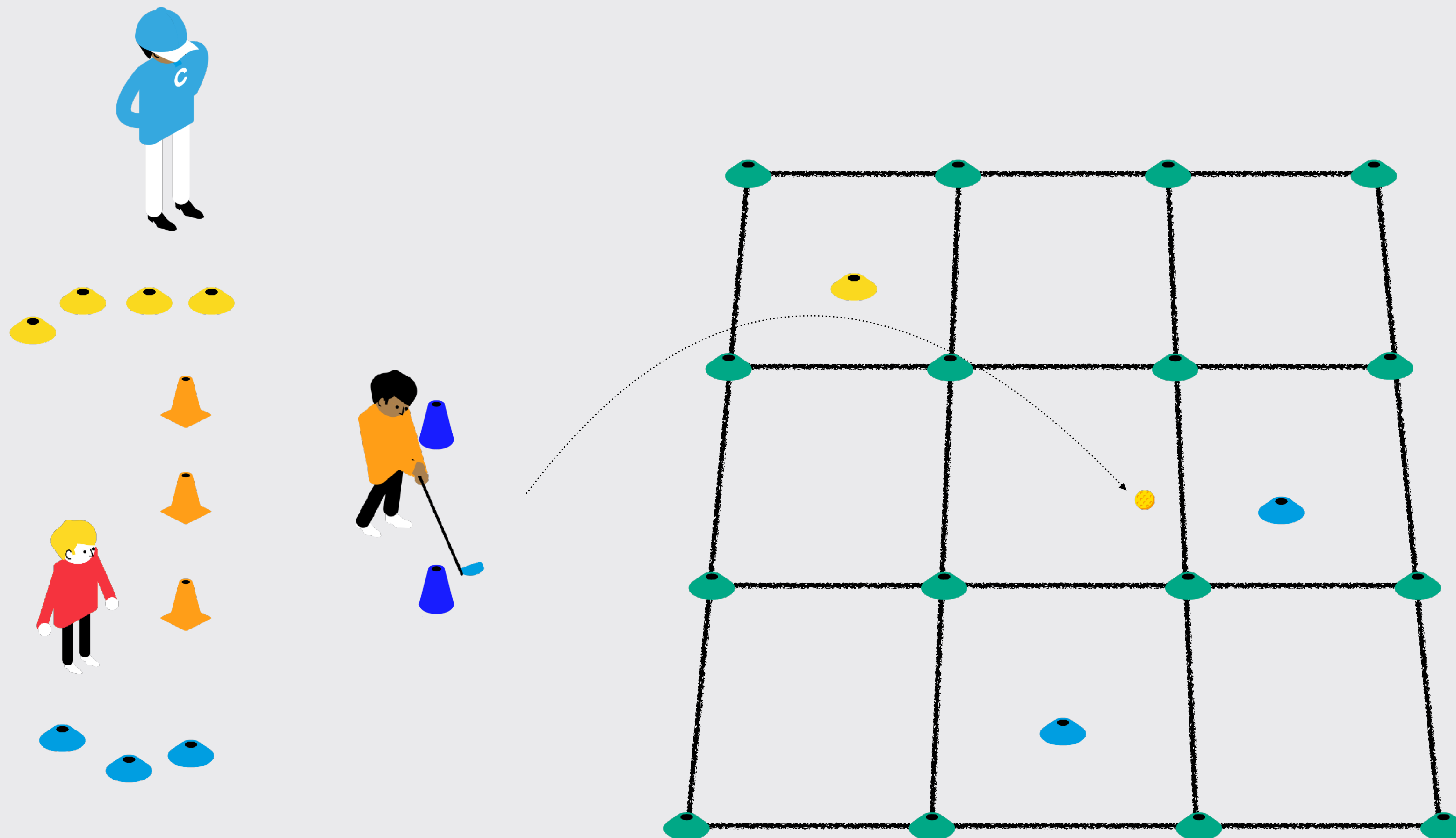
8 x Green Colored Cones for Inner 3 Yard Target Circle







# Tic-Tac-Toe - Squares



## 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 box by either landing or rolling the ball into the box. This should be defined at the start of the game by the coach
- When the child successfully gets the ball into the box that has been nominated, they place their colored cone into the centre of the box
- The child who wins is the one who makes 3 in a row in one direction

## Progression Ideas

- Vary the size of the boxes
- Vary the distance between the starting point around the green and the boxes
- Increase the number of shots that must go into the boxes before the box is owned
- Define whether the ball lands or rolls into the box
- 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





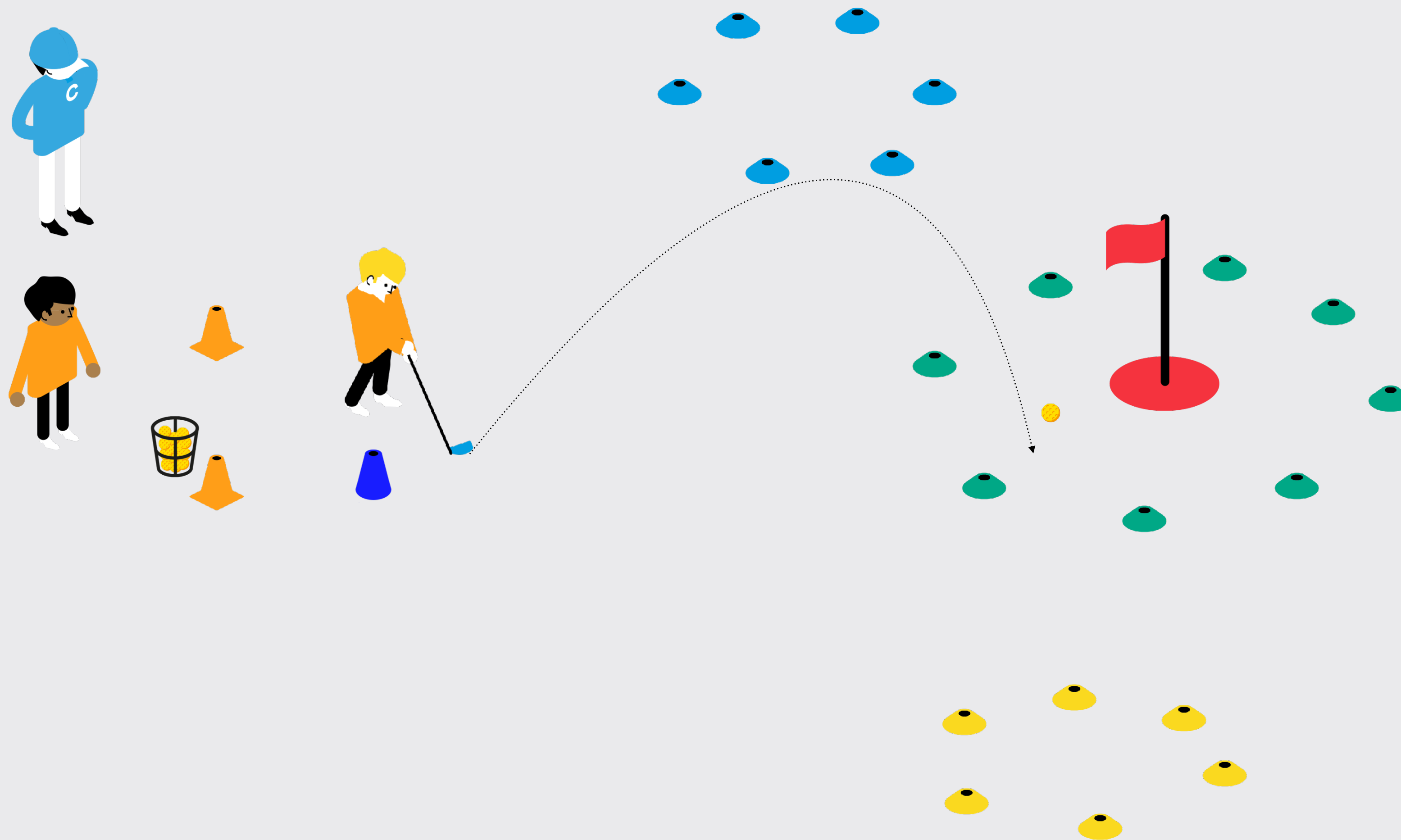
# Swing Game Cards







# 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 one of the children hits the target the team get the first letter "G"
- The second player then nominates the next target and the game continues until the team 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

Orange Safety Cones

SAFETY

2 x Cones

6 x Yellow Cone

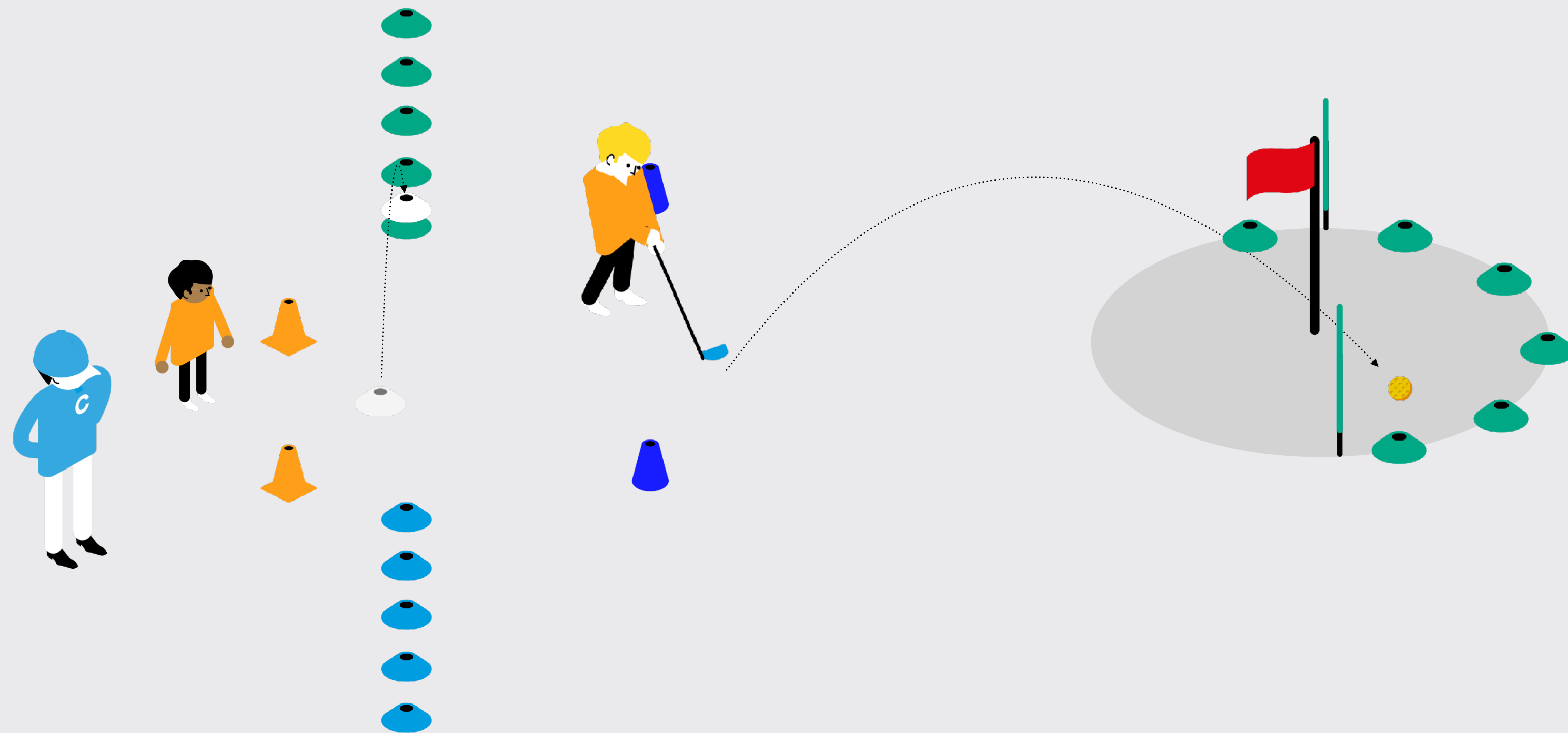
8 x Green Cones

6 x Blue Cones

Golf Balls



# Tug of War - JUNIOR CAMP GAMES



## How to Play

- Child number 1 starts and attempts to hit their shot to the target
- Then the next child attempts their shot. The player who hits it nearest to the target moves the cone one place to their side
- The winner is the one who gets the centre white cone to their end cone

## Progression Ideas

- Vary the target on each shot
- Vary the distance between the tee box and the green
- Add hazards for penalty cones
- Add different targets to increase the number of moves across the cones

## Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x White Cone



5 x Green Cones



5 x Blue Cones



Spare equipment that may be required for the group attendees.



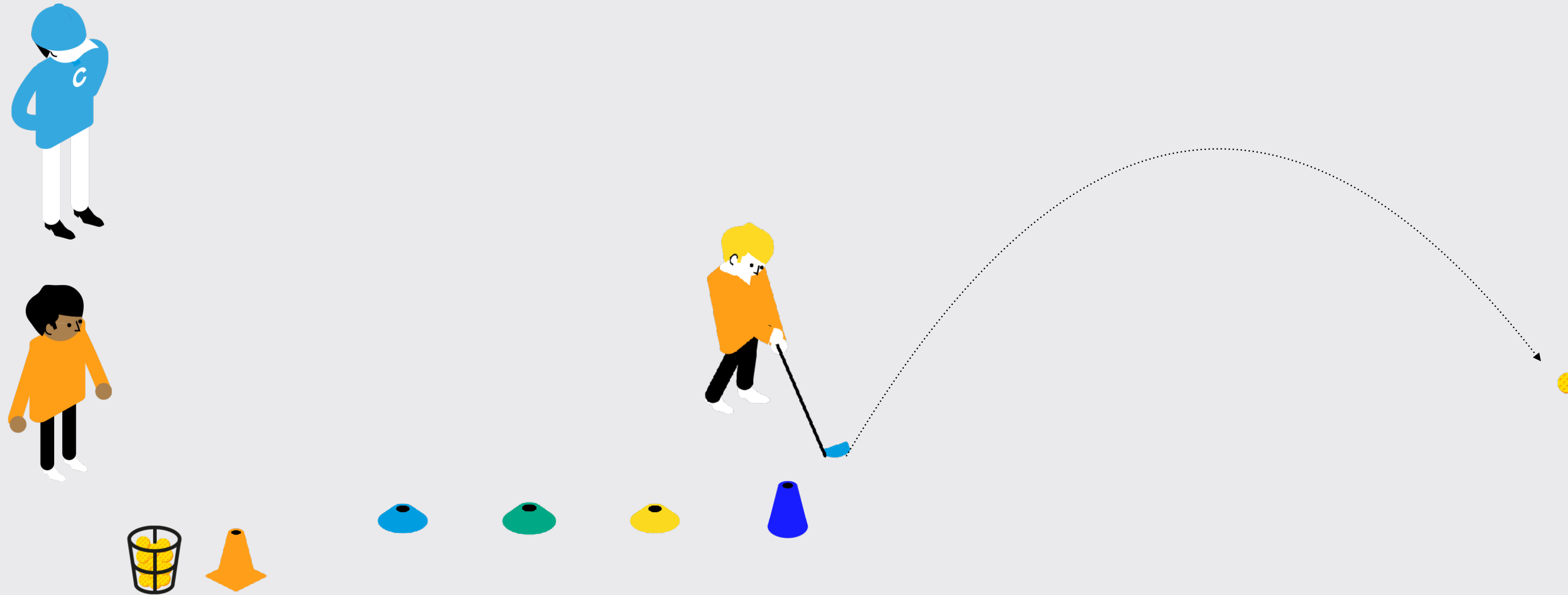
Golf Balls







# Happy Gilmore



## How to Play

- Children take it in turns to try to hit the ball, starting from the first cone. They have to step in to hit the ball
- If the child strikes the ball well they move back to the second cone on their next turn
- The aim is to get to the last cone and strike the ball well

## Progression Ideas

- Set a distance target that the children have to hit the ball past
- Set a direction target that the children have to hit the ball between
- Increase the number of cones the children have to start from in their run up to the ball

## Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



1 x Yellow Cone



1 x Green Cones



1 x Blue Cones

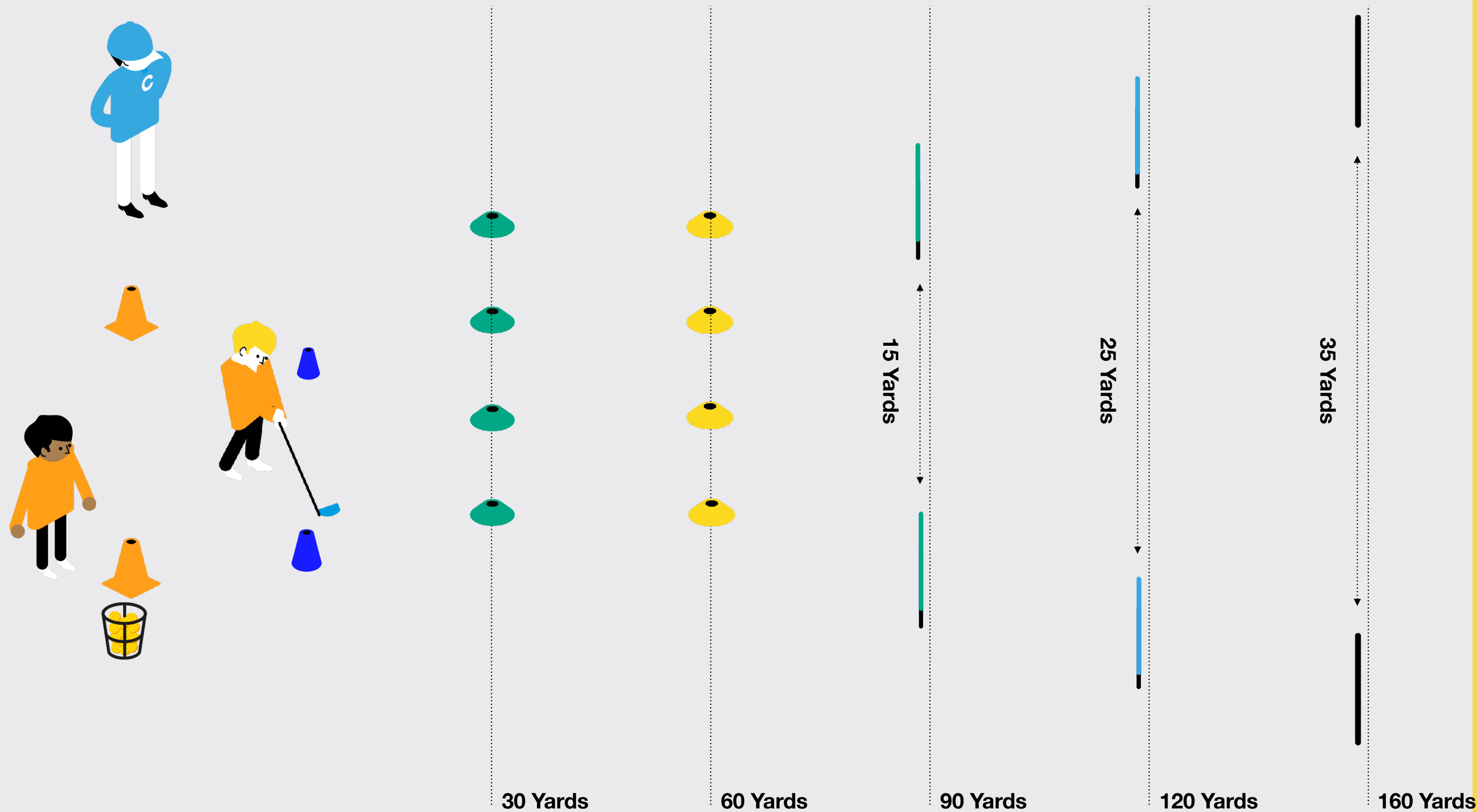


Golf Balls





# 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 
- 6 x Alignment Sticks to mark the target fairway 
- 6 x Foam Noodles to mark the target fairway 
- 6 x Colored Cones to mark the 30 yard distance line 
- 6 x Colored Cones to mark the 60 yard distance line 

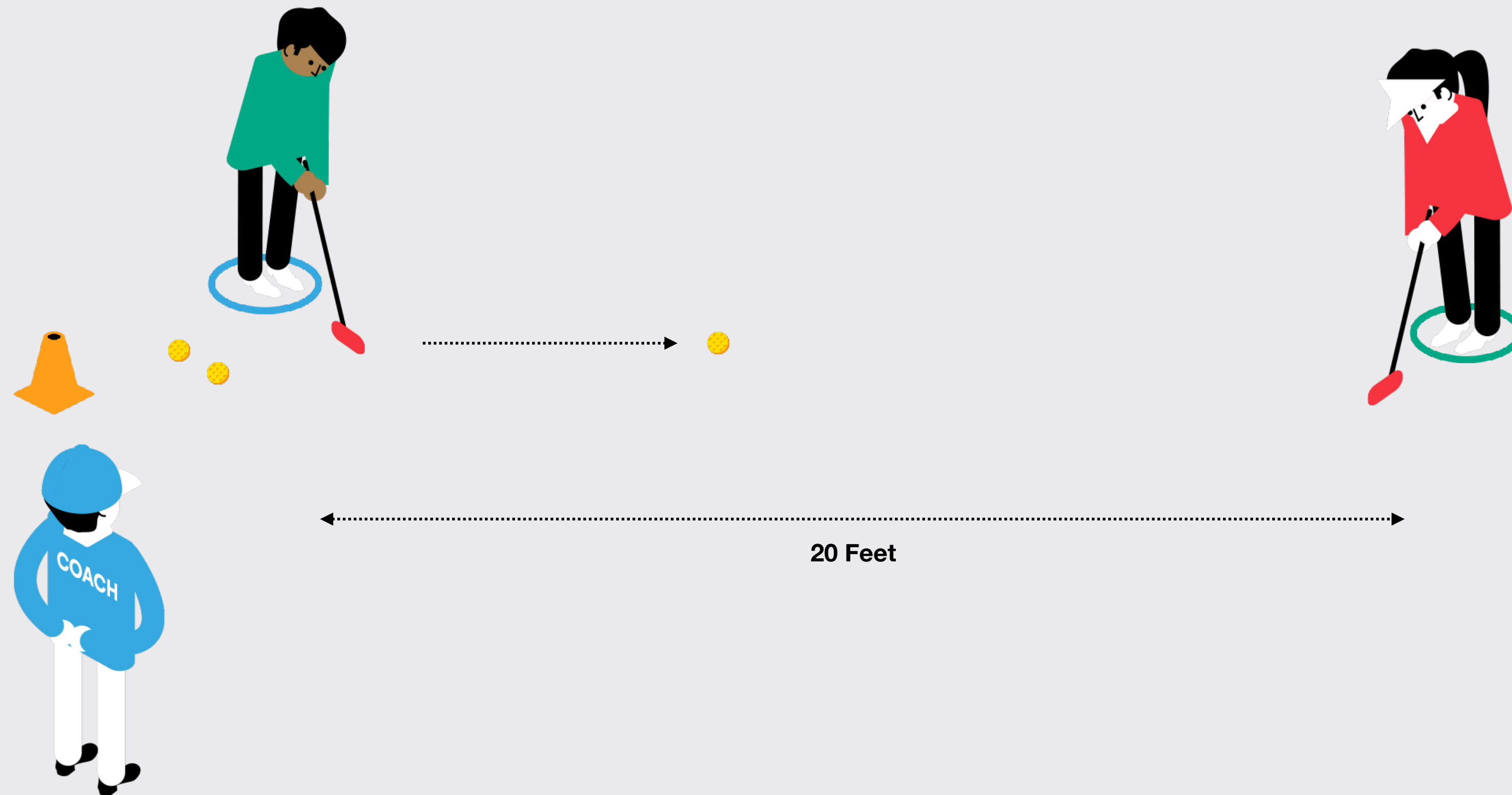


# On the Green Game Cards





# Putting Partners



## How to Play

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

## Progression Ideas

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

## Learning Outcomes

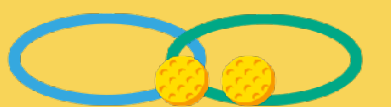
- A great game to explore the concept of distance control and direction control
- Also a great game to promote team work

## Equipment needed

Orange Safety Cones

SAFETY

2 x Hoops

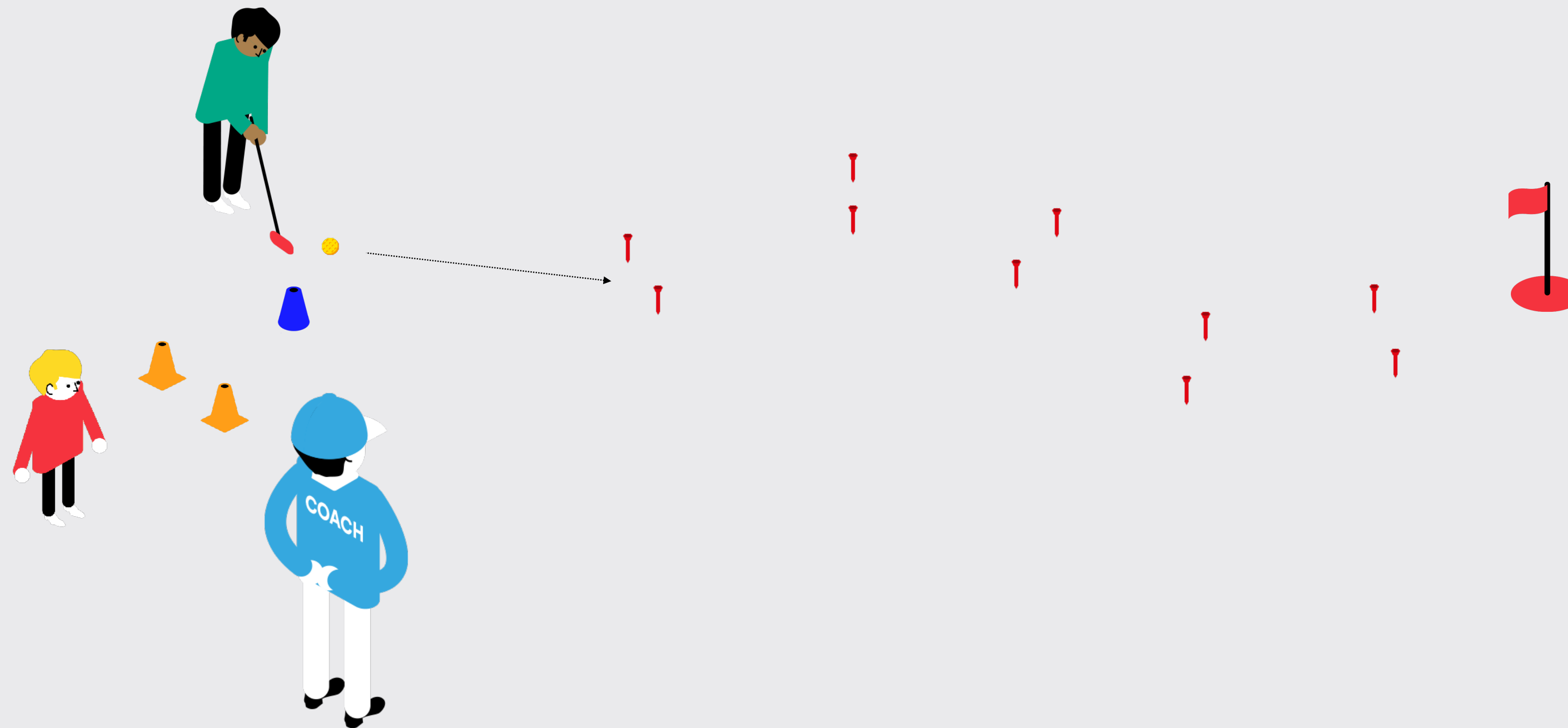


3 x Golf Balls





# Through the Gates



## How to Play

- Players take it in turns to hit the ball
- The aim is to get the ball through each of the gates in turn and then putt it into the hole
- If misses a gate they have to putt it back and get it through the correct direction
- The team should count how many putts it takes them to get the ball into the hole and then try to beat that score

## Progression Ideas

- Change the distance between the starting cone and first gate
- Change the distance between each of the gates
- Reduce the size of the gates
- Attempt the game on a sloped surface
- Place a ball on each of the tees and introduce a rule that if the team knock a ball off they have to start again

## Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore green reading skills and understanding the impact of slopes on the roll of the ball

## Equipment needed

Orange Safety Cones

SAFETY

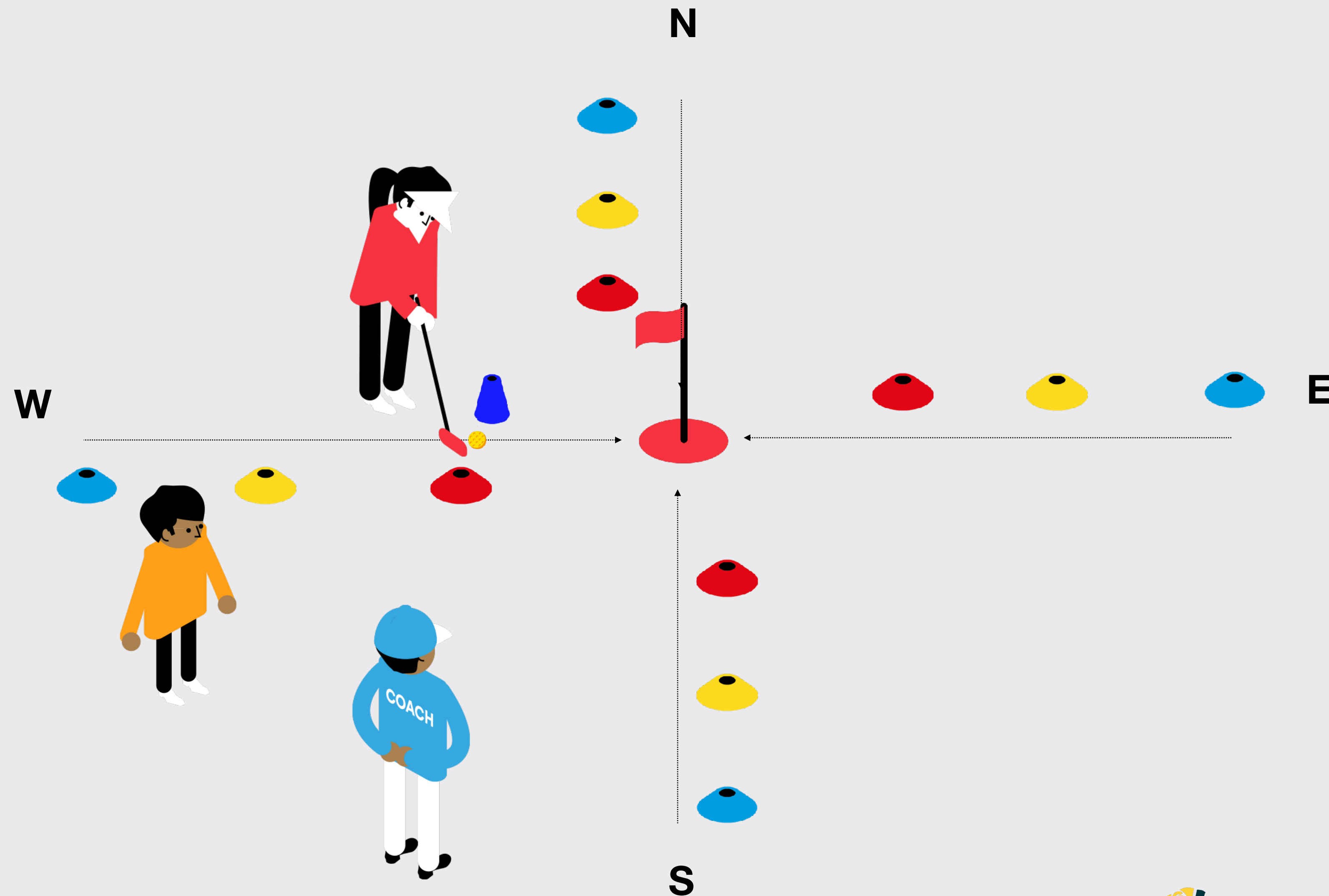
Tee Pegs

2 Colour Cones or Markers

2 x Cones to mark the starting point



# Compass - JUNIOR CAMP GAMES



## How to Play

- The team place a cone at the side of the first cone at South
- Nominate a child to play first. The child attempts to hit their putt into the hole
- If the child successfully gets the ball into the hole the team moves round the compass to W
- The children take it in turns to attempt each putt
- The children must complete the inside cones before moving to the next colour
- The challenge is complete when the team have holed all putts from each point of the compass

## Progression Ideas

- Change the distance between the cones and the hole at each level
- Add a sloped surface to the game
- Introduce a rule that after a certain number of attempts the team must return move back a step or back to the start

## 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



2 x Cones to mark the starting point



Golf Balls



4 x Red Colored Cones



4 x Yellow Colored Cones



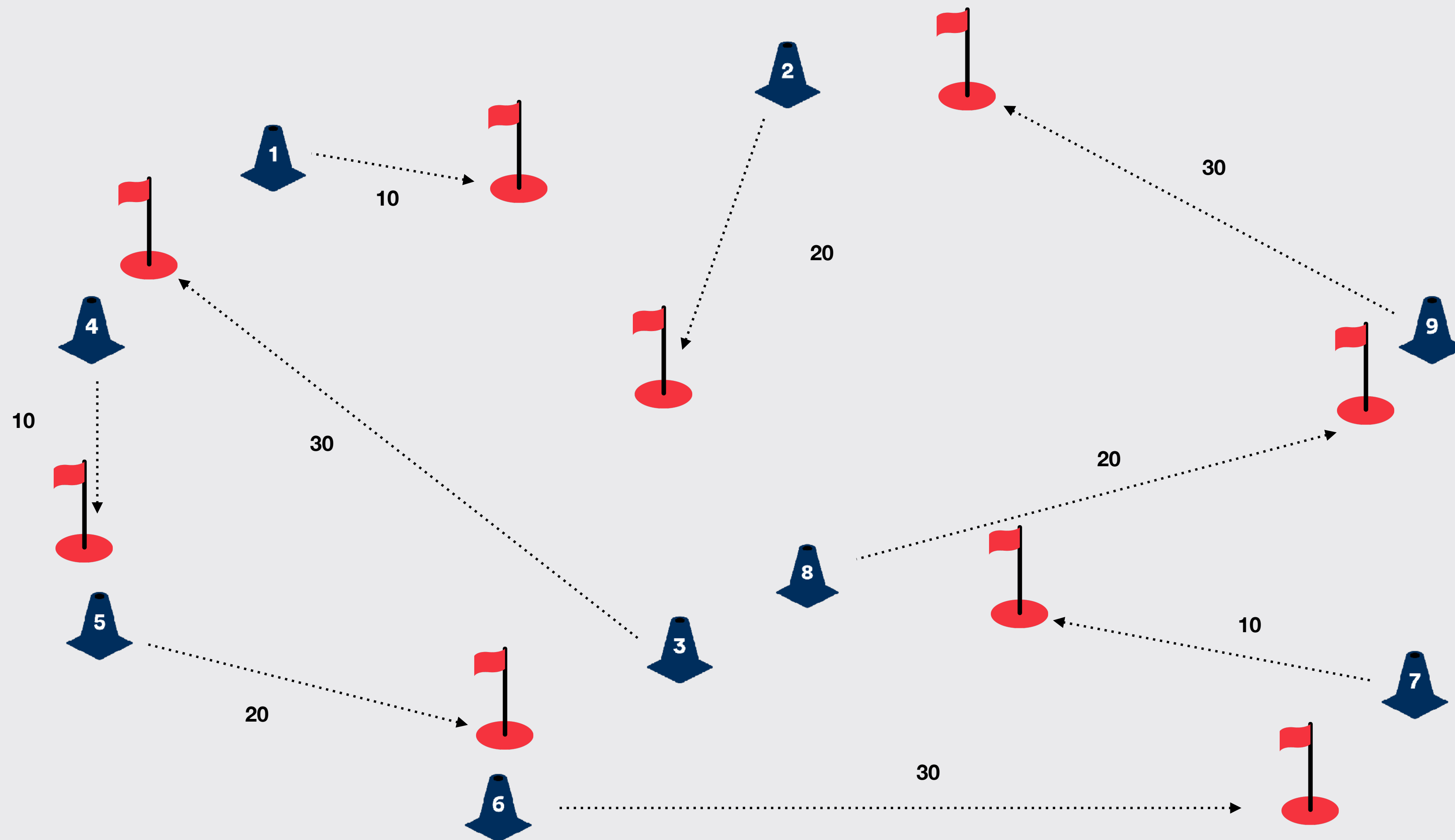
4 x Blue Colored Cones







# Two Putt Challenge



## How to Play

- The aim of the game is two putt each hole
- Children take it in turns to play the hole and if they two putt they are able to move onto the next hole
- The player who wins is the one who two putts all the hole

## Progression Ideas

- Change how many holes the children have to play
- Change the distance of each of the holes depending on the ability of the children
- Attempt the game on a sloped 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
- This game will develop the art of scoring

## Equipment needed

Orange safety cones

SAFETY



9 x Numbered cones



Golf Balls



Spare equipment that may be required for the group attendees.



Flags

