

Mini-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">Outline the lesson objectives to the groupIntroduce the warmup game to the groupIntroduce FMS and Physical Literacy focusSplit into teams & demonstrate warm up gamePlay the warmup game	
5 Mins	Learning the Game Focus	<ul style="list-style-type: none">Introduce the components of the Golf BagIntroduce the Iron & components of the club	<ul style="list-style-type: none">Relay Race
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none">Outline the safety instructions & class layoutIntroduce games, tasks & challengesDeliver one to one & group coaching on the Mastering the Game learning outcomesChildren can attempt the Iron ChallengeChildren rotate around the stations	
10 Mins	myJunior Track & Reward	<ul style="list-style-type: none">Recap Mastering the Game and Learning the Game Focus from the session to check for understandingDistribute Learning the Game Resource if appropriateChildren can complete myProgress Wheel and add stickers where appropriateAdd any lesson notes to the child's myProgress sectionAward the Achiever Reward to a student in front of the parents and the groupAward any Pins & Hats	<ul style="list-style-type: none">The Iron ChallengeTug of WarStepping Stones

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Day 2 - Event Timetable

Session Length:
90 mins

Group Size:
1:8

Mastering the Game Focus:
Around the Green
On the Green

Time	Focus	Suggested Theme Content	Games / Drills / Resource
15 Mins	Introduction	<ul style="list-style-type: none">• Welcome and review Teams for the week and Team Scores	<ul style="list-style-type: none">• Team Register
15 Mins	Warm Up Games	<ul style="list-style-type: none">• Introduce the Warm Up game, play in teams and record scores for the Junior Camp Games on the Team Scorecard	<ul style="list-style-type: none">• Hurdles (Junior Camp Competition Game)• Team Scorecard
25 Mins	Mastering the Game <ul style="list-style-type: none">• Around the Green	<ul style="list-style-type: none">• Outline the safety instructions and class layout• Introduce games, tasks and challenges• Deliver one to one and group coaching• Children rotate around the stations• Use one of the Games in the Junior Camp Competition	<ul style="list-style-type: none">• Ladder Challenge (Junior Camp Competition Game)• Luck of the Draw• Tic Tac Toe - Rings• Flop Shot Challenge• Team Scorecard
25 Mins	Mastering the Game <ul style="list-style-type: none">• On the Green	<ul style="list-style-type: none">• Outline the safety instructions and class layout• Introduce games, tasks and challenges• Deliver one to one and group coaching• Children rotate around the stations• Use one of the Games in the Junior Camp Competition	<ul style="list-style-type: none">• Waterfall• Zone Ball (Junior Camp Competition Game)• Putting Runway• Build a Hole• Team Scorecard
10 Mins	End of Day Recap	<ul style="list-style-type: none">• Recap the games, find out the children’s favourites and announce the points total for the day	<ul style="list-style-type: none">• Team Scorecard

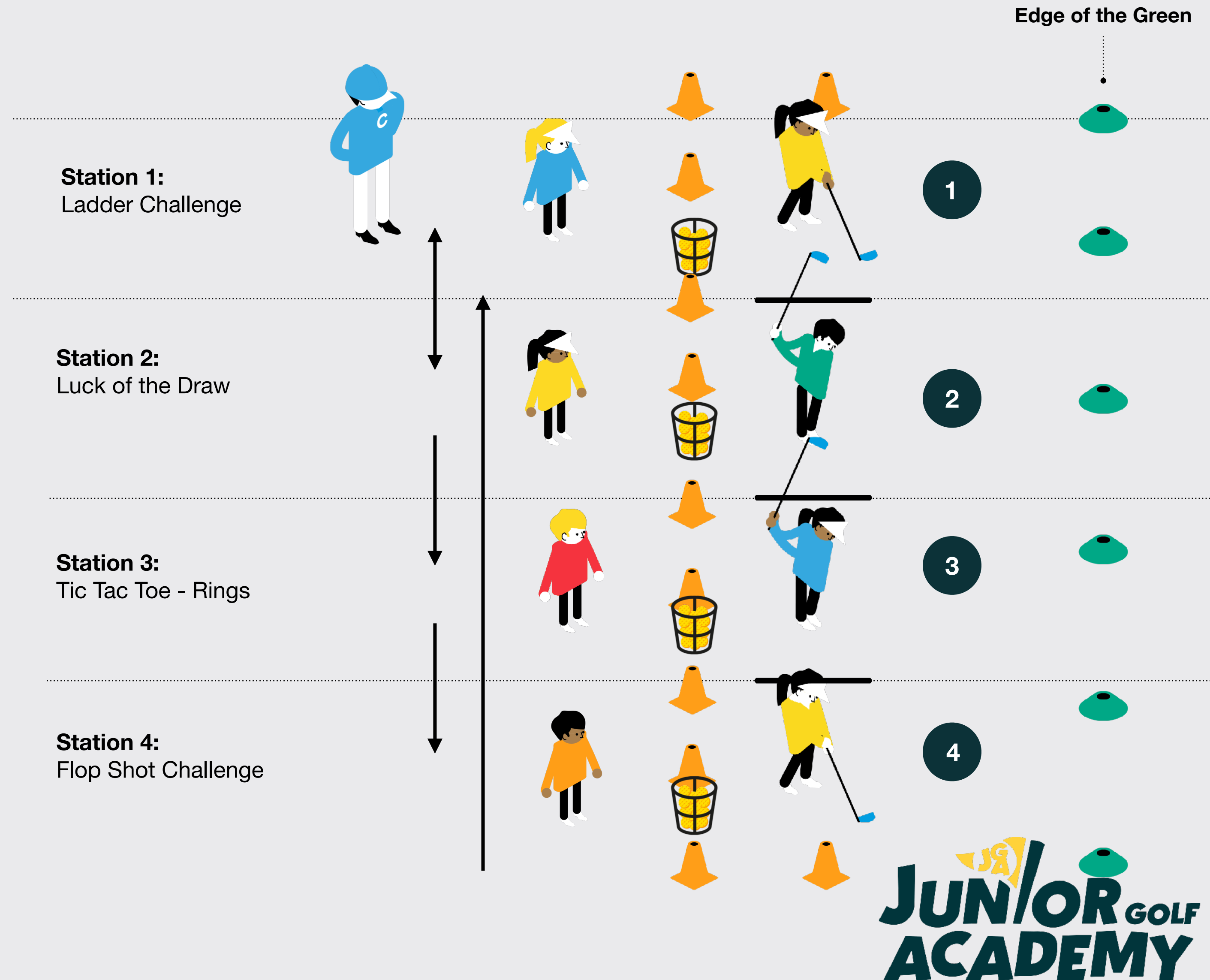
Layout and Setup



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:

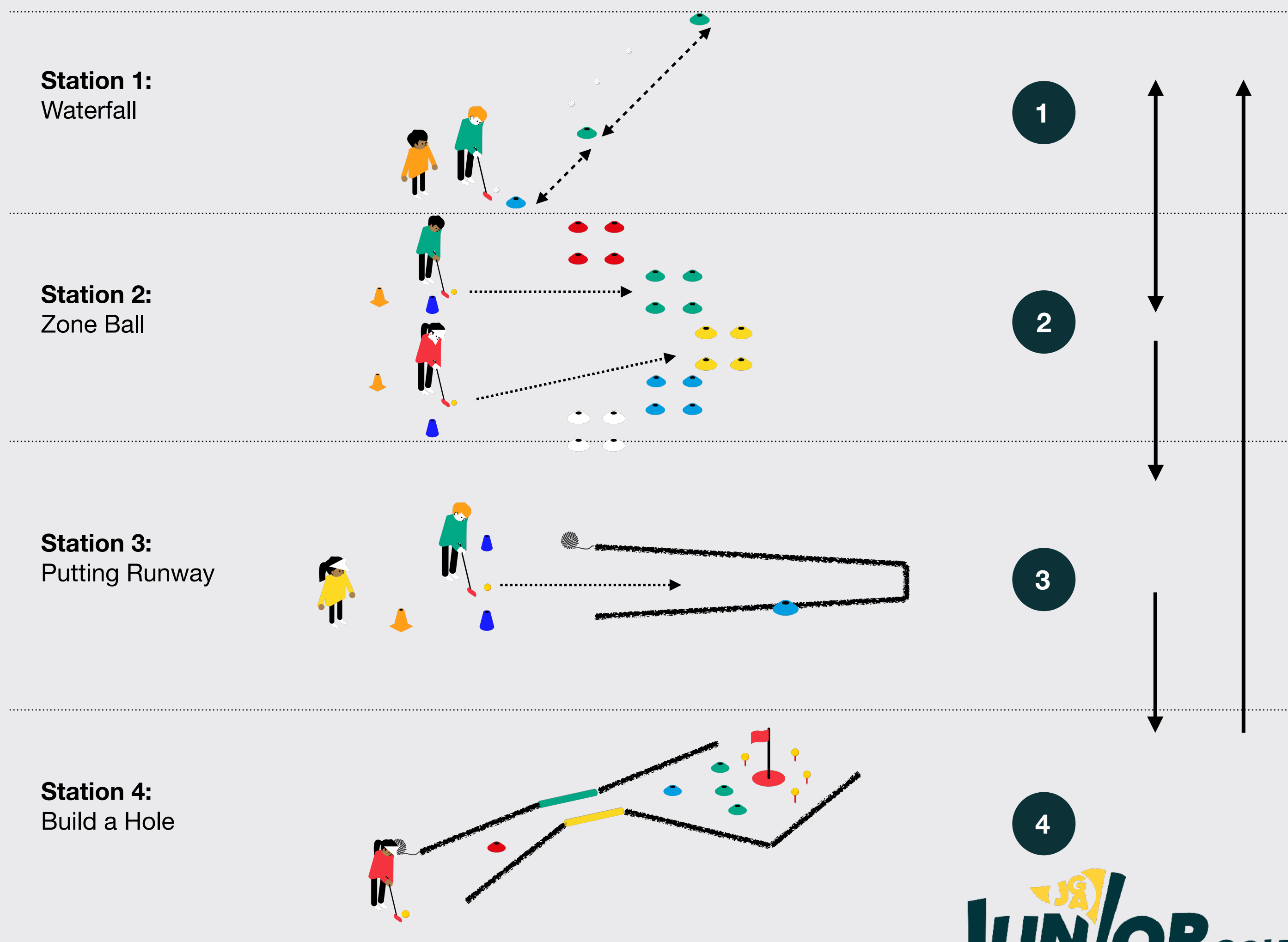
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **5-7 minutes** to spend at each station. Each child should get an opportunity 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



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





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

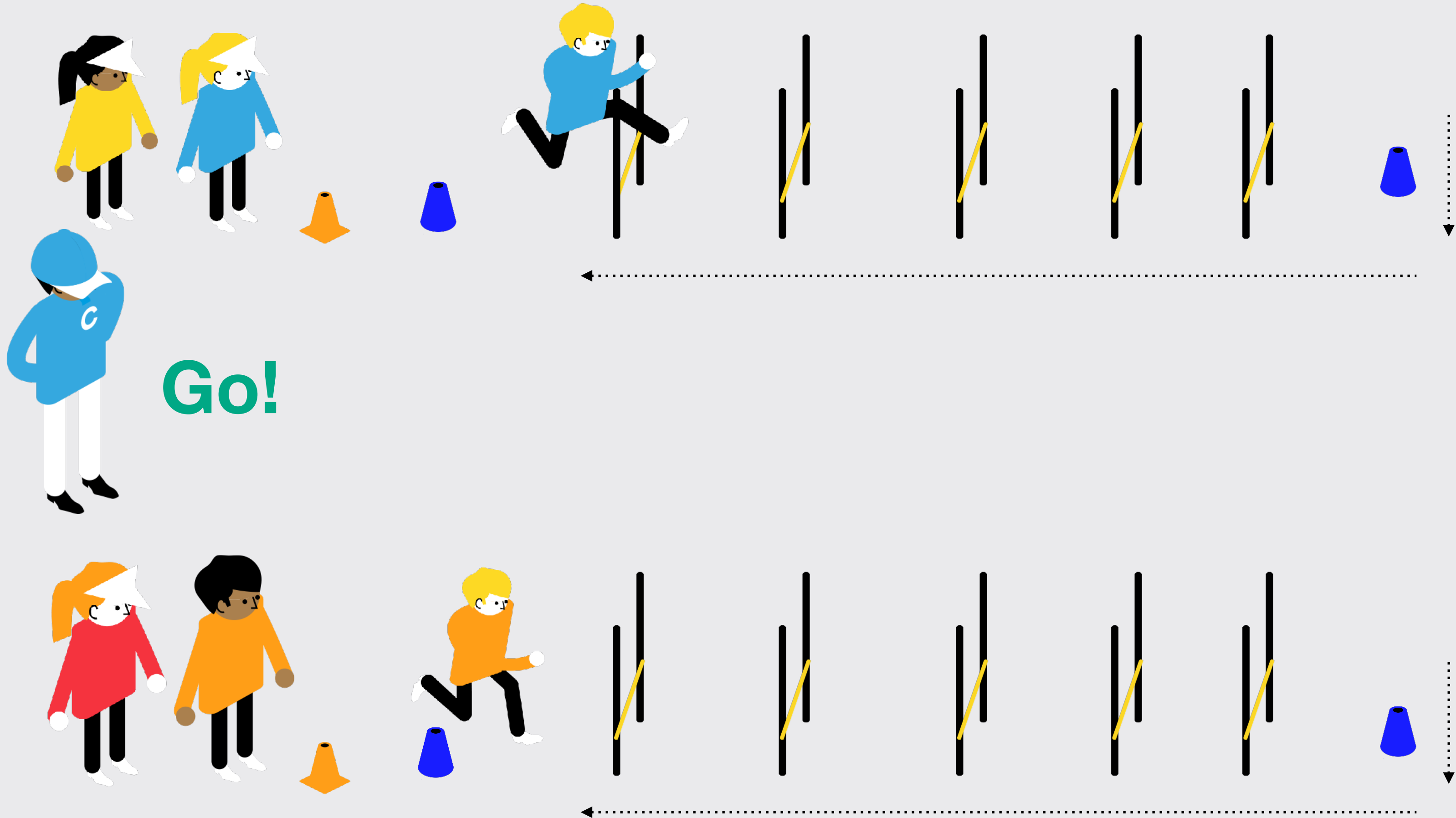
4 x Orange Safety Cones

SAFETY

4 x Cones to mark starting positions and end cones

10 x Foam Noodles

20 x Alignment Sticks



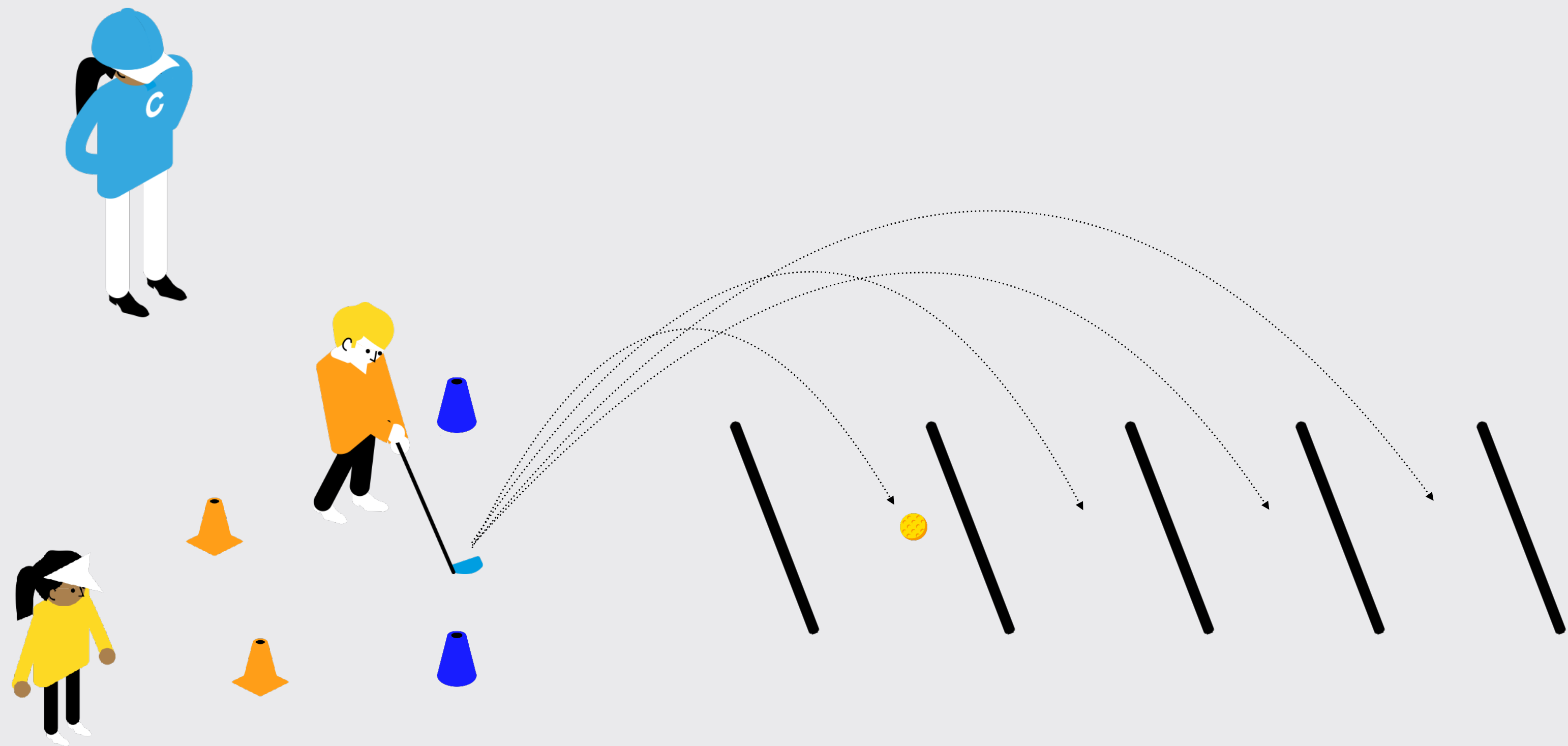
Around the Green Game Cards



Use in the Junior Camp Games



Ladder Challenge - JUNIOR CAMP GAMES



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



2 x Cones



5 x Alignment sticks

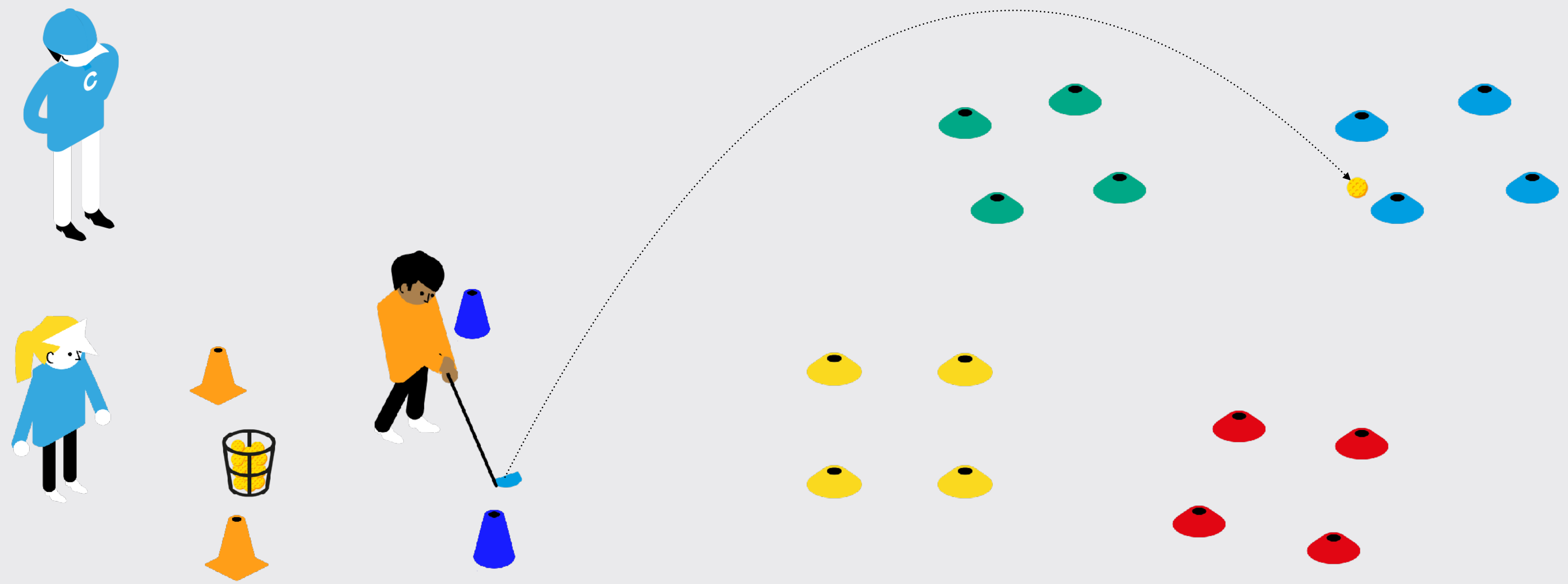


Golf balls





Luck of the Draw



How to Play

- Players take it in turns to pick a colored card from a Crush It cone
- Whichever color is picked the player must try to hit the ball into that colored square
- If the player successfully hits their shot into the designated square they score a point
- The team have to try to accumulate as many points as possible before switching games

Progression Ideas

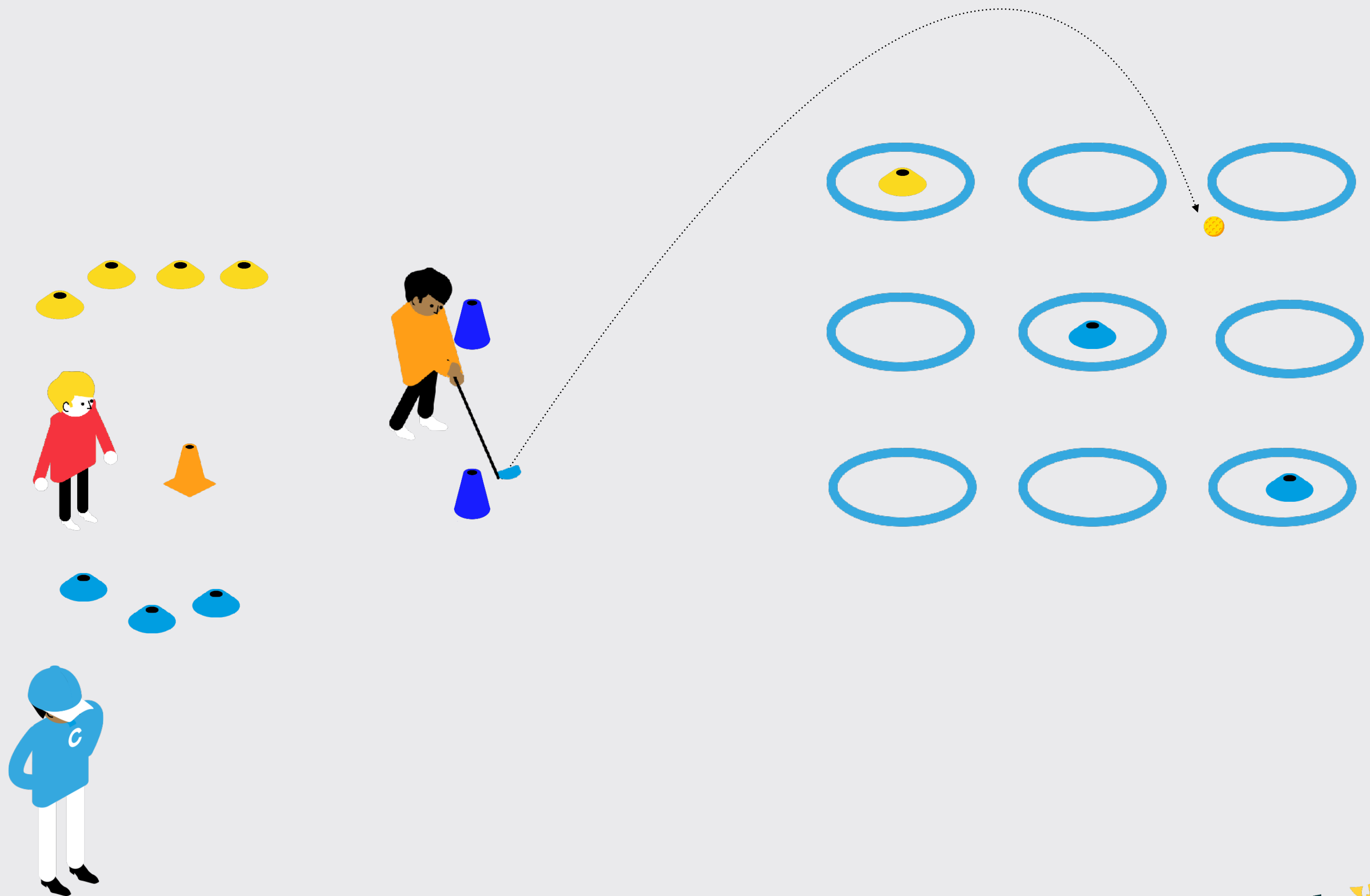
- Move the squares further away
- Make the size of the squares smaller or bigger
- Instead of the squares use the gates as targets

Equipment needed

2 x Orange Safety Cones	<div>SAFETY</div>
2 x Cones	
1 x printed "Luck of the Draw" sheet	
4 x Yellow Cones	
4 x Red Cones	
4 x Green Cones	
4 x Blue Cones	
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



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



Cones to mark starting position



Spare equipment that may be required for the group attendees.



Golf Balls



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



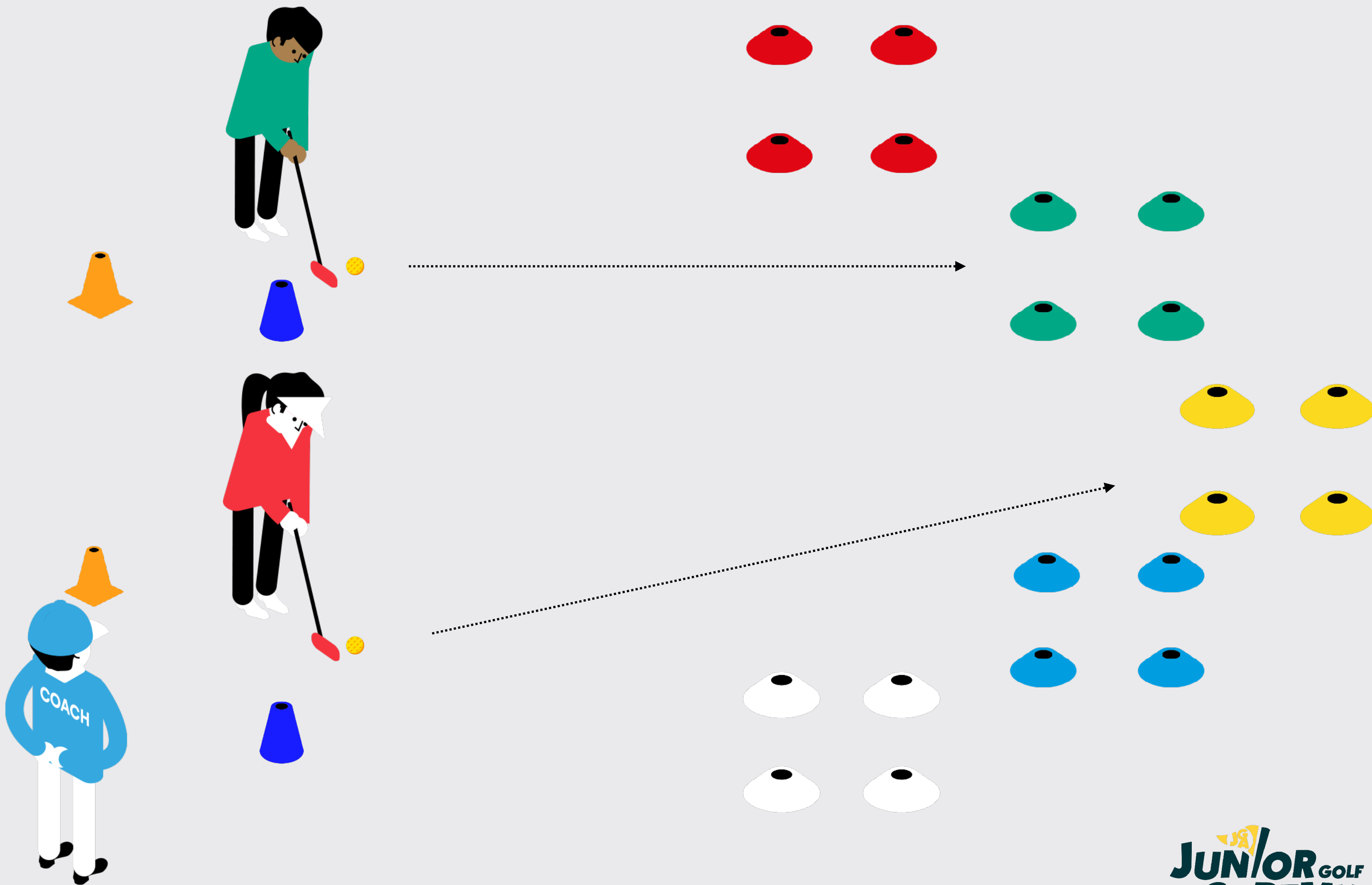
2 x Cones in another color



Use in the Junior Camp Games



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	<div>SAFETY</div>
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 Runway



How to Play

- Children take it in turns and attempt to putt their ball down the runway
- If the ball runs outside of the runway they place a cone at the point that it rolled over the string
- The aim of the game is to hit a putt that stays on the runway to the end of the string

Progression Ideas

- Change the width of the runway
- Change the length of the runway
- Introduce a sloped surface when playing the game
- Introduce a rule where the player must not hit the ball off the end of the runway

Learning Outcomes

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

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



1 x Colored Cone



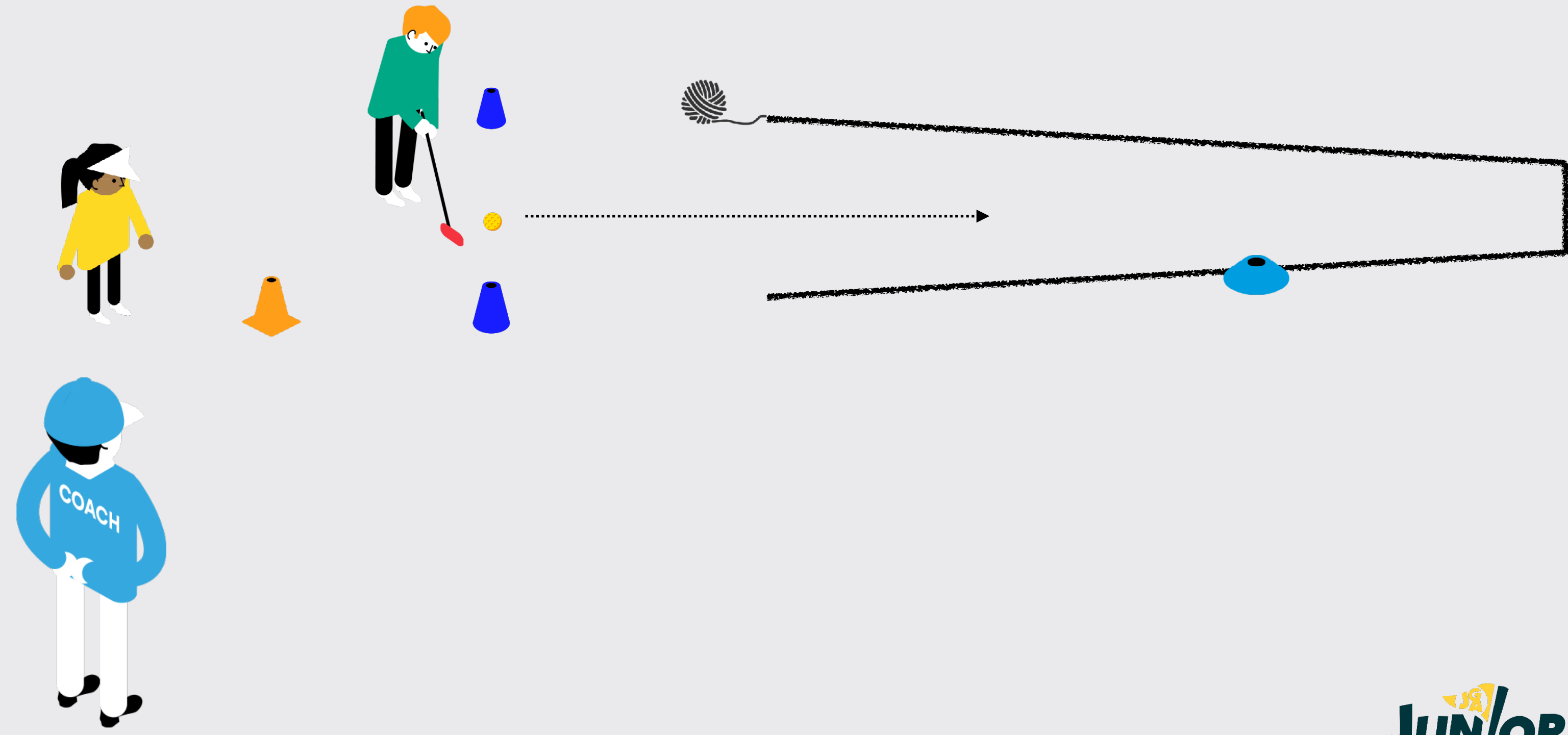
Spare equipment that may be required for the group attendees.



4 x Tees and string to create the runway



Golf Balls



Build a Hole



How to Play

- Children work together to create their own putting hole
- Encourage use of all the equipment and allow the players to come up with their own rules
- Make sure they leave enough time to play their hole before switching to the next game

Progression Ideas

- Introduce additional rules, for example an out of bounds area
- Add or remove equipment

Learning Outcomes

- This game is great for encouraging creativity and teamwork
- Depending on the hole that the children build, and the rules they introduce, the game can be linked back to the required skills needed to complete the hole in the least number of shots

Equipment needed

1 x Orange safety cone

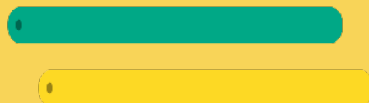
SAFETY



Colored cones



Foam Noodles



String



Tees



Golf balls

