

# 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"> <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>
			Coming Soon

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# Day 2 - Event Timetable

**Session Length:**  
90 mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing  
Around 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>Head, Shoulders, Knees and Toes (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>
25 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>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>Closest to the Line</li> <li>Battleships</li> <li>Splash Shot</li> <li>Over or Under (<b>Junior Camp Competition Game</b>)</li> <li>Team Scorecard</li> </ul>
25 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>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>Stepping Stones</li> <li>Tug of War</li> <li>Up the Ladder (<b>Junior Camp Competition Game</b>)</li> <li>Flamingo Shots</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 and announce the points total for the day</li> </ul>	<ul style="list-style-type: none"> <li>Team Scorecard</li> </ul>



# Layout and Setup

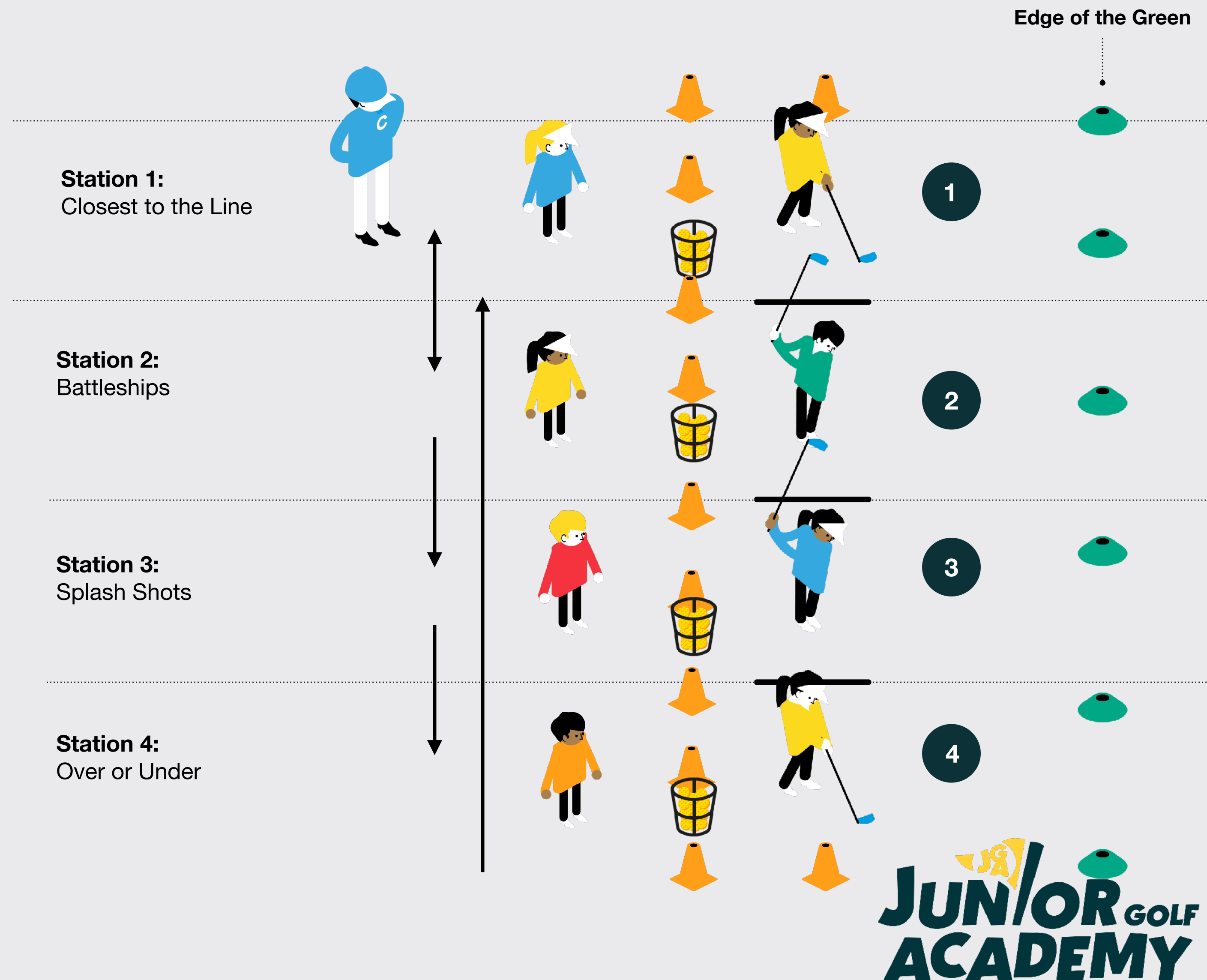




# Around the Green Games - Layout and Setup

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

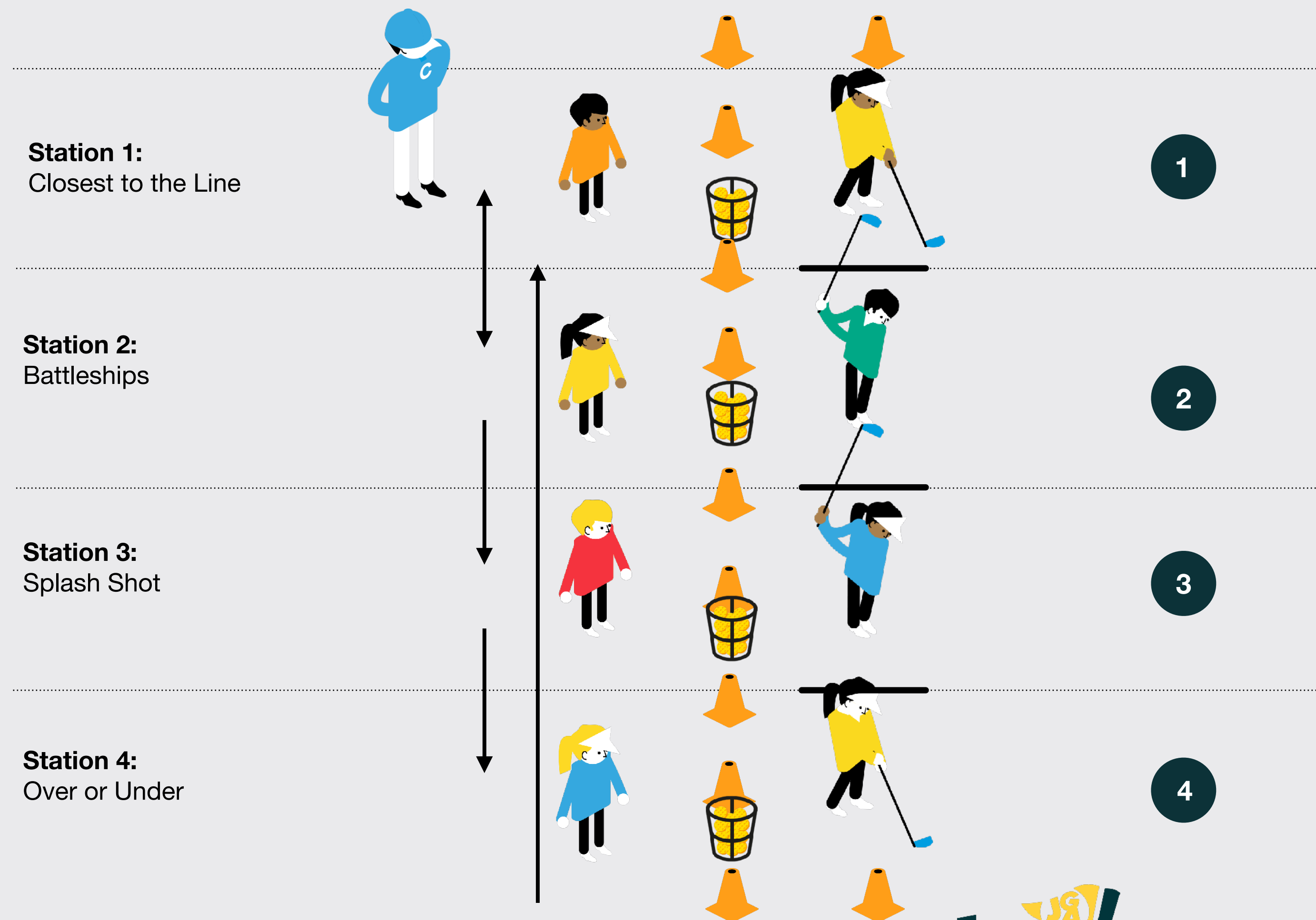




# Swing Games - Layout and Setup

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
  - Dividers should be used to identify to hitting stations
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# Physical Literacy







# Knockdown Noodles - JUNIOR CAMP GAMES

## How to Play

- Split the children into even groups, ideally two groups of 3
- Place the numbered cones evenly spaced approximately 10 paces from the safety cones
- On go, the the first child of each team places the foam noodle in between their feet and has to jump to where the cones are, using the noodle to know over a cone
- Once they have knocked over a cone using the foam noodle they can jump back to the safety cones and pass the noodle to the next player
- The team that wins is the one who knocks the most cones over

## Progression Ideas

- If the children are struggling with the noodle in between their feet, let them pick the noodle up but they have to bunny hop to the cones and back
- Move the cones further away
- Decrease or increase the distance between the cones

## Equipment Needed

4 x Orange Safety Cones

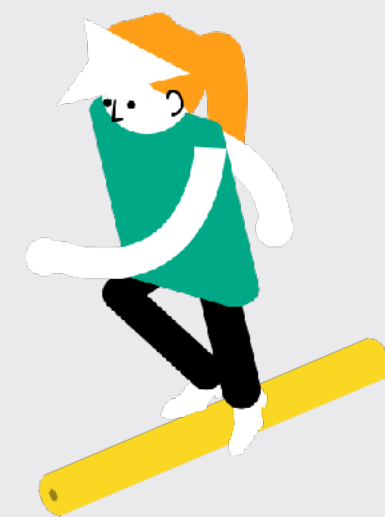
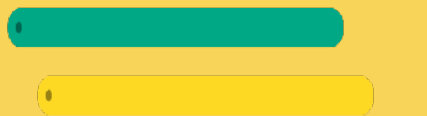
SAFETY



9 x Numbered Cones



2 x Foam Noodles





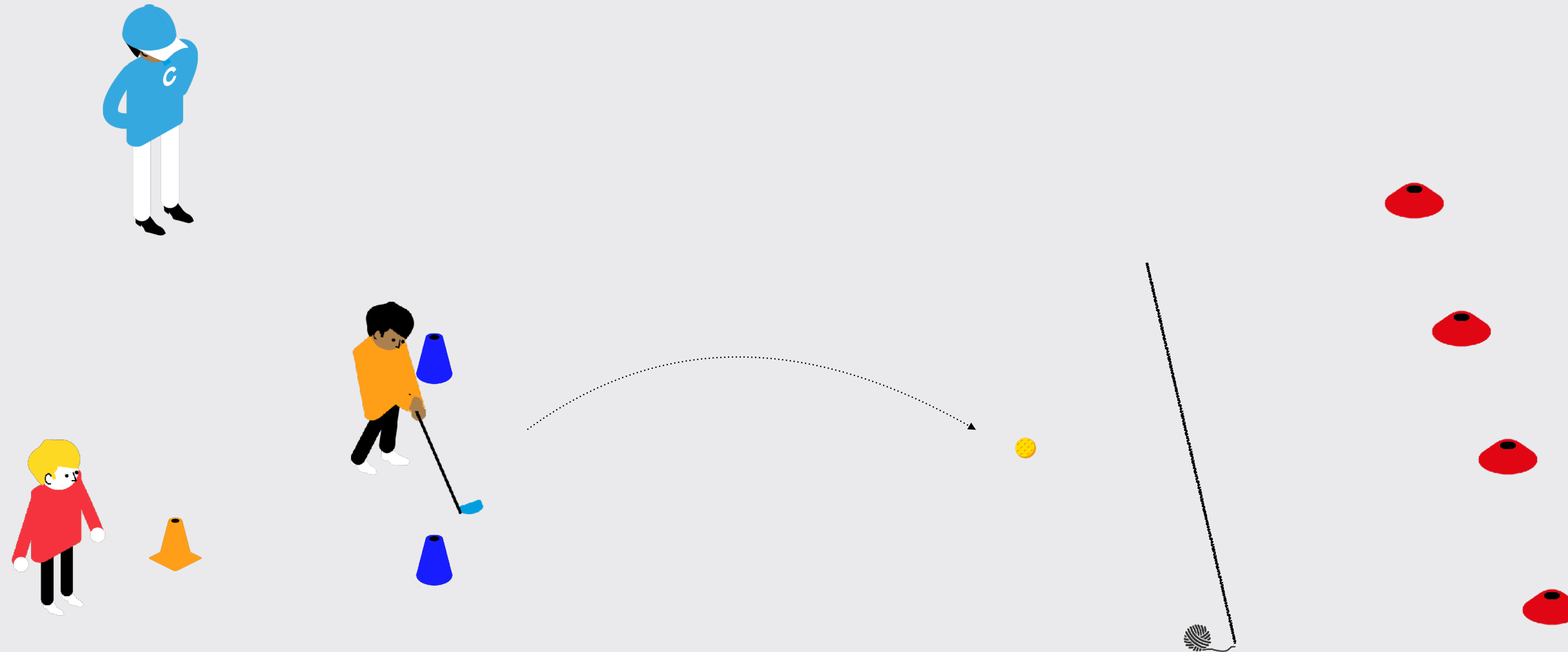
# Around the Green Game Cards







# 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

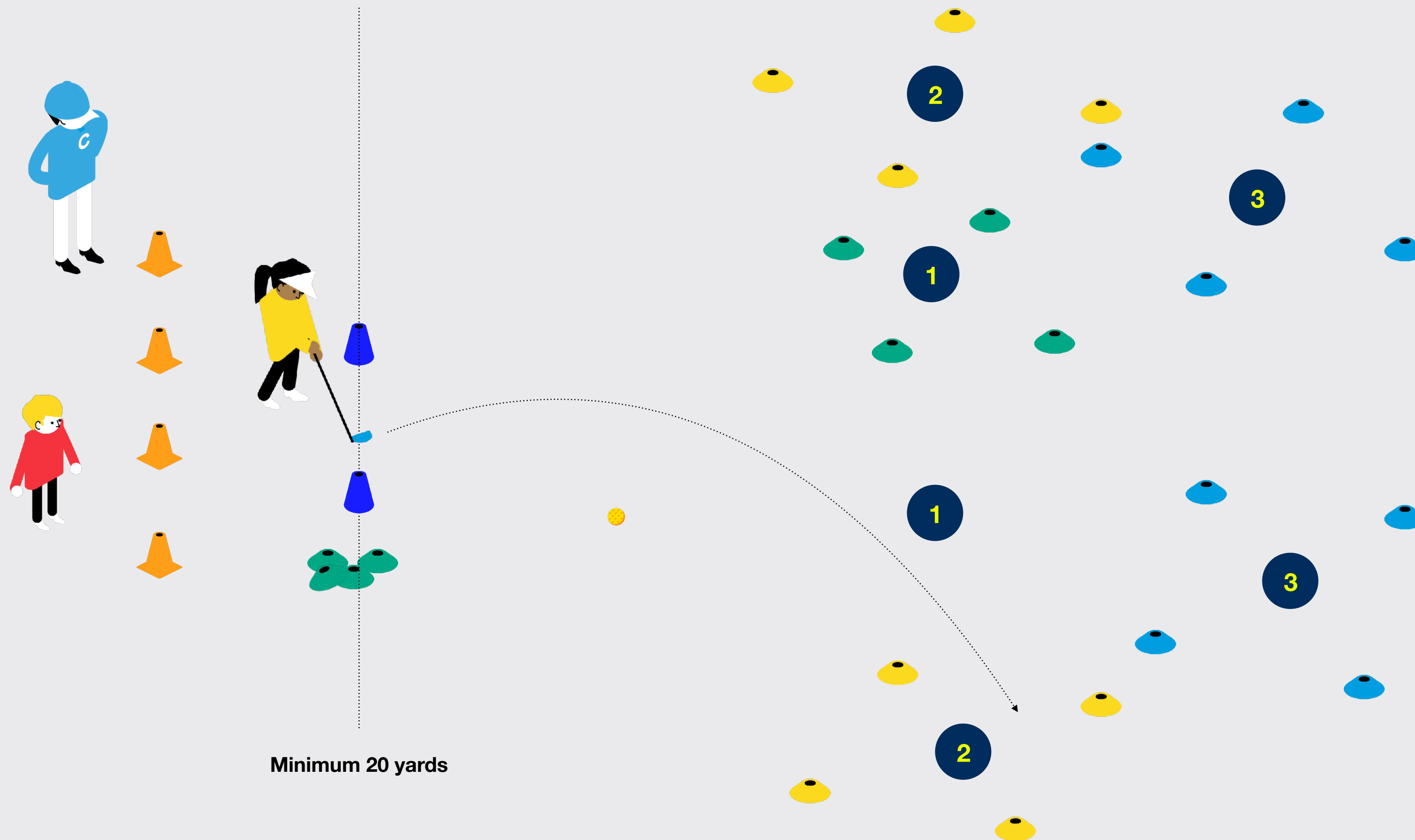
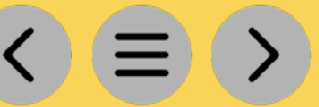
String to mark the target line

Red cones to mark the end zone

Golf Balls



# Battleships



Minimum 20 yards

## How to Play

- One player is assigned one side as their ships and the other child is assigned the opposite. The aim of the game is for players to destroy the opposing player's ships by landing the ball into the box
- Players must nominate the ship they are attempting to destroy. If they are successful, they pick up the cones and return it to the start
- The game continues until one player has destroyed all of the opposing players ships

## Progression Ideas

- Vary the starting point around the green
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the distance between the starting point and the ships
- Change the size of the target ships
- Change the number of target ships

## Equipment needed

Orange safety cones

SAFETY



3 x cones



Golf balls



8 x Colored cones to mark out two of the boxes



8 x Colored cones to mark out two of the boxes

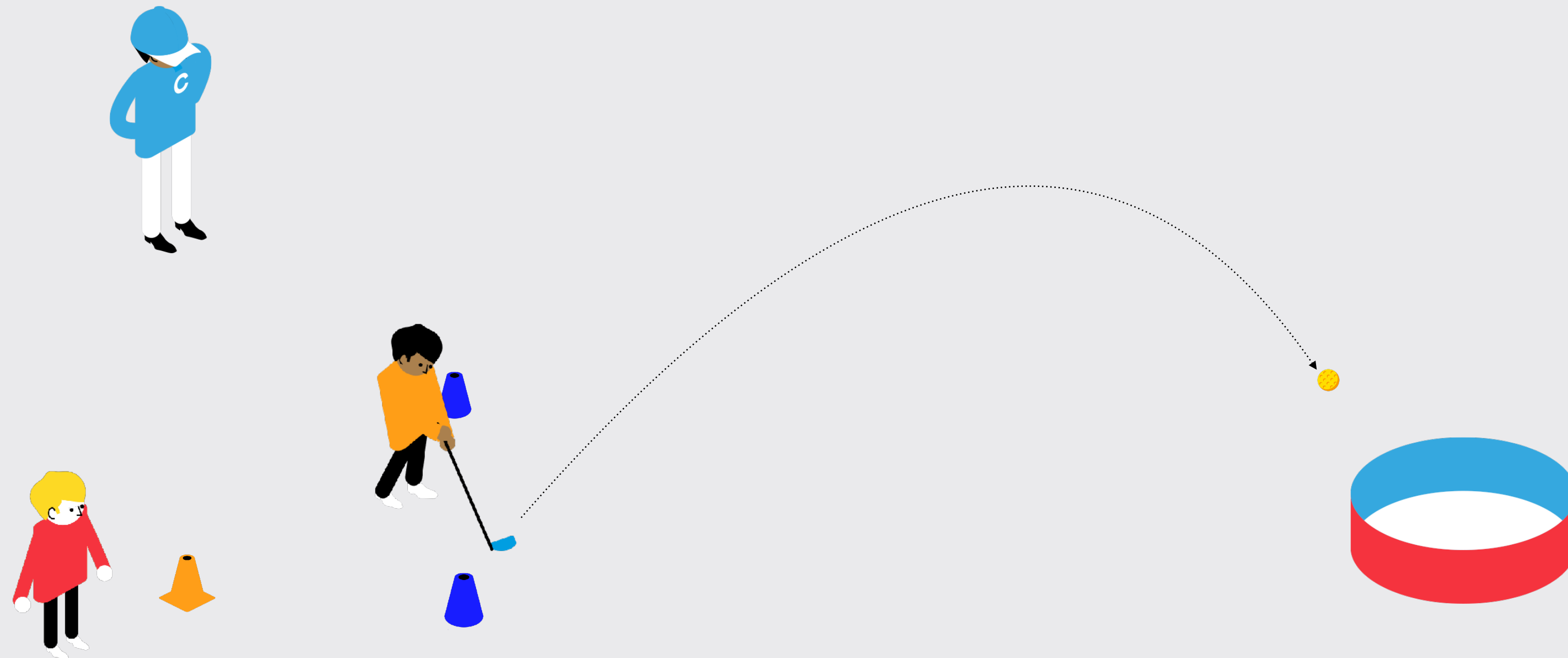


8 x Colored cones to mark out two of the boxes





# Splash Shot



## How to Play

- Children take it in turns to hit their shots
- The aim of the game is to pitch the ball into the pool
- The children have 10 shots each, the winner is the child who gets the most shots into the pool

## Progression Ideas

- Vary the distance to the pool
- Add or reduced the number of shots
- Add a rule that the ball has to land in the pool without bouncing

## Learning Outcomes

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

## Equipment needed

### Orange Safety Cones

SAFETY



### Cones to mark starting position



### 1 x Pool, filled with a small amount of water



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



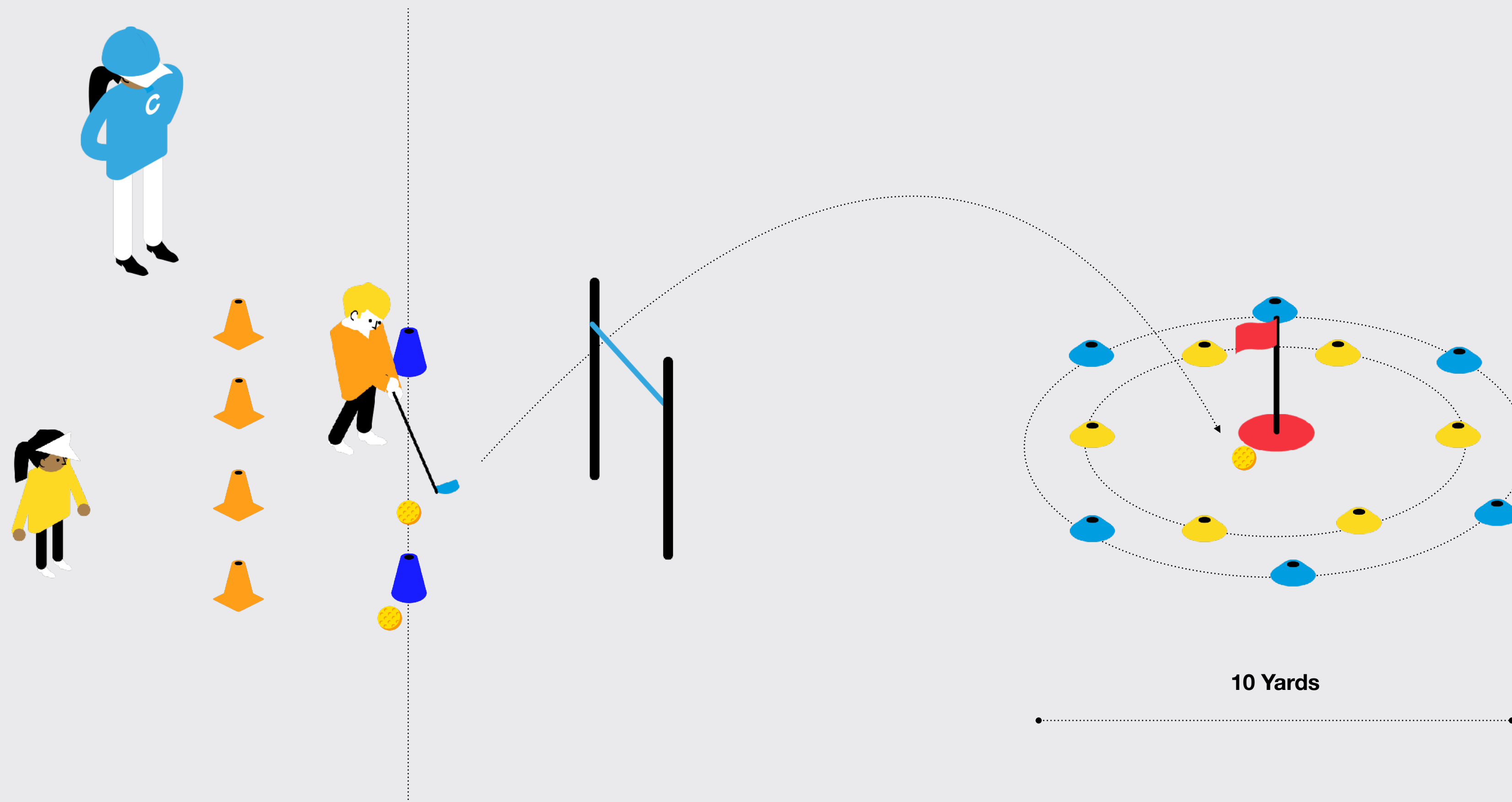
### Golf Balls







# Over or Under - JUNIOR CAMP GAMES



## How to Play

- Nominate a player to play first. Each child has 2 shots per round
- The first player attempts their first shot over the foam noodle and aims to get their ball as close to the flag as possible
- On their second go they try to chip the ball under the foam noodle and aims to get their ball as close to the flag as possible
- Players score points for getting as close to the flag as possible, 1 point for the outer circle 2 points for the inner circle
- Players have 5 rounds to score as many points as possible

## 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



### Golf Balls



### Alignment Sticks



### Foam Noodle



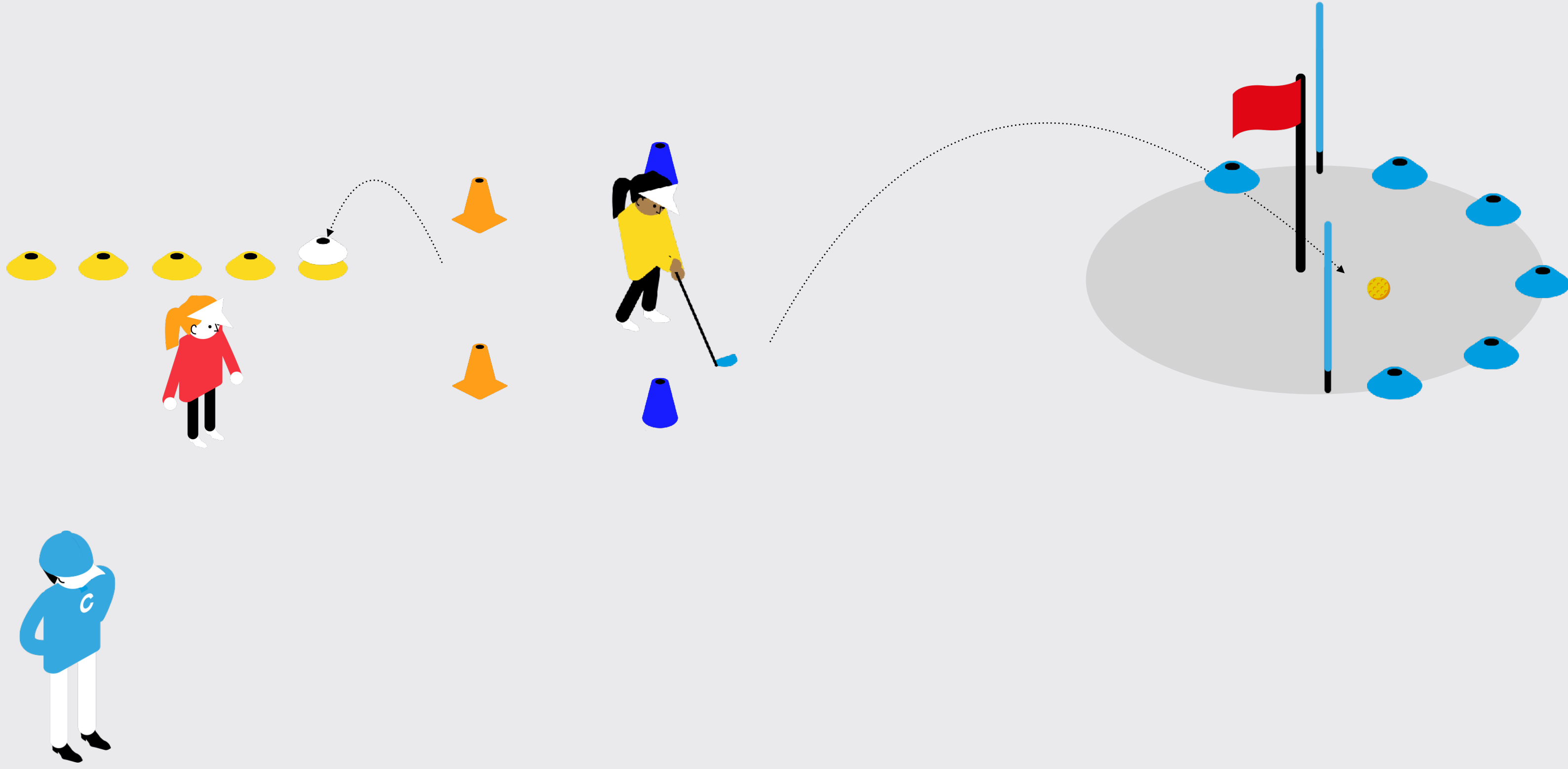


# Swing Game Cards





# Stepping Stones



### How to Play

- Child number 1 starts and attempts to hit their shot onto the green
- If the child hits it onto the green, then the child moves the white cone to the first colored cone (stepping stone). If the child misses, the cone stays where it is
- The next child attempts their shot and moves the cone if successful
- The children complete the challenge if they manage to get the white cone to the end before it is time to switch games

### Progression Ideas

- Vary the size of the green
- Vary the distance between the tee box and the green
- Add Hazards to act as a penalty
- Add additional targets to increase the number of moves up the stepping stones

### Equipment needed

2 x Orange Safety Cones



2 x Cones



1 x White Cone



5 x Yellow Cones



Golf Balls



Spare equipment that may be required for the group attendees.

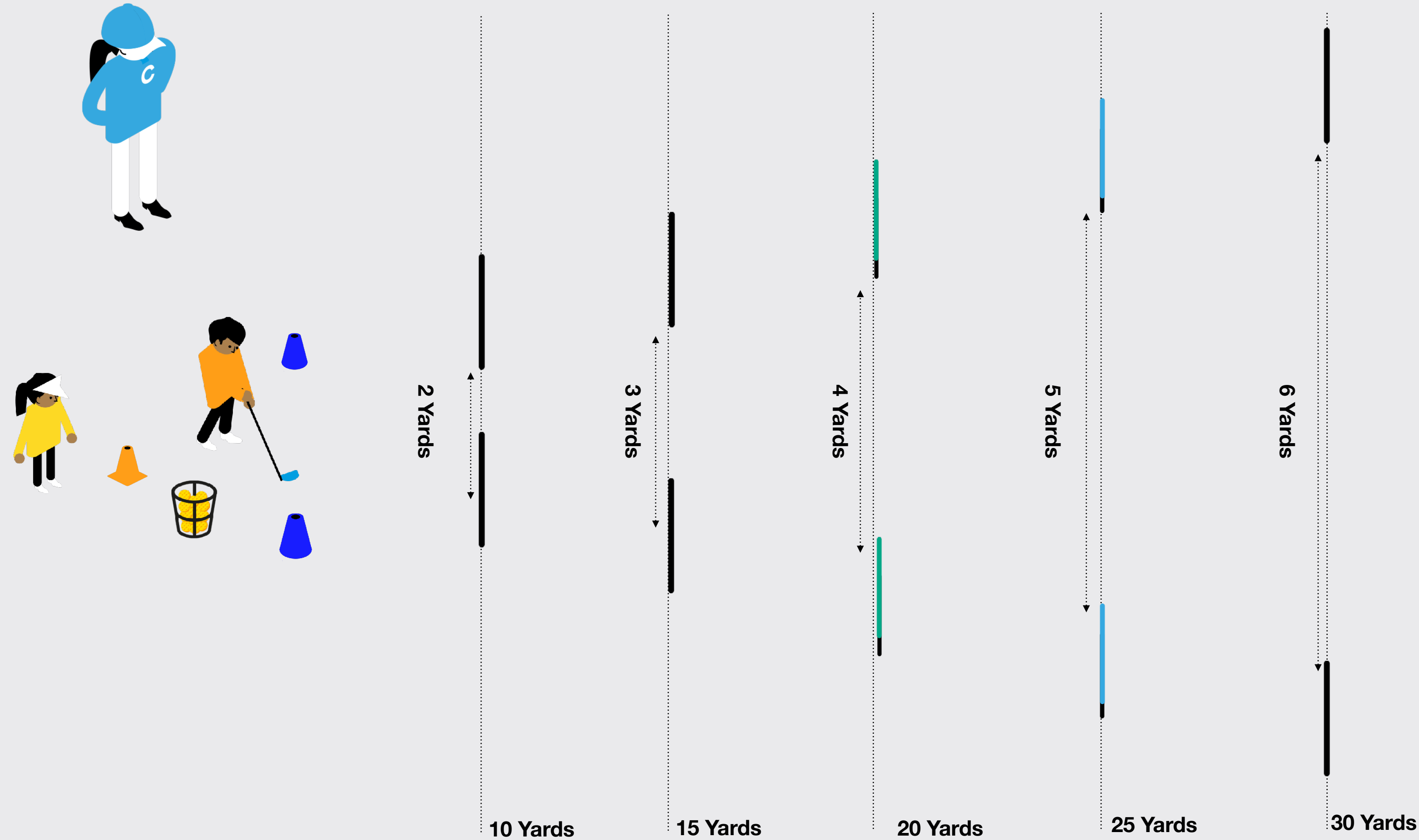








# Up the Ladder - JUNIOR CAMP GAMES



### How to Play

- Players attempt to work their way up the ladder in order, starting by trying to hit their shots through the nearest gate
- If a child misses, the team remain on that gate
- If a child successfully hits the ball through the gate, they progress to the next step of the ladder
- The game is complete when the team have completed every step of the ladder in order

### Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets to hit the ball through the gate
- Change the width of the target gates
- Introduce a rule where the ball must fly through the air and through the gate

### Equipment needed

Orange Safety Cones

SAFETY

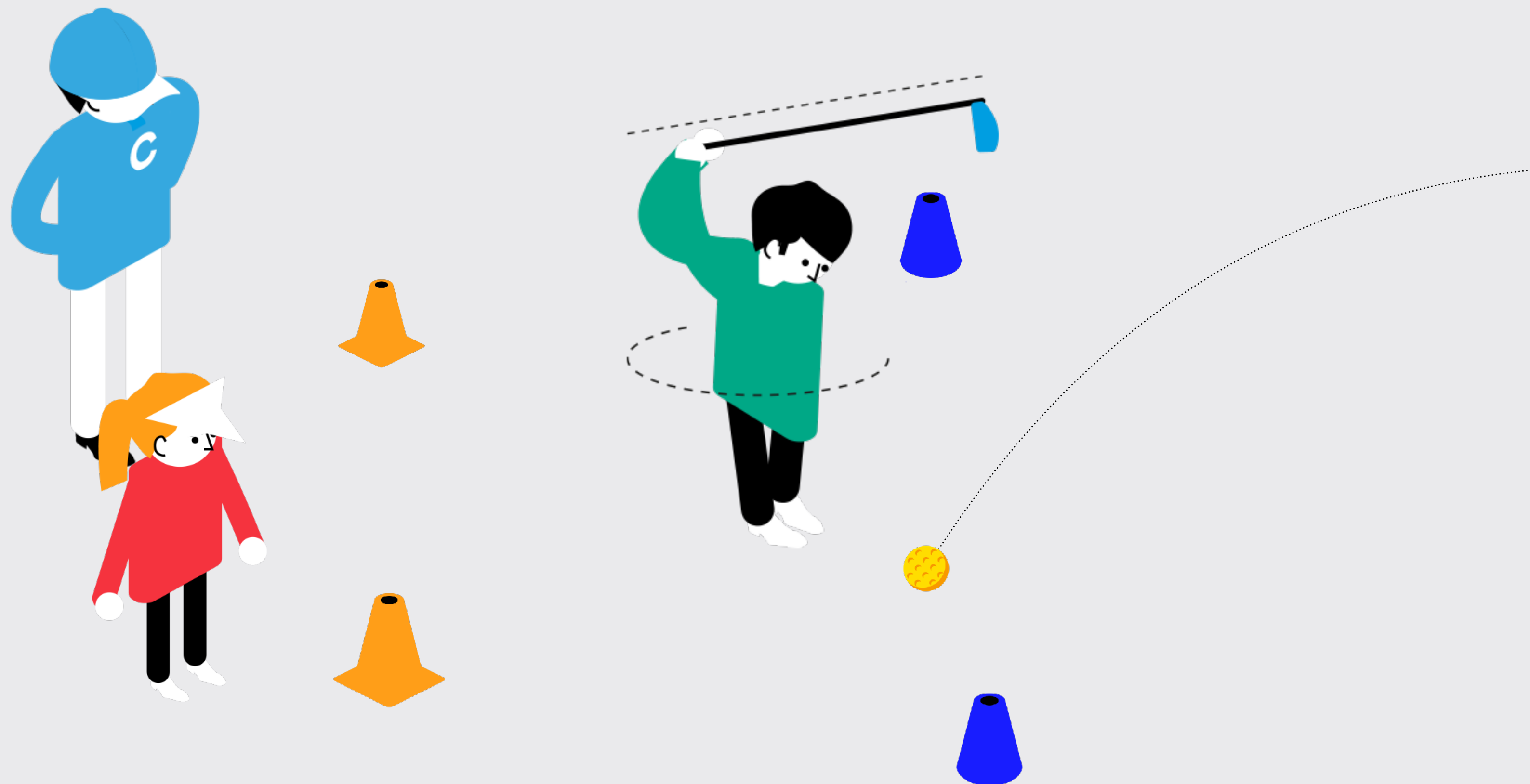
10 x Alignment Sticks

10 x Foam Noodles





# 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