

Mini-Camp Class Plan

Day 3



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Class Timetable



Day 3 - Event Timetable

Session Length:
90 mins

Group Size:
1:8

Mastering the Game Focus:
Swing
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"> Floor is Lava (Junior Camp Competition Game) Team Scorecard
25 Mins	Mastering the Game <ul style="list-style-type: none"> Swing 	<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"> Slalom (Junior Camp Competition Game) Happy Shots Pinseeker Pot Luck 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"> Through the Gates Compass (Junior Camp Competition Game) Putting Runway Finders Keepers Team Scorecard
10 Mins	End of Day Recap / End of Week Presentation	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Team Scorecard

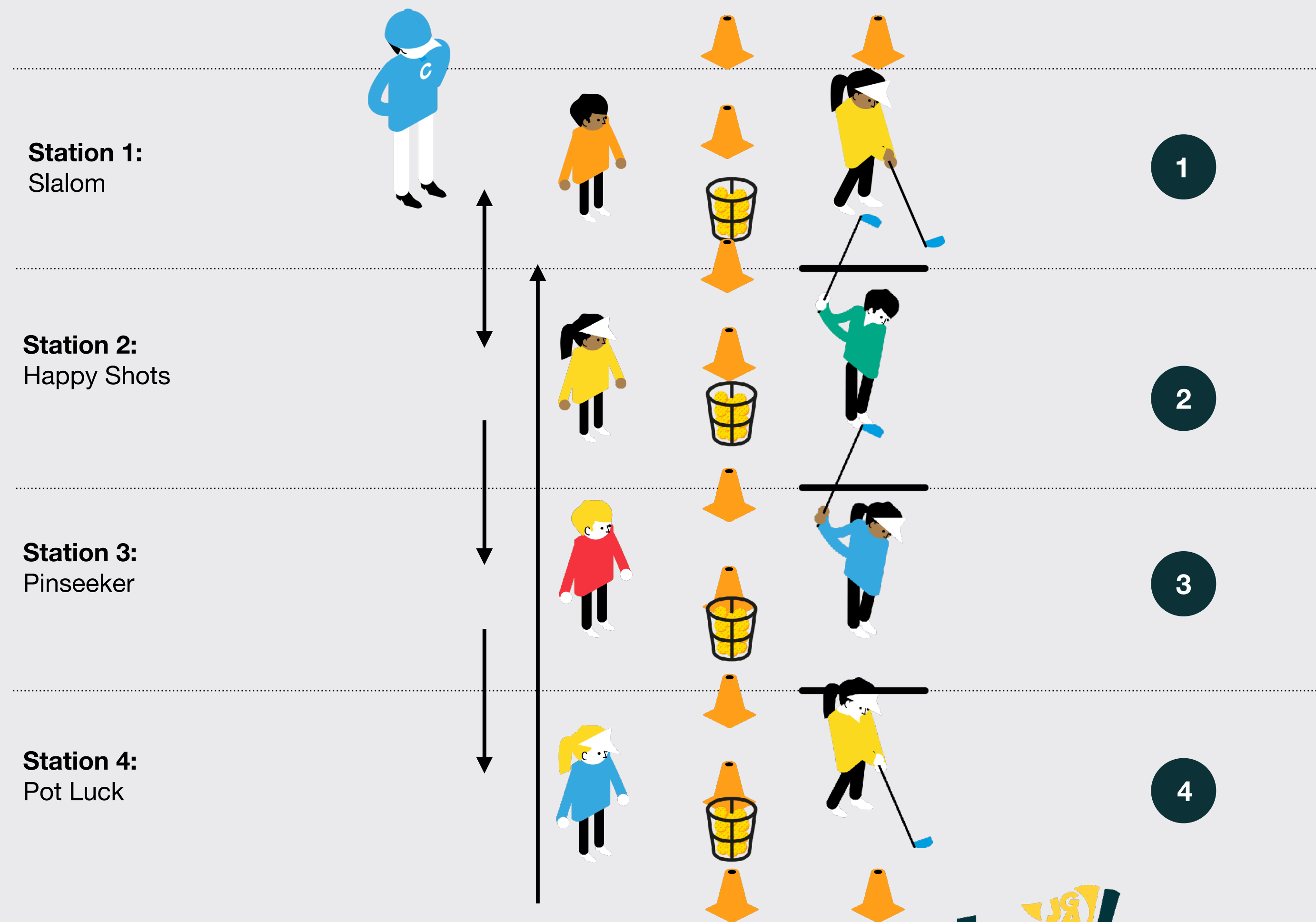
Layout and Setup



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:

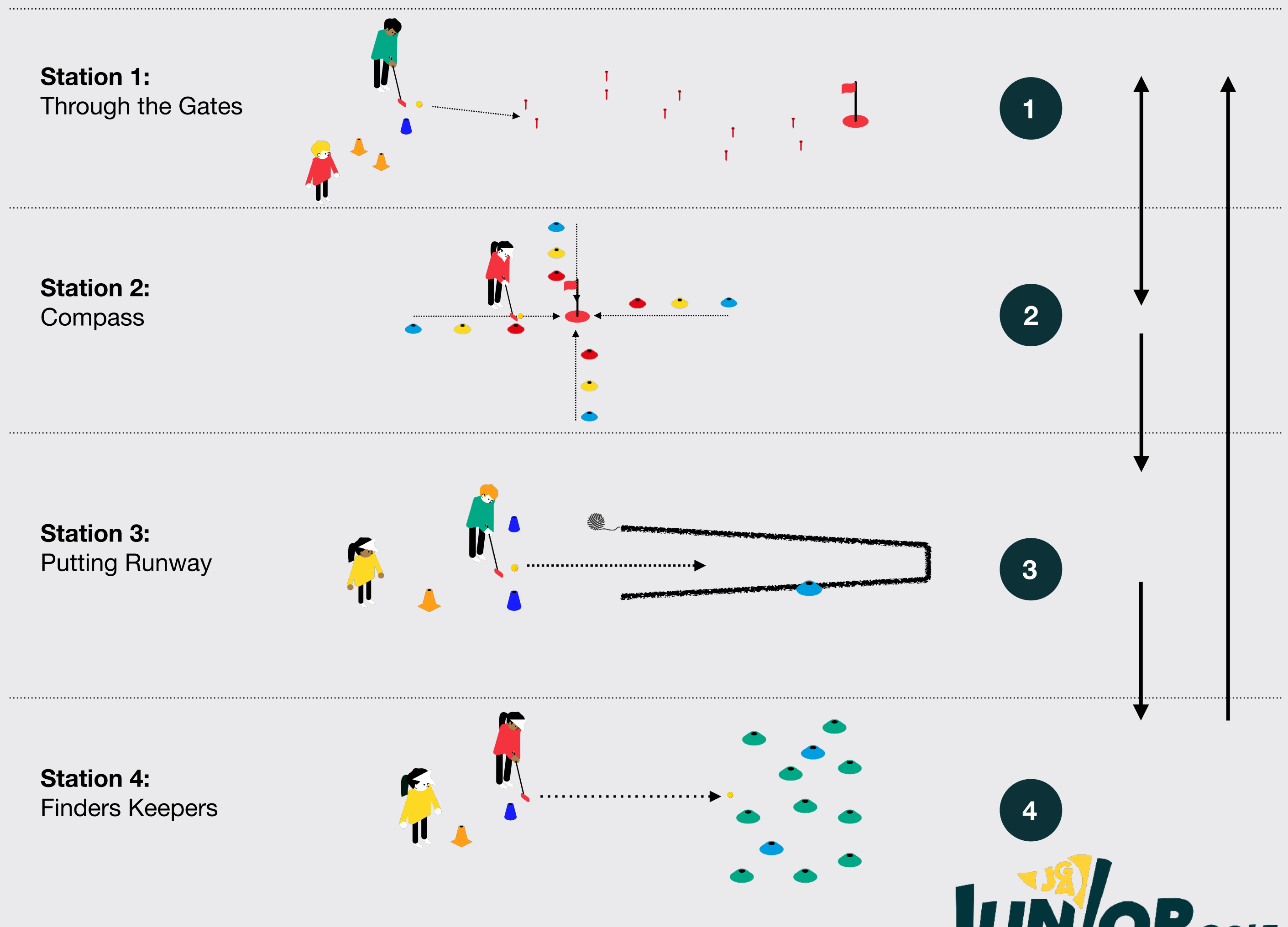
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity 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



Physical Literacy





Floor is Lava - JUNIOR CAMP GAMES



How to Play

- Split the children into even groups, ideally three teams of two
- One child from each team is only allowed to stand in the hoops, their partner has to move the hoop into position so that their partner can move from one side of the game to the other
- On go, the pairs race to the other cone at the opposite side and switch over before racing back to the start
- The team that wins is the team that gets all players home first

Progression Ideas

- Add in time penalties for touching the ground outside the hoops
- Specify a FMS, such as hopping or jumping

Equipment Needed

Orange Safety Cones

SAFETY

Cones to mark out the start and end of the playing area

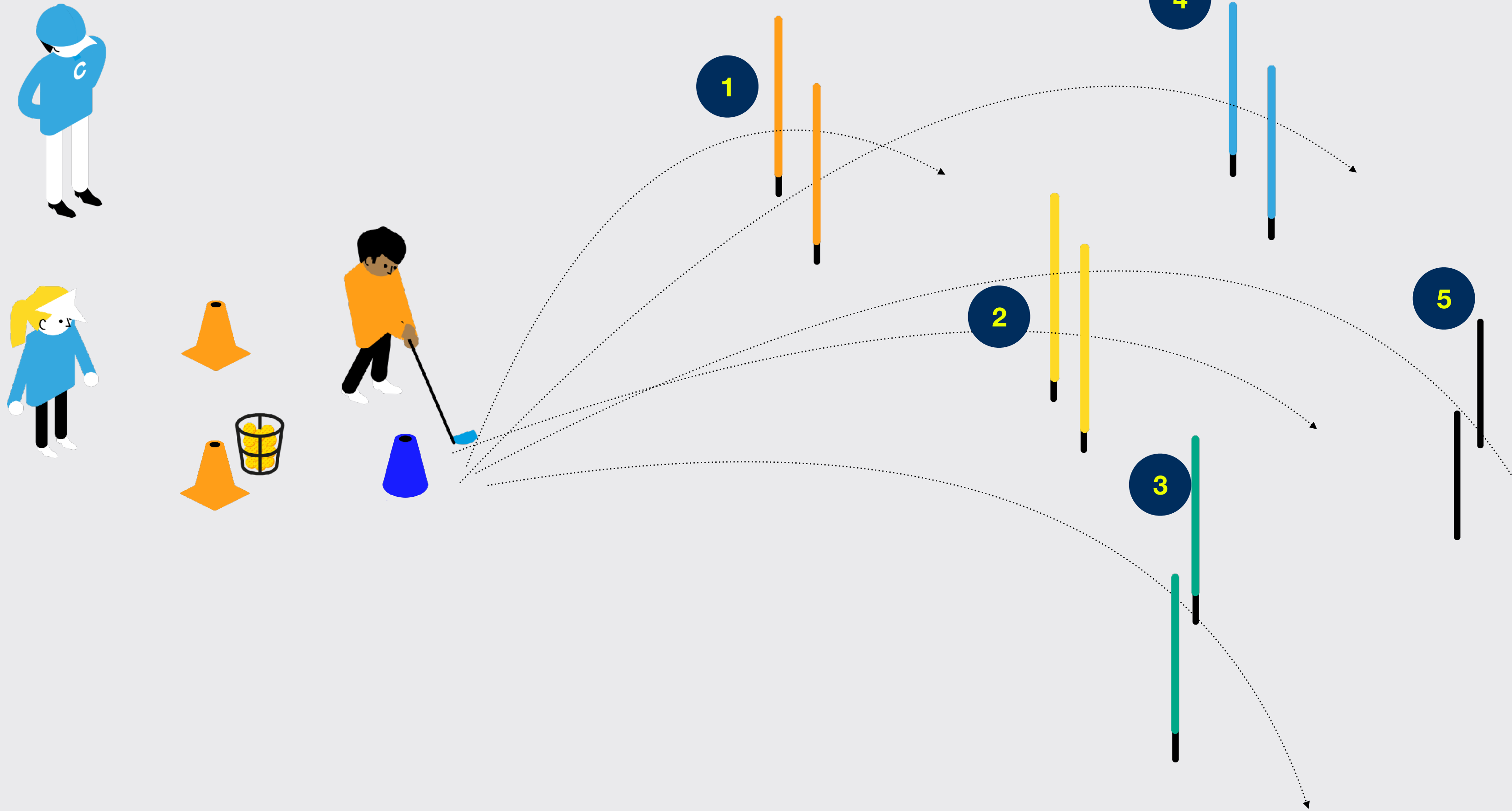
2 x hoops per team

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

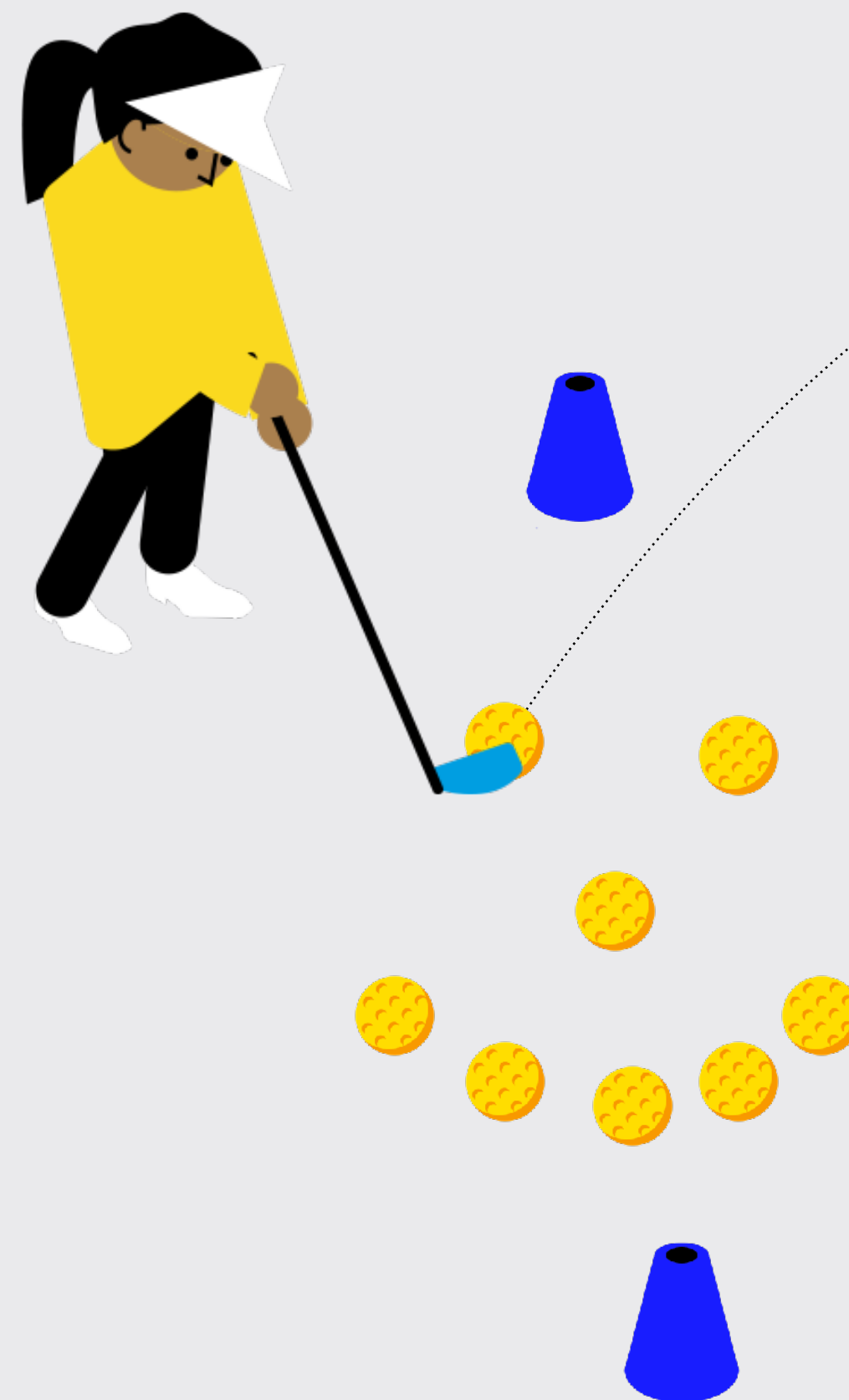
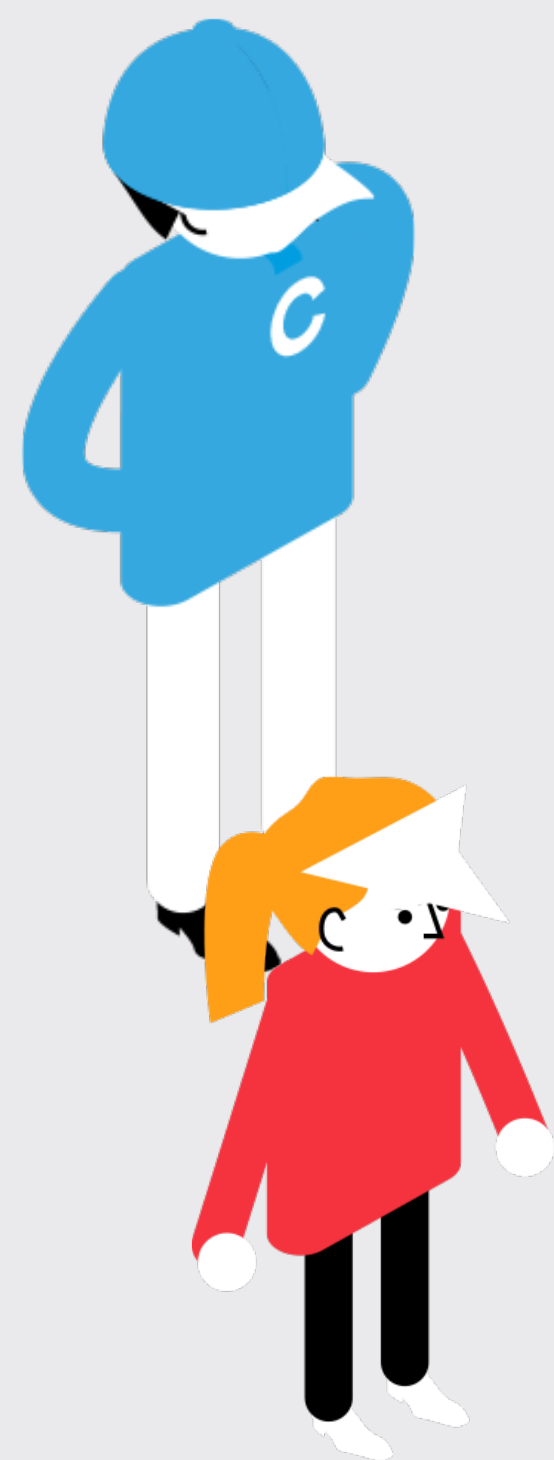
4 x Orange Safety Cones

SAFETY

10 x Alignment Sticks

10 x Foam Noodles

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

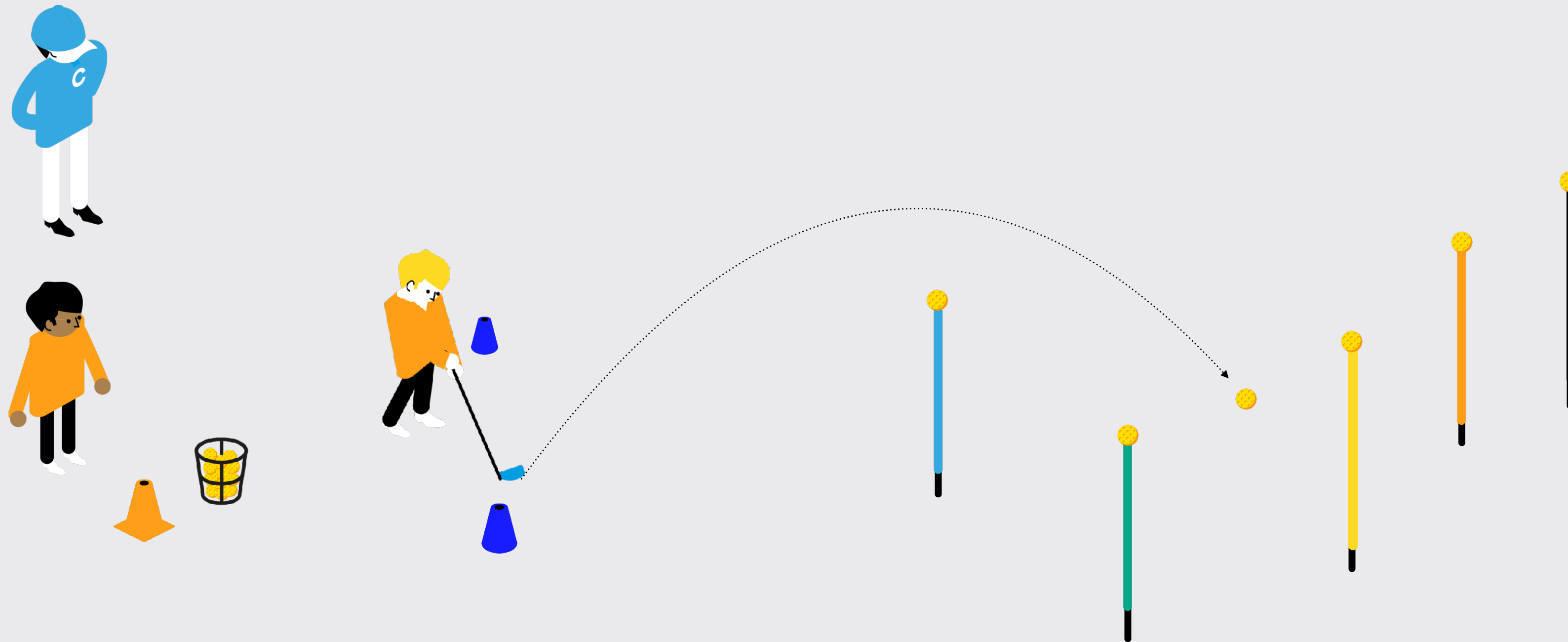


Spare equipment that may be required for the group attendees.





Pinseeker



How to Play

- Set up the foam noodles between 10 and 30 yards from the starting cones. Balance a golf ball on top of the foam noodle for added excitement
- The first player chooses which foam noodle they want to aim for, if they hit the noodle and knock off the ball they score a point
- Players take it in turns until all balls have been knocked off or time runs out.
- The winner is the player who knocked off the most balls

Progression Ideas

- Vary the distance from the starting cones to the targets
- Allow playing partners to nominate which target the player has to aim for
- Introduce a rule where the player has to use a particular club to complete the challenge

Equipment needed

2 x Orange Safety Cones

SAFETY

2 x Cones

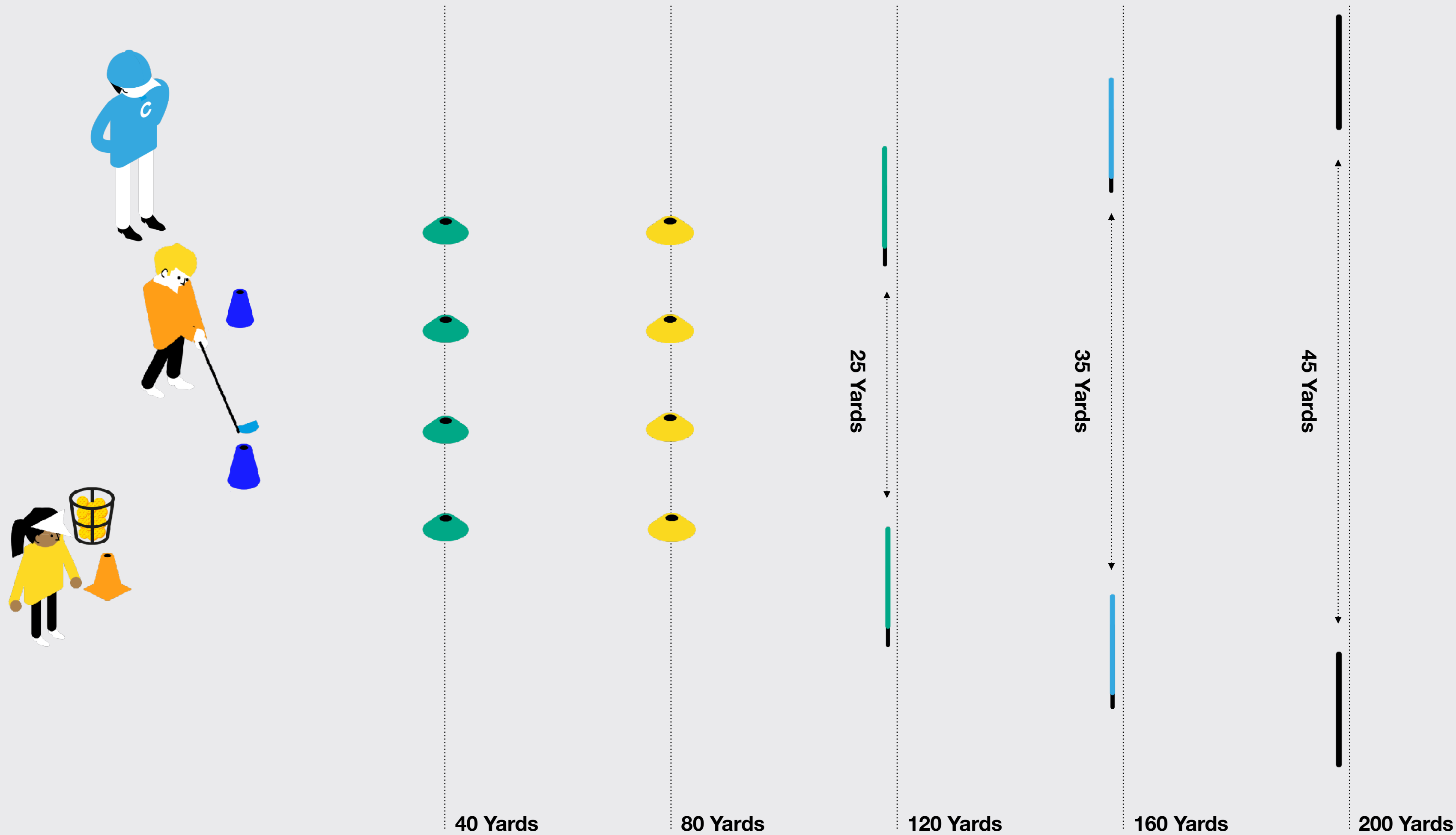
5 x Foam Noodles

5 x Alignment Sticks

Golf Balls



Pot Luck









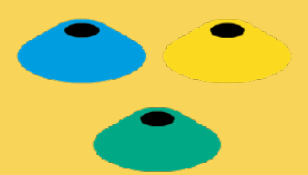
How to Play

- Players take in turns to pull a playing card from the deck of cards
- The number on the card dictates how many shots the player can take to complete their challenge (Picture cards count as 10)
- If the player completes their challenge within the designated number of shots they score 1 point
- The first player to score 5 points wins the game

Progression Ideas

- Add in special rules for certain playing cards
- Allow the players to come up with their own rules

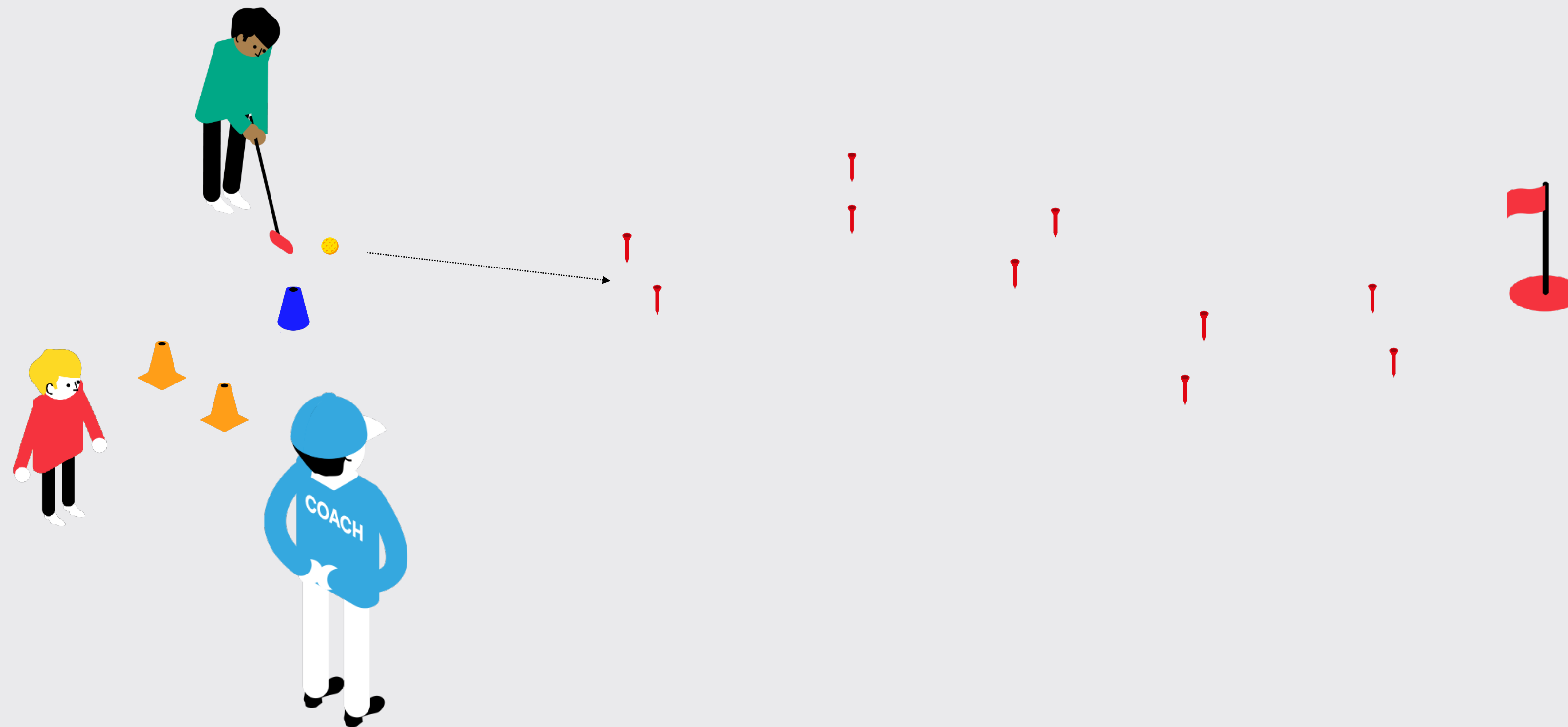
Equipment needed

- Orange Safety Cones 
- Cones to mark out the necessary hitting stations 
- Deck of playing cards 
- Golf Balls 
- 6 x Alignment Sticks 
- 6 x Foam Noodles 
- Variety of colored cones for 40 yard and 80 yard lines 

On the Green Game Cards



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

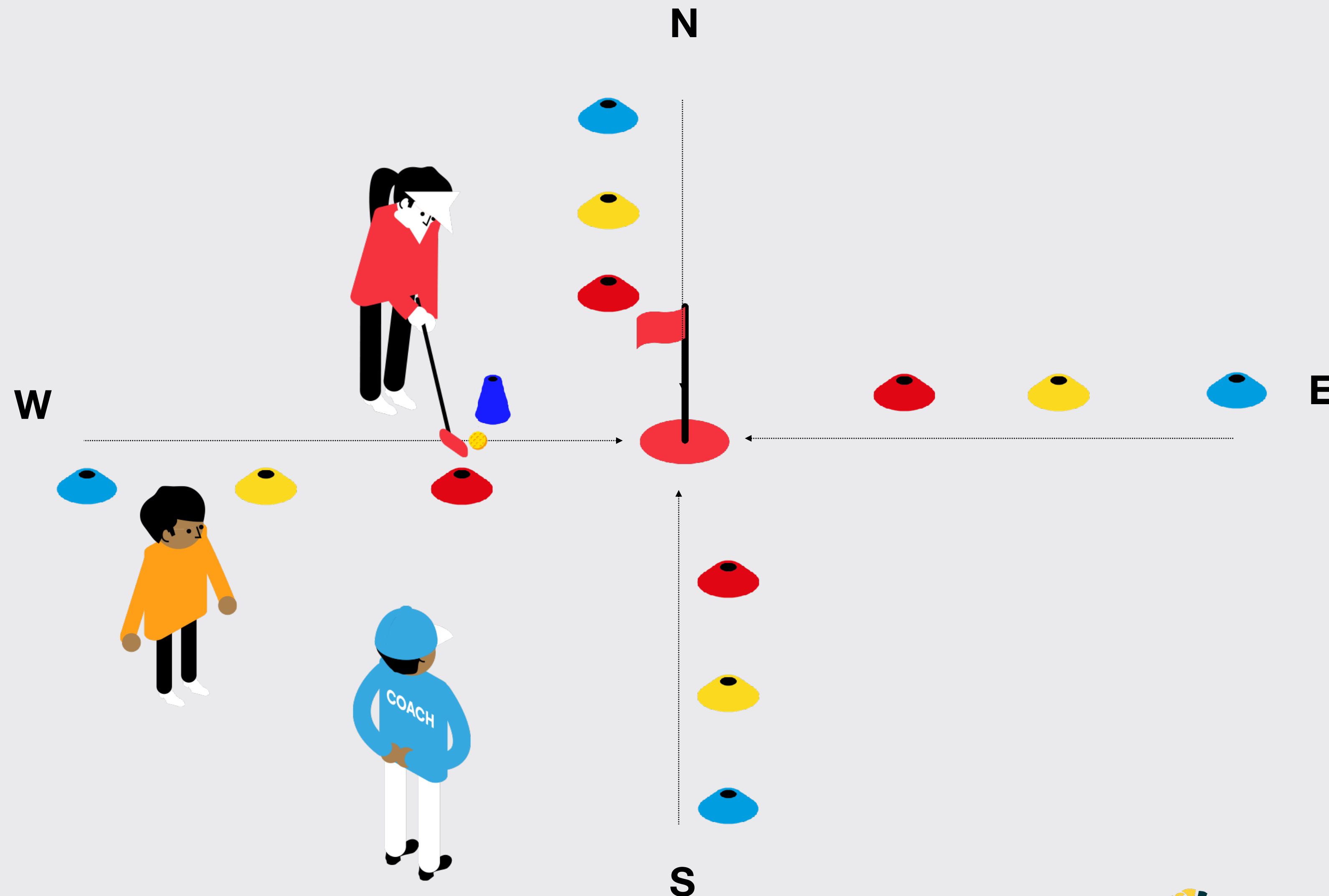
Tee Pegs

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

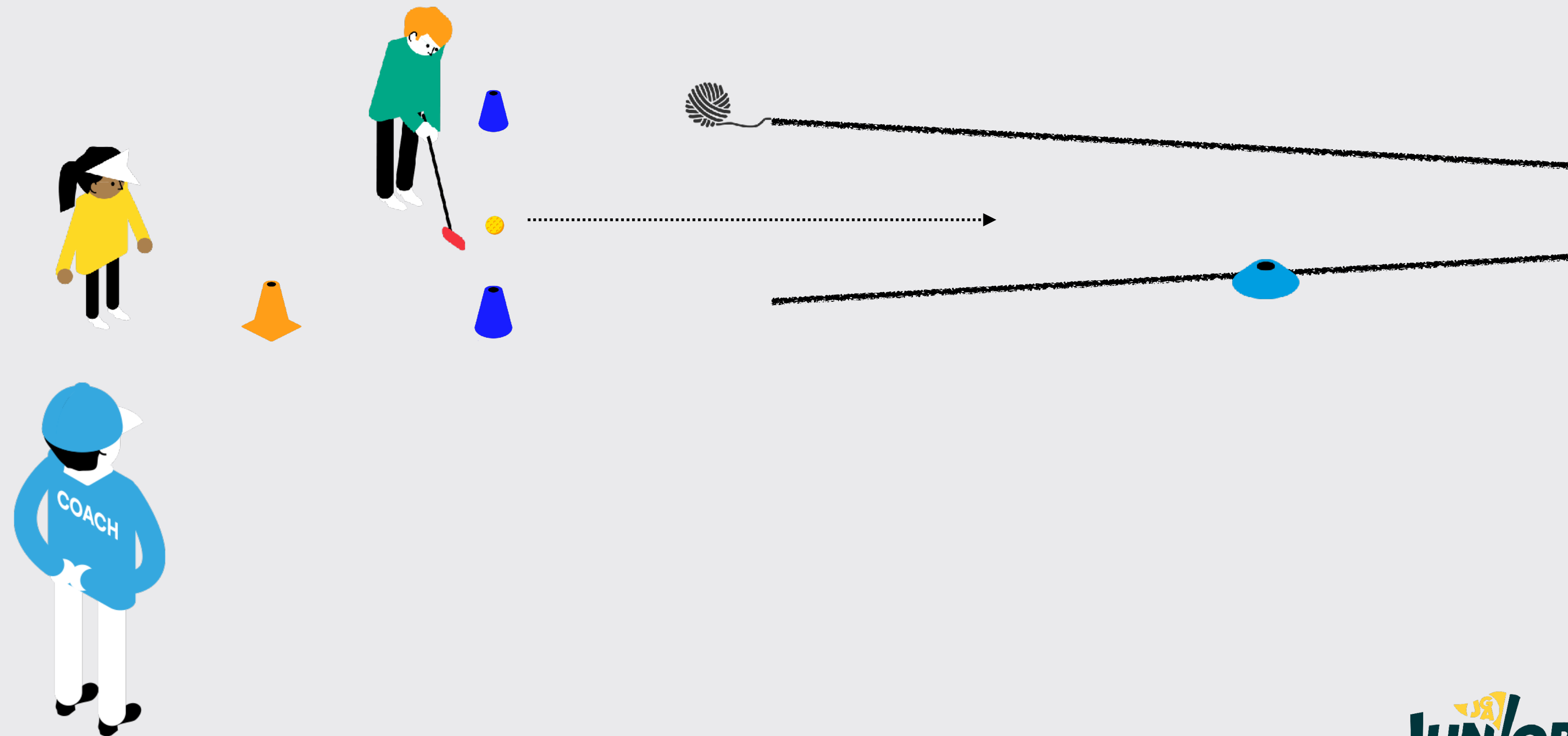


4 x Blue Colored Cones





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

Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



1 x Colored Cone



4 x Tees and string to create the runway

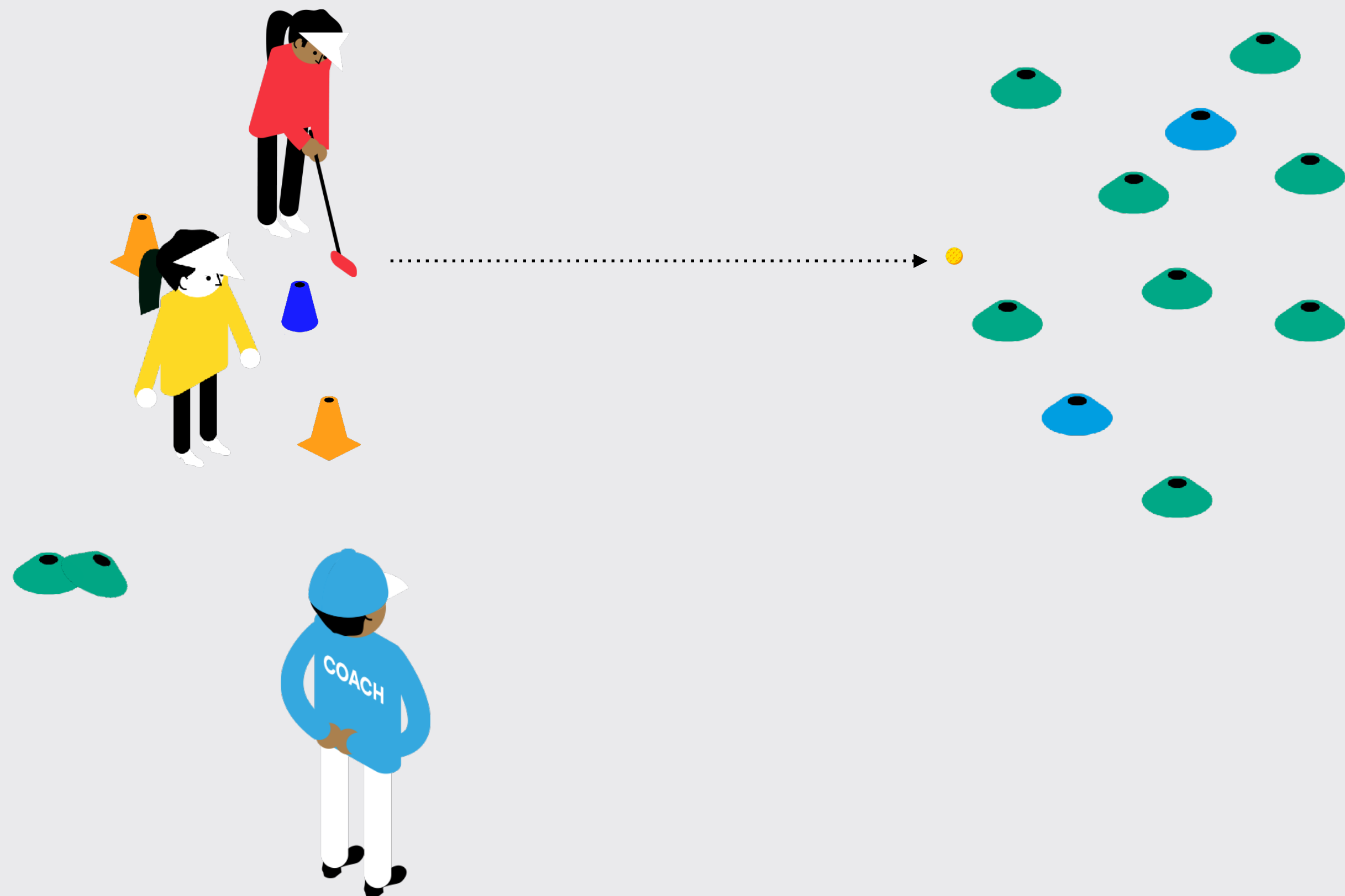


Golf Balls





Finders Keepers



How to Play

- Children take it in turns to attempt to putt their ball to hit one of the colored cones. If successful they collect the cone
- If a player hits one of the two alternative colored cones, they must put one of the cones back into the middle
- The children complete the game when they have collected all of the coloured cones

Progression Ideas

- Vary the size of the targets
- Vary the distance between the cones and the starting point
- Vary the distance between the target cones
- Increase the number of cones that the children need to collect
- Introduce a sloping surface to the game

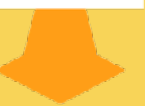
Learning Outcomes

- This game is great for improving accuracy of putts
- Children have to think which cones to aim for, strategic thinking is improved as they navigate the cones that are of a different color

Equipment needed

2 x Orange safety cones

SAFETY



Golf balls



1 x String



4 x Tees



10 x Cones in one color



2 x Cones in another color

