

Mini-Camp Class Plan

Day 4



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Class Timetable



Day 4 - Event Timetable

Session Length:
90 mins

Group Size:
1:8

Mastering the Game Focus:
On the Green
Around 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"> Hop Frog Zig - Zag (Junior Camp Competition Game) 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"> Golden Nugget 10 Pin Bowling (Junior Camp Competition Game) Kentucky Derby Up the Ladder 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"> Field Goal (Junior Camp Competition Game) Cone Crusher Pinseeker Knockout 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 / 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

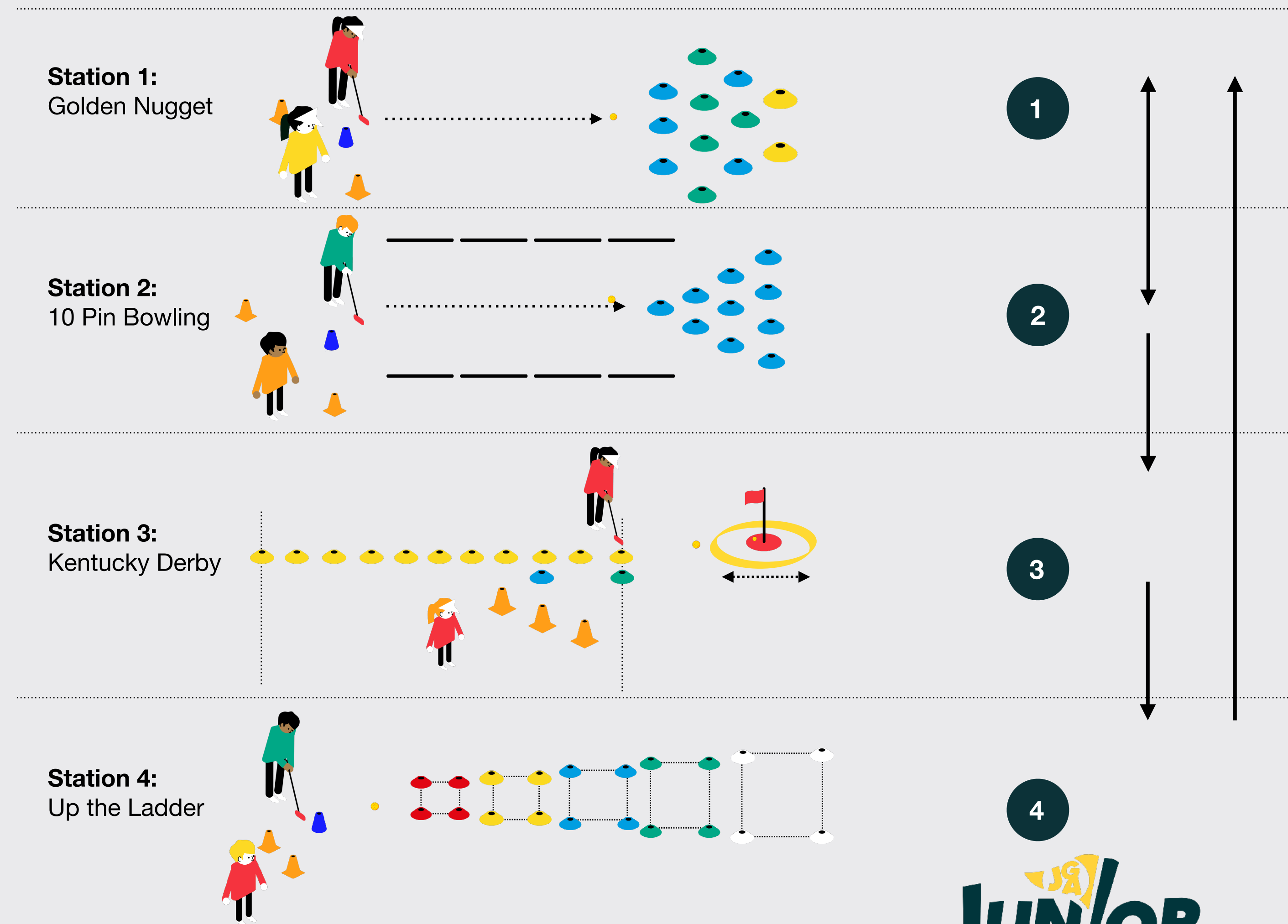
Layout and Setup



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





Hop Frog Zig-Zag - 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 jumps with both feet together into each hope in alternative directions
- The team that wins is the one who gets all players home first

Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with different fundamental movements such as single leg jumping and alternative leg jumping
- Increase the number of steps of the ladder
- Increase the width of the ladder steps.

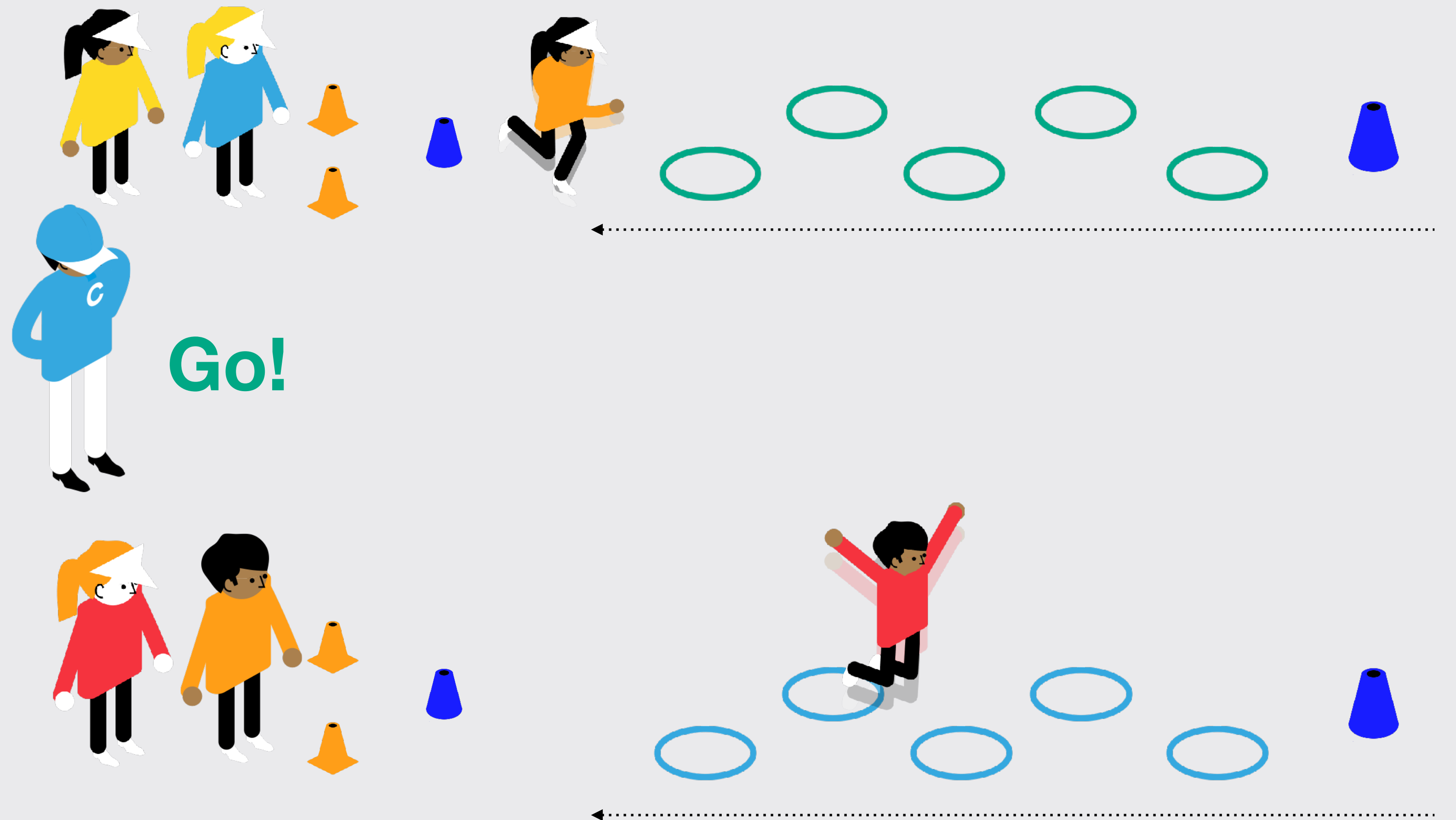
Equipment Needed

Orange Safety Cones

SAFETY

4 x Cones

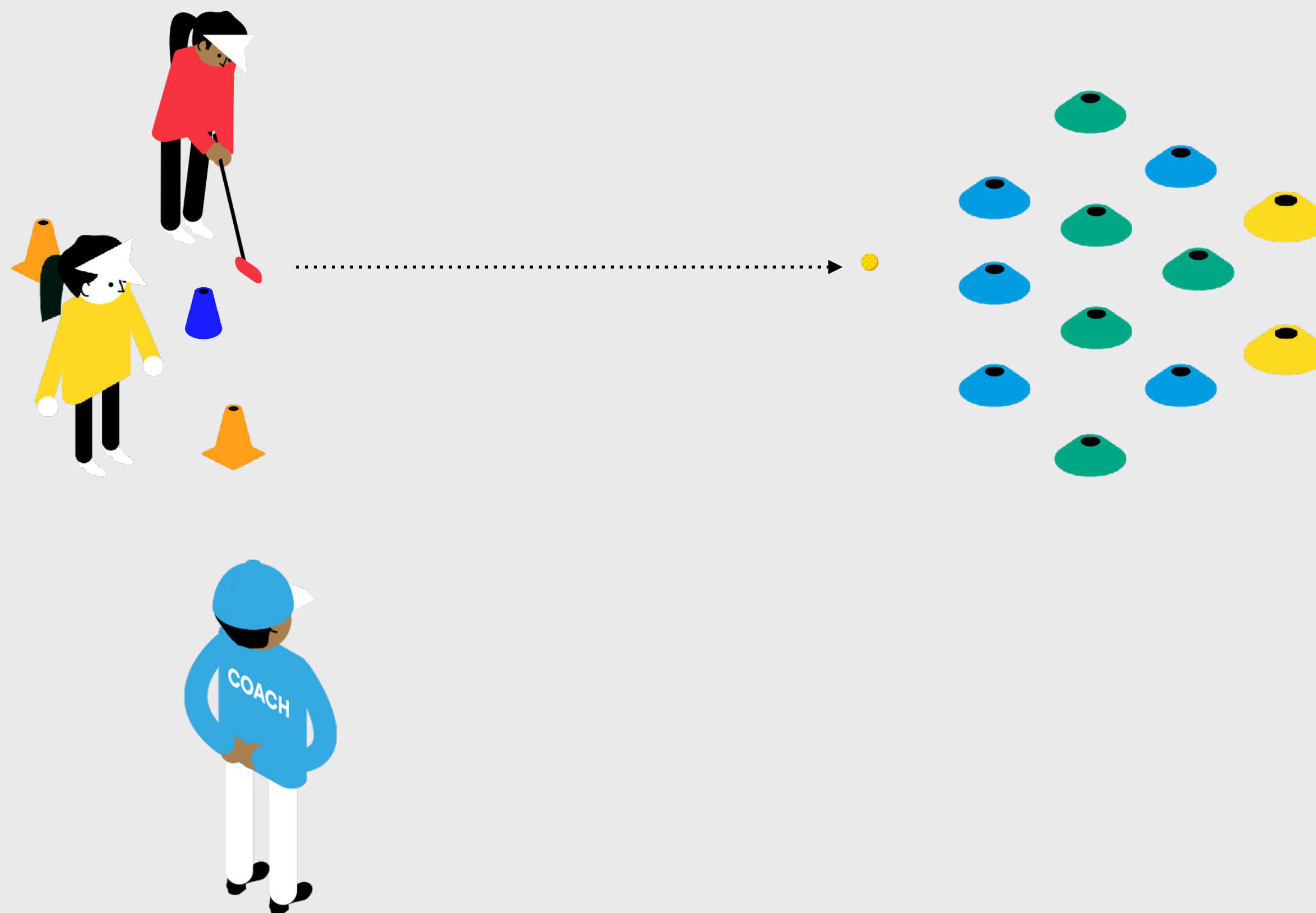
10 x Hoops



On the Green Game Cards



Golden Nugget



How to Play

- The children putt the ball towards the cones and try and hit one
- If they do they pick the cone up and bring it back for their team.
- Blue Cones are worth 1 point
- Green Cones are worth 5 Points
- Gold Cones are worth 10 Points

Progression Ideas

- 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

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 colour

Equipment needed

2 x Orange safety cones

SAFETY



Marker cone



Golf balls



5x Green Cones



5x Blue Cones

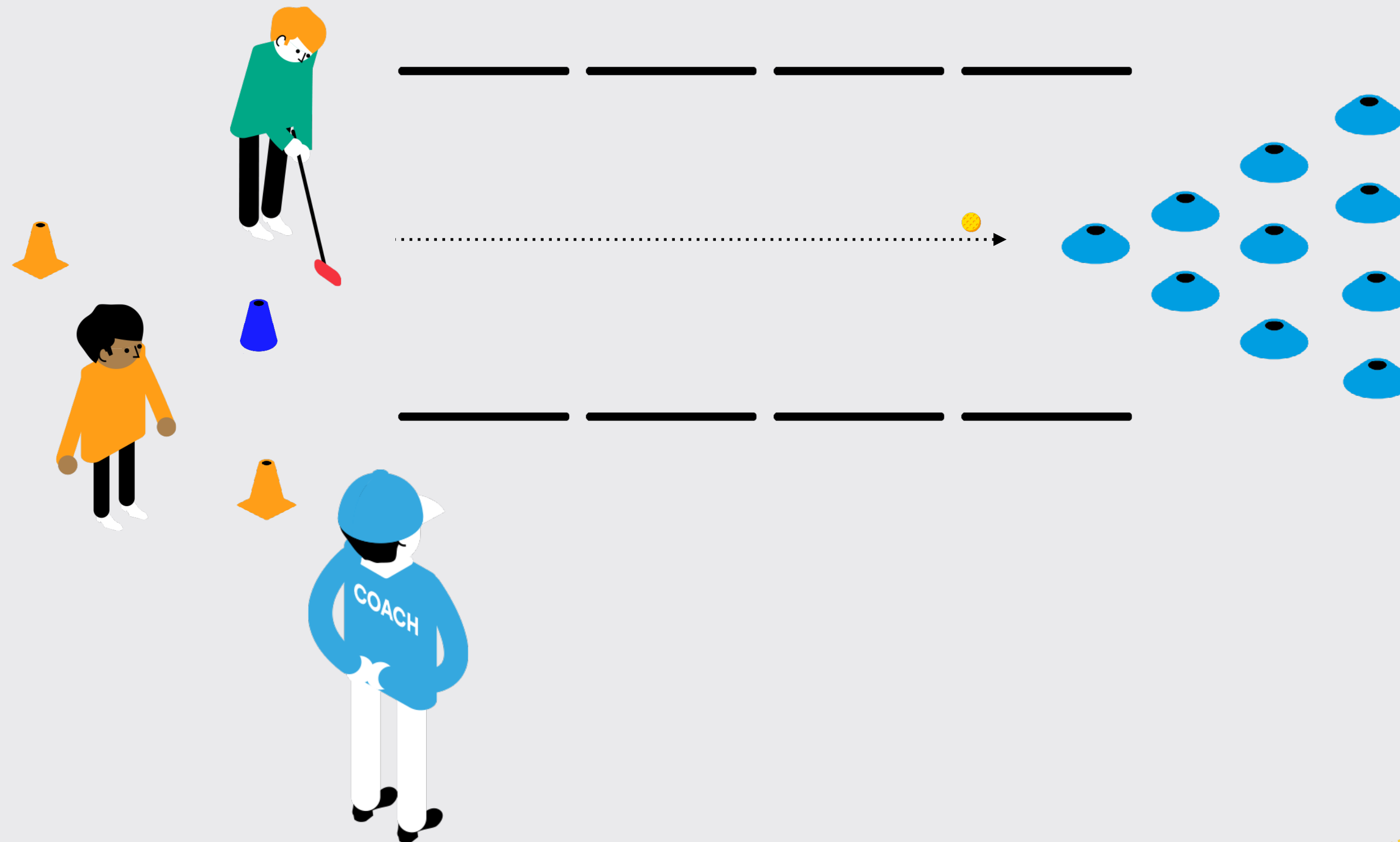
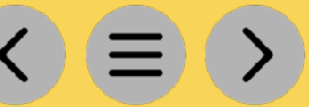


2x Golden Cones





10 Pin Bowling - JUNIOR CAMP GAMES



How to Play

- Nominate one of the children to play first
- Player number 1 attempts to putt the ball and hit one of the bowling pins
- If they hit the bowling pin, they pick it up and bring it back to the start. The child cannot hit the sides marked with the alignment sticks
- The children complete the game when they've collected all of the pins

Progression Ideas

- Change the size of the target bowling pins such as turning a cone upside down or placing a golf ball on a tee
- Vary the distance and the direction of the starting point
- Add a rule that it doesn't count if the ball hits another pin
- Add a gate that the child must hit the ball through at the start
- Introduce the game on a sloping 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

Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



10 x Blue Cones



8 x Alignment Sticks

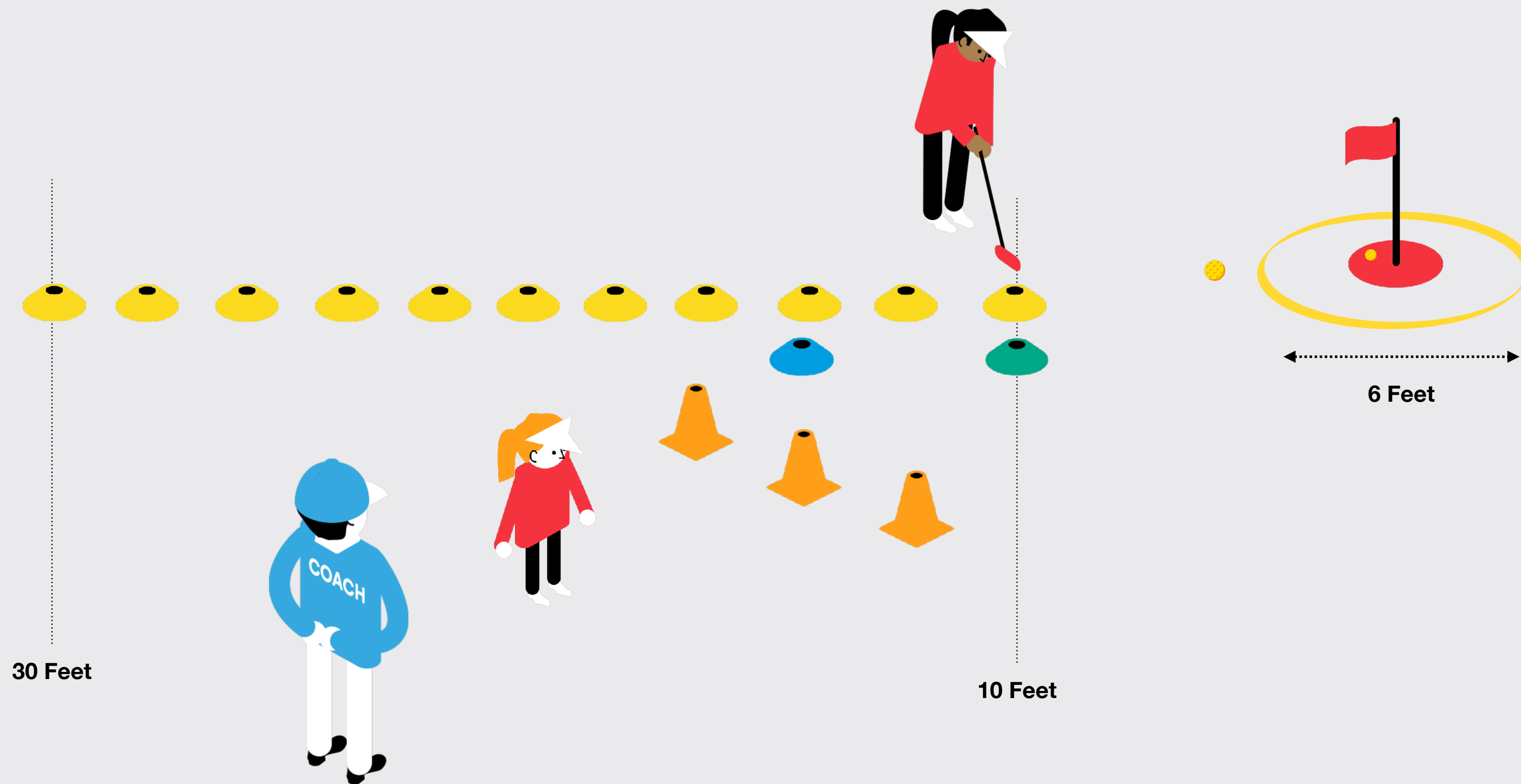


Golf Balls





Kentucky Derby



How to Play

- Nominate a child to play first. Both players place their cone opposite the first starting cone
- From the starting cone at 10 feet, any putt that is holed allows the player to jump three cones. Any ball finishing in the target circle but past the hole jumps two cones. Any putt that finishes in the target circle but short of the hole moves one cone
- The player who wins is the one who reaches the final colored cone first

Progression Ideas

- Change the distance between the starting cone and the hole
- Change the distance between each of the cones
- Introduce a rule where the number of attempts is limited otherwise the player moves back a step
- Attempt the game on a sloped surface
- Change the size of the target circle

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 over varying distances

Equipment needed

2 x Orange Safety Cones



10 x Colored Cones



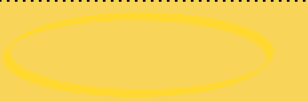
1 x Colored Cone



1 x Colored Cone



6 ft Target Circle

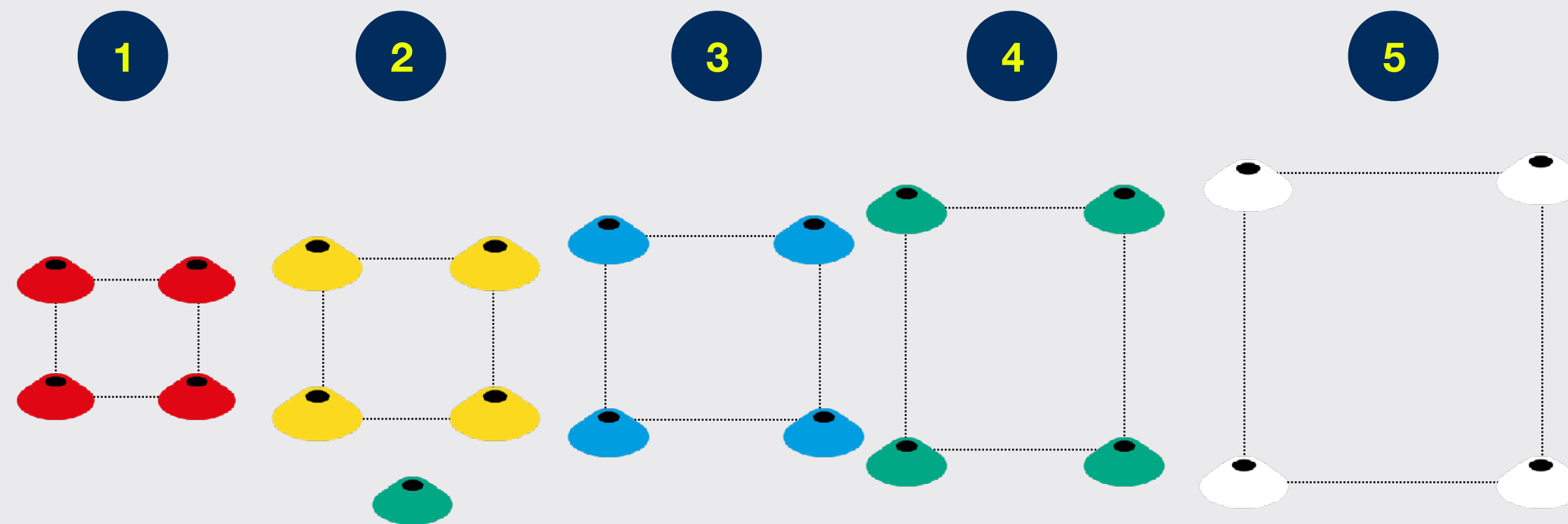
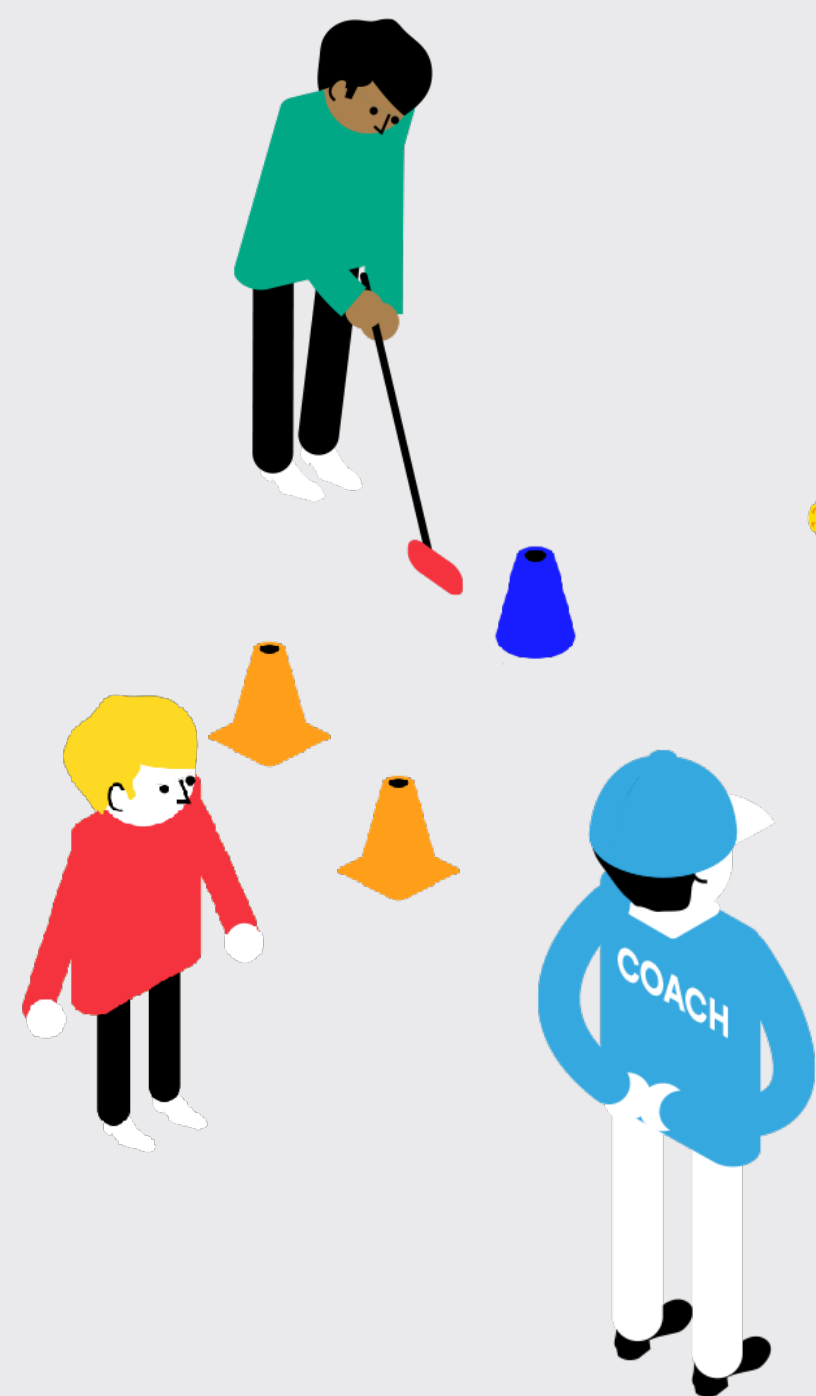


Golf Balls





Up the Ladder



How to Play

- Nominate a child to play first. The child attempts to hit their putt into the nearest but smallest target box
- If the child successfully gets the ball into the target box, they place the team's colored cone opposite the next target box
- The children take it in turns to putt the ball to the target boxes
- The game continues until the team gets their ball into the final box

Progression Ideas

- Change the distance between the starting cone and first box
- Change the distance between each of the target boxes
- Reduce the size of the target boxes
- Attempt the game on a sloped surface
- Limit the number of attempts on each box or limit the number of attempts to the corresponding box

Learning Outcomes

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

Equipment needed

Orange Safety Cones



2 x Cones to mark out the necessary hitting stations.



Golf Balls



4 x Red Colored Cones



4 x Yellow Colored Cones



4 x Blue Colored Cones



4 x Green Colored Cones



4 x White Colored Cones

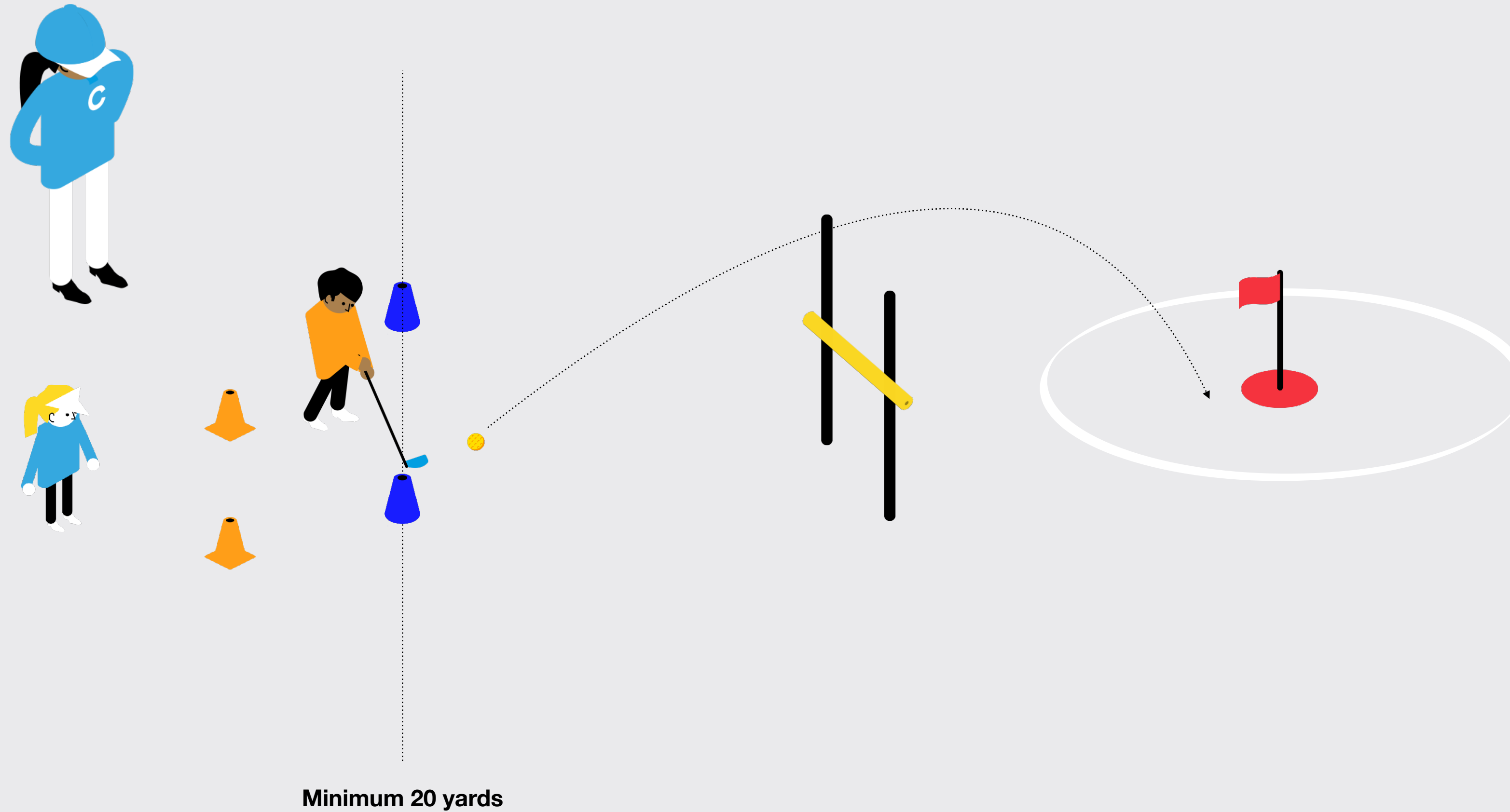


Around the Green Game Cards





Field Goal - JUNIOR CAMP GAMES



How to Play

- Players work as a team to accumulate the most points possible
- Nominate a player to play first.
- The first player attempts their shot and aims to get the ball through the posts to score a field goal
- If the player gets the ball through the posts they score 3 points. If they land the ball into the target circle too they score a touchdown, and a further 6 points
- The team reports their score at the end of the time allowed

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 circle
- Change the distance between the starting position and the posts

Equipment needed

Orange safety cones

SAFETY

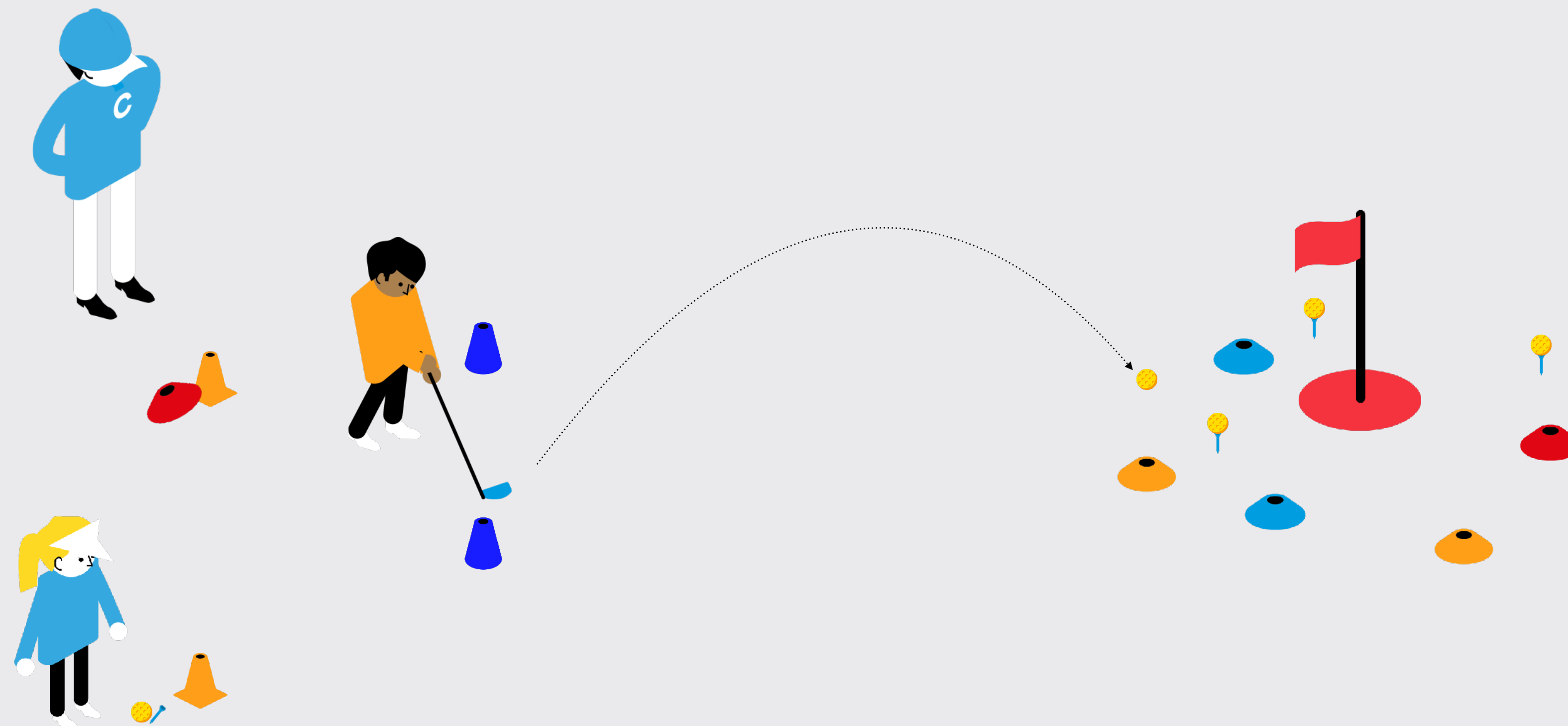
10 ft target circle

2 x Foam Noodles

2 x Alignment Stick



Cone Crusher



How to Play

- Allocate points for each of the targets. For example, 5 points for the holing out, 2 points for hitting a ball and 1 point for hitting a cone
- Children take it in turns to hit their chip shot and attempt to hit one of the targets
- If the child is successful they collect their ball and the target they hit and bring it back to the safety cones
- If they miss they should just collect their ball and it's the next players turn
- Each player has 10 shots to hit as many targets as possible and score as many points as possible for their team
- At the end of the lesson see which team scored the most points for this game

Progression Ideas

- Add or remove targets
- Vary the size of the gaps between targets
- Vary the starting point from around the green
- Add penalty points if the children hit a particular cone (the red cone, for example)
- Add a line behind the hole, which if the ball travels over then the child has to put back one of the targets they have hit

Learning Outcomes

- Controlling direction and distance on a chip shots
- Working together to collect the targets and choose which targets to aim for

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark starting position



Cones for the targets



Tees and balls for the targets

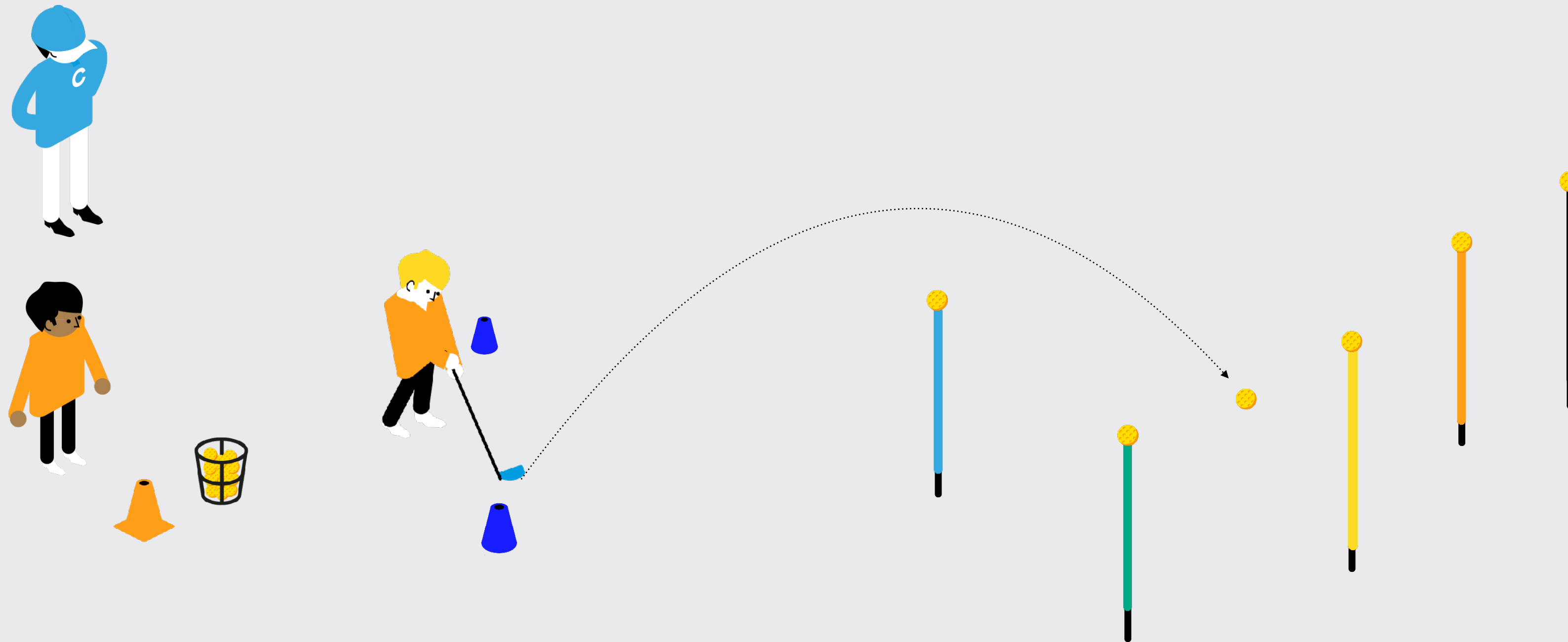


Golf Balls





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

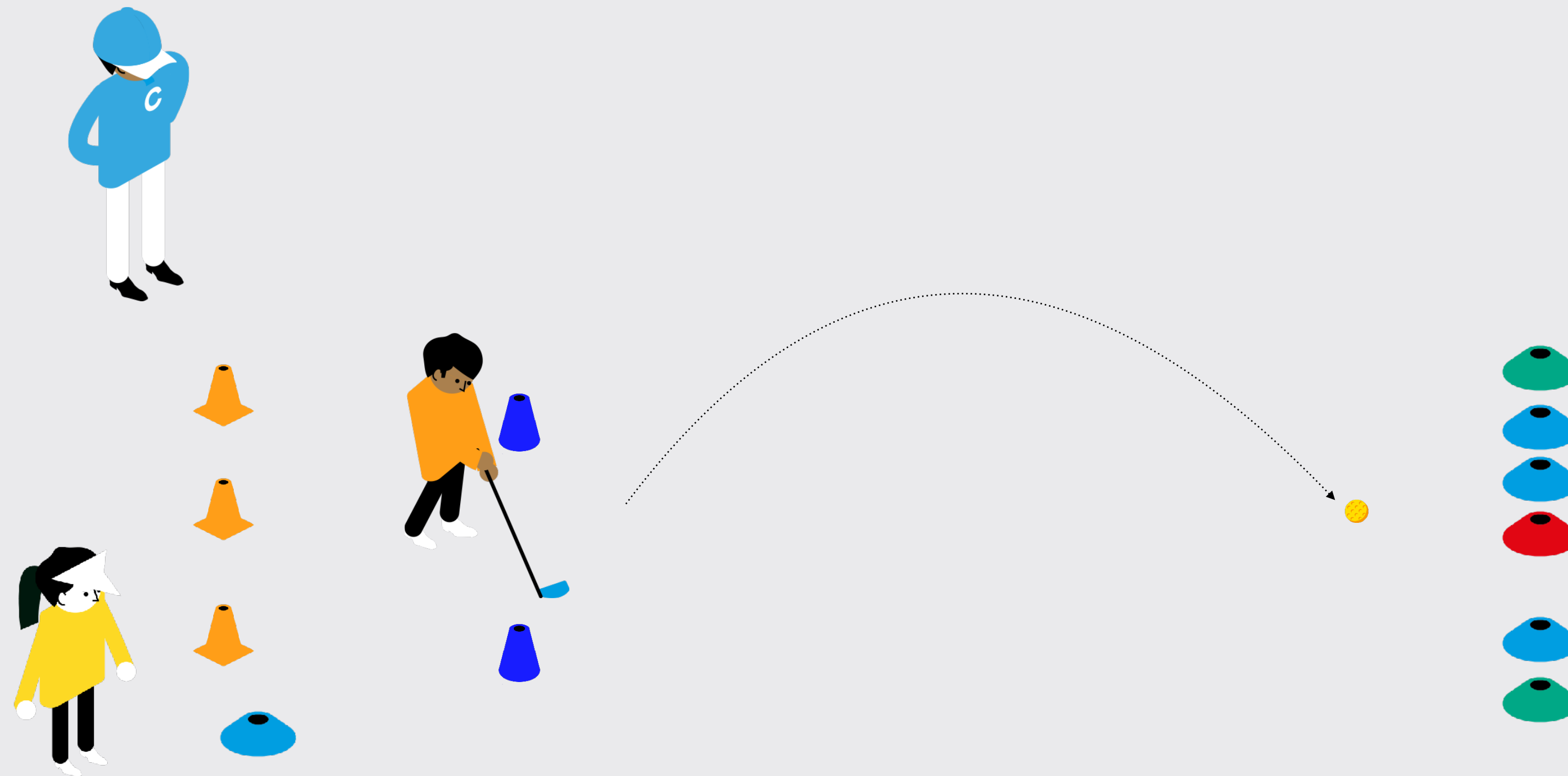
5 x Foam Noodles

5 x Alignment Sticks

Golf Balls



Knockout



How to Play

- Children take it in turns to hit the ball towards the target
- If they hit one of the cones they pick up the cone and bring it back for their team
- The game is complete when all the cones have been hit

Progression Ideas

- Vary the distance from the cones
- Add in more or less cones to make the target bigger or smaller
- Introduce a fringe in front of the player and the ball only counts if it lands over the fringe
- Add different point values to each color cone

Learning Outcomes

- Control over distance and direction of pitch shots

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark starting position

Cones for the target

Spare equipment that may be required for the group attendees.

Golf Balls