

Junior Monthly Class Plans Ages 6-16

On the Green

Week 14



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Class Timetable

4 Junior Monthly Class Plans Ages 6-16

Class Timetable - Week 8

Session Length: 60m | Group Size: 1:6

Mastering the Game Focus:
On the Green: Scoring

Whole Child Focus:
Creative: Practice at Home

Learning the Game Focus:
Orientation: Introducing the Scorecard

Mastering the Game Challenge:
Scoring Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Introduce to the group the Learning the Game focus of the class 	<ul style="list-style-type: none"> Cone Collector
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> Introduce to the group the Whole Child focus of the class 	<ul style="list-style-type: none"> Introducing the Scorecard
35 Mins	Mastering the Game Focus	<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 on the Mastering the Game learning outcomes Children can attempt the Challenge in pairs Children rotate around the stations Opportunity for free practice if appropriate 	<ul style="list-style-type: none"> Practice at Home
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<ul style="list-style-type: none"> Recap Mastering the Game and Learning the Game Focus from the session to check for understanding Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app Present the Achiever Award to a student in front of the parents and the group Award any Pins and Hats that may have been achieved 	<ul style="list-style-type: none"> 10 Pin Bowling Single, Double, Triple Scoring Challenge

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Class Timetable - Week 14

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Long Putts

Whole Child Focus
Personal:
Honesty

Learning the Game Focus:
Rules and Etiquette:
Ball Marker

Mastering the Game Challenge:
Long Putt Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Hop Frog
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Introduce to the group the Learning the Game focus of the class 	<ul style="list-style-type: none"> Ball Marker
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> Introduce to the group the Whole Child focus of the class 	<ul style="list-style-type: none"> Honesty
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions and class layout Introduce games and challenge Deliver one to one and group coaching on the Mastering the Game learning outcomes Children can attempt the Challenge in pairs Children rotate around the stations Opportunity for free practice 	<ul style="list-style-type: none"> Kentucky Derby Stick Shift 2 Long Putt Challenge
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<ul style="list-style-type: none"> Recap Mastering the Game and Learning the Game Focus from the session to check for understanding Children can complete <i>myProgress</i> Wheel and add stickers where appropriate to the <i>myAcademy</i> folder The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app Present the Achiever Award to a student in front of the parents and the group Award any Pins and Hats that may have been achieved 	<ul style="list-style-type: none"> <i>myAcademy</i> Folders GLF. Connect <i>myGame+</i>

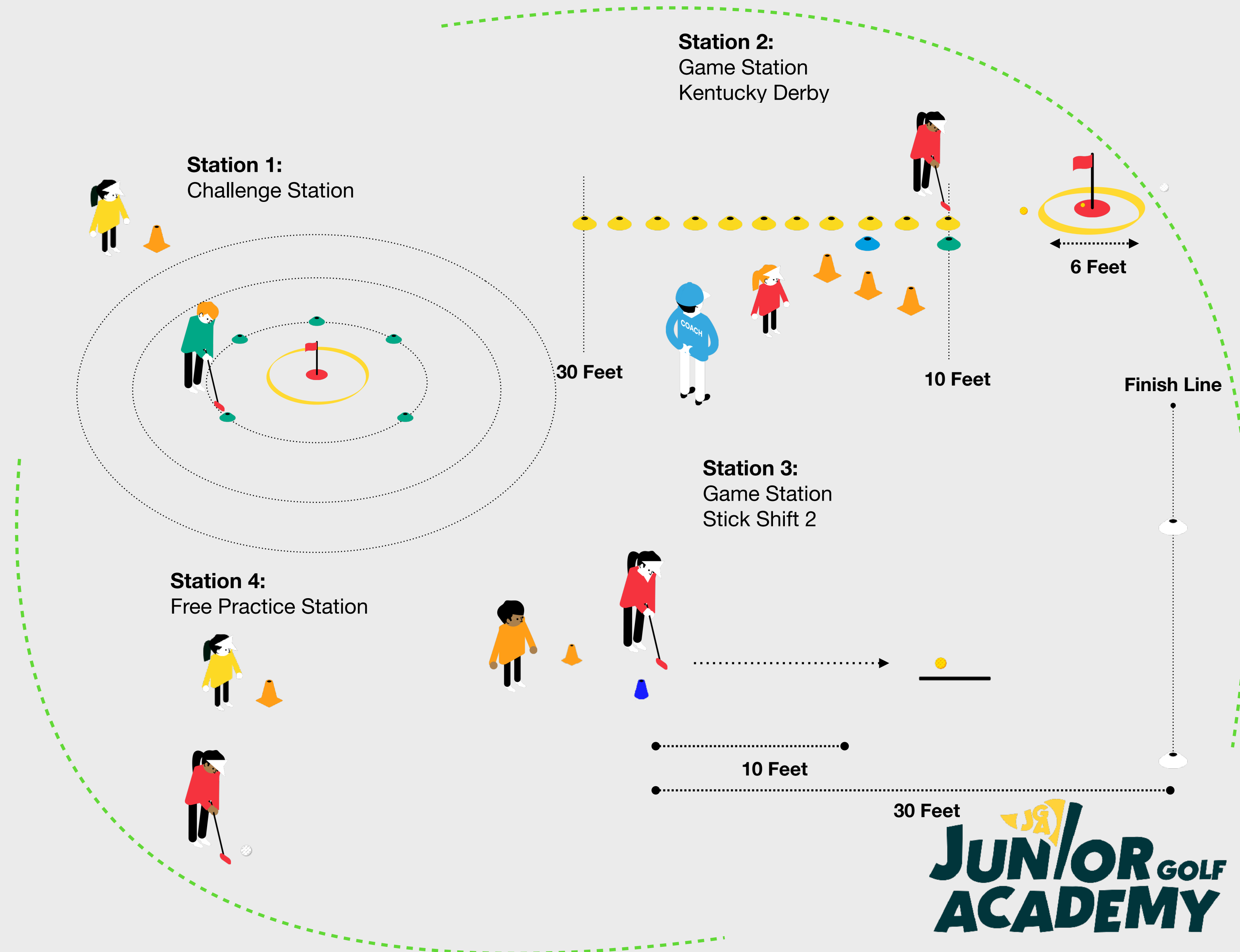
Layout and Setup



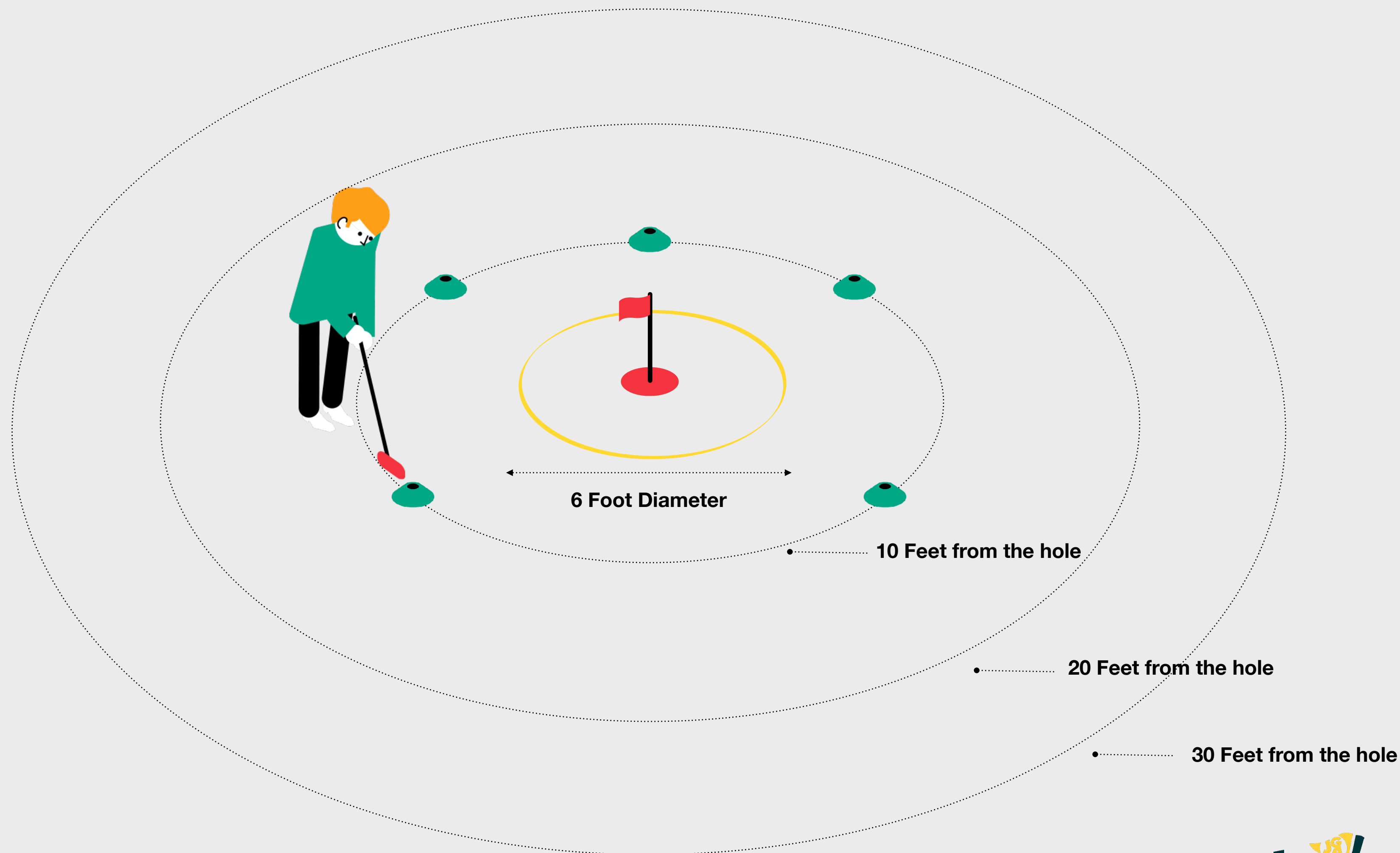
Class Layout and Setup

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:

- Station 1 is the **Challenge Station**. This is where the child, under the supervision of the coach, can attempt the Mastering the Game Challenge to achieve their Achiever Sticker, virtual reward on GLF. Connect and work towards their pins and hats
- Stations 2 and 3 are **Game Stations**. At these stations the children play in pairs or play the games independently with occasional supervision from the coach
- Station 4 is the **Free Practice Station**. It is at this station the child can develop their fundamentals under guidance from the coach, away from any form of game or competitive play. Those in the Practice Station rotate with their partner in the Challenge Station. You may decide the layout a technical drill if appropriate for the child
- Children should play in pairs, with stations 1 and 2 being a pair, another pair at station 3 and the last pair at station 4
- Children should rotate around the stations, with each pair spending approximately **8 minutes** to spend at each station. Each child should get an opportunity at each station during 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 juniors where they are required to stand when not hitting from the hitting station
 - Dividers should be used to identify the hitting stations
 - Baskets should be placed to the side of the golfers and behind the hitting area
 - Juniors should never go in front of the hitting stations to collect a golf ball or golf club
 - Juniors should always exit the hitting stations from the rear by crossing the orange safety cones



Long Putts Challenge Setup



Setting out the Challenge

- A hole should be selected on the putting green on an average sloped surface
- A 6 foot diameter circle should be made around the hole using the target circle from your equipment bag
- 5 Positions should be marked on the green at 10 feet from the hole
- The 5 distances at 20 feet and 30 feet should be placed by the player using the 10-foot markers as a guide when attempting the challenge

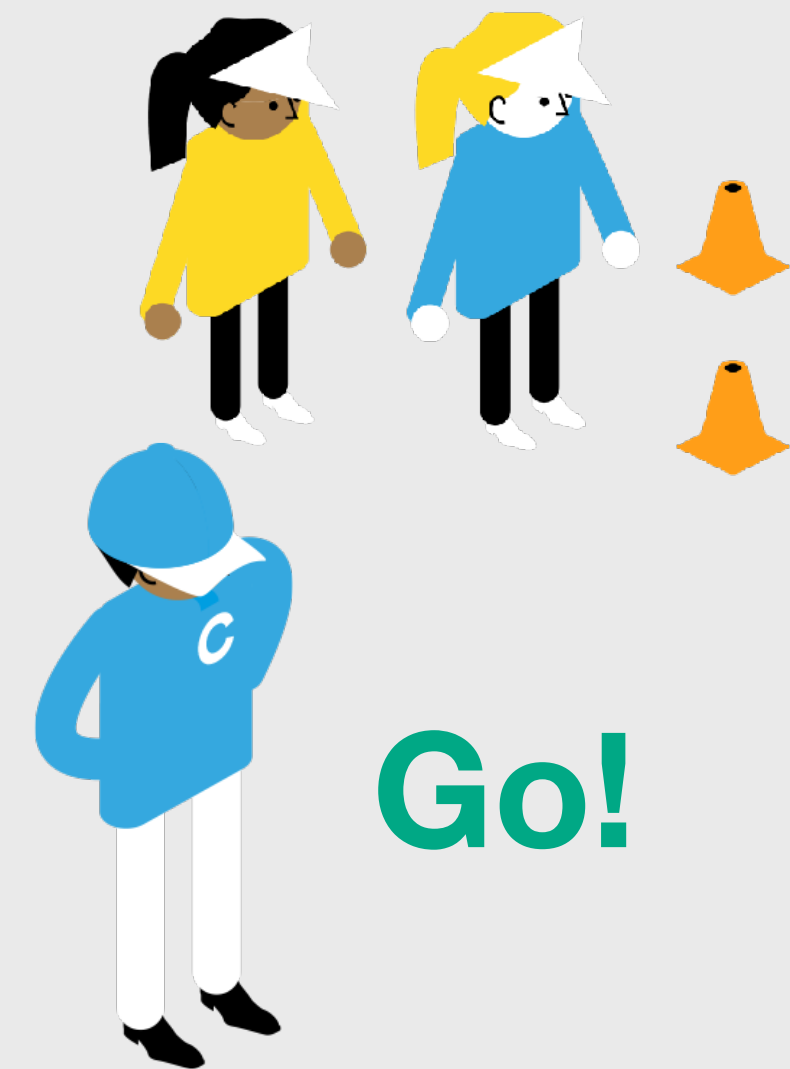
Equipment Required

- 1 hole on the green
- 5 x tee pegs to mark the 5 starting positions at 10 feet
- 6 foot diameter target ring

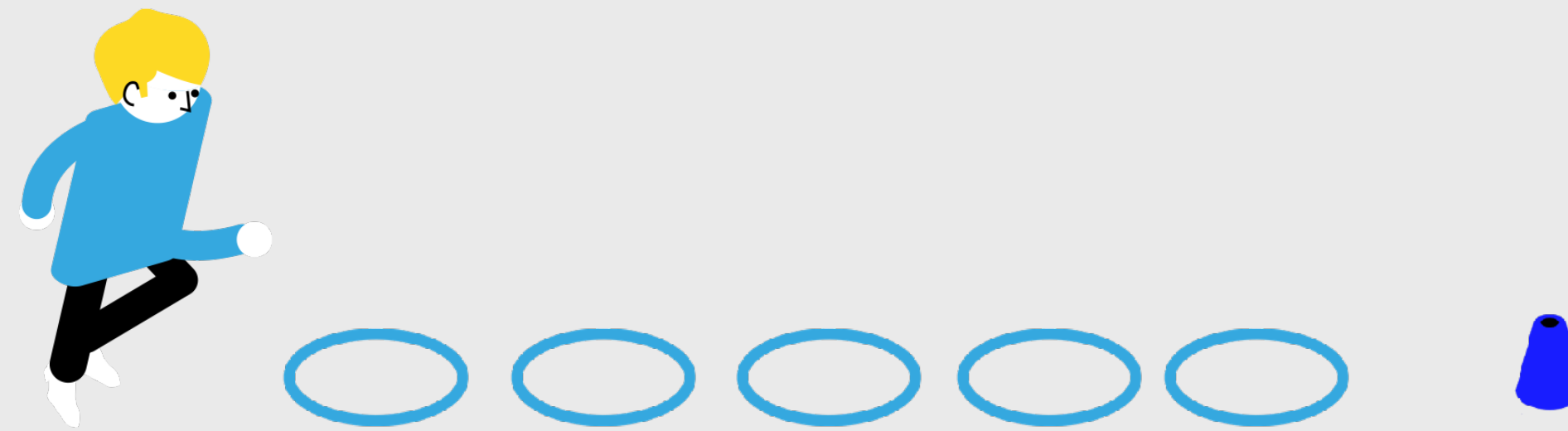
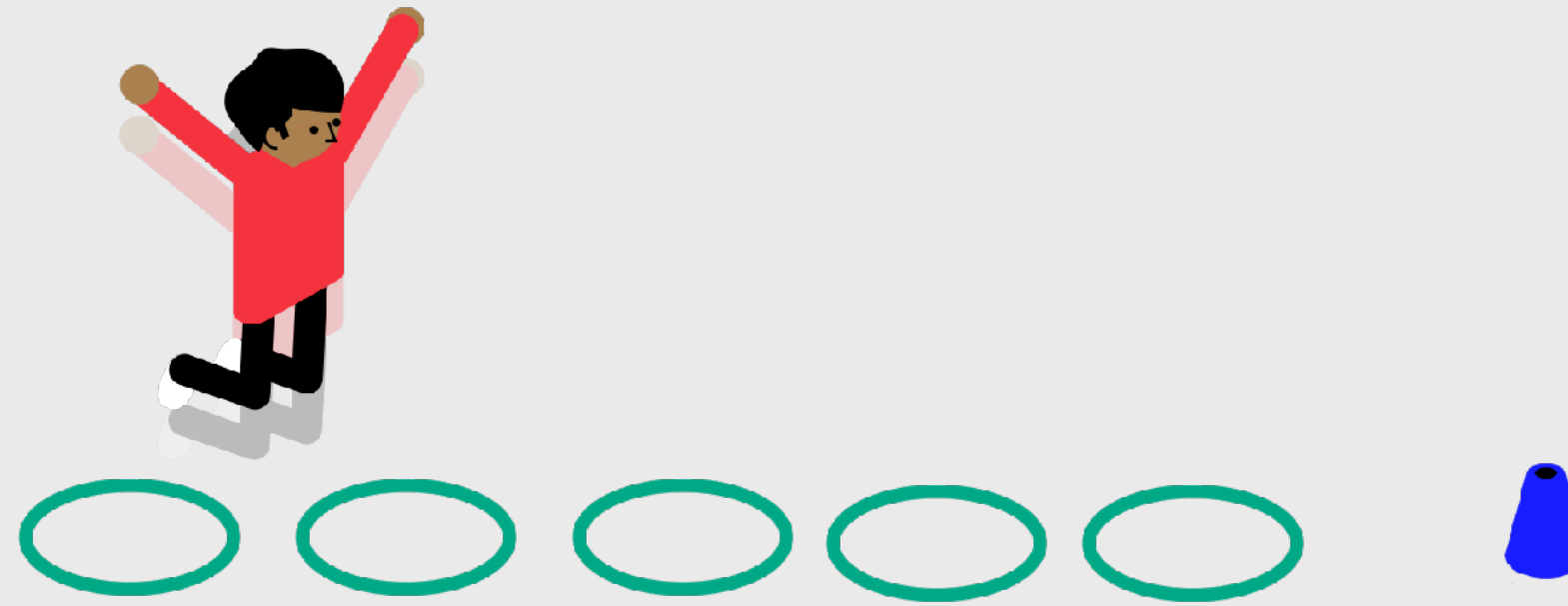
Physical Literacy Warm Up Game



Hop Frog



Go!



How to Play

- Split the children into two even teams
- Mark out 10 hoops, approximately 1 yard apart in a line or in a curve
- Half the group starts at one end, the other half starts at the other
- The first child from each side bunny hops along the hoops until they reach the end cone
- They run back from the end cone and the next player on their team can go
- This continues until one of the groups gets all their players back to the start

Progression Ideas

- Explore FMS during the game
- Change the distance between the hoops
- Add in additional turns

Equipment Needed

Orange Safety Cones

SAFETY



4 x Cones



10 x Hoops



Fundamental Movement Skills (FMS)



During your Warm Up Game, explore a range of Fundamental Movement Skills (FMS). The children should be encouraged to experiment and develop these movements and you can tailor the difficulty of the specific movement to each child or warm up game.



Kick

Explore this skill using both feet, different parts of the foot and kicking in the air and on the ground



Throw

Explore this skill using both arms, underarm and overarm throws as well as at a range of heights



Skip

Explore this skill using a rope and in dynamic motion at a range of speeds



Run

Explore this skill at a range of speeds, and going backwards



Hop

Explore this skill by alternating legs on the spot and in dynamic motion



Side-step

Explore this skill by alternating sides, touching heels and crossing legs



Dodge

Explore this skill by getting the child to dodge static and dynamic obstacles at a range of heights



Jump

Explore this skill by exploring the movement in multiple directions



Stand on one leg

Explore this skill by exploring balancing on both legs



Crawl

Explore this skill by exploring using different segments of the body

The Whole Child



Personal Honesty

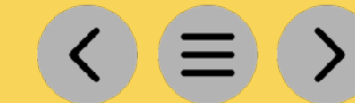
The Whole Child theme this week is to understand the importance of honesty within the game of golf and in life.

Carry this theme into the class by not paying attention to the challenge station in this session and asking the children how they scored.

It should be highlighted that the Achiever Award is presented to the child that is totally honest during the lesson, importantly the child should demonstrate honesty whilst unaware of the coach's presence.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the Junior Golf Academy program.

An Achievement Sticker can be added to the myAcademy Folder if applicable to your program.



Reinforcing positive behaviours

There are lots of ways to reinforce the positive behaviours we want to see in your junior golfers.

Non-verbal reinforcement:

- Thumbs up
- Nod of your head
- A smile

Personal verbal reinforcement:

- "Love that attitude"
- "That's the attitude we're looking for"
- "Great effort, keep it up"

Group reinforcement:

- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the Achiever reward at the end of the lesson is a great opportunity to reinforce positive behaviours
- Be sure to pinpoint two or three moments in the lesson that stood out to you and praise the children involved

Learning the Game Focus



Rules and Etiquette

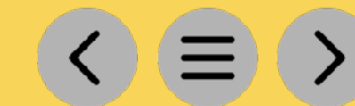
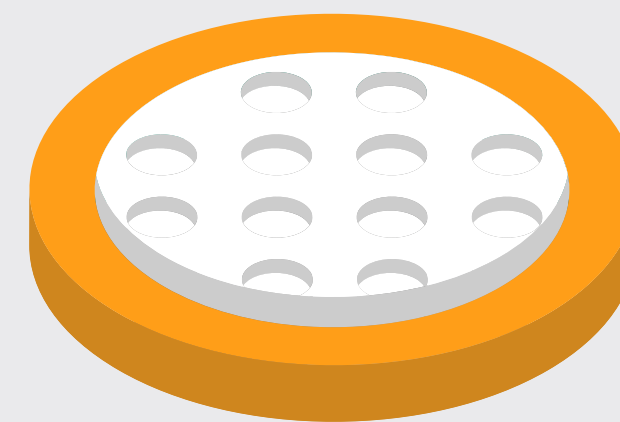
Ball Marker

The Learning the Game focus this week is about using a ball marker.

You should highlight to your juniors best practice of using a ball marker after you've hit your putt so that their ball is out of the way of others putting and so they can align the markings on their ball on the next putt if they want.

Make sure you show you mention what happens to a player if their ball does strike another player's ball on the putting green.

Carry this theme throughout the class and reward any behaviours with an achievement sticker.



Questions to Ask

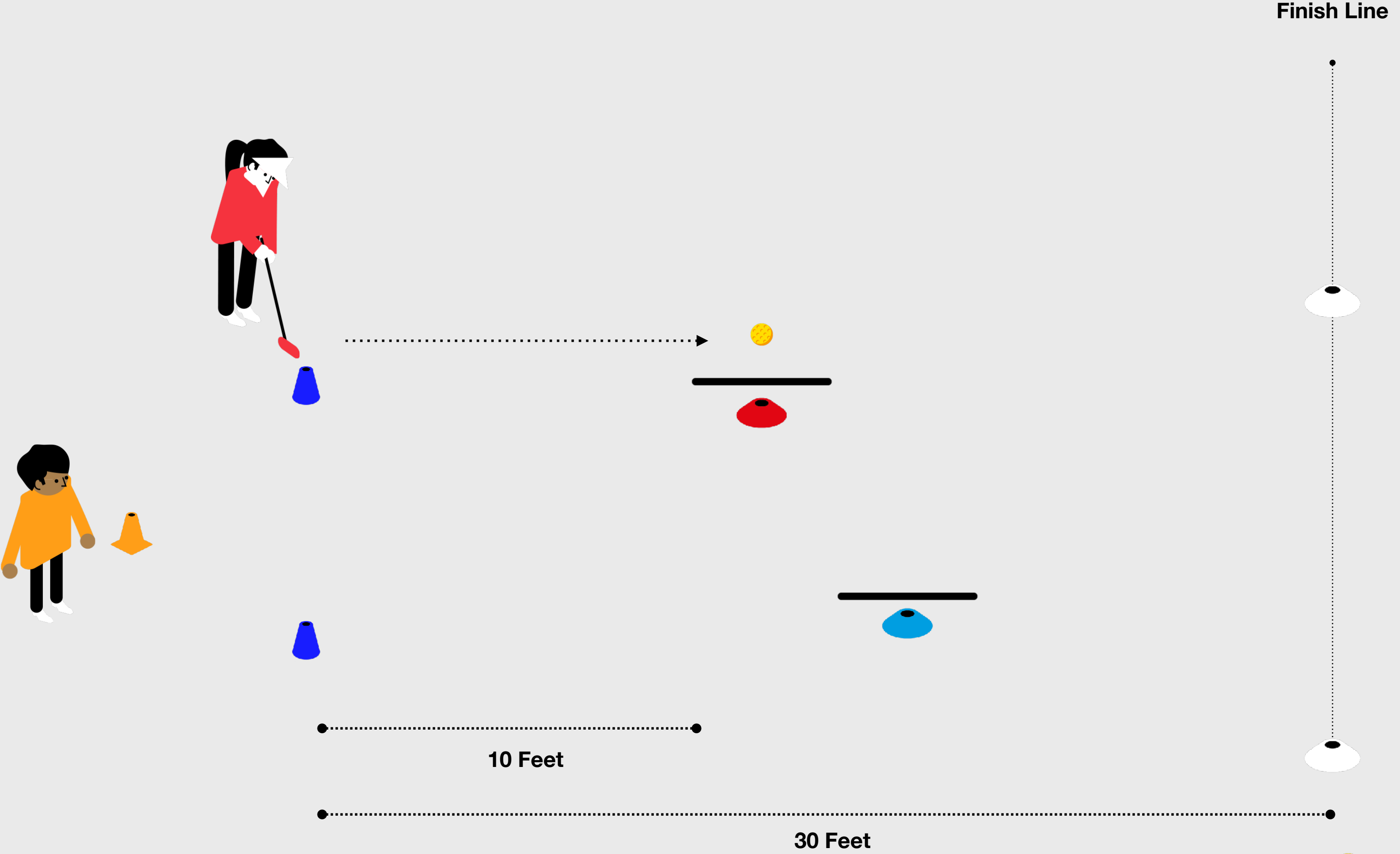
- Why do we mark our ball with a ball marker?
- Where are we allowed to putt a ball marker down?
- What is the ruling if your ball strikes another ball on the putting green?
- What can you use to mark your ball?

Mastering the Game Cards





Stick Shift 2



How to Play

- Each child is nominated an alignment stick and a colored cone. In this example either blue or red
- The children take it in turns to hit a putt towards their alignment stick
- The aim is to get the ball to stop within the length of the alignment stick. If they are successful they get to move the alignment stick one length further on
- If the player is not successful in putting the ball inside the length of the alignment stick they have to try again when it is their turn
- The winner is the player who gets their alignment stick past the finish line
- Incorporate the Matchplay format of scoring by dictating that the winner is the first player to reach the score "3 up"

Progression Ideas

- Increase or decrease the starting distance and the finish line distance
- Add in a rule whereby the player has to move the alignment stick back one distance if they are not successful

Learning Outcomes

- The primary learning outcome is control of distance
- Consistency of distance control

Equipment needed

Orange Safety Cones



2 x Cones to mark out the necessary hitting stations.



Spare equipment that may be required for the group attendees.



1 x Golf ball



2 x Alignment Sticks



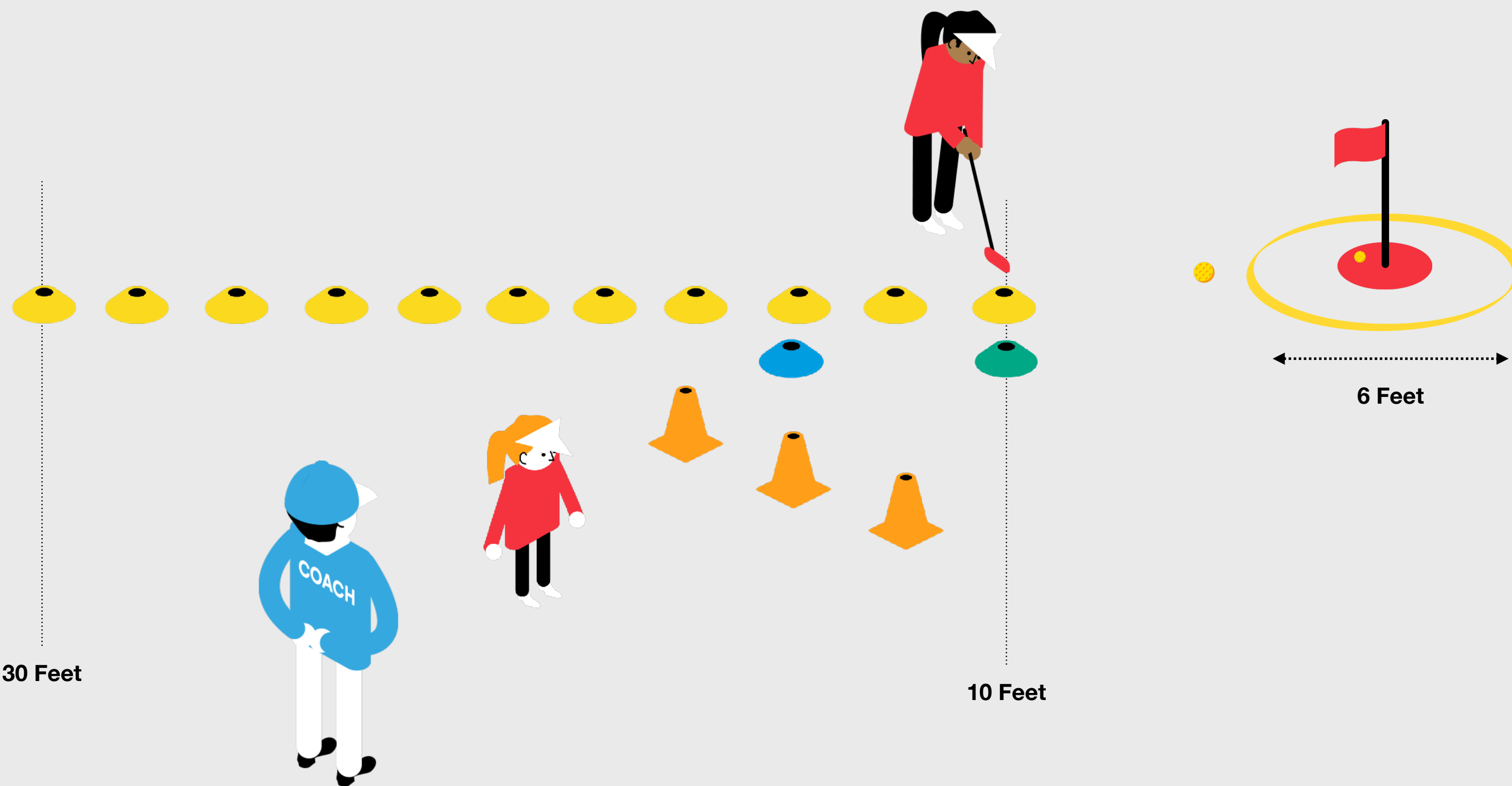
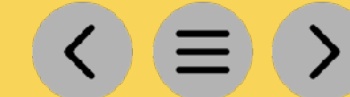
2 x White cones for the finish line



2 x Colored Cones



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

SAFETY



10 x Colored Cones



1 x Colored Cone



1 x Colored Cone



Spare equipment that may be required for the group attendees.



6 ft Target Circle



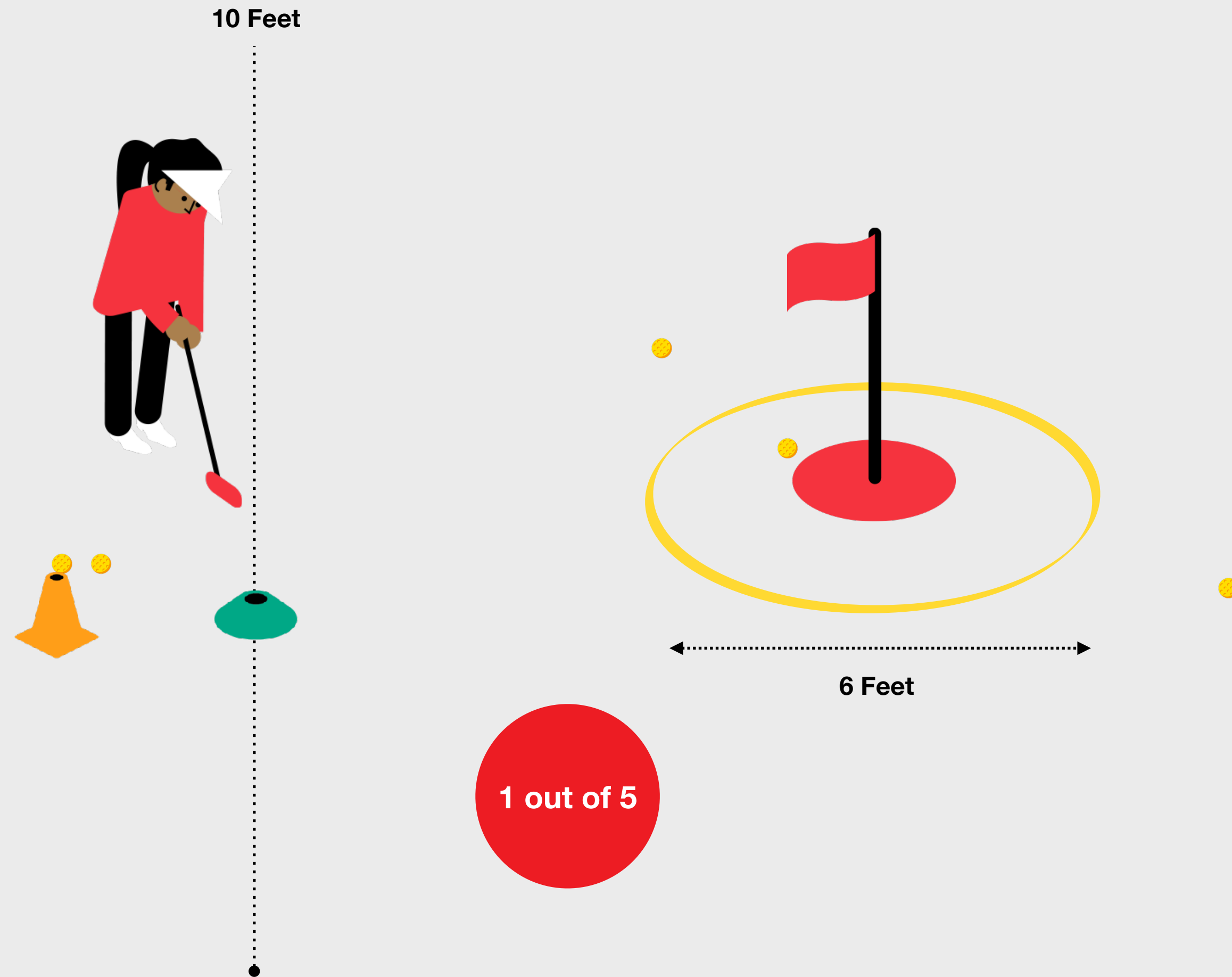
Golf Balls



Mastering the Game Challenge Cards



Long Putts Challenge



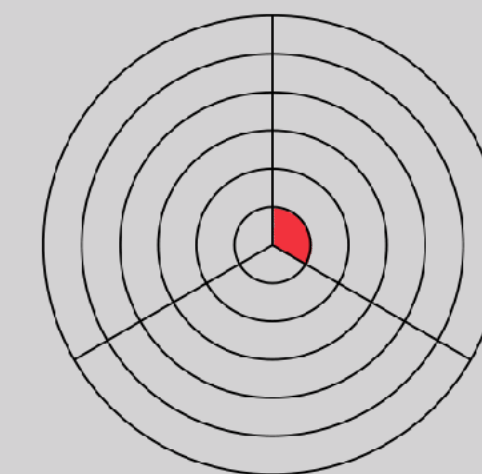
The Challenge

To complete the Level 1 Challenge within the Long Putts skill element, the child has 5 attempts to putt 1 ball to within a 6 foot diameter circle around the hole from a single position 10 feet from the hole.

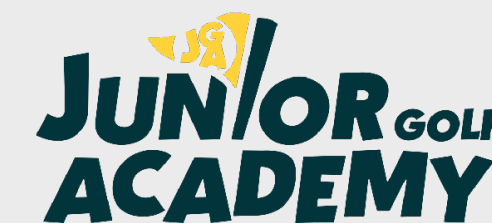
What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

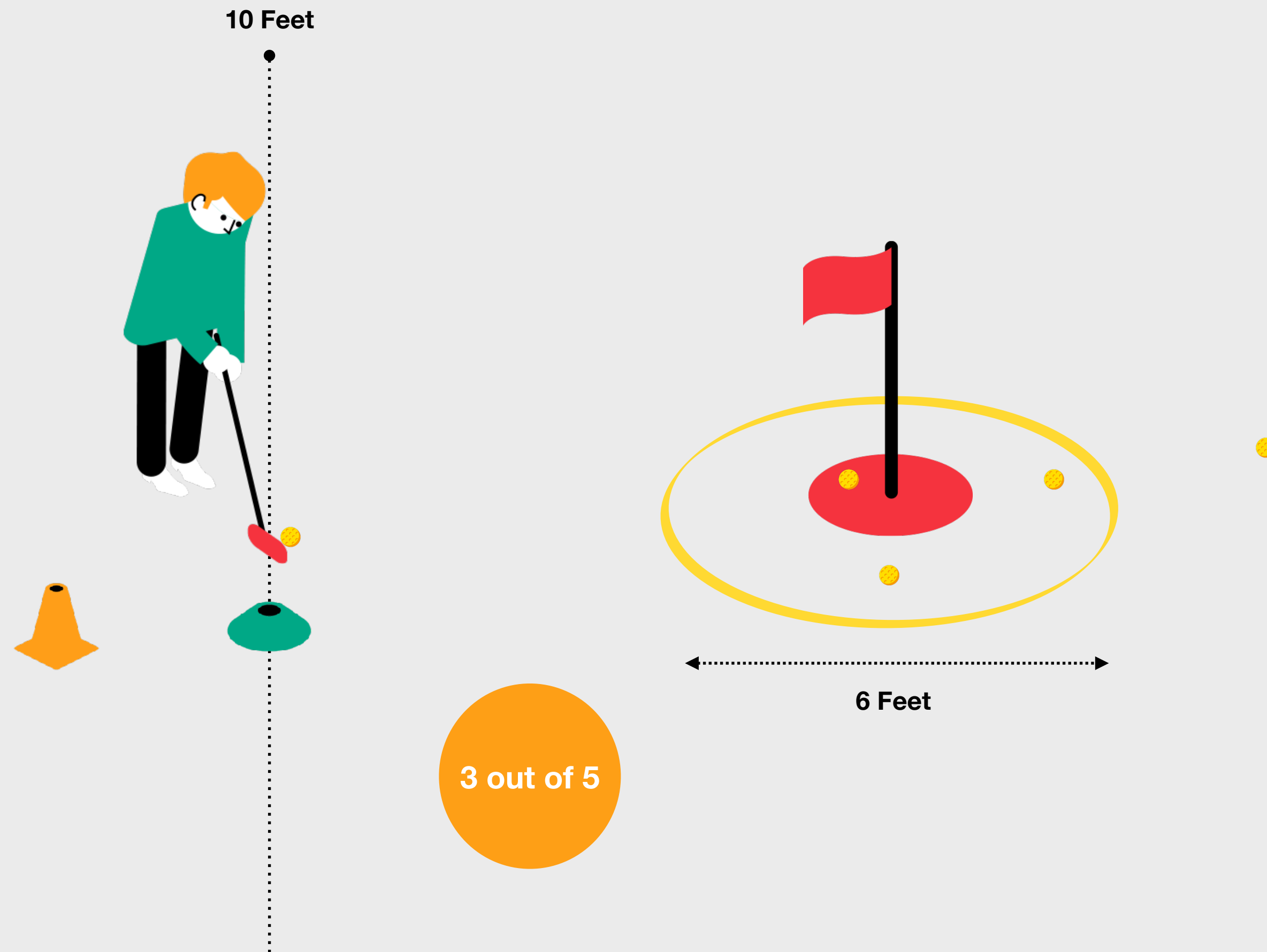
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Long Putts



Long Putts Challenge



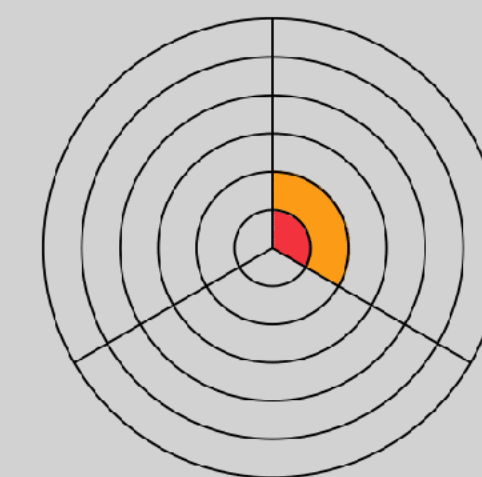
The Challenge

To complete the Level 2 Challenge within the Long Putts skill element, the child has 5 attempts to putt 3 ball to within a 6 foot diameter circle around the hole from a single position 10 feet from the hole.

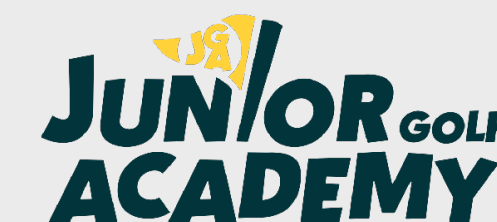
What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in there junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Long Putts



Long Putts Challenge



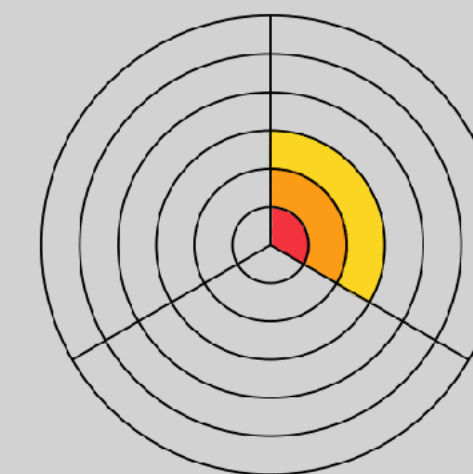
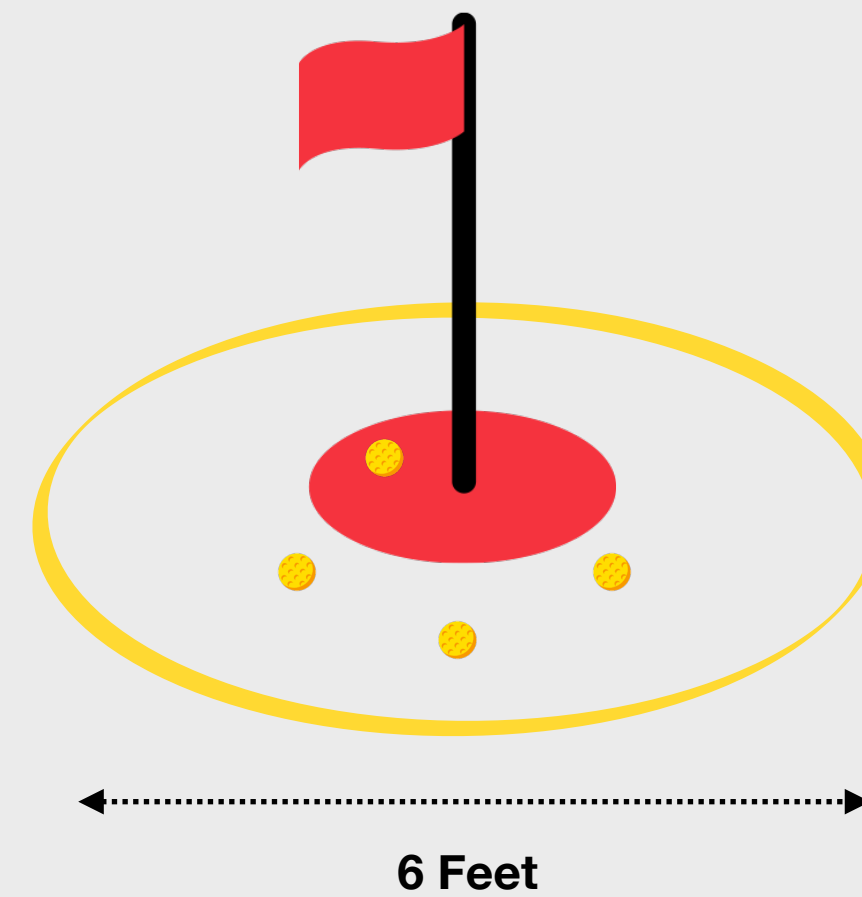
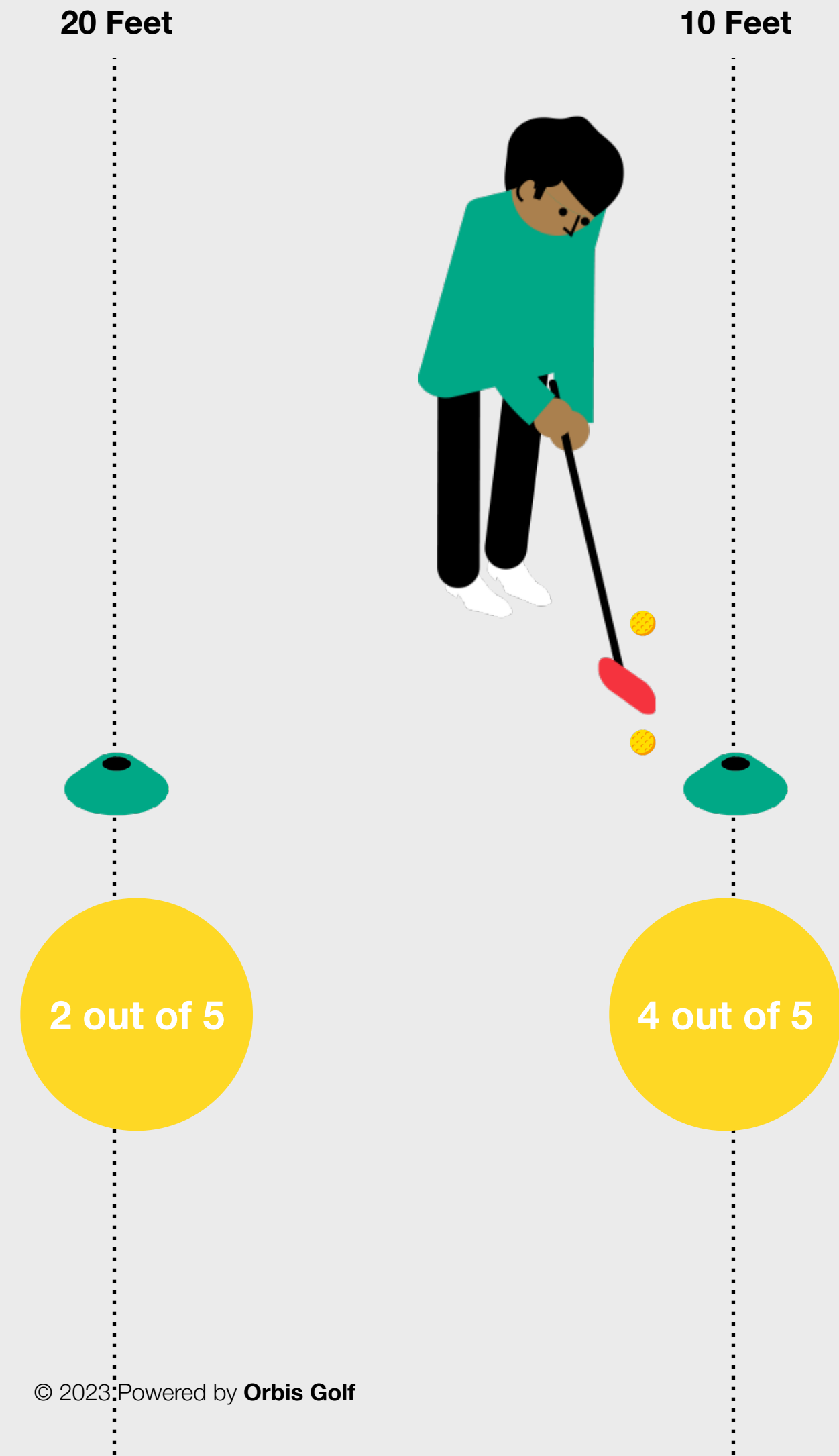
The Challenge

To complete the Level 3 Challenge within the Long Putts skill element, the child needs to putt 4 balls from a distance of 10 feet & 2 balls from a distance of 20 feet to within a 6 foot diameter circle around the hole. Both distances should be attempted from a single position on the same side of the hole. The child should have 5 attempts from each distance.

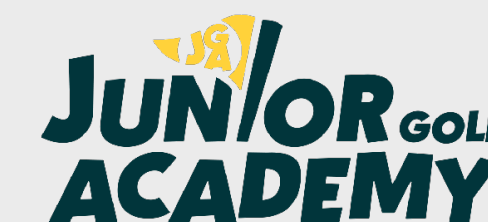
What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

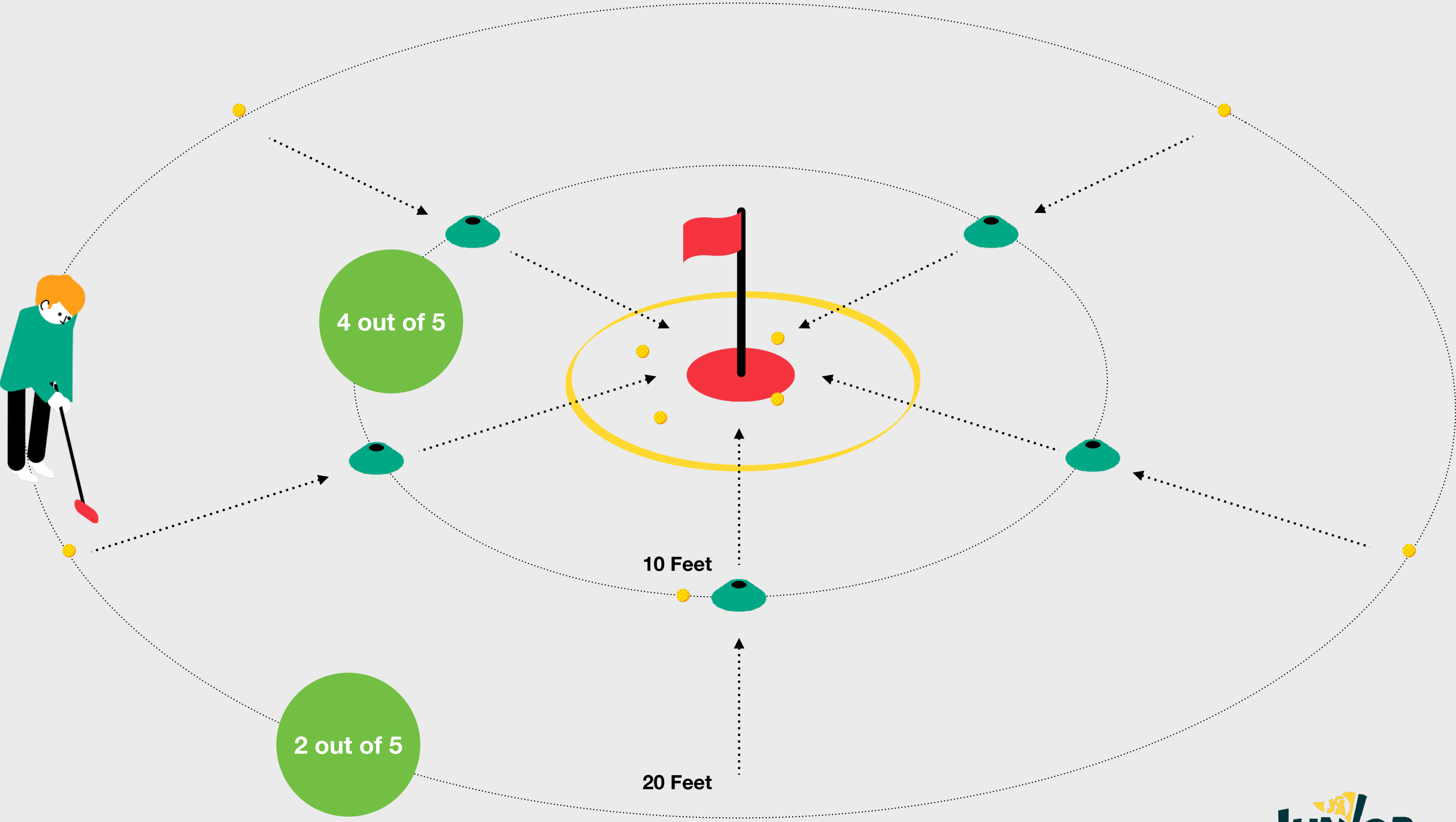
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Long Putts



Long Putts Challenge



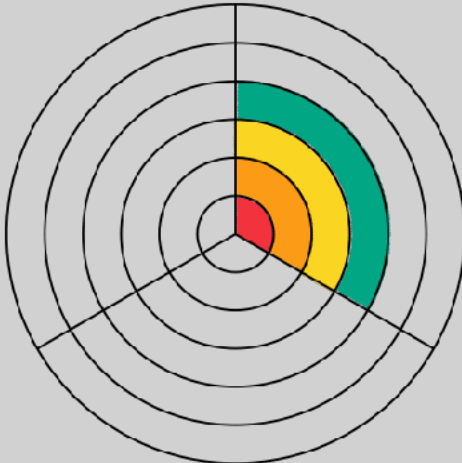
The Challenge

To complete the Level 4 Challenge within the Long Putts skill element, the child needs to putt 4 balls from a distance of 10 feet & 2 balls from a distance of 20 feet to within a 6 foot diameter circle around the hole. Both distances should be attempted from five positions around the hole and have 5 attempts from each distance. The child should attempt one putt from each position.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

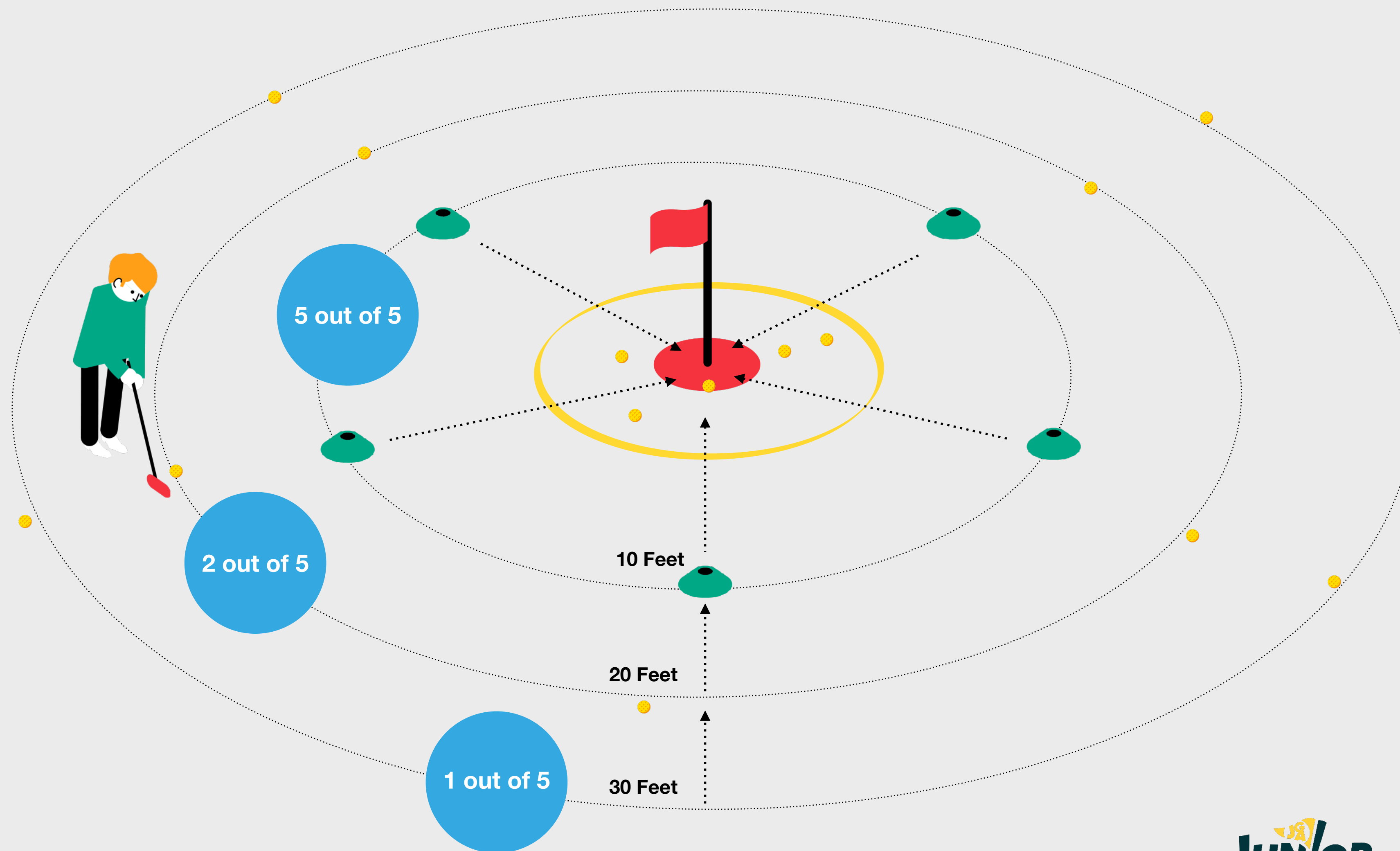
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Long Putts



Long Putts Challenge



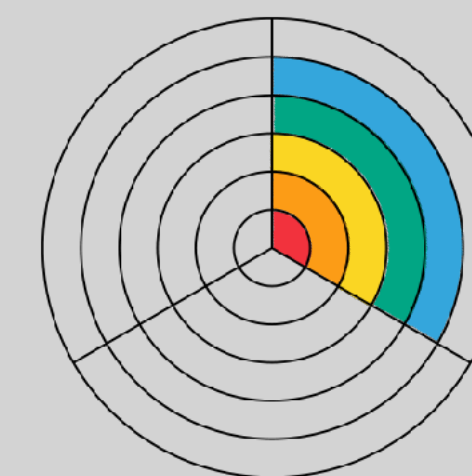
The Challenge

To complete the Level 5 Challenge within the Long Putts skill element, the child needs to putt 5 balls from a distance of 10 feet, 2 balls from a distance of 20 feet & 1 ball from a distance of 30 feet to within a 6 foot diameter circle around the hole. All three distances should be attempted from five positions around the hole and the child has 5 attempts from each distance. They should attempt one putt from each position.

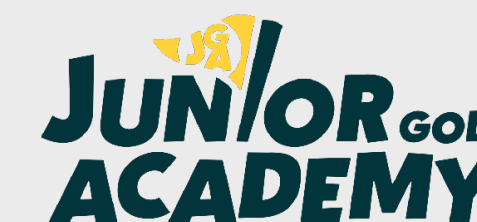
What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Long Putts



Long Putts Challenge



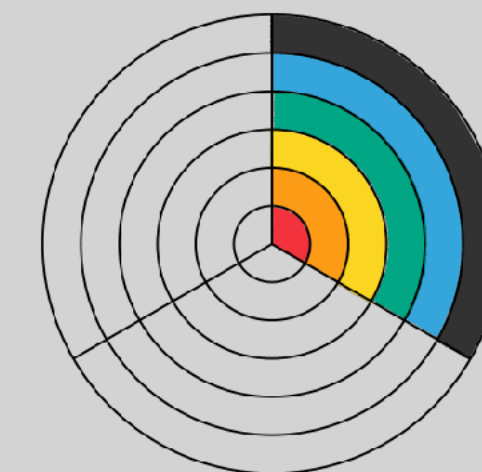
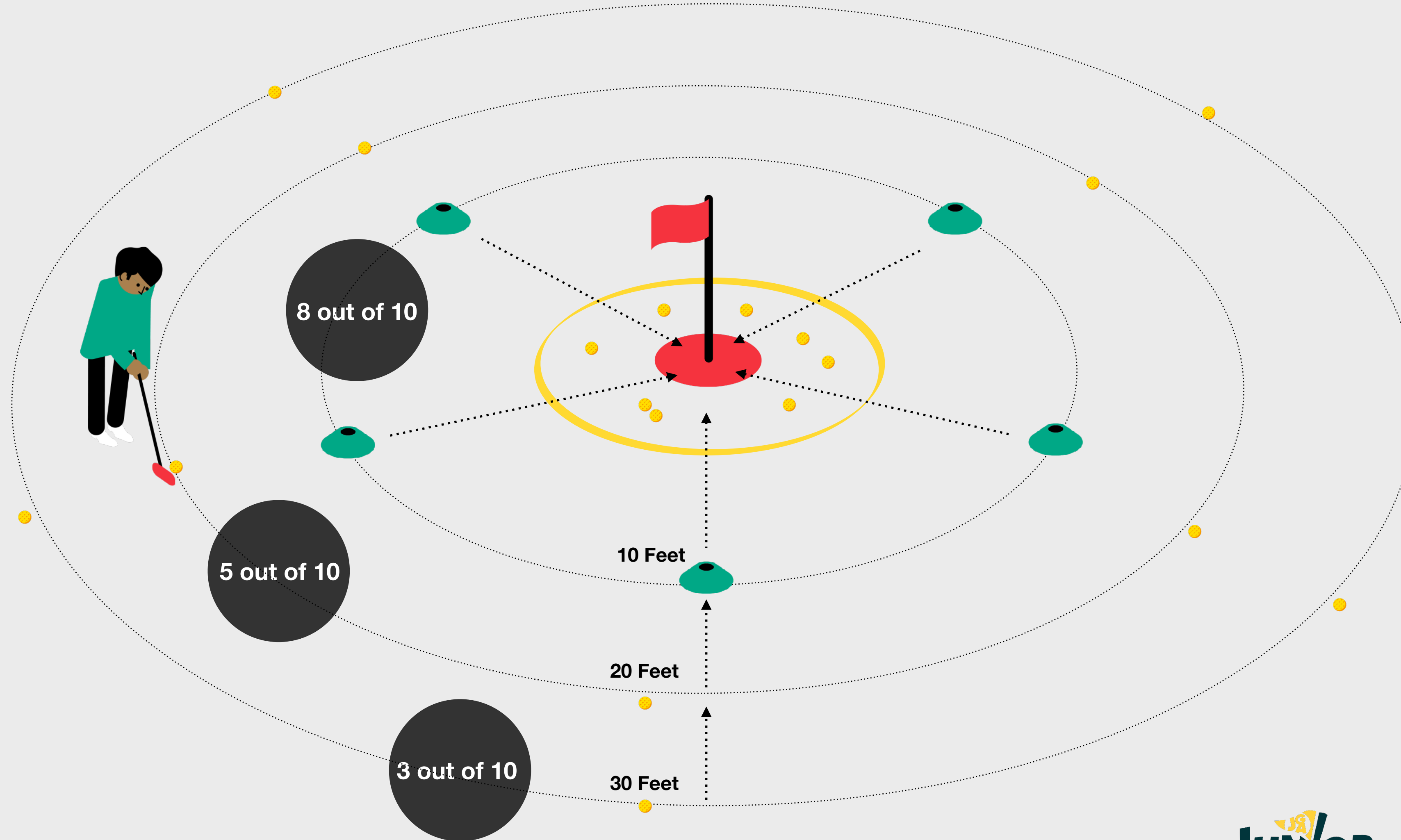
The Challenge

To complete the Level 6 Challenge within the Long Putts skill element, the child needs to putt 8 balls from a distance of 10 feet, 5 balls from a distance of 20 feet & 3 balls from a distance of 30 feet to within a 6 foot diameter circle around the hole. All three distances should be attempted from five positions around the hole and the child has 5 attempts from each distance. They should attempt one putt from each position.

What to do next?

If the child completes the challenge, they can colour in the specific level of correct category for *myGame Wheel* in their junior folder. They can also add a Sticker to the correct level tracker sheet.

If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



Long Putts

