

Swing Week 16



Class Timetable - Week 16

Session Length:
60mins

Group Size:
1:8

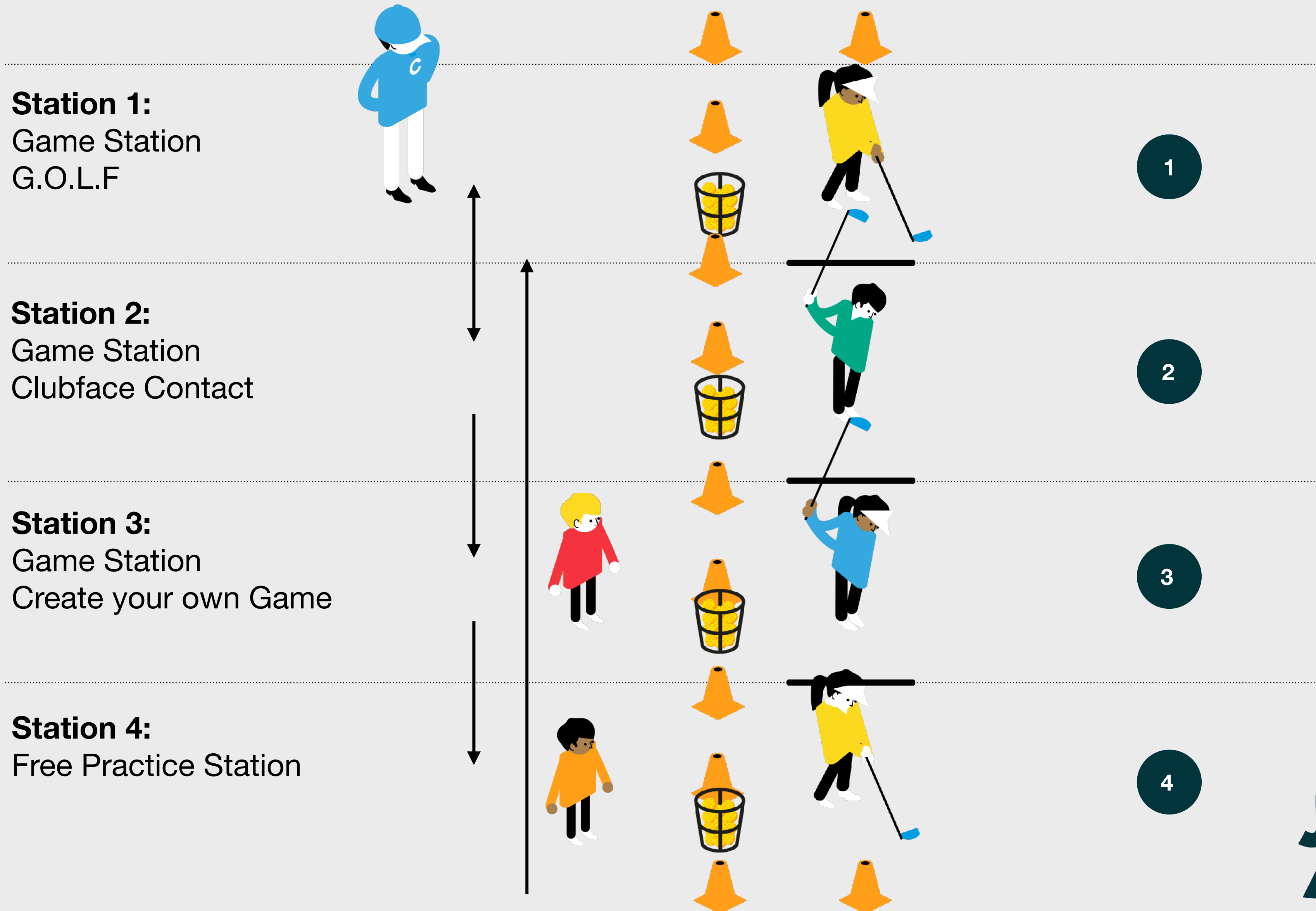
Mastering the Game Focus:
Swing:
Driver

Whole Child Focus
Creative:
Don't be afraid to make mistakes

Learning the Game Focus:
Orientation:
The Driver

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"> Capture the Cone
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"> The Driver
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"> Don't be afraid to make mistakes
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"> Clubface Contact Create your own Game G.O.L.F
5 Mins	myAcademy Folder Track and Reward	<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 Present the Achiever Award to a student in front of the parents and the group 	<ul style="list-style-type: none"> myAcademy Folders

Class Layout and Setup



Capture the Cone

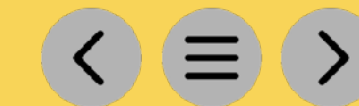
Team 1's Safety Zone

Team 1's Base

Halfway Line

Team 2's Safety Zone

Team 2's Base



How to Play

- This game is best played in two teams. Split the children evenly and allocate each team a base on opposite sides of the playing area
- Team 1 is trying to capture Team 2's "JGA" cone and vice versa
- When a player ventures over the halfway line they are at risk of being tagged by the opposing team. If they are tagged they must go back to their safety zone and wait there until a member of their team tags them back in or for a designated period of time, e.g. 5 seconds
- The game is won when a player manages to capture the opposing team's "JGA" cone and return it to their base without being tagged

Progression Ideas

- Increase or decrease the area that the game is played depending on the number of players
- Introduce different FMS such as jumping, hopping or side steps

Equipment Needed

4 x Orange Safety Cones to mark out the safety zones

SAFETY



2 x JGA Cones



8 x Colored cones to mark the center line



4 x Colored cones to mark Team 1's base



8 x Colored cones to mark Team 2's base



JUNIOR GOLF
ACADEMY



Creative

Don't be afraid to make mistakes

- The Whole Child theme this week is focussed on viewing mistakes as a learning opportunity.
- Carry this theme into the class by explaining to the children that mistakes help you grow as a player and improve your skill. A simple error and fix presentation could be a good way of displaying this.

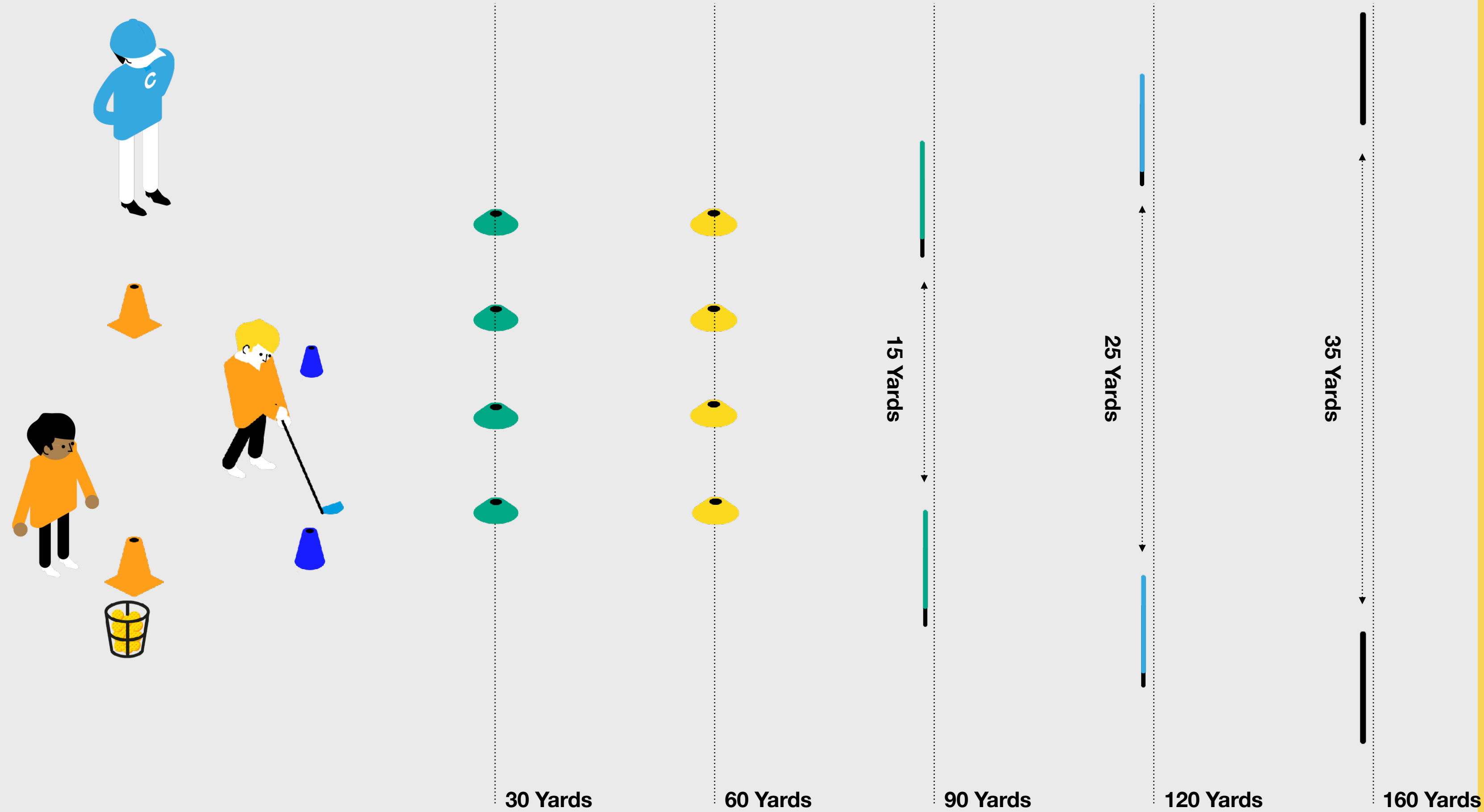


Orientation

The Driver

- The Learning the Game focus this week is to introduce the Driver and how it differs from other clubs in the bag.
- You should also introduce the children to the specific rules and etiquette when using a driver on the tee.

Create Your Own Game



How to Play

- Using the targets that are set out on the outfield, challenge the children to be creative and come up with their own game
- Try not to give too many instructions
- So long as the game is safe, and the children play sensibly they should be allowed the freedom to come up with whatever game they like

Progression Ideas

- Provide more cones, alignment sticks and foam noodles for additional targets

Learning Outcomes

- To encourage creativity in practice and play
- To empower the children to come up with their own rules and play safely, fairly and sensibly

Equipment needed

2 x Orange Safety Cones

SAFETY

2 x Cones

Golf Balls

Spare equipment that may be required for the group attendees.

6 x Alignment Sticks to mark the target fairway

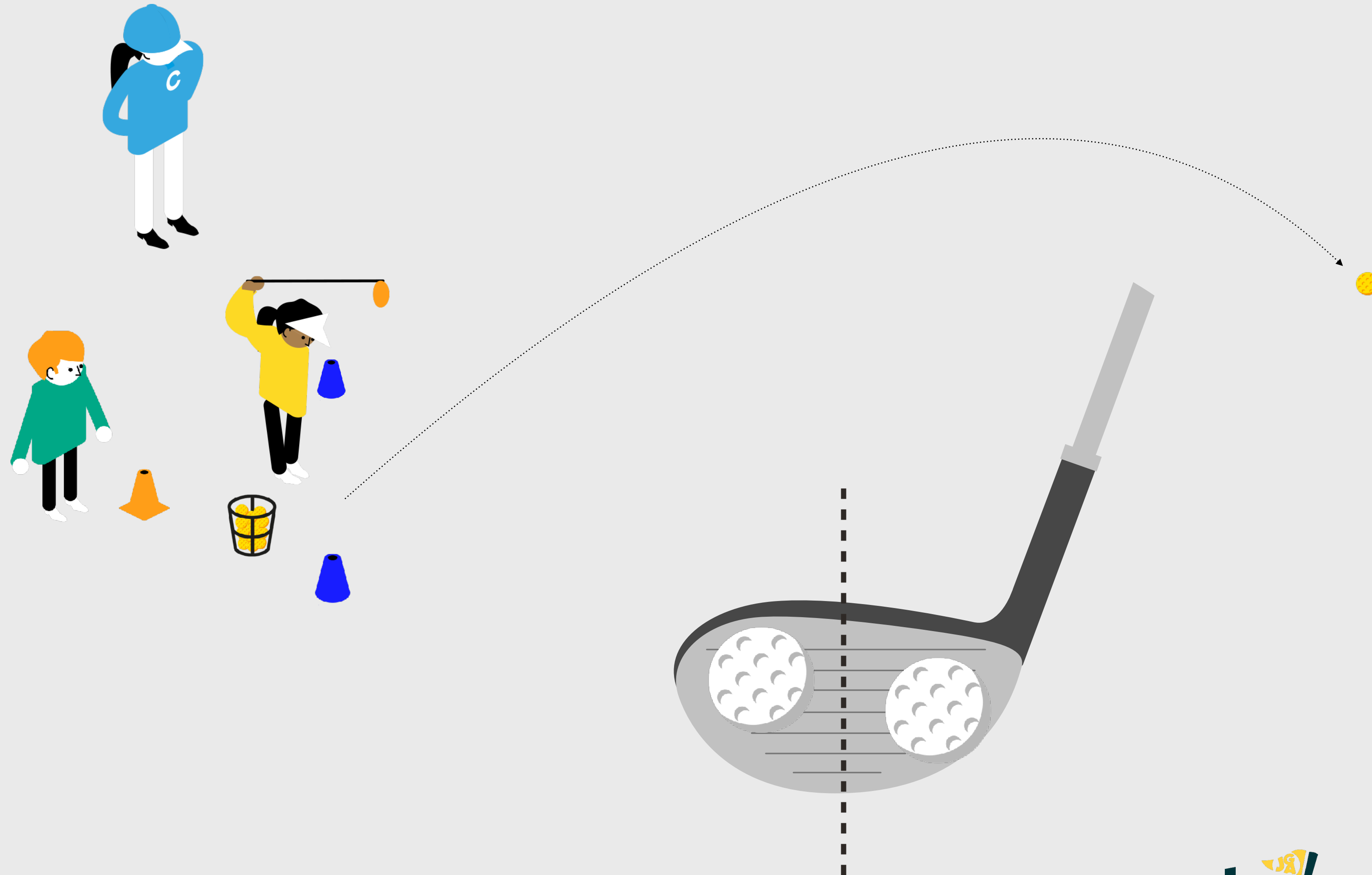
6 x Foam Noodles to mark the target fairway

6 x Colored Cones to mark the 30 yard distance line

6 x Colored Cones to mark the 60 yard distance line



Clubface Contact



How to Play

- Players take it in turns to hit a shot with impact tape on the clubface in order to see where they made contact
- Draw a line down the middle of the impact tape
- The aim is to be able to deliberately strike the ball with the toe and then the heel
- The challenge is complete when the child successfully strikes the ball using the toe and the heel of the club

Progression Ideas

- Draw quarters on the impact tape and challenge the juniors to hit each quarter of the club face
- If the juniors aren't able to generate enough clubbed speed to make a mark on the impact tape then use foot spray as an alternative
- Swap out the golf ball for marshmallows - a fun alternative that will engage the juniors and still make a mark on the club face

Equipment needed

Orange Safety Cones

SAFETY



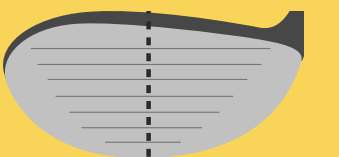
Cones to mark out the necessary hitting stations.



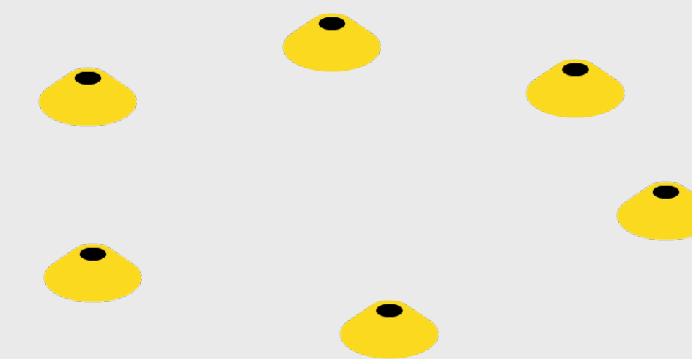
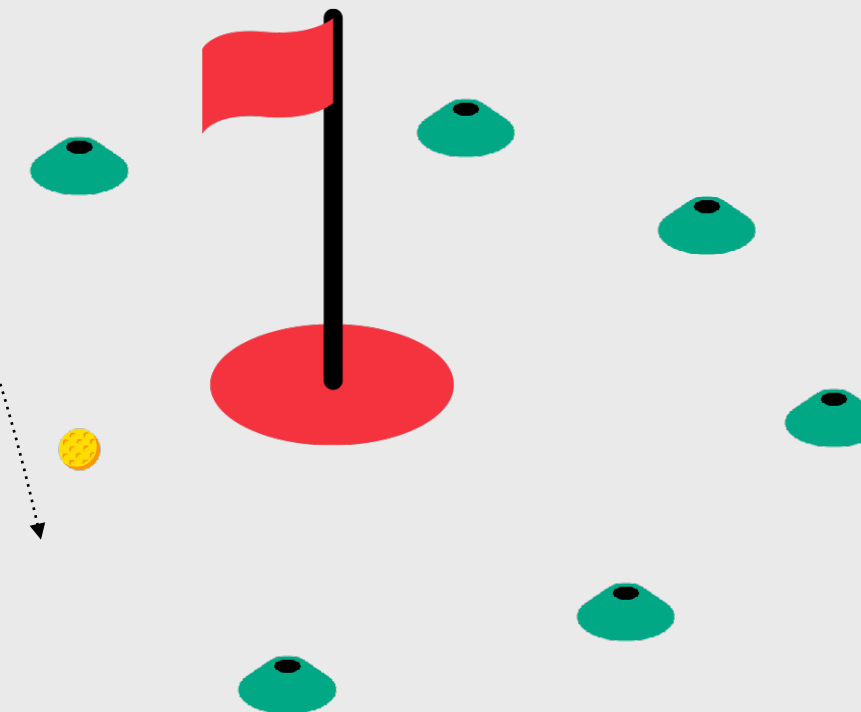
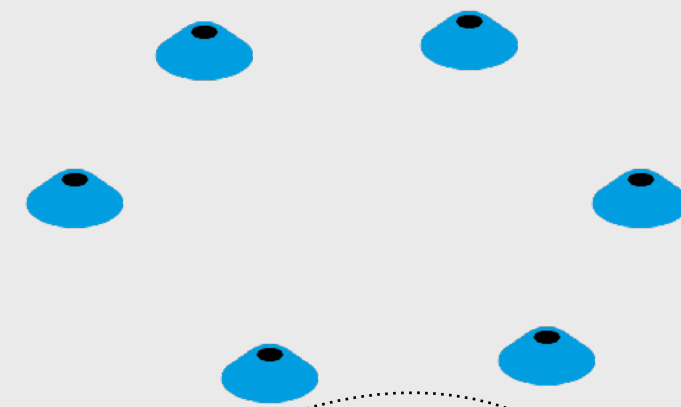
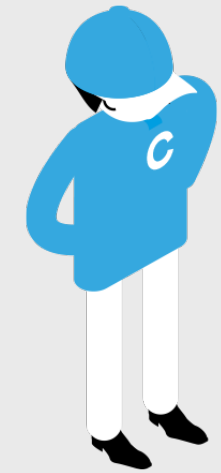
Golf balls



Impact tape and a marker pen to draw the lines



G.O.L.F



JUNIOR GOLF
ACADEMY

How to Play

- Nominate one of the children to play first
- The first player nominates the area of the golf course they are trying to hit, the green, the lake or the bunker. If one of the children hits the target the team get the first letter "G"
- The second player then nominates the next target and the game continues until the team spells 'G.O.L.F.'

Progression Ideas

- Vary the size of the targets
- Vary the distance to the targets
- Increase the number of letters in the game i.e 'G.O.L.F.E.R'
- Adapt the shot types when playing to the targets i.e depending on skill level change the trajectory or shot shape

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



6 x Yellow Cone



8 x Green Cones



6 x Blue Cones



Spare equipment that may be required for the group attendees.



Golf Balls

