

Junior Monthly Class Plans Ages 6-16

# On the Green

## Week 2



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

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# Class Timetable - Week 2

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
On the Green:  
Short Putts

**Whole Child Focus**  
Personal:  
Positivity

**Learning the Game Focus:**  
Orientation:  
The Clubhouse

**Mastering the Game Challenge:**  
Short Putt Challenge

| Time    | Focus   | Suggested Theme Content  | Games / Drills / Resource  |
|---------|---|--|--|
| 10 Mins | Introduction and 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 and demonstrate the warm up game</li> <li>Play the warm up game in groups, pairs or individually</li> </ul>   | <ul style="list-style-type: none"> <li>Fill the Bucket</li> </ul>  |
| 5 Mins  | Learning the Game Focus   | <ul style="list-style-type: none"> <li>Introduce to the group the Learning the Game focus of the class</li> </ul>  | <ul style="list-style-type: none"> <li>The Clubhouse</li> </ul>  |
| 5 Mins  | Whole Child Focus   | <ul style="list-style-type: none"> <li>Introduce to the group the Whole Child focus of the class</li> </ul>  | <ul style="list-style-type: none"> <li>Positivity</li> </ul>   |
| 35 Mins | Mastering the Game Focus  | <ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games and challenge</li> <li>Deliver one to one and group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Challenge in pairs</li> <li>Children rotate around the stations</li> <li>Opportunity for free practice</li> </ul>  | <ul style="list-style-type: none"> <li>Cat and Mouse</li> <li>Domino Race</li> <li>Short Putt Challenge</li> </ul> |
| 5 Mins  | myAcademy Folder Track and Reward<br>MyGame+ Progress on GLF. Connect | <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>Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder</li> <li>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul> | <ul style="list-style-type: none"> <li>myAcademy Folders</li> <li>GLF. Connect myGame+</li> </ul>                  |

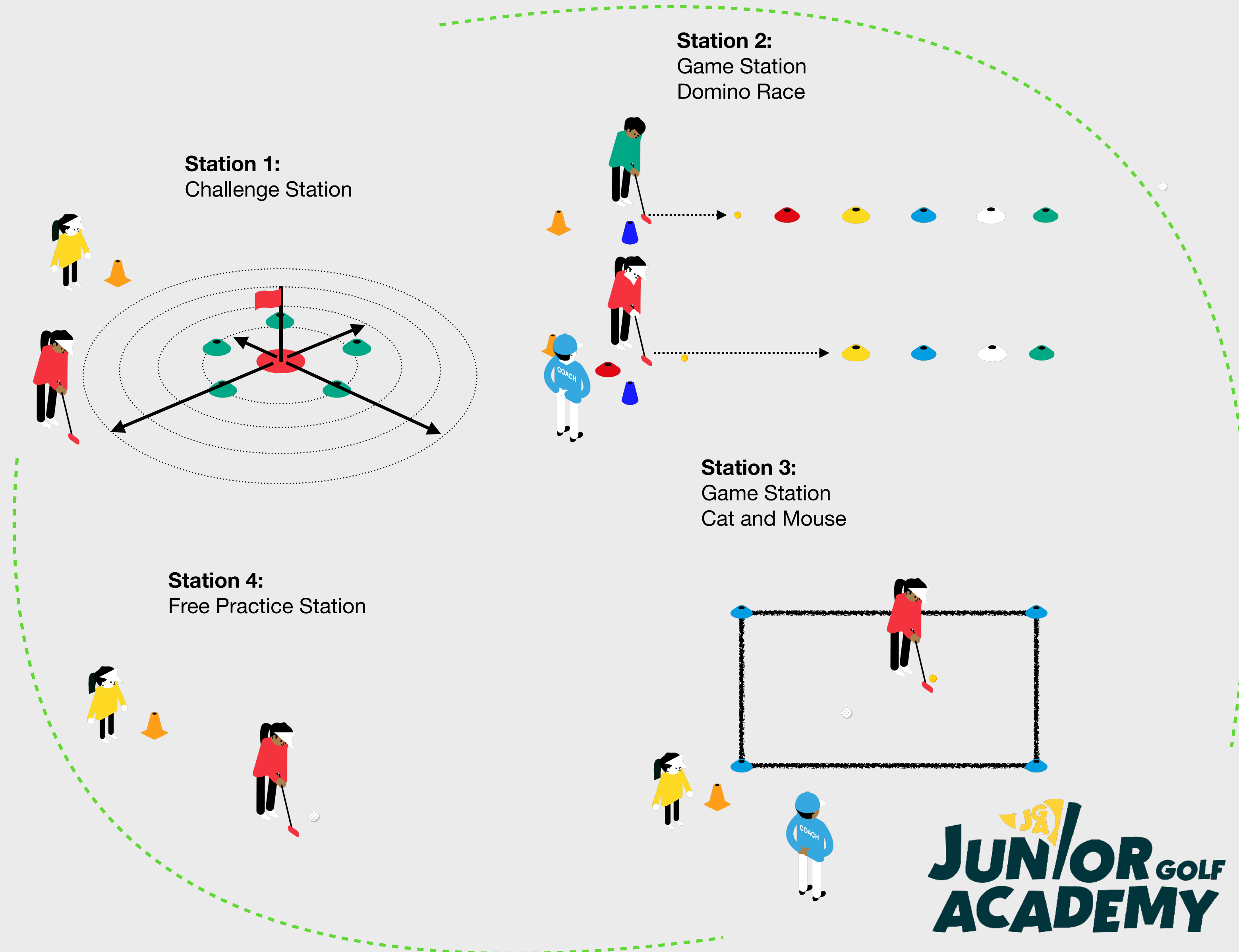
# Layout and Setup



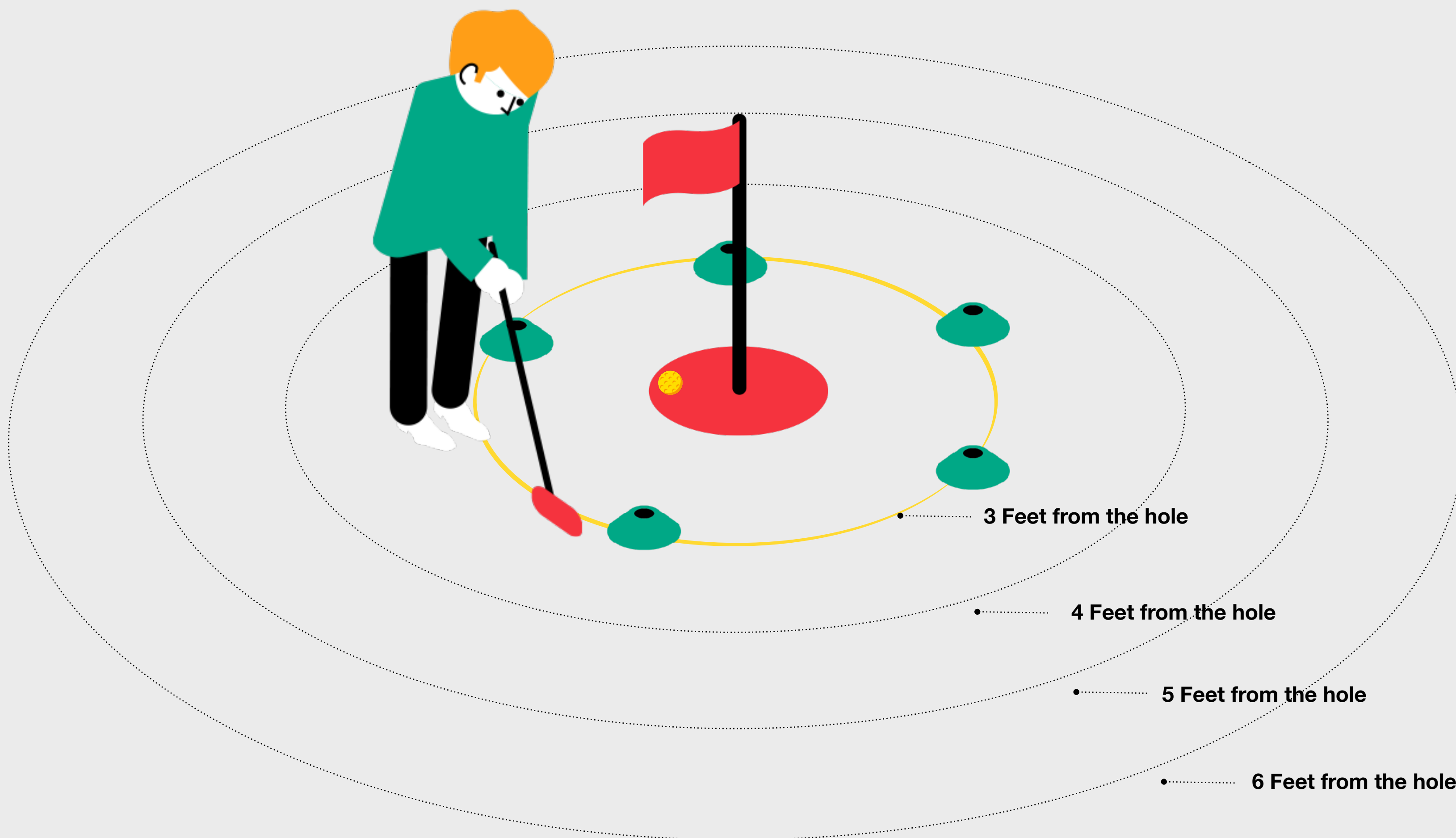
# Class Layout and Setup

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



# Short Putts Challenges



## Setting out the Challenge

- A hole should be selected on the putting green on an average sloped surface
- The 6 foot diameter ring from your equipment bag can be used to mark the 3 foot distance
- 5 tee pegs should be placed around the hole at 3 feet, 4 feet, 5 feet and 6 feet. Cones have been used in the graphic opposite to represent these positions for the 3 foot circle
- Children can attempt the challenge depending on their progression level

## Equipment Required

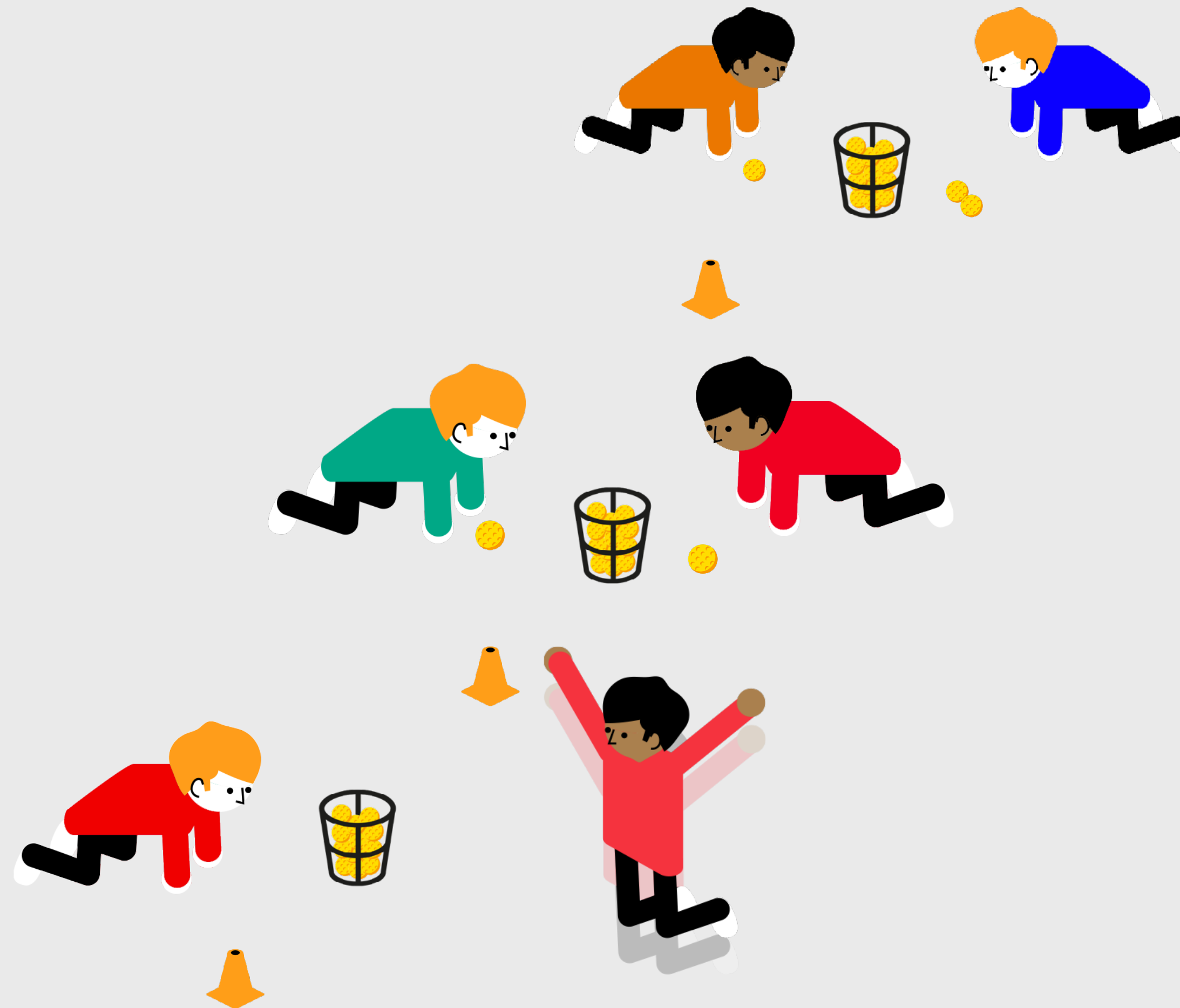
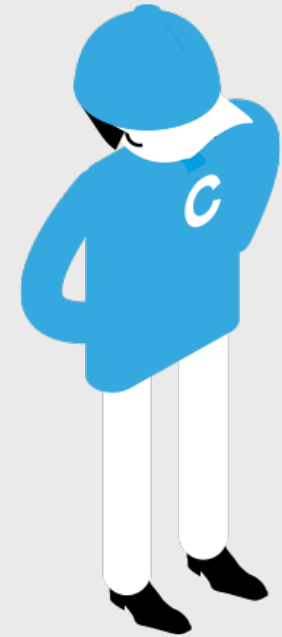
- 1 hole on the green
- 20 x tee pegs to mark the 5 starting positions at 3 feet, 4 feet, 5 feet & 6 feet

# Physical Literacy Warm Up Game





# Fill the Bucket



## How to Play

- This game is best played in pairs
- The children start either side of their team's bucket, with 10 balls each on the floor next to the bucket
- On go, from a raised plank position, the children have to pick the balls up from the ground and put them into the bucket
- The team that wins is the one that fills their bucket first and jumps up

## Progression Ideas

- Experiment with different poses, holding a squat position, balancing on one leg, etc
- Increase or decrease the number of golf balls for each player
- Introduce a distance between the balls and the bucket so the player has to crawl or travel using a different FMS

## Equipment Needed

Orange Safety Cones

SAFETY



3 x Baskets



10 x Golf balls per child



# 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



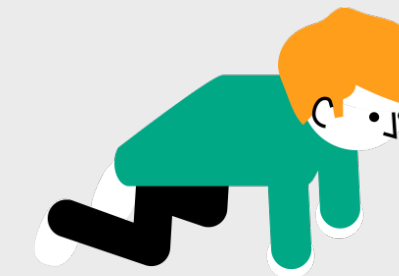
## Jump

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 Positivity

The Whole Child theme this week is about a positive attitude, to ensure a positive outlook despite some of the challenges golf can throw at us.

Carry this theme into the class by encouraging children to express an affirmation before they hit a shot, such as “I will hit this shot through the target gates”.

It should be highlighted that the Achiever Award is presented to the child that demonstrates a positive attitude.

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



# Orientation

## The Clubhouse

The Learning the Game focus this week is to introduce the children to the Clubhouse and people that they might meet at the course.

You should make sure children know how to behave when at the golf course and the club, so that they will be able to enjoy themselves at the club, and not feel out of place or get told off for misbehaving.

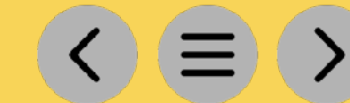
Make sure they know what practice facilities are at the club, what these are used for and where they can find them.

Introduce them to some of the jobs that are available at the golf club, and the hard work that goes into preparing the course.

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



**JUNIOR** GOLF  
**ACADEMY**



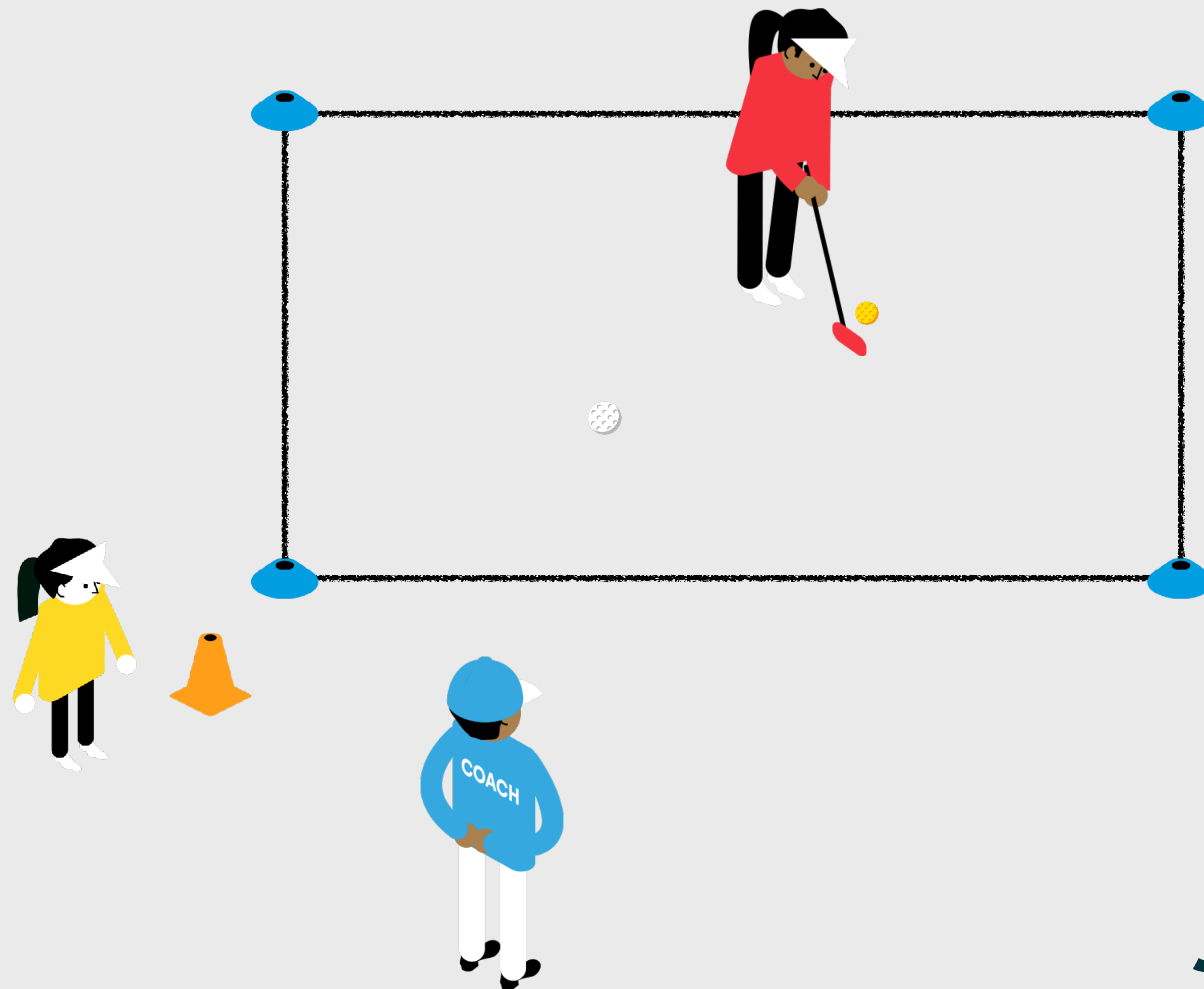
### Questions to Ask

- Where do you go when you arrive at the club?
- Where should you go if you want to use the practice facilities?
- What happens if you get into trouble on the course?
- Do you know the people who are in charge at the golf course?

# Mastering the Game Cards



# Cat and Mouse



## How to Play

- Nominate one player as the cat and one player as the mouse. The mouse plays first and attempts to putt their ball anywhere inside the box. The ball must remain in the box
- The cat plays next and attempts to putt their ball and hit the mouse
- If the cat misses, the mouse plays next and putts their ball to another place in the box
- The game continues until the cat catches the mouse by hitting the cat or the mouse escapes when the cat escapes the box
- The players take it in turns to be the cat

## Progression Ideas

- Play as a matchplay game
- Change the size of the box
- Introduce a sloped surface when playing the game
- Add in obstacles, other cones that the players need to putt around
- Play the game in teams with multiple cats and mice

## Learning Outcomes

- A brilliant game to work on controlling distance on short putts
- Improves accuracy as the ball is a smaller target
- Develops strategic thinking, planning ahead for the next shot

## Equipment needed

### Orange Safety Cones

SAFETY



### String and 4 x Tees to create the playing area



### Cones to mark the corners or to add in as obstacles



### 2 x Golf Balls of different colours

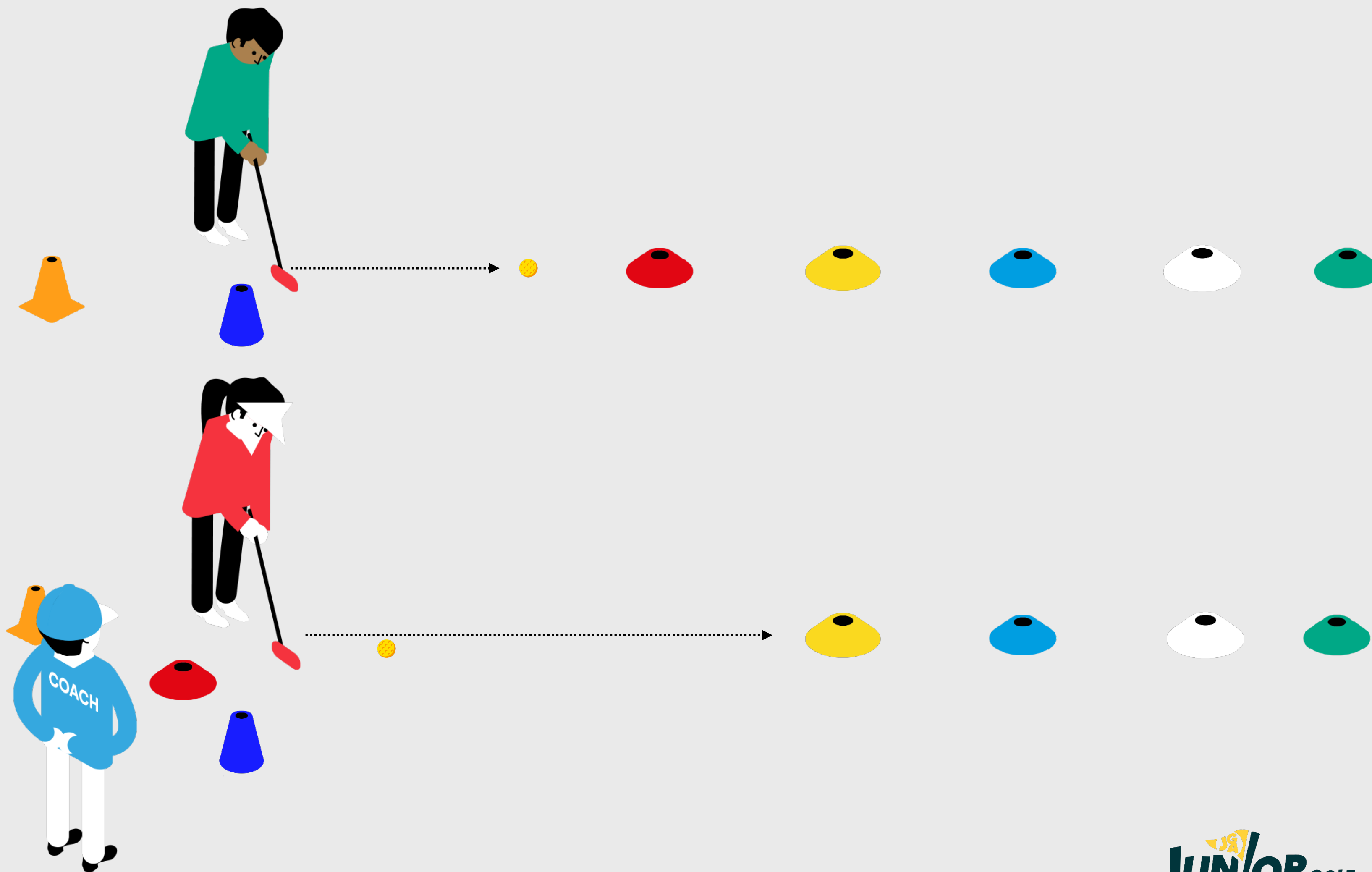


### Spare equipment that may be required for the group attendees.





# Domino Race



## How to Play

- Each player is nominated a line of colored cones and a starting point
- Each player hits their first putt and attempts to hit the first colored cone. If the player misses, they return to the start and tries again
- When a player successfully hits the cone, they pick the cone up and bring it back to the start
- The player who wins is the one who hits every cone in order

## Progression Ideas

- Change the distance between the starting cone and the target cones
- Change the size of the targets
- Introduce a sloped surface when playing the game
- Introduce a rule where the player must return the cone after a certain number of attempts
- Alternate the direction of each cone

## Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure

## Equipment needed

Orange Safety Cones

SAFETY



2 x Blue cones



2 x Green cones



2 x Yellow cones



2 x Orange cones



2 x White cones



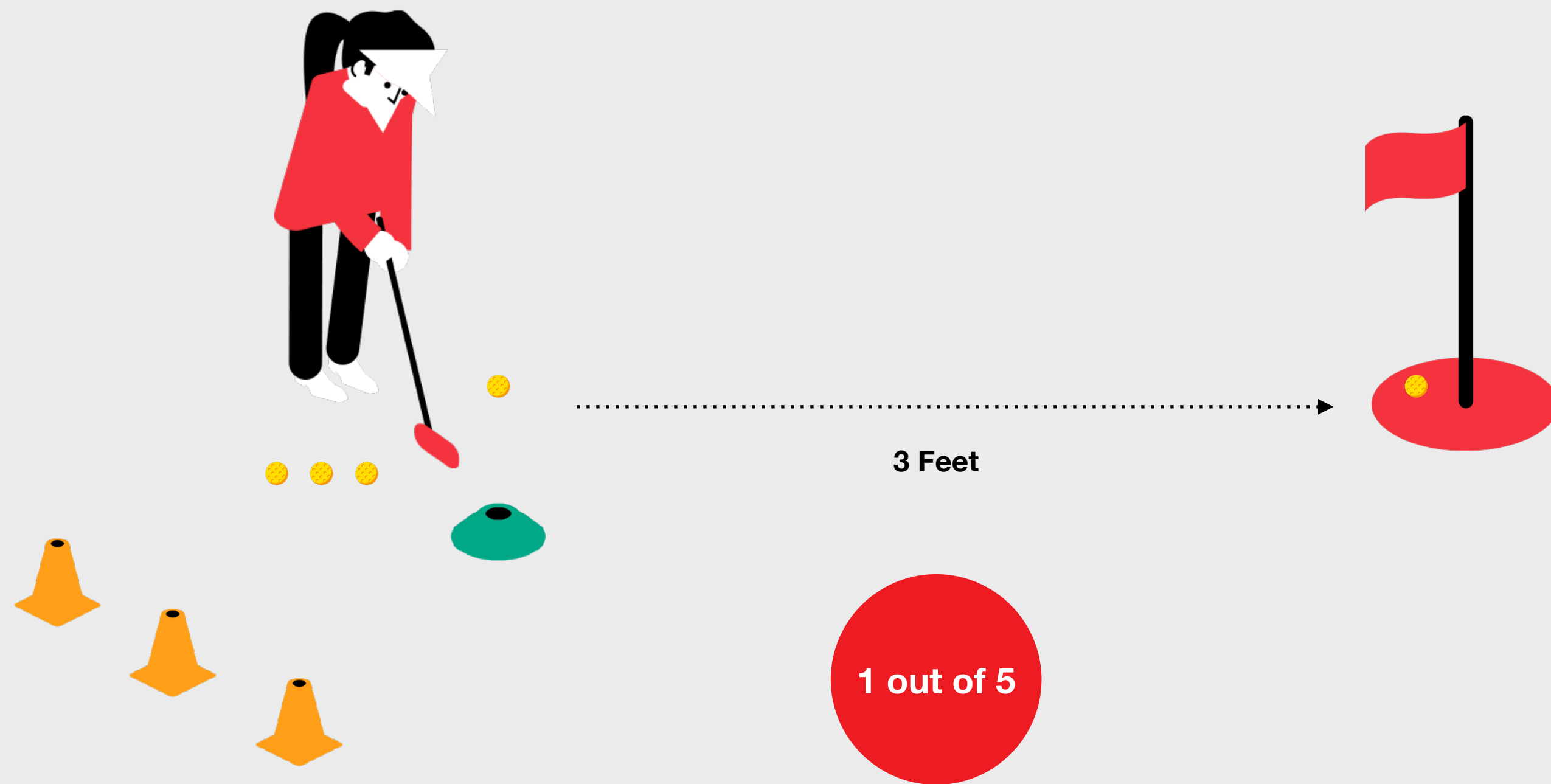
2 x Starting Cones



# Mastering the Game Challenge Cards



# Short Putts Challenge



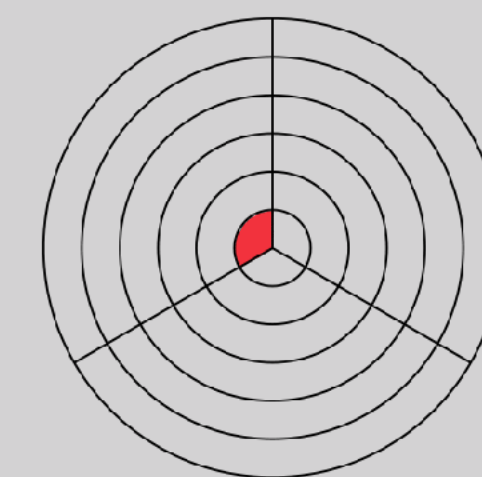
## The Challenge

To complete the Level 1 Challenge within the Short Putts skill element, the child has 5 attempts to putt 1 ball into the hole from a single position 3 feet from the hole.

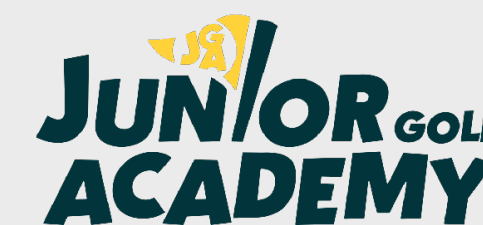
## What to do next?

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.



## Short Putts



# Short Putts Challenge



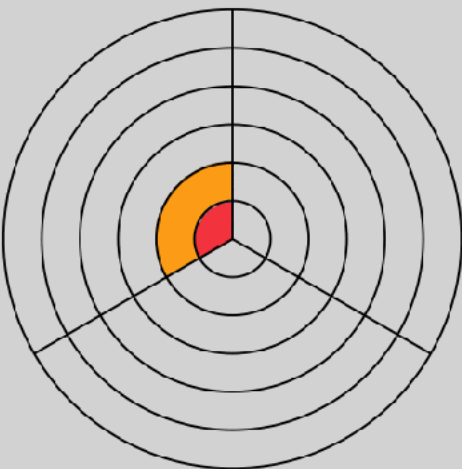
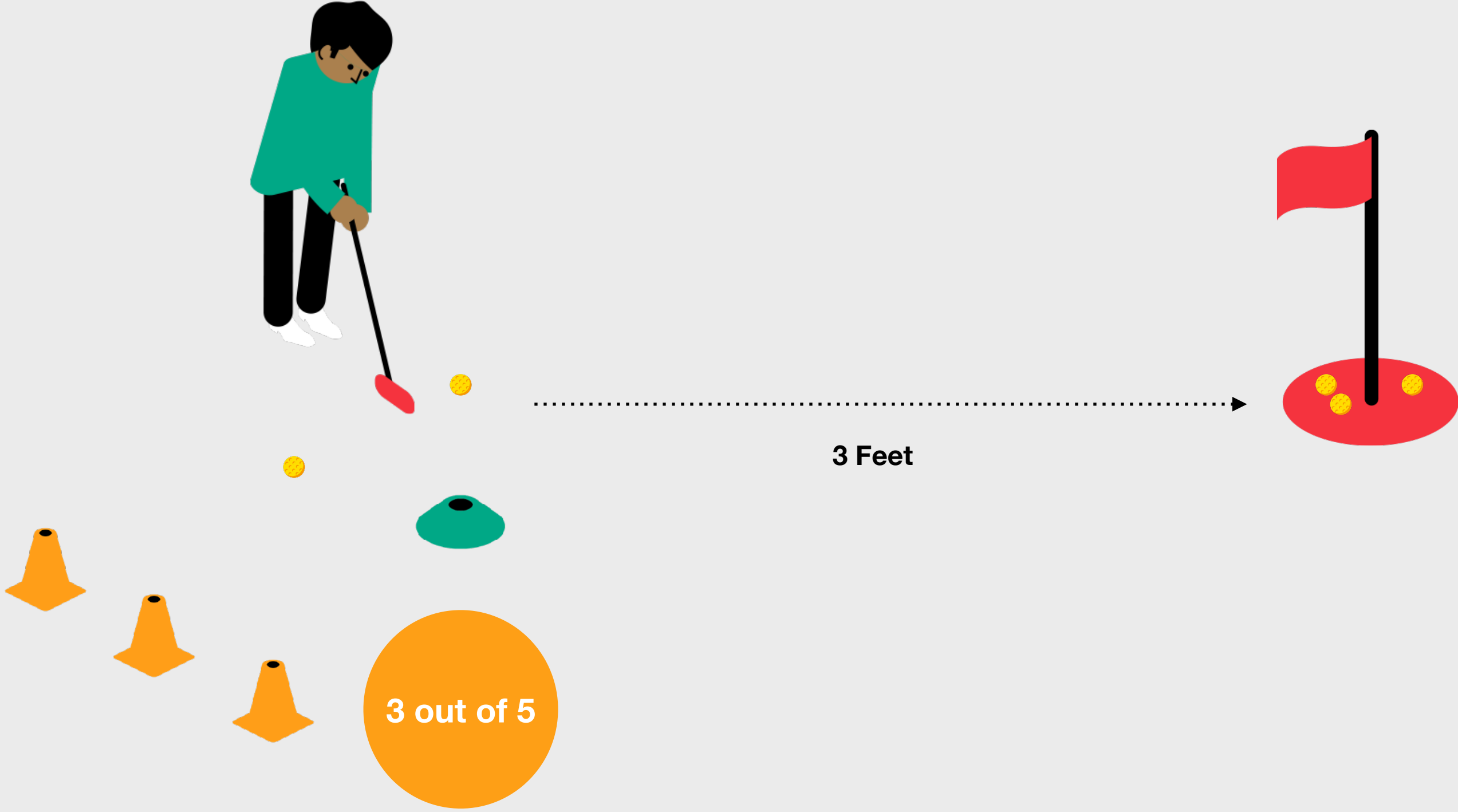
### The Challenge

To complete the Level 2 Challenge within the Short Putts skill element, the child has 5 attempts to putt 3 balls into the hole from a single position 3 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, the challenge can be marked as complete and the virtual rewards will be issued automatically.



### Short Putts



# Short Putts Challenge



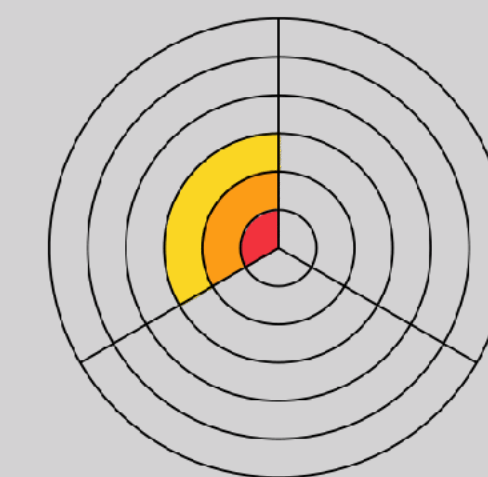
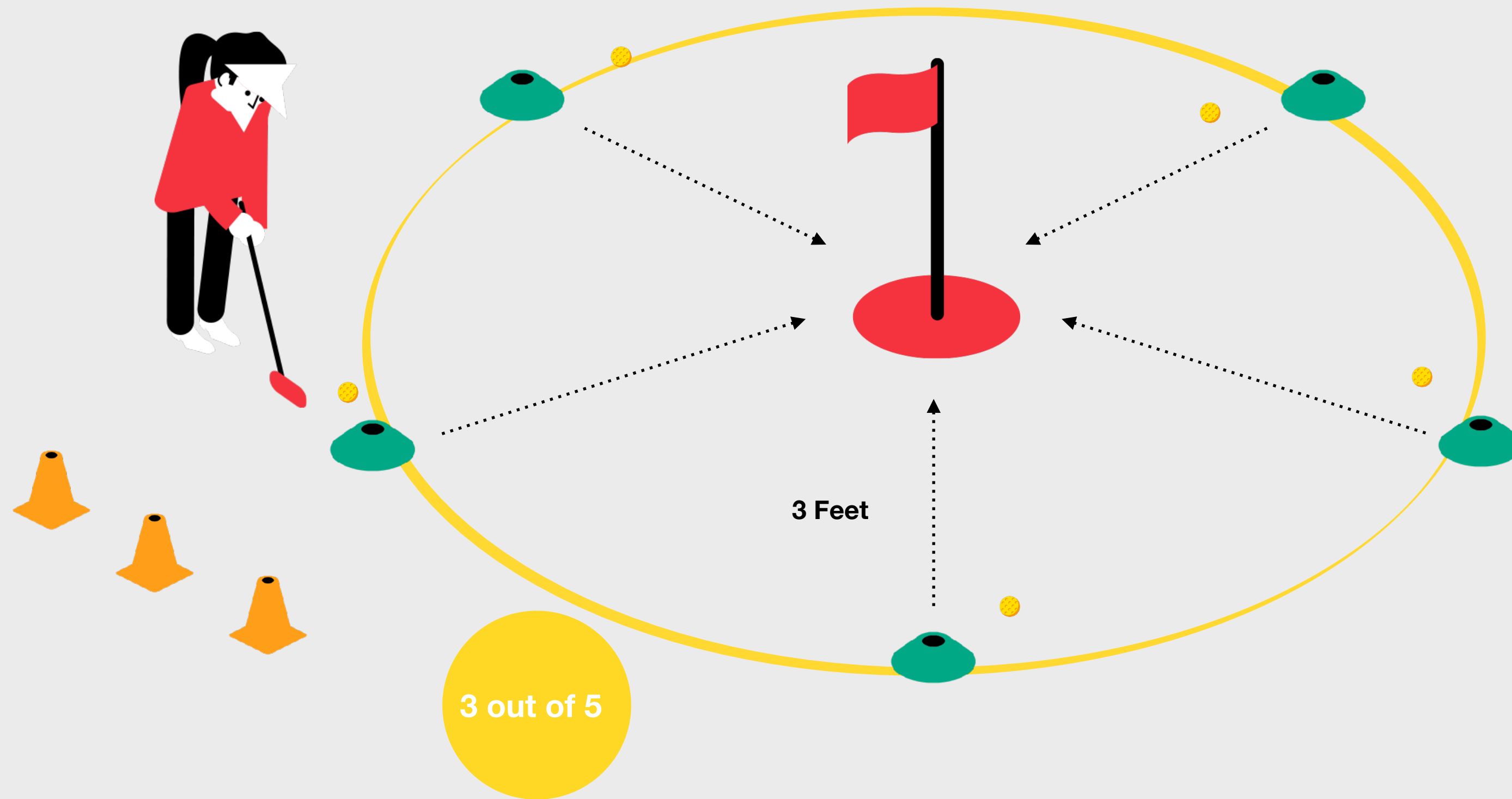
## The Challenge

To complete the Level 3 Challenge within the Short Putts skill element, the child has 5 attempts to putt 3 balls into the hole from 5 different positions around the hole from a distance of 3 feet. One putt should be attempted from each position.

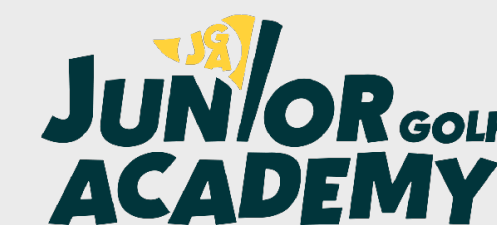
## What to do next?

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.



## Short Putts



# Short Putts Challenge



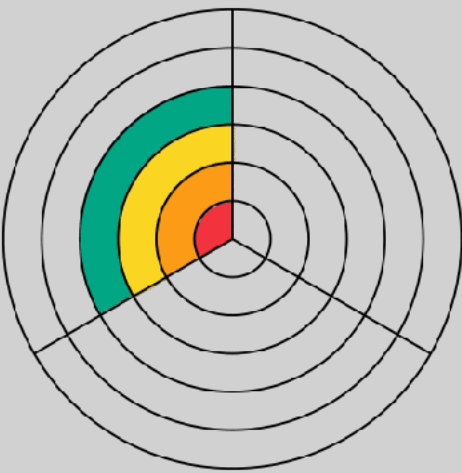
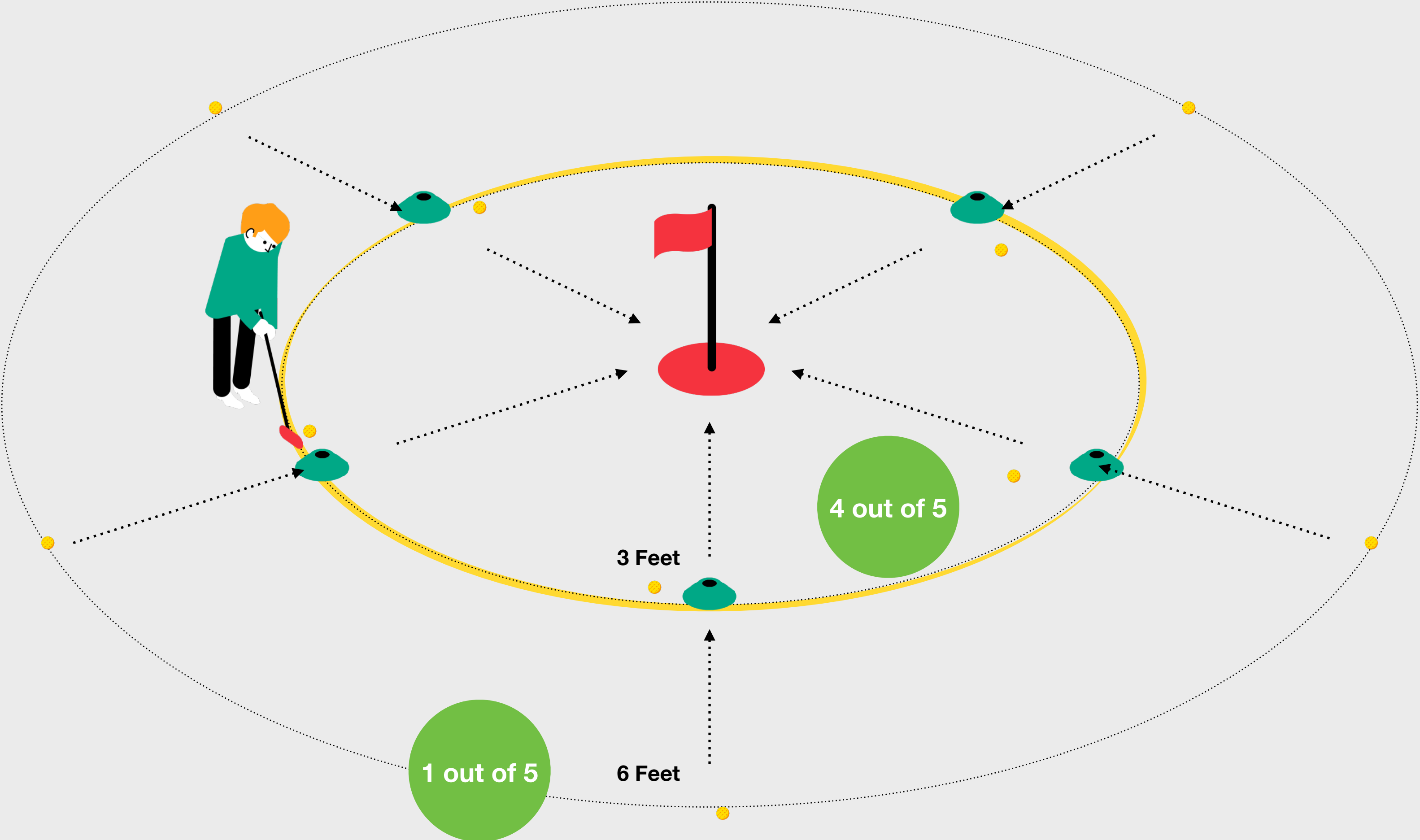
### The Challenge

To complete Level 4 Challenge within the Short Putts skill element, the child has 5 attempts to putt 4 balls into the hole from 5 different positions around the hole from a distance of 3 feet. They also have 5 attempts to putt 1 ball into the hole from 5 different positions around the hole from a distance of 6 feet. One putt should be attempted from each position.

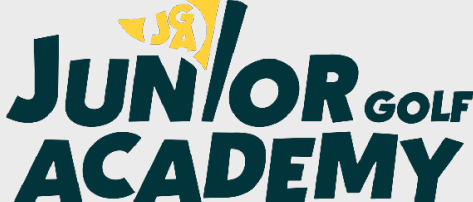
### What to do next?

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.



### Short Putts



# Short Putts Challenge



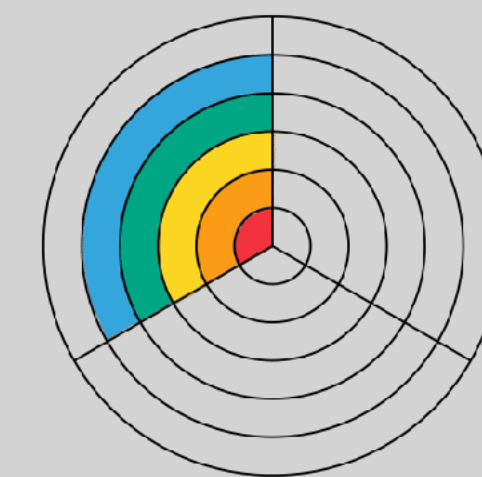
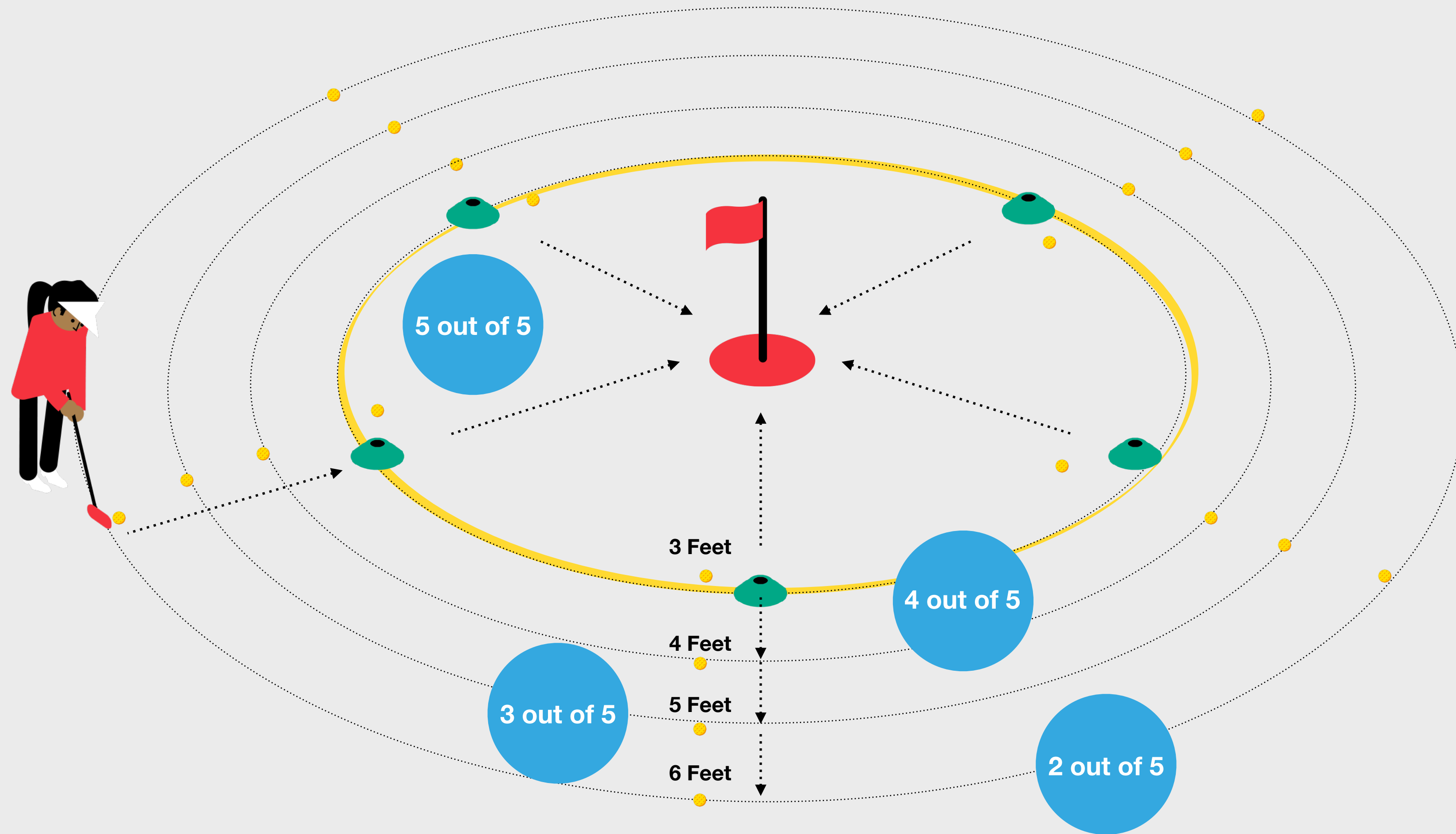
## The Challenge

To complete the Level 5 Challenge within the Short Putts skill element, the child has to putt the ball into the hole 5 times from 3 feet., 4 times from 4 feet, 3 times from 5 feet & 2 times from 6 feet. You have 5 attempts at each distance and one putt should be attempted from 5 different positions around the hole.

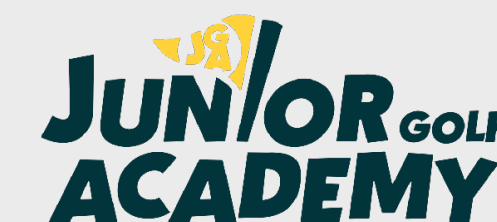
## What to do next?

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.

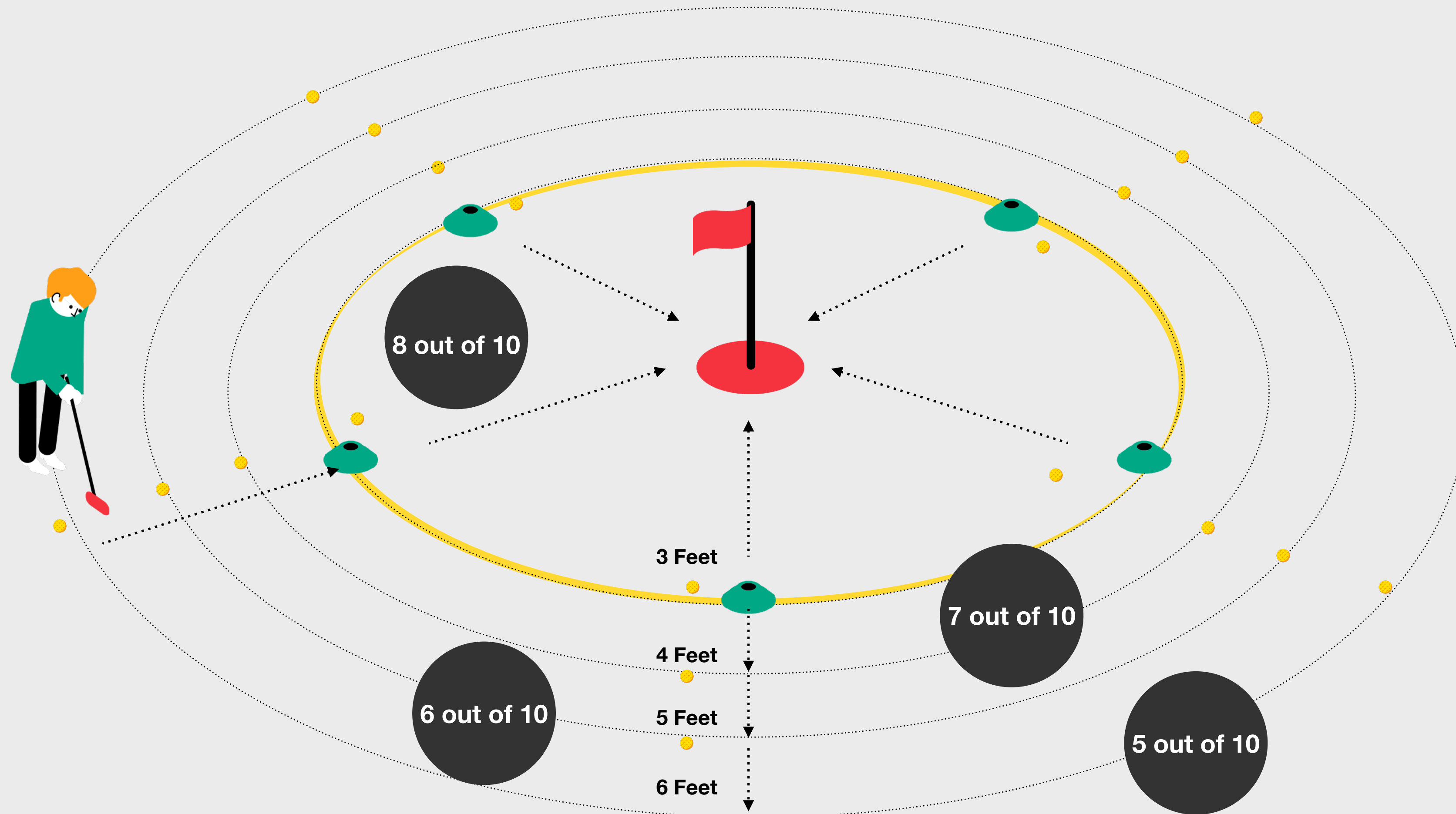
If they are also assigned to the Junior Golf Academy *myGame+* program on GLF. Connect the challenge can be marked as complete and the virtual rewards will be issued automatically.



## Short Putts



# Short Putts Challenge



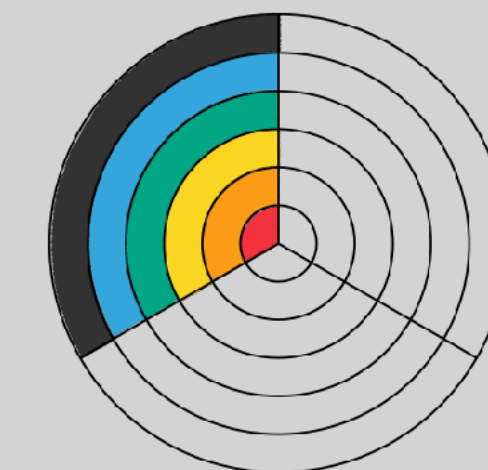
## The Challenge

To complete the Level 6 Challenge within the Short Putts skill element, the child needs to putt the ball into the hole 8 times from 3 feet., 7 times from 4 feet, 6 times from 5 feet & 5 times from 6 feet. You have 10 attempts at each distance and one putt should be attempted from 5 different positions around 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.



Short Putts

