Junior Monthly Class Plans Ages 4-6

On the Green
Week 38

Junior Monthly

COACH

JUNIOR GOLF ACADEMY
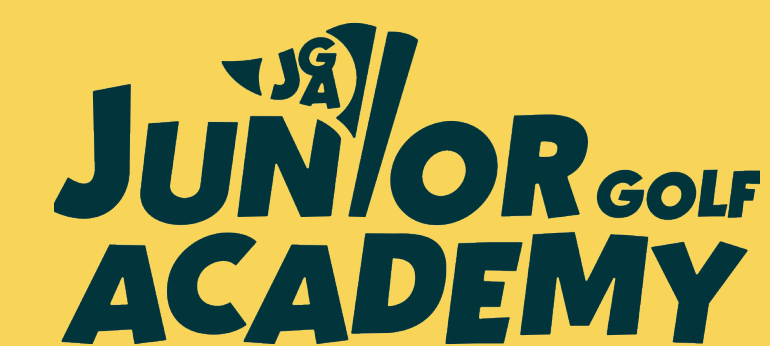
Class Timetable - Week 38

Session Length:
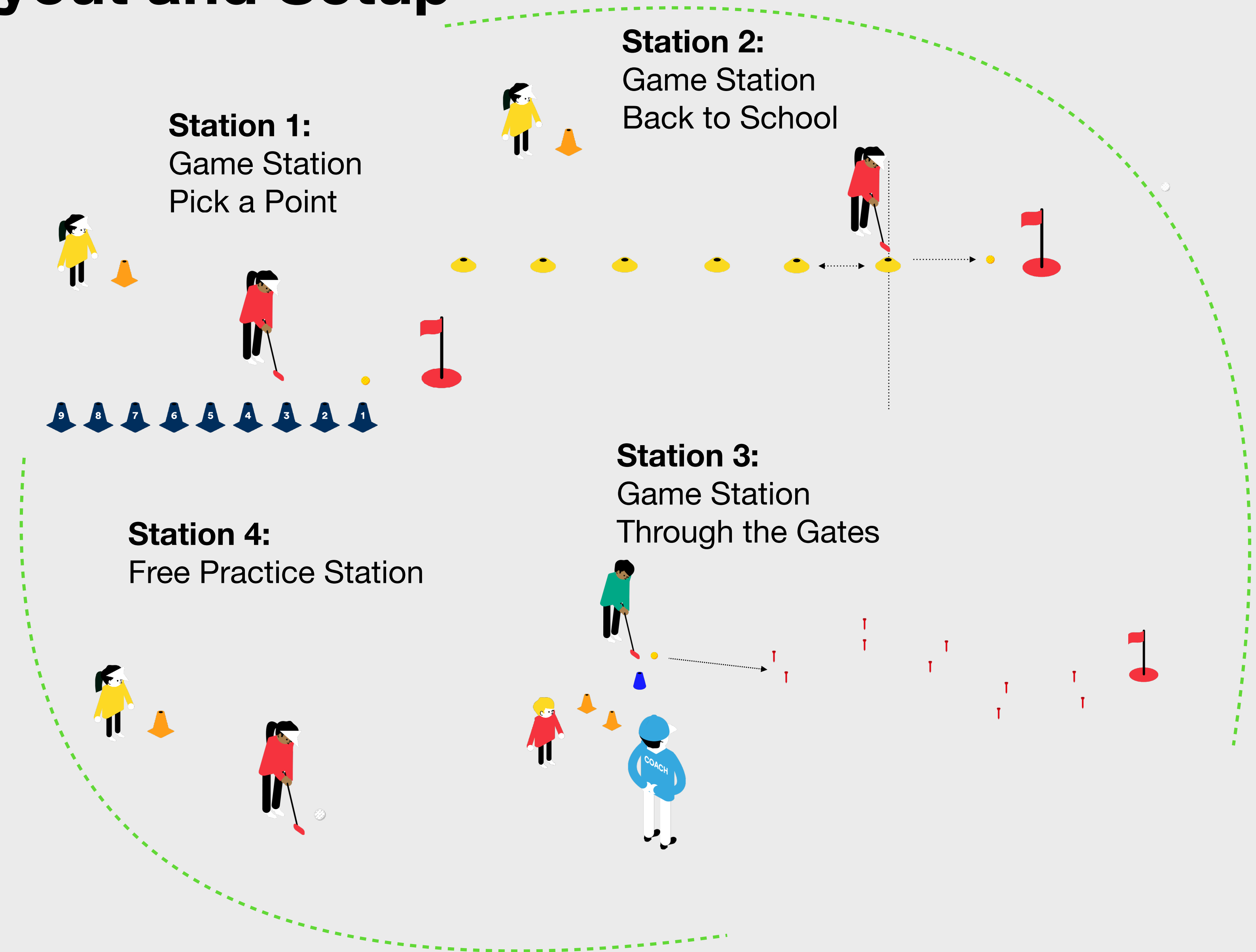60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Short Putts

Whole Child Focus
Personal:
Passion

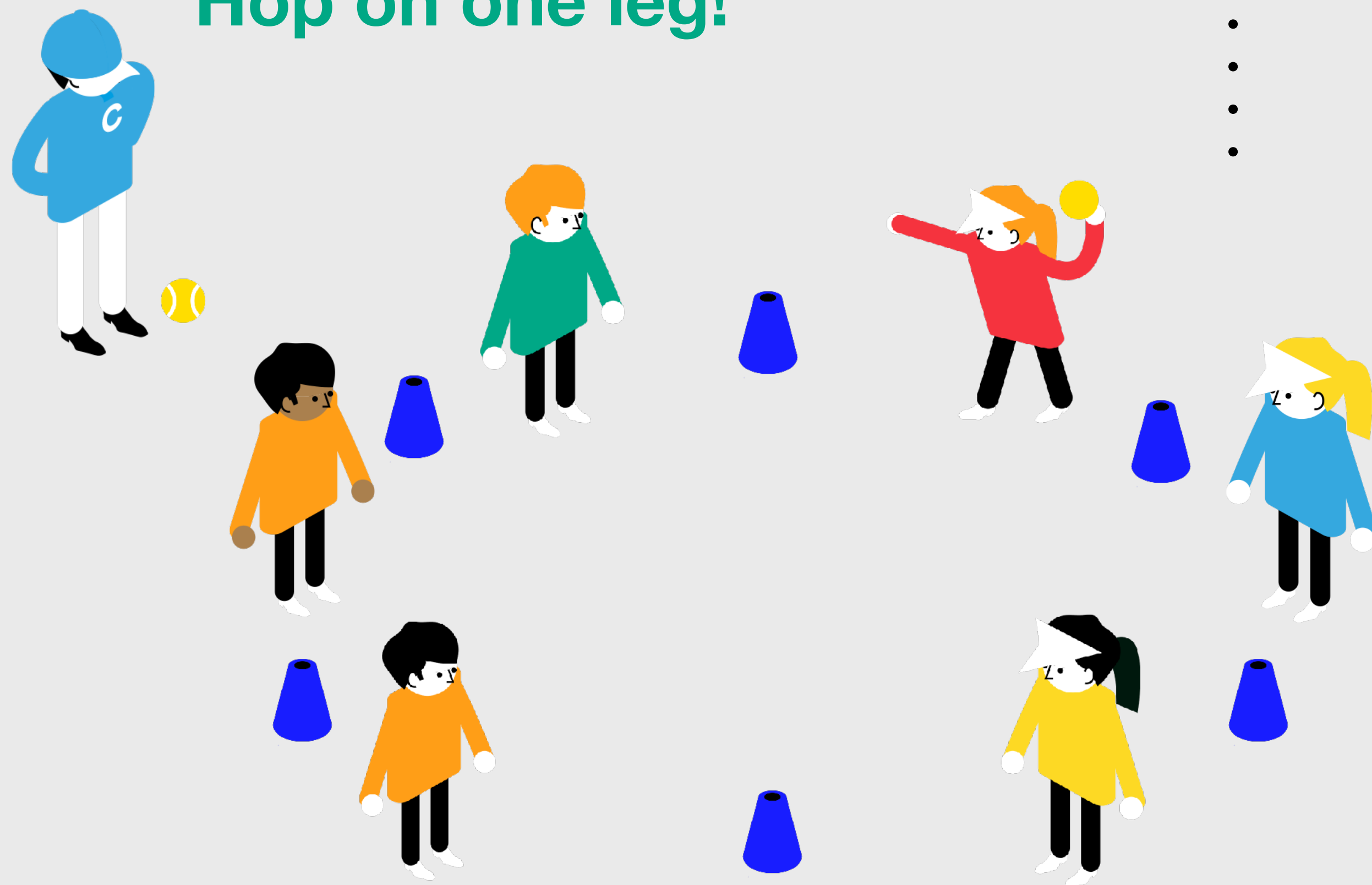**Learning the Game Focus:**
Rules and Etiquette:
Ready Golf

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	• 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	• Ball Toss
5 Mins	Learning the Game Focus	• Introduce to the group the Learning the Game focus of the class	• Ready Golf
5 Mins	Whole Child Focus	• Introduce to the group the Whole Child focus of the class	• Passion
35 Mins	Mastering the Game Focus	• 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	• Back to School • Through the Gates • Pick a Point
5 Mins	*my*Academy Folder Track and Reward	• Recap Mastering the Game and Learning the Game Focus from the session to check for understanding • Children can complete *my*Progress Wheel and add stickers where appropriate to the *my*Academy folder • Present the Achiever Award to a student in front of the parents and the group	• *my*Academy Folders

Class Layout and Setup

Station 1:
Game Station
Pick a Point

Station 2:
Game Station
Back to School

Station 3:
Game Station
Through the Gates

Station 4:
Free Practice Station

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Ball Toss

Physical Literacy

Coach commands

- Hop on one leg
- Switch legs
- Throw log
- Throw high
- Step left
- Step right
- Changeover
- Jog on the spot
- Hop on one leg
- Stand on one leg
- One arm catching

Hop on one leg!

How to Play

- This game is played individually. Children form a small circle an even distance apart. Each child starts with 3 points.
- One child starts with the ball, and the aim is to throw the ball to another child directly at stomach height. When throwing the ball, the aim is attempts to throw that the other child can catch.
- If the ball is dropped, the player loses a point. If a plyer throw the ball out of reach of a player, the lose a point.
- When a child loses all of their points, they exit the game and the game continues until one player is left.

Progression Ideas

- Increase the distance between each child
- Increase the size of the circle
- Add multiple balls into the game.
- Decrease the size of the ball
- Use faster and more advanced coach commands during the game

Equipment Needed

Cones to mark the edge of the circle

Soft Balls

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Personal
Passion

- The Whole Child theme this week is to encourage the children to develop a passion for the game.

- Carry this theme into the class by showing the children some clips of golfers celebrating and explain how it is important to celebrate the good moments.

Rules and Etiquette
Ready Golf

- The Learning the Game focus this week is learning to play "Ready Golf"

- You should highlight to the children that it is important to be ready to play when it is their turn, this helps to keep the pace of play with the rest of the field

Back to School

Mastering the Game

How to Play

- Aim of the game is achieve a Grade A by making a putt from each of the cones
- Nominate a child to play first
- From the starting cone at 5 feet, if the putt is holed the player moves back a cone and can have another go. If the putt is missed the player has to wait until their go to have another attempt
- The player who wins is the one who reaches the Grade A cone first and holes their putt

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

Learning Outcomes

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

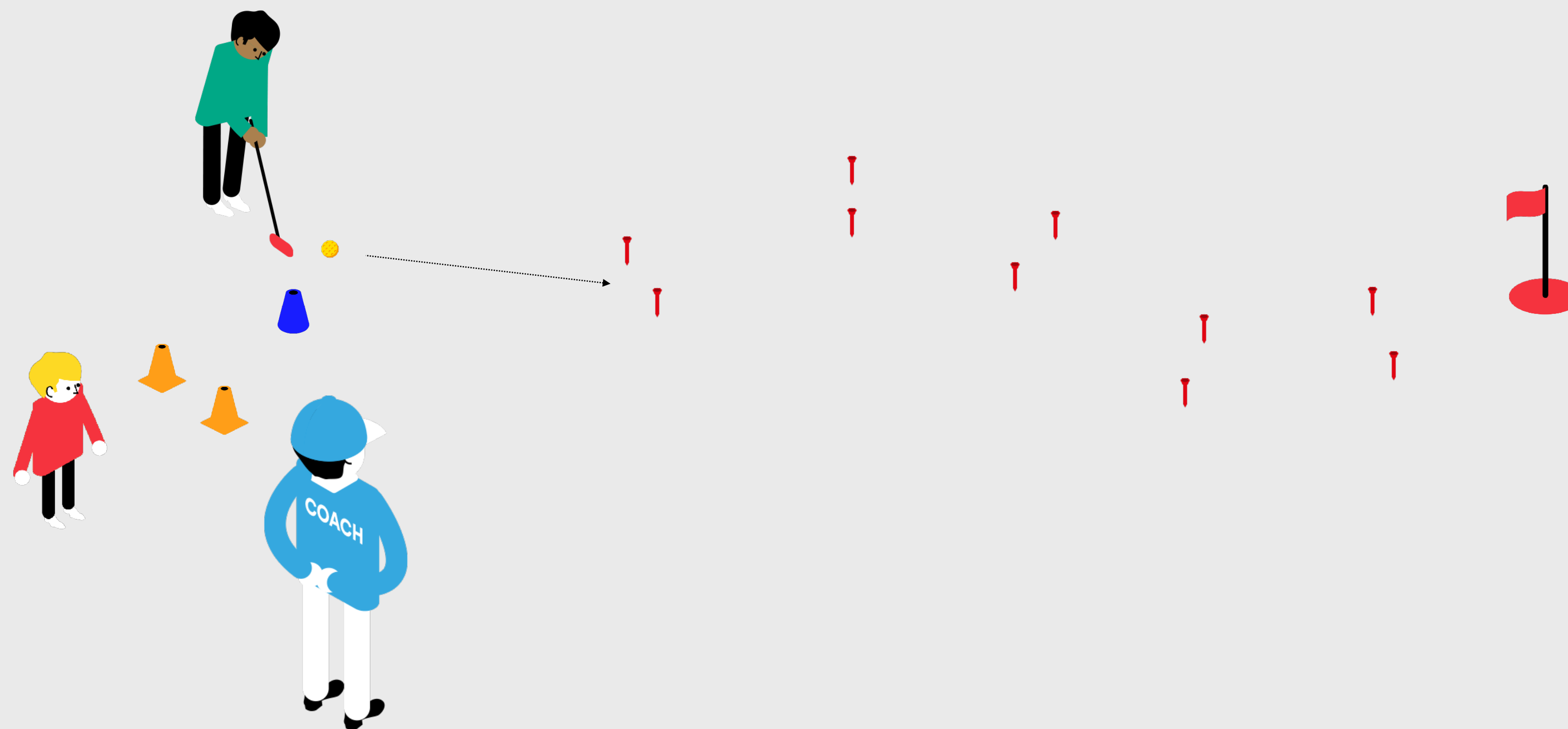### Equipment needed

2 x Orange Safety Cones

SAFETY

6 x Colored Cones

Spare equipment that may be required for the group attendees.

Golf Balls

Grade A   Grade B   Grade C   Grade D   Grade E   Grade F

3 Feet

5 Feet

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Through the Gates

Mastering the Game

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
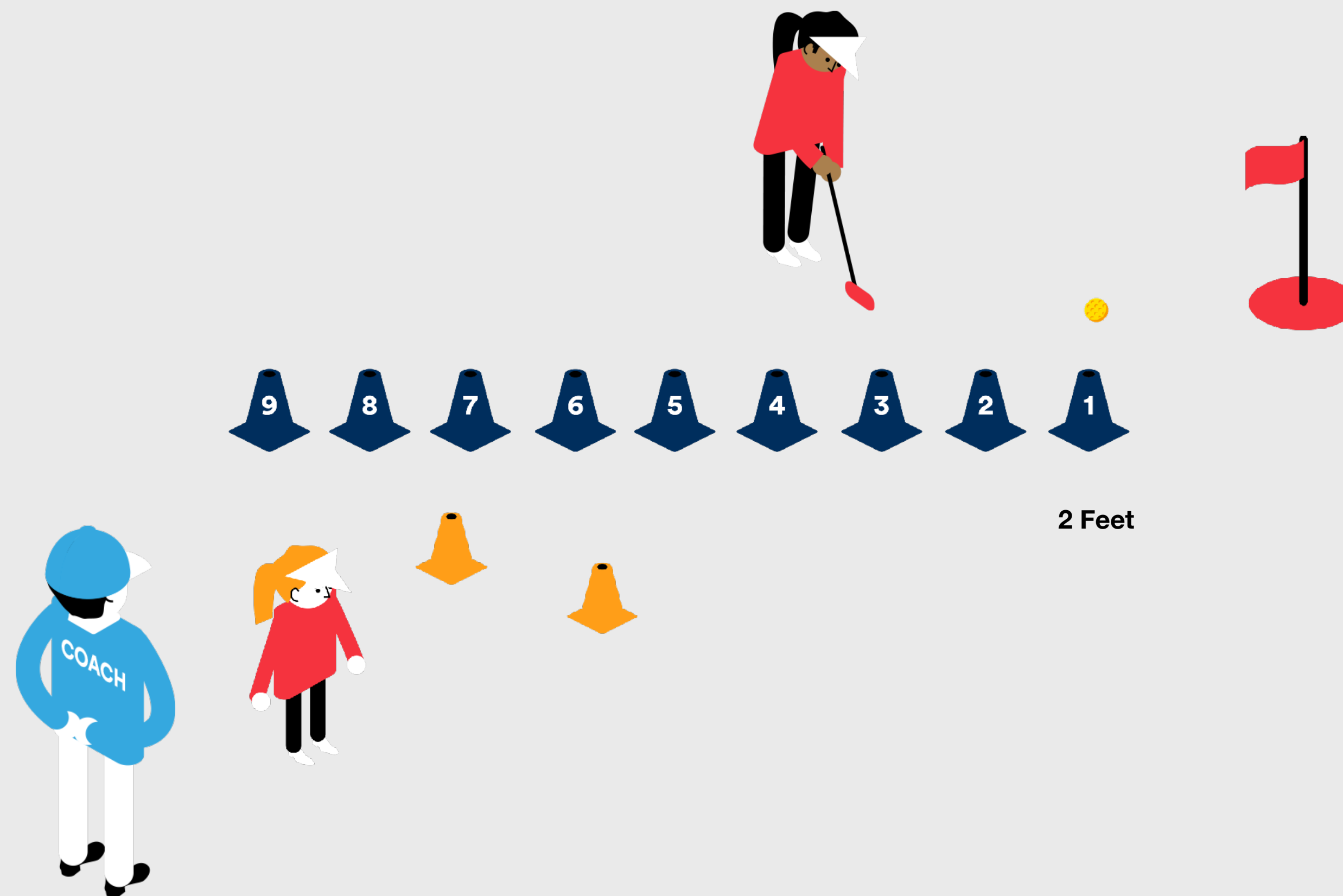
Equipment needed

Orange Safety Cones

SAFETY

Tee Pegs

2 Colour Cones or Markers

2 x Cones to mark the starting point

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Pick a Point

Mastering the Game

How to Play

- Place the first cone two feet from the hole, and then each cone in order with one foot between each one
- Nominate a child to play first. Each child has five putts to score as many points as possible
- The child chooses a starting position, and if they putt the ball successfully they will score as many points as the number on the cone
- Children take it in turns to putt
- The child who wins is the one who scores the most points out of their five putts

Progression Ideas

- Change the distance between the starting cone and the hole
- Change the distance between each of the cones
- Attempt the game on a sloped surface

Learning Outcomes

- A great game to introduce the concept of risk and reward, along with improving accuracy and distance control

Equipment needed

2 x Orange Safety Cones

SAFETY

9 x Numbered Cones

1

Golf Balls

Spare equipment that may be required for the group attendees.

9 8 7 6 5 4 3 2 1

2 Feet

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JUN/OR GOLF ACADEMY