

Junior Monthly Class Plans Ages 6-16

On the Green

Week 41



Class Timetable - Week 41

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Long Putts

Whole Child Focus
Cognitive:
Attitude towards learning

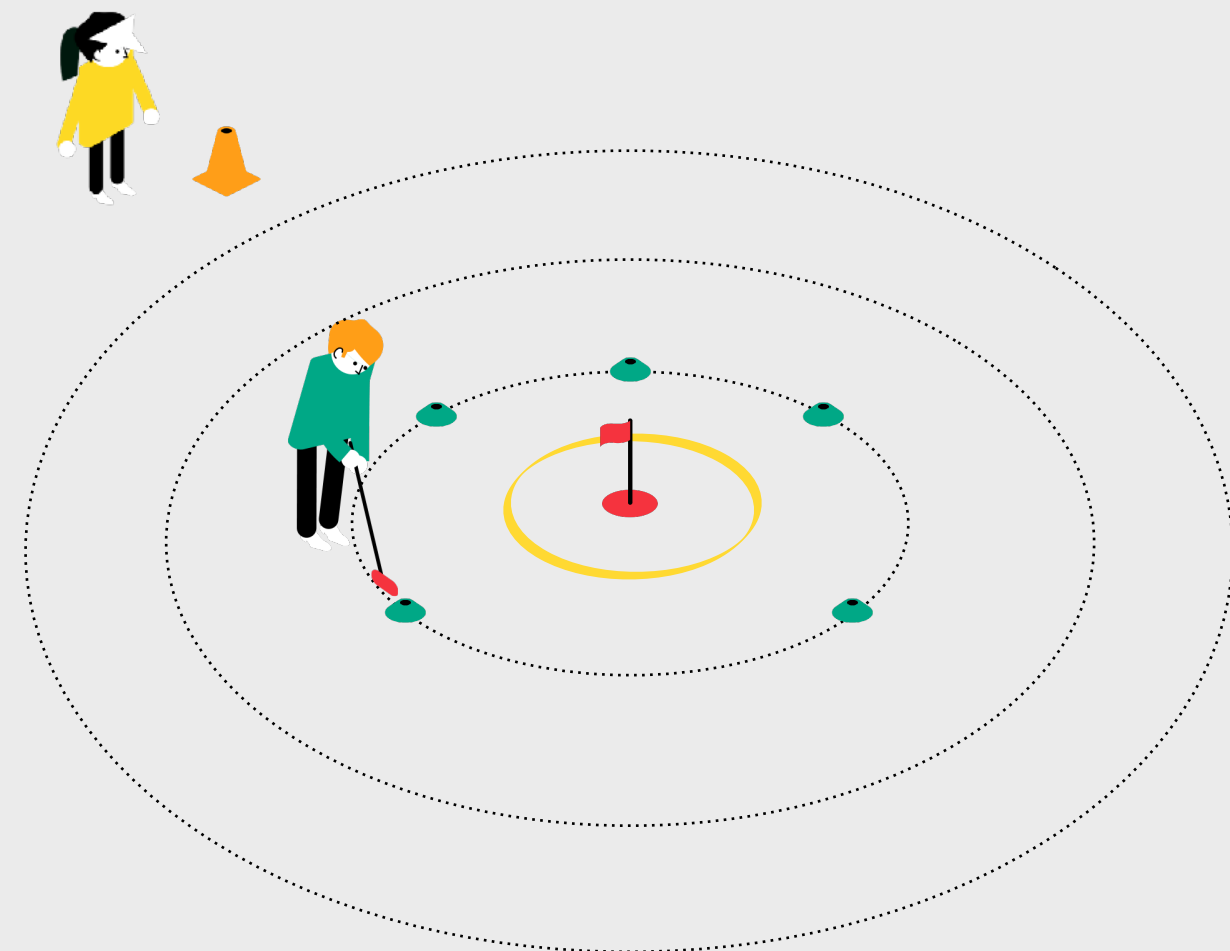
Learning the Game Focus:
Preparing to Play:
What time do you arrive?

Mastering the Game Challenge:
Long Putt Challenge

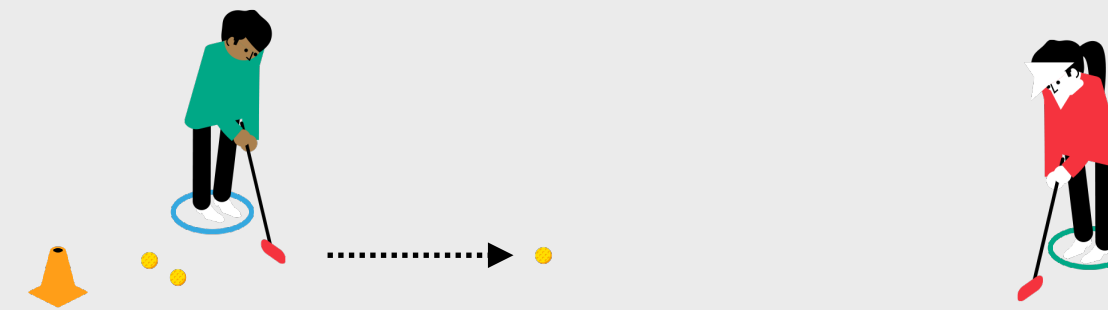
Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Cone Collector
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"> What time do you arrive?
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"> Attitude towards learning
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"> Putting Partners Single, Double, Triple 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 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"> myAcademy Folders GLF. Connect myGame+

Class Layout and Setup

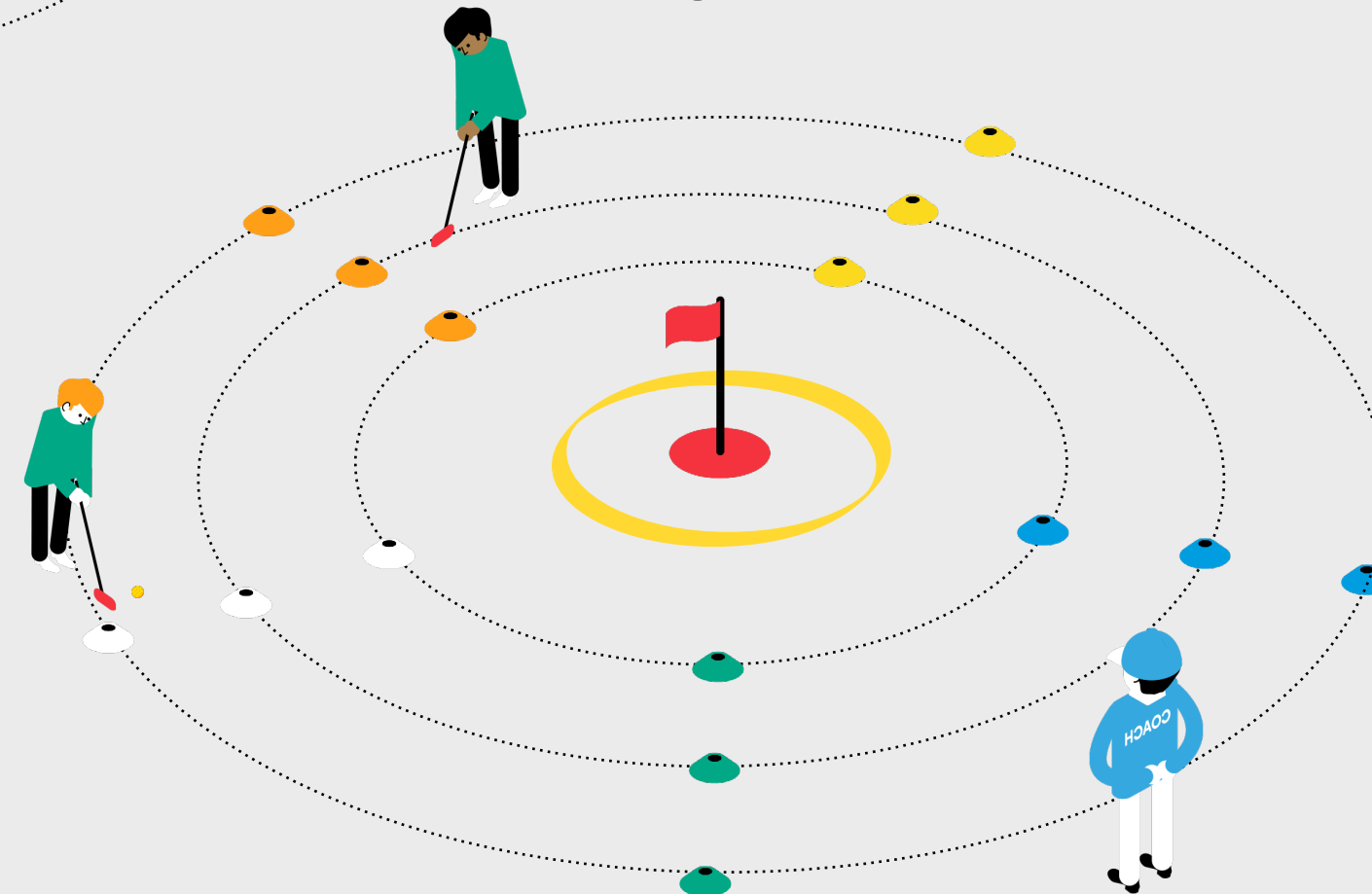
Station 1:
Challenge Station



Station 2:
Game Station
Putting Partners



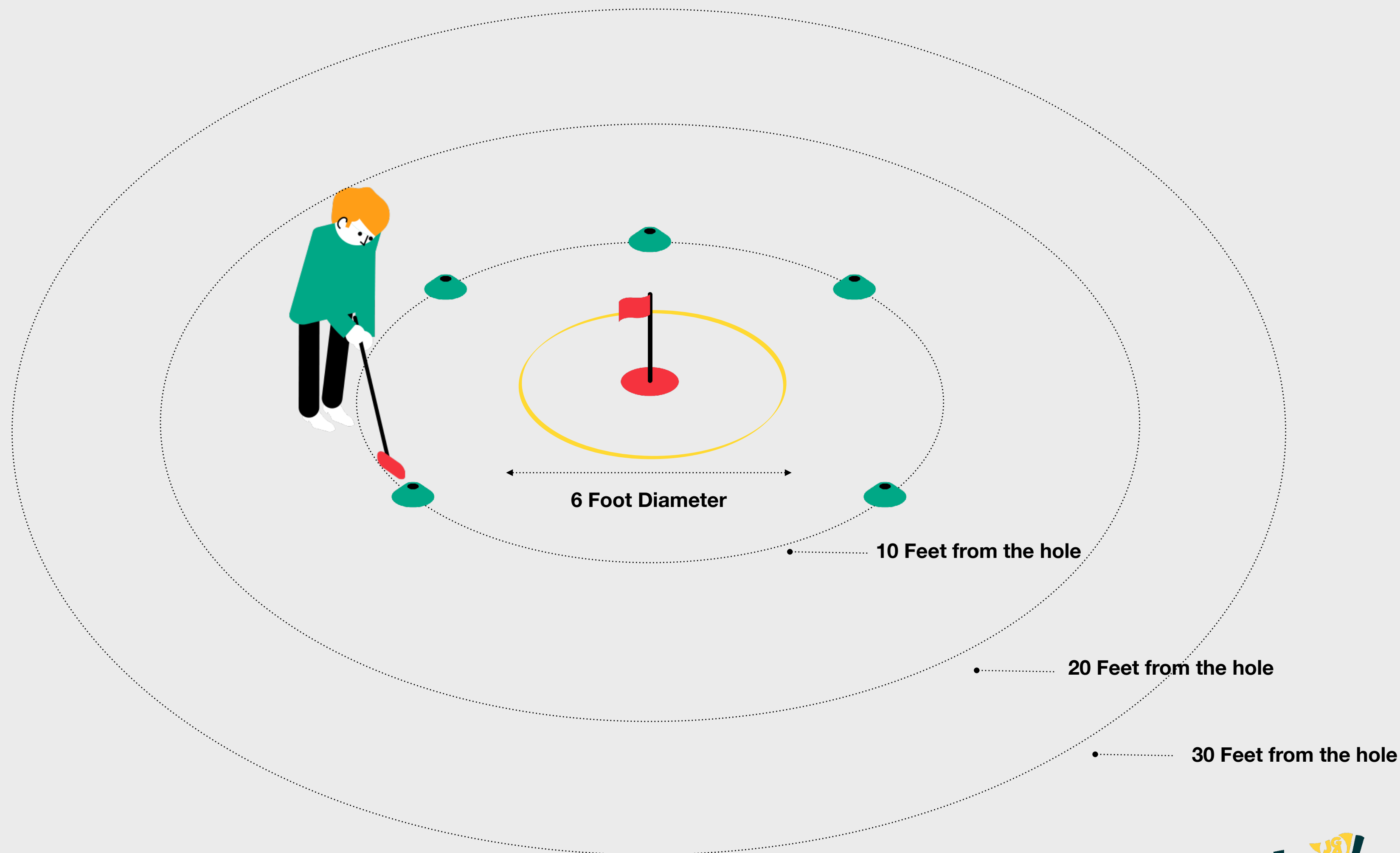
Station 3:
Game Station
Single, Double, Triple



Station 4:
Free Practice Station



Long Putts Challenge Setup



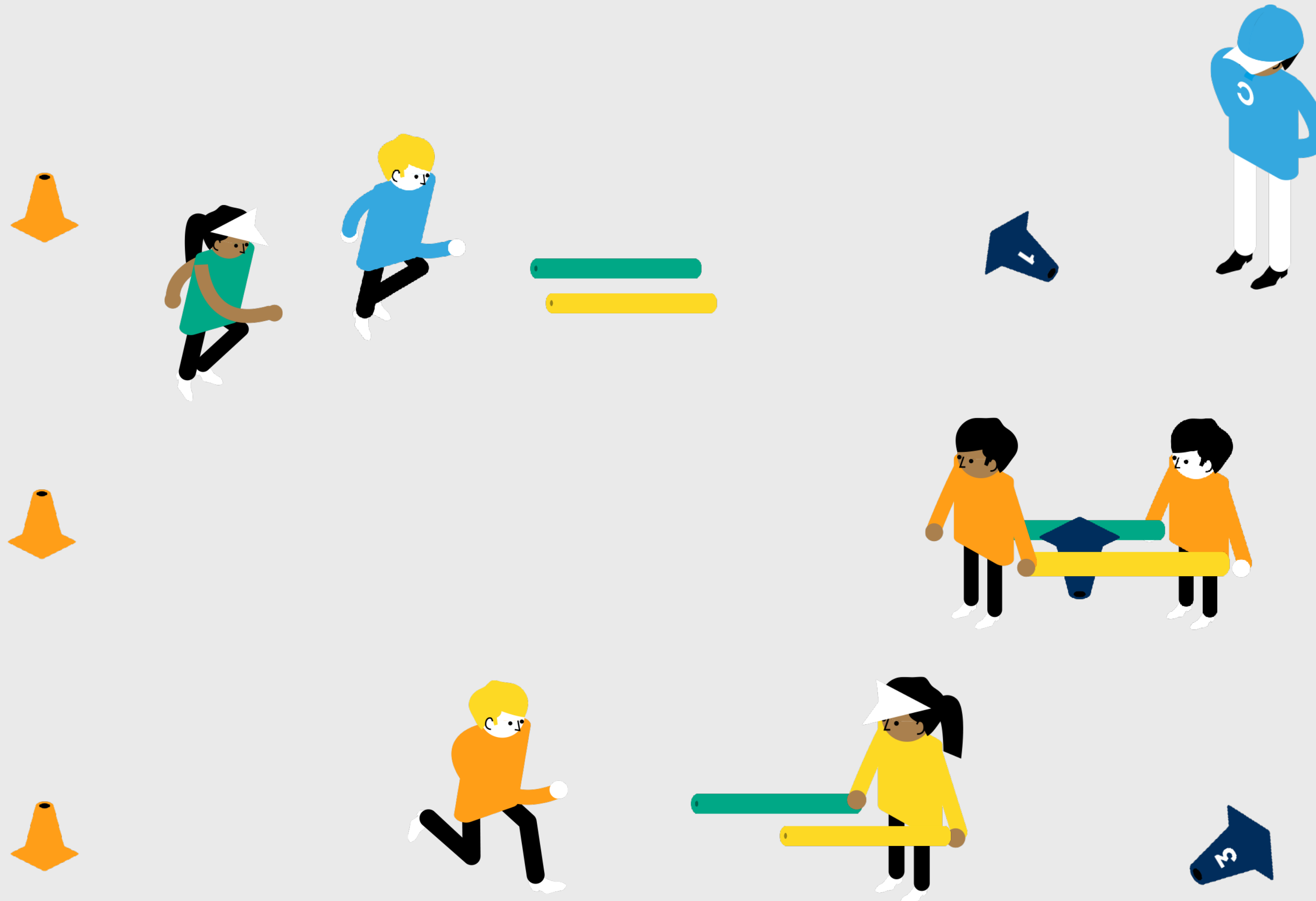
Setting out the Challenge

- 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

Cone Collector



How to Play

- Split the children into pairs, and line them up behind their safety cones
- When the coach shouts GO! The children run out and pick up the foam noodles
- One child must hold one end of the noodles and their partner must hold the other end
- The pair then have to work together to pick up the JGA cone without touching it with their hands
- The winning pair are the ones that can carry the JGA cone back to their safety cone

Progression Ideas

- Add in obstacles
- Introduce a time penalty for dropping the cone
- Introduce other objects to pick up using the noodles

Equipment Needed

3 x Orange safety cones

SAFETY



3 x JGA cones



6 x Foam noodles





Cognitive

Attitude towards learning

- The Whole Child theme this week is to develop a great attitude towards learning.
- Carry this theme into the class by hosting a mini quiz on some of the content and topics that have been shared over the previous classes.



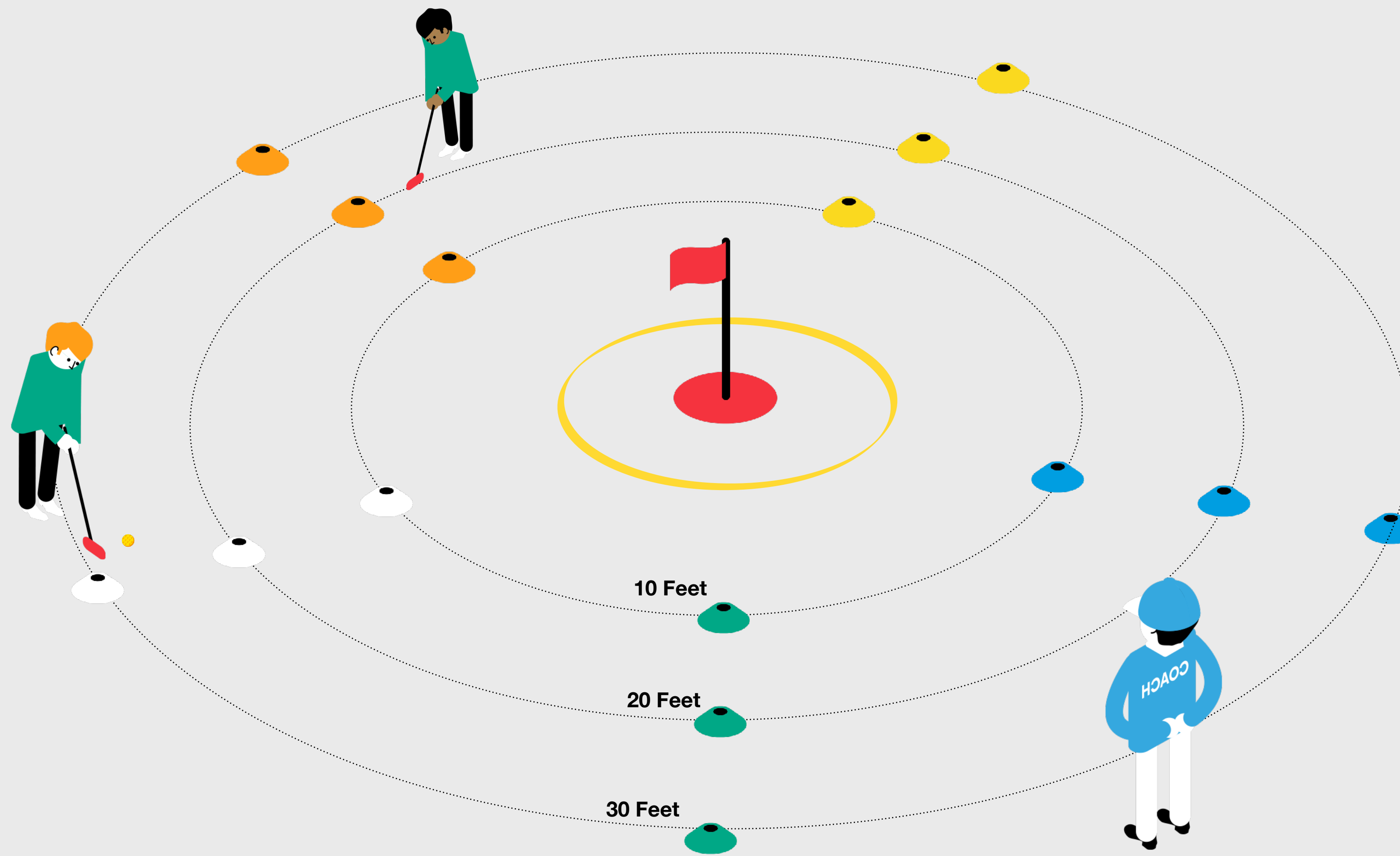
Preparing to Play

What Time do you Arrive?

- The Learning the Game focus this week is about preparing to play, knowing when to arrive at the club, and when to be on the tee ready to play.
- You should highlight to the children that you should arrive at the tee at least 5 minutes before it is your tee time.



Single, Double, Triple - Putting



JUNIOR GOLF
ACADEMY



How to Play

- Children take it in turns to choose which distance they want to start from
- If the player starts from the 10 foot line and they putt the ball inside the 6 foot circle they score 1 point, 2 points if they hole the putt
- If the player starts from the 20 foot line they score double points; 2 points inside the 6 foot circle, 4 points if they hole the putt
- If the player chooses to start from the 30 foot line they score triple points; 3 points if they putt the ball into the 6 foot circle, 6 points if they hole the putt
- The game continues until both players have hit 5 putts, one from each color cone.
- The winner is the player who has the most points after 5 shots

Progression Ideas

- Change the distance between the cones
- Attempt the game on a sloped surface

Learning Outcomes

- Distance control
- Strategic thinking
- Understand risk and reward

Equipment needed

Orange Safety Cones

SAFETY

3 x Blue cones

3 x Green cones

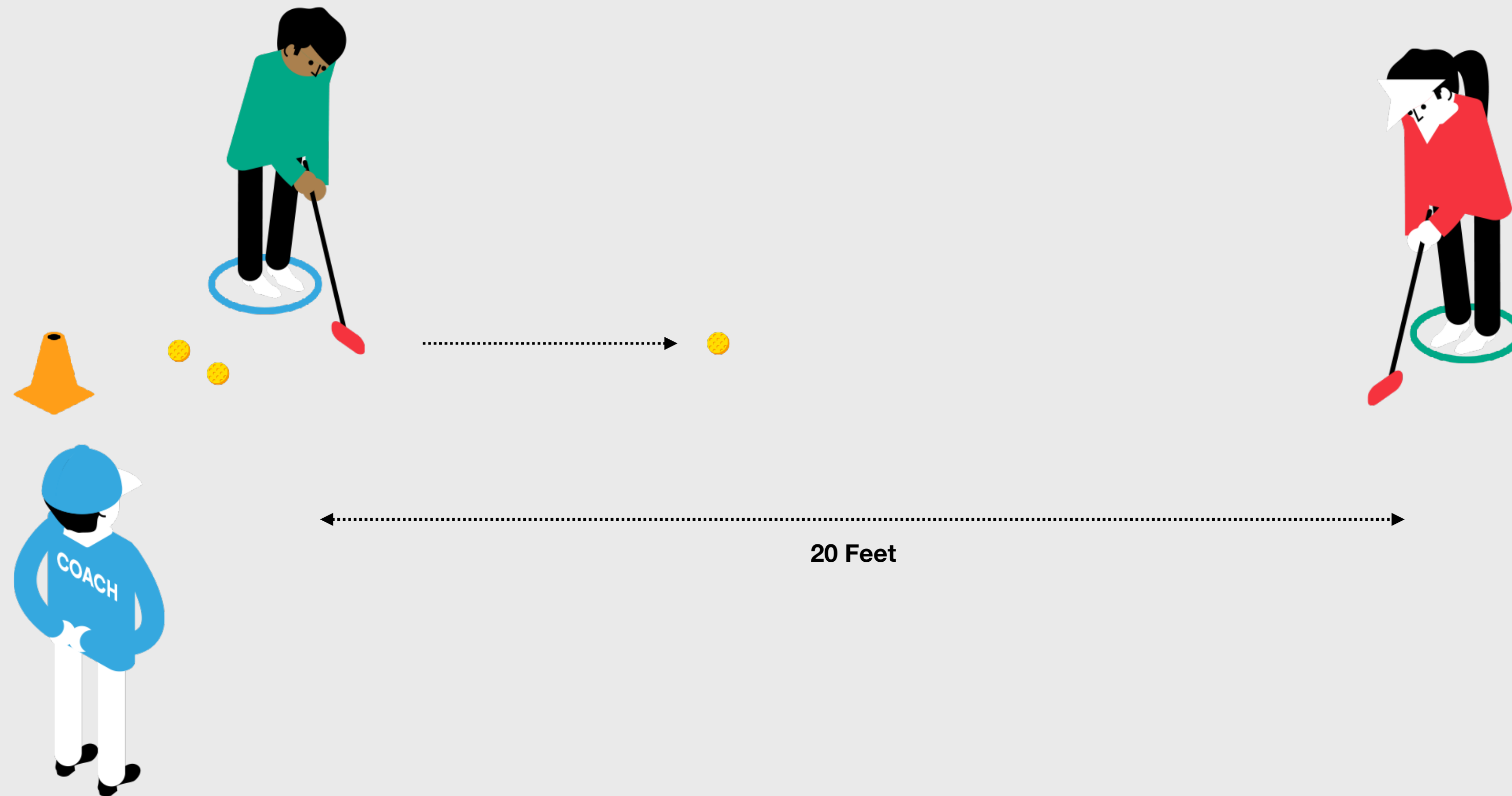
3 x Yellow cones

3 x Orange cones

3 x White cones

6 foot diameter target ring

Putting Partners



How to Play

- In this game the players are working as a team. The aim is to keep their 3 golf balls in play for as long as possible
- Each player has to remain in their circle at all times
- The first player putts the balls towards their partner, who has to remain motionless in the circle
- Once the balls have come to rest the partner has to reach out and retrieve the balls without leaving the circle or touching the ground with their knees or elbows
- The second player is only allowed to putt back the balls they can reach
- The game ends when no balls are remaining

Progression Ideas

- Change the distance between the hoops
- Don't allow players to use their putter when retrieving balls
- Introduce a sloped surface when playing the game
- Change the number of balls being used

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- Also a great game to promote team work

Equipment needed

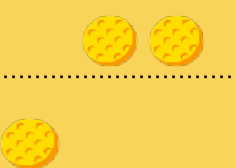
Orange Safety Cones

SAFETY

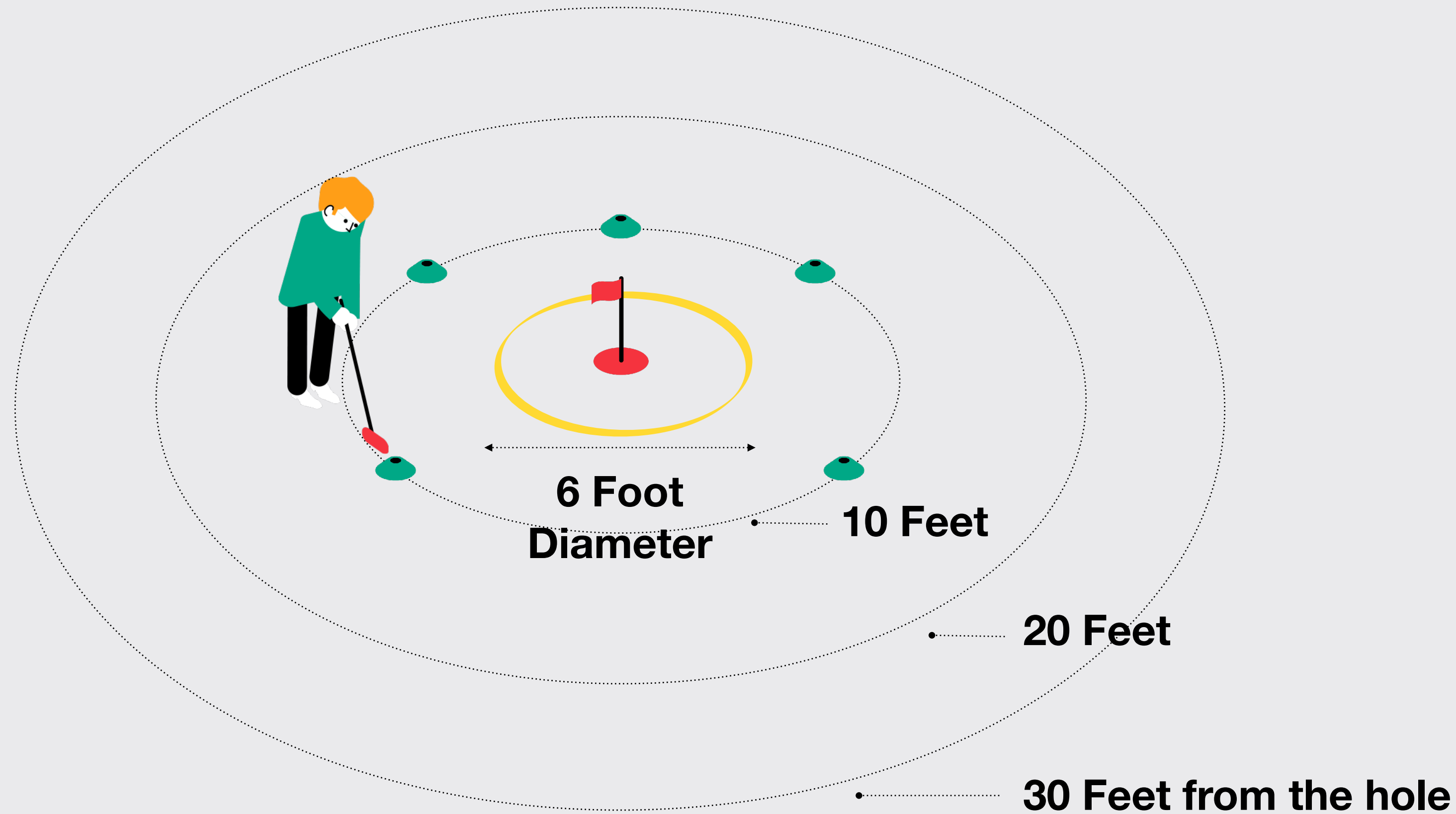
2 x Hoops



3 x Golf Balls



Long Putts Challenges



Attempting the Challenge

- Juniors have 5 attempts at the Challenge
- Juniors should attempt the Challenge for the level they are aiming to complete
- Juniors get 1 point for every successful attempt for the team challenge

The Challenges

- 1 Complete this Level 1 Challenge by putting 1 ball to within a 6-foot circle from 10 feet . You have 5 attempts.
- 2 Complete this Level 2 Challenge by putting 3 balls to within a 6-foot circle from 10 feet. You have 5 attempts.
- 3 Complete this Level 3 Challenge by putting 4 balls to within a 6-foot circle from 10 feet and Putting 2 balls to within a 6-foot circle from 20 feet. You have 5 attempts from each distance.
- 4 Complete this Level 4 Challenge by putting 4 balls to within a 6-foot circle from 10 feet. Putting 2 balls to within a 6-foot circle from 20 feet. Attempt 1 putt from 5 different positions around the hole from each distance.
- 5 Complete this Level 5 Challenge by putting 5 balls to within a 6-foot circle from 10 feet Putting 2 balls to within a 6-foot circle from 20 feet, Putting 1 ball to within a 6-foot circle from 30 feet. Attempt 1 putt from 5 different positions around the hole from each distance. You have 5 attempts.
- 6 Complete this Level 6 Challenge by putting 8 balls to within a 6-foot circle from 10 feet, Putting 5 balls to within a 6-foot circle from 20 feet, Putting 3 balls to within a 6-foot circle from 30 feet. Attempt 1 putt from 5 different positions around the hole from each distance. You have 5 attempts.