

Fun Day Class Plan

120 Minutes



Event Timetable

Session Length:
120 mins

Group Size:
1:8

Mastering the Game Focus:
Swing
Around the Green
On the Green
Course Experience

Whole Child Focus
Social - Teamwork

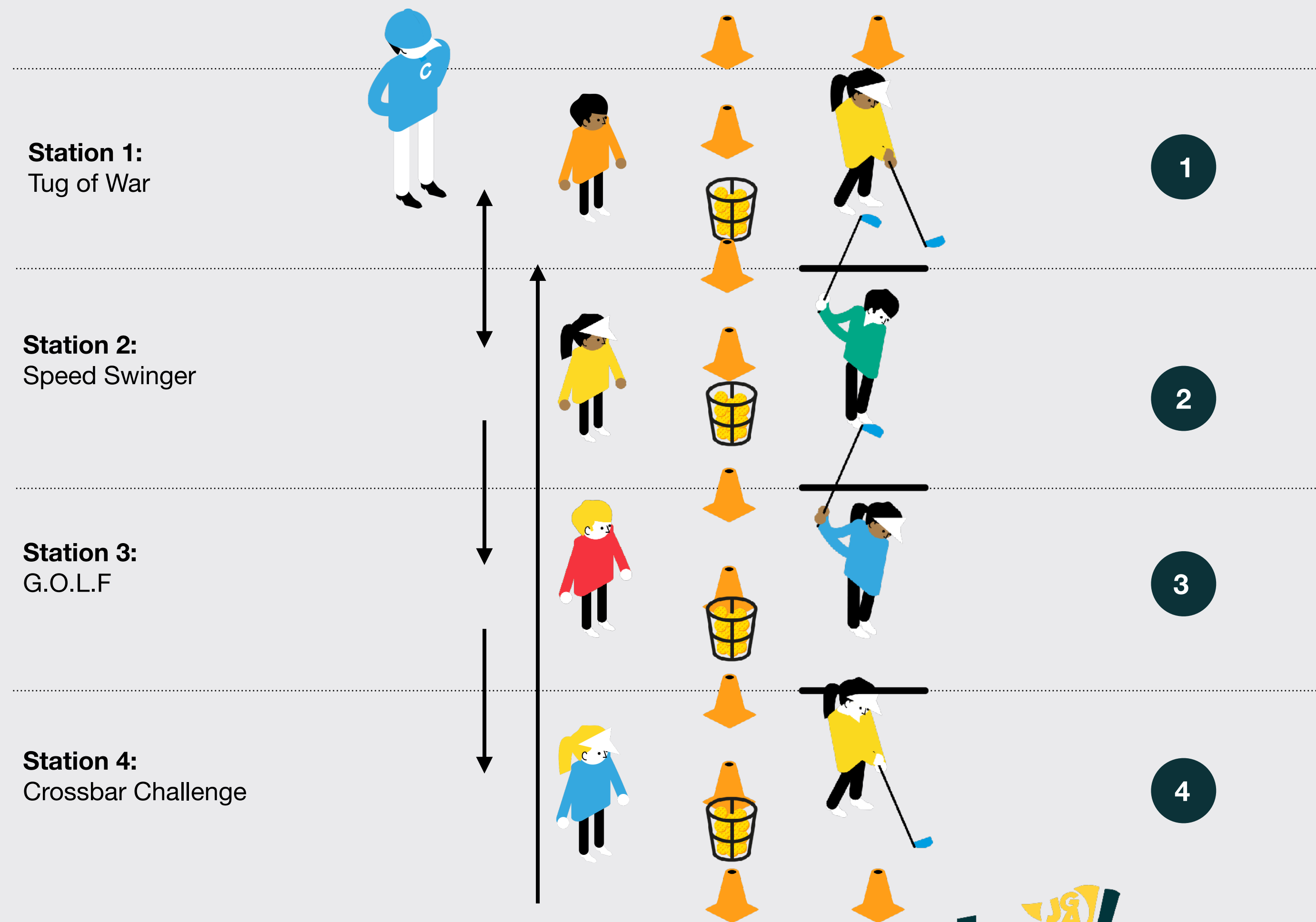
Learning the Game Focus:
Pre-Shot Routine

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the Junior Program and Player Pathway to the group Introduce and play the warm up game 	<ul style="list-style-type: none"> Head, Shoulders, Knees and Toes
30 Mins	Mastering the Game <ul style="list-style-type: none"> Swing 	<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 Children rotate around the stations 	<ul style="list-style-type: none"> Power Play Happy Gilmore Knockdown Tower Straight Shooter
30 Mins	Mastering the Game <ul style="list-style-type: none"> Around the Green 	<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 Children rotate around the stations 	<ul style="list-style-type: none"> Choose Your Trajectory Tic Tac Toe Rings Landing Zones Golf Tennis
30 Mins	Mastering the Game <ul style="list-style-type: none"> On the Green 	<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 Children rotate around the stations 	<ul style="list-style-type: none"> Putting Partners 21 Waterfall Coconut Shy
10 Mins	On Course Experience	<ul style="list-style-type: none"> Outline the safety instructions Walk out to show the children one of the golf holes on the course 	
10 Mins	Award Ceremony and Promotional Activity	<ul style="list-style-type: none"> Recap the Player Pathway to children and parents Invite to a Junior Monthly Taster Lesson Highlight the key points to parents, provide additional resources if necessary 	<ul style="list-style-type: none"> Junior Monthly Flyer Junior Camps Flyer

Swing Games - 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:

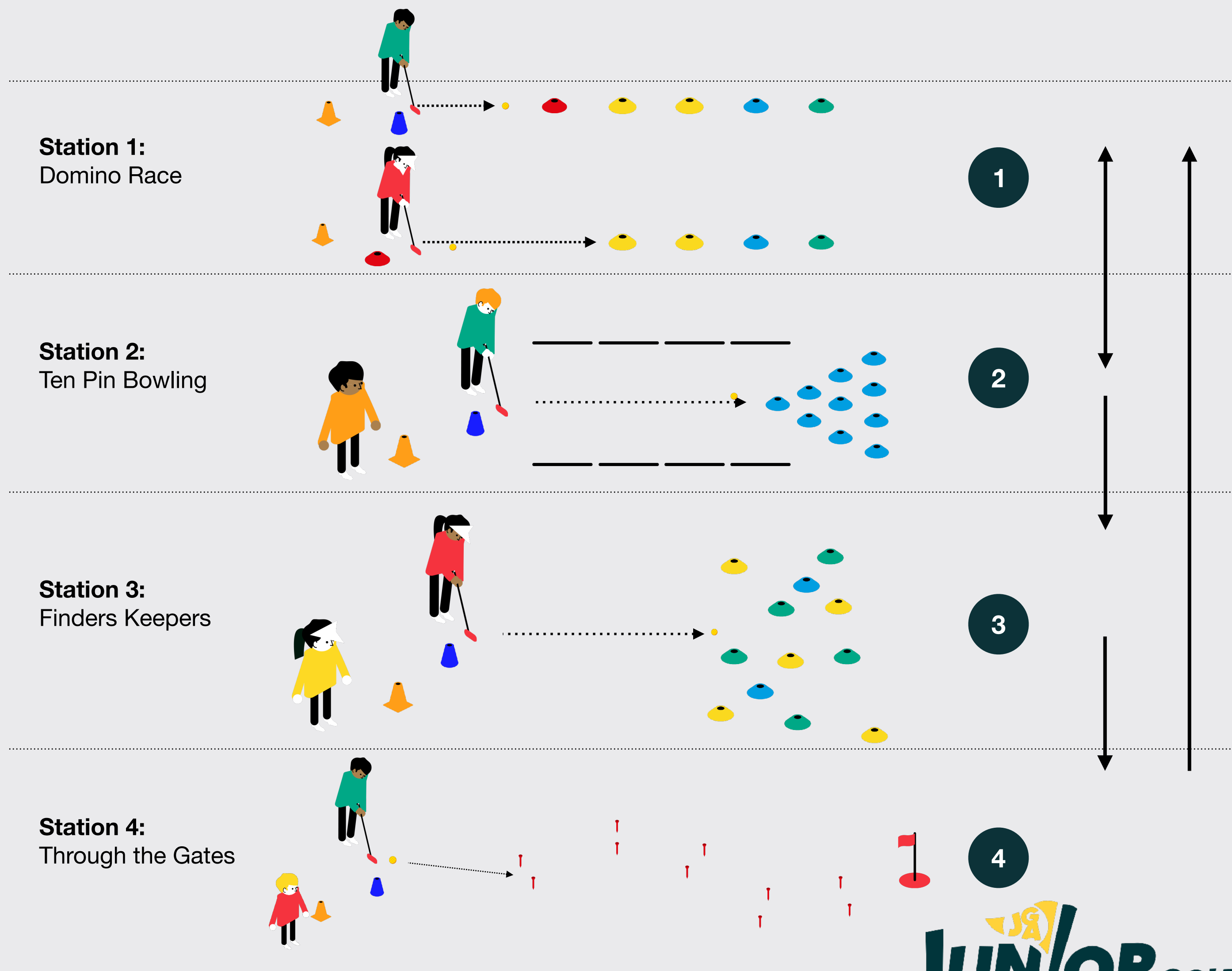
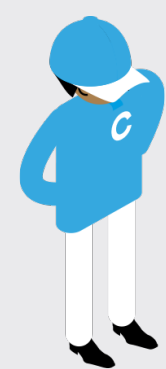
- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **10 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to 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 children where they are required to stand when not hitting from within the hitting station
 - Dividers should be used to identify to hitting stations
 - Baskets should be placed to right to the side of the children and behind the hitting area
 - Children should never go in front of the hitting stations to collect a golf ball or golf club
 - Children should always exit the hitting stations from the rear by crossing the orange safety cones
 - Children should collect the golf balls in a group with all equipment left at the stations



On the Green Games - 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:

- Stations 1, 2, 3 and 4 are **Game Stations**. At these stations the children play in pairs or play the games independently with supervision from the coach
- Children should rotate around the station and have approximately **5-7 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- At the end of the session, the children can play one of the games as a group to add a social element to 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 children where they are required to stand when not putting within a station
 - Children not putting from within their station should place the putter on the ground
 - Only one golf ball is required for each junior



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

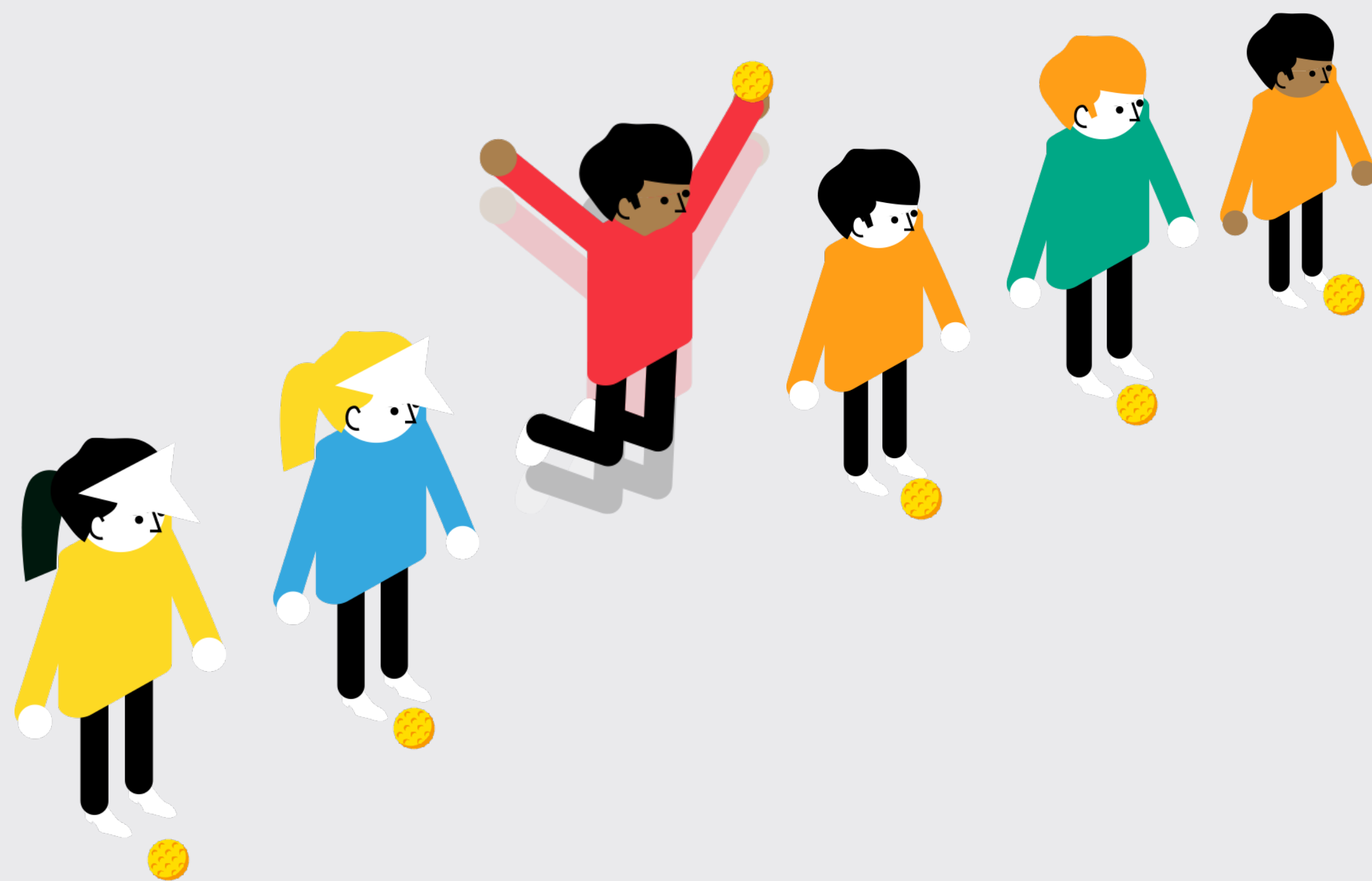
Explore this skill by exploring balancing on both legs



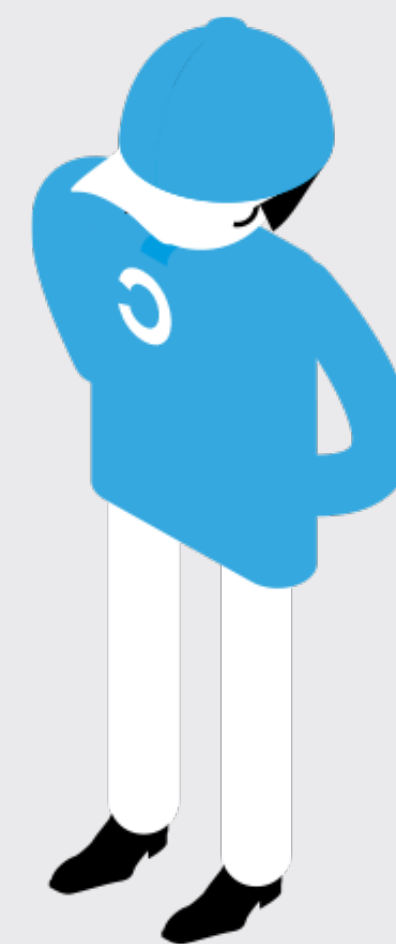
Crawl

Explore this skill by exploring using different segments of the body

Head, Shoulders, Knees and Toes



5!



How to Play

Each child has a golf ball that they place at their feet. The coach calls out a number between 1 and 5. If the coach calls "1" the juniors have to place their hands on their head. If "2" is called, the juniors have to place their hands on their shoulders, "3" is knees, "4" is feet and if the coach calls "5" the children need to pick up the ball and jump into the air.

The coach should call slowly at first, then faster and faster before finishing the round by calling "5".

The winner is the first child to pick up their ball and jump into the air!

Progression Ideas

- Allow the children to call the numbers
- Add in additional actions with more numbers

Equipment Needed

Golf Balls



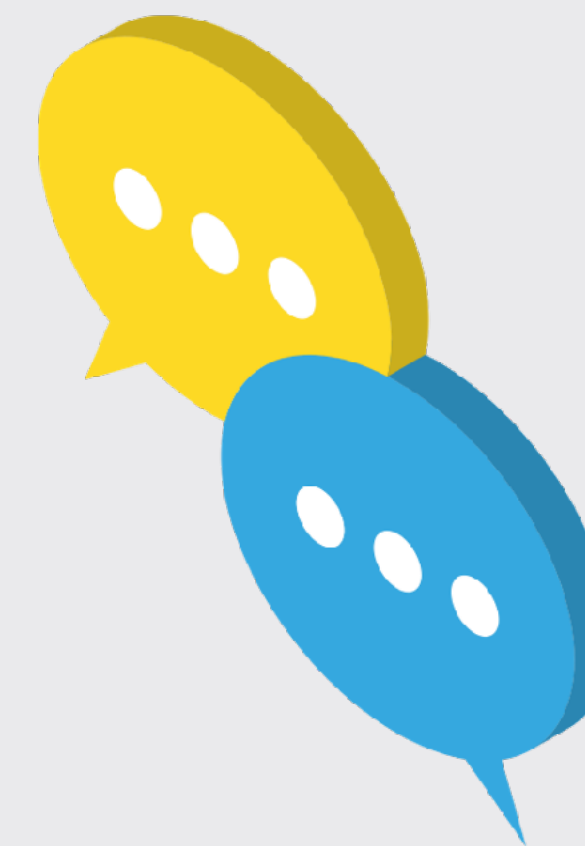
Social Teamwork


The Whole Child theme this week is focussed on working as a team.

It should be highlighted that the Achiever Award is presented to the child that displays great teamwork throughout the lesson.

Examples of this could be helping another child with some advice or completing a game together.

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* Junior program.




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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

Playing and Scoring

Pre-Shot Routine

The Learning the Game focus this week is about learning a pre-shot routine.

You should highlight to the children how having a pre-shot routine can help them to perform better, and introduce some key aspects of a pre-shot routine. For example, visualising the shot, rehearsing the shot and committing to the shot.

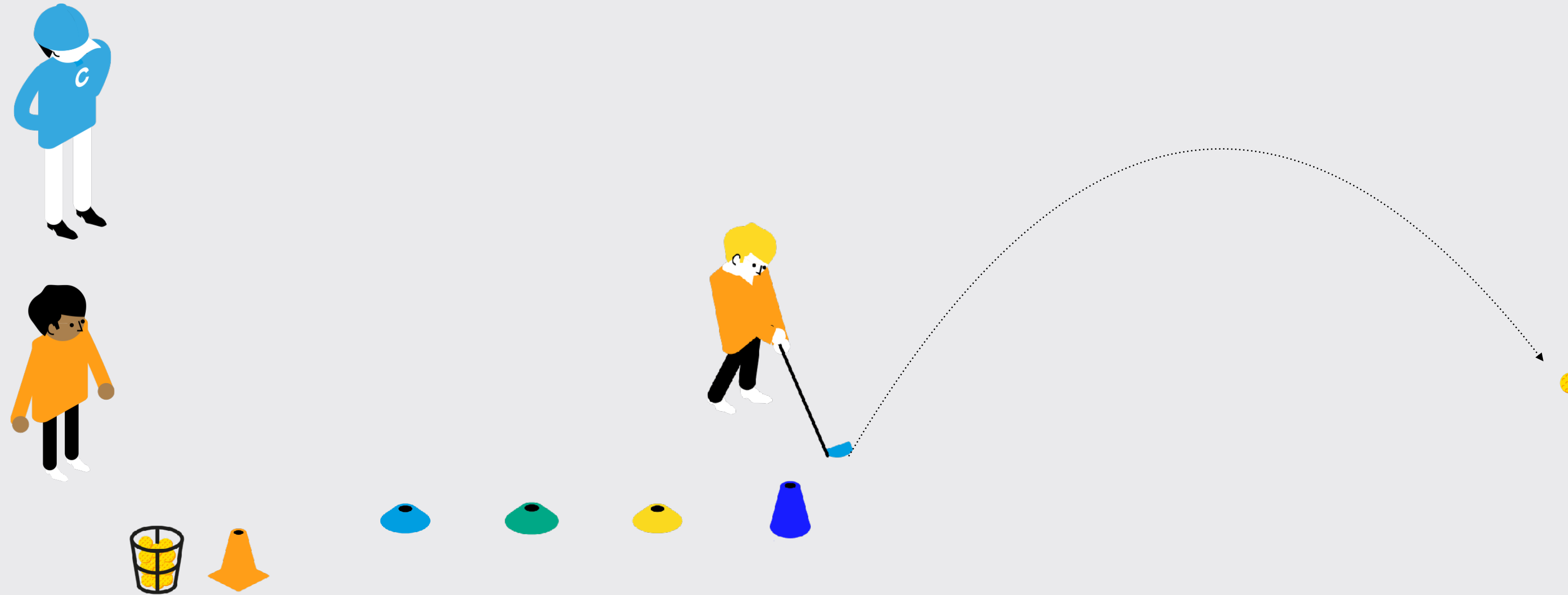
Encourage the children to use the lesson to practice their pre-shot routines whilst playing the games and challenges.



Questions to Ask

- What do we need to include in a pre-shot routine?
- Why is a pre-shot routine important?
- How long should a pre-shot routine take?

Happy Gilmore



How to Play

- Children take it in turns to try to hit the ball, starting from the first cone. They have to step in to hit the ball
- If the child strikes the ball well they move back to the second cone on their next turn
- The aim is to get to the last cone and strike the ball well

Progression Ideas

- Set a distance target that the children have to hit the ball past
- Set a direction target that the children have to hit the ball between
- Increase the number of cones the children have to start from in their run up to the ball

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



1 x Yellow Cone



1 x Green Cones



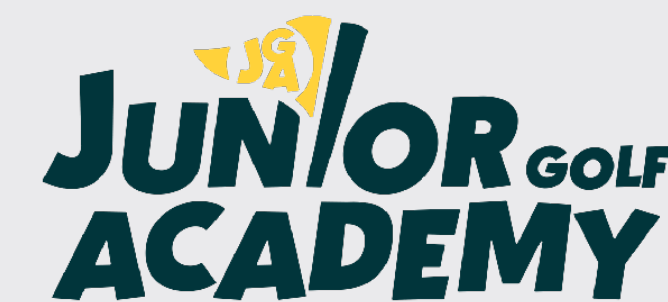
1 x Blue Cones



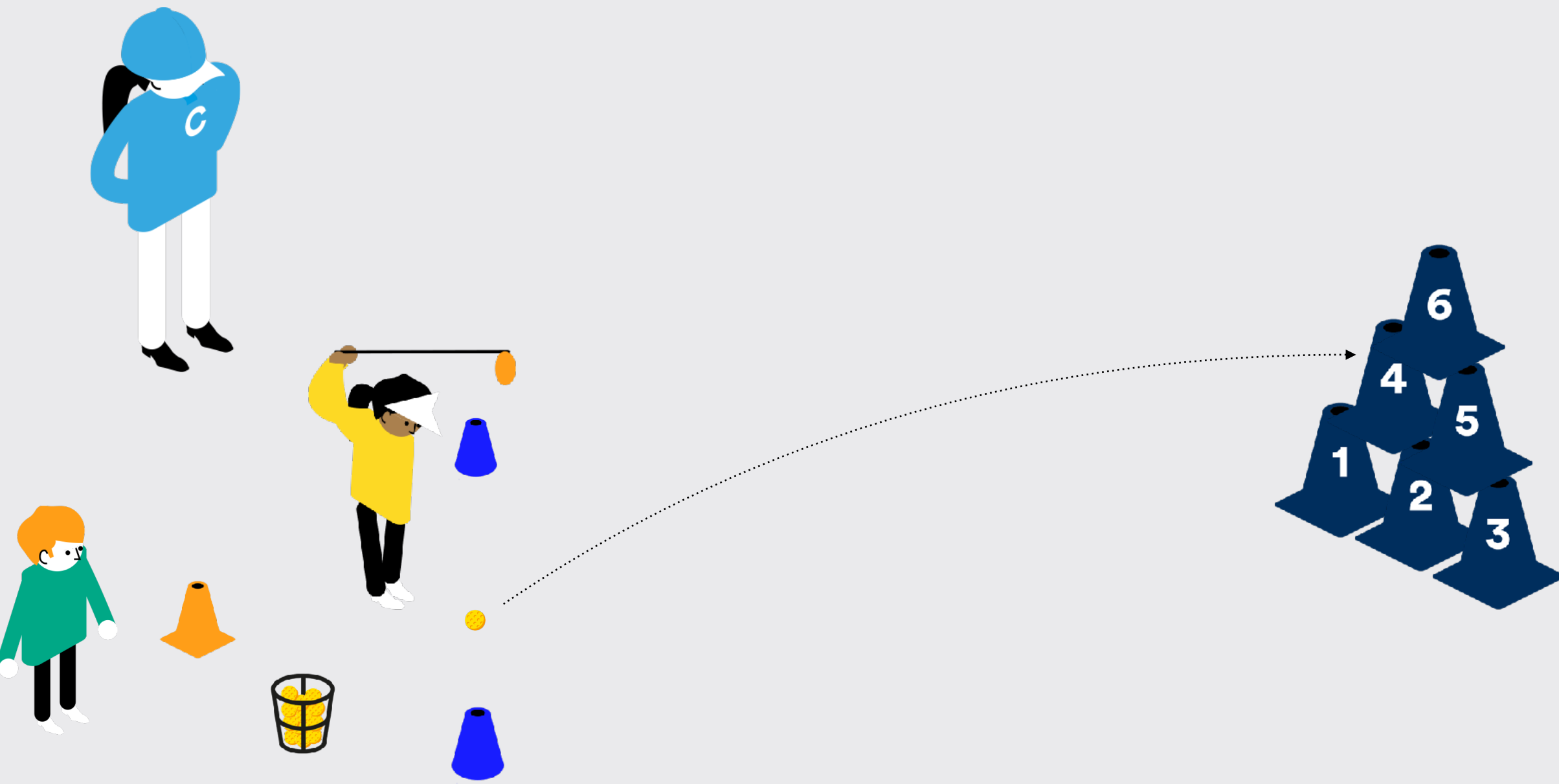
Golf Balls



Spare equipment that may be required for the group attendees.



Knockdown Tower



How to Play

- Players take it in turns to attempt to hit the tower
- The game is complete when all of the cones or baskets have been knocked down

Progression Ideas

- Make the angles more difficult
- Move the tower further away
- Reduce the number of chances the team gets
- Introduce a rule where the ball must not bounce before hitting the tower
- Try to hit the tower by throwing the ball instead of hitting it

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting stations.



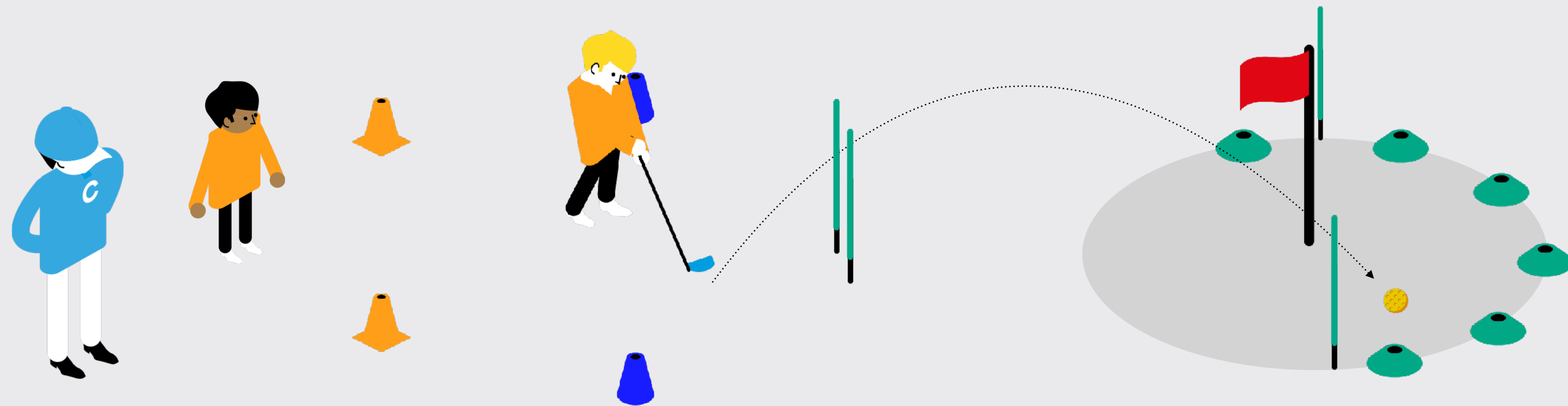
Golf balls



6 x Cones to build a target pyramid



Straight Shooter



How to Play

- Set a target score for the children to achieve
- The first child attempts to hit their shot to the through the foam noodle gate and into the target area
- They receive 1 point for hitting the ball through the gate, and 1 more if they hit the target
- Players take it in turns, until both have hit 10 shots, the aim is to achieve the target score as a team

Progression Ideas

- Vary the target on each shot
- Vary the width of the gate
- Allow the children to try throwing the ball through the gate

Learning Outcomes

- Learn to control the direction the ball travels

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out hitting stations



2 x Foam Noodles



2 x Alignment Sticks



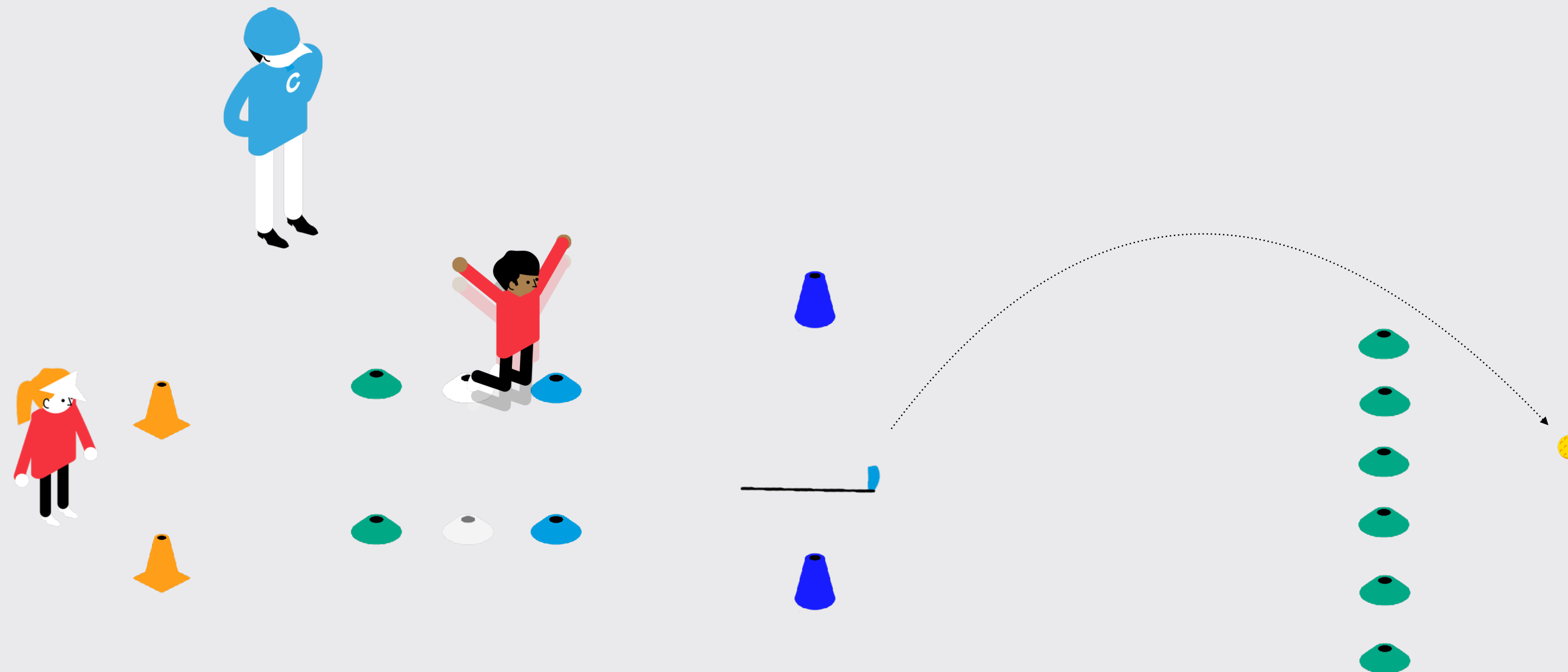
Golf Balls



Spare equipment that may be required for the group attendees.



Power Play



How to Play

- Children take it in turns to do a standing long jump from the first set of cones, seeing if they can jump past the next two sets of cones
- After jumping as far as possible they then try to hit the ball as far as possible
- The children take it in turns to do this, each time trying to beat their personal best long jump, and furthest shot

Progression Ideas

- Vary the movement before each shot, furthest hop, throw, etc.
- Add different targets to aim for when hitting
- Use different clubs to see which ones go the furthest

Learning Outcomes

- Improve strength and power
- Learn how improving different movement skills can improve their golf shots

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out hitting stations



2 x Foam Noodles



2 x Alignment Sticks



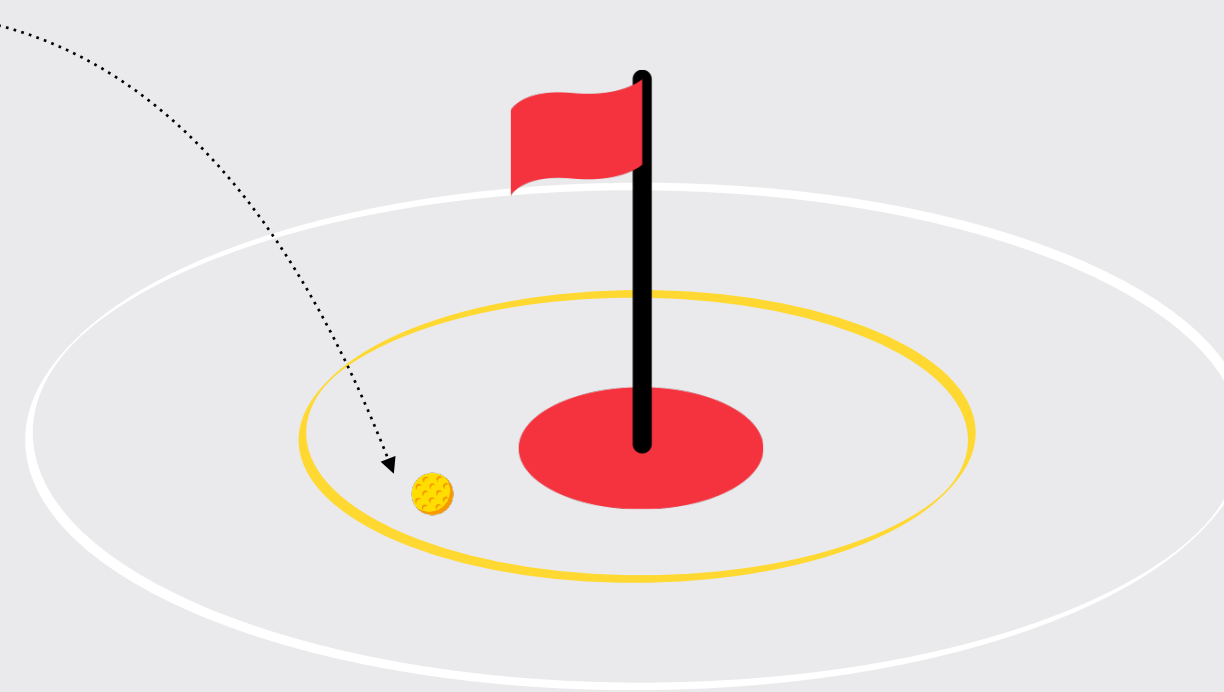
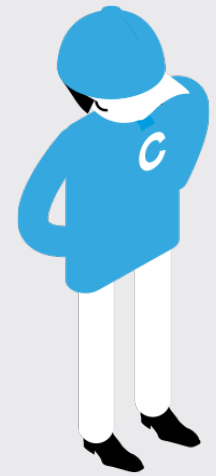
Golf Balls



Spare equipment that may be required for the group attendees.



Choose your Trajectory



How to Play

- Give the target circles different points
- Each child has 10 shots and tries to accumulate as many points as possible for their team based on where the ball finishes
- In order to score points the player must hit the ball through the gap nominated by their playing partner
- The team try to score the most points from their 10 shots, and then try to beat that score on the next go

Progression Ideas

- Specify which club must be used
- Change the size of the target circles
- Vary the size of the gaps created by the foam noodles
- Vary the starting point from around the green
- Add penalty points if the child is unsuccessful on getting the ball onto the green or in the target circles

Learning Outcomes

- Controlling strike to get a consistent trajectory
- Understanding the loft of the club and it's influence on trajectory
- Develop the ability to control the flight of the ball, hitting different trajectories, using the same golf club

Equipment needed

Orange Safety Cones

SAFETY

Cones to mark starting position

Target Rings

Spare equipment that may be required for the group attendees.

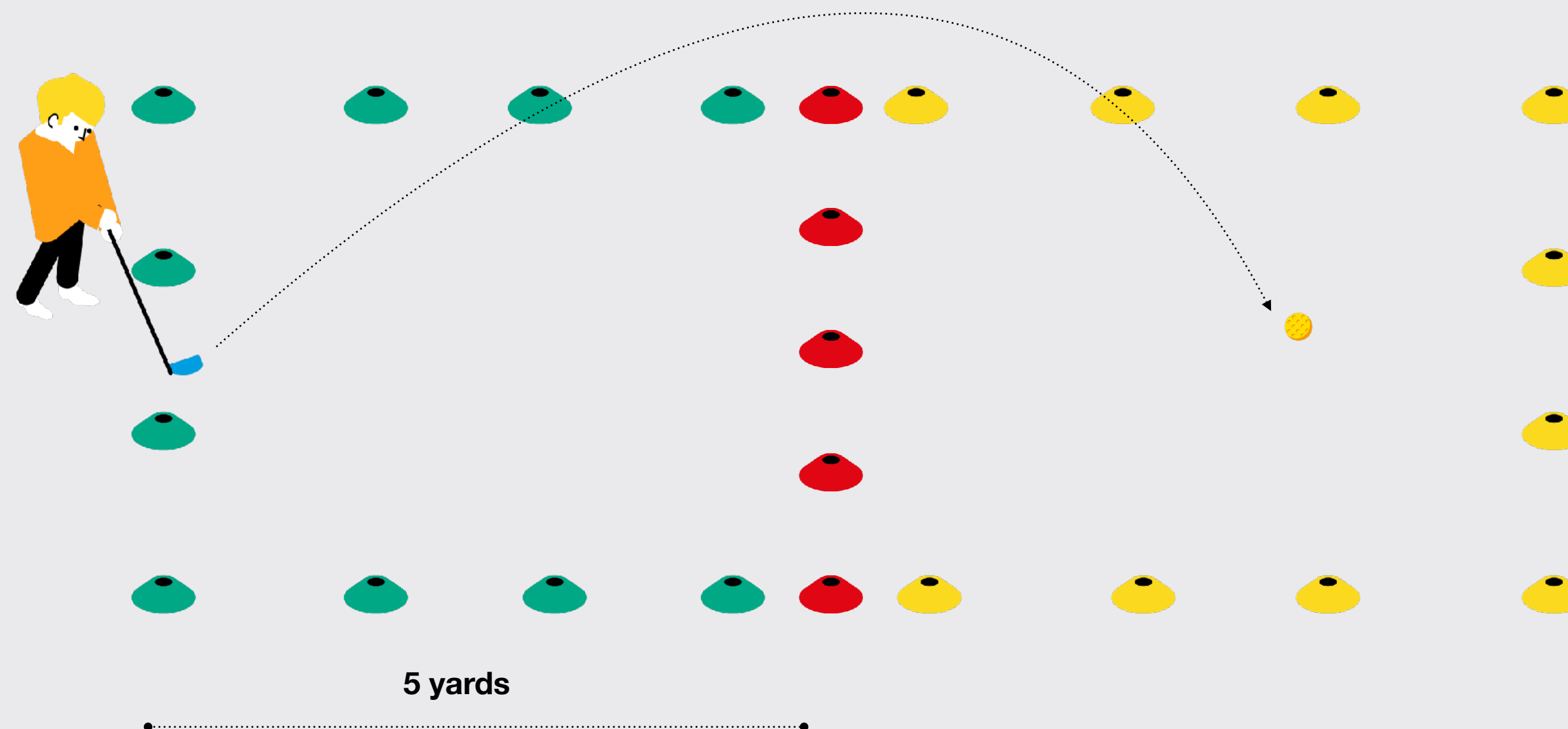
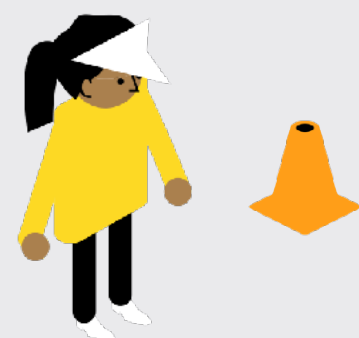
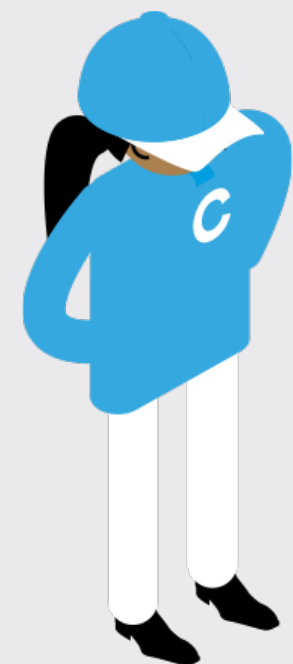
Golf Balls

2 x Alignment Sticks

3 x Foam Noodles

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Golf Tennis



How to Play

- Be sure to set up the game in a safe area, and highlight that players should not stand opposite each other when playing their shots
- Nominate a player to play first. One child is the
- The first player attempts their shot and aims to get their ball to bounce in the opposing player's box
- If successful and the ball stays in the box then the opposing player plays the ball from wherever it finishes. If the ball rolls out of the area then the opposing player places the ball on the base line and plays their shot from there
- The game can be scores like tennis, where if a player misses the box then the opposing player scores 15 points, alternatively they can score 1 point
- The game continues until a player wins the game like in a tennis match, or until a player scores 5 points

Progression Ideas

- Vary the size of the area
- Vary the club that is being used
- Change the ball being use to a tennis ball or soft ball
- Introduce a rule that the ball has to land and finish in the opponent's area

Equipment needed

Orange safety cones

SAFETY

10 x Green cones to mark out half of the court

10 x Yellow cones to mark out half of the court

5 x Red cones to mark the center line

1 x Golf ball

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Tic Tac Toe - Rings



How to Play

- One child is the X's and the other child is the O's
- The objective is for the child to place their colored cones into the center of the hoop by either landing or rolling the ball into the hoop. This should be defined at the start of the game by the coach
- When the child successfully gets the ball into the hoop that has been nominated, they place their colored cone into the centre of the hoop
- The child who wins is the one who makes 3 in a row in one direction

Progression Ideas

- Vary the distance between the hoops
- Vary the distance between the starting point around the green and the hoops
- Increase the number of shots that must go into the hoops before the hoop is owned
- Define whether the ball lands or rolls into the hoop
- Introduce a fringe in front of the player and the ball only counts if it lands over the fringe

Equipment needed

Orange Safety Cones



2 x Cones



String and 16 tees to create the grid or rings



Colored cones for one team



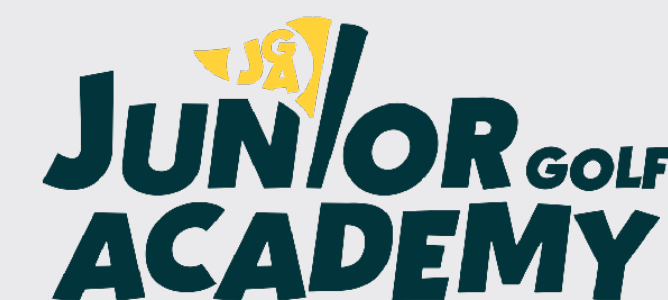
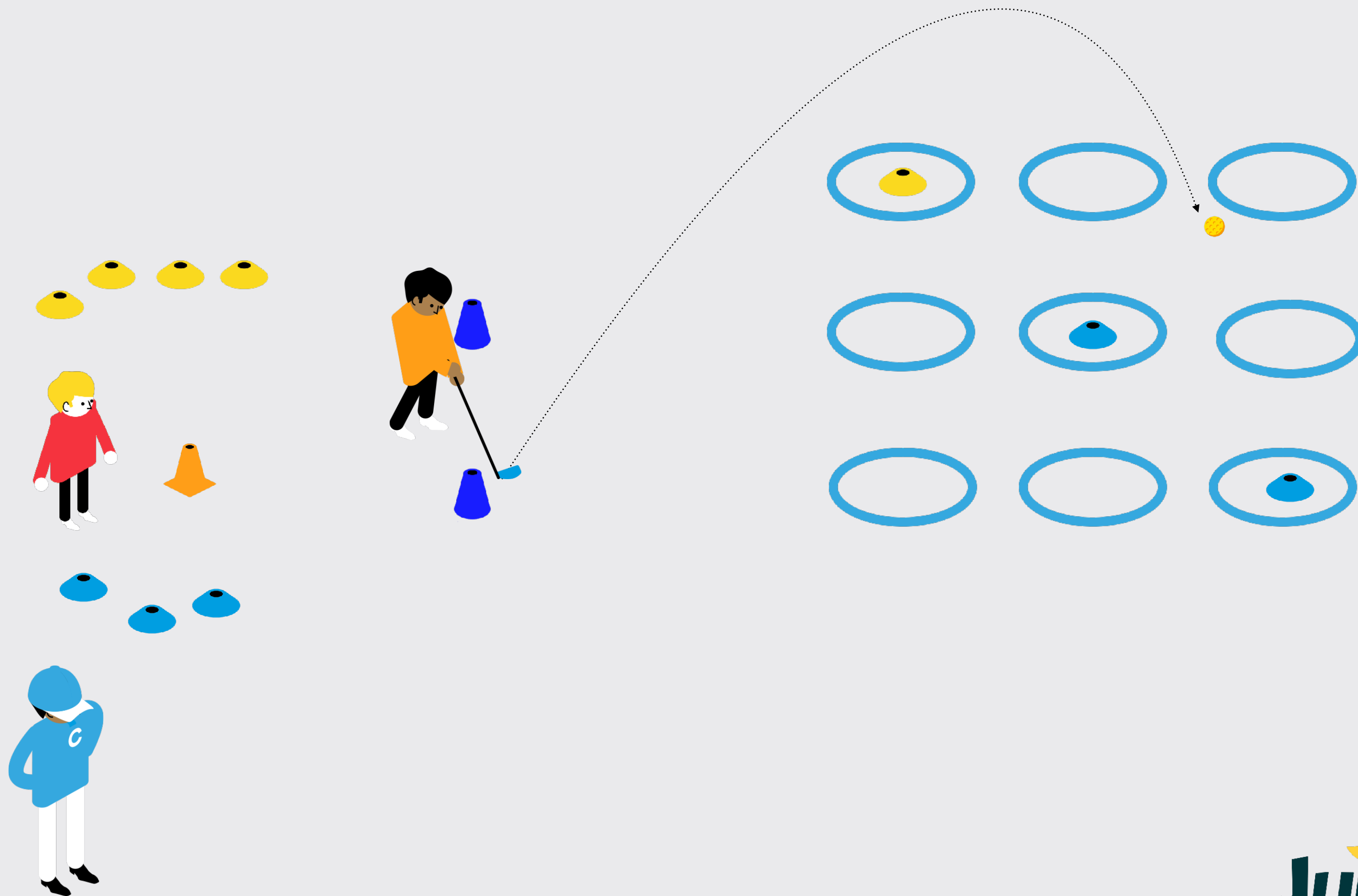
Colored cones for the other team



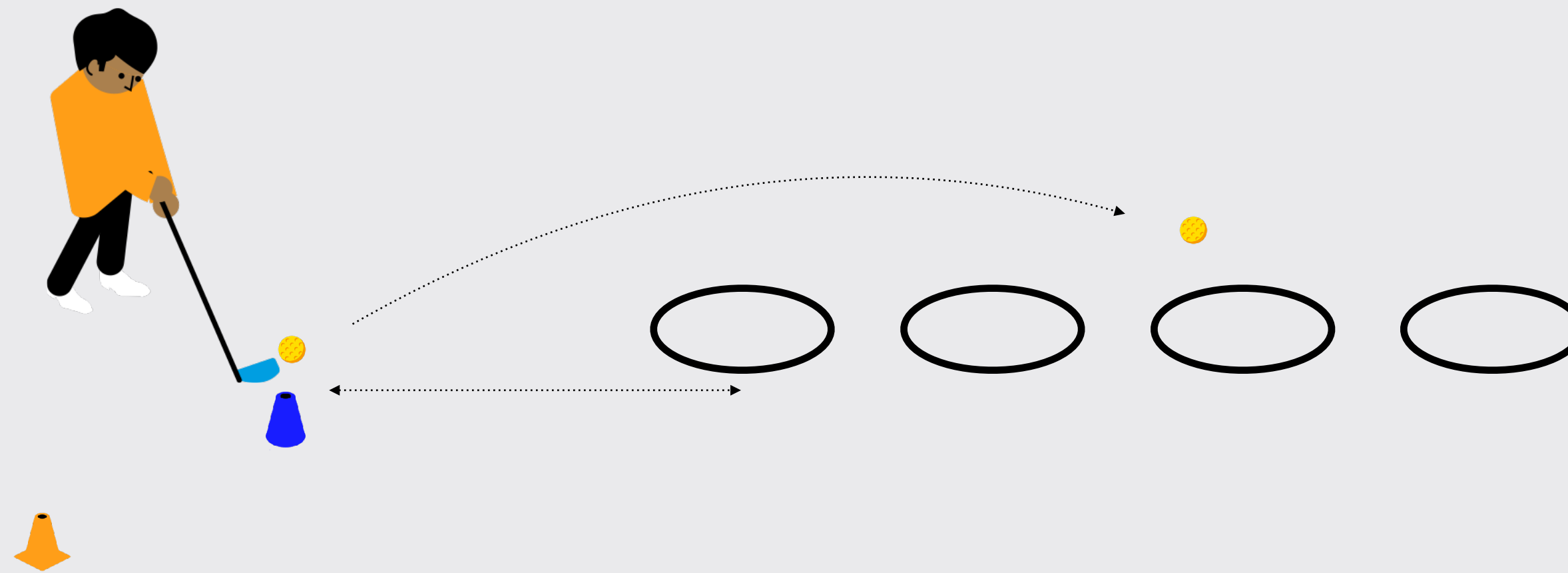
Golf Balls



Spare equipment that may be required for the group attendees.



Landing Zones



How to Play

- Scatter the hoops on the ground in 2 yard increments from each other
- The aim is to chip the ball to land in the first hoop, and then land in each consecutive hoop thereafter
- The child counts how many shots it takes to chip the ball to land in each hoop

Progression Ideas

- Extend the challenge by adding more hoops
- Ask the child to land the ball in each hoop consecutively to the furthest hoop, and then back to the closest hoop again

Learning Outcomes

- This will help the learner to understand how they can create an effective strategy for varying landing distances

Equipment needed

Orange Safety Cones

SAFETY

4 x Hoops



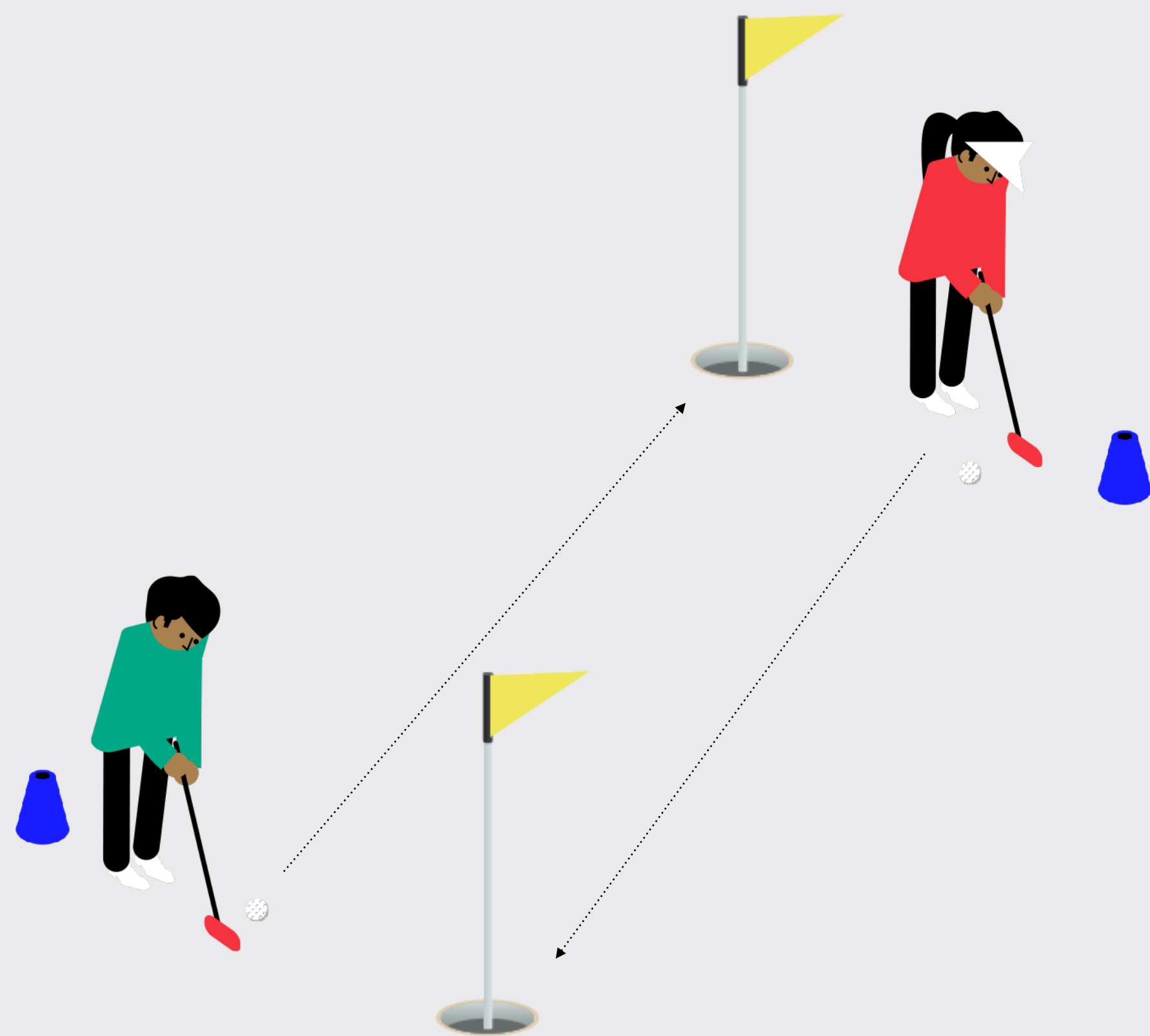
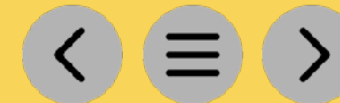
Golf Balls



2 x Cones



21



How to Play

- Pick two holes on the practice green and each child stands at one hole aiming at the other hole.
- Putts made on the first shot are worth three points, a lip out on the first putt is worth 2 points, 2 putts are worth one point and a 3-putt is -1 point.
- After each child sinks their putt they turn around and putt for the opposite hole.
- The winner is the first child to make it to exactly 21 points.

Progression Ideas

- Choose Holes a further distance apart
- 3 Putts worth -2 points

Learning Outcomes

- Develops strategic thinking, planning ahead for the next shot
- Consistency of direction and distance control
- Understand risk and reward

Equipment Needed

Orange Safety Cones

SAFETY

2 x Cones to mark out the necessary hitting stations.

Spare equipment that may be required for the group attendees.

2 x Golf balls

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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

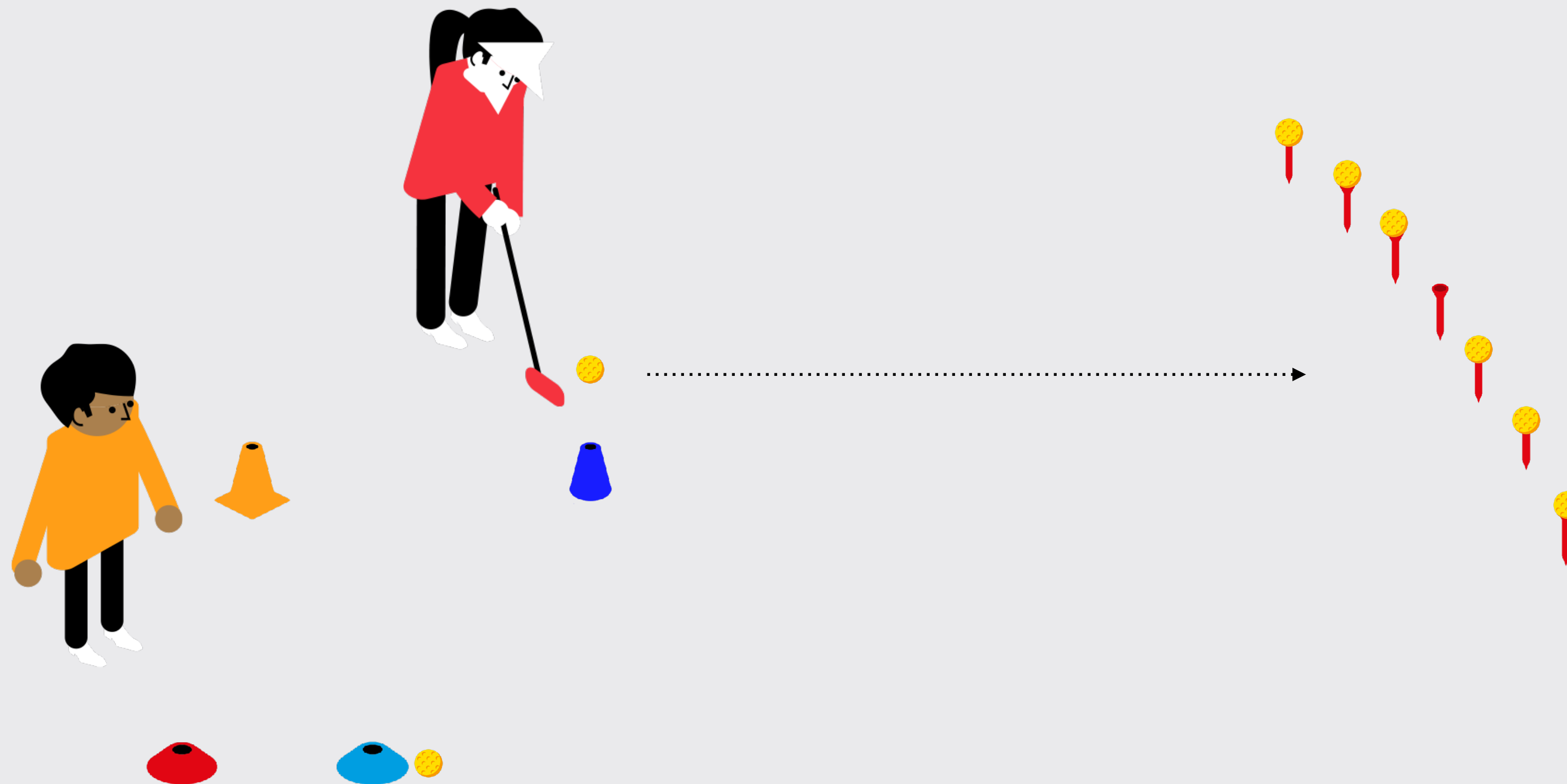
2 x Hoops



3 x Golf Balls



Coconut Shy



How to Play

- Each child is nominated a color cone. In this example either blue or red
- The children take it in turns to hit a putt towards the tees that have a ball resting on them
- If the child is successful in knocking a ball off a tee then they collect the ball and place it next to their coloured cone
- Once all the balls have been knocked off the children count how many balls they have collected and the one with the most is the winner

Progression Ideas

- Increase or decrease the number of target balls to hit
- Add in a line of cones as a backstop and if the child's ball goes over the backstop then they have to put a ball back onto one of the tees
- Change the distance from the starting cones to the target

Learning Outcomes

- The primary learning outcome is control of direction
- If the backstop is added then there is more emphasis on distance control

Equipment needed

Orange Safety Cones

SAFETY



2 x Cones to mark out the necessary hitting stations.



7 x Tees



8 x Golf Balls



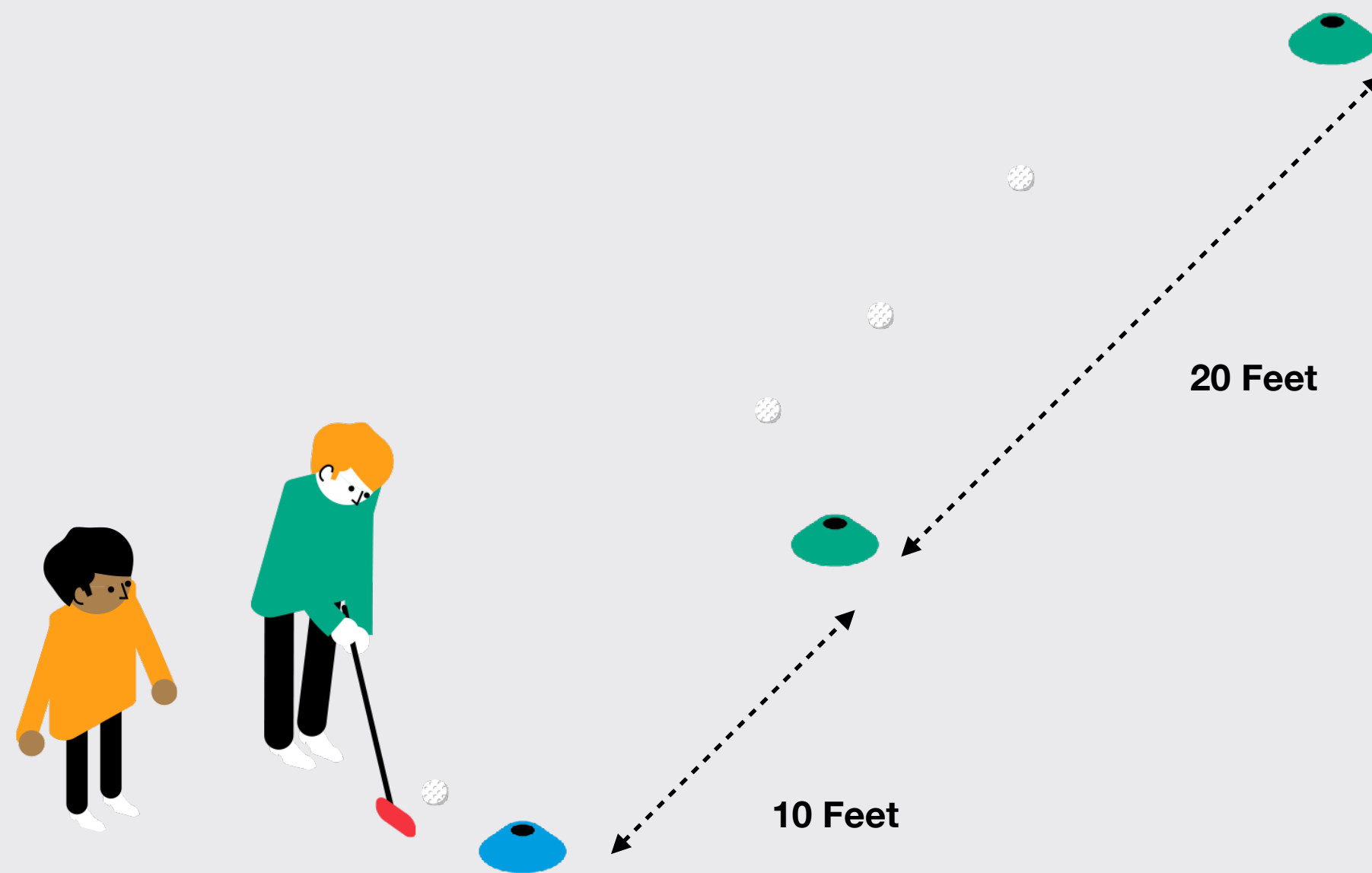
2 x Colored cones



Spare equipment that may be required for the group attendees.



Waterfall



How to Play

- Set up two cones 10 feet and 30 feet away
- The aim of the game is to get as many balls between the cones as possible
- The children should start from the blue cone and should attempt to putt their first ball just past the first cone, 10 feet away
- If successful their partner then attempts to putt the next ball just past the first ball, but as close as possible
- The children continue until either they fail to get their ball past their previous attempt, or they putt it past the furthest cone

Progression Ideas

- Decrease the area between target cones
- Add direction cones as well as the distance control cones

Learning Outcomes

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

Equipment Needed

Orange safety cones

SAFETY

Golf balls

Spare equipment that may be required for the group attendees.

1 x Cone in one color

2 x Cones in another color

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On Course Experience

For the last 10 minutes before the awards ceremony, you should take the children out to see one of the golf holes, where they will be playing if they decide to sign up to the Junior Golf Academy program.

Enjoy exploring the course, and introducing the children to the different parts of a golf hole.



Awards Ceremony and Promotional Activity

At the end of the Fun Day leave enough time to present the children with some small awards based on the group's performance on the course and the Whole Child theme for the day. Be sure to engage parents when explaining why the awards are being given out.

Highlight that one of the keys to the success of the program is the ability for juniors to play on the course no matter what their level of experience, or ability.

Communicate the passion you have in creating golfers for life, meaning their children will learn to enjoy playing golf with friends and family.



1. Regular Communication

We will communicate regularly to inform parents of upcoming events.



2. Social Engagement

All program classes, events and life at the club promote fantastic social engagement for their child and the whole family.



3. Structured Pathway

Highlight the structure of the program and how this helps to support their child's learning.



For more information

For those parents who would like to know more before they commit to the 'Junior Golf Academy' program you need to be able to provide them with the relevant resources to take away and review.

These documents are available on the Training Hub for you to download and either email or print out and give to parents:

- Junior Monthly Flyer
- Junior Camps Flyer

