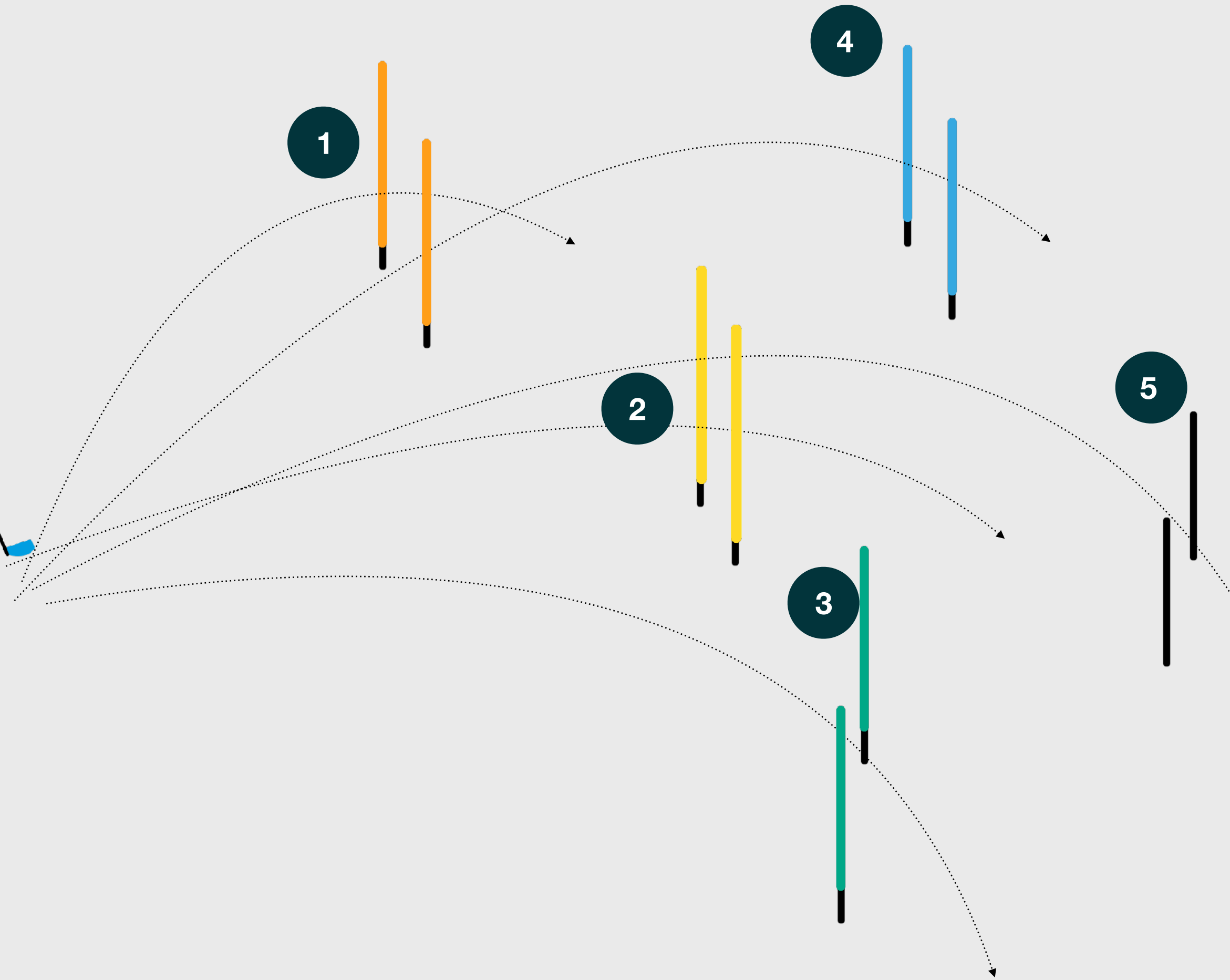
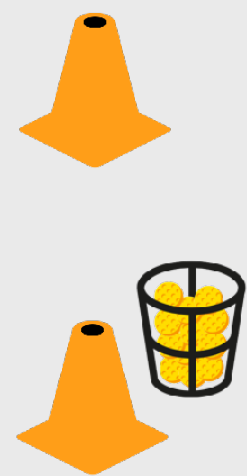
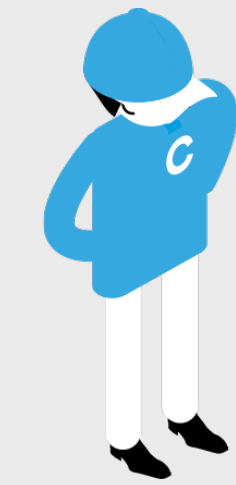


# Swing



# Slalom



## How to Play

- Push the alignment sticks or foam noodles into the ground to create the posts or fairways at different distances
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to hit through the gates in order
- When a child hits the ball through the gate they move to the next gate
- The children take it in turns to hit their shots
- The winner is the child who gets their ball through the final gate first

## Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets at each gate
- Change the width of the target gates
- Introduce a rule whereby the child has a certain number of attempts before moving back a gate or back to the start

## Equipment needed

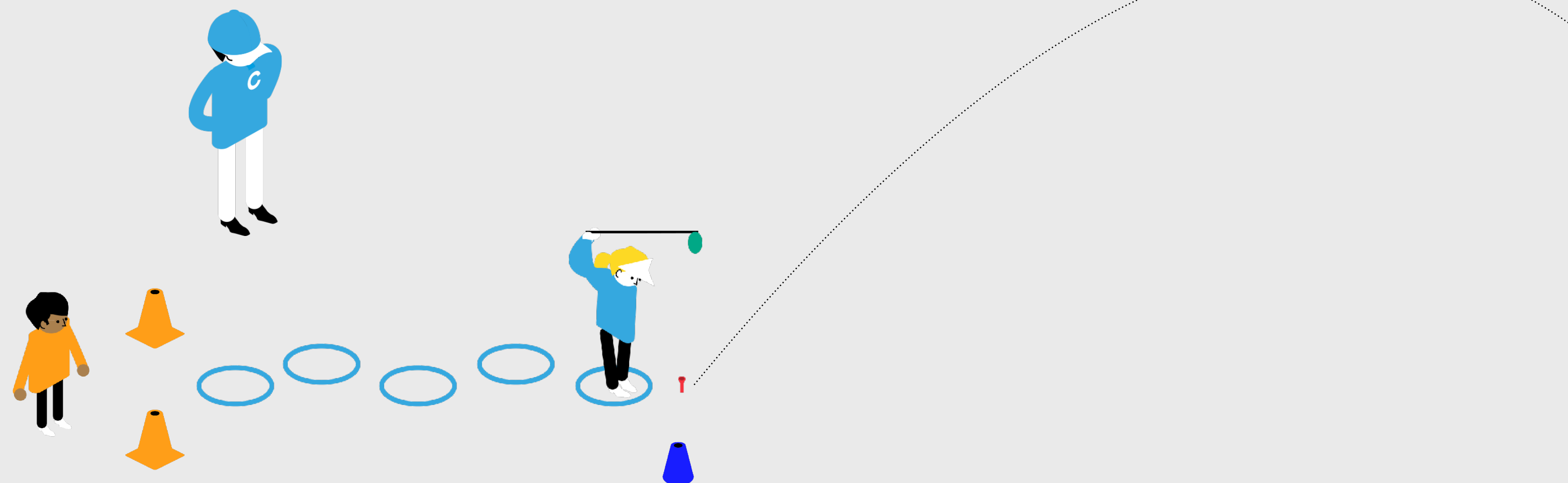
4 x Orange Safety Cones

SAFETY

10 x Alignment Sticks

10 x Foam Noodles

# Rocket Launcher



## How to Play

- Choose an FMS for the children to move between the launch pads (hoops)
- Children should countdown as they move to the ball “5, 4, 3, 2, 1...”
- When the child reaches the ball they have to try to launch the ball as high as possible
- The children take it in turns to hit their shots

## Progression Ideas

- Ask the children to choose how they move between the hoops
- Award points for how high they can hit the ball
- Add in a distance challenge for the children to try to hit the ball past

## Equipment needed

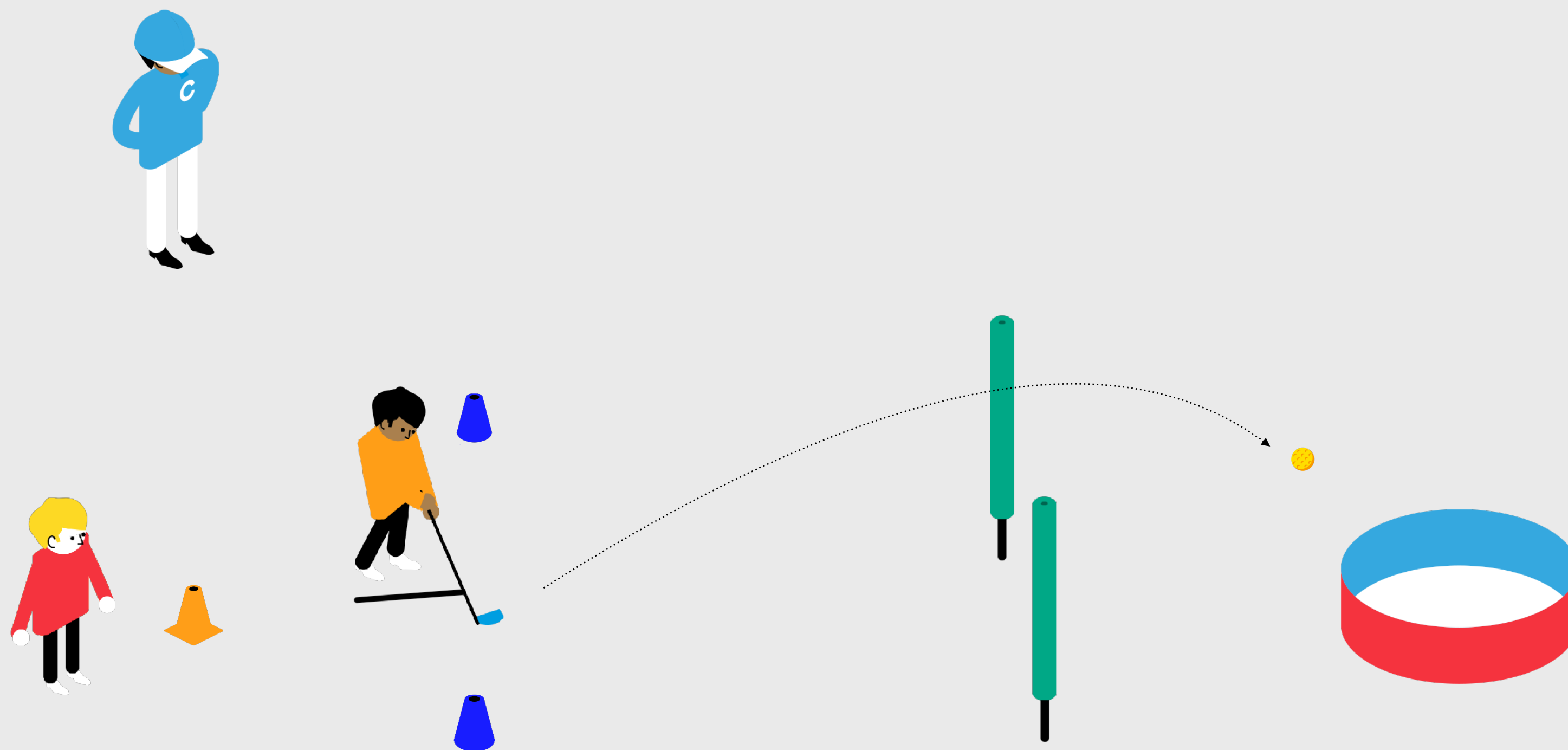
4 x Orange Safety Cones

SAFETY

Hoops



# Make it Splash



## How to Play

- Children take it in turns to hit their shots, using the alignment stick to aid their alignment and club face aim
- The aim of the game is to pitch the ball into the pool
- Children score two points for pitching the ball straight into the pool, and one point if it bounces in
- The children aim to score as many points as possible before switching games

## Progression Ideas

- Vary the distance to the pool
- Add or reduced the number of shots
- Add a rule that the ball has to land in the pool without bouncing

## Junior Learning Outcomes

- Ability to control distance on a pitch shot
- Ability to control direction

## Equipment needed

4 x Orange Safety Cones

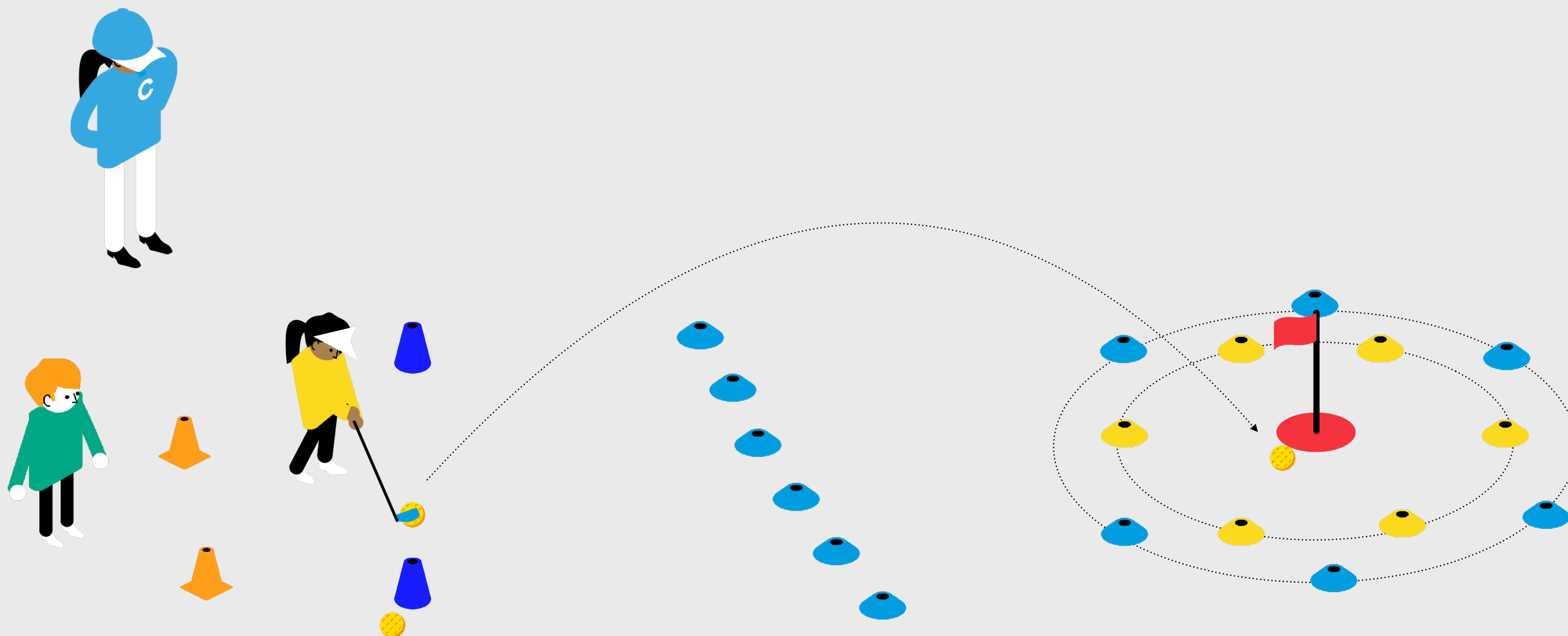
SAFETY

2 Alignment Sticks

2 x Foam Noodles

Pool

# The Masters Challenge



## How to Play

- Explain how the line of blue cones represents a river, just like the famous 12th hole at The Masters
- Players take it in turns to hit shots over the “river” and into the target circles
- If their ball doesn’t go in the air over the line of blue cones then any points scored do not count
- Players score 2 points for the inner circle and 1 point for the outer circle
- The aim is to score the most points after each player has hit 10 shots

## Progression Ideas

- Vary the distance to carry the ball over the river
- Vary the club that is being used
- Vary the lie of the ball on the ground
- Change the size of the target circles
- Change the distance between the starting position and the target circles

## Equipment needed

4 x Orange Safety Cones

SAFETY



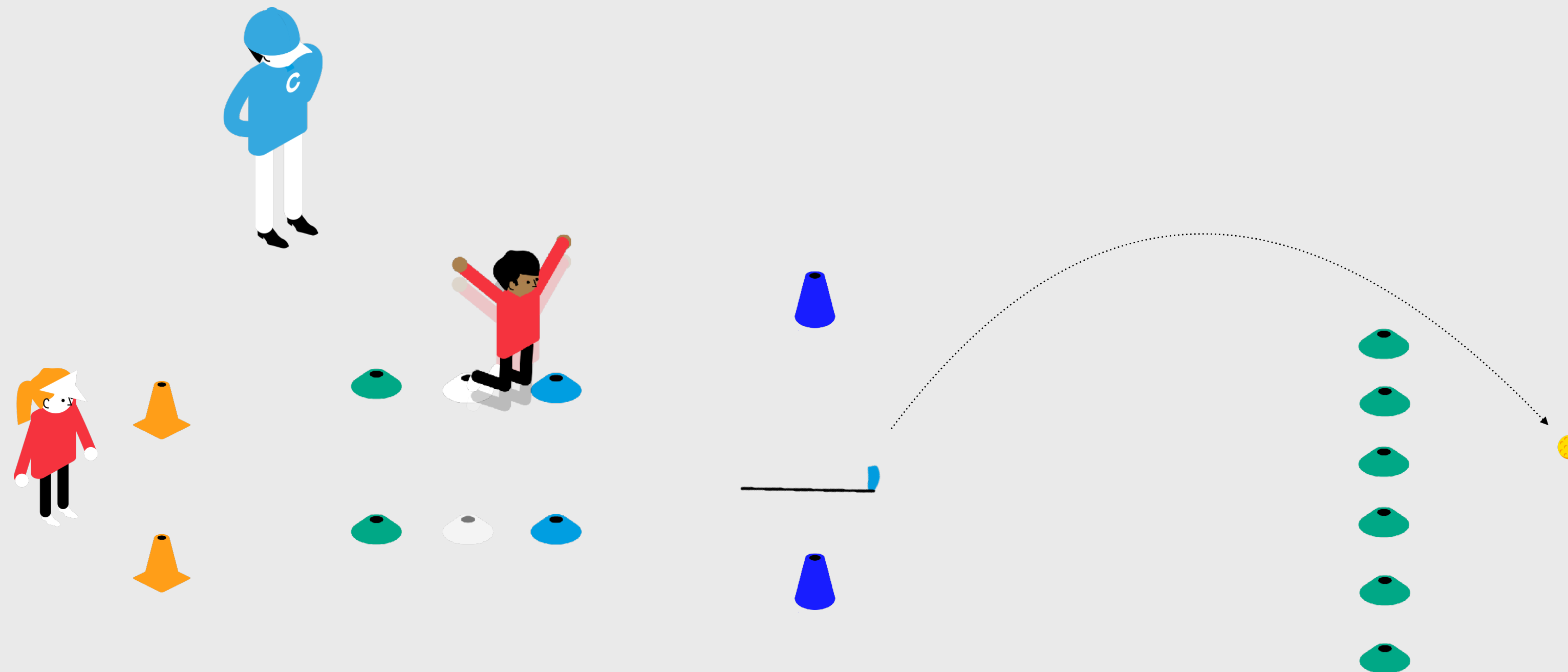
9 x Numbered Cones



2 x Foam Noodles



# 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

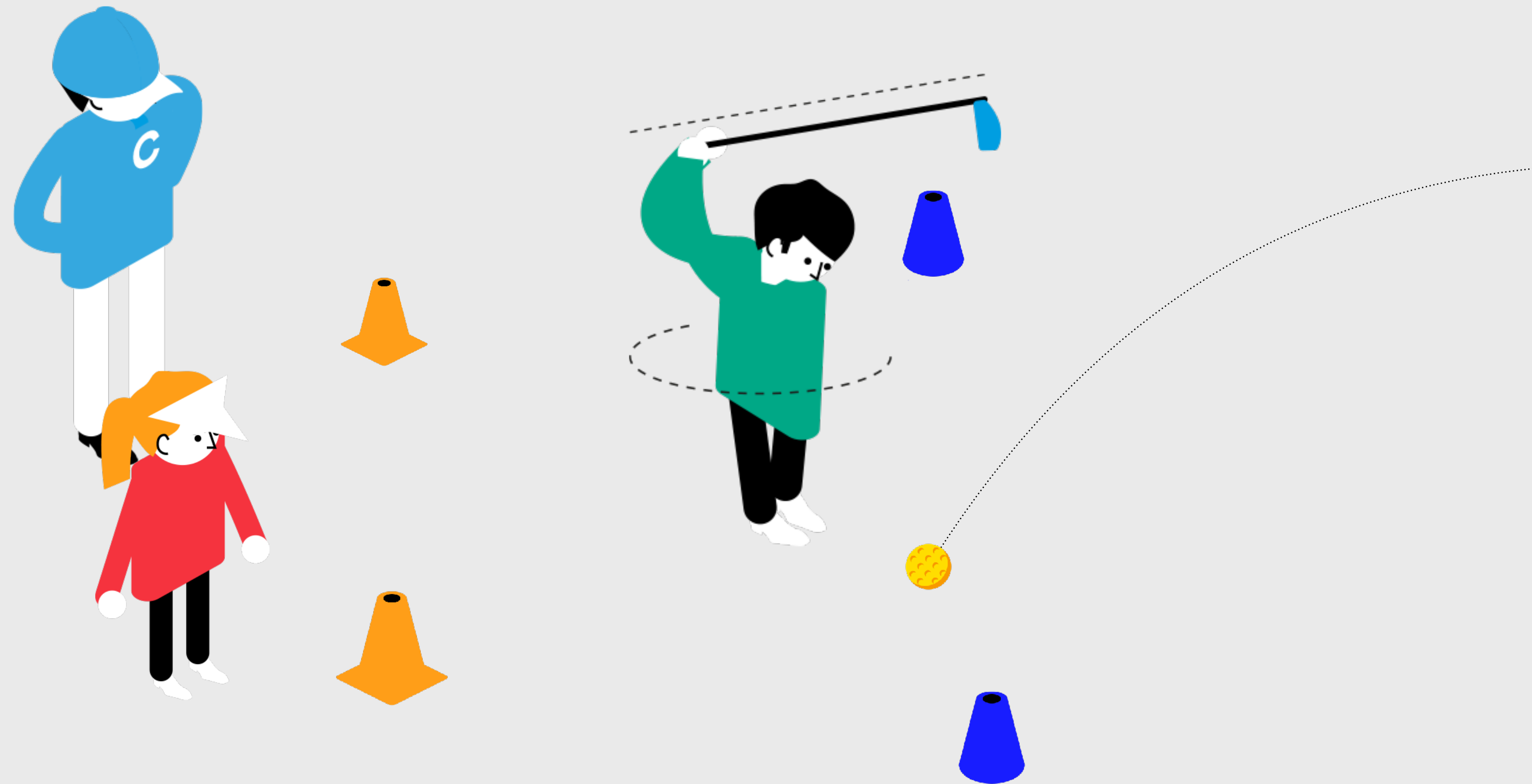
### 2 x Foam Noodles

### 2 x Alignment Sticks

### Golf Balls

Spare equipment that may be required for the group attendees.

# Flamingo Shots



## How to Play

- The children take it in turns to hit shots, whilst keeping their balance
- The challenge is for children to make good contact with the golf ball whilst standing on one foot like a flamingo
- The children should try one shot on each leg, and if they struggle they should try with their feet together

## Progression Ideas

- Further difficulty can be added by standing on a noodle
- If the children find the challenge easy then add in direction and distance targets
- Allocate points for hitting certain targets

## Learning Outcomes

- Learn to control strike from challenging situations
- Improve balance and coordination by making the initial challenge more difficult

## Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



Golf Balls



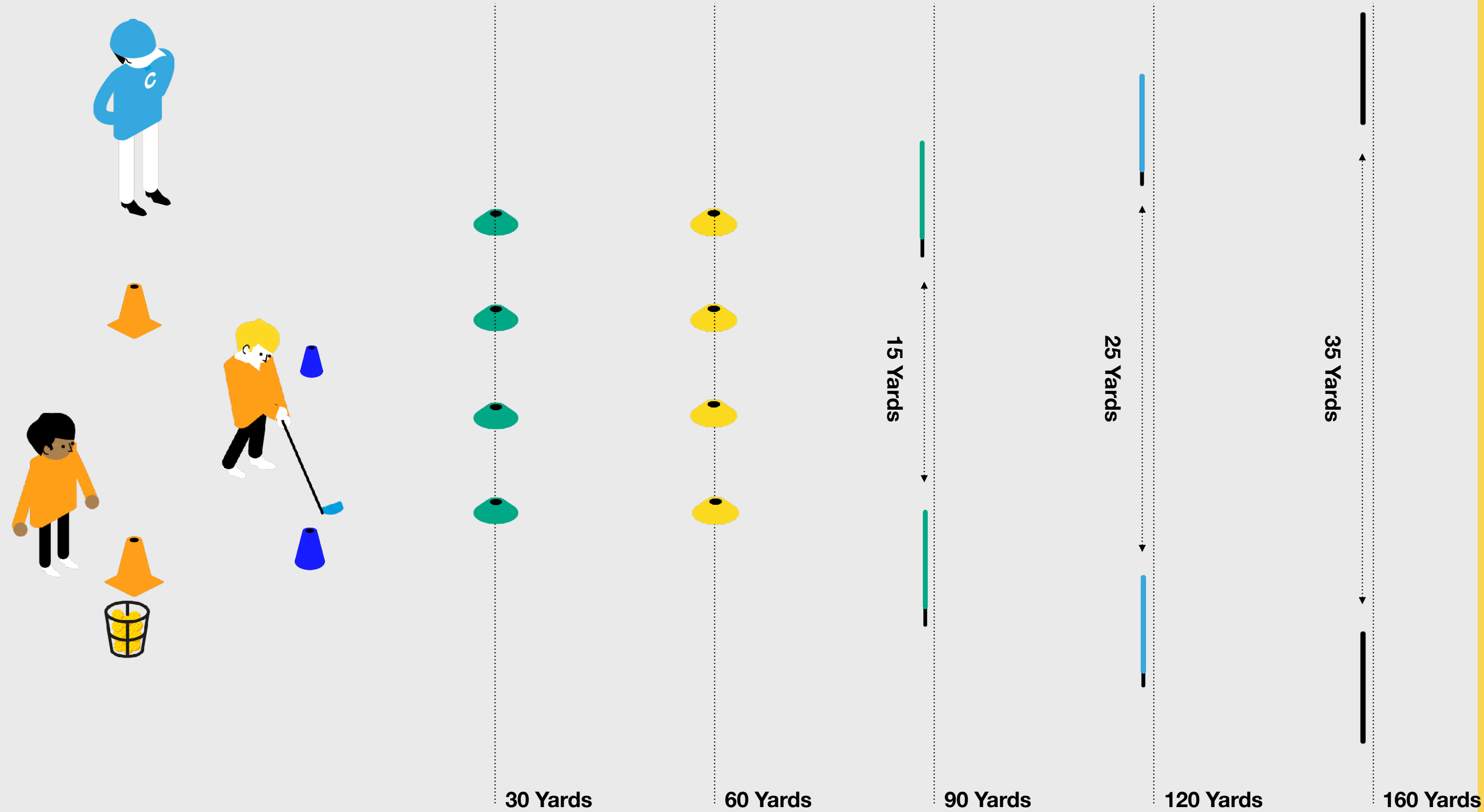
Spare equipment that may be required for the group attendees.



1 x Foam Noodle



# 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

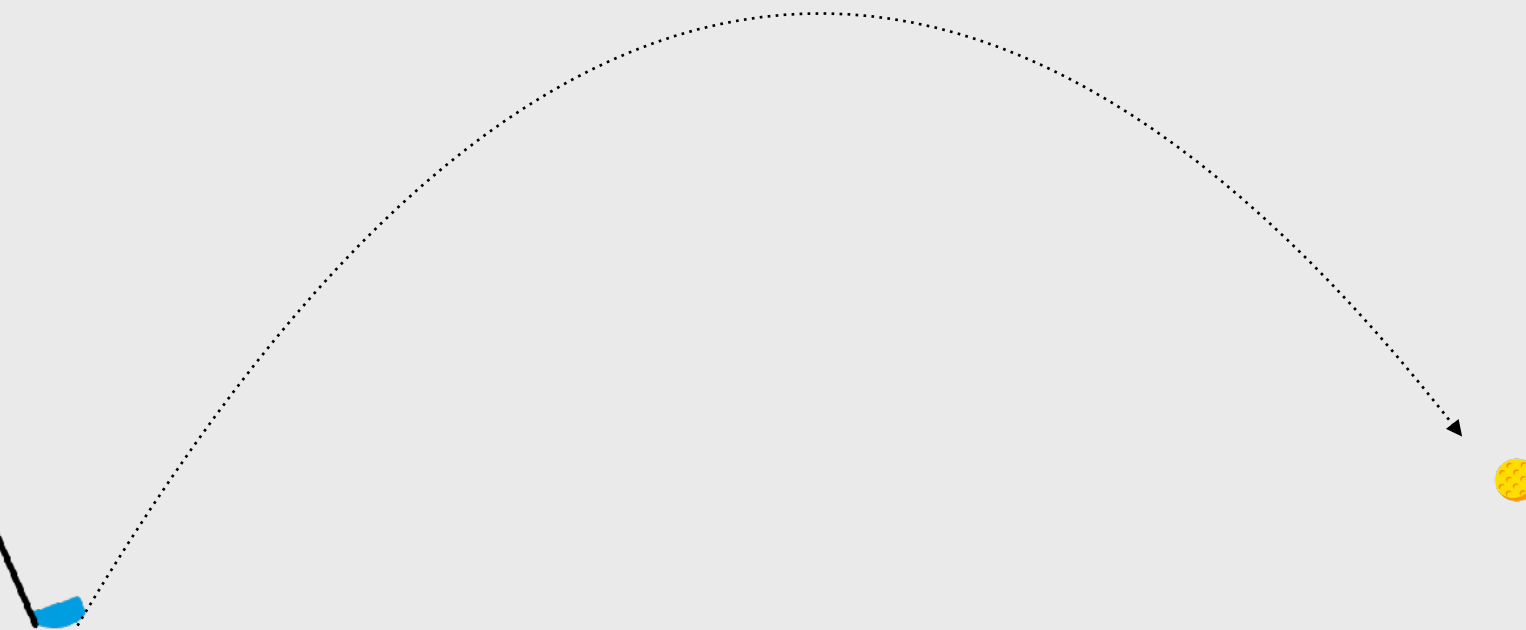
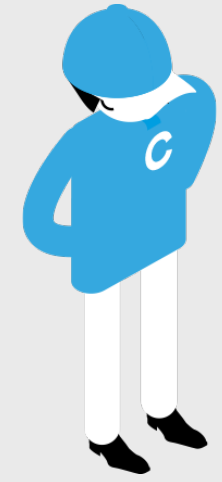
6 x Foam Noodles to mark the target fairway

6 x Colored Cones to mark the 30 yard distance line

6 x Colored Cones to mark the 60 yard distance line



# 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

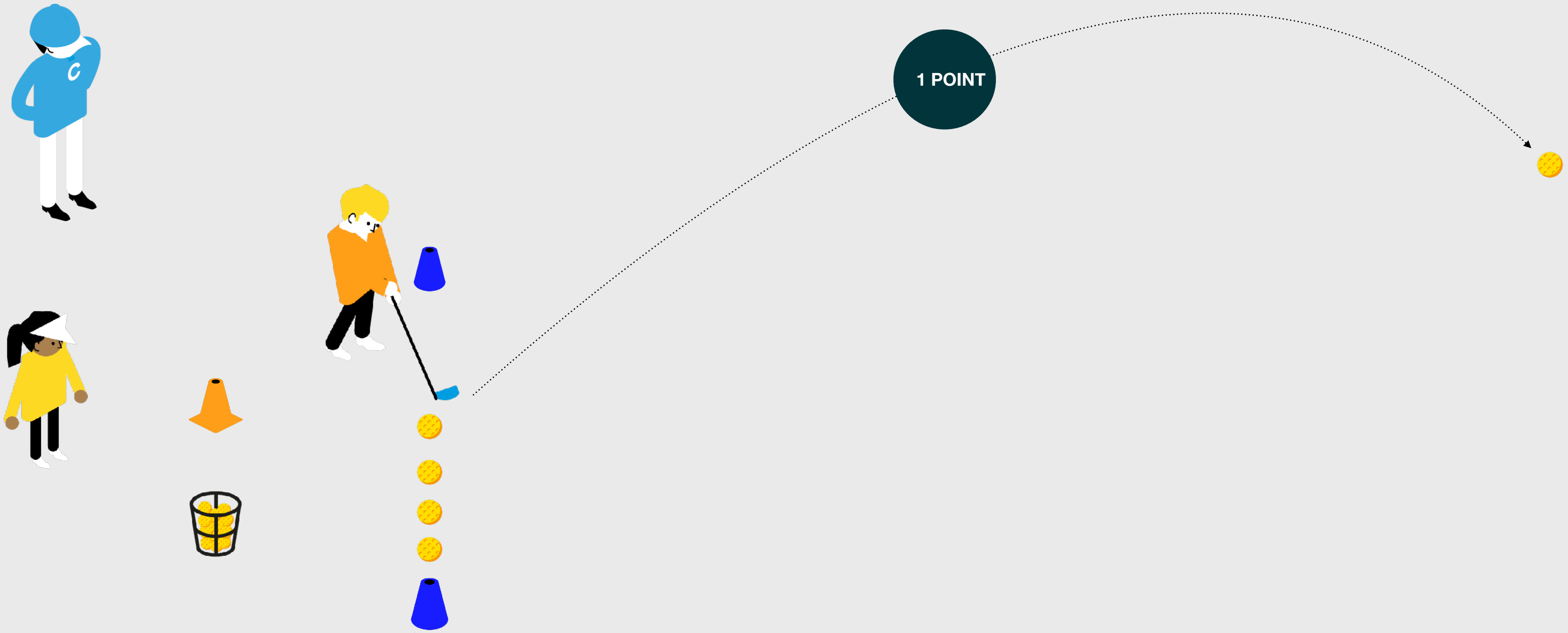


Spare equipment that may be required for the group attendees.





# Speed Swinger



### How to Play

- Set 5 balls up on tees in a line within the hitting station
- The challenge is to hit each ball without stopping, improving coordination and speed
- The child scores 1 point for hitting the ball high, 1 point for hitting it far, and 1 point for hitting it straight
- The child that gets the most points from their 5 shots wins

### Progression Ideas

- Pre-determine the distance the child has to hit the ball
- Add in more balls
- Add in target gates that the children have to hit the ball through to score a point

### Equipment needed

Orange Safety Cones



Cones to mark out the necessary hitting stations



Spare equipment that may be required for the group attendees.



Golf Balls



# Stepping Stones



## How to Play

- Child number 1 starts and attempts to hit their shot onto the green
- If the child hits it onto the green, then the child moves the white cone to the first colored cone (stepping stone). If the child misses, the cone stays where it is
- The next child attempts their shot and moves the cone if successful
- The children complete the challenge if they manage to get the white cone to the end before it is time to switch games

## Progression Ideas

- Vary the size of the green
- Vary the distance between the tee box and the green
- Add Hazards to act as a penalty
- Add additional targets to increase the number of moves up the stepping stones

## Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x White Cone



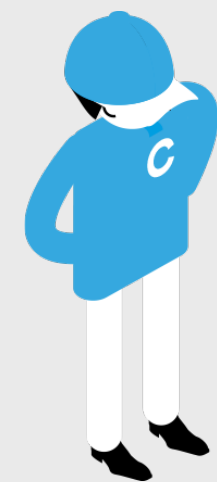
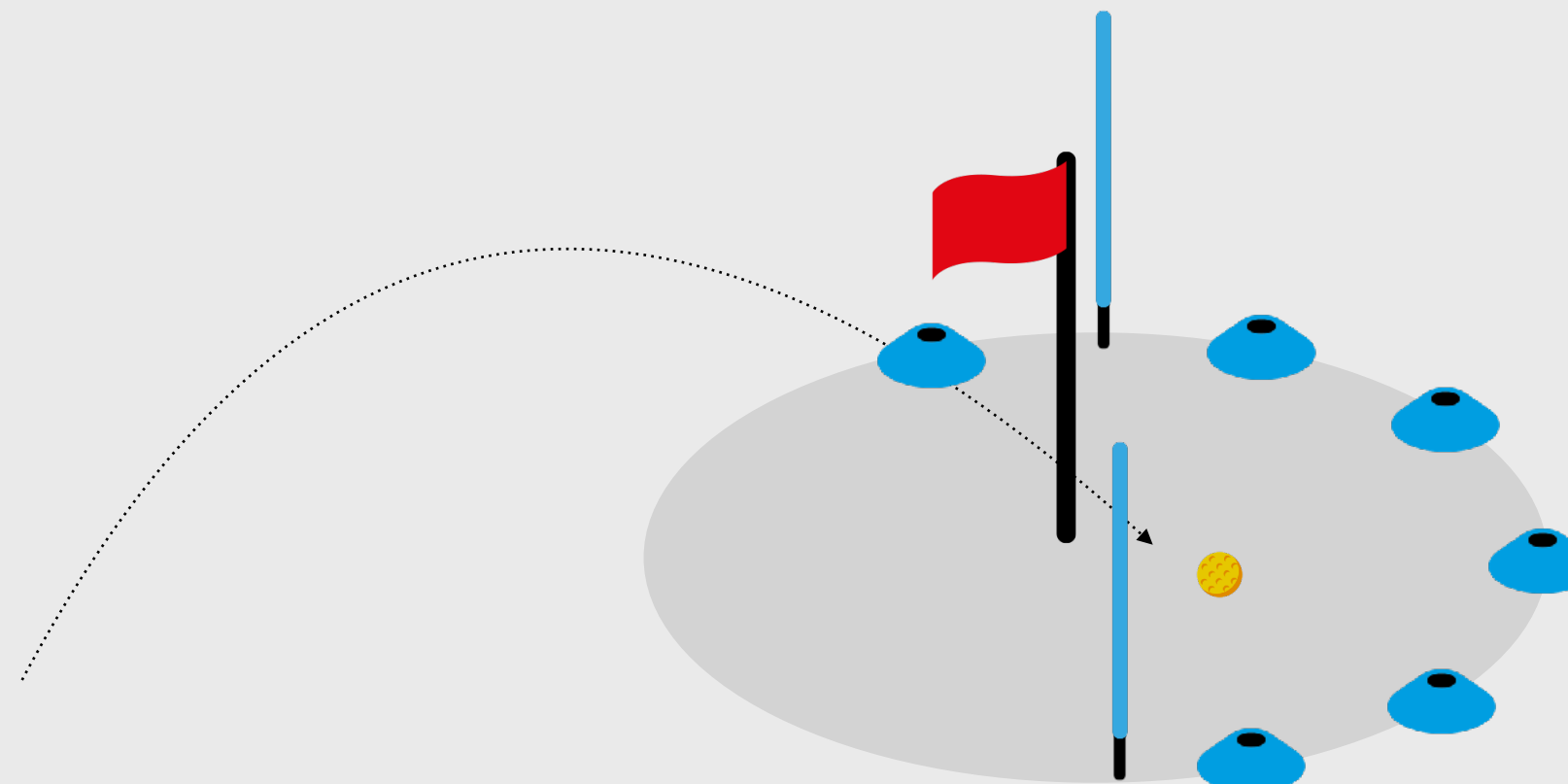
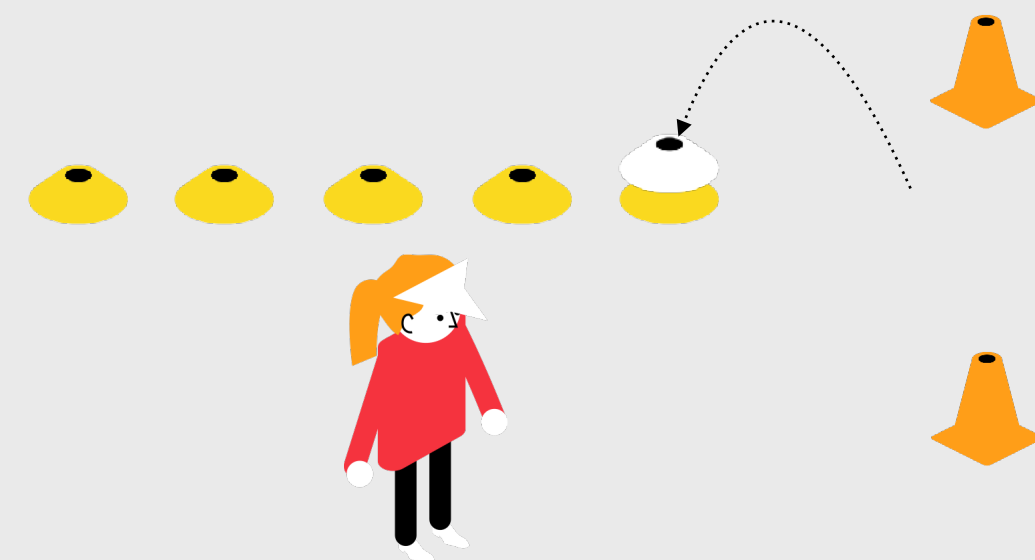
5 x Yellow Cones



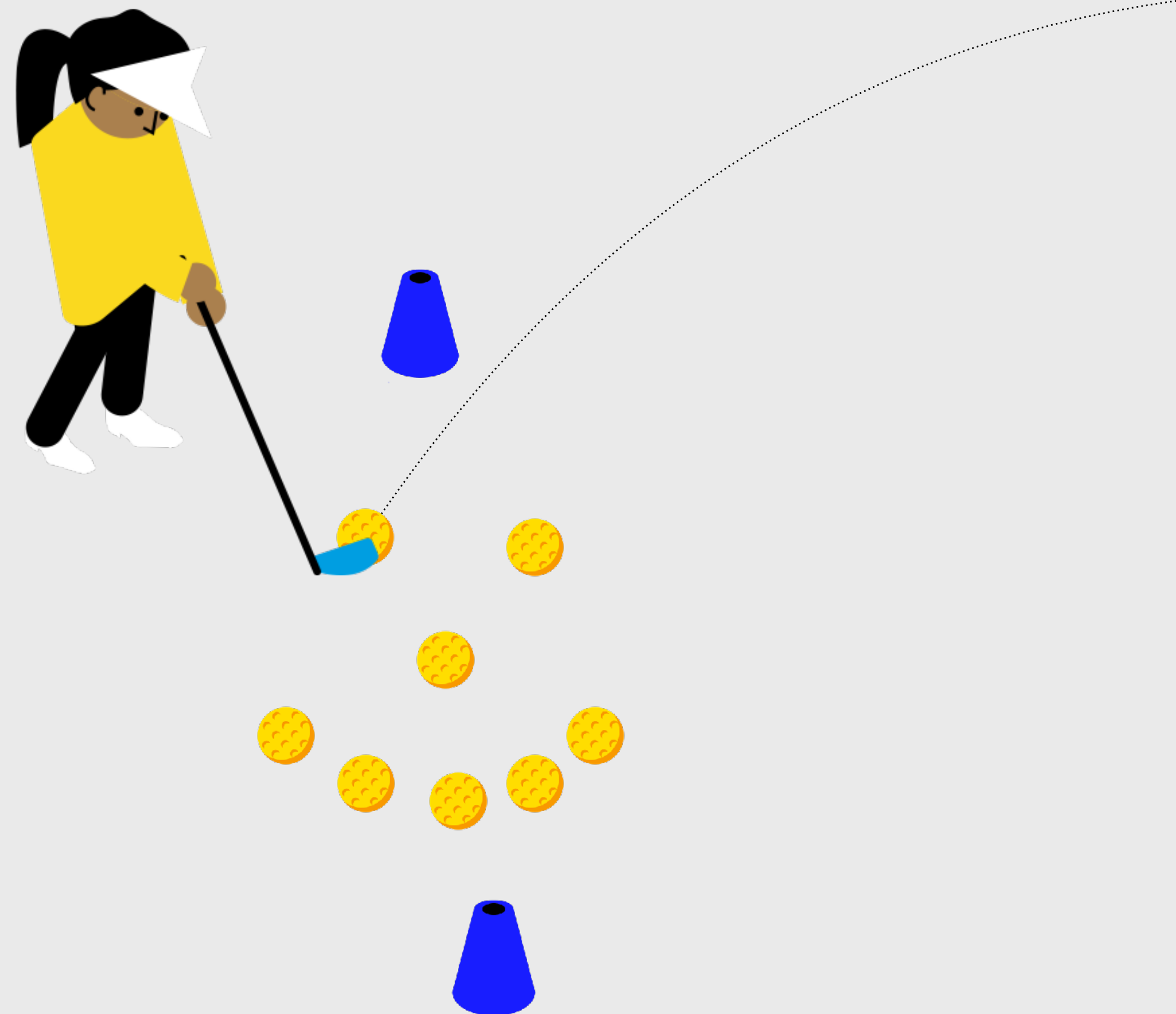
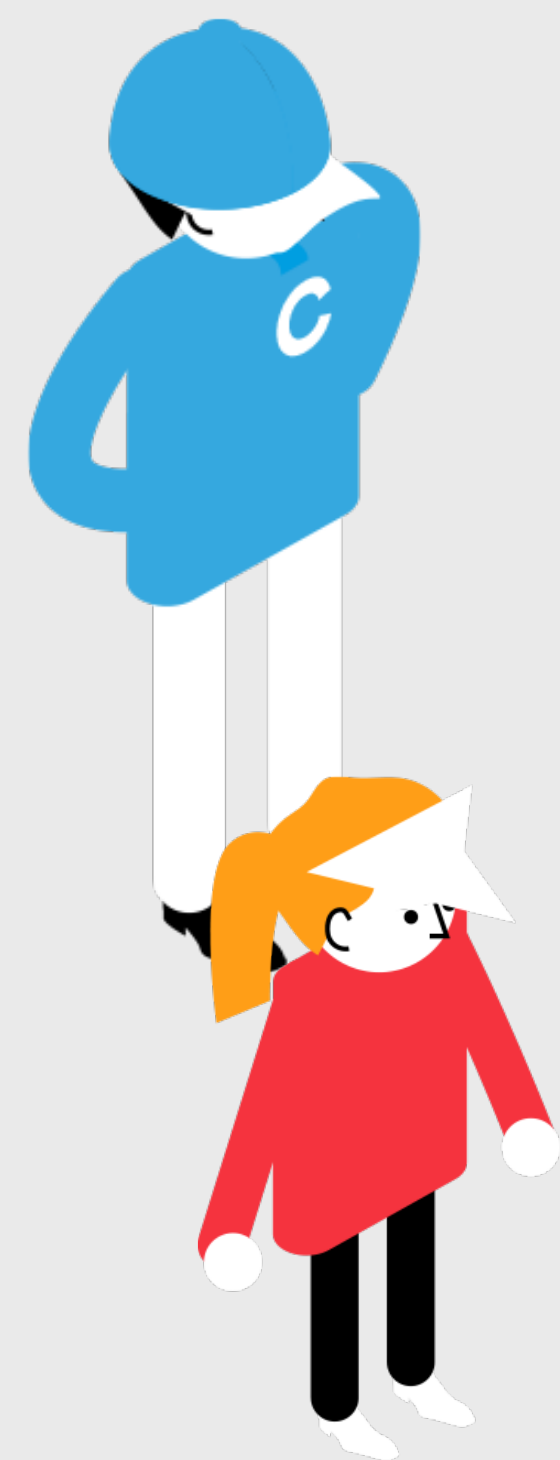
Golf Balls



Spare equipment that may be required for the group attendees.



# Happy Shots



## How to Play

- Let the children design a smiley face with 8 golf balls
- The children take it in turns to hit their shots, they choose which ball they want to hit and mustn't move any of the other balls in the process.
- The children complete the challenge if they can hit all the shots one at a time, without moving any of the other balls

## Progression Ideas

- Make the smiley face smaller
- Add a rule that the player must stand in the same place to hit all their shots
- Add a target to aim for, allocate points for hitting the target

## Learning Outcomes

- Learn to control the direction the club is swinging
- Learn to control strike with variability of distance from the ball, and direction of swing

## Equipment needed

Orange Safety Cones

SAFETY



2 x Cones



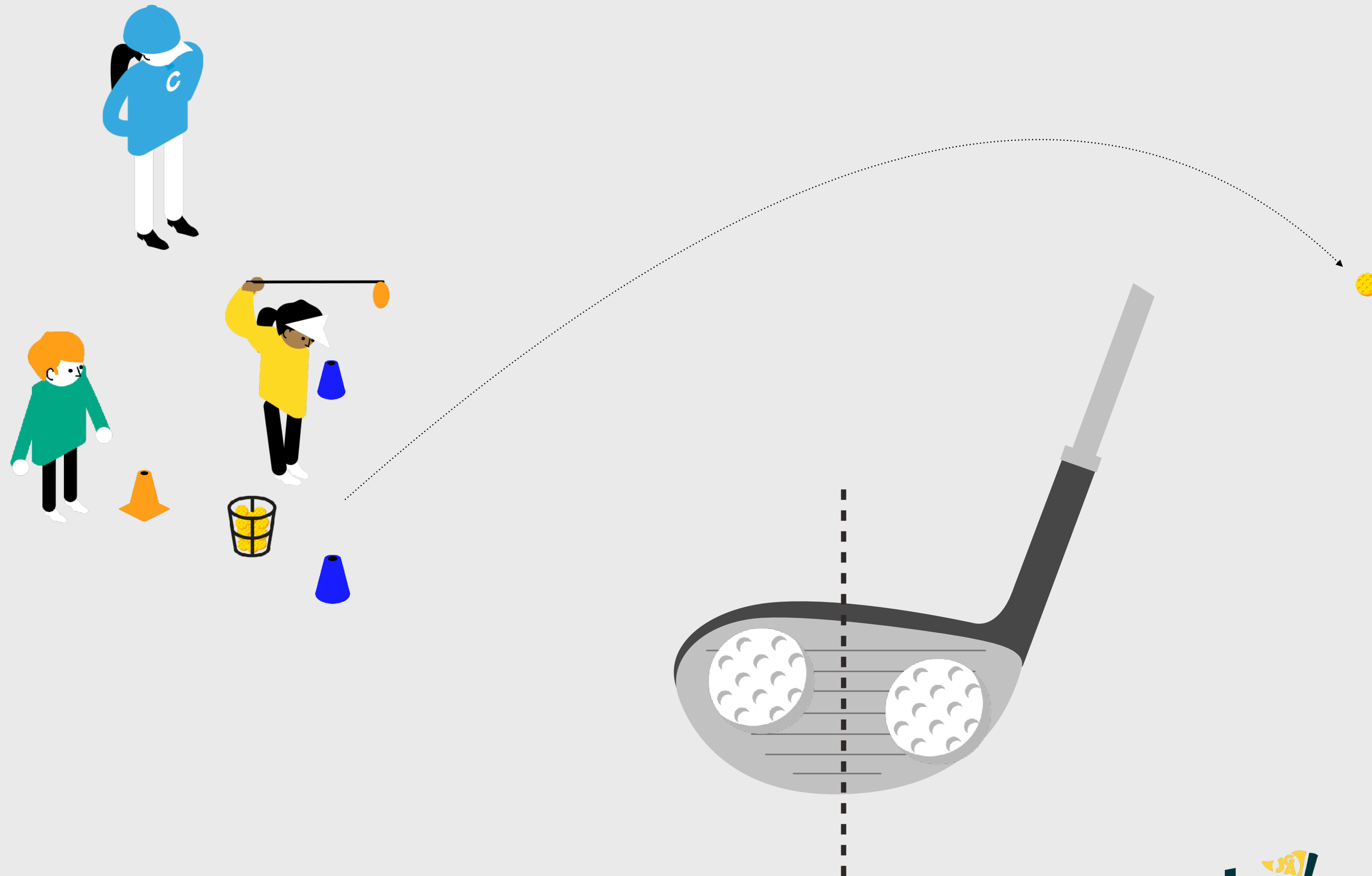
Golf Balls



Spare equipment that may be required for the group attendees.



# 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



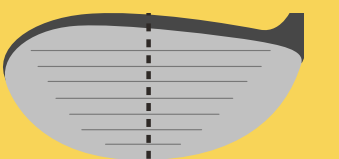
### Cones to mark out the necessary hitting stations.



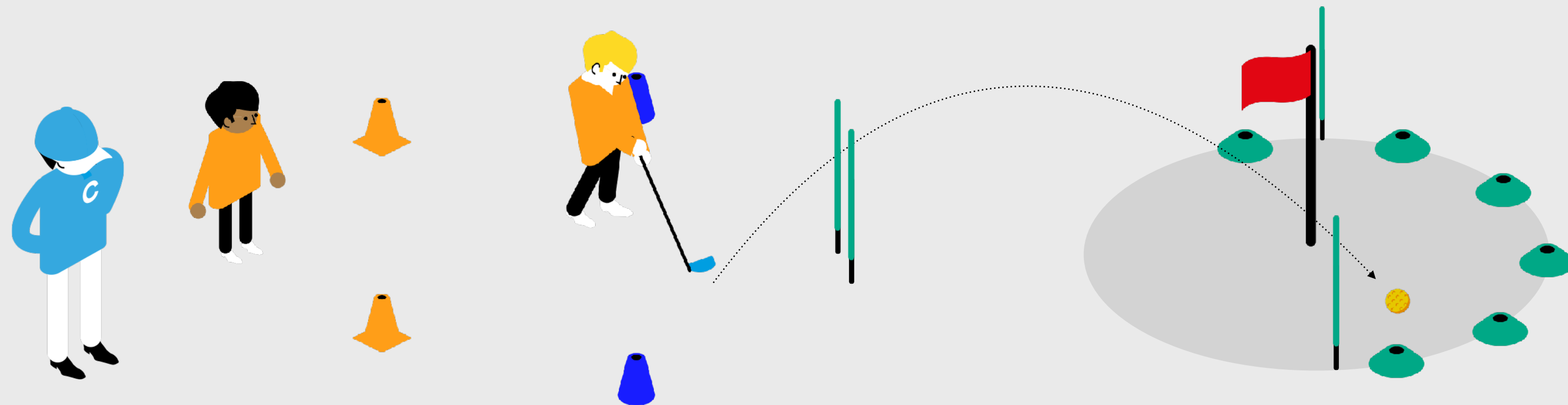
### Golf balls



### Impact tape and a marker pen to draw the lines



# 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



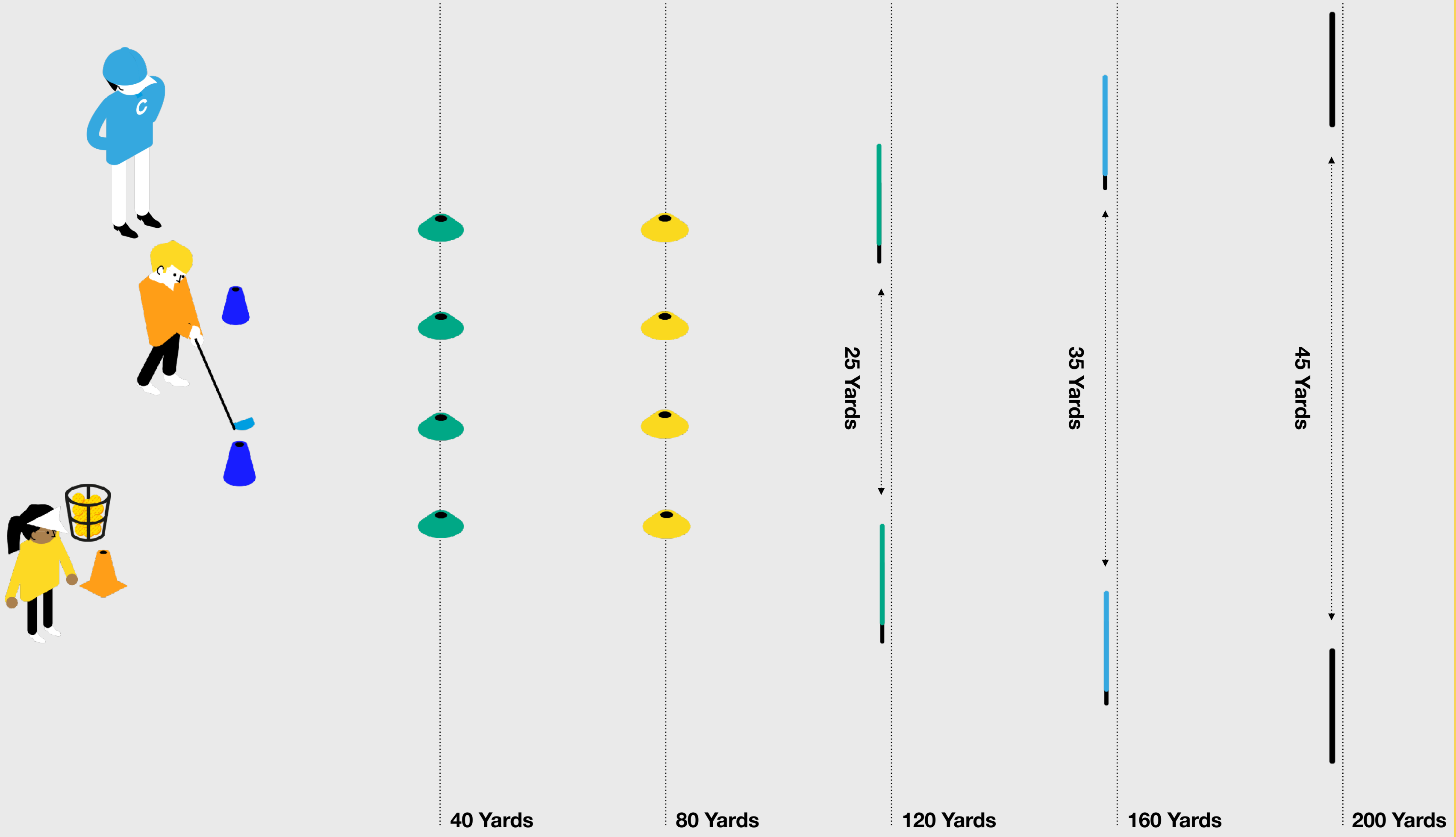
### Golf Balls



Spare equipment that may be required for the group attendees.



# Pot Luck











### How to Play

- Players take in turns to pull a playing card from the deck of cards
- The number on the card dictates how many shots the player can take to complete their challenge (Picture cards count as 10)
- If the player completes their challenge within the designated number of shots they score 1 point
- The first player to score 5 points wins the game

### Progression Ideas

- Add in special rules for certain playing cards
- Allow the players to come up with their own rules

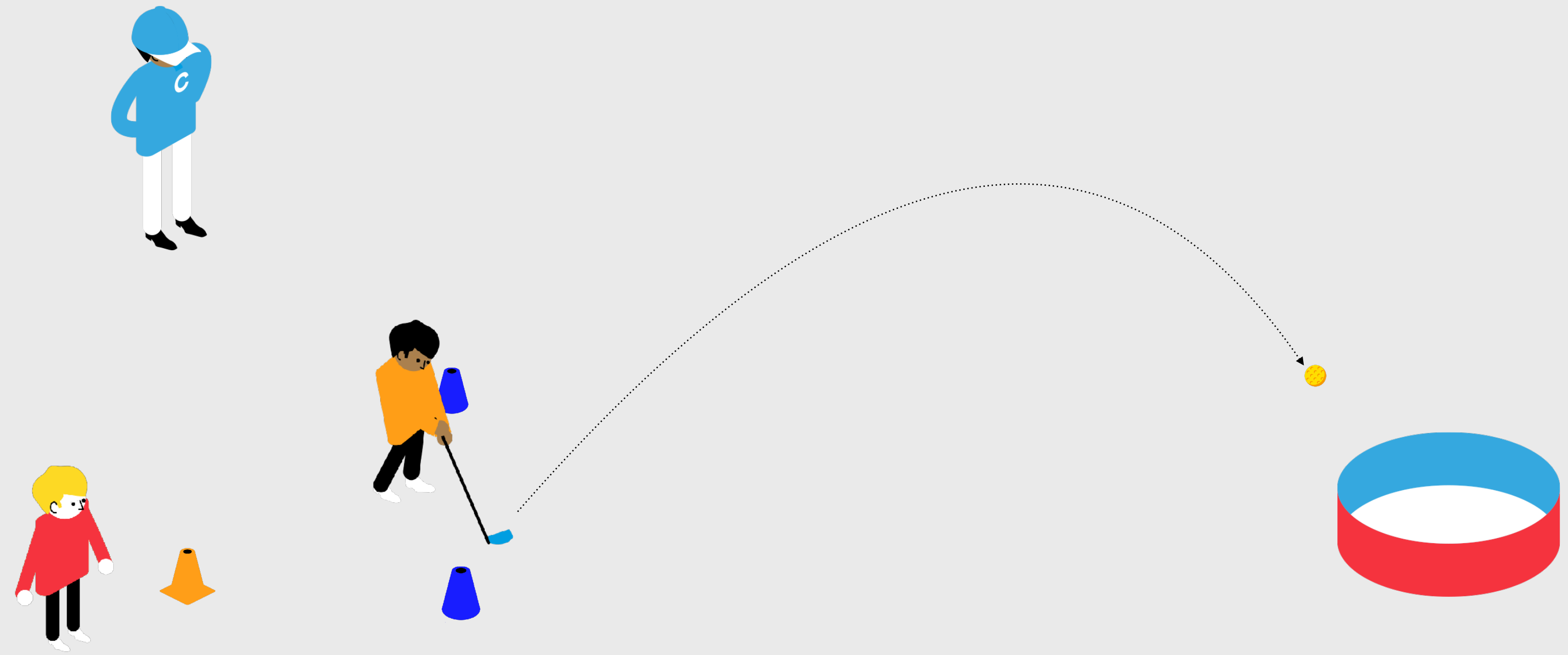
### Equipment needed

- Orange Safety Cones 
- Cones to mark out the necessary hitting stations 
- Deck of playing cards 
- Spare equipment that may be required for the group attendees. 
- Golf Balls 
- 6 x Alignment Sticks 
- 6 x Foam Noodles 
- Variety of colored cones for 40 yard and 80 yard lines 





# Splash Shot



### How to Play

- Children take it in turns to hit their shots
- The aim of the game is to pitch the ball into the pool
- The children have 10 shots each, the winner is the child who gets the most shots into the pool

### Progression Ideas

- Vary the distance to the pool
- Add or reduced the number of shots
- Add a rule that the ball has to land in the pool without bouncing

### Learning Outcomes

- Ability to control distance on a pitch shot
- Ability to control direction

### Equipment needed

Orange Safety Cones

SAFETY



Cones to mark starting position



1 x Pool, filled with a small amount of water



Golf Balls

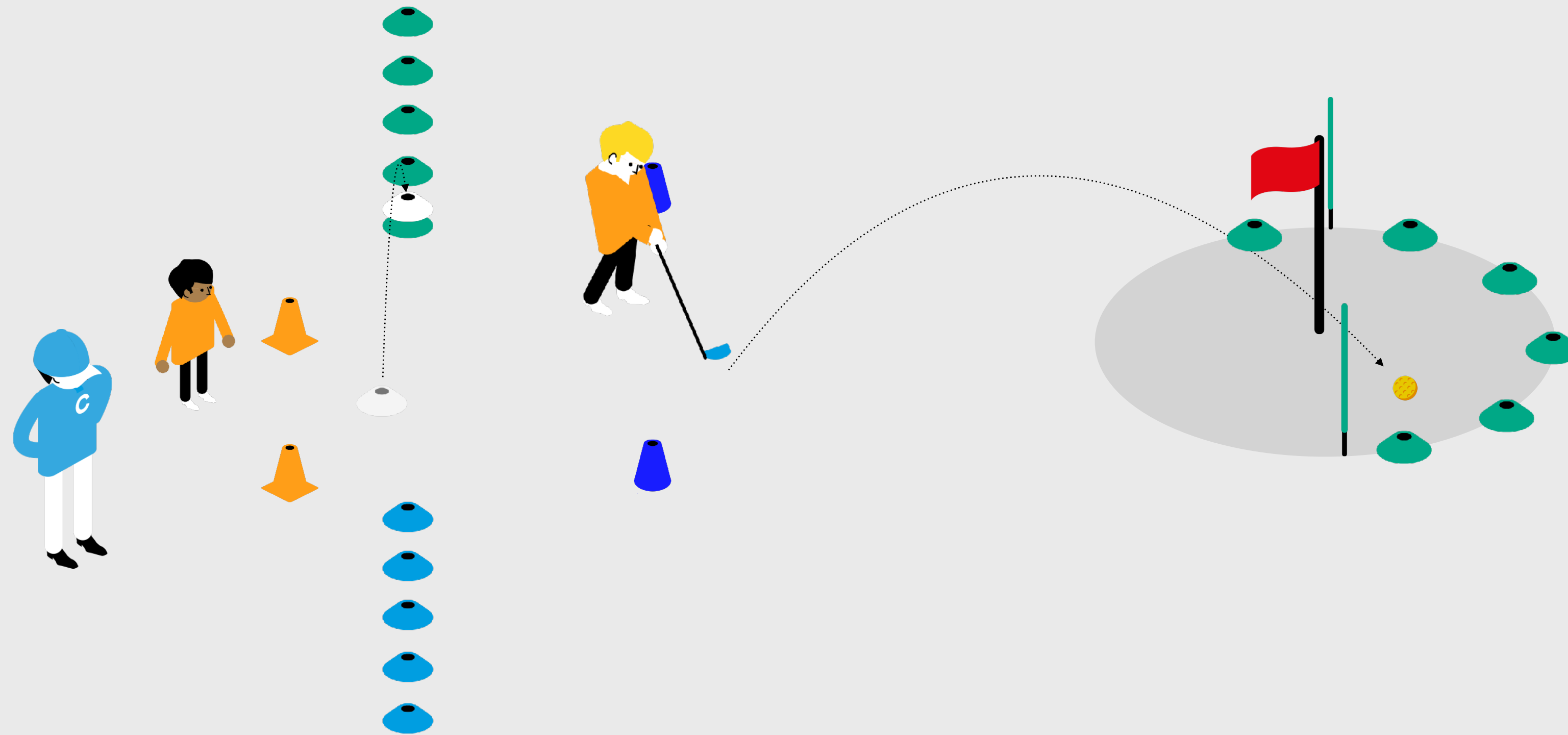


Spare equipment that may be required for the group attendees.





# Tug of War



## How to Play

- Child number 1 starts and attempts to hit their shot to the target
- Then the next child attempts their shot. The player who hits it nearest to the target moves the cone one place to their side
- The winner is the one who gets the centre white cone to their end cone

## Progression Ideas

- Vary the target on each shot
- Vary the distance between the tee box and the green
- Add hazards for penalty cones
- Add different targets to increase the number of moves across the cones

## Equipment needed

2 x Orange Safety Cones

SAFETY



2 x Cones



1 x White Cone



5 x Green Cones



5 x Blue Cones



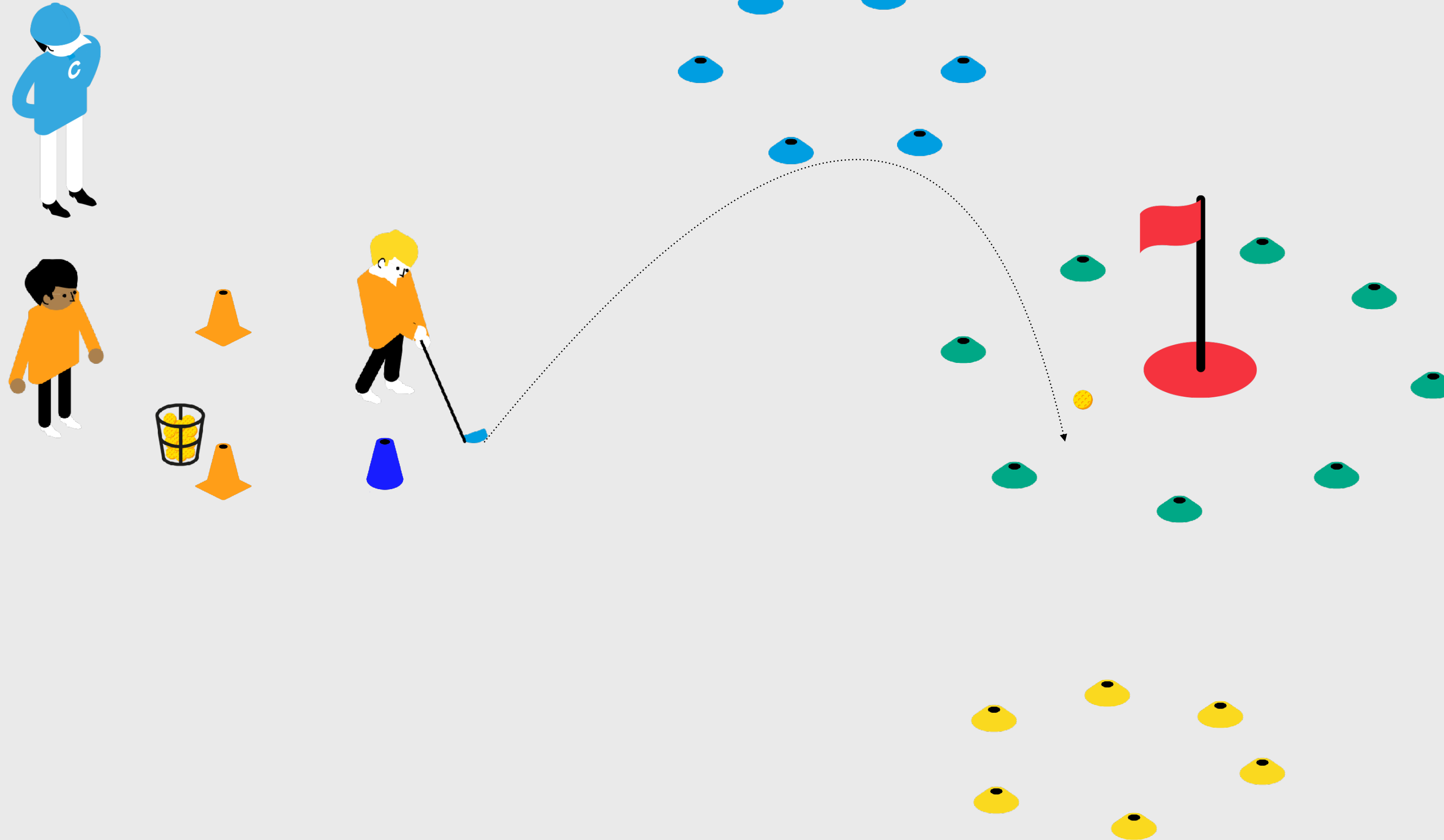
Spare equipment that may be required for the group attendees.



Golf Balls



# G.O.L.F



## 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

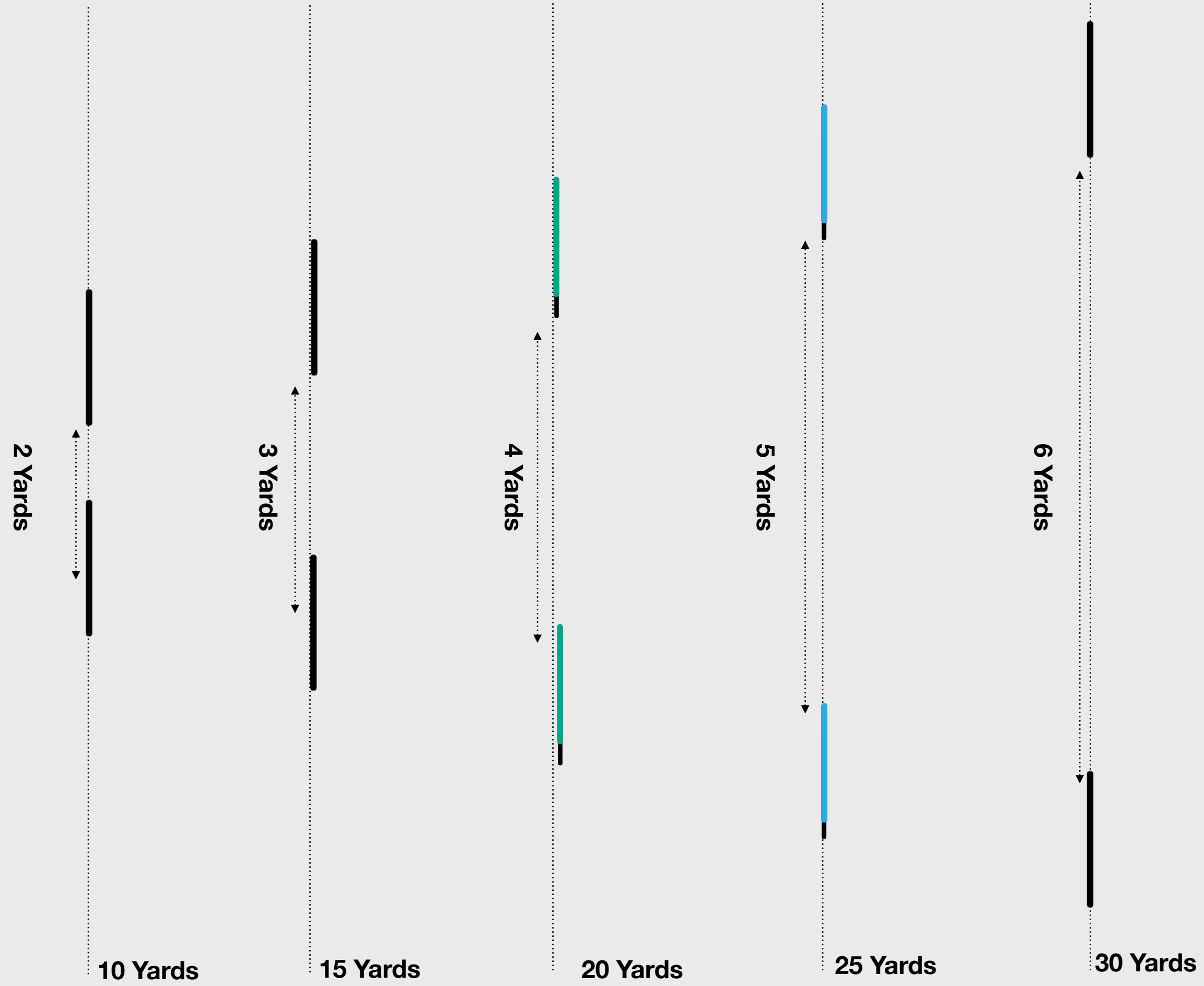
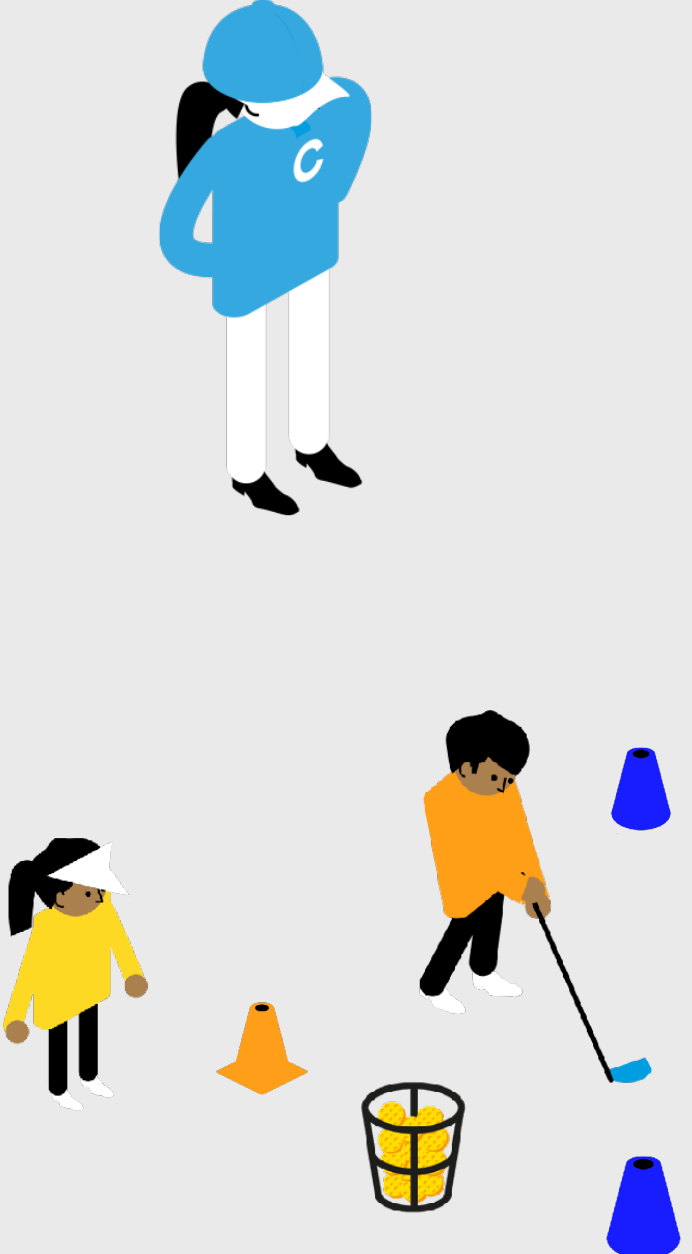
### 6 x Blue Cones

Spare equipment that may be required for the group attendees.

### Golf Balls



# Up the Ladder



### How to Play

- Players attempt to work their way up the ladder in order, starting by trying to hit their shots through the nearest gate
- If a child misses, the team remain on that gate
- If a child successfully hits the ball through the gate, they progress to the next step of the ladder
- The game is complete when the team have completed every step of the ladder in order

### Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets to hit the ball through the gate
- Change the width of the target gates
- Introduce a rule where the ball must fly through the air and through the gate

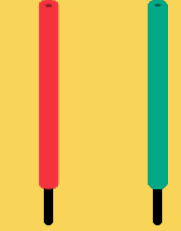
### Equipment needed

Orange Safety Cones

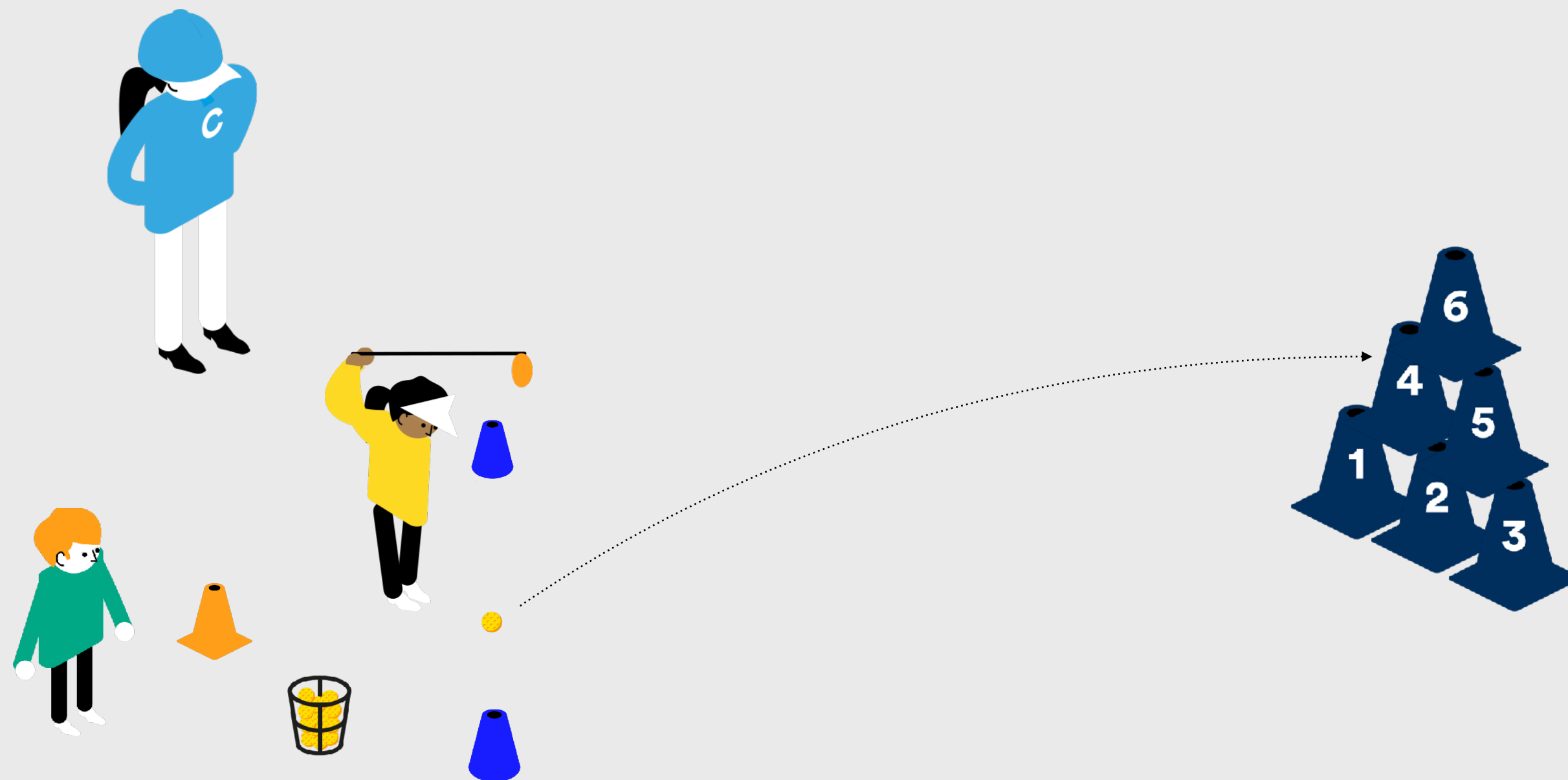
10 x Alignment Sticks

10 x Foam Noodles

SAFETY



# 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

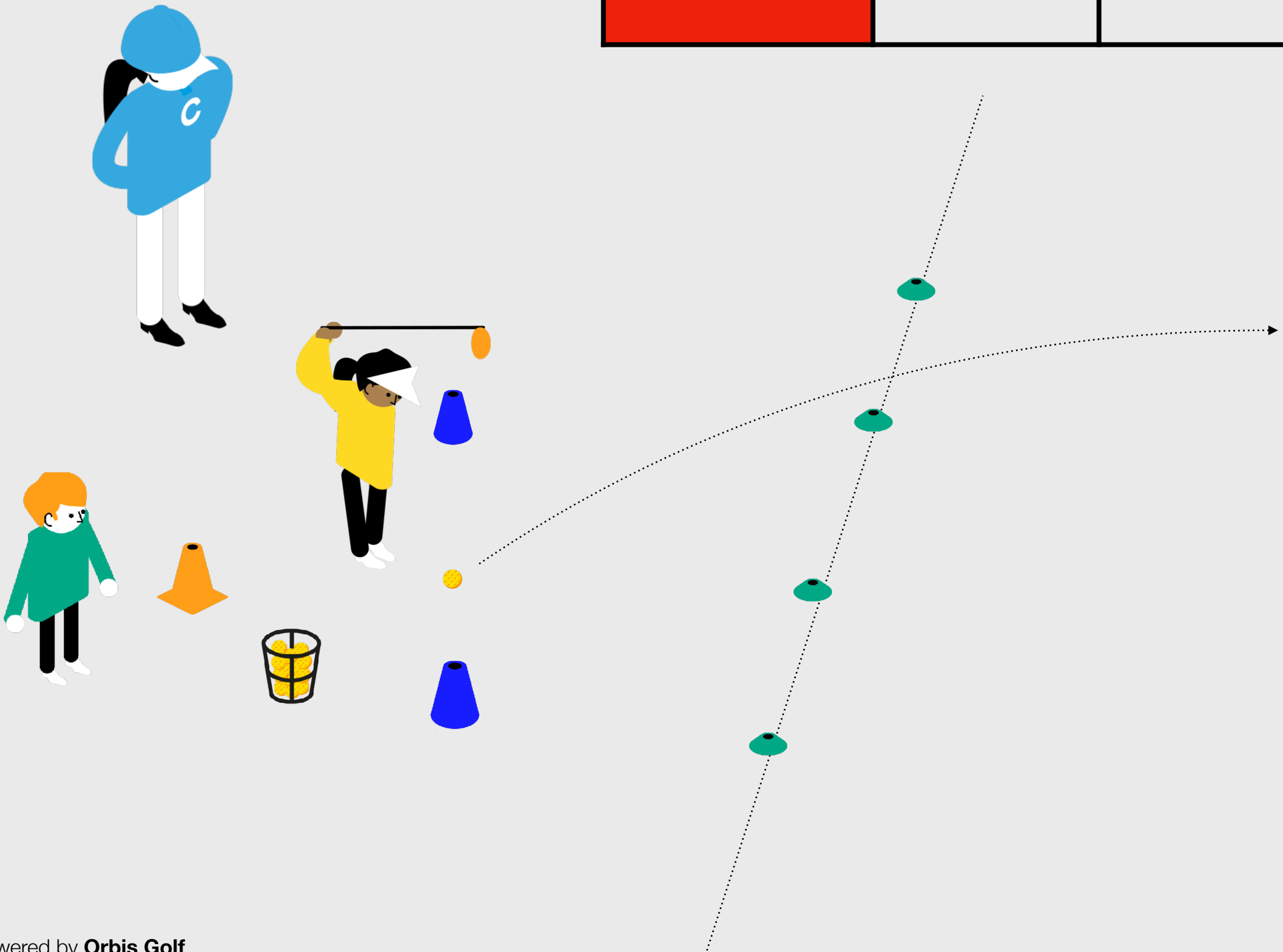


6 x Cones to build a target pyramid



# X's & O's

Shot Type	Left	Straight	Right
Short	X		
Medium		X	
Long			X



**How to Play:**

- The challenge is for the golfers to carry the ball past the minimum yardage line of cones
- The children take it in turns to hit their shots
- If they are successful hitting their chosen shot then they can mark a O or X on the grid in any blank space
- The winner is the player who can achieve 3 in a row on the grid

**Progression Ideas:**

- Move the minimum distance cone line further out

**Equipment Needed:**

Orange Safety Cones



Cones to mark out the necessary hitting stations.



Golf balls



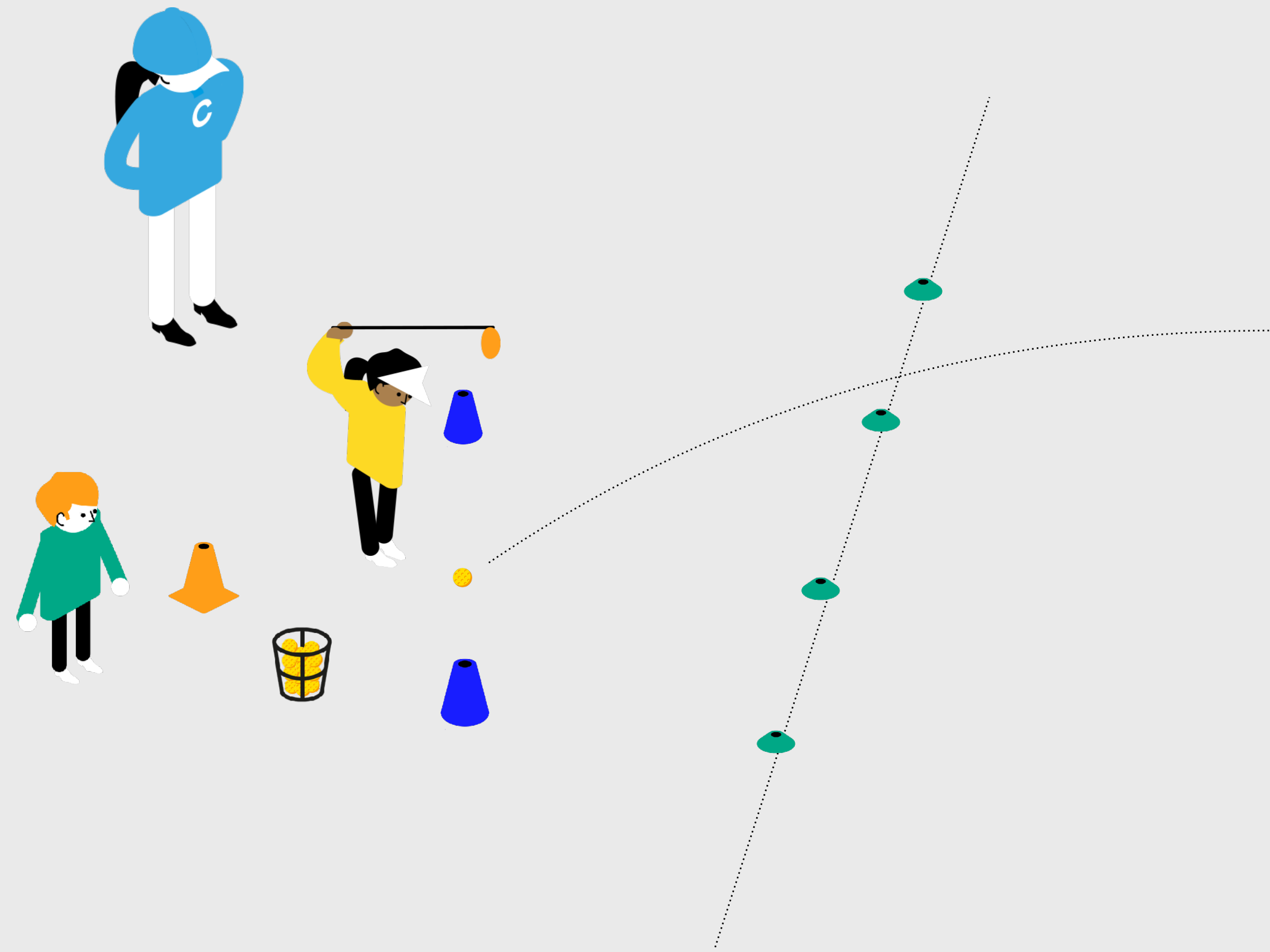
Paper and Pen to draw the grid



4 x Green Cones



# C.O.P.Y me



## How to Play

- The children should take it in turns to choose a shot for their partner to replicate
- If the child cannot produce the shot themselves they receive a letter “C”
- If their partner does not manage to replicate the intended shot they receive a letter “C”
- The game continues until one learner has completed the word “COPY” then they lose

## Progression Ideas

- Make it target based as well

## Equipment Needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting stations.



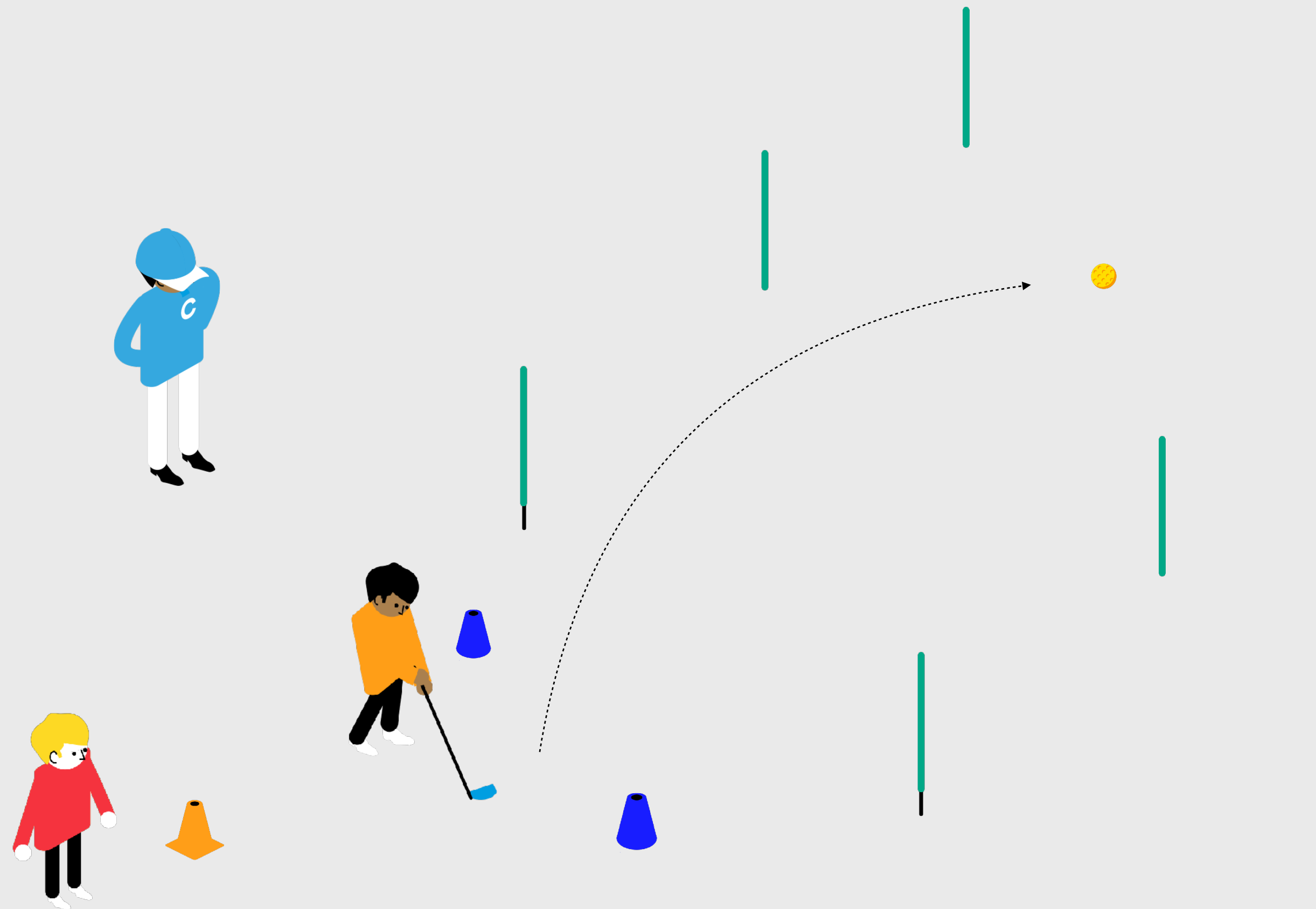
Golf balls



6 x Cones to build a target pyramid



# Iron Man



## How to Play

- Set up a fairway on the driving range using alignment sticks
- Children must hit shots with each one of their irons through the target gate
- They will get a point each time they get a ball through the target gate
- They must switch iron each shot

## Progression Ideas

- Narrow the width of the gate

## Equipment Needed

Orange Safety Cones

SAFETY



Cones to mark out hitting stations



6 x Foam Noodles



6 x Alignment Sticks



Golf Balls

