

Stage 1

Week 3 - Putting, Chipping and Pitching



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Timetable

Session Length:
60 Mins

Group Size:
1:18

Mastering the Game Skill:
On the Green - Putting
Around the Green - Chipping

Learning the Game Focus:
Areas of a Golf Hole

Whole Child Focus:
Practice at Home

Time	Focus	Suggested Theme Content	Games / Drills / Resource
15 Mins Prior	Setup and Welcome	<ul style="list-style-type: none"> Set up the games and practice stations for the specific class in the school hall or playground Be ready to welcome the children 5 minutes before the session starts Ensure that you take a register of the children before the session starts 	
10 Mins	Introduction and Learning the Game/ Whole Golfer Focus	<ul style="list-style-type: none"> Welcome and Introduction to the program. Outline what will be covered over the course of the 5 weeks for Stage 1 Communicate the Learning the Game topic Communicate the Whole Golfer topic 	
10 Mins	Warm Up Game	<ul style="list-style-type: none"> Introduce the warm up game and how the the game can be completed safely 	<ul style="list-style-type: none"> Pitch Vs Chip
30 Mins	Mastering the Game Skills and Games	<ul style="list-style-type: none"> Introduce the games and explore important safety guidance Separate children into groups to rotate around the games and pairs/teams to play in within their group Assist children playing the games and ensure children are all following safety guidelines 	<ul style="list-style-type: none"> Kentucky Derby Knockout Golf Tennis
10 Mins	End of Session Review	<ul style="list-style-type: none"> Recap the games and find out the children's favourites, as well as how they found the session. Outline to the children the topic for the following week and any important information relating to this class Children can help to tidy down by collecting equipment used during the class Check each child out of the class using the register or ensure school guidelines are followed for collection by parents/guardians 	



• Equipment

- The Learning the Game theme this week is Equipment. You should introduce children to children to key equipment they will use in the class and this should include the clubs used, the components of the golf club, the golf balls and tees
- Explore these themes throughout your class and promote opportunity for questions and discussion



• Honesty

- The Whole Child theme this week is to understand the importance of honesty within the game of golf and in life. Honesty should be explored in the games and you should emphasise the role that honesty plays in golf
- It should be highlighted that the Achiever Award is presented to the child that is totally honest during the lesson, importantly the child should demonstrate honesty whilst unaware of the coach's presence

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 creativity we’re looking for”
- “Great effort, keep it up”

Group reinforcement:

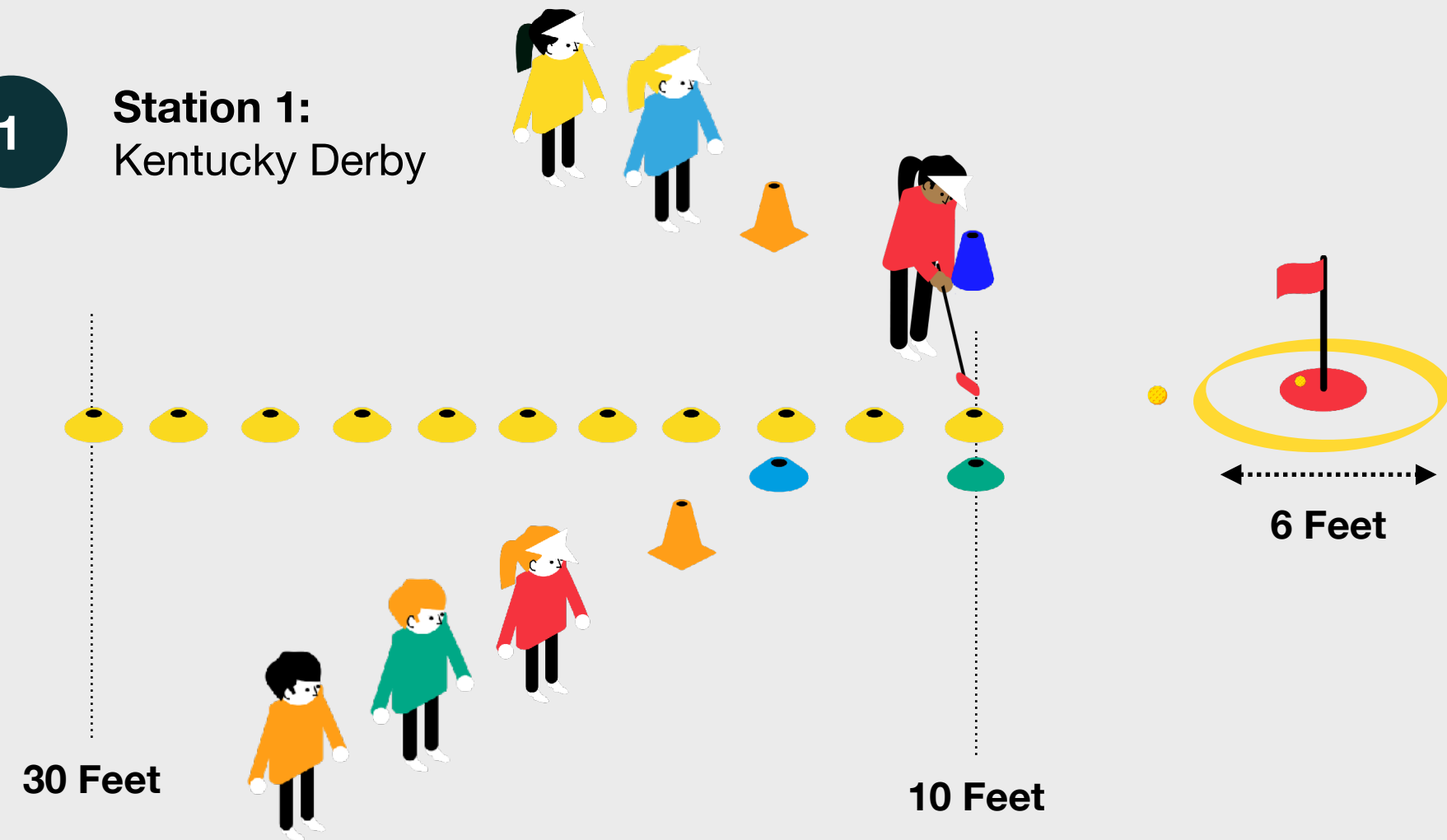
- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the Achiever reward at the end of the lesson is a great opportunity to reinforce positive behaviours
- Be sure to pinpoint two or three moments in the lesson that stood out to you and praise the children involved

Layout and Setup

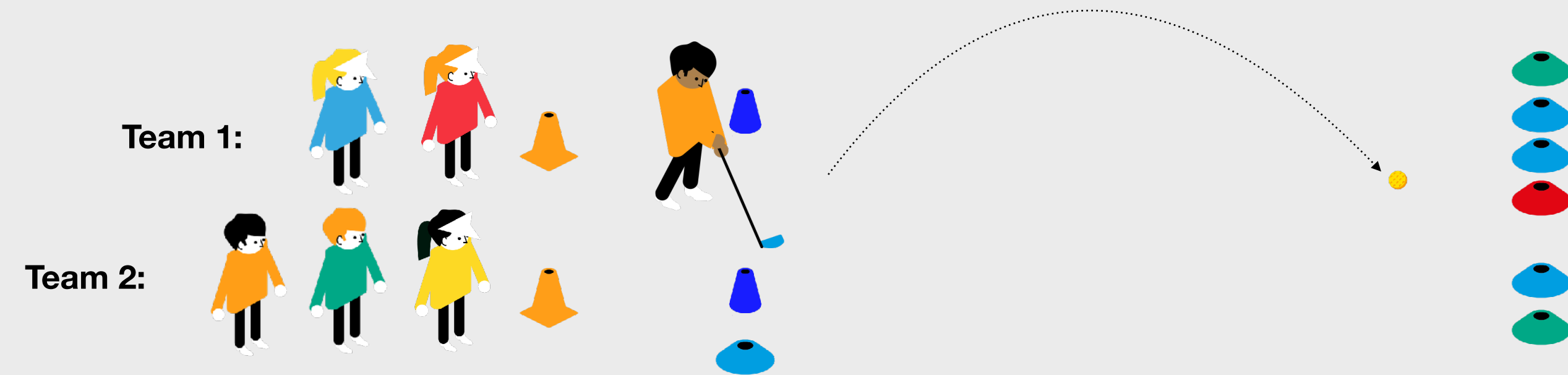


Layout and Setup

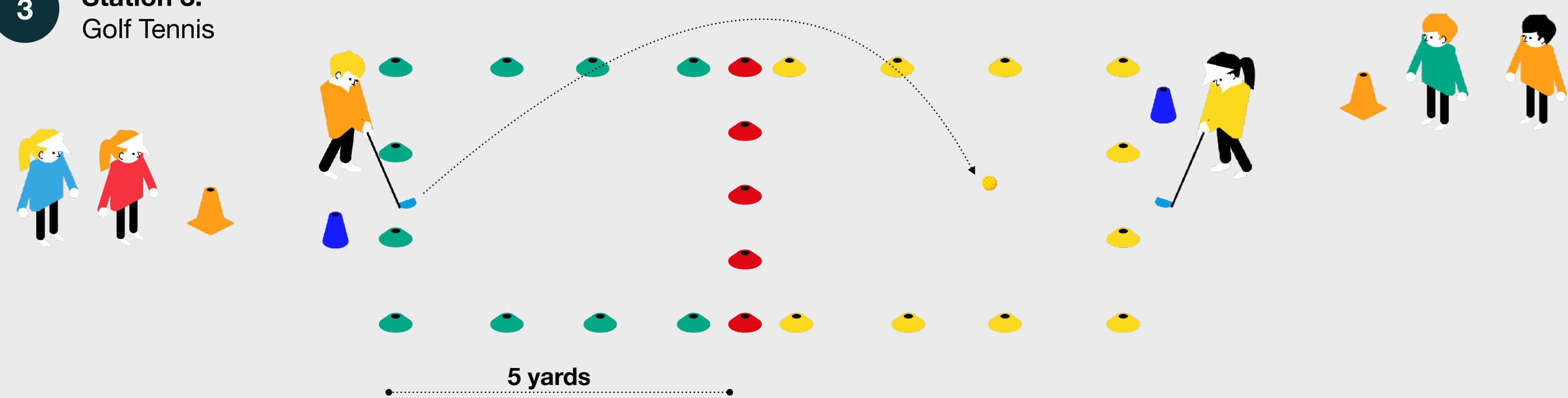
1 Station 1: Kentucky Derby



2 Station 2: Knockout



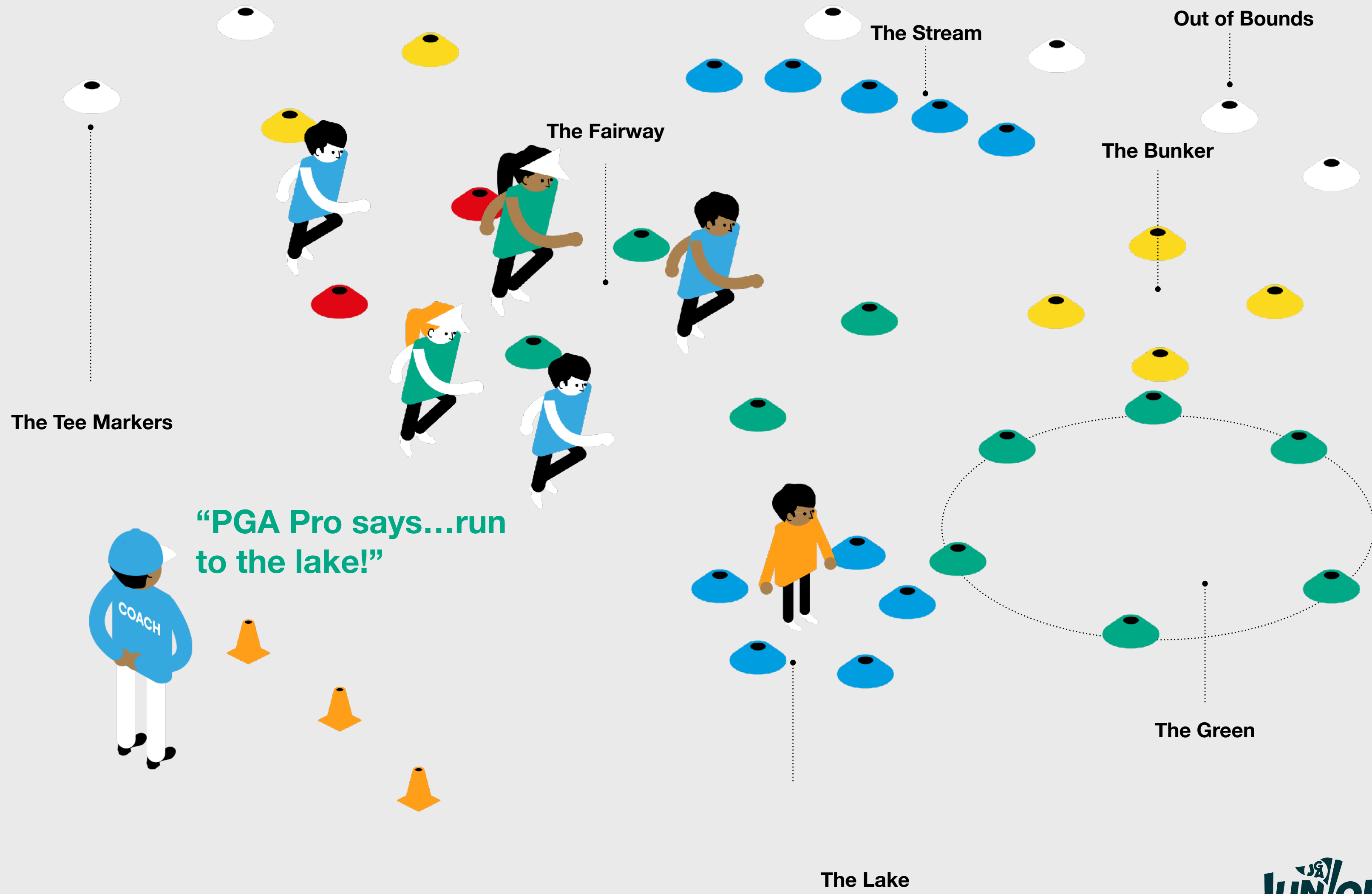
3 Station 3: Golf Tennis



Warm Up Game Card



“PGA Pro” Says



How to Play

- This game is played individually and is similar to ‘Simon Says’
- Introduce the children to the golf course areas marked out with the cones
- The coach starts every command with either “PGA Pro says.....run to the green” or “run to the green”
- When a child follows the command without the “PGA Pro” saying it, they drop out of the game
- The child who wins is the one left at the end after following what the “PGA Pro” says

Equipment Needed

Orange Safety Cones

SAFETY



10 x Green coloured cones



10 x Blue coloured cones



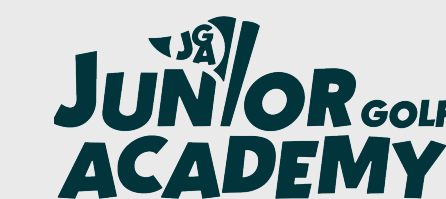
2 x Red coloured cones



6 x Yellow coloured cones



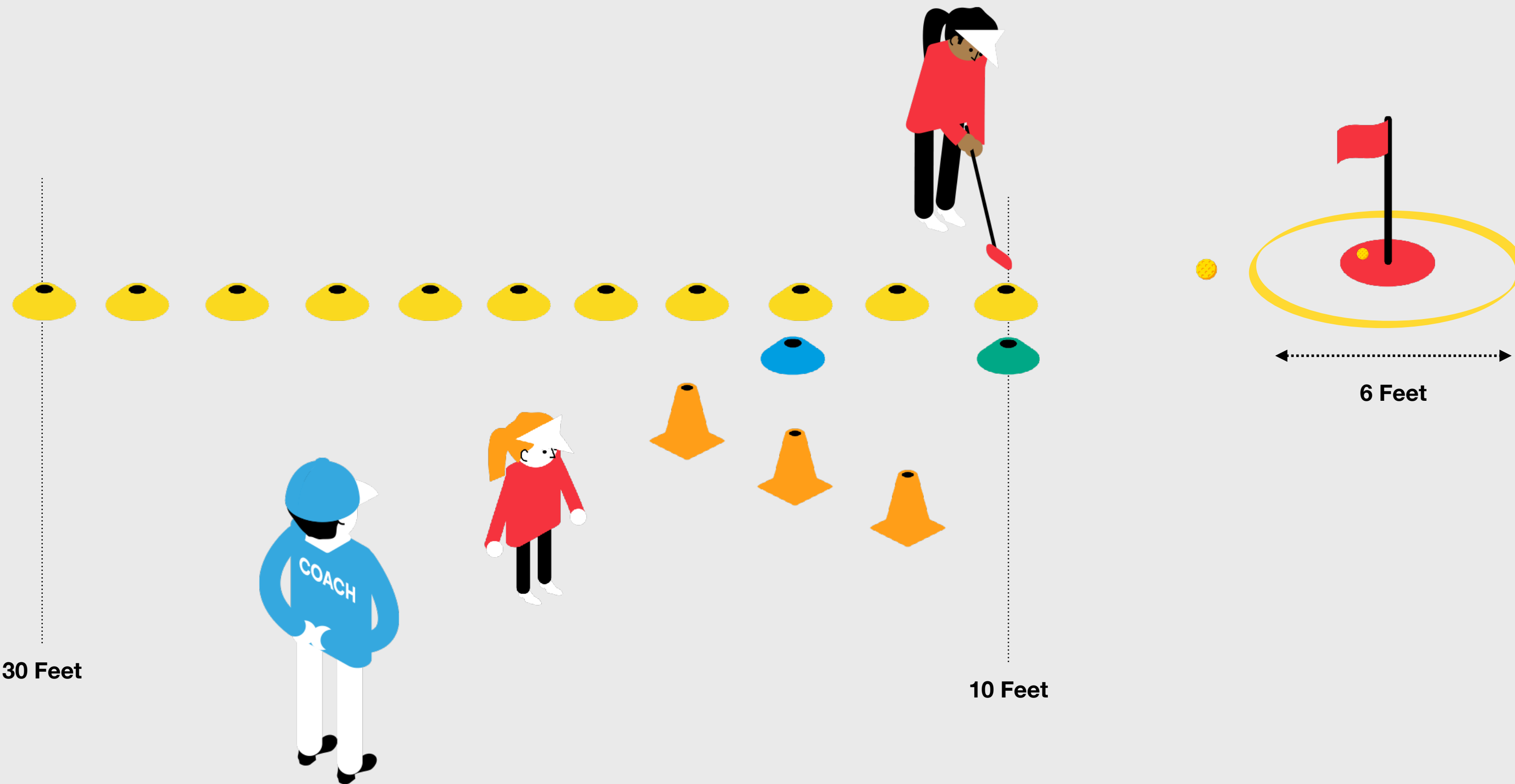
6 x White coloured cones



Game Cards



Kentucky Derby



How to Play

- Nominate a child to play first. Both players place their cone opposite the first starting cone
- From the starting cone at 10 feet, any putt that is holed allows the player to jump three cones. Any ball finishing in the target circle but past the hole jumps two cones. Any putt that finishes in the target circle but short of the hole moves one cone
- The player who wins is the one who reaches the final coloured cone first

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore skill development under pressure
- This game will also explore green reading skills over varying distances

Equipment needed

2 x Orange Safety Cones

SAFETY

10 x Coloured Cones

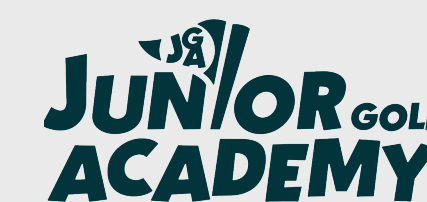
1 x Coloured Cone

1 x Coloured Cone

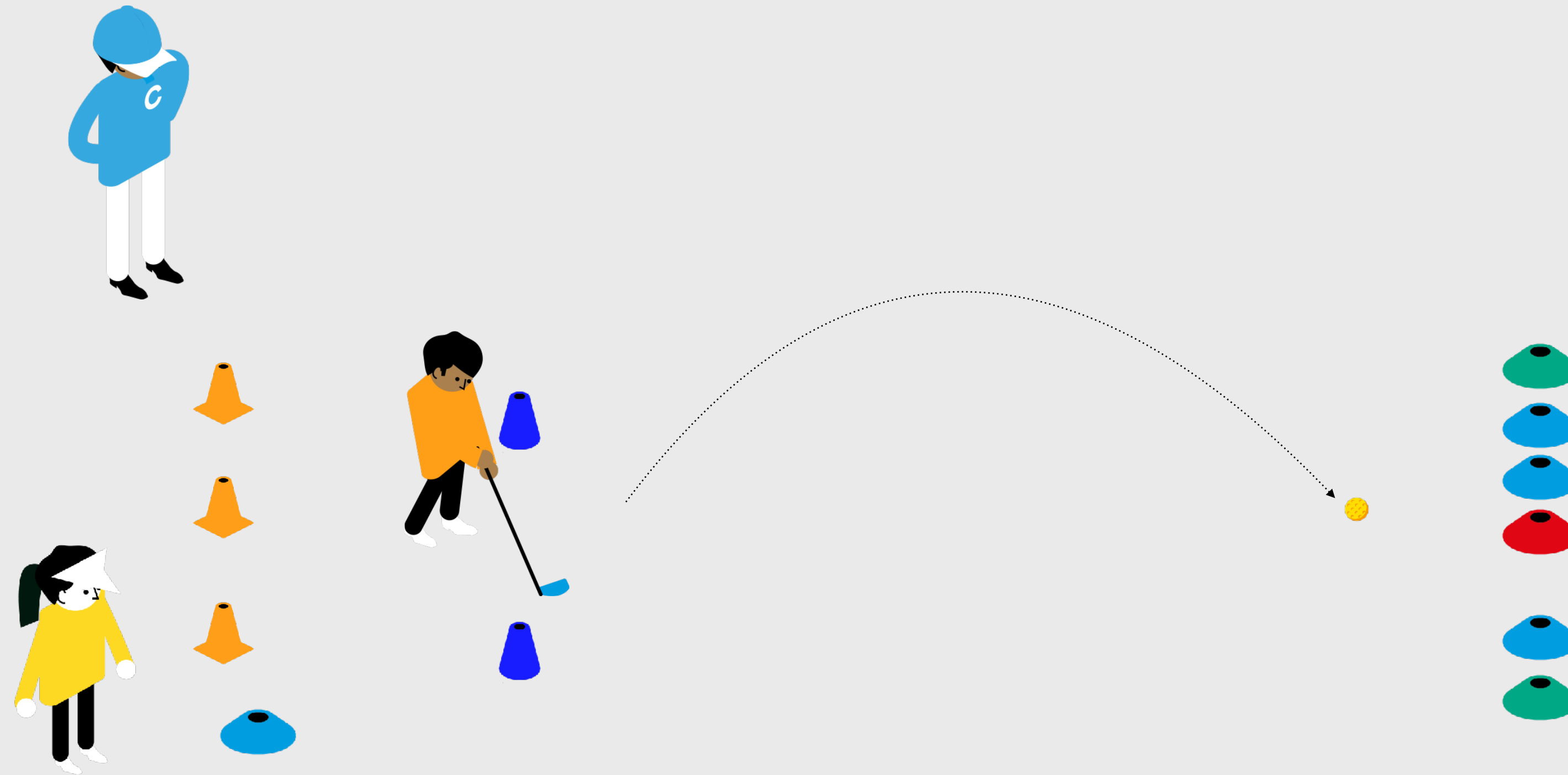
Spare equipment that may be required for the group attendees.

6 ft Target Circle

Golf Balls



Knockout



How to Play

- Children take it in turns to hit the ball towards the target
- If they hit one of the cones they pick up the cone and bring it back for their team
- The game is complete when all the cones have been hit

Learning Outcomes

- Control over distance and direction of pitch shots

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark starting position



Cones for the target



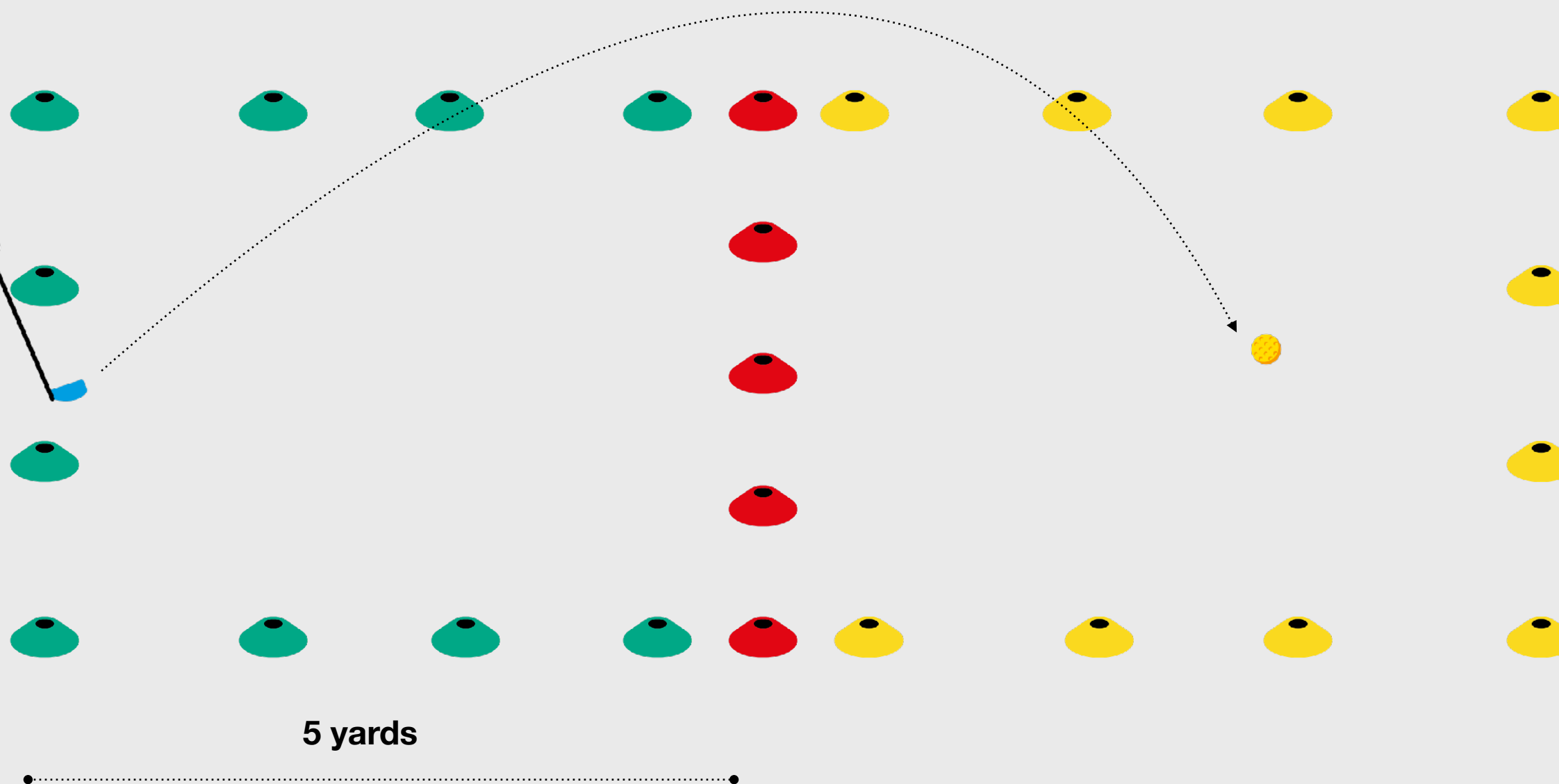
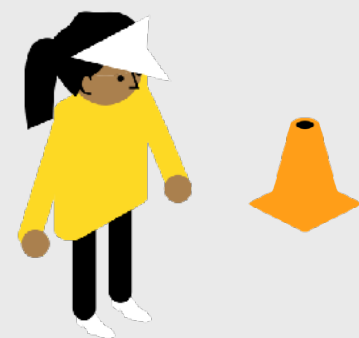
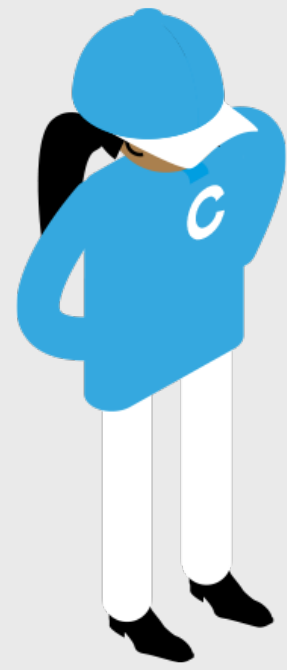
Spare equipment that may be required for the group attendees.



Golf Balls



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.
- 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

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

