

Stage 2

Week 1 - Putting



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Timetable

Session Length:
60 Mins

Group Size:
1:18

Mastering the Game Skill:
On the Green

Learning the Game Focus:
Etiquette on the Green

Whole Child Focus:
Friendships

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 on the putting green Be ready to welcome the children 5 minutes 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 2 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"> Fairway Run
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"> Stick Shift Closest to the Line Up the Ladder
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 	



• Etiquette in the Game

- The Learning the Game focus this week is etiquette in the game of golf. You should outline to the children how etiquette differs from rules and how etiquette is a vital part of the game of golf
- You should introduce your juniors to the importance of looking after course, the equipment and how good behaviour with others is appropriate. Children should avoid talking when others are playing and should be supportive at all times



• Friendships

- The Whole Child theme this week is to encourage children to make friends with other children that they don't know. Use the opportunity to group up children with those they don't normally play with.
- Encourage children to be enthusiastic and open to meeting and playing with new friends
- It should be highlighted that the Achiever Award is presented to the child that attempts to forge new friendships during the class

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:

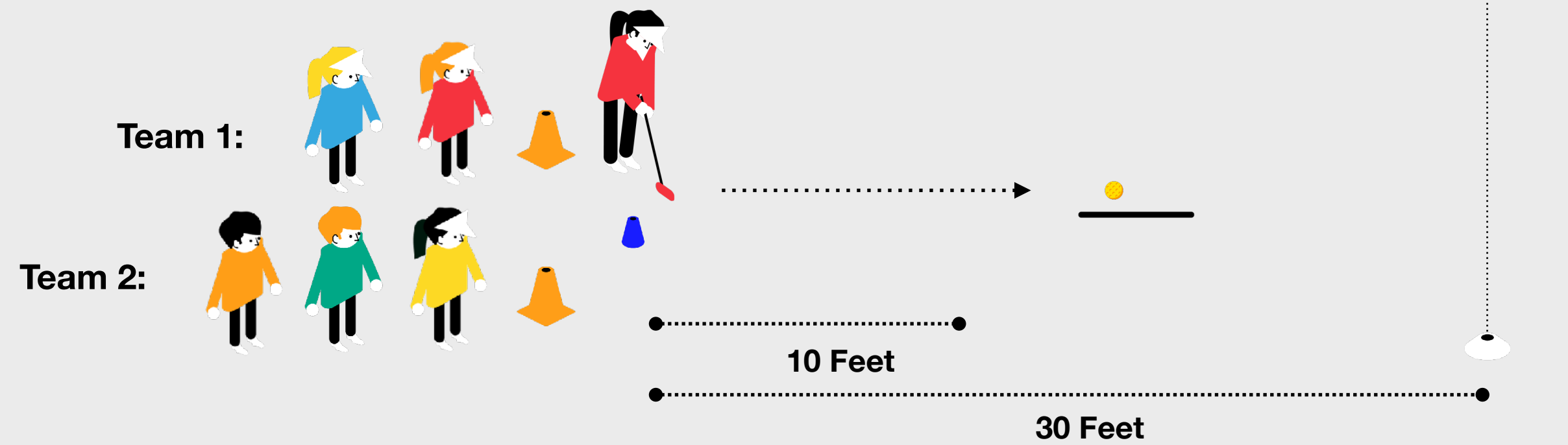
- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the Achiever reward at the end of the lesson is a great opportunity to reinforce positive behaviours
- Be sure to pinpoint two or three moments in the lesson that stood out to you and praise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

Layout and Setup

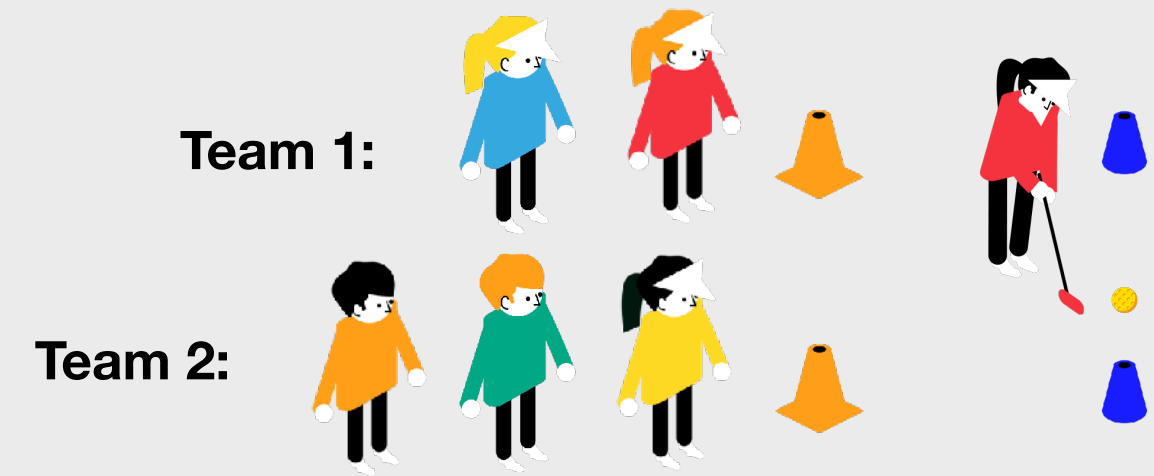


Layout and Setup

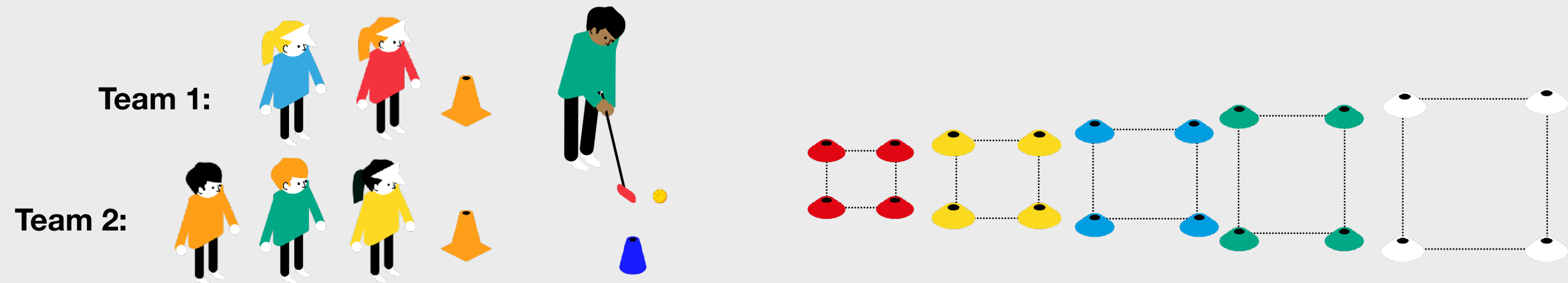
1 Station 1: Stick Shift



2 Station 2: Technique Station Closest to the Line



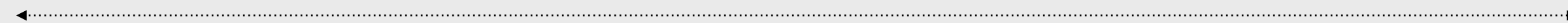
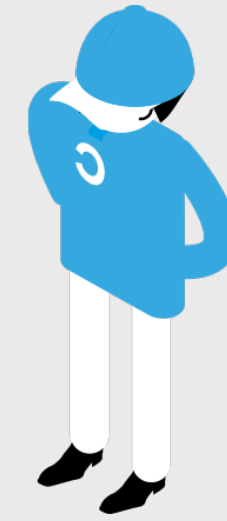
3 Station 3: Up the Ladder



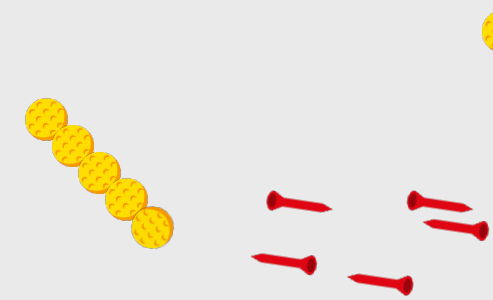
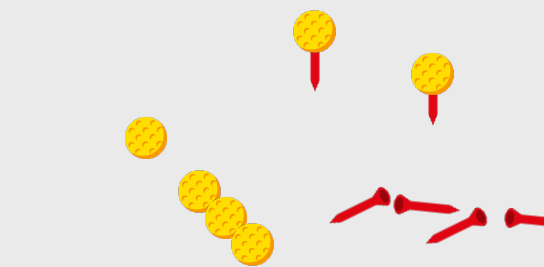
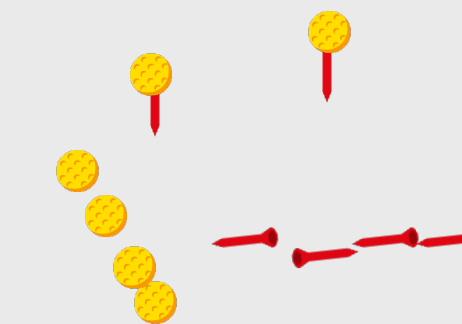
Warm Up Game Card



Tee It Up Challenge



10 Yards



How to Play

- Each team has 6 tees and 6 golf balls that are placed on the ground 10 yards from their safety cone
- When the Coach shout “Go!” the first player on each team runs forward and tees the ball up
- They run back and once they pass the safety cone their teammate can run and tee up the next ball
- The winners are the team that make it back to their safety cone with all the balls teed up properly

Progression Ideas

- Increase or decrease the gap between the safety cones and the tees and balls
- Experiment with different FMS, for example hopping or skipping

Equipment Needed

3 x Orange Safety Cones

SAFETY



Golf Balls



Tees



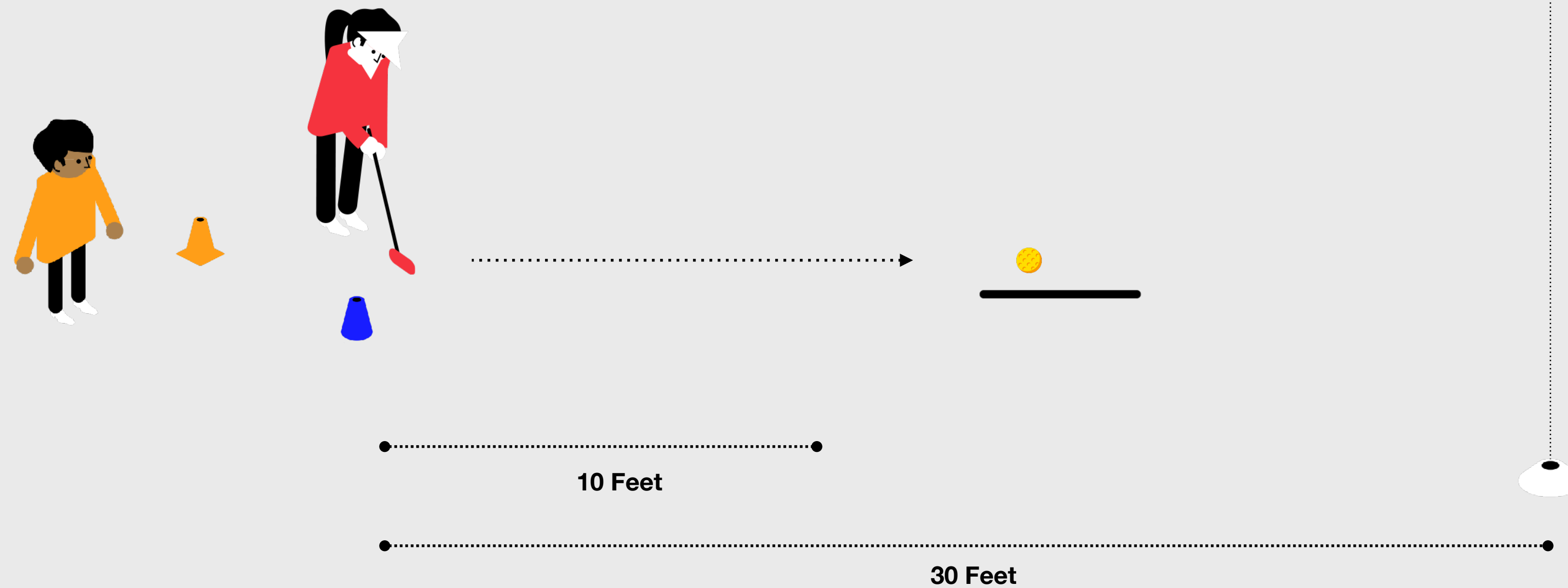
Game Cards



Stick Shift



Finish Line



How to Play

- The children are working together to move the alignment stick from its starting point 10 feet away, to the finish line
- The children take it in turns to hit a putt towards the alignment stick
- The aim is to get the ball to stop within the length of the alignment stick. If they are successful they get to move the alignment stick one length further on
- If the player is not successful in putting the ball inside the length of the alignment stick they have to try again when it is their turn
- The team complete the game when they get the alignment stick past the finish line

Learning Outcomes

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

Equipment needed

Orange Safety Cones

SAFETY

2 x Cones to mark out the necessary hitting stations.

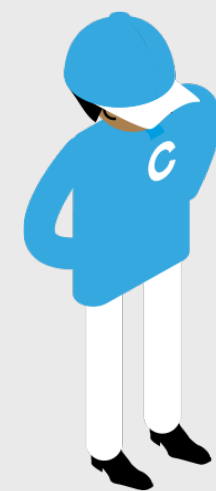
Spare equipment that may be required for the group attendees.

1 x Golf ball

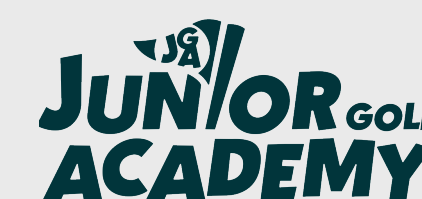
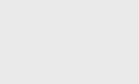
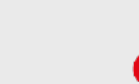
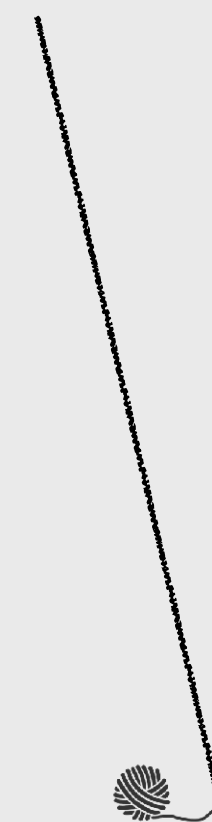
1 x Alignment Sticks

2 x White cones for the finish line

Closest to the Line



Technique Station



How to Practice

- Use this station to teach children basic putting technique so they can improve their distance control.
- Highlight how a consistent tempo and understanding swing length are important factors
- Children take it in turns to hit their putt towards the string line
- The child that putts the ball closest puts a ball marker down to mark the team's best shot so far

Learning Outcomes

- Ability to control distance on a putt
- How to react to winning or losing the round

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark starting position



String to mark the target line



Red cones to mark the end zone



Golf Balls



Spare equipment that may be required for the group attendees.



Up the Ladder



How to Play

- Nominate a child to play first. The child attempts to hit their putt into the nearest but smallest target box
- If the child successfully gets the ball into the target box, they place the team's coloured cone opposite the next target box
- The children take it in turns to putt the ball into the target boxes
- The game continues until the team gets their ball into the final box

Learning Outcomes

- A great game to explore the concept of distance control and direction control

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.

Golf Balls

4 x Red Coloured Cones

4 x Yellow Coloured Cones

4 x Blue Coloured Cones

4 x Green Coloured Cones

4 x White Coloured Cones

