

Stage 2

Week 3 - Pitching



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Timetable

Session Length:
60 Mins

Group Size:
1:18

Mastering the Game Skill:
Around the Green - Pitching

Learning the Game Focus:
The Pitchfork

Whole Child Focus:
Independence

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 or chipping 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 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"> Golf Baseball
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"> Single, Double, Triple - Pitching Choose your Trajectory Matchplay Pitch
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 in the Bag

- The Learning the Game theme this week is to explore the most important equipment that children may find in the golf bag. You should explore equipment such as the ball marker, pitchfork tees and equipment required for weather conditions
- Give children the opportunity to try this equipment during the class and promote questions and discussion



• Independence

- The Whole Child theme this week is to encourage children to make their own decisions, both on and off the golf course.
- At the Course this involves the children behaving responsibly and paying attention to what they are doing at all times. This is good practice as golf is a very independent and individual sport
- It should be highlighted that the Achiever Award is presented to the child that demonstrates independence throughout 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:

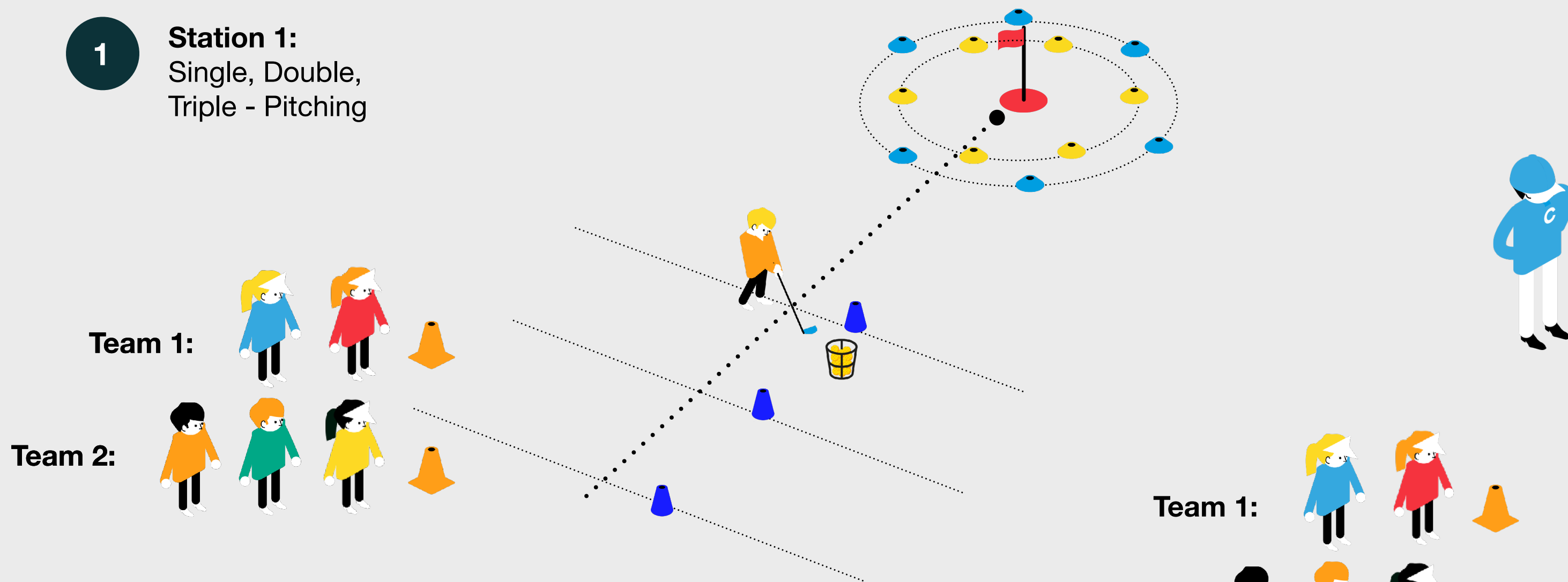
- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the Achiever reward at the end of the lesson is a great opportunity to reinforce positive behaviours
- Be sure to pinpoint two or three moments in the lesson that stood out to you and praise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

Layout and Setup

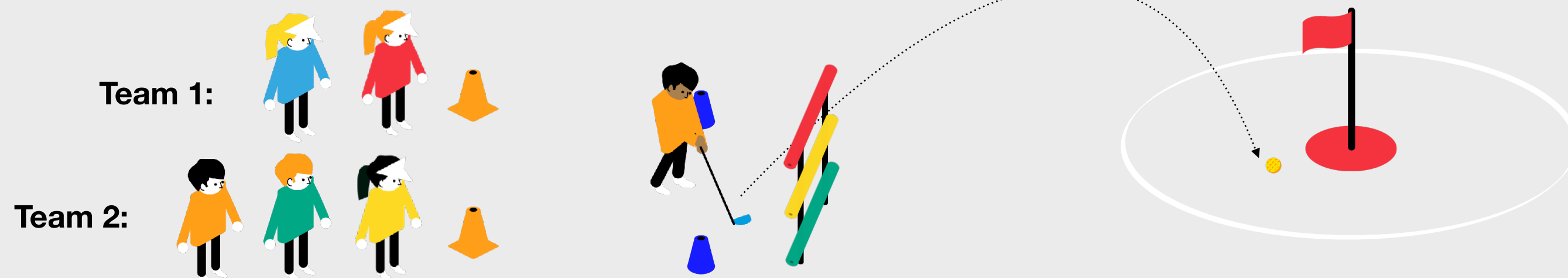


Layout and Setup

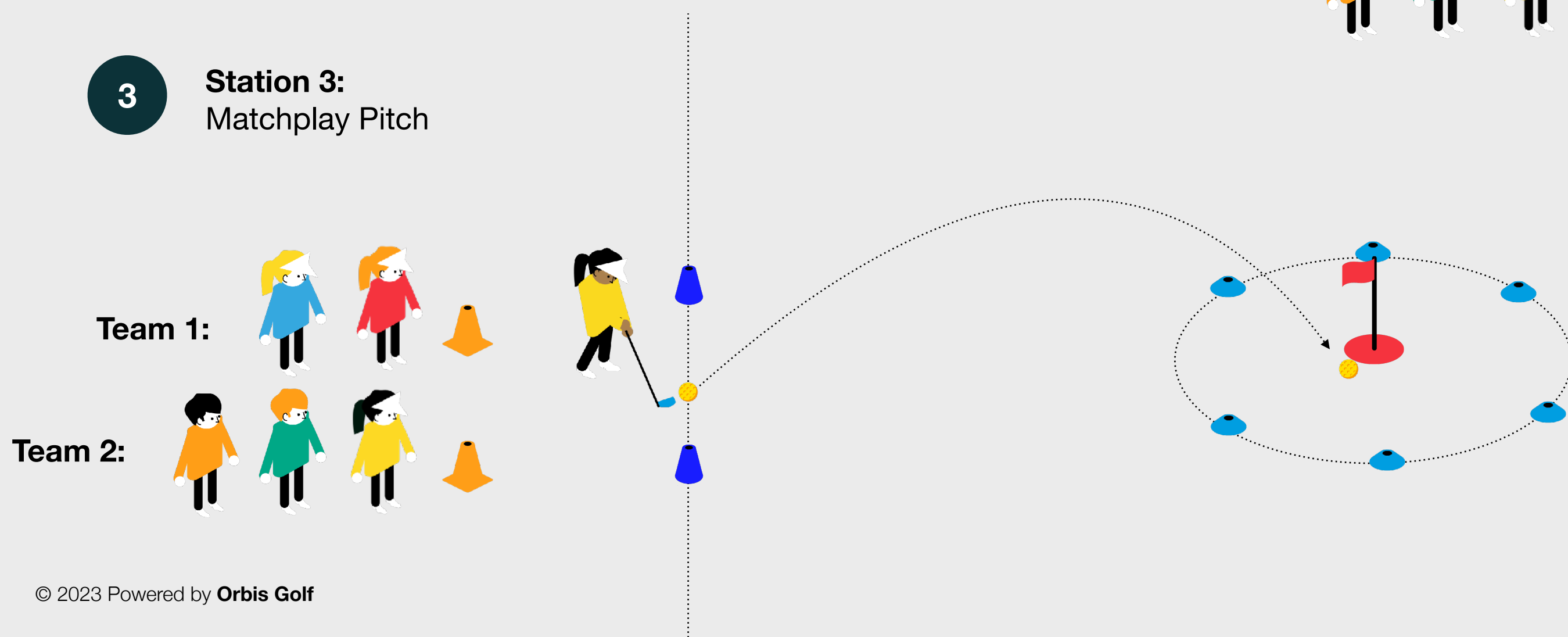
1 Station 1:
Single, Double,
Triple - Pitching



2 Station 2:
Technique Station
Choose your Trajectory



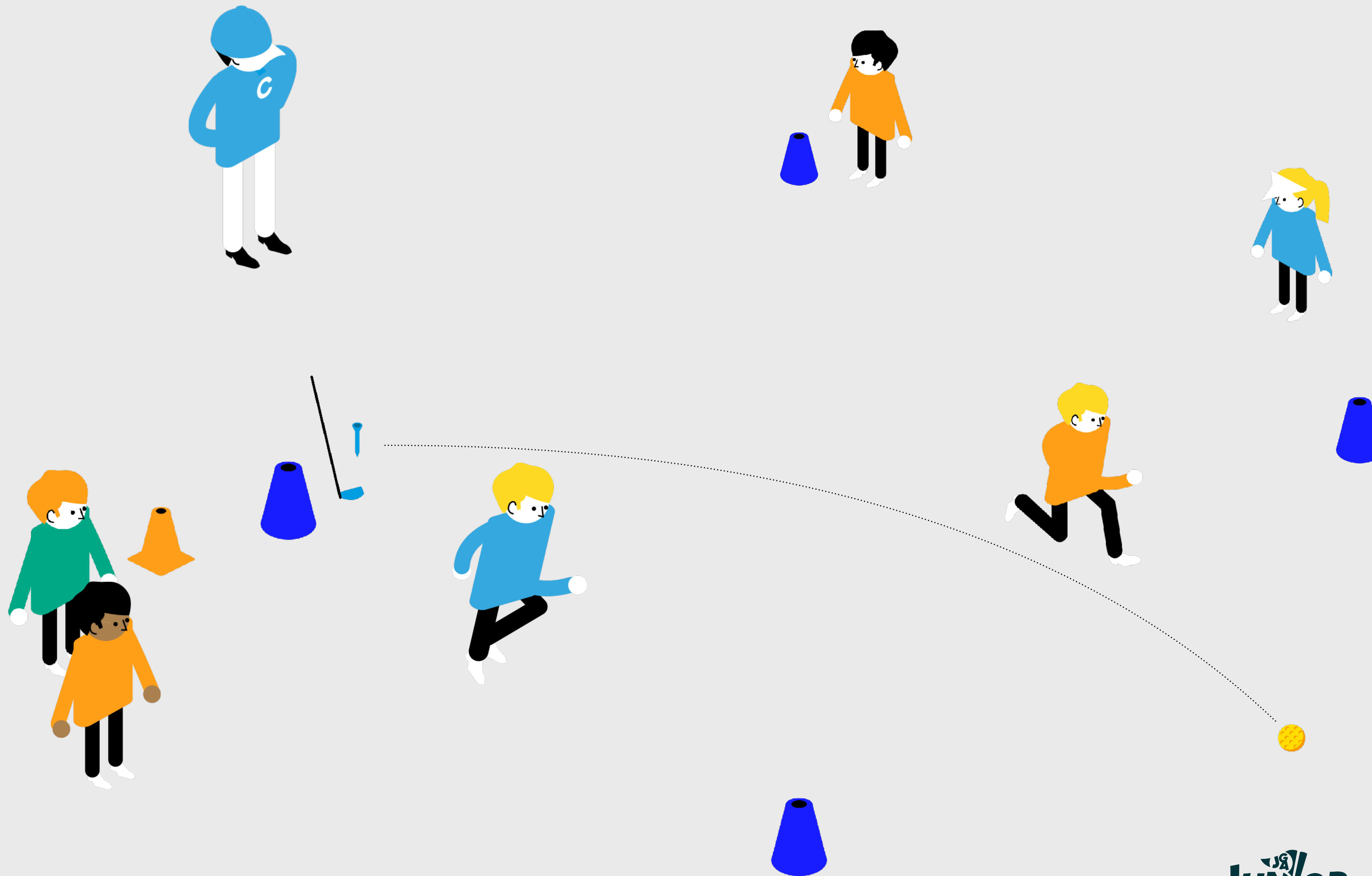
3 Station 3:
Matchplay Pitch



Warm Up Game Card



Golf Baseball



How to Play

- This game is best played in two teams. Split the children evenly.
- One team starts as the fielders and one team starts as the hitters. The hitting team number themselves and the fielding team disperse to the outfield and bases.
- Player number 1 plays first and gets 3 attempts before 'striking out'. When the player strikes the ball, they immediately drop the club and run to first base.
- Players attempt to get round the bases in one go to score a 1 point. Players who make it round but stop at a base score half a point.
- Players swap over once all hitters have struck out, been caught or didn't make it to a base.

Equipment Needed

Orange Safety Cones

SAFETY

4 x Cones

Golf Wedge

Soft Ball

Game Cards





Single, Double, Triple - Pitching



How to Play

- Players take it in turns to choose which distance they want to start from
- If the player starts from the 20 yard line and they pitch the ball inside the 10 yard circle they score 1 point, or 2 points for the 6 yard circle
- If the player starts from the 30 yard line they score double points; 4 points inside the the 6 yard circle, or 2 points for the 10 yard circle
- If the player chooses to start from the 40 yard they score triple points; 6 points for pitching the ball into the 6 yard circle and 3 points if they pitch the ball into the 10 yard circle
- The game continues until both players have hit 5 shots, the winner is the player who has the most points after 5 shots

Equipment needed

Orange safety cones



3 x cones



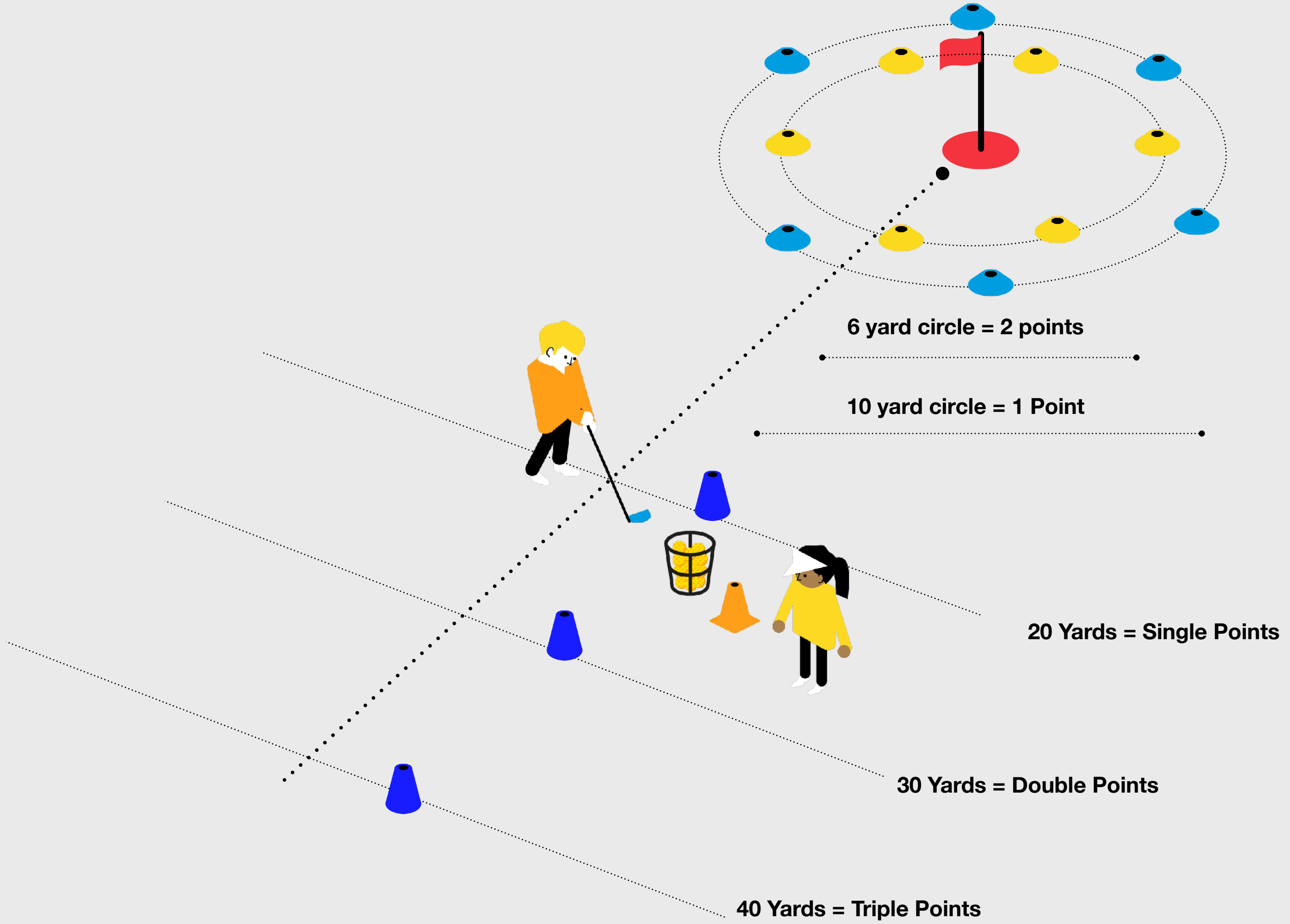
Golf balls



10 x Coloured cones to mark the 10 yard circle



10 x Coloured cones to mark the 6 yard circle



Choose your Trajectory



How to Practice

- Use this station to teach children the pitching technique so they can use the loft on the wedge.
- Highlight how opening the face and placing the ball further forward in the stance can change the trajectory of the shot
- Each child has 10 shots and tries to clear the barrier and land the ball in the target circle

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

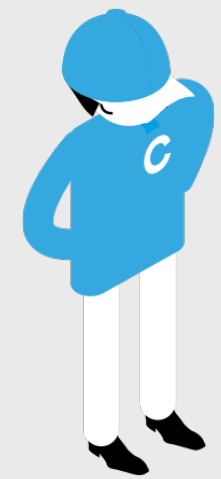
Target Rings

Spare equipment that may be required for the group attendees.

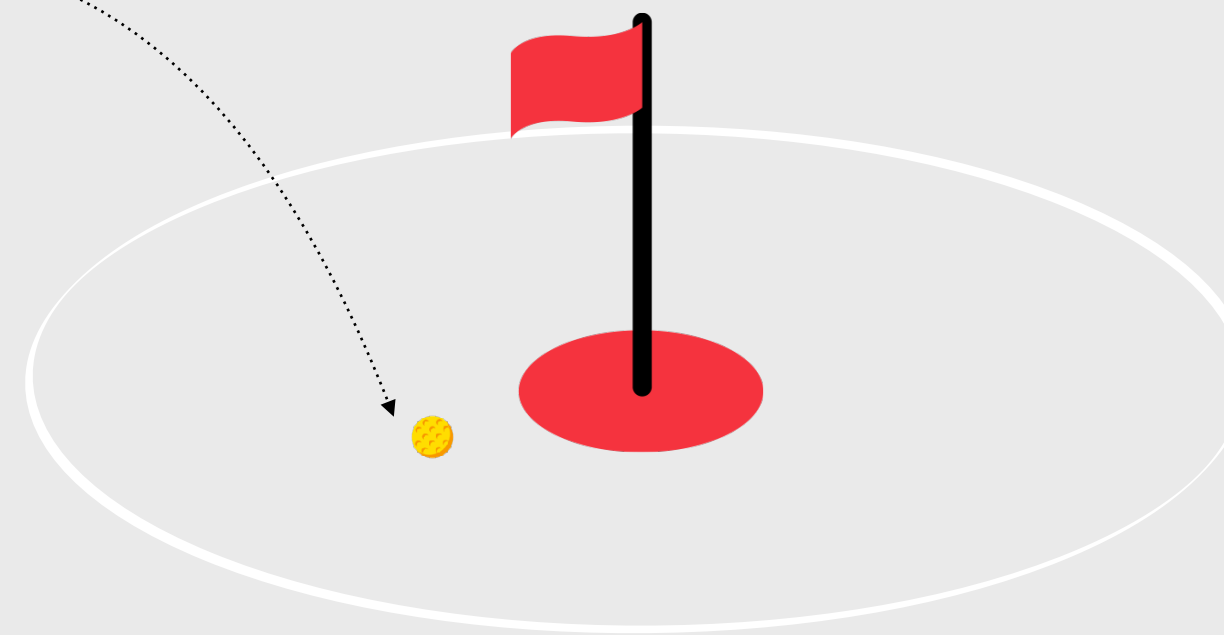
Golf Balls

2 x Alignment Sticks

3 x Foam Noodles



Technique Station



Matchplay Pitch



How to Play

- Nominate a player to go first, they try to hit their shot into the target circle
- The next player then takes their shot. If neither player hits their shot into the circle they lose the round and go 1 DOWN
- If both players manage to hit the ball into the inner target circle they win that round and the team scores 1UP
- If only one player pitches the ball into the target circle the game remains ALL SQUARE
- The game is played over 9 or 18 attempts, scoring in a matchplay format

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting station



Coloured Cones for Target Circles



Spare equipment that may be required for the group attendees.



Golf Balls

