

Stage 2

Week 4 - Swing



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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:
Driving Range Warm Up

Whole Child Focus:
Resilience

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 driving range 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"> Superintendents and Hackers
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"> Speed Swinger Clubface Contact G.O.L.F
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 	



• Putter, Iron and Driver

- The Learning the Game theme this week is to explore the three club types in the bag which includes the putter, the irons and the driver. You should introduce children to children to key differences between these clubs and specially the way the handle changes, the body of the club and how the angle of the face will impact the outcome of the shot
- Explore these themes throughout your class and promote opportunity for questions and discussion



• Resilience

- The Whole Child theme this week is to encourage the children to be resilient. Everyone will hit bad shots, it's how you react to it that is key.
- Make sure children are enjoying the games and if any are struggling with ball striking that they are supported
- It should be highlighted that the Achiever Award is presented to the child that demonstrates resilience to challenges 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

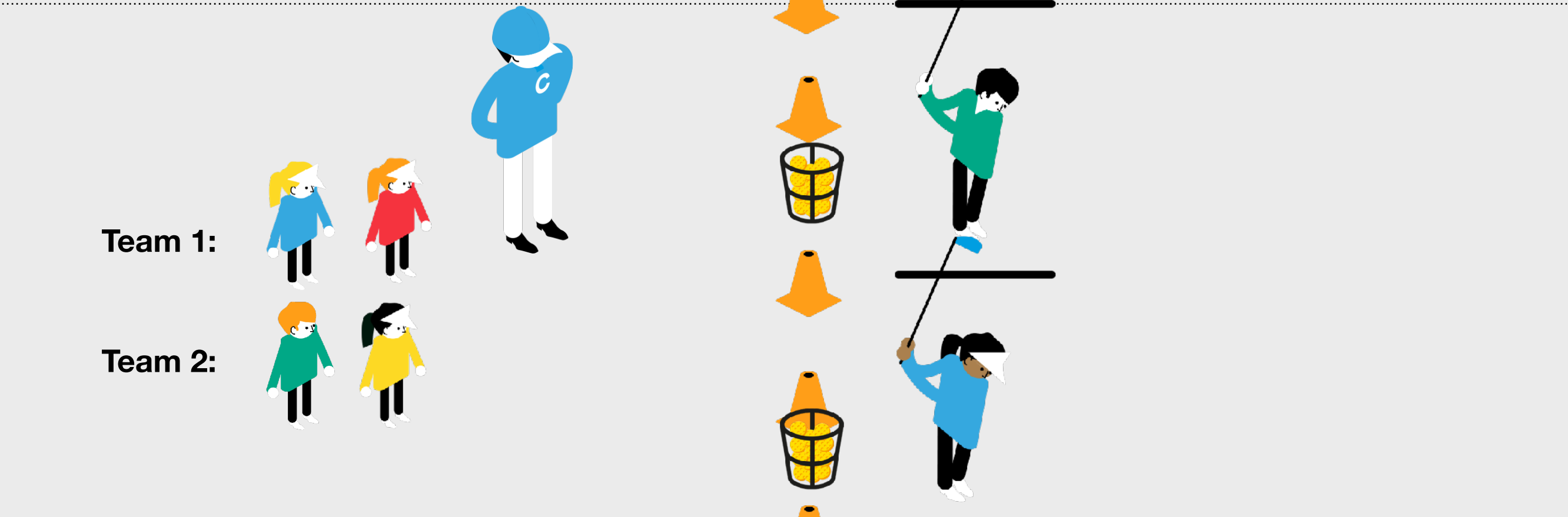


Layout and Setup

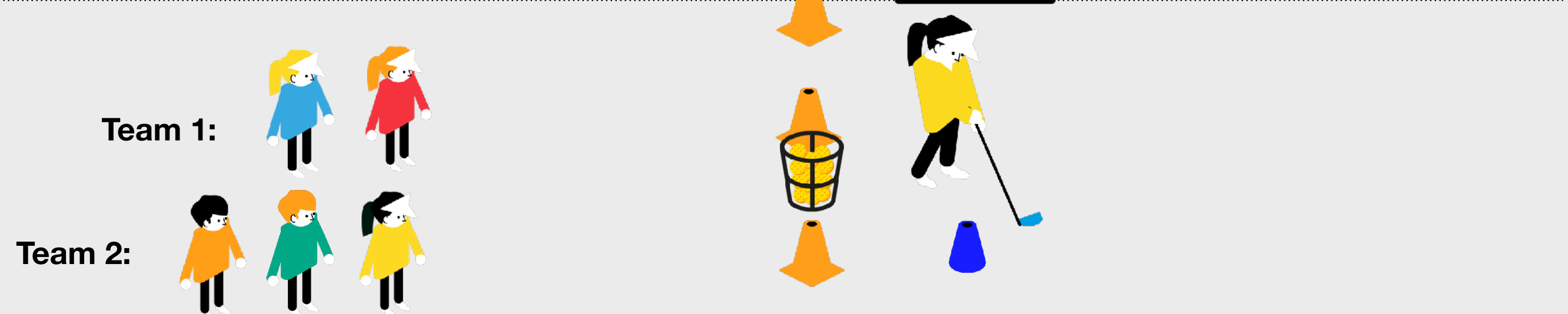
1 Station 1:
Speed Swinger



2 Station 2:
Technique Station
Clubface Contact



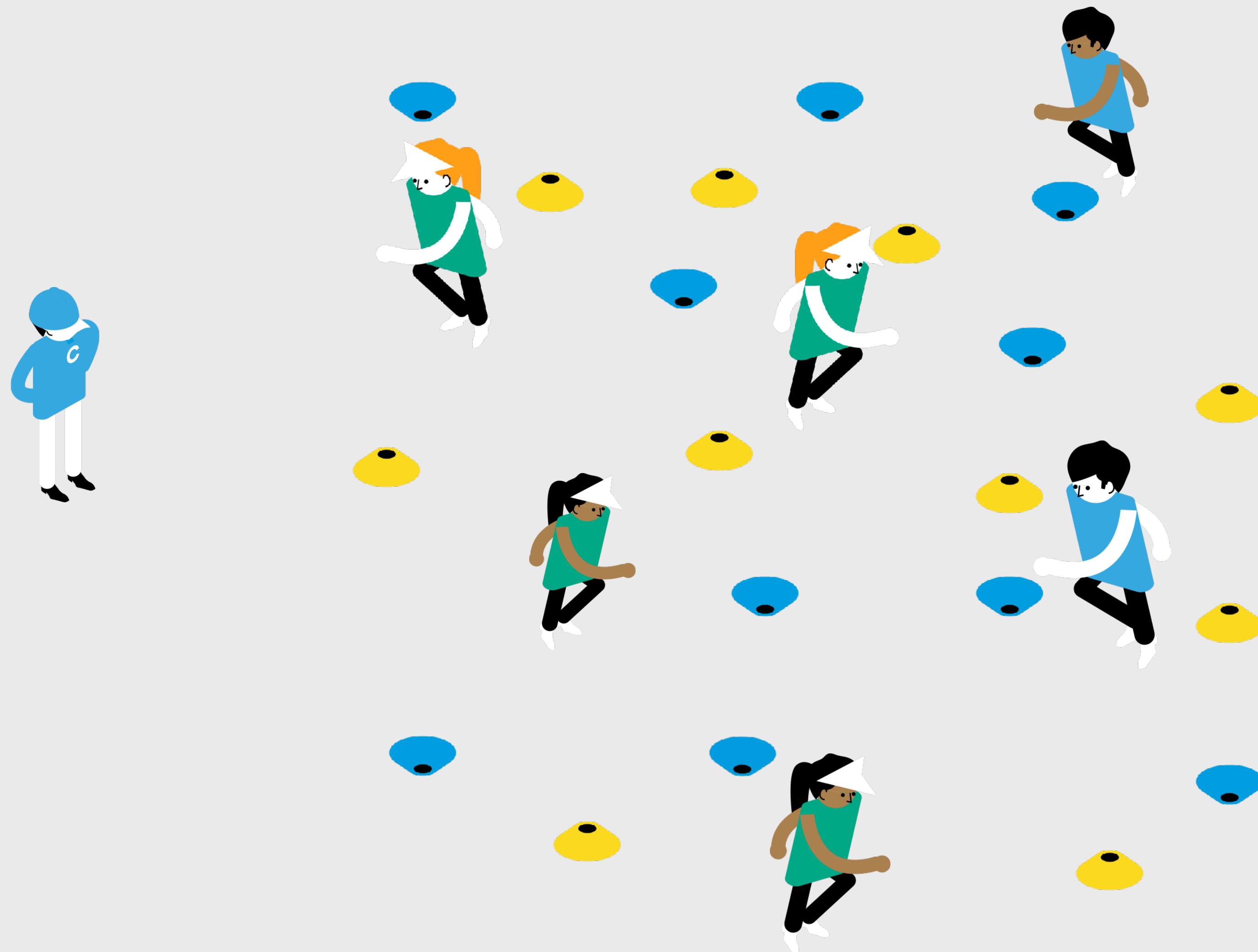
3 Station 3:
G.O.L.F



Warm Up Game Card



Greenkeepers and Hackers



How to Play

- Split the players into two teams of 3
- Nominate one team to be either the Hackers or Superintendents
- On "GO", the superintendents attempt to turn all of the upside down cones the correct way up. The hackers attempt to turn the cones that are the correct way up upside down
- The team that turns the most cones onto the correct side within 60 seconds wins

Equipment Needed

Orange Safety Cones



10 x Yellow coloured cones



10 x Blue coloured cones

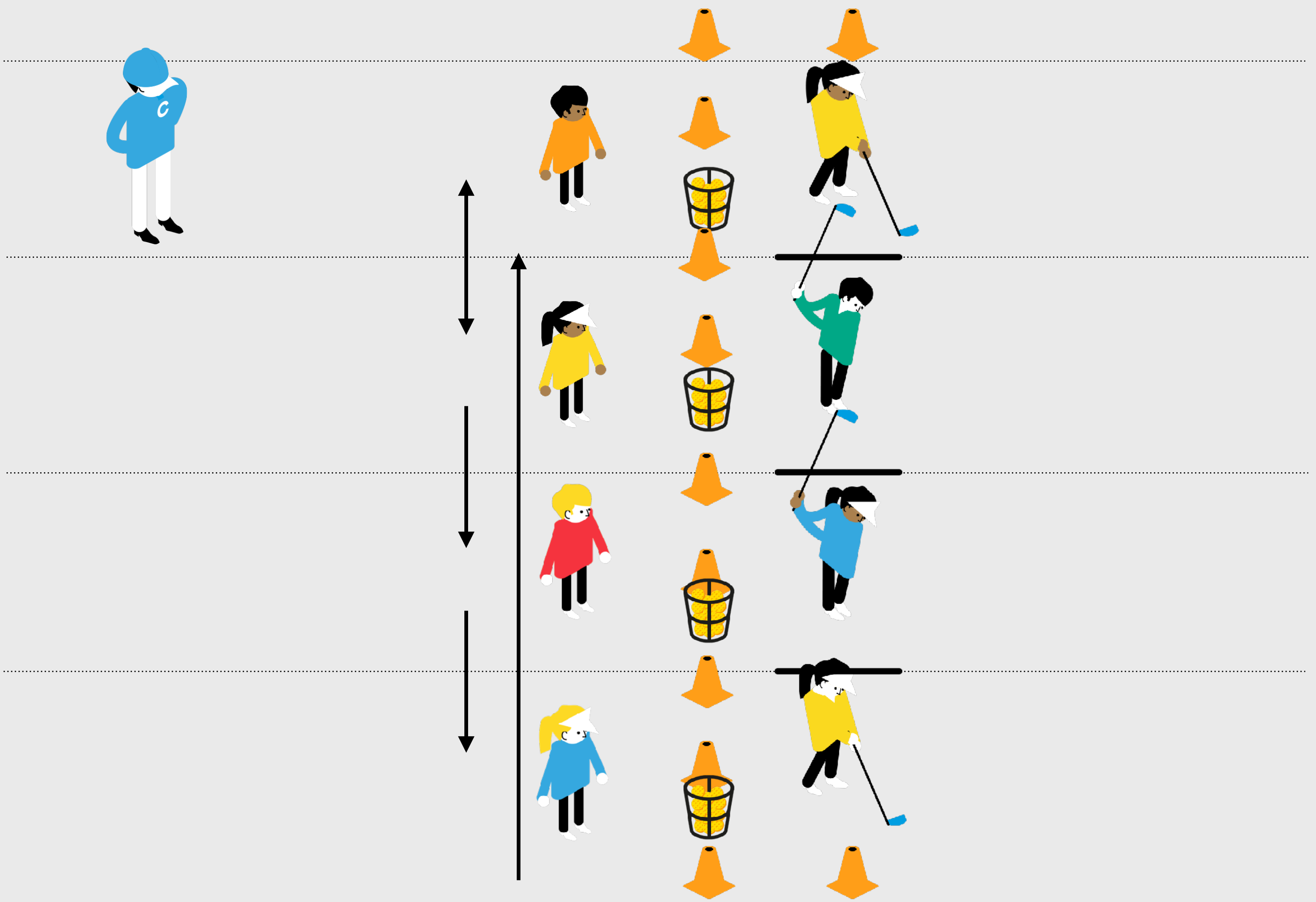


Game Cards





Free Hitting



How to Play

- Assign the children into bays on the driving range
- Ask children to select targets on the range and hit balls at them
- Encourage children to rehearse their pre-shot routine before each shot

Equipment Needed

Orange Safety Cones

SAFETY



Marker Cones



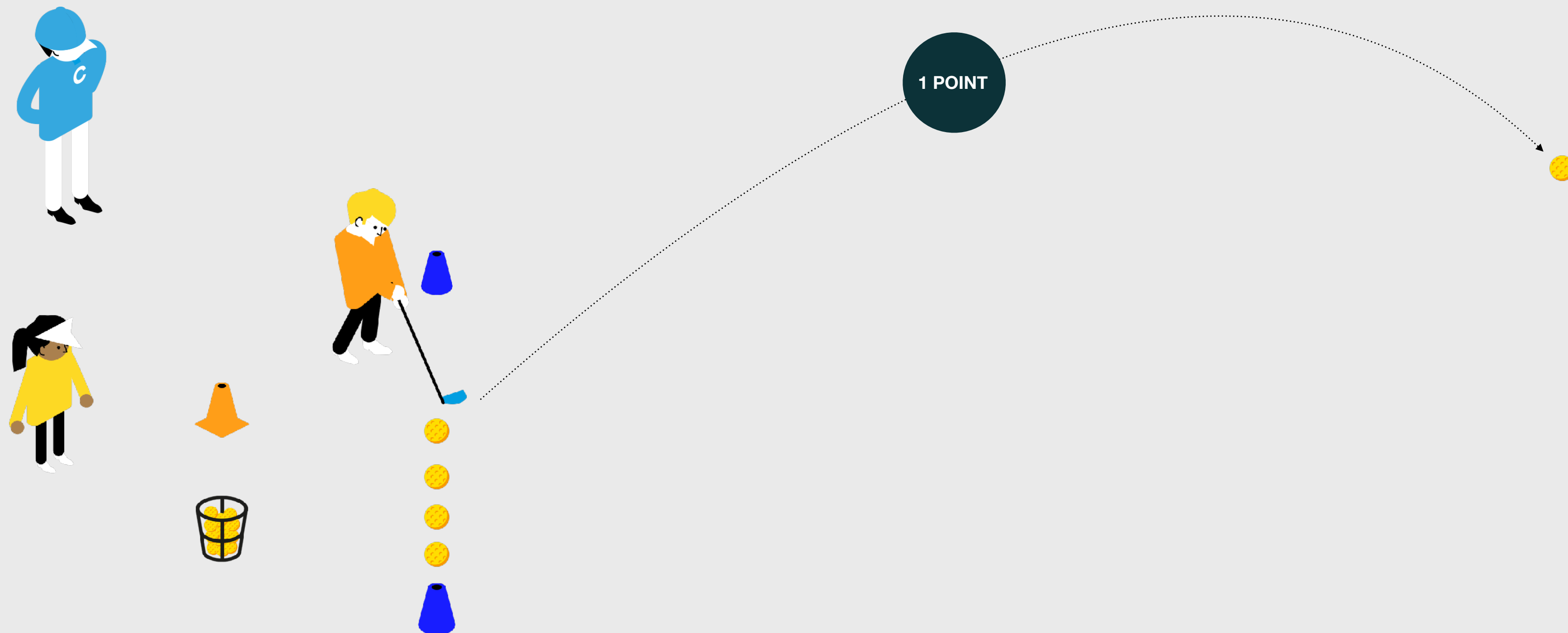
Golf Clubs



Golf Balls



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

Equipment needed

Orange Safety Cones

SAFETY



Cones to mark out the necessary hitting stations



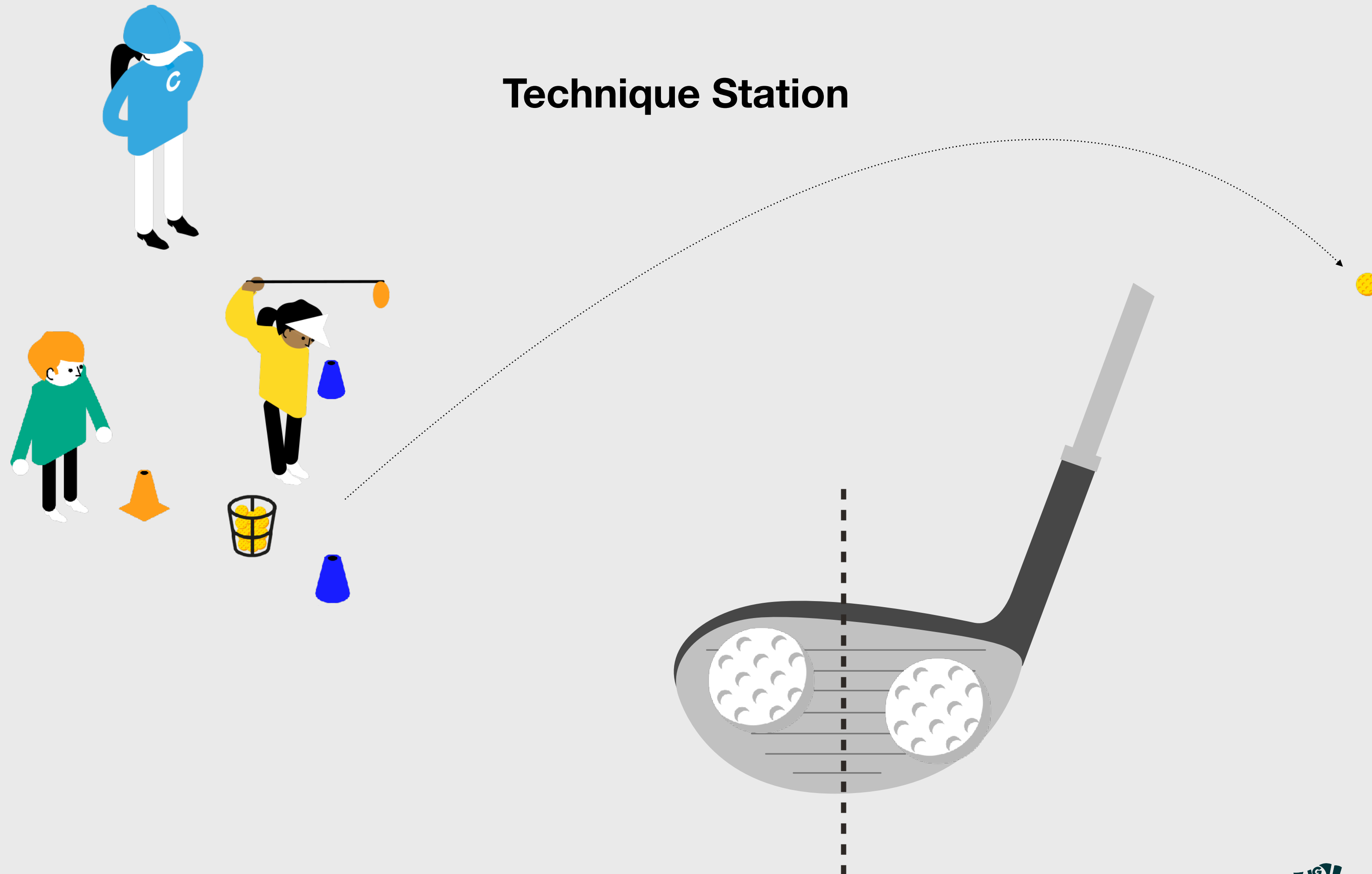
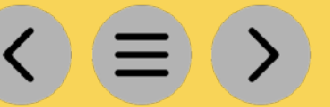
Spare equipment that may be required for the group attendees.



Golf Balls



Clubface Contact



Technique Station

How to Practice

- Use this station to teach children swing technique so they can use their longer distance clubs
- Highlight how club face impact and hitting the middle of the face can effect the quality of the shot
- For each child 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 after this is to hit a few shots from the middle of the face

Learning Outcomes

- Understand effects of club face on distance and direction

Equipment needed

Orange Safety Cones

SAFETY



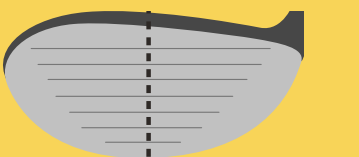
Cones to mark out the necessary hitting stations.



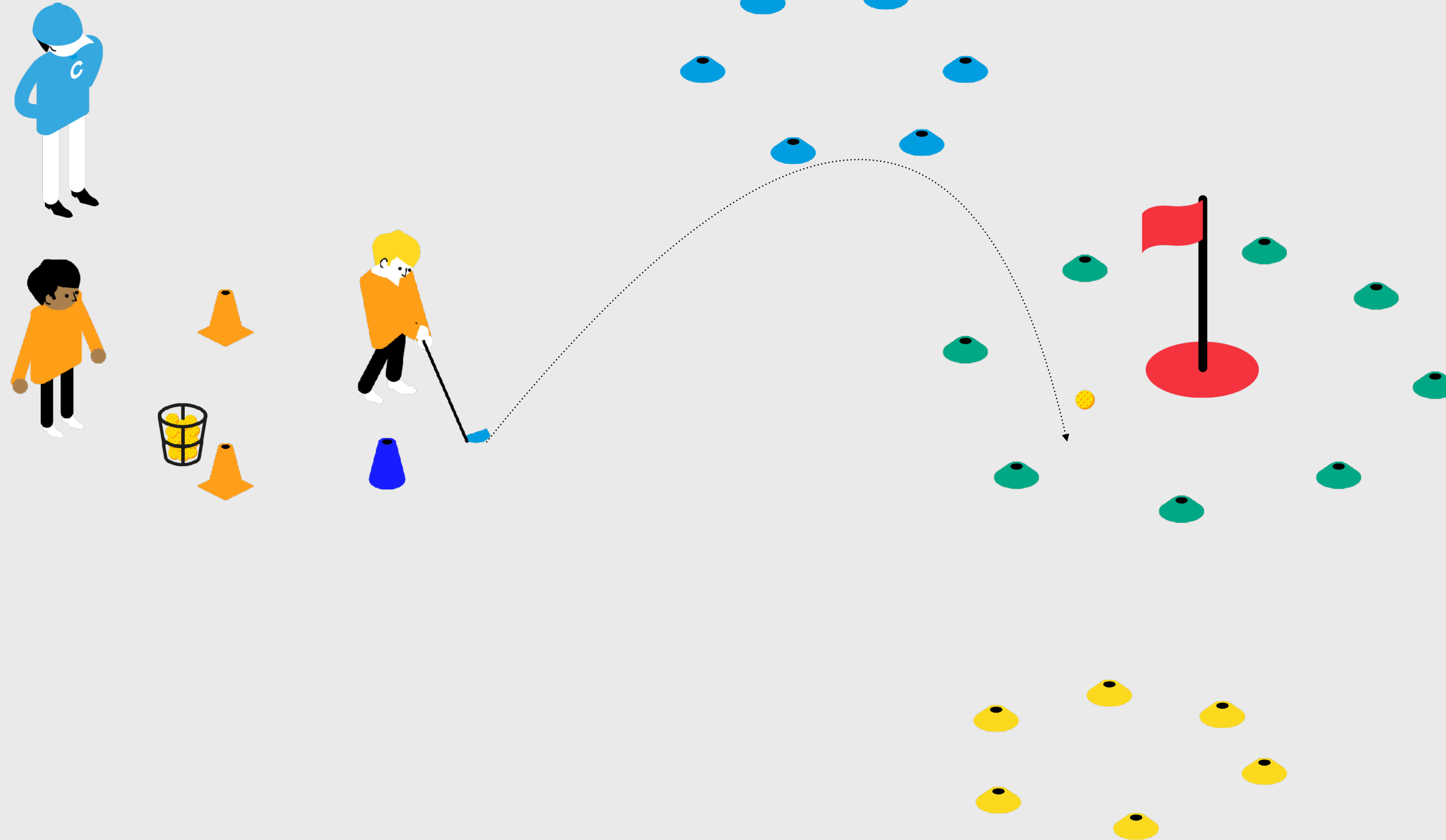
Golf balls



Impact tape and a marker pen to draw the lines



G.O.L.F



How to Play

- Nominate one of the children to play first
- The first team 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 team then nominates the next target and the game continues until the team spells 'G.O.L.F.'

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

J&A
JUNIOR GOLF
ACADEMY