

Stage 1 Taster Session



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Timetable

Session Length:
30 Mins / 10 Mins

Group Size:
1:30

Mastering the Game Skill:
On the Green

Learning the Game Focus:
Safety

Whole Child Focus:
Beginners Mindset

| 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 | |
| 5 Mins | Introduction and Learning the Game/ Whole Golfer Focus | <ul style="list-style-type: none"> Introduce the programme and what will be explored during the taster class Communicate the Learning the Game topic Communicate the Whole Golfer topic | |
| 5 Mins | Warm Up Game | <ul style="list-style-type: none"> Introduce the warm up game and separate class into small groups to participate in the game safely | <ul style="list-style-type: none"> Fill the Bucket |
| 15 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"> Cat and Mouse Putting Runway Putting Poison |
| 5 Mins | End of Session Review | <ul style="list-style-type: none"> Following the session explain about the Stage 1 School of Golf programme and how to book onto it. Give out the letters/flyers and explain that the spaces are limited and to book early to avoid disappointment. | |

| Time | Focus | Suggested Theme Content | Games / Drills / Resource |
|---------|--------------------|--|---|
| 10 Mins | Assembly Variation | <ul style="list-style-type: none"> Introduce Schools Programme and use a game as an insight into the Stage 1 course Call up volunteers from the assembly to participate and promote support/engagement from the rest of the assembly watching Give out the letters/flyers and explain that the spaces are limited and to book early to avoid disappointment | <ul style="list-style-type: none"> Domino Race |



• Safety

- The Learning the Game theme this week is **Safety**. You should highlight to the children best practice of knowing where to stand when participating in the games and how to be safe when taking their turn. The orange safety cones are the most important piece of equipment in a School of Golf session and this should be emphasised through the class
- Use the session to practice playing safely and give the children responsibility during the session to self-enforce these safety measures



• Respect

- The Whole Child theme this week is to respect. You should reiterate important points relating to respect of others, the game, the facilities and equipment when children are completing the games. Respect should be emphasised throughout the class
- It should be highlighted that the Achiever Award is presented to the child that demonstrates respect when they are playing

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



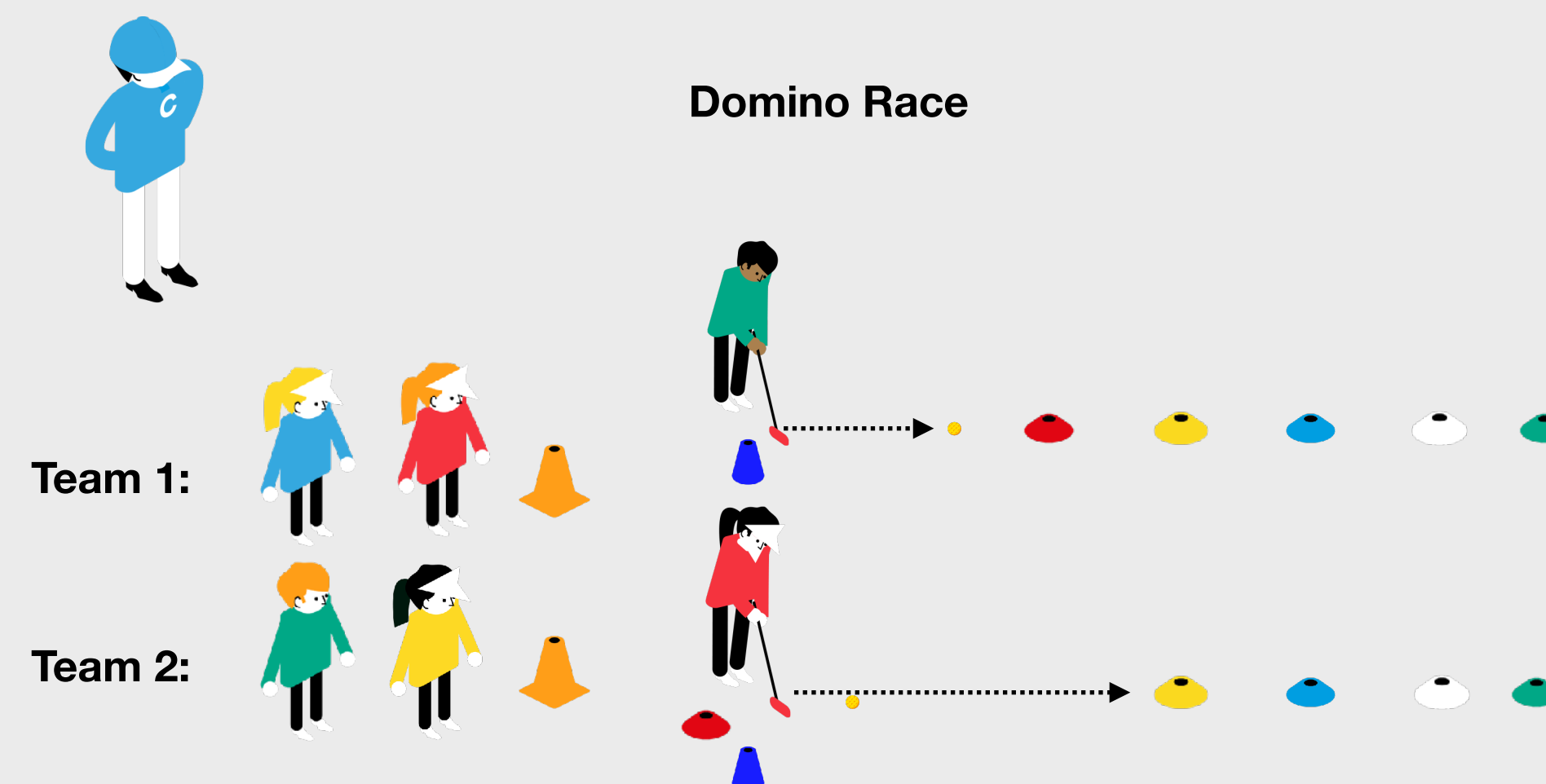
Assembly

During this assembly, introduce the schools programme as a 5-week set of sessions designed to get children more involved in golf and teach children the skills they need to play.

The core principles of the programme are to keep children safe and make sure they are having fun during the weekly sessions.

Use a simple putting game such as Domino Race to show children an example of the fun golf related content in the schools programme. Even ask a teacher to join in as a fun demonstration.

We recommend you ask for volunteers to play in two teams to create a fun competition and encourage support from the audience when the game is taking place.

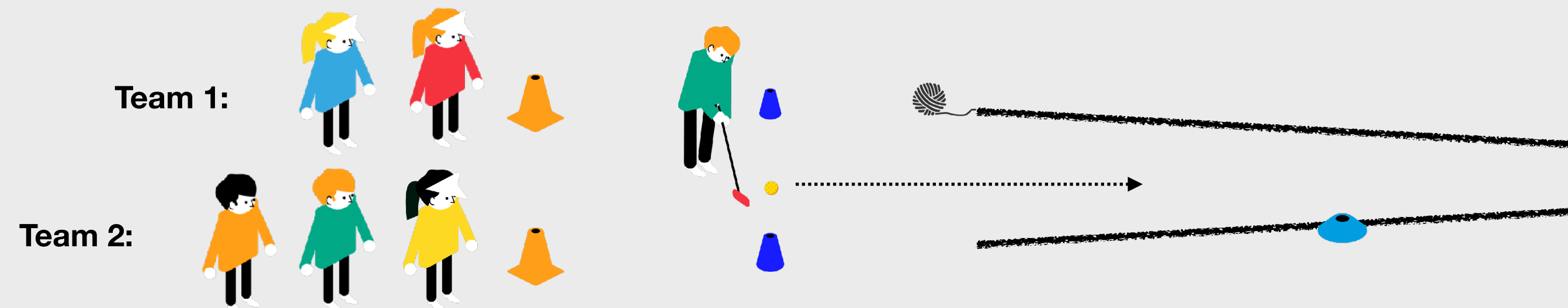


Layout and Setup

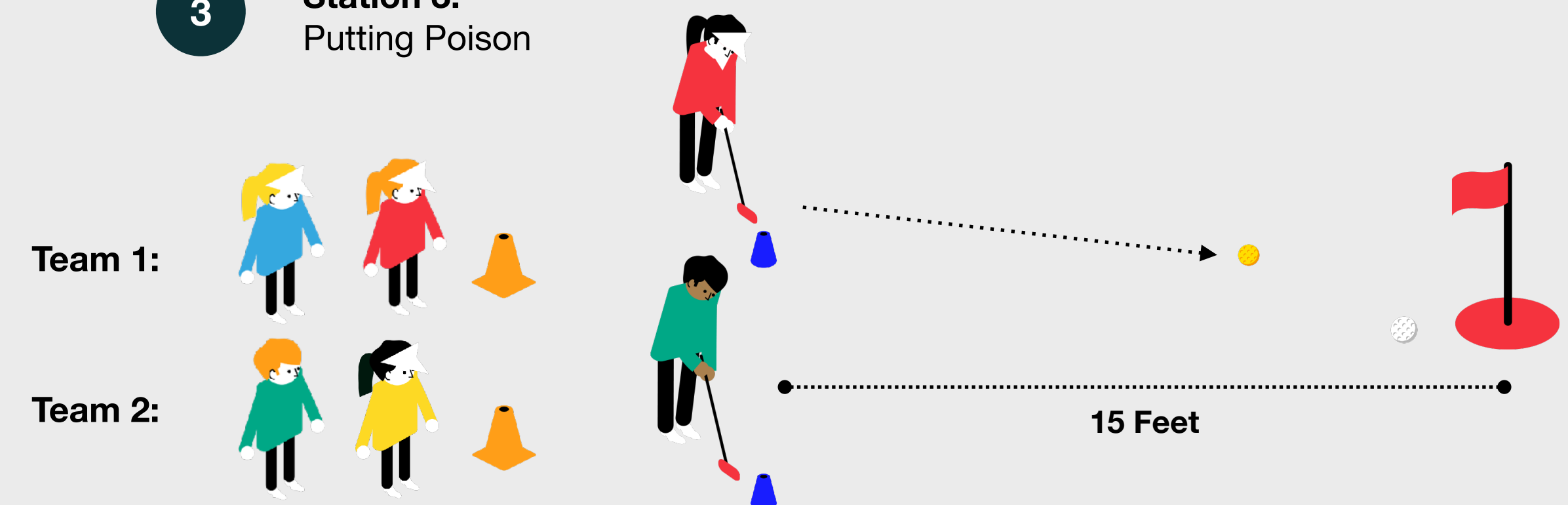
The graphic opposite provides an example image of how we suggest you layout your class so that the activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- Stations 1, 2 and 3 are **Game Stations**. At these stations the children play in their groups with supervision from the coach
- The groups of children should rotate around the stations and have approximately **10 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- **Safety** is your top priority when running your class, please remember to;
 - Add your orange safety cones behind each station to identify to the children where they are required to stand when not putting within a station
 - Ensure big enough gaps between game stations
 - When not putting children should place their putter on the ground
 - Only one golf ball is required for each child

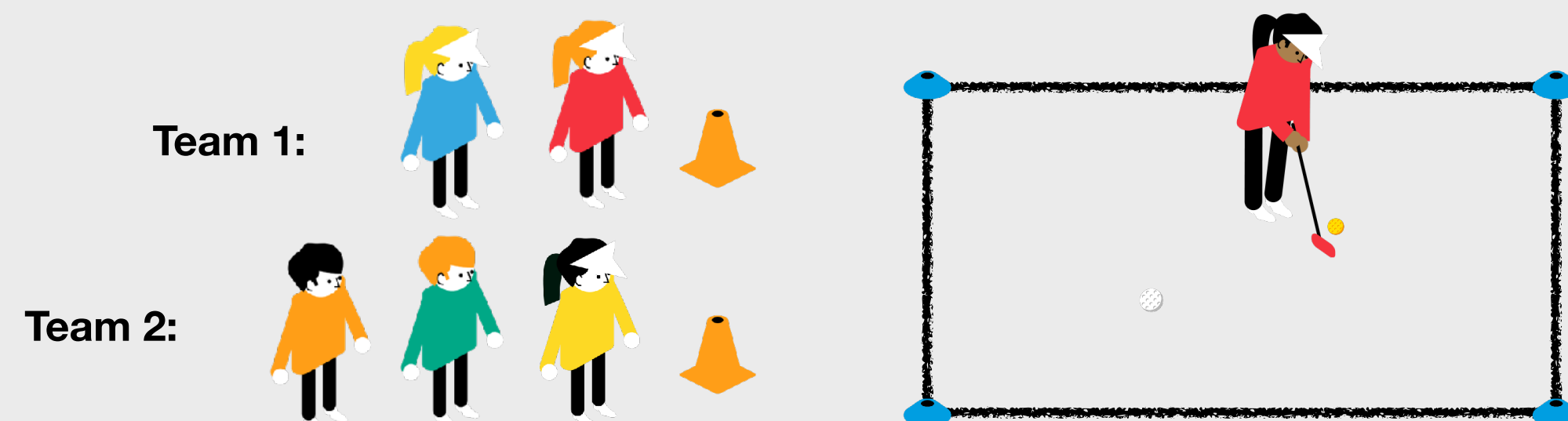
2 Station 2: Putting Runway



3 Station 3: Putting Poison



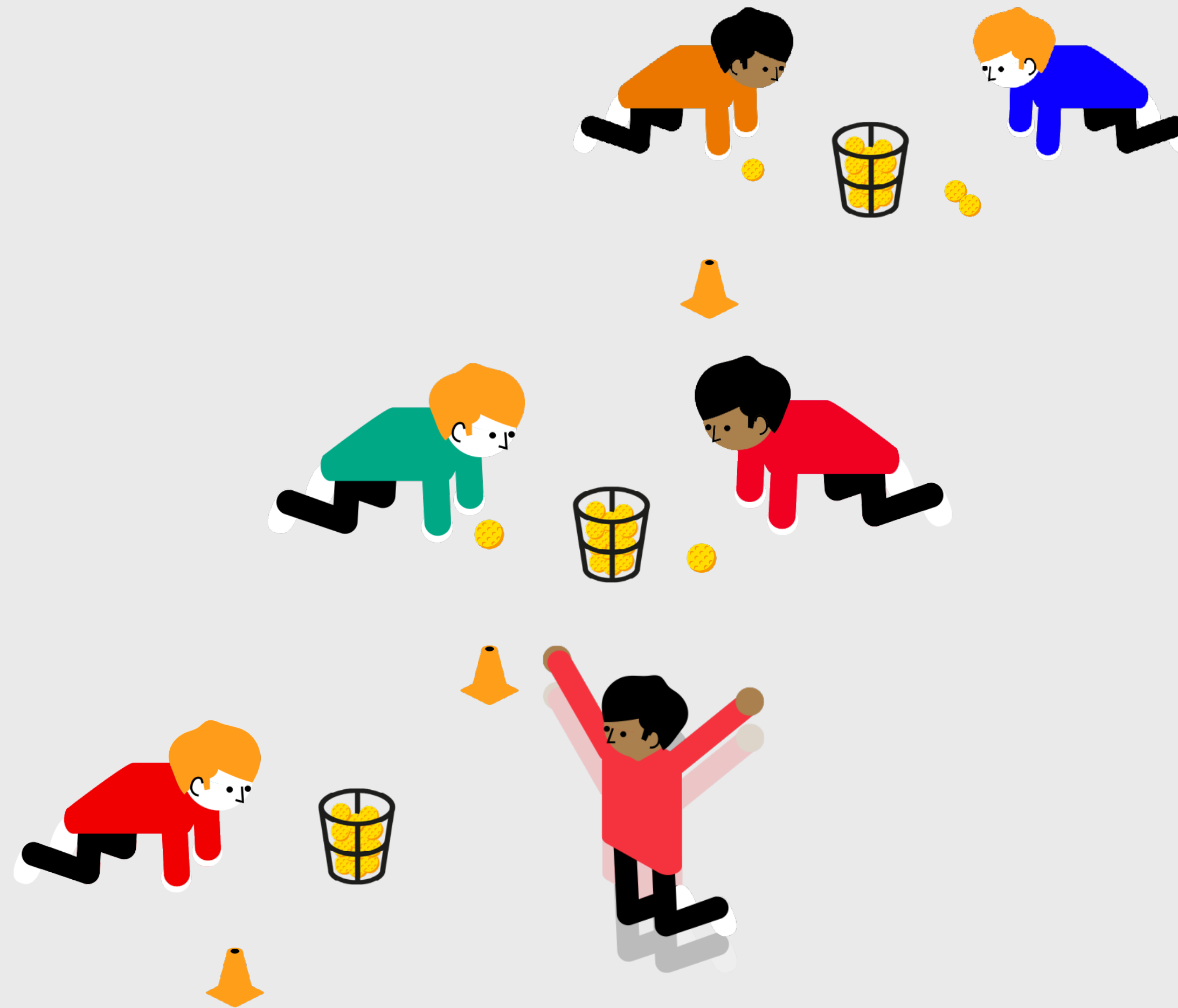
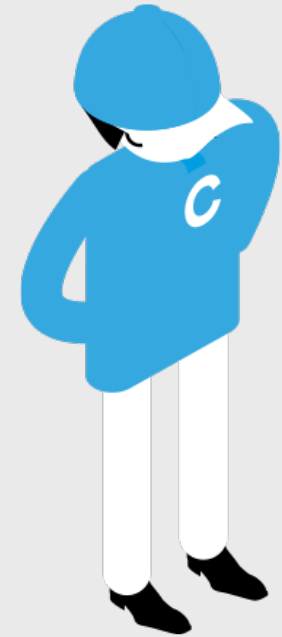
1 Station 1: Cat and Mouse



Warm Up Game Card



Fill the Bucket



How to Play

- This game is best played in pairs
- The children start either side of their team's bucket, with 10 balls each on the floor next to the bucket
- On go, from a raised plank position, the children have to pick the balls up from the ground and put them into the bucket
- The team that wins is the one that fills their bucket first and jumps up

Equipment Needed

Orange Safety Cones

SAFETY



3 x Baskets



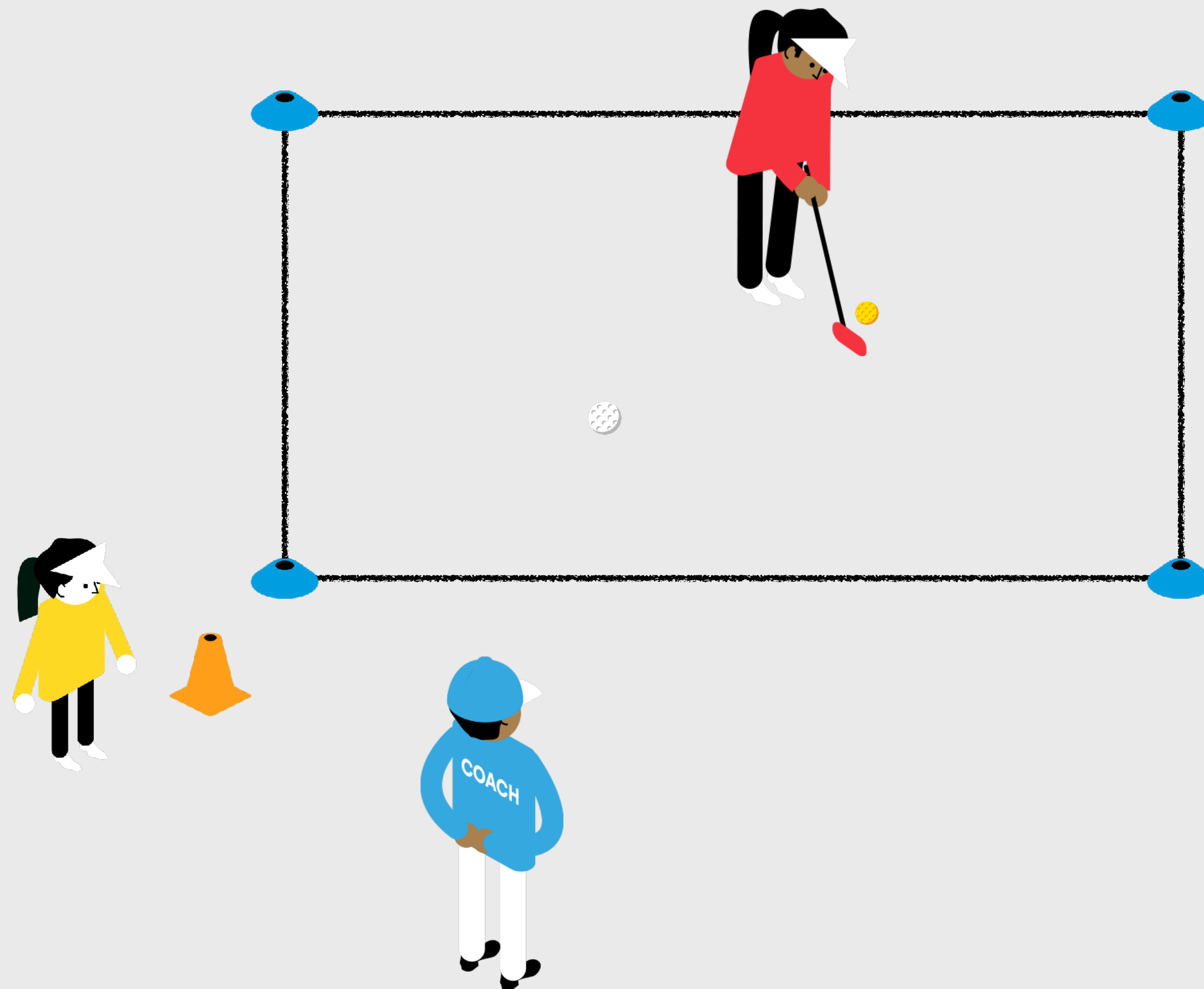
10 x Golf balls per child



Game Cards



Cat and Mouse



How to Play

- Nominate one player as the cat and one player as the mouse. The mouse plays first and attempts to putt their ball anywhere inside the box. The ball must remain in the box
- The cat plays next and attempts to putt their ball and hit the mouse
- If the cat misses, the mouse plays next and putts their ball to another place in the box
- The game continues until the cat catches the mouse by hitting the cat or the mouse escapes when the cat escapes the box
- The players take it in turns to be the cat

Learning Outcomes

- A brilliant game to work on controlling distance on short putts
- Improves accuracy as the ball is a smaller target
- Develops strategic thinking, planning ahead for the next shot

Equipment needed

Orange Safety Cones

SAFETY



String and Tac to create the playing area



Cones to mark the corners or to add in as obstacles



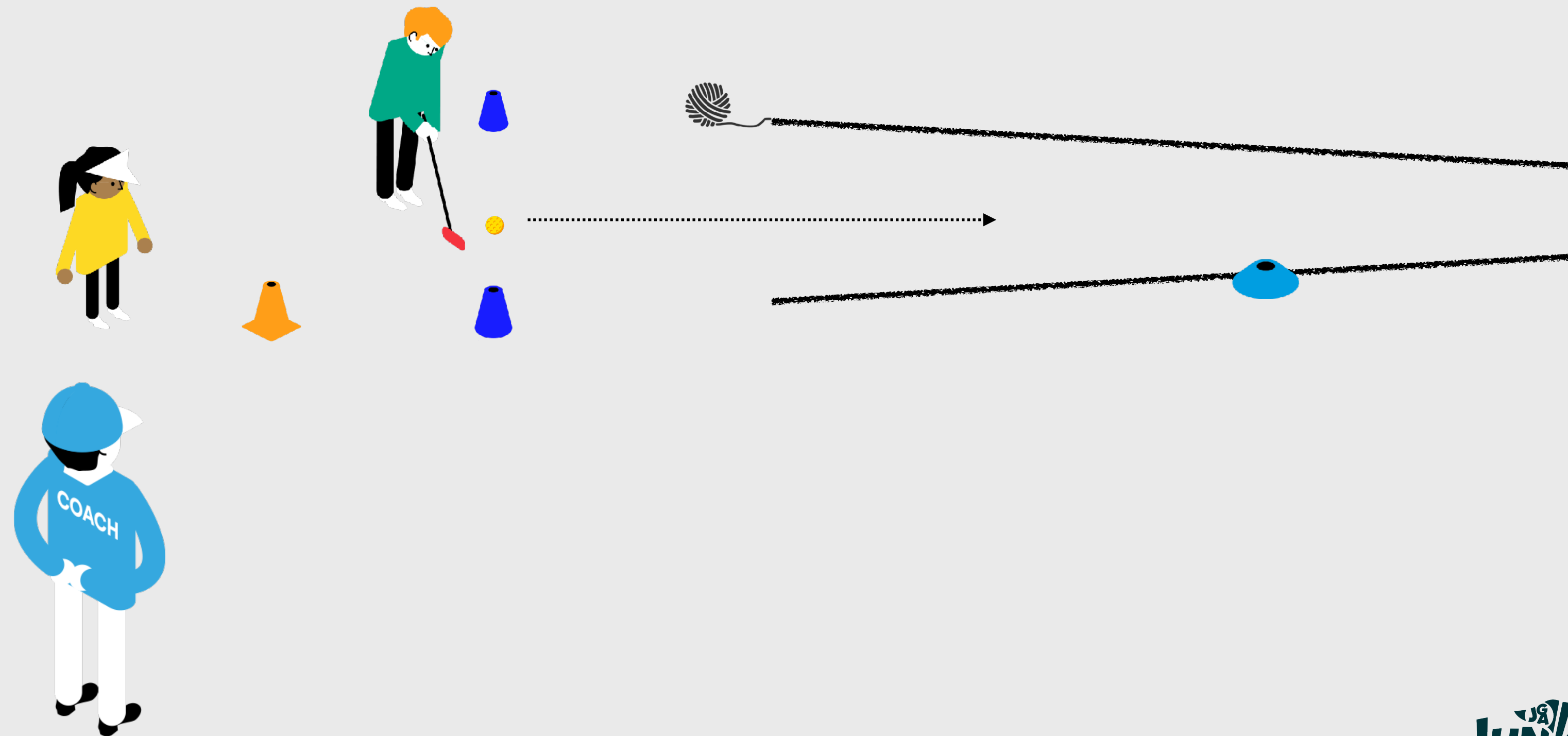
2 x Golf Balls of different colours



Spare equipment that may be required for the group attendees.



Putting Runway



How to Play

- Children take it in turns and attempt to putt their ball down the runway
- If the ball runs outside of the runway they place a cone at the point that it rolled over the string
- The aim of the game is to hit a putt that stays on the runway to the end of the string

Learning Outcomes

- A great game to explore the concept of distance control and direction control
- This game will also explore green reading skills

Equipment needed

Orange Safety Cones

SAFETY

2 x Cones to mark out the necessary hitting stations.

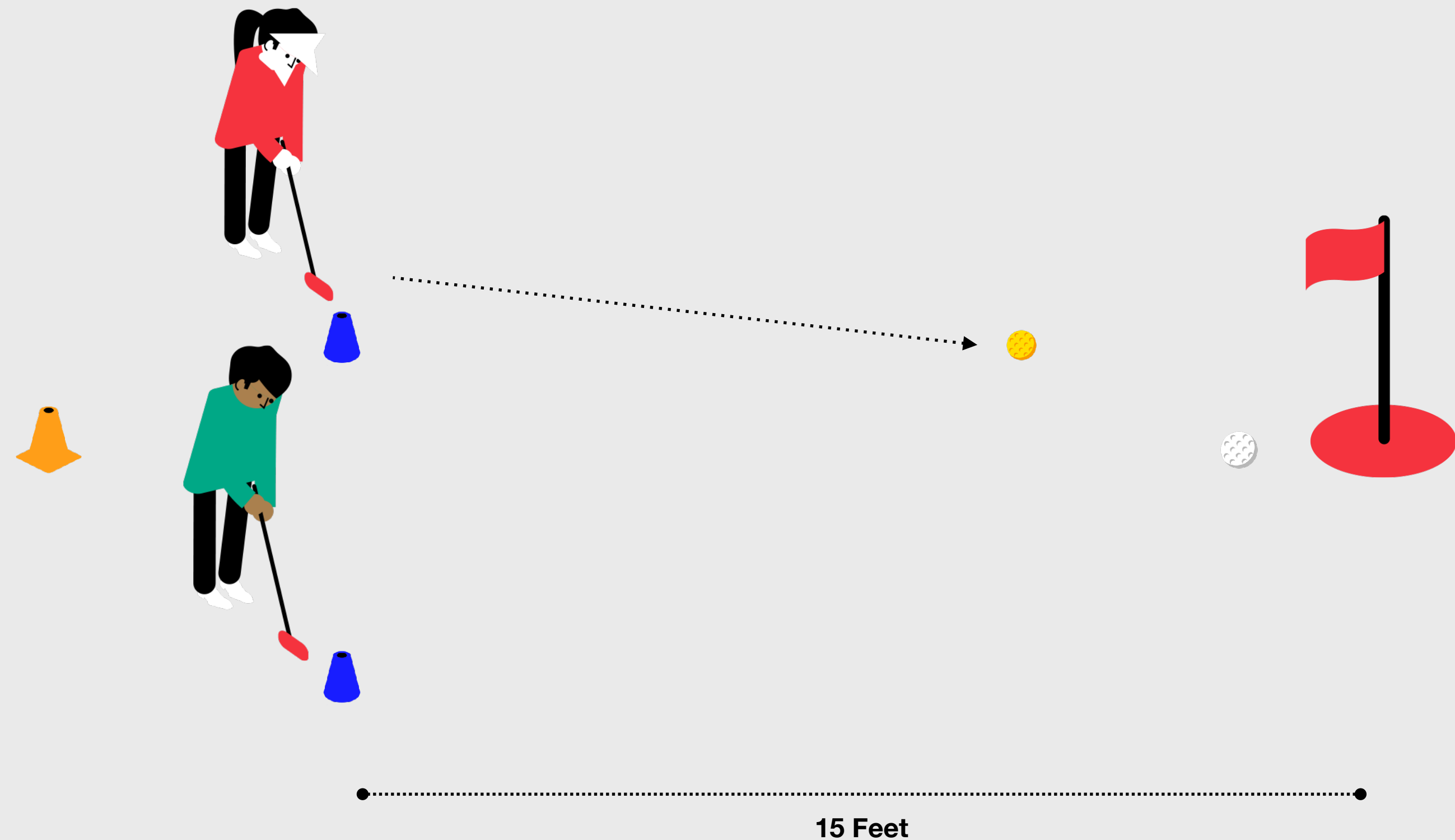
1 x Coloured Cone

Spare equipment that may be required for the group attendees.

String and Tac to create the runway

Golf Balls

Putting Poison



How to Play

- Children take it in turns to hit their putts
- The aim is for the child to hole their putt to become the “poison” so that they can eliminate the other players from the game
- The player becomes poison if they hole their putt, and they then get another turn to putt
- The player who is poison then attempts to hit the other player’s ball in order to eliminate them
- The winner is the player who eliminates all other players

Learning Outcomes

- Short and middle distance putting skills
- Consistency of direction and 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.

2 x Golf balls