

Golf Week 1: holding the golf club

Lesson Aims:

- How to hold a golf club
- How to strike a ball with the putter

Warm up: 10 minutes

Mirror tag -

Tagger chases other children. Once tagged they pull a pose, child to copy same pose like a mirror effect to free them

Equipment:

- Rubber balls
- Golf putters
- Cones

Main activity: 40 minutes

First drill: how we hold the club

- Explain how we hold a golf club that we do not swing above our heads and that we keep the golf club to the floor nice and low. We hold the club with two hands, with our strong hand at the bottom of the grip with our weak hand at the top.
- We swing the club sideways bending our knees with our toes and body facing on a sideways position. We follow through with the swing with the club coming up to knee height
- Practise this technique a few times so they get use too it

Second drill: hitting the ball

- Children will need a ball and cone for this.
- Children to put the ball on the cone and explain how we use the top part of the club (largest part) to hit the ball. Should be a nice smooth gentle hit by hitting the centre of the ball. Explain how we are not hitting the ball with power that it is just a tap with direction and coordination.
- Children to practise hitting the ball and collecting it and trying again.

Third drill: hitting the ball into a target

- Put into partners or groups depending on the size and now put a target with Cones for the ball to travel into.
- Children one at a time will practise hitting the ball into a target to get the idea of where the ball actually needs to go.
- Use coaching points to help them.
- Explain in crazy golf the more times we miss the higher our number goes up for how many tries we need. For example - if I tried 2 times to get it into the target my score would be 2.

Fourth drill: scoring

- Now with the partner you are going to get them to score and take a tally in there head.
- Each pair will need to see how many tries it takes for them.
- Make this more fun by doing a point a system for each pair or group depending on

number of children.

Fifth drill: obstacles

- Put down cones in different parts of the area, explain how in crazy golf there will be obstacles that will make scoring harder.
- Show the children how we can angle ourselves to try and avoid the obstacles and that sometimes we don't want the ball hitting the obstacle
- Again do a point system if time.

Coaching:

- Side to target.
- Turn front shoulder behind the ball.
- Arms reach back.
 - Turn back shoulder past the ball and reach forward
 - Swing smoothly and head steady
 - Hit the ball with top of the putter not in the middle to direct the ball

Cool down: 5 minutes

Cut the cake - children in a circle with the coach in the middle. Coach cuts the circle between two people. The two people run around the circle first one to come back to the coach and give a high five is the winner.

Debrief and certificate:

Ask questions-

What have we learnt today? How do we hold a golf club? How do we hit a ball?