

Golf Week 3: Creating an obstacle using the ropes
<p>Lessons aims:</p> <ul style="list-style-type: none"> • To be able to use the ropes correctly and safely • To make our own course using the ropes
<p>Warm up: 10 minutes</p> <p>Octopus tag - a line of cones in the middle where the tagger will be They move side to side and cannot come off the cones. Other players will run from the start point to the end point avoiding the tagger in the middle. If tagged they join the person on the cones. Last one standing wins</p>
<p>Main activity: 40 minutes</p> <p>First drill: coach to have obstacle ready with the ropes</p> <ul style="list-style-type: none"> • Make a course using the ropes so children understand what it would look like. Have 2-3 holes so each hole has a different section. • Be creative as possible and use Cones when needed. <p>Second drill: children to use ropes and make their own course. NOTE: Ensure you go through the safety of using the rope and how would use the ropes correctly. Do demonstrations so they know how to use it.</p> <ul style="list-style-type: none"> • Put children into a selected number of groups of your choosing. Give them rope they will need and equipment as well. • Explain they are making their own course for one hole to start with. • Tell them to be creative as possible. • Give them paper and pen and get them to draw out what the first hole would look like. • Children to create first hole just for this week so they get an understanding of how to create the course using the ropes. • Get them to practise using their course <p>Third drill: other groups to practise using their courses</p> <ul style="list-style-type: none"> • Now each group will go around different groups practicing their groups. • Use coaching points of how we can score and use the club. • Score cards to be used again like last week so groups can see who wins • Give feedback to other groups based on their courses
<p>Coaching points:</p> <ul style="list-style-type: none"> • Use of communication and team building skills. • Making sure children at using the rope properly and laying it down on the floor with the rope nice and straight. • Golf clubs are using them the right way and the balls are being hit not hard and not coming off the ground.
<p>Equipment:</p> <ul style="list-style-type: none"> • Rubber balls • Golf clubs • Rope

- Cones
- Paper
- Pencil

Debrief and certificate:

Ask questions - how do we create a course? Why do we need to be safe using the rope?