

Golf Week 4: Creating a crazy golf course

Lessons aims:

- Creating our crazy golf course with 10 holes
- The ability to use our team building skills
- Working on our putting skills

Equipment:

- Rope
- Skipping ropes
- Cones
- Golf clubs
- Rubber balls

Warm up: 10 minutes

Remote control - calling out actions such as:

Play: children run around

Fast forward: skipping

Pause: jumping on the spot

Rewind: jogging backwards

Main activity: 40 minutes

First drill: practicing our putting skills

- Children to improve their ability to hit the ball by practicing hitting the ball.
- Put into groups and targetting area for the ball to go into. Put an alleyway of Cones making barriers. This will help them with the aiming and their coordination skills.

Second drill: making a 10 hole crazy golf course as a group

- Put children into groups who are going to be making one part of the course. E. g. 1 hole for one group.
- Explain the 10 hole group will be done together they are no longer doing it as their own
- Make sure they are using cones for obstacles and manipulating the rope around in different ways to create the course in different ways.
- Tell them to be as creative as possible.

Third drill: playing on 10 hole course

- Put children into pairs, make sure they got a pencil and their own score card. They are now going to play on their course.
- This will be a proper crazy golf course starting from the 1st hole and making our way around the 10 hole course.
- Maximum 10 hits only. This is to ensure everyone has a go at the course.

Cool down: 5 minutes

Soldier ball - with the rubber get the children into a circle, coach will be in the middle. Children must stand like soldiers arms by their side. Coach throws the ball and they must

catch it. If the coach pretends to throw the ball and they child flinched they are out. If they fail to catch the ball they are out.

Debrief and cerficates:

Ask questions - what did we learn today? What other ways could we make the course more fun? How could we make it harder? What other equipment could we use?