

Golf Week 5

Follow week 1 rules for attendance, safety and stretching

Skill: Playing the course

Playing: Set up 2 holes and tell the kids about playing. Explain to them how to keep score. Where to stand when someone is hitting. (Always stand to the right and behind the player hitting) Explain to them how if they hit the ball outside of the cones it is a penalty shot so they add that shot to their score.

Have the kids play the holes

Stations: 7 to 8 minute rotations

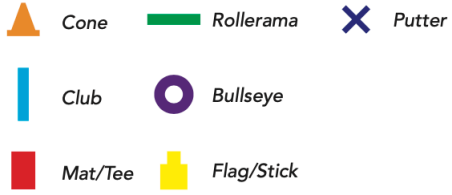
Games: Knockout pitching. Use the big circle targets to play a game of knockout. One line. Kids hit toward target. First kid hits. Keep his ball where it lands. The next kid knocks out that player if he hits it closer to the target. If he doesn't hit it closer than the first kid goes to the back of the line. So on and so forth till there is only one kid standing

Game: POPman Suit if time remains

Quick Guide to Activities

Use these activities, but feel free to modify them

KEY



STRETCHING 5 minutes

Week 5

- Touch your toes
- Arm Circles
- Triceps Stretch
- Jumping Jacks
- Jog to a point & back

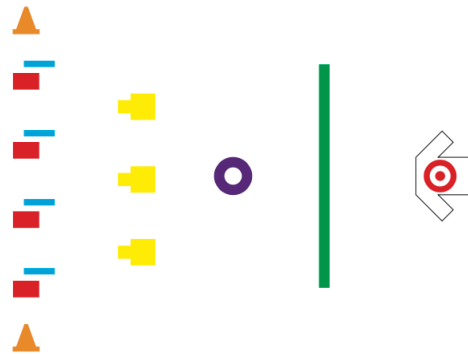
5–10 minutes

Week 5

TAG

DRIVING RANGE 15–20 minutes

Week 5



HOLES

3–5 times each

Week 5

3 hole — include chip, putt, pitch

Run the holes as par 3, par 4, par 5

KNOCK-OUT — Instructions Week 5

See **KNOCK-OUT Set up**, next card

Player 1 hits & waits

Player 2 hits & waits

Player 1 hits

Repeat until someone hits target

If player is eliminated, go to next knock-out station

KNOCK-OUT — Set up

Week 5

