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| **Newcastle Community Football** | **Week 3 Session Plan – TRI Golf**  **Morpeth - Year 2 & 3** |
| **Introduction, Warm Up 1 & 2**    **Main Content / Game. 3**  **Recap. 4** | 1. Depending on area, Numbers and safety. Due to children running quickly. Warm up Game Bunkers vs. Birdies. Split up the group into 2 teams of roughly equal numbers. Get each team to form 2 lines so they are able to touch each other’s fingertips. Mark out 2 lines of cones an equal distance away from each team. Coach shouts out either Bunkers or Birdies which indicates which team should run and try to reach the line of cones nearest them. The other team tries to tag them before they reach the safety line. 2. Recap children on how to hold, Stand and swing club. Emphasis on safety. 3. Play ‘TUNNEL BALL’  * Set up the room so each team has coloured tunnel from the tee to a pile of cones or hoop at the end of the tunnel. * Divide children into teams; remind them of the safety cone. Each member of the team takes it in turns stroking the ball through the tunnel of cones. If they successfully hit the ball through the tunnel without hitting a cone they collect a cone from the end of the tunnel. * Introduce hopes at ends of tunnel if ball ends up in hoop collect 2 cones. * First team to collect their cones is the winning team. * Introduce a line at end of tunnel golfers must use direction and now control to try and hit the ball through the tunnel but try and stop it as close but without hitting the cones like in week 1.  1. Feedback, Question and Answers |