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| **Newcastle Community Football** | **Week 1 Session Plan – TRI Golf****Morpeth - Year 2 & 3** |
| **Introduction. 1 & 2****Warm Up. 3 & 4****Main Content / Game. 5, 6, & 7** **Recap. 8** | 1. Questions & Answers in relation to Tri Golf – Rules & Regulations – Expectations / Standards
2. Introduce the children to the equipment, Emphasis on the importance of safety
3. Set up the room as if it’s a golf course: White cones – tee, Green Cones – Green, Yellow Cones – Bunker, Blue cones – Water hazard, Middle area no cones – Fairway. Ask the children is they can guess what each coned area is called and educate them about the golf course.
4. Play ‘Tiger Says’ – Tiger says run to the green, Tiger says jump in the water hazard, Tiger says jog around the fairway, Tiger says run to the Tee, Tiger says run to the bunker. Tiger says ‘FORE’ term used in golf when a ball is coming near you all children duck down as quickly as possible covering their head.
5. Introduce the children to the putter (Red Club) show them body position, how to hold club and demonstration of how to swing / Putt with the club. (Safety Very important, Check on left handed pupils)
6. Let children have practise safety swings without a ball.
7. Divide children into teams preferably between 3 to 5 depending on area and numbers.
* Set teams in lines with one player at the first cone with the club & ball and the rest behind a safety cone further back.
* Set up a line of the same coloured cones in the region of 8 to 10 yards away from teams with no gaps in between cones.
* Golfers must stroke their ball along the floor and try to stop it as close to the lined cones without hitting them.
* Children need to judge how hard to hit / stroke the ball, Sense of control.
* All children hit ball at same time and collect their ball once all balls have stopped and take it back for the next golfer to go.
* The shot with the ball closest to the lined cone will receive a point / cone. Team with most cones wins game.
1. Recap on session. Education, Enjoyment, information on next week and feedback
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