



**HOUGHTON-LE-SPRING  
GOLF CLUB**

# Junior Coaching Plan

HOUGHTON LE SPRING GOLF CLUB, COPT HILL, HOUGHTON LE SPRING,  
TYNE & WEAR, DH5 8LU



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# Lesson Plans

## Lesson 1

Introduction  
Full Swing Motion  
Stance  
Posture

## Lesson 2

Etiquette  
Setup  
Grip

## Lesson 3

Full Swing with Club  
Chipping  
Pitching

## Lesson 4

Putting

## Lesson 5

Review

## Lesson 6

Effective Practice  
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## Lesson 7

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## Lesson 8

Course Management  
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## Lesson 9

Setting Goals  
Strategy

## Lesson 10

Bunker Play

## Final

Final Golf Exam

## **Experience**

Real Course Adventure

## **Experience**

Golf Tournament

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# Golf Lesson 1

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Introduction  
Full Swing Motion (without club)  
Stance  
Posture

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**Lesson Objectives:** Students will understand the rules, terms and history of golf. Students will be able to demonstrate their knowledge of the golf stance and posture, without a club.

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**Handout:** Rules

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**Lesson:**

1. Provide students with a brief introduction to golf. Give students handout on rules, terms and the history of golf. Briefly go over the handout and ask for any questions.

2. Full Swing Motion (without club)

Focus: Stance and Posture

The full swing motion of the golf swing is a complex motor skill, with 27 moving parts. By first introducing the swing without the club and the ball, there is a less likely chance of off task behaviour.

**Keys to Success**

Stance

Forward Swing and Follow Through

Back Swing

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## Elephant Trunk Swing Drill or Pendulum Swing

**Group Management and Safety**

All students can practice at once.

Students take semicircle formation with shoulders facing out.

**Equipment**

None

**Instructions to Class**

Your arms and shoulders should be free of tension as you take your posture.

The arms swing freely from the shoulders, not by the shoulders.

Your arms should move from the shoulder joint in a manner similar to the way that you move your lower arm from the elbow joint without moving your upper arm.

Stand erect.

Let your arms relax.

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Swing your arms back and forth as if you were marching.

Note how your shoulders are not moving forward at the same time as your arms.

This is how your arms swing from your shoulders.

Not let's try moving your shoulders forward at the same time as your arms.

Take your posture and practice feeling your arms move from your shoulders.

As your arms begin to swing past your legs, allow your body to respond to the swinging motion.

Allow your body to turn around an imaginary center point.

Feel your weight shift to the rear side by turning your target heel to raise slightly off the ground.

Feel your weight shift back to the target side by returning your target heel to the ground and turning your rear knee into your target knee.

Create a lot of motion.

### **Partners**

Work with a partner observing your swing, partner should give feedback.

What is your partner doing right?

What needs improvement?

### **Success Goal**

10 perfect swings

### **To Reduce Difficulty**

Have students practice half-swings with arms parallel to the ground during back swing and forward swing.

### **To Increase Difficulty**

Practice with eyes closed.

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# Golf Lesson 2

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Etiquette  
Setup  
Weight Distribution

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**Lesson Objectives:** Students will understand the etiquette of golf and be able to demonstrate it. Students will demonstrate the setup and grip.

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**Handout:** Course Etiquette

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**Lesson:**

1. Review Rules, Terms, and History
2. Review Full swing motion, Stance, Posture
3. Introduce Grip
4. Grip Drill
5. Introduce Setup
6. Weight Distribution Drill

**Keys to Success**

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## Grip Drill

### Equipment

Golf clubs, 1 per student (5, 7, or 9 iron, 5 or 7 wood)

Molded form grips on a few demonstration clubs

### Instructions to Class

As you practice taking your grip, establish a routine to use each and every time.

Always place your target hand on the club first, then your rear hand.

Hold the club as lightly as you can without letting it flop in your hands.

### Student Options

Practice with a partner checking the correctness of your grip using the checklist.

Alternate taking grip with a wood, then an iron.

### Student Success Goal

10 repetitions in a row with all checkpoints correct

### To reduce difficulty

Have student do 5 repetitions with a partner reading out checkpoints.

Students could do 5 repetitions with eyes open, 5 closed.

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Draw lines on students hands with washable ink; have students match up the lines for each hand.

Have students alternate between molded grip and regular grip.

### **To increase difficulty**

Have student alternate taking various grip positions, and have a partner check for correctness or make adjustments.

Recommend practicing taking different grip pressures and noting the change in feel using

tight target hand, light rear hand

light target hand, tight rear hand

tight target and rear hands

light target and rear hands

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## **Weight Distribution Drill**

### **Equipment**

Golf clubs, 1 per student (5, 7, or 9 iron, 5 or 7 wood)

Molded form grips clubs

Two-by-fours or shafts for alignment

Golf balls, 1 per student

### **Instructions to Class**

Between each repetition, practice taking your setup position using the suggested routine.

### **Student Options**

Work with a partner, using the setup checklist

Practice each of the setup positions with your eyes open, then closed. Are you aware of the differences in the weight distribution with your eyes open, or closed?

### **Student Success Goal**

9 total setup, alternating the stance

3 setup forward

3 backward

3 balanced

### **To reduce difficulty**

Have students practice taking only the proper stance.

Golfer may alternate between the proper stance and either backward or forward position.

Have student practice with two-by-four, taking setup with heels on the board, toes on the board, and without board weight midstep to balls of the feet.

**To increase difficulty**

Suggest practicing with eyes closed.

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# Golf Lesson 3

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Full Swing with Club

Chipping

Pitching

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**Lesson Objectives:** Students will demonstrate the full swing with a club, and be able to demonstrate the correct techniques for chipping and pitching.

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## Lesson:

1. Review Setup and Grip
2. Review Full swing motion
3. Introduce Full swing with club
4. Wide Whoosher Drill
5. Introduce Chipping
6. Introduce Pitching
7. Obstacle Visualization Drill

## Keys to Success

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## Wide Whoosher Drill

### Equipment

Golf clubs, 1 per student

### Instructions to Class

The "whooshing" should be heard as club comes down just past hip height and through the ball position.

Feel your thumbs point to the rear on the backswing, and down to the target on the forward swing.

Practice 3 swings at 50% speed first to feel the motion of the target arm with the weight shift.

Use a full body turn on the backswing and forward swing.

## Student Options

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Practice with a partner; hold your club on the swinging partner's head to feel the turn about the center.

After 5 repetitions, alternate a regular full swing between each wide whoosher swing.

### **Student Success Goal**

10 swings with a loud "whooshing" sound

### **To reduce difficulty**

Reduce reps to 6

### **To increase difficulty**

Increase reps to 20

Have students swing with the target arm only, placing the rear hand on the back of the hip and pushing forward with it on the start of the forward swing, in order to feel hip turn.

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## **Full Swing – Shout out**

### **Equipment**

Golf clubs, 1 per student (or pair)

Golf balls, 3 per rep – Rookie

Golf balls, 5 per rep – Tour

Markers – 20m / 22yds apart

### **Instructions to Class**

Hit the ball from a distance of 50m/55yds – Rookies (Under 8's reduce distances to 40m / 44yds), 100m / 110yds – Tour through the markers without bouncing.

### **Student Option**

After each reps, swop with partner

### **Student Success Goal**

Number of balls hit through the markers without bouncing.

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## **Full Swing – Wicked**

### **Equipment**

Golf clubs, 1 per student (or pair)

Golf balls, 3 per rep – Rookie

Golf balls, 5 per rep – Tour

Markers – 25m / 27.5yds apart

### **Instructions to Class**

Hit the ball from a distance of 75m/82.5yds – Rookies (Under 8's reduce distances to 60m / 66yds), 150m / 165yds – Tour through the markers, the ball may bounce or roll through.

### **Student Option**

After each reps, swop with partner

### **Student Success Goal**

Number of balls hit through the markers.

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## **Obstacle Visualization Drill**

### **Equipment**

Golf clubs, (SWs, PWs, 9-irons)

Golf balls, 20 per student

Tees, 10 per student, plus extras

### **Instructions to Class**

On the golf course, the pitch shot is used whenever you need a relatively high trajectory and a shorter distance (20-90 yards) as you approach the green.

Practice visualizing a bush or bunker you need to hit over onto the green before each shot.

Limit your shot to a max of 50 yards.

Make 2 practice swings before each shot, feeling the swing pace for the desired distance.

### **Student Options**

Play Bogey with a partner, picking a landing area and the desired trajectory.

### **Student Success Goal**

15 total swings, visualizing the desired shot and distance before each swing

### **To reduce difficulty**

Let student use tees.

Set up actual obstacles and targets.

### **To increase difficulty**

Have student visualize higher obstacles, such as trees.

Have student visualize multiple obstacles.

Increase the distance to the landing areas.

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## **Chipping - Eagles Nest**

### **Equipment**

Golf clubs, 1 per student (or pair)

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Golf balls, 3 per rep – Rookie  
Golf balls, 5 per rep – Tour  
Target Area – 2m / 2.2 yds circle

### **Instructions to Class**

To chip the ball from a distance of 3m/3.3yds – Rookies, 6m / 6.6yds – Tour and land within the target area, the ball does not finish in the target area.

### **Student Option**

After each reps, swop with partner

### **Student Success Goal**

Number of balls that land within the target area.

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## **Chipping - Dead Weight**

### **Equipment**

Golf clubs, 1 per student (or pair)  
Golf balls, 3 per rep – Rookie  
Golf balls, 5 per rep – Tour  
Target Area – 2m / 2.2 yds circle

### **Instructions to Class**

To chip the ball from a distance of 3m/3.3yds – Rookies, 6m / 6.6yds – Tour and finish within the target area, the ball may bounce or roll before finishing in the target area.

### **Student Option**

After each reps, swop with partner

### **Student Success Goal**

Number of balls that finish within the target area.

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## **Pitching – Bulls Eye**

### **Equipment**

Golf clubs, 1 per student (or pair)  
Golf balls, 3 per rep – Rookie  
Golf balls, 5 per rep – Tour  
Target Area – 10m / 11yds square

### **Instructions to Class**

To pitch the ball from a distance of 15m/16.5yds – Rookies (Under 8's reduce distances to 10m / 11yds), 30m / 33yds – Tour to land and finish within the target area.

### **Student Option**

After each reps, swop with partner

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## **Student Success Goal**

Number of balls that land and finish within the target area.

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## **Pitching – Pin Point**

### **Equipment**

Golf clubs, 1 per student (or pair)

Golf balls, 3 per rep – Rookie

Golf balls, 5 per rep – Tour

Target Area – 15m / 16.5yds square

### **Instructions to Class**

To pitch the ball from a distance of 30m/33yds – Rookies (Under 8's reduce distances to 20m / 22yds), 60m / 66yds – Tour to land and finish within the target area.

### **Student Option**

After each reps, swop with partner

### **Student Success Goal**

Number of balls that land and finish within the target area.

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# Golf Lesson 4

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## Putting

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**Lesson Objectives:** Students will demonstrate the correct techniques for putting.

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### Lesson:

1. Review Setup and Grip
2. Review Full swing motion with club
3. Introduce Putting
4. Arm Swing Drill
5. Eye Drill
6. In the Zone
7. Around the Clock

### Keys to Success

Putting Tips

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## Arm Swing Drill

### Equipment

Golf clubs, 1 putter per student

### Instructions to Class

Rehearse the motion of the putting stroke, feeling the arms and hands working as a unit during each phase.

Relax the shoulders.

### Student Options

After 5 reps, work with a partner

### Student Success Goal

20 total swings (10 with club, 10 without club)

### To increase difficulty

Have students practice with eyes closed.

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## Eye Drill

### Equipment

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Golf clubs, 1 putter per student (or pair)

Golf balls, 2 per student

Tennis balls, 1 per student

### **Instructions to Class**

After you drop the ball from the bridge of your nose, hold your posture.

If the ball does not hit the ball or the line, readjust your posture and redrop the ball to check on your new setup.

### **Student Option**

After 5 reps, work with a partner

### **Student Success Goal**

10 reps with correct form, the dropped ball landing on the ball or the putting line 7 of 10 times.

### **To reduce difficulty**

Student may drop a tennis ball

Have golfer work with a partner

### **To increase difficulty**

Close eyes after setup.

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## **In the Zone**

### **Equipment**

Golf clubs, 1 putter per student (or pair)

Golf balls, 3 per hole – Rookie

Golf balls, 5 per hole – Tour

### **Instructions to Class**

Place balls around the hole, 1m (1.1yds) from the hole

Try and putt all balls into the hole

### **Student Option**

After each reps, swop with partner

### **Student Success Goal**

Number of balls sunk.

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## **Round the Clock**

### **Equipment**

Golf clubs, 1 putter per student (or pair)

Golf balls, 3 per hole – Rookie

Golf balls, 5 per hole – Tour

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Target Area – 1m / 1.1yds centred no the hole

**Instructions to Class**

Put the ball from a distance of 3m/3.3yrd – Rookies, 6m / 6.6yrd – Tour and finish with the target area.

**Student Option**

After each reps, swop with partner

**Student Success Goal**

Number of balls that finish within the target area.

## Golf Lesson 5

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Review

True False Quiz - Course Etiquette

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**Lesson Objectives:** Students will be able to demonstrate all skills learned so far and be evaluated on the performance on the course etiquette worksheet (Lesson 2).

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## Instant Activity

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### Lesson:

1. Review Rules, Terms, and History
2. Review Full swing motion with club
3. Review Grip, Stance and Posture
4. Review Pitching and Putting
5. True/False Quiz: Course Etiquette

# True - False Quiz Course Etiquette

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### Instructions to Class

1. Golfers are expected to understand and demonstrate their knowledge of both the rules and etiquette of the game of golf.
2. Read each of the following statements and identify whether each is true or false, rewrite it so that it becomes a true statement. (If false: cross out the wrong word/phrase and insert the correct word/phrase)

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- \_\_\_\_ 1. If you hit a potentially dangerous shot, you should yell "duck."
- \_\_\_\_ 2. The golfer who is farthest away from the hole always putts first.
- \_\_\_\_ 3. After all golfers have teed off, the one who hit the shortest shot will be the golfer to hit the next shot.
- \_\_\_\_ 4. If you are the first one to the green, you should always remove the flag and lay it on the fringe area.
- \_\_\_\_ 5. If 3 golfers are on the green, and one is in a sand trap, the golfer in the trap always hits before anyone else putts.
- \_\_\_\_ 6. If there is a foursome playing right behind you and they are constantly having to wait for **your** group to play, you should always have them "play through."
- \_\_\_\_ 7. When eight golfers show up at the course at one time, they determine tee times by drawing lots.
- \_\_\_\_ 8. It is important to never replace a divot from your own ball.
- \_\_\_\_ 9. If your ball lands hard on the green and leaves a ball mark, you should jump on the mark a few times to flatten out the area.
- \_\_\_\_10. After all golfers have puttied, you should gather around the flag and record your scores.

Answers (for teachers only)

### 6. True/False Quiz: Course Etiquette Answers

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# Golf Lesson 6

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## Effective Practice Routines

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**Lesson Objectives:** Students will understand the need for effective practice.

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### **Lesson:**

1. Review Course Etiquette Quiz
2. Importance of Effective Practice
3. Routine Practice Drill
4. Round of Golf Drill

### **Keys to Success**

Start each practice with warm-up

Practice all shots each time

Use variability of practice strategies

Practice in game like conditions

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## **Routine Practice Drill**

### **Equipment**

Golf clubs, 2 per student ( 5 & 7 irons)

Golf balls, 20 per student

targets, 5-9 spread out

### **Instructions to Class**

Using the same routine before every shot is an important key to golf.

Your routine signals your body that you are ready to hit and guarantees that you start from the same foundation each time.

### **Student Options**

Select a different target each time

Work with a partner, who will time and check your routine sequence

### **Student Success Goal**

20 shots using correct routine each time

### **To reduce difficulty**

Allow alignment clubs.

Provide markers for intermediate targets.

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### **To increase difficulty**

- Vary target each time
  - Allow partners to distract
  - Make students change clubs each time
  - Remove alignment clubs
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## **Round of Golf Drill**

### **Equipment**

- Golf clubs, set per pair
- Golf balls, 20 per student
- Targets
- Scorecards

### **Instructions to Class**

- One way to effectively practice is to imagine that you are playing a round of golf, even though you are only in the practice area.
- Start by imagining the first hole; perhaps it is a 400-yard hole with a series of bunkers on the left of the green but a good opening on the right. The fairway is wide and open and does not have many hazards.
- Decide which club to use for the first shot. Then actually hit a ball. Notice where it actually lands in the practice area, and imagine where that would have been in the imaginary fairway.
- Once you have imagined your ball landing, decide what shot you should hit next- perhaps a 5 iron onto the green, and then actually hit a 5 iron. Continue hitting the shots that would be appropriate for the imaginary hole.
- Finish each hole by taking out a putter, choosing a target on the practice area, putting the ball, and imagining it going into the hole.

### **Student Option**

- Play with a partner, practice taking turns depending on where the balls land.

### **Student Success Goal**

- 9 holes of golf in your mind. Complete actual routine before each shot.

### **To reduce difficulty**

- Provide diagrams of holes to be played

### **To increase difficulty**

- Have partners call shots

# Golf Lesson 7

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## Mental Skills

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**Lesson Objectives:** Students will understand the mental and physical aspects of golf.

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### Instant Activity

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#### **Lesson:**

1. Review Effective Practice Routines
2. Introduce Mental Skills
3. Game of 5s Drill

#### **Keys to Success**

Tension controlled, moderate range of tension

Positive thoughts

Pre-shot routine to check tension and thought stance

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### **Game of 5s Drill**

#### **Equipment**

Golf balls, 25 per student

5 or 7 iron, one per student

#### **Instructions to Class**

You can learn to control tension, just like you learn to seeing a club at different speeds of for different swing lengths.

One of the problems in golf is that we do not have a good way to describe tension, so we must create our own scale. Imagine that a 5 is your maximum tension and a 1 is the minimum.

Make a fist with one hand as tight as you can, this is a 5. Now, be relaxed as you can, this is a 1.

It should be possible for you to create a 5 or 1, or anything in between, in any body part.

#### **Student Options**

Work in pairs, with partner dictating the level of tension in each body part.

Select the order of body parts to be tensed.

#### **Success Goal**

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24 total shots

**To Reduce Difficulty**

Have students execute shots in ascending order of tension.

Golfer may focus on just one body part at a time.

**To Increase Difficulty**

Have partner specify level of tension in each body part of golfer.

Specify different tensions in each body part.

# Golf Lesson 8

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## Course Management Shot Selection

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**Lesson Objectives:** Students will practice making judgments about how to play particular golf courses and how to deal with certain types of shots.

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### **Lesson:**

1. Review Mental Skills and Course Etiquette
2. Introduce Course Management
3. Listing Strengths and Weaknesses Drill

### **Keys to Success**

All aspects of hole considered

Self-knowledge of strengths and weaknesses

Personal strengths exploit hole's weaknesses

Systemic club selection

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## Listing Strengths and Weaknesses Drill

### **Equipment**

Pencil for each student

Diagrams

### **Instructions to Class**

On any golf hole, there are several strategy options. In order to choose the optimal strategy, identify all the strengths and weaknesses first. Then decide how to play the hole.

For each of the holes listed, identify at least 3 strengths and 3 weaknesses (desired landing areas) for that hole.

### **Student Options**

Select optimal routes

Choose partners

### **Success Goal**

List at least 3 strengths and 3 weaknesses for each hole

### **To Reduce Difficulty**

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Provide diagrams of holes that are rather uncomplicated

Let golfer work with a partner

**To Increase Difficulty**

Provide more complex holes

Have partner help evaluate student's choices

# Golf Lesson 9

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## Setting Goals Strategy

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**Lesson Objectives:** Students will be able to set realistic goals for the weekend experience.

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### **Lesson:**

1. Review Course Management and Shot Selection
2. Introduce Setting Goals for Success
3. Goal Setting Drill

### **Keys to Success**

Goals based on strengths and weaknesses

Commitment to written goals

Goals characterized as achievable, measurable, realistic, positive and time constrained

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## Goal Setting Drill

### **Equipment**

Pencil for each student

List of characteristics of hypothetical golfers

### **Instructions to Class**

Once you have identified your strengths and weaknesses, it is important to be able to focus attention on areas for improvement.

Assume you have the characteristics of this golfer.

Write 1 goal statement for each area. Be sure to use the criteria we discussed regarding a good goal statement.

Achievable

Realistic and specific

Measurable

Time constrained

### **Student Options**

Write goal statements

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Work in pairs

Make up other sets of golfer characteristics

**Success Goal**

4 well stated goals based on the following

3 of 4 tee shots were sliced

the routine was not used 12 times

2 of 3 shots with 9 irons did not go high into the air

7 of 9 first putts were short of the hole

**To Reduce Difficulty**

Make characteristic lists very obvious

Let student work with partner

Have student use own characteristics

**To Increase Difficulty**

Have student write set of characteristics

Make golfer write both physical and mental characteristics

Require student to write both long and short term goals

# Golf Lesson 10

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## Bunker Play

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**Lesson Objectives:** Students will demonstrate the correct techniques for playing from a bunker.

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### Lesson:

1. Review Setup and Grip
2. Review Full swing motion
3. Introduce Bunker Play

### Keys to Success

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## Wide Whoosher Drill

### Equipment

Golf clubs, 1 per student

### Instructions to Class

The "whooshing" should be heard as club comes down just past hip height and through the ball position.

Feel your thumbs point to the rear on the backswing, and down to the target on the forward swing.

Practice 3 swings at 50% speed first to feel the motion of the target arm with the weight shift.

Use a full body turn on the backswing and forward swing.

### Student Options

Practice with a partner; hold your club on the swinging partner's head to feel the turn about the center.

After 5 repetitions, alternate a regular full swing between each wide whoosher swing.

### Student Success Goal

10 swings with a loud "whooshing" sound

### To reduce difficulty

Reduce reps to 6

### To increase difficulty

Increase reps to 20

Have students swing with the target arm only, placing the rear hand on the back of the hip and pushing forward with it on the start of the forward swing, in order to feel hip turn.

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## **Bunker – Surfs Up**

### **Equipment**

- Golf clubs, 1 per student (or pair)
- Golf balls, 3 per rep – Rookie
- Golf balls, 5 per rep – Tour
- Target Area – 3m / 3.3yds centred on the hole

### **Instructions to Class**

Play the ball from a distance of 4m/4.4yds – Rookies, 6m / 6.6yds – Tour and the ball must land and stay within the target area.

### **Student Option**

After each reps, swop with partner

### **Student Success Goal**

Number of balls that land and stay within the target area.

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## **Bunker – Sand Blast**

### **Equipment**

- Golf clubs, 1 per student (or pair)
- Golf balls, 3 per rep – Rookie
- Golf balls, 5 per rep – Tour
- Target Area – 3m / 3.3yds centred on the hole

### **Instructions to Class**

Play the ball from a distance of 6m/6.6yds – Rookies, 8m / 8.8yds – Tour and the ball must finish within the target area, the ball may bounce or roll into the target area.

### **Student Option**

After each reps, swop with partner

### **Student Success Goal**

Number of balls that finish within the target area.

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