

# Tri Golf

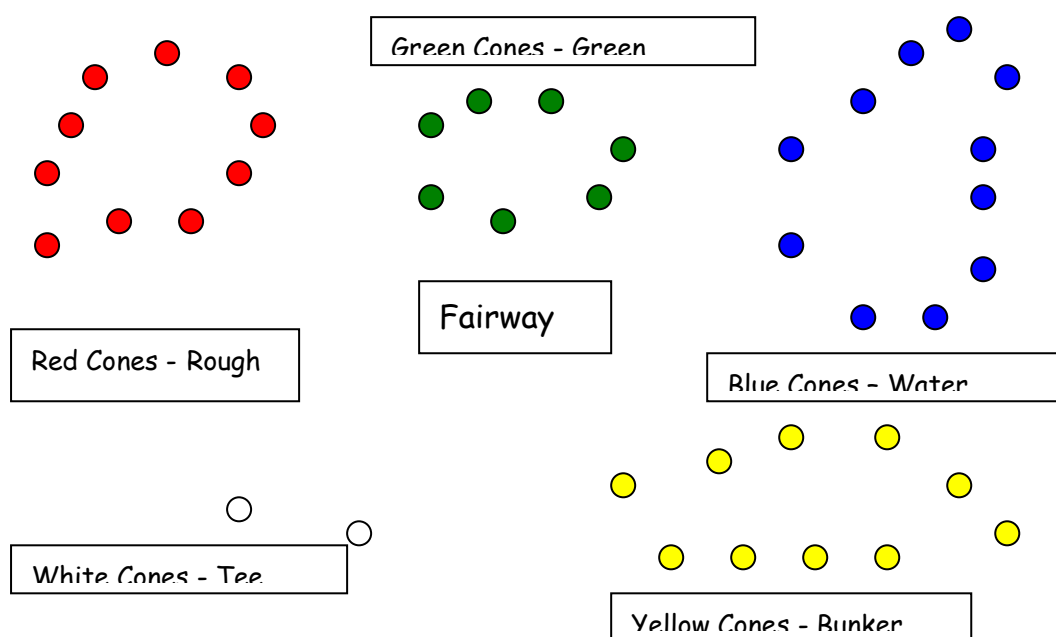
## 5 Lesson Plans



## Tri - Golf Lesson Plans

### Session 1

Set the room up like this:



Ask the children if they can guess what each coned area is called.

Two white cones - Tees

Green cones - Green

Yellow cones - Bunker

Blue cones - Water Hazard

Bit down the middle - Fairway

### **Play 'Tiger Says'**

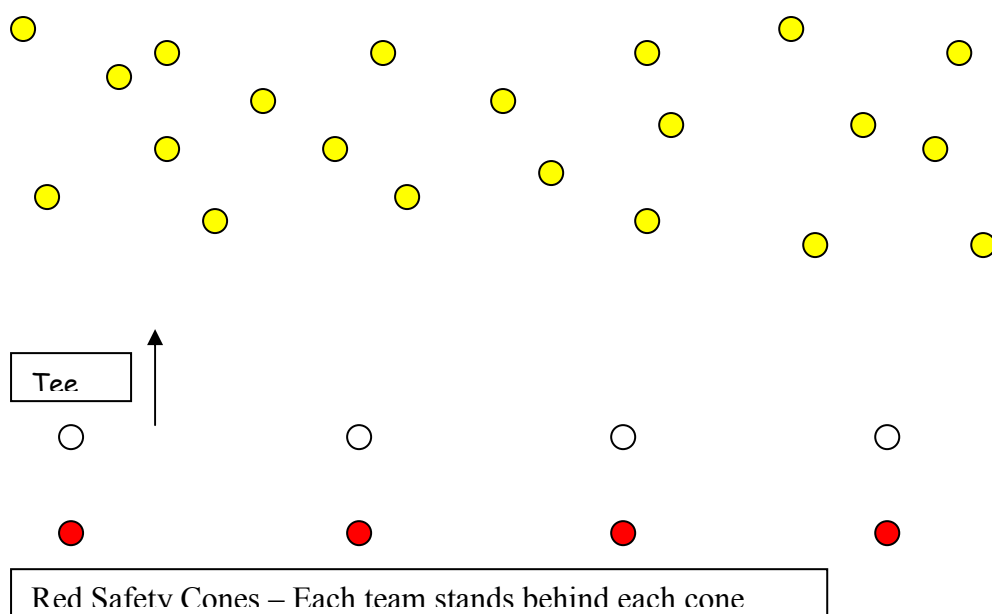
Tiger says run to the green, Tiger says jump in the water hazard, Tiger says run down the fairway. Tiger says 'FORE'. This is the term used in golf which signals that a ball is coming near you. If you hear this, then duck down as quickly as possible covering your head with your arms.

Introduce the children to the putter (red club) show them how to hold it and swing properly. Make sure you check to see if there are any left handed children. There are 2 right handed putters and 9 left handed putters in a set. Emphasis the importance of safety and with all the games are played it is very important that whilst waiting for their go children must stand behind the red safety cone.

Let children have a practice safety swing (without a ball).

Divide the children into four teams. They will stay in these teams for the rest of the session. Remind them to stay behind the safety cones whilst waiting for their turn. Only one club and ball is needed per team. (Make sure all the left handed players are on the same team)

**Play Finders Keepers** - Set the room up as shown on the diagram below.



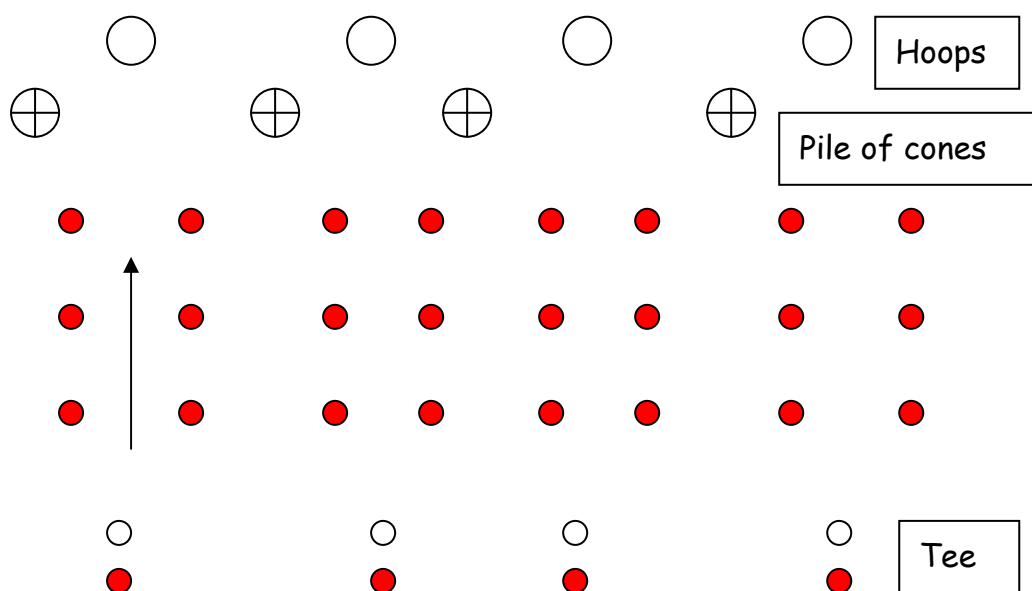
Children take it in turns to aim the ball at a cone. If a child hits a cone, they collect it. The next child in the team has a go.

Play for approximately 5 minutes. Each team count the number of cones they manage to collect.

Repeat the game but this time the yellow cones are known as yellow nuggets and worth 5 points. Play until all the cones in the room have been hit and collected. Each team then adds up the number of cones they have collected remembering that yellow cones are worth 5.

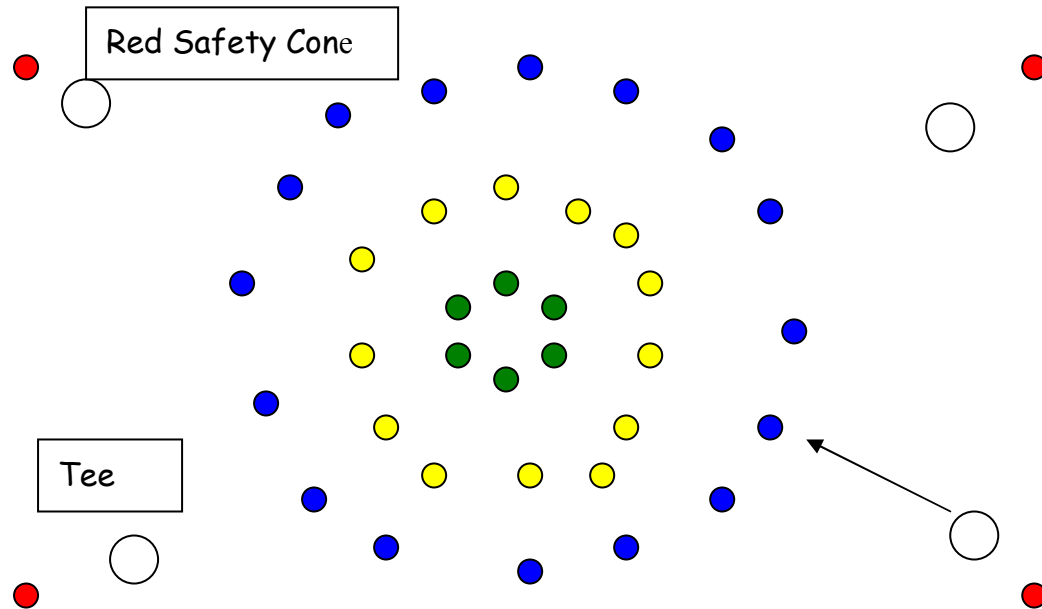
*Did you beat your score from last time?*

**Tunnel Ball** - Set the room as shown in the diagram below.



Each member of the team takes it in turns hitting the ball through the tunnel. If they successfully hit it through without touching any red cones they can collect a cone from the pile at the end. Put 10 cones in each pile. If the ball finishes in the hoop at the end they can then collect 3 cones. The team that collects all the cones first are the winners.

**Play Bulls Eye Putting** - Set the room up as shown in the diagram below.



Children in each team take it in turns to putt the ball towards the target.

Scoring:

Inside the blue cones - 5 points

Inside the yellow cones - 3 points

Inside the green cones - 1 point

## Session 2

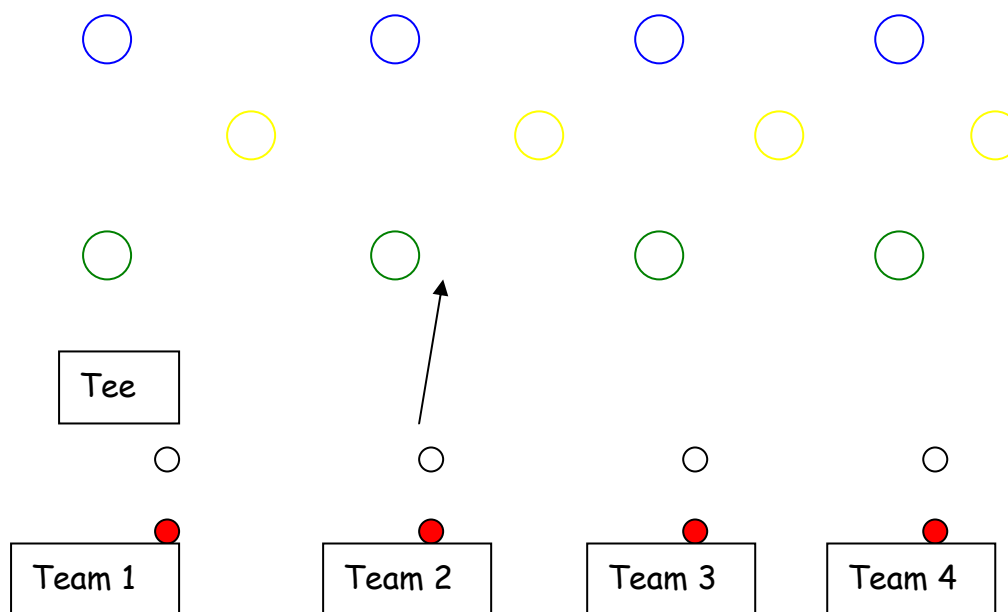
Play **domes** and **divots** to warm up see attached sheet on how to play)

Recap with children how to hold and swing putter.

Put the children into 4 teams. Remind the children of the safety cones and that they must stay behind them unless it is their turn.

Play **Tunnel Ball** (see session 1) but make the tunnel longer and narrower.

Play **Treasure Island**. Set the room up as shown in the diagram below.



**Scoring**

Blue Island  
Yellow Island  
Green Island

**Hit the Hoop**

5 Points  
3 Points  
1 Point

**Finish in the Hoop**

10 Points  
5 Points  
2 Points

Play until each child has had at least 4 or 5 goes.

Introduce the children to the iron (blue chipping club). See the attached sheets for teaching points. Allow the children to spend the rest of the session practising chipping the ball.

### Session 3

#### Warm Up - Play 'Tiger Says'

Divide the children into 4 teams. Remind them how to hold and swing the club and standing behind the safety cones.

Place a line of cones in front of each team. Each child takes it in turns to chip the ball over the cones.

#### Play **Shootout**.

Set up the room as above, but in addition place large cones at the end to act as goal posts.

Scoring - 5 points for each goal.

#### Play **Bulls Eye Chipping**.

For this game you will need the pop up Velcro target and Velcro balls. Place teams in a semi circle around the target. 1 child from each team has a go at chipping onto the target. The balls are only collected after each team has had a go.

Scoring:

Yellow Inner Circle - 10 Points

Inside Green Circle - 5 Points

Blue Circle - 4 Points

Red Circle - 2 Points

Middle Green Circle - 3 Points

Outer Green Circle - 1 Point

1 chipper and Velcro ball per team.

## Session 4

Warm up - Play 'Divots'.

Play '**Around the Clock**' - see enclosed sheet on how to play.  
Divide the children into 3 or 4 teams depending on the size of the hall.

Set up a putting course of 4 or 5 holes, again depending on the size of the hall. See enclosed sheet titled '**Putting Course**'

If there is any time left, finish by playing a game that the children choose.

## Session 5

Warm up - play '**Tiger Says**'

Play '**Driving Range!**' See enclosed sheet on how to play.

Divide the children into four teams. Each child takes it in turn to chip the ball onto the targets as shown in the diagram. You can also include the Velcro target set beyond the blue cones. Have a hoop set to the side and putt the ball into the hoop for bonus points.

Scoring:

Hit the target with a chip shot - 5 Points

Holt the putt (get the ball into the hoop) - Extra 5 Bonus Points

**Children can now choose to play their favourite games!**