#StayInWorkOut

Tunnel (Putting)

Primary and secondary challenge card

Place objects either side about a metre apart to form a tunnel. Place a long target (e.g. a cricket bat or large ball at the end). Putt the ball down the tunnel towards the target without hitting any of the objects on either side. Collect the ball and repeat. How many times can you hit the target in 1 minute?

S — Space

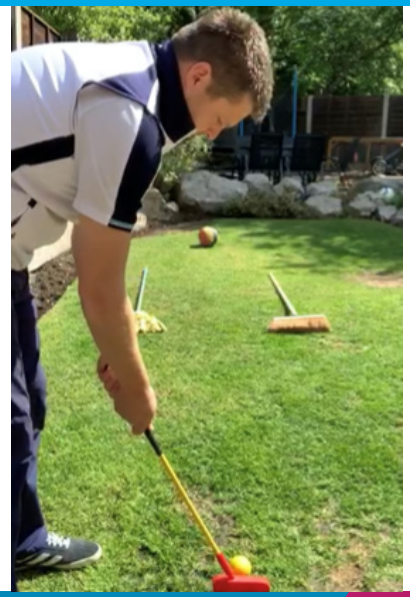
- Reduce the distance between the target and hitting position.
- This can be played either indoors or outdoors.

T — Task

- Widen or narrow the distance between the objects that make up the tunnel.
- Stand sideways from the direction of the putt, with your feet about shoulder width apart.

T — Time

- Play for 1 minute or increase the time up to 5 minutes



E — Equipment

- If you don't have a golf club, use a cricket bat, tennis racket, badminton racket or any other suitable object you can find.
- If you don't have a ball, get creative and use a scrunched up paper ball, a pair of socks, or any other object you can find.

P — People

- This challenge can be done from a sitting position rolling the ball with your hands.
- The whole family can play, make the objects wider or narrower depending on their ability.

S T T E P

Ideas on how to adapt the activity in a national lockdown.

Activity video link:
Golf Foundation TV - Tunnel

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