

GOLF - DOMINOES

Quick introduction

An excellent putting pressure game that allows all players to be successful. Players aim for the nearest target and then try for targets farther and farther away.

Getting started

- Set up five tees with a line of six cones in front of each tee starting two putter lengths away.
- Play in pairs.
- Each player has to putt the ball to hit the cone in front – if successful they place that cone on top of the cone further behind it. The next player has to putt for the second cone – again if successful they pick up the cone and put it on the third cone, etc.
- The first pair to hit all cones and stack them is the winner.
- Remember to wait behind the red safety cone when not playing.

Think tactics

It may be better not to hurry and hit the target first time using full concentration.



GOLF – DOMINOES

Organising the game

- Make a line of five tees each with a red safety cone.
- Place six cones out in front of each tee.

Think inclusively

- Make bigger holes for less able using the velcro targets and mini tennis balls.
- Pair more able players with less able players – encourage them to help and caddy for each other by lining up putts or collecting balls.

Keeping it enjoyable

- Using Champions League idea, players can play other pairs and move up or down a tee
- Use a chipper for more able players.
- Make the target bigger or distances less for less able players.
- Play it as a rolling game as a warm-up activity.

Officiating

- Honesty - golf is a self-regulating sport so students keep their own scores.
- Respect - students are quiet when other people are playing their shots. Students repair divots or damaged ground after playing a shot.
- Encourage and congratulate your team-mates on a good shot.

Spirit of the Games: *Excellence through Competition*



Encourage your team to practise putting and congratulate them on any improvement.



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GOLF - CHAMPIONS LEAGUE

Quick introduction

Played in pairs. Each hole represents a football league. Win and you get promoted. There can be as many leagues as space available and people to play.

Think tactics

Think carefully about the obstacles on the hole and how to play them.

Getting started

- Set up six tees each representing a football league and then lay out a series of flags and targets on the field in front.
- Play in pairs against another pair and choose a target.
- Each player has three shots and the ball closest to the target wins the league. The winning team gets promoted, the loser is relegated.
- Players move tees and play again.
- Remember to wait behind the red safety cone when not playing.



GOLF – CHAMPIONS LEAGUE



Organising the game

- Make a line of at least six tees each with a red safety cone.
- Label each tee as a football league e.g. Champions League, Premiership, Championship, Divisions one and two, Conference.
- Place flags, greens, hoops etc out on the field as targets.
- Vary the number of shots or the type of challenge, and let players devise their own challenges.

Officiating

- Honesty - golf is a self-regulating sport so students keep their own scores.
- Respect - be quiet when other people are playing their shots. Shake hands with opponents at beginning and end of each round.
- Safe – stand a safe distance away from players swinging a club and shout “fore” if the ball is heading towards someone.
- Players should agree with their opponents what target to play for.

Think inclusively

- Some players may need to play within their own league.
- Give some players a handicap to keep leagues fair.
- Keeping it enjoyable
- Students get promoted or relegated.
- Students choose the target and lay out the challenges.
- Change the scoring format so that every shot counts like bowls i.e. three shots closest from one team equals three points scored.
- Use natural targets such as goalposts, trees, dustbins.
- Play against the teacher or young leaders running the session.
- Choose a team name – could be football or could be golfer's name.

Spirit of the Games: Excellence through Competition



Congratulate your opponent for a good shot.



GOLF ROOTS SUPER SIXES

Quick introduction

Super sixes involves three pairs playing in a team of six. After players have hit the ball, the pair choose the position of the best ball (usually closest to the hole) for the next shot. This makes it an excellent mixed ability game.

Getting started

- Students plan 6 golf holes using equipment from a Golf Xtreme bag.
- Mark out bunkers and water hazards and use the natural terrain (e.g. hedges, trees).
- Up to 24 students in teams of 6 can play at once. Each team of six should be split into three pairs. Each pair starts on a different tee against a pair from another team.
- All players tee off together and each pair chooses its best ball to play – the other person picks up their ball and brings it over to the best ball. Both players then hit their shots from this place. For each shot, each pair chooses its best position to play, even on the green.
- The pair with the lowest score on each hole wins and gets 2 points (1 point for a draw). The two pairs then move onto the next hole.
- The pair with the most points after six holes wins. This score goes towards the total team score.

Think tactics

The best ball may not always be the one that has gone the furthest.



GOLF ROOTS SUPER SIXES

Organising the game

- Use balls, Velcro targets, flags, safety markers, irons and putters.
- Set up a number of playing holes in an area including some hazards (water, bunkers and out of bounds if required).
- Holes could be any appropriate length that fit into the facilities being used.
- Players should be very aware of other groups as they may cross paths while playing.

Keeping it enjoyable

- Keep a score for all holes played and time themselves from start to finish.
- Play alternate shots or both players drive off from the tee then play alternate shots.
- As a warm-up, play by throwing the ball or kicking a football or rugby ball i.e. golf football.
- Use natural targets such as goalposts, trees, dustbins.
- Work as a team when playing the game and help each other with alignment.

Officiating

- Honesty - golf is a self-regulating sport so students keep their own scores.
- Respect - be quiet when other people are playing their shots. Students repair divots or damaged ground after playing a shot.
- Safe – stand a safe distance away from players swinging a club and shout “fore” if the ball is heading towards someone.

Think inclusively

- Players with mobility impairments could play a shorter course, or play holes that were easier to move to.
- Visually impaired players may need a vocal signal to indicate where the hole is.
- Different abilities can work together in pairs – choose the best shot each time.

Spirit of the Games: Excellence through Competition



Spend a little time imagining being successful before you hit the ball.



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