

Football Golf (Year 3 & 4, Year 5 & 6)

BUCKS
AND MK



EQUIPMENT

- Stack of cones
- Any sized hoop
- Flag pole (optional)
- Distance measuring wheel

TOP TIPS

- Think about what type of shot you will need to play depending on the height or distance you will need.
- Place your weaker foot alongside the ball to get the optimal power and control while remaining balanced.
- Power - use the lace of the boot to generate more power.
- Control - use the inside of the foot to have better control of direction.
- Height - hit the underside of the ball using either the lace or the side of the foot to gain height on the ball.
- You can putt easier at close distance by dragging the ball using the bottom of the boot.

SCORING

- Teams of 4
- 1 point per kick
- If the ball lands or bounces in the water hazard you must add 1 shot and use a drop ball by a cone.
- Add all 4 participants scores together to get a team score
- The school's score will be the lowest score set by one team

INSTRUCTIONS

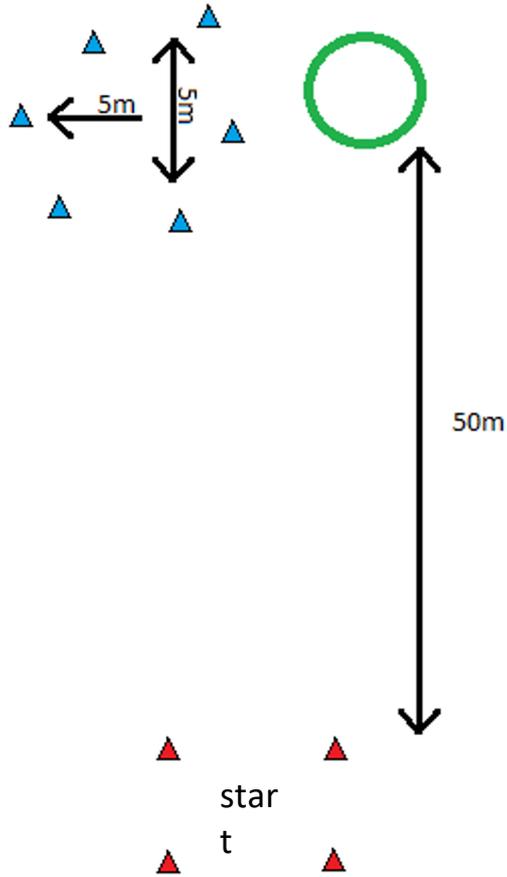
- Teams of 4
- Watch the demonstration video here:
<https://www.youtube.com/watch?v=iOEJJ5cDV5Q>
- Kick the ball the least amount of times before it goes into the hoop.
- Each student completes all 3 holes
- Add the teams scores together to create a team total score
- The school's score will be the lowest score set by one team

CONTACT

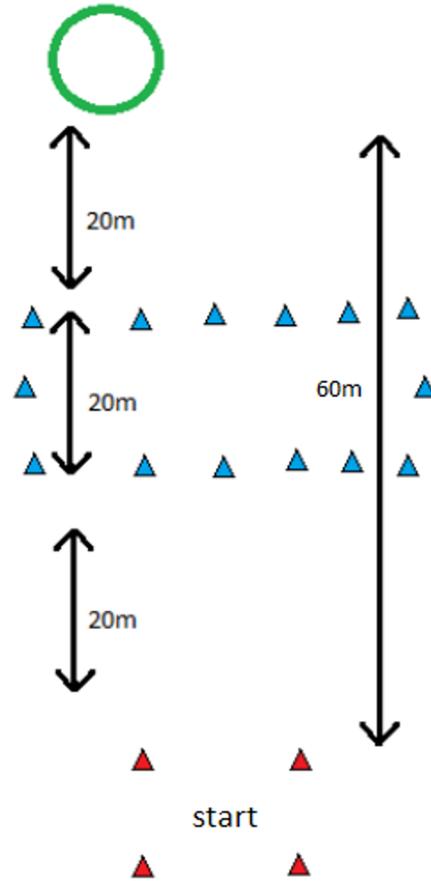
The School Games is for everyone, To enter or for adaptations please contact your local SGO.



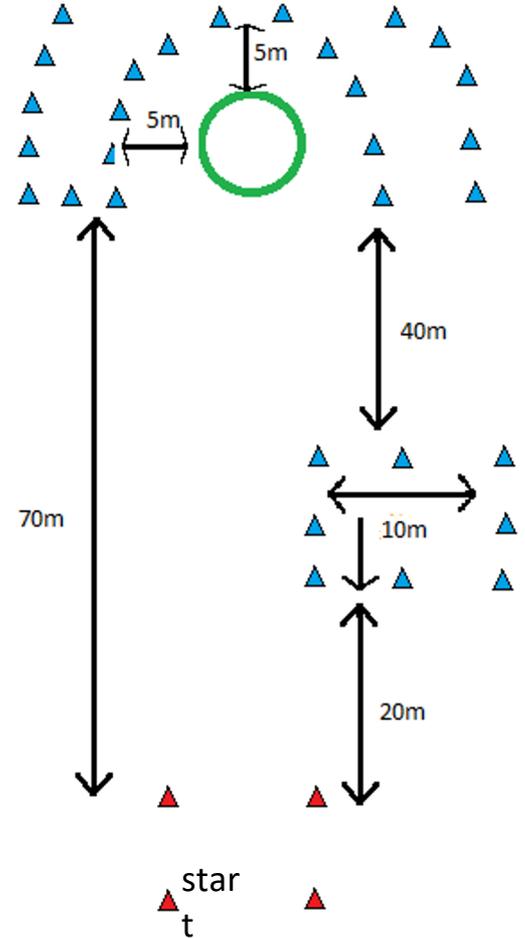
Hole 1



Hole 2



Hole 3



How to Play



Tee off - Starting in a 2X2m square students must kick from the floor or drop kick



Once you have made your tee shot you cannot pick up the ball. A side footed pass will help control the ball



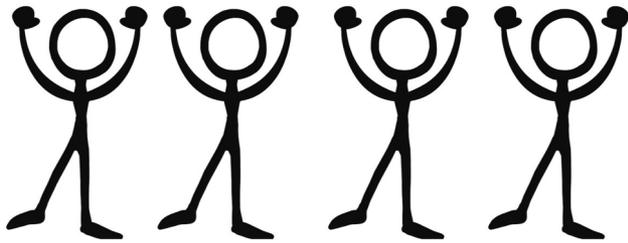
Putting - you can drag the ball along the bottom of the foot to put or a simple side foot pass. The ball must either land in the hoop or roll through the hoop



If the ball finishes/bounces/lands in the water hazard you must play a drop ball next to a cone and add 1 point to your score



How to Play



4 players per team. All players must complete each of the 3 holes



Maximum of 7 shots per hole



All 4 players must add their 3 scores together to create a team total. Schools can submit as many team scores as they wish. The team with the lowest score will be the school's score.

