

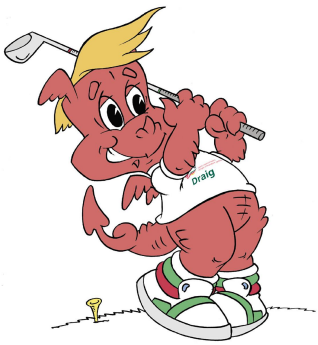
Dragon Golf SESSION 1- Putting - Aim



WORKING TOWARDS PASSPORT CRITERIA:

- Play games safely
- Take part in 3 warm up games
- Use a putter
- Take part in 3 putting games

TIME	ACTIVITY	DELIVERY IDEAS
10 Mins	Warm-up Games	<ul style="list-style-type: none"> ▪ <u>tiger Says</u> or ▪ <u>Divots</u>
5 Mins	Safety & Ground rules	safety zone, where to stand, "Stop" command, where to hit, safe use of clubs etc.
15 Mins	Introduction to Putting + 1 Game Holding the club	<ul style="list-style-type: none"> ▪ Explain the different parts of the putter. ▪ What the putter is used for and when used e.g. rolling ball along floor towards target ▪ Play Game – <u>Finders Keepers</u> ▪ Explain how to hold the club (see bubble on Finders Keepers card) ▪ Play Game – <u>Finders Keepers with a progression</u>. Children should now be using correct grip/hold.
15 Mins	Play 1 Game Aiming towards a target Play Game with a progression	<ul style="list-style-type: none"> ▪ <u>Tunnel</u> ▪ Explain aim e.g. standing sideways to target- (see bubble on Wordsearch card) ▪ <u>Tunnel with variation or progression</u> – eg making tunnel narrower/longer <p><u>ASK OPEN QUESTIONS</u> What did you find happened to the balls? Why did that happen? What do you think you need to do to adjust? Etc...</p>
OVERALL = 45 Mins	Next week we will be covering <u>chipping</u>	

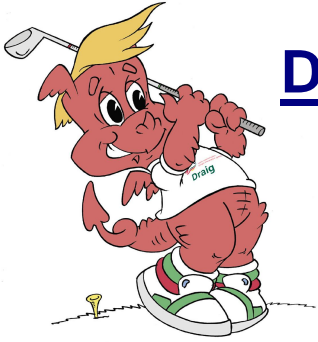


Dragon Golf SESSION -2 Chipping – Aim

WORKING TOWARDS PASSPORT CRITERIA:
 Take part in 3 warm up games
 Use a chipping club - Take part in 3 chipping games



TIME	ACTIVITY	DELIVERY IDEAS
10 Mins	Warm-up Games	<ul style="list-style-type: none"> ▪ <u>tiger Says</u> or ▪ <u>Divots</u>
5 Mins	Safety & Ground rules	safety zone, where to stand, “Stop” command ,where to hit, safe use of clubs etc.
15 Mins	Introduction to Chipping + 1 Game Holding the club	<ul style="list-style-type: none"> ▪ Explain the different parts of the chipper ▪ Explain the use of a chipper, i.e. for hitting the ball into the air and to finish close to a target. ▪ Play game <u>Skittles</u> ▪ Recap on how to hold and aim the club (see bubble on Finders Keepers & Wordsearch cards) ▪ Play <u>Skittles with progression</u>
15 Mins	Play 1 Game Aiming towards a target	<ul style="list-style-type: none"> ▪ <u>Bullseye</u> ▪ Explain the drill of brushing the ground with the bottom of the club to get the ball up in the air. ▪ Play <u>Bullseye with variation or progression</u> <p><u>ASK OPEN QUESTIONS</u> What did you find happened to the balls? Why did that happen? What do you think you need to do to adjust? Etc...</p>
OVERALL = 45 Mins	Next week we will be recapping on <u>putting</u>	



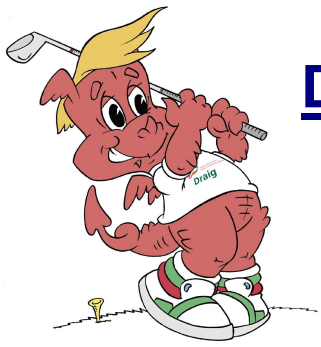
Dragon Golf SESSION 3- Putting – Distance Control

WORKING TOWARDS PASSPORT CRITERIA:

Take part in 3 warm up games
Use a putter - Take part in 3 Putting games



TIME	ACTIVITY/CRITERIA	DELIVERY
10 Mins	Warm-up Games	<ul style="list-style-type: none"> ▪ <u>tiger Says</u> ▪ <u>Divots</u>
5 Mins	Safety & Ground rules	safety zone, where to stand, “Stop” command ,where to hit, safe use of clubs etc.
15 Mins	Play 1 putting game Distance Control	<ul style="list-style-type: none"> ▪ Play <u>Ultimate Challenge</u> ▪ Use Tic Toc drill (see bubble on Ultimate Challenge card) to explain how to control distance ▪ Play <u>Ultimate Challenge with progression</u>. Children should now be able to control distance the ball goes
15 Mins	Play a putting course	<ul style="list-style-type: none"> ▪ <u>Putting Course</u> ▪ Explain safety rules ▪ Explain how to mark a scorecard <p><u>ASK OPEN QUESTIONS</u> What is the aim of the game? What must you do if there are people playing the hole in front of you? When should you mark your scorecard? Etc...</p>
OVERALL = 45 Mins	Next week we will be covering <u>Chipping</u>	

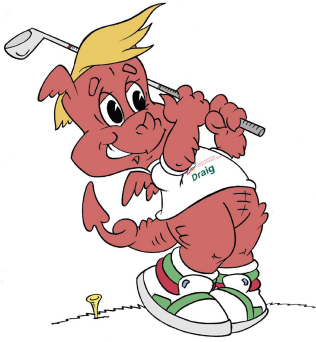


Dragon Golf SESSION - 4 Chipping – Distance control

WORKING TOWARDS PASSPORT CRITERIA:
 Take part in 3 warm up games
 Use a chipping club - Take part in 3 chipping games



TIME	ACTIVITY	DELIVERY IDEAS
10 Mins	Warm-up Games	<ul style="list-style-type: none"> ▪ <u>tiger says</u> ▪ <u>Divots</u>
5 Mins	Safety & Ground rules	safety zone, where to stand, “Stop” command ,where to hit, safe use of clubs etc.
15 Mins	Play 1 chipping game	<ul style="list-style-type: none"> ▪ Play <u>Wordsearch (as a chipping game)</u> ▪ Recap on “brush the ground” drill ▪ Use plastic tees to help get ball in the air ▪ Play <u>Wordsearch with progression</u>
15 Mins	Play 1 chipping game Distance control	<ul style="list-style-type: none"> ▪ Play <u>Grand National</u> ▪ Use Tic Toc drill (see Ultimate Challenge card) but apply to chipping to alter swing length. ▪ Play <u>Grand National with variation or progression.</u> Children should now be able to control distance the ball goes. <p><u>ASK OPEN QUESTIONS</u> What did you find happened to the balls? Why did that happen? What do you think you need to do to adjust? Etc...</p>
OVERALL = 45 Mins	Next week we will be covering <u>Striking</u>	

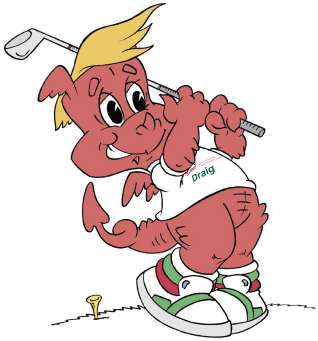


Dragon Golf SESSION 5- Long Game



WORKING TOWARDS PASSPORT CRITERIA:
 Take part in 3 warm up games
 Swing with balance – take part in 3 striking games

TIME	ACTIVITY/CRITERIA	DELIVERY
10 Mins	Warm-up Games	<ul style="list-style-type: none"> ▪ <u>tiger Says</u> ▪ <u>Divots</u>
5 Mins	Safety & Ground rules	safety zone, where to stand, “Stop” command ,where to hit, safe use of clubs etc.
15 Mins	Introduction to Long Game Swinging with balance	<ul style="list-style-type: none"> ▪ Play <u>Driving Range</u> ▪ Swing no higher than waist height. Hold finish. ▪ Play <u>Driving Range with variation or progression</u>
15Mins	Play Striking game	<ul style="list-style-type: none"> ▪ Play <u>Stick on the green</u> ▪ Recap on “brush the ground” drill ▪ Play <u>Stick on the green with variation or progression</u> <p><u>ASK OPEN QUESTIONS</u> What did you find happened to the balls? Why did that happen? What do you think you need to do to adjust? Etc...</p>
OVERALL = 45 Mins	Next week we will be covering <u>Playing golf</u>	



Dragon Golf SESSION 6- Playing Golf



WORKING TOWARDS PASSPORT CRITERIA:

Take part in 3 warm up games

Attend 6 Tri-Golf sessions

Play a Tri-Golf course

TIME	ACTIVITY/CRITERIA	DELIVERY
10 Mins	Warm-up Games	<ul style="list-style-type: none"> ▪ <u>tiger Says</u> ▪ <u>Divots</u>
5 Mins	Safety & Ground rules – in relation to playing a course	safety zone, where to stand, “Stop” command ,where to hit, safe use of clubs, take shots in turn etc.
30 Mins	Introduction to Playing Golf	<ul style="list-style-type: none"> ▪ Play <u>Designer Golf</u> ▪ Explain the different parts of the golf course. ▪ Build a 9 hole course ▪ Play the course and mark a scorecard <p><u>ASK OPEN QUESTIONS</u> Why did you put that hazard there? How can you make the hole easier?harder? What other things do you think would make the game harder? (wind, rain, smaller holes)</p>
OVERALL = 45 Mins	Hope you’ve enjoyed the course!! Look forward to seeing you at the Dragon Starter Centre.	