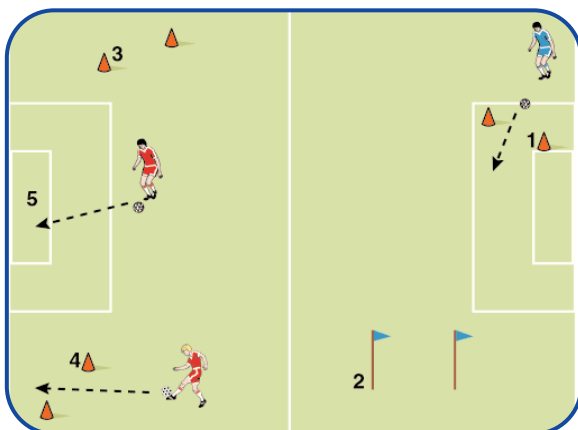


Golf



Implications for the Game

Technical

- Passing to a target
- Pacing the pass

Physical

- Players should jog through the course

Activity Organization:

Each player has a ball.

Select several objects around your facility and number them as holes on a golf course.

You can designate a goal post, side netting, flags, centre circle, bleachers, telephone poles, the goal itself, etc, as holes.

Demonstrate the course, then get the players to proceed one after another through the course. Each touch of the ball counts as a stroke. You could establish par for the course. Players keep their own scores.

Tactical

- Decisions as to how to play each hole

Social/Psychological

- Great end of practice activity
- Allows players to relax and work on passing accuracy

Related Activities

- Marbles
- Red Light, Green Light
- Find the Target