



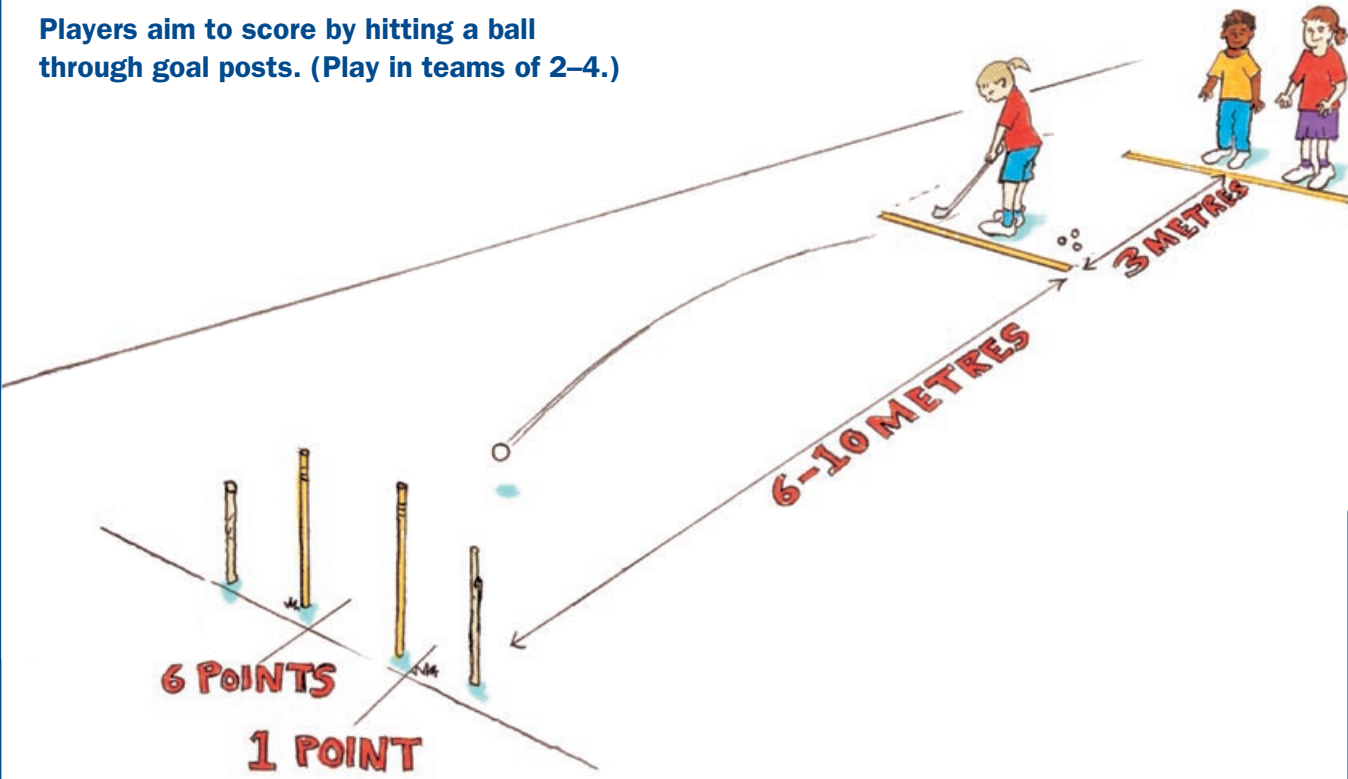
Australian Government
Australian Sports Commission

EASY MED HARD



Footy golf

Players aim to score by hitting a ball through goal posts. (Play in teams of 2–4.)



What you need

- > Posts (flags, cricket stumps, stakes etc)
- > 1 club, 5 balls, 1 goal per team of 2–4
- > Optional: a wall, chalk, frisbees

What to do

- > Set up the goals (use 4 sticks, as for Aussie Rules goals).

- > Form teams of 2–4.
- > Each player has five hits for goal using a full golf swing.
- > Players retrieve their own balls only, upon instruction.
- > As an alternative, make chalk markings on the wall for posts.



Scoring

- > The ball must go through the goals on the full.
- > Score 6 points for a goal (passes between the centre sticks).
- > Score 1 point for a behind (passes between the goalpost and the behind post).

LESSON LINK

Footy golf introduces the skills of striking and accuracy. It easily leads into other target activities, such as *Hit the target* and *Throlf*, as well as striking and fielding activities, such as *Hit 4 and go*, or *Over the pit*.

SESSION PLANS

Combo > Start out TG 02 + Get into it TG 13 + Get into it TG 14
Mixed combo > Start out SF 03 + Get into it SF 09 + Get into it TG 13

change it...

Coaching

- > Use role models to highlight good technique.
- > Players may be coached on the side to develop their skills.

Game rules

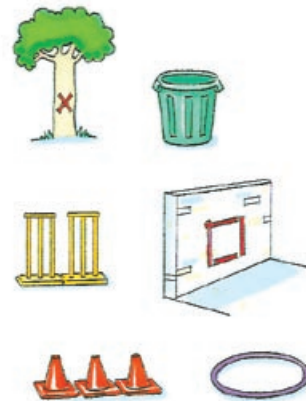
- > Add an out-of-bounds area behind the goals and penalties to encourage players to learn distance control.
- > Allow points to be scored if the ball rolls through goals.

Equipment

- > Vary the ball used (e.g. a tennis ball or frisbee) according to ability.



- > Vary the goals used (both size and design e.g. soccer or rugby goals) according to ability and interests.



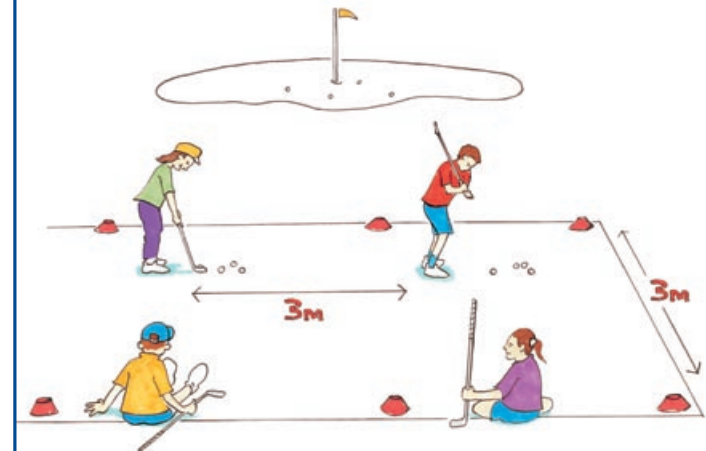
- > Vary the method of sending the ball according to ability (e.g. rolling, throwing or kicking).
- > Vary the type of hitting implement used (e.g. racquet, bat, hockey stick).

**Playing area**

- > Vary the distance to the target and/or the distance between posts according to ability.

Safety

- > Check the playing surface for hazards.
- > Players must not take a practice swing unless instructed to do so.
- > Enforce a 'Stop – look – swing' rule.
- > No-one retrieves the ball before the 'ALL CLEAR!' signal is given.
- > Players who are waiting must stay at least 3 metres behind the hitter.

**ASK THE PLAYERS**

- > How can you control the distance the ball goes?
- > What strategy will get you or your team the most points?