



Australian Government
Australian Sports Commission

EASY MED HARD



Mini golf

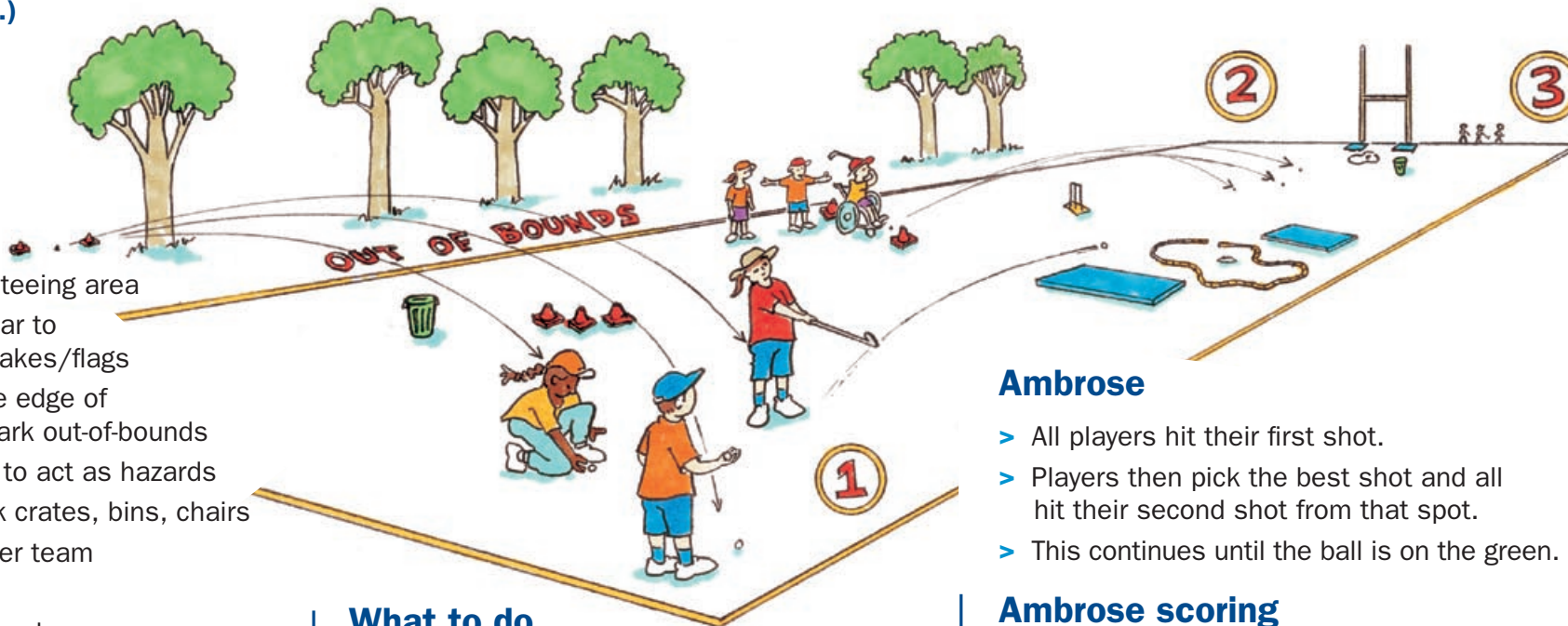
Players play a course set out like a real course. Scoring is in Ambrose format.
(Play in teams of 3 or 4.)

What you need

- > Marker cones for the teeing area
- > Hoops, ropes or similar to act as greens, and stakes/flags
- > A boundary line at the edge of the playing area to mark out-of-bounds
- > Roped areas or mats to act as hazards
- > Obstructions e.g. milk crates, bins, chairs
- > 1 hitting implement per team
- > 1 ball per player
- > Optional: 1 frisbee per player



ALTERNATIVES



What to do

- > Set up a course outside, with around 5–9 holes (depending on the time available).
- > Each hole should be the length of around 2–3 shots to reach the green, based on the ability of the players and the hitting implement used. Vary this between holes.
- > For each hole, set up a tee (marker cones), hazards (ropes or mats), obstructions (chairs or bins) and a green (hoops or a roped area).
- > Each team starts at a different tee.

Ambrose

- > All players hit their first shot.
- > Players then pick the best shot and all hit their second shot from that spot.
- > This continues until the ball is on the green.

Ambrose scoring

- > The number of 'selected' (best) shots count (individual shots do not).
- > A ball is considered 'holed out' when it lands on the green.
- > One penalty stroke is scored if the 'selected' shot is in a hazard area.

LESSON LINK

Mini golf builds on introductory target and striking and fielding activities. The game develops hitting accuracy and shot selection. It is a great introduction to golf.

SESSION PLANS

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

change it...

Coaching

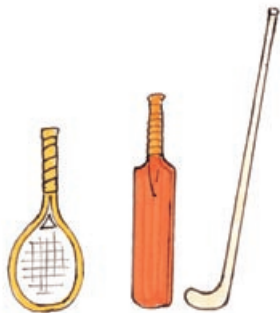
- > Use role models to highlight good technique.
- > Players can be coached on the side to develop their skills.

Game rules

- > Vary the scoring format e.g. players score individually.

Equipment

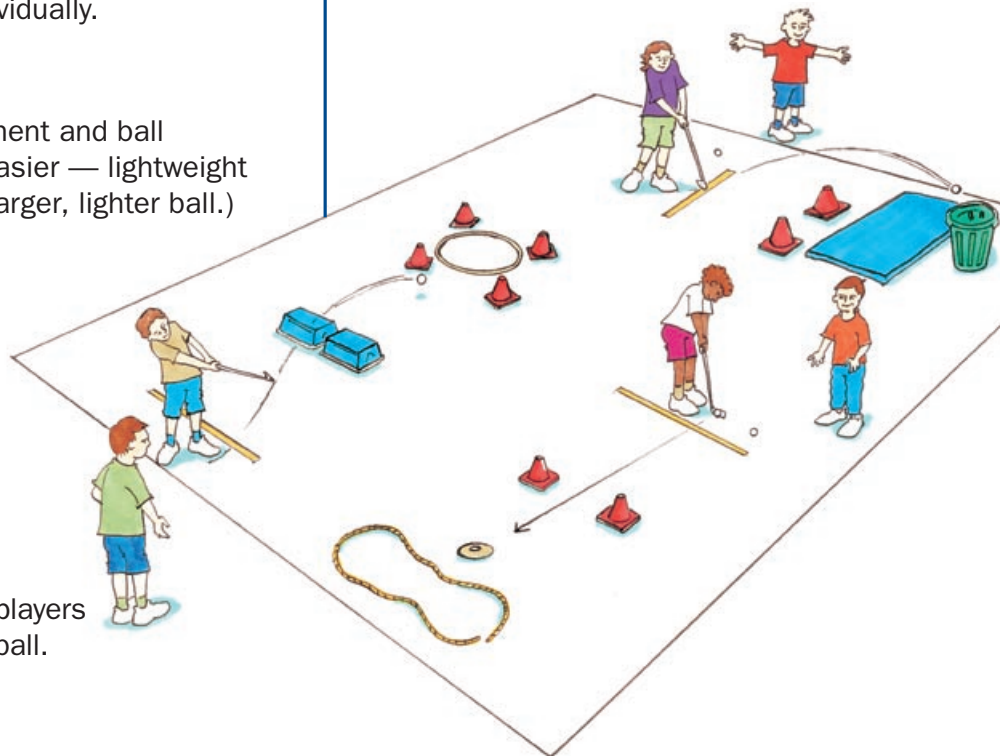
- > Vary the hitting implement and ball according to ability. (Easier — lightweight racquet or bat with a larger, lighter ball.)



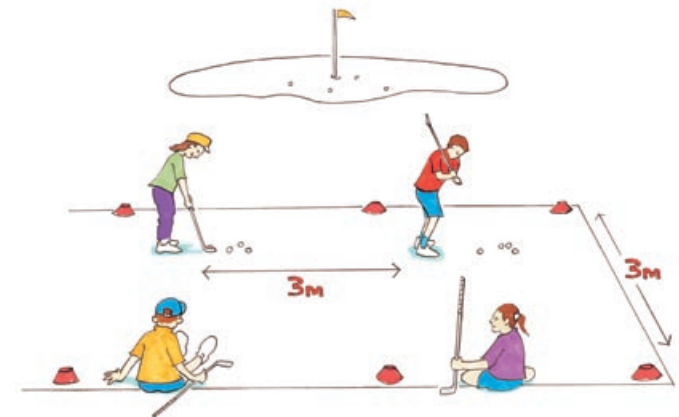
- > Use a frisbee or allow players to roll, throw or kick a ball.

**Playing area**

- > Vary the length and design of holes according to ability.
- > Include more or fewer obstacles or hazards — around trees, garden beds, areas marked as out-of-bounds.
- > If space is restricted, set up shorter holes that only require chipping or short game shots.

**Safety**

- > Make sure the 'holes' are not too close to each other.
- > Players waiting to hit must be at least 3 metres from the hitter.
- > If a ball strays onto another hole, it must be dropped back in play.

**ASK THE PLAYERS**

- > What strategy will give you the best score as a team?
- > How can you work together to achieve the best score?