



## Sample 7-Week MYGolf Active After-school Communities Program

The MYGolf AASC program is designed for School Teachers, Development Officers, Community Coaches, Students and PGA Members to deliver golf at school (or a golf course) as part of the AASC Program.

In order to deliver the program, coaches are required to complete the Community Coach Training Program (CCTP) for community coaches of the AASC program. The five CCTP modules are as follows:

- Active After-school Communities program overview
- Communication and Behaviour Management
- Safe Environments
- Nutrition and Well-being
- Planning, Preparing, Delivering and Reviewing Playing for Life activity sessions

The following 7 week program incorporates elements of the MYGolf National Skills Challenge and some of the warm up exercises and games which are covered in the CCTP:

- Week 1:** Warm Up Exercise: Long Throw.  
Hitting Targets. Passing targets. Irons only.
- Week 2:** Warm Up Exercise: Kai.  
Inside the Hoop, Past the hoop. Irons only.
- Week 3:** Warm Up Exercise: Passing the Ball.  
Chip and Catch-all variations. Wedges only.
- Week 4:** Warm Up Exercise: Trust Train.  
Hitting Targets-irons. Passing targets-drivers.
- Week 5:** Warm Up Exercise: Long Throw.  
Chip and Catch. Long drive contest.
- Week 6:** Warm Up Exercise: Passing the Ball.  
Carpet Putting. Short course around the oval.
- Week 7:** Warm Up Exercise: Kai.  
Carpet Putting. Short course around the oval.





## Games

### Game 1: Hitting Targets

Golf Focus: Contact and direction.

MYGolf Focus: Fly It.

The children all line up at the first station where a big bucket is placed about 6 metres away. If they hit the bucket they go to the second station and try and hit a bucket that is slightly further away. The aim is to be the first to get to the last station.

### Game 2: Passing Targets

Golf Focus: Contact, direction and distance.

MYGolf Focus: Rip It.

The children all line up at the first station where a big bucket is placed about 10 metres away. If they hit the ball past the bucket they go to the second station and try and hit it past a bucket that is slightly further away.

### Game 3: Into the Hoop

Golf Focus: Contact, direction and distance control.

MYGolf Focus: Chip it and Fly It.

Children are placed in teams at each hitting station. If a member of the team gets the ball to stay inside the hoop the hoop is flipped over away from the hitting station. The team that can move the hoop furthest away wins.

### Game 4: Past the Hoop

Golf Focus: Contact, direction and distance.

MYGolf Focus: Rip It.

Children are placed in teams at each hitting station. If a member of the team hits the ball past the hoop on the full they get to flip the hoop over away from the hitting station. The team that can move the hoop furthest away wins.





### **Game 5: Chip and Catch**

Golf Focus: Contact, direction and height.

MYGolf Focus: Chip It.

Children are placed in teams at each hitting station. One member chips the ball towards their team mates who try to catch it. Each player gets 3 hits and then swaps over. The first team to 10 catches wins. This game is obviously not with real golf balls but with rubber or tennis balls. Another variation is to see how far away they can catch the ball from the hitting station. This can also be used as a short break exercise from other games where the children are all in a big pack trying to catch shots hit by the coach.

### **Game 6: Carpet Putting**

Golf Focus: Contact and direction.

MYGolf Focus: Roll it.

Children line up at the first putting station where the hole is a very short distance from the tee, less than one metre. If they get the ball in they go to the next station where the hole is a little further away. The aim is to be the first person to the last station.

A variation to this is placing children into teams at each station and if a player gets the ball in they move the hole a little further away. The aim is to be the first team to the end of the carpet.

### **Game 7: Short Course**

Golf Focus: Contact, direction, distance, distance control, height.

MYGolf Focus: Rip it, Roll It, Chip it, Fly It.

This is a great way to finish the 7 week program by having children play a small game of golf. They start from the mat and try to finish the ball inside a hoop. Players can be sent off individually or as teams with an ambrose format where they choose the best shot from the group. With large groups it is preferable to use the team format with a shotgun start so children aren't standing around waiting. If there is a group that demonstrates advanced skill levels they can play to a rubber hole on carpet. Another variation is to have the children design their own course by deciding where they want to start and finish from.

