

GOLF

SKILLS CHALLENGE



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INTRODUCTION

This exciting new challenge using the popular Streetgolf equipment is designed to give secondary schools students the chance to play golf on their school site, learning the basic principles of putting and chipping whilst getting creative and working well as a team. It can be delivered at all 3 levels of the School Games from intra school (level 1) activity through to inter school (Level 2) and county festivals.

At an intra school level, it links in to the Youth Sports Trusts 'My PB' resource, and the Cross Bar challenge activity found with this resource is also used within the Streetgolf skills challenge, therefore providing an easy bridge between the two resources.

A next step from this skills challenge may be developing a Satellite club with a local "HSBC Golf Roots" accredited facility to help the transition into golf club activity. There is also an opportunity to use this challenge as a first step before entering a Level 2 StreetGolf Sixes festival.

Skills for life

The Golf Foundation promotes the development of both playing and personal skills amongst all young people through its HSBC Golf Roots initiatives and competitions. StreetGolf skills challenge format lends itself to promoting skills such as Teamwork, Perseverance, Honesty, Staying safe. These should be encourage and rewarded by adults and leaders working with each group.

KING OF
THE COURT

REBOUND

CROSS BAR
CHALLENGE

CALL THE
SHOTS

FLY THE
BENCH

RUN THE
GAUNTLET

CROSS BAR CHALLENGE



Equipment:

- 1 x small football goal
- 2/3 x chippers (depending on number of groups)
- 6-12 x almost golf balls per group
- 2 x white cones per teeing area
- 1 x Astro matt and tee per group
- A minimum of 6 red cones for safety zone.

The Challenge:

Taking it in turns, chip a ball in the air towards the goal. Each team has five minutes to score as many points as they can.

Scoring:

10 points = ball goes straight into the goal

25 points = ball hits a post

50 points = ball hits the cross bar

0 points if the ball goes over the bar or wide of the goal.

(Try adding Velcro targets to the corners of the goal and try hitting mini tennis balls towards them to score 100 points).

Top Tips:

- Before hitting the ball make a practice swing that brushes the ground.
- Make sure your feet and shoulders are running parallel to the target.

Skills for Life: TEAMWORK

- Cheer and support your team and give positive advice to each other.

CROSS BAR CHALLENGE

RUN THE GAUNTLET



Equipment:

- Flat path or line on an astro-turf/ court or similar
- 1 x putter
- Mini Tennis balls
- 1 x Velcro target
- 2 white cones
- 6 safety (red) cones
- 10 pairs of yellow cones (pair every 1 metre)

The Challenge:

Taking it in turns, putt the ball down the channel to the Velcro target. Score as many points as you can in 5 minutes.

Scoring:

- 2 points are scored for every pair of cones that the ball passes inside the channel. If the ball finishes on the Velcro target, 50 bonus points are awarded.

Top Tips:

- When holding the putter point both thumbs down towards the ball.
- Keep your feet glued to the floor during the swing

Skills for Life: HONESTY

- Be honest if your ball leaves the channel.

RUN THE GAUNTLET

FLY THE BENCH



Equipment:

- 1 x Bench
- 1 x chipper
- Mini tennis balls
- 1 x hitting mat
- 1 x Velcro target
- 2 x white cones
- 6 x red (safety) cones
- Green and blue cones optional to make river and green.

The Challenge:

Taking it in turns, try to chip the ball over the bench onto the Velcro target. Score as many points as you can in 5 minutes

Scoring:

- 2 points for hitting the ball over the bench
- 10 points for hitting the Velcro target.

Top Tips:

- Smooth rhythm through the swing
- Position the ball in the middle of your feet.

Skills for Life: PERSEVERANCE

- Take the positives from every shot
- How can you change your method to achieve greater success?

FLY THE BENCH

KING OF THE COURT



Equipment:

- 1 x marked court (tennis/ badminton etc)
- 2 x chippers
- 1 x almost golf ball
- 1 x low net or yellow cones to mark net
- Green cones to mark the edges of the court

The Challenge:

- Working in two teams, with one person active per team at any time, chip the ball over the net into the court. Play continuously for 5 minutes, taking it in turns to hit the ball.

Scoring:

- 2 point if the ball goes over the net
- 5 points if the ball bounces inside the court

Top Tips:

- Make sure the club face is pointing at the target
- Swing the club back and through the same distance

Skills for Life: WORK AS A TEAM

- Nominate a captain to keep count of the points.
- An extra 10 points awarded for the most encouraging team.

KING OF THE COURT



CALL THE SHOTS

Equipment:

- Flexible depending on the chosen challenge, but must include clear hitting and safety areas using the white and red cones.

The Challenge:

This game is designed to give the group some flexibility in choosing their sixth challenge in true StreetGolf fashion i.e. a bin, a rugby post, a shelter. NB: ensure that it is safe to aim at the target and that you have permission. The challenge must last 5 minutes and include the whole team.

Scoring:

Your Game, Your rules!

Top Tips:

- Keep it safe and fun, and ensure you follow the tips from the other games.

Skills for Life: CREATIVITY

- How creative can your challenge be? Take a picture and send it to us on Twitter @golfrootshq

CALL THE SHOTS



REBOUND

Equipment:

- 1 x wall
- 1 x chipper
- Velcro golf balls
- 1 x Velcro target
- 2 x white cones to mark tee
- 6 x red (safety) cones
- Green cones to mark green (target)

The Challenge:

Chip the ball so it hits the wall and rebound to the target. How many points can your team score in 5 minutes?

Scoring:

- 5 points if the ball travels through the green
- 10 points if the ball hits the Velcro target.

Top Tips:

- Find the right spot on the wall by throwing the ball first
- Change the speed of the ball by changing the length of the swing.

Skills for life: TEAMWORK AND SAFETY

- Make sure the ball is rebounding in the right direction away from other games.
- Encourage each other to keep going, even if things aren't going well.

REBOUND

SCORECARDS: Please photocopy and hand them out to each player.

SCORECARD

TEAM	YOUR SCORE	OPPONENTS SCORE
Cross Bar Challenge		
Run the Gauntlet		
Fly the Bench		
King of the Court		
Call the Shots		
Rebound		
TOTAL SCORE:		
SIGNATURES:		

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