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).

Learning Intention

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