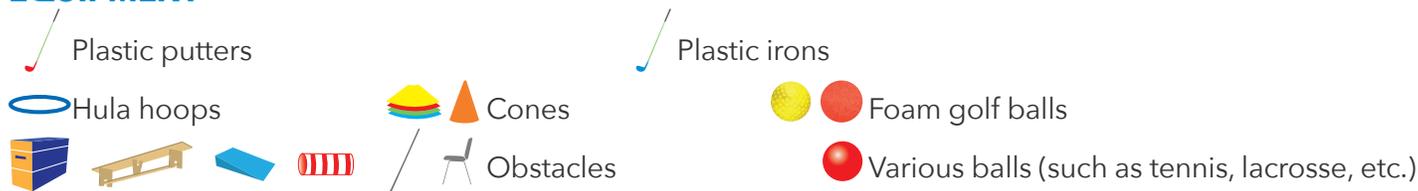


WHAT IS GOLF?

Although it has an important social aspect to it, golf is an individual sport. It is played with other golfers. You can play golf at any age, with your family, friends, players who have similar or different skills. Golf is played on a course with **9 or 18-holes**. The objective is to **hit the ball with as few strokes as possible** from the tee until it drops into a hole. You achieve this goal by hitting the ball a series of time with a carefully chosen club. To excel at golf, you need **focus** and **patience**. Athletic skills such as speed and flexibility are necessary. Professional golfers also need to have a thorough knowledge of the course where they play to select the right strokes and adjust their trajectories. Golf, as we know it today, was invented in the United Kingdom. It was brought to America in the 19th century by professional U.K. golfers. The first golf club in North America was the Royal Montreal Golf Club in 1873.

▶ Video created by Mr.Animate on their YouTube channel: <https://www.youtube.com/watch?v=99nN7WWNF1Q>

EQUIPMENT



HOW TO MAKE THIS ACTIVITY A SUCCESS



THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



▶ This activity is designed for the **indoors** and involves the use of the **Golf Québec** kit. Save this largely individual activity for rainy days.

WARM-UP

LE MEILLEUR CHEMIN

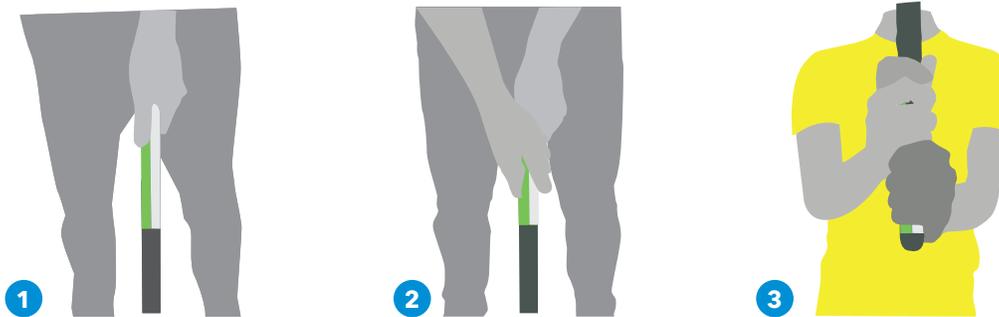


EQUIPMENT: 1 , 1  per team, balls and some obstacles

OBJECTIVE: Navigating a crowded course without hitting any obstacles or other players.

Form teams of **3 to 5 players** with 1 starting hoop on one side of the gym. In front of the players is a series of obstacles (the ones for the next activity). Imagine that the obstacles are trees , mounds of grass , holes  and lakes , just like on a real golf course. For the first **4-minute round**, **walk quickly** to find the best path to get **1 ball** on the other side of the gym and bring it back before handing it off to the next player. If you **jump** over an obstacle, **run** or **walk through a hoop**, you must drop the ball and return to the starting hoop. For the 2nd **4-minute round**, use your **golf club** to bring **1 ball at a time** to your team's hoop.

 When you grip the club, position your left hand, thumbs down **1**, then cover your thumbs with your right hand **2**. Your fingers should be locked together (no space between the hands) **3**. For the left-handed, do the opposite.



TECHNICAL ACTIVITY

GYM MINI-GOLF



EQUIPMENT: 1 , 2 , 1  and  per groups of 3

OBJECTIVE: Hitting ball with putting or chipping strokes.

In groups of 3, play each of the designated holes. **Taking turns**, try to get the ball into the hole (hoop) with **the fewest strokes possible** (3 strokes maximum). Keep score on a **score sheet** if you want. If a player misses the hole (a missed ball) or hits the ball off the fairway, add a **penalty stroke** to the total and replay the ball from the tee box. Allow **3 to 4 minutes** for each round and rotate the players.

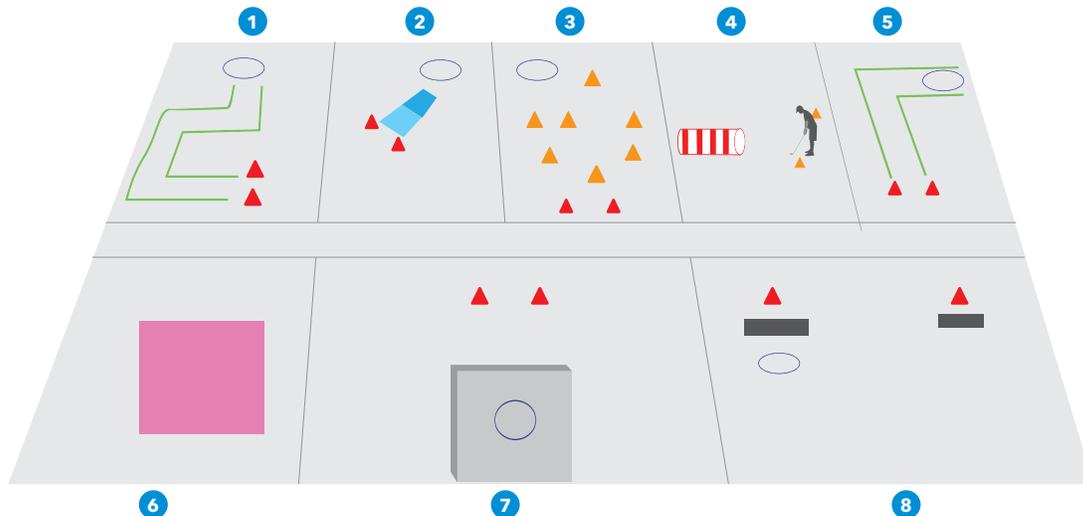
- 1 "U" DRILL.** Ricochet the ball off the inside edges the  course to make it go into the .
- 2 BUMP DRILL.** Hit the ball up the  to make it go into the .
- 3 FOREST DRILL.** Hit the ball around the  to make it go into the .
- 4 TUNNEL DRILL.** Hit the ball through the inside of the  to go into the .
- 5 "L" DRILL.** Ricochet the ball off the inside edges of the  lying on its side to make it go into the .
- 6 RING DRILL.** Hit the ball through the upright  held up by two  lying on their sides. You can also criss-cross the  to provide smaller and larger targets and assign points to them.

GYM MINI-GOLF (continued)



7 WALL DRILL. Hit higher targets (e.g., hang the  1 m off the ground on wall bars). You can also criss-cross the  to provide smaller and larger targets and assign points to them.

8 BARRICADE DRILL. Hit the ball over the  to make it go into the .

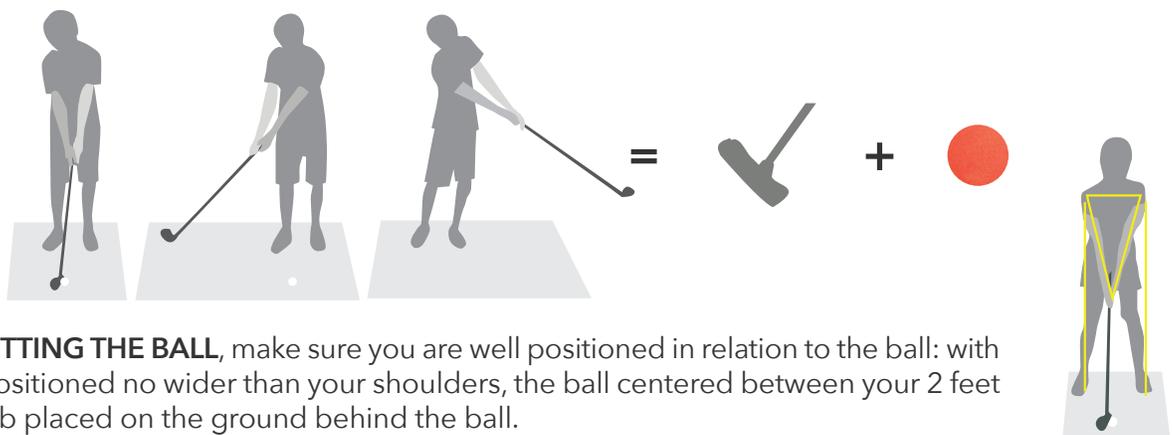


 You will see that the **red club (putter)** and the **blue club (iron)**, along with the **smooth ball** and the perforated ball from the kit, are not made for all types of holes.

For **putting** (a ball that rolls on the ground), use a **putter** and a perforated ball.



For **chipping** (a ball that rises slightly, then rolls on the ground), use an **iron** and a smooth ball.



BEFORE HITTING THE BALL, make sure you are well positioned in relation to the ball: with your feet positioned no wider than your shoulders, the ball centered between your 2 feet and the club placed on the ground behind the ball.

TECHNICAL ACTIVITY

DEVELOPMENT DRILL



EQUIPMENT: Obstacles, 1 , 1  and 1  per team

OBJECTIVES: Learning and practicing golf skills.

Form **teams of 4** and create a hole with the equipment you have. Each player must try to get a hole in 1 shot!

FINAL ACTIVITY

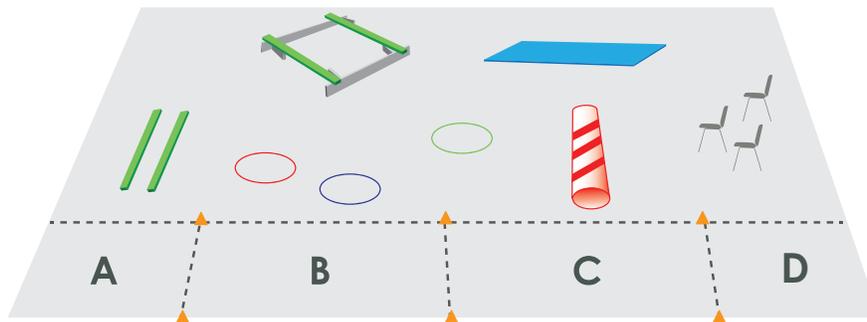
MULTI-TARGET DRILL



EQUIPMENT: 1 , 1  per team, some , some , 1 , some , some  and 1 

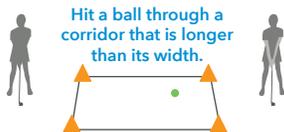
OBJECTIVES: Practicing putting and chipping.

Divide the group into **teams of 3 to 4 players**. Choose your **hitting area** (A, B, C or D) and your **target**. To cross the corridor formed by the slats in Area A, use a **putting stroke**. To get the ball through the physitube in Area C, use a **chipping stroke**. No full swings (i.e., club head higher than the waist). Wait for the signal to get the ball. Specify the number of strokes each player can take per round.



VARIATION:

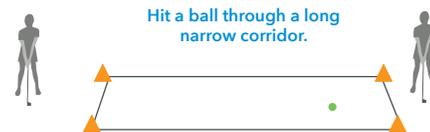
- Divide the group into 2 teams, with 1 team assigned to the Multi-Target Drill and the other to a quarter of the gym for the following challenges in teams of 2.



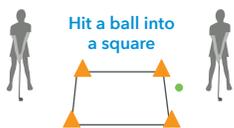
Hit a ball through a corridor that is longer than its width.



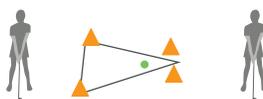
Hit a ball into round target.



Hit a ball through a long narrow corridor.



Hit a ball into a square



Hit a ball through a narrower or wider area from each end.



Hit the ball over ropes.



For more details on the **golf** leagues in your neighbourhood, visit the RSEQ website.

RSEQ.CA

*The RSEQ is not responsible for the content shown on any of the linked sites.