

# SPORTAUS

F-2

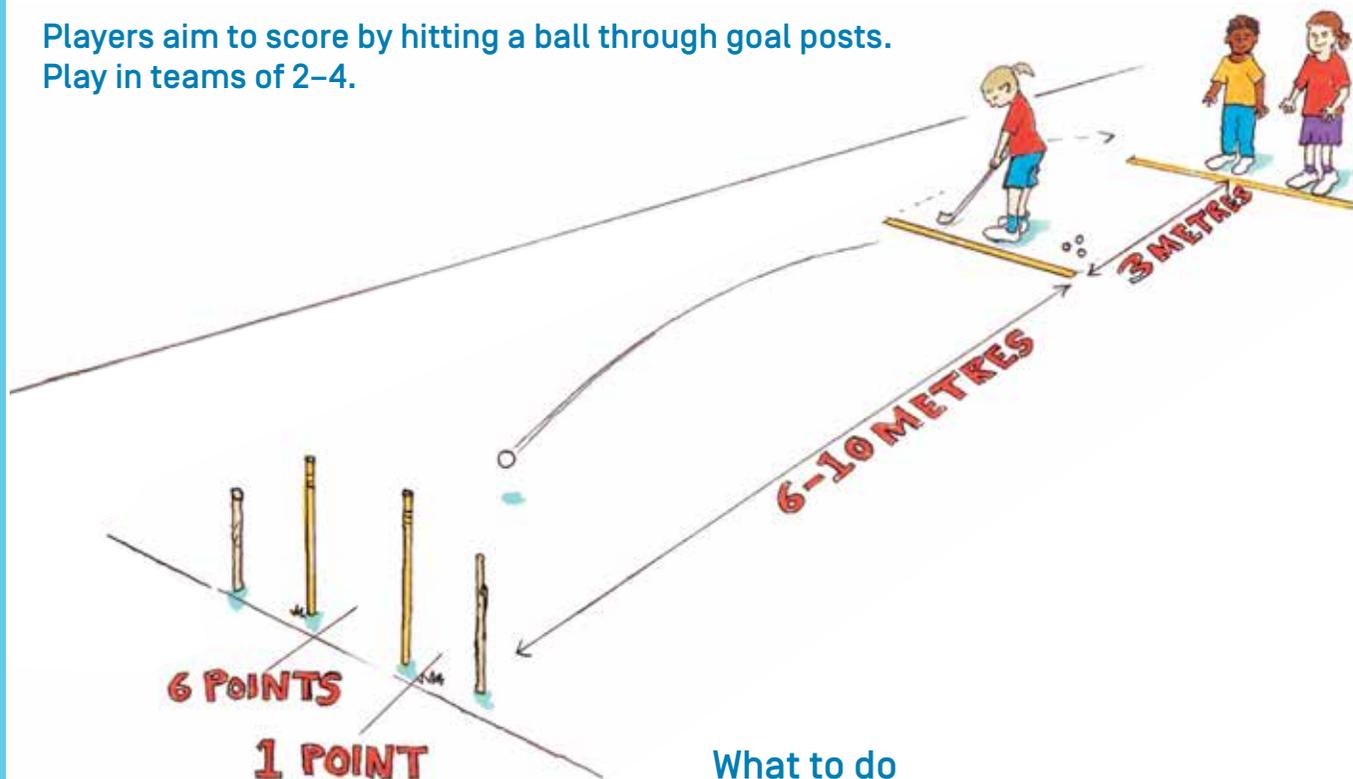
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# Footy golf

Players aim to score by hitting a ball through goal posts.  
Play in teams of 2-4.

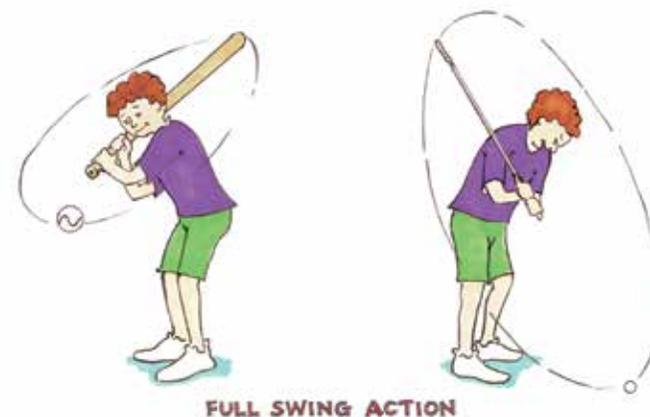


## What you need

- > 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*.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION

MOTIVATION CONNECTION TO PLACE

SAFETY AND RISK STRATEGY AND PLANNING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO61

## Coaching

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

## Game rules

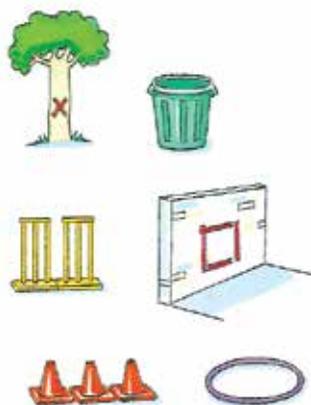
- > Add an out-of-bounds area behind the goals and penalties to encourage players to learn distance control.
- > Allow points to be scored if the ball rolls through goals.

## Equipment

- > Vary the ball used (e.g. a tennis ball or frisbee) according to ability.



- > Vary the goals used (both size and design) according to ability and interests).

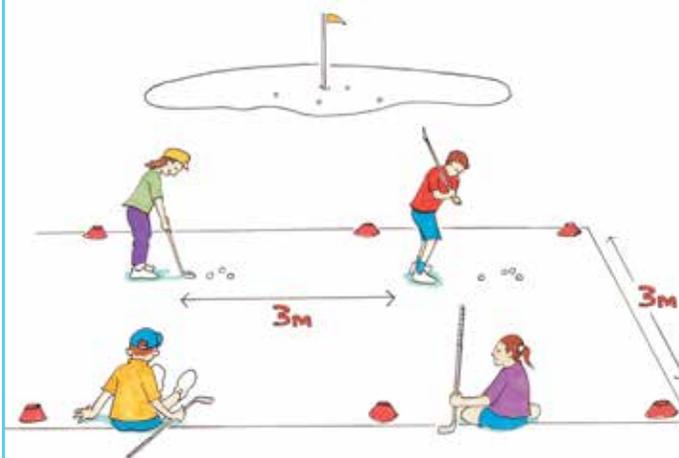


- > Vary the method of sending the ball according to ability (e.g. rolling, throwing or kicking).
- > Vary the type of hitting implement used (e.g. racquet, bat, hockey stick).
- > Discuss with players how to change their technique to improve distance of shot (e.g. backswing, force etc.)



## 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.
- > Ensure at least a 3m gap between the hitting tees and wait areas to avoid being hit.
- > Players should carry or place equipment on the floor, never throw.

## Ask the players

- > If played outside, ask players to discuss the outdoor environment and how it makes them feel?
- > How can you change technique to improve shot distance (e.g. backswing, force)?
- > Are there other ways you can control the distance the ball goes?
- > What strategy will get you or your team the most points?