



Striking: Happy Gilmore Swings

Equipment:

Children's golf club, golf balls x5, hitting mat, rubber tee.

Set-up:

Student will hold golf club and ball will be teed up on hitting mat.

Description:

This activity will see the student hit golf balls from a running start. This activity is great for developing disassociation between the lower and upper body along with a great weight shift when swinging.

Instructions:

When the ball is set on the rubber tee on the hitting mat the student will back away from the ball and prepare to begin. The activity will require the student to make a movement towards the ball and begin their swing on their approach. As they arrive at the ball they will swing at it and try to hit it into the net. Each student will repeat this process until they have hit five balls.

Scoring:

The student that hits their five balls on the least number of attempts will score a 3. The runner-up will score a 4. All others in the group will score a 5. If there is a tie then the coach will determine which of the students displayed the most accuracy when hitting the balls.

