

SPORTS LOCKDOWN SERIES

GOLF

What is the Sport?

Golf is an individual and team sport where the object of the game is to hit the ball using a club from a starting position, tee. This is followed by recurrent strikes of the ball with the aim of sinking, or putting the ball into a hole, marked by a flag.

This resource uses games that could be tried out at home, in the garden or in a large open space. We hope that churches will create a safe bookable 'sports' space for those in its local community to enjoy, especially those with no or small gardens. These are ideal to be used by families or small groups of young people as per government guidelines.

Advice around how to run such a space and abide by current government guidelines can be found here <https://www.gloucester.anglican.org/sports> It is important to read these as they will be kept up to date.

Further advice on these activities are posted on <https://www.youtube.com/c/DiocesefofGloucester>

Fun Variations of Golf

Indoor

Flick Golf

Create a mini-golf course out of cardboard or toys, complete with hazards and obstacles you can find around the house. Mark out a 'hole' with a pen, or string. When the ball rolls over it, class it as a sunk put. Use your fingers as the clubs to flick a marble or a ping-pong ball around the course, lowest score wins.

Tip:
The more interesting the hazards and obstacles the more fun it will be. Try creating loop-the-loops or jumps. Lego would be a great way of building something, this is more like crazy golf!

Cup Golf

Use a ping-pong ball (or alternative) and a plastic cup. Create a starting tee point and aim to get

the ping-pong ball from one side of the room to another and into the cup. The first player begins and completes before the next player takes their turn. Take it in turns to place the cup and create the course, but add some quirky rules. For example, players could bounce the ping-pong ball or alternate between throwing and blowing. The lowest score wins, with players taking turns to decide the positioning of the cup.

Tip:
Ensure that anything breakable is placed safely to one side! Add a little bit of water to the cup so that the ball doesn't bounce out.

Outdoor

Foot or Throw Golf

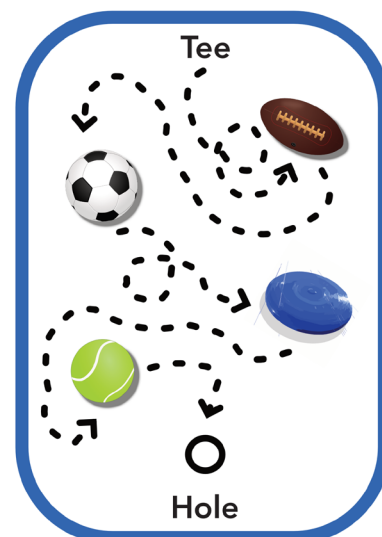
Each participant has their own football, tennis ball or Frisbee. Decide whether the ball should be kicked or thrown. Set up a target that is classed as the hole. The ball must touch the target to be putted. If each player has a ball they take it in turn to kick or throw. If there is only one ball, each player should complete the hole before passing the ball to the next player. The least amount of kicks or throws wins the hole. Take it in turns to design and set the hole.

Tip:
The 'hole' could be a bag, jumper, box, bucket or even a tree. Use your surroundings for inspiration.

If one or more of the group is physical distancing, remain 2m away from each other and wipe down the ball with disinfectant if it is being shared before being passed on.

Multi-Ball Golf

Use the principles from Foot or Throw golf, but the players have several balls that must be used at least once as part of completing the hole. Each throw is taken from where the ball lands and stops and replaced with a different ball. Certain balls may be reused but all balls must be used at least once. Ideally, each person will have their own set of balls, but if not, each player completes the hole before passing on the balls to the next player.



The lowest score wins the hole. Take it in turns for different players to set and create each hole. If one or more of the group is physical distancing, remain 2m away from each other and wipe down the ball with disinfectant if it is being shared before being passed on.

Tip:
Some balls will cover more ground than others if used correctly, for example a Frisbee may cover more ground than a tennis ball. But you may be more accurate throwing a tennis ball than kicking a football. This requires some tactics.

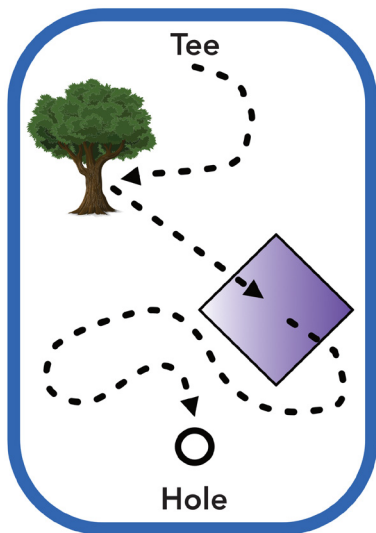
their own ball take it turns to play their shot.

If one or more of the group is physical distancing, remain 2m away from each other and wipe down the ball with disinfectant if it is being shared before being passed on.

Tip:
Be creative with your zones. Some zones could be big, some could be small, some could be a rebound off a tree. But don't make it impossible and spoil the fun!

Zone Golf

Building on the concept of Foot or Throw golf, mark out zones, with jumpers or cones. These zones are where the ball must travel into before moving onto the next zone and ultimately the hole. The lowest score wins the hole. Allow different players to come up with different zone layouts. If sharing a ball complete the hole first and then pass on to the next person, but if each person has



Joker Golf

Using one of the games from above, play 2 holes for each person, so with 4 players that would be 8 holes. Each player has two 'jokers' they can play at some point during a game. The joker enables the player who called it to swap balls with anyone they like and continue from that position. Once a joker is called on a hole no other jokers can be played.

Tip:
You need to be tactical as to when to play your joker and when it best suits you and your game plan

Combination

Combine ideas from any of all the above games to create your own golf games; your games, your rules, your fun!

Pause for thought

In Golf, you need to have patience. Sometimes your shots will go nowhere near where you are aiming. It takes determination and patience to keep playing. When we keep playing and play that amazing shot, the euphoria is worth it and the patience is repaid. In the Bible, God says 'I know the plans I have for you... plans to give you hope and a future' (Jeremiah 29:11). It can seem like those plans are a long way away, but God has promised us all hope and has not forgotten about you. Remember, it may require a little bit of patience until those plans are fully revealed to us.

Question:
When have you needed patience in your life?

Prayer:
Lord God, thank you for the plans you have for my life. Please give me patience and understanding to know that you love me and want the best for me. Amen