

HSBC  

GOLF ROOTS

Skills for life



Tri-Golf Skills Festival

HSBC Golf Roots gives children and young people the opportunity to experience golf and the benefits it has to offer.

Bullseye

Station 1



Instructions Team of 5 on each tee (white cones). 8 cones are in a straight line from the player. Players try to roll the possible elevate the target by resting it on a chair so that it faces the pupils at an angle. Chip the ball in the air aiming at the centre of the target. Balls should not be collected until all balls have been hit and a command has been given. 2 minutes practice (if time allows), 5 minutes play.

Skills for Life - staying safe

Leader's prompt to pupils: why should you sit behind the red cones when it is not your turn? Remind the pupils that they will get a rating out of 10 for how well they sit behind the red cones.

Scoring

Yellow inner = 10 points Inside green = 5 points
 Blue circle = 4 points Middle green = 3 points
 Red circle = 2 points Outer green = 1 point

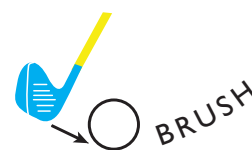
Score is taken from where the ball finishes, not where it hits.

Equipment

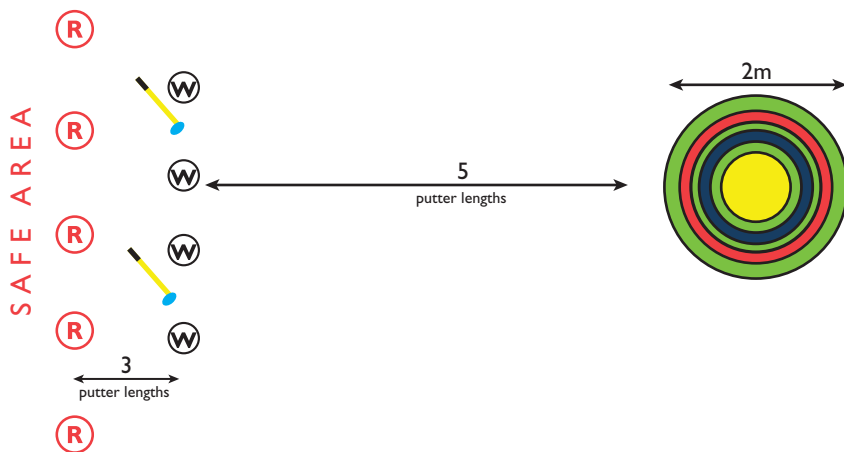
- 1 x Tri-Golf chipper per team
 - 1 x 2m Tri-Golf pop up target
 - 5 x Velcro balls per team
- Cones could be used if you do not have a Tri-Golf target.

Key points for success

1. Tick Tock brush the ground to get the ball into the air



2. Practise and then play for success



School name, team number or bib colour	Tally of scores						Total	Skills for Life Rating
	1	2	3	4	5	10		
Example: A Primary School							78	
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

Dominoes

Station 2



Instructions Team of 5 on each tee (white cones). 8 cones are in a straight line from the player. Players try to roll the ball with the putter to hit the cone nearest to them, if the player hits the cone they collect it. The cones must be hit in order. 2 minutes practice (if time allows), 5 minutes play.

Skills for Life – working together

Leader's prompt to the pupils: how can you help and encourage your team mates?

Remind the pupils that they will get a rating out of 10 for how well they help and encourage each other.

Scoring

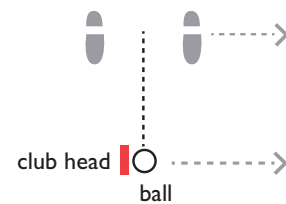
- Team continues until all cones are hit.
- Score 1 point for green cones, 5 points for blue cones, 10 points for yellow cones.
- When all the dominoes are completed, lay them out using the putter to measure and play again (if time allows).

Equipment

- 1 x Tri-Golf putter per team
- 1 ball per team
- Cones as below

Key point for success

1. Club ready and aim using the red part of the club



School name, team number or bib colour	Tally of scores			Total	Skills for Life Rating
	1	5	10		
Example: A Primary School				40	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Drive for show, putt for dough

Station 3



Instructions Team of 5 on each tee (white cones). Each player aims to chip the ball in the air over the blue line of cones. If they are successful, they then earn a chance to putt the ball into the hoop. Each player only gets a putt if they hit the ball in the air over the blue cones. On the putt, the ball must stay in the half-hoop to score. 2 minutes practice (if time allows), 5 minutes play.

Skills for Life – honesty

Leader's prompt to pupils: You score 1 point for crossing the blue line, 5 points for hitting the ball over the blue cones and 10 points for keeping the ball in the half-hoop. It's up to you to keep your team score and tell me at the end, showing honesty. You will receive a rating out of 10 for how well you do this, demonstrating honesty. Note to leaders: still keep a score as a leader and check to see if this matches the pupils' record of their score. If there is a discrepancy, the leader's score is final.

Scoring

- Drive over blue cones on floor = 1 point
 - Drive over blue cones in air = 5 points
 - Putt to remain in half hoop = 5 bonus points
- Putt - the ball must stop in the hoop to score.

Equipment

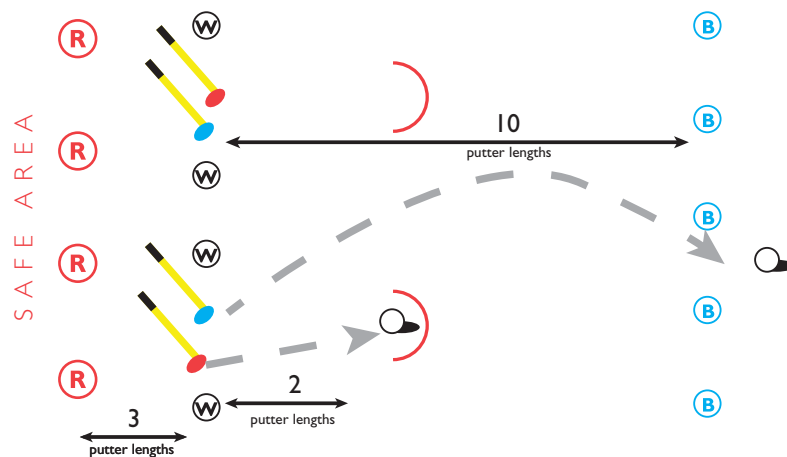
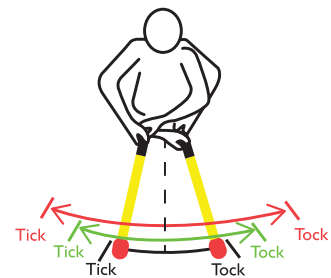
- 1 x Tri-Golf putter per team
- 1 x Tri-Golf chipper per team
- 2 balls per team
- 1 half hoop per team
- Cones as below

Key points for success

1. Practise and play for success



2. Concentrate on the size of your Tick Tock swing



School name, team number or bib colour	Tally of scores			Total	Skills for Life Rating
	1	5	10		
Example: A Primary School				30	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Finders keepers

Station 4



Instructions Team of 5 on each tee (white cones). Putt the ball towards the cones, the first cone the ball hits the player collects with the ball, and returns it to the team. Pick up only 1 cone at a time and once all cones have been collected the game can set out again if time allows. 2 minutes practice (if time allows), 5 minutes play.

Skills for Life – knowing right from wrong and being honest

Leader’s prompt to pupils: why should you only pick up the cone that you hit? Remind the pupils that they will get a rating out of 10 for how well they do this and demonstrating honesty.

Scoring

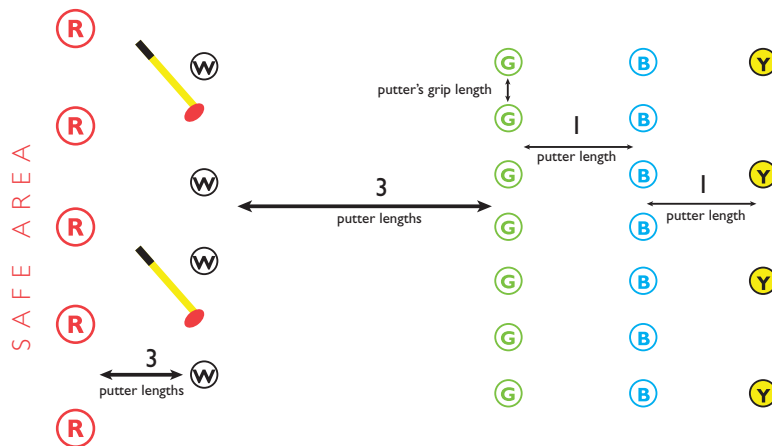
- Yellow hit = 10 point
 - Blue hit = 5 points
 - Green hit = 1 point
- Pick up one cone only

Equipment

- 1 x Tri-Golf putter per team
- 1 ball per team
- 7 green cones, 7 blue cones, 4 yellow cones

Key points for success

1. Choose a cone to try to hit then get your aim
2. The waiting players can act as a coach and give encouragement



School name, team number or bib colour	Tally of scores			Total	Skills for Life Rating
	1	5	10		
Example: A Primary School				40	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Grand National

Station 5



Instructions Team of 5 on each tee (white cones). Chip the ball in the air over the 'fences' made from cones to score points. 2 minutes practice (if time allows), 5 minutes play.

Skills for Life – showing respect for others

Leader's prompt to pupils: we want you to shout and cheer for your team but why should you be quiet when a team mate is playing a shot? Remind the pupils that they will get a rating out of 10 for how well they do this and demonstrating respect for others.

Scoring

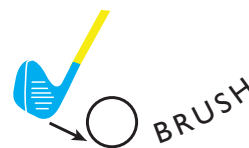
- Over Blue = 1 point
 - Over Green = 5 points
 - Over Yellow before White = 10 points
- Score from where the ball lands, not where it stops. Any shots landing over the white cones score 0 points.

Equipment

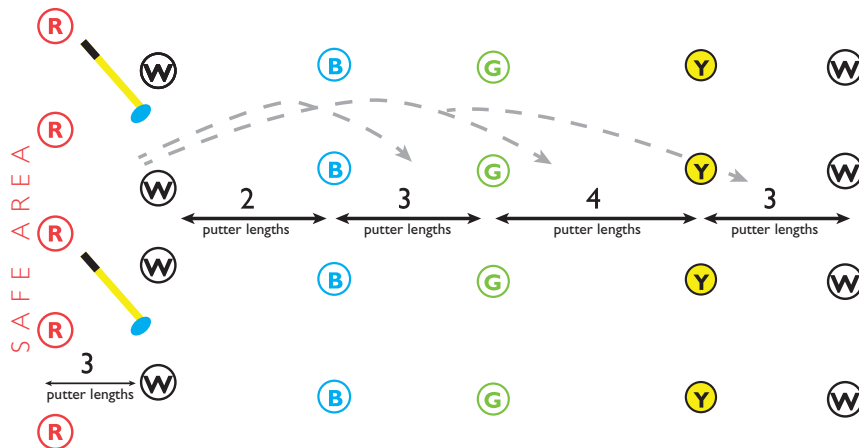
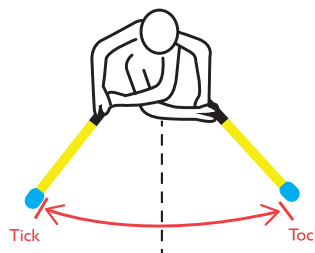
- 1 x Tri-Golf chipper per team
- 1 ball per team
- Cones as below

Key points for success

1. Brush the ground to get the ball into the air



2. Make an equal Tick Tock swing



School name, team number or bib colour	Tally of scores			Total	Skills for Life Rating
	1	5	10		
Example: A Primary School				40	
1					
2					
3					
4					
5					
6					
7					
8					
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10					
11					
12					

Tunnel ball

Station 6



Instructions Team of 5 on each tee (white cones). Putt the ball down the tunnel towards the hoop without hitting any cones. Choose which tee you would like to play from – yellow, blue and green. The furthest tees will reward you with more points. 2 minutes practice (if time allows), 5 minutes play.

Skills for Life – cooperation and self-confidence

Leader's prompt to pupils: how you will celebrate and congratulate a team mate on a good shot?
Remind the pupils that they will get a rating out of 10 for how well they do this and demonstrating cooperation.

Scoring

- Green = 1 point
- Blue = 5 points
- Yellow = 10 points

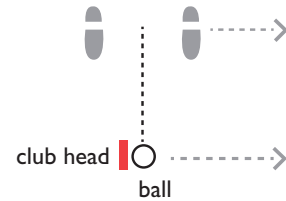
The ball must stay in the hoop to score.

Equipment

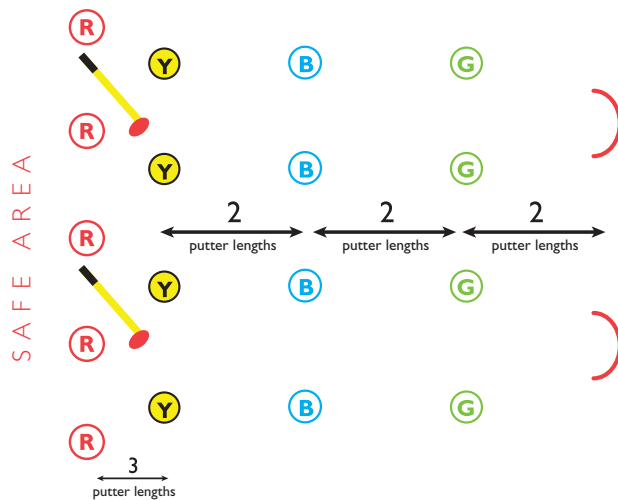
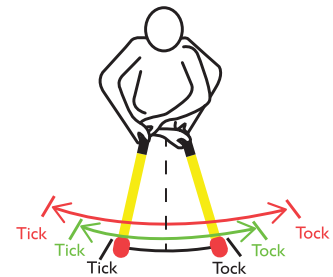
- 1 x Tri-Golf putter per team
- 1 ball per team
- 2 half hoops, each made up from 3 sections in the Tri-Golf bag
- Cones as below

Key points for success

1. Get the club ready and aimed using the red part of the club



2. Use Tick Tock swing to control the roll



School name, team number or bib colour	Tally of scores			Total	Skills for Life Rating
	1	5	10		
Example: A Primary School				40	
1					
2					
3					
4					
5					
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10					
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12					

Zone ball

Station 7



Instructions Team of 5 on each tee (white cones). Lay out the cones so that they all touch. Try to hit the yellow or blue cones to score the highest. 2 minutes practice (if time allows), 5 minutes play.

Skills for Life – cooperation

Leader's prompt to pupils: how can you help each other and score more quickly on this game?

Remind the pupils that they will get a rating out of 10 for how well they do this and demonstrating cooperation.

Scoring

- Yellow cone = 10 points
- Blue cone = 5 points
- Green = 1 point

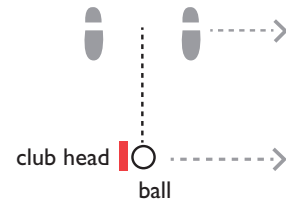
Pupils can run out and collect the ball for each other but not wait behind the zone cones nor receive help from a teacher in collecting the balls.

Equipment

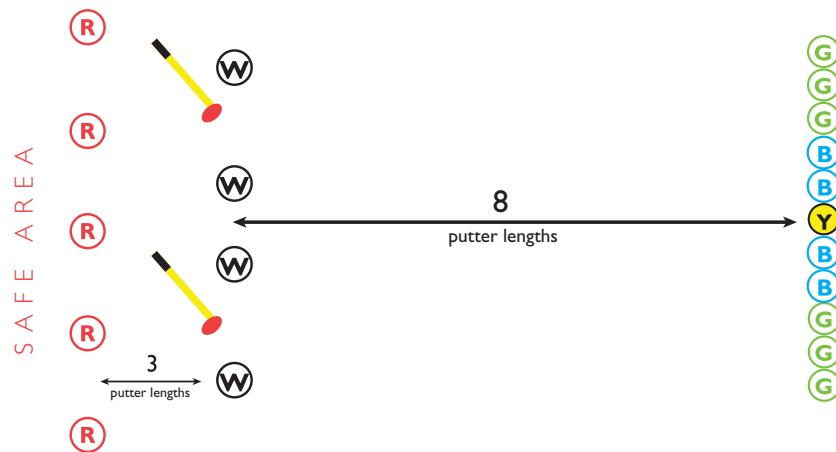
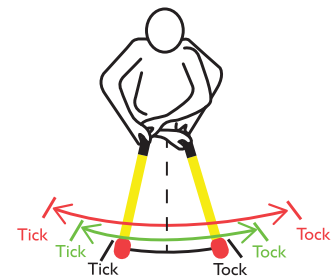
- 1 x Tri-Golf putter per team
- 1 ball per team
- Cones as below, must be touching

Key points for success

1. Get the club ready and aimed using the red part of the club



2. Use Tick Tock swing to control the roll



School name, team number or bib colour	Tally of scores			Total	Skills for Life Rating
	1	5	10		
Example: A Primary School				40	
1					
2					
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5					
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10					
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12					

Down the middle

Station 8



Instructions Team of 5 on each tee (white cones). Players start from the white cones and try to strike the ball in between the lines of green cones (fairway) and over blue cones (river) in turn.
2 minutes practice (if time allows), 5 minutes play.

Skills for Life – staying safe

Leader's prompt to pupils: what should you check before collecting a ball on this game?
Remind the pupils that they will get a rating out of 10 for how well they do this and demonstrating staying safe.

Scoring

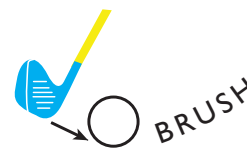
- Over the river rolling = 1 point
 - Over the river in the air = 5 points
 - Over the river, landing on correct fairway and stopping before white cones = 10 points
- The ball must land over the blue cones and within the same fairway as the tee.

Equipment

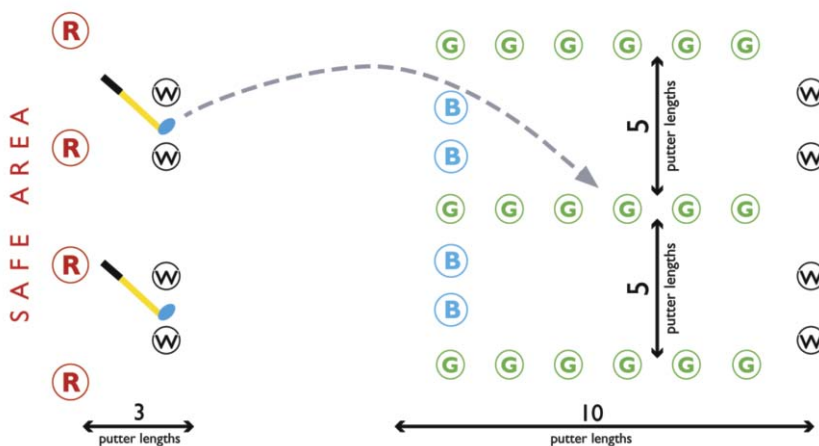
- 1 x Tri-Golf chipper per team,
- 1 ball per team, cones as below

Key points for success

1. Brush the ground to get the ball into the air



2. Hold balance at the end of the swing for a count of two



School name, team number or bib colour	Tally of scores			Total	Skills for Life Rating
	1	5	10		
Example: A Primary School				40	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					



SCORECARD				
Team Name		Game	Score	Skills for Life
1		Bullseye		
2		Dominoes		
3		Drive for Show		
4		Finders Keepers		
5		Grand National		
6		Tunnel		
7		Zone Ball		
8		Down the Middle		
		Grand total		
		Signature		



SCORECARD				
Team Name		Game	Score	Skills for Life
1		Bullseye		
2		Dominoes		
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6		Tunnel		
7		Zone Ball		
8		Down the Middle		
		Grand total		
		Signature		

Skills Festival layout for Levels 2 and 3 of School Games

8 games and a bunker rest stop

2 tees per game station

5 pupils per tee

Ensure a left hand chipper is placed on each chipping game

Up to 90 pupils participating

2 minutes practice time and 5 minutes scoring time on each game

See individual scorecards for each game

Equipment needed

Equipment	Qty	Notes	Contents of one Tri-Golf Master Bag
Tri-Golf putters (red)	10	+ 4 left handed	9 RH + 1 LH
Tri-Golf chippers (blue)	8	+ 4 left handed	9 RH + 1 LH
Tri-Golf balls	34		
Tri-Golf velcro balls	20	5 x 4 colours	
Red cones	32		
White cones	40		
Yellow cones	17		
Green cones	53		
Blue cones	36		
Tri-Golf 2m bullseye target	1		
Benches	4		
Hoops	4		
Water		for each player in Bunker stop	
Games and scoresheets		as required	
Team and individual scorecards			
Whistle		one of each	
Stopwatch			

