

# Give it a Go Brownies Golf badge



To gain your 'Give it a Go' golf badge, you should follow the instructions below with help from your leader or take part in a golf session with a qualified local coach.

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## 1 Activity 1 - Warm up

- You will create a warm up that will target the main muscles used for golf and perform a cool down to finish.

## 2 Activity 2 - Name it

- Name 3 different types of clubs.
- Name 3 different types of strokes in golf.



## 3 Activity 3 - Hitting the ball

Demonstrating the correct technique decide which stroke to use.

- Hit the ball at a large target.
- Take one step back or move the target further way.
- Make the target smaller.

## 4 Activity 4 - Mini golf

- In pairs stand in front of a cone.
- Putt the ball through your partner's legs and try and hit the cone.
- Make it harder by shortening the gap between your legs.
- Move the cone further away to make harder.

These games/activities are focusing on aim and accuracy. They also focus on the power coming from the club – how hard or how light you have to hit the ball.

