

Give it a Go Guides Golf badge

Guides
Girlguiding
Cymru



To gain your 'Give it a Go' golf badge, you should try each of these activities below with the help from your unit leader or attend a golf taster session with a local qualified coach.

- Name 4 pieces of equipment needed when playing golf.
- Name as many types of golf strokes as you can.
- As a unit/group discuss the points system used in golf.

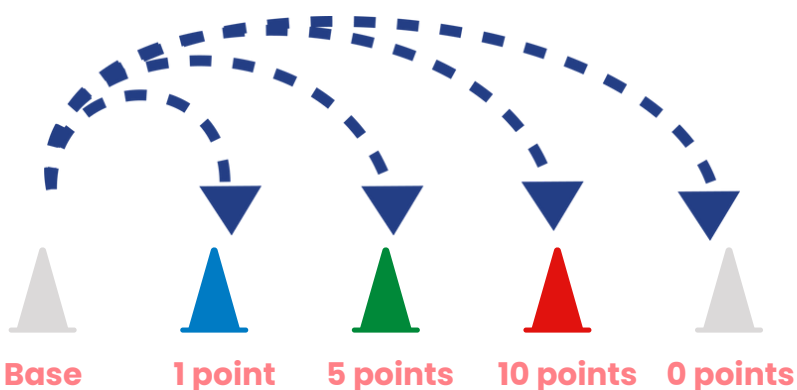
1 Activity 1 - Demonstrate

Demonstrate the correct technique for the following:

- Stance
- Hand positioning on the club
- Hitting the ball
- Follow through
- Compete against your friends to see who can hit the ball the furthest.
- Compete to see who can hit the ball at a large target.
- Make the target smaller as the girls get better.

2 Activity 2 - Golf game

- In teams of 5 standing on each tee, (white cones) chip the ball in to the air over the fences (made with different coloured cones) to score points. Team with the most points at the end wins.
- Blue cone - 1 point
- Green cone - 5 points
- Red cone - 10 points
- White cone (at other end of area) - 0 points Score the point from where the ball lands not from where it stops.



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