

# Give it a Go Rainbow Golf badge



To gain your 'Give it a Go' golf badge, you should try each of these games below with the help from your leader or take part in a golf taster session with a local coach.

## 1 Activity 1 - Crazy capers

- In small groups you will race to collect as many balls as you can.
- On the whistle one at a time you run into the middle and pick up a ball.
- Must hit the ball back to team mates with a club.
- Next person only goes once the ball is back safe in their corner.
- Group with the most balls at the end win.

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## 2 Activity 2 - Putting

- In pairs you will putt the ball back and forth.
- How many can you do without losing control of the ball.
- How many can you do in one minute with a leader timing you.

## 3 Activity 3 - Tunnel ball

- Cones will be set out as a tunnel.
- Aim is to hit the ball through the middle of the tunnel.
- How far can you hit the ball without it coming out of the tunnel?

## 4 Activity 4 - Mini golf

- Hitting the ball into small coned areas.
- Try and get the ball to stop in the coned areas.
- How many coned areas did you get through?.

Game designed to work on aim, accuracy and power.

