



Battle of the Black Country

#NSSW 2020



Virtual Tri Golf



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Challenge – Circle Targets

Equipment Needed:

- Cones (3 different colours preferably to create 3 target areas)
- 1 Tri Golf Club & 3 Balls

If you do not have the above use any objects to make 3 circles, large, medium & small, this could be socks, water bottles pens/pencils etc.

Also any ball/object you will be able to throw, roll or kick at the targets.

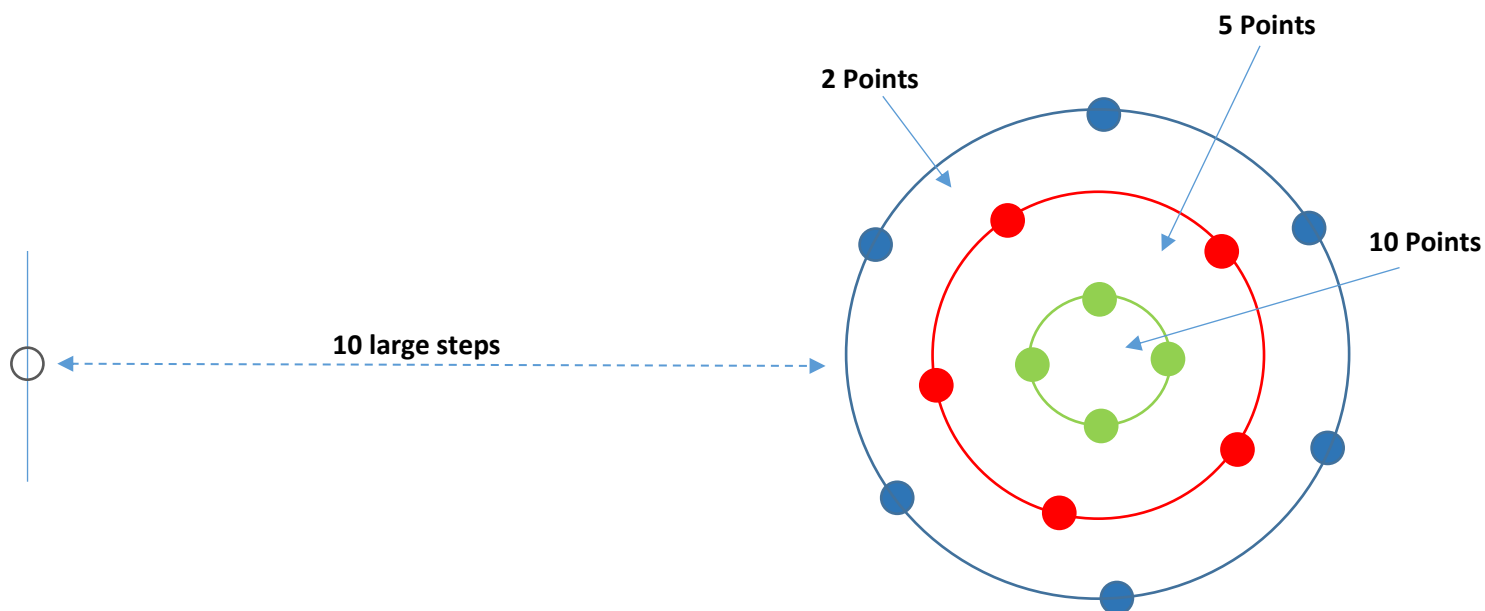
Activity:

Standing at the starter cone, try to land the ball within the target zones but remember, the smaller the area the more points you get.

Hit, roll or throw to the targets.

After your 3 attempts add your score together.

Good Luck!



Challenge – On the Green

Equipment Needed:

- Cones (3 different colours preferably)
- 1 Tri Golf Club (wedge) & 3 Balls

If you do not have the above use any objects to make 3 areas; bunker, green & water, this could be socks, water bottles pens/pencils etc.

Use any ball/object you will be able to throw, roll or kick at the targets.

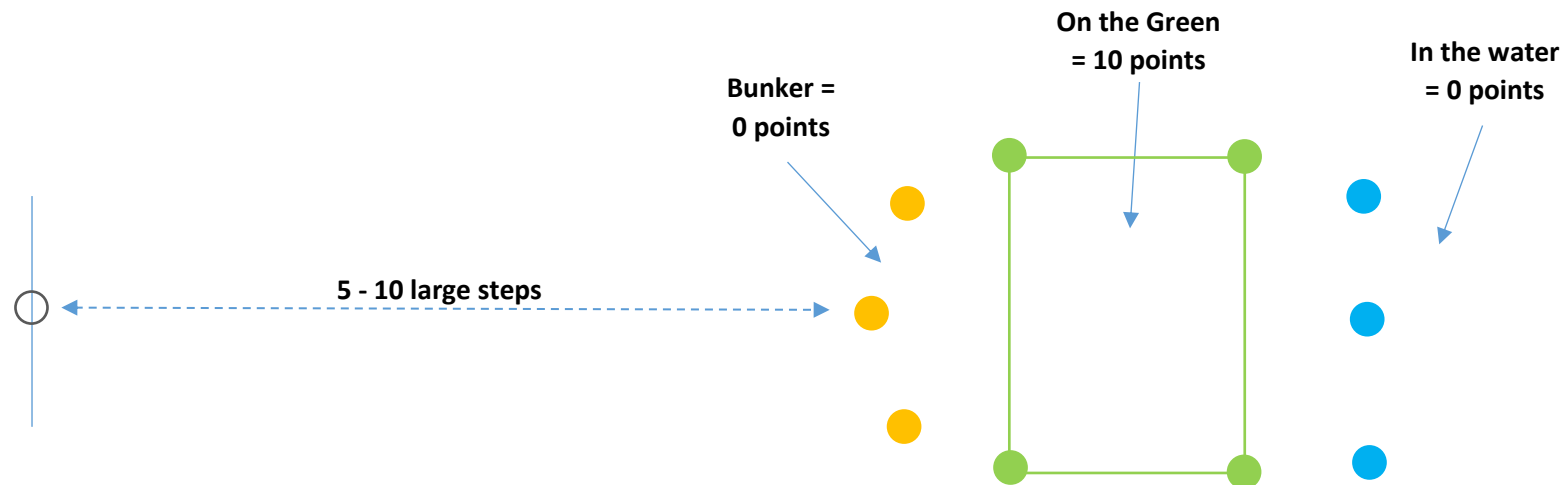
Activity:

Standing at the starter cone, try to land the ball on the green, this time you need to get the ball up in the air and over the bunker.

Be careful not to go too far and end up in the water though!

After your 3 attempts add your score together.

Good Luck!



Challenge – Putting

Equipment Needed:

- Cones (3 different colours preferably)
- 1 Tri Golf Club (putter) & 3 Balls

If you do not have the above use any objects to make targets; large, medium & small, this could be socks, water bottles pens/pencils etc.

Also any ball/object you will be able to throw, roll or kick at the targets.

Activity:

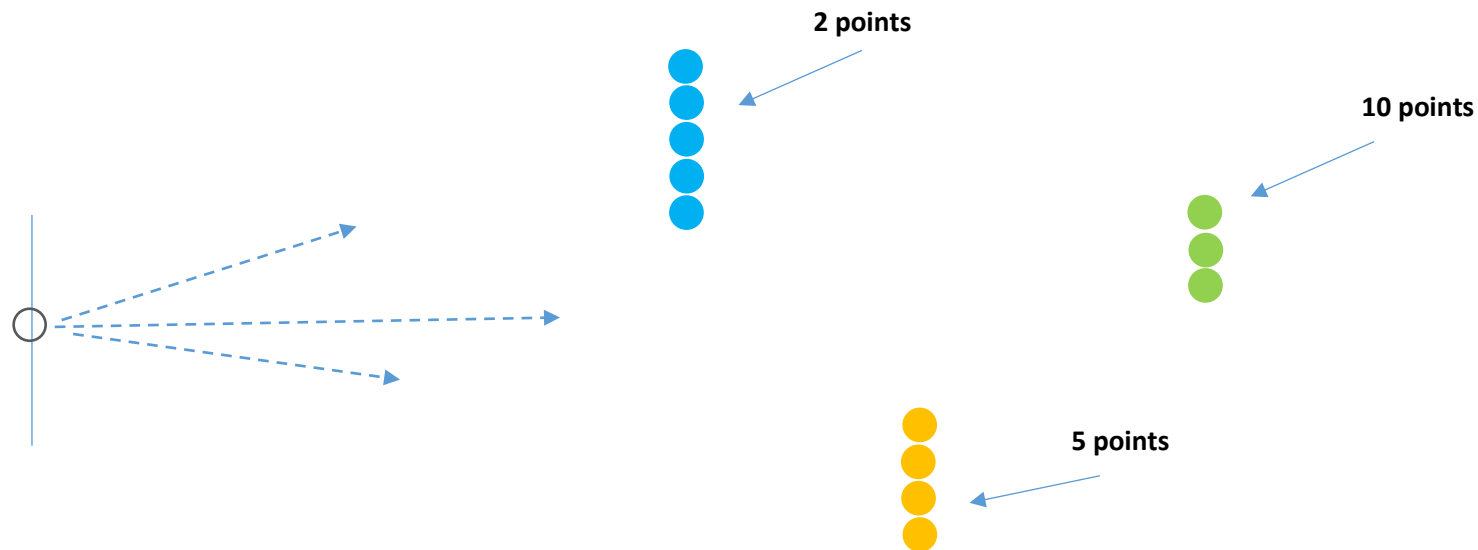
Standing at the starter cone, try to Putt the ball to hit one of the target areas.

As we are Putting, keep the ball on the floor so use your putter or roll the ball along the floor.

Remember, the smaller the target the more points you get BUT the harder to hit!

After your 3 attempts add your score together.

Good Luck!



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Challenge – Longest Drive

Equipment Needed:

- Cones
- 1 Tri Golf Club & 3 Balls

If you do not have the above use any objects to mark out 3 targets, this could be socks, water bottles pens/pencils etc.

Also any ball/object you will be able to throw, roll or kick at the targets.

Activity:

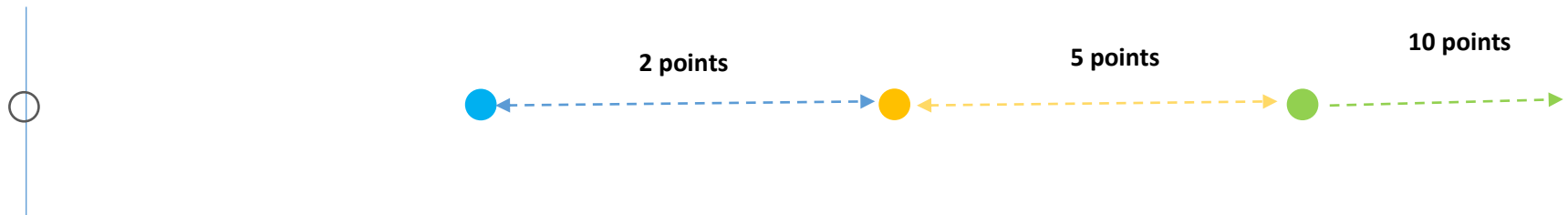
Standing at the starter cone, this time we are going for distance and accuracy, just like a drive in Golf.

Drive the ball to get past any of the 3 markers.

Remember, the further the target the more points but the less accurate you may become.

After your 3 attempts add your score together.

Good Luck!



Challenge – Par 3

Equipment Needed:

- Cones (3 different colours preferably)
- 2 Tri Golf Clubs (putter & wedge) & 1 Ball

If you do not have the above use any objects to mark out 3 areas; bunker, green and water, this could be socks, water bottles pens/pencils etc.

Also any ball/object you will be able to throw, roll or kick at the targets.

Activity:

Standing at the starter cone, you need to tee off using your wedge (or a throw/kick).

You need to land the ball short of the bunker.

Now get the ball in the air to chip over the bunker towards the green.

Finish the hole by putting on the green, remember to keep the ball on the floor for a putt.

Avoid the hazards (bunker & water) If you land in a hazard you lose 2 points.

If you manage to land on the green after your 3 shots you win **10 points!**

Good Luck!

