



GET ACTIVE



30 MINUTES



IN THE
CUPBOARD

FOOTGOLF



▶▶ GETTING INTO THE ACTIVITY

Create your own footgolf course and then compete against each other to be crowned footgolf champion.

Footgolf is based around the game of golf, however instead of a golf club and ball you use a football and your foot.

Ideally you'll want to visit your local park, but this could be played in a large hall. Start by setting up a 'hole'. This may be a large bucket, a hoop, a circle of marker cones etc. To help make the hole visible from a distance, it would be beneficial to have a flag or marker.

Each person playing should have their own ball. From a distance away from the hole take turns to kick your ball, trying to get as near to the hole as possible (just like golf). Keep taking it in turns until it ends up in the hole. Record how many kicks it takes - with the aim to complete the hole in the lowest number of kicks possible.

Create a new footgolf hole - this time think about putting obstacles in the way to make it more difficult. This may be natural objects such as trees or bushes or you could create obstacles out of cones, park benches etc.



WHAT YOU'LL NEED

- Hoops / Cones
- Footballs
- Obstacles



KEEPING EVERYONE SAFE

Outdoor activities are encouraged due to the reduced risk of spreading Covid-19. Please be conscious of other users in the park or field. If multiple people are handling the same equipment, then please factor in hand hygiene breaks. Remember to maintain social distancing as required.