



GET ACTIVE



20 MINUTES



PREPARATION
NEEDED

DRIVING RANGE

PART OF THE GOLF THEMED PROGRAMME



GETTING INTO THE ACTIVITY

Create your own driving range and then test out and improve your golfing skills.

Create a Driving Range: Decide if to create your driving range inside or outside. Tape a sponge to the floor (inside) or use a golf tee (outside). At the other end of the playing area lay out some hoops or targets. Try to have a mixture of sizes, so some targets are more challenging than others. Decide on a points system for the targets and label these using pieces of paper.

It is best to use plastic practice / air golf balls for this activity, particularly if you are playing inside. You can use either a golf club or a uni-hoc stick to hit the balls. Aim to hit the targets you have set up or land the balls inside the hoops. Keep a track of your points as you do so. Turn this into a competitive game, by challenging other players or teams to set the highest score from so many balls.

Archery/Darts: You could set up a giant archery or darts style target on the floor and use this for your target and scoring systems.

Take it Further: Another week organise a trip to visit a real driving range and put the skills you have developed into practice.



WHAT YOU'LL NEED

- Plastic Practice Golf Balls / Table Tennis Balls
- Sponges & Tape
- Hoops / Targets
- Golf Clubs / Uni-hoc Sticks
- Golf Tees



KEEPING EVERYONE SAFE

Maintain social distancing as required. When using shared equipment, please clean hands before and after the activity. Significant care should be taken around golfing equipment, particularly when swinging clubs or using real golf balls.