



# THE GOLF FOUNDATION SCHOOL GAMES TOOLKIT



# INTRODUCTION TO GOLF FOUNDATION SCHOOL GAMES TOOLKIT

## WHAT'S UNIQUE ABOUT GOLF

The Golf Foundation's School Games offer is essential for any event calendar. The Golf Foundation's Skills Festivals are perfect for mass participation, while the GolfSixes Mini League offers a true Golf course experience. Both promote teamwork and individual skills, developing life skills through 'Mental Toughness Tools' in a fun, inclusive setting so they can be used with more targeted intent. Both formats are adaptable for school sites or local Golf club facilities and are complemented by the 'Unleash Your Drive for Schools' programme. A six-lesson scheme of work that contains elements from both formats and provide the ideal preparation for School Games events.

The goal is to introduce children to golf, creating future golfers and building a lasting connection between school and community activities and golf facilities across the country. This resource empowers School Games Organisers and people within golf to create accessible, engaging golf events for schools, nurturing the next generation of players.

## What is the intent of your format



**Build social skills and connections (i.e. sense of belonging)**



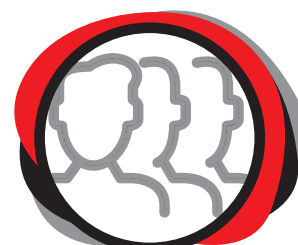
**Improve health and wellbeing (i.e. 60 active minutes)**



**Engage new/target groups of young people (tackling inequalities)**

Our offer teaches basic Golf skills that boosts confidence when put to the test. The formats include 'Mental Toughness Tools' to help participants stay focused, embrace challenges and handle setbacks. The fun activities promote teamwork and let players succeed on their own and as part of a team, building social skills and friendships. The formats create positive experiences that make participants feel good about themselves and their achievements. Young leaders play a vital role delivering activities and mentoring participants. Through this, they develop leadership and life skills. The Golf Foundation's School Games offer supports our mission to provide young people with a fun & inclusive introduction to Golf.

## Target group benefits



**All young people**

The Golf Foundation School Games formats are designed to be inclusive, ensuring all young people can participate. With Golf being an individual sport and using formats that can be adapted, it can cater for those with behavioural challenges, boys and girls. Additionally, the formats can be tailored for students with Special Educational Needs and Disabilities (SEND) and other targeted groups. This inclusive approach promotes a sense of belonging and ensures everyone, regardless of their background or circumstances, can engage in and benefit from the School Games Golf activities.

## It's just not Golf if you...

1

Take away the challenge

2

Don't bring out etiquette and values associated with Golf

3

Don't have fun with friends

# THE FORMATS. WHAT IS RECOMMENDED FOR PRIMARY AND SECONDARY SCHOOLS?

The Golf Foundation's School Games formats offer engaging and inclusive golf options for both primary and secondary school students. Designed to introduce young people to golf in a fun, accessible way, these formats are adaptable to involve as many students as possible, creating lasting enjoyment and skills development.

- 1 Primary Schools – 8-Game Golf Skills Festival:** This format focuses on mass participation, making it ideal for primary school children. The Skills Festival includes eight different golf skill challenges, allowing large groups to practice basic golf skills, teamwork, and mental toughness tools.
- 2 Primary Schools – GolfSixes Mini League:** A team-based format provides close to real golf course experience in a condensed format. Teams of six play short, fun rounds, emphasising teamwork, sportsmanship, and skill-building in a competition that develops both individual and group growth.
- 3 Secondary School Format – GolfSixes Mini League:** GolfSixes Mini League is ideal for secondary students, combining teamwork, strategy, and skill-building in a fun format. Teams of six play in pairs using Texas Scramble, encouraging collaboration and support on every shot. The short, 6-hole course keeps the activity engaging and accessible, reducing barriers for new players. Its flexible format can be played as a one-off event or as a league.

These formats are adaptable for school grounds or local golf clubs, making it easy for any school to participate.



# CASE STUDY: BENEFITS OF HOSTING SCHOOL GAMES GOLF EVENTS AT LOCAL GOLF CLUBS

*"The SGO network in Leeds has worked in partnership with the Golf Foundation and local golf clubs to provide opportunities for children to take part in golf festivals that are accessible to all children. The support from the Golf Foundation has allowed the SGO's to open doors to local clubs for us to gain access to excellent facilities and coaching. All our festivals are aimed to 'Inspire & Engage' children and young people and ultimately signpost those less active children into fun and engaging golf activities and increase participation beyond the school environment!"*

**Matt Herschell-Smith**

**Well Schools Partnership Strategic Lead (West & NW Leeds)**

## The Experience of Playing at a Golf Club

Children participating in the School Games Golf Skills Challenge or Golf Sixes Mini League gain substantial benefits from engaging with the golf club environment. Playing on actual courses or practice facilities provides:

- **Real-World Context:** Golf clubs offer authentic settings, inspiring participants through an immersive experience of the sport in its intended environment.
- **Access to Quality Facilities:** Clubs can provide equipment, well-maintained facilities, and professional coaching unavailable in most schools.
- **Aspirational Impact:** For many children, visiting a golf club is a novel and inspiring experience, offering insights into the sport's culture and accessibility.

## Promoting Follow-On Opportunities

Hosting events at local golf clubs introduces children to potential pathways for continued engagement in the sport. The transition from school-based activities to club programmes becomes more of a vision. During the Leeds initiative, junior members served as leaders, creating a relatable connection for younger participants and demonstrating what sustained involvement in golf could look like.

## Embedding Golf Clubs in the Local Community

These events position golf clubs as community-centric venues, breaking down barriers and misconceptions about the exclusivity of the sport. Golf clubs become recognised as welcoming spaces for families and young people. The Leeds initiative highlights how community engagement flourishes when clubs actively participate in educational and recreational programmes.

## The Leeds Well Schools Partnership: A Success Story

The Leeds initiative demonstrated how aligning School Games with major international golf events can spark interest and participation. Key elements of the programme included:

- **Strategic Timing:** Festivals coincided with global events like the Ryder and Solheim Cups, leveraging international excitement to boost local participation.
- **Community Collaboration:** Five festivals were held, with four hosted at golf clubs, showcasing the role of clubs as integral community partners.
- **Leadership Development:** Junior members acted as station leaders, building their leadership skills while serving as role models.
- **Inclusivity and Reach:** Participation included 25 schools and 332 pupils from across Leeds, ensuring diverse representation and widespread impact.

## Expanding the Programme

Building on the success of Ryder and Solheim Cup-aligned festivals, plans are in place to replicate the initiative annually during spring and summer. Hosting events earlier in the year provides greater flexibility and more opportunities for follow-on participation throughout the golf season.

The Leeds case study underscores the transformative potential of hosting School Games golf events at local clubs. These events offer children and young people unparalleled access to the sport, strengthen community connections, and establish pathways for ongoing engagement. The benefit of embedding golf clubs within local communities and leveraging global events, sets a strong precedent for expanding golf's reach.

## How to Host Events at a Local Golf Facility

Follow these steps to organise successful School Games golf events:

- 1 Contact Your Golf Foundation Regional Development Officer:** They can identify suitable facilities in your area and connect you with the right people at the club.
- 2 Choose an Appropriate Date:** Plan well in advance to accommodate a club's busy schedule and ensure flexibility.
- 3 Provide Schools with Notice:** Early communication helps with participation. Schools can prepare through programmes like *Unleash Your Drive for Schools*, which teaches golf skills and Mental Toughness Tools ahead of School Games events.



# EQUIPMENT – *Golfway*

## PRIMARY SCHOOL PLAY BAG

Ideal for: School Class



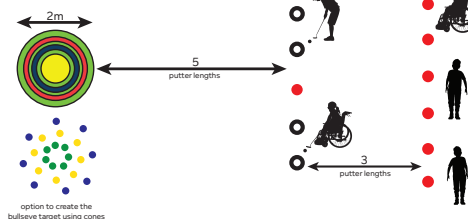
# GOLF SKILLS FESTIVAL

## Golf Skills and Spirit of the Games Festival layout

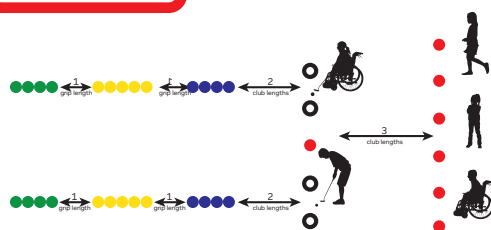
- 8 games and a bunker rest stop
- 2 tees per game station to allow more turns per player
- 5 pupils per tee (10 players on each game station)
- 90 players can participate
- Ensure left handed chippers are available
- Minimum of 1 scorer on each station using the tally score sheet
- 2 minutes practice time and 5 minutes scoring time on each game
- See individual game instructions

Equipment needed	Qty	Notes
Putters	10	Check if double sided
Chippers	8	+ 4 left handed
Balls	16	
Velcro balls	20	5 x 4 colours
Red cones	48	
White cones	37	
Yellow cones	44	
Green cones	33	
Blue cones	49	
2m bullseye target	1	
Benches	4	
Hoops	4	
Game info sheets	8 (1-8)	Game info sheets in clipboard on each game
Scorecards	1 scorecard per team, 1 tally sheet per scorer	
Benches	one of each	
Hoops		

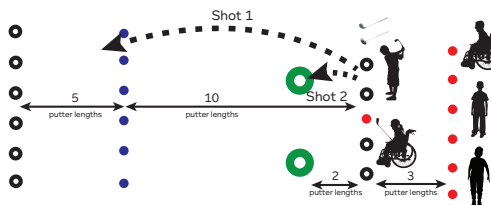
### 1. Bullseye



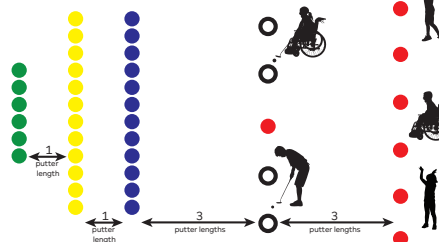
### 2. Dominoes



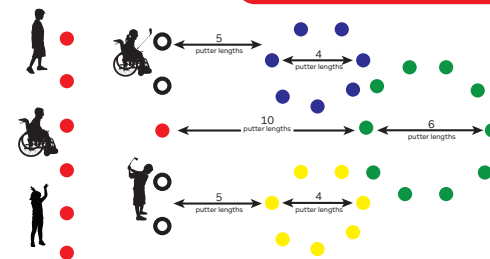
### 3. Drive for Show



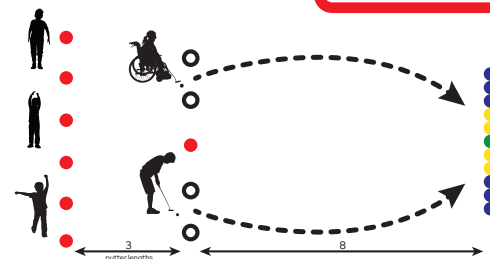
### 4. Finders Keepers



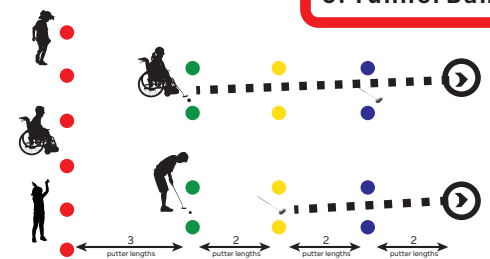
### 8. Go for the Green



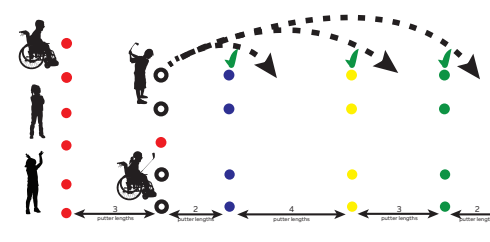
### 7. Zone Ball



### 6. Tunnel Ball



### 5. Grand National



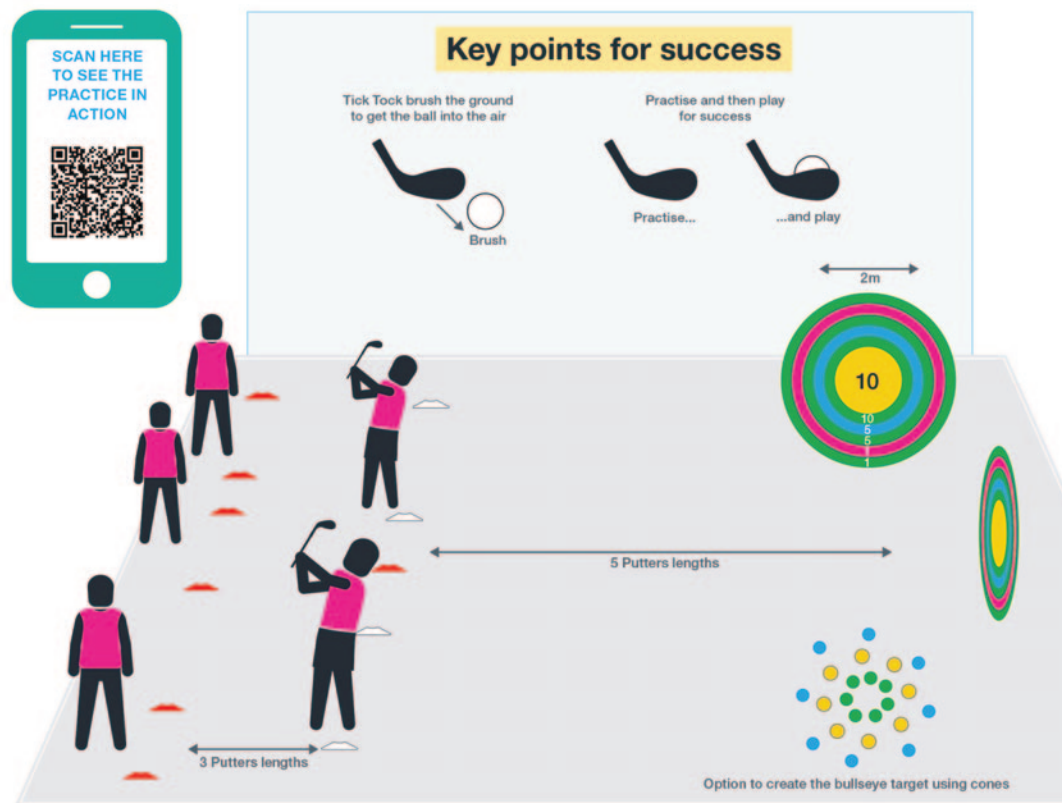
SAFETY AND REFLECTION ZONE

BENCH

BENCH

Bunker stop

# STATION 1: BULLSEYE



## How to make it easier

- Move the target closer
- Make the target bigger

## How to make it harder

- Move the target further
- Make the target smaller

## Spirit of the Games



Can showing determination help you do your best with each shot in this game?



After completing each shot or the whole game, can you ask yourself 'what went well' and what could have been 'even better if'?

# HOW TO PLAY

Team of 5 on each tee (white cones). If possible, elevate the target by resting it on a chair so that it faces the pupils at an angle. Chip the ball in the air aiming at the centre of the target. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting.

## Scoring

- Yellow inner = 10 points
  - Middle green = 5 points
  - Inside green = 10 points
  - Red circle = 1 points
  - Blue circle = 5 points.
  - Outer green = 1 point
- Score is taken from where the ball finishes, not where it hits.

## Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the 'Mental Toughness Tool Task Card' alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

## Equipment required

- 1 chipper per team
- 1 x 2m pop up target (cones could be used if you do not have a target)
- 5 Velcro balls per team
- Cones shown in the diagram

## Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

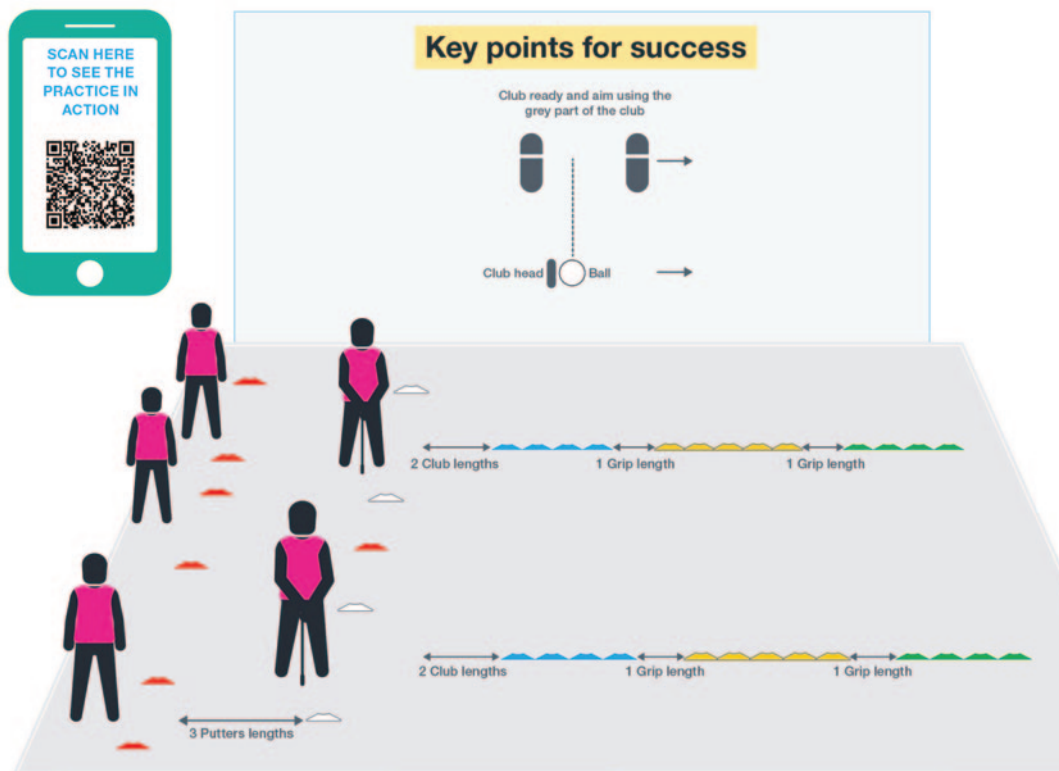
## Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

## Difficulty level



## STATION 2: DOMINOES



### How to make it easier

- Move the target cones closer
- Play with a bigger ball

### How to make it harder

- Move the target cones further away
- Make the target smaller

### Spirit of the Games



Why is it important to be honest about your scores and performance during this game?



Imagine standing inside a square of concentration during your shot. How can using your square of concentration help you focus on each shot in this game?

## HOW TO PLAY

Team of 5 on each tee (white cones). Players hit the ball with the putter and attempt to hit the cone nearest to them, if the player hits the cone, they collect it (move it to one side). The cones must be hit in order closest to furthest. 2 minutes practice (if time allows), 5 minutes play. Don't reset the cones once they are all collected. Players must collect their own Golf balls and always return to the safety area after collecting.

### Scoring

- 1 point per blue cone
- 10 points per green cone
- 5 points per yellow cone
- If all cones are cleared = 138 points!
- Blue circle = 5 points.
- Outer green = 1 point

### Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

### Equipment required

- 1 putter per team
- 1 ball per team
- Cones shown in the diagram

### Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

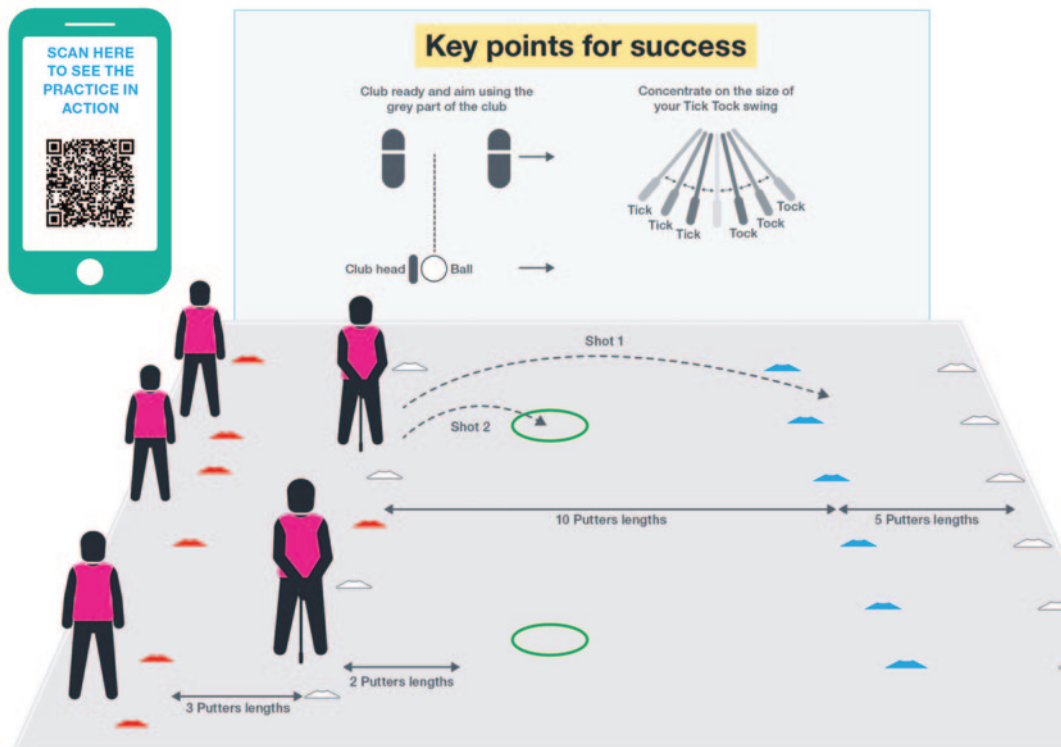
### Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

### Difficulty level



## STATION 3: DRIVE FOR SHOW, PUTT FOR DOUGH



### How to make it easier

- Move the blue cones (chip line) closer
- Move the hoop closer
- Make the hoop bigger

### Spirit of the Games



How can your passion for Golf help you and your team stay motivated during this game?



Imagine standing inside a square of concentration during your shot. How can using your square of concentration help you focus on each shot in this game?

## HOW TO PLAY

Team of 5 on each tee (white cones). Each player will have 1 chip and 1 putt on their turn. The aim is to chip the 1st ball in the air over the blue line and land before the white line of cones. Then the player uses the putter to putt the 2nd ball into the half hoop, the ball must stay in the half hoop to score. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting.

### Scoring

- Drive over white cones = 0 points
- Drive rolls through blue cones along the floor = 1 point
- Drive over blue cones in the air, land before white = 5 points
- Putt into target (hole or hoop) = 5 bonus points
- Score each individual shot and not the chip and putt combined score. i.e. '1 and 5' and not a '6'

### Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

### Equipment required

- 1 putter and chipper per team
- 2 balls per team
- 1 half hoop per team (3 sections)
- Cones shown in the diagram

### Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

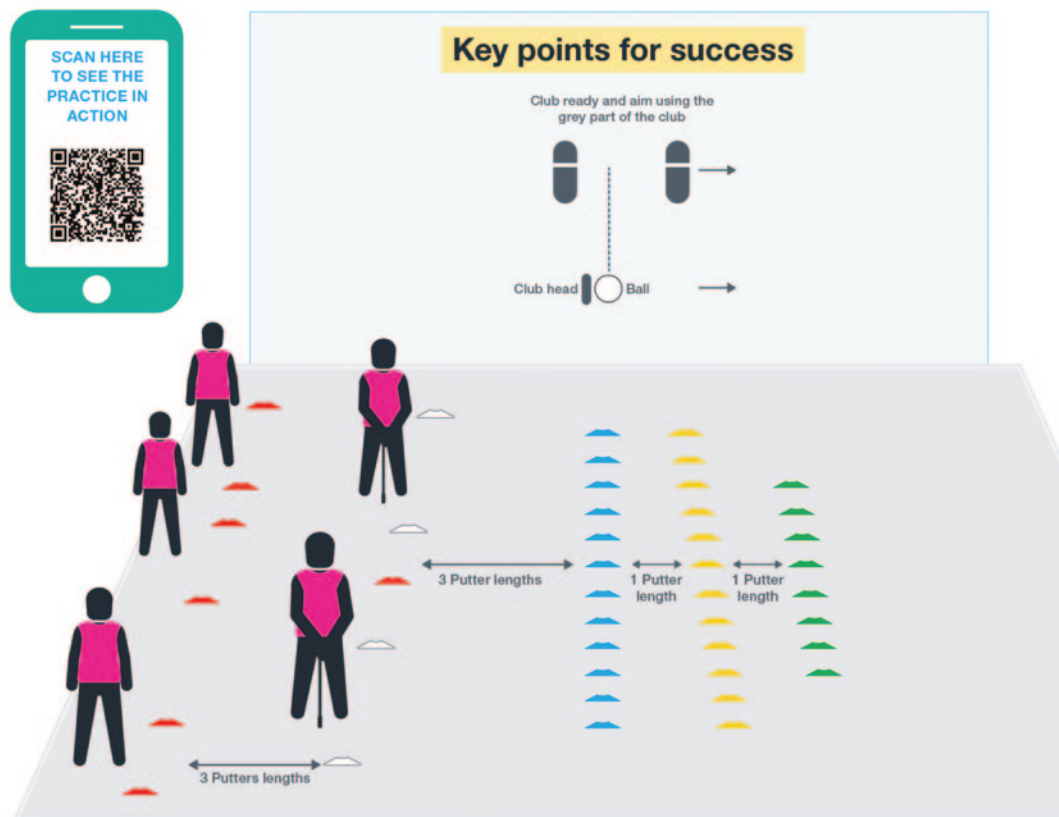
### Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

### Difficulty level



# STATION 4: FINDERS KEEPERS



## How to make it easier

- Move the target cones closer
- Have more target cones
- Use a larger ball

## How to make it harder

- Move the target cones further away
- Space the cones out

## Spirit of the Games



How can you show respect to your fellow players during this challenge?



How can imagining yourself successfully completing each shot help improve your performance?

# HOW TO PLAY

Team of 5 on each tee (white cones). Putt the ball towards the cones, the first cone the ball hits the player collects with the ball and returns it to the tee. Pick up only 1 cone at a time and once all cones have been collected the game stops.

2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting.

## Scoring

- Blue cone = 1 point
- Yellow cone = 5 points
- Green cone = 10 points

## Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

## Equipment required

- 1 putter per team
- 1 ball per team
- 12 blue cones, 12 yellow cones and 6 green cones

## Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

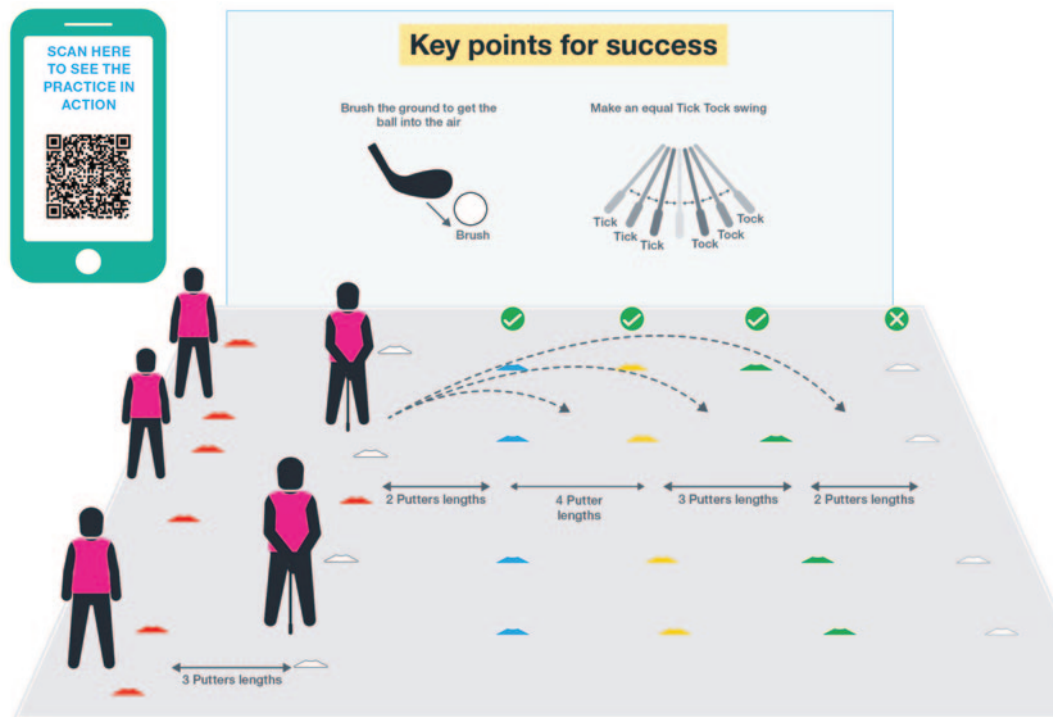
## Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

## Difficulty level



# STATION 5: GRAND NATIONAL



## How to make it easier

- Move the 'fences' closer
- Make the spaces between the 'fences' bigger

## How to make it harder

- Move the 'fences' further away
- Make the spaces between the 'fences' smaller

## Spirit of the Games



How can believing in your ability to succeed help you perform better in this game?



What positive things can you say to yourself before and after each shot to boost your confidence?

# HOW TO PLAY

Team of 5 on each tee (white cones). Chip the ball in the air over the 'fences' made from cones to score points. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting.

## Scoring

- Over blue = 1 point
- Over yellow = 5 points
- Over green before white = 10 points

## Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

## Equipment required

- 1 chipper per team
- 1 ball per team
- Cones shown in the diagram

## Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

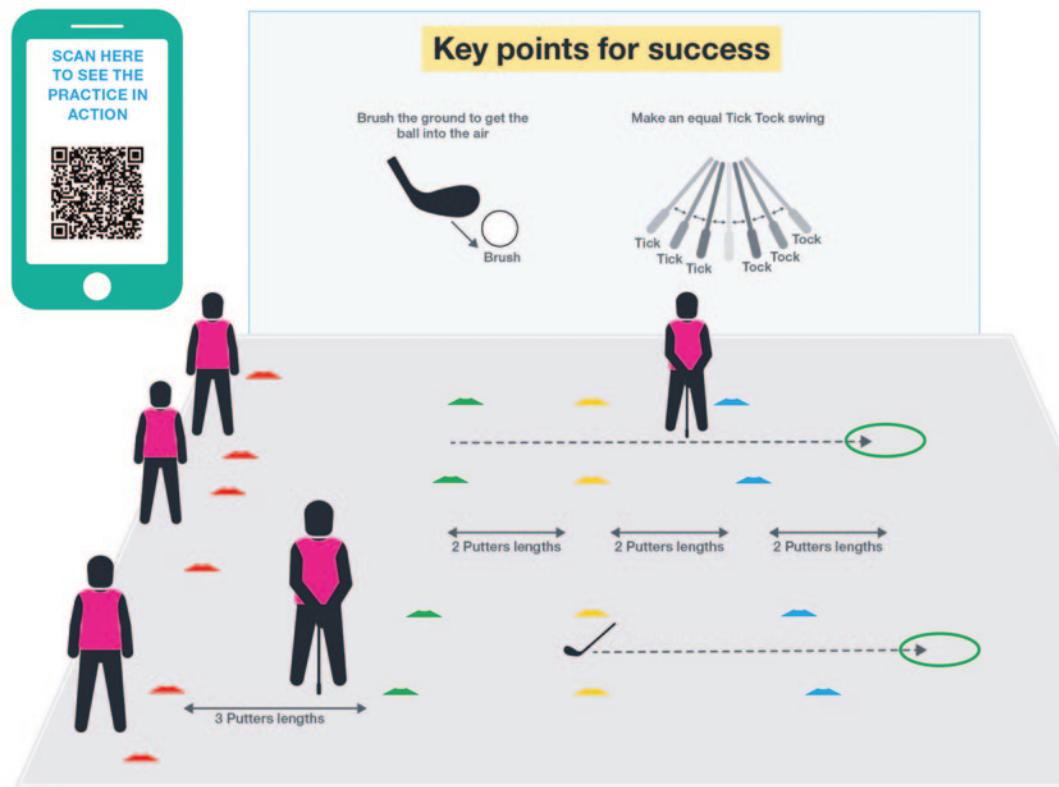
## Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

## Difficulty level



# STATION 6: TUNNEL BALL



## How to make it easier

- Make the spaces between the cones wider
- Move the 'tunnels' closer together
- Make the target at the end bigger
- Use a bigger ball

## How to make it harder

- Make the spaces between the cones smaller
- Move the 'tunnels' further apart
- Make the target at the end smaller

## Spirit of the Games



How can working together with your teammates help you all improve during this game?



How can being kind to yourself after a missed shot help you stay positive and focused?

# HOW TO PLAY

Team of 5 on each tee (white cones). Putt the ball down the tunnel towards the hoop without hitting any cones. Choose which tee you would like to play from - blue, yellow or green. The furthest tees will reward you with more points. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting.

## Scoring

- Over blue = 1 point
- Over yellow = 5 points
- Over green before white = 10 points

## Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

## Equipment required

- 1 putter per team
- 1 ball per team
- Cones shown in the diagram

## Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

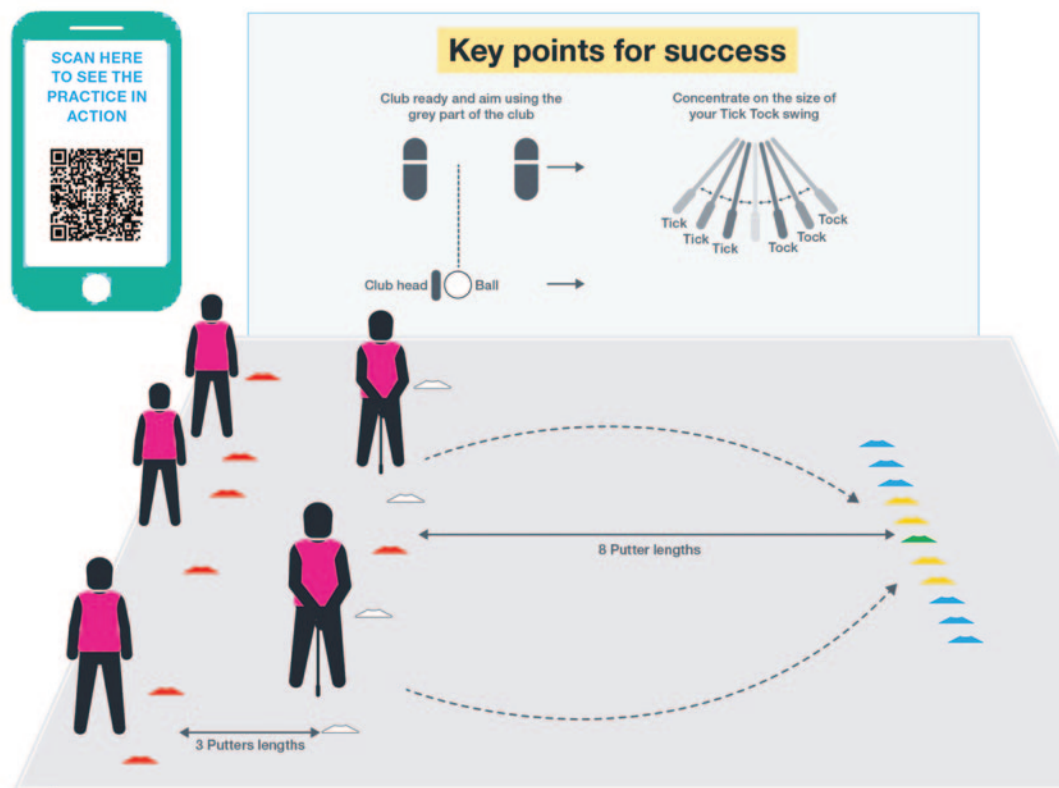
## Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

## Difficulty level



# STATION 7: ZONE BALL



## How to make it easier

- Move the tee (white cones) closer to the target cones
- Make the target cones bigger
- Use a bigger ball

## How to make it harder

- Move the tee (white cones) further away from the target cones
- Spread the target cones out

## Spirit of the Games



How can determination help you keep trying even if you miss a few shots?



What score would you like to achieve in this game, and how can you break that goal down into smaller, achievable steps?

# HOW TO PLAY

Team of 5 on each tee (white cones). Lay out the cones so that they all touch. Try to hit the green or yellow cones to score the highest. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting. Cones stay in place and are not collected.

## Scoring

- Blue = 1 point
- Yellow = 5 points
- Green = 10 points

## Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

## Equipment required

- 1 putter per team
- 1 ball per team
- Cones shown in the diagram

## Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

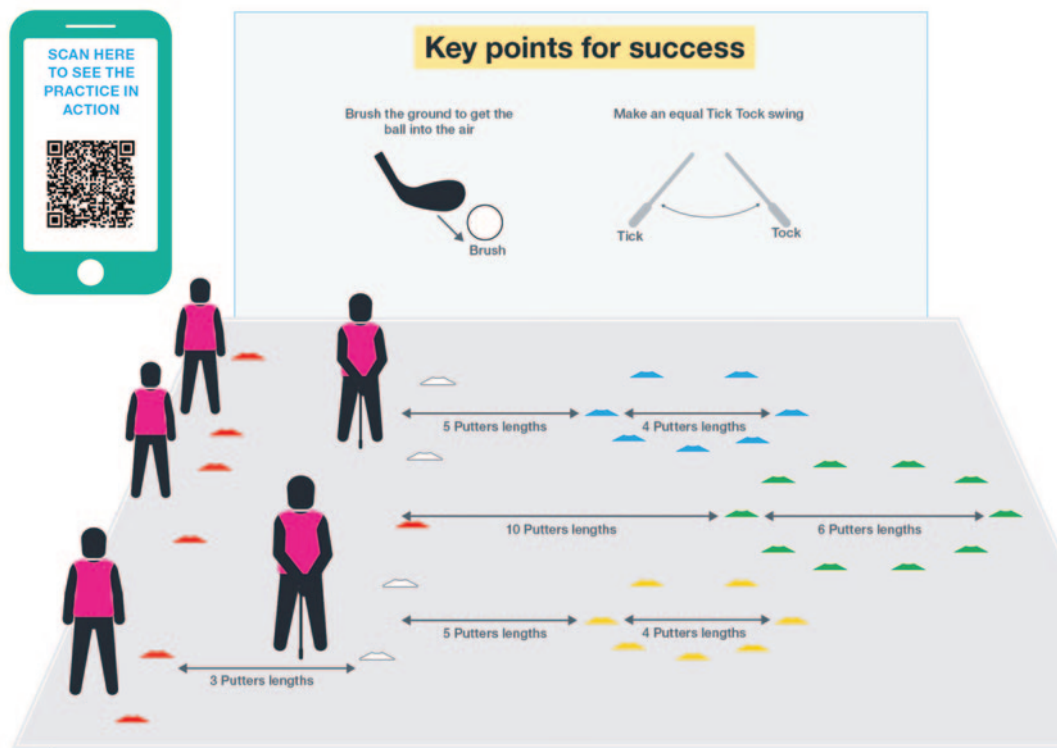
## Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

## Difficulty level



# STATION 8: GO FOR THE GREEN



## How to make it easier

- Make the circles of cones bigger
- Move the target circles closer to the tee

## How to make it harder

- Make the circles of cones smaller
- Move the target circles further away from the tee

## Spirit of the Games



How can you show respect to the game and equipment during this game?



How can focusing on improving your own score rather than comparing yourself to others help you enjoy the game more?

# HOW TO PLAY

Team of 5 on each tee (white cones). Players start from the white cones and try to strike the ball onto the green target. 2 minutes practice (if time allows), 5 minutes play. Players must collect their own Golf balls and always return to the safety area after collecting.

## Scoring

- Blue = 1 point
- Yellow = 5 points
- Green = 10 points

## Safety

- Players must wait in the safety and reflection zone, marked by red cones, without any equipment
- Players should engage with the Mental Toughness Tool Task Card alongside a supervising adult
- If the leader or teacher shouts STOP, all activity must stop immediately.

## Equipment required

- 1 chipper per team
- 1 ball per team
- Cones shown in the diagram

## Space required

- Any flat area, inside or outside
- 13m x 6m ideally (i.e. a badminton court).

## Estimated set-up time

- 5 minutes to set-up
- 10 minutes to develop and practice an explanation, demonstration, safety briefing and introduction of scoring.

## Difficulty level



## MENTAL TOUGHNESS TOOL: POSITIVE SELF-REFLECTION

### ASK:

After completing each shot or the whole game, can you ask yourself 'what went well' and what could have been 'even better if?'



# UNLEASH **YOUR DRIVE**

**POSITIVE SELF-REFLECTION** is linked to **GAME 1 (Bullseye)**

## MENTAL TOUGHNESS TOOL: FOCUS

### ASK:

Imagine standing inside a square of concentration during your shot. How can using your square of concentration help you focus on each shot in this game?



# UNLEASH YOUR DRIVE

**FOCUS** is linked to **GAME 2 (Dominoes)**

## MENTAL TOUGHNESS TOOL: EMOTIONAL CONTROL

### ASK:

How can using a breathing technique before each shot help you stay calm and focused?



# UNLEASH **YOUR DRIVE**

**EMOTIONAL CONTROL** is linked to **GAME 3 (Drive For Show)**

## MENTAL TOUGHNESS TOOL: VISUALISATION

### ASK:

How can imagining yourself successfully completing each shot help improve your performance?



# UNLEASH **YOUR DRIVE**

**VISUALISATION** is linked to **GAME 4 (Finders Keepers)**

## MENTAL TOUGHNESS TOOL: POSITIVE SELF-TALK

### ASK:

What positive things can you say to yourself before and after each shot to boost your confidence?



# UNLEASH **YOUR DRIVE**

**POSITIVE SELF-TALK** is linked to **GAME 5 (Grand National)**

## MENTAL TOUGHNESS TOOL: SELF COMPASSION

### ASK:

How can being kind to yourself after a missed shot help you stay positive and focused?



# UNLEASH **YOUR DRIVE**

**SELF COMPASSION** is linked to **GAME 6 (Tunnel Ball)**

## MENTAL TOUGHNESS TOOL: GOAL SETTING

### ASK:

What score would you like to achieve in this game, and how can you break that goal down into smaller, achievable steps?



# UNLEASH **YOUR DRIVE**

**GOAL SETTING** is linked to **GAME 7 (Zone Ball)**

## MENTAL TOUGHNESS TOOL: PERSONAL BEST

### ASK:


How can focusing on improving your own score rather than comparing yourself to others help you enjoy the game more?




# UNLEASH **YOUR DRIVE**

**PERSONAL BEST** is linked to **GAME 8 (Go For The Green)**

# TEAM SCORECARDS

SCORECARD			
 <b>Team Name</b>			
Team No	Game	Score	Spirit of the Games Score
1	Bullseye		
2	Dominoes		
3	Drive for Show		
4	Finders Keepers		
5	Grand National		
5	Tunnel		
6	Zone Ball		
8	Go for the Green		
	<b>Grand total</b>		
	<b>Signature</b>		

SCORECARD			
 <b>Team Name</b>			
Team No	Game	Score	Spirit of the Games Score
1	Bullseye		
2	Dominoes		
3	Drive for Show		
4	Finders Keepers		
5	Grand National		
5	Tunnel		
6	Zone Ball		
8	Go for the Green		
	<b>Grand total</b>		
	<b>Signature</b>		

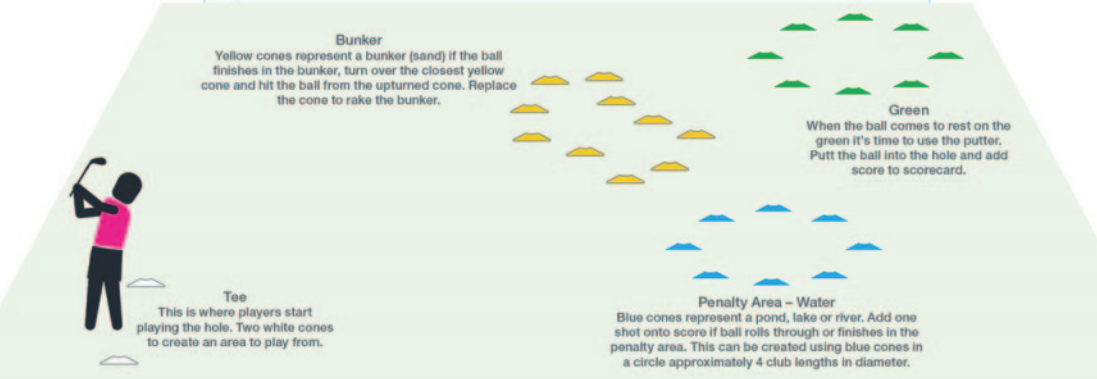
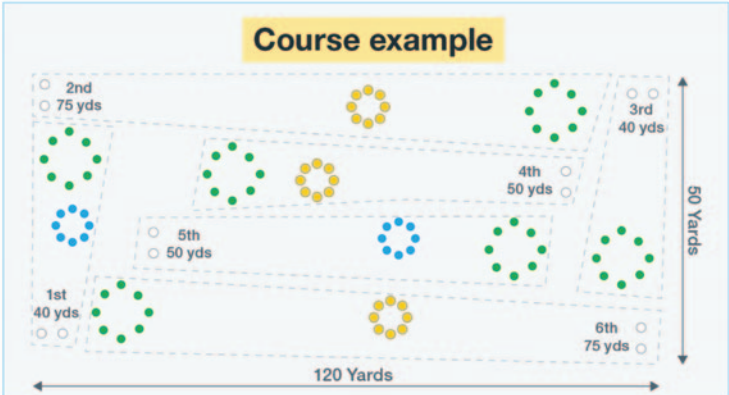
# LEADERS' SCORECARDS

Station number:

Name of game:

School name, team number or bib colour	Tally of Scores			Total	Spirit of the Games Score
	1	5	10		
Example: a Primary School	III	IIII	II	45	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

# GOLFSIXES MINI LEAGUE



### How to make it easier

- Remove water hazards and bunkers
- Make the greens bigger
- Make the distance between tee and hole shorter

### How to make it harder

- Add in more water hazards and bunkers
- Make the greens smaller
- Make the distance between tee and hole longer

### Spirit of the Games



#### Tee Shot

How can believing in yourself and imagining a successful tee shot help you perform better?



#### Playing from the Fairway

How can using your square of concentration to focus on your next shot and showing determination help you navigate the fairway effectively?



#### On the Green and Putting

How can showing respect to your playing partners and equipment help your performance? Can using a breathing technique to stay calm help you with your putting?



#### Bouncing Back after a Penalty Shot or Going into a Bunker

How can being kind to yourself and reflecting on what went well and what could be improved help you bounce back after a penalty shot or a bunker mistake?

# HOW TO PLAY

In GolfSixes Mini League, teams of six play in three pairs. Ideally, each pair plays with another school's pair starting on one of the six holes. However, all pairs from the same school can play together if not even number of pairs. Both players in the pair hit a ball each and pick the best shot, counting as one. Both players then play from the best shot, repeating until the ball goes into the hole. Add a penalty shot for balls in blue cones, hit from an upturned cone if in yellow cones, and use putters only on the green. The fewer strokes (shots) taken; the more points won:

Strokes	1	2	3	4	5	6	7	8	9	10
Points	10	9	8	7	6	5	4	3	2	1

### Safety

- To ensure a safe GolfSixes Mini League environment, space holes apart and avoid hitting towards other players
- Use Golfway adapted equipment, checked for safety
- Limit equipment to one chipper per pair, leaving putters on the green
- Place a red safety cone three paces from the player hitting the ball, with all non-players behind it
- Pack excess equipment in the bag.

### Equipment required

- GolfSixes Mini League Pack from Golfway

### Space required

- 100m x 45m approximately the size of a football pitch
- Grass is the preferred surface for GolfSixes Mini League.

### Estimated set-up time

- 20 minutes

### Difficulty level



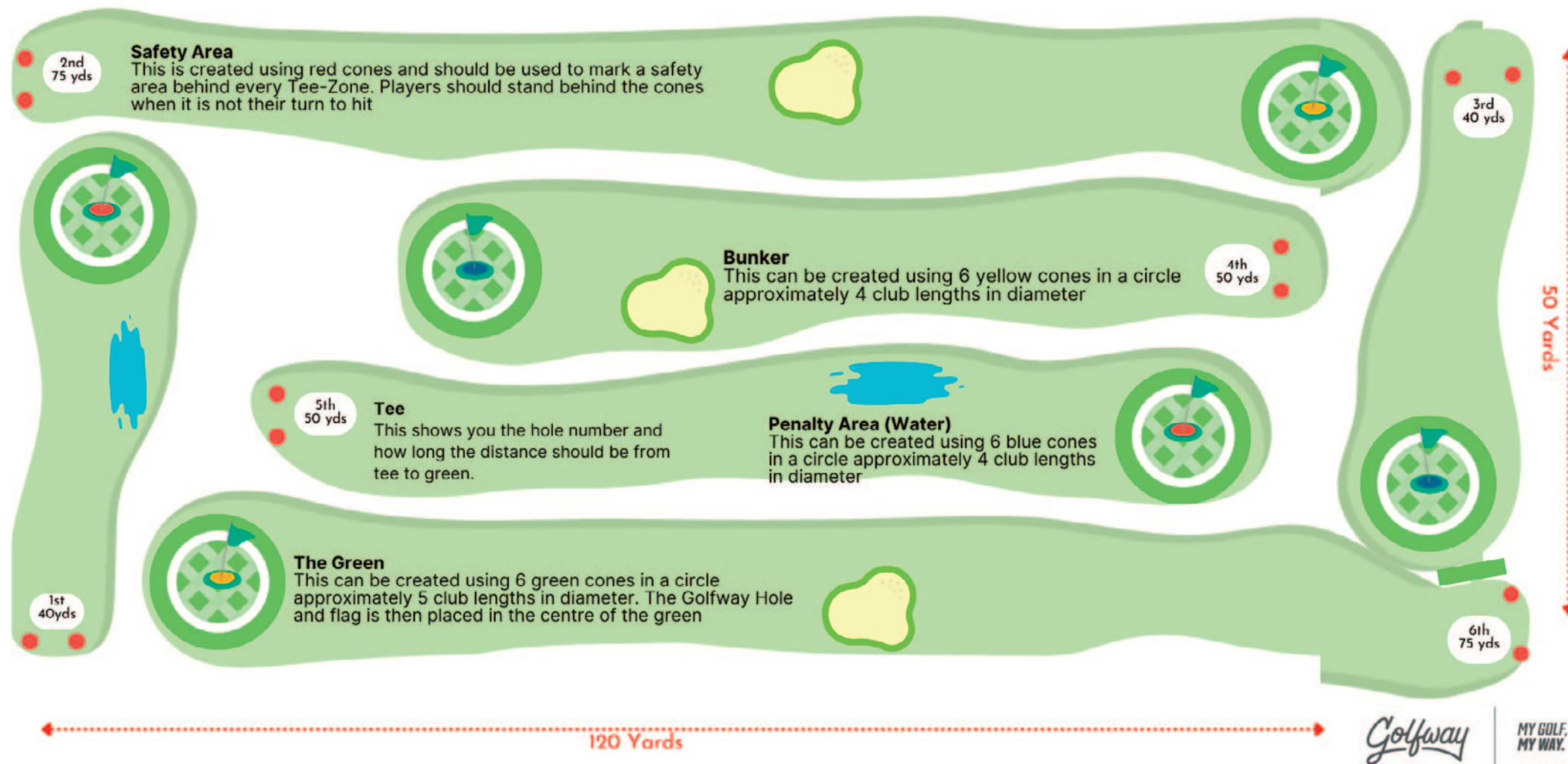
# GOLFSIXES MINI LEAGUE - COURSE EXAMPLE

## Competition Ideas

There are two ways to run a GolfSixes Mini League within School Games:

**League Format:** Schools play a series of fixtures (e.g., one per month from May to July) at a central golf facility. Each fixture earns school teams league points based on their ranking, e.g., in a 4-school league, the top team of each fixture earns 4 points, down to the last team with 1 point. After all three fixtures, the school with the most cumulative points wins the league.

**One-Off Event:** Schools compete in a single event where each team of six splits into three pairs for a Texas Scramble round. Teams earn points based on their pairs' performances, with the highest-scoring team declared the winner of the day. This could be themed around a major golf event.



# GOLF SIXES MINI LEAGUE SCORECARDS



Venue:

Date:

	School Names	Player Names
1		
2		
3		

Points:

Strokes on Hole:	1	2	3	4	5	6	7	8	9	10
Points Awarded	10	9	8	7	6	5	4	3	2	1

Hole	1		2		3	
	Strokes	Points	Strokes	Points	Strokes	Points
1						
2						
3						
4						
5						
6						
Total						



Venue:

Date:

	School Names	Player Names
1		
2		
3		

Points:

Strokes on Hole:	1	2	3	4	5	6	7	8	9	10
Points Awarded	10	9	8	7	6	5	4	3	2	1

Hole	1		2		3	
	Strokes	Points	Strokes	Points	Strokes	Points
1						
2						
3						
4						
5						
6						
Total						

# CADDIE CARDS FOR GOLF SIXES MINI LEAGUE

GolfSixes Mini League offers a unique opportunity to build not only golf skills but also mental toughness through practical tools like the Caddie Cards. These cards provide players with valuable tips for managing the challenges that come with golf, encouraging them to handle pressure, stay focused, and recover quickly from setbacks, skills that are essential both on and off the course.

Incorporating Caddie Cards into the GolfSixes Mini League aligns perfectly with the School Games Values, such as resilience, determination, respect, and self-belief. Each card guides players through different aspects of mental toughness, from calming nerves on the tee to staying committed to their shots. For instance, when faced with a tricky putt or after finding the bunker, players can turn to the cards for advice on focusing and bouncing back. By practicing these skills during gameplay, they develop resilience, focus, and emotional control, qualities they can apply in broader life situations like school challenges or personal goals.

## Caddie Card Placement

- 1 Before** – Place this card in an area visible to players before they start.  
**Goal:** Encourage players to mentally prepare, calm nerves, and set positive intentions.
- 2 Tee** – Place this card on the tee area.  
**Goal:** Focus players on taking a strong start, managing nerves, and staying confident.
- 3 Fairway** – Position this card along the fairway.  
**Goal:** Encourage players to stay focused, adjust to unexpected shots, and maintain a positive mindset.
- 4 Putting** – Place this card on the green.  
**Goal:** Emphasize precision, concentration, and acceptance of outcomes (both positive and challenging).
- 5 Bounce Back** – Set this card in a bunker or water hazard.  
**Goal:** Help players recognize that mistakes are part of the game, focusing on resilience, resetting, and moving forward without dwelling on setbacks.
- 6 After** – Display this card in a gathering area where players meet post-game.  
**Goal:** Reflect on the round, celebrate progress, learn from experiences, and move forward with positivity.

## Reflection Activity

### Task:

- At School: How could preparing, focusing, or bouncing back from mistakes help with schoolwork or exams?
- At Home: What are some situations where staying calm, handling mistakes, or preparing might be helpful?
- In Social Settings: How might the tools for dealing with pressure and staying positive apply when meeting new people or handling disagreements?

## Encourage Self-Reflection Questions

- "When have you felt nervous before starting something important? What can you learn from the 'Before' card for those situations?"
- "Have you ever made a mistake in school or a sport that affected your confidence? How could the 'Bounce Back' card help you approach that differently?"
- "What does it mean to prepare or 'centre' yourself before taking on a challenge, and how could this card's guidance help with that?"

By associating each card's message with daily life experiences, players can develop practical tools for resilience that go beyond GolfSixes Mini League.

Tee  
Shot

## EMOTIONAL CONTROL – "BREATHE, THEN SWING"



Feeling nervous? Take a slow, deep breath before you step up. Use this moment to calm your nerves and regain control. A calm mind leads to a confident swing.



Pre  
Round

## GOAL SETTING "SET SMALL GOALS"



Before the round, set small, achievable goals. Maybe it's hitting more fairways or keeping calm on tough shots. By focusing on small goals, you build success step by step.

Fairway

## **POSITIVE SELF-TALK – "YOU'VE GOT THIS"**



Talk to yourself like a champion. Say,  
"I've got this!" before every shot.

Building yourself up with positive  
words will boost your confidence and  
make each shot easier.



Green

## **SELF-COMPASSION** **"BE KIND TO YOURSELF"**



Missed a putt? That's okay. Even the pros miss sometimes. Instead of getting upset, tell yourself: "I did my best. I'll learn and try again." Be your own best friend.



Bounce  
Back

## EMOTIONAL CONTROL – "PAUSE & RESET"



Hit a rough patch? Before your next shot, take a pause. Breathe deeply and let go of frustration. When you put your club away, use this as reset to approach your next shot with a fresh, positive mindset.



Post  
Round

## **SELF-REFLECTION** **"WHAT WENT WELL? EVEN BETTER IF..."**



After your round, start by thinking about 'What Went Well' to celebrate your successes. Then think about 'Even Better If...' to find areas to improve and get ready for next time!



## HOW TO RUN INTER-COMPETITION: GOLFSIXES MINI LEAGUE

### How to set up

This format involves setting up six Golf holes using the Golfway adapted equipment. Teachers or young leaders can follow available guidance to set up the course.

- Teams of 6 players split into 3 pairs
- Each player in a pair hits a shot, picks the best shot, and that counts as one stroke
- Both players then play from the best spot, repeating until the ball goes into the hole
- The better the score, the more points won on that hole
- Each pair adds their total score to the other pairs' scores for an overall team score. The team with the highest score wins.



#### Age group

KS2 (7–11-year-olds)



#### Gender

Mixed (3 girls and 3 boys)



#### Participant numbers

Teams of 6 playing in 3 pairs on each of the 6 holes = 36 participants. There is more flexibility on numbers in our intra-competition.



#### Target audience

GolfSixes Mini League welcomes all children, enabling players of all abilities, including less sporty and inactive to participate together, encouraging inclusivity and enjoyment for everyone.

#### Benefits for YP

- Have fun and enjoy themselves
- Become more determined and demonstrate resilience by learning and applying mental toughness tools
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions through breathing techniques
- Experience being part of a team and understand your contribution to it
- Win with pride and lose with grace
- Learn how to set realistic goals and work towards achieving them through the goal setting task
- Aspire to improve and challenge themselves. Have confidence in their abilities
- Learn eight 'Mental Toughness Tools' to use during the festival and in their wider lives.



#### Roles for YP

Young leaders are not essential but can be helpful with GolfSixes Mini League. One leader on each hole can provide guidance, help with scoring, rules, and ensuring smooth playing of the hole.



#### Progression

'Unleash Your Drive' for Primary Schools is the Golf Foundation's curriculum offer. Over six lessons, students learn Golf skills and nine mental toughness tools, preparing them for GolfSixes Mini League. Playing a Golf hole is 'lesson 6', ensuring players are familiar with the games for inter-school events. Find out more in the additional support section.



# THE GOLF FOUNDATION SCHOOL GAMES TOOLKIT



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