

This simple golf game introduces the basic concept of golf – to get the ball in the hole!

What you need

- Throw golf can be played in any suitable indoor or outdoor space
- A bean bag for each player; a hoop and two cones for each pair/group
- Available equipment and materials to create obstacles

How to play

- In pairs or small groups, players create their own golf 'hole' using a hoop (or alternative) as a target and two cones to designate the start point (tee area)
- The tee area and target hoop together represent a 'hole'
- Players throw their bean bag and attempt to get it in the hoop

Scoring

- Each throw is called a shot. The aim is to get the bean bag into the hoop in the fewest number of shots. Players take their next shot from where the bean bag lands
- If a player's bean bag touches or lands on an obstacle or 'hazard', one penalty shot is added to their score; for example, blue-coloured material placed near the target can represent a water hazard

Ways of playing

- Players can play as an individual or against an opponent; they always try to beat their personal score
- Players can pair up and play as a team against another pair taking alternate throws (as in 'Super Sixes')
- The player or team winning the 'hole' (least number of throws) gets two points and can 'design' the next 'hole'



Think about

- Is it always best to throw towards the hoop? Think about those hazards!

Use the STEP model to modify this game

Space

- Increase or decrease the distance between the starting point (tee) and the target (hole)
- When obstacles (hazards) are used, vary their size or the space between them depending on ability

Task

- Players can send the bean bag in different ways; for example, underarm, overarm toss, 'dart' style throw
- Where throwing may be inappropriate, some players can roll and ball instead (for example, a boccia ball)
- Vary the level (height) at which the target holes are placed; this encourages players to use different throws

Equipment

- Boxes or equipment buckets can be used instead of hoops
- Paper balls (using paper and tape) provide a lightweight substitute to bean bags
- Encourage creativity around hazards; for example, what can be used to represent water, bunkers or trees?

People

- A partner can provide verbal or sound cues to support players who have vision or spatial/perceptual impairments
- Some players may prefer to play individually with their own target

Extension game

Bean Bag Clock Golf

- Players throw at targets arranged around them in a circle (like a clock face). This can be started with just four targets (for example, 12, 3, 6 and 9; progressing towards more numbers. Alternatively, use points of the compass directions (N, E, S, and W)

Safety

- Ensure that no-one crosses in front of throwers
- Never throw bean bags at anyone

How to improve

- Practise with short distances, or even dropping the bean bag into a target from above, before throwing from further away

Integrity

Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

Links

For more information about golf go to www.golf-foundation.org
Also see 'Bean Bag Games' in this resource.