

This game will enable players to understand the importance of accuracy and concentration.

What you need

- Zone Ball can be played on any suitable indoor or outdoor flat surface
- Tri-Golf or Golf Xtreme putter and ball (or alternatives)
- A mixture of coloured marker discs or cones – preferably yellow, blue and green

How to play

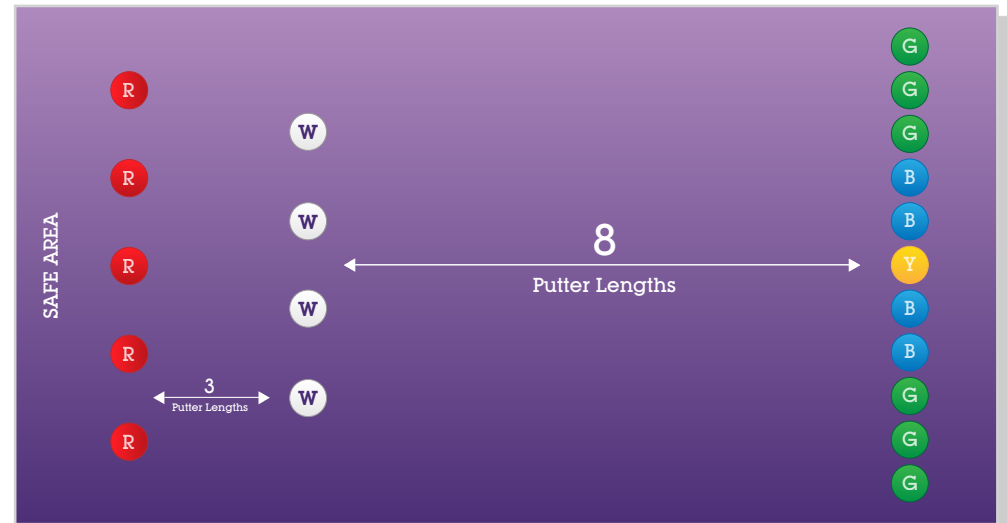
- Form the cones into a straight line opposite the start point (see diagram). For example, a yellow cone in the middle, cones either side blue, cones on the outside green
- Players can begin by rolling the ball towards the target to gain an understanding of the game concept
- Using a putter (or alternative), putt the ball to hit the line of cones. The higher scoring cones are towards the centre; lower scoring towards the ends
- The cones remain – don't remove when hit

Scoring

- Yellow cone(s) = 10 points; Blue cones = 5 points; Green cones = 1 point
- Award bonus points for good concentration

Ways of playing

- Players can play as individuals and try and beat their personal score or against an opponent (partner)
- A target score can be set, for example 30 points. How many putts does it take to reach this total?



Think about

- Relating the rolling action with the hand to the positioning of the club head when hitting the ball with a putter. Where does the flat part of the putter need to point when hitting the ball?

Use the STEP model to modify this game

Space

- Increase or decrease the distance to the target cones
- Increase or decrease the size (width) of the scoring areas depending on ability
- Curve or angle the line of cones with the centre cone either closer or further away

Task

- Some players can continue to roll or send the ball where grasping a club is not appropriate
- Create a number of alternative target areas with differing degrees of difficulty
- Add rules; for example, how many points can be scored in 5 putts or in three minutes?

Equipment

- Use larger cones or foam skittles initially to increase success; alternatively, objects that will fall over or make a noise when struck can improve motivation
- Larger balls or 'clubs' with larger striking surfaces (e.g. plastic hockey sticks) may help some players; some young people can use mobility aids to 'bump' a large ball at the cones

People

- A partner can provide motivation or guidance from behind the line of target cones
- Play in teams; each player's score goes towards the team total

Extension game

Through the gates

- Use pairs of cones to create a number of target 'goals' around the playing area. From different distances, players try to putt (or roll) their ball through the gates to score points
- The scoring can be based on the number of cones, specific colour gates, gates nominated by a playing partner or other criteria

Safety

- Keep the putting area clear.
- Be aware of loose balls - clear these up!

How to improve

- Ask players to try pausing for a moment before putting (or rolling) to help develop focus and concentration

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