

## 132 GOLF – PAR

**Purpose:** Give experience in using correct technique under the pressure of fun competition.

### ORGANISATION

- ▶ Up to 9 players (1 player at each hat or “hole”).
  - a. Each hole has a designated par (number of shots to be taken).
- ▶ Players kick simultaneously.
- ▶ A player has to equal par at each hole by scoring the prescribed number of goals before moving on.
- ▶ Scoring: the total number of shots taken to score 32 goals.
- ▶ The winner is the player with the lowest score.

### COACHING POINTS

- a. There are likely to be hold-ups at “holes” so allow the players to go around the course in any order they prefer.
- b. Provide a card so as the players can write down their score and not rely on memory.

