

Title: Roll Golf (Target Game)- a modification of disk golf
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Tactical Problem

The tactical problem for this lesson is to get an object (beanbag or whiffle ball) as close to a stationary target (hula-hoop) as possible.

Lesson Focus

As the distance and direction of the target changes, what do you have to change in your delivery to successfully get the beanbag or whiffle ball to the target? (For example, some of the things that could be changed are: changing the weight of your throw, how you wind up for the delivery, if you take any steps and how many when starting your delivery)

Objective

The participants will practice getting the object as close to the target (hula-hoop) as possible. The goal is to get the object into the hula-hoop in as few tries as possible. Placing the object close to the hoops as possible on your first try will allow you to get it into the hoop in the fewest number of tries.

Equipment

16 beanbags

16 whiffle balls in many different colors

One hula-hoop for each group - approximately 8 large hoops and 8 small hoops.

One skipping rope for each par - 8 skipping ropes

Safety Considerations

When all the students are rolling the balls at the same time they will have to be careful not trip over other balls when going to retrieve their balls.

Resources

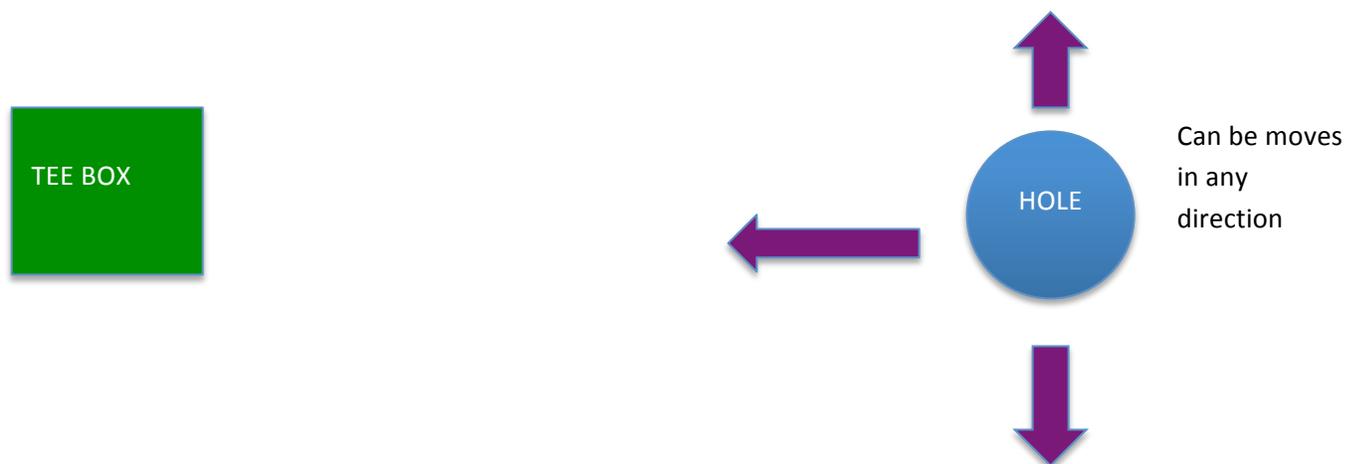
Teaching Sport Concepts and Skills A Tactical Games Approach- Chapter 13. It is on Golf
Disk golf association website- <http://www.discgolf.com>

GAME 1: *Beanbag Through*

Set Up:

- Have the students form a groups of three
- Once they have found a group they will need:
 - Three beanbags
 - One skipping rope
 - Hula-hoop in their choice of size.
- The skipping rope will be used to indicate the tee box (where they throw from) and the hula-hoop will be the target.
- Once each partnership has set up their tee box, they can place their target in a distance and direction they are comfortable with.
- They will take turns throwing their beanbags from the tee box trying to get it into the target in as few as throws as possible.
- Once all group members have thrown, they can go up to their beanbag and throw it again towards the target.
- They will continue with this until all group members get the beanbag into the target.

*Students need to feel free to change the distance from their tee box to target and the size of their target.



Goal:

The goal is for the students to get the beanbag in the target in as few as throws as possible. (To help them achieve the goal they can make the target larger or distance shorter)

Conditions:

- If there are not enough students to make groups of three, there can be some groups of two. However, the groups should not be bigger then three.
- The larger playing area the better because then the holes can be spread out more. Approximately five holes will fit in one half of the gym.

- Larger hoops will be used in this activity to support achievement of the goal. However, groups are not limited to only using the large hoops. If a group feels comfortable with a small hoop they can use that as their target.
- Modifications that can be made are: change the size of hoops or the distance from tee to hoop. By using a larger hoop it will give them a larger area to shoot for. As well, the other modification that can be made is the distance from the tee box to the hole can be made shorter. This will give them more accuracy.

Questions: (Transition)

Q: When was it easier to hit the target? When it was farther away or closer?

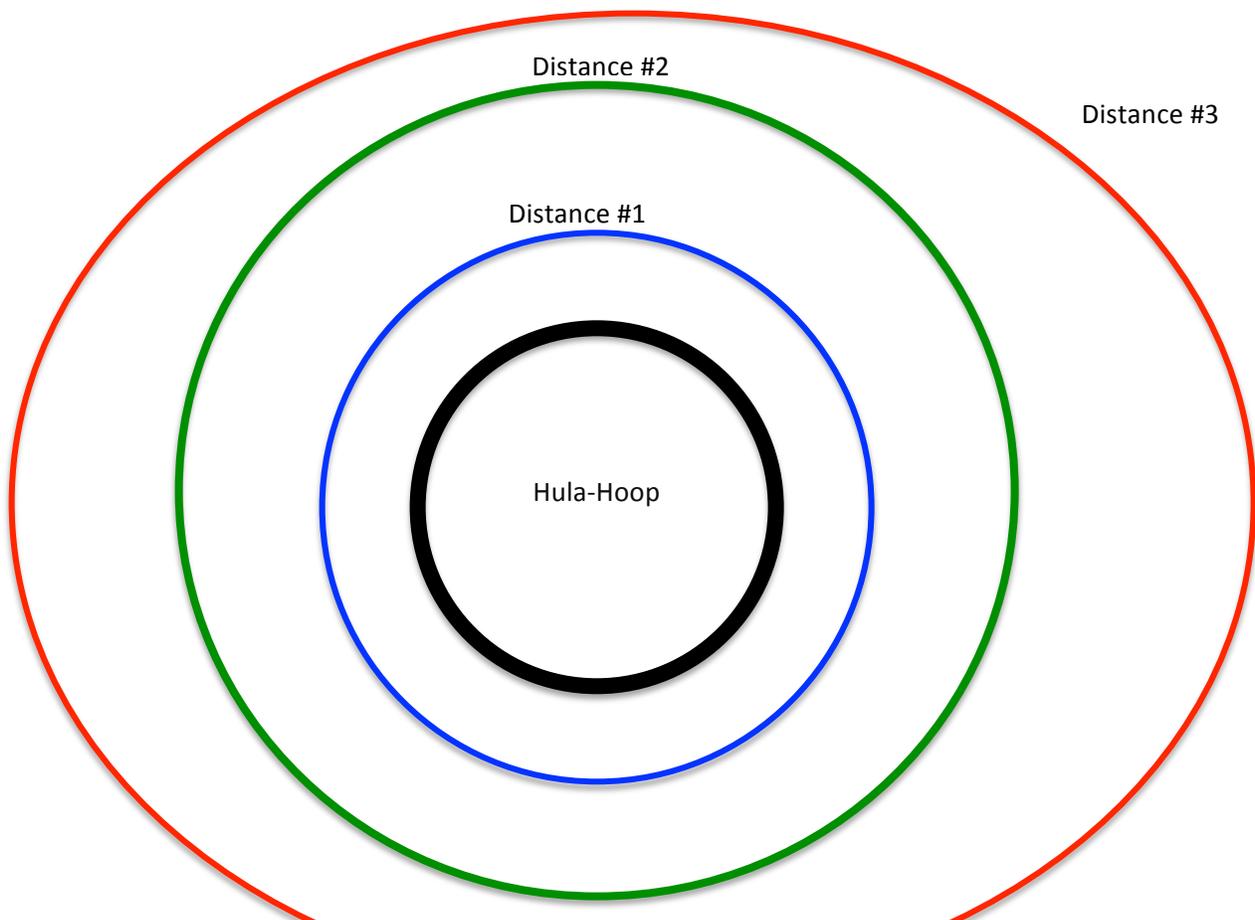
Q: What did you change in your throw to make it easier for you to hit the target?

Q: What things in your throw have the most effect on the distance of the throw?

PRACTICE TASK: 3 Spot

Set Up:

- The students will remain in their groups.
- What they will need:
 - Hula-hoop
 - Three whiffle balls
- The beanbags can be put away but they will need the skipping ropes again latter.
- The groups will place their hula-hoop in the middle and then stand around it at even distances apart.
- The participants will start two meters away from the hula-hoop (approximately two large steps).
- One player will throw their ball trying to get it into the hoop. From all distances they can only through underhand or roll it. The group will continue from this distance until they have all have gotten their ball into the hoop.
- The group will then move back to six meters (approximately six large steps).
- They will then go through the same process of taking turns trying to get the ball into the hoop.
- Next they will move back to ten meters (approximately ten large steps).



Goals:

In disk golf, the distance a player is required to throw varies. The goal is for students to practice throwing object different distances and becoming aware of the forces that act on the distance of an object's travel.

Condition:

- The students will be in groups of three or two if there are not enough people but the groups will be no bigger than three.
- The groups will be set up in half the gym all going the same way, one beside one another.

Cues

- 1) Grip the ball in the palm of your hand
- 2) Choose if you are going to throw or roll it
- 3) Look at the target
- 4) Aim where you want the ball to go
- 5) Release the ball with appropriate weight

Questions:

Q: What things made you successful in hitting your target?

Q: What things did you change depending on the distance you wanted to throw the ball?

Game 2: Roll Golf

Set Up:

- The groups can retrieve their skipping rope, so that they now have a skipping rope, three balls and one hula-hoop in their choice of size.
- They can then set up their hole using the skipping rope as the tee box and hula-hoop as the hole.
- I will encourage them to use a small hula-hoop as their hole as they have had practice hitting the target.
- They can have the target any distance away from the tee box. Each player will throw their ball from the tee box towards the target, and then go up to their ball and throw again.
- They will continue like this until they all land their ball in the target in the fewest amount of tries as possible.
- After the group has finished the hole they have set up if time permits they can move the location of their target and try again

Goals:

The goal is for students to get their ball into the target in the fewest amount of tries as possible.

Conditions:

All the holes must always be going in the same direction.

Cues:

- 1) Grip the ball in the palm of your hand
- 2) Choose if you are going to throw or roll it
- 3) Look at the target
- 4) Aim where you want the ball to go
- 5) Release the ball with appropriate weight