

# Girls Golf Challenge badge



Supported by Hertfordshire Golf



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## Introduction

*"Girls enjoy taking part in sports and being active but feel the sports they have access to at school are limited in comparison to boys."*

In the Girlguiding Girls 'Attitude Survey 2021, COVID-19 has significantly and profoundly changed girls 'and young women's lives. The survey captures the pandemic's impact and offers a snapshot of how it has influenced girls 'views about themselves and the world around them. It also tracks their attitudes on wider topics such as happiness levels and access to STEM (*science, technology, engineering and mathematics*) subjects. Mental health has been significantly impacted, and it's the girl's happiness that now needs to be addressed.

We think all girls should be encouraged to try new activities, discover new skills and be given an equal offering in terms of sports available to them. Hertfordshire Golf has put together the Girls Golf challenge badge to introduce golf to all girls and young women across Hertfordshire county and beyond.

To obtain your Girls Golf challenge badge, we ask that you complete activities from each of the 5 sections:

- About golf
- Fair play
- Creativity
- Golf skills
- Health and exercise

The variety of activities means members from all sections can find out about different aspects of golf in a fun and informative way. We hope this badge gives them a taste of what golf can offer: a fun, friendly activity for everybody, whatever their ability.

Enjoy and have fun!

## Why golf?

Here are some great reasons to give the game of golf a go...

- Golf is a brilliant way for you and your friends to spend time together. There's time to talk between shots and a lot of fun involved in playing. It's also an excellent way to make new friends.
- Golf is great if you love all games, but if you're not into contact sports and traditional team events, golf can be a real confidence booster. A qualified professional coach and enthusiastic volunteers will help you learn all the skills you need. You can play golf alone, in a pair, or more.
- Golf isn't just about an 18-hole round, and there are many ways to enjoy it. You can play it over 3, 6 or 9 holes, spend time on the putting green learning a new skill, visit the driving range with friends or try one of the fun formats like 'GolfSixes League' or 'adventure golf' (GolfSixes League is a fun format: 6-hole matches, teams of 6, playing in pairs in team colours.)
- Golf is a game that you can compete in and enjoy playing with all your family. It's a great game for the whole family to enjoy together.
- You will have fun while keeping active in the fresh air in green, healthy surroundings. Golf gets you moving more as you walk between holes, swing your clubs and carry your bag of clubs.
- Golf can help your health, confidence, and self-esteem. You can learn to practise self-control or to focus while developing skills such as becoming a great sportsperson and working with and respecting others.
- As you learn to play, you will find that golf is a great game for competition. The scoring formats of golf can lead to close, exciting finishes to matches. On television, you will enjoy watching the likes of Rory McIlroy and Georgia Hall fighting it out for victory, and you'll soon find yourself saying to yourself: "This putt to win The Open!"

## Terminology

### MEANING IN THIS GUIDE

- **Par** – The allocated number of strokes given to each hole and the full round
- **Birdie** – Scoring 1 under par on a hole
- **Eagle** – Scoring 2 under par on a hole
- **Bogey** – Scoring 1 over par on a hole

## Format of the badge

To secure your Girls Golf challenge badge, the following elements are required:

<b>Rainbows</b>	To complete at least 1 activity from challenges 1 to 4. All members to complete challenge 5 as directed (see challenge).	No additional requirements.
<b>Brownies</b>		An additional 3 activities from any challenge.
<b>Guides/Rangers/adults</b>		An additional 5 activities from any challenge.

## Warm-ups

### Warm-Up 1: Bunkers and birdies

#### Equipment:

- 1 x Bibs/tag/ribbons or similar per player
- 14 green cones
- Minimum of 12 red cones

#### Set-up:

This fun warm-up game is all about listening and reacting skills. Girls will also learn some golf terminology.

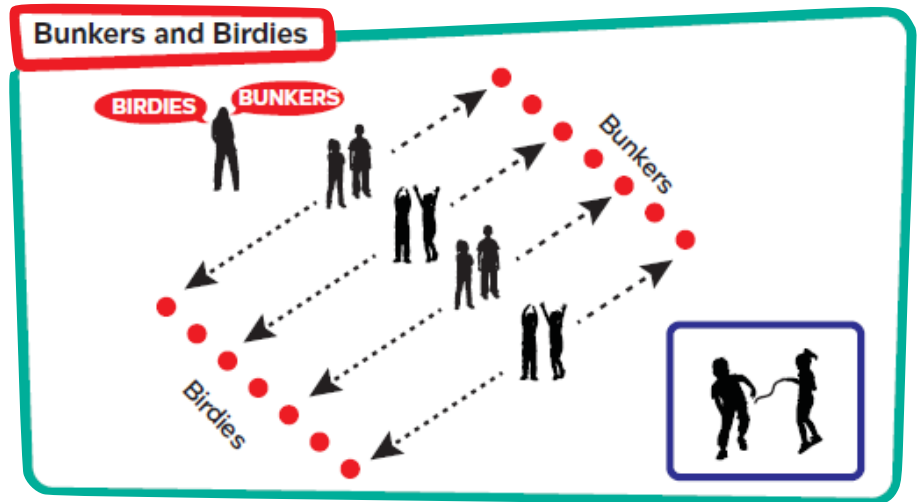
- Organise the group into pairs. The pair stand side-by-side, arm length apart, with fingertips touching.
- Form 2 lines/teams (see diagram).
- Mark out 2 lines of cones at an equal distance on either side of the teams.
- Ensure there is a safe run-off zone beyond the cones.

#### Activity:

- The girls get into pairs.
- Each player has a tag, i.e. tag rugby strap, a bib or similar.
- Standing in the centre of the playing zone side-by-side, each player is either a 'Bunker' or a 'Birdie'.
- When the unit leader calls "Bunkers", this player must cross the safety zone line before the 'Birdie' grabs the tag.
- Play several rounds, keeping score.

#### Level up:

- Start with the players standing face-to-face, back-to-back or sitting on the floor.
- The player must dodge the other player for 3 seconds before crossing the safe line.



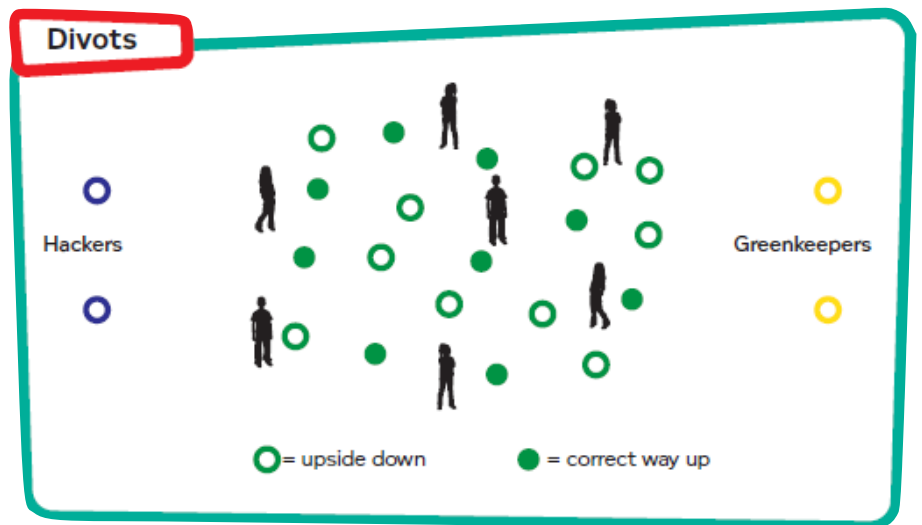
## Warm-up 2: Divots

### Equipment:

- 2 blue cones
- 2 yellow cones
- Minimum 20 green cones

### Set-Up:

- Scatter cones around the area (½ upside down, ½ correct way up).
- Split the group into 2 teams, 'hackers' and 'green-keepers'.



### Activity:

- The leader calls out 'Go', and both teams move quickly and safely to turn the divots over: Hackers turn upside down, and Green-keepers turn right way up.
- After a set period, the leader says 'Stop', and the divots are counted to see which team has the most turned their allocated way.
- Reset the course and start again.

### Level Up:

- Have multiple rounds to see if the other team can win.
- Use the left hand only or use the right hand only.
- Get players to hop on 1 leg.

## Warm-up 3: Caddy call out

This is a great pulse raiser, requires no equipment and can begin at a slower speed and gradually increase. Explain it is important to prepare our bodies for golf. Golf terms Par, Birdie, Eagle and Bogey are introduced.

### Set-up:

The leader is the caddy, with all the girls spread out across the activity space.

### Activity:

The leader (the caddy) demonstrates the activity to the whole group.

For each command, a different action is made:

- Par = standstill
- Birdie = jog on the spot
- Eagle = sprint on the spot
- Bogey = balance on 1 leg
- Fore! = crouch down, covering your head

### Level up:

- Ask the girls to call out and be the caddy.
- Use other golf terms such as Fairway (stand still), Bunker (crouch down), in the hole (sprint on the spot), and on the Green (jog on the spot).

### Reference:

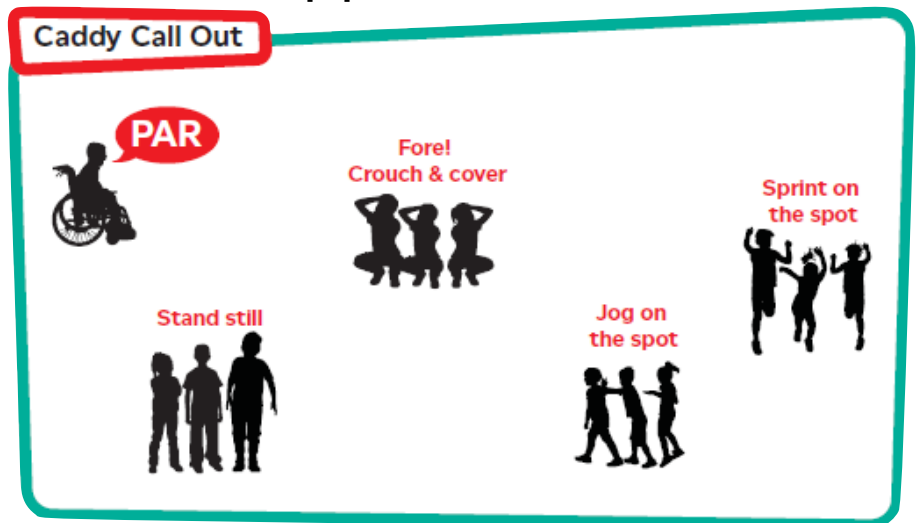
*Par* – The allocated number of strokes given to each hole and the full round

*Birdie* – Scoring 1 under par on a hole

*Eagle* – Scoring 2 under par on a hole

*Bogey* – Scoring 1 over par on a hole

### Equipment:





## Warm-up 4: Simon says

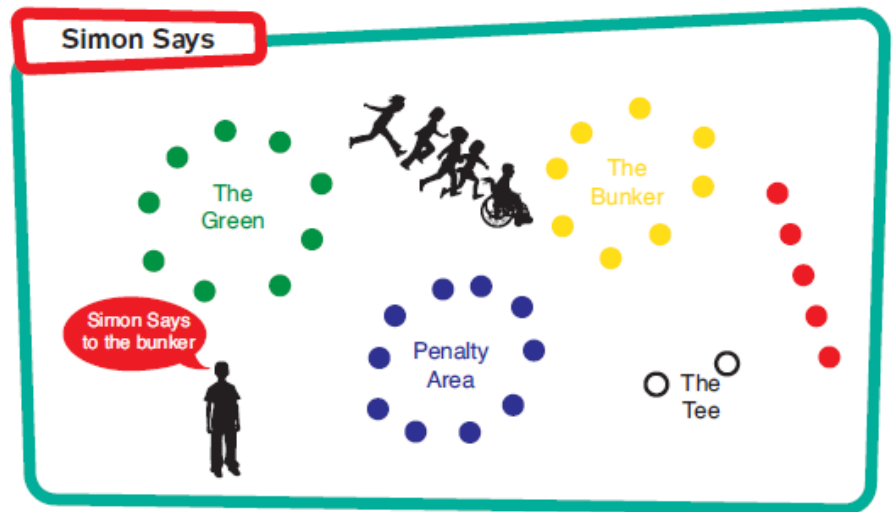
### Equipment:

- 8 blue cones
- 8 yellow cones
- 8 green cones
- 2 white cones

### Set-Up:

Layout 4 circles of cones:

- blue = water
- yellow = bunker
- green = fairway
- white = out of bounds



### Activity:

This game introduces the names of areas and features on a golf course. It is also about warming up, using listening skills and moving around.

- When "Simon says...", the players move to the called zone, when Simon doesn't say, they don't, e.g., "Simon says go to the bunker," the players move to the bunker. If the instructions say, "Go to the water", the players stay where they are.

### Level Up:

- **Keeping everyone active:** stay in the game but gain a 'bogey' rather than being out if a player does it wrong or is last to the area. A player with the least bogeys = winner.
- **Competition:** if a player does it wrong or is last to the area, they sit out.

## Challenges

### Challenge 1: About golf

1. There are many different types of golf clubs, can you name them?
2. Can you find out information on these top 5 rules:
  - What is the maximum number of golf clubs you are allowed to carry?
  - How do golfers avoid playing the wrong ball?
  - You start each hole from a tee box. What guidelines must you comply with when playing from the tee box?
  - How do you mark your ball when it is on the green?
  - When are you not allowed to ground your club?
3. Find out about how golf can be adapted for different types of disabilities:
  - Visually impaired
  - Physical disability

*Leaders may need some preparation for the following research tasks:*

4. Find out 2 for Rainbows, 3 for Brownies or 4 for Guides/Rangers/adults of the following:
  - Top-ranked English female professional golfers
  - Top-ranked American female professional golfers
  - Members of the English girls' amateur national team
  - Top-ranked Korean female professional golfers
  - Top-ranked Swedish female professional golfers
  - Top-ranked Spanish female professional golfers
5. The Ladies European Tour (LET) is a professional golf tour for women. Can you find out the following information?
  - When was the LET formed?
  - Where is the LET based?
  - How many countries does the tour visit during a season?
  - Which golf clubs in England are hosting a tour event this year, and when?
6. The Solheim Cup is a professional women's event that occurs every 2 years. Over 3 days, the 12 best players from Europe compete in a team format against the 12 best players from the USA. Can you find out the following information?
  - When did the first Solheim Cup take place?

- Who is going to be the upcoming Solheim Cup captain? Can you find 3 facts about her?
- Who has won the Solheim Cup the most?
- Come up with an encouraging banner you would hold up to support the Solheim Cup team.

## Challenge 2: Fair play

1. Invite someone, maybe a PGA professional coach, from your local Golf Club and come up with some questions about golf and their career for them.
2. Make a trophy for your age group for the Best Team Member for your golf festival. This could be a cake, flag, flower arrangement, or trophy made of recycled materials. There is a medal template available on page 26.
3. Create your musical instruments out of recycled resources to cheer on your team at the golf festival.
4. Discuss one of the following topics:
  - 5 role models from any walk of life (music/film/sports)
  - 3 female sports people (can start discussions with 2 teams, who can list most female sports players/athletes in 2 minutes)
  - 2 everyday influencers (people from your family/school that inspire you to do something and why?).
5. The challenge below will demonstrate how blind people experience golf. Have a look at the link in the Leaders' Guide (page 27) around inclusive golf.
  - Get some goggles and black them out using electrical tape, leaving a tiny hole in the middle.
  - Try making contact with a tennis ball with the goggles on.
  - Then try chipping a tennis ball that makes a sound.
  - Can you make your ball so it will make a noise?
  - Can you adapt a game to play sitting in a chair?

## Challenge 3: Creativity

Demonstrate your creativity around different elements of golf:

1. Devise a golf name for your unit and create a logo that reflects this.
2. Design a golf polo shirt and/or cap and/or golf ball utilising your unit name and logo:
  - Rainbows – colour in a sketch
  - Brownies – draw, design and colour
  - Guides/Rangers – design on a plain t-shirt
3. Make and design some golf-themed biscuits or cakes for your unit meeting and explain why you have chosen the designs.
4. Design a poster to attract girls to a taster golf event targeting beginner girls and contain all the information to attract them to attend.
5. Build a golf club and a golf ball that you will be able to use on your golf hole/s.
6. Design/build a single or series of golf holes (a par 3, par 4 and par 5):
  - **Rainbows** to draw all 3 forms of golf holes. This will need to include a teeing ground, fairway and green. The number of additional hazards and features is up to them.
  - **Brownies** to design and build a golf hole (they can choose a par 3, par 4 and par 5) that can be played using the golf club and ball they have built. It will need to include a teeing ground, fairway and green. The number of additional hazards and features is up to them.
  - **Guides/Rangers** to design and build a series of golf holes (they can choose a par 3, par 4 and par 5) that can be played using the golf club and ball they have built. It will need to include a teeing ground, fairway and green. The number of additional hazards and features is up to them. They will need to explain how the hole will be played and how best to avoid the hazards and incorporate the key features listed below.

### HAZARDS

- *Bunkers*
- *Water*

### FEATURES

- *Teeing ground*
- *Fairway*

- *Green*
- *Rough*
- *Trees*
- *Mounds*
- *Slopes /different gradients*

Please refer to the resource section for templates and include an explanation of the terminology.

## Challenge 4: Health and exercise

### 1. Warm-up

The goal of warming up is to elevate your heart rate and get your blood flowing, which increases your body's core temperature. This must happen before stretching to loosen your muscles and increase your range of motion, limiting the chance of pulling a muscle and causing joint pain.

- Find out what kind of warm-ups a golfer completes and why.
- Design your warm-up for your unit to complete that incorporates what you have learned about golfers' warm-up routines.

### 2. Healthy eating

Golfers can expect to play a round of golf for up to 4 hours. Eating a nutritious meal before starting and maintaining their energy levels throughout their performance is important. Can you devise a food and drinks package that a golfer would need to consume in the following situations?

- Before starting their round
- During their round
- On completion of their round

### 3. Cool down

The purpose of a cool down is to return your body to a normal state after the activity has taken place, which helps to avoid injury.

- Find out what kind of cool downs a golfer completes and why.
- Design your cool down for your unit to complete that incorporates what you have discovered about a golfer's cool down.

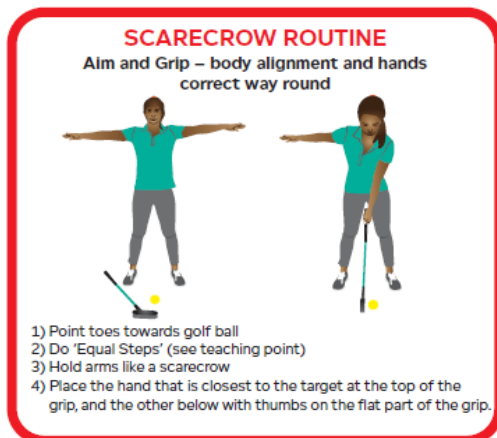
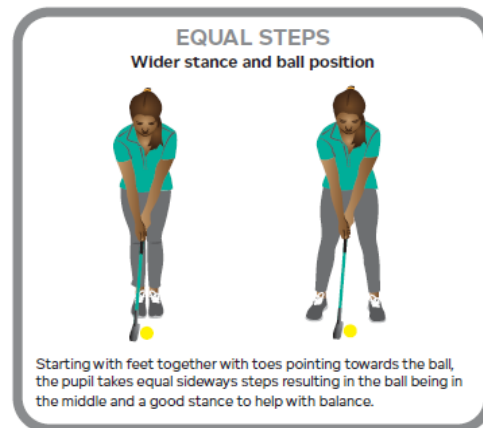
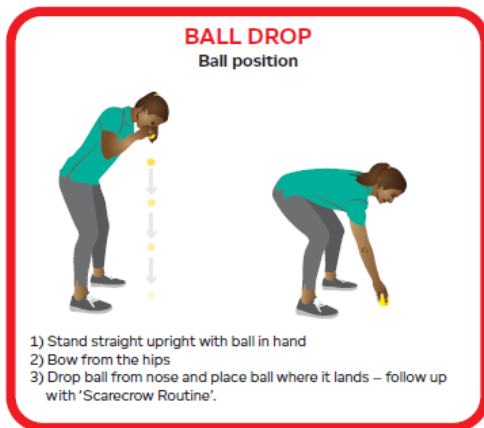
## Challenge 5: Golf skills

Within this challenge, each member will need to complete:

- **Rainbows:** 1 activity from either putting or chipping
- **Brownies:** Activity from both putting and chipping plus a combination game
- **Guides/Rangers/adults:** 2 activities from both putting and chipping plus a combination game

### Tips for success in putting

Below are diagrams and information related to putting, which enable the correct grip and setup.



### BALL DROP

Ball position

- 1) Stand straight upright with ball in hand
- 2) Bow from the hips
- 3) Drop ball from nose and place ball where it lands – follow up with 'Scarecrow Routine'.

### TICK-TOCK PUTTING

Swing tempo (speed) when putting

Saying 'tick-tock' in your mind is a great way to help with swing tempo (speed) especially when putting. With a putter, no matter how long the swing needs to be, the pupil can use 'tick-tock' to help with tempo – same speed back, same speed through the ball.

## Tips for success for chipping

## Putting activity 1: Building bridges

### ARMS AND SHOULDERS

Keeping a triangle with arms and shoulders

The pupils' arms, hands and wrists work with the shoulders to form what is known as the putting triangle. Keep the triangle shape when putting.  
Say 'tick-tock' out loud to help with the tempo.

### EQUAL STEPS

Wider stance and ball position

Starting with feet together with toes pointing towards the ball, the pupil takes equal sideways steps resulting in the ball being in the middle and a good stance to help with balance.

### SCARECROW ROUTINE

Aim and Grip – body alignment and hands correct way round

- 1) Point toes towards golf ball
- 2) Do 'Equal Steps' (see teaching point)
- 3) Hold arms like a scarecrow
- 4) Place the hand that is closest to the target at the top of the grip, and the other below with thumbs on the flat part of the grip.

### THE HOTDOG GRIP

Basic grip, hands working together

This fun practice encourages the pupil to get their hands working together using a basic baseball style grip. The thumb on the lead hand is the sausage and the lower hand forms the bun and wraps around the sausage with no gaps between hands and fingers.

### TICK-TOCK CHIPPING

Swing tempo (speed) when chipping

Saying 'tick-tock' in your mind is a great way to help with swing tempo (speed) when chipping. It promotes a smooth backswing and a slightly accelerated forward swing when hitting the ball. Explain it is a 'golf swing' not a golf hit.

### TICK-TOCK CLOCK FACE

Distance control with length of swing

Use the clock face to explain distance control. E.g. swing the club back to 7 o'clock or 9 o'clock but make sure the pupil completes a full follow through to complete the swing.

### CHIP AND HOLD

Balance after the shot

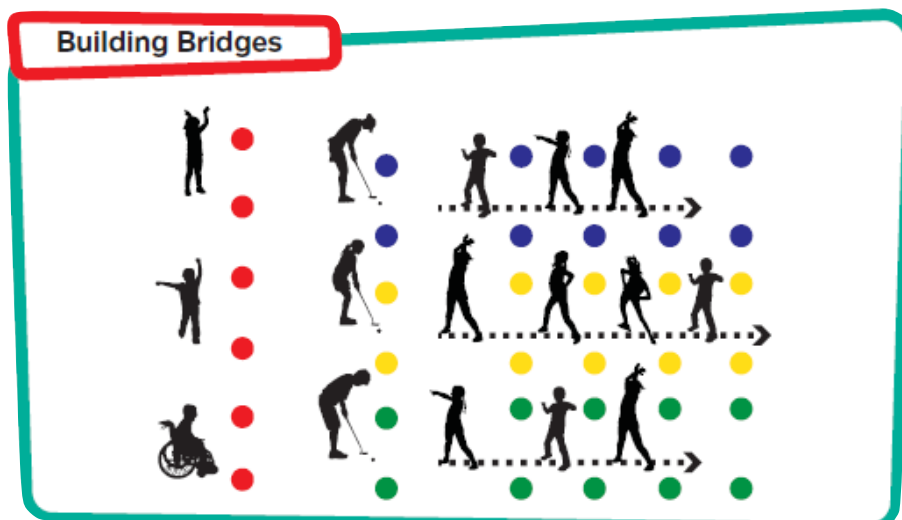
- 1) Once you have hit the ball, hold the position for 3 seconds to show you are balanced and you don't fall over.

## Equipment:

- 1 putter per team
- 1 ball per team
- 10 blue cones
- 10 yellow cones
- 10 green cones

## Set up:

- Lay out the red safety and reflection zone.
- Set up 2 coloured cones, 2 putter lengths away from the matching-coloured tee areas.



## Activity:

- Work as a team to build a human bridge.
- Player 1 will attempt to put the ball through the cones.
- If successful, player 1 will stand between those cones with their legs apart, and player 2 putts through the legs of player 1 and joins the line if successful.
- Repeat until all players have joined the line and the bridge is built.

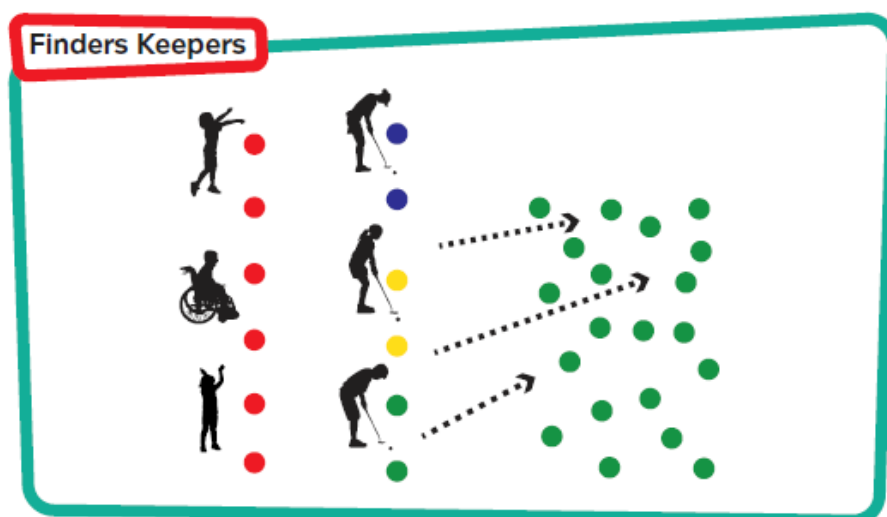


## Putting activity 2:

### Finders keepers

#### Equipment:

- 1 putter per team
- 1 ball per team
- 2 blue cones
- Minimum of 8 yellow cones
- Minimum of 20 green cones



#### Set-Up:

- Lay out the red safety zone.
- Set up an appropriate number of tee areas using the coloured cones.
- Scatter green cones in the area in front of the tees a minimum of 2 putter lengths away.

#### Activity:

- This game is a race to collect as many cones as possible.
- From the tee, putt the ball once and collect any cones that the ball hits.
- The player returns the ball and cones for the next player's turn.
- Keep playing until all the cones are collected or until the set time runs out.
- 1 point per cone.

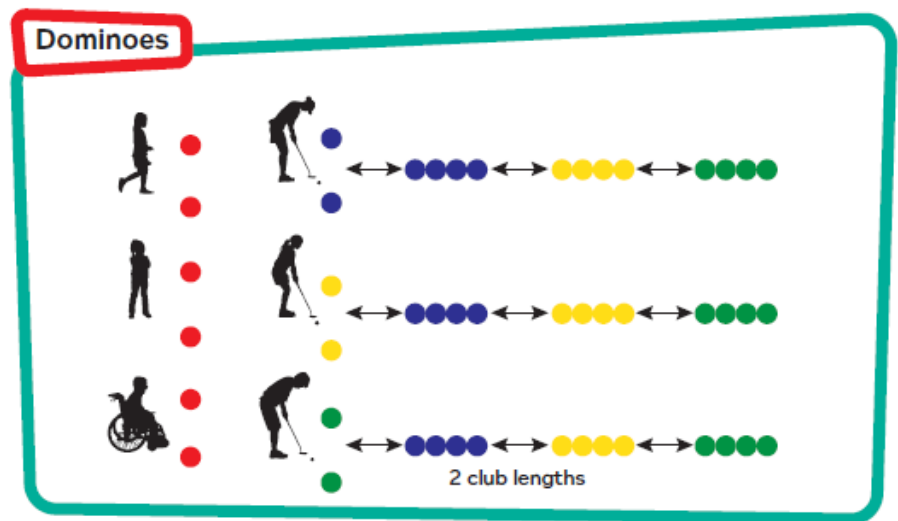
## Putting activity 3: Dominoes

### Equipment:

- 1 putter per team
- 1 ball per team
- 14 blue cones
- 14 yellow cones
- 14 green cones

### Set-Up:

- Lay out red safety zone.
- Set up an appropriate number of tee areas using the coloured cones.
- A line of 12 cones (dominoes) is laid out in a straight line, progressively getting further away from the player.
- There should be 2 club lengths from the tee to the first cone and then a grip length between each cone.



### Activity:

- Players take turns putting the ball towards the nearest cone in the line.
- The game aims to clear the cones by hitting them and removing them one at a time in order.

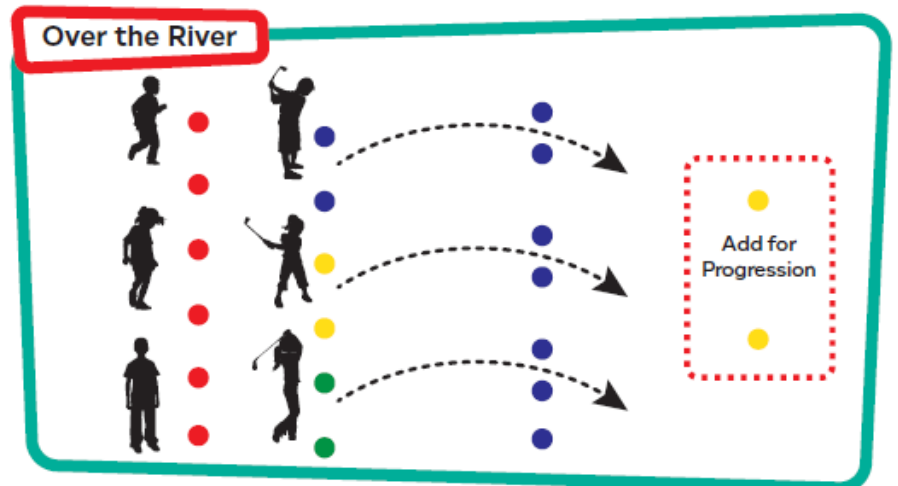
## Chipping activity 1:

### Over the river

#### Equipment:

Use red cones to create a safety zone.

- 1 iron per team
- 4 balls per team
- Coloured cones (green, blue, yellow)



#### Set-Up:

- Lay out the red safety zone.
- Set up an appropriate number of tee areas using the coloured cones.
- Blue cones – the river – are placed 10 putter lengths from the tee.

#### Activity:

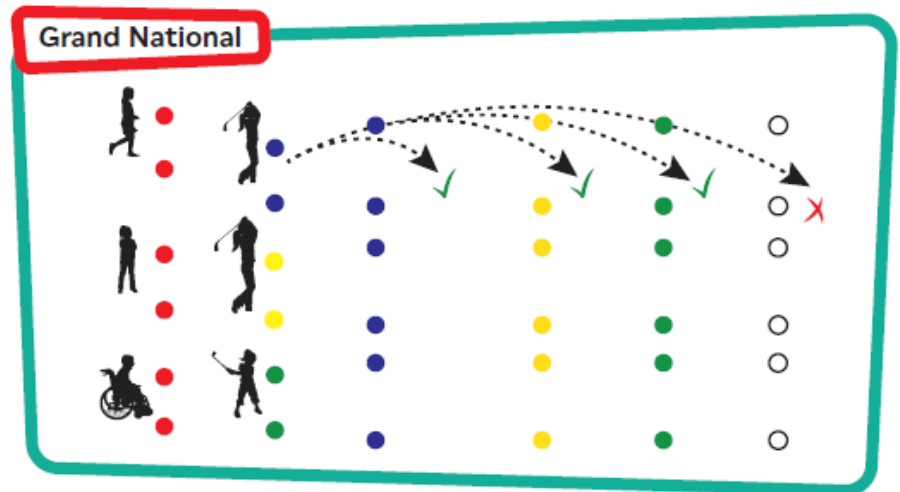
- Playing in teams or individually, players aim and chip the ball to land over the river of blue cones 10 putter lengths away.
- Players aim to chip, varying the control of the ball for distance with a bigger tick-tock swing.
- 10 points for a successful chip over the river.

## Chipping activity 2:

### Grand National

#### Equipment:

- 1 iron per team
- 1 ball per team
- 8 blue cones
- 8 yellow cones
- 8 green cones
- 6 white cones



#### Set-Up:

- Layout red safety zone.
- Set up an appropriate number of tee areas using the coloured cones.
- A line of blue cones 2 chipper lengths from the tee.
- A line of yellow cones 3 chipper lengths beyond blue cones.
- A line of green cones 3 chipper lengths beyond yellow cones.
- A line of white cones 3 chipper lengths beyond the green cones mark the boundary.

#### Activity:

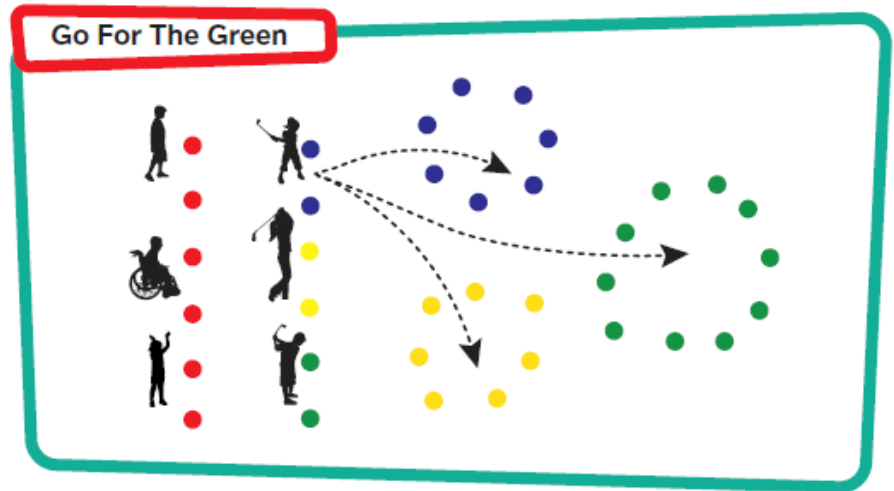
- The game aims to chip the ball over 1 fence (line of cones) at a time in the correct order.
- A chip over the blue line first, then yellow, then green (not past the white).
- Playing in teams or individually.

## Chipping activity 3:

### Go for the green

#### Equipment:

- 1 iron per team
- 1 ball per team
- 10 blue cones
- 10 yellow cones
- 14 green cones



#### Set-Up:

- Lay out red safety and reflection zone.
- Set up an appropriate number of tee areas using the coloured cones.
- Lay out 3 circles of cones: 2 closer but the same distance away (yellow and blue cones) and 1 further away (green cones).

#### Activity:

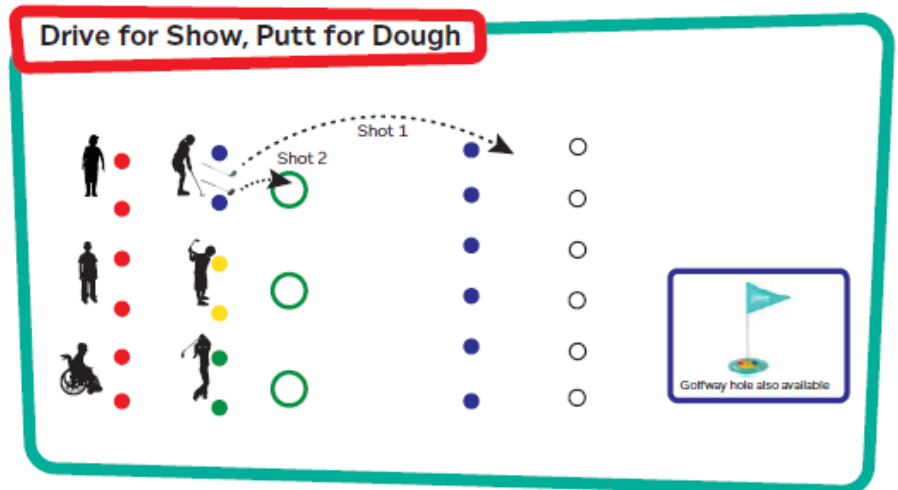
The objective of the game is for players to take turns trying to land the ball on the green to score maximum points.

- Blue (water) = 1 point
- Yellow (bunker) = 5 points
- Green = 10 points

## Combination game 1: Drive for show, putt for dough

### Equipment:

- 1 iron per team
- 1 putter per team
- 2 balls per team
- 1 hoop / hole per team
- 8 blue cones
- 2 yellow cones
- 2 green cones
- 6 white cones



### Set-Up:

- Lay out the red safety zone.
- Set up an appropriate number of tee areas using the coloured cones.
- Lay out the line of blue cones representing the river and white cones for out-of-bounds.
- Place the hole or hoop 2 putters lengths from each tee.

### Activity:

- Each player takes 2 shots, a chip and a putt.
- The chip shot aims to hit the ball over the river (blue cones) and get it to land before the out-of-bounds (white cones) to score 5 points. If the chip rolls through the river, only 1 point is scored.
- The player then attempts to put the second ball into the hole or hoop for a further 5 points.

### **Take it further:**

Why not arrange to visit a golf club or festival with your unit? A golf festival is usually a particular day or succession of days where people come together to enjoy the game, the social buzz and the summer sunshine.

You can contact your local golf club or PGA professional who may be willing to help advise on any aspect or even provide resources to help you in organising your festival.

During the making of this badge, 2 large-scale pilot events were held. The template plan, certificate for completion and risk assessment for these can be found at [hertfordshiregolf.org](http://hertfordshiregolf.org) under the heading 'Juniors' along with details of the clubs who are already supporting this challenge badge and the development of girls' golf.

For further help and support, please contact [cdo@hertfordshiregolf.org](mailto:cdo@hertfordshiregolf.org), and we will be able to help you find a suitable club for you to work with.

### **Small scale:**

One unit has a festival evening, which can be held at the unit meeting place or a local golf club. Utilising the ideas in this challenge pack, why not play team based games?

*Example:* Solheim Cup teams. Why not play in the format they do use dice?

What is needed?

- Scorecards (1 per player)
- 1 dice
- Pencils

The simple way to play:

- Each player rolls the dice 6 times. The combined score is the handicap.
- Each player, in turn, rolls 1 die, which is the whole score.
- The lowest score wins after handicap deductions (net score).

### **Medium scale:**

An afternoon/evening playing some other local units of the same section. You could do all the things mentioned in the small-scale event, but there could also be a separate cheerleader competition supporting their units.

**Large scale:**

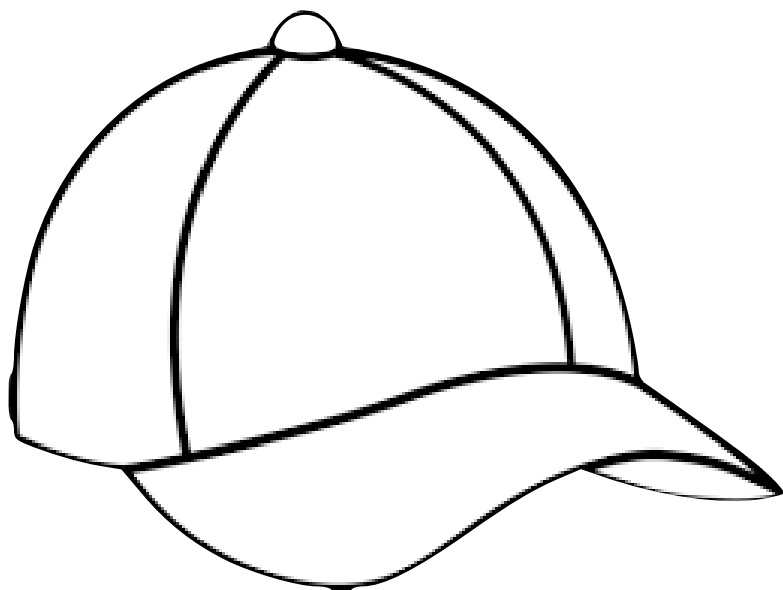
A day may start with the Brownies helping the Rainbows through their games, then the Guides helping the Brownies. The Rangers may help run the day. Other aspects of the challenge could be included in the festival with cake, food stalls, and side games.

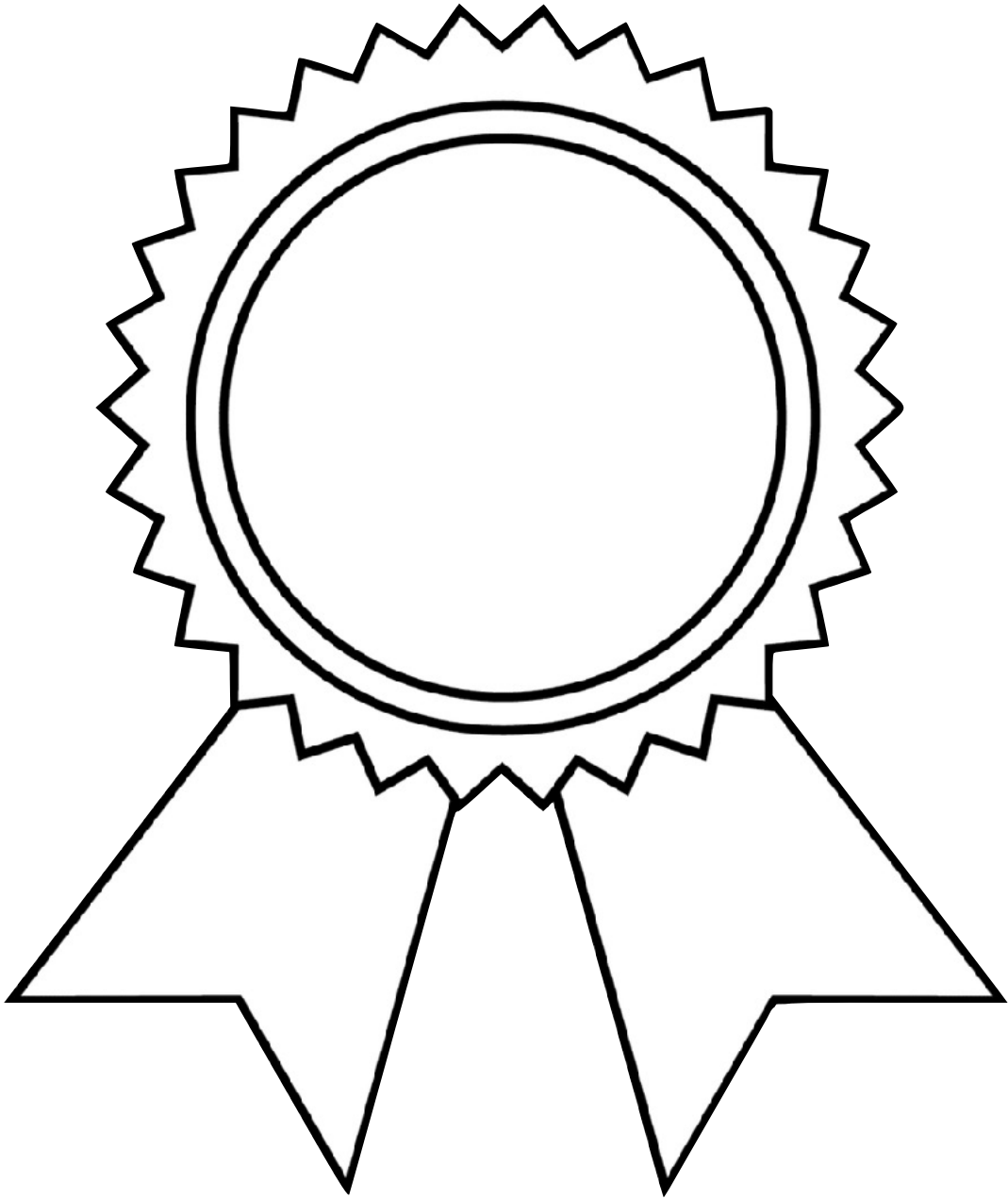
It may be not all girls want to play golf, so they can participate in the side events (supporting, providing food, running music or different games) or help run the games if they wish.



## Resources

Templates for the **creativity challenge**:





## Leaders' guide

Leaders: Why not visit the Royal and Ancient to learn more about the game rules:

[randa.org/rules/rules-of-golf-home](http://randa.org/rules/rules-of-golf-home)

Disability golf guidance from Golf Foundation

[Inclusive golf - Golf Foundation](#)

Videos to watch related to the chipping challenges:

[5 best chipping tips](#)

### **Further opportunities**

If any girls are interested in continuing golf after completing this badge, we recommend they visit Girls Golf Rocks ([girlsgolfrocks.org](http://girlsgolfrocks.org) and [englandgolf.org/girlsgolfrocks](http://englandgolf.org/girlsgolfrocks)). This is a national girls' recruitment programme delivered by England Golf, targeting girls aged 5-18 who are new to the sport. All facilities are SafeGolf accredited and delivered by a workforce who have met our safeguarding standards. For more information, please email [girlsgolfrocks@englandgolf.org](mailto:girlsgolfrocks@englandgolf.org)

## How to order the Girls Golf challenge badge

### To order the challenge badge:

Please complete the online form, which is located on the Girlguiding Hertfordshire website.

Here is a direct link: [online badge order form](#)



**Badges cost £1.20 each**, plus postage and packaging, which is automated on the order form.

Please make payment to:

Girlguiding Hertfordshire

Sort code: 40-52-40

Account number: 00013524

*Preferred reference: HBC/Unit badges/Number of badges, e.g. HBC 1st Welwyn 15*

Badges are dispatched by second-class post once payment is received. If you have any queries about your badge order or would like any advice on organising your golf activities or event, please email [hertschallenges@girlguidinghertfordshire.org.uk](mailto:hertschallenges@girlguidinghertfordshire.org.uk)

All profits support members of Girlguiding Hertfordshire.

Many thanks for your support and participation.

