

First Tee Central Coast's at Home Activity # 3 - Purposeful Play = TAG – “Touch and Go” Indoor Golf

Designed By: First Tee Master Coach Billy Gibbs. PGA

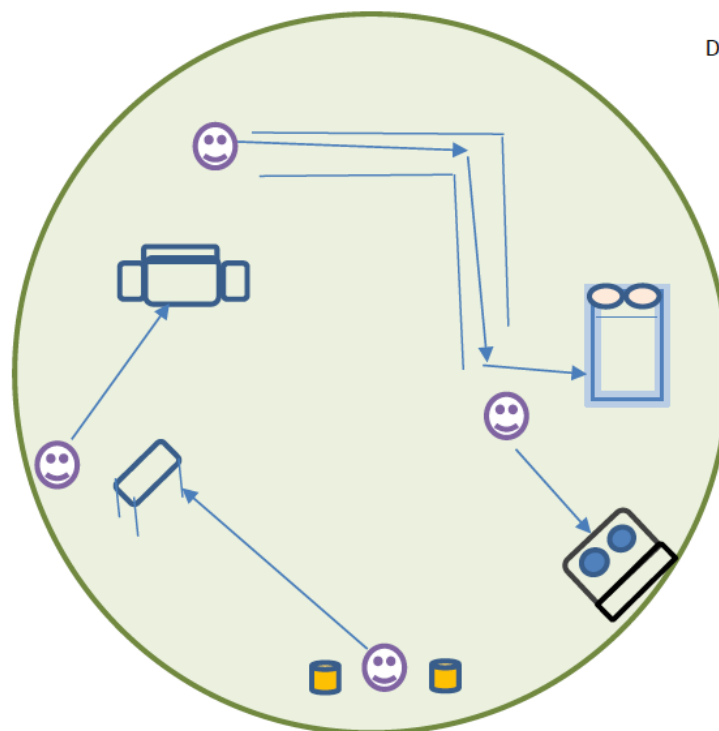
Activity Set Up

Area for Putting course – Entire house

Targets/Objects: Any non-fragile home item

Tee Markers – Soup cans, Water Bottles or similar

Best if played with soft type ball (tennis etc.)



Definitions:

Honesty – To tell the truth. To be accurate and honest when keeping score.

Personal Par – A measure of how **YOU** usually perform in golf, at home, or in school (your current average)

😊 = Player

Core Value: Honesty

Golf Skills: Playing the Game – “Playing Around the House”

Life Skill: Finding Your Personal Par

Activity: “TAG” – Touch and Go Indoor Course.

- Player will choose a starting point (teeing ground) somewhere in the house to begin the game.
- The player will then choose an object in the house to play to as hole # 1.
- Player will honestly count the number of strokes it takes until the chosen object is hit. That number would be the player’s honest score for the 1st hole.
- The player will then place his ball 2 club lengths from 1st chosen object (1st hole) and proceed to play in the same manner to the second chosen object in the house (Hole #2).
- The game will continue until each chosen object has been hit (recommend 4 to 6 objects/i.e. holes in house)
- **IMPORTANT:** Player keeps honest score for each hole to get a “Personal Par” for the course. Objective: Each time the player plays the course, he/she should attempt to improve on, or match his/her current “Personal Par”

Example Course Pictured Above: # 1 Somewhere in Living room to Table Leg - # 2 Table to Couch - # 3 Couch, down the hallway into bedroom to Bed – # 4 Out of bedroom down the hallway into kitchen to Stove. – Then Record your Personal Par / Honest Total Score _____ 😊

Watch Video