

## Throlf (Throw Golf)

### Game Organisation

Throlf is an exciting game which, in addition to developing good fundamentals, encourages communication, teamwork, decision making, problem solving and creativity.

#### Set-up

Design a 'throlf course' by creating a number of 'holes' of varying lengths and with a variety of hazards. Mark out the holes, including a tee and a hole, using the relevant/available equipment. The number and length of holes will depend on the space available and number of players involved. Divide the group up among the different 'holes' with the relevant throwing equipment placed at the start of each hole.

#### Suggested Rules

- Play with between 2 and 4 at each hole, with each hole given a par according to its length and difficulty.
- Provide a range of throwing equipment at each hole e.g. large ball, small ball, frisbee, beanbag, which act as 'clubs'.
- The object of the game is for each player or pair to start at the tee and, by using the throwing equipment (clubs) available, land a piece of throwing equipment into the hole (hoop, bucket) in as few shots as possible.
- Players can select which 'club' to use according to the shot they face. As an example, a beanbag might be used when close to the hole as a putter, whereas a tennis ball might be used off the tee as a driver to achieve maximum distance.
- Included at each hole can be a variety of hazards, such as bunkers, trees and out of bounds, with a range of penalties or increased difficulty linked to each hazard.
- Players play each shot from where the previous shot lands, with the possible exception of hazards such as water, which may involve players having to 'take a drop'.
- Players complete the course, record their score at each hole and overall score, which can then be used to create a handicap system and to provide each player or pair with a score to beat the next time they play.

#### Equipment

A range of equipment as determined by the teacher or students, possibly to include different coloured cones, hoops, buckets, range of throwing equipment e.g. different sized balls, beanbags, frisbees.