



# Foot Golf

**8 players, plus an accompanying adult**

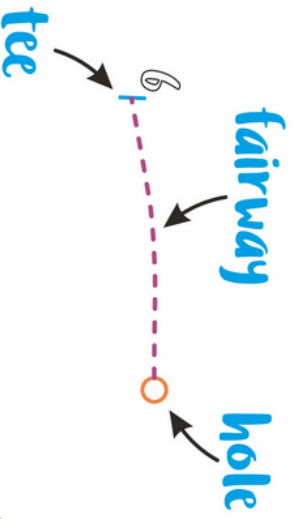
## Basic Instructions

Decide which Foot Golf games you want to play with your group. We recommend two or three different games per session being played over three/ four/ five holes.

- 1) Hand out one football to each player.
- 2) Find the first foot golf tee marked by a metal post with a blue marking (beyond the small playpark at the far edge of the grass) using the course map provided.
- 3) Use the open space to introduce some basic football kicking techniques and to allow some ball kicking practice (in pairs) before starting on the course.
- 4) Place the first football next to the numbered blue tee marker in the grass. Avoid stepping on the blue markers when kicking as they can be slippery when wet.
- 5) Kick the ball towards the corresponding hole (see course map) marked by the blue flag.
- 6) Take turns. Footballs furthest away from the hole are played first to avoid injury.
- 7) Play the ball as it lies. You cannot touch or accommodate it.
- 8) Only one ball can be in motion at any one time.
- 9) Keep score (according to the rules of your chosen game).
- 10) Have fun completing all nine footgolf holes.
- 11) Return equipment to its base and used score sheets to a recycling bin.

 SU Scotland  
Lendrick Muir

# Key



# Foot Golf

