



How many putts can you make from 8 meters away?

Equipment Needed:

- Regulation putting green with a properly marked target hole
- 5 golf balls
- Chalker/ball markers/cones to mark the circles
- Measuring Tape

Rules:

- Select the target hole with 2 circles placed around it (one at 0.5M [1 ft] and the second one at 1.5M [5 ft])
- Athlete will have 5 attempts from a marked spot 8M (26 ft) away from the hole
- Refer to golf diagram for scoring
- Add all 5 attempts for total score

Modifications:

- If you cannot get to a golf course, create the set up on a flat grassy or other smooth surface and use a tennis ball or other object to mark the "hole"
- If you do not have a golf club, you can use a baseball bat, field hockey stick, etc. instead

