



Lockdown Knockdown

How to set up?

- Start with marking your teeing off point (an area / line you will hit your shots from).
- Take 6 unbreakable items - eg. plastic cups or empty plastic flower pots - and build a tower (3 items at the bottom, 2 in the middle and 1 on top).
- Build your tower 2 metres away from your teeing off line.
- Be creative - you can play with a golf club or - a mop, a broom, a tennis racquet, a frying pan, a plastic bottle or whatever you think may be suitable. Use any ball - golf ball, tennis ball, table tennis ball, spongy ball, pair of rolled socks or a paper ball.



How to play?

- Practice by hitting a ball so it knocks your tower down.
- Once you've hit your ball run to collect it and bring it back to your teeing off line, so you can play again.
- Keep hitting until all items in your tower have been knocked down.
- This could be either a putting or a chipping challenge, so your ball can roll on the floor or try fly in the air.
- If you're using your golf club, you can be using either your putter or your iron.



How to compete and score points?

- Get your stopwatch or your timer ready and make sure it measures 2 minutes.
- Stand at your teeing off point ready to go. When time starts, start playing.
- Remember to run and bring back your ball after each go.
- You get 1 point for each item you knock down.
- How many points can you score over the period of 2 minutes?
- You can re-set your tower as many times as you want before the 2 minutes slot ends.
- Use the link next to the video to submit your score!

Safety!

Make sure you are away from any objects that may break and that nobody is standing in front, behind or next to you, so they do not get hit.

This is very important, so do not start playing until you've checked!

