



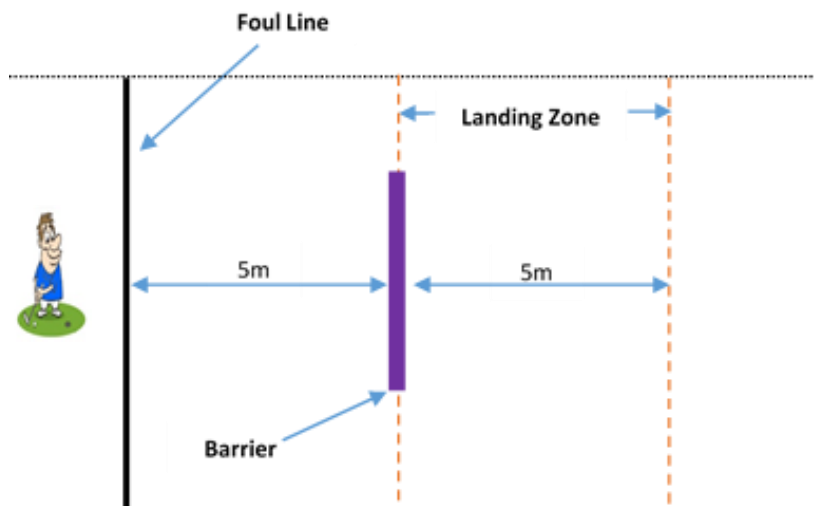
Pitch Shot

Objective: To record how many points you can achieve by attempting to 'pitch' the ball over the 'barrier' into the 'landing zone'.

Equipment:

- Playing area: flat, straight surface minimum 10 meters (*i.e. garden, driveway*)
- 'Barrier' – should be 3m wide x 1m high (*e.g. large box; sticks and string*)
- Foul and 'landing zone' lines (*i.e. rope, tape*)
- Golf Ball
- Pitching Club
- Measuring Tape

Process: Place the foul line in the playing area, measure out and place the 'barrier' at the 5 meter mark. Measure a further 5 metres and mark the end of the 'landing zone'.



Athletes should position themselves behind the foul line. The athlete should attempt to pitch the ball over the 'barrier' into the 'landing zone'. The athlete repeats this process a total of ten times.

Rules:

- The athlete must remain behind the foul line.
- The athlete has ten attempts.

Score:

- A swing and a miss counts as one attempt, the athlete receives a score of zero for that attempt.
- 1 point is scored for striking the ball.
- 2 points are scored if the ball goes over the barrier but beyond 'landing zone'.
- 3 points are scored if ball goes over the barrier and remains in the 'landing zone'.

The total number of points for all ten attempts are combined to calculate the athlete's final score, to be submitted (*maximum 30 points*). See example below.

Attempt										Final Score
1	2	3	4	5	6	7	8	9	10	
0	0	1	0	2	3	3	3	1	2	15