

## Some Golf Croquet practice routines

### Basic

**Hitting the ball** stalk; swing; hit HEAD DOWN

**In pairs** Hit a ball from one to the other; start at 1m; increase gradually to 5m

Hold a mallet upright on the ground: hit the mallet face from 1m, 2m, 3m  
Score out of 10 each time

**Peg and boundary** From the boundary aim to stop within a shaft length of the peg: score /10

### Hoop running

**Straight hoops** run the hoop from just in front; score /10 from 0.5m

**Angled hoops** run the hoop from angles up to 30° and increasing distances

**To and fro** run the hoop from one side; run it the other way from wherever the ball stops  
..... as long as you like

**Controlled hoops** put a ball marker in the ground ca 0.3m beyond the hoop. Run the hoop  
to stop by the marker. Repeat for different distances

### Hit aways

**Easy** hit ball away at least 7m from 0.5m, 1m, 2m score/10 each time

**Harder** hit ball away at least 7m from 3m, 4m, 5m score /10 each time

### Stop shots

**Easy** Stop shot (balls 0.3m apart) to a ball marker 7m away; strikers ball not moving more  
than 0.3m after impact Score /10

**Harder** Stop shot balls 1m apart; strikers ball not moving more than 1m after impact /10

### Hoop approaches

**Easy** Put a ball 0.6m in front of a hoop from 3m away Score /10

**Harder** Put a ball 0.6m in front of a hoop from 3m away from 15m away Score /10

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## Some more advanced GC practice routines

### Hoop running

1. Run hoop 1 from the south boundary and end up clear of the hoop    Score    /10
2. Run hoops from 3m and 25degrees out of line    Score    /10

### Jump shots

1. Jump a ball in the jaws cleanly to score the hoop from 1m    Score    /10
2. Jump a “blocking” ball to hit another 1.5m away    Score    /10

### Hoop clearances

1. Clear a ball in the jaws from the dead side of the hoop :
  - (a) straight hit from 1m, moving object ball at least 2m    Score    /10
  - (b) angled hit from 2.5m moving object ball at least 1m    Score    /10

### Long clearances

1. Object ball in front of hoop 2; clear it with the striker’s ball beside hoop 1    Score    /10
2. Object ball in front of hoop 3; clear it with the striker’s ball beside hoop 2    Score    /10

### Jawsing

1. Put a ball in the jaws from 0.5m angled    Score    /10
2. Put a ball in the jaws from 2.0m angled    Score    /10