

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

IBH

11 June 2017

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