



COMMONWEALTH GAMES CHALLENGE

WEEK 2 – BADMINTON GOLF

Set up a series of 'tees' with either spots or cones, and a series of 'holes' using hoops.

The distance between tee and hole can be longer or shorter, a variety is good.

Players to serve from the tee towards the hole until they land the shuttle in the hoop.

The number of holes should be at least half the number of players.

This can also be done in teams or pairs.

