

A summary of Strathfield's U3A program

An excerpt from the Inner West U3A Course Book

STRATHFIELD CROQUET CLUB
50 Redmyre Rd Strathfield. Walking distance from Strathfield Railway Station. Street parking available.
Venue Coordinator: Anne Hall 0419 017 364
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THE TWO G's OF CROQUET: GOLF 182WN01
CROQUET AND GATEBALL

Golf Croquet can be played as a singles or doubles game. Gateball is a team sport (5 or less each side). Sessions are free and playing equipment will be provided. Wear comfortable sporty clothing and flat soled shoes (sneakers). Bring a water bottle, sunglasses and hat. Have fun while learning. (3 sessions)
Tuesdays 17, 24 and 31 July 9:30 - 11:30 Arrive at 9:15
Leader and bookings: Ruth Bridger 9736 3410
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A write up after a successful course

A Taste of Croquet



Croquet tests both athleticism and the intellect and offers plenty of opportunities to forge harmony between the two. Strathfield Croquet Club is offering U3A members the opportunity to enjoy 'A Taste of Croquet' on three consecutive Friday mornings, for three hours 9:30 to 12:30 on 12, 19, and 26 August. Everything is free including the use of the lawns, mallets and balls, and coaching in skills, strategies, and rules.

I took this course in 2020 and am now a member attending each Tuesday morning. I get to be physically active and use my brain to strategize. It's fun too! Contact Bob Phillips bobphillips@bigpond.com



The November 2020 group

The following page contains a session plan for the Gateball Element of the Program

SESSION PLANNER SESSION 3 INTRODUCTION TO GATEBALL (GB)		Date: Friday, 20 th Nov 2020 Time 10.50-11.35am following morning tea break	 Program Content- R. Bridger 
Group 2020 TASTE OF CROQUET (TOC) COURSE FOR U3A Inner West	Attendance	Equipment and resources required GB sticks and balls; 3 gates and pole; Sufficient equipment for introductory practice and rudimentary exploration of GB. Provide Scoreboard, magnets, Clock and wrist timers. Provide sufficient water, plastic cups.	
Session Objective Through an experience, players will become aware of similarities and differences between Gateball and the other games learnt. These aspects will become obvious as they examine lawn layout and size, and compare the lightness of equipment, and size of balls. The pre-stroke routine (used previously prior to every stroke) still applies, and many of the strokes already learnt, are the same. They will be transferring these skills to GB. The coach will also point out various aspects that make GB different from other Game Codes, such as: shorter game length (referred to as the 20:20 of Croquet-reference to cricket); played by a team, usually five to a side, but can be triples or doubles. Strokes in GB also carry certain risks and rewards, so the captain needs to know the capabilities of their team members. There is more emphasis on a team, led by its Captain, who directs the tactics in order to guide the team members to effectively defend and control 'gates' (called hoops in the other games). The captain being in charge of the team, makes participation easier for new players, by telling each team player where they are to place their ball.			
Introduction (welcome, reminders, etc.) This is the second part of this session. Remind participants of continued importance of safety (look out for balls heading their way). GB Sticks will be issued to players. During a 'real' game, only the player whose turn it was to play, would be allowed on the lawn. An exception is made during Gateball classes, so what is being said is heard.			
Activity 1	Activity 2	Gateball	Activity 3 Gateball
Familiarity with GB equipment and GB lawn (15 mins)	Touching another ball and Sparking Activities (15 mins)	Explore other GB Skills and challenges (15 mins)	
Content: New players will become familiar with the game, and session objectives, by using GB stick and ball to perform single ball drives through Gates 1, 2, and 3 in correct sequence and direction, and finally to strike the centre pole, with their ball.	Content: Each participant sets their two balls apart, completes the 'pre-stroke routine' and 'touches' the OB with their SB. The Coach helps the player undertake the steps in the 'sparking' process, and if successful, a continuation stroke is allowed.	Content: Set challenges ?/5 for activities marked with *	
Delivery: Emphasise again, the 'full routine' before any stroke, and with each stroke, count the number it takes to do 3 gate runs, and hit centre pole. Perhaps do in pairs (one counts the strokes, as one plays the strokes, then do reverse). Consolidate: After activity, the group members share their insights , and answer questions generated	Delivery: The coach guides each participant through this process. If participant is right handed they stand behind the coach...if left handed, the participant stands opposite the coach to learn how to spark. Arm movement signals direction of spark so as to alert the game referees where to move to. Players practise this stroke with specific targets set. Include a continuation stroke if spark successful (no foul). Consolidate: Discuss purpose, and any problems.	Delivery: Do these activities in pairs. Can record results or just heighten each other's awareness of outcomes, and repeat till improvement 3/3. * Teach 'placing a ball close to the line'; *touching a ball intentionally central and/or intentionally on one edge. Watch what happens especially to your own ball. How far can you make your ball travel)? Consolidate: After activity, the group members share their insights , and you answer questions generated	
Notes:		Evaluation:	

