

Surbiton Croquet Club Beginners' Coaching, Lesson 1
Introduction to Croquet

Aim: to introduce the games of croquet to complete beginners.

Session 1 (10 mins): Introduction, Golf, 1-ball and Association Croquet

Welcome to SCC

Outline course, all coaching is free for members, 1st lesson is w/o charge

Explain GC, AC (and 1-ball variant) using board

Session 2 (20 mins): Grips and Hitting

Grips: Introduce & Demonstrate standard, Solomon and Irish

Apply with pupils trying each; prefer standard.

Hitting: Demonstrate hitting from corner 1 to 3 by aiming, stalking stance, swing & strike

Explain aiming, stalking, stance, swing & strike.

Apply with pupils in pairs 6 yds apart hit to each other; correct to leave pupil with correct picture in mind.

Repeat by moving to 10 yds, 15 yds and then with object ball in middle.

Session 3 (20 mins) Hoop Running

Introduce by passing ball through hoop by hand to show tolerance, beginning & completing hoop run.

Demonstrate from 1 yd in front using follow through for top-spin.

Explain correct hitting, aiming for angled hoop, smooth swing, follow-through.

Apply in pairs either side of hoop from 18" increasing after 3 successes.

Repeat with with angled hoops.

Mid Session break (10 mins)

Session 4 (Up to 1 hour): Introduction to Golf Croquet

Explain basic rules: order of play, ball placement on line, faults, half-way limits
Supervised game with introduction to rules

Introduce next lesson: Association Croquet

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