



## Beginner course outlines

Examples from

(a) Monash – contact John van der Touw, 9803 3433,  
[jvandert@bigpond.net.au](mailto:jvandert@bigpond.net.au)

(b) Brunswick – contact Kate Patrick, 0403 108 215, [bmscshare@gmail.com](mailto:bmscshare@gmail.com)

(c) MCC – contact Helen Worlidge, 9885 1832, [helenbw@gmail.com](mailto:helenbw@gmail.com)

(d) Mornington – contact Colin Martin, 9787 1039, [martinvine@tpg.com.au](mailto:martinvine@tpg.com.au)

Other clubs running five or six week introductory programs include:

Essendon (U3A class) – contact Dot Dickson, 9379 1463,  
[dotdickson@optusnet.com.au](mailto:dotdickson@optusnet.com.au)

Sandringham (U3A class) – contact Joan Ford, 9558 3076,  
[fjorde@bigpond.com](mailto:fjorde@bigpond.com)

# Monash CC: Introductory course outline

## **Lesson 1**

### **Introduction**

The Monash Croquet Club and its members. Brief history of croquet.

Forms of croquet: Association and Golf Croquet

Equipment: Mallet, balls, hoops and the court

### **Where and when to play**

Other clubs: Melbourne, Victoria, Australia and The World

Playing socially & playing competitively. Playing times.

### **Basics of playing croquet**

Grip, stance & swing

Striking a ball: The five important things

Position and order of the hoops

Golf croquet: just enough about the rules to get you going

*Play a game*

## **Lesson 2**

### **Croquet court**

Standard size: The A court and the B court. Position and order of the hoops and the peg.

### **Basic shot options**

Taking position; Clearing another ball; Running a hoop

How hard should you hit: direction and distance

### **Basic rules of golf croquet**

The object of the game. Singles and doubles. How to start a game.

When has a hoop been run?

Out of bounds

Coming through the hoop the wrong way

What happens after a hoop has been run: the offside rule

Briefly mention striking the wrong ball, striking out of turn and committing a fault.

*Play a game*

## **Lesson 3**

### **Strategy in Golf Croquet**

The basic options, e.g. attempt to run the hoop, try for position in front of the hoop, hit an opponent's ball away, promote your other ball and many more

Choosing an option.

Play the percentages: that is not the same as playing conservatively.

Strategy in a game situation (using examples)

*Play a game*

## Beginner course outlines: (a) Monash

### **Lesson 4**

#### **Hitting a ball away**

When to hit an opponent's ball away. A ball is a bigger target than a hoop.

How to hit them away: Stun shot, long shots, hard and soft hits, straight hits and angled hits

#### **Running a hoop**

The best position for running a hoop; running a hoop from an angle; sitting in the hoop; doing an "in-off"

#### **Positioning your ball to run a hoop**

Don't try to be too close: give yourself a reasonable margin for error as you place the ball

Positioning your ball from a long way in front

Positioning your ball from behind or beside the hoop

What if an opponent is poised to hit you away?

*Play a game*

### **Lesson 5**

#### **Introduction to association croquet**

The object of the game

Explain: The rules of association croquet are complicated and if I tried to explain them to you in a single lesson, you would just be confused. Instead, we will do some exercises that I think you will find fun and challenging. These will involve aspects of play that would occur in a typical game of association croquet.

The croquet shot: Drive, Roll, Split-shot, Take-off. The roquet shot, and what happens after a roquet

#### **Hoop approach exercise (using a drive)**

From a simple set-up: (1) do a gentle roquet; (2) take croquet; (3) play a croquet shot; (4) run the hoop; (5) roquet (the same ball) again

#### **Rush and hoop approach exercise**

Similar to "hoop approach exercise" but starting from a slightly more difficult position. Try to rush the ball to a better position with the first shot.

#### **Take-off, rush and hoop approach exercise**

Building on the first two exercises, this time an extra ball is involved. Roquet that ball and take-off to try to create the starting position of the previous exercise.

#### **Play a game, maybe**

In the unlikely event that time permits, you could start a game of doubles.

### **Lesson 6**

#### **More on the rules of golf croquet**

Striking the wrong ball or striking out of turn. Non-striking and striking faults.

Things that are not faults, but may or may not mean your turn has ended.

Handicap games. Etiquette.

#### **Revision of golf croquet skills and strategy**

Cover anything listed in lessons 1 to 4 that hasn't been covered yet

Go over things that need more work

Revise topics suggested by students

*Play a game*

More information: John van der Touw, tel 9803 3433.

# Brunswick MSC: Introductory course outline

## Five week seniors croquet course: two and a half hours including tea break

### Overview

*Provide one page handout on rules; small notebook; pencil; name tags.*

#### Session 1

*Outcomes:* comfortable hitting ball. Benchmark for running 6 hoops. Enjoyment.

*Skills:* grip, stance, swing. Stalk if appropriate.

*Knowledge:* basic rules of golf (colours, pairs, sequence of balls; sequence of hoops; scoring a hoop).

*Activities:*

1. Croquet bobs – in pairs (Blue and Black, Red and Yellow), and in sequence. Practice and comp (best of 3 tries).
2. Practise hits from corner to Hoop 1.
3. Take a single ball around a B course, counting the strokes (pairs)  
BREAK
4. Play a doubles game of golf – 6 hoops, first to 4 hoops.
5. Discussion: questions, strategies, targets for next session.

#### Session 2

*Outcomes:* Improve aiming over distance. Set benchmarks for running hoop. Enjoyment.

*Skills:* grip, stance, swing, stalk. Aim at “magic spot” for hoop.

*Knowledge when required by game:* Review rules. Boundary lines. Placing a ball on the line. Offside. Introduce idea of strategic options.

*Activities:*

1. Choice of croquet bobs or skittles to practise aiming, swing
2. Tennis (hitting between two pegs 3 balls apart = hitting over the net). Count the rally length (how many times ball went through between the pegs). Move back if too easy.
3. Single ball round a B course, counting the strokes (pairs)  
BREAK
4. Hoop running round the clock, in pairs, aiming at magic spot.
5. Doubles game of golf, 6 hoops, first to 3 hoops.
6. Discussion: questions, strategies. Agree targets for next session.

#### Session 3

*Outcomes (subject to discussion):* Improve consistency of hoop running. Improve consistency of hitting target ball. Reduce number of strokes to run the course. Identify strategic options. Enjoyment.

*Skills:* grip, stance, swing, stalk. Hitting a target ball. Review “magic spot” for hoop running.

*Knowledge:* Review basic rules if necessary. Review offside. Introduce faults (double taps).

*Activities:*

1. Tennis – increased distance (pairs)
2. Single ball round a B course (teams - race)
3. Hoop running round the clock (pairs)  
BREAK
4. Doubles game on B course, first to 7
5. Discussion: questions, strategies. Agree targets for next session.

## Beginner course outlines: (b) Brunswick

### Session 4

*Outcomes (subject to discussion):* Improved approach shots. Improved accuracy. Strategic play. Enjoyment.

*Skills:* as before plus review of approach shots (stalking, stroke).

*Knowledge:* Review previous. Discuss strategies (hit away, block – considering next ball to play).

*Faults:* non-striking faults, striking faults (crush, lawn damage). Secondary colours.

*Activities:*

1. Target practice: hitting the peg from an increasing distance
2. Hoop running round the clock
3. Single ball round an A course – team race
4. Doubles game on an A course, 12 hoops, first to 7, using secondary colours.
5. Discussion: questions, strategies.

### Session 5 (final)

*Outcomes:* Strategic play. Confidence. Enjoyment. Identification of areas to work on.

*Activities*

1. Warm-up: single ball round an A course.
2. Doubles tournament on a B lawn. 3 games to 7. Note: primaries and secondaries. Primaries to sit down at 6 if 2 is not cleared.
3. Discussion: questions, strategies, goals for future.
4. Evaluation.

Additional documentation available:

Flyer advertising the course  
Detailed plan for each session  
One page summary of Golf Croquet rules (2014)  
Evaluation sheet

Contact Brunswick Mallet Sports Club at [bmscshare@gmail.com](mailto:bmscshare@gmail.com).

# Association Croquet Lesson Outlines

## MCC Croquet Club

### LESSON 1

#### In Clubhouse:

Sit newcomers down. Serve tea/coffee, apple log, etc.

Welcome to the Club – brief history, member numbers, days of play, etc.

Give a brief description of the game using blackboard and diagrams, or show a DVD, or a video on YouTube.

Try and choose mallets – point out different weights and lengths.

Collect balls – explanation of ball colours – primary, secondary, pairs.

#### On court:

Safety - never walk backwards as there is a danger of bumping a hoop, the peg, or tripping over a ball. (At some clubs there is a ditch at the edge of the court.)

Grip - Allow beginners to grip and swing mallet comfortably. If guidance is needed teach standard grip with hands together, dominant hand below other hand near top of shaft. Solomon or Irish grip may better suit some people.

Stalk – Necessary to help align feet and body when hitting every ball. **STALK EVERY BALL.**

Stance - Balanced centre stance with left foot parallel to line of swing, right foot providing balance.

Swing - Pendulum swing - pivot from the shoulders. Keep eye on middle of back of ball. Let the mallet head do the work, back swing, strike ball and **FOLLOW THROUGH.** Do not lift head. Keep shoulders still.

**Exercises** - Single ball strokes aimed between two corner pegs three ball-widths apart.

Hoop running - Point out aiming point for hoop running – half a ball diameter in front of middle of hoop. Straight smooth swing with follow-through.

Point out court layout and hoop order then start one ball break for practice of straight single ball hitting, hoop order, hoop running and distance judgment.

*Hand-outs – Court Diagram. Coaches' contact information. Glossary.*

### LESSON 2

Quick revision – grip, stalk, stance, swing and follow through. Hoop running. One ball break.

Introduce roquet, an important shot that needs accuracy.

Practise accurate ball placement, both short and long. Use a longer back swing for greater distance.

*Hand-out – Roquet drills. Diagram of completed hoop run.*

### LESSON 3

Revision – One ball break. Roquet practice.

Introduce first croquet (two ball) stroke – take off (practise two ball strokes with balls correctly paired). Demonstrate alignment of V and aim of swing. Practise short take offs, then longer.

Thick and thin take offs.

Introduce stroke order – ROQUET, CROQUET, CONTINUATION

*Hand-out – Croquet Strokes: take off diagram, split shot diagram*

### LESSON 4

Revision – One ball break. Roquet and take-off practice.

**Introduce stop shot:** This can be used as a two ball stroke, i.e. a croquet stroke, as well as a single ball shot. Demonstrate rush roquet using stop shot technique – must be straight. Practise setting up rushes.

Introduce split shot concept. Croquet strokes can be straight or split.

**Demonstration:** Set two targets, set balls to travel to both targets. The aiming line is halfway between the targets (mark this) not half the angle.

*Hand-out – see Lesson 3*

## Beginner course outlines: (c) MCC

### LESSON 5

Warm up practice – roquets, rush roquets, take-offs, split shots.

**Introduce rolls** – Sending both balls away from player, both straight and split.

Can be 1/3, 1/2,  $\frac{3}{4}$ , equal or pass rolls.

*Hand-out – Rolls diagrams*

### LESSON 6

Short demonstration of Association Croquet game. Introduce four-ball break with fixed pivot. (The timing of the introduction of these two aspects may need to be varied according to the calibre of participants and may not be relevant until the second set of lessons.)

**Total revision** – Grip, stalk, stance, swing; roquets; take-offs; stop shots; “roquet, croquet, continuation”; split shots and rolls.

Club House - Discuss who intends to continue on to next 6 lessons – starting to play beginner croquet.

*Hand-out – Etiquette of Croquet. Self-assessment sheet.*

### NOTE

This outline is useful to co-ordinate coaching when more than one coach is present. Lessons last for up to two hours. Define all croquet terms when instructing until beginners start to use them themselves. If participants are acquiring skills expeditiously, the program is accelerated.

We offer non-member beginners the opportunity to have a weekly practice session on top of the lessons. Attendance at this can be a useful guide to interest/enthusiasm and an opportunity to become better acquainted with participants, as well as being very beneficial for skills development.

Further information: Helen Worlidge, 9885 1832.

**Program for U3A – An introduction to Croquet.**

**4 sessions.**

**Each session commences 10 a.m. on the 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Feb.**

**Session 1.**

1. Welcome to the Mornington Croquet Club and in particular to the sporting game of Golf Croquet.

A brief history of the game including Association Croquet. An explanation of the affiliations and accreditations and information about the Mornington Club.

**Before commencement of the course if you have any physical ailment, please advise your coach.**

2. After a description of the courts, croquet mallets and balls the U3A members are instructed into:

- a. The grip. (How best to hold the mallet).
- b. Stalk. (Approach to the ball).
- c. Stance. (How best to stand before striking the ball).
- d. Swing. (To swing the mallet in a smooth straight action).

3. L.O.S., line of sight and L.O.C., line of centre.

Striking the ball in the centre so that it runs in a straight line. (Use the court boundary line).

Using this method and placing another ball 1 metre in front as a target, knock the target ball away from its position. Practise this movement, increasing the distance to the target ball. (Up to 2 metres)

4. Running a hoop. By running your ball completely through a hoop, one point is scored. You have achieved the equivalent of scoring a goal, making a run or sending down an ace. To make a hoop the player should adhere to Para. 2. a.b.c.d. Explanations will be given as to the hoop and ball size, jawing the ball, (only part way through the hoop) running a hoop from an angle and making a clean shot to enable an unhindered shot when next striking this ball.

5. Practise for a long distance hoop and moderation of the swing for a short distance.

6. Description of singles and doubles games. Any questions.

**Session 2.**

1. Refresh Session 1.

2. Further explanation of knocking away your opponents ball (Para 3 Session 1) and introduce the word ROQUET.

3. Describe the court layout, the starting point, and the order of which the coloured balls are played, primary and secondary. (Singles and doubles). The scoring method. Start to proceed around the court and introduce some of the rules when faults are made.

4. The HALFWAY rule. DOUBLE TAP and WRONG BALL play.

5. The FOLLOW THROUGH and STUN SHOTS are introduced.

6. At all times, STALK, STANCE and SWING.

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## Beginner course outlines: (d) Mornington

### Session 3.

Repeat Session 2 playing with the coaches either singles or doubles, depending on the number of players.

During this session various points are refined, ethical play is explained and questions answered.

As play proceeds tactics and strategies are explained as examples occur during play.

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### SESSION 4.

U3A members are invited to play with Mornington club members to experience the sporting game of Golf Croquet.

Sessions end.

Membership of Mornington Croquet Club is available. Please ask for details from the coaches if you are interested.

**Further information:** *Colin Martin, Level 1 GC coach.*

*Tel 03 9787 1039, email [martinvine@tpg.com.au](mailto:martinvine@tpg.com.au).*