



HAND/FOOT GOLF

Ages 4+ | Individual or Family | 1+ Players

AIM OF THE GAME



- ▶ Roll the ball into the cup.

EQUIPMENT



- ▶ A cup and ball (the ball must be able to fit inside the cup).

HOW TO PLAY



- ▶ Lie the cup on the floor on its side in a safe space.
- ▶ Set up a starting point about two to three steps away and try rolling the ball into the cup using your hand or foot.

GAME VARIATIONS



1. Increase the distance from the cup.
2. Be creative and add obstacles between the cup and starting point i.e. cushions, small toys etc...
How many hits do you need to get the ball in the cup?
3. If playing against a playmate, challenge each other to design different obstacles or positions of laying the cup.