



About Golf Target

Practice your hand-eye coordination and get moving with Golf Target! Designed as an engaging activity for people with dementia, Golf Target is also a great family friendly game for all ages.

Game Setup

Golf Target can be played indoors or outdoors, as a solo 'Target Practice' or a multi-player 'Group Round'.

Place the green target mats on the ground - they can be scattered at different distances from the player(s), or lined up in a row, however you decide. Adapt as needed for desired gameplay.

How to Play

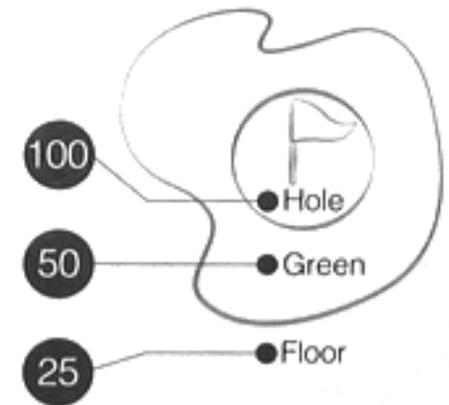
1) If playing '**Target Practice**', the player gets all 4 bean bags. Aim and toss each bean bag (one at a time) at the target mats. Once you're done, count your points based on the scoring system to get your total score for the round. **If you're up for it, you can play another round to practice or try to beat your score.**

2) If playing '**Group Round**', we recommend 2 players (2 bean bags each) or 4 players (1 bean bag each). The player who goes first can be decided however you like.

Each player takes a turn to aim and toss their bean bag onto a target mat. At the end of the round, count your points based on the scoring system to get the total score for each player.

The winner is the player with the highest number of points!

Scoring System



Note: If you want the fun to keep going, the player with the highest score starts the next round.

There is no limit to how high a player must score in order to win. If you want to change the stakes or extend gameplay, you can:

- Aim for a certain point score (i.e., winner is the first player that gets to 300 points)
- Set the number of rounds (winner has the highest score after 3 rounds)

It's all up to you!