

JUNIOR GOLF PROGRAM

TERM 1 2010

Coaching
provided by



Andrew Walkley
AAA Rated
PGA Member



VIDEO
ANALYSIS

OBJECTIVES

The objective of the course is to provide young golfers with a pathway to improvement. It will be based around having fun whilst also learning some very important skills that can help a young golfer enjoy the game for life!

Course Outline

Week 1: Video Analysis of each player with a viewing by each player on the computer.

Week 2: Review of training outlined in week one (Full Swing)

Week 3: Short game: Chipping and putting

Week 4: Follow up of training outlined in weeks 1 and 2 (Full Swing) and routines

Week 5: Short Game: Inside 100 metres

Week 6: Further follow up of Full Swing

Week 7: Short game: Bunker shots

Week 8: Video Analysis of each player with a viewing by each player on the computer comparing to swings in week 1.

Each player to provide a USB stick for full term review to be saved on for home viewing

Course Information

Day and Time: Mondays at 4.30 pm

Dates

Feb 1st, 8th, 15th and 22nd

March 1st, 8th, 15th and 22nd

Duration

Approx 1 hour each week

Numbers

Limited to the first 12 applicants of any skill level from School grades 5,6,7,8 and 9

Cost

\$80 in total per person for 8 weeks

* A second day/squad will be determined if numbers are sufficient.



FOR BOOKINGS OR INFORMATION
CONTACT THE
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