

JUNIOR GOLF COACHING PROGRAM TERM 3

VIDEO
ANALYSIS



Coaching
provided by



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AAA Rated
PGA Member

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. (Full Swing at the range)

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

Week 3: Short game: Inside 100 metres

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

Week 5: Short Game: Chipping and Putting

Week 6: Further follow up of Full Swing and bunker shots

Week 7: Video Analysis of each player with a viewing by each player on the computer comparing to swings in week 1. (Range)

Week 8: Course Management, pre shot routines and overview of web page

Course Information

Day and Time: Mondays at 4.00 pm

Dates

27th July, 3rd, 10th, 17th, 24th and 31st of August, 7th and 14th of September

Duration

Approx 1 hour each week

Numbers

Limited to the first 12 applicants of any skill level

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
SHEPPARTON GOLF CLUB PRO SHOP

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