

LEVEL 1 BIRDIES

Level 1 Birdies is a beginner program designed to introduce young kids to the game of golf. Aimed at juniors 7 yrs and above, kids in this class will learn all the basics of golf such as grip, stance, posture, basic swing path, putting and intro to chipping. The program is designed to not only improve their skill level but also their general golf knowledge covering the basic rules and etiquette of golf. To pass this level, juniors will need to show improvement in their basic grip, stance and posture as well as being able to make contact with the ball on a regular basis with the ability to hit the ball over 20meters.

WEEKLY LESSON PLAN

Week 1	Safety Rules (do's & don'ts) Warm up & Stretching Grip, Stance, Turn (1/2 swing)
Week 2	Warm up & Stretching Grip, Stance, Turn (1/4 swing) Putting - 3 ft. putts (must make) Review Safety Rules
Week 3	Grip, Stance, Turn (full swing) Golf Trivia Rules & Safety
Week 4	Grip, Stance, Turn (full swing) Putting - 10-20 ft. putts (lag within 1.5m) & games
Week 5	Total Swing Analysis Putting skills - 10/20/30 ft. putts (lag within 3m) Intro to Chipping
Week 6	Putting comp (9 holes) Summary Sheet

Note: lesson plan may change subject to weather or skill progression of the group.