

LEVEL 2

EAGLES

Juniors in this class will review the basic fundamentals and also begin to learn the difference between irons and woods. Juniors will also work on improving their swing speed and swing path. To pass this class, eagles should be able to hit a golf ball at least 40m, have a basic understanding of some rules & etiquette and also know the difference between all golf clubs. Chipping and short shots under 50m is the main focus of eagles. Shots of shorter length are more important at this level than longer shots.

WEEKLY LESSON PLAN

Week 1	Grip, Stance, Turn (1/2 swing) Warm up & Stretching Practice Putting Golf Terms and Club Knowledge Review Rules & Etiquette
Week 2	Grip, Stance, Turn (1/2 & full swing) Chipping Golf Terms and Club Knowledge Review Rules, Etiquette & Safety
Week 3	Grip, Stance, Turn (full swing) Chip shot & game Golf Terms and Club Knowledge Review Rules & Etiquette
Week 4	Grip, Stance, Turn (full swing) Short game target golf Golf Terms and Club Knowledge Review Rules & Etiquette
Week 5	Grip, Stance, Turn (full swing) Refresh chipping
Week 6	Putting comp (9 holes), chipping comp (9holes) Summary Sheet

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