

LEVEL 5 TIGERS

This class is designed for juniors keen to take the next step in improving their golf with the view to joining a club, attaining a handicap and playing competitions.

There will be a strong emphasis on etiquette and appropriate behavior on the course and around the club house. Respect for the course and fellow golfers will be required by all participants. Knowledge of the Rules of Golf is also very important at this level. The Rules will be discussed and applied in real on course situations throughout the six weeks.

Juniors in this class should already have sound skills. This class will focus on improving and expanding their skills specifically in on course situations.

Topics to be covered will include.

- Trouble shots
- Shaping shots (Draws and fades)
- Controlling trajectory (High and low shots)
- Shots from uneven ground.

Along with learning swing techniques, mental skills and strategy will form a large part of the course material. This will include.

- Developing a routine for planning and executing all shots.
- Strategy and shots selection.
- Relaxation, focus and controlling emotions.

WEEKLY LESSON PLAN

Week 1	On Course – Focus on rules & etiquette, revise swing technique & pre shot routine
Week 2	On Course – Focus on rules & etiquette, strategy & shot selection
Week 3	On Course – Focus on rules & etiquette, execution & shaping shots
Week 4	On Course – Focus on rules & etiquette & controlling trajectory
Week 5	On Course – Focus on rules & etiquette, mental skills & controlling emotions
Week 6	On Course – Focus on rules & etiquette, troubled shots & uneven ground shots

Note: The sessions will be predominantly on course and at the short game area yet skill progression of the group or weather may see some sessions held on the driving range.