

FORE STAR JUNIOR GOLF ACADEMY TRAINING & COMPETITION SYLLABUS

12 WEEK EVENING PROGRAM FOR TRUE BEGINNERS & 2nd YEAR STUDENTS

WEEK 1 Parents and students should attend.

- Introduction / Course Description / Syllabus
- Philosophy / Goals
- Dress Code / Standard Equipment
- Minimum Required Golf Equipment
- Importance of using properly fitted clubs
- Questions / Answers
- Student Evaluation / Group Placement

WEEK 2 THE PRINCIPLES OF PUTTING

- Proper grip / set-up / “rock” the shoulders
- Developing DISTANCE CONTROL
- Putting drills: 3 , 6, & 9 foot putts / competition
- Homework drills

WEEK 3 REVIEW OF PUTTING PRINCIPLES / RULES & ETIQUETTE

- Review / evaluate Distance Control
- Reading the “line of putt”
- Long Putt competition
- USGA Rules; Etiquette and Course Safety

WEEK 4 THE PRINCIPLES OF CHIPPING

- From putting to chipping [get the ball rolling ASAP]
- Grip / set-up / maintaining the “V”
- Chipping drills / competition / evaluation / homework

WEEK 5 THE PRINCIPLES OF PITCHING

- Graduate swing from chipping to pitching the ball
- Drills / competition / evaluation / homework

WEEK 6 INTRODUCTION TO THE “FULL SWING”

- Combining all of the elements
- Range drills / How to *Practice Smart*

WEEK 7 THE FULL SWING (continued)

- Range practice / drills / evaluation
- Target competitions / homework

WEEK 8 SUPERVISED PRACTICE SESSIONS [Making the “loop”]

- Students will be given the opportunity to concentrate on areas of their game which they feel are in need of practice.
- Putting / Chipping contests

WEEKS 9 – 12 ON COURSE COMPETITION

This syllabus is subject to change at the discretion of Fore Star Junior Golf Academy