



## Full Swing

Transition into form based areas of the full swing. Various skill developments during this learning phase.

## Putting

Skill Phase of putting. Read, Speed, Start Line and Aim are targeted areas of focus in this learning phase.

## Finesse Shots

Finesse shots around the green within 25 yards of the hole.

## FSS-1

Fundamental Sports Stations are designed to help create a better athlete. Throwing and striking sports are highlighted in this station.

## FSS-2

Fundamental Sports Stations: This area is so important that we dedicate two separate areas to train our athletes. Speed and agility activities along with wrist release motions are highlighted in this station.

## Functional Strength

Athletes must develop functional strength in this age window. Targeted areas included both lower and upper body activities.

## 90 Min Class

- 8 TO 10 MIN WARM UP
- 10 MINS AT EACH STATION
- 8 TO 10 MIN BREAK AND GAME HALFWAY
- 5 TO 10 MIN COOL DOWN
- 6 TO 1 STUDENT TO TEACHER RATIO