



Deliberate Practice

Mechanics station. Juniors can work through all areas of the game. Basic Fundamentals are a focus in order to execute a skill. Personalized instruction based upon an individual's needs.

Competition

Opportunity for juniors to test and compete in all aspects of the game. Keeping score and learning from the data are key elements of a junior golfer's development.

Shot Library

Develop a bank of shots that juniors can use to compete. Skills are taught in both the long game and in the short game.

Speed & Stamina

Speed Stamina station focuses on speed window number two. Athletes are trained in windows for up to two minutes to help develop speed and stamina.

**3D integration
Mobility**

At this stage in the athlete's growth cycle the bones are growing faster than the muscles.

**Functional
Olympic Strength**

This area combines exercises that are going to give athletes an enormous amount of power.

90 Min Class

- 8 TO 10 MIN WARM UP
- 12 MINS AT EACH STATION
- 5 TO 10 MIN COOL DOWN
- 6 TO 1 STUDENT TO TEACHER RATIO