



Full Swing

Teaching of pre swing fundamentals. Deliberate Play activities. Basic swing concepts. Distance control.

Putting

Addressing pre-stroke fundamentals. Deliberate play activities. Basic stroke concepts and green reading are introduced in this station.

Object Control

Activities that help young athletes gain hand eye coordination. Throwing, kicking and catching are a few of the motions featured in object control.

ABC's

Agility/ Balance/ Coordination/ Speed. Physical literacy needed to become young athletes.

Locomotion

We love our athletes to learn how to sprint. Locomotion highlights a deconstructed sprint mechanics highlighted by skipping, jumping and hopping.

Functional Stability

Athletes must develop functional stability at an early age. The emphasis in this station is on "Fun" in functional stability. Pushing, pulling, planking and bridging exercises to gain functional stability.

90 Min Class

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