

WINTER JUNIOR CLINIC LESSON PLAN

Challenging, Rewarding, Measurable

Improve Golf Skills

Using the simulator, each clinic will take time to focus on one aspect of the game (irons, woods, drivers, shot-shaping, etc.) and involve class-oriented instruction, drills, and competitions. For each skill, there will be a take-home practice assignment. Students will be taught how to record and measure their progress, emphasizing the importance of practice sessions that are challenging, rewarding, and measurable.

Improve Training Habits and Fitness

Using training methods adopted from Stanford and Golfletica, students will learn golf-oriented dynamic movements, complete a training session involving bodyweight and weighted exercises, and record their progress each week. Students will also receive a weekly training schedule with at-home exercises to complete to enhance their golf fitness. Like practicing golf, training sessions should be challenging, rewarding, and measurable.

Improve Knowledge of the Game

Learning how to play the game is important, and learning the many rules and etiquette is just as important. For the final 10 to 15 minutes of class following the fitness session, students will enhance their knowledge of the game including rules of golf, sportsmanship, course management, tournament strategy, and more. There will be weekly point competitions for prizes.

10 Minutes

- ✓ Introductions and Warm Up
- ✓ Golf-related pre-practice stretches and movements.

40 Minutes

- ✓ Mid-game iron focus.
- ✓ Individual instruction with class audience utilizing the simulator range.
- ✓ Class competition of Tic-Tac-Toe focused on controlling the ball flight of irons toward a green.
- ✓ Recap of skills covered and at-home practice assignments handed out with information on how to record and measure progress.

20 Minutes

- ✓ Bodyweight training session focused on flexibility, core stability, and cardio.
- ✓ Wrist extensions, ankle extensions, 90-90 hips, T-spine mobility, and balance exercises.
- ✓ Core stability: Bear crawls with golf club balanced on back, dead bugs, plank challenge.
- ✓ Cardio: Jump squats, mountain climbers, split squats, shoulder taps, skaters.
- ✓ At-home training schedules handed out, recap of how to record and measure progress.
- ✓ *5 minute cool-down and break*

15 Minutes

- ✓ Kahoot game for a Rules of Golf competition. 10 questions total, points awarded for accuracy and speed. Winner gets a prize!
- ✓ Recap, plan for next session, Q&A if needed.