

2015 Junior Golf Academy



PALMERSTON GOLF ACADEMY
at Brocket Hall

JUNIOR GOLF PASSPORT



About the Passport

HSBC Golf Roots is the Golf Foundation's national programme to enhance the lives of young people through playing golf. Within that the Junior Golf Passport is the national structured learning programme for children, endorsed by the PGA.

The multi-layered programme progresses a complete novice golfer into a junior golfer ready for membership at a golf club.

The programme has three key levels: START, LEARN and PLAY. The START level is all about fun and an elementary introduction to golf. The LEARN level is a move towards technical instruction through games based training, always with the emphasis on fun. The PLAY level teaches the child to apply their learning to the golf course, preparing them for potential club membership and competition.

However, access to the golf course and playing golf on a course are important features of the Junior Golf Passport from the START in order to develop a real connection to golf.

Areas covered:

| | | | |
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| Putting Short Putting Long Putting Lag Putting Green Reading | Short Game Lofted Chip Chip & Run Pitching Bunker Play | Swing Grip Stance Ball Position Swing Technique | On the Course Rules of Play Course Management Awkward Lies |
| Fit for Golf Power Stability Flexibility Fundamentals | Ready for Golf Preparation Warm Up Rules & Etiquette | Skills for Life Honesty Respect Cooperation Perseverance | Club Competitions Challenges Friendship Membership |

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All you need to know about the Junior Golf Passport

The NEW Junior Golf Passport includes elements such as *Skills for Life*, *Fit for Golf* and *Ready for Golf*.

The programme is presented as both a physical and web-based resource using both formats to track performance and progression. It can be delivered using the prescriptive session plans and games cards provided in the pack, or by the coach selecting the resources to suit their own preferred style. The programme is delivered in 10-week blocks covering a subject each week, with a family festival in week 10 to allow the child and parents to play golf together in a fun environment.

Skills for Life is integral to the Golf Foundation's mission of enhancing the lives of young people through golf. Each session contains a clear Skills for Life focus which should be constantly re-affirmed throughout the games and warm-ups.

Fit for Golf incorporates key fundamental movement skills that will allow the child to become better physically prepared. The aim is to raise the awareness of the child about the importance of fitness and movement to their lives and golf.

Ready for Golf is designed to prepare the children for playing golf on the course and the wider golf club environment. The children are on the golf course from day one of the programme; this section prepares them for the challenges of on-course golf and competitions.

Session plans provide the coach with an optional method of delivering their sessions. The plans include an objective for the session, Skills for Life focus, warm-up, two games, fundamental movement circuit breakers and warm-down. There is a session plan for each lesson of the programme with supporting games cards in a separate resource. Each games card has a guide to which area of the Junior Golf Passport the games relate to.

The website for the Junior Golf Passport plays a huge role in the strength and success of the programme. The website offers a comprehensive support tool for child and coach allowing both parties to track progression and performance. The website also includes: player profile, messaging, player locker room, online shop, games, quizzes and much more.

Volunteers and parents can play a huge part in the programme - we engage parents from day one and throughout. The 10-week block culminates in a family festival where parent and child can participate together.

Safety is listed as a Skill for Life within the programme and applies to all those involved including children, parents, volunteers and coaches. Steps are taken in each session plan to provide clear guidelines for safety.

8-12 years approx.

Maximum 8 in a class

Autumn to summer terms

10 week sessions in term time

90 minute sessions

Certificates and medals

£130 for a 10-week course or pre-book all three terms for £300

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