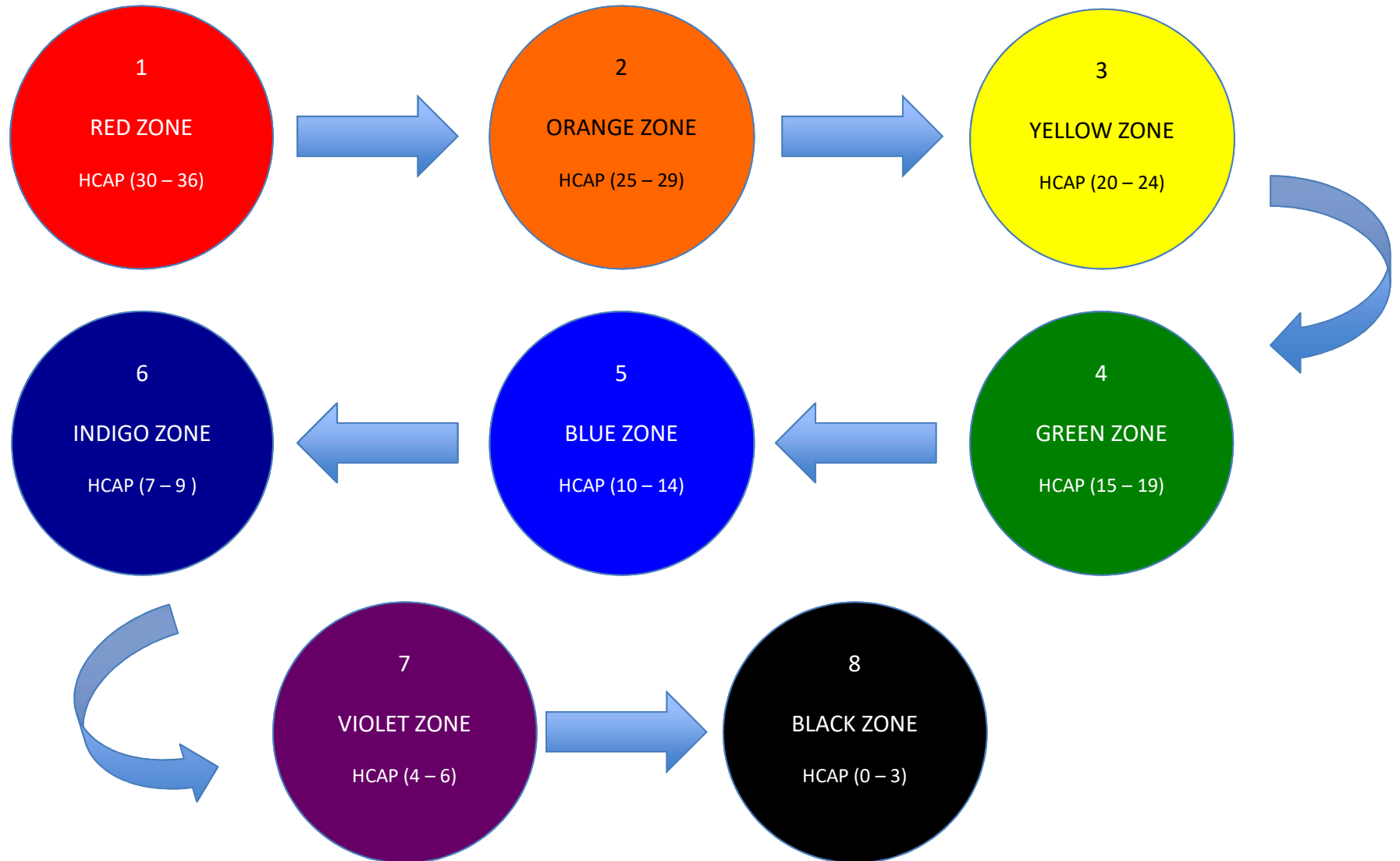


# NKANA GOLF CLUB

## Junior Golf Development Programme



## Category Skill Levels



# LESSON PLAN

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
<b>Physical Fitness Proficiency</b>	<b>Physical Fitness Proficiency</b>	<b>Physical Fitness Proficiency</b>	<b>Physical Fitness Proficiency</b>	<b>Physical Fitness Proficiency</b>
1. Warm-up – 5min <ul style="list-style-type: none"> <li>• light jog - 30m x 2</li> <li>• stretching</li> </ul> 2. Agility exercises - 10 min 3. Fitness exercises - 10 min Legs – OH Squads Core – Plank Upper Body – Push-ups 4. Cool down <ul style="list-style-type: none"> <li>• stretching</li> </ul>	1. Warm-up – 5min <ul style="list-style-type: none"> <li>• light jog - 30m x 2</li> <li>• stretching</li> </ul> 2. Agility exercises - 10 min 3. Fitness exercises - 10 min Legs – OH Squads Core – Plank Upper Body – Push-ups 4. Cool down <ul style="list-style-type: none"> <li>• stretching</li> </ul>	1. Warm-up – 5min <ul style="list-style-type: none"> <li>• light jog - 30m x 2</li> <li>• stretching</li> </ul> 2. Agility exercises - 10 min 3. Fitness exercises - 10 min Legs – OH Squads Core – Plank Upper Body – Push-ups 4. Cool down <ul style="list-style-type: none"> <li>• stretching</li> </ul>	1. Warm-up – 5min <ul style="list-style-type: none"> <li>• light jog - 30m x 2</li> <li>• stretching</li> </ul> 2. Agility exercises - 10 min 3. Fitness exercises - 10 min Legs – OH Squads Core – Plank Upper Body – Push-ups 4. Cool down <ul style="list-style-type: none"> <li>• stretching</li> </ul>	1. Warm-up – 5min <ul style="list-style-type: none"> <li>• light jog - 30m x 2</li> <li>• stretching</li> </ul> 2. Agility exercises - 10 min 3. Fitness exercises - 10 min Legs – OH Squads Core – Plank Upper Body – Push-ups 4. Cool down <ul style="list-style-type: none"> <li>• stretching</li> </ul>
<b>Rules &amp; Etiquette (15 min)</b>	<b>Rules &amp; Etiquette (15 min)</b>	<b>Rules &amp; Etiquette (15 min)</b>	<b>Rules &amp; Etiquette (15 min)</b>	<b>Rules &amp; Etiquette (15 min)</b>
Rules & Etiquette of Golf	Rules & Etiquette of Golf	Rules & Etiquette of Golf	Rules & Etiquette of Golf	Rules & Etiquette of Golf
<b>Putting (45 min)</b>	<b>Chipping (45 min)</b>	<b>Pitching (45 min)</b>	<b>Bunkers (45 min)</b>	<b>Full Swing (45 min)</b>
Set-up, technique & pre-shot routine <ul style="list-style-type: none"> <li>• Warm-up – 5balls, 6 feet away from hole. Putt with left hand first and thereafter rotate to right hand, eyes closed.</li> <li>• Ladder drill (3ft, 6ft) – 5 balls. Goal – 15 in a row</li> <li>• Two tee drill (6ft) – 5 balls. Goal – 15 in a row</li> <li>• 9 – Hole challenge (2 players)</li> </ul>	Set-up, technique & pre-shot routine <ul style="list-style-type: none"> <li>• Bump and run</li> <li>• Flop shots</li> <li>• Fringe Chip Shots</li> <li>• Rough Chip Shots</li> </ul> Paint a circle around the hole. Goal – chip as much balls inside painted area. Competition among each other	Set-up, technique & pre-shot routine <ul style="list-style-type: none"> <li>• 20m – 30m approach shots</li> <li>• 35m – 45m approach shots</li> <li>• 50m – 60m approach shots</li> </ul> Select target on driving range. Place a rope around target. Goal is to hit as much balls inside the target	Set-up, technique & pre-shot routine <ul style="list-style-type: none"> <li>• Short approach shots</li> <li>• Medium approach shots</li> <li>• Long approach shots</li> <li>• Various club selection</li> </ul> Paint a circle around the hole. Goal – hit as much balls inside painted area.	G.A.S.B.P Pre-Shot routine (Imperative to focus on PSR) <ul style="list-style-type: none"> <li>• Stand behind ball and select a target in front of ball</li> <li>• Breathing technique</li> <li>• Get into position (GASBP)</li> <li>• Breathing technique</li> <li>• Pull the trigger</li> </ul>

# SKILL LEVEL CHART

SKILL CATEGORY	DESCRIPTION	GOLF SKILL LEVEL							
		30 – 36	25 – 29	20 – 24	15 – 19	10 – 14	7 – 9	4 – 6	0 – 3
FULL SWING	Grip	Linked	Linked	Connected	S/N	S/N	S/N	S/N	S/N
	Clubface aim	N/A	N/A	Average	Good	On target	On target	On target	On target
	Stance	N/A	N/A	Average	Good	Good	Good	Very good	Very good
	Posture	N/A	Average	Good	Good	Good	Good	Very good	Very good
	Alignment	N/A	Average	Average	Good	P  L	P  L	P  L	P  L
	Ball Position	N/A	Average	Average	Good	Good	Good	Very good	Very good
	Wrist Set	N/A	Average	Average	Good	Good	Good	Very good	Very good
	Rotation	N/A	Average	35/70	35/75	40/80	40/85	45/90	45/<90
	Weight Shift	N/A	Average	Average	Average	Good	Good	C/Sequence	C/Sequence
	Posture Maintenance	N/A	Average	Average	Average	Good	Good	Maintain angle	Maintain angle
	Downswing	N/A	N/A	Average	Average	Good	Good	C/Sequence	C/Sequence
	Impact	N/A	N/A	Average	Average	Good	Good	C/Sequence	C/Sequence
	Release	N/A	N/A	Average	Average	Good	Very good	On - Plane	On - Plane
	Follow Through	N/A	N/A	Average	Good	Good	Very good	Very good	Very good
Balance	N/A	Average	Average	Good	Good	Good	Very good	Very good	
Swing plane	Circular	Circular	Circular	Circular	On - Plane	On - Plane	On - Plane	On - Plane	
PUTTING	3 FT	15	30	40	50	60	70	80	80
	6 FT	10	20	30	40	50	60	70	70
	10 FT	5	10	20	30	40	50	60	60
	15 FT	2	4	6	7	9	10	12	12
	20 FT	1	3	5	6	8	9	10	10
	25 FT	1	2	4	5	7	8	9	9
	30 FT	1	3	4	5	7	8	9	9
CHIPPING	F: Short (2ft)	1	2	3	4	5	6	7	8
	R: Short (4ft)	N/A	N/A	1	2	3	4	5	6
PITCHING	20 - 30m	1	2	3	4	5	6	7	8
	35 - 45m	N/A	1	2	3	4	5	6	7
	50 - 60m	N/A	N/A	1	2	3	4	5	6
BUNKERS	Short & Medium	1	2	3	4	5	6	7	8
BALL FLIGHTS	Shape & Trajectories	N/A	N/A	2F/2T	3F/2T	5F/2T	6F/2T	7F/3T	9F/3T
PERFORMANCE STATS	Fairways Hit %	21,43%	28,57%	35,70%	42,85%	50%	57,14%	64,38%	71,42%
	G.I.R %		27,78%	33,33%	44,44%	50%	61,11%	66,67%	77,77%
	Putts per Round	40 - 42	38 - 40	36 - 38	34 - 36	32 - 34	30 - 32	28 - 30	28 & under
	Bunker Saves %	10%	15%	25%	30%	40%	50%	55%	60%
	Overall scrambling	10%	15%	20%	30%	40%	45%	55%	60%
Scoring Average	100 - 105	95 - 99	90 - 94	85 - 89	80 - 84	77 - 79	74 - 76	73 & <	

		Beginner	Intermediate	Advanced	Elite
		<b>Physical fitness proficiency</b>			
	<b>Push - Ups</b>	10 - 20	20 - 30	30 - 40	40 +
	<b>Horizontal Pull - Up</b>	1 - 5	6 - 15	16 - 30	30 +
	<b>Vertical Pull - Up</b>	1 - 5	6 - 10	10 - 20	20 +
	<b>Plank</b>	0 - 45sec	46 - 75sec	75 - 90sec	90sec +
	<b>Bridge</b>	0 - 45sec	46 - 75sec	75 - 90sec	90sec +
	<b>Chess Pass (m)</b>	0 - 2m	2 - 4m	4 - 6m	6 - 8m
	<b>Sit - Up &amp; Throw (m)</b>	0 - 2m	2 - 4m	4 - 6m	6 - 8m
	<b>505 Agility (sec)</b>	5 - 6sec	4 - 5sec	3 - 4 sec	2 - 3 sec
	<b>Single Leg Balance</b>	0 - 45 sec	45 - 75sec	75 - 125sec	125 +