



Junior Golf Clinics

Junior Clinics will be offered Wednesdays from 9am-12pm. Clinics will consist of 4 golfers and begin on the hour (9, 10, and 11). Each session will last: 45 minutes at a cost of \$15 per student. For more information or to sign-up contact the pro shop at 231-386-1088

Wednesday, July 1st

- Meet and greet with the junior golfers.
- Quick introductory to the game and etiquette.
- Focus on stance and posture with the golf club.
- Discuss etiquette around the putting green and start with putting drills.
 - Ladder drill (2ft, 4ft, 6ft, etc...)*
 - Distance Control (Using the golf sticks to teach the juniors to understand how hard/soft to hit the ball.*
 - Clock drill (Place balls around the hole and see how many in a row they can make)*

Wednesday, July 8th

- Revised previous lesson and what was taught.
- Quick warm up putts and putting drills.
- Let the kids feel comfortable in the beginning with holding the club they feel best fits them.
- Discuss the basics of chipping and move into drills.
- First fundamental is a short back swing and a “chip”. Make the juniors understand you want a solid hit and to keep your head down.
 - Line a few balls up in a row and get the kids used to making contact with the ball.*
 - Bushel barrel (With string draw a 3ft circle around the hole and play the game in which the junior must get his/her ball inside the circle.)*
 - Target practice (place an object on the green and teach the kids on where they want their ball to land.*
- Mini competition (Chip the ball to the hole and then proceed to putt it into the hole and count strokes)



Wednesday, July 15th

-Quick warm up for the kids. 1st putt 2nd chip.

-Move towards making a larger swing....More than a chip, but less than a full swing. Teach the kids to pitch and learn distance control.

-Teaching them to bring the club back at certain points for different distances and having the belt buckle facing the target when followed thru.

-Move into a few pitching drills

-Hit balls into the net and focus on making contact with a pitch swing.

-Distance control (Have the kids start with 20yr shots and progressively move father away from the green.

Wednesday, July 22nd

-Revise previous lessons and warm up.

-Move forward with a full golf swing lesson with the kids

-Let the kids back and down swing feel natural to them in the beginning. Let natural instincts allow the kids to get a feel for a full swing.

-Explain to the kids to keep the swing balanced and swinging hard isn't the key to hitting the ball well. Making solid contact at the point of impact is the most important thing. Then proceed to hitting balls into the net and observing and helping them with the fundamentals.

-Hit some balls into the net (allow the kids to get a feel for the different clubs and why there are different clubs.)

Wednesday, July 29th

-Go over last week's lesson about what was learned.

-Warm up by getting loose hitting some shots into the net and rolling some putts.

-Introduce the kids to the bunker and have them work on their sand game. Teach them the methods of handling bunker shots and strategies when you're in the sand.

-Explain the etiquette of bunker play and the rules that involve being in the trap.

Wednesday, August 5th

DRIVE, CHIP, & PUTT!!!