

Tuscaloosa Junior Golf Academy

AGES 6-8 YEAR OLDS

Participants at this level will be given the basic understanding of putting, chipping, pitching, and the full swing. This will consist of an engaging, fun, interactive group play, game play, and challenges

Game Concepts:

Taught through game play and challenges

Basic understanding of:

**Grip
Stance
Posture
Ball position**

Basic understanding of:

**Putting
Chipping
Pitching
Full swing**

Basic etiquette:

**Marking a ball
Fixing divots and repairing ball marks
Order of play**

BEGINNER CLASS

(Ages 9 – 17, Very little or no experience)

The Beginner level will progress to a more detailed instruction of golf fundamentals and etiquette. These fundamentals will include grip, stance, posture & alignment, distance control, rotation, and weight transfer. This skill level will also be introduce to short course play, learning basic etiquette, order of play, and to take care of the course.

Putting

**Stance
Posture & Alignment
Ball position
Stroke
Distance control**

Chipping & Pitching

**Grip
Stance
Posture & Alignment
Ball position
Distance control**

Swing fundamentals (Irons)

**Grip
Stance
Posture & Alignment
Weight transfer
Follow through**

Driving

**Stance
Posture & Alignment
Ball position
Tee height
Rotation and turn**

Short Course Play & Etiquette

INTERMEDIATE CLASS

(Ages 10 – 17, Bridging the gap between some play experience and wanting to play competitively)

Requirements;

- ***Working knowledge of the Game**
- ***Independently played 6 rounds of golf (9 or 18 holes)**
- ***A desire to play competitively (junior tours, middle school, or high school)**

The intermediate level will be introduced to the main golf course and develop course management skills. This skill level will learn the concepts of green reading, trajectory and roll, swing path and plane, angle of attack, and launch angle.

Putting

**Stance, Posture & Alignment, Ball position, Stroke, Distance control
Green reading**

Chipping & Pitching

**Grip, Stance, Posture & Alignment, Ball position, Distance control
Club selection
Trajectory and Roll**

Swing (Irons)

**Grip, Stance, Posture & Alignment, Weight transfer, Follow through
Rotation & Spine Angle
Swing Path and Plane**

Fairway woods/Hybrids

Stance, Posture & Alignment, Shoulder turn, Ball position, Follow through

Driving

**Stance, Posture & Alignment, Ball position, Tee height, Rotation and turn
Angle of attack and launch angle**

Main Course Play & Etiquette

ADVANCED CLASS

(Ages 12 – 17, Competitive players wanting to sharpen their skills)

Requirements;

- ***Minimum age of 12***
- ***Played at least 6 competitive rounds of golf***
- ***Established USGA Handicap***
- ***A desire for skill mastery***

The Advanced Level will be given knowledge of the physical skills necessary to shoot low scores. They will develop feel, rhythm, and a pre-shot routine. They will understand the ball flight laws and shaping shots. They will learn to increase club head speed and distance. The participants will learn how and when to play various shorts game shots. They will also learn how to deal with uneven lies. This class is for players with intentions of playing competitive golf at a higher level.

Putting

Timing, Tempo, and Rhythm
Green reading
Understand Grain and why it's important
Putting Routine

Chipping & Pitching

Club selection
Trajectory and Roll
Back spin
Flop Shot

Approach shot lesson

30, 50, 70 yard shot
Feel and pre-shot routine

Sand Play

Green Side & Fairway

Swing (Irons)

Observe and feel the Swing Path and Plane
Angle of attack and impact
Develop a pre-shot routine

Driving

Increasing Club head speed and distance

Main Course Play & Etiquette

Course Management