

PGA Sports Academy Curriculum Overview:

The PGA Sports Academy will help youth learn to play golf and have fun in the process.

The PGA Sports Academy has three levels:

- Player – Beginning Golf (Recommended Ages 5 – 8)
- Sport – Beginning/Intermediate Golf (Recommended Age 9 – 12)
- Champion – Intermediate/Advanced Golf (Recommended Age 13 – 17)

Each level includes five focus areas that will help juniors learn, develop and practice the skills to become better golfers and enjoy the sport of golf:

- Fitness and Nutrition;
- Golf Skills;
- Sportsmanship, Etiquette and Rules;
- Golf and “Near Golf” Experiences;
- Golf and Skills Challenges.

Each level will develop the necessary physical and golf skills to practice, improve and enjoy the sport. Juniors will be tested before they begin each level to determine their level of experience. At the end of each level, each participant will be tested again and will receive a score based on his or her skill level. The PGA Sports Academy will give each participant a practice program to improve their skills and set goals to help become a better golfer.

Player Level Objectives

- Develop an understanding of the sport of golf;
- Learn fundamental movement and motor skills and link them together into the golf swing;
- Use ball-striking games such as baseball and hockey to develop hand-eye coordination;
- Establish essential safety and etiquette.

Sport Level Objectives

- Develop fundamental golf movement skills and teach overall sports skills;
- Learn scoring, the rules of golf and the process of playing a round of golf;
- Establish target and alignment fundamentals and begin developing proper short-game skills.

Champion Level Objectives

- Establish a knowledge base in the mental side of the sport;
- Develop full swing, short game and putting skills to higher level;
- Incorporate strength, stability and flexibility to improve performance and health;
- Enhance performance by learning course management skills, STAT tracking, keeping a golf journal and advancing to national competitions.