

# Junior Golf 2026

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## Junior Beginner Golf Program

### 4-Week Sunday Clinic

**Program Length:** 4 Weeks

**Session Length:** 1 Hour

**Skill Level:** Beginner Junior Golfers

**Coach:** \_\_\_\_\_ Nick, Tyler \_\_\_\_\_

**Location:** \_\_\_\_\_ SGC \_\_\_\_\_

### Schedule

- Sunday, May 3, 2026
- Sunday, May 10, 2026
- Sunday, May 17, 2026
- Sunday, May 24, 2026

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## Session Structure (60 Minutes)

**5 min** – Welcome & safety reminder

**10 min** – Warm-up activity

**20 min** – Skill instruction + drills

**15 min** – Game or challenge

**10 min** – Review & fun competition

Goal: Keep learning **fun, active, and engaging** for beginners.

Groups : Camps will be capped at 10 Spots (5 Kids Per Coach)

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# Week 1 – Introduction & Putting

**Date:** Sunday, May 3, 2026

## **Welcome & Safety (5 min)**

- Introduce coach and players
- Review basic golf safety
- Show parts of the club

## **Warm-Up (10 min)**

Light stretching:

- Arms
- Shoulders
- Torso rotation

Game: **Balance Like a Golfer**

- Kids hold a balanced finish position. 10 putts in a row.

## **Skill Focus – Putting (20 min)**

Teach:

- Proper grip
- Athletic stance
- Pendulum stroke motion

Drills:

- **Gate Drill** (putt between two tees)

- **Distance Ladder** (roll ball to different distances)

## **Game (15 min)**

### **Putting Tic-Tac-Toe**

Create a grid of targets on the green.  
Teams make putts to claim squares.

## **Wrap-Up (10 min)**

- 3-Putt Challenge
  - Review what they learned.
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# **Week 2 – Chipping**

**Date:** Sunday, May 10, 2026

## **Warm-Up Game (10 min)**

### **Land the Plane**

Players toss balls onto targets to learn landing spots.

## **Skill Focus – Chipping (20 min)**

Teach:

- Narrow stance
- Weight slightly forward
- Small controlled swing

Drills:

- **Landing Towel Drill**

- **Chip into Hoop**

### **Game (15 min)**

#### **Up & Down Challenge**

Players chip then putt to finish the hole.

### **Wrap-Up (10 min)**

Closest-to-the-target chip competition.

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## **Week 3 – Full Swing Fundamentals**

**Date:** Sunday, May 17, 2026

### **Warm-Up (10 min)**

#### **Baseball Swings**

Helps juniors understand body rotation.

### **Skill Focus – Full Swing (20 min)**

Teach three simple ideas:

1. Proper grip
2. Big shoulder turn
3. Balanced finish

Drills:

- **Feet Together Drill**
- **Step-Through Drill**

### **Game (15 min)**

### **Hit the spot**

Targets at different distances. Practice alignment.

### **Wrap-Up (10 min)**

Longest straight shot challenge.

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# **Week 4 – Skills Challenge & Mini Tournament**

**Date:** Sunday, May 24, 2026

### **Warm-Up (10 min)**

Quick review of:

- Putting
- Chipping
- Full swing

### **Skills Challenge Stations (30 min)**

Station 1 – Putting ladder

Station 2 – Chip into target circle

Station 3 – Drive between cones

Rotate every 10 minutes.

### **Final Game (15 min)**

#### **Mini Golf Tournament**

Create a short **3-hole course** combining:

- Tee shot

- Chip
- Putt

Focus on fun and etiquette.

### **Program Wrap-Up (5 min)**

- Congratulate players
- Hand out **Junior Golfer Certificates**
- Group photo