

Golf

Pro Golf, delivered by a suitably qualified PGA Coach and Class A Professionals, includes 6 hours per week of professional tuition that enables students to improve many aspects of their golfing knowledge, performance testing, technical training, and injury prevention workshops.



COURSE DETAILS 2024

Centre: Worth, Moulton

Ages: 10-19yrs

Dates: 30 June – 10 August

Days: Mon/Tues/Thurs/Fri

Levels:

Beginner

Elementary

Intermediate

Advanced

(available to students with or without a handicap).

Coaching Ratio:

1 coach per 10 students

Coaching Time:

6 hours p/w

Price: £325 p/w

Coaching focuses on developing a range of skills, techniques and other elements such as nutrition, physical conditioning and injury prevention.

OBJECTIVES

- Learn the rule of golf
- Improve technical abilities such as smoothness of swing, handling, balance, accuracy, timing and technique
- Understand and apply injury prevention techniques
- Understand the impact of nutrition on performance
- Establish individual performance goals

OTHER BENEFITS

- Expand golf-related vocabulary
- Improve physical fitness, stamina, agility and strength
- Develop 21C skills: creativity, communication, collaboration and critical thinking
- Improve problem-solving skills
- Improve self-confidence



TECHNICAL TRAINING:

Technical training forms the core part of golf sessions and helps golfers to develop their golf swing into a more functional, repetitive and pain free movement that benefits them in the long term. They focus on technique, grip, handling, rotation, timing, course management, strategy around the golf course and knowledge of equipment. Video golf swing analysis and Golf Simulator is available*.



INJURY PREVENTION WORKSHOP:

Sessions include useful tips on how to prevent common golf injuries through stretching, warmup exercises and selecting the correct footwear.

NUTRITION:

Sessions include understanding the role that nutrition plays in building and maintaining a healthy heart, muscle strength and overall fitness levels.

WHAT TO BRING

- Golf shoes or clean trainers
- Golf clubs (can be provided)



A minimum number of students is required for the Pro Option to run. If a Pro Option is cancelled a refund will be given.

*Moulton only



**British
Summer
School**