

## **Five Class Instructional Program for Juniors**

The goal of this program is to help motivated junior golfers to improve and advance to the next level of their golf potential. Each lesson will focus on a different, but important, part of the game. This program is only for students who are willing to practice between lessons and have a desire to reach their maximum potential. The lesson content and drills will be customized to the current abilities of the golfer focusing on the areas that require the most attention in each category.

Following is an overview of the lesson series and the subject matter presented in each lesson. These are general guidelines and can change dependent on the needs of the individual golfer.

### ***Lesson 1 – Full swing with irons:***

- Introduction and assessment of the golfer's ability.
- Full swing fundamentals with irons followed by a practice range session.
- Drills and practice plan to improve iron play.

### ***Lesson 2 – Full swing with the driver and woods:***

- Review of iron lesson and evaluation of improvement.
- Discussion of the differences between iron play and the driver/woods.
- Full swing fundamentals with the driver/woods followed by practice range session.
- Drills and practice plan to improve driver/wood play.

### ***Lesson 3 – Chipping and putting:***

- Review of driver/woods lesson and evaluation of improvement.
- Fundamentals of chipping followed by a practice session.
- Fundamentals of putting followed by a practice session.
- Drills and practice plan to improve chipping and putting.

### ***Lesson 4 – Pitching (10 – 50 yard shots) and bunker play:***

- Review of chipping/putting and evaluation of improvement.
- Fundamentals of pitching followed by a practice session.
- Fundamentals of bunker play followed by a practice session.
- Drills and practice plan to improve pitching and bunker play.

### ***Lesson 5 – Course management and mental imagery:***

- Review of all previous lessons.
- Discussion of course management and the role it plays in improved scoring.
- Discussion of the mental aspects that lead to improved scoring and game enjoyment.
- The lesson takes place on the course to simulate actual game situations and conditions.

***Time and Place:*** The lesson series should take place over 5 – 8 weeks based on a mutually agreeable schedule for the student and instructor. This gives the student time to practice and allows for scheduling/weather issues. The lessons will take place at Lincoln Greens Golf Course, 700 E Lake Shore Dr., Springfield, Il. 62712.

***Cost:*** \$100. This rate provides junior golfers with an affordable opportunity to improve under the guidance of a PGA professional.

***Instructor:*** The instructor is Bob Ralph. Bob became a PGA professional to help others improve their golf games with his primary focus on coaching and golfer development. Contact him by text or voice at (217) 741-9290 or email [bob.ralph@aol.com](mailto:bob.ralph@aol.com).