

Golf Development Program Syllabus

Phase 1: Foundation Building (Weeks 1-4)

Focus: Establishing proper fundamentals and movement patterns

Week 1-2:

- Dynamic warm-up protocols and golf-specific stretching routines
- Introduction to injury prevention exercises (rotator cuff, core stability)
- Grip fundamentals: neutral, strong, and weak grip variations
- Posture and alignment basics
- Balance drills and weight distribution

Week 3-4:

- Advanced warm-up sequences incorporating mobility drills
- Injury prevention: lower back and hip mobility exercises
- Putting fundamentals: setup, pendulum motion, distance control
- Green reading basics
- Introduction to practice routines and self-assessment

Phase 2: Short Game Mastery (Weeks 5-10)

Focus: Developing precision around the greens

Week 5-6:

- Comprehensive short game warm-up
- Chipping fundamentals: club selection, ball position, landing zones
- Basic chip shots with various clubs (7-iron to lob wedge)
- Bunker play basics: setup and explosion technique

Week 7-8:

- Pitching fundamentals: 30-50 yard shots
- Loft control and trajectory management
- Distance control through backswing length
- Introduction to specialty shots (flop, bump-and-run)

Week 9-10:

- Short game integration: combining chips, pitches and putts
- Trouble shot techniques (uphill, downhill, sidehill lies)
- Short game practice games and challenges
- Introduction to statistics tracking for short game

Phase 3: Full Swing Development (Weeks 11-18)

Focus: Building consistent, powerful full swings

Week 11-12:

- Half-swing fundamentals with mid-irons
- Body rotation and sequencing drills
- Weight transfer and tempo development
- Introduction to ball flight laws

Week 13-14:

- Full swing with mid-irons
- Swing plane and path understanding
- Divot analysis and impact position
- Introduction to shot shaping (fade/draw basics)

Week 15-16:

- Driver fundamentals: tee height, angle of attack
- Fairway wood and hybrid techniques
- Distance gapping with full swing clubs
- Full swing statistics tracking

Week 17-18:

- Specialty full swings (punch shots, high trajectory)
- Wind adjustment techniques
- Course-specific club selection
- Pre-shot routine development

Phase 4: Course Application (Weeks 19-26)

Focus: Transferring skills to the golf course

Week 19-20:

- On-course playing lessons (3-hole sessions)
- Club selection strategy
- Course management basics
- Trouble shot scenarios

Week 21-22:

- Full 9-hole playing lessons
- Mental game fundamentals
- Pre-shot routine refinement

- Statistics tracking implementation

Week 23-24:

- Situational practice (par 3s, par 5 strategies)
- Bunker to green scenarios
- Green complex strategies
- Advanced statistics analysis

Week 25-26:

- Complete 18-hole playing evaluation
- Personal game assessment
- Development of personalized practice plan
- Final performance review and goal setting

Program Features:

- Weekly skill challenges
- Video analysis sessions (bi-weekly)
- Personalized feedback journals
- Mobile app integration for stats tracking
- Equipment fitting recommendations
- Nutrition and hydration guidelines
- Mental game resources

Assessment Structure:

- Bi-weekly skill evaluations
- Monthly on-course assessments
- Short game proficiency tests
- Driving accuracy and distance benchmarks
- Final comprehensive evaluation

This progressive curriculum ensures students develop complete golf skills through structured, measurable steps while emphasizing injury prevention and sustainable practice habits. The program balances technical instruction with practical application, culminating in confident course management abilities.