

Facilities:

Gainesville Country Club

7300 SW 35th Way,
Gainesville, FL 32608
(352) 372-1458

Instruction provided
by:



(352) 575-0636
gatorjuniorgolf.org

Instructor (Fall 2021):

*TJ Wrzesinski

Junior Golf Coordinator:

*Max Meier

Max.gatorjuniorgolf@gmail.com

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First Gators Program – Ages 4-5

Objective:

This course will introduce your student to the game of golf through hands-on games and group activities, exciting competitions, and engaging lessons that provide a general survey of golf. The course introduces students to putting, chipping, pitching, and full swing, providing students with practice and application opportunities each week. SNAG Equipment will be used as indicated below. Golf equipment is not required, and will be provided. Parents are required to participate with students in the class.

Week 1

Warm-Up: Introduction of the Coaches, Stretching, Safety Demonstration, SNAG Equipment
Core Value: Respect
Lesson: GASP (Grip, Aim, Stance, Posture), Introduction to Putting
Practice: Short Putts
Application: Putting Game

Week 2

Warm-Up: Stretching, SNAG Equipment
Core Value: Courtesy
Lesson: 2D's: Distance and Direction (2Ds), Y-Y Swing
Practice: Distance and Direction in Putting, Length of Swing
Application: Putting Game

Week 3

Warm-Up: Stretching, SNAG Equipment
Core Value: Sportsmanship
Lesson: Long Putts and Introduction to Chipping (Focus on form)
Practice: Long Putting and Chipping
Application: Putting Game

Week 4

Warm-Up: Stretching, SNAG Equipment
Core Value: Honesty
Lesson: Chipping (Focus on 2Ds)
Practice: Chipping to different distances
Application: Chipping Game

Week 5

Warm-Up: Stretching, SNAG Equipment
Core Value: Integrity
Lesson: Chipping and Introduction to Pitching, Creating Loft (Wrist Hinge)
Practice: Chipping and Pitching
Application: Chipping Game

Week 6

Warm-Up: Stretching, SNAG Equipment, Parts of the Golf Club
Core Value: Confidence
Lesson: Pitching, Clubface
Practice: Pitching
Application: Pitching Game

Week 7

Warm-Up: Stretching, SNAG Equipment
Core Value: Responsibility
Lesson: Pitching and Introduction to Full Swing (Part 1): Backswing
Practice: Pitching and Short Irons
Application: Pitching Game

Week 8

Warm-Up: Stretching, SNAG Equipment
Core Value: Perseverance
Lesson: Full Swing (Part 2): Downswing, Impact Position
Practice: Mid and Long Irons, Hybrids
Application: Full Swing Game

Week 9

Warm-Up: Stretching
Core Value: Judgment
Lesson: Full Swing (Part 3): Follow-through, Finish Position, Driving
Practice: Hybrids and Drivers
Application: Driving Game

Week 10

Warm-Up: Stretching, SNAG Equipment
Core Value: Etiquette
Lesson: Driving, Balance/Rhythm/Tempo
Practice: Drivers
Application: Driving Game, Prizes