



# METEORS Learn to Golf – Development Level (ages 8-12)

LONG-TERM PLAYER DEVELOPMENT PROGRAM

The METEORS Learn to Golf Program is new for 2021 and aims to provide students with an intermediate level step towards learning on-course playing skills. Students will receive higher level skill development, an introduction to basic course strategies and mental-emotional-focus skills. This program helps to bridge the gap between “Learn to Golf” and “Learn to Compete” programs for the future.

Classes run on a weekly basis and are designed for all children who are interested in developing into good athletes and proficient golfers. Instructors will provide a fun, socially interactive learning environment, focusing on athletic coordination, games, golf-specific skills, and education.

By the end of the 4-month session, children will know the basics of the golf swing, short-game, rules and etiquette. Completion of the Comets Program or similar prior golf experience is necessary.

Our course objectives and learning outcomes include:

## **Golf Fundamentals**

Grip, Stance, Aim, Posture and Alignment  
 Pre-shot Routine  
 Full Swing – Short Irons/Mid Irons  
 Full Swing – Hybrids/Metal Woods  
 Short Game – Putting, Chipping, Pitching and Sand

## **Physical Literacy**

Motor Skills, Agility, Balance and Coordination  
 Strength and Power  
 Movement/Travelling Skills/Object Control Skills  
 Balance Movements, Stamina and Flexibility  
 Fine Motor Skills (Dexterity and Synchronization)

## **Golf Education**

Golf Safety & Courtesy for Others  
 Golf Course Etiquette  
 Basic Golf Rules  
 Basic Golf Terminology

## **Life Skills**

Sportsmanship, Respect and Integrity  
 Basics of Healthy Exercise, Nutrition and Diet  
 Positive Self Talk & Calming Exercises  
 Focus and Awareness of Others

