



STARS Learn to Golf - Active Start (ages 4-6)

LONG TERM PLAYER DEVELOPMENT PROGRAM

At this age level, children interested in golf benefit most from learning correct fundamentals in a fun and active learning environment that includes a mix of games, activities, skill-building exercises and physical coordination activities.

By the end of the 3-month session, children will know the basics of the golf swing and put their skills to the test during scheduled “activity nights.” No prior golf experience is necessary and the juniors will learn similar fundamentals in each session - rote learning.

Our course objectives and learning outcomes for include:

Golf Fundamentals

Grip & Stance
Aim & Alignment
Posture
Full Swing
Short game

Physical Literacy

Develop Basic Motor Skills
Agility, Balance and Coordination and Speed
Strength and Power
Movement/Travelling Skills
Object Control Skills + Balance Movements

Golf Education

Introduction to Golf Safety
Introduction to Golf Course Etiquette
Introduction to Golf Rules
Introduction to Golf Terminology

Life Skills

Sportsmanship and Respect
Importance of Health, Exercise and Nutrition
Positive Self Talk
Behavior in Group Dynamics & Awareness of Others

