

Thornton Golf Club

Junior Development Programme

Introduction to Golf

- First Clubgolf
- Clubgolf Progression

Development

- Group Coaching
- Securing a Handicap
- Playing in Competitions
- Course Management
- Drills & Exercises
- One to One Coaching

Performance

- Group Coaching
- Goal Setting
- Performance Statistics
- Structured Practice
- Course Management
- One to One Coaching

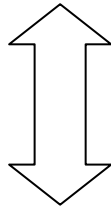
High Potential

- One to One Coaching
- Strength & Conditioning
- Nutrition
- Sports Psychology
- Fife Golf Academy
- Scottish Golf Academy

Introduction to Golf

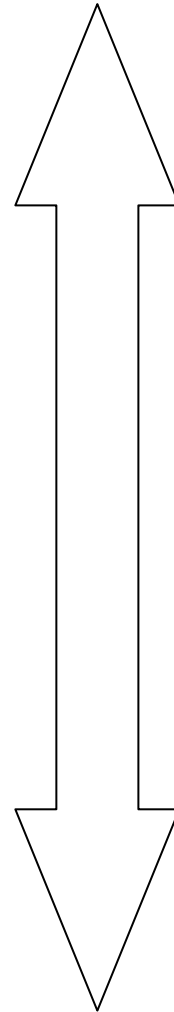
First Clubgolf

- **School Sessions**
- **Introduction to Thornton Golf Club**
- **Initial 10 week development programme**
- **Introduction to the Golf Course**



Clubgolf

- **Skills Test**
- **10 week development programme**
- **Rules & Etiquette**
- **Structured Development Programme**
- **Drills & Exercises**
- **On the Golf Course**
 - **4 Hole Competitions**



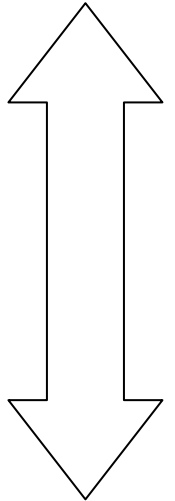
Clubgolf Coaches

- **Delivered by Accredited Volunteer Coaches**
- **Support from appropriately qualified coaches**

Development

Development

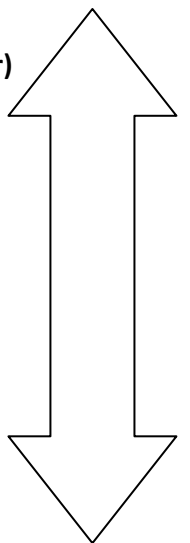
- **Group Coaching**
 - Winter programme (October to March)
 - Development sessions throughout the Golf Season (April to September)
- **Securing a Handicap**
 - 7 Hole/10 Hole/12 Hole Competitions
 - New Handicaps allocated in April/May each year
- **Playing in Competitions**
 - 18 Hole Competitions
 - Comprehensive list of events for Junior Golfers
- **Course Management**
 - On course sessions to maximise player development
- **Drills & Exercises**
 - Practice drills, games and exercises to promote player development



Performance

Performance

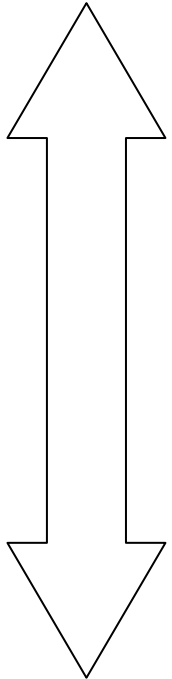
- **Group Coaching**
 - Winter programme (October to March)
 - Performance Improvement sessions throughout Golf Season (April to September)
- **Goal Setting**
 - Individual goals to facilitate improvements in player performance
 - Structured Practice Plans
 - What to Practice
 - How to Practice
- **Performance Statistics**
 - Regular analysis and review of player data & statistics
- **Structured Practice**
 - Individual practice plans based on individual goals and performance stats
- **Course Management**
 - On course sessions to improve decision making and shot selection
- **One to One Coaching**
 - Individual coaching sessions focused on individual player requirements



High Potential

High Potential

- **One to One Coaching**
 - Individual coaching sessions focused on individual player requirements
- **Goal Setting**
 - Individual goals to facilitate improvements in player performance
 - Structured Practice Plans
 - What to Practice
 - How to Practice
- **Performance Data & Statistics**
 - Analysis and review of player data & statistics
 - Identification of performance improvement areas
- **Strength & Conditioning**
 - Biomechanical Assessment/Functional Movement Screening
 - Exercise & Fitness advice appropriate to individual requirements
- **Nutrition**
 - Energy & Hydration advice to maximise performance
- **Sports Psychology**
 - Mental preparation and Mind techniques guaranteed to maximise performance
- **Scottish/Fife Golf Academy**
 - High potential golfers nominated for Scottish/Fife programmes as appropriate



Development/Performance Coaches

- Appropriately qualified coaches will be utilised to support individual player development
- Specialist coaches will be sourced as and when required
- Accredited volunteer coaches will provide support as required