



Golf Program



The Kids with Sticks Hockey/Golf School is a very unique opportunity for children ages 7-14 to learn the key fundamentals of two different sports in a fun, learning based environment. The golf program will introduce golfers of all skill levels to the fundamentals of the game. Children will be divided by age group, as well as skill level, to ensure each child in the program has access to all of the tools to help better their game.

For the first four sessions (days), the children will be introduced to a different area of the game. Each lesson will last 1 hour and instruction will be group based, with some time for one on one training. The order of the lessons will be based on age groups, with some kids starting with full swing and others starting with putting, sand play or chipping. Initially, we considered moving from station to station each day. However, to maintain continuity, one hour lessons have been chosen to ensure children have enough time to grasp all of the concepts each day.

On the fifth day, the children will rotate through each station in 15 minute blocks, reviewing the information and asking questions pertaining to that area of the game.

The four areas of the game covered during the week are:

FULL SWING – In this class, children will be introduced to the fundamentals of the full swing. Topics covered include grip, stance, swing motion and finish position. These fundamentals build the basic core of the full golf swing and drills and practice techniques will be included to help the children understand the basics.

CHIPPING & PITCHING – In this session, the children will cover the techniques associated with the key aspects of the short game. They will also be taught when and where to use each technique, and the huge importance of short game in the overall scheme of the game of golf.

PUTTING – This lesson will demonstrate proper putting techniques, as well as a brief introduction to reading greens. This is key, as it helps the children understand break and speed, and teaches the key fundamentals of the game as they relate to the putting green.

SAND PLAY – One of the most misunderstood areas of the game, sand play, will be discussed in this lesson. We will cover greenside shots, as well as fairway shots to teach children that when approached properly, sand is not all that bad.

(Age Group 10-14 Only)

REVIEW DAY – On the final day, the children will travel from station to station in 10-15 minute blocks, reviewing the techniques discussed in previous lessons and asking question pertaining to them. This lesson will tie all of the information for the week together and ensure that the children have a basic understanding of the game and the various skills that are required to play it

Have a great summer see you on the course,

Dave Robinson.