



GOLF & SPORTS ACADEMY

AT ATALAYA GOLF  
MARBELLA

PG GOLF & SPORTS  
ACADEMY

JUNIOR CAMPS

2023



## JUNIOR CAMPS 2023

### FEBRUARY CAMP

13th - 17th February  
20th - 24th February  
27th February - 3rd March

### EASTER CAMP

10th - 14th April  
17th - 21st April

### SUMMER CAMP

26th - 30th June  
3rd - 7th July  
10th - 14th July  
17th - 21st July  
24th - 28th July  
31st July - 4th August  
7th - 11th August  
14th - 18th August  
21st - 25th August

### MID TERM CAMP

30th October - 3rd November

### CHRISTMAS CAMP

26th - 30th December  
2nd - 6th January

### PRICE WITH LUNCH INCLUDED

225€ per child  
Discount for more than 1 week or  
several children

### TRACKMAN

UNLEASH YOUR POTENTIAL

PG GOLF & SPORTS ACADEMY  
AT ATALAYA GOLF  
FIRST TRACKMAN RANGE IN SPAIN



**GOLF & SPORTS ACADEMY**

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## JUNIOR CAMP OVERVIEW

- PG Golf & Sports Academy is a fantastic place for kids to have fun, play games, meet new friends, and learn golf.
- We offer Junior Camps throughout the school holiday periods, Monday through Friday – 09:00 – 13:00
- We take golf training seriously while recognising that children learn better when they're having fun!
- Our Junior Camp is open to children of all ages and levels; whether they be a beginner or have years of lessons under their belt.
- Grouped according to age and skill level, our camps are a great way to improve your child's golf skills whilst socialising and having fun during the days' sporting activities.
- Our young team of multilingual coaches are experienced in junior training. Their multiple backgrounds allow us to work with children from a variety of nationalities, providing a high-energy experience with the security of understanding and being understood.





# DAILY PROGRAM OVERVIEW



## MONDAY

30 min warm up:  
Exercise circuit  
Upper and lower body work  
Coordination

45 min long game:  
Technique  
Set up (club, grip, and stance)  
Shoulder and hip rotation

45 min short game:  
Chipping (concept, set up and technique)  
Chipping games

30 min break  
(lunch included)

45 min short game:  
Putting (technique, position, grip and pendulum swing)  
Putting games

45 min games:  
Dutch ball (develop launch power, kinetic sequence & reflexes)

## TUESDAY

30 min warm up:  
Joint mobility  
Pétanque (develop aiming skills)

45 min long game:  
4 dimensions of golf swing  
Trackman games

30 min break  
(lunch included)

45 min short game:  
Approach (technique)  
Pitch and flop  
Distance control games

45 min putting:  
Clock Game (1m distances)  
Worm Game (1.5, 3, 4.5 & 6m distances)

45 min games:  
Capture the Flag (lower body strength, develop reflexes)

## WEDNESDAY

30 min warm up:  
Core exercises  
Basketball (throwing coordination)

45 min long game:  
9 trajectories of the golf ball  
Fairway woods and driver (technique & strategy)

45 min short game:  
Bunker (technique)  
Closest to the pin game

30 min break  
(lunch included)

45 min putting:  
Stroke play qualification  
Match play competition

45 min games:  
Football and table tennis (hand/foot-eye coordination & reflexes)

## THURSDAY

30 min warm up:  
Jumping circuit  
(develop muscle & core strength)

45 min long game:  
Distance control  
(Trackman activities)

45 min short game:  
Special lies (downhill, uphill, fried egg, rough, etc)

30 min break  
(lunch included)

45 min putting:  
Ryder cup competition

45 min games:  
Basketball and table tennis  
(hand-eye coordination, reflexes & aim)

## FRIDAY

150 min approx.  
Atalaya Golf course.

30 min break  
(lunch included)

30 min games  
(free choice)

30 min  
Awards Ceremony



PRICE PER WEEK € 225 (IVA INCLUDED)\*

LUNCH & WATER INCLUDED

CLUBS AND BALLS INCLUDED

GROUPS DIVIDED BY AGE AND SKILL LEVEL

JUNIORS GO ON TO THE GOLF COURSE ON THE FINAL DAY

TOURNAMENT & PRIZES 

\*€200 FOR SECOND CHILD OR 1 CHILD ATTENDING MORE THAN 1 WEEK

SIGN UP TODAY AT:

 [INFO@PGSPORTSACADEMY.COM](mailto:info@pgsportsacademy.com) - WHATSAPP  +34 608 161 035







**GOLF & SPORTS ACADEMY**

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