



GOLF & SPORTS ACADEMY

AT ATALAYA GOLF
MARBELLA

JUNIOR SCHOOL 2023

pg
GOLF & SPORTS ACADEMY
POWERED BY
TRACKMAN

PG JUNIOR GOLF SCHOOL 2023

LEVEL 1

180€ TRIMESTER

5 - 16 years
4 - 10 players per group

LEVEL 1 - SCHEDULE

Monday	18 - 19h	5 - 7 years
Tuesday	18 - 19h	8 - 11 years
Thursday	18 - 19h	12 - 16 years
Friday	18 - 19h	5 - 7 years
Saturday	11:30 - 12:30	All ages

LEVEL 2

240€ TRIMESTER

8 - 16 years
4 - 8 players per group

LEVEL 2 - SCHEDULE

Monday	16.30 - 18h
Wednesday	17.30 - 19h
Saturday	10 - 11.30h

LEVEL 3

500€ TRIMESTER

12- 16 years
4 - 6 players per group

LEVEL 3 - SCHEDULE

Tuesday & Thursday 16.30 - 18h

CONTACT

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BOOKING BY WHATSAPP





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AT ATALAYA GOLF
MARBELLA

JUNIOR SCHOOL OVERVIEW

The Junior School runs throughout the school year, following the official school calendar in Spain:

1. First trimester: from September 11th to December 23rd.
 2. Second trimester: from January 8th to March 23rd.
 3. Third trimester: from April 1st to June 22nd.
- Three school competitions will be held each year, one per trimester, in addition to the Golfriend's Junior Circuit events, in which we collaborate, featuring 8 or 9 tournaments annually.
 - Additionally, an internal ranking will be encouraged with a monthly event in the last week of each month, open to school students with a Spanish golf license and Handicap.
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 - The school is divided into 3 levels.
 - Level 1: Beginners
 - Level 2: Intermediate
 - Level 3: Advanced

LEVEL 1

GOLF FUNDAMENTALS & BASIC SKILL DEVELOPMENT

This program focuses on teaching the fundamentals of golf and developing essential skills for children to build a solid foundation in the game.

WEEK 1-2	WEEK 3-4	WEEK 5-6	WEEK 7-8	WEEK 9-10	WEEK 11-12
Introduction to Golf and Basic Stance	Basic Swing and Hitting Technique	Short Game and Putting	Golf Rules and Etiquette	On-Course Play and Strategy	Mini-Tournament and Evaluation
DAY 1	DAY 1	DAY 1	DAY 1	DAY 1	DAY 1
Introduction to Golf Equipment: Understand the different clubs and their uses.	Swing Fundamentals: Explain the basic mechanics of swing and how to achieve a solid shot.	Introduction to the Short Game: Teach chipping and pitching techniques.	Introduction to Golf Rules: Explain basic concepts such as relief and penalties.	On-Course Play: Take juniors on-course to practice real game situations.	Mini-Tournament amongst juniors: Apply what has been learnt in a friendly playing environment.
DAY 2	DAY 2	DAY 2	DAY 2	DAY 2	DAY 2
Basic Stance and Grip: Demonstrate stance and how to grip the club correctly.	Swing Drills: Practice the swing motion without worrying about distance.	Basic Putting: Teach putting techniques and the importance of distance control.	Course Etiquette: Teach good manners and proper behaviour on the golf course.	Basic Strategy: Explain how to make educated decisions on-course.	Evaluation and Feedback: Review juniors' progress and offer tips for improvement.

IMPORTANT NOTE

- Sessions should be interactive and fun to maintain the Juniors' interest.
- Foster a supportive and encouraging environment for juniors to feel comfortable while learning.
- Provide appropriate golf clubs for children and a safe practice area.
- It's essential to maintain communication with parents to keep them informed about their children's progress and offer suggestions for practice at home.

Remember, the main goal is to introduce juniors to golf in a fun and educational way, laying the foundation for them to develop their skills as they advance in the game. Adapting the program to the children's needs and progress is crucial for the success of the Junior Golf School.

LEVEL 2

SKILL REFINEMENT AND STRATEGY DEVELOPMENT FOR INTERMEDIATE GOLFERS

This program focuses on refining existing skills, improving technique, and developing a deeper understanding of the game.

WEEK 1-2	WEEK 3-4	WEEK 5-6	WEEK 7-8	WEEK 9-10	WEEK 11-12
Assessment and Swing Analysis	Full Swing Refinement	Advanced Short Game	Course Strategies & Decision-Making	Tournament Simulations & On-Course Play	Mental Preparation & Conclusion
DAY 1 Individual Assessment: Observe each child's swings to identify areas for improvement.	DAY 1 Swing Technique: Reinforce swing mechanics and work on targeted areas.	DAY 1 Bunker Techniques: Perfect bunker shots in challenging situations.	DAY 1 Tee to Green Strategy: Teach juniors how to choose the right clubs and plan.	DAY 1 Tournament Simulations: Conduct simulated rounds for juniors to experience pressure and strategy.	DAY 1 Mental Training: Introduce focus, stress management, and confidence techniques.
DAY 2 Video Analysis: Use swing recordings to discuss technical aspects.	DAY 2 Varied Swing Drills: Introduce exercises focused on improving rhythm and consistency.	DAY 2 Approach Shots: Work on precision for shots near the green.	DAY 2 Putting Strategies: Introduce concepts of reading greens and controlling speed.	DAY 2 On-Course Play: Apply learned strategies on-course.	DAY 2 Final Evaluation and Future Planning: Review progress and set goals for the next trimester.

IMPORTANT NOTE

- Maintain open communication with the juniors to tailor the program to their personal needs and goals.
- Incorporate physical conditioning and flexibility activities to enhance performance.
- Provide opportunities for juniors to share their experiences and challenges, creating a supportive atmosphere.
- Video analysis can be a valuable tool for juniors to view their movements and better understand the necessary corrections.

This program is designed to take intermediate golfers to the next level by honing their technical and strategic skills. Remember that each child has their own pace of learning, and it's important to adapt the program to suit their individual needs.

LEVEL 3

ADVANCED SKILL REFINEMENT AND PREPARATION FOR HIGH-LEVEL COMPETITIONS

This program focuses on perfecting advanced skills, addressing specific game aspects, and preparing juniors for higher-level challenges.

WEEK 1

Assessment and Goal Setting

DAY 1

Individual Assessment:

Evaluate each child's technique, performance, and objectives.

DAY 2

Goal Setting:

Work with each child to define personal goals.

WEEK 2

Full Swing Assessment

DAY 1

Advanced Swing Analysis:

Use technology and video analysis to refine technique.

DAY 2

Rhythm and Power Drills:

Work on swing speed and accuracy.

WEEK 3

Advanced Short Game and High-Precision Putting

DAY 1

Advanced Bunker Techniques:

Perfect bunker shots in challenging situations.

DAY 2

Reading Greens and High-Precision Putting:

Teach juniors to read slopes and control distance.

WEEK 4

Strategies & Decision-Making in Competitions

DAY 1

Tee to Green Competition Strategy:

Teach educated decision-making while under pressure.

DAY 2

Competition Simulations:

Create game scenarios resembling tournament conditions.

WEEK 5

Physical and Advanced Mental Preparation for Competitions

DAY 1

Strength and Flexibility Training:

Include specific exercises to enhance physical performance.

DAY 2

Advanced Visualization Techniques:

Teach juniors how to use visualization to improve their game.

WEEK 6

Competitions

DAY 1

Participation in Internal Competition:

Apply skills in real game situations.

DAY 2

Evaluation and Future Planning:

Review progress and set new goals.

LEVEL 3

ADVANCED SKILL REFINEMENT AND PREPARATION FOR HIGH-LEVEL COMPETITIONS

WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Performance Analysis & Corrections	Advanced Course Strategy Refinement	Physical Conditioning & Advanced Mental Preparation	Competition Simulations & Tournament Preparation	On-Course Play & Performance Strategies	Final Competitions & Program Conclusion
DAY 1	DAY 1	DAY 1	DAY 1	DAY 1	DAY 1
Mid-Trimester Individual Evaluation: Review progress and make necessary adjustments.	Recovery Strategies: Teach juniors how to recover from challenging situations.	Endurance Training: Incorporate endurance exercises to enhance physical ability.	Competition Simulations: Create scenarios to enhance decision-making abilities.	On-Course Rounds: Play rounds on-course to apply learned strategies.	Participation in Final Tournaments: Apply all learned skills in competitive tournaments.
DAY 2	DAY 2	DAY 2	DAY 2	DAY 2	DAY 2
Error Correction: Address targeted areas for improvement.	Strategic Play: Practice strategies for various on-course situations.	Visualization Techniques: Teach advanced visualization methods for game improvement.	Tournament Preparation: Teach juniors how to prepare physically and mentally before a tournament.	Performance Strategies: Work on maintaining focus and consistency throughout the round.	Final Evaluation and Celebration: Review achievements and celebrate their progress.

IMPORTANT NOTE

- High-level juniors may require more specific and advanced challenges to continue their development.
 - Swing analysis technology, such as Trackman, can be beneficial in identifying areas for improvement..
 - Maintain open communication with parents to update on progress and provide guidance for additional practice.
 - Customize the program based on each child's strengths and weaknesses for optimal advancement.
- This program is designed to take high-level golfers to an even higher level of performance and competition readiness. It's important to adjust the program based on each child's individual needs and goals, ensuring a balanced focus on technique, strategy, physical development, and mental preparation.

PRICE PER TRIMESTER (IVA INCLUDED)

LEVEL 1 € 180

LEVEL 2 € 240

LEVEL 3 € 500

PRACTICE BALLS PROVIDED

ALL LEVELS GAIN ACCESS TO THE GOLF COURSE
TOURNAMENT & COMPETITIONS INCLUDED IN EACH LEVEL



SIGN UP TODAY AT:

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