

# Sports Academy Golf 2012

## Summary

Centres	Lancing, Dicker and Vinehall
Hours	6 hours per week (4 x 1.5 hour sessions)
Days	Monday, Tuesday, Thursday and Friday
Ages	10-18
Levels	Beginner, Low & Intermediate
Coach	1 coach per 10 students
Price	£220 per week

## Objectives

- To increase every student's skills and competencies in golf.
- To offer professional, relevant instruction from a qualified coach.

## Venue

Sports Academy Golf instruction takes place at a golf club close to the Centre.

## Typical Skills Developed

Ability	Week 1	Week 2	Week 3
<b>Beginner</b>	<ul style="list-style-type: none"> <li>• Introduction to the basic fundamentals of golf.</li> </ul>	<ul style="list-style-type: none"> <li>• The mechanics of the golf swing.</li> </ul>	<ul style="list-style-type: none"> <li>• Potentially play some holes on the course.</li> <li>• Course knowledge and course management.</li> </ul>
<b>Low</b>	<ul style="list-style-type: none"> <li>• Development of pre-shot routine from the fundamental base.</li> </ul>	<ul style="list-style-type: none"> <li>• More advanced swing mechanics and development of full swing.</li> </ul>	<ul style="list-style-type: none"> <li>• Aiming to progress further around the golf course.</li> <li>• Course management and rule play.</li> </ul>
<b>Intermediate</b>	<ul style="list-style-type: none"> <li>• More advanced swing mechanics and development.</li> </ul>	<ul style="list-style-type: none"> <li>• Further development of the long game and the short game.</li> </ul>	<ul style="list-style-type: none"> <li>• Different golf formats.</li> <li>• Advanced short-game work.</li> <li>• Areas for improvement and statistics.</li> </ul>

## Student Quotes

**"I love my Sports Academy golf lessons because I have learned so much. I think I will go on playing golf."**

Martin – 16, Beginner, Germany

**"Sports Academy Golf was great fun and I learned many new things. The teachers were friendly and the other students were all nice to me."**

Yukana – 16, Beginner, Japan



Accredited by the



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