



Player Program Weekly Outline

Day 1: Laying the Foundation

- Introductions / Safety / Outline
- Goal Setting – Writing down of process (Intro to Stats)
- Player Outlines – Filled Out
- Warm up – Jumping Jacks, Squats, lunges, broad jumps, etc...
- Par 18 – Development Game (Intro – Give out note pads – Play)
- Video Swing Evaluation – Each student's swing videoed
- Game / Challenge – Big Break Style (Through Chutes, targets, etc...)
- Bucket of Balls

Day 3: Smoothing out the Bumps

- Warm up – Jumping Jacks, Squats, lunges, broad jumps, etc...
- Par 18 – Development Game – In group of 3
- Pitching Quadrant Target Practice – How to practice effectively
- Short Game Group Shot Challenge – How best to play a shot
- Game / Challenge – Big Break Style (Closest To Pin)
- Bucket of Balls

**** Play 9 holes in the afternoon @ Tyandaga GC. Record Fairways Hit, Greens, Putts, Up & Downs.**

Day 5: Ribbon Cutting Ceremony

- Meet @ Tyandaga GC.
- Warm up – Jumping Jacks, Squats, lunges, broad jumps, etc...
- Play Final Round Par 18 – Stats Review
- Play 18 holes - Record stats & Play In threesomes.
- Video On Course Play / Shots
- Lunch – Review of week.
- Hand Out Awards.

Day 2: Building the Structure

- Warm up – Jumping Jacks, Squats, lunges, broad jumps, etc...
- Putting – The Art of Putting (Breathing / Lining Up / 1,2,3,4)
- Practice / Chalk Lines / the stroke.
- Par 18 – Development Game – groups of 3
- Record Videos of Putting Before & After
- Game / Challenge – Big Break Style (Putting)
- Video Swing Reviews – Each with Coach (drills handed out)
- Bucket of Balls

Day 4: Putting on the Roof

- Warm up – Jumping Jacks, Squats, lunges, broad jumps, etc...
- On the Tee – SFT System / Pre-Shot Routine
- Par 18 – Development Game – groups of 3
- Full Swing Development – Driving / Fairway woods / Strategy
- Play 3 Hole Tournament (All 6 some stations – Drive, Chip, Putt)
- Review of first 3 days – Putting / Chipping / Full Swing
- Game / Challenge – Big Break Style (Closest To Pin)
- Bucket of Balls

**** Players must play Tyandaga GC. recording the # of Fairways Hit, Greens in Regulation, Total Putts, Up and Downs**