

Junior Term Programme



+ (Synopsis)

Our Junior Term Programme is structured for junior golfers aged 7-18 years old from beginner up to advanced level. It is a tactfully structured curriculum that takes students through 5 core levels of development. Juniors will be exposed to a safe, fun and inclusive learning environment. True Golf is committed to shape young talents in a holistic approach with reward systems, engaging progress tracking and skill enhancements through progressive development stages.

Our training philosophy revolves around the importance of the fundamentals in golf such as grip, posture, stance, coordination, motor skills and all-round sportsmanship. Through the programme, juniors can expect an enhanced grasp of the required milestone skills to work towards obtaining a golf handicap index as they continue to advance.

True Golf Junior Programme's (TGJP) scoring matrix is a rating system that is unique to True Golf Academy. Juniors are assessed through their performance during the course. It is a point-based system that is measured across a matrix where juniors will be awarded with skill chips after the fulfilment of activities and/or the completion of certain process requirements. Through this, the programme will encourage juniors to progress through their stages through interactive learning pathways.



PROGRESSIVE DEVELOPMENT STAGES

1

FUNDAMENTALS

BEGINNER 1

- Encourage play
- Unstructured but timed active play
- Basic motor skills development
- Non-competitive activities
- Encouraging participation
- Gender-neutral & inclusive activities

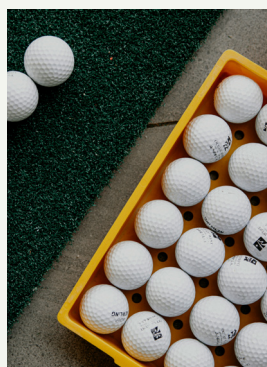


2

NATURAL

BEGINNER 2

- Fundamental movement skills
- Locomotion, stability, object control & awareness skills
- Progress tracking
- Physical fitness of 25%
- Concepts of grip, posture, alignment, ball position, balance and weight shift introduction



3

AUTHENTIC

INTERMEDIATE 1

- Sports skills introduction with mastery of movement skills
- Golf-specific skills
- Progress tracking
- Physical fitness of 30%
- Training of endurance & speed
- Green-reading, face alignment & course mgmt



4

ACCURATE

INTERMEDIATE 2

- Golf skills ingrainment
- Focus on speed, power & strength
- Physical fitness of 40%
- Conditioning introduced
- Activation, body prep, mobility, stability & strength
- Recovery techniques
- Exposure to competition format



5

PURE

ADVANCED

- Skill exposures for tournament
- Screening for progress
- Full strength development
- Biomechanics testing
- Physical fitness of 50%
- Conditioning & power devt.
- Pre-round prep & practice-day routines
- Competition

