**CADET Course**

Ages 7+

Course Content

4 levels – Each Level 6 weeks

Progressing each junior through the basic golf skills to playing on the course.

**Level 1 (6 Weeks)**

1. **PUTTING** Grip, Set Up and stroke
2. **BASIC SHORT GAME** Grip, Set Up and stroke
3. **IRONS/RESCUE CLUBS** Grip, Set Up and stroke
4. **DRIVING**  Grip, Set Up and stroke
5. **BUNKERS**  Grip, Set Up and stroke
6. **RULES & ETIQUETTE** Understanding areas on the course

Safety training

**Level 2 (6 Weeks)**

**1. PUTTING** Distance skills

2. **BASIC SHORT GAME** Distance skills

3. **IRONS/RESCUE CLUBS** Distance skills

4. **DRIVING** Distance Skills

5. **BUNKERS** Long and Short shots

6. **RULES & ETIQUETTE** G.U.R and Dropping the ball

Pitch marks and bunker care

**Level 3 (6 Weeks)**

**1. PUTTING** Accuracy skills – Training drills

2. **BASIC SHORT GAME** Accuracy skills

3. **IRONS/RESCUE CLUBS** Accuracy skills

4. **DRIVING** Accuracy skills

5. **BUNKERS**  Accuracy skills – Plugged balls

6. **RULES & ETIQUETTE** Staked trees, animal scrapes

Putting lines, shaking hands

**Level 4 (6 Weeks)**

**1. PUTTING** 9 holes practice green

2. **BASIC SHORT GAME** Target practice

3. **DRIVING/LONG GAME** Target practice

4. **WALK A HOLE** Learn different area’s

5. **PLAY A PAR 3** Play a par 3

6. **COURSE MANAGEMENT** Playing strategies