



HIGH PERFORMANCE PHASE 11+ YEARS

- 11+ yrs - by application
- 180 minutes
- Competitive training stations
- Skill acquisition stations
- Specific strength & conditioning program
- 70% golf
- 30% strength and conditioning



\$POA 9 WEEK TERM

JUNIOR GOLF PROGRAM 2018 TIMETABLE

	TIME	AGE	PHASE
TUES	4pm to 5pm	5-8 years	Fundamentals
WED	4pm to 5:30pm	9+ years	Play
	4pm to 5:30pm	9+ years	Train
THURS	4pm to 5:30pm	9+ years	Play
	4pm to 7pm	9+ years	High Performance
FRI	4pm to 5:30pm	9+ years	Train
SAT	9am to 10am	5-8 years	Fundamentals
	10am to 11am	5-8 years	Fundamentals
	11am to 12:30pm	9+ years	Play

Junior Tournament every Saturday during the school term from 7am - 8am

KDVSPORT
JUNIOR GOLF ACADEMY

CONTACT US

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- ✉ info@kdvsport.com
- 🌐 kdvsport.com

OPEN 5:30am - 9pm, EVERY DAY

KDVSPORT
JUNIOR GOLF ACADEMY



PROGRAM OVERVIEW

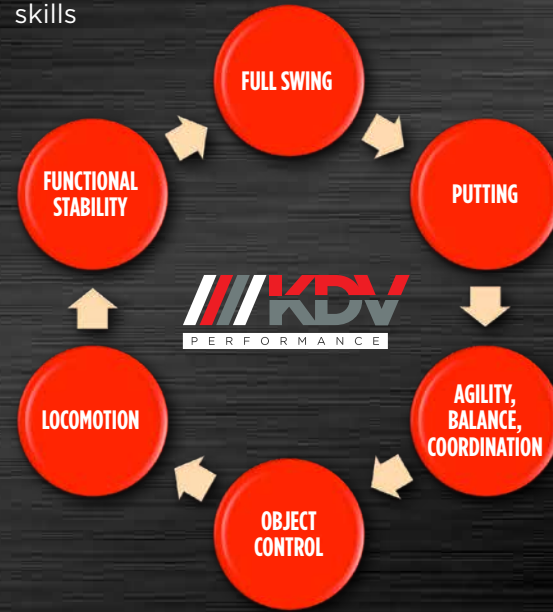
THE 4 PHASES KDV Golf Academy LTAD Junior Golf Program



- Based on TPI (Titleist Performance Institute) Junior Golf Program
- LTAD Program (Long Term Athlete Development Program)
- Set curriculum which evolves with the athletes development
- Four phases to maximise developmental progress
- Screening/grading process

FUNDAMENTALS PHASE 5-8 YEARS

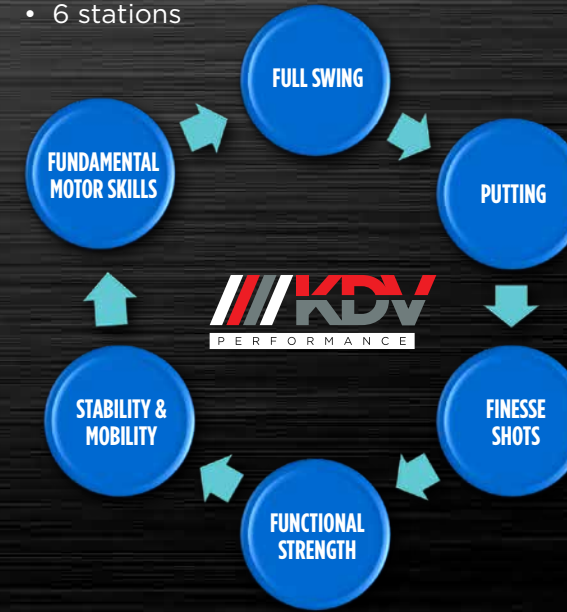
- 60 minutes
- 6 stations
- Rotating stations
- 60% golf skills
- 40% movement skills
- 10 minutes per station
- Ideal for beginners



\$220_{pp} 9 WEEK TERM

PLAY PHASE 9+ YEARS

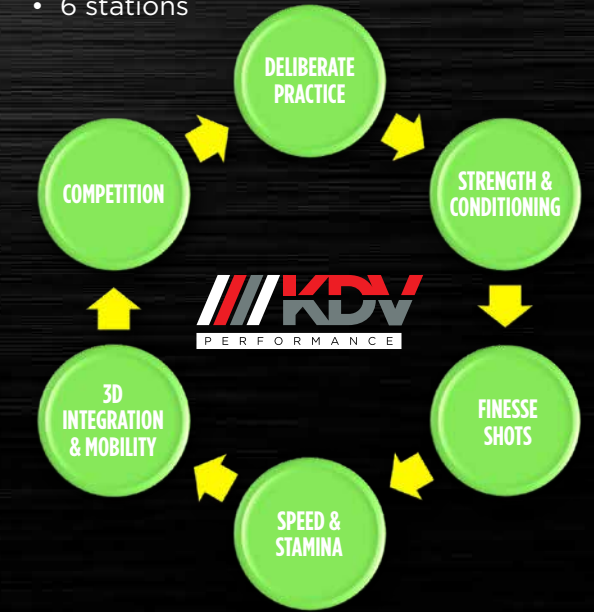
- 9+ yrs skills based assessment and grading
- Rotating stations
- 90 minutes
- 6 stations
- 60% golf skills
- 40% movement skills
- 15 minutes per station



\$340_{pp} 9 WEEK TERM

TRAIN PHASE 9+ YEARS

- 9+ yrs skills based assessment and grading
- Rotating stations
- 90 minutes
- 6 stations
- 60% golf
- 40% athletic development skills
- 15 minutes per station



\$340_{pp} 9 WEEK TERM

