



STAGE ORANGE

PROGRESS REPORT

Participant	
Instructor	
Date	

FINAL RESULTS AND COMMENTS FROM INSTRUCTOR

MOVEMENT SKILLS

FUNDAMENTAL MOVEMENT SKILLS: Develop physical capacities, fundamental movement skills, and the ABC's of athleticism: Agility, Balance, Coordination and Speed. Be introduced to movement exercises that focus on mobility, flexion, extension, side bend and multi-segmental rotation.

GOLF SPECIFIC MOVEMENT SKILLS: Participate in games and activities that focus on the development of: 1) Coordination, 2) Flexibility, 3) Speed

PERFORMANCE SKILLS: Continue to encourage a healthy active lifestyle that includes a balanced diet and regular physical activity. Be introduced and participate in warming up before physical activity, including golf.

GOLF 101

SAFETY: Be introduced to managing risk and safety as it relates to other humans (being hit by clubs and balls), environmental conditions (lightning, sun/heat) and facility conditions (hazards, use of carts).

ETIQUETTE: Be introduced to and practice golf etiquette related encounters that happen frequently during play, including divot repair and raking bunkers.

GOLF TERMS: Be introduced to and start implementing common golf terminology and topics into your vocabulary such as equipment, scoring terms and parts of the course.

SKILL DEVELOPMENT

FULL SWING: Develop basic movements of the full swing including a functional grip, ball position, posture and swing, ensuring club speed and balance are encouraged.

CHIPPING: Develop movements of a basic chip shot swing including a functional grip, ball position, posture and swing, with an emphasis on solid contact.

PUTTING: Develop movements of putting including a functional grip, ball position, posture and swing while experimenting with general distance control.

GREENSIDE BUNKERS: Be introduced to and experience basic movements of the greenside bunker shot with the objective of developing the understanding and skill of striking the sand before the ball.

ON COURSE PLAY

PLAY: Play partial rounds of golf with fun and engagement as the main priorities.

RECOMMENDED FACILITIES: Visit golf facilities including practice facilities, short courses and youth friendly locations.

COMPETITION: Be exposed to activities and games where participation is the priority and winning and losing are not considered.

MIND MATTERS

IMAGERY: Using imagination, be able to describe the desired process and outcome of a variety of different shots

EVALUATE YOUR PLAY: Be introduced to, and practice, reflecting on what they did well and what they would like to improve after playing or practicing.

LIFE SKILLS

FOCUS: Can identify when they are focused or have lost focus and practice new skills to try regaining focus.

PERSERVERANCE: Demonstrate perseverance throughout the activities by trying to remain focused regardless of the outcomes.

HONESTY: Gives examples of how honesty relates to golf as well as other parts of their life.

RESPECT: Demonstrate respect for others by being polite in their interactions with coaches and other children and follows direction regarding care of the course.