

JUNIOR PERFORMANCE COACHING



JUST HIT IT.

OUR FOCUS

Using a long-term holistic approach our dedication to the overall performance of the athlete is the difference maker.

This program is designed to guide the athlete through their journey based on their dreams, goals and desire. Every aspect of this program is specialized to take THEM to the NEXT LEVEL.

BELIEFS



**TECHNIQUE
EXPLORATION
CREATIVITY**

**FUN
SKILL BUILDING
GAMIFIED
LEARNING**

**UNIQUENESS
ENVIRONMENT
DISCOVERY**

FACILITIES



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DEVELOPMENT

GOLF SKILLS DEVELOPMENT

TECHNICAL COACHING - We focus on the fundamentals to enhance swing mechanics, short game, putting and overall shot making skills.

PRACTICE ROUTINES - Tailored practice routines focusing on building the foundational skills in a blocked and random format.

ON COURSE TRAINING - Simulated on course scenarios to develop strategic thinking and decision making skills.

PHYSICAL CONDITIONING

STRENGTH & CONDITIONING - Customized fitness programs targeting strength, speed, power and movement.

INJURY PREVENTION - Education on injury prevention exercises and recovery strategies

MENTAL PERFORMANCE TRAINING

VISUALIZATION TECHNIQUES - Imagery training to enhance performance.

FOCUS TRAINING - Techniques to stay present and focused during competition and practice.

GOAL SETTING - Establishing a "TO DO LIST" and crushing it!

BRAIN STATE - GYRA GOLF TRAINING

COMPETITION PREPERATION

PRESSURE SITUATIONS - Training to handle pressure and stress during competitive play.

SIMULATION EXERCISES - Simulating tournament conditions during practice.

GAMEPLANNING - Developing strategies for different courses and conditions.



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PROGRAM DETAILS

- ✓ **Golf Coaching will be tailored specifically to the individual and geared toward the needs for improvement at the time.**
- ✓ **Golf Skills Development, Physical Conditioning, Mental Training & Tournament Preparation are all aspects of golf coaching sessions. (INCLUDES USE OF ALL TECHNOLOGY ETC.)**
- ✓ **Sessions range from 60-75 minutes / On-course sessions are 2hrs**

COST - \$4999

25 HOURS OF COACHING



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