



# STAGE BLUE

## PROGRESS REPORT

Participant	
Instructor	
Date	

## FINAL RESULTS AND COMMENTS FROM INSTRUCTOR

### MOVEMENT SKILLS

**FUNDAMENTAL MOVEMENT SKILLS:** Develop proficiency in fundamental movement skills such as running, jumping, and throwing. Develop speed by using specific activities that focus on agility, quickness and change of direction, both horizontally and vertically.

**GOLF SPECIFIC MOVEMENT SKILLS:** Develop motor and golf specific movement skills. Further develop general athletic abilities: 1) Strength, 2) Endurance, 3) Flexibility, 4) Motor skills & coordination development

**PERFORMANCE SKILLS:** Be introduced to the importance of nutrition, sleep, physical activity and balanced screen-time in the development of young golfers.

### GOLF 101

**SAFETY:** Further develop the behaviours required to play and swing safely on a driving range, putting green and golf course. Be introduced to indentifying dangerous weather conditions and what actions they should take if they are in this situation.

**ETIQUETTE & RULES:** Further understands the process for order of play and develops good behaviours regarding care of the course. Be introduced to new basic rules of golf required to start and end each hole and the concept of penalty strokes.

**GOLF TERMS:** Be introduced to, and use in ongoing conversation, more complex terms such as: 1) Speed of Play, 2) Dog leg, 3) Lie, 4) Lag putt, 5) Line of putt

### SKILL DEVELOPMENT

**FULL SWING:** Develop full swing technique resulting in increased speed and consistent ball contact.

**CHIPPING:** Develop chipping technique resulting in more solid contact and improved control of distance and direction.

**PUTTING:** Develop putting technique that results in control of different distances and directions.

**GREENSIDE BUNKERS:** Develop an age appropriate understanding of the contact between the ball and club in a greenside bunker. Develop greenside bunker technique to create solid contact, although it may be inconsistent.

### ON COURSE PLAY

**PLAY:** Participate in on course play that promotes creativity, experimenting and fun. Participate in on course play that emphasizes the general etiquette and rules learned in the Golf 101 section.

**RECOMMENDED FACILITIES:** Participate in multiple golf environments such as short courses, executive courses, appropriately modified full length courses, driving ranges and short game practice areas.

**COMPETITION:** Participate in simple contests and games that have a focus on fun and competition against him/herself. Participate in contests and games that maintain the life skills of sportpersonship, responsibility and perseverance as key components.

### MIND MATTERS

**IMAGERY:** Further develop imagery abilities with greater focus on variety, vividness and controllability of the images.

**PERFORMANCE PREPERATION:** Be introduced to the concept that learning learning and performing skills are part of an overall process. This process has steps and starts with being physically and mentally ready to play.

**SELF TALK:** Be aware of their self-talk and how it impacts their performance. Consider how they can be more positive, more often.

**CONFIDENT BEHAVIOURS:** Be encouraged to practice confident behaviours such as body language, tone of voice and eye contact. Begin to understand the difference between effort, luck and skill.

**EVALUATING YOUR PLAY:** Be introduced to how reflection can contribute to improvement and overall enjoyment of participating.

### LIFE SKILLS

**FOCUS:** Describe what focus is and how they can try to focus while playing golf. Practice being focused while on the course and during practice.

**GOAL SETTING:** Describe why goal setting is important to their game. Discuss possible goals and practice setting smaller goals to work towards regularly.

**SPORTSPERSONSHIP:** Demonstrates good sportpersonship during activities through actions such as high fives, handshakes and being supportive of others.

**TEAMWORK:** Demonstrates teamwork within the junior program by sharing equipment, allowing all juniors to participate and helping others who may need extra support.