

3 Day School Itinerary

DAY 1

7:45AM Check-in at Rookery at Marco Golf Academy

8:00 -9:15AM Putting Instruction

Overview of Putting Topics:

- a. Evaluate students set-up position, grip, posture, aim, alignment
- b. Discussion on stroke, path, stroke length
- c. Reading greens
- d. Long distance (Lag) putts
- e. Principles to routine development
- f. Rehearsal and Performance evaluation
- g. Skill Assessment

9:15-10:00AM Short Chipping

Overview of principles to short chipping technique

- a. Evaluate set-up position
- b. Discussion on principles of landing point
- c. Illustrations on effective loft and roll
- d. Rehearsal and performance evaluation
- e. Skill assessment

10:00-10:15AM Break

10:15-12:00PM Full Swing Instruction (w/ computer Video Analysis)

Overview of Fundamentals of Full Swing

- a. Initial evaluation of grip and stance
- b. Warm-up
- c. Technical practice and rehearsal
- d. Video analysis
- e. Performance evaluation w/ drill sequence
- f. Skill Assessment

12:00PM *Adjourn Day 1*

DAY 2

8:00-9:00AM Chipping Instruction

Overview of Chipping Topics

- a. Evaluate set-up position
- b. Discussion on club selection
- c. Discussion on lie of ball
- d. Discussion on landing point
- e. Rehearsal and performance evaluation
- f. Drills
- g. Skill Assessment

9:00-10:00AM Pitching Instruction

Overview of Pitching Topics

- a. Evaluate differences w/ chipping&pitching
- b. Evaluate set-up position
- c. Discussion on loft wedges
- d. Discussion on lie of ball
- e. Rehearsal and performance evaluation
- f. Drills
- g. Skill Assessment

10:00-10:15AM Break

10:15-12:00PM Full Swing Instruction

Overview of technical elements to proper swing Technique

- a. Presentation on weight shift/body pivot
- b. Description of proper swing plane
- c. Club face angle at top of backswing
- d. Wrist hinge on backswing
- e. Impact position and finish
- f. Tempo and rhythm
- g. Skill Assessment

12:00PM Adjourn Day 2

Day 3

8:00-9:00AM Bunker Instruction

Overview of technique of sand

- a. Set-up position/stance position
- b. Principles to set-up/ swing technique
- c. Overview on conditions/adjustments
- d. Regulating distance
- e. Practice skills/exercises
- f. Skill Assessment

9:00-10:00AM Pitching Technique/Distance Control

Overview of techniques

- a. Principles to set-up
- b. Club selection/lie assessment
- c. Trajectory control/elevation influence
- d. Risk/reward assessment pin location
- e. Routine development/shot selection
- f. Rehearsal/practice skills/exercises
- g. Skill Assessment

10:00AM Break

10:15-12:00PM Full Swing Instruction: Driver/Fairway woods

Overview of technique

- a. Set-up position/Ball position
- b. Routine development
- c. Target commitment
- d. Swing pace/ tempo discussion
- e. Rehearsal/practice skills
- f. Skill Assessment

12:00PM *Adjourn* *Day 3*