



**Tarun
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Golf
Academy at
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PLAYER DEVELOPMENT PROGRAM

The Player Development Program has been designed to ensure that each student receives a complete, exciting and enjoyable golfing education.

PROGRAM STRUCTURE

BASIC LEVEL

Each session will run for 2 hours once every week in which we address both physical development and golf training.

The students will work with my assistant coach who has been trained in my teaching philosophy.

Physical Development

The first 45 to 60 minutes are spent on working on the child's physical literacy which involves the process of building them into athletes.

We believe that to create a golfer of international standards we have to build them into athletes first. There has been a lot of research done on long-term athletic development (LTAD) and it has been proven that to ensure success a child has to go through stages of LTAD in order to become physically literate.

Every training session begins with a focus on:

- The technique and importance of a sound dynamic warm-up routine
- Fundamental Movement Skills (FMS) – such as running, jumping, falling etc.
- Fundamental Sports Skills (FSS) – such as tennis racket batting, throwing, catching etc.
- Drills for agility, balance, coordination and speed
- Stability and core training

Golf Training

In the next 1 hour we work towards building sound fundamentals in the long and short game. The focus is on:

- Understanding static positions
- Understanding the importance of the short game
- Dynamic coordination and power drills in the long game

Review

I will personally review the progress of each golfer in this program once every 4-5 weeks and work with my assistant coach to set goals for each player that he will then work towards.

Academy: Zion Hills Golf County, Kolar Bangarpet Road, Hanchala, Bangarpet Post, Kolar 563114.

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The date of the review session will be on the calendar ahead of time and all players will be expected to come in at 8am. It will be a half day session from 8am-1pm.

Classroom sessions

There is much more to developing young golfers than just golf instruction. In the classroom sessions I talk to them about things like pre-shot routines, good practice, positive talk etc. These sessions will be held on the review day from 12noon -1pm at Zion Hills.

INTERMEDIATE LEVEL

The Intermediate level caters to students who have been training for some time and have begun to play regularly on the golf course as well as in competition.

Each session will run for 4 hours every alternate week or as per the calendar in case of my travel schedule as I work directly with these students.

The decision to move students from the basic level into the intermediate group is based on their ability to grasp concepts, train for longer hours and taking the game fairly seriously.

ADVANCED LEVEL

Each session will run for 4 hours every alternate week or as per the calendar in case of my travel schedule as I work directly with these students.

The decision to move students from the intermediate level or for the direct entry of a new student into this level will be based on factors such as age, athletic ability, ability to grasp concepts and commitment to the game. This decision rests solely with me.

TRAINING FORMAT FOR INTERMEDIATE AND ADVANCED LEVEL

Physical Development

As students at this level are expected to be at a certain level of physical literacy, the first hour of the training session will consist of:

- A sound dynamic warm-up routine
- Advanced movement skills such as sprinting, acceleration, deceleration etc.
- Advanced sports skills such as baseball batting, catching on the go etc.
- Advanced exercises for agility, balance, coordination and speed
- Stability and core training

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Golf Training

The next 3 hours are spent on long and short game training with a special emphasis on drill work.

The goal is to make the golfer understand how to be a good practicer, which then translates into better muscle memory and more quality golf shots on the course.

At this level, the focus is on helping the player make the transition from driving range to the golf course and ultimately into tournament play.

Classroom sessions

I will conduct a classroom session once every 4 interventions or as needed. The conversations here will focus on rules, integrity of competitive play, tournament preparation and other aspects that will help these players become the best golfers that they can be. These sessions will be held at Zion Hills immediately after the 4-hour training for an hour or two.

NOTES

Expectations from parents and students

I expect the students to practice what they have learnt, between the sessions. If practice is done regularly there will be a discernable difference.

However parents and students must understand that children develop at different rates and expectations must always be matched to the same.

TRACE

Students in the basic and intermediate level must begin to learn how to use Trace both to track their performance as well as refer to lesson notes.

Students in the advanced level should be adept at using the software as their performance and training is linked to how accurately they input their round data.

Trace is mandatory and is included in the overall fee of the player development program.

Lesson notes

After every training session, the students' lesson notes will be uploaded onto their respective Trace accounts. It is the duty of the student to check their accounts to know what their homework is for the

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coming week.

Tournaments

Zion Hills and TSG will look to conduct 4 junior tournaments a year. It is our expectation that every member of the player development program makes an effort to attend these tournaments which will help in their overall development as a golfer.

Fee structure (Effective July 1, 2015)

From July 2015, we move to the semester system of training and payments.

The first semester is from January to June, and the second semester from July to December.



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