

# **GRAHAM MARSH JUNIOR GOLF FOUNDATION**

## **2009 Smarter than Smoking Country Development Coaching Programme**

**MUNGLINUP - ESPERANCE**

at

**MUNGLINUP GOLF CLUB**

### **TUESDAY 14th JULY**

10.00 am - 10.30 am	Arrival and registration at golf course.
10.30 am - 10.40 am	Intro by Professionals Wade Clatworthy and Donna Crouch.
10.40 am - 10.50 am	Warm-up - Stretch.
10.50 am - 12.30 pm	Grip, Set-up - Full Swing.
12.30 pm - 1.10 pm	Lunch
1.10 pm - 3.00 pm	Grip, Set-up - Full Swing - long / mid irons cont.
3.00 pm - 3.20 pm	Stretch Break
3.20 pm - 4.50 pm	Short Game, Chipping / Putting, Pitching / Bunker play

### **WEDNESDAY 15th JULY**

9.15 am - 9.30 am	Assemble and outline today's programme.
9.30 am - 9.45 am	Warm-up - Stretch
9.45 am - 11.00 am	Revise grip, set-up, full-swing practice.
11.00 am - 11.20 am	Stretch break.
11.20 am - 12.30 pm	Revision Short Game, Chipping / Putting, Pitching / Bunker Play.
12.30 pm - 1.10 pm	Lunch
1.10 pm - 2.10 pm	Revision and skills test
2.10 pm - 4.00 pm	Juniors access to course supported by Junior Coordinator / Parents .

**N.B. Actual coaching content may be altered to suit the skill level of participants.**

