

# ELITE DEVELOPMENT JUNIOR PROGRAMME

Creating athletes then golfers



# OUR TPI PHILOSOPHY

- KJ is TPI Junior Lvl 2 Qualified
- We work on fundamental movement, sport specific movement and physical development
- Sessions get harder and more technical as juniors get older
- We split groups into age due to physical and mental development
- We develop athletes from day 1 as we implement things like speed, strength, power and balance



# WHAT GOLF SKILLS WE TEACH?

## Putting

- Green Reading
- Speed Control
- Alignment
- Technique

## Finesse Wedges (Chipping and Pitching)

- Distance Control
- Different Flights/Spin
- Force Control
- Technique

## Full Swing

- Grip, Posture, Alignment
- Ball Position, Stance, Balance, Swing
- Technique

## Course Management

- Tactics
- Club Selection
- Risk-Reward
- Yardages



# PHASES FOR DEVELOPMENT

## FUNDAMENTALS

**Ages 4-7.** Learn all fundamental movement skills. Participation once or twice per week in golf school, but three to four times per week in other sports.

## LEARN TO PLAY

**Ages 7-10 years.** Learn all fundamental sports skills, start to develop golf-specific skills and narrow participation in organised sports to three sports.

## TRAIN TO PLAY

**Ages 10-14.** Focus on golf skills and playing. Narrow organised participation to two sports. Build the aerobic base and build strength towards the end of the phase.

## ELITE DEVELOPMENT

**For ages 14+.** Focus on competition and learning to win. Participation should be limited to just golf. All aspects of the game should be addressed. Focus on goal setting, conditioning and optimal performance.

“We work on the right skills at the development phase” -KJ



# WINDOWS OF TRAINABILITY

## FUNDAMENTALS

- Functional Stability, Speed 1 and Mobility 1

## LEARN TO PLAY

- Skills 1, Functional Strength and Mobility 2

## TRAIN TO PLAY

- Speed 2, 3D Integration, Stamina 1,
- Olympic Strength and Skills 2

## ELITE DEVELOPMENT

- Power and Stamina 2

“There are certain windows which is best to train certain skills. We only get one chance at this and it is crucial we work on it during these times for our juniors to reach their athletic potential!”



# TIMINGS

**FUNDAMENTALS SATURDAY 12PM AGES 4-7**

**LEARN TO PLAY SATURDAY 10AM/11AM AGES 7-10**

**TRAIN TO PLAY SATURDAY 9AM AGES 10-14**

**ELITE DEVELOPMENT PLATINUM SATURDAY 8AM AGES 14+**

**ELITE DEVELOPMENT GREEN FRIDAYS 5PM AGES 14+**  
**(MUST BE SINGLE FIGURES TO BE INVITED)**



# SKILLS CARDS

Our fun electronic skills cards help players understand what they need to work on outside of coaching sessions. It helps parents physically see where the players ability level is. They live inside the app and will be updated on a regular basis.

## What the Numbers Mean?

You are rated out of 99 in each skill. The average combined gives the overall score. We used PGA Tour stats Trackman technology to create the tests. You receive boosts depending on which group you are in. For example, the Bronze group receive 40% boosts making the tests easier to get a higher score. The Green Elite group receive no boost and are compared to the average Tour Professional!

## The Colour Levels

The colour levels dictates your age group. We go from bronze, silver, gold, platinum all the way into Green Elite! The age ranges are from 4-7, 7-10, 10-14 and 14+.

If you receive a score less than 25 you may want to focus on this area to improve. If you receive a score of 75+ then that's pretty good- keep it up!





# THE KJ APP

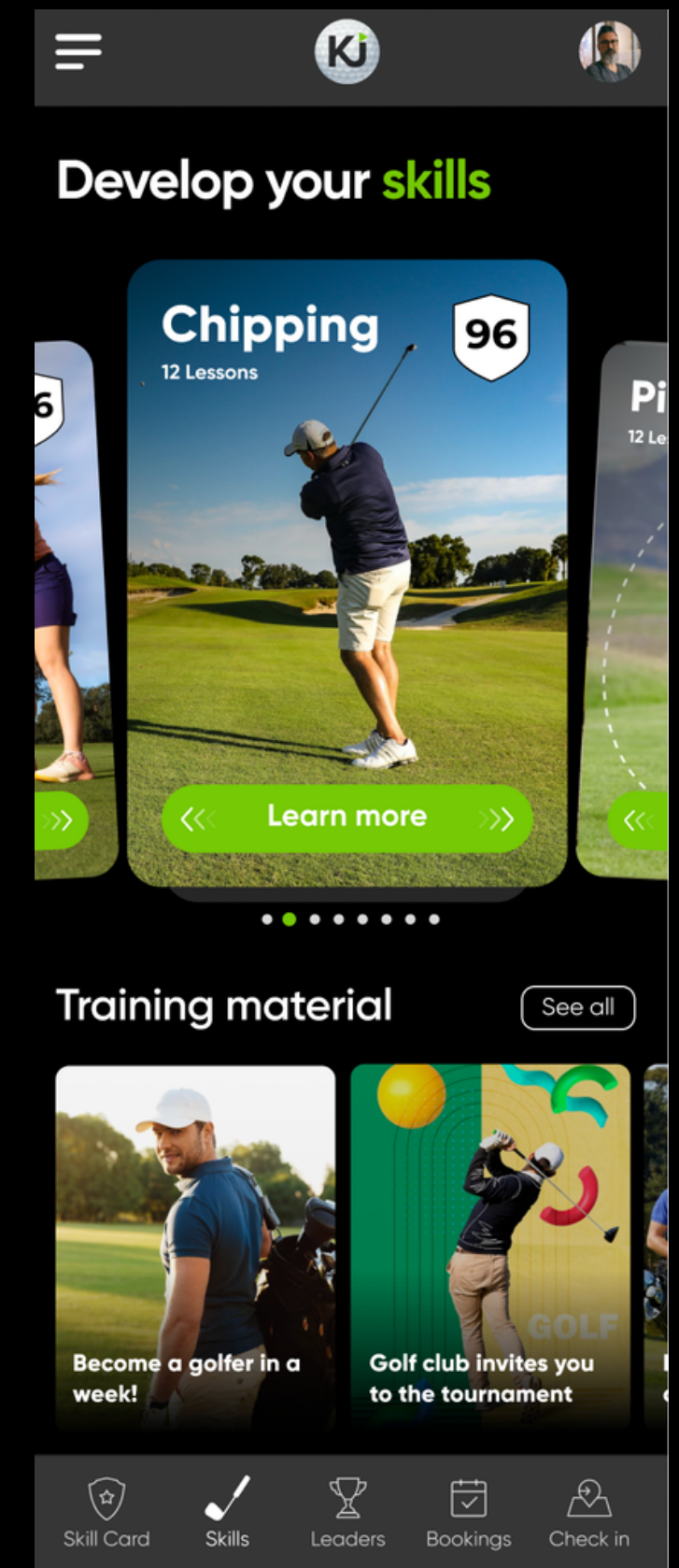
Our app is custom built to KJ Golf needs. you can book, track skills cards, watch videos and more! We have used many programmes in the past, but none never really fulfilled verything we need. In 2023 we decided to create our own and make it in app form.

## Coaches Platform

Our app follows the custom built programme we created. Coaches have all the session plans to follow and ensure they are keeping sessions fun and engaging. The coaches can input all scores into the app to updated the players profiles. Coaches can also upload any videos/content that may be suitable.

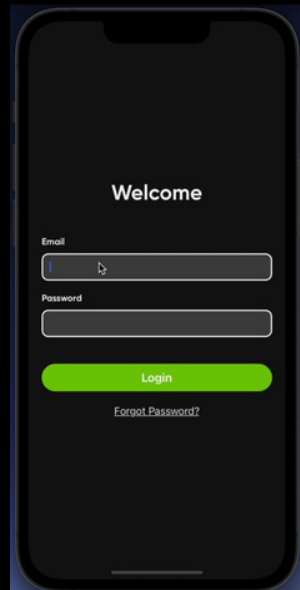
## Players Platform

Players can view their skills cards, revisit session plans and view a library of warm ups, excercises, drills, games etc. You can even use the app to provide feedback, book into private lesson and enter Shires Tour Tournaments.



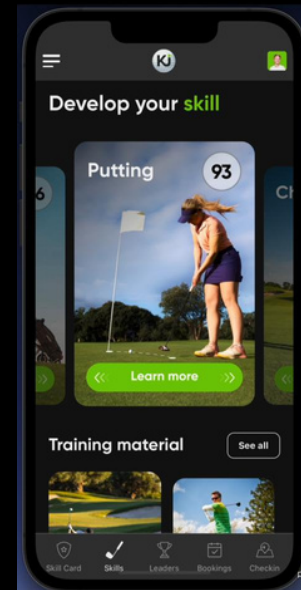


# KEY FEATURES



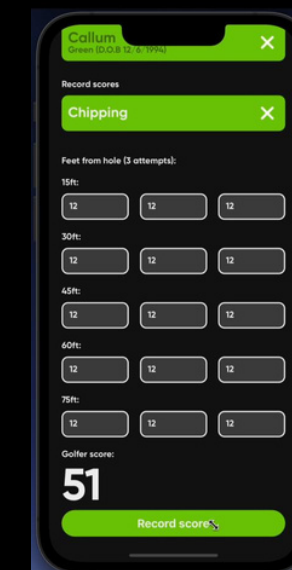
## Log In

Each player/parent has their own members area.



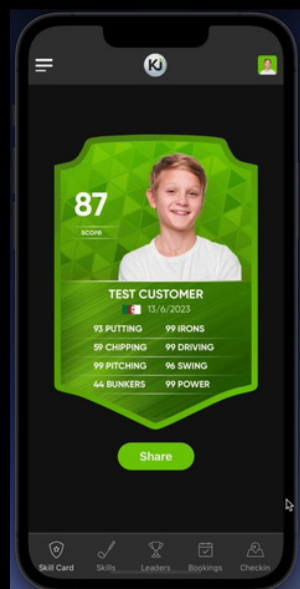
## Training Material

Each player has access to a library full of drills and games to improve each skill in their own time.



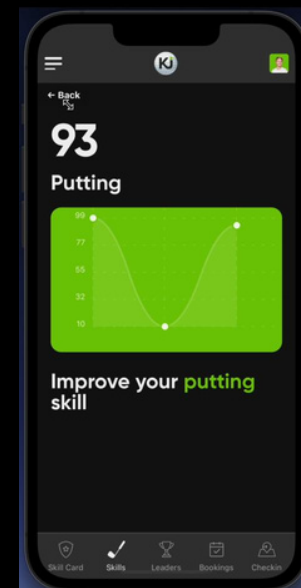
## Test Input

Coaches can easily input test results and update a player's skills card.



## Skills Card

Each player will have their very own LIVE skills card. This highlights their skills out of a maximum of 99.



## Tracker

Each player will be able to track their progress for each skill using the cool tracker feature.



# FOR THE PARENTS

**How can I get my child to love golf? Your kid will love to play golf if:**

- It's fun
- They are good at it
- They can do it with their friends
- They can do it with you
- It makes them feel good

**Kids will learn to dislike golf very quickly if:**

- It's not fun
- They can't do it
- They feel pressured to play by you or their coach
- There is too much emphasis placed on competition
- It physically hurts them.



# PRICING

**We charge £40 per month. This gives you:**

- Secured place every session
- 20% off further private tuition
- Full access to the KJ Golf App and Skills Card
- Eligibility to join our annual coaching trip

**You can manage your membership to the academy at anytime. However if you pause or cancel there may not be space to rejoin in the future due to limited spaces.**

