JUNIORS

Junior Golf Program

For juniors aged about 8–14. A weekly lesson with Paul, one or two practice sessions, and short homework at home.

PAUL PARLANE GOLF

4-week cycles	1 × 30 or 45 min / week	1–2 × 45 min / week	10 min, 3 days / week
Length	Lesson	Practice	Homework

The week

Session	What happens
Lesson with Paul (30 or 45 min)	Review last week's test scores, work on one skill, set this week's targets. The 45-minute lesson adds time to run the tests together and work on the full swing.
Practice 1 (45 min)	30 balls on the range, then the Ladder chipping test and 3-6 Clock putting test
Practice 2 (45 min, optional)	30 balls on the range, then the Circle chipping test and Lag Ladder putting test
Homework (10 min, 3 days)	Grip checks, finish holds and carpet putting at home

Rules for every ball

1. **Grip check:** club in the fingers, V's pointing to the trail ear, soft hands.
2. **Pick a target** and say it out loud.
3. **Hold the finish** for a count of three. Skip a rule and the ball goes back in the bucket.

The tests

3-6 Clock (6 of 8). 4 balls around the hole at 3 ft, then 4 at 6 ft.

Lag Ladder (6 of 9). 3 putts each from 15, 25 and 35 ft. Counts if it stops within a putter-length.

Ladder (all 4 rungs). Tees at 2, 4, 6 and 8 m. Each chip must finish one rung further than the last; a miss restarts. 15 balls.

Circle (4 of 5). Chip from about 6 m; finish within 2.5 m of the hole.

Up-and-Down (2 of 5). From just off the green, chip and putt out in two. Tested at the lesson in week 4.

Test record

Test	Pass mark	Week 1	Week 2	Week 3	Week 4
3-6 Clock	6 of 8				
Lag Ladder	6 of 9				
Ladder	All 4 rungs				
Circle	4 of 5				
Up-and-Down	2 of 5				

Homework (10 min, 3 days a week)

- 10 grip checks in front of a mirror
- 10 slow swings holding the finish for three
- 10 putts into a cup on the carpet from 3 ft

The Circle pass mark is the US Kids Golf Level 2 chipping benchmark. Every pass earns a sticker; pass all five by week 4 to pick a prize.

Book this program: paulparlanegolf.com · Paul Parlane, NZPGA Class A Professional · The Golf Warehouse, Ellerslie, Auckland