



# PARENT INFORMATION

An international golfing programme for children, introducing them to the game in a fun and creative way with realistic outcomes and objectives



# MISSION AND VISION



## OUR MISSION

Our aim is to guide each Student from novice to competent, confident beginner golfer.

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## OUR VISION

Our vision at **PLAYGOLF** is to offer affordable and accessible golf lessons for thousands of children around the world and to give them a strong base to begin their golfing journey.

Children thrive in our fun filled, high quality golf lessons. Creating a learning environment, which boosts confidence and self-esteem is paramount in our **PLAYGOLF** programme. Your child will be coached to engage confidently in a wide range of golf skills, preparing him/her for years of positive, competent **SPORT** participation.

By the end of the **PLAYGOLF** programme we can confidently state that **PLAYGOLF** and its unique teaching methods will have made an active contribution to your child's overall sporting abilities.. Our programmes will help your child develop fundamental blocks of sport, agility, balance and co-ordination.



# PLAYGOLF OVERVIEW

PLAYGOLF is a specialised golfing programme for children between the ages of 6 and 12 years old.

- **PLAYGOLF** has been operating for more than 20 years and has taught thousands of Students around the world.
- We teach the 4 fundamental shots in golf, namely full swing, pitch shot, chipping and putting.
- We take no more than 6 Students per Coach in order to ensure safety and effective individual attention to the Students in our classes.
- **PLAYGOLF** uses real golfing equipment, thus giving parents peace of mind and ensuring the child enjoys the sport before investing in golfing equipment.

## Why should children join our PLAYGOLF programme?

- **Anyone Can Play:** One doesn't have to be lean, strong, or fast to play golf. Golf champions come in all shapes and sizes. Unlike most other sports, you can enjoy golf your entire life and it's never too early to start!
- **Minimal Risk:** Golf is a non-contact sport. The chances of injury, especially serious ones, are very minimal.
- **Safe and Positive Environment:** The golf course (and lessons) are safe and facilitate relationship development. Golf helps teach right from wrong in a supportive environment.
- **Lifelong Friendships:** You never know who you will meet on a golf course. It's one of the easiest places in the world to make friends as everyone has that common thread. Golf helps foster a unique bond for friendships to be developed all over the world and last a lifetime! These are the people you want your kids hanging out with!
- **Prepare for Business:** Kids grow up and the people they meet as children can play a huge part in their success later in life. Golf helps prepare kids and teens for careers in business and other professional arenas.
- **Important Life Lessons:** Golf closely parallels real life. The range of experience, from birdies to bogeys, from good shots to bad, rewards a young person's ability to keep each shot and each round in perspective, manage one's emotions, maintain a positive outlook and focus on the shot at hand. A child will learn integrity, discipline and respect. As they learn to conduct themselves on the golf course, these lessons will translate directly into everyday life.
- **Spend Time Outdoors:** In today's world of video games and smart phones, child obesity is a concern nationwide. Golf is the perfect excuse to spend an entire day enjoying nature and develops healthy, lifelong exercise habits!
- **Family Time:** Golf is a game that encourages family participation - an opportunity for quality bonding time, and it's one that can last a lifetime.
- **FUN:** One of the best reasons to get your child, son or daughter, involved with golf is that they'll have an absolute blast. It's a chance to learn new skills, both physical and mental, make new friends and discover new opportunities.





The programmes are all curriculum based.

Every lesson in the programme follows a curriculum.

There are 40 lessons broken up into four sections of 10 lessons each: Phase 1, Phase 2, Phase 3 and Phase 4.

PLAYGOLF Methodology

**PLAYGOLF**
**CHIP SHOT GAMES**

Shoot the Hoop

**LEARN SECTION**

- 1 **VISUAL DEMONSTRATION**  
Text for visual demonstration
- 2 **STATIC PHASE**  
Text for static phase
- 3 **INTRO TO DYNAMIC PHASE (The Shadow Drill)**  
Text for dynamic phase

**PRACTICE SECTION**

- 1 **DYNAMIC PHASE (Introduction of the Ball)**  
**SKILL EXPLANATION (Participation)**  
On the Coach's command "CHIP" : .....
- 2 **FOCUS AND FIX**  
Coach needs to walk behind Students, from one side to the next focussing on the PFPs and fixing the relevant PFPs for each Student:  
PFP 5 Backswing -  
PFP6 Weight Transfer -  
PFP7 Contact -  
PFP 8 Finish position -

Learn section

Practice section

Focus points for Coach during every skill

Explanation of skill

Explanation of stage variations

Diagramme of range layout

PHASE 4  
PINK
**CHIP SHOT GAMES**
**PLAYGOLF**

Shoot the Hoop

**SKILL EXPLANATION**

- Text for skill explanation
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**STAGE VARIATIONS**

Text for stage variations

**RANGE LAYOUT**

The Students stand at their mats with a minimum of 10 golf balls each



# COACHING PRINCIPLES

**PLAYGOLF** programmes have been presented by our coaches effectively, successfully and to the benefit of thousands of children for more than 25 years. **PLAYGOLF** Coaches are trained in what is known as the “**PLAYGOLF** Method of Coaching” by educational and sport experts.

Coaching the **PLAYGOLF** programme is taken very seriously but at the same time, is presented in such a way that children enjoy it thoroughly. Children learn through play. Our Coaches aim to enlighten, inform, inspire and create a love for the game of golf. We follow our coaching principles with every lesson..



- Principle 1** - Our lesson material for each lesson is always prepared in advance.
- Principle 2** - We always look the part befitting a sports coach.
- Principle 3** - Our lessons are always organised and interactive.
- Principle 4** - We always teach positively.
- Principle 5** - We always teach creatively, ensuring that the lessons are fun.
- Principle 6** - We are always patient and tolerant with the children.
- Principle 7** - We always teach with energy.
- Principle 8** - We always use the **PLAYGOLF** Coaching Systems when teaching a class.
- Principle 9** - We always keep the children challenged.
- Principle 10** - We never teach more than the prescribed number of children for each group.

Our principles have proved to be very successful, making **PLAYGOLF** one of the best golf programmes out there for young children.



# OUR CURRICULUM

Our **PLAYGOLF** programme is curriculum based. Our development team consisting of sports coaches, teachers, occupational therapists and educational psychologists have created a golfing programme that runs throughout the year.

Every lesson in the programme follows the curriculum. In ANY lesson a parent can ask the Coach presenting the programme to produce the **PLAYGOLF** Coaching Card (our Coaching System) for the lesson that will be or has been taught and where it fits into the overall year plan (the curriculum).

The **PLAYGOLF** programme is divided up into 4 blocks of 10 lessons each, namely phase 1, phase 2, phase 3 and phase 4 with lesson plans, coaching aids, coaching cards and reports for each stage (mid-year and end-year)



# OUR LESSONS

All lessons are designed to ensure maximum learning, are lots of fun, unthreatening and genuinely enjoyed by all the children.

## YOUR CHILD WILL RECEIVE



Coaching in all the basic golf skills played at school with the emphasis on the development of competence involving all the manipulation, stability and locomotion skills utilised in the game of golf.

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At **PLAYGOLF**, sixteen different life skills have been formalised as part of our objective for personal development. These include skills like courage, persistence, confidence, independence and respect.

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We recognise Maslow's Hierarchy of Needs and base our philosophy of life skill development on this model.

Specific coaching methods and teaching strategies, which include positive reinforcement, actively develop the top three components in this hierarchy, namely socialisation, good self-esteem and self-actualisation.





# PLAYGOLF REPORTS

The image displays several PlayGolf reports for different stages of a child's golf program. Each report is structured as follows:

- Header:** Includes the stage name (e.g., Stage 1, Stage 4, Stage 5), the child's name, and the date.
- AIM:** A brief description of the learning objectives for that stage.
- Skills Section:** Divided into categories like SET-UP, CHIPPING, PUTTING, PITCH SHOT, and FULL SWING. Each category contains:
  - A short description of the skill.
  - A list of criteria (e.g., GRIP, AIM/ALIGNMENT, STANCE, BALL POSITION) with checkboxes for 'Good' and 'Not Good'.
  - A 'Comments' section for the coach to provide feedback.
- Personal Development:** A section on the left side of the reports, listing various skills like Confidence, Listening and Dealing with 'No's', Persistence, and Encouragement, with checkboxes for 'Good' and 'Not Good'.

## REPORTS AND ASSESSMENT

Parents are presented with two reports per year (Mid-Year and End-of-Year). These reports are of the highest standard and will afford you the opportunity to accurately follow how your child has progressed throughout the year in our Playgolf programme.

- **PLAYGOLF** assessment occurs continuously (informally) during every lesson as the Coach will regularly evaluate and judge a child's strengths/weaknesses/abilities.
- The **PLAYGOLF** method is about teaching and not just testing; thus evaluation is always seen as a reflection of a curve of learning and not a final statement judging success or failure.
- A selection of golf skills is evaluated in order to give you an overview of the pupils total progress and ability regarding movement, sport and social skills.
- Example of the reports are shown above.

# PLAYGOLF STAGES

Our **PLAYGOLF** stages run for a period of 11 months (one school year)

Example: A child joins our **PLAYGOLF** programme and starts with stage 1 for the first year, once stage 1 is complete, the child is eligible to move up to stage 2 etc.

Our **PLAYGOLF** Stages are based on the **STAGES OF LEARNING**

- Unconsciously incompetent
- Consciously incompetent
- Consciously competent
- Unconsciously competent



**Each stage has its own objectives and outcomes, namely:** competence and ensuring that your child's first experience of sport and **PLAYGOLF** is positive and exciting.

## STAGE 1 BEGINNER

In **STAGE 1**, Students are introduced to the game and all the shots in golf in a fun and creative way. **PLAYGOLF** Coaches concentrate mainly on Set up in **STAGE 1** and introduce students to the different shots in golf and hitting golf balls.



## STAGE 2 INTERMEDIATE

In **STAGE 2**, Students will now be unconsciously competent in their set up having completed **STAGE 1**. Coaches now focus on gaining a level of competency with the Students in their swing and striking of the golf ball.



## STAGE 3 ADVANCED

In **STAGE 3**, Students have now completed the first 2 stages and now have a great level of competency regarding set up and actual swing. We now introduce stroke specific outcomes for each stroke we teach at **PLAYGOLF** namely: Putting Stroke, Chip Shot, Pitch shot and the Full Swing.



## STAGE 4 READY FOR COMPETITION

In **STAGE 4**, Students are now unconsciously competent in Set up and swing and the skills we have taught through the first 3 stages will come as second nature. We then concentrate on certain stroke specific outcomes in more detail for **STAGE 4** Students.





# OUR COMMITMENT

**We are committed, that the PLAYGOLF programme...**

- is stage appropriate, curriculum based and designed to ASSIST in giving your child a sound base from which to develop their full potential both on the sports field AND in the classroom
- is developed and maintained by leading foundation phase experts in order to bring you the most current and appropriate golf programme for your children at your school
- takes into account the developmental windows of opportunity and facilitate a wide range of suitable golf and movement skills and physical activities in a safe and secure environment - perfect for optimal learning
- will provide children with a solid platform for confident golf (and sport) participation IN A PRESSURELESS ENVIRONMENT

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