

Name

Lesson number	Lesson Content	Date	Coach
1	Golf swing, Balance, Contact		
2	Golf swing woods and short irons		
3	Chipping, basic technique		
4	Putting Technique (challenge)		
5	Golf swing Contact and direction		
6	Chipping, bump and runs		
7	Full shots (challenge)		
8	Flightscope and Swinguru Analysis		
9	Bunker shot technique		
10	Coaches Choice		
11	Rules and etiquette		
12	Full shots (challenge)		
13	On the golf course		
14	Coaches Choice		
15	Balance, contact, direction and distance control		
16	Lob shots and recovery shots		
17	Short game challenge		
18	Coaches Choice		
19	Coaches Choice		
20	Flightscope and Swinguru Analysis		

Colour	
code	

Paperwork recorded by the Coach

Coach decides what lesson to do

Challenges are set and recorded

Analysis with Coach

Standard lesson