

Fall/Winter Junior Golf Development
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The Legends Golf Club/Morse Golf Academy

This will be the first full winter that the Morse Golf Academy will be open and I look forward to helping your junior improve and develop their game! In an effort to be a trusted resource for many golf families in the area, here are my recommendations for different ages and skill levels. These are only guidelines – I am more than happy to create a program for your golfer based on their goals (and your budget!)

Ages 10&Under

My philosophy with this age group is to ‘Develop the Athlete First’. In many cases, kids at this age play a variety of sports and I encourage that! My standard recommendation is a 30 minute lesson every other week. Why do I say every other week? It really depends on the amount of practice that can be done between lessons. 1-2 practices in between lessons is ideal for optimal results. And you may be surprised what practice looks like! There are many practice techniques that can be done at home.

30 Minute Lesson Plan:

- 5 minutes of athletic development: speed sticks (to develop swing speed), jumping (to develop lower body strength) or throwing and catching (to develop rotational movement and hand-eye coordination).
- 15 minutes of introducing and practicing a specific fundamental.
- 5 minute skills challenge. At the end of each lesson MGA students compete in a monthly skills challenge (i.e. 50 yard shot) the student who has the highest skills challenge points at the end of the month wins a prize!
- 5 minute wrap up – what to work on at home or during practice.

Coach Crystal will cater each lesson to the individual student – some students may benefit from more athletic development while others may get bored working on only 1 fundamental, so we may do a putting fundamental and a full swing fundamental in one lesson. It all depends on the student.

Ages 11-13 (Middle School)

Lessons for this age group is highly determined by their skill level and goals. And again, the frequency will depend on how much practice can be done in between lessons. I would recommend a 30 Minute or a 45 Minute Lesson every other week (or at least two lessons a month).

At this age, we also offer partner lessons where two students can share a 45 minute time slot. This can be fun for friends or teammates who are of similar skill levels.

The structure of a 30 minute lesson will follow the above description.

45 Minute Lesson Plan:

- 5 minutes of athletic development: likely speed sticks (to develop swing speed).
- 15 minutes of full swing work (generally working on 1-2 important fundamentals).
- 15 minutes of short game (wedges and putting).

- 5 minute skills challenge competition.
- 5 minute wrap-up/homework.

Again, Coach Crystal will cater each individual lesson to the student and their goals. If we need to spend an entire lesson on the driver then we will do that or if we have a swing flaw that is creeping in with irons, we will work on that; the above is just a guideline. I recommend at least 1-2 practice sessions in between lessons.

Ages 13-18 (High School)

Lessons for this age group can follow a variety of formats. My general guideline is to take a 45 minute lesson every other week. In the off week, the student should focus on practicing what we focused on so that we don't have to work on the same thing during the next lesson. The idea is to layer on concepts and ideas at each lesson so the student progresses steadily and gains a full understanding of their swing throughout the winter.

Partner Lessons (teammates/friends ages 11-18)

- Partner Lessons are designed for two students ages 11-18. This will be encouraged for teammates or friends that want to split lesson time.
- All partner lessons are 45 minutes in length and will use the following structure
 - 1 student will work with Coach Crystal in the hitting bay and focus on full swing fundamentals while the other student will be performing short game/putting drills and Superspeed Golf protocols (to increase clubhead speed). Each student will get 15 minutes of private instruction and both students will perform a skills challenge and receive their wrap up/homework at the end of the lesson.

Siblings (ages 18 & Under)

- Coach Crystal will cater sibling lessons to fit the student/family needs – it really depends on skill level and attention span of each sibling. All lessons will be kept to 45 minutes in length and follow the above format (listed under partner lessons). Depending on availability, families may have the option to book 30 minute private lessons that are back to back.
- For younger siblings (10&under) parent supervision is required.

MGA Junior Lesson Packages

Crystal Morse, PGA

45 Minute Options

45 Minute Lesson: \$60

Series of 3 - 45 Minute Lessons: \$169 – must be used within 3 months of purchase.

Series of 6 - 45 Minute Lessons: \$329 – must be used within 6 months of purchase.

****contact Crystal for series of 10 or more****

For Partner Lessons: Costs are the same and can be split between families.

For Siblings: Costs are the same.

30 Minute Options

30 Minute Individual Lesson: \$35

Series of 3: \$99 – must be used within 3 months of purchase.

Series of 6: \$189 – must be used within 6 months of purchase.

Combo Packages (for ages 13-18)

Combo Packages consist of a 45 Minute Lesson and 60 Minute Practice at MGA on a different day. i.e. a student(s) will take a lesson one week and practice the following week. Great option for partner lessons as well – cost can be split between families.

- Practices are not supervised by Crystal – students are expected to act responsibly and not damage equipment.
- A maximum of two people are allowed in the practice bay at one time.
- Lesson/Practice options can be designed if you would prefer a 30 minute lesson or some other variation.

The 3 & 3 (3 lessons/3 practices): \$259

The 6 & 6 (6 lessons/6 practices): \$499

The 10 & 10 (10 lessons/10 practices): \$749

Additional practice sessions may be purchased to be used by any individual or up to two people.

All practice sessions must be scheduled in advance.