

JUNIOR DEVELOPMENT OVERVIEW

TECHNOLOGY/PRACTICE AREAS	APEX	CAP	CAP JV	CGP
Use of Golf Course for Training	x	x	Limited	
Dome Practice during specified times	x	x	x	x
Use of Toptracer Range in Dome	x	x	x	x
Use of Trackman/Foresight GC3 Training	x	x	Limited	
Use of SAM Putt Lab	x	x		
Utilization of Sportsbox AI	x	x	Limited	
Utilization of Boditrak	x	x	Limited	
Utilization of Hack Motion (<i>Wrist Angle Technology</i>)	x	x	Limited	
Utilization of Putting and Chipping Surfaces in the dome	x	x	x	x
Fundamentals Training in Additional Dome Net Space	x	x	x	x
Eyeline Golf Putting Tools	x	x	x	Limited
Eyeline Golf Swing Tools	x	x	Limited	Limited
Medicine Balls/Weights (<i>Speed Training</i>)	x	x	Limited	
Golf Forever (<i>golf flexibility/power/fitness</i>)	x	x		
Stack System (<i>speed trainer</i>)	x	x	Limited	
Superspeed Golf (<i>speed trainer</i>)	x	x	Limited	
Putting Alignment Laser work	x	x	x	Limited
Team Golf Bags	x	x	Available	Available

TOURNAMENT PREPARATION AND PLAY	APEX	CAP	CAP JV	CGP
Tournament Summer Schedule Analysis	x	x	Limited	Limited
Tournament Summer Play Analysis with CAP Coach	x	Limited	Limited	
(Before Event) Practice Game Plan Leading into the Event	x	x	Limited	
(Before Event) Apportioning practice properly	x	x	Limited	
(Before Event) Practice vs. Preparation	x	x	Limited	
(Before Event) Establishing a Practice Round	x	x	Limited	
(Before Event) Establishing a Strategy to Play Course	x	x	Limited	
(Before Event) Physical preparations	x	x	Limited	
(Before Event) Establishing a "game day" time table for preparation	x	x	Limited	
(Before Event) Positive Preparation habits before 1st Round (<i>or Single day tournament</i>)	x	x	Limited	
(In Tournament) How to set yourself up for a good start	x	x	Limited	
(In Tournament) Concentration Levels as you play	x	x	Limited	
(In Tournament) Shot to Shot Approach "Your Process"	x	x	Limited	
(In Tournament) Positive shot recall and how to execute	x	x	Limited	
(In Tournament) Shot Commitment	x	x	Limited	
(Post Round) Positive habits for multi-day events	x	x	Limited	
(Post Round) Properly Dissecting Rounds	x	x	Limited	
(Post Round) What's the Key Performance Indicators (KPI's)	x	x	Limited	
(Post Round) How is future practice determined	x	x	Limited	
(Post Round) Where to place success on	x	x	Limited	
(Post Round) Where to place blame on	x	x	Limited	
(Post Round) Did you stick to your process?	x	x	Limited	
(Post Round) What internal or external factors lead to mistakes?	x	x	Limited	
(Post Round) What internal or external factors lead to success?	x	x	Limited	
(Post Round) When is it appropriate to work primarily on golf swing	x	x	Limited	

GOLF SWING	APEX	CAP	CAP JV	CGP
Preswing Fundamentals (<i>Grip, Aim, Stance, Setup</i>)	x	x	x	x
Identifying Lies, Swing Effort, Weather factors, Identifying Proper Situational Targets, etc.	x	x	x	
Working on Proper "commonalities" in the golf swing	x	x	x	x
Mentally processing shot outcomes and approaching your next shot	x	x	Limited	
Group Swing Training Activities/Areas of Focus	x	x	x	x
Individualized Swing Analysis with coach	x	x	Limited	

SPEED TRAINING	APEX	CAP	CAP JV	CGP
Club Dynamics for Ball Speed (<i>Centerdness of contact, Angle of Attack, Maximizing Smash Factor</i>)	x	x	x	Limited
Maximizing Swing Speed through "Power Leak" analysis of Golf Swing	x	x	x	x
Weekly Use of Weights/Medicine Balls and Range of Mobility Exercise	x	x	Limited	
Weekly Use of Swing Speed Training Tools	x	x	Limited	
Weekly Speed measuring and monitoring				

SPEED TRAINING	APEX	CAP	CAP JV	CGP
Explanation of Ball Flight Laws and How those are produced	x	x	x	Limited
Fundamentals/analysis of swings to produce a draw	x	x	x	Limited
Fundamentals/analysis of swings to produce a fade	x	x	x	Limited
Situational Analysis of what can affect directional control (<i>lie, weather, wind, etc.</i>)	x	x	Limited	
Weekly Competition related to these activities	x	x	Limited	

VISUALIZATION AND SHOT EXECUTION	APEX	CAP	CAP JV	CGP
Establishing the importance of a consistent pre shot routine	x	x	x	x
Think Box vs. Play Box (<i>reference outside reading of Vision 54</i>)	x	x	Limited	
Managing your miss	x	x	Limited	
Establishing starting lines	x	x	x	x
Establishing your ball flight goal	x	x	x	Limited
Establishing your ball resting place on an approach (<i>how that plays into everything else</i>)	x	x	Limited	
Judging roll out on approaches/drives	x	x	Limited	
Intermediate targets relating to start lines	x	x	x	x
Thought processing with clear danger in play (<i>hazard, ob</i>)	x	x	Limited	Limited
Pre Shot, In shot, and post shot processing	x	x	Limited	Limited

PUTTING	APEX	CAP	CAP JV	CGP
Establishing a line	x	x	x	x
Establishing the speed	x	x	x	x
Speed vs. Line	x	x	x	x
Tour Analysis Stats put into practice	x	x	Limited	
Discuss Stroke Characteristics of Good Putters (<i>they vary</i>)	x	x	x	x
Length of the Stroke Back and Through	x	x	x	x
Speed of the Stroke Back and Through	x	x	x	x
Grip/Aim/Stance/Alignment/Posture	x	x	x	x
Establishing your starting target and Swing Effort	x	x	x	x
Organizing practice to make more putts	x	x	x	x
Approaching your first putt (<i>lag putting</i>)	x	x	x	x
Post Stroke Read (<i>ball goes past hole</i>)	x	x	x	Limited
Putter Fitting/Analysis SAM Putt Lab	x	x		

WEDGES	APEX	CAP	CAP JV	CGP
Swing Fundamentals	x	x	x	x
Wedge Gapping	x	x	Limited	
Club/Loft/Bounce Characteristics for swing/shot types	x	x	Limited	Limited
Flighting Wedges (<i>low, medium, high</i>)	x	x	Limited	
Regular analysis of "half swing" and the yardage	x	x	Limited	
Regular analysis of "3/4 swing" and the yardage	x	x	Limited	
Regular analysis of "full swing" and the yardage	x	x	x	x
Establishing "go to" yardages	x	x	x	x
Situational Analysis of what can affect all shot types (<i>lie, weather, wind, etc.</i>)	x	x	Limited	Limited
Shot characteristics that determine the shot to play (<i>Ball Positions, Aim, Swing Characteristics</i>)	x	x	Limited	

PITCHING / CHIPPING	APEX	CAP	CAP JV	CGP
Chipping Fundamentals (<i>Setup, stance, foot pressure, ball position, swing effort</i>)	x	x	x	x
Establish Carry/Roll out targets	x	x	x	x
Reading Lies	x	x	Limited	
Turf interaction and spin control	x	x	Limited	Limited
Appropriate Shot Types for Certain Shots	x	x	x	x
Creating Spin on Shots	x	x	Limited	Limited

COLLEGE PREPARATION	APEX	CAP	CAP JV	CGP
College Preparation and Resume Building	x	Limited		
Analysis of Skills/Scores and finding a good fit	x	Limited		
Utilizing additional outside resources for college placement services	x	Limited		

