



Colonial
Academy Junior
Pathway

Colonial Academy Junior Program

Mission Statement:

"The Colonial Academy Junior Program is committed to providing young golfers with an optimized learning environment that fosters skill development, personal growth, and a passion for the game. Through integrity, dedication, and a supportive culture, we empower junior players to reach their full potential and pursue their dreams—both on and off the course."

Program Structure:

The program is built on a merit-based three-level platform, allowing students to progress based on skill development and achievement:

1. Basic Principles – Fundamental movement, mechanics, and etiquette
2. Skill Development – Advanced shot-making, strategy, and course management
3. Tournament Player – High-performance training, tournament prep, and college recruiting

Technology & Training Support:

- Coach Now Platform: Every student is assigned a Coach Now space and group for tracking progress, benchmark assessments, and personalized feedback through pictures, videos, and drills.
- Drill Video Library: The coaching staff films and uploads all drills to Coach Now for student and parent reference.
- Dr Bobby Duvall will be building fitness programs for level 2 and 3 based on mobility, strength, speed and functional movements.

Equipment & Gear Partners:

- Callaway Golf
- Travis Matthew

- Ogio

Instructors:

- Philip Dawson Jr. – Director of Instruction
- Cole Jones
- Taylor Tivis
- Shea Hicks
- Dr. Bobby Duvall

Level 1 – Basic Concepts

The Colonial Academy Junior Program is designed to build a strong foundation in golf, incorporating etiquette, rules, and fundamental skills. Players will progress through three levels:

1. Basic Concepts (Level 1)
2. Skill Building (Level 2)
3. Tournament Player (Level 3)

Each level includes specific tasks to achieve before advancing. Players will earn a “tee prize” (hat, shirt, bag, etc.) when leveling up. The program encourages juniors to dream big, develop a champion’s mindset, and envision themselves competing in tournaments and possibly collegiate golf.

LEVEL 1 CURRICULUM

Fundamental Approach: Start at the green and move back

Putting Principles

- Stable, athletic posture
- Hands balanced to putter face and plane

- Putter positioned left of center (right of center left-handed player) with shaft lean matching forearms
- Pendulum motion with stable fulcrum
- Maintain consistent 70 BPM tempo plus or minus based on preference
- Slight arc on-plane shaft

Pitching/Chipping Principles

- Athletic posture
- Narrow stance for small swings
- Maintain “Y” position with middle of chest, slight forward shaft lean
- Ball positioned just back of sternum or center
- Maintain “Y” through impact
- Face square to plane (Hanger Drill)
- Glide Stick Drill for direction and ground contact awareness

Full Swing Concepts

- Athletic posture
- Stance width slightly wider than hip width
- Feet neutral with target-side foot flared ¼ turn toward target
- Maintain “Y” position with chest
- Face square to plane (Hanger Drill)
- Balanced finish, hands over shoulders on both sides
- Med Ball Toss Drill to reinforce body motion
- Alignment Stick Drill to ensure swing path and ground contact

Functional Movement Drills

- Med Ball Toss Forward (Both Directions) to develop rotational power
- Hands Crossed Over Chest Drill to train loading into trail leg and unloading to balanced front leg

7 Balance Points Training (Using a Hanger or Club)

1. Setup

2. ½ Back Y center chest on plane
3. Top – Balanced over trail shoulder
4. ½ Down – Delivery back to “Y” position
5. Impact – “Y” to target, slight forward shaft lean
6. ½ Forward – “Y” pointing at target, middle chest aligned
7. Finish – Balanced on front foot, neutral spine, flared front foot, trail foot balanced on toe

Etiquette & Rules Focus

- No running on course or practice areas
- Always hold the club at the heavy end unless in a safe swinging environment
- Show respect to coaches, fellow players, and the game
- Congratulate and encourage others

Advancement to Level 2 – Skill Building

To progress, juniors must complete a Level 1 Skills Evaluation, demonstrating:

1. Putting Proficiency:

- Make 5/10 putts from 3 feet
- Make 3/10 putts from 6 feet
- Maintain a consistent pre-shot routine

2. Chipping/Pitching Control:

- Land 5/10 chip shots in a designated target area
- Maintain proper setup, impact, and follow-through

3. Full Swing Fundamentals:

- Display balanced setup and finish
- Hit 5/10 solid shots toward a target within an accuracy zone
- Properly execute alignment stick drill for path control

4. Functional Movement & Balance:

- Demonstrate 7 Balance Points Drill with stability
- Show correct weight transfer with Med Ball Toss Drill

5. Etiquette & Rules Understanding:

- Follow all etiquette guidelines in a supervised practice session
- Exhibit sportsmanship and respect toward peers and instructors

Tee Prize for Advancing: Colonial Academy hat and shirt

LEVEL 2 – SKILL DEVELOPMENT

Level 2 builds on the fundamentals from Level 1, focusing on refining technique, introducing course strategy, and developing a champion's mindset. This stage prepares juniors for competitive play by enhancing their ability to control speed, trajectory, and decision-making under pressure.

Level 2 will also include dynamic and functional movement workouts built by Dr Bobby Duvall

Putting Skills

- Green Reading – Understanding slope, break, and grain
- Speed Control – Distance control for lag putting
- Mindset – Confidence, visualization, and routine
- Aim – Alignment techniques for accuracy

Putting Drills

- Elevated String Drill – Visualizing aim and slope effects
- Tee Drill – Identifying apex and arc of putt
- Stick Drill – Place 12 balls at distances from 4 to 40 feet, nudge stick by looking/reacting
- Partner Aim Check – Verify aim using a partner or putting mirror

- Dominant Hand Toss Drill – Develop speed control by rolling putts with dominant hand
- “Go to the Movies” Drill – Picture the ball rolling along its intended path

Simulated Pressure Drills – Examples:

- Make 50 consecutive 3-footers
- Complete a 6-foot ladder drill (making 5 in a row from increasing distances)

Chipping/Pitching Skills

Mastering Four Basic Shots:

- Low – More roll, minimal airtime
- Neutral – Standard trajectory
- High – More carry, softer landing
- Lob – Maximum height, shortest roll

Chipping/Pitching Drills

- Setup and Release Adjustments – Understanding how ball position and clubface affect shot height
- Speed Files Drill –
 - Hit 12 balls, each landing 4-6 feet longer than the last
 - Then, work backward by landing each shot near the previous one
 - Use eyes and feel to develop distance control

Basic Bunker Play

- Moving Mass – Understanding that the ball goes where the sand goes
- Clubface Use – Open face to utilize bounce
- Aim – Neutral to slightly open stance
- Swing on Start Line – Do not manipulate swing path

Bunker Drills

- Dollar Bill Drill – Splash the proper amount of sand to develop consistency and control

Full Swing Skills

- Ball Flight Control – Learn to shape shots
- Swing Path & Release Patterns – Neutral, fade, and draw
- Balance & Plane Awareness – Using the correct angles and body movements for consistency

Full Swing Drills

- Ping Pong Paddle Drill – Understanding clubface control at impact
- Neutral, Fade, and Draw Release Drills – Train different ball flights
- Bat Drill – Feeling the club balanced to shaft plane
- Setup and Grip Checks – Use pictures and videos to refine fundamentals
- Distance Control Baseline –
 - Measure $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, and full carry distances with wedges
 - Build confidence in hitting exact yardages

Routine & Course Management

Developing a Consistent Process for Every Shot:

1. Strategy – Identify landing zones and risks
2. Aim Sequence – Setup and visualization before execution
3. Execution – Trusting the motion
4. Post-Shot Routine – Learn from results and stay neutral emotionally

Rules & Etiquette Focus

- Basic Rules – Hazards, out-of-bounds, free drops
- Course Conduct – Where to stand, when to talk, and respecting pace of play

Champion Mindset at All Times

- Maintain composure regardless of success or struggle
- Show humility in front of peers
- Be gracious in victory and grateful in defeat
- Congratulate the winner and always respect the competition
- In private settings (coaches, family, close friends), be open about emotions
- Learn to deflect personal attention and focus on the game, not the individual. Always encourage others!

ADVANCEMENT TO LEVEL 3 – TOURNAMENT PLAYER

To move to Level 3, juniors must pass a Skill Evaluation demonstrating:

1. Putting

- Make 75 percent 50 consecutive 3-footers
- Successfully complete Speed Files Drill (4-40 feet)
- Read and execute a breaking putt within 2 feet of intended apex

2. Chipping/Pitching

- Execute all 4 shot types (Low, Neutral, High, Lob)
- Complete Speed Files Drill (both directions) with control

3. Bunker Play

- Perform Dollar Bill Drill consistently
- Hit at least 5/10 bunker shots onto the green

4. Full Swing

- Demonstrate $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, and full wedge distances
- Hit 5/10 controlled draws and fades on command

5. On-Course Skills

- Play 9 holes with a focus on strategy and decision-making
- Display proper routine and emotional control

6. Rules & Etiquette Understanding

- Explain basic rules scenarios to a coach

- Exhibit proper etiquette throughout a round

Tee Prize for Advancing to Level 3: Colonial Academy bag

Level 3 – Tournament Player Preparation

Level 3 is designed for junior golfers who are actively competing or preparing for high-level tournaments, including collegiate golf. This phase emphasizes skill refinement, fitness, mental performance, tournament scheduling, proper equipment fitting, and college recruiting support.

CORE FOCUS AREAS

1. Skill Development & Performance Optimization

At this level, juniors will receive individualized coaching, data-driven analysis, and customized practice plans to refine technique and optimize performance.

Putting

- Ensure properly fit putter for stroke type and green-reading tendencies
- Develop structured practice plans for technical refinement and pressure drills
- Conduct motion system checks for stroke consistency

Pitching, Chipping & Bunker Play

- Advanced lie understanding – uphill, downhill, buried, firm/tight lies
- Master specialty shots – low spinners, flop shots, bump-and-run, high soft shots

- Conduct motion system checks to ensure repeatable mechanics
- Implement structured practice plans with performance tracking

Full Swing

- Full bag equipment fitting for optimized club setup
- Use TrackMan data, pictures, and video system checks for swing analysis
- Implement a stats platform to identify strengths and areas needing improvement
- Develop practice plans based on data analysis

2. Mental Performance Training

- Developing a strong mental approach is critical for tournament success.
- Build Optimized Mental State Awareness for competition
- Utilize on-course observation and playing lessons to reinforce mental strategies
- Conduct tournament debriefs to analyze decision-making and emotional control

3. College Recruiting & Tournament Planning

- For players interested in collegiate golf, we provide guidance in the recruiting process.
- School & Program Identification – Finding the right academic and athletic fit
- Intro Letter & Resume Building – Creating a compelling player profile
- Building a Tournament Schedule – Selecting events that enhance visibility
- Coach Contact Guidance – How to effectively communicate with college coaches

4. Specialized Fitness Program

- Fitness programs, led by Dr. Bobby Duvall, focus on:
 - Optimizing mobility, strength, and speed
 - Injury prevention and longevity
 - Group & Individualized training for specific player needs

Advancement & Competitive Readiness

- At this level, success is measured by competitive performance, data-driven improvement, and mental toughness in tournament play.
- Consistent statistical improvements in scoring, ball-striking, and putting performance
- Ability to self-assess and adjust course strategy based on conditions
- Compete in high-level junior tournaments and work toward collegiate opportunities

LEVEL 3 Colonial Academy Backpack