

JCKSC JUNIOR SUMMER PROGRAM 2020 賽馬會滘西洲小球手暑期課程 2020

Junior 9-hole Challenge Camp 小球手9洞挑戰日營

What will you learn?

Advance your Shots within 30 yards

你將會學到什麼?

- 提升30碼以內的打法
- 改善揮桿技巧

• 小球手9洞挑戰



Improve your swing



Date: Please check the Junior Summer Program Schedule 日期:請查看小球手暑期課程時間表

Course Fee: \$ 2,620 per person

課程費用: 每位\$ 2,620

This Camp is structured for juniors who are keen to pass the 9-hole Challenge at the Green & Pink Tee

適合希望通過9洞挑戰賽(綠色發球台)和(粉紅色發球台)的小朋友參加

*如下午9洞挑戰賽開始前因惡劣天氣或球場需關閉而令致挑戰賽被逼取消。教練將會另行安排訓 練內容,已繳付之費用將不獲退還。If the Challenge has to be cancelled due to inclement weather, or if the course is closed for any reason necessitating cancellation, Responsible Pros will rearrange the training contents and no refund will be made.



Junior 9-hole Challenge Camp

小球手9洞挑戰日營日程表

Time	Day 1 第一日	Day 2 第二日
時間	Tuition 内容	
	Refine your Putting 改善推桿技巧	Improve your Pitching 改善高吊球技巧
10:00	Distance control 長距離推桿的控制	Pitching from different Lies 不同球位的高吊球練習
	Putting from the fringe 果嶺週邊推桿練習	Improve your Bunker Shots 改善沙坑擊球技巧
	Holing Short Putts with confidence 短推桿練習	Difficult lies in sand 沙坑困難球位的打法
	Improve your Chipping 改善切球技巧	Putting games 推桿比試
13:00	Getting good result by using different club	Up & down games 救球比試
	用不同的球桿控制不同的距離	
	Swing Check 揮桿檢査	Swing Check 揮桿檢査
Lunch Time 午膳		
	Warm-up 熱身運動	
14:00	On Course Training 球場實地練習	
	Tee shot strategy 開球策略	
18:30	Difficult lies practice 困難球位練習	9-hole challenge 9 洞挑戰開始
	Approaching shots training 向果嶺上的短距離練習	
18:40	Summary & Packing up 總結 及"收拾細軟"	
19:00	Ferry 渡輪	

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