

Junior Golf Academy

David Cook, our attached PGA Advanced Professional, has been coaching people of all ages for over 30 years and has had countless satisfied customers.



Many of our members started out with David's expert tuition and we are excited to be working with him to offer junior group lessons and junior holiday camps.



The Journey from Learning to Playing (to Competing)

For an absolute beginner, the first step is watching the coach, listening to their advice, then having a go! It is quite unusual for the first few shots to go well, but this provides a starting point for the coach to work on the golfer's swing.



One of the key principles of learning golf is to change one or a few things at a time, then to practice them. The coach will advise on and demonstrate good technique for each type of shot, then observe the students playing their shots, giving carefully selected advice to gradually develop a good technique. We use our academy course to give a sense of different shots from tee to green, with plenty of time and freedom to try out the techniques learned on the driving range, in particular. Getting plenty of practice in between

lessons is the best way of developing a good swing and getting out on the course with confidence, in the shortest time. Even experienced golfers will have periodic lessons.

Once the basics are in place, getting out on the golf course can provide the best practice. We try to get juniors on the course as early as possible, teaching the importance of the rules, etiquette and pace of play. Once the coach is satisfied, juniors are allowed to play on the main course independently.

Many junior and adult golfers enjoy the challenge of the game and stick to social golf, never getting involved in competitions. After all, it is a great way of getting good exercise, connecting with nature, and spending time with friends. It also provides a break from the pressures of modern life and is well-known to benefit mental health.

For junior golfers who want to compete, the main priority is having fun and enjoying the game. Juniors progress quickly to having a handicap index (on the World Handicap System) once they are playing regularly, and this gives them access to more serious club competitions and gives access to inter-club leagues and Junior Opens. Hinksey Heights takes part in the Junior Golf Sixes League with five other local golf clubs giving twelve of our junior members the chance to play on other golf courses in this friendly competition.

Junior Group Coaching

Group lessons are a great way of getting into golf. With a maximum of 10 people in a group, it is a fun environment for juniors to develop golfing skills and knowledge.

Age: Anyone under 18.

Experience: Group lessons will benefit all complete beginners and those with experience on the course.

Facilities: Driving range, chipping and putting greens, academy course, championship course (if available).

Coach: David Cook, PGA Advanced Golf Professional.

Equipment: Use your own clubs if you have them or we will lend clubs for lessons. We can advise on purchasing new or used clubs but you don't need a full set when you start out. A putter and a couple of irons is a great place to start. Balls are provided in lessons, for practicing and going on the course, and range balls can be hired for use on our practice facilities between lessons.

Clothing: Pretty much anything goes. Jeans, trousers, leggings, skirts, shorts, even hoodies! Dress comfortably and in clothes that won't impede your swing. Also dress for the weather and make sure footwear is comfortable and has some grip.

Safeguarding: We are a SafeGolf accredited club, maintaining high standards in safeguarding. When your children are in lessons they are under our protection and our safeguarding policy is in place for this reason.

Safety: Golf can be dangerous if people get too close to swinging clubs or flying balls. Therefore, golf safety is taught and practiced throughout our coaching programmes.

Rules: As with any sport, the rules are important. Lessons are interwoven with information about the rules and golf etiquette to help develop competence and confidence for playing on the course.



Click or scan
here for
dates, booking
and more
information



Any questions? Call 01865 327775 or email

comp@oxford-golf.co.uk