Junior Golf Development Program

Junior Program

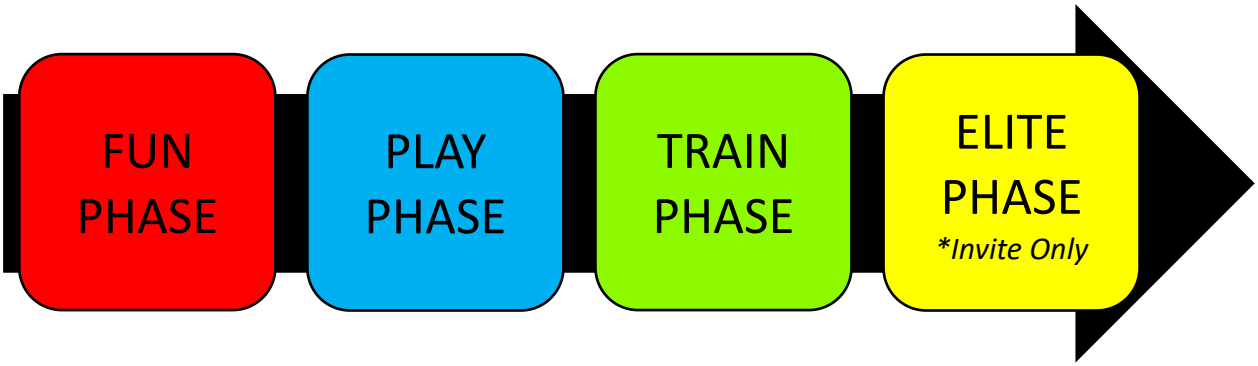
At Caboolture Golf Club, our mission is to foster a supportive and inclusive environment where young athletes can thrive. Through our Junior Pathway, we are committed to nurturing the next generation of golfers by providing opportunities of skill development, personal growth and a lifelong love for the game.
We aim to empower each junior golfer to reach their full potential, both on and off the course, through structured coaching, mentorship and competition.

We have designed a comprehensive 4-level Junior Development Program to provide a clear and structured pathway for young golfers. This program helps juniors and their families easily track progress, with each level focused on key skill development, on-course experience and competition readiness.

Junior Pathway

Our junior programs align with the school terms, running 10-week cycles to provide consistency and structure throughout the year.

Our 4-Level Program Pathway



FUN PHASE

LEVEL 1 – FUN PHASE

The Fun Phase offers the perfect introduction to golf, ideal for kids with little to no experience.
These lessons focus on engagement, enjoyment and interactive game, all while teaching the fundamentals of golf in a playful and supportive environment.

Covers

- Golf Fundamentals (Grip, Stance & Posture)
- Putting, Chipping and Full Swing
- Body Movement Fundamentals (Agility, Balance, Coordination)
- Fun Games
- Modified Junior Tees 4-Hole Course

Criteria to move to Level 2

1. 9 Hole, Putting Comp juniors need to score 27 or better
2. 10m 5x5 Chipping Challenge juniors need to chip 1 out of 5 into the area
3. Participation in our 4 Hole Junior Tees Competition, juniors score avg 24 or better

PLAY PHASE

LEVEL 2 – PLAY PHASE

The Play Phase is designed to assist junior golfers in establishing a strong foundation in both their golf and physical development. This structured approach aims to enhance the skills and understanding of the overall game.

Covers

- Full Swing Fundamentals (Irons, Hybrids, FW, Drivers)
- Short Game & Putting Fundamentals (Distance Control)
- Golf Rules, Etiquette & Safety on course
- Body Movement (Mobility & Stability)

Criteria to move to Level 3

1. 9 Hole, Putting Comp juniors need to score 24 or better
2. 10m 5x5 Chipping Challenge juniors need to chip 2 out of 5 into the area
3. Participation in our 4 Hole Junior Tee Comp, juniors score avg 20 or better

TRAIN PHASE

LEVEL 3 – TRAIN PHASE

The Train Phase is to enhance the junior golfer's skill, aiming for a higher level of proficiency. With consistent practise and regular play, they will work hard to achieve a Junior Tees 9 Hole Handicap, focusing on technique, mindset and physical development along the way.

Covers

- Set Up, Posture Advanced Fundamentals
- Putting & Chipping Advanced Fundamentals
- Full Swing Advanced Fundamentals
- Pitching Fundamentals
- Body Movement (Pre-Activation & Recovery Protocols)
- Golf Rules, Etiquette & Safety on Course
- Gain "Junior Tees" Handicap
- Introduction into Local Junior Tournaments

Criteria to move to Level 4

1. 9 Hole, Putting Comp junior need to score 18 or better
2. 10m 5x5 Chipping Challenge juniors need to chip 4 out of 5 into the area
3. 25m Pitching 5 Shot Challenge 3 out of 5 finishing on the green
4. Participation in 4 Hole Junior Tees Comp, juniors score avg 18 or better
5. Playing 9 Hole Club & Local Competitions

ELITE PHASE

LEVEL 4 – ELITE PHASE

The Elite Phase is an exclusive, invite-only program designed for junior golfers who have demonstrated a high level of commitment, discipline and advanced skills. Entry into this phase is reserved for those who have met the specific performance criteria.

Covers

- Advanced Putting (Green Reading)
- Pitching Advanced Fundamentals (Ball Flight Variation)
- Individualised Full Swing Technical Training
- Fitness Program
- On Course Session (Course Management)
- Official GA Handicap

TIMETABLE

ALL INCLUSIVE TO OUR JUNIOR PROGRAMS
10 Hours of Coaching, juniors will have access to the practise facilities for the duration on the term (driving range, putting green & chipping green). Range Balls and Equipment included

TERM 1 2025 (JAN/FEB/MAR)

Depending on interest, we may add additional classes during the year.

Fun Phase 1 – Aged 6-12			
WEDNESDAY SESSION 1		**Program**	**Price**
29th January	3:30pm – 4:30pm	Full Swing (Range)	$100 per term. Current CGC Junior Member (non h'cap) - $73/year
5th February	3:30pm – 4:30pm	Full Swing (Range)	
12th February	3:30pm – 4:30pm	Chipping	
19th February	3:30pm – 4:30pm	Putting	
26th February	3:30pm – 4:30pm	On-Course	
5th March	3:30pm – 4:30pm	Putting	
12th March	3:30pm – 4:30pm	Chipping	
19th March	3:30pm – 4:30pm	Full Swing (Range)	
26th March	3:30pm – 4:30pm	Testing Week	
2nd April	3:30pm – 4:30pm	On-Course	

Fun Phase 2 – Aged 12-16 ***Age Exemption Via Coach Invitation***			
WEDNESDAY SESSION 2		**Program**	**Price**
29th January	4:30pm – 5:30pm	Full Swing (Range)	$100 per term. Current CGC Junior Member (non h'cap) - $73/year
5th February	4:30pm – 5:30pm	Putting & Chipping	
12th February	4:30pm – 5:30pm	On-Course	
19st February	4:30pm – 5:30pm	Chipping & Putting	
26th February	4:30pm – 5:30pm	Full Swing	
5th March	4:30pm – 5:30pm	On-Course	
12th March	4:30pm – 5:30pm	Putting	
19st March	4:30pm – 5:30pm	Chipping	
26th March	4:30pm – 5:30pm	Testing Week	
2th April	4:30pm – 5:30pm	On-Course	