

Tramore Pro Shop Coaching 2025

For more details contact the Pro Shop

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Junior €30

Individual junior lessons are available for €30 per ½ hr session. Sessions take place in our Trackman studio and are a great way to compliment the junior group session that we offer as part of our Club Junior Programme.

Commitment Package €199

Our most popular programme is our Commitment Package which consists of 4x 1 hour sessions. We aim to complete this over a 8- 12 week period with a mix of Trackman studio sessions and on-course sessions tailored to the individual player. This package is suited to anyone from complete beginner to the seasoned player looking to touch up their game. What you get,

4x Individual golf lessons

Trackman account including reports after each session.

Video analysis.

Beginner Programme (New) €299

New to our offerings for this year is our Beginner Golf Programme. It consists of six individual sessions and aims to equip beginners with everything they need to get them on to the golf course and playing the game. It's split over three indoor studio sessions for learning the swing and three on-course sessions to learn how to play the game. We also incorporate some rules and etiquette on this programme. What you get,

6x Individual golf lessons

1x 7 iron practice club (rental free of charge)

2x 9 hole greenfee vouchers for our 9 hole Newtown course

Preferential rates on equipment.

Individual Lesson €60

An individual lesson is a great way to keep on top of your technique. It's a 1 hour session and takes place either in our Trackman studio or on the golf course depending on what you are looking to work on.

Junior 12 Week Golf Programme 2025

Start date: April 30th

Week 1–3 (Learning the game)

Focus on fundamentals in a range setting.

Main focus is the four setup principles

- 1.) Grip
- 2.) Aim
- 3.) Posture
- 4.) Ball Position

Week 4-6 (Swinging the Club)

Learning the elements of the golf swing in a range setting.

- 1.) Backswing
- 2.) Downswing/Follow through
- 3.) Body action/pivot
- 4.) Tempo/Timing/Balance

Week 7-9 (Getting the ball in the hole)

Learning short game principles around the green setting.

- 1.) Basic putting technique
- 2.) Basic chip shot
- 3.) Basic pitch shot/ high lob
- 4.) Bunker shot

Week 10-12 (Playing the game)

Supervised playing of holes in a singles/scramble format on the golf course.