



COACH START HERE GUIDE

YOUR ROADMAP TO BUILDING A
SUCCESSFUL JUNIOR GOLF PROGRAMME



BITESIZE GOLF

COACH START HERE GUIDE

Your roadmap to building a successful junior golf programme

Welcome to Bitesize Golf.

You now have access to a complete junior golf development system designed to make running a structured, progressive and engaging junior programme easier.

You don't need to build your programme from scratch.

The curriculum, lesson plans, challenges, administration resources, quizzes, achievement materials and marketing resources are all designed to work together.

This guide is your starting point.

Use it as your roadmap to find out:

BITESIZE GOLF

- What's included in your Bitesize Golf membership
- How the 10-level pathway works
- Where to find your lesson plans
- How to use challenge sheets
- How to use reports and assessment templates
- Where to find your administration forms
- Where to find quiz answers
- What the extra resources are for
- How to use the marketing resources
- Where to get help when you need it

YOUR BITESIZE GOLF COACH JOURNEY

Start here. Get organised. Start coaching.

Think of the Bitesize Golf system as a complete junior golf programme rather than a collection of individual lessons.

The pathway gives your juniors a clear journey.

The lesson plans give you the structure.

The challenges give players something to work towards.

The reports help you track development.

The quizzes build knowledge.

The certificates and achievements celebrate progress.

The administration resources help you organise your programme.

And the marketing resources help you attract more juniors and communicate your programme.

Your job is simple:

Follow the pathway. Coach the player. Encourage progress. Have fun.

YOUR START-HERE CHECKLIST

Complete these steps before you start your first Bitesize Golf session.

☐ **1. Explore the Coach Member Area**

Take a few minutes to familiarise yourself with the different sections and resources available to you.

☐ **2. Understand the 10-Level Pathway**

Become familiar with the progression from Red through to Gold.

☐ **3. Find the Lesson Plans**

Locate the lesson plans for the levels you will be delivering.

☐ **4. Find the Challenge Sheets**

Understand how challenges are used to help players practise, demonstrate and progress.

☐ **5. Find the Report Templates**

Locate the player reports and understand how they can be used to communicate progress with parents.

☐ **6. Find the Administration Resources**

Locate the forms and documents that help you organise your junior programme.

☐ **7. Find the Quiz Answers**

Make sure you know where the answer resources are before delivering quizzes.

☐ **8. Explore the Extra Resources**

Take a look through the additional coaching resources available to support your programme.

☐ **9. Explore the Marketing Resources**

Check the marketing section for posters, social media materials and promotional resources as they become available.

☐ **10. Know Where to Get Help**

Save the Bitesize Golf support/contact information so you know where to go if you have a question.

1. YOUR COACH MEMBERSHIP

Everything you need. One complete system.

Your Bitesize Golf Coach Membership gives you access to the resources you need to build and deliver a structured junior golf programme.

Your membership includes:

THE 10-LEVEL CURRICULUM

A progressive pathway taking players from their first experiences of golf through to advanced development.

LESSON PLANS

Ready-to-use lesson structures covering the skills, knowledge, games and activities within each level.

CHALLENGE SHEETS

Practical challenges that allow players to demonstrate their skills and work towards progression.

REPORT & ASSESSMENT RESOURCES

Templates to help you record progress and communicate development with parents.

ADMINISTRATION RESOURCES

Forms and documents to help you organise and manage your junior programme.

QUIZZES & ANSWERS

Knowledge-based activities that make learning about golf part of the development journey.

EXTRA COACHING RESOURCES

Additional material designed to support you when planning and delivering sessions.

MARKETING RESOURCES

Promotional materials designed to help you promote your Bitesize Golf programme and attract more juniors.

2. UNDERSTANDING THE 10-LEVEL PATHWAY

The pathway is the spine of the programme.

Bitesize Golf is built around **10 progressive levels**.

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**RED → ORANGE → YELLOW → GREEN → BLUE → INDIGO → VIOLET → CORAL →
SILVER → GOLD**

Players progress through the pathway as their skills, knowledge, confidence and experience develop.

Each level builds on the previous one.

The objective isn't simply to complete lessons.

It is to help each young golfer become:

MORE SKILLED

Developing the fundamental skills required to play golf.

MORE KNOWLEDGEABLE

Understanding how golf works and learning the rules, etiquette and strategy of the game.

MORE CONFIDENT

Developing the confidence to practise, play and make decisions independently.

MORE ENGAGED

Enjoying golf and wanting to keep coming back.

MORE INDEPENDENT

Gradually taking greater responsibility for their own development.

COACH CHECK

Before you begin delivering a level:

- ☐ I know which level my players are working on.
- ☐ I understand the objectives of that level.
- ☐ I have located the relevant lesson plans.
- ☐ I know where the challenge sheets are.
- ☐ I know where the quiz resources are.
- ☐ I understand how players demonstrate their progress.

3. FINDING YOUR LESSON PLANS

This is where your coaching starts.

The lesson plans contain the detailed organisation of your individual coaching sessions.

You **do not need to recreate the structure yourself.**

Find the level you are delivering and open the corresponding lesson plans.

The lesson plans provide the detailed coaching content you need for your sessions.

BITESIZE GOLF

Your workflow:

CHOOSE THE LEVEL



OPEN THE LESSON PLAN



PREPARE YOUR SESSION



DELIVER THE COACHING



PRACTISE & PLAY



USE CHALLENGES TO CHECK PROGRESS



RECORD & CELEBRATE DEVELOPMENT

IMPORTANT

This Start Here Guide is **not** intended to replace the lesson plans.

Think of this document as your **map**.

The lesson plans are the detailed routes you take once you know where you're going.

4. CHALLENGE SHEETS

Turn learning into achievement.

Challenge sheets give players opportunities to demonstrate what they have learned.

They can be used during coaching sessions, during practice or as part of a player's progression through a level.

Use them to:

- Reinforce learning
- Test practical skills
- Encourage independent practice
- Give players clear targets
- Recognise achievement
- Create a sense of progression

COACH CHECK

☐ I have located the challenge sheets.

☐ I understand which challenges relate to each level.

- ☐ I know when I intend to use them.
- ☐ I have a way of recording completed challenges.
- ☐ I celebrate player achievement when challenges are completed.

5. REPORTS & PLAYER PROGRESS

Show players and parents how far they've come.

Progress is more powerful when players can see it.

Bitesize Golf includes report templates that can help you communicate a player's development with parents.

Use reports to highlight:

WHAT THEY CAN DO

The skills and knowledge they have developed.

WHAT THEY ARE WORKING ON

The next areas of development.

WHAT THEY HAVE ACHIEVED

Challenges, milestones and completed levels.

WHAT COMES NEXT

The next stage of their Bitesize Golf journey.

COACH CHECK

- ☐ I have located the report templates.
- ☐ I know when I will complete reports.
- ☐ I know how I will share progress with parents.
- ☐ I will use reports to celebrate progress, not simply identify weaknesses.

6. ADMINISTRATION RESOURCES

Less paperwork. More coaching.

The Bitesize Golf administration resources are there to make running your programme easier.

Use the available forms and templates to help organise your players, programme and communication.

Depending on your programme structure, these resources may include:

- Player information
- Registration
- Attendance
- Progress tracking
- Parent communication
- Assessments
- Programme organisation

COACH CHECK

- ☐ I have found the Admin Pack.
- ☐ I know which forms I need.
- ☐ I have decided how I will organise my records.
- ☐ I have a simple system for tracking player progress.

7. QUIZZES & QUIZ ANSWERS

Golf isn't just about hitting the ball.

Bitesize Golf develops **golfers**, not simply golf swings.

Quizzes help players develop their knowledge and understanding of the game.

They can cover areas such as:

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- Golf knowledge
- Rules
- Etiquette
- Course awareness
- Strategy
- Playing the game

The **Quiz Answers** section provides the answers you need to mark and discuss the quizzes with your players.

COACH CHECK

☐ I have located the quiz resources.

☐ I have located the Quiz Answers.

☐ I know which quizzes relate to my level.

☐ I am ready to use the quizzes as part of player development.

8. EXTRA RESOURCES

Your coaching toolbox.

The Extra Resources section contains supporting material that can help you deliver an even better junior golf experience.

These resources are designed to complement the main curriculum.

They may include:

- Coaching reference material
- Equipment guidance
- Level overviews
- Parent information
- Additional activities
- Supporting documents
- Other useful coaching resources

THE GOLDEN RULE

Use the resources that add value to your programme.

You don't need to use everything in every session.

The main curriculum and lesson plans remain your foundation.

9. MARKETING YOUR BITESIZE GOLF PROGRAMME

Great coaching deserves to be seen.

As the Bitesize Golf marketing resource library grows, you'll have access to promotional materials designed to help you communicate your programme.

These resources can help you promote:

- Junior coaching programmes
- New classes
- Holiday programmes
- Events
- Achievements
- Bitesize Golf opportunities
- Your coaching service

Look in the **Marketing Pack** for the latest materials available to you.

COACH CHECK

- ☐ I have located the Marketing Pack.
- ☐ I know where to find the latest promotional materials.
- ☐ I have identified where I will promote my junior programme.
- ☐ I have a simple plan for attracting new juniors.

10. YOUR FIRST PROGRAMME

Ready to get started?

Once you have explored the system, you are ready to start building your programme.

YOUR FIRST STEPS

- ☐ Decide which age/ability group you are going to coach.

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- ☐ Identify the appropriate Bitesize Golf level.
- ☐ Review the level overview.
- ☐ Open the relevant lesson plans.
- ☐ Prepare your first session.
- ☐ Introduce the players to the Bitesize Golf pathway.
- ☐ Begin delivering the programme.
- ☐ Use challenges to reinforce learning.
- ☐ Record player progress.
- ☐ Communicate progress with parents.
- ☐ Celebrate achievements.
- ☐ Move players forward when they are ready.

THE BITESIZE GOLF COACHING CYCLE

A simple system that keeps everything connected.

1. LEARN

Introduce new skills and knowledge.



2. PRACTISE

Give players time to develop and experiment.



3. PLAY

Put learning into games and real golf situations.



4. CHALLENGE

Give players opportunities to demonstrate what they can do.



5. RECORD

Track progress and achievements.



6. CELEBRATE

Recognise development and success.



7. PROGRESS

Move the player towards the next stage of their journey.



BACK TO LEARN

The cycle continues.

This is what turns individual lessons into a genuine development pathway.

YOUR BITESIZE GOLF MASTER CHECKLIST

Before you launch your programme

- ☐ Coach Membership activated
- ☐ Coach Member Area explored
- ☐ 10-Level Pathway understood
- ☐ Appropriate player levels identified
- ☐ Lesson Plans located
- ☐ Challenge Sheets located
- ☐ Report Templates located
- ☐ Admin Pack located
- ☐ Quiz resources located
- ☐ Quiz Answers located
- ☐ Extra Resources explored

- ☐ Marketing Pack explored
- ☐ Parent communication process decided
- ☐ Player progress system decided
- ☐ First coaching sessions planned
- ☐ First players enrolled
- ☐ Programme ready to launch

YOU DON'T HAVE TO BUILD IT FROM SCRATCH

Bitesize Golf has been designed to remove one of the biggest problems facing coaches who want to grow junior golf:

having to create everything themselves.

You don't need to spend your evenings writing lesson plans.

You don't need to invent a progression pathway.

You don't need to create every challenge.

You don't need to design every form.

You don't need to work out what players should learn next.

The system gives you the framework.

You bring the coaching.

Your personality.

Your experience.

Your enthusiasm.

Your relationship with the players.

That's where the magic happens.

NEED HELP?

If you're unsure where to find something, have a question about the system, or need help getting started, use the **Bitesize Golf Support** section in the Coach Member Area.

REMEMBER

Start with the pathway.

Use the lesson plans.

Track the progress.

Celebrate the achievements.

Keep the kids playing.

WELCOME TO BITESIZE GOLF

Your programme starts here.

One pathway.

Ten levels.

A complete junior golf journey.

BITESIZE GOLF

Grow the game. Grow the golfer.

[INSERT BITESIZE GOLF LOGO]

[INSERT MEMBER AREA / SUPPORT LINK OR QR CODE]

QUICK REFERENCE

RESOURCE

WHAT IT'S FOR

10-Level Pathway

Shows the complete player journey

Lesson Plans

Detailed coaching sessions

Challenge Sheets

Practical skill development & achievement

Reports

Tracking & communicating progress

Admin Pack

Organising your programme

Quizzes

Developing golf knowledge

Quiz Answers

Checking quiz responses

Extra Resources

Additional coaching support

Marketing Pack

Promoting your programme

Support

Getting help when you need it

KEEP THIS GUIDE HANDY.

It is your **map to the Bitesize Golf system.**

BITESIZE GOLF

Bitesize Golf is your comprehensive guide to launching a successful junior golf program, providing a structured pathway through ten progressive levels. With ready-to-use lesson plans, challenge sheets, and essential administrative resources, this system simplifies coaching while ensuring young golfers develop skills, knowledge, and confidence. Start your journey today and watch your juniors thrive on the course.