

Junior54 Training

An introduction to the wide set of skills juniors need to be great performers on the course, access all your possibilities, and enjoy the journey towards excellence. **BE a Player!**



This 12-session remote training program will give you the foundation of the Human Skills of the Game and teach you what to do before, during, after, and in between shots. You will be introduced to a wide set of additional skills that are necessary to reach your goals and access your potential. You can participate in this training on your own, with your coach, or as part of a team training together. Continually training these exercises over a long period of time is the best way to make them part of your game. The training is spread out over a longer timeframe for better absorption and effective integration.

This innovative, multi-platform, online training program is being brought to you – anywhere in the world – through the *CoachNow* app / website. The VISION54 principles are delivered using digital instruction, audio and video instruction, and actionable

VISION54.com

- ▶ To sign up as a team, email InTouch@VISION54.com for team fees & details.

practice assignments since we know it's by doing and exploring that these skills come alive. You train at your own pace through each session's assignments with no schedule or live sessions. VISION54 coaches will offer support throughout the training program and you're encouraged to interact with the other players in the group.

This training program consists of twelve sessions. Competence is achieved by completing the course sessions in order.



Key Learning Outcomes

- **Human Skills** – explore the human skills of the game to complement your technique.
- **MY54** – discover what you do when you play great and how to access that unique formula more often.
- **NOT54** – identify what you do when you don't play well and how to catch yourself and shift back.
- **Performance Skills** – how to be clear on your goals, maximize practice, and create confidence.

Training Includes:

- ▶ 1 hr / session instruction +
- ▶ 4-6 hrs / session actionable exercises +
- ▶ downloadable training PDFs for ongoing practice
- ▶ optional remote private coaching: \$100 / 30min

Fees

- **Juniors (12-18): \$500**



▶ Details / Registration

<https://www.vision54.com/junior54-remote-training>