



GOLF PERFORMANCE TRAINING PROGRAMMES

2025-26 EDITION

Designed for players in training aged between 6 and 18 who want to improve their technique and performance at the home of the 2031 Ryder Cup.





WEEKDAY JUNIOR GOLF PROGRAM

This programme is designed to improve technique and introduce psychological tools that will help junior golfers aged between 6 and 14 get the most from their game. The classes are held on the Camiral driving range and golf courses.

PROGRAMME

- Technical training
- Psychological training
- Course management

Places limited to 10 students.

Times can be adjusted according to the needs of the group

DATES AND TIMES

Wednesday 17:30-19:30h (technique and psychology)

PRICE

€30 per session





WEEKDAY COMPETITION GOLF PROGRAMME

This programme is designed to help golfers aged between 14 and 18 to perfect their game and improve their performance. It offers individual attention tailored to address the specific needs of each student, while monitoring their competition results and physical fitness in order to bolster their strengths and develop new tools, both technical and psychological.

The programme kicks off with an interview with each student to analyse certain psychological aspects in order to draw up a personal training plan. Players will also receive a technical evaluation of their game to identify their specific needs.

The classes are held on the Camiral driving range and golf courses.

PROGRAMME

- Technical training
- Psychological training
- Fitness training
- Course management

Places limited to 10 students.

Times can be adjusted according to the needs of the group.

* An extra session will be scheduled for one Saturday per month to focus exclusively on competition preparation.

DATES AND TIMES

Friday	17:30-19:30h	(strategy on the course)
*1 Saturday/month	9:00-11:00h	(tournament preparation)

PRICE

€30 per session





INFORMATION AND BOOKING

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CAMIRAL

A QUINTA DO LAGO RESORT