



# LEARN TO GOLF



*The Carnoustie Craws*

# LEARN TO GOLF PROGRAMME

The Carnoustie Craws follows the Scottish Junior Golf Learn to Golf Pathway, a nationally recognised development framework designed to guide young players from beginner level through to achieving their first handicap index. The programme is structured across five progressive levels, each with clear golf skill challenges and on-course targets where junior golfers will receive a certificate on completion of each level.

Juniors work through age-appropriate challenges in:

- Distance and short putting
- Chipping and pitching
- Bunker play
- Full swing distance and accuracy
- On-course scoring benchmarks

Alongside technical skills, players also develop their golf knowledge - including rules, etiquette, safety and understanding how to play the course - as well as important “mind matters” such as confidence, resilience, focus, honesty and sportsmanship. Each level includes measurable skill goals, helping children clearly see their improvement and build confidence as they progress. The early stages focus on coordination, confidence and basic target skills, while later levels introduce greater distances, tighter targets and structured on-course scoring expectations. By the time a player is ready to obtain a handicap index, they have developed strong fundamentals, course awareness, positive mental habits and a love for the game - all within a fun, supportive and encouraging environment.

# LEVEL 1

*Nestie*

Golf Knowledge/  
Mind Matters Quiz

SCAN OR TAP HERE  
TO TAKE THE QUIZ



On Course Target Score: N/A - just complete the holes | Holes: 1 - 3

## DISTANCE PUTTING

**Distance:**

4 yards from hole.

**Starting point:**

Doesn't change.

**Target:**

2 yard radius circle.

**Completion:**

3 balls out of 5 inside circle.

## SHORT PUTTING

**Distance:**

24" from hole.

**Starting point:**

Doesn't change.

**Target:**

Hole. Hole is on flat ground.

**Completion:**

3 balls out of 5 in hole.

# LEVEL 2

*Nestie*

Golf Knowledge/  
Mind Matters Quiz

SCAN OR TAP HERE  
TO TAKE THE QUIZ



On Course Target Score: 30 shots or less | Holes: 1 - 5

## DISTANCE PUTTING

**Distance:**

8 yards from hole.

**Starting point:**

Doesn't change.

**Target:**

2 yard radius circle.

**Completion:**

3 balls out of 5 inside circle.

## SHORT PUTTING

**Distance:**

24" from hole.

**Starting point:**

5 different tees around 1 hole.

**Target:**

Hole. Hole is on flat ground.

**Completion:**

No more than 7 putts for all 5 attempts.

## CHIPPING

**Distance:**

Flag is 10 yards on from edge of green. Line of cones 5 yards beyond flag to represent max distance. Ball is placed 2 yards off green. 1 foot high hurdle placed at edge of green.

**Starting point:**

Doesn't Change.

**Target:**

Flag/Anywhere short of cones.

**Completion:**

3 out of 5 balls carry over the hurdle and finish anywhere short of line of cones that are beyond the flag. A tee may be used to chip off if required.

## FULL SWING: DISTANCE

**Distance:**

50 yards.

**Starting point:**

Doesn't Change.

**Target:**

Cones are 40 yards apart to create a fairway.

**Completion:**

3 balls out of 5 go past the 50 yard marker and stay within the fairway. Any club can be used.

# LEVEL 3

*Burnside*

Golf Knowledge/  
Mind Matters Quiz

SCAN OR TAP HERE  
TO TAKE THE QUIZ



On Course Target Score: 24 shots or less | Holes: 1 - 4  
from Orange Tees

## DISTANCE PUTTING

**Distance:**

12 yards from hole.

**Starting point:**

Doesn't change.

**Target:**

2 yard radius circle.

**Completion:**

3 balls out of 5 inside circle.

## SHORT PUTTING

**Distance:**

1 yard from hole.

**Starting point:**

5 different tees around 1 hole.

**Target:**

Hole. Hole is on flat ground.

**Completion:**

No more than 7 putts for all 5 attempts.

## CHIPPING

**Distance:**

Flag is 10 yards on from edge of green. Ball is placed 2 yards off green.

**Starting point:**

Doesn't Change.

**Target:**

3 yard radius circle.

**Completion:**

3 balls out of 5 inside circle. Ball first bounce is on green.

## PITCHING

**Distance:**

Flag/Target is in middle of green. Ball is placed behind a bunker approximately 10-15 yards off green.

**Starting point:**

Doesn't Change.

**Target:**

Green.

**Completion:**

3 balls out of 5 on green.

## FULL SWING: DISTANCE

**Distance:**

75 yards.

**Starting point:**

Doesn't Change.

**Target:**

Cones are 40 yards apart to create a fairway.

**Completion:**

3 balls out of 5 go past the 75 yard marker and stay within the fairway. Any club can be used.

# LEVEL 4

*Burnside or Buddon*

Golf Knowledge/  
Mind Matters Quiz

SCAN OR TAP HERE  
TO TAKE THE QUIZ



On Course Target Score: 54 shots or less | Holes: 9 holes from Black Tees

## DISTANCE PUTTING

### Distance:

8 & 12 yards from hole. 5 balls at each distance.

### Starting point:

Change after each shot.

### Target:

2 yard radius circle.

### Completion:

7 balls out of 10 inside circle.

## SHORT PUTTING

### Distance:

1 yard from hole.

### Starting point:

10 different tees around 2 holes.

### Target:

Hole. Holes are on flat ground or small slopes - approximately 1%.

### Completion:

No more than 14 putts for all 10 attempts.

## CHIPPING

### Distance:

Flags are 10 yards and 15 yards on from edge of green. Ball is placed 2 yards off green. 5 balls at each distance.

### Starting point:

Doesn't Change.

### Target:

3 yard radius circle for 10 yard shot and 5 yard radius circle for 15 yard shot.

### Completion:

3 balls out of 5 inside each circle. Ball first bounce is on green. All balls played to one target then change target.

## PITCHING

### Distance:

Flag/Target is 15 yards from edge of green. Ball is placed behind a bunker approximately 10-15 yards off green.

### Starting point:

Doesn't Change.

### Target:

7 yard radius circle.

### Completion:

3 balls out of 5 in circle.

## BUNKERS

### Distance:

Ball is placed in middle of a small lipped bunker.

### Starting point:

Doesn't Change.

### Target:

Out of Bunker and in play.

### Completion:

3 balls out of 5 out of bunker. Club must be hovered before playing shot.

## FULL SWING: DISTANCE

### Distance:

100 yards.

### Starting point:

Doesn't Change.

### Target:

Cones are 40 yards apart to create a fairway.

### Completion:

3 balls out of 5 go past the 100 yard marker and stay within the fairway. Any club can be used.

## FULL SWING: PROXIMITY

### Distance:

50 yards.

### Starting point:

Doesn't Change.

### Target:

Flag at centre of cone circle with a 10 yard radius.

### Completion:

3 balls out of 5 finish in circle.

# LEVEL 5

*Burnside or Buddon*

Golf Knowledge/  
Mind Matters Quiz

SCAN OR TAP HERE  
TO TAKE THE QUIZ



On Course Target Score: 54 shots or less | Holes: 9 holes from Green Tees

## DISTANCE PUTTING

**Distance:**

5 tees at 4Y, 6Y, 8Y, 10Y, 12Y

**Starting point:**

5 Tees around 1 hole. Change tee after each attempt. Play the circuit twice.

**Target:**

Hole. Hole is on flat ground

**Completion:**

No more than 22 putts for all 10 attempts.

## SHORT PUTTING

**Distance:**

3 feet and 4 feet from hole.

**Starting point:**

10 different tees around 2 holes. 5 x 3' putts, 5 x 4' putts.

**Target:**

Hole. Holes are on flat ground or small slopes - approximately 1%.

**Completion:**

No more than 15 putts for all 10 attempts.

## CHIPPING

**Distance:**

Flag is between 10 - 15 yards on from edge of green. Ball is placed 2-5 yards off green in rough.

**Starting point:**

Doesn't Change.

**Target:**

5 yard radius circle.

**Completion:**

3 balls out of 5 inside circle. Ball first bounce is on green.

## PITCHING

**Distance:**

Flag/Target is 15 yards from edge of green. Ball is placed behind a bunker approximately 10-15 yards off green in rough.

**Starting point:**

Doesn't Change.

**Target:**

7 yard radius circle.

**Completion:**

3 balls out of 5 in circle.

## BUNKERS

**Distance:**

Flag/Target is in middle of green. Ball is placed in middle of a small lipped bunker.

**Starting point:**

Doesn't Change.

**Target:**

Green.

**Completion:**

3 balls out of 5 on green. Club must be hovered before playing shot.

## FULL SWING: DISTANCE

**Distance:**

125 yards.

**Starting point:**

Doesn't Change.

**Target:**

Cones are 40 yards apart to create a fairway.

**Completion:**

3 balls out of 5 go past the 125 yard marker and stay within the fairway. Any club can be used.

## FULL SWING: PROXIMITY

**Distance:**

75 yards.

**Starting point:**

Doesn't Change.

**Target:**

Flag at centre of cone circle with a 15 yard radius.

**Completion:**

3 balls out of 5 finish in circle.

# CARNOUSTIE CRAWLS JUNIOR ACADEMY

## ON THE COURSE PATHWAY



USE THE 'MY PATHWAY  
TO GOLF' APP TO TRACK  
YOUR PROGRESS

### LEVEL 1 *Nestie*

Complete the holes

-  Complete 1 hole to earn Bronze
-  Complete 2 holes to earn Silver
-  Complete 3 holes to earn Gold

### LEVEL 2 *Nestie*

Complete this 5 hole course  
and keep your total score:

-  Between 51-55 shots to earn Bronze
-  Between 46-50 shots to earn Silver
-  Between 41-45 shots to earn Gold
-  Between 36-40 shots to earn Platinum
-  Between 31-35 shots to earn Ruby
-  30 shots or less to earn Diamond

### LEVEL 3 *Burnside*

Complete the specifically designed  
4 hole course and keep your score:

-  Between 41-44 shots to earn Bronze
-  Between 37-40 shots to earn Silver
-  Between 33-36 shots to earn Gold
-  Between 29-32 shots to earn Platinum
-  Between 25-28 shots to earn Ruby
-  24 shots or less to earn Diamond

### LEVEL 4 *Burnside or Buddon*

Complete 9 holes from the black tees and keep your total score:

-  Between 91-99 shots to earn Bronze
-  Between 82-90 shots to earn Silver
-  Between 73-81 shots to earn Gold
-  Between 64-72 shots to earn Platinum
-  Between 55-63 shots to earn Ruby
-  54 shots or less to earn Diamond

### LEVEL 5 *Burnside or Buddon*

Complete 9 holes from the green tees and keep your total score:

-  Between 91-99 shots to earn Bronze
-  Between 82-90 shots to earn Silver
-  Between 73-81 shots to earn Gold
-  Between 64-72 shots to earn Platinum
-  Between 55-63 shots to earn Ruby
-  54 shots or less to earn Diamond