

2025-2026 冬季高尔夫室内训练计划

邵文钦高尔夫学校将于从 2025 年 11 月起，从 Angus Glen 球场的室外训练转为室内训练。本年度室内训练采用灵活的会费制与小时制收费，方便学员根据需求选择合适的训练方式。



训练目标：

- A. **一号木训练：**通过专项体能训练（核心力量、柔韧性、速度训练）提升挥杆速度与击球距离；应用视频分析与球路追踪数据优化挥杆轨迹与发球角度。
- B. **铁杆精准度：**增加铁杆专项练习时间，强化击球的一致性与方向控制；结合距离控制训练与不同地形模拟击球，提升攻果岭成功率
- C. **短杆与推杆：**切杆练习：重点在于球感培养与落点控制；推杆练习：结合速度控制、推击线路阅读和心理训练，提高整体成功率
- D. **球场模拟实战：**通过 9 洞模拟对抗训练，模拟比赛情境，提升学员临场应变与战术选择；帮助学员在 2026 年春夏季的室外赛事中更快进入竞技状态。

训练时间安排：训练周期：2025 年 11 月至 2026 年 4 月（共 23 周的训练时间，不含 2025 年 11 月底教练休假一周和 2026 年 3 月奥兰多春假训练营两周）

训练时间段选择：（单次时长：2 小时）

- 1. 周二至周五：下午 5 点半至 7 点半；
- 2. 周六和周日：
 - 1) 上午 9 点半至 11 点半
 - 2) 下午 12 点至 2 点
 - 3) 下午 2 点半至 4 点半
 - 4) 下午 5 点半至 7 点半

训练方式：每组两人（小班制，保证个性化指导）

会费制：（一次性交费）

- 1. \$3,000，每周一次（2 小时）；
- 2. \$6,000，每周两次（每次 2 小时）；

小时制：（灵活计费）

- 3. \$150，单次训练，（2 小时）；
- 4. \$80，（单次训练，（1 小时）；



训练设备与技术支持：室内高尔夫模拟器（SkyTrak）提供即时数据反馈（球速、旋转率、击球轨迹、发射角度等）；视频动作捕捉 + 数据分析，帮助学员更直观理解并改善挥杆动作

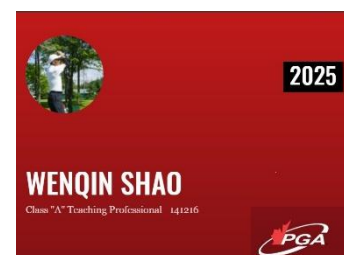
训练地址：139 Sikura Circle, Aurora, ON K4G 3Y9

执教教练：全部课程由加拿大 A 级职业高尔夫教练邵文钦亲自执教；

联系方式：邵文钦：电话：647-613-5115；邮箱：wenqin_shao@yahoo.ca

2025 - 2026 Winter Indoor Golf Training Program

After the conclusion of the 2025 outdoor golf season, Wenqin Golf Academy will transition to indoor training starting in November 2025. This year's program offers a flexible fee structure, allowing students to choose between seasonal membership packages or hourly training sessions.



Training Objectives:

- A. Driver Development: Increase swing speed and driving distance through targeted physical conditioning (core strength, flexibility, and speed training);
- B. Iron Accuracy: Allocate more time to iron play to improve ball-striking consistency and precision on approach shots;
- C. Short Game & Putting: Enhance chipping success through landing spot control and distance management; Improve putting with speed control, green reading, and stroke consistency;
- D. On-Course Simulation & Match Play: Utilize simulator-based 9-hole competitive play to strengthen decision-making, mental toughness, and tournament preparation.

Training Schedule:

Program Duration: November 2025 – April 2026; (23 weeks in total. Note: excludes one week of coach's vacation in late November and the two-week Orlando Spring Training Camp in March 2026)

Weekly Schedule: (Session Length 2 hours)

- 1. Tuesday - Friday: 5:30 pm – 7:30 pm;
- 2. Saturday & Sunday:
 - 1) 9:30 am to 11:30 am
 - 2) 12:00 pm – 2:00pm
 - 3) 2:30 pm – 4:30 pm
 - 4) 5:30 pm – 7:30 pm

Format: Small group training (2 students per group)

Program Fees: (Seasonal Membership (one-time Payment)

- 1. \$3,000, 1 season per week (2 hours);
- 2. \$6,000, 2 seasons per week; (2 hours each);

Hourly Option: (Pay-as-you-go):

- 3. \$150 per session (2 hours)
- 4. \$80 per session (1 hour)

Facility & Technology:

Indoor golf simulators: SkyTrak; Real-time data analysis including swing speed, ball spin, launch angle and shot trajectory; Video feedback for swing improvement

Location: 139 Sikura Circle, Aurora, ON K4G 3Y9

Coach: All sessions are personally instructed by Wenqin Shao, PGA of Canada Class "A" Teaching Professional.

Contact: Shao Wenqin: **Phone:** (647) 613-5115; **Email:** wenqin_shao@yahoo.ca

HOW FAR DO MALE GOLFERS HIT THEIR DRIVES?

GOLF MONTHLY

0 HANDICAP		15 HANDICAP		30 HANDICAP	
AGE	DRIVING DISTANCE	AGE	DRIVING DISTANCE	AGE	DRIVING DISTANCE
25	271 yards	25	233 yards	25	208 yards
35	267 yards	35	230 yards	35	206 yards
45	260 yards	45	224 yards	45	201 yards
55	251 yards	55	215 yards	55	192 yards
65	238 yards	65	202 yards	65	180 yards