



## **Residential Coaching 2 Nights Stay & 2 Half Days Golf Coaching** **(8 hours Coaching)**

### **Day 1**

#### **Day 1 Morning: 9am – 11am**

- You will meet Gary, your PGA coach and talk through what you will be working on over the next couple of days. These days are designed to promote a fun and relaxed environment in which to learn, with the ultimate goal for you to build the confidence necessary to venture out onto the golf course, knowing that you have the basic skills to play a good round of golf.
- The basic essentials will be covered starting with some focus on putting and chipping before moving onto the full swing fundamentals such as stance, grip, as well as posture and the mechanics of how the full swing works.

#### **Day 1 Morning: Driving Range 11am-1pm**

- Head to the driving range. Here we will break down your swing using video analysis and highlight what you're doing well, and any areas which can be improved. This enables us clearly to understand what you're working towards and give you some visual feedback which will help mentally put the pieces of the swing jigsaw together.

### **Lunch**

- Own Time to play golf, practice, use the Resort facilities or venture for trip to see the sights in London.

## Day 2

### Day 2: 9am –1pm

- Attempting to get out of a bunker can seem intimidating, even for more experienced golf players. This morning there will be a focus on chipping, pitching and bunker play in general, enabling you to approach future bunker shots with more confidence.
- Difficult lies are a given in golf. One thing you cannot control is where the ball finishes after a shot. We will spend some time discussing various lies, up hill, down hill, bare lies, thick wet lies so you know how to approach them moving forward. Any other areas of the game which you would like to spend more time working on can be practiced and discussed with Gary.
- Driving Range practice. Now that you're into the swing of things. It's time to embed what we've worked on during the morning, and again some video swing analysis will be used to help us carry on the work we did over the course of the morning.
- At the end of the day you should have a better understanding of the golf swing and have enjoyed learning or improving your current skills in a friendly environment to help you carry on getting better and enjoying the game even more.
- We will examine how far you've come and leave you with practice plans to continue improving.

### Lunch

- Own Time to play golf, practice, use the Resort facilities or venture for trip to see the sights in London.