



Residential Coaching 1 Night Stay & Half Day Golf Coaching **(4 Hours Coaching)**

Morning: 8.30am – 12.30pm

- You will meet Gary, your PGA coach and talk through what you will be working towards over the course of the day and receive your Golf 'Goody bags' to help you through your stay. The day is designed to promote a fun and relaxed environment in which to learn, with the ultimate goal for you to build the confidence to venture out onto the golf course confidently, knowing that you have the skills to enjoy a good round of golf.
- The basics will be covered starting with some focus on putting and chipping before moving onto the fundamentals such as stance, grip, as well as posture and the mechanics of how the full swing works.
- 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 you put the pieces of the swing jigsaw together.
- Now that you're into the swing of things. It's time to embed what we've worked on with a few more balls, again 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.