

Golf school itinerary tab

Golf School Itinerary

Day One

Breakfast

Introduction

Video Analysis: Setup

- What the strengths are
- What improvements need to be made and why

Meet Individually

- Goals
- Swing analysis
- Development plan

Set-Up

- Structure govern function
- How the setup affects body angle and club angle
- Base and balance: importance of power and accuracy
- Posture: spine angle

45 Minutes of Deliberate Practice and Training

- Each student works on their solution according to development program
- Supervised by Instructor for feedback
- Work station
- How to practice with a purpose

Lunch

Putting

- Technique
- Green reading
- Routine
- Rhythm, speed and feel
- Drills and how to practice putting

9-hole On-Course Playing-Lesson

- Learning to play the game
- Strategies & course management
- Option by students: Instructor playing along- observation great way to learn
- All Professionals have a handicap of 0 “scratch”

Optional

- Additional 9-holes on your own

Day Two

Breakfast

Video Analysis: Backswing

Meet-Individually

- What the strengths are
- What improvement need to be made and why

Backswing

- Takeaway
- Hinge
- Proper-rotation
- Function
 - Hands
 - Wrist
 - Arms
 - Torso
- Understanding biomechanics: kinetic sequence
- Creating effortless power

45 Minutes of Deliberate Practice and Training

- Each student works on their solution according to development program
- Supervised by instructor for feedback
- Work station/drills
- How to practice with a purpose

Lunch

Short Game: wedge play, pitching, chipping and bunker shots

- Proper equipment
- Technique
- Shot selection
- Distance control
- Strategy
- Feel and visualization

9-hole On-Course Playing-Lesson

- Learning to playing the game
- Strategies & course management
- Instructor playing along- observation great way to learn
- All Professionals have a handicap of 0 “scratch”

Optional

- Additional 9-holes on your own

Day Three

Breakfast

Video Analysis: Downswing

Meet- Individually

- What the strengths are
- What improvement need to be made and why

Downswing

- Understand Biomechanics- kinetic sequence
- Letting it go
- How the backswing and transition relate to the downswing
- Creating effortless power
- Finish

45 Minutes of Deliberate Practice and Training

- Each student works on their solution according to development program
- Supervised by Instructor for feedback
- Work station
- How to practice with a purpose

Full Swing

- Rhythm
- Motion
- Timing
- Transition
- Importance of practice swings

Lunch

Trouble Shots

- Controlling your trajectory- high, medium, low = shots
- Punching out- thought process as well
- Flop shot
- Full swing bunker
- Others

45 Minutes of Deliberate Practice and Training

- Each student works on their solution according to development program
- Supervised by Instructor for feedback
- Work station/drills
- How to practice with a purpose

School wrap-up and questions

18-holes on-your-own

Itinerary Structure for all 3-days

7:30 Breakfast

8:15 School Introduction “presentation”

9:00 -10:30 Individual Meetings, Video Analysis and Goals

10:30-11:30 Training

11:45-12:45 Lunch

1:00-1:45 Deliberate Practice with Coach

2:00-3:15 Short-Game

3:30 9-Hole Playing Lesson