

'Golf Schools in Paradise'

**Three Day Learning Package
Beginners - Intermediate - Advanced**

Day One

Including minimum 2 x 18 holes

9.00 am Meet PGA Professionals Alan Murray Garry Overy at Pulai Springs Resort

Beginners

Session 1 Introduction to the game

- * Equipment - Courses - History
- * Professionals demonstration

Session 2 Imaging the golf swing motion

- * Begin to learn the grip
- * Stance - swing with short irons

Session 3 Short Game Fundamentals

- * Putting - chipping - pitching -
- * Bunkers including 3 golden rules
- * Technique - judgement of distance slopes etc.

Session 4 Video Analysis and Advisory

- * Short / mid irons

Noon Lunch

Session 5 Equipment Advisory and Explanations

- * Personalised Club Fitting Rational
- * Rules & Etiquette
- * Proficiency Certificate
- * Handicap advisory

Session 6 Full Swing Explanations

- * Including ball flight laws
- * Tempo - timing - coordination
- * Theory and practical

Intermediate - Advanced

Session 1 Supervised hitting

- * Of various clubs at range
- * Including video analysis and advisory

Session 2 Begin corrections

- * Individual attention to problems

Session 3 Short Game Review

- * All shots

Session 4 Fairway Woods / Driver

- * Analysing / correcting for more distance and accuracy

Noon Lunch

Session 5 Equipment Advisory and Explanations

Session 6 GolfRobics - Drills and Training

- * Devices

Session 7 Golfrobs - Drills And Training Devices

*Golf Course Walk

Session 7 Ball Flight Laws

* Principles and preferences
* The four bad shots

Session 8 Fairway Woods - Driver

*More distance - accuracy

Session 8 Mid / Long Irons

* On course strategy

End of Day One – 4pm

Day 2

Session 9 8 am - On Course – 18 Holes Golf

Session 10 Golfrobs Exercises - Pregame Loosening

- * Target orientation - tee up positions
- * Attack and defence - trouble shots
- * Slopes - weather conditions
- * Maintaining confidence - saving strokes
- * Reading the greens - short game secrets
- * Preshot routines - judging distance
- * Tempo on the course - handling pressure
- * Rules & Etiquette - scorecard explanations
- * Speeding up play - with / without a buggy

Noon Lunch

Session 11 On Course Review

- * Problems - trouble shots
- * Cures and explanations
- * Indoor session

Session 12 Supervised Hitting At Range

*All clubs

Session 13 Short Game Review and Consolidation

Session 14 Video Analysis And Review Of Past 2 Days Learning

End of Day Two – 4pm

Day 3

Session 15 Imagery Memory and Practice Routines

*How the champions do it

- * Including – Total Swing Image
 - Tempo – Timing – Co ordination
 - Vis a Vis Swing Mechanics

Session 16 Supervised Hitting at Range using the above method – including Video Analysis Advisory

- (1) Total Swing Visual Imagery
- (2) Practice
- (3) Memorising The Feeling
- (4) Re-Image total swing practice again
(How to also practice trouble shots at the range)

Session 17 Explanations

Session 18 (a) The Principles and Preferences and the ball Flight laws

Session 19 (b) Terminology Misconceptions

(c) The Laws of Success in Golf and how they set you on the **Gradual Improvement Curve**

11.30 am Lunch

Session 20 12.30pm 18 Hole On Course

- Golf Robics – Pre game drills and preparations
- Understanding all areas of the game on-course including:
 - o All kinds of trouble shots
 - e.g. over / under / around trees
 - Out of the rough – all slopes – club selection
 - Area Percentage play – 'Trick' shots around the green etc

Session 21 5pm Presentation of Certificates of Attendance

*Videos and Swing sequence printouts will be forwarded

*Plus detailed written advisory for all students outlining areas to work on for improvement !