



Winter coaching programmes 2020/21

Performance Golf Package (limited availability)

– aimed at those wishing to make significant changes over the winter period, committed to completing practice sessions and tracking performance over an extended period. Setting goals, a time frame to complete these goals and following the plan.

- 9 hole playing assessment-
- 1x 90-minute session per month
- Swing catalyst email review after each session
- Digital support (send me videos, emails and I will respond ASAP)
- Bespoke practice programme to maintain progress (changes month to month)
- Mobility Programme
- End of block 9-hole review of programme
- £100 per month

Development Golf Package

- **Not reaching your potential? Cant figure out why? This is the package for you. Not for making significant changes in technique but aimed at becoming a better all-round golfer. Develop the skills that perform under pressure and start shaving shots off your score.**
- 9 hole initial playing assessment
- 1 x 60 minute lesson per month aimed at improving skill set
- Swing catalyst email review after each session
- Practice programme
- End of block 9 hole review
- £75 per month