

# Redbourn Golf Club



## Coaching Menu

# Introduction

At Redbourn Golf Club we have some of the most comprehensive coaching facilities in the country, our facilities include a twenty bay covered floodlit driving range, two practice putting greens, practice bunkers, excellent par three academy course and an 18 hole par 70 main course.

Your coaching menu offers you a wide and comprehensive selection of coaching options. Looking through your menu will allow you to select from over forty different lessons types taking into consideration all areas of the game.

When booking a lesson simply select the type of lesson you require and quote the booking reference code at the time of booking, as well as how long you require the lesson for

To book a lesson contact (01582) 793493  
To find us: AL37QA

Our PGA Professionals will look forward to seeing you on the lesson tee shortly!



# Your Swing

## Getting Into Golf

Duration 1/2 hr or 1hr

If you're new to the game we will take you through the process of learning golf step-by-step going at your own pace! Including how to grip the club, setup, aim and swing. On average this will take you three to four lessons

## Swing Check

Duration 1/2 hr or 1hr

### Booking Reference: 1

An opportunity to review your swing looking for areas of improvement, with the use of technology we will highlight the main areas of improvement needed in your swing and provide you with the necessary practice drills in order to achieve your goals

## Faults & Fixes

Duration 1/2 hr or 1 hr

### Booking Reference: 2

If when you play golf you have a recurring problem that generally ruins a good round of golf, this is a great opportunity for us to fix that specific shot! Is your problem a: Top, thin, fat, shank, slice or hook etc we will identify the reasons for the fault and provide you with instant fixes

## More Power Needed

Duration 1hr

### Booking Reference: 3

Are you fed up of with not getting distance off the tee and being out driven by friends... We have designed specific lessons to increase your power and distance. By reviewing and measuring your impact information We will let you know how to hit the ball further

## Hitting the Driver

Duration 1/2hr or 1hr

### Booking Reference: 4

A complete review of how to hit your driver off the tee. We will show you everything you need to know including how to tee up the ball in order to achieve the best ball strike and launch as well as how to adjust your set up and swing to make your driver work at its best

### **Fairway Woods & Hybrids**

Duration 1/2hr or 1hr

#### **Booking Reference: 5**

Find out how to hit these clubs off the Tee and Fairway. Learn what type of lie you can hit these clubs from and how to obtain maximum distance when doing so

### **Get the Most from Your Mid & Long Irons**

Duration 1/2hr or 1hr

#### **Booking Reference: 6**

How to get the most from your 2,3,4 and 5 iron. Learn how to adjust your set up to hit these clubs powerfully from the tee, fairway and semi rough

### **Shaping the Ball**

Duration 1 hr

#### **Booking Reference: 7**

There are times on the golf course when a shot requires you to deliberately shape the ball, whether that be from right to left or left to right or simply keeping the ball lower or higher than the standard shot. We will show you how these types of shots are achieved so you can practice these skills

## **On Course Lessons**

### **Strategy Caddy**

Duration 1hr to 4 hrs

#### **Booking Reference: 8**

Your PGA professional will caddy for you and advise you on the best strategy for each shot you are faced with, you will play with one ball throughout the session and the objective of the lesson will be to shoot the lowest score possible as if playing in a tournament round

### **Watch How the Pros Do it!**

Duration 1hr to 4 hrs

#### **Booking Reference: 9**

This is a great opportunity to play some holes with a professional playing alongside you. Your pro will pass on hints and tips during shots and you can observe the routines of a professional golfer close up

## **On Course Shot Specific Booking Reference: 10**

Duration 1hr to 2 hrs

This is a great opportunity to work on a specific shot that has been causing you problems on the course, whether it be from a specific type of lie or a certain hole that has been causing you problems, sometimes the best place to figure it out is on the course!

## **Bunkers**

### **Green Side**

Duration 1/2hr

#### **Booking Reference: 11**

Learn the technique for escaping from a greenside bunker. A great opportunity to confirm how much sand you should be striking before the ball and how much power you need to play the shot. You will leave this lesson with a much greater understanding of how to play a great bunker shot from a green side bunker

### **Fairway Bunker**

Duration 1/2hr

#### **Booking Reference: 12**

Landing in the fairway bunker from the tee is not the end of the hole we will teach you how to escape from it and gain maximum distance and control, we will explore a variety of different clubs that can be used from a fairway bunker

### **Akward Lies in a Bunker**

Duration 1/2hr

#### **Booking Reference: 13**

We will show you how escape from a bunker when your ball is in a far less than perfect position! Including, plugged lies, ball against the face, feet outside the bunker and the different textures of sand to name but a few!

### **The 40 Yard Bunker Shot**

Duration 1/2hr

#### **Booking Reference: 14**

This shot is traditionally known as one of the hardest shots to pull off in golf, we will give you the information on how to achieve this awkward distance from a bunker with tips from the tour players on how they make this shot look so easy!

# Putting

## Putting Technique

Duration 1/2hr or 1hr

### Booking Reference: 15

Putting makes up a third of the game and has its very own unique set up and stroke, review your technique and we will confirm your basics are in good shape passing on any adjustments to your set up and Putting action.

## The Putting Grip

Duration 1/2hr

### Booking Reference: 16

You may have noticed that professional golfers grip the putter in many different ways we will run through and try out several different grip options until you find the best one for you and your stroke

## How to Read Greens

Duration 1/2hr or 1hr

### Booking Reference: 17

Knowing how to read greens is a vital skill. Learn the techniques that will enable you to gauge exactly how much a ball breaks on the green. What you learn in this lesson will enable you to feel empowered on the golf course and more confident when putting

## Distance Control

Duration 1/2hr

### Booking Reference: 18

Being able to judge the speed on the green is imperative, we will take you through a series of measures that will improve your distance control and allow you to make vital adjustments needed for uphill and downhill putts.

## Putting From Off the Green

Duration 1/2hr

### Booking Reference: 19

Even the best players in the world will enjoy putting from off the green when they have the option, learn how to adapt your stroke and distance control to achieve this great shot choice

## Putting Practice Drills

Duration 1/2hr

### Booking Reference: 20

Great putters spend a lot of time practising their putting. Get information on the most structured way for you to practice your putting including the most up-to-date routines and drills for maximum improvement

# Shot Savers

## Recovery Shots

Duration 1hr

### Booking Reference: 21

From time to time on the golf course you will need to play specialist shots in order to get the ball on the green or back on to the fairway, These shots will include: the punch shot, the stinger, the one handed shot, the recovery out of trees as well as understanding how to shape the ball with a hook or slice when necessary! Learning and understanding these shots will pay off when you most need it!

## Weather Conditions

Duration 1/2hr or 1hr

### Booking Reference: 22

Playing in the wind and rain comes with its own complications, learn how to adjust your game to play great golf in terrible weather! Learn how you can take relief from casual water and what to do when a bunker is flooded!

## How Can Knowing the Rules Save You Shots

Duration 1 hr (inside)

### Booking Reference: 23

Just a brief understanding of the rules of golf give you more knowledge to know when you can take relief on the golf course and when the rules can help you out. A brief review of the rules book will help to give you more confidence on the course

# Chipping & Pitching

## Lob Wedge

Duration 1/2hr

### Booking Reference: 24

There are some shots on the course when only a lob wedge will do the job, learn the correct way to use your 60° wedge and stop the ball on a sixpence! This one will really impress your playing partners

## Pitching Over a Bunker or Water

Duration 1/2hr

### Booking Reference: 25

We will show you how to pitch over an obstacle, the lesson includes a review of your fundamental technique as well as the mental skills needed to pull off this type of shot

## **Wedge Fitting**

Duration 1hr

### **Booking Reference: 26**

Are your wedges correct for you? Do they have the correct loft and bounce for your swing? have you got the correct distance gapping between your wedges. Your professional will review your wedges and suggest adjustments if necessary

## **How to Get Back Spin**

Duration 1/2hr

### **Booking Reference: 27**

Everybody loves getting backspin! Learn how to achieve backspin allowing you to hit the ball onto the green with confidence knowing your ball will spin and stop

## **How to Play a Chip & Run**

Duration 1/2hr

### **Booking Reference: 28**

The hole is in the ground and sometimes the best shot to play is a low running shot! Learn how to play this traditional shot with a variation of different clubs, we will discuss when the shot should be played and in what conditions

## **The Hybrid Runner**

Duration 1/2hr

### **Booking Reference: 29**

You may have seen players chipping on to the green with fairway woods or hybrids, Learn the technique needed to play this niche shot that gives the ball a unique role unlike any other club in the bag

## **Pitching From Awkward Lies**

Duration 1/2hr or 1hr

### **Booking Reference: 30**

Learn the technique needed to pitch from thick rough as well as divots and bare lie's. Find out how to adjust your set up when pitching from up and down hill lies as well as how to pitch out of trees and other obstacles

## **The 40 60 80 Yard Shot**

Duration 1/2hr or 1hr

### **Booking Reference: 31**

Learn how to play your in between distances with your wedges, understand how to cut down your swing in order to hit the ball different distances with confidence. Getting up and down more often with your wedges will knock shots off your score

# Your Inner Game

## **Pre Shot Routine**

Duration 1/2hr

### **Booking Reference: 32**

Every great player has a consistent pre shot routine, take advice on the best routine for you and become instantly more consistent with your set up and aim. A consistent pre shot routine will stand up under pressure

## **How To Deal With Bad Shots & Situations**

Duration 1hr (inside)

### **Booking Reference: 33**

Dealing with and accepting bad shots is a vital part of being a great golfer. Learn the techniques that great players use on the golf course to keep their emotions in check!

## **Plan a Strategy on the Course**

Duration 1hr (inside)

### **Booking Reference: 34**

If you can't seem to put a round of golf together without three and four disastrous holes then this lesson is for you, review your game plan and make sure you are choosing the right shots and strategy for shooting below your handicap

## **Goal Setting**

Duration 1hr (inside)

### **Booking Reference: 35**

Setting out goals for the year ahead is vital for any aspiring golfer visualising your goals will inspire you to practice harder than ever. Work with your professional to document your ambitions and visualise your future goals

## **Dealing With Nerves**

Duration 1hr or 1/2hr (inside)

### **Booking Reference: 36**

Feeling nervous on the golf course is a natural emotion and one that all golfers are faced with from time to time. Learn the techniques that will help you to overcome these nerves allowing you to hit great golf shots with no fear!

## **Practice Planning**

Duration 1/2hr

### **Booking Reference: 37**

Do you enjoy practising but don't ever seem to improve? Do you only ever play well on the driving range? then this lessons is for you, we help you to formulate a bespoke practice plan and routine designed just for your game

## **How to Mark a Card**

Duration 1/2hr (inside)

### **Booking Reference: 38**

Any golfer will know that marking a card for the first time is quite nerve wracking! What is a Stableford? what is a medal? do I have to swap cards? what does stroke index mean? how do I get my handicap? Don't worry we will go through this step-by-step and tell you everything you need to know!

# **Practice and Preparation**

## **Distance Gapping Session**

Duration 1 & 1/2hr

### **Booking Reference: 39**

Knowing the distances that you hit your clubs is a must, how can you select the correct club if you don't know how far it goes? We will use technology to run through each of the clubs in your bag and let you know how far you hit each club. We will put this information into your gapping chart so that you can refer to it on the course

## **Custom Fitting Review**

Duration 1hr

### **Booking Reference: 40**

Are my clubs correct for me? Are you getting the most from your equipment ? We will take you through a custom fit that will identify if your clubs are right for you, if not we will let you know what adjustments we would recommend in order to get the best equipment for your game

## **Know Your Numbers**

Duration 1hr

### **Booking Reference: 41**

Work with our technology to gain greater understanding of your impact data. This information is vital for reviewing ongoing performances, knowing your current swing speed, ball speed and launch angles will enable you to review this information for future references

## **Statistics Review**

Duration 1/2hr or 1hr

### **Booking Reference: 42**

Meet with your professional and review your last several rounds of golf. We will highlight specific areas for ongoing improvement and practice opportunities. Reviewing your statistics will allow us to quickly identify the weaker areas of your game and give direction to your future lessons

## **Strength & Conditioning**

Duration 1/2hr

### **Booking Reference: 43**

We will show you the best way to warm up and stretch before a game of golf. We will give you drills and exercises to work on in between games to build strength and flexibility for future improvement

## **Nutrition**

Duration 1/2hr (inside)

### **Booking Reference: 44**

Staying fit and energised during a four hour game of golf is not easy, we can help you to set out a routine designed to keep your energy levels high throughout a round of golf through improved nutrition information

## **Group Coaching Activities Include:**

- Learn golf in a day
- Golf 4 Women
- Over 50s coaching
- Junior golf passport academy
- Junior fun days and roll-ups

Check our website for updated times and dates of these sessions

Details of lessons or lesson package

'Don't practice your faults'  
Book your lessons today!

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