



THE ULTIMATE GUIDE TO
**BECOMING
A BETTER
GOLFER**

Hundreds of
students helped
globally, at
ALL LEVELS





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Whether you've been playing golf for two months or ten years, you'll want to read this. In this Ultimate Guide to Becoming a Better Golfer, learn the secrets to getting your golf on track and taking your game to the next level.

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CHAPTER 01

GETTING THE BASICS RIGHT

Every good swing starts with a solid foundation

The foundations or 'fundamentals' of your swing are critical to your success as a golfer. Sure, you might be able to cover up a few errors with your shorter clubs, but once your driver is out of the bag the flaws will really start to flow.

HERE'S WHAT YOU NEED TO DO

- ✔ Get your fundamentals checked by a PGA Professional
- ✔ Dedicate time to your fundamentals while at the driving range
- ✔ Swallow your pride and don't be afraid to go back to basics when struggling



The best way to get better at golf is to find a PGA Professional who will teach you the game from the ground up. With a firm foundation your golf swing will be built to last.

Every great golfer has a sound grip, posture, set-up and alignment, and when their games take a small turn for the worse, they always go back to basics without getting too fancy.

There is a lot that can be learned from this and every golfer should always have their fundamentals checked regularly.

**“Learn the fundamentals of the game and stick to them.
Band-Aid remedies never last.” - Jack Nicklaus**

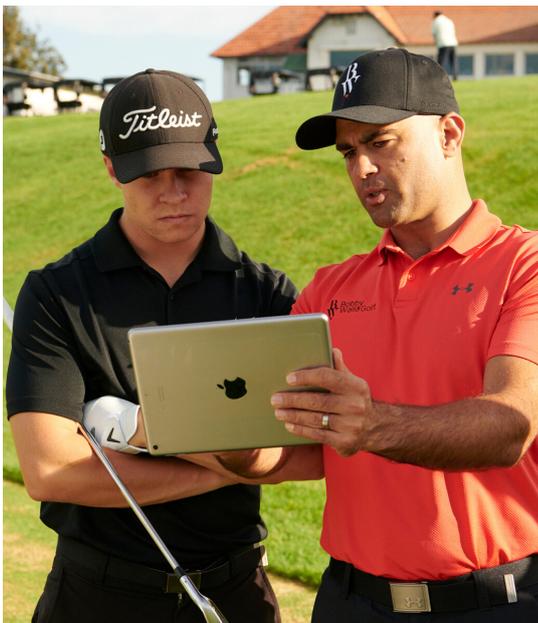
WHAT YOU NEED TO KNOW ABOUT VIDEO ANALYSIS

How much can you recall after your lesson?

Video analysis is often a standard inclusion with top coaches. It's easy to see why it's popular - students receive a comprehensive post-lesson review so you won't forget a thing. Here's how you can really make the most out of this technology.

HERE'S WHAT YOU NEED TO DO

- ✓ Have your swing assessed from face-on and down-the-line angles
- ✓ Look at the key positions during your swing
- ✓ Compare against professional players and highlight similarities and differences



All easily accessible on your favorite device, check out your lesson tips, slow-motion replays, marked up swing positions, side-by-side comparisons and personalised voice notes. All you need to remember are your clubs.

Getting to see your golf swing on video can really spell things out for you and help you understand where many of your bad, as well as your good, golf shots come from.

**“Don't be too proud to take lessons - I'm not!”
- Jack Nicklaus**

CHAPTER 03

SHORT GAME HACKS

Let your short clubs do the scoring!

Probably the single most important part of the golf game when it comes to scoring, however when most people book in for a lesson they choose to work on clubs that generate most power and provide most distance.

HERE'S WHAT YOU NEED TO DO

- ✔ Start your next practise session with chipping and pitch shots
- ✔ Gradually increase the range of motion to help with tempo, balance and rhythm
- ✔ Always finish your practise with time on the putting green



When working on their individual games, professionals will normally dedicate 70% of their practice to chipping, pitching, bunkers and putting whilst perfecting their feel and touch. Next time you are at the range, start with a few chip and pitch shots to get your timing and sequencing right. This will help you settle into your fuller swings and feel more balanced and in rhythm.

Don't forget to work on your putting technique as well as various length putts either, for more confidence on the greens.

**“I love putting, I love all the putts...
I'm always putting putting putting putting.” - Jason Day**

CHAPTER 04

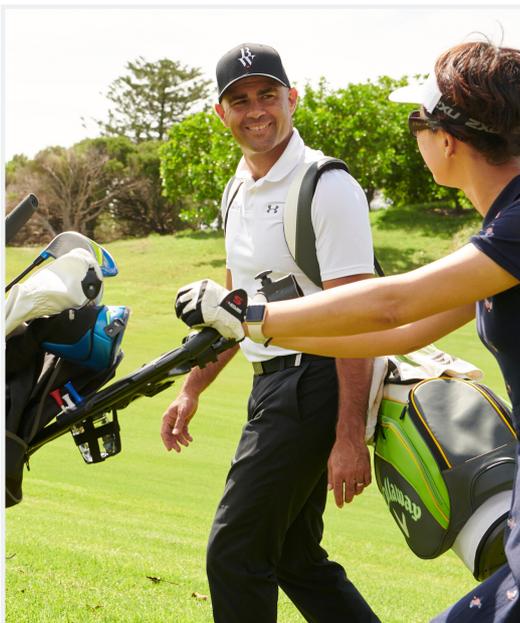
THE PRACTISE-PLAY-LEARN RULE

Mixing it up is the key to improving

If you're spending all your time on the course, at the driving range, or taking back-to-back lessons, you might not be doing yourself any favours. Practice, playing and lessons all require very different mindsets.

HERE'S WHAT YOU NEED TO DO

- ✓ Find your groove at the driving range
- ✓ Implement those feelings on the golf course
- ✓ Next time you see your coach, provide feedback from your practise and games



By combining the three you will become a lot more disciplined on the golf course when in the heat of the moment. An individual will not get any better at golf by simply hitting thousands of golf balls. The same can be said for going out and playing 18 holes seven days a week, or even getting your swing looked at constantly.

The driving range is where you search for feelings, the golf course is where you put those feelings in to play and the lesson is where you provide feedback and review with your coach.

**"Variety's the very spice of life, that gives it all its flavour."
- William Cowper**

HOW PRACTISING AT HOME CAN ELEVATE YOUR GAME

Repetitions at home are a crucial part of practise

Home practise is a vital part of cementing your muscle memory patterns for a more effective swing. Unfortunately it's an easy element to slip away, but trust me, your coach can tell when you haven't put the practise in.

HERE'S WHAT YOU NEED TO DO

- ✓ Take your golf posture without a golf club
- ✓ Pick up a club and repeat your takeaway and follow through until it feels natural
- ✓ Use a mirror to look at your key positions



Great examples of working on your swing at home are taking your golf setup without a golf club, crossing your arms against your chest and making the correct rotary movement until the motion feels natural.

Pick up a club and systematically work on your takeaway and then your follow through, repeating until it feels natural. This can help with building a repeatable motion, gaining strength and flexibility as well as gaining more awareness of where the club is in various positions.

“You don't get what you wish for. You get what you work for.” - Anon



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Hi, I'm Bobby Walia,
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We offer students of
all abilities the chance
to create and maintain
solid practise habits,
a healthy technique
and a positive mind.

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