

LEARN GOLF DXB



Dubai's Number 1 Way To Learn Golf and Improve Your Game



INTRODUCTION

Welcome to the Learn Golf DXB Program, Dubai's number one way to learn the game of golf and improve your game.

HOW IT WORKS

The Learn Golf DXB program is a series of 6 week group coaching classes based at The Track, Meydan Golf driving range.

Each session is broken down as follows:

5 minutes long game explanation and demo

25 minutes of long game practice

5 minutes short game explanation and demo

20 minutes short game practice

5 minutes session summary

As part of your session you are able to hit one pyramid of golf balls either before or after your sessions and unlimited access to the putting green (the most important part of the game for scoring- make the most of this!)

YOUR GOLFING JOURNEY

The goal is that over the course of each six week program you achieve the goals laid out in the later parts of this document. An overview of this process is below:

1ST SIX WEEKS

After the first 6 weeks we want you to:

- Have the four setup fundamentals in place an understanding of the 5 main types of shot.
- Have an understanding of the equipment and the purpose for different types of clubs
- Demonstrate each of the 5 shot types of shot with consistent movements.
- Be able to get around our 6 hole par 3 course in an average of 5 shots per hole.

2ND SIX WEEKS

After the second 6 weeks we want you to:

- Be able to get around our 6 hole par 3 course in an average of 4 shots per hole.

3RD SIX WEEKS

After the second 6 weeks we want you to:

- Have a full understanding of golf etiquette.
- Be able to play our level 1 modified tees golf course as part of the night series, averaging 2 over par per hole or better.

4TH SIX WEEKS

After the second 6 weeks we want you to:

- Have a full understanding of golf etiquette.
- Be able to play our level 2 modified tees golf course as part of the night series, averaging 2 over par per hole or better.

5TH SIX WEEKS

After the fifth 6 weeks we want you to:

- Have a full understanding of golf etiquette.
- Be able to play our golf course as part of the night series, averaging 2 over par per hole or better from your normal tees

6TH SIX WEEK AND BEYOND

- Get a handicap, play in your corporate golf day and work to reduce your handicap
Be sure to look at the rest of the booklet which breaks down this journey in more detail!



TIPS TO ACCELERATE YOUR LEARNING



- Use the notes section on your phone to help you remember the coaching points that your coach goes through with you
- Practice at least once between sessions and be sure to split your time between short game and long game
- A focus on technical improvement rather than results in the early stages will help your long term progress
- Try to pause between shots and consciously think about your set up and any swing thoughts before hitting the next shot

MEET THE COACHES



Marcus Dunning
England



Marno Vorster
South Africa

Aaron Williams
England

THE SCHEDULE

Friday 10.50-9.50am	Monday 7.30-6.30pm
Friday 11.50-10.50am	Monday 7.30-6.30pm
Friday 4.00-3.00pm	Monday 8.30-7.30pm
Friday 5.10-4.10pm	Monday 8.30-7.30pm
Friday 6.20-5.20pm	Tuesday 7.30-6.30pm
Saturday 9.40-8.40am	Tuesday 7:30-6:30pm
Saturday 10.50-9.50am	Tuesday 8.30-7.30pm
Saturday 4.30-3.30pm	Wednesday 10.00-9.00am
Saturday 5.40-4.40pm	Wednesday 7.30-6.30pm
Saturday 6.50-5.50pm	Wednesday 7:30-6:30pm
Saturday 7:50-6:50pm	Wednesday 8.30-7.30pm
Sunday 7.30-6.30pm	Thursday 5.00-4.00pm
Sunday 8:30-7:30pm	Thursday 5.30-4.30pm

TERMS AND CONDITIONS

From your first class you have six weeks to complete your classes.

We encourage you to try to keep your class time consistent. If for any reason you can't make it on a certain week please inform your coach at least 24 hours ahead of time. We can then look to rearrange.

1st SIX WEEKS

Core Competencies

- Basic Fundamentals Of Setup
 - ✦ Grip
 - ✦ Aim
 - ✦ Stance
 - ✦ Posture
- An understanding of the 5 main aspects of the game and the ability to demonstrate the appropriate setup and movement for each of these.
 - ✦ Full Swing
 - ✦ Pitching
 - ✦ Bunker Play
 - ✦ Chipping
 - ✦ Putting
- An understanding of the equipment and the purpose for different types of clubs.



Golf Shot Targets

- Full Swing
 - ✦ Guys- Be able to hit the ball 100 yards or more with a 6 iron
 - ✦ Girls- Be able to hit the ball 60 yards or more with a 6 iron
- Pitching-
 - ✦ Everyone- Be able to pitch 4/10 balls onto the green from 30 yards.
- Bunker Play-
 - ✦ Everyone- Be able to get the ball onto the green from any greenside bunker.
- Chipping
 - ✦ Everyone- Be able to chip 5/10 balls within 8 feet of the target.
- Putting
 - ✦ Everyone- Be able to consecutively putt 10 balls into the hole from 3 feet.

Scoring Targets

Be able to get around our 6 hole par 3 course in an average of 6 shots per hole.

2nd SIX WEEKS



Core Competencies

- The ability to execute the fundamentals of the set up position and align to different targets
 - ◇ Grip
 - ◇ Aim
 - ◇ Stance
 - ◇ Posture
- Develop an initial understanding of the swing in motion
 - Weight transference during the Full Swing
 - The one piece takeaway
- Demonstrate awareness of distance control with the short game shots;
 - ◇ Putting
 - ◇ Chipping
 - ◇ Pitching
 - ◇ Bunkers

Golf Shot Targets

- Full Swing
 - ◇ Guys- Be able to hit the ball 120 yards or more with a 6 iron
 - ◇ Girls- Be able to hit the ball 80 yards or more with a 6 iron
- Pitching-
 - ◇ Everyone- Be able to pitch 6/10 balls onto the green from 30 yards.
- Bunker Play-
 - ◇ Everyone- Be able to play out shallow and deep bunkers.
- Chipping
 - ◇ Everyone- Be able to chip 5/10 balls within 6 feet of the target.
- Putting
 - ◇ Everyone- Be able to consecutively putt 8 balls into the hole from 4 feet.

Scoring Targets

Be able to get around our 6 hole par 3 course in an average of 5 shots per hole.

3rd SIX WEEKS



Core Competencies

- Develop a Key understanding of the backswing checkpoints during half way back position that allows you to create a consistent one piece takeaway which in turn will encourage good solid mechanics
- Create an understanding of the weight distribution amongst short game shots and how this can impact the conditions of impact and ball flight

Golf Shot Targets

- Full Swing
 - ✧ Guys- Be able to hit the ball 130 yards or more with a 6 iron
 - ✧ Girls- Be able to hit the ball 90 yards or more with a 6 iron
- Pitching-
 - ✧ Everyone- Be able to pitch 6/10 balls onto the green from 40 yards.
- Bunker Play-
 - ✧ Everyone- Be able to play to a short and long bunker shot
- Chipping
 - ✧ Everyone- Be able to chip 5/10 balls within 4 feet of the target from 5 meters
- Putting
 - ✧ Everyone- Be able to consecutively putt 5 balls into the hole from 6 feet.

Scoring Targets

Be able to get around our 6 hole par 3 course in an average of 5 shots per hole.

4th SIX WEEKS



Core Competencies

- Be able to produce the correct wrist set during the Full Swing showing good use of the lever system
- At this stage you will be able to demonstrate how to set the Golf Club in the correct position at the top of the backswing allowing you to create a powerful yet consistent movement
- For Short Game shots you will be able to understand and execute the clockface mechanism which in turn will allow your distance control to become more effective

Golf Shot Targets

- Full Swing
 - ✧ Guys- Be able to hit the ball 120 yards or more with a 6 iron.
 - ✧ Hit a Drive of over 180 yards.
 - ✧ Girls- Be able to hit the ball 80 yards or more with a 6 iron.
 - ✧ Hit a drive of over 130 yards.
- Pitching-
 - ✧ Everyone- Be able to pitch 8/10 balls onto the green from 30 yards.
- Bunker Play-
 - ✧ Everyone- Be able to control our distances out of bunkers.
- Chipping
 - ✧ Everyone- Be able to chip 5/10 balls within 4 feet of the target.
- Putting
 - ✧ Everyone- Be able to consecutively putt 10 balls into the hole from 5 feet.

Scoring Targets

Be able to get around our 6 hole par 3 course in an average of 4 shots per hole.

5th SIX WEEKS



Core Competencies

- At this stage you will be able to demonstrate and execute an advancement of the lever system and generate more 'LAG' which in turn will increase club head speed and maximise shot distance
- Develop the ability to efficiently transfer the weight in the downswing leading to maximum distance
- Build a repertoire of shots you can hit from within 70 yards based on the varying conditions

Golf Shot Targets

- Full Swing
 - ✧ Guys- Be able to hit the ball 140 yards or more with a 6 iron.
 - ✧ Hit a Drive of over 200 yards
 - ✧ Girls- Be able to hit the ball 100 yards or more with a 6 iron.
 - ✧ Hit a drive of over 150 yards.
- Pitching-
 - ✧ Everyone- Be able to pitch 10/10 balls onto the green from 25 yards.
- Bunker Play-
 - ✧ Everyone- Be able to control our distances out of bunkers. Deep & Shallow bunkers.
- Chipping
 - ✧ Everyone- Be able to chip 6/10 balls within 4 feet of the target.
- Putting
 - ✧ Everyone- Be able to consecutively putt 3/5 balls into the hole from 8 feet.

Scoring Targets

Be able to get around our 6 hole par 3 course in an average of 3 shots per hole.

WHAT IS A HANDICAP?

For most new golfers getting a golfing handicap seems to be a huge mystery. But once you understand the ingredients involved it becomes a simple task. The handicap allows golfers of all abilities to compete fairly against each other and the golf course.

Every 18 hole golf course you play will differ from another through different terrain, some being parkland courses, some heath land courses others links or coastal courses. With differently shaped holes, some perfectly flat, some hilly, some blind and some around corners called dog legs. With varying lengths of holes, some will be short holes, some mid length hole, some long holes. But each hole will have a par, which is the required number of strokes that it should be played in. Some holes will have a par of three, some a par four and some a par five. The par of each hole is determined by its length. So even though the make up of courses vary so much in length from each other, when the pars of each hole are added up you will find the par for that golf course.

So for example if each par for the 18 hole course all added up to 70, then that would be the score you would be expected to achieve if you had a zero or scratch handicap.

To determine your handicap on first joining a golf club, you would have to record your score of three rounds of 18 holes of golf. The average figure you score over the par of the course for those three rounds, would be your handicap. For example if your average score was 93, over a par of 70 the difference would give you a handicap of 23.

So if you play a match against a golfer with a lower handicap it would be unfair to play him without some assistance. Three quarters of the difference between the handicaps is given to the higher handicap player. If one player has a 12 handicap and you have a 24 handicap three quarters of the difference of 12 would be 9. So at each hole that has a stroke index of 9 and under you get a handicap stroke allowance. If for example, you score a 5 at a hole giving you a stroke allowance it becomes a 5 net 4 and if your opponent also scores a 5, then your 4 would win the hole.

Lowering your handicap can only be done by playing in competitions. If you score lower than your handicap, e.g. you score 87 from a 23 handicap on a par 70 course you have deemed to have played 6 strokes better than your handicap and the handicap secretary of the club will reduce your handicap accordingly as allowed within the rules. Hopefully if you keep on improving, one day you will eventually get down to a scratch or zero handicap!



WHAT IS A

Par -

Think of any hole on a golf course.

Let's say the 13th hole at Augusta National Golf Club. It's a par-5 hole. What does that mean? In this case, it means that five is the number of strokes an expert golfer is expected to need to finish play of that hole.

The value assigned to represent par for an individual hole is always comprised of two putts plus the number of strokes it should take an expert golfer to reach the green. Holes typically are listed as par-3, par-4 or par-5, although par-6 is also occasionally encountered. A par-4 hole is going to be longer than a par-3 hole, and a par-5 longer than a par-4 (with rare exceptions).

1. On a par-3 hole, an expert golfer is expected to need only one stroke to reach the green, followed by two putts, for three strokes total.
2. On a par-4, he should need two strokes to reach the green, followed by two putts, for four strokes total.
3. On a par-5, she is expected to reach the green in three strokes, followed by two putts, for five strokes total.

Birdie

"Birdie" is one of the basic scoring terms used by golfers, and it means a score of 1-under par on any individual golf hole. Par, remember, is the expected number of strokes it should take an expert golfer to complete a hole.

Eagle

Eagle means scoring two under par (-2). Eagles usually occur when golfers hit the ball far enough to reach the green with fewer strokes than expected. It most commonly happens on par-fives but can occur on short par-fours. A hole in one on a par-three hole also results in an eagle.

WHAT IS A

Bogey

"Bogey" is one of the scoring terms used by golfers and the term "bogey" means the golfer made a score of 1-over par on an individual golf hole.

Dubble Bogey

A "double bogey" is a score of 2-over par on an individual hole of the golf course. ... And a golfer who does score "3" on a par-3 hole is said to have "made a par." A golfer makes a "double bogey" when he or she needs two strokes more than par to play a hole.



During the course of the 6 six weeks Learn Golf program, we will go out on the Meydan golf course and play 9 holes against one another. Relax, this will be a casual round of golf as it's more about having fun with our friend out their. We will playing off our modified tee-boxes which mean, we will make the course slightly shorter for you guys.

Let me explain- A Par 5 is normally over the 500 yards+. We will shorten it to 300 yards. The Par 4 holes will be adjusted to around 200 yards and the Par 3's will be brought forward to between 80-100 yards. This makes it more fun and less stressful for all of us. It is one of the events you definitely should start looking forward too. Now let's get practicing !!





GOLFDXB



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