

## U3A Golf Instruction Programme

### Groups 2 & 3 (Improvers) Week 1 – Joint tuition

1. **SAFETY [the most important thing I am going to say this week]**
  - a. **Keep well away from all other players while you swing**
  - b. **In individual coaching sessions:**
    - i. **Spread out in a line along the back (RH) wall, aiming towards far (LH) wall;**
    - ii. **Keep well apart, to allow me to stand between for coaching**
    - iii. **Never swing the club without checking that there is no-one BEHIND you – it is YOUR responsibility to ensure that you don't decapitate anybody.**
  - c. **Also, NB the Fire Exit location.**
2. As you have all been through the detail of the golf swing, in many cases several times, already, I intend to run the 'Improvers' joint tuition sessions slightly differently this year. I will use them more as an 'aide memoire' and focus on the ways that you can use to check your own set-up, grip and swing. I **will** be covering the basics, but not in the same level of detail as in the past. The detail will be covered, as appropriate to each member, in the individual instruction. This will, I hope, ensure that more time is given to individual tuition.
3. Group timing will be:
  - a. Group 2: 10.00 – 11.10
  - b. Group 3: 10.50 – 12.00- allowing a 20 minute joint session, which I will try to keep to a minimum.
4. The programme for the first five weeks of term will cover the principal points to check, in each phase of the swing method, as follows:
  - a. Grip;
  - b. Set-up;
  - c. Back-swing;
  - d. Down-swing;
  - e. Follow-through.
5. In later weeks, I intend to refer to these principal points in short sessions on how to diagnose what may be causing a repeated error, such as slicing or topping. I will include simple practice routines with which to try to correct the problem.