



The Find Your Golf DNA Video Library

“Do you want to shave ten shots off your score? Then this is an opportunity you cannot afford to miss”

This ‘Find Your Golf DNA’ video library has been put together by the Your Golf DNA team members and it offers the golfer a unique experience.

There are so many videos that are out in the market place that are full of prescriptive notions of how you will play better golf, these ‘tips’ often passed down from generation to generation and all ‘swallowed’ at face value, however many of these notions and methodologies simply do not stand up under the modern scientific/academic approach to coaching.

With industry leading professionals giving you the most up to date, ground breaking, holistic and thought provoking information, this series of videos will prove to give you a very different and more beneficial experience.

Rather than being told ‘this is the way it is’ you will simply explore and discover some new possibilities, we will ask ‘is there a better way’?

With hours of footage spread over 30 videos this gives you the golfer unbelievable value for money.

The videos are designed to be viewed by all golfers of all levels.

The video library is vast and covers the following topics:

- Attentional Focus
- Considerations for Chipping
- Contextual Practice Checklists
- Development Considerations for the Parent and Young Athlete
- Your Golf Development Considerations
- The Essential Guide to Successful Tee Shots
- An Interview with World Leading Golf Biomechanist Mark Bull on World Class Development Programs (Two videos in short and full versions)
- Gregor Brodie – A Reflective Coach Portfolio – The Level Four Journey – The Pinnacle of the PGA Coaching Pathway
- Long Term Athlete Development
- JOLF – An Academic Approach to Coaching Juniors
- Movement Considerations and Swing Dynamics
- Movement – A Video that covers Posture Belt, Gravity Fit and Spikey Ball Training
- Creating Team Synergy – The Your Golf DNA Passport
- Considerations for Pitching
- Playing the Game – Your Guide to Lower Scores – Your Stepping Stones to Success

- Post Round Considerations
- Considerations for Practice Structure
- Considerations for Putting
- Remembering Ramsay – A Pioneer, An Innovator, A Unique Individual
- Random versus Varies Practice
- Understanding how Keeping Statistics can Benefit Your Game
- A Working Example of a World Class Development Program
- The Essential Guide to Golf Fitness
- The Essential Guide to Bunker Play
- The Essential Guide to Knowing Your Yardages
- Tournament Preparation Considerations
- Understanding Ball Flight
- Why 3D Motion Capture Sessions are More Beneficial Than Normal Video Tuition □
Understanding the Your Golf DNA Programs

And with more videos on the way that include Psychological Considerations for Golf these downloadable videos will prove to be a must have on every golfer's tablet, mobile phone or laptop.

The videos are priced at £2.99 per video or £49.99 for the entire collection.