

**Performance Coaching** - Performance based coaching is the next level up from your conventional golf lessons. The concept is to take the golfer to a higher level of learning and performance. With use of state of the art equipment, educated coaches and working in tandem with leaders in golf science and functional movement, here at Greg Brodie Golf we offer a truly first class service. Performance coaching creates a unique learning opportunity for you.

Firstly your game is analysed through various means:

- statistical analysis of your game
- your movement via 3D motion analysis and musculoskeletal screening which enables a golfer to link postural deficiencies to swing faults,
- through the use of Trackman radar which analyses the behaviour of the club and ball through impact.
- through a putting assessment with the putting specialist
- through analysis of your equipment via the club specialist
- your current practice behaviours and playing strategies are also analysed

Once goals have been set and a direction decided the golfer where necessary:

- will begin a journey of discovery, education and autonomy
- develop technical proficiency
- practice in a manner that develops skill
- will adhere to a detailed priority plans
- will be given a golf specific fitness program designed by a synergistic network of medical and health professionals to cater for the individual needs of the golfer
- will be given well-structured practice plan
- will work closely with putting and equipment specialists and 3D analysts

For the inquisitive golfer that is looking for all the right answers, who is frustrated with endless effort without results, who is looking for the missing link, here is the solution. No stone is left unturned, all aspects of the game are quantified in a scientific manner.

**An Initial Assessment** involves on-course observation, a musculoskeletal screening with a physiotherapist, 3D motion analysis, an analysis of putting mechanics using the Zenio putting analysis technology and a discussion around current practice behaviors.

Approximate time 5 hours - £300

**Bespoke Individual Performance Programs** give the golfer the freedom to design their own organic, bespoke and individualized program. They can build their own unique road map to change based around their needs and desired financial commitment.

They can set their chosen amount of hours coaching per month/annum with any member, or all of the team and the time can be used in a multitude of ways giving experiences that utilise the integrated team of holistic practitioners.

Typical experiences will expose the golfer to a greater way of quantifying their game in a more scientific, evidence based manner.

The golfer can choose numerous methods of improvement from physiological/biomechanical training, psychological training, putting and green reading, goal setting, practice plans and regimes, regular skype calls, play with the professional, 3D motion analysis/biofeedback training, Trackman/video swing analysis, equipment assessments, skills testing/pressure practice, statistical analysis, physical training, tournament preparation and support.

These programs give the golfer the complete biological, tactical and psychological development opportunity