



RUDDING PARK

HOTEL, SPA & GOLF

GOLF LESSON PACKAGES **2016**





RUDDING
PARK
GOLF ACADEMY

Start Golf

The equipment

What do you need to play golf? We will show you which clubs are needed for a basic set, show you how to use each and every one of them and when you will need to use them.

Sound fundamentals

We will start you off on the right path by showing you how to set yourself up to the ball correctly and give you the best chance of making a good swing and building some consistency to your shots.

The short game

Often overlooked by many experienced golfers but an area that is so important. It doesn't require big powerful swings but a touch of finesse that everyone can achieve. We will show you three shots; putt, chip and bunker, that will become your 'go to' shots.

Introduction to the golf course

This is where it all happens: everything we've been through leads up to this point. We will introduce you to the different parts of the course and show you some basic rules and etiquette that will enable you to play on a course and not feel intimidated. This is where the fun starts!

Want to get into golf but don't know anything about the game? This is the perfect programme for you! We will take you from complete novice and give you all of the knowledge needed to be able to start to play golf and give you **many hours of enjoyment.**



INCLUDES

FREE use of equipment

Rule book

Video analysis

One to one coaching

Supervised practice

Practice programme

Progress log
and regular evaluation

FREE equipment advice

On course tuition

£185 for 5 hours

Time will be broken down into sessions
based on individual requirements



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The Fundamentals of Putting

The grip

How you hold the club will contribute greatly to your ability of controlling the putter. We will show you the hold that gives you the most control.

The posture

The putting posture has some key differences to the full swing posture. Learn what these are and start to implement them and watch the putts start to drop.

The stroke

Straight back and through? Slight arc? Strong arc? There are many ideas on what the putter should and shouldn't do. We will stop the confusion and show you the simple science behind the stroke and how easy it can be.

The putter

Often the most overlooked club in the bag but perhaps the most important to get right. Length, lie, loft, head type, face technology, weighting and grip; we have all the answers.

Putting has often been called the game within a game and like anything in golf, good putting starts with great fundamentals. This improvement programme is designed to put you on the right line in becoming a great putter and **taking countless shots off your scorecard.**



INCLUDES

Initial game assessment

Technical evaluation

Personal development programme

Video analysis

One to one coaching

Practice programme

Progress log and regular evaluation

FREE equipment assessment

FREE use of training aids to help groove your stroke

£120 for 3 hours

Time will be broken down into sessions based on individual requirements



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Master of the Greens

Distance

Distance control is the first key to mastering the greens. 3-putts are a killer but if you are able to control your speed on the greens then they will be less likely to happen.

Direction

Having the ability to start your ball on line is so crucial for it to have a chance of going in the hole. So many people strike the ball away from their intended line as soon as the ball leaves the club face.

Reading the green

You can hit the ball at the speed you want and the line you want and it can still not go in. Making sure you can read a green correctly can be the difference in a good putting day and a putting day to forget.

You have learned the putting fundamentals and now want to start holing more putts than ever before **becoming a putting master**. This improvement programme is designed to give you the three keys to achieving this.



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Technical evaluation

Personal development programme

Video analysis

One to one coaching

Practice programme

Progress log and regular evaluation

FREE equipment assessment

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Short Game Fundamentals

Sound set-up

How you set up the ball is vital to make sure you get consistency and control in your short game. We will teach you all the basic set up fundamentals needed to allow your short game to improve.

The swing

Understanding how the swing controls speed and strike will help you to improve your distance control on short shots.

Club selection

You can use a variety of different clubs in the short game. We will take away the confusion by explaining which club should be used for each different shot.

Bunkers

Being in a bunker can be daunting for any golfer. We will teach you the technique to escape the sand every time.

If you're new to the game or a high handicap golfer trying to get to grips with the short game this programme is for you. The fundamental techniques of the short game are vital tools for any golfer: learning these techniques will help to **dramatically reduce your scores.**



INCLUDES

Initial game assessment

Technical evaluation

Personal development programme

Video analysis

One to one coaching

FREE use of our short game facilities

Practice programme

Progress log and regular evaluation

FREE equipment assessment

£185 for 5 hours

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Master the Short Game

Getting up and down

Learn to use variation around the green. Experiment with different types of chips, short pitches and lob shots to get it close.

Bunker rescues

Better golfers would prefer to be in the bunker rather than chipping over it. We want to make you confident to not just escape the bunker but start to get it close and make some sandy saves.

Getting your pitches pin high

Most golfers tend to hit their pitches in the right direction. Professional golfers however also get the correct distance when pitching where as amateurs often come up short or go long. We will make sure that you know your pitching distance so that you don't come up short.

Dealing with awkward lies

Uneven and sloping lies are often a problem for all golfers. We will teach you how to adapt your set up and swing to deal with these troublesome lies.

What's your handicap

Let us give you a simple, measurable way for you to track your progression with your short game skills. Some simple tests will give you your own short game handicap. The challenge is then to get it lower and become a short game wizard.

So you know the basic theory on how to play the shots around the green but now you want to hit closer, get up and down more and **start dropping those scores**.

This improvement programme is designed to get your ball closer more often, and give you a clear plan on how to improve from 100 yards and in.



INCLUDES

Initial game assessment

Technical evaluation

Personal development programme

Video analysis

One to one coaching

FREE use of our short game facilities

Practice programme

Progress log and regular evaluation

FREE equipment assessment

£185 for 5 hours

Time will be broken down into sessions based on individual requirements



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Bomb it like Bubba

Keep it on plane and attack it correctly

Anything other than the correct delivery of the club into impact is a huge leak of power. We will talk you through what the tour pros do for maximum power and the easiest way for you to achieve this.

Increase the speed

There are no secret ingredients to hitting a long ball and if you want to bomb it then you need to hit it hard. We have a variety of speed and power drills to that club head speed.

Strike it solid

Finding the sweet spot on the club face is a sure-fire way of becoming an efficient hitter. Let's max-out your smash factor.

The right club

Armed with your new swing and using our GC2 launch monitor, we will recommend a driver that has the right head, loft and shaft combination to help you improve your launch conditions and maximise your distance without compromising accuracy.

We all want to hit it like Bubba Watson and knock it miles down the fairway past all our playing partners. This improvement programme is designed to get you hitting it further than ever before. We can give you the tools you need to **add at least 20 yards to your tee shots.**



INCLUDES

- Initial ball flight assessment
- Technical evaluation
- Personal development programme
- Video analysis
- One to one coaching
- Supervised practice
- Practice programme
- Progress log and regular evaluation
- FREE equipment assessment
- FREE use of GC2 launch monitor

£120 for 3 hours

Time will be broken down into sessions based on individual requirements



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Pin Seeker

It's all about the strike

No matter what the swing used looks like, one thing that all good iron players have is the ability to strike the ball and the turf in the same way every time. You will learn the moves that will make your ball fizz off the club face.

Shape your ball

Some flags will be tucked away and seem inaccessible. Having the ability to shape the ball at will provides you with the option to attack the flag.

Awkward lies

At some point you will have to play from an uneven lie, even from the fairway, which can make your ball do different things in the air. You do not want this to inhibit your ability to go flag hunting. Learn some simple set-up changes to keep you finding the green.

Know your distances

How many times has your ball been straight at the flag only to drop agonisingly short of the green or fly over the back of the green. Utilising the GC2 launch monitor we will make sure that you know exactly how far each ball is going.

The greatest golfers have all been superb iron players. Towering shots that drop like stones, feet from the hole are something we would all like to do. This improvement programme is designed to give you the skills needed to do this and **start attacking the pins with confidence.**



INCLUDES

- Initial dispersion assessment
- Technical evaluation
- Personal development programme
- Video analysis
- One to one coaching
- Supervised practice
- Practice programme
- Progress log and regular evaluation
- FREE equipment assessment
- FREE use of GC2 launch monitor

£120 for 3 hours

Time will be broken down into sessions based on individual requirements



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Find the Fairways

Foolproof fundamentals

Most faults during the swing can be traced back to something in the set-up. Firstly, let's make sure that your fundamentals are geared towards straight tee shots.

Club face control

The club face has more influence over what the ball does than anything else. Let's show you how to gain a greater understanding of how to control it.

Have a strategy - you don't have to hit it straight

Hitting it straight is not the be-all and end-all. Knowing what your ball will do is more important and allowing for this in your strategy off the tee can get you instantly hitting more fairways. We will help you to identify how you can do this.

The right club

Your driver may well be causing you more harm than good. We will check your equipment to make sure it is set-up to do as much as it can for you in trying to find the fairway.

"If only I could get it off the tee it would set me up for the rest of the hole." We hear this statement all too often. This improvement programme has been designed to help you **keep it on the fairway** with a few extra yards as a bonus.



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- Initial dispersion assessment
- Technical evaluation
- Personal development programme
- Video analysis
- One to one coaching
- Supervised practice
- Practice programme
- Progress log and regular evaluation
- FREE equipment assessment
- FREE use of GC2 launch monitor

£120 for 3 hours

Time will be broken down into sessions based on individual requirements



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Full Swing Fundamentals

Foolproof fundamentals

Most faults during the swing can be traced back to something in the set-up. Firstly, let's make sure that your fundamentals are geared towards consistent shots.

Strike it solid

If there's one thing good players do, it's striking the ball consistently. Eliminating mis-hits is a key ingredient to good scores and we will show you simple concepts that will allow you to do this.

Club face control

The club face has more influence over what the ball does than anything else. Let's show you how to gain a greater understanding of how to control it.

Keep it on plane

The holy grail! On plane swings promote both power and precision. We will show you how to get on track and combined with your new club face control you will be astounded at how well you hit it.

We want you to become the master of consistency from tee to green. This improvement programme is designed to get you hitting more fairways, more greens and **having more fun out on the course** as a result.



INCLUDES

Initial swing assessment

Technical evaluation

Personal development programme

Video analysis

One to one coaching

Supervised practice

Practice programme

Progress log and regular evaluation

FREE equipment assessment

£185 for 5 hours

Time will be broken down into sessions based on individual requirements



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Break 90

Longer down the fairway more often

Firstly, we'll be looking to make sure you find the fairway more often from the tee box with added yards to ensure you have shorter second shots. Playing your second off the short grass means your game becomes instantly more enjoyable.

Find the green with short iron approach shots

Knocking shots off your score means knowing that your #9, #8 and even #7 irons are going to consistently find greens more often.

Become a master of recovery

We all miss greens and find bunkers. It's making sure we get down in 3 or less that protects the scorecard.

Removing 3-putts and sinking more 12-footers

Most scorecards are hampered by 35+ putts. Learning the key to good distance control and holing out from short range will remove 3-putts. Along with a stroke that gives you more chance in the 8-15 foot range, this will drop the putts per round, and your score.

Making better decisions

Golf is about opportunity and risk management. Jack Nicklaus once said he would take 5 shots off a golfer's handicap if he did the thinking for them. Let us equip you with those skills.

If you're struggling with scores in the mid/high ninties, this improvement programme is designed to give you the skills to **break 90 every time you are on course.**



INCLUDES

Initial game assessment

Technical evaluation

Personal development programme

Video analysis

One to one coaching

9 hole playing lesson

Supervised practice with FREE range balls

Practice programme

Progress log and regular evaluation

FREE equipment access

£280 for 8 hours

Time will be broken down into sessions based on individual requirements



RUDDING
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Break 100

Strike it solid

If there is one thing good players do, it's striking the ball consistently. Eliminating mis-hits is a key ingredient to good scores and we will show you the simple concepts that will allow you to do this.

Keep it simple around the green - loft is not your friend

Missed greens are inevitable but there's no need to take out the lob wedge and attempt a shot Phil Mickelson would be proud of! Having a reliable 'go to' chip shot can save you countless strokes.

Beat the bunker

Professionals love them, amateurs fear them. We all miss greens and sometimes find bunkers but it's being able to escape them easily that will help protect the scorecard.

Holing out for fun

Count the amount of times you've missed a putt from 4 feet and less. Scary isn't it? Holing out doesn't have to be a weak link and once mastered can knock many shots off your score.

Keeping your ball in play

Penalty shots are real card wreckers and can make your score increase quickly. Knowing some basic strategies and how to 'golf your ball' will find you completing your round with the same ball you started with.

You are relatively new to the game or have been playing for a period of time and still seem to be struggling with scores over three figures. This improvement programme is designed to give you the skills to **break 100 every time you are on course** and allow you to start having more fun.



INCLUDES

- Initial game assessment
- Technical evaluation
- Personal development programme
- Video analysis
- One to one coaching
- 9 hole playing lesson
- Supervised practice
- Practice programme
- Progress log and regular evaluation
- FREE equipment access

£280 for 8 hours

Time will be broken down into sessions based on individual requirements



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Break 80

Develop a 'go to' shot

All of us have encountered times where we've faced increased pressure; a tight hole, a tense match or maybe you have a chance to make your best score ever. Having a 'go to' shot you trust can make the world of difference. Gain total control of your ball.

Shape your shots

Need to reach that back left flag protected by a bunker? Need to hit it under those tree branches and then turn it around the corner of a dogleg? The best players have great shotmaking skills. Let's give you those abilities.

Becoming a wizard of the short game and flat stick

It's all about getting up and down. Chip it closer from anywhere and everywhere. Couple that with the ability to hole frequently from 15 feet and you have a recipe for success.

Dial in

Inbetween 50-120 yards, (also known as the scoring zone) is so crucial at this level. Develop the ability to control your distances, trajectories and spins and create more birdie or par saving opportunities.

Making better decisions

Golf is about opportunity and risk management. Jack Nicklaus once said he would take five shots off a golfer's handicap if he did the thinking for them. Let's equip you with those skills.

If your ambition is to reach that dream number and become a single figure handicap then this improvement programme is designed to give you the skills to **break 90 every time you go out on the golf course.**



INCLUDES

Initial game assessment

Technical evaluation

Personal development programme

Video analysis

One to one coaching

9 hole playing lesson

Supervised practice

Practice programme

Progress log and regular evaluation

FREE equipment access

£280 for 8 hours

Time will be broken down into sessions based on individual requirements



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The Golf of your Dreams

Own your swing

We will give you the ability to find the fairway with long, straight drives and to hit more greens than ever before with iron shots that hunt the flag down.

Short game wizardry

You will need to know how to chip, pitch, lob and escape the bunker from a variety of different lies and distances. We will give you these skills plus many more ideas to give you a Seve like short game.

King of the green

Hole more putts than ever. No more 3-putts, better holing out and start sinking the putts between 8-15 feet that make the real difference. We will hone you a silky smooth stroke.

Think like a pro

To play good golf you have to think good golf. Learn the key to great course management and keep the card wreckers off your scorecard. Plot your way to success.

The right equipment for you

You can have the greatest golf swing and short game abilities in the world but if your clubs don't fit you then it will make your life very difficult. With our expert advice we will get you playing everything that is right for you; from the driver down to the ball that you use, it can all make a difference.

Have you ever wondered how good you could be if you had a coach by your side for an entire year like the tour pros? Here's your chance! We have designed This improvement programme for a full holistic approach that will leave no stone unturned **allowing you to play the golf of your dreams.**



INCLUDES

- Initial game assessment
- Technical evaluation
- Personal development programme
- Video analysis
- One to one coaching
- On course playing lessons
- Supervised practice
- £50 driving range credit
- Practice programme
- Progress log and regular evaluation
- FREE equipment access

£500 for 18 hours

Time will be broken down into sessions
based on individual requirements



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Think like a Tour Pro

Par 3, 4 and 5 strategy

We will study your performance on par 3, 4 and 5 holes and create new and improved strategies to help improve your average scores.

Pre-shot routine

Every professional you see will have a regular pre-shot routine which is almost identical every single time. This helps improve focus and prepare for the shot. We will work with you to develop your own personal routine.

Miss in the right place

We are all going to miss shots at certain times. The difference between amateurs and the games best is that the tour pro's miss in a position that makes their recovery job that much easier.

The traffic light system

Red, amber, green. The hole is often cut in a position to catch you out. Learn how to analyse the shot in front of you to avoid pin seeking at the wrong times.

Keeping the confidence high

A positive mind set is crucial to good golf. Think back to your best game and how you felt; there wouldn't have been any negativity. Let us show you how to stay positive and keep that confidence high so you can give yourself the best chance of playing to your potential every time you are on the course.

Jack Nicklaus once said he would **take five shots off a golfers handicap** if he did the thinking for them. Let us do this with our on course improvement programme.



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Technical evaluation

Personal development programme

Video analysis

One to one coaching

On course playing lessons

Practice programme

Progress log and regular evaluation

FREE equipment access

£280 for 8 hours

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