

The “Coach Experience” Program

Program Details

Cost

- \$180 Per Month – 3 Month Minimum Commitment – \$20 discount for upfront payment.
- 90-minute first session and then 45-minute lessons every other week.

Additional benefits

- Access to “How to Practice” document.
- Access to various “Game Assessment” ideas. Learn where you shine and where the work is needed when it comes to practicing various parts of your playing ability.

Coaching Details

The First Session

- **TPI Screen** - When improving your golf game and your swing, understanding how your body moves, and its limitations is key to ensuring we are implementing the correct drills. If we never assess your physical abilities, we would never be able to properly build your swing to its best version.
- **Hour Long Lesson** – during this first session we will go over your swing and break it down. We’ll look at some of the trackman data and slow-motion video and then formulate a plan as to what needs to be improved and how we will go about doing so.

Subsequent Sessions

- 45 minute in-person or virtual lessons every other week
- Why only 45 minutes every other week? An hour lesson is great to start with, as we will be able to get a great picture of your swing and the things you'll need to work on. After that, if you are practicing enough and doing the drills I've asked you to do, we will only need small touches along the way to make tweaks and/or refocus our goals along the way.

In Between Sessions

- This is where this program fills the gap that golfers need to truly progress. Most golfers get a lesson and then go about their golf game without ever getting feedback in between lessons to ensure you are progressing. When this happens, golfers tend to go back to old patterns and fail to improve.
- I recommend golfers practice at least 3 - 5 times in between sessions, practicing the drills given and filming your practice (just a couple swings per practice) and then uploading your swings to CoachNow for review by me. This will allow you to get real-time feedback as you go about learning and improving to ensure your lessons are worth your time.

Why a three month minimum?

In my opinion, three months is the minimum amount of time needed to really see swing improvements.

Truly getting better at golf requires commitment to the process and time!