



Development Camps

1-8 Golfers

The Your Golf DNA team offer many group development camps throughout the year globally. All of the schools are designed to help you understand your own unique golf DNA.

The camps are offered in the following formats:

Understanding Your Movement DNA

- 3D motion analysis session followed by a biofeedback session and further discussion around findings, helping you make sense of the findings and why you move in the manner that you do ** approximately 2 hours per person*
- 3D motion analysis session followed by a musculoskeletal screening with the physiotherapist allowing the golfer to understand how their body plays a role in their movement or how their movement is affecting their body. This followed by a further biofeedback session that will help you make sense of the findings ** approximately 3 hours per person*
- A two day development camp that involves 3D motion analysis, physical screening and follow up biofeedback session followed by 18 holes of golf with the professionals. The process is then repeated on the second day

These camps are designed to give you true answers as to why you move in the manner that you do.

Understanding Your Short Game DNA

- 3D motion and Trackman radar analysis of your pitching technique with a follow up biofeedback session and conversation surrounding your strategies and practice behaviours ** approximately 2 hours per person*
- 3D motion and Trackman radar analysis of your pitching technique with a follow up biofeedback session and conversation surrounding your strategies and practice behaviours and a session with the putting analyst ** approximately 3 hours per person*
- A two day school that involves 3D motion and Trackman radar analysis of your pitching technique with a follow up biofeedback session and conversation surrounding your strategies and practice behaviours and a session with the putting analyst, followed by a further sessions on your green reading, chipping and bunker play. Both days will involve playing on the course with the professionals

Understanding Your Whole Game DNA

- A classroom group session and presentation on the importance of gathering statistical data and how that can help you truly understand what makes you the golfer that you are, Where your areas of weakness truly are how you can start to formulate effective development plans and strategies. This followed by some 'change the range' practical work and then some on course work ** 1 full day*

Instinctive Golf School and finding Your Learning DNA

- A one day school where you will explore how you learn and whether you are the kind of golfer that will be fixed 'inside out' or 'outside-in'. The day will also involve practical exploration on the course or range
- A two day school where you will explore more of how you learn and whether you are the kind of golfer that will be fixed 'inside out' or 'outside-in'. The day will also involve practical exploration on the course or range

These schools will look:

- To harness and give you awareness of your body's natural ability to learn
- To facilitate deep learning and self-coaching
- To develop skill
- To create master problem solvers
- To create a new learning paradigm
- To challenge the cultural views on learning
- To discover the real joy and adventure of learning
- To discover that extraordinary performance is a function of letting go, taking risks and rediscovering trust for our instincts
- Opening possibilities for play and the freedom to be detached from fear
- To shift from living inside of a story to an innate sense of sufficiency, wholeness and being complete
- To distinguish the nature of self-interference as an access to self-discovery, self-expression and freedom
- To commit to shifting the culture of golf from tips, formulas and answers to one of exploration, discovery and freedom

The Instinctive approach to golf tuition fosters a person's innate ability and capacity to learn. The belief is that you already know there's something 'in there'. You know that the game of getting better isn't so much one of adding information, understanding and concepts but one of 'leading out'. And, what leads out our ability is our capacity to cultivate an awareness of what's happening in subtle and important areas, our capacity for deep learning.

When using this form of tuition we will explore the content of golf, such as swing plane, solid contact, etc., but not in the way you might imagine. We will coach you to learn beyond just content. We will foster your ability to self-coach, to integrate deeper and broader aspects of learning, including how to work with information and how to develop a mastery practice.

Understanding Your Equipment DNA

- A session spend with a master club fitter who will look at your movement characteristics and ensure that you are using the equipment that will facilitate your best performance