Your Golf DNA

YOUR GOLF
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www.yourgolfdna.com

How does Your Golf DNA work?

How does it work?

Your Golf DNA offers the golfer a unique and total golfing solution, performance based coaching that 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 Your Golf DNA we offer a truly first class service.

Performance coaching creates a unique learning opportunity for you.

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We will unearth your golf DNA and gain an understanding of your game by analysing your game 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

- By looking at your current practice behaviours and playing

The team will also ascertain how you learn most effectively.

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

- Will begin a journey of discovery, education and autonomy

- Develop technical proficiency

- Practice in a manner that develops skill

- Will adhere to 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 plans

- 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.