

Getting ready for the new Season

Hopefully your golf has improved through this season and now we come to the time of year to tick along until the sun comes out again and the evenings draw out, here are a couple of tips to help get you ready to hit the ground running for next year.

Swing Technique

As an instructor I am very aware when I start working with a student of the time of year and the constraints that it can put on what adjustments I make. For example, if a fairly major rebuild would be ideal, but the student is about to go away on their annual golf weekend to Portugal, you would principally just tweak a couple of minor details and send the player off to enjoy their trip. So this is the time of year that we like to put together a strategy plan for a customer and his golf game. What areas need attention and how much of the coaching should be geared to it, so I would strongly recommend a visit to World of Golf and book a course of lessons with one of our teaching team. They will be able to plan your winter practice after the first lesson and I would also suggest not necessarily booking the lessons weekly, just see whether you need more time to work on things on the range on your own rather than just religiously coming to the weekly lesson having not been able to make the progress required from the previous lesson. This is what causes people to lose faith with the changes and revert back to old bad habits. Also, the first session you should find will have the biggest impact as normally there is something in the basics that has gone off the boil and the professional will be able to repair that quickly. What I also find is that people expect a consistent arc of improvement each lesson, this simply is not going to happen and in fact on some sessions you will struggle to improve at all, keep the faith and the practice that you do yourself at the range will win through in the end.

Equipment

The main thing to check on this side of things are the little details, like how worn the grips on your clubs are. If your clubs are forged heads, then get the loft and lies checked as with play through the year the softer metal could have moved, both of these things can be done by your local American Golf store professionals.

Physiology

Usually the main problem is flexibility especially through the winter so try to maintain a regime of stretching exercises to keep you as supple as possible, plus when you get to the golf range to practice in the colder weather, make sure you take a little longer in your warm up exercises before you start pounding golf balls.

Psychology

The hardest distance to conquer in golf is the six and seven eights gap between or ears. One excellent way to improve your mind play is to improve your visualisation ability. As you cannot get out onto the golf course so often, try spending some time working on seeing yourself hitting your best shot, particularly if you play the same course, see yourself playing the way you would want to, learn what a good shot should look like and practice watching yourself performing it. I know you still have to swing the club, your mind is not capable of achieving that on it's own, but a little mental

direction as to what you are trying to attain will go a long way to helping you, try it and see what it does for you.

Summary

So, although the weather is not as enticing to make you want to go play some golf, at this time of year you can really help your golf game for the new season by preparing and practicing the stuff that is difficult or time consuming to do in the heat of the season, this could mean by The Masters you are already hitting your stride.

