

MAGNA MARBELLA GOLF CLUB

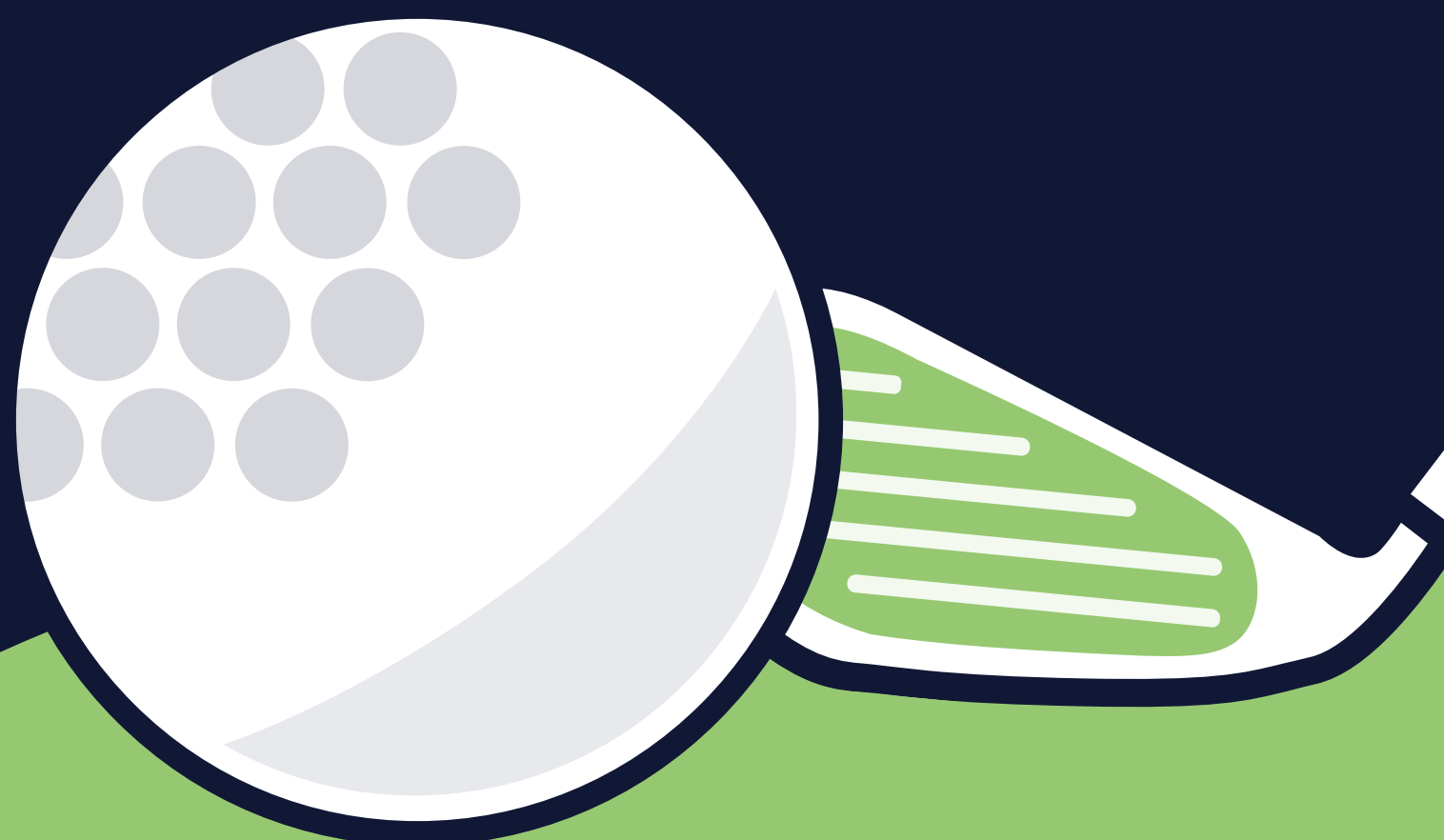
# BEGINNERS` GOLF COURSE

This golf course is designed for anyone who wants to get started in this wonderful sport.

It takes place over 8 hours of classes, including an outing to the course at the end, where you can experience first-hand what the game of golf actually is.

The course covers all the basics: technical, tactical, physical and mental.

The aim is to give a complete overview of the game in all its aspects and offer a complete and satisfying experience.



**BOOKINGS: +34 607 184 692 / [leesismoregolf@gmail.com](mailto:leesismoregolf@gmail.com)**  
**MAGNA MARBELLA GOLF, AVDA CALDERÓN DE LA BARCA S/N 29660**  
**NUEVA ANDALUCÍA, MARBELLA**

## PROGRAM:

**DAY 1** DRIVING RANGE, 10:00-12:00  
INTRODUCTION TO GOLF

**DAY 2** DRIVING RANGE, 10:00-12:00  
LONG GAME

**DAY 3** 10:00-12:00 AND 15:00-17:00  
SHORT GAME 10:00-12:00  
CLASS ON THE COURSE 9 HOLES 15:00-17:00



## THE COURSE IN DETAIL :

### DAY 1:

- THE BASICS OF A SWING (STANCE, GRIP AND POSITIONING)
- LEARN THE TOOLS OF THE GAME (CLUBS, BALLS, ACCESSORIES, EXTRAS)
- GOLF-SPECIFIC WARM-UP
- INTRODUCTION TO SWING MOVEMENTS, BALL FLIGHT AND INJURY PREVENTION
- GUIDED PRACTICE WITH DIDACTIC MATERIAL AND VIDEO ANALYSIS
- GOLF-SPECIFIC STRETCHING
- VIEWING OF THE VIDEOS, CORRECTIONS AND FINAL COMMENTS

### DAY 2:

- SPECIFIC TRAINING WITH IRON CLUBS (LINE, CURVE AND HEIGHT CONTROL)
- SPECIFIC TRAINING WITH WOODEN CLUBS (LINE, CURVE AND HEIGHT CONTROL)
- LEARN TO READ THE FLIGHT OF THE BALL AND TRAIN CONSCIOUSLY AND PRODUCTIVELY
- RECOGNISE STRENUOUS MOVEMENTS, AVOID THEM AND USE THE 5 SENSES
- INNER DIALOGUE MANAGEMENT AND MINDFULNESS DEVELOPMENT
- VIEWING OF THE VIDEOS, CORRECTIONS AND FINAL COMMENTS

### DAY 3:

#### *DRIVING RANGE*

- PITCH, CHIP AND PUTT AND BUNKER; THE BASICS: POSTURE, POSITIONING AND HEIGHT
- CHOOSING THE RIGHT CLUB; TECHNIQUE, AND STRATEGY TO SAVE STROKES
- PREVENTION OF INJURIES DUE TO INCORRECT POSTURE AND MOVEMENTS
- MANAGING EMOTIONS AND STRESS ON THE GREEN
- GAME SIMULATION AND USEFUL TRAINING

#### *GOLF COURSE*

- UNDERSTANDING THE GAME CARD
- MAIN RULES OF THE GAME AND ETIQUETTE
- VISION AND GAME STRATEGY
- HOW TO AVOID THE MOST COMMON MISTAKES
- HOW TO PREVENT FATIGUE AND PAIN
- ATTENTION TRAINING AND STRESS MANAGEMENT



## **TERMS AND CONDITIONS:**

THE COURSE HAS A TOTAL DURATION OF 8 HOURS

- 6 HOURS ON THE DRIVING RANGE
- 2 HOURS ON THE GOLF COURSE

50% OF THE PAYMENT WHEN BOOKING THE COURSE AND 50% AT THE BEGINNING.  
REFUNDS ARE ACCEPTED UP TO 2 DAYS BEFORE THE COURSE START DATE.

IF THE COURSE HAS TO BE INTERRUPTED FOR MAJOR REASONS, ONLY 50% OF THE REMAINING AMOUNT WILL BE PAID.

### **WHAT IS INCLUDED IN THE COURSE?**

- QUALIFIED TEACHER IN THE LESS IS MORE GOLF METHOD®
- SPORTS PSYCHOLOGISTS SPECIALISED IN MINDFULNESS®
- CLUBS, BALLS, DIDACTIC TOOLS AND VIDEO ANALYSIS
- 1 GREEN FEE 9 HOLES
- USE OF LOCKER ROOMS
- FREE PARKING
- EXCLUSIVE DISCOUNT FOR BREAKFAST AND LUNCH

PLEASE WEAR SPORTSWEAR, NO JEANS OR FLIP-FLOPS.  
WE SUGGEST SUN CREAM, WATER AND A CAP.

### **WHAT IS NOT INCLUDED IN THE COURSE?**

- RENTAL OF GOLF CLUB SETS
- GOLF BALLS
- MANUAL OR ELECTRIC TROLLEY
- BUGGY

**PRICE: 399 EUROS/PERSON**

CONTACT DETAILS:

TELEPHONE: +34 607 184 692

EMAIL: [lessismoregolf@gmail.com](mailto:lessismoregolf@gmail.com)

[www.lessismoregolfmethod.com](http://www.lessismoregolfmethod.com)