

MAGNA MARBELLA GOLF


HCP COURSE PROGRAMME

This golf course is designed for those who already have a minimum knowledge of golf and want to continue learning and improve in all aspects of the game

To get the most out of the course, lessons will be split between driving range (technique) and golf course (game).

In this course, students will be able to take the handicap examination.

**+34 607 184 692 / lessismoregolf@gmail.com
Magna Marbella Golf, avda Calderón de la Barca
s/n 29660 Nueva Andalucía, Marbella**



DAY 1

DRIVING RANGE 10:00-12:00

ANALYSIS OF THE SWING AND IDENTIFICATION OF ERRORS
AND HARMFUL GESTURES

DAY 2

DRIVING RANGE 10:00-12:00

SOLUTIONS, EXERCISES AND TRAINING TIPS

DAY 3

DRIVING RANGE 10:00-12:00

LONG GAME IN DETAIL; IRONS AND WOODS

DAY 4

DRIVING RANGE 10:00-12:00

SHORT GAME IN DETAIL; PITCH, CHIP, PUTT, BUNKER

DAY 5

DRIVING RANGE 10:00-12:00

TECHNICAL AND TACTICAL SUMMARY

DAY 6

DRIVING RANGE 10:00-12:00

GOLF COURSE 15:00-17:00

GAME, RULES AND ETIQUETTE

DAY 7

GOLF COURSE 10:00-12:00

HCP EXAMINATION

THE COURSE IN DETAIL:

DAY 1

- DETAILED SWING VIDEO ANALYSIS TO IDENTIFY SKILLS, ERRORS AND POTENTIALLY INJURIOUS MOVEMENTS.
- MANUAL ON HOW TO READ THE BALL FLIGHT TO UNDERSTAND THE ERROR CLEARLY.
- LEARNING BASIC AND FUNDAMENTAL CONCEPTS SUCH AS RHYTHM, BALANCE, ACCELERATION, DECELERATION AND RELAXATION.

DAY 2

- LEARNING TYPES OF IRON STROKES
- LEARNING TYPES OF WOOD STROKES
- QUICKLY SOLVING ERRORS WITH SIMPLE AND PRACTICAL EXERCISES AND TRICKS
- MANAGING YOUR INNER DIALOGUE POSITIVELY

DAY 3

- DETAILED WORK WITH VIDEO ANALYSIS TO PERSONALISE THE OBJECTIVES TO BE ACHIEVED
- UNDERSTANDING HOW TO MAKE THE MOST OF THE CLUBS AND THE TECHNOLOGICAL EVOLUTION THEY HAVE UNDERGONE, BOTH IRONS AND WOODS
- UNDERSTANDING THE BIG DIFFERENCE BETWEEN FORCE AND ACCELERATION
- HOW TO PRACTISE PRODUCTIVELY, THE SYNERGY BETWEEN BODY AND MIND

DAY 4

- LEARNING HEALTHY AND CORRECT POSTURES
- KNOWING HOW TO CHOOSE THE RIGHT CLUB
- KNOWING HOW TO CHOOSE THE RIGHT STROKE
- CORRECT READING OF THE GREEN AND STRATEGY
- PRESSURE AND STRESS MANAGEMENT

DAY 5

- DRIVING RANGE
- OVERVIEW OF THE GAME AND PERSONALISED TRAINING
 - PRACTICAL ADVICE TO IMPROVE WEAK POINTS IN TECHNIQUE, MOVEMENT AND STRATEGY.

DAY 6

DRIVING RANGE

- REVIEW OF ALL THE CLUBS AND VIDEO ANALYSIS
- REVIEW OF ALL THE STROKES AND SUCCESS STATISTICS
- GAME SIMULATION WITH TOPTRACER® AND OBJECTIVE EVALUATION
- SIMULATION OF SHORT GAME SITUATIONS AND THEIR RESOLUTION

GOLF COURSE

- ANALYSIS OF THE GAME ON THE COURSE; WEAK POINTS, GAME STATISTICS AND PRACTICAL SOLUTIONS
- EXPLANATION OF THE MOST COMMON RULES OF THE GAME AND ETIQUETTE WITH PRACTICAL APPLICATIONS

DAY 7

- THEORETICAL-PRACTICAL EVALUATION AND HCP ASSIGNMENT

TERMS AND CONDITIONS:

THE COURSE HAS A DURATION OF 6 DAYS FOR A TOTAL OF 16 HOURS
12 HOURS ON THE DRIVING RANGE
4 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.

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
- 2 GREEN FEES 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.

NOT INCLUDED IN THE COURSE:

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

PRICE: 879 EUROS/PERSON

CONTACT:

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WWW.LESSISMOREGOLFMETHOD.COM