

Five Day School

The programme covers the same topics as the Three Day School with the addition of more detail regarding short game and the inclusion of a practical 'on course' session each day. The playing side will help you to develop the scoring aspect of the game and also look at how you manage yourself around the golf course; strategy being a key component of scoring.

Once we have an understanding of your personal level, you will be guided through the individual elements of the game so you can fine tune each one. We will help you develop the mechanics and individual tendencies you have – this does not mean rebuilding from scratch!

Utilising our state of the art technology, you will work closely with your instructor to create an individual plan that is realistic to your training programme and lifestyle.

The Five Day School is aimed at golfers who aspire to improve their practical knowledge and who ultimately want to play better golf. Whether you are looking to get your first handicap or aiming to play single figure golf, we will make sure you have the tools to achieve your goal.

Our programmes are designed to run from 0900 – 1800 each day (there is a break from 1200 – 1400) with the morning based at the Golf Academy and the afternoon on course.

Day 1

Time	Unit	What's covered?
0900 – 1100	Full swing analysis	• Being ready for golf
		• Generic golf specific drills
		• Individual analysis
		• Blueprint for the future
1100 – 1200	Chipping	• The different types of chip shot and when to use them
		• The basic escape with the correct technique
		• Distance control
1400 – 1800	On course	• Strathtyrum Course: (August School)
		• Eden Course: (September School)

Day 2

Time	Unit	What's covered?
0900 – 1000	Full swing	• Improvement of technical ability
		• Individual drills / exercises for game development
1000 – 1100	Driver / Fairway woods	• Understanding the correct launch conditions using TrackMan
		• Improving distance
		• The secret to hitting the fairway
1100 - 1200	Bunkers	• The different types of chip shot and when to use them
		• The basic escape with the correct technique
		• Distance control
1400 – 1800	On course	• Eden Course: (August School)
		• Strathtyrum Course: (September School)

Day 3

Time	Unit	What's covered?
0900 – 0930	Full swing review	• Improvement of technical ability
		• Individual drills / exercises for game development
0930 – 1030	Pitching	• Pitching techniques and concepts
		• Distance controls
		• Trajectories
1030 – 1200	Putting	• Technique and understanding using SAM PuttLab
		• Green reading
		• Routines
1400 – 1800	On course	• Strathtyrum Course: (August School)
		• Eden Course: (September School)

Day 4

Time	Unit	What's covered?
0900 – 1000	Full swing	• Improvement of technical ability
		• Individual drills / exercises for game development
1000 – 1100	Chipping / pitching review	• Pitching techniques and concepts
		• Game based practice
1100 – 1200	Hybrids / long irons	• Understanding the correct principles
		• The fundamentals
		• Distance and control
1400 – 1800	On course	• Jubilee Course: (August School)
		• Eden Course: (September School)

Day 5

Time	Unit	What's covered?
0900 – 1000	Full swing review	• Improvement of technical ability
		• Individual drills / exercises for game development
1000 – 1200	Putting / bunker review	• Troubleshooting
		• Game based practice
1400 – 1800	On course	• Eden Course: (August School)
		• Jubilee Course: (September School)

Cancellation Policy: If cancelling within 7 days of your booking you will receive a 50% refund.

There will be no refund for cancellations made within 48 hours of booking.

A minimum of three people are required to sign up for the school to proceed.

Tee-times and courses played are subject to change.