



WHERE GOLF MEETS MAGNIFICENCE

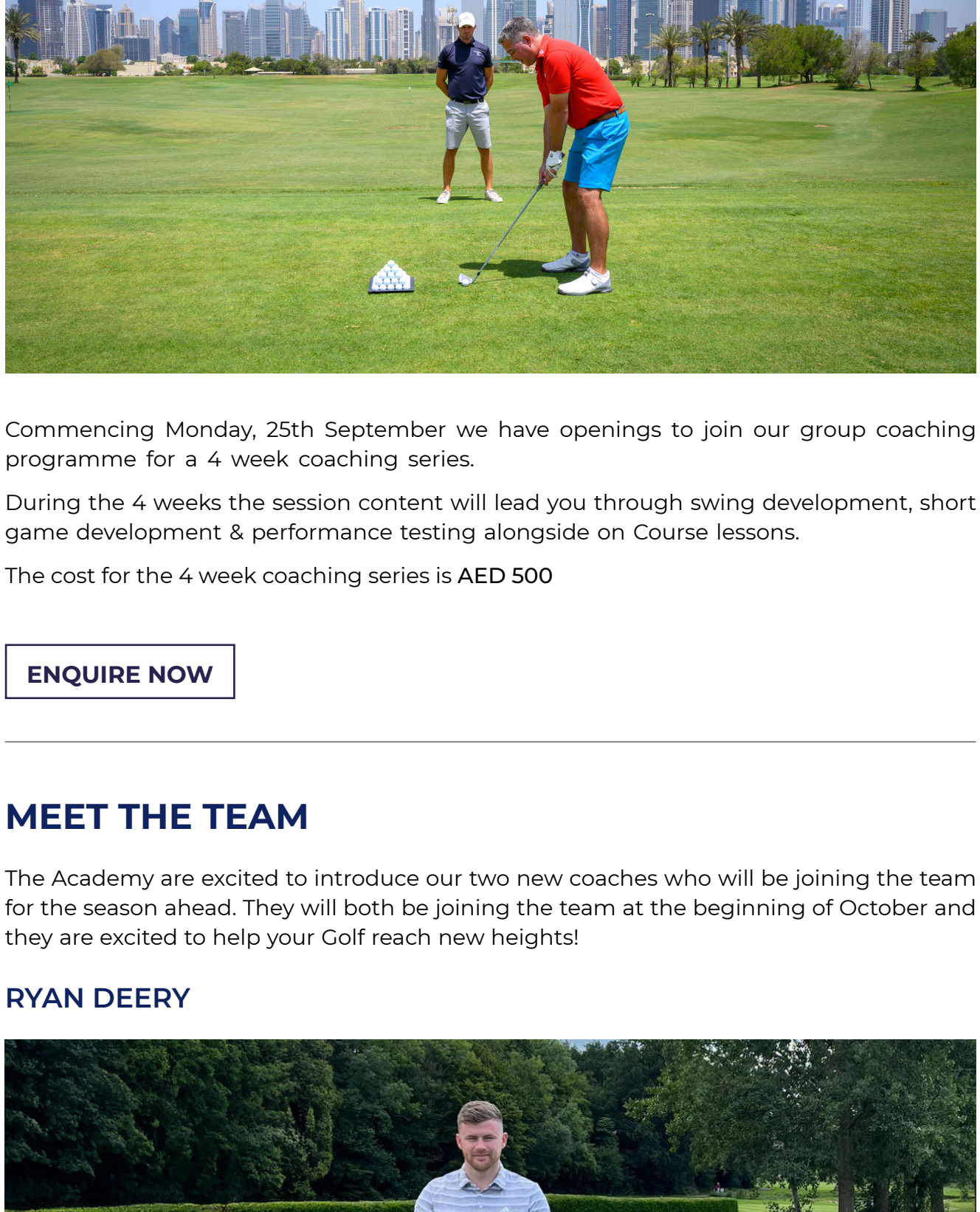
ACADEMY UPDATES

With the new season under way and the cooler weather around the corner we would like to share some updates from the academy.

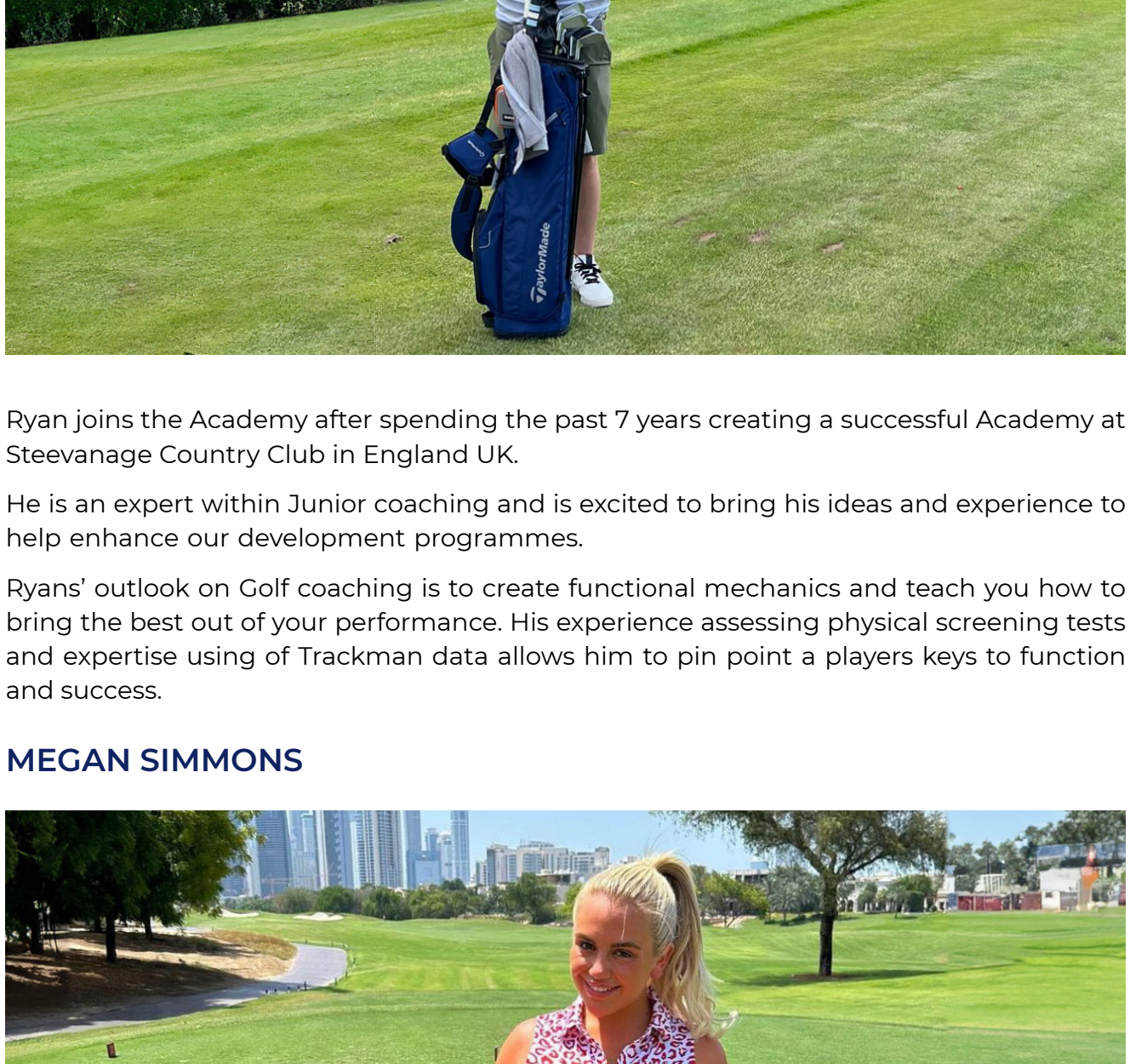
RAYAN CLAIMS VICTORY

During the August heat Rayan Ahmed carded a score of 2 under Par 69 to win the Trump International Men's Summer Open.

Rayan has come off a strong season winning the EGF Junior Order of Merit and is already showing great signs for the season ahead.



4 WEEKS OF COACHING



Commencing Monday, 25th September we have openings to join our group coaching programme for a 4 week coaching series.

During the 4 weeks the session content will lead you through swing development, short game development & performance testing alongside on Course lessons.

The cost for the 4 week coaching series is AED 500

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MEET THE TEAM

The Academy are excited to introduce our two new coaches who will be joining the team for the season ahead. They will both be joining the team at the beginning of October and they are excited to help your Golf reach new heights!

RYAN DEERY

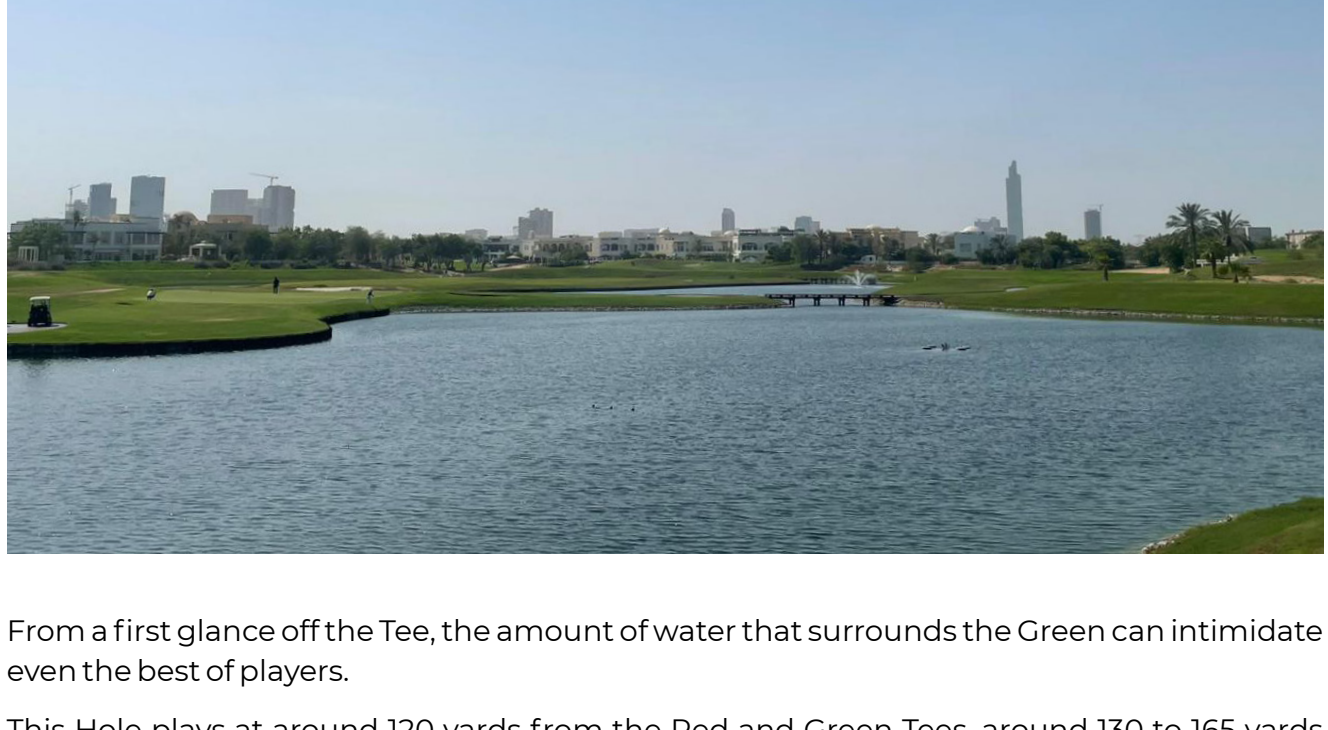


Ryan joins the Academy after spending the past 7 years creating a successful Academy at Steevanage Country Club in England UK.

He is an expert within Junior coaching and is excited to bring his ideas and experience to help enhance our development programmes.

Ryans' outlook on Golf coaching is to create functional mechanics and teach you how to bring the best out of your performance. His experience assessing physical screening tests and expertise using of Trackman data allows him to pin point a players keys to function and success.

MEGAN SIMMONS



Megan will be joining the Academy from Track Meydan where she has been making her mark growing Ladies Golf in the region.

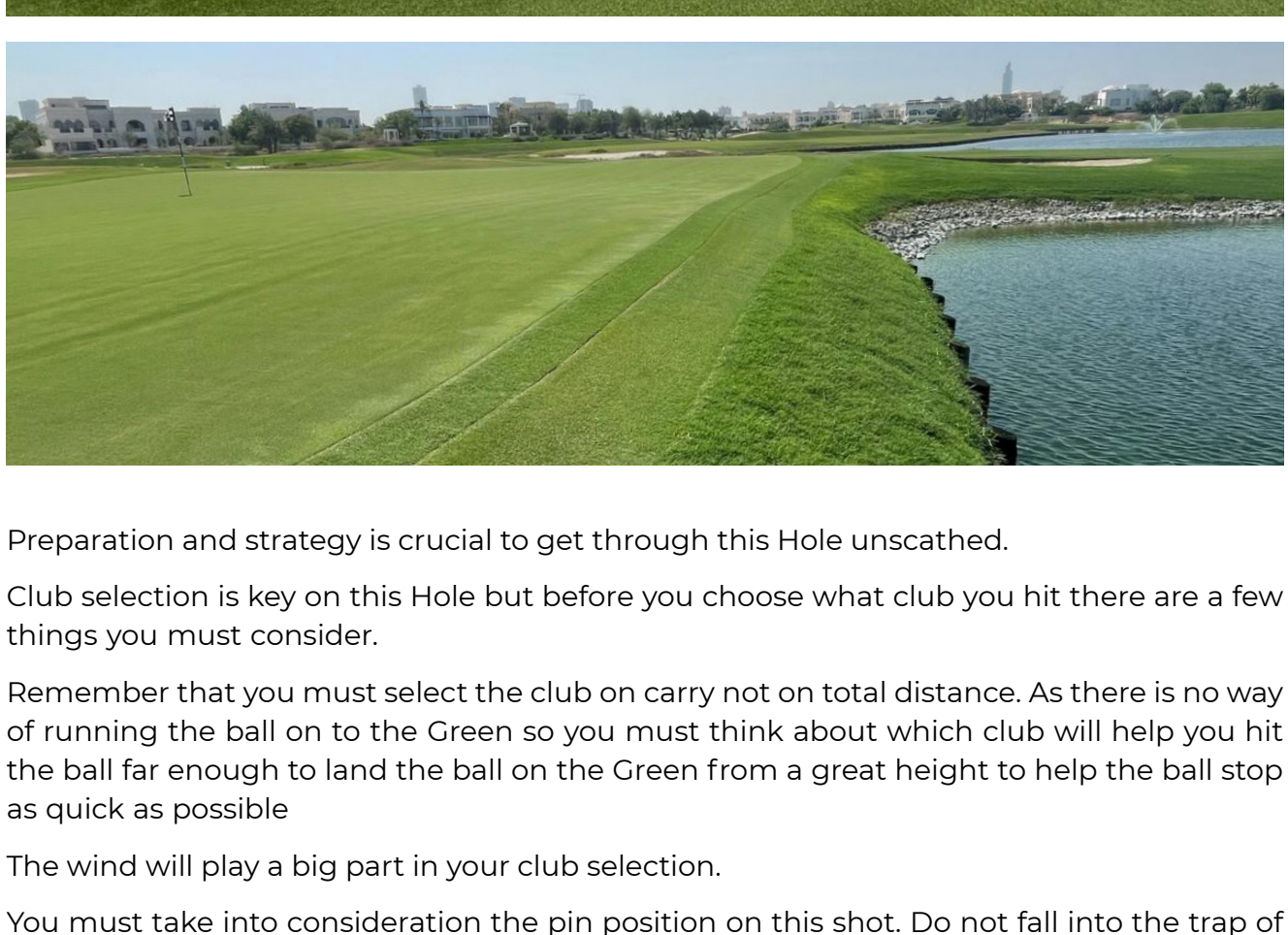
She is excited to bring some exciting new concepts to enhance our competition structure, social events and coaching sessions for our Ladies development programme. With Megan's knowledge on the Golf swing and approach to on Course performance she has the answers to help produce your best Golf.

PLAYING STRATEGY WITH ALEX TOOULI



13TH HOLE | LUCKY FOR SOME? TRY HAVING A STRATEGY AND TAKE LUCK OUT THE EQUATION

13th Hole, a beautiful Par 3 with an island green surrounded by water that can make or break a round.



From a first glance off the Tee, the amount of water that surrounds the Green can intimidate even the best of players.

This Hole plays at around 120 yards from the Red and Green Tees, around 130 to 165 yards from the blue Tees and if you dare play the black Tees this Hole plays at 205 yards.



The view from the Tees can make it look like you don't have too much space to work with.

The landing zone looks pretty small from back here but when you get down to the Green you realise there is more space than you think.

Should you miss the Green there are a few bailout areas for you to work with around the Green that should be taken into consideration when approaching this shot.

The two misses that keep you on grass is to the right of the Green and behind the Green.

Hitting it short is not an option on this Hole unless you packed your scuba gear in your Golf bag.



Preparation and strategy is crucial to get through this Hole unscathed.

Club selection is key on this Hole but before you choose what club you hit there are a few things you must consider.

Remember that you must select the club on carry not on total distance. As there is no way of running the ball on to the Green so you must think about which club will help you hit the ball far enough to land the ball on the Green from a great height to help the ball stop as quick as possible

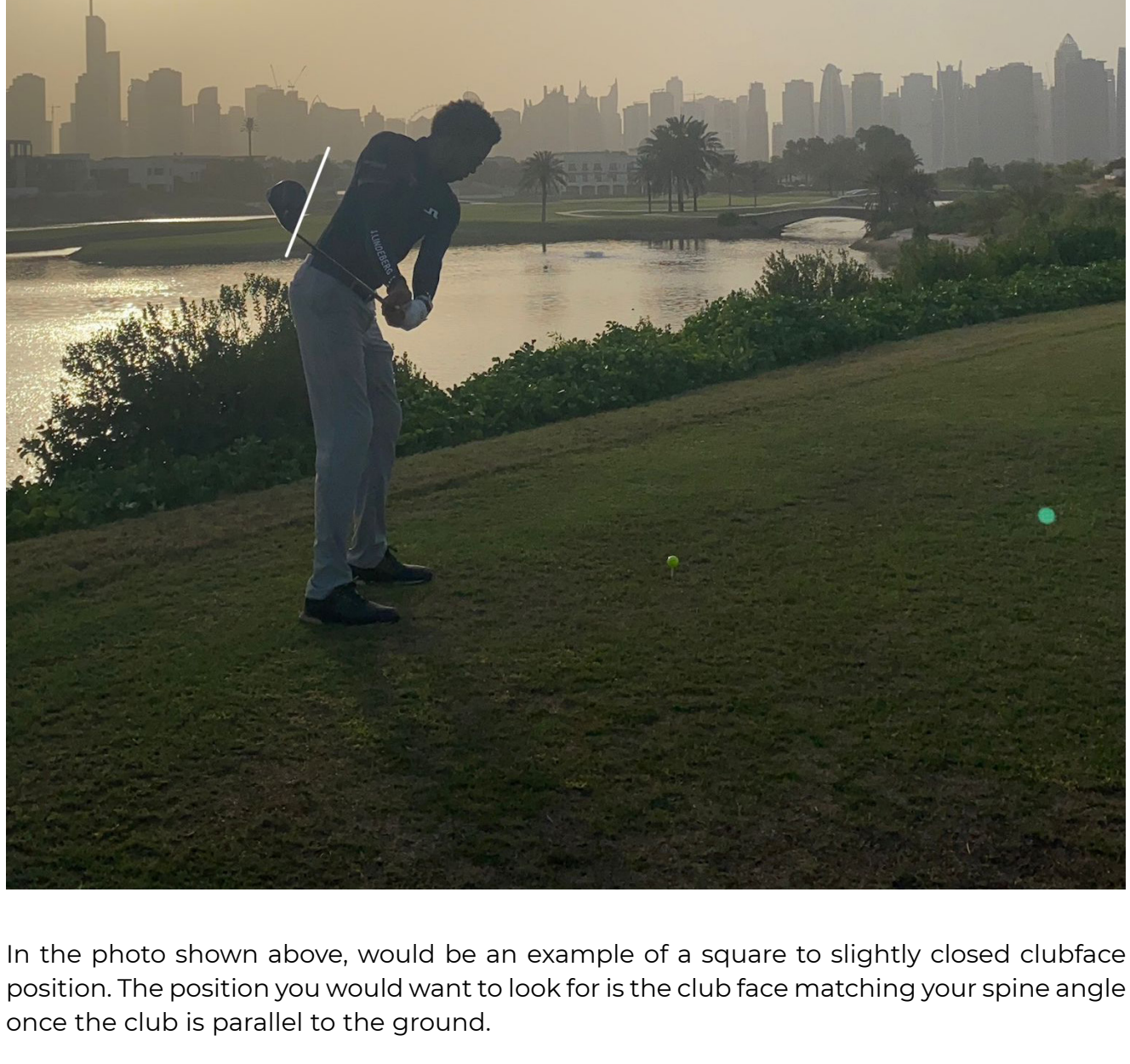
The wind will play a big part in your club selection.

You must take into consideration the pin position on this shot. Do not fall into the trap of just aiming straight at the Hole when the pin might be right on the front edge of the Green and you don't have much room to land the ball near the Hole. Sometimes aiming slightly away from the flag to keep your ball dry is a better option.

For an on Course lesson where we can create a strategy to suit your game follow the link

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COACHING CORNER WITH MICHAEL HARDEN



OVER THE TOP! LEAVE THAT TO YOUR DRESS SENSE AND NOT YOUR GOLF SWING!

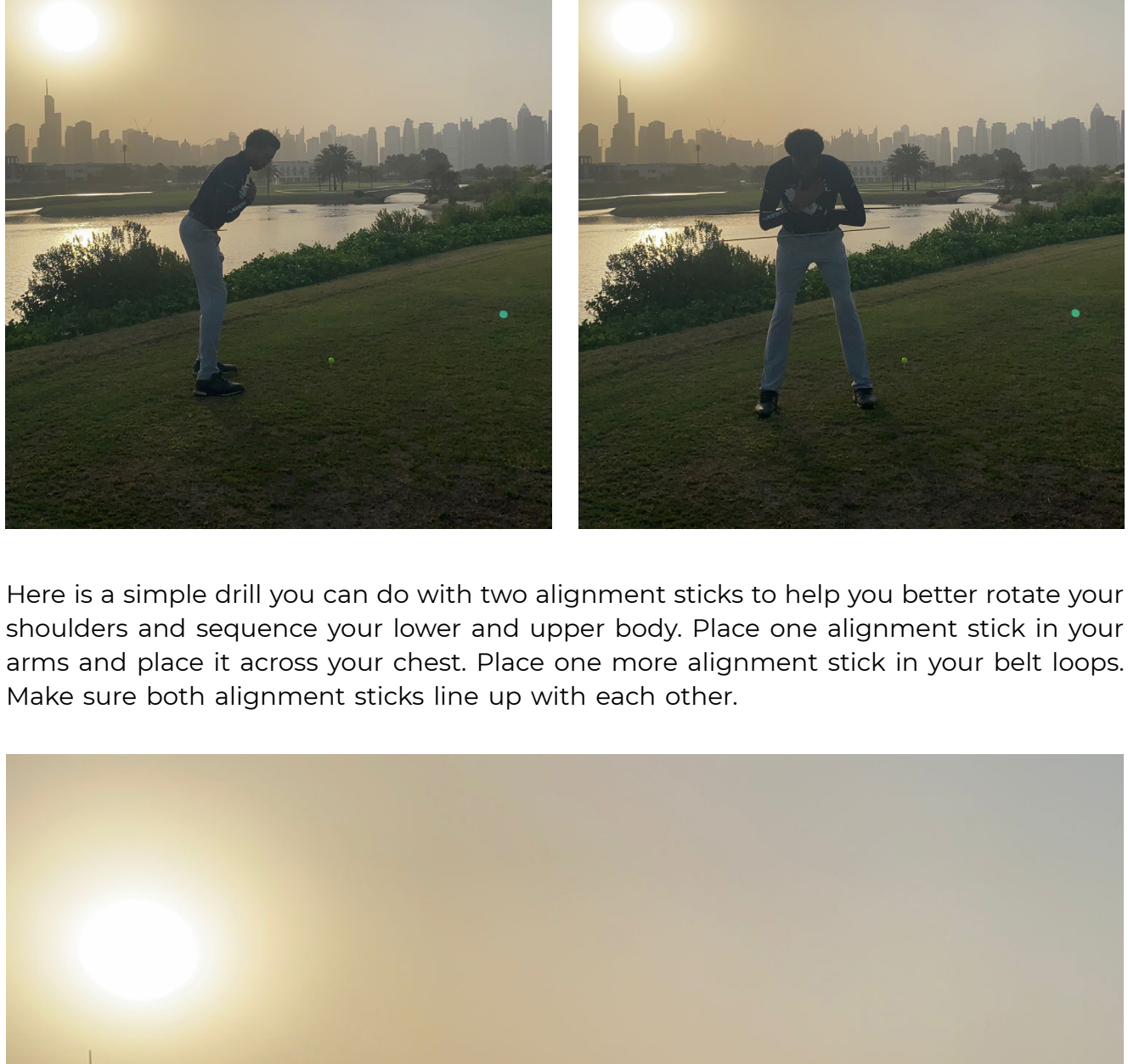
An over-the-top swing a constant battle for many Golfers. I will talk you through some of the causes that I see on the lesson Tee that may help you tackle over the top in your swing.

OPEN CLUB FACE



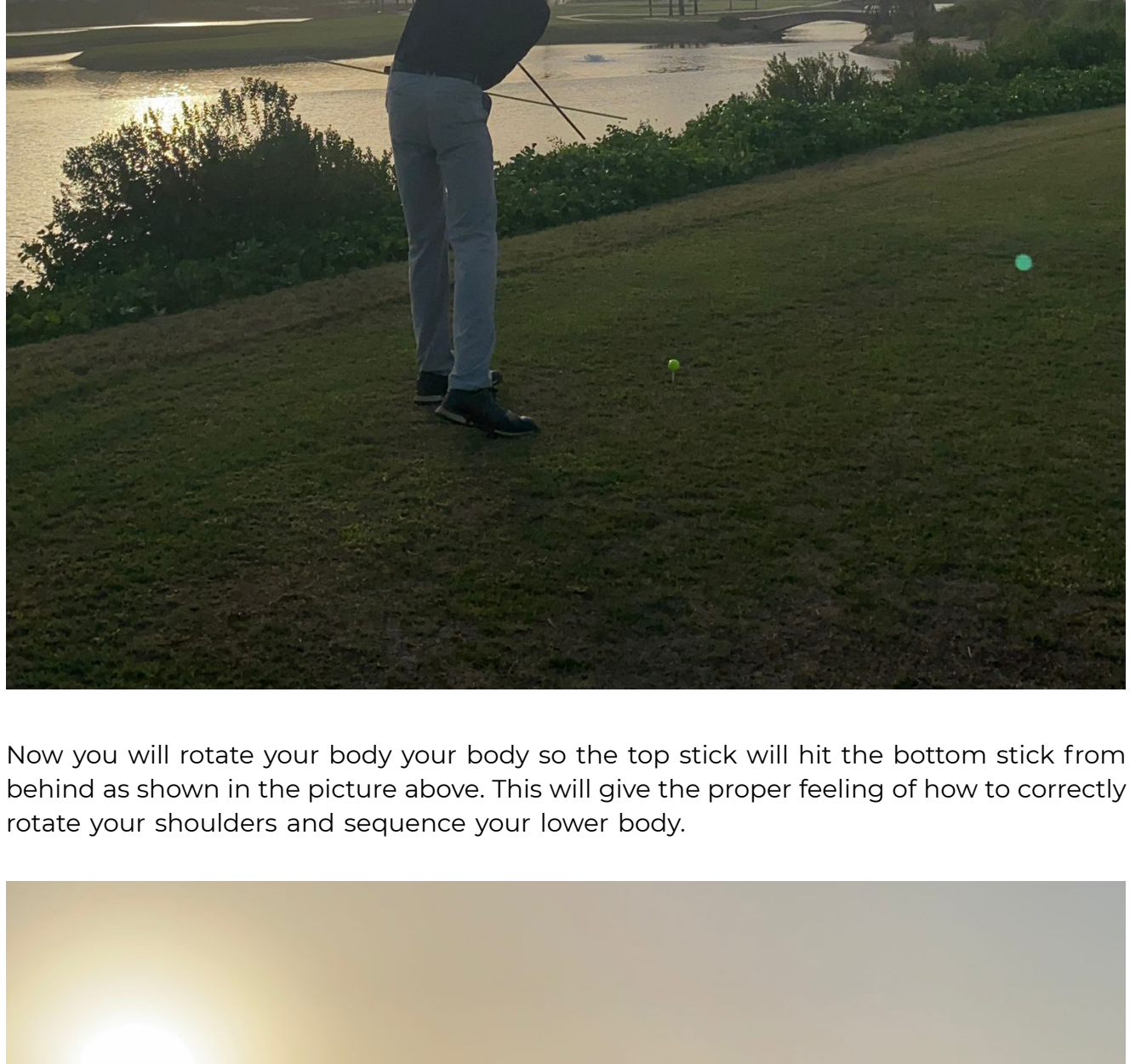
The first and most common reason I see why people swing over-the-top is because of an open clubface in the backswing. As shown in this photo the club face is rotated open during the backswing. From here you will feel the need to swing to the left to stop the ball from going to the right, which creates the over-the-top swing.

STRENGTHEN THE FACE



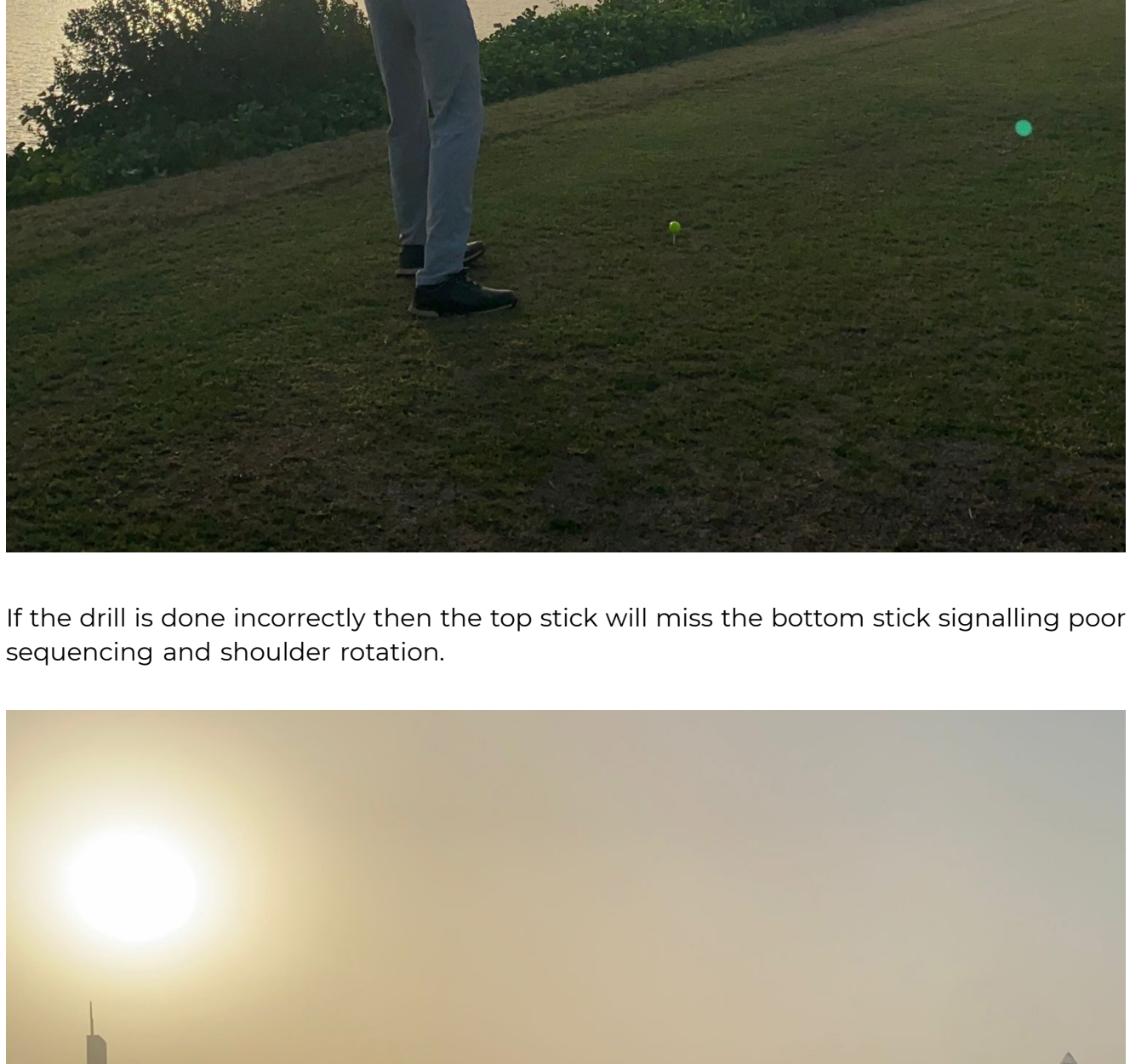
In the photo shown above, would be an example of a square to slightly closed clubface position. The position you would want to look for is the club face matching your spine angle once the club is parallel to the ground.

SEQUENCING FROM THE TOP

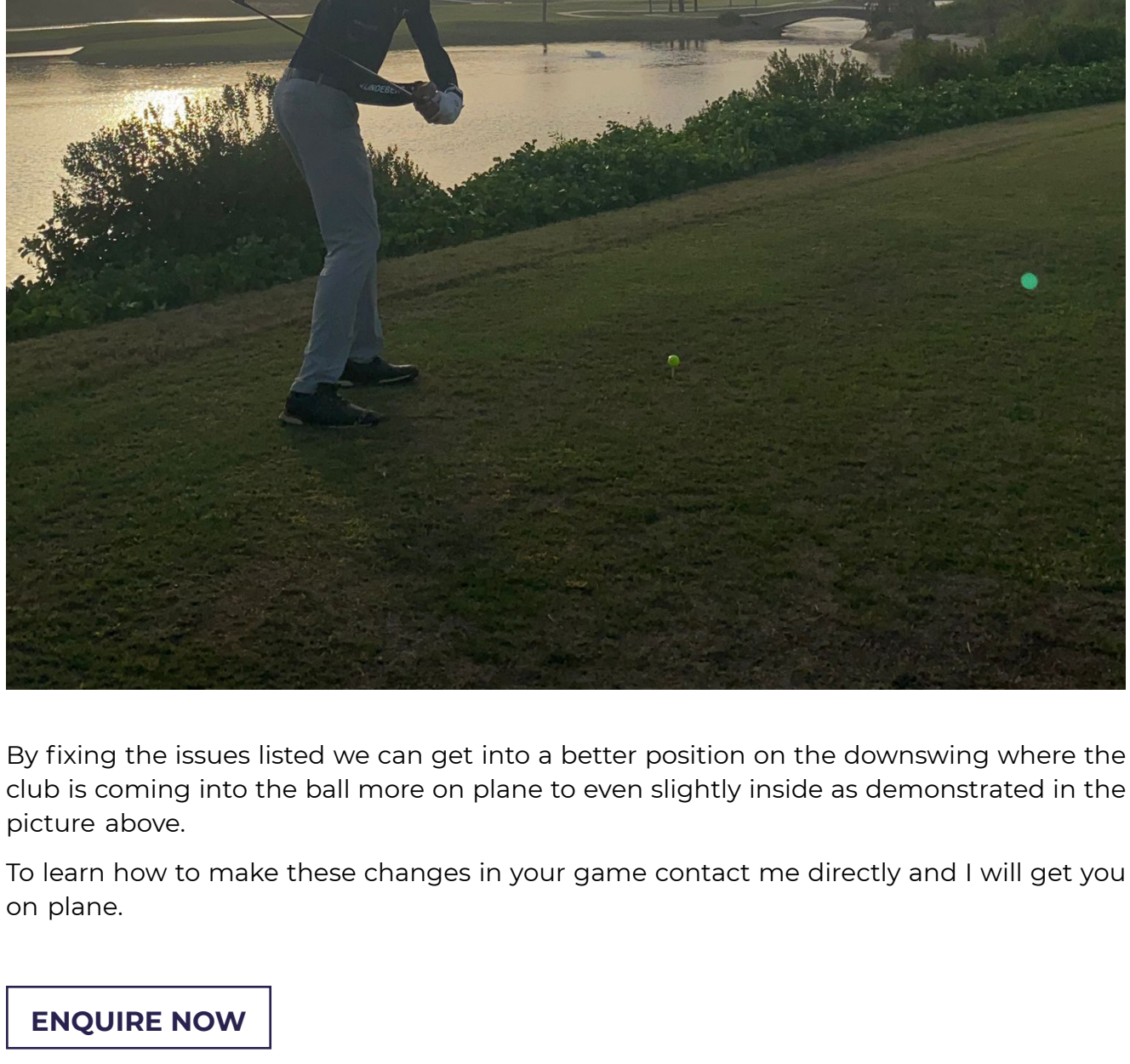


One more reason for an over-the-top swing is due to poor shoulder rotation and hip sequence in the downswing. A reason for this is a poor concept on how the shoulders should work during the downswing. In the photo above is an example turning the shoulders too level and no separation between the upper and lower body. This creates an over-the-top club path.

MAKE THAT CHANGE WITH THIS DRILL



Here is a simple drill you can do with two alignment sticks to help you better rotate your shoulders and sequence your lower and upper body. Place one alignment stick in your shoulders and place it across your chest. Place one more alignment stick in your belt loops. Make sure both alignment sticks line up with each other.



Now you will rotate your body your body so the top stick will hit the bottom stick from behind as shown in the picture above. This will give the proper feeling of how to correctly rotate your shoulders and sequence your lower body.

If the drill is done incorrectly then the top stick will miss the bottom stick signalling poor sequencing and shoulder rotation.

By fixing the issues listed we can get into a better position on the downswing where the club is coming into the ball more on plane to even slightly inside as demonstrated in the picture above.

To learn how to make these changes in your game contact me directly and I will get you on plane.

[ENQUIRE NOW](#)