

Preparing for a Golf Lesson



- Arrive early for your golf lesson, in order to properly warm up.
 - Enables you to apply more of your normal swing and tempo during the lesson.
 - Safeguards yourself against muscle strains or pulls.
 - You're not wasting valuable lesson time warming up.
- **Recommendation: Arrive one half hour before lesson to properly stretch and also hit a few balls (20-30).**
- Come to your lesson with aspirations, goals and also questions. Have a ready and positive attitude towards your ability to learn and receive instruction. Be positive about the improvements you are looking to make.
- Carry a small notebook in your golf bag. This will allow you to record some specific swing keys and drills that are discussed during the lesson. In addition to videotape given, your notebook will act as a quick, portable summary guide. Your notebook can be with you at all times, where as your videotape is for home use, only.
- Listen carefully to what is being explained, and then ask good questions. It's also very important that you trust the instructor and the instruction. Keep confident in him and the prescription that he's laying out.
- Since portions of a golf lesson are nonverbal, give your full attention and watch carefully to what is being demonstrated. Do not pretend to understand something. If you are not sure of what's being explained, stop and ask questions. It is important to know "What to do", but very important to seek to know "Why".
- A golf swing has to be learned in stages. Please don't feel you have to learn the whole golf swing in one hour. It is impossible.
- Do the drills that are prescribed to you. Spend "quality" time, not "quantity", during their application. Practicing frequently is much more beneficial than practicing once a week, for a lengthy time, the day before your next lesson.
- Be patient with the learning process. Be sensitive to the fact that change takes time.
(If you are not feeling awkward, than change is probably not happening).
- Final note: Keep a light attitude and try to have fun learning. It is not the most important thing in life. It's only a game.