

GOLF LESSONS..... THE AUTOBAHN TO IMPROVEMENT



All golfers want to improve. One of the motivations of the game is that we all feel that with a one or two small adjustment our game will get better. That is the nature of the game. But if you are really motivated to improve, and how do you do it?

Most Tournament Professionals' employ a coach to help them keep their game in shape. Ernie Els, Tiger Woods, and Annika Sorenstam all spend a lot of time each year taking golf lessons. So if the top Pro's still need to take lessons, it's absolutely for sure that the club amateur would benefit from some instruction from a qualified PGA Professional!

Finding a Good Teaching Pro

The first step is to find a suitable PGA qualified professional in your area. (www.swisspga.ch has a



list of all PGA Professionals in Switzerland). And don't try to cut costs by going to non PGA Professional, or taking tips from a "knowledgeable

friend". You wouldn't go to a friend, or an unqualified dentist, to have your wisdom teeth out would you? So only ever consider a PGA Pro! The next stage is to find one that you have a good rapport with, and who is motivated to take you on as a pupil. It's important to remember that the student/coach relationship is a two way relationship – the pupil has to show commitment and loyalty to the Pro, as well as the Pro showing commitment and dedication to the client. All PGA Professionals have been trained over a period of years and must pass examinations in all aspects of the game.

Being a good student

"5 lessons for CHF 495, 1 lesson for CHF 1 000 ...if you want a miracle you have to pay for it!"

We all would like instantaneous results, without having to put much effort in. The world is full of "amazing" diets where you can eat what you want and then still be able to lose weight. Well, the most successful diet in the world so far is the oldest

one – eat less more! my it's bank you ever what put in.



notably and exercise I say to students like a account – can only take out you've

Unfortunately, there are no magic pills. Once you understand that a certain level of commitment is required, it is also important to go to the Pro with a receptive mind and a good learning attitude. Dr Parent, Vijay Singh's mind guru, says that basically there are four types of students, and he demonstrates this using the analogy of pouring water into a cup.

- *The first cup* is upside down, so however much water you pour onto it none will go in the cup. This symbolizes a student who comes for instruction but who is only there in body but not in mind. He attends the lessons, but does not really listen to teacher what the teacher says.
- *The second cup* is the right way up, but has a hole in the bottom. So the water goes into the cup, but then runs out of the bottom almost instantly. We listen and understand to what is being taught, but then forget it almost instantly and do not put the instruction into practice.
- *The third cup* is the right side up, but has dirt inside the cup, so when water is poured inside it becomes dirty. This represents the student who is prepared to listen, but then mixes the good instruction with his own preconceived ideas and opinions. Anything that doesn't fit in with these opinions is then discarded or ignored.

- *The fourth cup* is the right way up, and empty, and ready to hold the water that is poured into it. This represents the is perfect student teacher relationship. The lesson is interactive – the instructor teaches with the pupil listening and asking questions to create **a learning partnership**.

People learn best from people who enjoy teaching them, when the teacher is excited. The teacher teaches best when he has a student who is excited by learning, and has fun. Go and find a PGA Teaching Professional so you can create a learning partnership, having fun along the way, and for sure your handicap will improve. And what's more, don't delay – the sooner you start the lessons the sooner you will start improving, and who knows, the odd trophy might even come your way!



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