

Troy's Coaching Programs

Fundamentals \$300 plus GST

4-Week Program Assessing Grip, Stance, Posture Ball Position and Impact

- 1st Session – Setup up
 - Grip
 - Stance
 - Ball position
 - Body alignment and posture
- 2nd Session – Impact
 - Weight position
 - Body rotation
 - Hands location
 - Low point explanation
- 3rd Session – Takeaway
 - Shoulder and hip rotation
 - Clubface control
 - Rotational vs lateral movement
- 4th Session – Finish Position
 - Weight position
 - Body Rotation
 - Spine extension, and arm and wrist position

Short Game Master \$300 plus GST

4-Week program to improve one of the most overlooked part of your game to help you lower your handicap quickly

- Pitching and chipping
 - Setup
 - Release pattern
 - Equipment analysis
 - Wedge Matrix 9 shots
- Bunker Play
 - Entry point control
 - Depth of strike
- What shot to play where
 - Lob shot
 - Bump and run
 - High/Mid/Low
 - Spin generation
 - Trouble shots
 - Lie analysi

Drive it Longer \$450 plus GST

6-Week Program

- 1st Session – Assessment
 - Flightscope number recording
 - Clubhead speed
 - Swing corrections needed
 - Physical assessment
- 2nd Session – Backswing rotation to build speed
 - Hip and shoulder turn
 - Pelvic and shoulder tilt
 - Arm structure and wrist angles
 - Top of the swing club positioning
- 3rd Session – AoA
 - Transition
 - Where to produce speed
 - Sequencing
 - Low point control
 - Club path
- 4th Session – Impact
 - Centered contact
 - Club path
 - Launch angle
 - Spin rates
 - Club face control
- 5th Session – Speed after impact
 - Club exit
 - Arm extension
 - Wrist angles
- 6th – Session – Review and Solidify
 - FlightScope comparison
 - Develop practice plan
 - Fitness exercises to gain more speed
 - Speed drills

Scoring Machine \$300 plus GST

4-week program will help players transfer their practice to the golf course and provide mental techniques to help improve their performance

- Week 1
 - Practice assessment
 - On course evaluation
- Week 2
 - Introduction into Play box, Think box and Decision Line
 - Introduction into preshot routine
 - Record player habits and record play times
- Week 3
 - Routine Work
 - Define differences of block vs random practice and when to use each
- Week 4
 - Course management techniques
 - Supervised practice

Shot Shaper \$300 plus GST

4-Week program for the student to understand all ball flights and how to hit each

- Determine stock ball flight and why the ball does that
- Understand ball flight laws
- Control your clubface at all parts of your swing
- Golf club awareness
- On course problem solving
- Self diagnoses
- Problem/trouble shots