

WHERE GOLF MEETS MAGNIFICENCE

ACADEMY UPDATES

The Academy team hope everyone has been enjoying your summer vacations and will be coming back with some great Golfing stories from your travels.

We look forward to welcoming everyone back to the Academy as we start the first term of our group coaching and kick off the season.



ACADEMY JUNIORS TAKE ON THE WORLD

Two of our Junior stars that are students at the Academy have competed in both the major US Kids championships.

Having qualified via their performances in the UAE series, Daniel Robinson and Rayan Ahmad have both travelled to play in The European Championships in Scotland and now the World Championships in the USA.

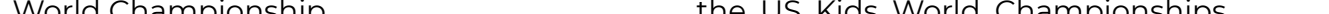
Congratulations to both for qualifying for these events which are great experiences to compete in setting up their games up for a big season ahead.



Daniel Robinson at the US Kids World Championship



Rayan Ahmad dialing his putting in at the US Kids World Championships.



TERM 1 OF THE NEW SEASON

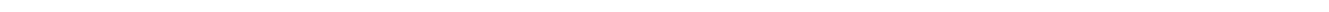


Term 1 of our group coaching schedule will commence the week beginning from August 28th. This will be the first term of 5 x 8 week programs will run during the 2023/24 season.

The group classes are designed to lead Men, Ladies and Junior Golfers through all areas of the game, including full swing development, short game development, skills testing and playing strategy.

The group classes have a variety of skill level designed to suit beginner Golfers to more experienced players who want to hance their on Course performance. With our Junior programme we have classes from Kindergarten all the way through to our Troon Elite classes.

[ENQUIRE NOW](#)



PLAYING STRATEGY ON HOLE 6 WITH DAVID LAING

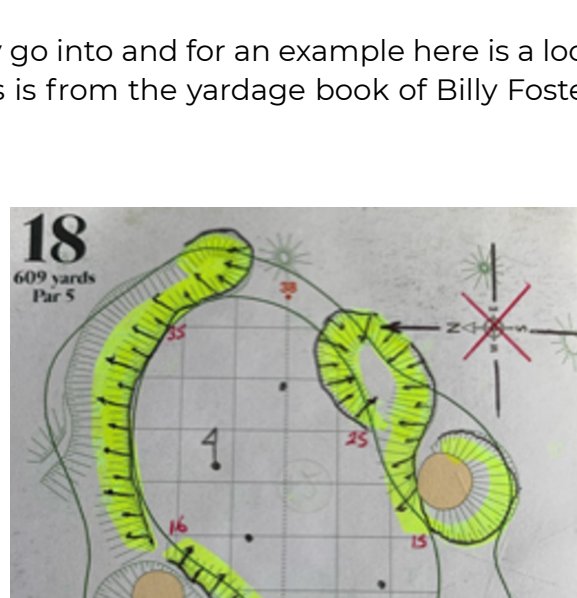


Think like a caddy for strategic success!!

If you were to take a look at a tour caddies yardage book you would see many details that are taken into consideration. Details such as:

- Carry yardages to pass Bunkers and reach Bunkers
- Yardages to the front back middle and certain tiers on the Greens
- Yardages to the widest parts of the Fairways
- Marked out areas not to miss or safe to miss around the Green
- Wind direction and the affect that has on the playing yardage

There are many details that they go into and for an example here is a look at the 18th Hole of the Open Championship. This is from the yardage book of Billy Foster who caddies for Matt Fitzpatrick.



How does this help you?

Areas that would be key to consider are:

- Yardage to the pin position, front and back of the Green
- Area for a safe miss if you have an error (Long or short)
- What are the influences, Wind helping, against or playing across
- Which club do you feel comfortable playing to the yardage

If you can start to consider these before your shot, then it becomes a lot easier to reduce big numbers on your scorecard and manage your game.



Tackling the 6th Hole

On the 6th Hole at Montgomerie Golf Club Dubai knowing the yardage to the front and back of the Green will give you a yardage window you can hit into.

Don't forget to check the wind but the prevailing wind tends to come from the left and move the ball towards the water. (check this when you play the 5th Hole)

Once you have considered the factors the odds begin to lean more in your favour of pulling the shot off.

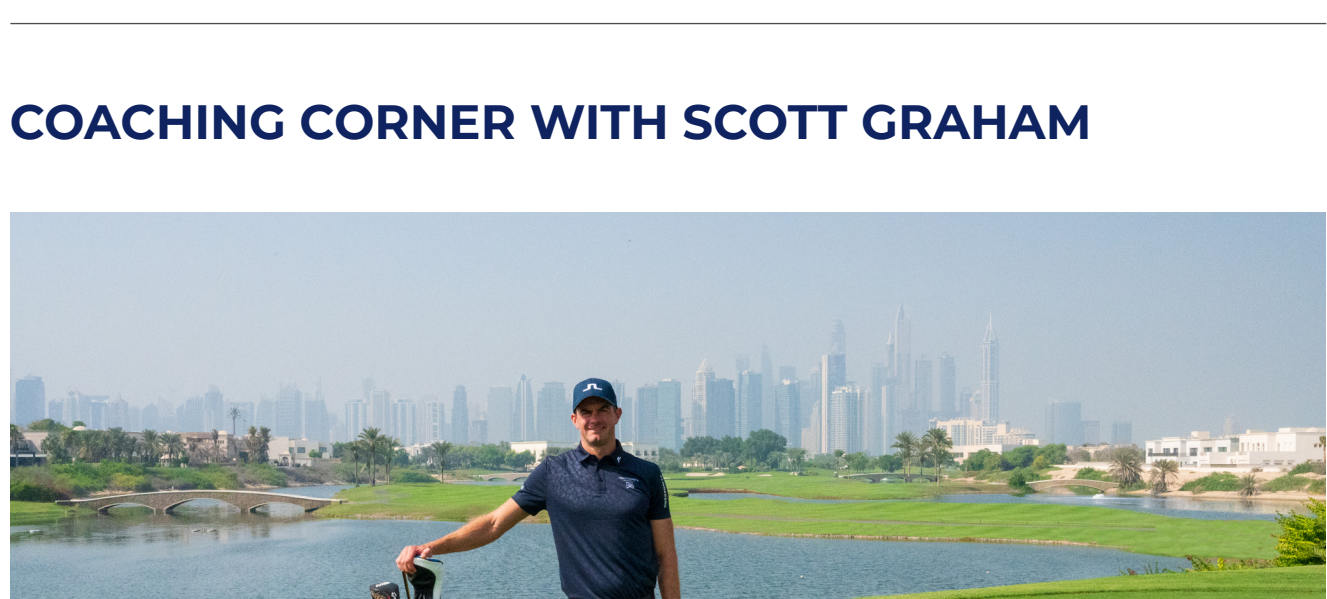
6th Hole from blue Tees, note that the Tee position will change next time you play so check the distances. These are also in yards.

For coaching in your Course management, strategy and all round performance on Course contact David directly.

Email | DLaing@montgomeriegolfclubdubai.com



COACHING CORNER WITH SCOTT GRAHAM



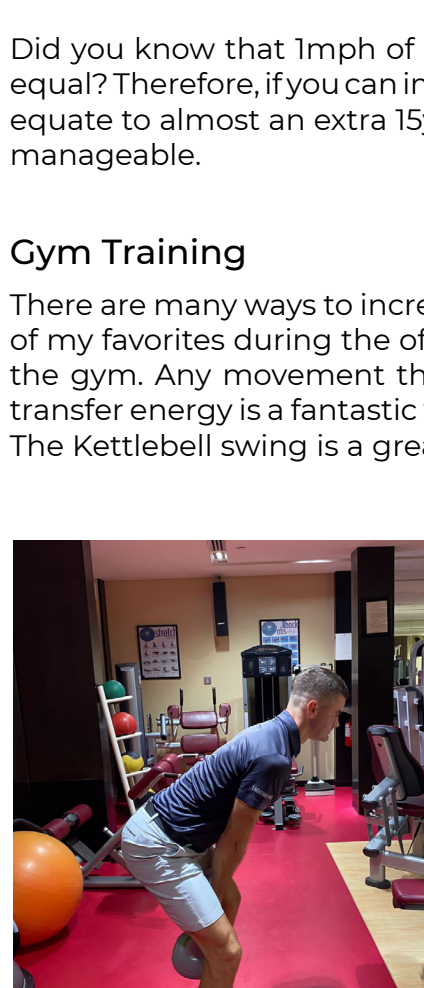
Off Season Training

Over the summer months it is difficult to spend long periods of time on the Driving Range so why not create your gains in the gym. More distance is often at the top of most people's list. This can be achieved in various ways; one being via more clubhead speed.

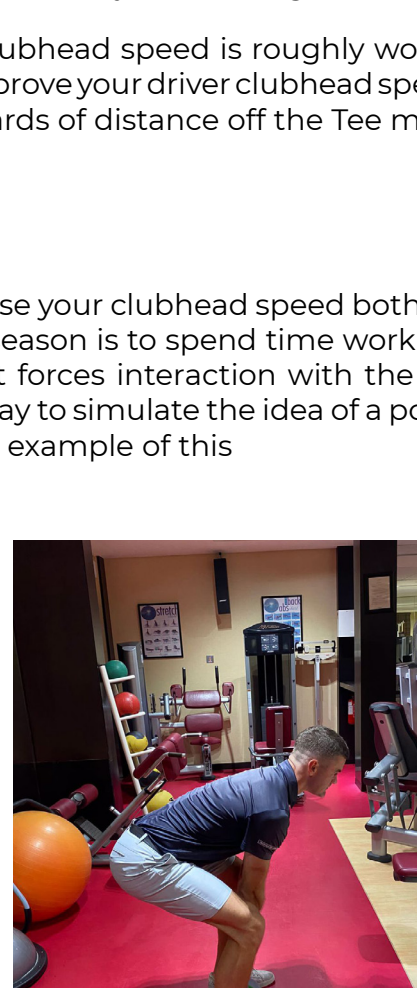
Did you know that 1mph of clubhead speed is roughly worth 2.5yards, with all else being equal? Therefore, if you can improve your driver clubhead speed by 5mph this can potentially equal an extra 15yards of distance off the Tee making those longer Holes more manageable.

Gym Training

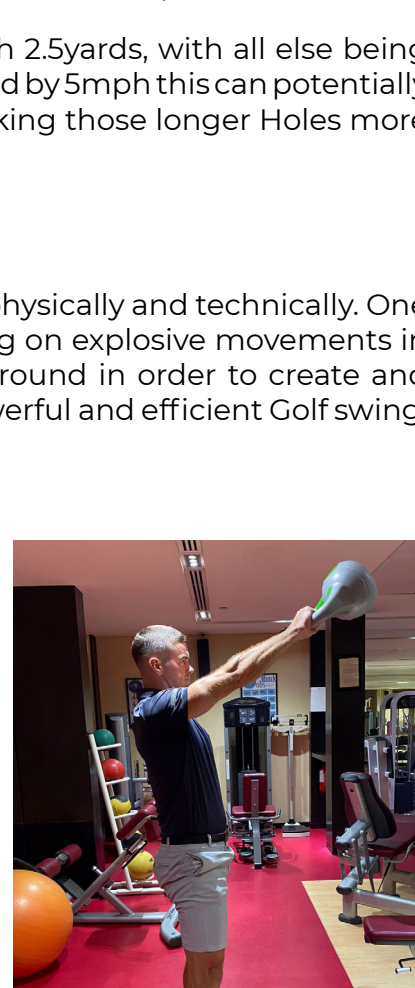
There are many ways to increase your club speed both physically and technically. One of my favorites during the offseason is to spend time working on explosive movements in the gym. Any movement that forces interaction with the ground in order to create and transfer energy is a fantastic way to simulate the idea of a powerful and efficient Golf swing. The Kettlebell swing is a great example of this



Position A



Position B



Position C

- Stand with your feet shoulder width apart while holding the kettlebell with both hands (palms facing towards you) and arms straight down (Position A)
- Inhale and push your hips back (hip hinge) a slightly bend your knees to bring the kettlebell between your legs. Be sure to keep your back straight and engage the core (Position B)
- Exhale, contract your glutes, and push your hips forward to lift your body into a standing position. Feel the kettlebell swing up to shoulder level as you drive through the legs. Be sure to let the momentum of the swing move the kettlebell rather than arm strength (Position C)
- Inhale and lower the kettlebell between your legs by pushing your hips back and bending the knees (Position B). This is 1 rep
- Perform 3 sets of 8 to 15 reps. Increase the weight as you feel more comfortable with the movement

Whether its technical or physical help you need to take your Golf game to the next level, come see us at The Academy to get you on the right track to achieving your goals.

Email | SGraham@montgomeriegolfclubdubai.com