

# HOW “LESSONS” BENEFIT GOLFERS

I once saw a sign posted in a proshop that listed the cost of a lesson. What was peculiar was that the word “Lesson” was replaced with “45 minutes of advice, discussion, and consultation.” That description of a lesson was a novel and accurate way to describe instruction sessions as they may cover a diverse number of topics and take many forms.

- 1) Lessons should be enjoyable and educational for the student. Golfers usually have enquiries about their swings and general questions about the endless number of facets that make up the game of golf. Being able to discuss your game with a trained teaching professional could increase your enjoyment, reduce your frustration, and answer questions you may have about golf and the golf swing.
- 2) Working with an instructor will help make your practice time more productive. Most people hitting balls at domes or driving ranges may be enjoying themselves and getting some exercise but few will improve more than marginally without a focused practice plan.
- 3) An instructor will provide feedback in various forms on your game and often will examine your swing with the help of a video analysis system. Being able to see your swing and walk through it with your instructor is often enlightening.
- 4) On account of human nature most people spend the majority of their practice time working on the areas of their games where they have the most proficiency. An instructor can analyze your game to determine the areas requiring the most attention.
- 5) Equipment technology is changing rapidly and should be affecting the make-up of clubs in most players' bags. Lessons provide an opportunity to receive advice on equipment and how best to implement new clubs into your game.
- 6) The short game has a significant influence on scoring but most golfers quickly get bored with practicing short shots. An instructor may help you work on your short game by improving specific problem shots and recommending challenging and enjoyable practice drills.
- 7) Physical conditioning is now recognized as an important part of a golfer's improvement program and a key to injury prevention. An instructor educated in the physical keys related to the golf swing can relate your swing to screened physical factors and recommend specific functional drills and exercises that will be beneficial to your game.
- 8) Many golfers are aware that they could improve their course management and mental approach to the game. Instruction sessions are an opportunity for you to improve playing strategies, and discuss the many mental challenges the game provides.
- 9) Instruction offers an opportunity to be introduced to developments in the study of the golf swing. Technology has provided new information about the golf swing to instructors, and new ways for the instructor to relate swing keys to the student.
- 10) Group instruction provides a format to improve your game in the company of friends or family. Participating in clinics introduces golfers to other players at their experience level and can often expand social or business contacts.