

Golf Campus

Terre Blanche Golf Academy

Program

The following performance areas will be covered during each week of the Campus:

Technical : long game and short game — Physical — Mental — Playing on the course

Week.1	<ul style="list-style-type: none">• Step 1 : Evaluation of the player with video, Trackman and Biomechanical analysis	Week.2	<ul style="list-style-type: none">• Following results of the evaluation, individual planning for each player in the group will be set	Week.3 & Week.4	<ul style="list-style-type: none">• Intensive technical training for each player covering mental, long and short game	Week.5	<ul style="list-style-type: none">• On course lesson and short game training
Week.6	<ul style="list-style-type: none">• Step 2: Evaluation of the player with video and Trackman analysis. Individual adjustment following the work done during weeks 3, 4 and 5	Week.7	<ul style="list-style-type: none">• Short game and mental training	Week.8	<ul style="list-style-type: none">• Long game training	Week.9 & Week.10	<ul style="list-style-type: none">• Performance training on the course

(Program likely to be modified according to the presence of the players)

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