



# MEN'S DEVELOPMENT PROGRAM

Welcome to the Men's Development Program's upcoming season  
Over the course of the 8-week program, all abilities will be covered, enabling golfers to lower their scores and enjoy the game more.

The Men's Development Program starts  
the week of **September 23rd, 2024**

Class	Start Date	Schedule	Duration	Cost	Cost +	Cost ++
BEGINNER	23 <sup>rd</sup> September	Mondays 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
	24 <sup>th</sup> September	Tuesdays 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
	25 <sup>th</sup> September	Wednesdays 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
	26 <sup>th</sup> September	Thursdays 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
INTERMEDIATE	23 <sup>rd</sup> September	Mondays 8:00pm to 9:00pm	1 Hour	AED 880	AED 1130	AED 1380
	23 <sup>rd</sup> September	Mondays 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
	24 <sup>th</sup> September	Tuesdays 8:00pm to 9:00pm	1 Hour	AED 880	AED 1130	AED 1380

Class	Start Date	Schedule	Duration	Cost	Cost +	Cost ++
INTERMEDIATE	25 <sup>th</sup> September	Wednesdays 8:00pm to 9:00pm	1 Hour	AED 880	AED 1130	AED 1380
	26 <sup>th</sup> September	Thursdays 8:00pm to 9:00pm	1 Hour	AED 880	AED 1130	AED 1380
ADVANCED (4 People Max)	24 <sup>th</sup> September	Tuesdays 7:00pm to 8:00pm	1 Hour	AED 1100	AED 1350	AED 1600
	25 <sup>th</sup> September	Wednesdays 7:00pm to 8:00pm	1 Hour	AED 1100	AED 1350	AED 1600

## Men's Beginner Program

**Week 1:** Introduction to golf – What's in the bag – Importance of the fundamentals (Grip and Set up)

**Week 2:** Swing Building – Takeaway and follow through (Connection and Body Rotation)

**Week 3:** Swing Building stage 2 (introducing wrist hinge), and how to aim towards targets

**Week 4:** Swing Building stage 3 (body turn and elevation)

**Week 5:** What is chipping, learning the skill and understanding when to use a certain club

**Week 6:** What is putting, learning the skill and it's fundamentals

**Week 7:** What is driving, learning the skill and fundamentals

**Week 8:** How to practice golf, full swing error correction and open Q&A

## Men's Intermediate Program

**Week 1:** Full swing check – revisit the grip and body posture (C-posture / S posture)

**Week 2:** What the golf swings kinematic sequence and the importance of the correct pressure shift

**Week 3:** Golf Swing video analysis and how to get the most out of your practice sessions

**Week 4:** A must in putting: Controlling speed, learning to green read, performance challenges

**Week 5:** Chipping techniques and testing your creativity around the green

**Week 6:** Short course challenge, how good do you think your short game is?

**Week 7:** Changing your golf swings follow-through to control trajectory and adapt to various golf course scenarios

**Week 8:** Error correction and Q & A about what has been covered over the 8 week program

## Mens Advanced Program

**Week 1:** Gapping/ Combine Test – developing a baseline to see where your game can improve most

**Week 2:** Golf Swing video analysis – learning how to spot faults and error correction

**Week 3:** TPI Mobility Screening – understanding how physical limitations may be affecting your swing

**Week 4:** Face and path control – learning to shape your shots and change the trajectory

**Week 5:** Wedge testing – Changing ball flight and manipulating spin rate

**Week 6:** Putting – Learning stroke mechanics dependant on your tendencies

**Week 7:** Increasing clubhead speed through correct kinematic sequencing and ground forces  
- speed sticks

**Week 8:** Course management – Analysing your game through a statistical method

Introducing our enhanced Plus & Plus-Plus packages, offering a myriad of added benefits for your enjoyment and satisfaction!

## BASIC

### Learning Goals:

- Master fundamental techniques in the main aspects of the golf game

### Motivational Factors:

- Engage in a social sport, connecting with peers and fostering new friendships
- Improve your abilities on the golf course and lower scores
- Learn to play golf in a proper manner

### Benefits & Add-ons

- Skill Enhancement: Systematic improvement in all areas of the game
- Networking: Opportunities to connect with like-minded individuals.

### Access to Bryson for:

- Personal Profile
- Class lists
- Lesson Plans & Topics
- Lesson recaps (PDF & Video Formats)
- Direct Coach Contact
- Invitations to special events
- Discount on additional lessons, pro-shop merchandise, golf balls & other services within the Golf Club

## PLUS<sup>+</sup>

### Learning Goals:

- Master fundamental techniques in the main aspects of the golf game.
- Understand how to practice correctly outside of the weekly lessons.

### Motivational Factors:

- Engage in a social sport, connecting with peers and fostering new friendships.
- Improve their abilities on the golf course and lower scores.
- Learn to play golf in a proper manner.
- Creating a structured Practice Routine
- Understanding what Effective Practice is
- Wanting to have a way of Practice Tracking and Stats

### Benefits & Add-ons:

- Skill Enhancement: Systematic improvement in all areas of the game
- Networking: Opportunities to connect with like-minded individuals

### Access to Bryson for:

- Personal Profile
- Class lists
- Lesson Plans & Topics
- Lesson recaps (PDF & Video Formats)
- Direct Coach Contact
- Invitations to special events
- Discount on additional lessons, pro-shop merchandise, golf balls & other services within the Golf Club
- Structured practice plans on Bryson: Tailored plans with varied techniques for each week's topic
- Stat Tracking for practice Plans: Analysing practice statistics for performance measurement
- Analysis and feedback on practice Data: Professional feedback based on practice data for guided improvement
- One Complimentary Session on trackman Range to use the "Find my Distance" feature

## PLUS<sup>++</sup>

### Learning Goals:

- Master fundamental techniques in the main aspects of the golf game.
- Understand how to practice correctly outside of the weekly lessons.

### Motivational Factors:

- Engage in a social sport, connecting with peers and fostering new friendships.
- Improve their abilities on the golf course and lower scores.
- Learn to play golf in a proper manner.
- Creating a structured Practice Routine
- Understanding what Effective Practice is
- Wanting to have a way of Practice Tracking and Stats

### Benefits & Add-ons:

- Skill Enhancement: Systematic improvement in all areas of the game
- Networking: Opportunities to connect with like-minded individuals

### Access to Bryson for:

- Personal Profile
- Class lists
- Lesson Plans & Topics
- Lesson recaps (PDF & Video Formats)
- Direct Coach Contact
- Invitations to special events
- Discount on additional lessons, pro-shop merchandise, golf balls & other services within the Golf Club
- Structured practice plans on Bryson: Tailored plans with varied techniques for each week's topic
- Stat Tracking for practice Plans: Analysing practice statistics for performance measurement
- Analysis and feedback on practice Data: Professional feedback based on practice data for guided improvement
- One Complimentary Session on trackman Range to use the "Find my Distance" feature
- Game Stat Tracking
- Feedback on your game stats from a professional golf coach
- Tailored practice plans for individuals based on their in game stats and areas of weakness
- Initial video analysis of the golf swing within the first session. With feedback to work on the swing
- Final Video analysis of the swing and comparison to the original video analysis
- In my bag yardage review that includes recommendations in terms of what clubs you should have within the golf bag depending of yardages

Sign Up

Contact Us

WWW.ABUDHABIGOLFCLUB.ABUDHABI