



Ladies DEVELOPMENT PROGRAM

Welcome to the Ladies 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 Ladies Development Program starts
the week of **January 8th 2024**

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 (+)

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

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- 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 PLUS (++)

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- 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

Class	Start Date	Schedule	Duration	Cost	Cost +	Cost ++
Beginner	8 th January	Mondays 5:00pm to 6:00pm	1 Hour	AED 880	AED 1130	AED 1380
	9 th January	Tuesday 6:00pm to 7:00pm	1 Hour	AED 880	AED 1130	AED 1380
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	10 th January	Wednesday (Morning) 9:00am to 10:30am	1 Hour 30Min	AED 1145	AED 1385	AED 1645
	11 th January	Thursday 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
Intermediate	8 th January	Monday 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
	9 th January	Tuesday (Morning) 9:00am to 10:30am	1 Hour 30Min	AED 1145	AED 1385	AED 1645
	10 th January	Wednesday 6:00pm to 7:00pm	1 Hour	AED 880	AED 1130	AED 1380
	10 th January	Wednesday 7:00pm to 8:00pm	1 Hour	AED 880	AED 1130	AED 1380
Advanced	8 th January	Monday 8:00pm to 9:00pm	1 Hour	AED 880	AED 1130	AED 1380

Ladies Development Beginner Program

Week 1: Introduction to golf and learning the importance of the fundamentals for the golf swing.

Week 2: Swing building (takeaway and follow through) and what a golf course looks like.

Week 3: What is Putting? Learning the skill and taking this skill to the golf course.

Week 4: Swing building stage 2 (introducing wrist hinge), aiming towards targets.

Week 5: What is Chipping, learning the skill and understanding when to use a specific golf club?

Week 6: How to practice golf, error correction for all skills learnt so far and open Q&A.

Week 7: Swing Building stage 3 (body turn and elevation) and understanding swing speed.

Week 8: How does mentality play a big part in golf performance, and can we complete a hole on the golf course

Ladies Development Intermediate Program

Week 1: Checking your golf swing fundamentals and the importance of performance routines.

Week 2: What is the golf swings kinematic sequence, how to improve it and strike testing?

Week 3: A must in Putting; controlling speed, learning how to green read, performance challenges

Week 4: Golf Swing video analysis and how to get the most from your practice sessions.

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

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

Week 7: Changing your golf swing's follow-through for different trajectories and golf course scenarios.

Week 8: Error correction from performance and an open Q&A about the course.

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Ladies Development Advanced Program

Week 1:

Comprehensive review and refinement of the basic fundamentals including stance, posture and grip with an introduction to advanced swing drills.

Week 2:

Understanding the relationship between power and control. Techniques for increasing swing speed without sacrificing accuracy. Incorporating strength and flexibility exercises for improved performance.

Week 3: Advanced Putting Mastery

Review of putting fundamentals. Skills for distance control and accuracy. Advanced green reading techniques.

Week 4: Specialty Shots.

Learning to shape shots for specific course situations. Understanding the mechanics of a fade and draw.

Week 5: Bunker Play and Advanced Recovery Shots

Mastering bunker shots with various lies. Techniques for recovering from challenging lies (rough, uneven terrain). Decision-making on shot selection in difficult situations.

Week 6: Mental Resilience and Focus

Advanced mental strategies for maintaining focus under pressure. Visualisation techniques for shot execution. Mindfulness and concentration drills.

Week 7: Course Management and Strategy

Developing a personalised course management plan. Understanding risk and reward scenarios on the golf course. Strategies for playing to strengths and minimizing weaknesses.

Week 8: Competition Simulation

Simulated competitive rounds to apply learned skills in a game scenario. Debriefing and analysis of in-game decision-making.

This advanced program is designed to challenge experienced female golfers to refine their skills, enhance power and precision, and develop a strategic approach to the game. The emphasis is on continuous improvement, mental resilience, and on-course application of advanced techniques.

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