

GREEN CARD COURSE

The GREEN CARD courses in season 2017 will take place at Modry Las Golf Resort on the following dates:

MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPT	OCTOB
1-3	3-7	1-5	5-9	3-7	7-11	4-8	2-6
6-10	10-14	8-12	12-16	10-14	14-18	11-15	9-13
13-17	17-21	15-19	19-23	17-21	21-25	18-22	16-20
20-24	24-28	22-26	26-30	24-28			23-27
27-31							

The dates are mostly weekly, however, dates during the WEEKENDS CAN ALSO BE ARRANGED

DAY 1:

- 10:00 – 10:20 Start of Course, welcome coffee and introduction to my method
- 10:20 – 10:30 Demonstration on the Driving Range
- 10:30 – 11:00 Introduction to the basics of golf swing technique
- 11:00 – 11:30 Woods (solid contact for distance)
- 11:30 – 12:00 Wedges (distance control)
- 12:00 – 12:20 Refreshment Break & Snack
- 12:20 – 13:00 Putting (basic technique)
- 13:00 – 13:30 Chipping and pitching (basic techniques)

Guests are encouraged to **practice** (on the practice areas only) on their own in the afternoon. **Balls and clubs are provided.**

DAY 2:

- 09:00 – 10:00 On the driving range: Review of Day 1/Introduction to different methods of practicing
- 10:00 – 11:30 Introduction to the golf course and play (emphasis on etiquette)
- 11:30 – 12:00 Refreshment Break & Snack
- 12:00 – 12:30 Putting (rules and etiquette on the green)
- 12:30 – 13:00 Chipping (chip & run, putting from off the green)

Guests are encouraged to **practice** on their own in the afternoon. **Access to Orli Las will be granted.**

DAY 3:

- 09:00 – 09:30 Warm-up on driving range/Introduction to “golf stretches”
- 09:30 – 10:00 Bunker (basic techniques)
- 10:00 – 11:30 Playing “exam” on the course
- 11:30 – 12:00 Refreshment Break & Snack
- 12:00 – 12:30 Rules “exam”
- 12:30 – 13:00 Summary and Questions and Answers on the Driving Range

END OF COURSE

BEGINNERS GOLF COURSE

Courses for The Beginners of Golf will be available on request during the season 2017 and will take place at Modry Las Golf Club. Below is a suggested programme, however each programme can be tailored to the golfers requirements.

Please email ssnedden@modrylas.pl or golf@modrylas.pl for more detailed information and bookings.

DAY 1:

- 10:00 – 10:20 Start of Course, welcome coffee and Introduction to my method
- 10:20 – 10:30 Demonstration on the Driving Range
- 10:30 – 11:00 Introduction to the basics of golf swing technique
- 11:00 – 11:30 Woods (solid contact for distance)
- 11:30 – 12:00 Wedges (distance control)
- 12:00 – 12:20 Refreshment Break & Snack
- 12:20 – 13:00 Putting (basic technique)
- 13:00 – 13:30 Chipping and pitching (basic techniques)

DAY 2:

- 09:00 – 10:00 On the driving range: Review of Day 1/Introduction to different methods of practicing.
- 10:00 – 11:30 6 holes of play on the course (or Orli Las), etiquette and rules situations
- 11:30 – 12:00 Refreshment Break & Snack
- 12:00 – 12:30 Putting (rules and etiquette on the green)
- 12:30 – 13:00 Chipping (chip & run, putting from off the green, handling rough)

Guests are encouraged to **practice and play on their own** in the afternoon. **Discounts on Green Fees.**

DAY 3:

- 09:00 – 09:30 Warm-up on driving range. Golf stretches for flexibility and strength
- 09:30 – 10:00 Bunker (basic techniques)
- 10:00 – 11:30 Direction control on driving range. (hooking, slicing, pulling, pushing)
- 11:30 – 12:00 Refreshment Break & Snack
- 12:00 – 12:30 Short course games on Orli Las for lowering handicap asap.
- 12:30 – 13:00 Summary and Questions and Answers on the Driving Range

END OF COURSE

INTERMEDIATE GOLF COURSE

Courses for The Intermediate Players of Golf will be available on request during the season 2017 and will take place at Modry Las Golf Resort. Below is a suggested programme, however each programme can be tailored to the golfers requirements.

Please email ssnedden@modrylas.pl or golf@modrylas.pl for more detailed information and bookings.

DAY 1:

- 10:00 – 10:20 Start of Course, welcome coffee and Introduction to my Method
- 10:20 – 10:30 Demonstration on the Driving Range
- 10:30 – 11:00 Introduction to the “4 fundamentals” of swing technique
- 11:00 – 11:30 Woods (maximizing swing speed and distance)
- 11:30 – 12:00 Irons (direction and distance control)
- 12:00 – 12:20 Refreshment Break & Snack
- 12:20 – 13:00 Putting (green reading techniques)
- 13:00 – 13:30 Chipping (chip & run, putting from off the green)
- 13:30 – 14:30 Lunch

Guests are encouraged to **practice and play on the course** in the afternoon. **Green Fees discounted.**

DAY 2:

- 09:00 – 10:00 On the driving range: Review of Day 1/Introduction to different methods of practicing.
- 10:00 – 11:30 9 hole play on the golf course (emphasis on etiquette and rules situations)
- 11:30 – 12:00 Refreshment Break & Snack
- 12:00 – 12:30 Pitching and bunker techniques (lob shots)
- 12:30 – 13:00 Short game drills and test for maximizing practice time

Guests are encouraged to **play on their own** in the afternoon. **Green Fees discounted.**

DAY 3:

- 09:00 – 09:30 Warm-up on driving range. Golf stretches for injury prevention.
- 09:30 – 10:30 Distance control with wedges (working on divot patterns)
- 11:00 – 11:30 Putting (alternative techniques and games for keeping attention)
- 11:30 – 12:00 Refreshment Break & Snack
- 12:00 – 12:30 Test and games for simulating competition pressure
- 12:30 – 13:00 Summary and Questions & Answers on the Driving Range

END OF COURSE

ADVANCED GOLF COURSE

Courses for The Advanced Players of Golf will be available **ON REQUEST** during the season 2017 and will take place at Modry Las Golf Resort. Below is a suggested programme, however each programme can be tailored to the golfers requirements.

Please email ssnedden@modrylas.pl or golf@modrylas.pl for more detailed information and bookings.

DAY 1:

- 10:00 – 10:20 Start of Course, welcome coffee and Introduction to my method
- 10:20 – 10:30 Demonstration on the Driving Range
- 10:30 – 11:00 Introduction to the “4 fundamentals” of swing technique
- 11:00 – 11:30 Distance (working on divot patterns)
- 11:30 – 12:00 Direction (Fading, drawing, and general shot making)
- 12:00 – 12:20 Refreshment Break & Snack
- 12:20 – 13:00 Putting (green reading techniques and tests)
- 13:00 – 13:30 Chipping and pitching (trajectory and spin control)

Guests are encouraged to **practice and play on the course** in the afternoon. **Green Fees discounted.**

DAY 2:

- 09:00 – 10:00 On the driving range: Review of Day 1/Stretching, preparing for tournament rounds
- 10:00 – 12:00 9 holes together on the golf course. Scoring strategies and keeping statistics
- 12:00 – 12:30 Cool down – after-round practice ideas
- 12:30 – 13:30 Lunch
- 13:30 – 14:00 Bunker shots (difficult lies)
- 14:00 – 15:00 Trouble shots (deep rough, restricted backswing)

Guests are encouraged to **practice and play on their own** in the afternoon. **Green Fees discounted.**

DAY 3:

- 09:00 – 09:30 Warm-up on driving range/Maximizing distances with woods
- 09:30 – 10:30 Video session and analysis
- 10:30 – 11:30 Advanced short game techniques (spin and lob shots) with tests
- 11:30 – 12:00 Refreshment Break & Snack
- 12:00 – 12:30 Uneven lies theory and practice
- 12:30 – 13:00 Summary and Questions and Answers on the Driving Range

END OF COURSE

LADIES GOLF COURSE

Courses for the ladies will be available on request during the season 2017 and will take place at Modry Las Golf Resort. Below is a suggested programme, however each programme can be tailored to the golfers requirements.

Please email ssnedden@modrylas.pl or golf@modrylas.pl for more detailed information and bookings.

DAY 1:

- 10:00 – 10:20 Start of Course, welcome coffee and Introduction to my Method
- 10:20 – 10:30 Demonstration on the Driving Range
- 10:30 – 11:00 Introduction of swing technique for women
- 11:00 – 11:30 Woods (maximizing swing speed and distance)
- 11:30 – 12:00 Irons (higher trajectory with more spin)
- 12:00 – 12:20 Refreshment Break & Snack
- 12:20 – 13:00 Putting (basic green reading techniques)
- 13:00 – 13:30 Chipping (chip & run, putting from off the green, handling rough)

Guests are encouraged to **practice and play on the course** in the afternoon. **Green Fees discounted.**

DAY 2:

- 09:00 – 10:00 On the driving range: Review of Day 1/Introduction to different ways of practicing.
- 10:00 – 11:30 9 hole play on the golf course (etiquette and rules situations)
- 11:30 – 12:00 Refreshment Break & Snack
- 12:00 – 12:30 Bunker shots (difficult and uneven lies)
- 12:30 – 13:00 Deep rough shots (techniques and rules strategies)

Guests are encouraged to **play on their own** in the afternoon. **Green Fees discounted.**

DAY 3:

- 09:00 – 09:30 Warm-up on driving range. Golf stretches and strengthening drills for women.
- 09:30 – 10:00 Distance control (working on divot patterns)
- 10:00 – 11:30 Short game visualization and trajectory control
- 11:30 – 12:00 Refreshment Break & Snack
- 12:00 – 12:30 Test and games for enjoyable practice
- 12:30 – 13:00 Summary and Questions & Answers on the Driving Range

END OF COURSE