

Performance Breakthrough Exercise	Skills	Skills applicable to Golf
Standing on a balance board	Balance	<ul style="list-style-type: none"> • Reduces sway whilst in swing. • Strengthen the body/mind connection: - <ol style="list-style-type: none"> 1. Controls the centre of gravity throughout your swing. 2. Stabilises the visual system during swing and head movement. 3. Improves chances of retaining posture angles through the swing.
Watching and hitting a pendulum ball	Timing and rhythm	<ul style="list-style-type: none"> • Enables a golfer to connect the club head with ball at the optimum time. <ol style="list-style-type: none"> 1. Develops rhythm in the swing and an ability to trust your swing. 2. Co-ordinates both arms and eyes for better choice of shot. 3. Helps develop a smoother motion for the short game.
Hitting pendulum ball with finger tips, wrists and elbows	Touch & spatial awareness: <i>Proprioception</i>	<ul style="list-style-type: none"> • Develops a comfortable grip. • Makes swing action more automatic. • Relieves tension in the neck and shoulders which reduces stress in the mind when standing over the ball. • Relaxes the shoulders and arms to reduce wayward shots. Also reduces holding on to negative thoughts when a bad shot has been hit. • Helps build feel for finesse shots around the green.
Eye exercises whilst standing on balance board	Strengthens muscles in eye: <i>Visualisation</i>	<ul style="list-style-type: none"> • Ability to focus/concentrate for the complete 18 holes. • Develops the ability to visualise the best outcome of reducing your handicap or lifting the winners' cup! • See pin positions in more detail. • Improves accuracy in determining how much power is needed to hit the ball the correct distance and direction. • Improves green reading.

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Hitting the pendulum ball over target pins in the distance	Hand/Eye co-ordination and accuracy	<ul style="list-style-type: none"> • Improves the ability to calculate the power required to cover the distance to the pin. • Develops the connections between hands, arms, eyes and balance within one exercise. • Less dispersion of shots on the fairway which equates to straighter drives and iron shots. • Develops pin point accuracy from your hands and pin point accuracy in the distance making putts easier to calculate. • Enables the golfer to read undulations on the greens more easily. • Enables easier recovery from trouble shots with awkward stances.
Bean bag exercise	Throwing and catching Relaxing of arms Eye tracking whilst holding head still Listening to the beanbag as you catch it: <i>auditory training</i>	<ul style="list-style-type: none"> • Develops hand/eye co-ordination in timing and rhythm – all of which are vital for the complete golfer. • Develops the ability to keep your head down and your eyes on the ball as you swing the club. • Relaxes the arms and shoulders. If the arms and shoulders are tight and rigid your mind will tend to overthink your shot or get stuck on the last bad shot. • Builds a stronger feedback loop when practicing.
Throwing and catching a bouncy ball and hitting numbers on a target board	Connecting balance and Hand/Eye co-ordination Quicker reaction speeds	<ul style="list-style-type: none"> • Increases your accuracy rate. • Develops the ability to move on after a bad shot and not dwell on it. Increases positivity. • Develops resolve, resilience and a 'can do' attitude. • Encourages Self-belief and motivation to keep going.

Get in touch to book your 30 minute, weekly sessions with our Breakthrough Coach, specifically tailored to your golfing needs. During these sessions we work with the body/mind connection through structured balance and co-ordination exercises.

£25 per weekly session or receive a 20% discount when you book 12 weekly sessions (£240).

For a FREE consultation contact **Susan – 07790 245 145** or **John – 07500 337 708**
www.performancebreakthrough.co.uk