

# Customizable Spherical Swing Academy Teaching Modules

## For 4-Day Onsite Academy and Three Month Online Follow Up Lessons

### Program Overview

#### Provided by Spherical Golf

1. Professional Instructor
  - a. Ryan Nomura
  - b. Doug Byrd-Assistant
  
2. Instructional Equipment
  - a. Spherical Swing Station
  - b. Swing and instructional aids
    - i. E-book: Connecting the Dots: A Golf Student Primer
    - ii. Grip aid
    - iii. Swing Caddy release and speed aid
    - iv. Pressure plate
    - v. Video production with sphere overlay
    - vi. Rope swing aid
    - vii. Pro swing aid
    - viii. Others as required
  
3. Elite Course Support
  - a. Housing referrals (if needed)
  - b. All lunch (Telly's) and dinner meals (Topa Restaurant) at Spanish Hills paid
  
4. Marketing and Advertising
  - a. SphericalGolf.com website
  - b. Over 45 instructional videos not including shorts
  - c. Online advertising: YouTube, Facebook, Instagram
  - d. Spherical golf hats and shirts sold on website

#### Provided by Spanish Hills Club (Camarillo, CA) and Kissing Tree Club (San Marcos, TX)

1. Hosting of onsite instructional space for 1 to 4 students as scheduled through pro shop
  - a. Use of practice facilities
  - b. Quiet Meeting table for up to 6 persons
2. Posting:
  - a. Spherical Golf 4-Day course availability on website
  - b. Individual Spherical Golf lessons at mutually-agreed up-sale rates
    - i. Includes use of swing station
    - ii. Includes swing video with virtual sphere overlay

# Instruction Modules

## A. Introductory Spherical Swing Session (3 Hours)

- Goals:**
- A. Review basics of the swing, spherical swing space**
  - B. Establish the student(s) swing/game instructional priorities for full course**
  - C. Student's Homework Prior to Course.**
    - Grip practice if assigned by Ryan.
    - Read e-book. Especially Chapters 6, 7 & 11.

Flexible Plan. Adjust to Student's Needs

### Meeting Room. 45 Minutes

- Introductory Comments. Course Outline.
- Discuss student(s) background.
- Identify physical/psychological/skill and improvement goals
- Review Q&A of e-book.
- Review Grip and/or Grip homework (if applicable)
- The Spherical Swing Concept and advantages
- Review Selected Videos
  - Basic Swing Motion (Hogan drill, Bobby Jones plus tour player in spheres)
  - Tiger Woods pitch shot video.
- How sphere relates to basic swing motion
- Q&A after viewing

### Swing Station and Range. 2 Hours

- Role of swing station
- Review geometry and feels related to the spherical space
- Verify grip and setup/alignment
- Introduction/review of basic swing motion
- Get familiar with basic swing motion on swing station.
- Repeat at other nearby concave swing space.
- Take video of player's standard swing.

### Meeting Room. 30 Minutes

- Review of player's video
- Provide copy with written recommendations for improvement
- Remind student of included follow up with six 1-hour online/zoom sessions.

Lunch. Telly's. 45 Minutes. (If Module is in the morning)

## **B. Follow-up Spherical Swing Session (3 Hours)**

*Flexible Plan. Adjust to Student's Needs*

Meeting Room. 30 Minutes

- View selected videos based on student's priority.
- Q&A after viewing

Swing Station and Range. 2 Hours

- Role of swing station
- Review geometry and feels related to the spherical space
- Verify grip and setup/alignment
- Review of basic swing motion
- Enforce motions as needed
- Repeat at other nearby concave swing space.
- Take video of player's standard swing.

Meeting Room. 30 Minutes

- Review of player's video
- Provide copy with written recommendations for improvement
- Remind student of included follow up with six 1-hour online/zoom sessions.

Lunch. Telly's. 1 Hour. (If Module is in the morning)

## C. Shot Making Spherical Swing Session (3 Hours)

*Flexible Plan. Adjust to Student's Needs*

Meeting Room. 30 Minutes

- View selected videos regarding shot making techniques
- Q&A after viewing

Swing Station and Range. 2 Hours

- Ball placement
- Review specialty shot geometry and feels related to the spherical space
- Verify grip and setup/alignment
- Fading and drawing
- Controlling shot height
- Controlling spin
- Repeat at other nearby concave swing space.
- Take videos of player's standard swing.

Meeting Room. 30 Minutes

- Review of player's video
- Provide copy with written recommendations for improvement
- Remind student of included follow up with six 1-hour online/zoom sessions.

Lunch. Telly's. 1 Hour. (If Module is in the morning).

## **D. Short Game Module. Standard Techniques. (3 Hours)**

*Flexible Plan. Adjust to Student's Needs*

Meeting Room. 30 Minutes

- View Selected Videos.

Short Game Practice Area. 2 Hours

- Chips, pitches, sand shots, sloped lies
- Shots from rough
- Shots with and into the grain
- Take videos of student's swings

Meeting Room. 30 Minutes

- Review short game progress.
- Review student videos with written recommendations for improvement and provide to student.
- Remind student of included follow up with six 1-hour online/zoom sessions.

Lunch. Telly's. 1 Hour. (If Module is in the morning).

## **E. Short Game Module. Standard Techniques-Follow Up Session (3 Hours)**

*Flexible Plan. Adjust to Student's Needs*

Meeting Room. 30 Minutes

- View Selected Videos.

Short Game Practice Area and/or Putting Green. 2 Hours

- Review selected shots needing more attention.
- Take videos of student

Meeting Room. About 30 Minutes

- Review short game progress.
- Provide videos with recommendations for improvement.

Putting Green. About 1 Hour

- The putting stroke basics
- Reading greens and break

## **F. Short Game Module. Specialty Shots (3 Hours)**

*Flexible Plan. Adjust to Student's Needs*

Meeting Room. 30 Minutes

- View Selected Videos.

Short Game Practice Area. 2 Hours

- Pitch and run
- Lob shot
- Using the toe and heel in different situations
- Controlling spin on pitch and chip shots
- Take videos of student's swings

Meeting Room. 30 Minutes

- Review student videos with written recommendations for improvement and provide to student.
- Remind student of included follow up with six 1-hour online/zoom sessions.

Lunch. Telly's. 1 Hour. (If Module is in the morning).

## **G. Putting Module. (3 Hours)**

*Flexible Plan. Adjust to Student's Needs*

Meeting Room. 30 Minutes

- View Selected Videos.

Putting Evaluation 2 Hours

- Obtaining end over end roll
- Distance Control and determining optional pace
- Direction Control
- Aim and Head/eye position
- Visualization techniques
- Evaluate whether mechanical or feel techniques works best with student
- Useful Drills
- Reading greens
- Mental approach and confidence
- Short putts
- Take videos of student's putts

Meeting Room. 30 Minutes

- Review student videos with written recommendations for improvement and provide to student.
- Remind student of included follow up with six 1-hour online/zoom sessions.

Lunch. Telly's. 1 Hour. (If Module is in the morning).



## H. Putting Module-Advanced. (3 Hours)

Flexible Plan. Adjust to Student's Needs

Meeting Room. 30 Minutes

- View Selected Videos.

Putting Evaluation 2 Hours

- Obtaining end over end roll
- Distance Control and determining optional pace
- Direction Control
- Review Aim and Head/eye position
- Visualization technique-Advanced level
- Evaluate whether mechanical or feel techniques works best with student
- Useful Drills
- Reading greens and cup
- Adjusting for time of day
- Adjusting for types of grass
- Mental approach and confidence
- Short putts
- Take videos of student's putts

Meeting Room. 30 Minutes

- Review student videos with written recommendations for improvement and provide to student.
- Remind student of included follow up with six 1-hour online/zoom sessions.

Lunch. Telly's. 1 Hour. (If Module is in the morning).

## I. Short Playing Sessions for Swing and Strategy Evaluation (3 Hours)

Flexible Plan. Adjust to Student's Needs

Meeting Room. 30 Minutes

- Review Course Strategy (Cone of Comfort-Hogan Strategy)
- Review Practice Goals(Pre-play warmup vs swing improvement).

Four/five Hole Rota 2 Hours (On-course recommendations)

- Holes 1-4+9 optional
- Holes 10-13

Meeting Room. 30 Minutes

- Review student play and recommendations for improvement
- Remind student of included follow up with six 1-hour online/zoom sessions.

Lunch. Telly's. 1 Hour. (If Module is in the morning).

## **J. 9 Hole Playing Session for Swing and Course Mgmt. Evaluation (3.5 Hours)**

*Flexible Plan. Adjust to Student's Needs*

Meeting Room. 45 minutes

- Review Course Strategy (Cone of Comfort-Hogan Strategy)
- Review Practice Goals (Pre-play warmup vs swing improvement).
- Minimizing blow-up holes
- Managing external distractions
- Pre-play course strategy and goal-setting
  - Testing swing techniques or,
  - Posting a score
- Pre-play warm-up
- Match Play vs Stroke Play

9 Hole Course Play. About 2 Hours

Meeting Room. 45 Minutes

- Review student play and recommendations for improvement
- Remind student of included follow up with six 1-hour online/zoom sessions.

Mid-Round Lunch. Telly's. 1 Hour. (If Play is in the morning).

Post-Round Dinner at the Topa Restaurant (If Play is in the evening).

## **K. 18 Hole Playing Session for Swing and Course Management Evaluation (About 7 Hours)**

Flexible Plan. Adjust to Student's Needs

### Meeting Room. 1 Hour

- Review Course Strategy (Cone of Comfort-Hogan Strategy)
- Review Practice Goals (Pre-play warmup vs swing improvement).
- Minimizing blow-up holes
- Managing external distractions
- Pre-play course strategy and goal-setting
  - Testing swing techniques or,
  - Posting a score
- Pre-play warm-up
- Match Play vs Stroke Play

Warm-Up Session. About 45 minutes.

### 18 Hole Course Play. 3.5 to 4 Hours

### Meeting Room. 45 Minutes to 1 Hour

- Review student play and recommendations for improvement
- Remind student of included follow up with six 1-hour online/zoom sessions.

Mid-Round Lunch. Telly's. 1 Hour. (If Play is in the morning).

Post-Round Dinner at the Topa Restaurant (If Play is in the evening).

## **L. Customized Sessions Based on Client Preference**

*Examples:*

1. Advanced Golf Course Management. 2- 3 Hour Blocks
2. Advanced Stroke Play Strategy. 3 Hour Block
3. Advanced Match Play Strategy. 3 Hour Block
4. Advanced Team Strategy (Four-ball or Foursomes). 3 Hour Block
5. Design your own 3-hour block session:

*Lunch included for all morning sessions.*