

**GET INTO GOLF** LEARN TO PLAY GOLF IN 5 WEEKS

# SBGOLF



MAGAZINE

**BUCKLEY'S BASICS**

**MAKE  
MORE  
PARS**



# TRAVEL & LEISURE

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GOLF ESCAPES

## FANCY A CHANGE OF SCENERY?

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### Enhance Your Skills, Embrace Adventure, and Experience Unforgettable Golf Getaways

Renowned PGA golf coach Simon Buckley invites you to join his exceptional golf coaching holidays across the globe. With destinations in Islantilla, Isla Canella, and El Rompido, Spain, this September and November, these escapes are designed to enhance your skills while offering relaxation, camaraderie, and unforgettable experiences.

Buckley's approach focuses on maximising your natural ability, rather than dismantling your swing. By mastering different shots and techniques, you'll lower your scores and unlock your true potential on the course.

Picture yourself surrounded by stunning landscapes, enjoying the Spanish sunshine, and connecting with fellow golf enthusiasts. These holidays offer personalised coaching sessions tailored to your needs, regardless of your skill level.

But it's not just about golf; these escapes also provide ample time to unwind, laugh, and build camaraderie with like-minded individuals. Indulge in luxurious accommodations, relish delicious cuisine, and forge lifelong friendships while sharing unforgettable experiences.

Join Simon Buckley on his unique golf coaching holidays, where you'll elevate your game, unwind, and create lasting memories. Experience the joy of golf, explore new destinations, and connect with a vibrant community of golf enthusiasts from around the world.

Elevate your golf game, relax, and enjoy the ultimate golfing getaway with Simon Buckley's coaching holidays. Book your spot today and embark on an incredible journey of golf, laughter, and personal growth.



BUCKLEY BASICS

# MAKE MORE PARS



# Unlock the keys to consistent performance

Golf is a game of precision, strategy, and skill. While hitting long drives and sinking birdie putts are thrilling, the key to improving your overall score lies in making more pars. Achieving consistent pars not only builds confidence but also lays the foundation for exceptional rounds and lower scores. In this article, we will explore expert tips and strategies to help you master the art of making more pars.

1

## Play Smart and Strategise

Making more pars starts with smart course management and strategic decision-making. Take the time to study the layout of each hole, identify potential hazards, and plan your shots accordingly. Rather than taking unnecessary risks, aim for the safest landing areas and prioritise accuracy over distance. By adopting a strategic mindset, you'll minimise errors and set yourself up for more pars.

3

## Master Your Approach Shots:

Approach shots are critical for setting up pars. Focus on honing your iron play to hit greens in regulation more frequently. Practice distance control and shot shaping to optimise your chances of placing the ball close to the pin. By consistently giving yourself birdie opportunities, you'll inevitably convert some of those chances into satisfying pars.

2

## Focus on Consistency and Routine:

Consistency is key in golf, and it plays a vital role in making more pars. Develop a pre-shot routine that encompasses alignment, grip, and posture, ensuring consistency in your setup. Practice your routine diligently to reinforce muscle memory, enabling you to execute shots with precision and control. Consistency breeds confidence, and with confidence comes a higher likelihood of achieving pars.





## 4

### Improve Your Short Game Skills:

Short game proficiency is a cornerstone of making more pars. Dedicate ample practice time to refining your chipping, pitching, and putting skills. Develop touch and feel around the greens to get up-and-down from challenging positions. Mastering the art of reading greens and executing precise putts will help you avoid unnecessary bogeys and secure those coveted pars.

Making more pars requires a combination of skill, strategy, and mental fortitude. By implementing these expert tips into your game, you'll enhance your ability to consistently score pars and lower your overall scores. Remember, golf is a journey, and improvement takes time and dedication. Embrace the challenge, enjoy the process, and watch as your pars accumulate, leading you towards greater success on the golf course. So step up to the tee, put these strategies into action, and get ready to make more pars and take your game to new heights.

## 5

### Manage Your Emotions and Stay Positive:

Golf can be mentally demanding, and the ability to manage your emotions is crucial for making more pars. Stay focused, maintain a positive mindset, and avoid dwelling on past mistakes. Embrace the challenge of each shot and approach it with confidence. A calm and positive attitude will help you navigate difficult situations and bounce back from setbacks, increasing your chances of achieving pars.







## Unraveling the Impact of Handicaps on Golfers' Long-Term Improvement

Golf often raises questions about the role of handicaps in a golfer's journey towards improvement. While handicaps undoubtedly serve to level the playing field and foster competitiveness across skill levels, their long-term effects may differ depending on a player's goals. In this article, we delve into the impact of handicaps on golfers of all levels, exploring how they can both aid and hinder the pursuit of excellence.

### The Competitive Edge of Handicaps

Handicaps play a crucial role in maintaining the competitive spirit of golf. By adjusting strokes based on skill level, handicaps enable players of varying abilities to compete on equal terms. They ensure fair competition and allow individuals to measure their performance against others. This inclusivity fosters a thriving golfing community and provides a platform for players to enjoy the game together.

### Aiding Progression and Skill Development

For golfers aiming to improve their game, handicaps can be valuable tools to assess progress and set achievable goals. They act as markers of proficiency, offering an objective measure of a player's skill level.

By tracking their handicap over time, golfers can identify areas for improvement and focus on developing specific aspects of their game. Handicaps encourage players to refine their techniques, adopt new strategies, and enhance their overall performance.

### The Psychological Motivation

Handicaps also provide psychological motivation for golfers of all levels. Knowing that a fair system exists to level the playing field can instill confidence and alleviate performance anxiety. This mental reassurance enables players to approach each round with a sense of competitiveness and the belief that their efforts will be fairly measured. Handicaps help golfers maintain a positive mindset, allowing them to enjoy the game while continually striving to improve.

### The Balance between Handicaps and Challenge

While handicaps offer many benefits, there is a fine balance to strike between reliance and growth. Overly depending on a handicap may inadvertently hinder a golfer's progress in the long run.



The cushion of strokes provided by a handicap can create a sense of complacency, discouraging players from pushing beyond their comfort zones. To reach new heights in their game, golfers must embrace challenges, set higher goals, and test their skills against opponents who are more skilled.

#### The Journey towards Excellence

Breaking free from the comfort of a handicap and embracing challenges is a pivotal step for golfers aspiring to reach their full potential. By gradually reducing reliance on handicaps, players can unlock their true capabilities. This journey towards excellence involves a commitment to continuous improvement, self-assessment, and a willingness to confront the difficulties inherent in the game. It is through this process that golfers develop the mental resilience, adaptability, and skills necessary to achieve their goals.

Handicaps serve as indispensable tools in the world of golf, promoting fairness and fostering a competitive atmosphere. They aid golfers in assessing progress, providing motivation, and offering a benchmark for improvement. However, to ensure long-term growth and development, golfers must strike a balance between relying on handicaps and embracing challenges.





## Simon Buckley Golf Coaching Launches "Get into Golf" Programme

Simon Buckley Golf Coaching has launched the "Get into Golf" programme. The course is a five-week group lesson that runs every Saturday for an hour, starting with putting and progressing each week to chipping, pitching, bunkers, and the full swing. Designed to cover the fundamentals of the game, this course is the perfect option for those who are new to golf or looking to improve their skills in a group setting.





Previous participants have had nothing but positive things to say about their experience. One participant said, "As a beginner, I was a little nervous about joining the Getting into Golf Programme. However, from the first week, I felt welcomed and supported. I also met some great people." Another participant said, "It's a great way to cover all the basics in a calm and structured way."

The sessions received a 5 out of 5-star rating and a net promoter score of 100. A net promoter score is a measure of customer satisfaction, with a score of 100 indicating that all participants would recommend the course to their friends and family.



The series of lessons are led by talented golf coaches like Simon Buckley and Martin O'Callaghan, who are dedicated to providing a safe and fun learning experience for all participants. The focus is on fun and safety, with a mix of instruction, games, and friendly/social competition. This approach allows students to improve their skills while also enjoying the game of golf.

It's worth mentioning that even Tiger Woods learned to play golf this way, starting with the basics and progressing to more advanced techniques, which has served him well in his successful career. The programme is open to all ages and abilities, making it a great option for anyone looking to improve their golf game.



# THE MENTAL GAME

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## What Can We Learn From Tiger Woods?

*Tiger Woods, the legendary golfer, provides valuable insights through his practice sessions. Let's explore the key lessons we can learn from Tiger's approach.*

**Deliberate Practice:** Tiger's focused effort teaches us the importance of intentional practice to improve specific areas of our skills.

**Attention to Detail:** Tiger's meticulous approach emphasises the significance of striving for excellence in every aspect of our work.

**Consistency and Persistence:** Tiger's consistent practice routine highlights the importance of discipline and commitment for long-term growth.

**Adaptability and Innovation:** Tiger's willingness to explore new methods encourages us to embrace change and innovate in our own pursuits.

**Mindfulness and Self-Reflection:** Tiger's practice of staying present and reflecting on his performance teaches us the value of self-awareness and evaluation.

Let Tiger's dedication inspire us to pursue our goals with unwavering commitment, knowing that focused practice leads to mastery.



# ONE SHOT

## THE DIFFERENCE BETWEEN 79 AND 80

Golf is a sport renowned for its challenges, and the mind plays a significant role in every shot. The importance of a single shot transcends mere technique and physical execution. It unveils the profound impact that the mental game holds in golf. In this article, we delve into the critical significance of one shot, highlighting how the mental aspect of the game can ultimately shape a golfer's performance and outcomes.



# Marginal Gains

## The Power of Focus:

One shot in golf demands unwavering mental focus. Golfers must block out distractions, stay fully present in the moment, and channel their attention solely towards executing the shot at hand. This heightened level of concentration not only improves shot accuracy but also cultivates mindfulness, a skill that can be applied to other areas of life, fostering clarity and enhanced performance in various endeavours.

## Managing Pressure:

The significance of a single shot lies in the pressure it carries. Golfers face the challenge of performing at their best under demanding circumstances. The mental game becomes crucial in managing this pressure effectively. It involves staying calm, controlling nerves, and maintaining confidence despite external factors. Learning to embrace pressure and channel it into positive energy allows golfers to deliver their optimal performance, serving as a valuable lesson in handling pressure in any domain.

## Visualisation and Mental Preparation:

Before executing a shot, successful golfers engage in mental preparation. They visualise the desired outcome, run through the shot in their mind, and create a clear mental picture of success. This practice enhances muscle memory, promotes a positive mindset, and builds confidence. The ability to visualise and mentally prepare can be transferred to other areas of life, helping individuals achieve goals by visualising success before taking action. Ask yourself, what does a perfect shot look like here?

## Emotional Resilience:

Golf is a game of highs and lows, and a single shot can trigger a wide range of emotions. Maintaining emotional resilience is essential to navigate the ups and downs effectively. Golfers must learn to recover from setbacks, manage frustration, and maintain composure. The mental game teaches us the importance of emotional control, adaptability, and the ability to bounce back from setbacks with renewed determination.







# The Top Myths About Golf Lessons

Golf is a hard game to learn on your own. It's even more difficult when you are looking to improve or maintain your skill level. Check out these top myths about taking golf lessons.

## I don't need golf lessons

Even the best golfers like Tiger, Rory, Dustin, Nelly, and Lydia Ko still take lessons. It can either depress or inspire you. Take it as a reminder that lessons can improve your game without making life harder.

## Golf lessons are overpriced

Golf lessons offer great value for the price. In just half an hour or an hour with a coach, you'll gain valuable insights and simple tips to enhance your practice and gameplay. It may seem costly for the duration, but remember that you're investing in the pro's years of knowledge, not just the lesson minutes. Additionally, there's plenty of follow-up support available nowadays, so it's not a one-time visit.

## The coach will try to change everything

PGA Coaches value their sanity far too much than to try and massively change people's swings. We know making any changes is a challenging and delicate process that needs to be handled with care and consideration. It is far more important that you are comfortable, happy and positive about the benefits any justified changes could bring.

## I'll only need one

If that's what makes you happy by all means only have one but that's like only having one Pringle, a joyless waste of time. You will always get more out of having a follow up to see how you have improved and what still needs to be worked on. That is how you learn, develop and improve!





# The Biggest Golf Swing Myth Of Them All



Over my 40 years as a professional golf coach there is one issue that I continually encounter that is not helping anyone in any way, shape or form. That is the cry from the other side of the course for you to keep your head down. This has been the main comment strewn about for just about any kind of golf shot that's not quite perfect and has been throughout my career.

I know that this is the other end of the scale and I rarely suggest that you YouTube golf swings, however, take a look at Major Champion and once world No 1 David Duval and also Annika Sorenstam with the same credentials and see where their heads are at impact - looking at the target! Now I'm not suggesting for one minute you try this but it does suggest that keeping your head down too long is not conducive to a good swing.

Now, if your head moves vertically upwards in either the backswing or downswing which is probably where this comment derives from, I can assure you that this is caused by your hips moving towards the ball during your swing, thus changing your spine angle and therefore moving your head upwards and no amount of keeping your head down will fix this.

Locking your head in a fixed position over the ball can cause back and neck injuries and significantly reduce your ability to follow through properly and can cause what is commonly known as a 'chicken wing'.

So to sum up please let your head release naturally after the ball has been struck and actually get to watch the fantastic shot you've just hit rather than stare at the ground.





**SIMON BUCKLEY**  
GOLF COACHING

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PLAY**

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