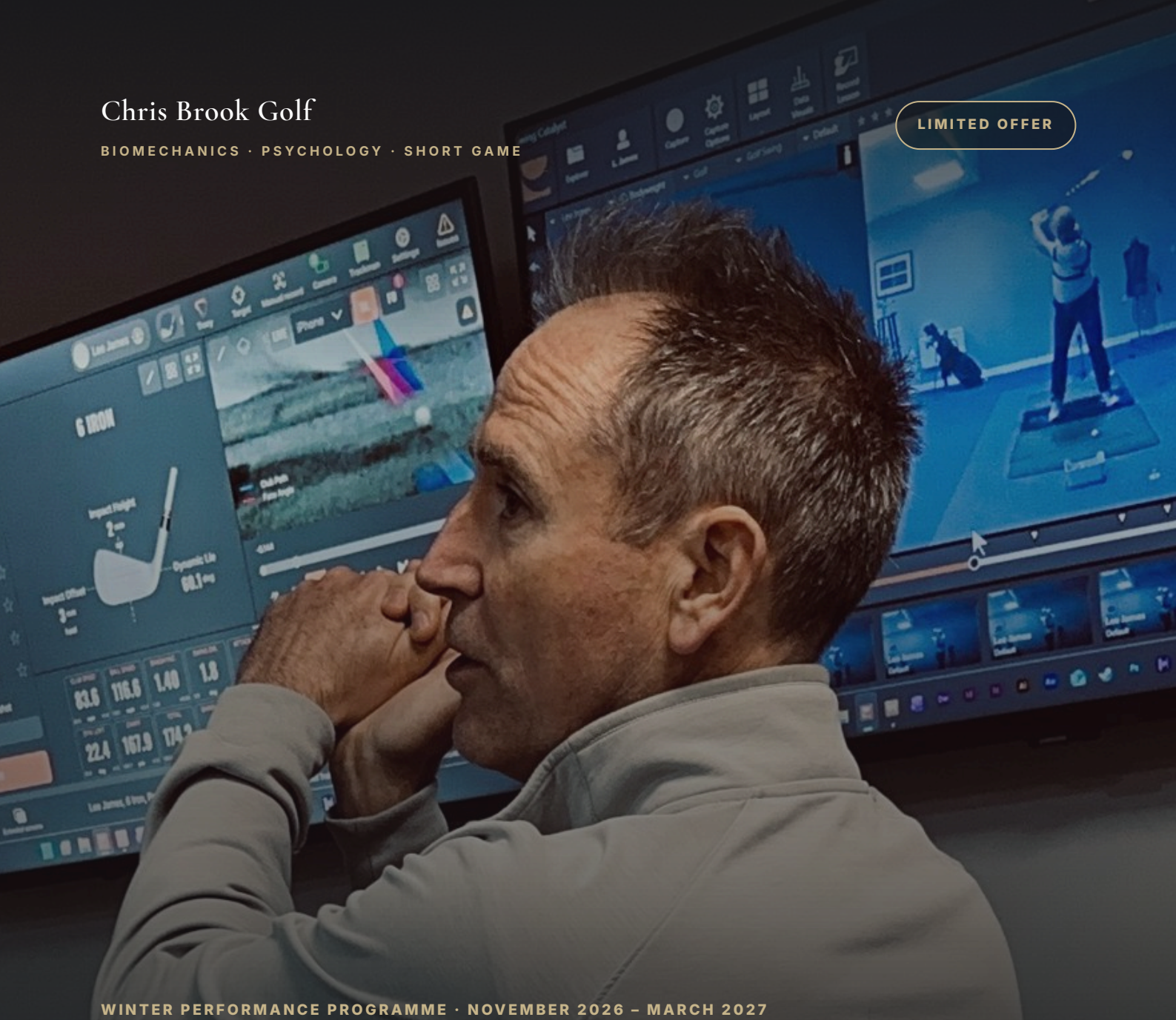
Chris Brook Golf

BIOMECHANICS · PSYCHOLOGY · SHORT GAME

LIMITED OFFER



WINTER PERFORMANCE PROGRAMME · NOVEMBER 2026 – MARCH 2027

The Complete Performance *Golfer*

Strike it better. Waste fewer shots.
Take your game into competition.

5 months	15¾ hours	18 holes	In person
NOV – 31 MAR	ONE-TO-ONE, INCL. ROUND	COACHED ON THE COURSE	DORSET STUDIO & COURSE

A WINTER PROGRAMME WITH ONE PURPOSE

Build a stronger game *for next season.*

You know the feeling of a well-struck shot. The tee shot that starts where you intended. The iron that finds its flight. The chip that lands on your spot and releases towards the hole.

Now imagine understanding how to produce those shots more often, knowing exactly what to practise between rounds, and being able to commit when the score matters.

This five-month programme is for committed club and competition golfers who can already play good shots but don't yet score or compete as well as they believe they could. It starts with your golf: the shots you trust, the problems that cost you strokes and the moments when your performance changes. From there we agree two priorities and build a winter around them.

> *"The purpose is not to impose a model swing or provide temporary relief through another tip. It is to understand why a pattern exists, protect what already works and identify the smallest useful change capable of lasting beyond the lesson."*

WHICH OF THESE SOUNDS LIKE YOU?

01

"My contact and tee shots let me down."

We find the cause of the unreliable strike or costly miss and build a tee shot you can trust.

STRIKE · DELIVERY · FLIGHT

02

"I hit good shots but waste too many."

We build control in the scoring shots and make better decisions about which shot to play.

WEDGES · SHORT GAME · PUTTING

03

"I'm a different golfer in competition."

We train your skills under changing tasks and consequence, so they hold when the card counts.

ROUTINE · DECISIONS · PRESSURE

HOW THE PROGRAMME WORKS

Two priorities. *Four connected areas.*

After your assessment we agree one primary playing goal and one supporting goal, with clear, observable measures. Your private coaching concentrates on those. The workshops and practice plans connect them to the rest of your game.

I

Strike & tee-shot confidence

Contact, delivery, flight, useful carry, shot spread and managing your main miss.

A CLEAR TECHNICAL PRIORITY AND TEE-SHOT GUIDANCE

II

Control inside 100 yards

Wedge distances, lies, landing areas, release, bunker play, putting pace and start line.

PERSONAL WEDGE REFERENCES AND SHORT-GAME CHOICES

III

Scoring & shot selection

Club choice, targets, carry requirements, recovery shots and avoiding unnecessary doubles.

A PERSONAL SCORING PLAN FOR REAL SITUATIONS

IV

Performance under pressure

Pre-shot decisions, commitment, attention, recovery, the first tee and the final holes.

AN INDIVIDUAL ROUTINE AND SCORED CHALLENGES

EXAMPLE GOALS

- Improve driver start line and reduce penalty or recovery tee shots
- Improve iron strike and the reliability of carry distance
- Improve wedge carry control and reduce poor-contact short-game shots
- Improve lag-putt pace and decision quality in competition

Goals are individual and agreed together. They are not promised score or handicap reductions.



3D motion capture and TrackMan in the Dorset performance studio

EXACTLY WHAT'S INCLUDED

Your winter, *in full.*

Personal performance assessment History, round data, representative shots, goals and first priorities	2 hours
Private development sessions Technical and scoring work, retention and changing-target tests	7 × 1 hour
Full 18-hole coached round At a course we choose together; moved to spring if the weather is poor	18 holes
Final winter review Repeat key tests, review progress and set next priorities	1 hour
Season preparation review Your approach to the competitions ahead	45 min
Live online performance workshops Small-group evening sessions, interactive, with practical assignments	4 × 75 min

- ✓ Eight scheduled feedback submissions, with personal feedback within three working days
- ✓ Five monthly practice plans, each with two clear priorities
- ✓ A recap after every development session
- ✓ Relevant audio assignments from *Expect Less, Perform More*
- ✓ A personal playing reference: wedge distances, tee-shot guidance and routine
- ✓ Four progress checkpoints across the winter
- ✓ A written progress summary
- ✓ A six-week season preparation plan

YOUR FIVE MONTHS

From priorities *to the first tee.*

November
ESTABLISH

Assess, set priorities, start building

Two-hour assessment, two development sessions, the first workshop and your first practice plan.

Assessment · 2 sessions · Workshop 1 · 2 submissions

December
CONSOLIDATE

Keep the work moving around Christmas

One development session and a lighter practice month, with flexibility over the holidays.

1 session · 1 submission

January
DEVELOP

Scoring skills and a progress check

Two development sessions and the short-game workshop: reading the shot and choosing how to play it.

2 sessions · Workshop 2 · 2 submissions

February
CHALLENGE

Test the skills under consequence

Changing shots, targets and scored tasks, with the workshop on committing under pressure.

1 session · Workshop 3 · 2 submissions

March
APPLY

Take it onto the course

Your coached 18-hole round, a final session, retests and the season preparation review. If the weather is poor, the round is simply rescheduled for spring.

18-hole round · Final review · Season review · Workshop 4

A practice commitment that fits a winter

Plan on two focused 45-minute sessions a week, plus brief home tasks where useful. One session builds your current technical priority and tests it; the other develops a scoring skill and finishes with a scored challenge. We agree a schedule that suits your access before you start.

IN THE STUDIO AND ON THE COURSE

Coached in person, *in Dorset.*

Your assessment, private sessions and reviews take place in my performance studio near Bournemouth. Your 18-hole round is played with me alongside you. Between appointments, you stay connected through feedback and practice plans.

1

In the studio

3D motion capture, force plates and TrackMan, used to answer a clear question, never for data overload.

2

On the course

A full 18 holes together at a course we choose: targets, club choice, recovery and the final holes. Weather-dependent, so it can move to spring.

3

Between sessions

Send practice videos or round reports on schedule and receive personal feedback within three working days.

HOW PROGRESS IS SHOWN

Evidence, not a single good swing.

We choose three to five measures that suit your goals, record them at entry, and repeat them under similar conditions at each checkpoint. You will always know what you are working on, why it matters and how it is being assessed.

- Strike pattern and contact quality
- Carry and spread for key clubs
- Playable tee shots and costly misses
- Wedge carry control on a repeatable test
- Short-game contact and landing control
- Putting start line and pace
- Routine and decisions in scored tasks
- Scoring patterns over comparable rounds

YOUR COACH

Chris *Brook*



For 31 years Chris has investigated why golfers can own the skill and knowledge yet lose access to both when pressure, speed or consequence rises.

He specialises in golf biomechanics, golf psychology and the short game, coaching tour professionals, national and county players and serious golfers. Players coached include England international Jenson Bull and Lee James, former Walker Cup player, Amateur Champion, Challenge Tour Order of Merit winner and European Tour professional.

His Clarity Method brings movement, the nervous system's response to pressure and performance identity into one investigation. Technology such as 3D motion capture, force plates and TrackMan is used as an audit, not a crutch. Every finding is translated into plain language.

31
years coaching tour professionals, international and club golfers

3
books on pressure, swing change and the short game

3D
motion capture, force plates and TrackMan in the Dorset studio

> *"You should leave understanding what to keep, what to develop and how the work connects to your golf."*

Author of *Quiet the Mind, Lower the Score*, *Why Can't I Just Do It?* and *Read It Before You Hit It: The V.E.R.T. Method* (November 2026), and creator of the audio course *Expect Less, Perform More*.



Reviewing a session in the Dorset performance studio

INVESTMENT & HOW IT WORKS

One programme. *Two parts.*

Your winter begins with a two-hour assessment. From it I design your personal plan, and then the programme begins.

PART ONE

2 hrs

Assessment & plan design

We look at your whole game, agree your two priorities and set your measures. I then design your personal winter plan.

→

PART TWO

5 mths

Your programme begins

Private sessions, the coached 18-hole round, workshops, feedback and reviews, through to 31 March.

LIMITED OFFER · WINTER 2026/27

The complete programme, both parts included

Paid in full at the time of purchase · November 2026 – 31 March 2027 · In person at the Dorset studio

£2,250

Secure your winter

Send your handicap, what you most want to improve and when you can practise. Not sure it fits your golf? Ask me before you buy.

chrisbrook.co.uk

Will you understand my golf?

That is what part one is for. Your plan is built from your assessment, not from a template.

What happens between sessions?

Monthly practice plans, scheduled feedback on your videos or reports, and session recaps.

Will I be given too much to change?

No. Two agreed goals and two current practice priorities at any time. What already works is protected.

Why more than a lesson package?

Alongside the private coaching you get the on-course round, workshops, feedback, checkpoints and season planning.

Green fees and any range, simulator or practice-facility charges are not included. The course for the 18-hole round is chosen together. If winter weather is poor, the round moves to a later date in spring. Coaching appointments take place in person at the Dorset studio; the four workshops are held online. The full fee is paid at the time of purchase; no instalment plan is offered. Cancellation, rescheduling and payment terms are set out in the booking terms. Individual goals are agreed together and specific score or handicap outcomes are not guaranteed.

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