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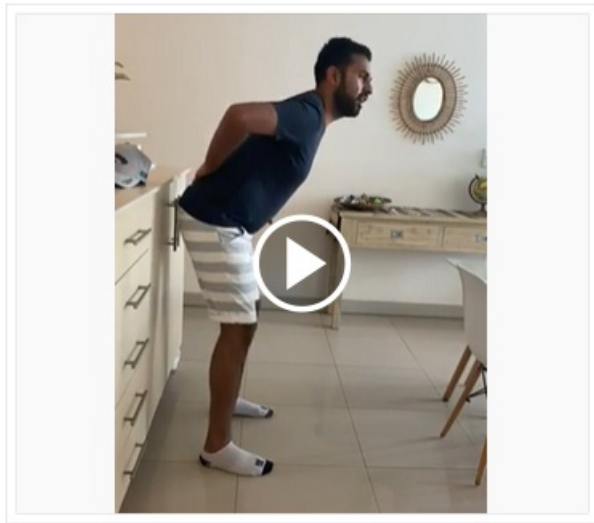
EOGA Weekly Tip Lockdown Edition

At home posture drill

With Yusuf Raidhan (EOGA Metropolitan)

Having a good posture helps to prevent injuries, as well as improves the efficiency (i.e. more power and distance) and consistency of the swing. It encourages the body to get into a more athletic position and helps to rotate in a correct manner, helping you get the ball further down the fairway than ever before.

Here is a simple exercise to work on your posture from home with this short video.



Contact your closest EOGA coach for more lockdown tips!

[Contact us >](#)

Give the gift of golf

The start of a special journey

When children learn how to play golf from a young age, they're more likely to fall in love with the game. And by developing a good swing as a junior, the game becomes a lot easier as an adult. It could be the start of a lifetime journey.



Setting kids up for life

As you know, golf is largely a mental game. It tests your patience, focus and perseverance. That's part of what makes golf so rewarding. For children, this helps to develop their self-confidence. And that has benefits that go far beyond golf.

[Ask us about junior golf >](#)

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