

[View online](#) for a better experience

[Subscribe](#) | [Unsubscribe](#)

[Download a printer friendly copy](#)

Thursday, May 02, 2024

[Email us](#) | www.eogagolfacademy.com | **Tel:** 021 712 1346



EOGA Weekly Tip Lockdown Edition

How to improve impact on your putts

With André Loots (EOGA Arabella)



- 1.** Use Prestik to stick 2 coins on your putter face. You can decide how big you want to make the gap between them. The better you get, the closer you'll have to stick the coins together.
- 2.** Try and roll a few balls on a mat. You'll feel a big difference between hitting the putter face and hitting the coins!

Contact your closest EOGA coach for more interesting tips!

Make it a different year

Be crazy. Be better.

This is the craziest year we've ever experienced. So let's hit the reset button and be even crazier. Let's make this the year we all change up.



Each of you will be able to close your eyes and think of an exquisite golfing moment. Usually that will be the perfect shot, often unexpected, that surprises you AND your playing partners.

So let's start this crazy month, by imagining what it would feel like if you repeat that exquisite feeling more often, even frequently.

We'd like to understand what we can do

Now is a great time to start an email or phone conversation to talk about your golf game. In 15 minutes let's find out whether you're on a journey or whether you've settled for what you have. We can then put our minds to finding your best route to more moments, better golf, and a ton of extra fun.

Start a conversation.

Contact us >

Keep moving

At-home exercises to improve your swing.

Being home doesn't mean you can't work on your golf game. Your physical conditioning is just as important as technique and course management. Improving your mobility from home means that when you're back on the course, you can hit the ground running.



We all want to play our best golf for as long as possible. We want pain-free rounds full of fun. Improving your mobility in a few key areas will help you do just that.



The A-frame stretch is a great exercise for opening up your chest and improving shoulder and spine mobility.

[Watch video](#)



In this quick video, strength and conditioning expert Mike Boyle explains how to improve your hip range of motion and avoid lower back pain.

[Watch video >](#)

We're here to keep you mobile

For more ideas on what you can do to keep your golf game sharp, please

[Give us a call >](#)

Share



This mail was sent to {{contact.contact_email}} by Etienne Olivier and is provided as a service for the members and guests of EOGA Golf Academy and has been supported and sponsored by advertisers in this email and our partner suppliers. For any queries contact us on 021 712 1346.

*Sent on behalf of EOGA Golf Academy by
RetailTribe: Unit 8 | Blaauwklip Office Park | Stellenbosch | 7600 | 021 880 2693*

Trouble viewing this newsletter? [View it online](#) | [Download a printer friendly copy](#)
[Subscribe here](#) | [Unsubscribe here](#)