



PGA Professional

BENEFITS OF TPI GOLF SWING ASSESSMENT

Customised Training Plan

A TPI assessment provides a tailored training plan based on your physical capabilities and swing characteristics. This personalised approach maximises the effectiveness of your practice sessions, addressing your unique needs and helping you improve more quickly.

Identifies Physical Limitations

The assessment uncovers physical limitations that impact your swing. Understanding these constraints allows you to focus on specific areas through targeted exercises and stretches, ultimately enhancing your overall golf performance and reducing the risk of injury.

Improves Swing Efficiency

The TPI assessment analyses your swing mechanics and helps you optimise your movements. This results in a more efficient and powerful swing, leading to increased distance and better ball control on the course.

Enhances your golf performance

Prevents Injuries

Identifying and addressing potential physical issues through the TPI assessment helps reduce the risk of injuries. Learning the correct swing techniques and performing appropriate exercises ensures your body is better prepared to handle the stresses of the game.

Enhances Flexibility

A TPI assessment often highlights areas where greater flexibility could benefit your swing. Incorporating flexibility exercises into your routine can enhance your range of motion, leading to smoother and more consistent swings over time.

Builds Strength

The TPI assessment identifies the specific strength requirements for your swing. By following a strength-building program tailored to your needs, you can develop the necessary muscles to support a more powerful and stable swing.

Boosts Confidence

With a clear understanding of your strengths and areas for improvement, the TPI assessment boosts your confidence. Knowing you have a targeted plan to enhance your swing can greatly improve your mental game on the course.

Tracks Progress

Regular TPI assessments enable you to track your progress over time. By comparing current and previous assessments, you can see the improvements in your swing efficiency, physical capabilities, and overall golf performance, keeping you motivated.