



# Preparing for Your First Golf Lesson

A simple and easy checklist to make your first  
golf lesson a positive experience



# About Joe Brazil



With 30 years as a PGA Professional across three continents, I've coached players of all levels and nationalities. I've served as Lead Coach at Mission Hills, Head Coach at Abu Dhabi CGC, and Director of Instruction at The JPGA, guiding elite juniors toward collegiate golf success. I currently am a PGA Professional Coach at Yas Acres Country Club in Abu Dhabi, UAE.

# Introduction

Getting started with golf can be both exciting and a little overwhelming, but the right preparation will help you make the most of your first lesson. This free guide will walk you through key things to keep in mind and provide a simple checklist to ensure you arrive confident, ready, and set up for success. Whether you're a complete beginner or looking to refine your skills, taking a few small steps beforehand will maximize your learning experience and enjoyment on the course.

## Positive Things to Keep in Mind Before Your First Lesson

- ✓ **It's okay to be a beginner** – We all started somewhere, I'm here to help, not judge.
- ✓ **No need for perfection** – Golf is a journey, and progress comes with time and practice.
- ✓ **Stay relaxed and enjoy** – Golf is meant to be fun, so don't stress about every shot.
- ✓ **Ask questions** – The more you engage, the more you'll learn.
- ✓ **Be patient with yourself** – Improvement doesn't happen overnight
- ✓ **Listen and trust the process** – Small changes can lead to big results over time.
- ✓ **Comfort over style** – Wear something that allows you to move freely and feel good.
- ✓ **Consistency beats speed** – Focus on control rather than power when swinging.
- ✓ **Stay positive** – A good mindset is just as important as technique.
- ✓ **Golf is a lifelong skill** – Learning now will set you up for years of enjoyment.

See you on the course,

*Joe Brazil*

# Pre-Lesson Checklist

- Book your lesson** – Confirm the date, time, and location of your coaching session.
- Dress appropriately** – Wear comfortable, weather-appropriate golf attire.
- Check equipment** – Bring your own clubs if you have them, or confirm if rentals are available.
- Stay hydrated** – Drink water beforehand, especially if it's a hot day. Hydration is key!
- Eat a light snack** – Keep your energy up without feeling too full.
- Arrive early** – Give yourself at least 10-15 minutes to check in, find your coaching location, and warm up.
- Stretch beforehand** – Loosen up with basic stretches to prevent stiffness and post-session soreness.
- Have a goal in mind** – Think about what you'd like to achieve in your lesson for the day.
- Be open-minded** – Be ready to absorb new information and try different techniques and drills
- Relax and enjoy the process** – Learning golf is about having fun and improving at your own pace.

This guide will set you up for success and ensure you get the most out of your first golf coaching session. Enjoy the journey, and happy golfing! 🏌️



## Book a Consultation

Contact me today and let's discuss what your goals are and how I can help you achieve them

Let's Elevate Your Game