

July 2007 - Version 1 - Series 1

| ISBN 13 | TITLE | RRP |
|-----------------------|---|--------|
| PS Video Mental 1 | Pocketshots Video™ Mental Game | £ 9.99 |
| PS Video Putting 1 | Pocketshots Video™ Putting - Fundamentals | £ 9.99 |
| PS Video Short Game 1 | Pocketshots Video™ Short Game | £ 9.99 |
| PS Video Swing1 | Pocketshots Video™ Swing - Fundamentals | £ 9.99 |

Pocketshots Video™ - Putting - Fundamentals



This video lesson is brought to you by Harold Swash and Phillip Kenyon from the Harold Swash Putting Schools of Excellence (HSPSE). You can download these files in MP4 format for use on compatible PCs, iPods and mobile phones. The video covers a complete lesson from one of the best putting gurus in the world.

There are many great golf instruction books and magazines out there, but it's not really practical to take that material out onto the course, practice range or driving range. With [Pocketshots Video™ for iPod® Video](#) you can take these expert game enhancing drills, tips and lessons to where you need them most. It's like having a Professional in your pocket!

In this lesson from the Harold Swash Putting Schools of Excellence (HSPSE) you can learn the secrets to a good putting stroke. Swash and Kenyon have coached some of the most famous names in golf including Pádraig Harrington, David Howell, Nick Faldo and Darren Clarke to name a few. In this lesson they share the secrets of a solid repeatable putting stroke, one that will lower your scores and increase your enjoyment of golf

It covers all you need to know about putting; the four fundamental principles, putting grip, golf ball position, posture, stance, reading greens, and practice drills.

Harold Swash has more than 40 years of experience in the golf industry as a golf coach, golf club designer and inventor of putting training aids and the Yes C groove putters. He is the UK's foremost authority on putting and instructor to many of the world's top professional and amateur golfers including Pádraig Harrington, David Howell, Thomas Levet, Darren Clarke, Ian Woosnam, Constantino Rocca, Robert Jan Derksen and Nick Faldo to name just a few.

| Sequence | Title | Size (MB) | Time |
|----------|------------------------------------|--------------|--------------|
| 1 | Introduction | 12.8 | 01:47 |
| 2 | Harold's Philosophy - True Roll | 7.4 | 01:04 |
| 3 | 4 Fundamentals | 24.0 | 03:11 |
| 4 | Lifeline Grip | 27.8 | 03:34 |
| 5 | Posture and Stance | 10.9 | 01:32 |
| 6 | Ball Position | 6.5 | 01:01 |
| 7 | Spine angle | 9.8 | 01:17 |
| 8 | Eye Position | 6.1 | 00:58 |
| 9 | Hand Position | 5.8 | 00:56 |
| 10 | The Takeaway | 8.9 | 01:18 |
| 11 | Reading Greens | 9.3 | 01:15 |
| 12 | Reading Greens - Uphill & Downhill | 9.0 | 01:15 |
| 13 | 3 Phase Pre-Shot Routine | 22.3 | 02:55 |
| 14 | Selecting your putter | 9.1 | 01:15 |
| 15 | Finding the Sweetspot | 14.9 | 02:02 |
| 16 | Practice Drill - 2 Peg | 10.9 | 01:31 |
| 17 | Practice Drill - Compass Drill | 10.0 | 01:20 |
| 18 | Practice Drill - The Rail | 12.0 | 01:36 |
| 19 | Practice Drill - The Rhythmiser | 12.0 | 01:32 |
| 20 | Warm-up Drills | 6.0 | 01:03 |
| 21 | Summary | 7.3 | 01:05 |
| | Total | 242.8 | 33:27 |

Pocketshots Video™ - Swing - Fundamentals



This video lesson is brought to you by Steve Gould and D J Wilkinson of the Knightsbridge Golf School in London. The video shares the secrets to establishing a consistent modelled swing. You can download these files in MP4 format for use on compatible PCs, iPods and mobile phones allowing you to take the lesson with you when you practice or play. It covers mistakes made by 90% of golfers, a 4 stage swing model and exercises to help you find your golf swing.

There are many great golf instruction books and magazines out there, but it's not really practical to take that material out onto the course, practice range or driving range. With [Pocketshots Video™ for iPod® Video](#) you can take these expert game enhancing drills, tips and lessons to where you need them most. It's like having a Professional in your pocket!

In this golf lesson from Knightsbridge Golf School you can learn the secrets to establishing a consistent modelled swing. With over 65 years teaching experience between them Gould and Wilkinson have coached top Tour players, leading amateurs, celebrities and beginners. Some of the most famous names in golf and in showbiz have visited the Knightsbridge Golf School; including Gary Player, Stephen Ames, Julie Inkster, Sean Connery, Des Lynam and Hugh Grant.

Authors of the best selling golf book, "The Swing Factory"; this is a special edition of their work which shares with you the mistakes made by 90% of golfers and how to build their simple 4 stage swing model.

When the famous golf coach Leslie King started the Knightsbridge Golf School he studied closely the swings of the great players of that age - J H Taylor, James Braid, Harry Vardon, and the newcomers then in golf's golden age - Bobby Jones, Sam Snead, Tommy Armour, Hogan, Hagen, Sarazen and many others. He never claimed to have invented a swing, but just to have watched it and categorised it, pulling it apart to enable him to help his pupils build a swing that was as near perfect as possible. The tradition started by Leslie King is being carried on today by Dave Wilkinson and Steve Gould who between them have had nearly 65 years of successful coaching experience.

| Sequence | Title | Size (MB) | Time |
|----------|---|-------------|--------------|
| 1 | Introduction to Swing Fundamentals | 7.2 | 01:13 |
| 2 | 90% of Golfers Share the Same Faults | 7.1 | 01:13 |
| 3 | The Model Swing | 7.2 | 01:11 |
| 4 | 3 Swing Laws | 4.7 | 00:52 |
| 5 | Address Position | 7.7 | 01:12 |
| 6 | The Grip | 6.9 | 01:11 |
| 7 | Purpose of the Backswing | 5.9 | 01:02 |
| 8 | 4 Stage Swing Model | 12.6 | 02:15 |
| 9 | Exercise 1 - Correct Takeaway to Halfway Back | 9.3 | 01:29 |
| 10 | Exercise 2 - Correct Halfway Through | 5.9 | 01:00 |
| 11 | Exercise 3 - Hitting Shots to the 1/4, 1/2 and 3/4 Finish | 7.1 | 01:11 |
| 12 | One Handed Practice Drill | 4.8 | 00:52 |
| 13 | Summary - Swing Fundamentals | 8.1 | 01:24 |
| | Total | 94.5 | 16:05 |

Pocketshots Video™ - Short Game - Fundamentals & Speciality Shots



This video lesson is brought to you by PGA Master Professional Keith Williams. In it he shares the secrets to establishing the basic fundamentals of a good golf short game. You can download these files in MP4 format for use on compatible PCs, iPods and mobile phones allowing you to take the lesson with you when you practice or play. It covers chipping and pitching, posture, grip, speciality shots and practice drills.

There are many great golf instruction books and magazines out there, but it's not really practical to take that material out onto the course, practice range or driving range. With [Pocketshots Video™](#) and [Pocketshots™ for iPod® Video](#) you can take these expert game enhancing drills, tips and lessons to where you need them most. It's like having a Professional in your pocket!

Keith is the PGA Master Professional and was National Coach and Director of Coaching for the EGU for 11 years. He was instrumental in writing the manual which is used for training all PGA professionals. He has taught England squads and is currently coaching the Czech national

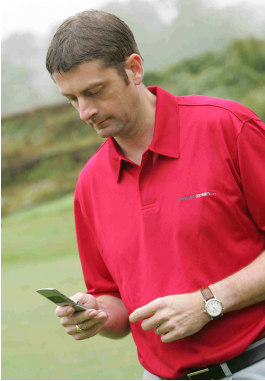
squad. He was also a Golf Monthly top 25 coach and R&A development coach. As well as being a European Senior Tour player he also coaches top European Tour players and has coached the winners of three majors, a PGA champion and Ryder Cup and Walker Cup team members.

In this golf lesson from Keith Williams you can learn the secrets to establishing the basic fundamentals of a good golf short game. It covers chipping and pitching, posture, grip, speciality shots, green reading and practice drills.

Keith is the PGA Master Professional who has written and starred in the Pocketshots™ editions on the short game. Keith was National Coach and Director of Coaching for the EGU for 11 years and was instrumental in writing the manual which is used for training all PGA professionals. As well as being a European Senior Tour player he also coaches top European Tour players and has coached the winners of three majors, a PGA champion and Ryder Cup and Walker Cup team members.

| Sequence | Title | Size (MB) | Time |
|----------|-----------------------------------|--------------|--------------|
| 1 | Introduction | 10.9 | 01:44 |
| 2 | The Club head | 25.6 | 03:48 |
| 3 | Club face alignment | 12.0 | 01:53 |
| 4 | Grip | 26.7 | 03:33 |
| 5 | Setup Triangle | 14.5 | 02:15 |
| 6 | Setup Posture | 13.7 | 02:07 |
| 7 | Setup Stance | 20.3 | 03:03 |
| 8 | Setup Alignment | 13.8 | 02:07 |
| 9 | Setup Ball Position | 13.7 | 02:08 |
| 10 | Setup Balance | 33.2 | 04:54 |
| 11 | Setup Weight | 12.8 | 02:00 |
| 12 | Swing Motion | 33.4 | 04:55 |
| 13 | Swing Motion - 2 Different Swings | 14.9 | 02:18 |
| 14 | Swing Motion Summary | 45.1 | 06:34 |
| 15 | Shot Selection | 19.4 | 02:56 |
| 16 | Club Selection | 18.4 | 02:47 |
| 17 | The Chip Shot | 57.8 | 08:22 |
| 18 | The Pitch Shot | 48.7 | 07:04 |
| 19 | The Lob Shot | 34.3 | 05:04 |
| 20 | The Bump and Run | 28.5 | 04:13 |
| 21 | Shot from a Bare Lie | 32.9 | 04:51 |
| 22 | The Cut-Up Shot | 25.5 | 03:48 |
| 23 | The Rescue Run-up | 29.9 | 04:24 |
| 24 | The Texas Wedge | 32.8 | 04:49 |
| 25 | Summary | 7.7 | 01:17 |
| | Total | 626.5 | 32:54 |

Pocketshots Video™ - Mental Game - Effective Practice & On the Course



This video lesson is brought to you by Dr. Karl Morris, one of Europe's leading sports psychologists. In it he tells you why your current practice regime is a waste of time. You can download these files in MP4 format for use on compatible PCs, iPods and mobile phones allowing you to take the lesson with you when you practice or play. This allows you to try his concentration, breathing and visualisation techniques to make your practice sessions more effective.

There are many great golf instruction books and magazines out there, but it's not really practical to take that material out onto the course, practice range or driving range. With [Pocketshots Video™](#) and [Pocketshots™ for iPod® Video](#) you can take these expert game enhancing drills, tips and lessons to where you need them most. It's like having a Professional in your pocket!

Dr Karl Morris is one of Europe's leading Sports Psychologists, delivering cutting edge methods of peak performance and goal achievement to a range of clients across sports and business. From the world of golf, he has worked with players such as Darren Clarke, Paul McGinley, Graeme McDowell, Alison Nicholas and Trish Johnson to name a few.

In this golf lesson from Dr. Karl Morris you can learn why your current practice regime is likely to be a complete waste of time. The video format allows you to take the lesson with you when you practice or play. By trying Morris' suggestions for practicing effectively you will learn to hit the ball well on the range and for once do the same again on the course. It covers; 4 mental quadrants, the importance of state, pre-shot routines and concentration, breathing and visualisation techniques to make your practice sessions more effective. It also features useful scorecard grids that you can use to record your practice sessions and key statistics after golf.

Dr Karl Morris is one of Europe's leading Sports Psychologists, delivering cutting edge methods of peak performance and goal achievement to a range of clients across sports and business. From the world of golf, he has worked with players such as Darren Clarke, Paul McGinley, Graeme McDowell, Alison Nicholas and Trish Johnson to name a few. He has written and starred in the Pocketshots™ editions on the mental side of the game.

| Sequence | Title | Size (MB) | Time |
|----------|--|--------------|--------------|
| 1 | Introduction to Effective Practice | 10.0 | 01:42 |
| 2 | 4 Mental quadrants | 5.9 | 01:05 |
| 3 | 2 forms of practice | 13.5 | 02:12 |
| 4 | Practice Drill: "Breathe Through Your Heart" | 6.1 | 01:09 |
| 5 | Practice Drill: "Carpet Fitter" | 8.5 | 01:27 |
| 6 | Practice Drill: "Just 9" | 7.4 | 01:18 |
| 7 | Practice Drill: "Make Your Course Longer" | 4.7 | 00:54 |
| 8 | Practice Drill: "Par 18" | 7.7 | 01:23 |
| 9 | Practice Drill: "10 Ball Game" | 6.3 | 01:09 |
| 10 | Practice Drill: "Make the Target Smaller" | 6.5 | 01:10 |
| 11 | Practice Drill: "Heart Rate" | 8.2 | 01:25 |
| 12 | Confidence Through Competence | 4.1 | 00:49 |
| 13 | Pre-shot Routine | 6.1 | 01:07 |
| 14 | Effective Practice Summary | 4.3 | 00:52 |
| 15 | Preparing for the First Tee | 9.4 | 01:38 |
| 16 | Dealing with Bad Shots | 5.4 | 01:00 |
| 17 | Effective Breathing | 5.3 | 01:00 |
| 18 | Emotional Memories | 3.7 | 00:47 |
| 19 | Reduce the Emotion | 4.0 | 00:49 |
| 20 | Swing Thoughts | 7.1 | 01:16 |
| 21 | Take Charge of Your Body Language | 5.9 | 01:05 |
| 22 | Peripheral Vision | 5.5 | 01:02 |
| 23 | Switching On and Off | 6.2 | 01:09 |
| 24 | Tune In to Tune Out | 5.9 | 01:05 |
| 25 | Practice Drill: "Worst Ball" | 5.5 | 01:03 |
| 26 | On the Course Summary | 4.4 | 00:52 |
| | Total | 167.5 | 30:28 |