



DISCOVER

Discover Golf Natural Guidance

Who we are, how we teach and why golf can be simpler than you think · Golf Natural Guidance

www.golfnaturalguidance.com

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01

WHAT IS GOLF NATURAL GUIDANCE?

Golf Natural Guidance (GNG) is the teaching system created by Spanish national coach and professional Toni Planells. It is implemented in our Academies and is based on the movements the human body already performs naturally in everyday life.

The name says it all: **Natural** because we start from movements the body already knows, and **Guidance** because the role of the coach is to guide, not impose. The goal is not to create golf robots, but to help each person find their own effective and lasting movement.

GNG adapts its teaching to the abilities and physique of each student, so that every player develops an effective, healthy movement without risk of injury. A great teacher is one who makes something complicated simple — and that is exactly what Golf Natural Guidance pursues.

The ultimate goal is for the student to understand what to do in a simple and logical way, helping them develop a swing that is effective, healthy, repeatable and lasting.

** We use the word swing to refer to the specific movement made with a golf club.*

This ebook is the starting point of the entire GNG series. It is designed for anyone, whether they play golf or not, who wants to understand what Golf Natural Guidance is, how we teach and why we believe golf can — and should — be much simpler than it seems.

02 WHO ARE WE?

Golf Natural Guidance is the project of two passionate golfers who share a single vision: that this sport can be taught in a far more natural, simple and effective way.



Toni Planells

CEO · Golf Natural Guidance

Director of the Arabella Golf Academy in Mallorca and creator of the GNG method. With over 35 years of experience, Toni has developed a teaching system based on the simplicity and naturalness of movement, adapted to each player regardless of their level or physical condition.

PGA Master · Spanish National Coach · Trackman Certified · Focusband Coach



Nico Loprete

General Manager & Head Pro · Golf Natural Guidance

Golf coach with extensive experience developing players of all levels. Co-author of the GNG ebook series, Nico brings an analytical and approachable vision to teaching, focused on helping every student truly understand the game and improve in a real and sustained way.

Callaway Ambassador · High Performance Amateur Player

03 WHERE ARE WE?

Golf Natural Guidance was born in Mallorca, where Toni Planells directs the Arabella Golf Academy, one of the most recognised golf academies in Spain. From there we have developed and refined the GNG method over more than three decades.

Today, GNG is present both on the course and in the digital world. Through our website and social media we bring the method to anyone, anywhere in the world.

Find us here:

- www.golfnaturalguidance.com
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Follow us on Instagram and YouTube, where we post tip videos, swing analysis and educational content for all levels. It is the best way to stay in direct contact with us and keep improving.

04 OUR METHOD

The GNG method is not a rigid system of rules. It is a way of understanding golf that puts the student at the centre. These are the five characteristics that define our way of teaching:

INITIAL INTERVIEW

Before teaching anything, we want to get to know the student. We carry out an interview to understand their current level, goals, sporting history and physical characteristics. Based on all of this, we put together a work plan agreed with the student.

360° VISION

We observe all aspects that influence performance in a holistic way: technique (knowledge and execution), physical condition, mental state, on-course strategy, equipment fitting and lifestyle habits. Golf is much more than the swing.

LEARNING BY PLAYING

We create real game situations from the very start. We go out on the course from day one, adapting the difficulty to each student's level. Learning in a real context accelerates progress and makes the process much more enjoyable.

PERSONALISED

We plan what is best for each student depending on their abilities and needs. Personalising is synonymous with efficiency: there is no universal swing, there is *your* swing.

CONTINUOUS FOLLOW-UP FOR ALL LEVELS

There is constant communication between the academy, the multidisciplinary team, the coach and the student. Progress does not end when the lesson finishes — we monitor and adjust it continuously. This follow-up is maintained at all levels of the GNG series, from the very first day with **LEARN** to the most advanced programmes. Furthermore, the **TRAIN** ebook is specifically designed as a structured training tool to support this continuous follow-up at every stage of learning.

05

WHAT SETS US APART? GOLF MYTHS

The great difference of our method is that we challenge a series of myths that have been repeated in the golf world for many years. We explain in simple terms why we disagree with them and how, in most cases, they work against a natural, fluid and consistent movement.

Below we list the most common ones for each type of shot:

PUTT

- "The movement comes from the shoulders." — The shoulders have no relevant tactile feel. The putt demands the most feel and distance control, and that feel comes from the forearms and hands, not the shoulders.
- "Putting is personal." — It is personal in style, but there are basic fundamentals every putt must respect: face aimed at target, eyes over the ball, pendulum movement from the forearms.

CHIP & PITCH

- "Move the ball back, shift weight forward and press your hands ahead." — These three things close the clubface (less loft), change the impact point and cause the club to dig into the ground. The result is inconsistency.
- "Open your stance and aim further left." — This causes the clubface to also point left, creating an unwanted compensatory movement.

BUNKER

- "Hit the sand two fingers behind the ball." — For beginners this leads to hitting much further behind the ball and the shot stays in the bunker. In GNG we prefer the player to think about hitting the ball normally and letting the bounce do its job.
- "Open the clubface and your stance." — This creates unnecessary compensations that complicate a shot that already generates anxiety for most players.

JUEGO LARGO

- "Don't move." — Thinking about not moving causes rigidity and blocks the natural swing movement.
- "Keep your head still." — This causes neck tension, loss of rotation and, paradoxically, a worse impact. If the basic technique is correct, the head will move just the right amount naturally.
- "Keep your left arm straight." — A rigid left arm causes stiffness and prevents generating speed efficiently. Arms should be extended but completely relaxed.

- "Move the ball position depending on the club." — In GNG we keep the clubhead always centred relative to the sternum. This simplifies setup and increases consistency.

06

THE MOST IMPORTANT THING: CONSISTENCY

In our view, the hardest thing for any golfer — at any level — to achieve is consistency. Here is an example to make it clear:

AN EXAMPLE TO UNDERSTAND IT:

Imagine two players — a beginner and a professional — go to a 100m par 3 with one ball each to see who gets closest. With a single shot, the beginner might get just as close as the professional. However, if they repeat the exercise 10 times, the difference will be enormous: the professional will always be close, the beginner will scatter shots all over. That is consistency.

Achieving consistency requires good coordination, correct stability, continuous balance, a good rhythm and a movement that is always fluid through relaxation.

We believe it is essential to learn to feel the body, the weight of the club and gravity. Since gravity is constant, we explain that golf is played without force — simply with body rotation, energy transfer towards the target and the natural weight of the club.

It is also important to have a solid routine and to be repetitive in order to automate the movement as quickly as possible.

Ultimately, having perfect technique means nothing if it is not consistent. For us, working on consistency is just as important as working on technique.

07

THE FOUR BASIC SHOTS

In GNG we teach from less to more: from closest to furthest from the hole. This creates a progressive adaptation time for the body to the new movement. These are the four shots every golfer needs to master:

Putt	On the green or very close to it. The ball rolls, it does not fly.	Arms only (pendulum).
Chip	Close to the green. The ball rolls more than it flies.	Arms, with slight body follow-through.
Pitch	Away from the green. The ball flies more than it rolls.	Arms, wrists and body.
Long game	To generate maximum distance with irons, woods and driver.	Arms, wrists and maximum body rotation.

PUTT

It is the simplest shot and the one we start with in GNG. The movement is the smallest of all and the ball does not need to fly, only roll. The key feel is that of a pendulum starting from the forearms.

CHIP

It is the shot most similar to the putt. The idea is to use the green ahead to roll the ball to the hole. The movement is slightly larger than the putt and the body follows gently towards the target.

PITCH

The ball flies more than it rolls. To achieve this we need a club with more loft (such as a sand wedge) and add wrist movement to the body rotation. It is the shot most confused with the chip, and the one we simplify most in GNG by eliminating unnecessary adjustments.

LONG GAME

This is the shot where we increase the swing size to generate more clubhead speed and therefore more distance. The body rotates to its maximum in a balanced way, with arms and wrists working in coordination. The main goal for any beginner is regularity at impact.

08

THE IMPORTANCE OF CLUB FITTING

Having the right equipment for each type of person and/or player will help learning be more effective, faster and healthier. On the contrary, using inappropriate equipment can lead to incorrect and slow learning and may cause injury over time.

When fitting a player, we need to consider the head type and design, total club weight, shaft flex and weight, grip type and size, club length and lie angle.

To give you an idea, in a putter fitting for example, here is what each component can influence:

- **Head design** helps us aim better.
- **Face material** controls distance and feel at impact.
- **Putter length** affects setup, swing arc and plane, and attack angle.
- **Total putter weight** (head, shaft and grip) controls distance and feel.
- **Putter lie** helps position the body at the correct distance from the ball.
- **Grip type and size** helps hold the club better and reduces unnecessary hand manipulation.

We consider it essential to address equipment in this ebook because it is often difficult to learn without the right clubs. A well-done fitting is one of the best investments a golfer can make.

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OUR GOLF PHILOSOPHY

Beyond technique, in GNG we hold a set of ideas and principles that we apply both in teaching and in the practice of golf. These are reflections we consider fundamental for any golfer, regardless of their level:

THE GAZE LEADS THE BODY

We look at or think too much about the ball and forget about the target. The gaze leads the body, not the other way around. Keeping the target clearly in mind at all times is key to an instinctive and effective movement.

THE BODY MUST ALWAYS BE FUNCTIONAL

We are born with a natural movement and we must not allow it to be limited or suppressed. The most effective swing is the one that works with the body, not against it.

FIND YOUR PERSONAL RHYTHM

Every player has their natural tempo. Finding and respecting it is more important than copying someone else's swing. Practise every day feeling your whole body, in mental stillness and calm.

WE THINK TOO MUCH ABOUT THE BACKSWING

During the swing we think too much about the backswing when it is actually the downswing and impact that determine success. The focus should be on the movement towards the target.

BALANCE COMES FIRST

The legs and feet must be stable; the torso and arms relaxed. A balanced swing is always more powerful and repeatable than one where you try to hit with maximum force.

DO NOT DEPEND ON ANYTHING

It is not good to be a dependent player: not on perfect technique, not on the coach, not on ideal conditions. The goal is to develop an autonomous, free and confident game.

10

YOUR JOURNEY WITH GNG

One of the things we are most proud of at Golf Natural Guidance is having designed a complete pathway for anyone, regardless of whether they have never picked up a club or already compete at amateur level. Each ebook in the GNG series corresponds to a real and progressive learning level.

This first ebook, **DISCOVER**, is completely **free of charge**. It is our way of introducing ourselves and letting you decide whether our vision of golf is right for you. The rest of the series is designed to accompany you step by step from absolute beginner to high-level player.

TRAIN	LEARN	Basic technique for the four shots, the golf course, equipment, essential rules and your first round on the course. For absolute beginners.
	IMPROVE	We go deeper into the technique of each shot, the most common errors and how to fix them. For players with a foundation who want to be more consistent.
	PERFECT	Advanced technical details, distance control, difficult situations and on-course strategy. For players who want to lower their handicap.
	PROFESSIONALISE	The highest level of the series. Advanced swing analysis and competition preparation.

You can progress at your own pace. There is no rush, no deadline. The only requirement is the desire to learn and enjoy golf.

MALLORCA GOLF EXPERIENCE

For those who want to make a significant leap in their game quickly and intensively, we offer the **Mallorca Golf Experience** programme: an exclusive, fully personalised **3-day** course in Mallorca in which we carry out a comprehensive study of every aspect of your game.

Over these three days we work with you individually on every aspect that determines your performance: technique for each shot, Trackman swing analysis, on-course strategy, mental state, equipment fitting and physical condition. The goal is for you to leave with a clear diagnosis and a concrete, actionable improvement plan.

A PROGRAMME FOR EVERY TYPE OF PLAYER

Whether you have just started or have been playing for years, the Mallorca Golf Experience adapts completely to you. There is no standard programme: every experience is unique, designed from scratch based on your level, your goals and your availability.

- Mallorca · Limited places · By prior reservation only
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LEARN

The next step: learn the basic technique for every shot

You have finished **DISCOVER** and now have a clear picture of what Golf Natural Guidance is, who we are, how we teach and what sets us apart. The next step is the **LEARN** ebook, where we get straight into the basic technique for every shot.

TECHNIQUE FOR THE FOUR SHOTS

We explain in detail the basic technique for the putt, chip, pitch and long game, including specific exercises to practise and improve.

THE GOLF COURSE

We explain the golf course, its hole types and all its parts so you feel comfortable from day one.

EQUIPMENT & FITTING

We go deeper into clubs, the necessary equipment and how to choose the right gear for your level and characteristics.

YOUR FIRST ROUND ON THE COURSE

Basic rules, etiquette, strategy for beginners and the optimal mental state to enjoy golf from your very first round.

GET YOUR COPY OF LEARN

Available on our website

www.golfnaturalguidance.com