

Your phone's a friend

There are 1.2 million apps available... so here are 10 that are proven to help you play better (and nine of them are free)

WORDS STEVE ASTLE, WITH JOE DOWNES PICTURES BOB ATKINS

From a launch monitor giving you instant feedback during your weekly lesson to the latest electronic trolley carrying your clubs out on the course, technology is changing the game. For me as a coach to hundreds of golfers, from Tour players trying to qualify for The Open to beginners picking a club up for the first time, these advancements are of great benefit. Any technology that can help

my students plot their way around the course, keep up-to-date with their practice or interact with me has to be a good thing. I therefore encourage them to embrace these technologies as much as possible to engross themselves in the game. Time and money is precious to everyone I work with so the advancements in mobile technology have been a real positive, opening up a range of

fantastic tools to every golfer. I have lots of the latest golf apps on my smartphone and encourage my students to get them, too. On the next page I give you the lowdown on my 10 favourite apps, explaining how they can help your game. Nine of them are free to download so what are you waiting for? Give them a go and I'm sure they will improve your performance and enjoyment of the game. ▣



TG TOP 50
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COSTA NAVARINO

Shot on location at Costa Navarino, Greece

BEST GOLF APPS



Golfshot GPS, Free

What it is: Provides distances to the centre of the green as well as a scorecard, satellite

images of over 40,000 courses and stats and fitness tracking.

Steve's view: This GPS app acts as your on course caddy giving great yardage information and a basic level of statistical analysis for your game.

Your view (Steve Forman): 'GolfshotGPS for hole overview, scorecards and stat tracking. Great app.'



Hole19, Free

What it is: Distances on more than 34,000 courses. It tells you how far you hit your shot,

lets you keep your score and track, share and store stats for all parts of your game via the online 'Clubhouse' platform.

Steve's view: The stats function is great, showing strengths and weaknesses so you and your coach can track progress.

Your view (Carl House): 'Fantastic. Free scorecard/GPS/analysis app that has great compatibility with Apple watch.'



Golf GameBook, Free

What it is: Scorecard with live leaderboards. It features 24 different

game formats and a feed so you can interact with friends and post photos. There is also a GPS for hole routing.

Steve's view: Great way to interact with others on the course. Message, send pictures and have a live leaderboard.

Your view (Tony Thomas): 'Fantastic for live scoring and commenting on friends from afar – brilliant app.'



Edufii, Free

What it is: Allows coaches and athletes to communicate, record training videos, take

pictures, record audio files and write text notes and keep them all in one place.

Steve's view: The ultimate way to store information and share it with your coach to keep up to date with progression.

Tour view (Cameron McCormick, Jordan Spieth's coach): 'The most important tool a coach can have to extend and enhance your relationship with athletes.'

'I'd urge anyone to embrace technology to help their game'



Timer, Free (several available)

What it is: Set alarms for a practice routine.

Steve's view: When the timer goes do a drill for two minutes - one slowly, the second at game pace. It beats a weekly basket of range balls.

Tour view (Jack Nicklaus, 18-time major winner): 'Guys who live on the practice tee are there because they don't have anything better to do. They weaken their games by letting practice become pointless through monotony or fatigue.'



Coach's Eye, £3.99

What it is: Capture videos before reviewing the footage and sharing it. Compare clips and

annotate with various lines and symbols.

Steve's view: Great for analysis. Draw the necessary lines, zoom in, see the footage in slow motion and send it to your coach.

Tour view (Johnny Miller, two-time major winner): 'It helps to know what is good and bad, the difference between cause and effect. Golf swings are an eternal puzzle and the camera doesn't lie.'



1-Putt Lite, Free

What it is: Records practice sessions to let you track total attempts, made and missed putts.

Steve's view: Record practice from five feet. This is the largest scoring differential between Tour pros and amateurs. Golfers who shoot consistently in the 90s average 50 per cent success.

Tour view (Billy Horschel, 2014 PGA Tour FedEx Cup champion): 'I'll start my practice from short distance to ensure my eyes and putter are matching up.'



Metronome, Free (several available)

What it is: Helps you find that ideal tempo during practice for a

point of reference when on the course.

Steve's view: This captures moments when your rhythm feels at its best.

Tour view (Chris Wood, two-time European Tour winner): 'I putt at around 77 beats per minute and try to replicate this out on the course. Having this to focus on is really helpful in those high-pressure moments.'



Clinometer, Free (several available)

What it is: Measures gradient in degrees or percentage.

Steve's view: Really useful before your round to calibrate green speed and during practice to develop your understanding of break.

Tour view (Dave Pelz, Phil Mickelson's short game coach): 'Anyone can pick out severe breaks. Focusing on improving your reads on mildly breaking putts, though, takes you to a whole new level.'



R&A Rules, Free

What it is: Images, diagrams and video to help you in every scenario. Also included

is a guide to the etiquette of the game.

Steve's view: The simplest way to save shots? Know the rules. Players aware of the correct rulings can often use their knowledge to benefit maximum relief and save further punishment.

Your view (Karl Offers): 'Invaluable in a serious game of golf. Plus ways of learning the rules thoroughly.'