

THE ESSENTIALS · IN 7 PAGES

OWN YOUR GOLF GAME.

The 7 steps to becoming
a self-reliant golfer

Stop copying other players. Learn how your own game works — and build
the progress that fits you.

Rochdi Mekkaoui

PGA COACH · TRACKMAN EXPERT · TOURING PROFESSIONAL



INTRODUCTION

Stop copying. Start building.

I'm a professional golfer competing on tour. Between tournaments, I coach golfers of every level, every age and every physical condition.

And I keep seeing the same thing: motivated players who practice hard, copy a YouTube video or their partner's swing... and don't improve.

It's not a lack of effort. It's a lack of method. This guide gives you the structure, in 7 steps, to improve on your own — and for good.

You don't need another swing. You need a method that starts from you.



Rochdi Mekkaoui

FOUNDER · RM GOLF ACADEMY



The 7 steps

01

Build your action plan

A goal without a date is an intention without commitment. Set a goal that is measurable, dated and **personal**: the one you can honestly aim for with the time, level and fitness you have today.

TO DO Write it down: "I want to go from ___ to ___ by ___."

02

Know your starting point

Your score doesn't tell you where you lose shots. Record your real stats over at least 5 rounds: fairways, greens in regulation, penalties, up & downs, putts, driving distance.

TO DO Record your stats over your next 5 rounds, without adjusting anything.

03

Set your benchmark

Find the statistical profile of the player you want to become, in the long game, short game and putting. Pick a player who hits the ball as far as you do: every number becomes a concrete target.

TO DO Collect this profile's stats from several sources.

04

Find your lost shots

Put your numbers next to your benchmark. Start with the areas where the gap is biggest and where you'll improve fastest — not the ones you enjoy practicing.

TO DO List your 3 biggest gaps, in shots per round.

05

Use the right resources

The same fault can have several causes. A good coach starts from your profile, not a one-size-fits-all method, and teaches you **why** you do what you do.

TO DO Before copying a drill, check that it treats your cause, not just your symptom.

06

Set intermediate goals

Break your goal into milestones every 2 to 3 weeks: what to work on, how much time per week, and how to measure it.

TO DO Set one measurable test per area, for example 7 chips out of 10 inside 2 m.

07

Measure, adjust, lock it in

Round stats, video, performance tests: measure continuously, so you decide with facts — not with the emotions you feel after a round.

TO DO Schedule your first checkpoint, 3 weeks from today.

Understand where you are, know exactly where you're going, work on what pays off, then check. That's it. **But in that order, and without skipping a step.**

GO FURTHER

WORK WITH ME

This guide gives you the structure. If you'd like me to apply it with you — on your numbers, your swing and your schedule — choose the format that suits you.

REMOTE · WHEREVER YOU ARE

Online Coaching

[Discover Coaching →](#)

A video call every week, unlimited swing analysis and a personalized plan, updated as you improve.

MARRAKECH · ALL YEAR ROUND

Coaching camp

[Build my camp →](#)

2 to 5 days on your dates, solo or up to 3 players, starting with a TrackMan assessment of your game.

FIXED DATES · 6 PLAYERS MAX

Golf trips with a pro

[See the dates →](#)

Play with me in Marrakech, Marbella and around the world: a round with the pro every day, then a debrief.

COMING SOON The RM Academy: the complete RM course, the drill library and scored challenges, to improve on your own.

NEXT STEP

TAKE ACTION

Every player has a different body, schedule, strengths and weaknesses. If you want a plan built for you, with a coach's eye on your numbers, let's talk.

FREE ASSESSMENT CALL • 30 MIN

Let's review your game

Your goal, your starting point, and the shortest path to get there — no commitment.

[Book my call →](#)

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Algerian professional golfer competing on international tours, I help players of every level become self-reliant golfers, between tournaments — in Marrakech, Andalusia, France and online.



Own your golf game.