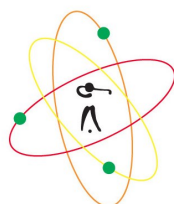
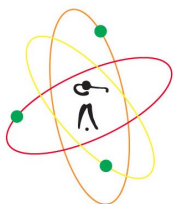


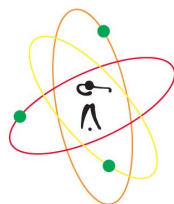
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Practice: Tension

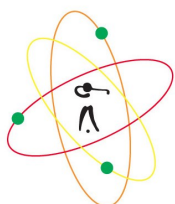
Technique is sabotaged on the golf course by three things balance, tempo or tension.

Where in the body do you have a tendency to create tension?

Where in the swing does it show up? You want to know the level of tension that is best for you and to keep it constant and consistent.

Tension: squeeze at 100% at set up then hold 50% pressure in the grip throughout the whole swing. Tension calibration and practice: some will work and some of these won't....find and record the ones that do. Do any of these while swinging Chipping or putting.

1. Alternate between light, medium and firm grip pressure. (25%, 50, 100)
2. Smile at the ball with a relaxed jaw and swing with the sensation as if your arms were cooked spaghetti. #1 Auryia Jutenagarn uses this now on the Lpga.
3. Alternate between tight, medium and soft shoulders during the entire motion.
4. Swing with your mouth slightly open or hold a snack in your mouth. This has worked for centuries for baseball players. Ancient Chinese practice shows the tension for shows up by grading the teeth or in the mouth.
5. Before stepping in tighten all the muscles in your body and as you exhale release it and let it all leave you. Jason Day uses this.
6. Breathe in at set up, hold and push all the breath down into your diaphragm while making your swing. Once the swing is completed breath again normally.



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Practice: Tension

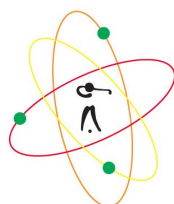
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Dave Pelz Short Game Test

Rules hit five shots to each test. If you hit shots outside of 6 feet it is equal to zero points. If you hit shots between 3 to 6 feet it is one point. If you hit shots inside of 3 feet it is two points, or 2 feet it's worth 3 points. If you make it it's worth five points. 0, 1, 2, 3 or 5 PT's

50 yard wedge shot

30 yard wedge shot

10 yard Sand-shot

25 yard sand blast out shot

25 yard chip from fringe

15 yard Chipshot from the rough

15 yard short pitch

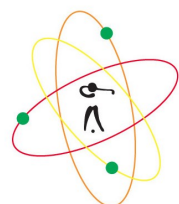
15 yard flop shot with lob wedge

12 yard chip from the fringe

Total:

LPGA TOUR average 55 points.

PGA TOUR average 63 points.



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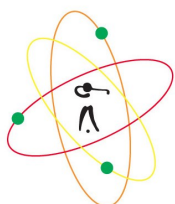


Practice: Short Game

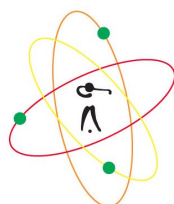
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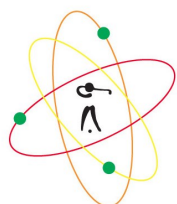
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Practice : Strength

50 min workout golf work out

1. 10 mins cardio warm up (treadmill, jumping rope, light jog, etc.)
2. Medicine ball throw down on one knee to a wall or to a partner. Both sides x 15
3. Bent over chest ball slam. X 30
4. Ab sidewinders sit and twist 1 min
5. Up and over ball slams
6. Ab ball throws 10lb ball x 30
7. Push ups x 20
8. Body springs with medicine ball throw high on walls X 30
9. Ropes alternating waves, together waves, over head waves, outside shoulder slams x 30 seconds each.
10. Kettle bell swings two arms
11. 3 X gladiator with 10lb kettle bells
12. Goblet squats X 20
13. One minute plank
14. 30 second hang
15. 10 mins runners stretch Both sides.

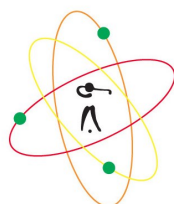


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Practice: Balance

Technique is sabotaged on the golf course by three things balance, tempo or tension.

Balance is the #1 killer of most swings. Professional golfers swing as fast as they can while remaining in a balanced control. How fast can you swing without losing control of the club face or yourself? Know what that is! Always swing at a pace that you can maintain good contact with the ground using your feet.

Practice: Balance while making great contact. Do these and record which one works the best for you to warm up. Which one needs improvement. Practice those more! Do any of these while swinging chipping or putting.

1. One arm swings. Alternate, choke down make adjustments to your grip.
2. 1 foot on the ground while swinging with two arms.
3. Happy Gilmore swings.
4. 70% left foot/ 30% right foot while swinging.
5. 20% left foot / 80% right foot while swinging.
6. Flared left foot at 45° angle at set up.
7. Duck feet set up with flared open feet.
8. Swing/putt/chip with your feet together.



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Practice : 3 Shot Practice Plan

Hit Three shots of each:

1. On the left foot only.
2. Right foot only.
3. Seeing the ball flight.
4. Listening to impact.
5. Practice full speed all out 100%, then hit 75% of full speed.
6. Seeing the target area like a trampo-line.
7. Eyes closed.
8. Feeling constant grip pressure thru the shot.
9. Relaxed shoulders open mouth thru the shot.
10. Counting during the swing.
11. See the ball hitting the intended target.
12. Look at the back of the ball.
13. Look at a spot one inch ahead of the ball.
14. See a neon trail behind the ball flight.

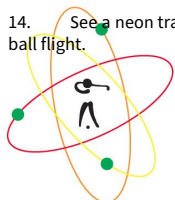
15. See orange dots along the trajectory to the back of the ball.
16. See the target spot have a large American flag on the ground.
17. See the path of the swing look like a Ferris wheel.
18. See the hole be the size of a bathtub.
19. Feel the target pull the ball like a magnet
20. See your Dad smiling at you from the target.
21. See a railway track to the target
22. See everything behind the ball as dark and the target a light shining towards you.
23. Close your eyes and see you at the target dropping the ball wherever you want.
24. Watch for an after image shadow of the golf ball.
25. Listen to the wind as you swing.
26. Sing row row row your boat.

Practice : 3 shot Practice Plan Tournament Preparation

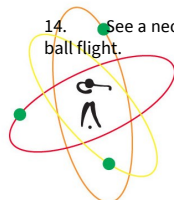
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Practice: Tempo

Technique is sabotaged on the golf course by three things balance, tempo or tension.

All of us have a personal tempo that makes our swing be in sync. Even when you are stressed. It varies from day to day and even during a round. You want to learn to be aware of your tempo and how to monitor it. Tempo calibration and practice some will work beautifully and some won't work keep a record of what does work.

Calibrate in your warm-up at 100% 50% and then go up or down according to how well you are contacting the ball for tempo.

Find a speed limit when your contact is not acceptable for both too fast and too slow. (Ex. 40-60% is what makes great contact)

1. Alternate between 50% of full tempo and 100% of full tempo.
2. Alternate hitting shots at 50, 75,100% tempo, and then reverse at 100, 75 and 50%.
3. Use a different tempo swinging back and then forward, for example 75% / 100%.
4. Choose one extra club for all shots towards the green and swing with a slower tempo.

Practice: Tempo

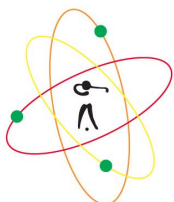
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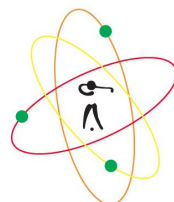
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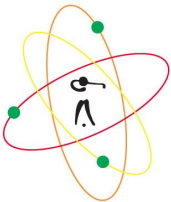
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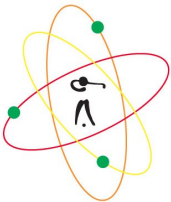
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My distances	Half	Punch	Full carry	Full total
Wedge				
Wedge				
Wedge				
Wedge				
Nine iron				
Eight iron				
Seven iron				
Six iron				
Five iron				
For iron				
Three iron				
Hybrid				
Hybrid				
Hybrid				
Seven wood				
Five wood				
Three wood				
Driver				



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Eight iron				
Seven iron				
Six iron				
Five iron				
For iron				
Three iron				
Hybrid				
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Hybrid				
Seven wood				
Five wood				
Three wood				
Driver				





Practice: Distance Control

Hit shots to the following distance the ball must carry to this distance, use any shot shape or luck to get the ball there. Record which club it is that is most successful. Think outside the box and club up.

100 yards
110 yards
120 yards
130 yards
140 yards

150 yards
160 yards
170 yards
180 yards

75 yards
59 yards
81 yards
48 yards
92 yards

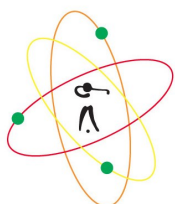
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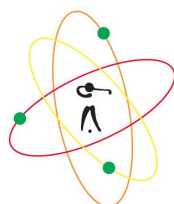
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59 yards
81 yards
48 yards
92 yards



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Practice : Scrambling trouble shots

The following are the top most difficult shots in golf. Keep track of what you are good at and what you need to work on.

Hook around a tree

Slice around a tree

Punch between two trees

Hit out of the rough for the 7 Iron

Greenside bunker with a high lip

Fade into a right flag

Uphill lie

Sidehill downhill lie

Over a tree

Under a tree

Under a tree and over a bunker

Plugged bunker shot

100 yard bunker shot

Drawing a ball left into a flag

Downhill bunker shot

Fairway bunker shot

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Under a tree

Under a tree and over a bunker

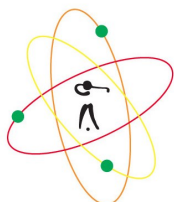
Plugged bunker shot

100 yard bunker shot

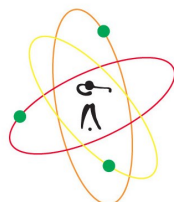
Drawing a ball left into a flag

Downhill bunker shot

Fairway bunker shot



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Practice: Large bucket 100 balls

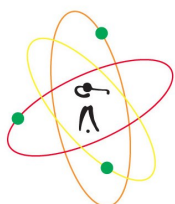
88 shot challenge: go through your routine on every shot.

- a. 10 shots to a target with a six iron.
- b. hit a low Punch shot
- c. hit a high straight shot
- d. hit a low slice
- e. Hit a left to right fading shot.
- f. Hit a high slice.
- g. Hit a Hook.
- h. Hit a full eight iron to a target. Record it's landing distance.
- i. Now use every club in your bag, and attempt to hit that 8iron distance.
- j. Hit five shots with a five iron, start your swing at the top of your backswing with no Takeaway.
- k. Hit by shot with your six zone with your eyes closed.
- l. Hit five drives from your knees.
- m. Hit five shots with a five iron off the tea with your right arm only.
- n. Hit five shots with a 7-iron out of a Divot.
- o. Hit 10 shots with a six iron to a normal distance and normal shot routine.
- p. Hit each club until you have had two shots you were completely happy.

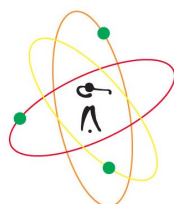
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7. Hit a Hook.
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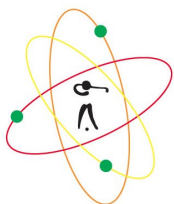


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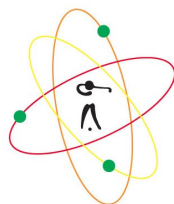


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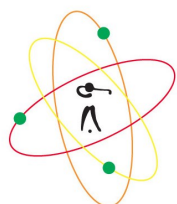


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Practice: Short Games

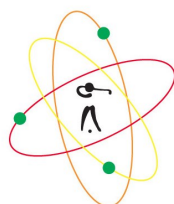
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3. From the Fringe hit five balls with your putter to a hole. Repeat with a wedge. Track and record which club is more successful.
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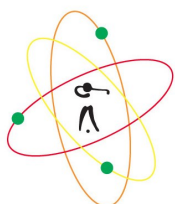


Practice: Long game

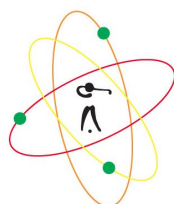
1. Hit each club until you're happy with at least three shots. Your goal is to do this within 50 balls.
2. Play nine holes on the range from T to Green from whatever score card you have in your bag. Or from your favorite golf course.
 - a. Carry your bag to the putting green make the putt and return to your hitting bay for the second hole tee shot. Keep score.
3. Practicing with a partner. Play a game of up-and-down on the chipping and putting green. If you win the whole Takeaway a club from their bag.
4. Hit four consecutive hooks with a five iron. Continue until you have successfully hit all four consecutively.
5. Choose a target 130 yards away.
 - a. Hit shots with any club only missing on the left.

Practice: Long game

1. Hit each club until you're happy with at least three shots. Your goal is to do this within 50 balls.
2. Play nine holes on the range from T to Green from whatever score card you have in your bag. Or from your favorite golf course.
 - a. Carry your bag to the putting green make the putt and return to your hitting bay for the second hole tee shot. Keep score.
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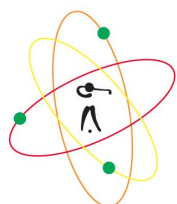
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Practice : Putting

Putting strategy: The hole is the biggest when the ball is rolling the exact speed to stop at the back of the hole. The faster the ball is moving at the hole, the smaller the hole. If it is moving where it will stop just at the back of the hole, the ball has a chance to fall in the front, sides, and back of the hole.

1. Make the following putts in a row: 5 Two footers, 4 four footers, 2 six footers, 1 eight footers, 1 ten footer
2. Use one ball, putt from 20 feet, then 30 feet, then 40 feet. Make one or maximum of two putts for each of these 18 holes in a row.
3. Place a T in the ground directly in front of the middle of a hole, right on the edge. Make 5 putts from 3 feet.
4. Place a dime in front of the middle of the hall. Make 20 two footers in a row rolling the ball over the dime.
5. Play 18 holes on the green with one ball. Making all of the holes longer than 8 feet. Keep score an expert goal would be to be 32 strokes or fewer.
6. Put four balls in the middle of the green. Put one ball to the fringe in all four directions.
 - a. * this is great warm-up for finding the speed of a green for a practice round or competition.
7. Play the Hogan game. Hit 18 putts as if you've hit the green in regulation. Vary the putts from 6 feet to 30 feet . Keep score what did you shoot par is 72.

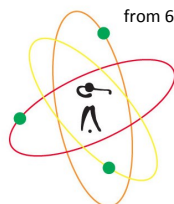


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Practice: three shot practice plan
tournament preparation.📄

1. hit three shots of each:

1. On the left foot only.

2. Right foot only.

3. Seeing the ball flight.

4. Listening to impact.

5. Practice full speed all out 100%,
then hit 75% of full speed.

6. Seeing the target area like a
trampoline.

7. Eyes closed.

8. Feeling constant grip pressure
thru the shot.

9. Relaxed shoulders open mouth
thru the shot.

10. Counting during the swing.

11. See the ball hitting the intended
target.

12. Look at the back of the ball.

13. Look at a spot one inch ahead of
the ball.

14. See a neon green light follow
the ball in the air.

15. See orange dots along the
trajectory to the back of the ball.

16. See the target spot have a large
American flag on the ground.

17. See the path of the swing look
like a Ferris wheel.

18. See the hole be the size of a
bathtub.

19. Feel the target pull the ball like a
magnet

20. See your Dad smiling at you
from the target.

21. See a railway track to the target

22. See everything behind the ball
as dark and the target a light shining
towards you.

23. Close your eyes and see you at
the target dropping the ball wherev-
er you want.

24. Watch for an after image shad-
ow of the golf ball.

25. Listen to the wind as you swing.

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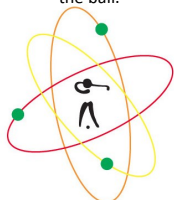
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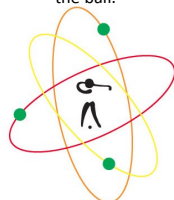
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Practice: Distance Control

Hit shots to the following distance the ball must carry to this distance, use any shot shape or luck to get the ball there. Record which club it is that is most successful. Think outside the box and club up. ☒

100 yards

110 yards

120 yards

130 yards

140 yards

150 yards

160 yards

170 yards

180 yards

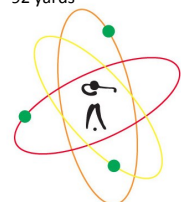
75 yards

59 yards

81 yards

48 yards

92 yards



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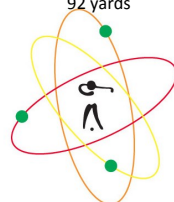
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Practice : Self talk

Self talk strategy: Concept in psychology called the law of recency. It basically states that during a performance your body will respond aggressively to the thoughts it receives most recent to movement. In golf. This as the final 10 to 15 seconds before the club moves.

Practice : Self talk

During this time frame, put a shield around your thoughts by actively focusing on the process: see it, feel it, trust it. This becomes your missile defense system against random thoughts that want to disrupt your actions.

Say Right here, right now, going to go right there.☑

Commitment: If you say each word as the action occurred you will be less likely to add extra force to sabotage the motion. ☑

Practice : Self talk

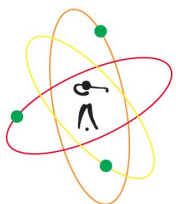
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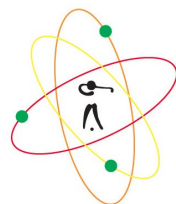
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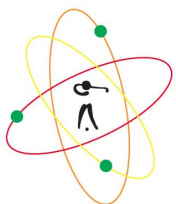


Practice : Game Changes (Swing, stroke or strategy®) Practice a slightly modified version of a task you want to master, you actually learn more and faster than if you just keep practicing the exact same thing multiple times in a row. Chunking the section or motion.

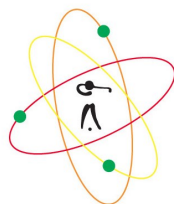
1. Download and use the app Mirror Vision. Practice while watching yourself in live view.
2. Do the motion in front of Mirror.
3. Make Thai Chi golf swings incorporating the change. (minimum of two minutes per swing)
4. Use a partner to give you feedback of the change only.
5. Take videos and send them to your golf coach.
6. Capture what does it need to feel like to you. Document that and write it down.

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