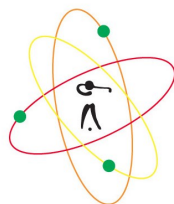


Discover Your Swing![®]
www.discoveryourswing.com



Discover Your Swing![®]
www.discoveryourswing.com

Practice: Tension

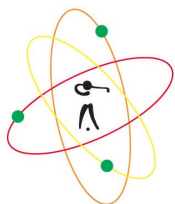
Technique is sabotaged on the golf course by three things balance, tempo or tension.

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.



Discover Your Swing![®]
www.discoveryourswing.com

Practice: Tension

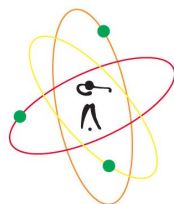
Technique is sabotaged on the golf course by three things balance, tempo or tension.

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.



Discover Your Swing![®]
www.discoveryourswing.com



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

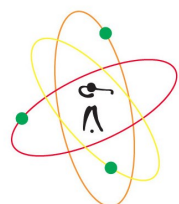
15 yard flop shot with lob wedge

12 yard chip from the fringe

Total:

LPGA TOUR average 55 points.

PGA TOUR average 63 points.



Discover Your Swing!®
www.discoveryourswing.com

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

LPGA TOUR average 55 points.

PGA TOUR average 63 points.



Discover Your Swing!®
www.discoveryourswing.com

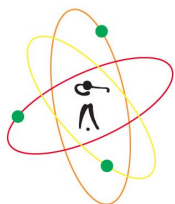


Practice: Short Game

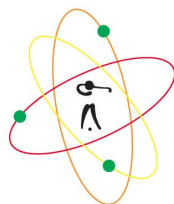
1. Pick nine easy chips that are 1 to 3 steps off of the green. Chip five balls from these distances. Make 3 to 5 up and downs.
2. Chip 18 different balls to the same hole. Make the chip within your 100% make of putting distance, 2 feet or less. Remove any of the balls that are outside of this distance, leave the ones that are successful. Repeat until all 18 balls are within 100% make distance.
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.
4. Place your 5, 6 and 7 iron on the ground equidistant 10, 20 and 30 feet away. Chip three balls before the 10 foot mark, three balls in between the 10 and 20 foot Mark, and three balls between the 20 and 30 foot Mark.
5. Place three empty baskets at random distances chipotle lob with your wedge practice balls into the basket.

Practice: Short game

1. Pick nine easy chips that are 1 to 3 steps off of the green. Chip five balls from these distances. Make 3 to 5 up and downs.
2. Chip 18 different balls to the same hole. Make the chip within your 100% make of putting distance, 2 feet or less. Remove any of the balls that are outside of this distance, leave the ones that are successful. Repeat until all 18 balls are within 100% make distance.
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.
4. Place your 5, 6 and 7 iron on the ground equidistant 10, 20 and 30 feet away. Chip three balls before the 10 foot mark, three balls in between the 10 and 20 foot Mark, and three balls between the 20 and 30 foot Mark.
5. Place three empty baskets at random distances chipotle lob with your wedge practice balls into the basket.



Discover Your Swing![®]
www.discoveryourswing.com



Discover Your Swing![®]
www.discoveryourswing.com



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.



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.





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.

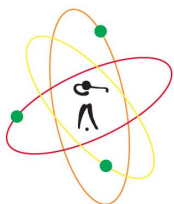
Practice: Balance

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

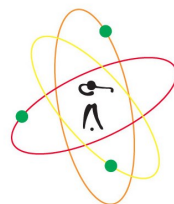
Balance is the #1 killer of most swings. Professional golfers swing as fast as they can while remaining in a balanced control. How fast can you swing without losing control of the club face or yourself? Know what that is! Always swing at a pace that you can maintain good contact with the ground using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



Discover Your Swing!®
www.discoveryourswing.com



Discover Your Swing!®
www.discoveryourswing.com



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.

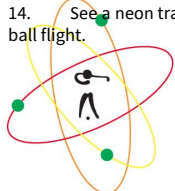
15. See orange dots along the trajectory to the back of the ball.
16. See the target spot have a large American flag on the ground.
17. See the path of the swing look like a Ferris wheel.
18. See the hole be the size of a bathtub.
19. Feel the target pull the ball like a magnet
20. See your Dad smiling 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

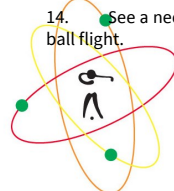
Hit 3 shots of each

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 light 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.



Discover Your Swing![®]
www.discoveryourswing.com



Discover Your Swing![®]
www.discoveryourswing.com



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

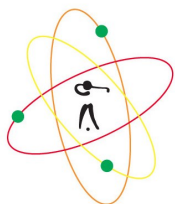
Technique is sabotaged on the golf course by three things balance, tempo or tension.

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.

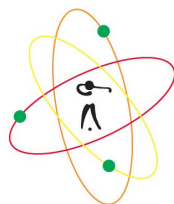
Calibrate in your warm-up at 100% 50% and then go up or down according to how well you are contacting the ball for tempo.

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.



Discover Your Swing!®
www.discoveryourswing.com



Discover Your Swing!®
www.discoveryourswing.com





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

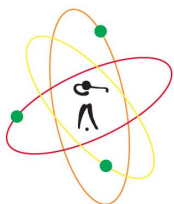
Practice: Distance Control

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.

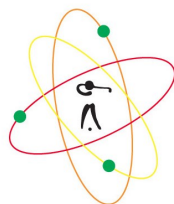
100 yards
110 yards
120 yards
130 yards
140 yards

150 yards
160 yards
170 yards
180 yards

75 yards
59 yards
81 yards
48 yards
92 yards



Discover Your Swing![®]
www.discoveryourswing.com



Discover Your Swing![®]
www.discoveryourswing.com



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

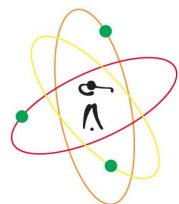
Plugged bunker shot

100 yard bunker shot

Drawing a ball left into a flag

Downhill bunker shot

Fairway bunker shot



Discover Your Swing![®]
www.discoveryourswing.com

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

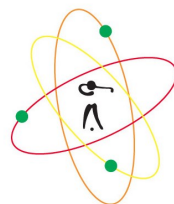
Plugged bunker shot

100 yard bunker shot

Drawing a ball left into a flag

Downhill bunker shot

Fairway bunker shot



Discover Your Swing![®]
www.discoveryourswing.com













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 wherever you want.

24. Watch for an after image shadow of the golf ball.

25. Listen to the wind as you swing.

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.

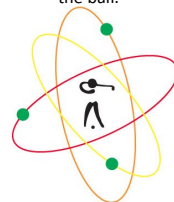
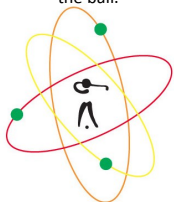
21. See a railway track to the target

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 wherever you want.

24. Watch for an after image shadow of the golf ball.

25. Listen to the wind as you swing.







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

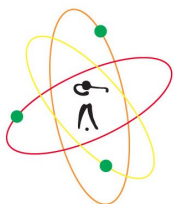
Self talk strategy: Concept in psychology called the law of recency. It basically states that during a performance your body will respond aggressively to the thoughts it receives most recent to movement. In golf. This as the final 10 to 15 seconds before the club moves.

Practice : Self talk

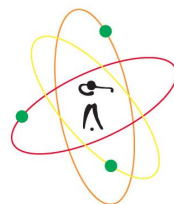
During this time frame, put a shield around your thoughts by actively focusing on the process: see it, feel it, trust it. This becomes your missile defense system against random thoughts that want to disrupt your actions.

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. ☒



Discover Your Swing!®
www.discoveryourswing.com



Discover Your Swing!®
www.discoveryourswing.com



