



Homework is needed, and I would strongly recommend identifying the following:

1. Set your golf goals.
2. Work with PGA Golf Professional to reach your goals.
3. A Specific Practice Plan before each Practice Session.

*“Satisfaction lies in the effort, not in the attainment; full effort is full victory”* Mahatma Gandhi.

Golf is a particular game and keeps working consistently at the game over a continuous period to see results. How long is that period? It depends on person to person... Keep going and keep playing...

## **A Suggested Golf Practice Structure**

### **The Concept:**

Thankfully you don't have to be on the golf course or on the range to practice your golf game. You can also work on your training skills at home, or at the office. To learn a new skill in summary (or teaching yourself a new golf swing move), you can learn a new motor skill over a period of 21 consecutive days at a precise practised activity. Each day you must repeat the motion or movement, 30 to 50 reps, as correctly as possible. After 21 days of meaningful practice, your new skill will have become “a natural movement”.

**Your body:**

Indeed, it's common knowledge that a golfer will be able to practice longer, perform more consistence swings and play better golf if he/she is fit and flexible. I would suggest working on your specific strengthening and stretching program. If you do not, you should seek the location of a specialised trainer. If you are already an active gym user, you can adapt your gym training sessions into your golf practice program.

**The driving range:**

The range offers you the ideal setting to practice your golf swing along with refining your practice method. You may need to consider how to condition your body, mind and spirit for superior golf, instead of just hitting a bucket of balls at a target. But, you need to find some other expert about a calm spirit.

The example here is the "round of golf" practice session:

**At the start of the range session:**

- 10 – 15 mins golf specific stretch and strengthening exercises

To start off your practice session, I recommend practice-swinging with various golf clubs and swing each club 5 to 10 making meaningful practice swings\*.

Start by working from your PW to Driver; go through your pre-shot routine as you would on the course. Hit the shot to the target and then change club. Repeat the action until you have hit every club in your bag. \*\*\* Ensure you act out a really good pre-shot routine and be accurate aiming the club face to target before every practice shot. These are essential tasks to creating better and repeating habits.

Above all. You must avoid hitting ball after ball after ball after ball. That is wasteful practice, but good fun. ☺

**Reminders:**

Pick your target:

When playing golf on the golf course, typically you would aim the club head to a target before playing a shot, and your practice sessions should not be any different. So pick a target and aim the leading edge of the club head as accurate as you can during your practice session.

**Pre-shot routine mental imagery**

As you dream the shot, you are about to play. Add in the mental picture of the ball flying to your intended target and during each practice swing. Imagine that perfect ball flying to your target, then imagine the ball bouncing and coming to rest by the hole or wherever your target might be. Practice feeling confident with each practice swing and practice focusing your mind on the target during each of your meaning practice-swings.

**Get Hitting balls:**

You have completed your warm-up session.

Start with the club for your scoring distance shot, between 75 – 100 yards (this is the shot to build your golf game around). Meaning if you can't hit a par 5 or par 4 comfortably in two shots. Pick a distance to lay the ball up to and play from there.

**Working on your money shot:**

Begin by hitting a number of golf shots at the 80 to 100 yards target; go through your pre-shot routine each time before you hit a shot and repeat this action.

Improve how you aim your golf club with critical accuracy by alternating clubs to different targets. Now change club, select that club's new target, go through your pre-shot routine and hit the shot. Change the club and the target again, repeat the process.

***Track your performance:***

*Track everything. Absolutely everything from your competitive rounds of golf played. That is your scores and all the attributes to making that score (putting, chipping, irons shots, GIR, FIR). Also, keep a note of the bad decisions you made on the golf course. Review the decisions and learn from that mistake.*

**Back to practising:**

Remember you are ever changing clubs and your practice scores will help you “bring your game from the practice ground to the golf course”. I strongly recommend this type of practice session to build-up towards playing in important events and to refine your pre-shot routine.

**The critical point:** open and keep an excel file for your distance and direction information from your practice sessions.

Key point two: Ensure you have frequent concentration break periods in-between practice shots and practice periods.

## **A simple practice session plan:**

- 15 minutes stretching & conditioning
- 15 – 20 minutes practice swinging with different club & making meaningful practice-swings
  - Take a Break

- 15 minutes practising your 75 – 100-yard shot – this is a key shot to your game strategy
  - Take a Break
- 30 minutes hitting 36 shots based on working on improving your swing technique
  - Take a Break
- Hit a few more shots and try different shots
  - Try hitting fades
  - Hitting draws
  - Hit shots as high as you can and as low as you can with a driver
- Play around with this plan and enjoy

**Ideally, practice 3 – 5 times a week and play a few games.**

### **Simple glossary**

\*Meaningful practice swing; this is the perfect golf swing you can make before you hit an on-course golf shot of any description. A key point; a meaningful practice swing should be the best possible swing you can make with that club. Use the practice swings to feel your correct movements and work on your previous golf lesson notes.

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