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**GUIDE TO BREAKING 100**

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***INTRODUCTION***

Breaking 100 for the first time ever or doing it on a consistent basis is MUCH easier than you probably think. One of the biggest roadblocks to golfers achieving this is the mental approach to the game.

To break 100, you do *NOT* need to do the following:

- Hit long tee shots

- Hit every fairway

- Hit a bunch of greens in regulation

- Make a ton of putts

- Hit every shot perfect

To break 100, you *DO* need to do the following:

1) Manage and set *REASONABLE* expectations!

Look at it this way, a scorecard that would be under 100 could have:

\*\*\*9 double bogeys and 9 bogeys = 99 on a Par 72 course

\*\*\*13 double bogeys, 1 bogey and 4 pars = 99 on a Par 72 course

So, you do NOT have to make a ton of pars and birdies to break 100!

2) Avoid BIG numbers (triple bogey or worse)

3) Play away from trouble (water, out-of-bounds, etc.)

4) Get tee shots in play, even if it means using a shorter club

5) Get approach shots somewhere AROUND the green

6) Do not aim at pins, play to the middle of the green most of the time

7) Control speed on putts

***TEE SHOTS***

To make bogey on most holes, you do not need to hit a bunch of greens in regulation. You actually do not have to hit ANY! Consider a green in regulation a bonus! Your goal should be to get somewhere *AROUND* the green after our approach shots. Knowing this, you should play *SMART* off the tee, not aggressive. Our goal is to be in play after our tee shots and avoid penalties (hazard, OB, etc.).

Most of the time, driver is the biggest enemy to breaking 100. If you pull it out on every Par 4 and 5, it is likely resulting in unnecessary penalty strokes. This does not mean you can never hit driver, but use it only on more open holes where there is not looming trouble everywhere.

Depending on the length of the hole, you really only need to hit a tee shot between 150 to 200 yards in order to have a chance to get your approach around the green on a par 4. Start playing clubs less than driver more often, especially if you have a club that goes a reasonable distance that you are more consistent with than the driver.

Here is a breakdown on approximate average number of fairways hit by a golfer’s handicap:

0 Handicap (shoots around 72 on average): 9 to 10 (out of 14)

10 Handicap (Shoots around 82 on average): 6 to 7 (out of 14)

20 Handicap (Shoots around 92 on average): 4 to 5 (out of 14)

30 Handicap (Shoots around 102 on average): 3 or less (out of 14)

*\*\*\*Source:* [*www.golfloopy.com*](http://www.golfloopy.com)

These numbers are just statistics. Fairways hit relative to handicap is an incomplete statistic because of certain variables. Obviously, a golfer can pop a tee shot up or top it and it find the fairway. So, if a golfer is playing a 500 yard par 5 and skies a tee shot 50 yards, but finds the fairway, it counts as a fairway hit, but still may hurt their score on that hole. Regardless, there is a correlation between fairways hit and handicap. But this is not the most important variable relative to handicap.

***APPROACH SHOTS***

Now that we can keep the ball in play off the tee, it is time to focus on approach shots. First and foremost, the flag. FORGET about it! Your ability level is NOT good enough yet to be aiming at any pin unless it is right in the fat (safe spot) of the green.

The majority of the time, your focus is going to be on the middle of the green.

Trouble left of green? Play more to the right.

Trouble right of the green? Play more to the left.

Trouble short of the green? Hit more club to be safe.

Trouble behind the green? Hit less club to stay shorter.

Your main goal is to leave yourself a shot from a reasonable distance after our approach to be able to chip/pitch it on and 2-putt.

Par 3: Tee shot safely in play around green, pitch/chip on, 2-putt = BOGEY

Par 4: Tee shot in play, second shot safely around green, pitch/chip on, 2-putt = BOGEY

Par 5: Tee shot in play, third shot safely around green, pitch/chip on, 2-putt = BOGEY

See how this works??? If we do hit a bad pitch/chip or have a 3-putt, we make double bogey. If we happen to make our first putt, we make par. But if we just avoid disaster and the big numbers, we have a great chance to break 100 consistently.

Here is a breakdown on approximate average number of greens in regulation by a golfer’s handicap:

0 Handicap (shoots around 72 on average): 10 to 12 (out of 18)

10 Handicap (Shoots around 82 on average): 7 to 9 (out of 18)

20 Handicap (Shoots around 92 on average): 4 to 6 (out of 18)

30 Handicap (Shoots around 102 on average): 3 or less (out of 18)

*\*\*\*Source: www.golfmagic.com*

Just like the fairway percentages by handicap, greens in regulation can also be an incomplete science. If a golfer hits 4 to 6 greens per round but averages 3 putts every hole, that player would be more than a 20 handicap. Which leads us to our next (and most important) key to breaking 100…

***SHORT GAME: The key to breaking 100***

This is the area in which most golfers struggling to break 100 lose most of their shots. We will call this area the RED ZONE. The Red Zone would be from 50 to 100 yards and in depending on how far a player hits their wedges.

Let’s take a look at the average number of 3-putts per round on average by handicap:

0 Handicap (shoots around 72 on average): 1 or 2 per round

10 Handicap (Shoots around 82 on average): 2 or 3 per round

20 Handicap (Shoots around 92 on average): 3 or 4 per round

30 Handicap (Shoots around 102 on average): 4 or more per round

\*Best PGA Tour players average 0.5 or less 3-putts per round

*\*\*\*Sources:* [*www.golfpracticeguides.com*](http://www.golfpracticeguides.com) *;* [*www.pgatour.com*](http://www.pgatour.com)

Now, let’s take a look at the average putts per round by handicap:

0 Handicap (shoots around 72 on average): 30 to 32

10 Handicap (Shoots around 82 on average): 33 to 35

20 Handicap (Shoots around 92 on average): 36 to 38

30 Handicap (Shoots around 102 on average): 38 or more

\*Best PGA Tour players average 28 putts per round

*\*\*\*Sources:* [*www.golfpracticeguides.com*](http://www.golfpracticeguides.com) *;* [*www.pgatour.com*](http://www.pgatour.com)

So, what percentage of shots are in the Red Zone for certain ability levels? The percentages below can be much more or less depending on the strengths of a player’s game, but this is a good picture of the importance short game…

0 Handicap (shoots around 72 on average):

- Shots From RED ZONE: Approximately 50% (+/- 2 to 3)

30 Handicap (Shoots around 102 on average):

- Shots From RED ZONE: Approximately 60% (or more)

As you can see, the higher the handicap (average score), the more important short game becomes to lowering your score.

***SUMMARY***

Let’s paint one more picture on what a round of golf could look like and **STILL** break 100…

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **HOLE** | **FAIRWAY**  **HIT** | **GREEN IN REGULATION** | **CHIP/PITCH/**  **BUNKER** | **PENALTY**  **STROKES** | **PUTTS** | **SCORE** |
| **#1 Par 4** | NO | NO | 1 | 0 | 2 | 5 |
| **#2 Par 3** | N/A | NO | 1 | 0 | 3 | 5 |
| **#3 Par 5** | NO | NO | 1 | 0 | 2 | 6 |
| **#4 Par 5** | NO | NO | 1 | 0 | 3 | 7 |
| **#5 Par 4** | NO | NO | 1 | 0 | 2 | 5 |
| **#6 Par 3** | N/A | NO | 1 | 0 | 3 | 5 |
| **#7 Par 4** | NO | NO | 1 | 0 | 2 | 5 |
| **#8 Par 4** | NO | NO | 1 | 0 | 3 | 6 |
| **#9 Par 4** | NO | NO | 1 | 0 | 2 | 5 |
| **#10 Par 5** | NO | NO | 1 | 0 | 3 | 7 |
| **#11 Par 4** | NO | NO | 1 | 0 | 2 | 5 |
| **#12 Par 4** | NO | NO | 1 | 0 | 3 | 6 |
| **#13 Par 3** | N/A | NO | 1 | 0 | 2 | 4 |
| **#14 Par 4** | NO | NO | 1 | 0 | 3 | 6 |
| **#15 Par 4** | NO | NO | 1 | 0 | 2 | 5 |
| **#16 Par 3** | N/A | NO | 1 | 0 | 3 | 5 |
| **#17 Par 4** | NO | NO | 1 | 0 | 2 | 5 |
| **#18 Par 5** | NO | NO | 1 | 0 | 3 | 7 |
| **STATS** | **0/14** | **0/18** | **18** | **0** | **45** | **99** |

Now, is it likely you hit NO fairways, NO greens and have NO 1-putts? Probably not.

But the point of this graphic is, as bad as the stats look, if we can keep the ball in play (no penalties) and have our approaches close enough to the green to hit the next shot on, then we will break 100 A LOT!!!

To summarize, if your goal is to break 100, your focus should be as follows:

1) Red Zone: Short wedge shots, pitching, chipping, bunker play and putting

2) Play SMART: Get the ball in play off the tee, ignore the pin/analyze trouble and get approach shots safely around the green