

Practice Guide

8 WINTER PRACTICE TIPS



1. Reflect

HOW WAS YOUR SEASON?

Reflecting on your golf season can provide valuable insights and help you improve for the next year. Here are some reasons to consider: Identify Strengths and weaknesses, track progress, analyse course management, consider your decision-making on the course, how was your mental game, is your equipment suitable, did you enjoy your season, does your physical fitness allow you to achieve your goals?

2. Goals

SET YOUR TARGET

Goal setting is an important part of progress and now is a great time to set some goals for next year. After reflection, it's the perfect time to decide what you want to achieve next season then with your coach you can devise a plan on how to achieve those goals.

3. Golf Fitness

STRENGTH AND MOBILITY

Fitness plays a crucial role in golf performance and to list a few reasons we can:

- Prevent Injury
- Increase Power and Distance
- Enhance Balance and Stability
- Increase Flexibility
- Improve Stamina

The off season is a perfect time to seek some personal training or even watch some golf fitness videos. You'll be amazed how much better you'll play.

GO TO EACH PRACTICE SESSION WITH A CLEAR PURPOSE OF WHAT YOU WANT TO ACHIEVE AND HOW YOU WILL ACHIEVE IT.

AT THE RANGE

HOW CAN YOU PRACTICE IN THE WINTER

Practice Technique



If you are working on a certain movement within your technique then set 20 balls to one side where you are totally focused on the movement. This may include over exaggeration moves, swings at super slow pace, or perhaps the use of training aids to help you relate to the new feeling. You may use video in this box to give yourself feedback on how it looks compared to how it feels "Feel vs Real".

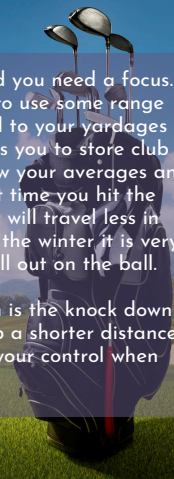
I would encourage you to work with a coach that is happy to give feedback to you on information sent from your practice session. In this box, strike and outcome is irrelevant and you are reflecting purely on your technique. You will likely be using the same club for all 20 balls. **HIGH** level of Focus and Intensity.

Gapping Sessions



You're on the driving range and you need a focus. This is the perfect opportunity to use some range technology and get accustomed to your yardages with each club. TopTracer allows you to store club data on your phone so you know your averages and can understand your game next time you hit the course. Remember, the golf ball will travel less in the colder temperatures and in the winter it is very unlikely that you will get any roll out on the ball.

A skill nobody practices enough is the knock down shot. Learn how to hit each club a shorter distance than full and this will optimise your control when you're out on the golf course.



Short Game



Short game should not be deserted in the winter and nobody really has an excuse. One of my earliest golf memories was putting across the hall carpet at home into a pint glass lay on its side. We have putting matts, simulator holes, PuttOut training aids and we don't need much room to swing a club. Working on fundamentals such as alignment, distance control and start line can all be done from the comfort of your living room.

Chipping nets and mats can also be purchased for a small amount and can be used in the garden or even inside with some airflow balls. Maybe not the most realistic feel but it allows you to work on technique and get the reps in.

"TRAIN TOUGH...PLAY EASY"

4. Make the most out of less crowded courses

ON COURSE PRACTICE

Yes, the weather may be a bit cold and the ground might be heavy but wrap up warm and get out on the course. In the summer you have very little opportunity to play 2 balls or practice a certain shot multiple times but in the winter you'll feel like you have the course to yourself. Make the most of this and learn on the course.



5. Look for cheaper memberships

SAVE MONEY AND IMPROVE

Many golf courses will put winter offers on for 6 month memberships or 'buy 18 months for the price of 12' throughout the winter months. It's a great chance to try a new course, play unlimited golf and make the most out of that empty golf course.



6. Listen to Podcasts

EDUCATION IS KEY

There are some amazing podcasts out there for the golf fan. Some will talk about the professional game, others will talk about coaching and how you can improve, some will be led by sports psychologists and can help your mental game.

Whichever it is you choose, indulge yourself in golf with your after work commute and change your approach on the course.



7. Watch Golf

PRO GOLF, YOUTUBE GOLF, ANY GOLF

Imitation is something we can do a lot. The story of Tiger Woods being sat in a high chair watching his dad hit golf balls in the garage is one of my all time favourites. Tiger as a toddler already had a head start on his golf swing.

As for youtube, I have a golden rule. "Use it to entertain, educate but don't try to apply it all". This doesn't mean don't watch. I suppose this is a good time to plug my channel... please subscribe to @tomfearongolf on YouTube for some weekly golf tips.



"HOW YOU SPEND YOUR PRACTICE TIME REMAINS MUCH MORE IMPORTANT THAN HOW MUCH TIME YOU SPEND PRACTICING."

8. Celebrate

PLAYING IS PLAYING

It's easy to lose motivation and get negative in the winter but we are lucky to be able to play. Even if we have a prolonged period of time of closed course we have indoor facilities, under cover driving ranges and of course our lesson academy which is undercover and useable all year round. LEARN, PLAY, PRACTICE and more importantly ENJOY.



KEY PRACTICE POINTS

- **Work with a coach that understands how quality effective practice can rapidly improve your game.**
- **Technique is only a small part of the game and is unique to you. Don't forget skill development**
- **Find out what is appropriate and realistic for your level of ability.**
- **Measure your development and get people around you that can check and challenge your progress.**
- **Keep it fun**, the gratification all lies in the journey

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