



## ONE DAY WORKSHOP

### The Mission:

Guide the player to SHIFT from working on their swing to working on their game.

### The Methodology:

Demonstrate the performance gap:

- Reverse engineer the game
- The Performance Gap Scramble

Analyze the reasons for the performance gap:

- Implement a new feedback loop

Close the performance gap using the **SHIFT**:

- Make better decisions
- Improve on-course execution
- practice more effectively

### The Schedule:

#### 8:00-8:45 INTRODUCTION

- Introduce the **SHIFT**, fuel and warm up the machine

#### 8:45-10:15 CLEAR INTENTION-THE DECISION MAKING PROCESS

- Neutral
- Identity
- AIM

#### 10:30-12:00 EXECUTION-THE ANATOMY OF A GOLF SHOT

- The Transfer
- Pre Swing Routine
- Post Swing Routine

#### 1:00-3:30 PLAY-TAKE THE SHIFT TO THE COURSE

- play holes using SHIFT techniques

#### 3:45-5:00 PRACTICE-TAKE THE SHIFT TO THE RANGE

- What to practice-The fundamental 4
- How to practice-The practice continuum

#### 5:00-? REVIEW

- Every student leaves with a personal **SHIFT** plan