

# How Can I Play Better Golf ?

## You can search for a new swing...

But how is changing your swing going to improve your ability to execute it? If anything it is going to make it harder.

frustration

confusion

## Or, You can SHIFT

Play the performance gap scramble and Prove to yourself once and for all that it is an execution issue not a swing issue. Once your mind is open you can focus on the anatomy of a successful golf shot and learn what and how to practice to improve. In other words you can SHIFT.

## You can hit more range balls...

This is the recipe for a plateau. Everybody knows the course and the range are very different so why keep doing it this way?

plateau

injury

## SHIFT how you play:

*Seek Heartfelt,  
Intention, Feel, and Trust*

### Play with **FEEL**

Finding and maintaining your neutral physical, mental, and emotional state gives you the best chance to choose the right shot and then execute it.

### Play with **INTENTION**

Accept your Identity and Map it onto the course. Know what you can do, know what the course and conditions ask of you and choose the shot that maximizes scoring opportunity while managing risk. That is clear intention.

### Play with **TRUST**

Build a routine that gives you the best chance of executing your chosen shot while fending off interference. The winner isn't the player with the best swing, It's the player who actualizes their potential.

## SHIFT how you practice:

*Strategic Habitual Improvement of the  
Fundamental Four and the Transfer*

### Practice the **FUNDAMENTAL FOUR**

These are the skills that are the most scorecard relevant: drive the ball in play, average three or less from 100 yards, make your short putts, and turn three into two. If you can master these skills you can compete anytime, anyplace.

### Practice the **TRANSFER**

Golf is a game of personal strategy, interference mitigation, and resilience. You can only improve these playing skills by using them when you practice. Bring the course to the range and practice the processes.

### Practice **STRATEGICALLY** and **HABITUALLY**

Identify and work on the shots, processes, and techniques that will close your performance gap. Commit to regular multi skill structured practice as opposed to infrequent single skill high rep intensive sessions.

**Shoot Better Scores, but more importantly, become a Better Player.**